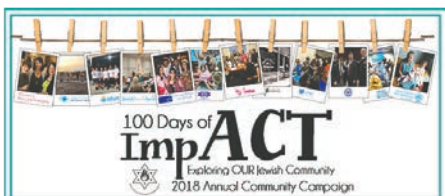




Candle Lighting Times

Friday, March 30, 2018	7:25 p.m.
Saturday, March 31, 2018	8:20 p.m.
Thursday, April 5, 2018	7:29 p.m.
Friday, April 6, 2018	7:30 p.m.
Friday, April 13, 2018	7:34 p.m.
Friday, April 20, 2018	7:39 p.m.
Friday, April 27, 2018	7:44 p.m.
Friday, May 4, 2018	7:49 p.m.



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Update
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as of March 15, 2018
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Savannah Celebrates Israel @ 70

By Orly Henkin

On the fifth day of the Hebrew month of Iyyar in 1948, an elated Jewish people welcomed the declaration that Israel is an independent nation.

The day is known as Yom Ha'atzmaut, Independence Day.

In the last 70 years since that moment, our Jewish homeland transformed itself into a world leader in technology, medicine, security, and innovation. Israel established itself as a safe haven for Jews throughout the world and a center of Jewish culture.

To help celebrate this historic 70th anniversary of Israel, which will take place on Thursday, April 19, the Jewish community has planned notable family-friendly events

Dr. Itzhak Brook is featured speaker
Guest presenter for the Israel @70 events is Dr. Itzhak Brook, a professor of pediatrics at Georgetown University School of Medicine in Washington D.C. (see story, page 2), who is a frequent speaker on the Yom Kippur War for the Israeli Embassy in Washington D.C.



Guest speaker
Dr. Itzhak Brook,
Georgetown
University School
of Medicine.

Dr. Brook's presentation is free and open to the public.

Plan to 'Encounter Israel'

All are invited to the Savannah Jewish Educational Alliance for an Israel @70 Yom

Ha'atzmaut celebration, called "Encounter Israel."

• **Travel around Israel.** You'll experience the best of different areas of Israel from making orange juice on a kibbutz, tasting hummus at the shuk, or having a Tel Aviv-style dance party. Don't forget to have your "passport" stamped at each station!

• **Shalom School parades and sings.** A parade and "Hatikvah" (Israel's national anthem) sing-along will be led by the Shalom School students.

• **Celebration dessert led by JEA Preschoolers.** The evening will serve a

light Israeli-style dinner — complete with cake to celebrate Israel's birthday, led in singing "Happy Birthday" and "Yom Huledet Sameach" by the JEA preschool students.

Other 'encounters': Experience the Israeli Defense Force right here in Savannah. Learn the self defense system developed by the Israeli army from a professional Krav Maga instructor. Then

write cards to Israel's Lone Soldiers to show our support. And, travel to Jerusalem and help build the Kotel.

When: April 19, 5-7 p.m.

Where: The JEA

Cost: \$5 per person, \$15 per family

The event is made possible by the assistance of members from our local synagogues and other Jewish organizations. It has been a pleasure working with committee members representing multiple organizations in our Savannah Jewish community. Having the community work together to celebrate this wonderful milestone in Israel's history has been fantastic. We hope everyone will join us in celebrating our beloved Jewish homeland's 70th birthday together!

continued on page 5

Yom HaShoah Commemoration April 12

Yom HaShoah, Holocaust Remembrance Day, will be observed this year on Thursday, April 12. The community program, which is open and free to the entire community, begins at 6 p.m. at the JEA featuring Holocaust survivor George Rishfeld.

Rishfeld, a child survivor of the Holocaust, was too young to be sent to a concentration camp, much less old enough to remember a lot of what happened during that time period, but his story is just as significant as his ancestors.

As an adult, he is passionate about sharing his story partly because he said many people refuse to believe the Holocaust actually occurred.

"I am a witness to the fact that it did happen, and I went through it,"

Rishfeld said. "As long as I can speak... I'm going to be in front of people telling the story. "It was a horrific time in our history, and it was planned and calculated, and it must be told so it doesn't happen again," he said.



George Rishfeld
survived Holocaust
as a child.

Read the Rishfeld story on the Bremen Museum website at <http://bit.ly/2G78boS>.

Unfortunately, it is getting rarer by the day to hear firsthand accounts from survivors. As a community, we are fortunate to offer free programs for people regardless of religious affiliation and to hear these important survivor stories.

The local Yom HaShoah Committee is pleased to oversee the Savannah Jewish Federation's Annual Yom HaShoah Art and Writ-

ing Contests for middle and high school students as part of this year's observance.

Remembering the names

On Yom HaShoah, we remember the six million Jews who perished in the Holocaust. So we won't forget the personal devastation of each lost life, we will continue our solemn tradition of reading aloud names of children throughout the day.

Members of the community will read these names in the lobby of the JEA from 9 a.m. to 6 p.m. We speak and hear their names, and we recall them as full human beings, not just as "victims."

The ceremony also will include the lighting of memorial candles, benedictions from our local Rabbis, and recognition of the Art and Writing Contest winners. The ceremony is open to the public.

War and its Effect on Israeli Society

In his presentation April 19 at 7:15 p.m. at the JEA, Dr. Itzhak Brook, M.D., M.Sc., will describe the historical background of the Six Day and Yom Kippur wars and its effects on the Israeli society.

The talk will also focus on his experiences as a medic in Jerusalem during the Six Day War and his challenges as a battalion physician in the Sinai during the Yom Kippur War.

The challenges included the physical and psychological traumas the soldiers had, the effect of religion on them, the cost of war in human life and suffering, the caring for wounded enemy soldiers, and the daily struggle for survival.

Dr. Brook, a Professor of Pediatrics at Georgetown University School of Medicine, earned his medical degree from Hebrew University in Jerusalem.

He served in the Israeli army as a medic in the Six Day War in 1967 and as a battalion physician during

the Yom Kippur War in 1973.

Subsequently, he completed a fellowship in adult and pediatric infectious diseases at the University of California, Los Angeles, School of Medicine. He served in the medical corps of the U.S. Navy for 27 years.

He was born and raised in Haifa, Israel.

“Dr Brook has authored several hundred articles in scientific journals and 10 textbooks including, *“In the Sands of Sinai-A Physician’s Account of the Yom Kippur War,”* and *“My Voice-A Physician’s Personal Experience with Throat Cancer.”*

Dr. Brook is a frequent speaker on the Yom Kippur War for the Israeli Embassy in Washington D.C.

When: April 19, 7:15 p.m.
Where: The JEA
Cost: Free and open to the public.



YOU HOLD THE WORLD IN YOUR HANDS

As part of its Campaign and Allocations, the Savannah Jewish Federation invites community members to recommend Overseas Jewish agencies to receive \$500 Overseas Investment Grants Up to 20 will be approved

*Nominations to other grant-making agencies will not be considered.
There is a limit of two nominations per person*

Any member of the Savannah Jewish Federation may make a recommendation at www.savj.org

The deadline to make recommendations for Overseas Investment Grants is **May 1, 2018**



Conexx Names Gulfstream U.S. Company of the Year

Conexx, the America-Israel business connector, named Savannah's Gulfstream as the U.S. Company of the Year at its 2018 Conexx Gala, March 22.

For nearly two decades, Gulfstream demonstrated a sustaining commitment to partnership through its relationship with the Israel Aerospace Industries (IAI), according to Conexx.

Mark Burns, president of Gulfstream Aerospace, was to have accepted the award on behalf of all Gulfstream employees. In his remarks, Burns was expected to discuss Gulfstream's long history in Israel and with IAI, and his firsthand experience in developing the partnership from its beginning.

Since 2001, Gulfstream and IAI have collaborated to design, develop, and certify more than 500 super mid-size G280 and G200 and mid-size G150 and G100 business aircraft. The company says it recently signed agreements with several Israeli suppliers to produce parts for the out-of-production G100, G150 and G200.

Gulfstream's partnership with IAI has grown from a sole focus on business aircraft to increased collaboration for special missions aircraft. The company says it has joined with IAI and subsidiaries ELTA Systems and Bedek to produce Conformal Airborne Early Warning (CAEW) aircraft and Special Electronic Missions Aircraft (SEMA) for the Israel

Ministry of Defense.

More than 50 Savannah-based employees work closely with IAI supporting Gulfstream's mid-cabin programs, Gulfstream says, plus more than a dozen Gulfstream employees provide on-site support in Tel Aviv.

The Conexx Gala is Conexx's flagship event honoring the people and companies who have contributed most to the Southeast-Israel economic and business relationship.

Conexx also presented Benny Landa, Israeli entrepreneur of the decade and founder of The Landa Group, with the 2018 Tom Glaser Leadership Award. Landa has been an exemplary ambassador and strong leader furthering the cause of U.S.-Israel business ties, says Conexx.

Known as “the father of commercial digital printing,” Landa has 800 patents and pioneered a deal with Hewlett Packard selling Indigo for \$850 million. The Landa Group located its Americas headquarters of its new business venture, Landa Digital Printing, in metro Atlanta.

Conexx is a non-profit, non-governmental agency committed to connecting Americans and Israelis through business. It helps Israeli companies seeking entry into the U.S. market and to American companies seeking entry into Israel.

Working with companies in every industry and vertical, Conexx works with over 100 Israeli companies in the Southeast.

The Savannah Jewish Federation Gratefully Thanks our Contributors

Jewish Family Services Fund

A donation was made by

Philip Friedman

In honor of Arthur Horovitz

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In honor of Morris Geffen

Sherry & Norman Dolgoff

Dena Yaschik & Lawrence S. Bodziner Memorial Fund

In honor of Richard Bodziner

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TERMITES ARE STILL HERE SO ARE WE!



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at www.savj.org



PJ kids enjoying the community Purim carnival at Purim Palooza!



What does PJ stand for?
Pajamas! We know those special times of reading, dancing and singing together happen when your children are wearing their pajamas.

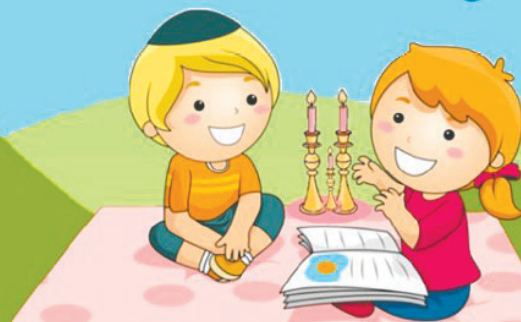
Who is eligible to register?
Families with children 6 months to 8 years old and at least one Jewish parent in the household, currently residing in the Savannah area.

What's the cost?
Thanks to our generous local donors, PJ Library® is **free** when your child is enrolled in the program.

Shabbat Storytime

April 13
May 11

9:00 AM
Jewish Educational Alliance



Join us as we celebrate Shabbat with JEA Preschool Savannah, then stay afterwards for PJ storytime!



Check out PJ Our Way™ the Newest Chapter of PJ Library®

PJ Our Way offers the gift of exceptional books with Jewish themes to kids ages 9-11 – Books that they choose themselves!

Sign up TODAY
at www.PJOurWay.org



What does
PJ Our Way
offer your child?



- Choose your FREE book each month
- Reviews and synopsis of authors and books
- Leadership with creating kids quizzes, polls, and video blogs



The Savannah PJ Library is made possible through generous support from the Savannah Jewish Federation, Jane Slotin, Nancy & Leon Slotin, and the Ceceile Richman JEA Fund.

For more information about PJ Library, please contact Devra Silverman, Community Engagement Coordinator at pjlibrary@savj.org or 912-355-8111.

Savannah bbyo

MISSION: To create a pluralistic community of Jewish high school teens. More Jewish Teens, More Meaningful Jewish Experiences.



Savannah Jewish Federation

Beneficiary Agency

Your Campaign Dollars at Work

Save the Date!



J-SERVE

JEWISH TEENS SERVING THE WORLD



Sunday April 15, 2018

Open to Jewish teens in grades 5-12



MISSION: To create a community of Jewish 5, 6, 7 and 8 graders through social and meaningful experiences that will serve as a gateway to continued involvement in Jewish life.

For more information about BBYO or BBYO Connect, please contact Devra Silverman, Community Engagement Coordinator at engagement@savj.org or 912-355-8111.

Savannah BBYO and BBYO Connect invite Jewish teens in grades 5-12 to J-Serve, a day for Jewish teen service. Since 2005, J-Serve has provided teens with a unique opportunity to band together through service as a united global network committed to fulfilling the Jewish values of *gemilut chasidim*, acts of loving kindness, *tzedakah*, just and charitable giving, and *tikkum olam*, the responsibility to repair the world. Every year, Jewish teens around the world join each other on this special day and throughout the spring to make their community and the world a better place.

Please save the date for Savannah's J-Serve with BBYO, BBYO Connect, and NCSY on **Sunday, April 15**. Our teens will be volunteering at the Greenbriar Children's Center where they will experience helping children and teens who are less fortunate than them. Our desired impact is for teens to understand the value of being kind to others, no matter the person's circumstances, because we should always aim to be a good person. We hope you will join us on our special day of serving!



Adam Solender
Executive Director
JEA/SJF

Executive Director's Message Like Clockwork

In the cycle of life in the JEA and Federation there are certain things that happen like

clockwork. At 12:30 on Thursdays you know there will be a line of people coming to Food for Thought to socialize, learn, and have a great meal. Every day starting at 3:15 the buses will start dropping off at the porte cochere in front of the Alliance (It looks somewhat reminiscent of the clown car VW where a dozen of clowns come out of the tiny vehicle). You can count on David Collison to arrive at 7am to train his "before work clients," and for the last ten years we know that the Savannah Jewish Film Festival is the two weeks ending on the day before the Super Bowl.

We know that Congregation Mickve Israel's Shalom Y'all Food Festival is going to be the last Sunday in October (even the Savannah Festival websites have that one booked a year in advance) and that the Savannah Jewish Community United Jewish Appeal will begin on the first Thursday following Simchat Torah.

One of the clockwork events

that takes place in the community is lesser known. It happens at least twice a year, before the High Holidays and Passover. The scenario is much the same ... the JEA Front Desk rings my extension (203) and they tell me, "AM Goldkrand is here to see you." It's hard to know when AM is around between trips to see here grandchildren and summers in Maine, I never quite know when she is around ... except just before High Holidays and Passover.

The door to the Administrative office opens and AM comes back to my office. We have a short kiss and share a few of the latest details on each other's lives.

"What are you up to today, AM?" I ask.

"I've got to go to Bed, Bath, & Beyond, Publix, Kroger, and a few other errands. And if I have time to do all that and the money to spend on the Seder table, I certainly have the ability to help others fill their table."

And with that, AM reached into her

voluminous bag, pushed aside her purse, checkbook, and a number of other sundry items (it seems that women's purses have no bottom) and pulled her hand out with gift cards to Kroger.

I have sat at the same desk for over a decade and AM comes in with gift cards each and every year doing her extra mitzvah for others ... like clockwork.



Sherman Named Editor

Native Savannahian Robin Sherman has been named editor of the Savannah Jewish News, replacing Lynn Levine.

After six years at the helm of the paper, Levine stepped down to pursue freelance opportunities and other projects, and enjoy semi-retirement.

Sherman is a long-time freelance journalist who has edited and designed more than 40 publications, especially in the business-to-business journalism market. Most recently, he was the editor and designer of Ornamental and Misc. Metal Fabricator magazine and was the designer and layout editor of Seniors Housing Business magazine.

Sherman spent 11 years supervising editorial development for a large business-to-business publishing company, directing the journalism and presentation of 30 titles with 100 editors and artists. He also researched markets for launching new publications and or acquiring them.

He also was editor and associate publisher of a trade magazine in the chemical industry and spent five years as a reporter, copy editor, news editor, and layout editor for newspaper dailies and weeklies, including the Atlanta Constitution.

In a volunteer capacity, Sherman is a 20-year member of the American Society of Business Publication Editors, where he served as executive director, member of the board, and chair of its ethics, research, and program committees.

Local Volunteer Work

Locally, he spent two years helping launch the eclectic music and public affairs community radio station WRUU-FM, licensed by the Unitarian Universalist Church of Savannah. Sherman served at various times as chair of its executive task force, and governance and program committees.

He has spoken at numerous journalism-related conferences and webinars and written on various publishing-related topics, typically on journalism ethics, content development and design, editorial advisory board development, reader engagement, content marketing, vetting quantitative research methods, and results of his original research into various editorial-related activities.

He has a master's degree in journalism from the University of Georgia in Athens and a bachelor's degree in sociology from The George Washington University, Washington, D.C.



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SJF President: Allan Ratner
SJF President-elect: Edwin Byck
SJF Vice President: Harvey Lebos
SJF Secretary/Treasurer: Matthew Allan

SJF Executive Director: Adam Solender
SJN Editor: Robin Sherman

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 10 times per year, with a deadline for submissions of the 3rd of the month before publication. For example, for a March issue, the deadline would be February 3. January-February and July-August are combined issues. Submission deadlines for these winter and summer issues are December 3 and June 3, respectively.

Editorial/articles submissions should be in Microsoft Word format (.docx or .rtf). For best results, photos should be high resolution (300 dpi) with width and height dimensions as large as possible, as .jpg, .tif, or .psd (Adobe Photoshop) files. Artwork, drawings, line art, and other graphics are best sent as "vector" files, e.g. .eps or .ai (Adobe Illustrator). We will accept .jpg, .tif, or .psd files, if necessary.

Advertising submissions must be in a high-resolution, "press" quality PDF format with fonts embedded. For best results, photos and other artwork within advertisements should also be high resolution (300 dpi), .jpg, .tif, or .psd files. All color must be in the CMYK color format; "true" black preferred.

Please send all Savannah Jewish News materials to:
sjnews@savj.org

Please send eNews newsletter submissions to:
adam@savj.org

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Letters to the Editor

The Savannah Jewish News is a community paper. Letters should be civil and considerate in tone and not contain personal attacks, random attacks on businesses, or defamation. All statements of facts must be verifiable (state the original source of the information).

Letters should be no more than 250 words and may be edited for length, clarity, or factual content. The opinions expressed are always the writer's.

All letters must include the author's full name, address, and phone number (only your name, and if appropriate, job title and organization or business name, will be published).

No more than two letters from the same author will be published within 12 consecutive months.

Submit letters to sjnews@savj.org. The Savannah Jewish News retains full and sole discretion about which letters to publish.

Savannah Jewish Federation Mission Statement

Charged with raising, collecting and distributing funds, the Savannah Jewish Federation seeks to advance the welfare of the total Jewish community. The Federation strongly supports Israel and world Jewry. Additionally, the organization strives to preserve the civil, political, economic and religious rights of all Jews to develop an articulate, intelligent, and constructive Jewish community and to promote mutual understanding with the community at-large.



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Hadassah from Passion to Action

By Carol M. Towbin Greenberg

From “Passion to Action” is not only the theme of Hadassah’s 2018 initiatives but also describes the renewed energy with which our local Savannah Hadassah has embraced these goals.

For an organization that just celebrated its 106th year, Hadassah is still unwavering in its commitment to women’s health and well-being, to Israel, and to Jewish values and continuity through education, advocacy, and cutting-edge research at Hadassah Medical Organization.

Hadassah connects and empowers women to effect change. Whether it is legislative meetings on health and school safety; cutting-edge research on MS; heart, eye, renal disease, and ground-breaking work in diabetes; nutrition; or countering deteriorating Arab-Jewish relations and the rise in anti-Semitism — is there any topic a Hadassah woman (or man) won’t tackle?

Young leaders dive into programs

This message of inclusion, action and empowerment was exciting to the women attending the first Hadassah Young Leaders of Savannah meeting hosted by Orly Henkin and April Haas in February.

Since their first gathering, the group has an improved communication system, listed its legislative priorities, encouraged runs for office, promoted the Women’s Health and Advocacy Conference May 15-17 in Washington, D.C., and raised funds, with the help of Sue Ruby’s Exotic Bazaar Sales for a Hadassah Mission to Israel.

Another activity included contacting and meeting with legislators, including Congressman Buddy Carter. April reported the Carter meeting “was a success, laying the groundwork for future meetings.”

Since then, Orly Henkin was “pinned” as a new Hadassah member and advanced many mitzvah projects like collection of products needed by Safe Shelter.

Chapter engages in numerous activities

The last six months our Savannah Hadassah Chapter has also seen a burst of activity:

The June Alper Arkin Memorial Fund, established last October,



Hadassah means family: Jean Weitz, her sister Brigid Berry, and daughter Lauren Fins prepare meals and decorate for the S.E. Regional guests

funded a gift for Alzheimer’s research at Hadassah Medical Organization in Israel. The plaque was presented to Dr. Murray Arkin and his family by President and National Board member Jean Weitz at the end of the S.E. Regional Conference here in Savannah, where Joanna Rich was installed as Regional president.

April Haas hosted our first advocacy group, but more established members also participated in the League of Women Voter’s “Political Rewind” radio show taping at the JEA.

Rosalyn Taratoot was named Savannah Hadassah’s new treasurer. Janis Javetz and Lynn Berkowitz started updating our digital rosters.

February’s Purim event, Unmask Women’s Heart Health, had serious facts worked into a fun evening of cooking, facials and exercise, and a 106th Hadassah birthday toast sponsored by Hadassah Associ-

ate Dr. Joel Greenberg.

March’s Punch Out Parkinson’s Boxing and Bling event at Michael Cohen’s gym promoted the Get Excited and Move (GEM) program founded in part by member Alice Gerber, who at her Gems for GEM booth sold jewelry raising funds to promote Hadassah research and to support those battling Parkinson’s through the (GEM) routines.

This month, plans call for a live-streaming health

advocacy event at the May 16 conference. Details not finalized at the print deadline. [Email MStarArts@gmail.com](mailto:MStarArts@gmail.com) for more information.

Hadassah’s Oct 7-15 Mission to Israel is marking the country’s 70 birthday plus the 100th anniversary of Hadassah Medical Organization, its Nursing School, and Ophthalmology Department. Some subvention is available. Go to Hadassah.org and contact Jean Weitz at JWeitz@hadassah.org for more information.

Israel @ 70 continued from page 1

Israel@70 Shabbaton

As part of our ongoing Israel@70 celebration, the entire community is invited to a Shabbaton at the JEA. The evening will begin at 6 p.m. with two special services. Rabbis Henkin and Haas will lead a joint congregational service specially designed for the evening. Concurrently, a PJ Library Family Shabbat service will take place in another room. Following Kabbalat Shabbat services, we will all gather for a wonderful community Shabbat dinner prepared by Chef Bryan Graves. And if that were not enough, the evening will conclude with different interactive learning sessions led by the Rabbis. Celebration, prayer, learning, and community — there is something for

every age and taste.

When: April 13, 6 p.m.

Where: JEA

Cost: \$18/adult, \$10/children 2-13, \$45/Family max

More Israel@70 Events

Young Jewish Savannah will hold a potluck Shabbat Dinner (bring an Israeli dish to share), April 20 at 7 p.m. To RSVP and get location contact, programming@savj.org or call Jacqui Drazen at 355-8111.

Congregation Agudath Achim will be holding a special Israel@70 service followed by Kiddush Luncheon, April 21 beginning at 9:30. For more information, call Agudath Achim at 352-4737

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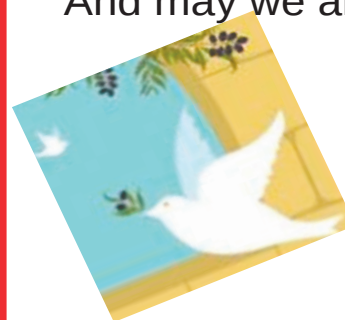
The future of Hadassah: New member Orly Henkin holds Amira Haas as they attend the Hadassah Regional Installation luncheon.



Hadassah wishes you and your family
a very Happy Passover...



And may we all share in the blessings of
PEACE



www.hadassah.org

GIVE, JOIN, DO

Contact: Jean Weitz

jweitz@hadassah.org

912-352-2409

SHABBAT SERVICES:

Friday 6:00 pm Kabbalat Shabbat
Saturday 9:45 am Shabbat Service & Kiddush Luncheon
Saturday Evenings Mincha/Maariv & Havdalah

CONGREGATION AGUDATH ACHIM

9 Lee Boulevard, Savannah GA 31405 912-352-4737

Agudatha@aol.com / Agudath-Achim.com

Rabbi Steven Henkin

DAILY SERVICES:

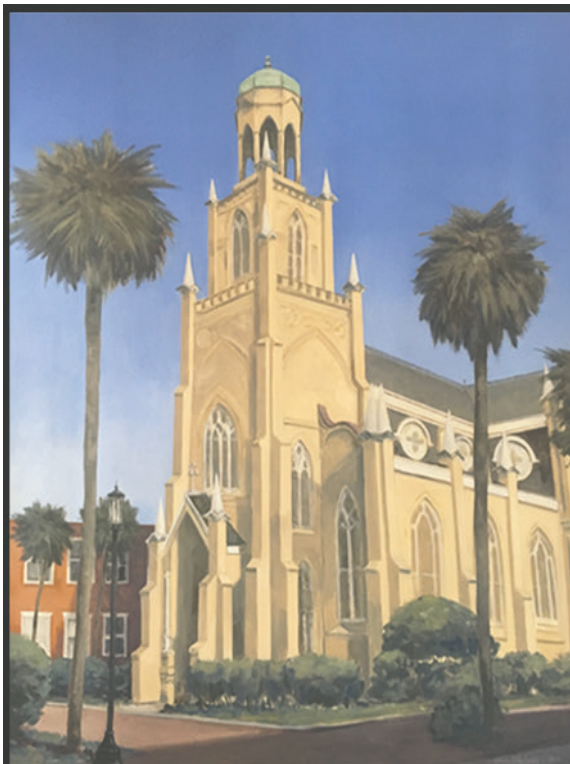
Sunday 9:00 am & 6:00 pm,
Monday 7:15 am & 6:00 pm
Tuesday & Thursday 7:30 am & 6:00 pm,
Wednesday 8:00 am & 6:00 pm
Friday 7:00 am & 6:00 pm

Join us for

The State of Israel's 70th Anniversary!

Shabbat, April 21st at 9:45 am
Special service & Kiddush
Luncheon to follow.

AA honors our legacy and serves our community



*You are cordially
invited to*
Tasting for the Temple

Thursday, May 3rd,
6:30 p.m. at 45 Bistro
Seated 5 Course Dinner

Each course
paired with wine
Live and silent auction

\$135 per person

*Painting of Mickve Israel, left, to be
auctioned off by artist Chris D'Antonio,
an artist living and working in Savannah, GA.*

CONGREGATION MICKVE ISRAEL

We have docent-led tours of our museum available
from 10:00am - 3:30pm during the week.

For a complete schedule of Services & Events,
check our website at www.mickveisrael.org



**Join us for
Spring 2018**

CONGREGATIONS IN SERVICE

April 15, 1-4PM

Join Congregations in Service for our next
community service weekend and see
what happens when people of different faiths
work together to improve our world.

**We have a variety
of projects for all ages and abilities.**

For more information contact 912-233-1547

Participating Congregations:

First Christian Church
St. James Catholic Church
Congregation Mickve Israel
St. Paul's Lutheran Church
First Baptist Church
Bahá'í Faith Community of Savannah
Wilmington Island Presbyterian

Masjid Jihad
First Presbyterian Church
Unitarian Universalist Savannah
Asbury Memorial Methodist Church
St. John's Baptist Church
First African Baptist Church
Unity of Savannah



The Jewish Educational Alliance presents a monthly program guide

CENTERPIECE

Jewish Educational Alliance

April 2018



Children's Programming

JEA Camp Savannah Specialty Camps

JEA Camp Savannah offers a variety of themed camps that focus on your child's special interests. Your camper may choose from three exciting programs designed to enhance the overall camp experience. Campers have every opportunity to enjoy and experience as much as they can all summer long!

All Star Basketball Camp – June 18-22

Ages: 1st-8th grade

Cost: Members-\$250 Non-Members-\$280



Learn the fundamentals and mechanics of basketball, or fine tune your game at the JEA All-Star Basketball Camp. From the basics of dribbling and passing, to the precision of proper shooting form, everything is covered at this fun-filled developmental camp. Fun is sure to be had by all!

J Getaway Travel Camp - "Caravan to Atlanta"

June 25th-29th

Ages: 6th-10th grade

Cost: Members-\$320 Non-Members-\$350



Campers will trek to the beautiful city of Atlanta! Campers will get the opportunity to explore some of Atlanta's hotspots including the Georgia Aquarium, ZOO Atlanta, CNN Studios, Centennial Park and much more. J Getaway Camp will depart from the JEA on Monday, June 25th and arrive at the Marcus Jewish Community Center of Atlanta where they will reside for the week. Space is extremely limited.

Soccer Skills Camp – July 9th-13th

Ages: 1st-8th grade

Cost: Members-\$250 Non-Members: \$280



Five days of fundamentals and tactical instruction working on juggling, dribbling, passing, shooting, finishing and much more. Coach Mannie Frazier will lead the camp. He was a former goalie at the collegiate level. Participants will love the challenges and interaction of soccer!

Days @ the JEA

The JEA offers year-round vacation programming for children! Games, sports, art, crafts, theme days, STEAM projects, and more! A great way to spend school vacation days and make lifelong friends! Days at the J are an awesome experience for your school aged child. A qualified, well-trained staff will provide a safe and outstanding break for your child.



Dates: April 2-3
May 22-25
May 29-June 1
Times: 8:00 am – 6:00 pm
Ages: PreK – 8th grade
Cost: Members – \$35/day
Non-Members – \$45/day



Tune in to Summer!

*JEA Camp Savannah provides campers with an experience that promotes social, emotional and intellectual development. Our diverse programs teach universal values that will encourage campers to explore Jewish traditions while remaining sensitive to others. Join us this summer as we **tune in** to some of our favorite movies, shows and tunes!*

Camp Dates:	June 4-8	July 2-7
	June 11-15	July 9-13
	June 18-22	July 16-20
	June 25-29	July 23-27

Ages: Kindergarten - 10th grade

For more information, please visit savannahjea.org.



Registration Now Open!



Adult Programming



Bridge	Wednesdays 1:00 pm to 5:00 pm
Scrabble	Wednesdays 6:30 pm to 8:30 pm
Mah Jongg	Mondays 2:00 pm to 4:00 pm Thursdays 2:00 pm to 4:00 pm



Community Garden

Love to garden, but don't have the space? Be part of the JEA Garden Club and help work one of the 18 garden boxes at the Midtown Miracle Community Garden, three blocks north of the JEA. Excess produce and herbs will be donated to Second Harvest to aid them in their mission to feed up to 6,000 children daily. For more details, "like" **Midtown Miracle Community Garden** on Facebook or email Carol Greenberg at MStarArts@gmail.com.

JEA Donations

(February 1, 2018-March 9, 2018)

JEA GENERAL DONATION

In honor of Frank Hoffman
Harriet & Paul Kulbersh
In memory of Lena Solomon
Joan & Bob Rook

ETHEL COHEN MEDDIN MEMORIAL FUND

In memory of Brian Palefsky
Sherry M. Macchia
Louis Meddin
Chuck Palefsky

JEA FITNESS FUND

A donation by
C. Robert Friedman
In honor of Adam Solender
Jay Goldstein

HARVEY RUBIN MEMORIAL FUND

In memory of Isie Rubin
In memory of Barbara Rubin
Elise & Victor Shernoff
In honor of Kenneth Sadler
In honor of Gary Sadler
Marsha & Chuck Bernstein

RAYMOND & MORRIS ROSEN MEMORIAL FUND

In memory of Brian Palefsky
Charlotte & Harold Black
Elyse Bogoslawsky
Columbia Insurance Group
Shelly & Gene DeVore
Elizabeth & Bill Dinnin
Keith Howington
Sara Jospin
Eva Odrezin
Rosalind & Bernard Portman
Arlene & Allan Ratner
Laurie & Jeffrey Rubnitz
Elise & Victor Shernoff
Diane & Jim Siskin
Gregory Schwarz
Jennifer & Steven Schwarz
Velcro USA Inc.

HENRY W. CENTER COLLEGE SCHOLARSHIP FUND

A donation by
John Patterson
In honor of Miriam Center
Charlotte & Harold Black
Arlene & Allan Ratner
In memory of Sara Rigel
Donna, Kristy & Jeff Center
Simone Center
Tony Center
Sally & Steve Greenberg
Thelma & Frank Hoffman
Ronald Netzorg
Eileen & Arnold Perlman

Food For Thought

Join us each Thursday at 12:30pm

April 5	No Food for Thought JEA Closed for Passover	May 3	Putting on Your Face – Morning to Night Spring Fashion Show Delores Screen
April 12	Yom HaShoah	May 10	Savannah Voice Festival
April 19	Yom HaAtzmaut Dr. Itkhak Brook	May 17	Motivating Ourselves into Greatness Josh Shear
April 26	Achieving Optimal Oral Health Dr. Scott Cohen		

Visit with old friends and meet new ones while
enjoying a delicious lunch for only \$5
followed by an educational speaker or performer.
Don't forget to make your reservation at the JEA desk or by calling 912-355-8111

JEA Preschool Savannah Art Bash

Sunday, April 29 at 7:00 pm
Fundraiser for JEA Preschool Savannah

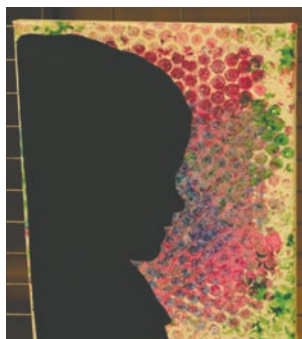
Parents, grandparents, friends of JEA Preschool Savannah — Join us on Sunday, April 29 as we view and bid on the beautiful artwork from the students at JEA Preschool Savannah!

We have lots of budding artists and you'll want to be the first to purchase one of their "early works."

Enjoy both live and silent auctions.

Tempt yourself with delicious food and wonderful music.

This is your opportunity to be with other families and to support the Preschool.





Health & Wellness

“Lollipop Moments” at the JEA



Kirby Southerland
Aquatics Director

The JEA Staff meets weekly for a quick staff meeting. In these meetings, we typically go over upcoming events, deadlines, and share important information with all of our fellow staff members. Occasionally, we have time to go over leadership techniques, share insights that may help

other departments and collaborate on ideas that we can all use to better ourselves and our facility as a whole.

Last week, we had the opportunity to watch a short video about “Everyday Leadership” from Drew Dudley. This five minute video shared an idea that we all took away, the concept of a “lollipop moment.” Simply stated, this lollipop moment is a small act of leadership that has changed someone’s life in a meaningful way. This act can be in our professional lives, our personal lives or a mix of both. We sat around

our conference table and all shared what our own lollipop moment was. There was a mix of personal moments that brought us all to tears, professional moments that inspired us, and comical moments that lightened the mood for everyone.

In my position at the JEA, I get the privilege to give and receive these lollipop moments every day. I get to jump in the water with children that are scared of something new, but who hop out with a smile on their face and a newfound confidence because for the first time, they swam by themselves that day or jumped straight into the deep end with no one there to catch them. I am lucky enough to share my love of sports with junior athletes that have never tried them before, but at the end of a basketball or t-ball practice, they’re beaming and can’t wait to step back onto the court or the baseball diamond for another week of fun and activity.

All of these lollipops that I get to give out come back to me twice as much when I receive the emails and phone calls, and occasional pictures

on FaceBook from the parents of the children whose lives have been somehow bettered from the JEA. Whether they made a new friend at camp, they learned a life-long skill in the water, or they turned their budding developmental basketball career into a spot on their school team.

I consider myself lucky everyday to make a difference in someone’s life, and I hope I get the chance to give and receive more lollipops as long as I can.



Squats—Love 'em or Loathe 'em, You can do Them!!!



Kathy Ackerman
Fitness Director

I can’t tell you how many times I’ve heard, “I can’t do squats; they hurt my knees.”

Well, I’ll bet you can! And you should!! Benefits of adding squats to your daily activities include: increasing entire body strength; burning more fat; improving circulation; reducing cellulite; increasing

hip flexibility; better posture; toner legs, butt and abs; building healthy bones; helping remove bodily waste; maintaining mobility, and improving libido (for men).

There are several variations of squats. Following are some squatting techniques from very



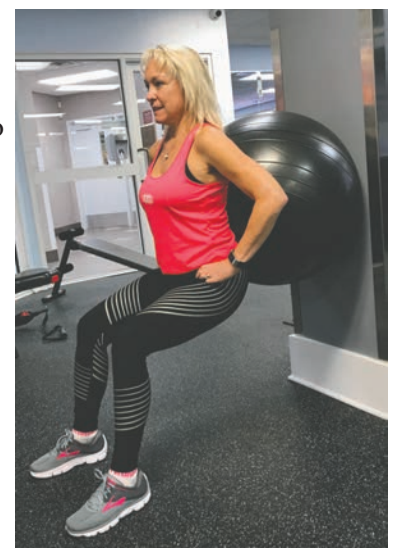
safe, basic squats (my favorite) to more advanced squatting.

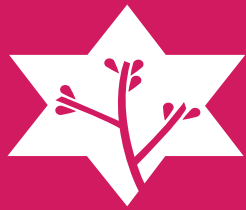
To start, stand with your legs a little more than hip-width apart, with a slight turn out of the feet. Imagine tracking your hips...to your knees...to your feet; basically, don’t let your knees bow inward. As you lower yourself to a sitting-like position, push your hips back. Go as low as your body can while still keeping your shins vertical and your heels on the ground. From the lower position, push up off your heels and slowly rise up.

1. Inhale as you lower yourself. Exhale as you rise.
2. Focus on using your glutes (butt muscles) to

push up without using your back.

3. Contract your abs as you move through the squat. Pull in your abs and keep your lower back in a nearly neutral position. For most people, this means that there may be a slight posterior curve in the lower back.
4. Look forward as you squat to help keep your form correct.
5. If you can, aim to lower yourself until your hips sink beneath your knees. If you are just starting out, you may not be flexible enough to go this low. Work your way up to this level.
6. Keep your head and chest up and your shoulders solid.
7. Only go as far as you can comfortably go down. You’ll get lower as your leg and pelvic muscles get stronger.





JEA Preschool Savannah News

Enroll Now 2018-19 School Year

Enrollment for 2018-2019 has begun!

Contact Jodi Sadler, Director, at
Jodi@savj.org or 912-355-8111

Summer Program June 4th-July 27th

Registration forms can be found on our
website, SavannahJEA.org.

Our themes include:

- **Little Vet Camp** – Learn about a different animal each day; how to care for it and how it cares for itself in the wild
- **Little STEAM Camp** – Basic STEAM activities and experiments for the very young child
- **Little Theatre Camp** – Make costumes, dress up in character, create a stage and sing, dance and act
- **Little Health Camp** – Learn about muscles, bones, teeth, brains and more! Will include exercise, yoga, healthy cooking and more.



JEA Preschool Savannah admits students of any race, color, national, racial or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school.

Providing for the social, emotional and cognitive growth of young children in a Judaic setting.



April

in the JEA Art Gallery

Karen Bradley

Karen Bradley is a contemporary, figurative realist oil painter based in Savannah, GA. Her paintings focus on portraiture and figurative subject matter. Her inspiration comes primarily from people she encounters, their expressive qualities and patterns of light and shadow that reveal them. Karen's works are honest visual interpretations of her experiences as she perceives them.

Karen has participated in several solo and group exhibitions, and her figurative paintings have won numerous awards including first place and Best of Show. Her work is featured in numerous private and public collections.

Karen's artistic career began in Medical Illustration. She served as a Foundations Faculty member for several years at SCAD. Her passion for the human figure drove her to pursue greater education in figurative painting. Karen studied at the Art Student's League of New York, as well as Studio Incamminati of Philadelphia and has worked with many established artists such as Joseph Todorovitch, Max Ginsberg, and Robert Liberace. She is an active member of the Oil Painters of America and The Portrait Society of America.



*Artwork available for viewing April 2-30, 2018
Join us for the Art Gallery Reception April 15th, 3-6 pm*

JEA Art Shows

Are you an artist? Would you like to show your work in the JEA Art Gallery?

We feature artists from different fields: oil painters, water colorists, sculptors, photographers, potters, quilters, textiles, mixed media, wood sculpture, mosaics and more!

Each show lasts an entire month, and you may choose to have an opening reception. There's no charge to use our space, but we do ask for a small percentage of anything sold.

Having a show at the JEA is a great way to have your work seen, and to help your community.

Please contact Vicky at vicky@savj.org to inquire about available months for your show!

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 1/27/18-3/2/18)

Elaine Berk
Mark Bowen
Edward & Jane Cabot
Julia Christian
Melissa Cohen
Mary Curtsinger
Ken Ferm
James & Janet Flowers
Mitchell Getreman
Hans Geyer
Lee & Katie Griffith
John & Kathleen Haire
Karen Jarrett
Kenneth & Shellie Jensen
Andrew Lepper
Yadira Lopez

Karen Raines
Harrison Redd & Devin Ward
Domenick & Erin Roma
Paul Sawyer
Dean & Caroline Stephens
William & Michelle Tessier
Andrew & Hayley Van Loon
Tom & Marlo Walters
Mike & Kathy Wordell
Donna Wright

**Ready for JEA Camp Savannah??
Check our website for
registration packets!**



Ester Rabhan,
Principal
Rambam Day
School

Eye on education

At One Time, 'Me Too' Innocently Meant 'Count Me In'

I kept hearing about the #MeToo movement but had no idea what it was. After researching, I discovered that the #MeToo movement spread virally

in October 2017 as a hashtag used on social media to help demonstrate the widespread prevalence of sexual assault and harassment, especially in the workplace.

OK. Society scares me with its method of responding to concerns without much thought as to how the response will be perceived and how outlandish it will become.

Of course, harassment issues in the work place or any place should be addressed aggressively. But everything shouldn't be a movement.

Webster Dictionary's defines "movement" as a "series of organized activities working toward an objective." The dictionary also defines it

as "an organized effort to promote or attain an end." That makes sense and even sounds productive.

Let me share with you non-productivity

Rachel [made up name for a true story] learned the Purim story as a little girl in the 1970s and 1980s. Esther was made out to be its heroine, while Queen Vashti was its "evil queen." In the Book of Esther, Vashti's husband, the Persian King Ahasuerus, banished her for refusing his order to display herself wearing her crown in front of his male guests, often interpreted to mean nothing but her crown.

As an adult, Rachel started to reject that interpretation. Vashti, she realized, was standing up for herself in disobeying her husband's command to expose herself to his guests.

This year, Rachel said the new interpretation feels even more relevant to her. "It resonates more powerfully through the voice it's been given through the #MeToo movement,"

Rachel said.

I fear for our children and what they are exposed to. This type of response and interpretation of a serious situation teaches our children that there is freedom of speech and freedom to corrupt that which is sacred.

I've spent many years learning and teaching the Purim story. No one ever taught me that Achashvairosh was a good guy, and I never taught that he was a good guy. No one ever taught me Vashti was wrong for not appearing before her husband in an inappropriate manner, and I never taught she was wrong.

Suddenly, the events of Purim, which took place about 2,400 years ago, is being pulled into the #MeToo movement! Seriously?! You think Achashvairosh would think there's a connection?

Society is challenging

Rambam Day School is often described as a "family feeling" school.

I hear descriptions such as our students are insulated from many of the challenges of society. I read about the #MeToo movement being connected to the story of Purim, and I was horrified!

I wish we could go through high school so we could insulate our students even longer. The more insulation we give our children and the more preparation we give our children on how to think for themselves, the better chance they have against a society that loves "sensation."

We hope in Rambam Day School we teach our students to separate between their heritage and lunacy. It's not about how much they practice within their heritage. It's about respect for their heritage. It's about recognizing the difference between fact and fiction created to promote a cause driven strictly by emotion.

It is my fervent prayer, that our students will leave from our embrace and be proud of who they are and all that they have learned.

חג פסח כשר ושמח

Wishing the Entire Savannah Jewish Community a Happy Passover!

Shabbos and Daily Services
Ongoing Educational Initiatives
Social Events & Programming
Dynamic Youth Events & Programs
Kosher Catering and Take-Out
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Jodi Sadler,
JEA Director
Early Childhood
Education

Eye on education

The Loving Kindness of Many Brings Success to Four-Year-Old

Editor's

note: Writer Jodi Sadler's story below is true — a story of a child's success that makes one's heart soar. The names in the story have been changed.

We are so proud to have such caring and loving teachers at JEA Preschool Savannah like this story shows.

A four-year-old child was so afraid of entering the pool that he wouldn't stick one toe into the water.

Early one morning, the teacher, Ms. Kelly took Robert to the pool to help him face his fear. She had him place a lifejacket into the pool to watch it float. She explained how it doesn't sink and how it will protect a person from sinking in the water.

Planning for a valuable experience

She was preparing Robert for his later visit to the pool for swimming instruction with his classmates.

Ms. Kelly asked Robert what reward he wanted if he would get into the pool this day. Robert said that he wanted to press the green button that opens the doors to the Preschool. Little did he know that the button didn't really work. It was an old mechanical device. Ms. Kelly told Robert that he could absolutely do that if he would get into the pool. Preparations were made for Robert to have a successful experience. The class proceeded to the swimming pool for a fun session with Mr. Jason and Ms. Kirby.

During swim class, Robert and Ms. Kelly went to the end of the pool where the steps were located. With his life jacket on, Robert entered the pool and sat on the first step.

That was all. He wouldn't go

any further.

Meanwhile, two members swimming laps in the pool saw what was happening. They made their way to the steps and encouraged Robert to go to the next step. They managed to get Robert to splash and kick in the water. At this point, Ms. Kelly could see that Robert was relaxing, and he even began to laugh. Next, Robert's good friend Helen came over. For 30 minutes, Helen encouraged Robert to get into the pool — nothing like peer pressure and encouragement. Robert finally managed to go to the next step. Forty-five minutes later, Robert went down four steps.

Filling the bucket

The teacher rewarded Helen with four pom poms to put in her bucket for being such a good friend (part of a Bucket Fillers Kindness Program). The teacher told Robert that in addition to punching the button he would get a pom pom for every step he went down.

Robert was beaming from ear to ear. He got his four pom poms — one for each step and got to push the green button! As they walked back to the classroom, Robert said that at his next pool visit he would go down five steps. There were hugs all around.

It does take a village to raise children. In this forty-five-minute snapshot, Robert teacher, his dear friend, and two nice JEA members helped him. With lots of encouragement, positive reinforcement, and love, Robert faced his fear of the water.

In Hebrew, we name this core value Gemilut Chasadim, Acts of Loving Kindness.

What better way to show kindness than to help another person face his fear and be successful with a challenge in life. Especially for a young child!



Eva Locker,
Principal
Shalom School

Eye on education

As Students Thrive, So Does the Community

It's really wonderful to look back at the past few months and reflect on all of the things Shalom School

has done. All of our classes have students learning, and engaged not only in Judaic studies, but Hebrew as well.

Our new medal system, has the children excited and eager to master letters, vowels, and sight words. With the biggest bulk of the medals awarded to our 1st and 2nd grade class, we are reminded, again, that a solid foundation will lead to success!

Classrooms are alive with the likes of personal stories and family trees, choreographed dances, Jewish cookbook-making, three-dimensional timelines, and songs. Students are deep in lesson, discussion, and research whenever we open the doors.

Community and education work together

The emphasis on community is important to us and part of the students' curriculum.

- **Families together.** We've held a successful family bingo fundraiser, a time for families to gather to enjoy a meal and play games with friendly competition and wonderful prizes.

- **Sharing gifts.** Our students

visited residents of Buckingham South on Abercorn Street, performing songs and packing and sharing mishloach manot for Purim.

- **Packing tzedakah.** We have packed for Backpack Buddies, sharing with our students the value of tzedakah and discussing Maimonides ladder of tzedakah.

- **Elderly meals.** We've served meals to our grandparents and special friends, showing them how much we love and value them. We've exchanged stories with community elders.

- **Rabbi talks.** We've asked thoughtful questions of the rabbis and held in depth discussions.

More students are rewarded

Moreover, we have reaped the benefits of a growing enrollment, increasing the social aspect of our program. Our teachers and students are thriving with the opportunity that presents itself with a large student body.

Our students are diverse in learning abilities, family backgrounds, and educational experience and practices, but they share a love of Judaism and community on Sunday mornings and Wednesday afternoons.

The value of a Jewish education and a thriving Jewish community are things that can never be replaced.



Mazel Tov to all High School & College Graduates and Your Families!

You are invited to submit your pictures and records of achievement for publication in our special graduation section of the June issue of the Savannah Jewish News.

To be included, please download the submission form from www.savj.org or pick one up at the JEA.

All submissions must be received by the absolute deadline of May 6th, 2018. Listings will be published only in the June issue.

Return forms & pictures to: sjnews@savj.org or Savannah Jewish News
5111 Abercorn Street, Savannah 31405



Like to read Jewish-related books?

The Savannah Jewish News is compiling a list of people to read and write reviews of Jewish-themed books that we receive.

Your substantive review would be about 250 words and include your name and affiliation to any organization, if useful to the reader.

You'll return the book to us, with your review, so that we may repurpose it.
If interested, please email sjn@savj.org

‘I Will Be your Surrogate Survivor,’ says Holocaust Teacher

by Amy Jones Hatch

I had the privilege of going to Germany and Poland this past summer to study the Holocaust with The American Gathering.

With the generosity of the Matthew J. Cranman Holocaust Teacher Education Endowment Fund through the Savannah Jewish Federation, I saw firsthand places I had only seen through pictures. I’ve been thinking about the journey, which led me to board the plane in Newark, N.J., and what it means to me.

Before I ever took a history class, I learned about the Holocaust through my friend Judy. Both her parents were Jews living in Europe during World War II. I knew about her mother’s experience, but less about her father — except Auschwitz. He was there. He survived, and he never spoke of it.

Teaching can be painful

Twenty-five years later, I’m teaching 10th grade literature at Jenkins High School. I’m told I must teach the book *Night* by Eli Wiesel. I wasn’t thrilled.

I didn’t want to read about the terrible things that were done to people there. This was painful, and I was afraid what I would learn. These things happened to people who I had come to care about. Judy’s parents were nothing but nice and kind to everyone, but like a good teacher, I taught Elie Wiesel’s book.

Now, it’s been 10 years since the word “Holocaust” was written on my board, and every year I have managed to extend the class. Long gone are the 10 days I allotted to this subject.

Every freshman learns about the Holocaust

My latest accomplishment was expanding this class from 60 students to every freshman at Savannah Art Academy — more than 200 students. I am now teaching the Holocaust for at least nine weeks, and that is entirely due to my experience with The American Gathering.

Today, well-meaning colleagues have comments such as “I didn’t know you were Jewish” or “you must know someone who was affected by the

Holocaust.” Some people think I spend too much time on this subject, in an English class that has other standards to teach.

It’s OK. They have a point.

Education lacks many things, but that is more reason for me to teach the Holocaust. This isn’t Jewish history. This is human history, but sadly labeling people continues. In fact, labeling is more prevalent today than yesterday, so if my effort opens the mind of one person, then I haven’t wasted time.

Students often ask me what surprises me most when studying the Holocaust. My answer is that I am no longer afraid.

The anxiety that shrouded me all those years ago before reading *Night* doesn’t exist. I’m not afraid because I have grown numb to it. I am no longer afraid because now I know, and as I remind my students — now they know.

The job is to remember

Last summer, I was honored to meet Irvin Roth, a Holocaust survivor who speaks to anyone who will listen. At the end of his talk, he named us his surrogate survivors. He said since we know, now our job is to tell. So, I say to Mr. Roth and all the other survivors who continue to speak their truth — thank you, and I accept. I will be your surrogate survivor.

The Holocaust and Jewish Resistance Teachers’ Program (HAJRTP) provides an intensive two-week summer learning and living experience in Germany and Poland for U.S. secondary school teachers who are committed to teaching about the Holocaust and Jewish resistance in their classes.

About the

author. Amy Jones Hatch teaches 9th and 10th grade Honor Composition/Literature at Savannah Arts Academy. Previously, she taught English at Beach and Jenkins high



schools. Hatch is a University of Georgia graduate and attended Savannah Christian Preparatory.

Condolences

We express our sympathy to the families of:



Marcia Ellen Levine

Who passed away February 12, 2018

She is survived by her siblings Debbie (Bruce) Levison, Richard (Brenda) Levine, and Michael (Laura) Levine; mother Harriet (nee Dolin); nieces and nephews Ian, Ben, Andrea, Matt, Emma, and Harrison.

Remembrances: Friends may wish to contribute to the Jewish Family Service Association or Kol Ami Suburban Temple, 22401 Chagrin Blvd., Beachwood, Ohio. 4412.

Sara Kantsiper Switz Rigel

Who died Tuesday, February 24, 2018

She is survived by her children Jerry Switz (Carolyn); Ellen (Switz) Klappholz (Mario); grandchildren Amber Latham, Ryan Ziegler, and Justin Ziegler; seven great-grandchildren; and sister, Miriam Center.

Remembrances: Donations may be made to The Henry W. Center College Scholarship Fund at the JEA, 5111 Abercorn Street, Savannah, Ga. 31405.

David Bueno

Who passed away March 2, 2018

He is survived by his wife Rachel Starets Bueno; his children Raphael (Kate) Bueno, MD, and Josepha (John) Bueno DeVaro, MD; his grandchildren Gabrielle and Rebecca Bueno and Sarah and David DeVaro; and brother Avraham Bueno.

Nathan Doreen

Who passed away March 6, 2018

He is survived by his wife Elsie

Doreson; children Lawrence (Sandra) Doreson and Deborah (Richard) Macarin; grandchildren Sarah, Jared, Daniel, Jackson, and Matthew; and brother Irving.

Regina Lederman Herzog

Who passed away March 10, 2018

She is survived by her husband, Richard Henry Herzog; one daughter, Bari Perales (Robert); one son, Ken Schwartz; five grandchildren, Alexander Perales, Nicholas Perales, Abbie Schwartz, Gabriella Perales, and Evan Schwartz, and her rescue dog, Bo.

Remembrances: American Cancer Society, 4849 Paulsen Street, Suite 102, Savannah, Ga. 31405-4424.

Marianne Boblasky Walden

Who passed away March 14, 2018

She is survived by one daughter, Dr. Susan M. Walden; one son, David A. Walden, Esq. (Lisa) York City; eight grandchildren, Brent Cohn, Erin Cohn, Ellie Cohn, Scarlet Walden, Stella Walden, Alex Walden, Dan Gottlieb and Andy Gottlieb; and one great-grandchild, Daisuke Walden.

Remembrances: Donations in Marianne’s memory to one of the following charities: The Literary Guild of Saint Simons, PO Box 20822, Saint Simons Island, GA 31522; Hospice of the Golden Isles. 1692 Glynnco Parkway, Brunswick, GA 31525; or The Lymphoma Research Foundation, Wall Street Plaza, 88 Pine St., Suite 2400, New York, NY 10005.

CELEBRATING A

Simcha?

Bar/Bat Mitzvahs
Engagements
Weddings
Births

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Holistic medicine requires patient engagement, says acupuncturist Rachel Wolf

Rachel Wolf and her husband, Luke, originally from Philadelphia, Pa., moved to Savannah two years ago after he accepted an executive chef position at the Oglethorpe Club. The Wolf's have two daughters, 3-1/2 and 1-1/2 years old, a chocolate Labrador, and fish. The oldest child attends a local Jewish school.



tional bodies. One example I see regularly is the connection between anxiety, stress, and the digestive system. It is common for someone to experience these feelings and show up with bowel disturbances, nausea, or tendencies to overeat in times of emotional upheaval or trauma.

Chinese medical theory indicates 28 pulses. What I feel in a patient's pulse tells me a great deal about what needs balancing within the body. They do correspond to the heart, but also each of the other organ systems, for instance kidneys, lungs, spleen, and liver. This is similar to what is stated by Rabbi Vital.

SJN: Rabbi Chaim Vital wrote in *Shaar Ruach HaKodesh*, "Know that in the same way that through a person's pulse, bodily sickness can be known and recognized to healers of the physical being, so, too, could my master [the Arizal], of blessed memory, diagnose sickness of the soul by feeling one's pulse...." [<http://bit.ly/2Fshrmq>] Is there a relationship between acupuncture and heart beats?

Wolf: Chinese medicine is a holistic practice and does not differentiate between the physical and emo-

cially when they're all pointing in the right direction." What does the research show today about the effectiveness of acupuncture?

Wolf: Many studies prove the effectiveness of acupuncture. It can raise blood counts in cancer patients, alleviate the symptoms and side effects of chemotherapy, help to rehabilitate stroke victims, do wonders for pain management and digestive issues, and can regulate the reproductive system proving to be invaluable to fertility patients.

This is just a fraction of the research done with acupuncture. One of the hurdles we face in "proving" Chinese medicine works for various ailments is that because it is a holistic approach and every person is different, every person is treated differently.

For example, 10 people could participate in a study on acupuncture's effects on migraine headaches, but they may all be experiencing migraines for different reasons depending on their constitution. There is always a root and a branch aspect to a treatment plan and, therefore, symptoms and underlying etiologies will be treated accordingly. This makes it difficult with the western scientific method to treat all migraines the same.

SJN: Which forms of acupuncture do you use and what are their differences in terms of treatment

and what each might accomplish?

Wolf: There are many forms of acupuncture, not all utilizing needles. As far as needling, I look to be as gentle as possible and most patients only feel some of the needles inserted. This feeling is more of a sensation than anything else.

I also use cupping and gua sha, which are manual techniques used to bring stagnation (physical and emotional) out of the body. They are useful for pain, common colds and coughs, plantar fasciitis, asthma, and scoliosis, to name just a few. I also use a bit of essential oils, moxibustion, and tui na, which is a Chinese massage technique.

Plus, I always talk to my patients about food. Health starts with the fuel you're feeding your body and huge advances can be made health-wise with diet changes.

SJN: What is your business philosophy, especially re customer service?

Wolf: I try to work with each of my patients and am usually available via text or email any day of the week. I offer food recommendations and lifestyle changes if need be, however I cannot stress enough that healing happens on both sides; it is important for the patient to want to be involved in their own healthcare.



young jewish
savannah

*We want to get to know you!
New to Savannah and want to get
connected?*

*Want to help plan events?
Have ideas you want to share?
Just want to hang out?
Let us take you for coffee!*



We want to hear from you!

For more information about
Young Jewish Savannah
call Jacqui Drazen at 912-355-8111
or email yjs@savj.org.

If you are Jewish, in your 20s and 30s and want to meet new people, connect to the community and make a difference - YJS is where you want to be!

Young Jewish Savannah's goal is to provide meaningful opportunities for engagement in the Jewish community through social and professional networking, community service, Judaic and leadership programs for Jewish young adults in their 20s and 30s.

Young Jewish Savannah is made possible through the Savannah Jewish Federation.



Your Campaign Dollars at Work

Young Jewish Savannah's Israel @70 Shabbat Dinner

**Join YJS for an Israeli themed
Potluck Shabbat Dinner at the
home of Brooke & Stuart Halpern**

**Friday, April 20 7:00 pm
RSVP to get the address**

**Bring an Israeli Dish
to Share with the Group**



Contact Jacqui for more info at programming@savj.org



How Kids Turned Flour to Matzah, While Getting A Lot of Flour on Themselves



The matzah chefs set up to start the process.



Flour and water in a plastic bag is mashed up to make the dough.



The dough is flattened using a roller.



A roller docker makes holes on both sides of the dough to prevent formation of air pockets.



Master matzah baker Adam Solender places the dough in the oven.



Orly Henkin proudly shows the final product.

In the first of a series of matzah baking events, some 40 parents and kids enthusiastically made matzah during a PJ Library event, March 11 at the JEA.

Attendees from Food for Thought, the Shalom School, the Coastal Judaic Study Group, the JEA

Preschool, and the Days at the J camp participants made matzah on other dates.

A portion of the PJ Library event was watching a video of the mass production of matzah. Here's a look at the Manischewitz process: <https://youtu.be/pX52jqVOaxI>.



When all is said and done, we think some matzah-making was done at this table.

DIRECTIONS

1. Place $\frac{1}{2}$ cup flour in a mixing bowl.
2. Add 1 cup of water, 1 tablespoon at a time into the flour.
3. Mix the flour and water to form a ball of dough.
4. Place dough on a lightly floured work surface and knead it rapidly for 30–60 seconds until it is smooth.
5. Divide the dough into 2 pieces and roll each into a small ball.
6. Use a rolling pin to roll the dough out into a very thin circle. Let the dough rest a bit and roll again. Always roll from the center out.
7. Use roller docker over dough to create holes on both sides.
8. Bake on a preheated baking sheet at 500 degrees for 2 minutes. Then flip matzah and bake another 2 minutes or until it is lightly browned.

The Boards of Directors and Staff of the Savannah Jewish Federation Jewish Educational Alliance



Wish you and your loved ones a
Happy and Healthy Pesach

Why do we have to
wait so long to eat?

Why do I have to sing?

Why do we have to
have **matzah**
the whole week?

Why do I have to sit
at the kids' table?

Why am I always
the youngest?

Why can't we just
help people?



On Passover, kids rarely stick to asking
just the four questions.
This year we're asking an extra question, too.

Will you help make a difference in the lives of Jewish children and families,
here in Savannah and around the world?

By giving to **Jewish Family Services** you feed hungry children. You provide counseling to troubled teens.
You help children with unique needs. You provide assistance to attend Jewish camping programs.

So this Passover, our fifth question is,
"Will you help make a difference in the lives of Jewish children and families?"
Please answer "yes" and give as generously as you can to **Jewish Family Services**