

Enriching Lives

מעשירים חיים

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Shalom 10|19

The Journal of the Reading Jewish Community published by the *Jewish Federation of Reading/Berks*

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Literatour Berks kicks off with thrilling World War II novel

By Amanda J. Hornberger

True or false. During World War II a ragtag group of Belgian resistance journalists using Nazi funds wrote and sold a fake, satirical version of the Nazi-led newspaper and called it *Le Soir*.

This is a true story and the basis for "The Ventriloquists" by debut author E.R. Ramzipoor.

Literatour Berks is thrilled to welcome Ramzipoor as our first author of Literatour Berks on Monday, Oct. 7, at 7 p.m. at Exeter Community Library (4569 Preswick Drive, Exeter Township).

While researching her senior thesis, 26-year-old Ramzipoor, a graduate of the University of California at Berkeley found a document mentioning the creation of *Le Soir*, which occurred in just 18 days and left most of its creators severely punished by the Nazis.

Ramzipoor told the San Jose *Mercury-News*, "I wanted to tell a World War II story that was fun and action-packed in which people we traditionally consider to be oppressed get to be the heroes and get to be the masters of their own story."

While based on actual events, "The Ventriloquists" is a work of fiction.

The public is invited to join us for a



conversation with E.R. Ramzipoor on Oct. 7 at 7 p.m.

Following her talk, Ramzipoor will sign copies of her book, which will be available for purchase through the Literatour Berks official book vendor, Reads & Company of Phoenixville. You can register by calling 610-406-9431.

You can also register on our website: www.readingjewishcommunity.org/home/literatour

Ramzipoor's appearance in Literatour Berks is presented by Jewish Federation of Reading in partnership with Exeter Community Library and the LGBT Center of Reading.

Thank you to the sponsors and patrons



E.R. Ramzipoor

of Literatour Berks for making this event possible.

Literatour Berks will feature 16 events from October through June.



ENRICHING LIVES
מעשירים חיים

You are Invited

Jewish Federation of Reading/Berks Leadership Dinner with

Ambassador Ido Aharoni
Global Distinguished Professor for International Relations - New York Univ.
Former Consul-General of Israel

Sunday, October 27, 2019
4:30 p.m. Reception & Dinner
Miller Center for the Arts ▪ Reading
Bosco's Ala Carte Catering Kosher meal to be served

Minimum recommended gift \$1,200 per person

Please RSVP by October 19th

Phone: 610-921-0624 / e-mail: info@JFReading.org / online: ReadingJewishCommunity.org

Mr. Aharoni is a 25-year veteran of Israel's foreign service, including serving for six years as Consul-General in New York, overseeing the operations of Israel's largest diplomatic mission worldwide. He has been recognized for his contribution to the field of public diplomacy from national Jewish organizations and other social-impact charities. He is the Founder of two annual public diplomacy conferences: BTC (Broadening the Conversation 2011-2014) and the Beyond Conference (2015 to present.) In 2015, he was awarded Honorary Governor by Tel Aviv University. In 2013, The Algemeiner named him among the 'Top 100 People Positively Influencing Jewish Life,' commonly known as the "Jewish 100."

Ambassador Aharoni will speak to the community at 7:00 p.m.
We welcome your Community Campaign gift or contribution at this program.



ENRICHING LIVES
מעשירים חיים

Your support helps keep this community great

By Richard Nassau
Development Director

Last month, summer ended, and a new school year started. Essays about “How I Spent My Summer,” were written. Photos taken of visits with family and of vacations now wait to be sorted into albums.

Fall is now officially with us. The days are a little cooler. The rhythms of school and car pools and soccer practice have become routine.

The High Holidays are also here, and Jews are gathering together. The holidays are part of that transition from summer to fall. They allow us time to reflect and look back over the past year. They cause us to pause and gain perspective.

Many of you know that I brag about our Berks County Jewish community. I do so to anyone who will listen. I speak about the



involvement of people. I list the many programs we provide. I talk about how a community of our size is able to accomplish so much.

This view of our community is something I always take with me. It is a view I am especially reminded of at this time of year.

When I travel, wherever I go, I try to find some connection or information about the local Jewish community. It may be through a visit to an historic synagogue, attending an evening lecture at a local JCC or a tour of Jewish landmarks.

At each stop, I speak with people from the local Jewish community. I ask about their local issues and concerns. What are they struggling with? What do they care about? What is their passion? What do they want for their Jewish community? What is working?

The size of the Jewish community doesn’t matter. As a visitor, they ask me what they can do to engage more people. They share their concerns. They want to know what they should do about their aging

or shrinking or unaffiliated community.

They also talk about what’s working. The programs they’ve developed in response to ideas from the community members and to changing community needs. Many, like us here at Federation, take the time to listen to people.

This time of year, gaining perspective is important.

The Berks County Jewish community is one that is strong and vibrant. It is also one that needs you. Your ideas, your time and your dollars. Federation is about working together with you for our entire Jewish community.

Contact us and let us know what you want and what you need for yourself and our Jewish community. RichardN@JFReading.org or 610-921-0624.

We also need your support. It is your Community Campaign gift that connects and provides for our Jewish community.

Go to ReadingJewishCommunity.org to make your gift. Thank you.

How Federation is helping a child change the world

By Richard Nassau

Eva Karchevsky turned 8 this summer. While everyone has a birthday, Eva decided to help change the world with hers.

Eva had visited Israel with her family as part of Federation’s family mission last year. For her birthday, Eva didn’t want more things. Instead, she wanted to do something for kids in Israel who for many reasons need help. She told her parents, and they contacted Federation to find out what could be done.

Federation worked with her parents to set up a special private donation page. They could send family and friends a link to use to make a gift in honor of Eva’s birthday; with 100% of the donations being used for children’s programs in Israel.

Eva and her family recently met with Bill Franklin, Federation’s president. Bill and

Eva talked about why she chose Israel. They discussed Eva’s visit to Yemin Orde, a program supported by Federation for disadvantaged children in Israel.

Eva was also interested in other ways she might help kids in Israel. After talking with Bill and her parents, Eva decided she’d like to help kids in hospitals. Bill thanked Eva and her family for their thoughtfulness.

Eva Karchevsky is changing the world.

Eva chose to use her birthday donations to help build a Kids Cancer Care Center in Rehovot, Israel. The Center is part of Kaplan Medical Center’s new pediatric hospital. Soon, children undergoing cancer therapy in the region will no longer have to travel to other hospitals if their care requires overnight stays. With Eva’s help, they’ll be able to stay close to their home, friends and family.

For information about special donations



Eva Karchevsky

honoring birthdays or other celebrations, contact Richard Nassau - RichardN@JFReading.org.

Literatour event to focus on writer’s conversion journey

The following is an excerpt from an article in the September issue of Hadassah magazine.

Angela Himsel, a convert to Judaism, grew up in a small town in Indiana, the seventh of 11 children. Her parents were devout followers of the Worldwide Church of God, maintaining a doomsday philosophy and strict regulations that included a disregard for doctors and medicine.

In “A River Could Be a Tree: A Memoir,” Himsel, 57, creates a portrait of her family’s rural world and her own questioning inner world, telling her story with Midwestern humility and acquired New York savvy. She writes about her grandparents who farmed nearby and disapproved of her parents’ religion; her close connection to her siblings and the adventures they had piling into their old Cadillac to travel to church events; and

her devotion to her parents. As she grew older, she became particularly upset with the church’s view of women as well as its ban on makeup. “Would Jesus care about my mascara?” she recalled asking.

The first woman in her family to attend and graduate from college, Himsel describes how she convinced her parents to let her study in Jerusalem during her junior year. Expecting to encounter biblical scenes, she instead was drawn to modern Israel, found the Israelis and the American Jews she met engaging, and was increasingly attracted to Judaism. She returned to Indiana before escaping to New York, where she continued her Jewish studies. She eventually had an Orthodox conversion, married a Jewish man and made her home on the Upper West Side of Manhattan.

In this memoir, Himsel truly wrestles with

God and theological ideas. Her message, she said in an interview, is that change and reinvention are possible — and that people with different religious leanings can appreciate and respect one another: Her churchgoing parents and her Jewish in-laws (a rabbi and rebbetzin), who have all since died, got along quite well.

Angela Himsel will speak at the JCC on Wednesday, Oct. 16 at 7 p.m. as part of Literatour Berks and presented by Women’s Philanthropy of Jewish Federation of Reading/Berks. Registration required to literatourberks@gmail.com or at www.readingjewishcommunity.org/home/literatour Following her talk Himsel will sign copies of her book, which will be available for purchase through the Literatour Berks official book vendor, Reads & Company of Phoenixville.

Development

- Annual Campaign
- Women's Philanthropy
- Maimonides Society
- Your Jewish Legacy
- Chai Circle
- L'Chaim Society
- Book of Life
- Letter of Intent



DONATE NOW
TO OUR
JEWISH
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Please visit
ReadingJewishCommunity.
org

Make your gift
today!



The community is invited to join us
Sunday, Oct. 27 at 7 p.m.
in the Miller Center for the Arts
as Ambassador Ido Aharoni, former Consul
General of Israel, speaks about timely issues
impacting the Middle East, including
the recent election in Israel.

We welcome your Community Campaign gift
or contribution at this program.

From the President's Desk

Plenty of exciting things in works as we start new year

By William D. Franklin
President

I love the relevancy of Judaism. Rosh Hashanah is almost here and, as the beginning of a new year, it is both a time of rejoicing and a time of serious introspection, a time to celebrate the end of one year and a time to plan an even better next one. Earlier this year, the Federation's introspection initiated a strategic planning



process to identify the needs and priorities of our Jewish community. Four areas of focus were identified. First, we wanted to increase engagement through outreach to our community with meaningful programs and services. So, we remodeled the JCC at very little cost to make it more attractive, welcoming and useful. (Please see pictures below). In addition to our successful film series, we added an inaugural season of Literatour, a community reading program where you will be able to meet 18 authors at 16 events and discuss their new books. Second, we worked to ensure financial

stability through enhanced development activities and marketing. For the new year, we are expanding our Maimonides program and our Women's Philanthropy program. Third, we wanted to build community by strengthening our collaboration and partnerships. We will be working with synagogues on community service projects and, unfortunately, security issues. Fourth, we are working to develop community leadership with our redesigned Jewish High School, guided by our new Schlicha Adi Shalev, and we will be developing adult education courses to provide information on the increasing

threats of anti-Semitism and how to respond, negative BDS initiatives, and the ever-changing geopolitical issues of the Middle East. Of course, we will also be expanding fun programs for all ages! Traditionally, on Rosh Hashanah, we eat apples because our ancestors believed that apples had great and mystic healing properties. We eat them with honey which symbolizes our hope that the New Year will be a sweet one. May the New Year be blessed with sweetness and health for us all. L'Shana Tovah. Bill Franklin

Bad news turns into good news at JCC offices

By Bill Franklin

The bad news was that in June our carpet was damaged by leaks in the overhead air conditioning system. The good news is that our landlord agreed to replace the carpet and repaint our offices. We're starting to put things back together and have gotten very positive responses from our initial visitors. We earlier renovated our youth room and an adult lounge, adding a specialty coffee machine. We will be expanding our programs to take advantage of our remodeled facilities. Drop in, say hello and enjoy a cup of coffee.



The entryway, left, and the main room at the refurbished JCC.



The kitchen and the gallery have a new look with new carpeting and a fresh paint job.

Follow us on social media!



Jewish Federation of Reading &
Jewish Cultural Center of Reading



@jfedreadingberks



@JewishFedRdg

Shalom

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The opinions expressed in Shalom are of the writers and not the Jewish Federation of Reading/Berks



Film series moving to Fox Berkshire theatre

By Amanda J. Hornberger

Like many of you I was saddened to learn the news of the closure of Fox East in September. Fox East has been the home of the Reading Jewish Film Series for the past five years, and the people on its staff have been wonderful to work with each year. The theater closed the day after our Sept. 18 opening of the 2020 Reading Jewish Film Series.

We are grateful that Don Fox and Fox Theatres have continued to support the Reading Jewish Film Series and the staff (including many of the employees from Fox East) are working hard to ensure the continued success of the film series! Below are answers to some questions you may have. If you have any additional questions, please do not hesitate to reach out to Amanda at amandah@jfreading.org or 610-921-0624.

Will the film series continue?

YES! The 2020 Reading Jewish Film Series will continue on the same dates



and time at Fox Berkshire, 800 Berkshire Blvd. Wyomissing, starting with our Nov. 10 film, "Cojot." Check our website — www.readingjewishcommunity.org — for more details on the films and a complete schedule.

Will ticket prices change?

No. As previously advertised, pricing for the 2020 Reading Jewish Film Series will be \$6 per film or \$35 for the series of seven films for JCC members. Non-members will pay \$8 per film or \$50 for the series of seven films.

Where can I purchase tickets?

Tickets can be purchased at the box office or kiosks at Fox Berkshire or online at www.foxshowtimes.com. Tickets for the complete series can only be purchased at the box office.

What payment methods are accepted?

Cash or credit card. Fox Theatre gift cards also accepted.

Is online ticketing available?

Yes. You can purchase tickets at www.foxshowtimes.com. Please note there is a \$1.75 ticketing fee for online purchases. This does not apply to tickets purchased at the theatre.

Will there be reserved seats?

Yes. You will select your seats at the time of purchase (either at the theatre or online).

JCC takes community members to New York museum



Members of the community visit the Museum of Jewish Heritage on a Sept. 8 JCC bus trip to New York. Andy Goldsworthy's Garden of Stones, right is a metaphor for those who survived the Holocaust. Chai, the word for life, has a value of 18, the number of boulders used in this installation.



A River Could be a Tree

with Angela Himsel

Wednesday

October 16th

7 p.m.

Jewish Cultural Center

1100 Berkshire Blvd.

Suite 125

Wyomissing, PA 19610

Registration required.

To register, visit:

www.ReadingJewishCommunity.org/home/literatour

A RIVER COULD BE A TREE

A Memoir

ANGELA HIMSEL

FOREWORDS BY SHULEM BEEN

The seventh of eleven children, Angela grew up in southern Indiana in an apocalyptic, doomsday Christian faith. Himsel's memoir follows her journey attempting to understand the church's strict tenets and time spent in Israel during college. Instead of strengthening her Christian faith, her time in Israel made her question Christianity itself. She ultimately converted to Judaism and lives in New York City with her family.

Copies of *A River Could be a Tree* will be available for sale onsite through Reads & Company.



What is Israel for me?

By Adi Shalev

My name is Adi Shalev and I am the new Shlichah for Reading and Lancaster. I have been here for two weeks, and I am looking forward to my next two years here.

To start, I want to tell you what Israel means to me:

Israel is a lot of things, but first of all it is home.

Israel is my family and my friends.

This is where I can get lost and at every moment someone will help me.

This is where someone will say that there is a Bat Mitzvah and no people have arrived and suddenly 300 people will come to make the girl happy.

Or we hear that a Lone Soldier has been killed and has few family members to come to the funeral, so hundreds of people come to accompany the soldier and family.

This is where I grew up, was educated, studied, volunteered, served, worked and grew.

This is a place that is full of green forests and also full of desert.

It is the place with the lowest physical spot in the world and the highest spiritual one.

It is complex, sacred, confusing and agitating.

This is where I learned what death is at an early age and where I knew the people who were buried.

This is where I knew my friends were fighting in a war and didn't know if I would see them again.

This is where everyone knows a soldier who was killed.

This is the place to go from mourning to joy in one day.

Israel is where you have a conversation with someone you don't know and always find out that you have



Adi Shalev, right, chats with students before a recent Jewish Community High School session at the JCC.

mutual friends.

To be in Israel is to go to the market and see all the people and smell all the smells.

Or to go to different restaurants with different and special flavors.

Israel is the place where everyone will greet each other with "Hag Sameach" before holidays and "Shabbat Shalom"

before Shabbat.

This is where all the cars are still and all the shops are closed on Yom Kippur.

This is where Wonder Woman grew up — because we're all like that.

This is where we walk down the street and won't hear only Hebrew.

This is where every time I reach out

to friends — the food will be different, because we are one big ingathering of exiles.

Israel is a place of joy, sadness, celebrations, stories, tastes, family, unity, different people and love.

I'll be happy to meet you and talk about what Israel is for me and learn what Israel is for you.

The Ventriloquists

with E. R. Ramzipoor

Monday October 7th 7 p.m.

Exeter Community Library

Registration required.
Call - 610-406-9431

Brussels, 1943. Twelve-year-old street orphan Helene survives by living as a boy and selling copies of the country's most popular newspaper, *Le Soir*, now turned into Nazi propaganda. Helene's entire world changes when she befriends a rogue journalist, Marc Aubrion, who draws her into a secret network publishing dissident underground newspapers. Copies of *The Ventriloquists* will be available for sale onsite through Barnes & Noble Wyomissing.



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OF GREATER READING



CELEBRATING AUTHORS AND BOOKS

Kiddush following services

Be sure to embrace the joy of Shemini Atzeret

By Rabbi Brian Michelson
Reform Congregation Oheb Sholom

This year, October is a busy month. It is filled with no less than three Jewish holidays. It is easy to let the holidays that come later in the month get lost in the shuffle. We can suffer from holiday burnout. We have celebrated, confessed, built, and dwelt. The last thing we want or need is another holiday trying to get our attention. Yet, tucked at the end of Sukkot is a holiday that deserves our attention: Shemini Atzeret.



Shemini Atzeret is unique among Jewish festivals. This holiday, which immediately follows Sukkot, does not mark any important event —not the exodus from Egypt, the revelation of Torah at Mount Sinai or the creation of the world. Shemini Atzeret is also unique because it is not tied to any special ceremony of performance — we do not use a lulav and etrog, a special menorah or any other object. Our Sages tell us that Shemini Atzeret is a holiday unto itself. It is true that Shemini Atzeret is the concluding day of Sukkot, but, at the same time, it is a festival in its own right. According to the Talmud, Shemini Atzeret is implied in the verse: “and you shall be only joyous.” (Deut. 16:15)

Although many of our Jewish holidays have joy as a part of their celebration, the essential part of Shemini Atzeret is the obligation to rejoice. In other words, Shemini Atzeret is the “time of rejoicing” par excellence. Shemini Atzeret marks a change in the liturgy of the Amidah, the central section of every service. Starting on Shemini Atzeret — this festival of ultimate joy — we begin asking God to provide rain in the land of Israel. How is this connected to the celebration of this holiday? Real joy consists of the ability to appreciate and benefit from the seemingly simple things in life. Water, in fact, is a very precious commodity. A person can live without food for many days, but

not without water. However, we do not appreciate the blessing that is inherent in the possession of water, because we are so accustomed to an abundance of water. Shemini Atzeret challenges us not to take the simple things, like clean water, for granted. It teaches that it should not be necessary for one to be dying of thirst before becoming aware and grateful for this precious gift. Why, then, do we take the simple yet indispensable things in life for granted? Why must one be struck by illness before being properly grateful for the gift of health? It is human nature. Shemini Atzeret reminds us to be grateful for the simple things in life, for if we can do this, then we will truly understand what it means to be joyful.

How to make this year an adventure

By Rabbi Yosef Lipsker
Chabad Center of Berks County

Imagine you were given an opportunity to travel the entire world, —every continent, every country — at no cost. But there would be one condition; you would have to do it blindfolded. You can trek from Hawaii to the Swiss Alps, from the Amazon to Jerusalem but it will all have to be done without you seeing any of it. It's a frustrating idea. Here you are going from place to place but to you, it all seems the same. The truth is, this dilemma does not just exist in the realm of space, it also exists in the realm of time. The Kabbalah teaches us that just as every place has its own unique energy and purpose, which is why traveling is always filled with newness and adventure; every point in time has its own exclusive



character and rhythm. This week, this day, this very moment will never happen again; there will be many more moments to come, but none will be like this. One can go through life, day after day blindfolded, like listening to the same song on repeat. Or one can take off their blindfold, look at each day and recognize that the challenges and triumphs that are unfolding before them is unique, it has its own flavor and will never happen this exact way again. This is what's so significant about Rosh Hashanah and the celebration of the New Year. During this holiday, the energy that will define the entire year ahead, the context in which everything will be achieved, enters into our world for the very first time. Furthermore, the Kabbalah teaches, not only is this a new energy, each year it is an even greater energy than the year past. The potential and destiny that is waiting to be unlocked during this coming year is something the world has never seen.

All this happens with the blast of the Shofar. The sound of the Shofar is the sound of us piercing heaven and drawing down a year that is unlike any that's ever been before. Its unique tone beacons us to take off our blindfold and witness the transition into a brand new year. This year, we are given the opportunity to go on a magical journey of time. To experience moments that are filled with fresh

and untapped beauty. The choice is ours, we can slide right into the New Year blindfolded, completely unaware of the fact that we just entered into an entirely new dimension, or we can go hear the Shofar and blow the blindfold off. We can open our hearts and pray for a year of health, redemption, prosperity and happy adventures! Wishing you all a happy, healthy, peaceful and loving year.

B"H



 **iPray**

It's Time

Reset – Reconnect – Refresh

HIGH HOLIDAY SERVICES

5780 – 2019

Services will be held at the
CHABAD CENTER
2320 Hampden Boulevard
Reading, PA 19604
No membership required.
Suggested contribution for a seat is \$100.
Please call 610-334-3218
email Office@ChabadofBerks.org,
or visit www.chabadofberks.org/highholiday
to reserve a seat
This program is sponsored by Dr. Jerry Marcus

ROSH HASHANAH:

SUNDAY, SEPTEMBER 29

Mincha Service..... 6:30 PM

Light candles at..... 6:32 PM

Ma'ariv Service..... 6:45 PM

MONDAY, SEPTEMBER 30

Shacharit Service..... 9:00 AM

Shofar Service..... 11:00 AM

Kiddush following Services approx 1PM

Mincha Service..... 2:00 PM

Tashlich Service 2:15 PM

Ma'ariv Service..... 7:15 PM

Light candles after..... 7:28 PM

TUESDAY, OCTOBER 1

Shacharit Service..... 9:00 AM

Shofar Service..... 11:00 AM

Kiddush following Services approx 1PM

Mincha Service..... 6:45 PM

Ma'ariv Service..... 7:00 PM

Yom Tov Ends..... 7:27 PM

YOM KIPPUR:

TUESDAY, OCTOBER 8

Mincha Service..... 6:15 PM

Light candles at* 6:17 PM

Kol Nidrei..... 7:00 PM

**Candles may be lit at the synagogue for your convenience.*

WEDNESDAY, OCTOBER 9

Shacharit Service..... 9:00 AM

Yizkor 11:30 AM

Mincha Service..... 5:00 PM

Neilah 6:00 PM

Yom Kippur Ends..... 7:14 PM

Break Fast at Synagogue

THURSDAY, OCTOBER 17 · 5:30PM

Annual Sushi in the Sukkah

 **Shabbat Candle Lightings**

 **Torah Portions**

October 4
6:22 p.m.

October 11
6:11 p.m.

October 18
6:01 p.m.

October 25
5:51 p.m.

October 5/6 Tishrei
Vayelech (Deuteronomy 31:25-31:30)

October 12/13 Tishri
Ha'azinu (Deuteronomy 32:44-35:52)

October 19/20 Tishri
Sukkot (Deuteronomy 34:1-34:12)

October 26/27 Tishri
Bereishit (Genesis 5:25-6:8)



REFORM CONGREGATION OHEB SHOLOM

Schedule of High Holiday & Festival Services, 2019 (5780)

Joint Selichot Program & Service
(Official start of the Holidays)
Date: Saturday, September 21, 2019
Time: 8:30 pm

Rosh Hashanah
Erev Rosh Hashanah
Date: Sunday, September 29, 2019
Time: 8:00 pm, Oneg to follow

Daytime Services
Date: Monday, September 30, 2019

- ◆ Morning Service at 10:00 am
- ◆ Family Service* at 4:00 pm
- ◆ Tashlich Service at 5:30 pm at Reading Public Museum

Annual Cemetery Service
Date: Sunday, October 6, 2019
Time: 1:00 pm at Mt. Sinai Cemetery

Yom Kippur
Kol Nidre Service
Date: Tuesday, October 8, 2019
Time: 8:00 pm

Daytime Services
Date: Wednesday, October 9, 2019

- ◆ Morning Service at 9:30 am
- ◆ Family Service* at 1:30 pm
- ◆ Afternoon Service at 3:00 pm
- ◆ Yizkor/Memorial Service at 4:30 pm
- ◆ Closing Service at 5:00 pm

**Family services are for children up to grade 2. Babysitting is available for other services.*

Sukkot

- ◆ Sukkah Decorating & Dinner
Date: Sunday, October 13, 2019
Time: 6:00 pm
- ◆ Erev Sukkot Service
Date: Sunday, October 13, 2019
Time: 7:00 pm
- ◆ Shabbat in the Sukkah
Date: Friday, October 18, 2019
Time: 6:00 pm Service, Dinner in the Sukkah to follow
- ◆ Tot Shabbat on the Farm
Date: Saturday, October 19, 2019
Time: 10:00 am
Location: Brecknock Orchard

Shemini Atzeret – Simchat Torah & Consecration

- ◆ Service and Consecration
Date: Sunday, October 20, 2019



On Rosh Hashanah, it is written ...

On Yom Kippur, it is sealed.

G'mar Chatimah Tovah
May you be sealed in the Book of Life

555 WARWICK DRIVE, WYOMISSING, PA 19610

PHONE: 610.375.6034 FAX: 610.375.6036

E-MAIL: temple.office@ohebsholom.org WEB SITE: www.ohebsholom.org

Attention Medicare recipients: Open enrollment is soon

By Sari Incledon

The cost and coverage offered by Medicare plans change each year. During the open enrollment period from Oct. 15 to Dec. 7, you can choose a plan or review and change your existing coverage for the coming year. This applies to those who currently have an existing Medicare plan and those who have just qualified to claim benefits.

Why is Open Enrollment Important?

Some people find they need to change their coverage because their health and/or prescription needs have changed since their last review. Some may have to find a new plan if their insurance company closed down or consolidated plans to eliminate duplication. Even if you anticipate no changes, it is still worth reviewing your plan each year. There may be other changes to Medicare that may also affect you. You may be eligible for benefits that could save you extra money or give you better coverage. Also, seniors may be eligible for help with prescription drug costs in the “donut hole”.

If you need help choosing a Medicare plan or reviewing your current coverage call JFS at 610-921-0624 to arrange an appointment with community volunteer Phyllis Dessel, a retired social worker from the Berks Area Office of Aging.

Tips to Prevent Seniors from Becoming Victims of Fraud

In September, David Shallcross from the office of the Pennsylvania attorney general gave a very informative session on preventing seniors from being fraud victims.



David Shallcross of the state attorney general's office meets with local seniors to discuss fraud prevention.

Here are a few of the tips he gave:

- If you don't know the caller, let it go to voicemail.
- Don't provide financial or personal information to callers
- You can't win a sweepstakes or lottery if you didn't enter it
- The IRS will not call you until they have sent three official letters
- Only provide Medicare Information when receiving care of services.

Join us Oct. 7 for Movie Monday

Celebrate life, love and finding happiness again in the heartwarming comedy “Boynton Beach Club,” which proves that 60 is the new 40. Though in their sunset years, these “active adults” refuse to go gently into that balmy night. Join the good times at the Boynton Beach Club where the sun never sets — featuring Joseph Bologna, Dyan

Cannon, Len Cariou, Sally Kellerman and Brenda Vaccaro. Screening at 2 p.m. on Oct. 7.

Fall Education Programs

Join us for the upcoming sessions at the JCC on three consecutive Wednesdays at 7:00 p.m.

- Oct. 23 – All About Your Social Security Benefits with Stanley Fromuth
- Oct. 30 – Learning about Wills and Power of Attorney with Benjamin Leisawitz
- Nov. 6 – ABC's of Medicare with Phyllis Dessel

Food Pantry Volunteers Needed

In September the JCC Food Pantry served 184 households. Oct. 2, Nov. 6, and Dec. 4 are our next food pantry dates. If you would like to know about how you can be a part of this meaningful program contact JFS at 610-0624 or email sari@jfreeding.org

More fun at Friendship Circle



Friendship Circle participants try their hand at making birdhouses. From left are Tootie Moyer, Eileen Kope and Lila Shapiro.



Matthew Dodd, left, performs Songs and Stories of Labor Day. Sarena Kabakoff, right, leads Eileen Kope and Myron Kabakoff in a yoga class.

Jewish Family Service

Food Pantry

Friendship Circle

Counseling Services

Transportation

Financial Assistance

Hospital and

Home Visitations

Living with Loss

Information and

Referral

Case Management

Holiday Programs

Do you remember?

By Tootie Moyer

To all you “youngsters,” I can say my memory came back since I turned 95 years young. Sometimes I think I remember too much — but here come the memories.

- We had to talk to each other — no smartphones, only our mouths — Let’s communicate more!!!
- People kept their personal lives private instead of posting it on social media.
- Bagels were crispy on the outside and soft inside.
- Reading had a kosher deli and meat market.
- Grocery stores and drug stores had a large section for movie magazines.
- Women never wore slacks; only skirts and dresses.
- When a woman was called

Miss, not “you guys”.

- Every child young or older said “please” and “thank you”.
- Women hung their clothes out to dry — boy did they smell good.
- We had no wedding planner, we planned everything ourselves.
- When Dave and I got married we lived above my father’s bakery — no fans, no air conditioners. After a year we finally got a window fan. Such luxury.
- You only had one bathroom for a whole family.
- Only one car to a family.

Now it seems everyone of age has a car.

- We walked to school in any kind of weather.
- An operation is now called a procedure.

- Your family doctor came to your home if you needed him.
- You only went to the dentist when you had a toothache.
- Theaters that were in Reading: Astor; Embassy; Park; State; Embassy.
- Do you remember? Eddie Cantor; Dorothy Lamour; Hopalong Cassidy; Fibber McGee and Molly; Clark Gable; Barbara Stanwyck.
- If you remember “see you later alligator,” you really are a “youngster”.

Now that I am 95 years young, I can still say the same as before — you can dress anyway, eat anytime, do anything or say anything as long as you don’t hurt anyone.

See all you “youngsters” later, stay happy and well.

Lamentation

Why do we not sing songs of praise on Rosh Hashanah and Yom Kippur? “Can the king be seated on his throne of judgment with the books of life open before him, and Israel sing praise?”
Rabbi Abbahu, “Days of Awe,” S.T. Agnon

When God hears the lamentations of the misunderstood, the unlovely, neglected, abused, the women and children in particular, He lowers his head, silently weeps, collects Himself and goes into his private room alone, closes the door on His friend, Satan, kneels on the rim at the edge of time, reaches out and collects ashes out of the air to throw into his holy hair, repents, remembers all —
Profoundly understanding.
— Nancy J. Knoblauch

Federation’s Community Campaign gives you the opportunity to support critical responses to many issues, including anti-Semitism, community security and the BDS movement. Your contributions keep our community informed through SHALOM and weekly emails. Federation could not do it without you. Thank you.

This month we’re highlighting some of the Jewish Community Relations Council programs you make possible.





Jewish Community Relations Council

SHALOM Monthly Newspaper & Community Communications

Support in 2019: \$43,300

There are 1,000 people receiving Federation’s monthly newspaper. We have 550 people subscribing to our weekly email and 200+ following us on social media. These are all ways we communicate information about the many upcoming programs and activities available to the entire Jewish community. Special communications are sent as needed in response to world events, emergencies and targeted needs.

Community Security

Support in 2019: ongoing need

With the changing global environment and the re-emergence of anti-Semitism in Europe, threats to North American Jewish communities have grown. To address the needs of our vulnerable institutions, we began working with national organizations to conduct a community security assessment, provide training to our local synagogues and develop an emergency response.

School Programs on Unity

Presentations to multiple school districts

Led by Federation, the Greater Reading Unity Coalition (GRUC) was formed in response to hateful community incidents. Coalition members, Federation, NAACP Reading, Islamic Center of Reading and Daniel Torres Hispanic Center, present school education programs that promote diversity, compassion and acceptance.

Israel Advocacy

Community education about Israel

Israel today faces an intensive and increasingly sophisticated assault on its right to exist as a sovereign, democratic Jewish state. On college campuses and within professional and academic associations, in global politics and throughout local communities, instances of delegitimization targeting Israel continue to arise. Sophisticated tactics such as those employed by the Boycott, Divestment and Sanctions (BDS) movement are increasingly used to spread these anti-Israel messages.

In response, we work closely with the Israel Action Network (IAN) and the Jewish Council for Public Affairs (JCPA) to educate the entire community and to positively shape and lead conversations about Israel.

Social Issues

Providing a proactive response to community needs

Federation's Jewish Community Relations Council addresses and leads our involvement with the social and humanitarian issues that confront our community.



Best wishes for a
Happy, Healthy &
Peaceful New Year

The Balchunas Family



New Year blessings to all.
**Susan & Richard
D'Angelo**



May you have a
sweet & prosperous
New Year.
**Jackye & James
Barrer**



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Marc & Marcia Filstein



Best wishes for a
Happy, Healthy &
Peaceful New Year

Glenn & Gaye Corbin



New Year blessings to all.
Ruth Isenberg



May you have a
sweet & prosperous
New Year.
Anneliese Bateman



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Susan & Michael Fromm



Best wishes for a
Happy, Healthy &
Peaceful New Year

Harriet Baskin



New Year blessings to all.
**Don & Judith
Karabelnik**



May you have a
sweet & prosperous
New Year.
Barbara & David Bender



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Dena & Vic Hammel



Best wishes for a
Happy, Healthy &
Peaceful New Year

Samuel & Sarah Flamholz



New Year blessings to all.
**Betsy & Alvin Katz
and family**



May you have a
sweet & prosperous
New Year.
**Esther & Sidney
Bratt**



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

**Robert & Shirley
Kauffman**



Best wishes for a
Happy, Healthy &
Peaceful New Year

Radene Gordon-Beck



New Year blessings to all.
Phyllis Jacoby



May you have a
sweet & prosperous
New Year.
The Cantor Family



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Haia & Meir Mazuz



Best wishes for a
Happy, Healthy &
Peaceful New Year

Fran & Larry Gross and family



New Year blessings to all.
Nancy Knoblauch



May you have a
sweet & prosperous
New Year.
**Debbie Goodman
& John Moyer**



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

**Jeffrey, Lisa, Collin &
Ruby Nemeroff**



Best wishes for a
Happy, Healthy &
Peaceful New Year

Karen & Marty Jacobson & Family



New Year blessings to all.
Sue Schlanger



May you have a
sweet & prosperous
New Year.
Alex & Naomi Knoll



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Barb & Dave Paul



Best wishes for a
Happy, Healthy &
Peaceful New Year

Jack & Teri Lefkowitz



New Year blessings to all.
**Rich & Kathleen
Roeberg**



May you have a
sweet & prosperous
New Year.
Sandee & Neal Nevitt



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Linda & Mickey Roeberg



Best wishes for a
Happy, Healthy &
Peaceful New Year

The Levine Family



New Year blessings to all.
**Manny & Yvonne
Wittels**



May you have a
sweet & prosperous
New Year.
Cindy & Tim Schuchart



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Ingrid Soltysik



Best wishes for a
Happy, Healthy &
Peaceful New Year

Gordon & Carol Perlmutter



New Year blessings to all.
**Missy & Allen
Zimmerman**



May you have a
sweet & prosperous
New Year.
The Weiss Family



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Rosalyn Yashek



Best wishes for a
Happy, Healthy &
Peaceful New Year

The Sileski Family



New Year blessings to all.
Judy & Jim Schwank



May you have a
sweet & prosperous
New Year.
**Norman & Rita
Wilikofsky**



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Ethel Engel



Best wishes for a
Happy, Healthy &
Peaceful New Year

Sue Wachs



May you have a
sweet & prosperous
New Year.
Dr. Boris Corbin



May you have a
sweet & prosperous
New Year.
**Louise Zeidman &
Family**



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Barbara & Bernie Fromm



Best wishes for a
Happy, Healthy &
Peaceful New Year

Jane & Meyer Weiner and family



May you have a
sweet & prosperous
New Year.

Eileen Kope



May this be a year of
peace, progress and
prosperity for our
community, Israel
and the entire world.

Michele, Ben, Leah &
Adam Leisawitz



New Year blessings to all.

The Nemirow Family



May this be a year of
peace, progress and
prosperity for our
community, Israel and
the entire world.

Andy & Corinne Wernick



The board and staff of the
Jewish Federation of Reading
wishes everyone a
healthy, happy and peaceful
New Year



2019 Shalom Contributors

We wish to thank the following members of our community for their generous support of Shalom:

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Susan & Richard D'Angelo	Irving & Diane Fidler	Tootie Moyer
Barbara Nazimov		Valerian and Svetlana Popov

Superheroes meet 3D printing to give Israelis new hands

Israel21c.com

Superman, Spiderman, Hello Kitty or FC Barcelona – if you had the choice to stylize your appearance according to your favorite superhero, which would you choose? This tough choice is one that faces Israeli children about to receive a bionic hand. And according to the man offering these hands, the more colorful and standout they are, the better. “For me personally it was a surprise that the kids don’t want hands that resemble natural ones, but technological hands that are similar to robotic ones,” says Yacov Malinovich, co-founder of Haifa 3D, an organization that provides Israeli children and adults with bionic hands, arms and accessories.

“They usually order superhero hands,” he chuckles.

The option to customize and create colorful hands is just one of the advantages of using 3D printing technologies. Another is that the simple process results in a mechanical arm made of plastic. “That’s its advantage and disadvantage,” Malinovich explains. “If it breaks, we fix it or renew it; it’s part of the simplicity.” And Malinovich is actually more than happy to see broken (plastic) limbs, since there’s no better indication that they’re being extensively used.

A big plus in 3D-printed arms is the low cost, making it possible for the organization to help as many people as possible. Which is just as well, considering that all participants in the process are volunteers and the hands are given out for free. Malinovich, a physicist by education, founded Haifa 3D together with aeronautic engineer Yoav Medan several years ago. They originally focused on familiarizing the wider public with 3D printing.

But upon learning from one of their associates of the possibility to print out limbs, they began devoting themselves entirely to the field and became the Israeli branch of Enabling the Future, an international network of volunteers who print out 3D hands. “We began with

children who were born without hands,” Malinovich explains. “They grow quickly and [the prosthesis] needs to be replaced quickly. So they don’t actually have a solution.”

Malinovich and Medan began working on existing American models, modified to suit according to size. “But already pretty much at the beginning we realized that each child is a unique case,” he says. “We began finding solutions to improve the plans.” They then looked for solutions for kids with arms amputated below the elbow, as well as adults struggling to find commercial solutions. To date, the organization has helped 60 people, many of whom have received multiple hands and accessories.

The organization benefits from close cooperation with researchers and workers at the Technion — Israel Institute of Technology. It also receives used equipment donations. One such example is large, expensive 3D printers donated by Israeli construction software company Autodesk. When the company’s Innovation Lab Program acquired newer, smaller printers, manager Netanel Gueta searched for a place that could put the old ones to good use for the greater community.

After six months, he found Malinovich on Facebook. “It really, really suits what they’re doing,” Gueta says of the printers. “They’re very tall height-wise, so can build upward” – just what’s needed for limbs. The process of fitting people with printed hands usually takes a few weeks. First, prospective recipients are checked by specialized physiotherapists who make sure that the fitting is possible and that no damage could be done. Measurements are then taken, and the recipients choose colors and decorations.

A volunteer team customizes existing basic models according to needs. The parts of the hand are then printed out and assembled. If it fits well, final adjustments are made before the printed hand leaves with its new owner. However, Malinovich says, “The first hand is almost always not good enough, and it’s important that it will



A young girl is fitted with a brightly colored 3D printed arm by Haifa 3D.

be really good; otherwise the kid won’t use it. I’d say that in almost all cases we check where changes need to be made and repeat the whole process for a second time.”

“Simple” printed hands aren’t the only products that Haifa 3D supplies. They’ve just finished working on a hand accessory that enables users to play the guitar. After trying it out on an adult – so as not to disappoint any kids – they’re starting to supply it to younger users, too.

Another accessory in the works enables riding a bike, since existing printed hands don’t detach from the handlebars in case of a crash, endangering the rider. That too is being tried out on a 20-year-old before making its way to children.

Another product, which has been handed out to about half of Haifa 3D’s users, is an invention called “kfafitz.” Made on a sewing machine rather than a 3D printer, it’s a sort of glove enabling hands with limited palm mobility to open and close. It’s great for people such as stroke victims or children with cerebral palsy. Malinovich stresses that the hands and accessories his organization

provides aren’t magical. “This hand doesn’t replace the hand that isn’t there. From a practical effectiveness point of view, it can do a limited number of things,” he says.

This doesn’t mean, however, that its influence on the user is limited. “The greatest effect of this hand is psychological,” Malinovich says. “These children are often at the bottom of the social pecking order. And suddenly they have a superhero hand and it lifts them upward.” “They stop hiding their hand,” he adds. “Once they receive the printed bionic hand, the hand moves forward in front of everyone. And the hand stays forward even when they don’t wear it, which is a very important effect.”

One time, the mother of a kid who received a bionic hand told Malinovich that her son’s kindergarten teacher told her he had hit another child using his bionic hand.

While the boy was appropriately admonished, his hand’s creators were pretty chuffed that he felt confident and able enough to whack another kid. “We were celebrating,” Malinovich said with a laugh.

PART 2 OF A 3-PART SERIES

Living with Alzheimer’s: For Caregivers (Middle-Stage)

*Presenter: Kellie Butsack, Associate Director Programs,
Alzheimer’s Association Delaware Valley Chapter*

The middle stages of Alzheimer’s are typically the longest and can last for many years. It’s important to get the support you need as a caregiver. Learn more about:

- What to expect
- Your role as caregiver
- Middle-stage concerns

**Tuesday, October 22
6:30-8:00pm**

**RSVP to Jill by calling
610-624-1299.**

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On Sunday, Oct. 6, at 4 p.m., the Opus One: Masterwork Chorus and Berks Youth Chorus’ MasterSingers will present Sacred Service: A Celebration of Community and Diversity at RCOS. Together, the choirs will present Ernest Bloch’s Avodath ha-Kodesh, a large scale choral work in five movements. The Hebrew text is drawn from the Reform prayerbook and focuses on meditations of peace, unity, humility, and hope.

Bloch, a Swiss Jew who moved to the U.S., composed this Sacred Service in the early 1930s, a time of impending cataclysmic events in Europe and around the world. This performance will feature Jonathan Reinhold (cantor) and Ina Grapenthin (organ). Tickets can be purchased at the door.



Medical clowning beneficial for children with autism

Israel21c.com

A breakthrough Israeli study published in the European Journal of Pediatrics shows that group therapy delivered by a medical clown to young children diagnosed with autism spectrum disorder (ASD) led to significant improvement over time in word production, play reciprocity and amount of social smiles as compared with other interventions. In addition, the frequency of stereotypical ASD behaviors during and following the clown intervention was lessened in comparison to behaviors before the intervention.

According to the Dream Doctors Project, an Israeli medical clowning organization, this is the first controlled research examining the use of medical clowning as a therapy for children with ASD. “These preliminary results indicate that medical clowning may be beneficial for young children with ASD, since it promotes communication and social reciprocity in a fun and lively interventional setting,” conclude the authors — Dr. Shahar Shefer, Odelia Leon Attia, Ruth Rosenan, Dream Doctor Hamutal Ende and Lidia V. Gabis from Sheba Medical Center in Tel Hashomer; and Ori Wald from the Center of Academic Studies in Or

Yehuda.

The 12-week study involved 24 children (22 boys, two girls) aged 2–6 years old with ASD enrolled in a special-education intensive program at the Weinberg Child Development Center of Sheba’s Safra Children’s Hospital, where a Dream Doctor is a regular member of the therapy team. The researchers found that medical clowning sessions enhanced communication more effectively than did other developmental and behavioral therapies during the interventions.

Dream Doctors Project established a research fund in 2011 to study the effects of medical clowning, which has so far supported 43 studies, 23 of which have been published in scientific journals. The autism study was supported by the Magi Foundation and the Adelis Foundation. Previous studies have shown that medical clowning lessens anxiety in children and their parents during preparation for hospitalization, surgery and other invasive procedures; reduces the sensation of pain in children with cerebral palsy during botulinum toxin injections; and improves the overall experience of the child and caregivers during physical examinations.

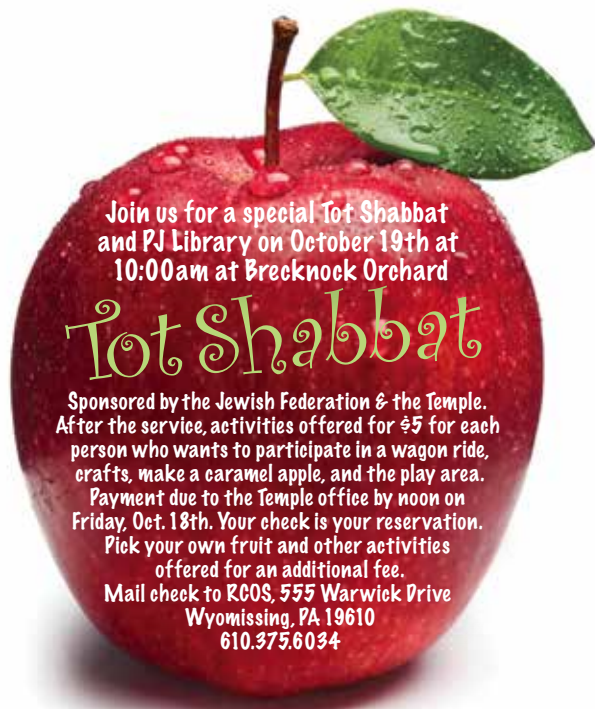
Obituaries

Miriam (Rudolph) Fogelman, 97, of Reading. Miriam was a member of Keshar Zion Synagogue and had served as president of the Jewish Community Center Ladies Auxiliary. She was a graduate of Reading High School and loved attending RHS basketball games, spending summers at College Manor pool and watching her grandchildren and great-grandchildren play sports. Miriam is survived by her sons; Larry and his wife Shelley of Sinking Spring and Rodney and his wife Lynne. Other survivors include her five grandchildren and her three great-grandchildren.

Miriam (Wachter) Neugroschel of Reading. Miriam was born and raised in

Reading, lived in New Jersey and Florida and returned to Reading to live near her family. She had been employed as a contract writer for the pharmaceutical company Ciba Geigy. Miriam enjoyed playing mah jongg, canasta and spending time with her family. She is survived by her two children: Ellice Gunter and her husband Richard of Wernersville; and Randy Neugroschel and his wife Esta of Wyomissing. There are also five grandchildren and one great-grandchild.

Elaine S. (Sherman) Gold, 91, formerly of Reading. Elaine taught 4th grade in the Reading School District for 30 years. She is survived by her son Avrum Gold, two grandchildren, one great-granddaughter and her nieces and nephews.



Kristallnacht Commemoration Service

**THURSDAY, NOVEMBER 7, 2019
6:30 P.M. CIRCLE OF LIGHT
7 P.M. INTERFAITH SERVICE**

**CHRIST EPISCOPAL CHURCH
435 COURT ST. READING, PA**

Join us for our annual commemoration of Kristallnacht, the Night of Broken Glass, which marked the beginning of the Holocaust.

The public is invited to this free event followed by a dessert reception.

**SUSHI
IN THE SUKKAH**



**THURSDAY
OCTOBER 17, 2019
5.30PM**

**AT CHABAD
2310 HAMPDEN BLVD,
READING, PA**

RSVP to office@chabadofberks.org or 610-334-1577
Sponsored by Dr. Jerome Marcus

Five promising Israeli treatments for migraine headaches

Israel21c.com

If you're among the 10 percent of the world's population unfortunate enough to suffer from migraine headaches, you know only too well the sensation of severe throbbing or pulsing pain often accompanied by nausea, vomiting, dizziness and extreme sensitivity to light and sound.

These uber-headaches can be so debilitating that even after taking over-the-counter medications you may just need to crawl into bed in a dark room and skip whatever it was you were supposed to do that day. It's no wonder that people who get migraines — considered the third most prevalent illness in the world — are more likely to suffer also from anxiety, depression and sleep disturbances, according to the U.S.-based Migraine Research Foundation.

Various out-of-the-box thinkers in Israel have been seeking better ways to banish migraine headaches. Here are a few approaches in various stages of development.

1. **Netanya-based Theranica Bioelectronics** developed the **Nerivio Migraneuromodulation** patch, recently cleared by the U.S. Food & Drug Administration.

Tiny electrodes inside the battery-powered patch deliver electrical nerve stimulation to reduce the perception of pain from the migraine. Worn on the arm, **Nerivio Migra** communicates wirelessly via Bluetooth with your smartphone, which controls the electrical pulses and length of treatment.

In Theranica's clinical trials in the US and Israel, about two-thirds of participants reported significant pain relief and 30% said they were pain free, although the effect is temporary. The company says a 45-minute treatment can bring relief for up to two days.

Nerivio Migra will be available in limited quantities in late 2019, with wider distribution beginning in early 2020. The device is indicated for

acute treatment of migraine with or without aura in adult patients who do not have chronic migraine. (The aura sensation, which temporarily affects vision, coordination and speech, occurs in about 20% of people with recurring migraines.)

2. **Neurolief**, also headquartered in Netanya, recently received the European CE mark of approval for its **Relivion** head-mounted neuromodulation device for migraine pain and relief of depression, ADHD and insomnia. **Relivion** uniquely offers pain-blocking occipital (back of the head) and trigeminal (facial) nerve stimulation noninvasively, at home, without a prescription. In a randomized, double-blind, placebo-controlled clinical trial last year, 76% of participants achieved migraine headache relief after only one **Relivion** treatment.

The rechargeable neuromodulator stimulates six nerve branches that regulate pain and mood, preventing the secretion of brain chemicals that trigger pain and modulating the "activation threshold" of the neural system to lessen the future effects of migraine triggers such as stress, chocolate, cheese or wine. The folding portable **Relivion** connects to a mobile phone app and cloud-based analytics to determine the most effective stimulation for each user. The device is sold pre-loaded with 10 treatments; users can load more remotely via the Internet.

3. **Teva Pharmaceuticals** of Jerusalem received both FDA and CE approval for **Ajovy** (fremanezumab), an injectable migraine-prevention medication administered monthly or quarterly in adults who have at least four migraine days per month. About 40% of migraine sufferers may be candidates for **Ajovy**. In clinical trials, many patients on **Ajovy** experienced reductions of at least 50% in the number of monthly migraine days,



starting as early as week one. **Ajovy** can be administered by a health-care professional or at home by a trained patient or caregiver.

4. More than a decade ago, Israeli neurologist **Dr. Yaron River** developed **Occiflex**, a robotic device for physical therapists to treat neck and head pain. River says, "The device is not directly intended for the treatment of migraine. However, in chronic migraine, associated neck pain could be relieved and consequently, migraine severity and frequency [diminished]."

The patient's head and neck rest in an adjustable computer-guided cradle attached to a customized treatment table. The cradle moves the head gently along a predefined three-dimensional path, relaxing the muscles to reduce pain in a personalized 20-minute session set by the therapist and stored in the computer for subsequent automated sessions. Treatment usually lasts three times a week for a month or two.

The system was developed and commercialized by **Headway Medical** in conjunction with

Dutch medical rehabilitation and physiotherapy device manufacturer **Enraf-Nonius**, which exclusively distributes **Occiflex** in Europe. The treatment is also available in Israel; FDA approval has not yet been granted for U.S. sales.

5. A potential pharmaceutical therapy for neurological disorders including migraine headaches recently was revealed by **BGN Technologies**, the technology-transfer company of **Ben-Gurion University of the Negev**. The regimen combines two FDA-approved drugs, **Memantine** and **Losartan**, which protect the blood-brain barrier (BBB), therefore preventing the development of various neurological conditions.

BBB malfunction is a major factor in neurological diseases including stroke, neurodegenerative diseases, brain tumors and brain infections. Preclinical studies show the combination treatment protects the integrity of the BBB. Partners are currently sought by **BGN** to further development of this promising combination therapy.

AM I FOR REAL??

HOW CAN I?
HOW CAN I?
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‘The Israeli Solution’ by Caroline B. Glick

This is a controversial book that led to an interesting discussion. So, our review is in a point-counterpoint format.

Point:
John Incledon writes; I think this is a one-idea book. The idea is that a one-state solution is the best way to deal with the Palestinian problem; the two-state solution has been a complete failure. Three quotes illustrate this and are close to the book’s main point.

1) “...the Israeli one-state plan ... is the application of Israeli law over Judea and Samaria (that is, the West Bank).”
2) “It is little wonder that Israelis have soured on the two-state solution ... the majority of Israelis want to be done with this humiliating nightmare (the two-state solution). They want to assert Israel’s legitimate rights to Judea and Samaria and secure the country ... Israelis want justice and security, ... (and) the only way to achieve these aims is to secure the sovereign rights of the Jewish people to Judea and Samaria.”

3) By far the lowest-risk way the United States could empower Israel and secure its own interests would be to abandon the two-state solution model and adopt the Israeli one-state model as its policy paradigm for dealing with the Palestinian conflict with Israel ... The Israeli one-state provides an equitable democratic means of resolving the conflict, and by safeguarding Israel’s national and legal rights, it secures Israel’s strategic posture.”

The problem with this book and its thesis is that it does not offer a path to peace. It does not focus on peace nor does it offer or see the hope of peace. It focuses on tightening Israel’s security and defense systems. There is nothing wrong with that. However, the goal must be peace. Glick is correct in saying that there is hatred in the hearts of many (most?) Palestinians and Arabs towards Israel. But I see no indication in her own

heart of a desire for reconciliation. If there is no vision of an end goal of peace, the proper steps towards it neither can nor will ever be implemented.

Counterpoint:
Moisey Schneider writes: Caroline B. Glick is a senior contributing editor to the *Jerusalem Post*. She was a senior fellow for Middle Eastern Affairs at the Center for Security Policy in Washington, D.C., from 1994 to 1996 and was a core member of the Israeli negotiating team with the Palestinians.

She points out that between 1970 and 2013, the U.S. presented nine peace plans and that for the past 20 years the two-state solution has been the centerpiece of U.S. Middle East policy. Despite this focus, efforts to implement a two-state peace deal have failed, and with each attempt the Middle East has become less stable, more violent, more radicalized and more inimical to democratic values.

From left to right, among Democrats and Republicans, the consensus is that the U.S. can only resolve the conflict by implementing a two-state solution that would end the conflict and be a panacea for the entire region. Presidents Bush and Obama held to this policy; the distinction between them was merely rhetorical, not real. They believed that the U.S. should use its power to press for a Palestinian state, Israel would agree to recede to within indefensible boundaries, and that after a Palestinian state was founded, the Arab world would make peace with the Jewish state. But Arabs have repeatedly made it clear that a separate Palestinian state will not resolve their conflict with Jews. Ironically, the two-state solution is the most unsuccessful policy that the U.S. has ever adopted. It assumes that Israel and the U.S. are the only actors, and both are at fault. Israel, because it refuses to cede land to the Palestinians, and the U.S. because

it has failed to force Israel to cede land to the Palestinians. The two-state formula is based on the proposition that the root cause of the conflict is Israel’s unwillingness to surrender sufficient lands, not the Palestinians’ unwillingness to acknowledge Israel’s right to exist.

In 1922, the League Nations Mandate for Palestine permitted Jews to build communities in Judea and Samaria, the cradle of Jewish civilization. After the 1967 war, no one in the international community — not the UN, not the U.S. and not the Arab League — supported the establishment of another Arab state in the area. For the Arabs, Israel’s takeover was an economic and civil rights boom. Living standards rose steeply, life expectancy increased from 48 in 1967 to 72 in 2000 and the Palestinians exercised political freedoms that were nonexistent in the rest of the Arab world. Glick suggests that a one-state plan will improve the economy and security of all, transform the region and protect the civilian and property rights of Jews, Muslims and Christians.

The author asserts that a two-state solution is a recipe for war, repression and poverty. Palestinians are uninterested in peacefully co-existing with Israel under conditions that would allow the Jewish State to survive. This leaves Israel with no option but to apply Israeli law to the area and incorporate it into sovereign Israel. This would end the authoritarian repression that Palestinians suffer under the rule of the corrupt Palestinian Authority and, as permanent residents of Israel, they would find themselves living in a liberal democracy where individual rights are protected, they would have the right to travel and live anywhere within Israel, the right to elect their local government, and vote in national elections. The Israeli education system as well as the national economy would be open to all. This policy has the advantage that the two-state policy lacks; it is fair, liberal and democratic.

In addition, many have taken issue with Palestinian census figures. Carolyn

Glick believes real demographic data show that even if all the Arabs living in Judea and Samaria would be granted Israeli citizenship, Jews would still remain a two-thirds majority of Israeli citizens.

The U.S. willful misperception of the PLO has affected its ability to assess Israel’s strategic importance to our national security. Former Defense Secretary Donald Rumsfeld noted that U.S. officials’ focus on the Palestinian issue has distorted their ability to realistically assess the dynamics of the Arab world. This incorrect perception has, over the years, been costly to the U.S. — costing billions of dollars in direct aid to the Palestinian Authority. It has undermined our powerful and respected status in the Arab world and has consistently blinded us to the real needs and goals of the Arab nations and Arab peoples.

The author observes that there are precedents that support the viability of the one-state plan. When Israel annexed Jerusalem in 1967 and the Golan in 1981, it did not destabilize the region and did not increase hostilities between Israel and its neighbors. To the contrary, it contributed to the security and stability of the region and nurtured the integration of Israeli Arabs into Israeli society. On the other hand, when Israel left Gaza, terrorism increased and the Sinai devolved into chaos.

Therefore, the one-state model is the best strategy for peace.

Miracle of miracles, despite (or because of) the controversy, everyone is looking forward to the next book — “We Stand Divided” by Daniel Gordis, which we will discuss Tuesday, Oct. 22 at 7:30 p.m. at the JCC. To quote Michael Oren, this book is “impassioned, brilliant and riveting ... the essential book for understanding American Jewish-Israeli relations.”

John Incledon
Moisey Schneider
Andi Franklin



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Growing dates, herbs and coexistence in the Jordan Valley

Israel21c.com

Inon Rozenblum was born in Haifa and found his utopia on a dusty hilltop in the Jordan River Valley in 1982.

When the members of this fledgling community did their shopping and errands in nearby Jericho, Arab storekeepers were surprised to hear where the new customers were coming from.

“They couldn’t believe we were living on a rocky hill. They said, ‘You cannot eat from this land! You won’t last long.’ But now my grandchildren are here too,” Rozenblum told a group of journalists in the herb-packing house at Moshav Naama, an agricultural community of 50 families.

Premium Medjoul dates are the main crop grown on the 21 Israeli communities of the Jordan Valley, including Moshav Naama.

According to the Israel Plants Production and Marketing Board, farms in the Jordan and Arava valleys provide the majority of the Medjoul dates in the world market. “Thirty-five years ago, you didn’t see one date here. It was all desert,” says Rozenblum.

The pioneers used Israeli agricultural advances, including drip irrigation with purified wastewater, to turn the valley into an oasis of date orchards, reviving a crop that thrived here in biblical times. Long since moved off the hilltop, Moshav Naama has 5 hectares (about 12.5 acres)

of date palms, annually producing between 50 and 70 tons of fruit sold through cooperatives under various brand names.

The families here also grow herbs, organic vegetables and table grapes. Rozenblum’s son raises tropical fish for export. Not only did the original residents happily prove their friends in Jericho wrong, but they shared their cultivars and ag-tech expertise. As a result, several Jericho families were able to revitalize the city’s prosperous ancient date industry that had lain dormant for many years despite its abundant natural springs, Rozenblum says.

Ruled by Jordan from 1949 to 1967, and by Israel from 1967 to 1994, Jericho now is administered by the Palestinian Authority. Israeli citizens may enter only with a special permit.

But the warm working relationships forged in the 1980s and early 1990s continue to bear fruit. Jericho residents are among the 6,000 to 9,000 Palestinian Arabs — depending on the season — who rely on the Israeli farms of the Jordan Valley for employment. Harvesting and packing dates, peppers, grapes, herbs and even pineapple in these 21 communities pays double the money they would earn doing agricultural work in Palestinian villages, Rozenblum says.

Jordan Valley Regional Council



Inon Rozenblum in his basil greenhouse on Moshav Naama

Mayor David Alhayani puts it this way: “We want them to work with us and they want to work with us.” On his own farm, Rozenblum grows sweet basil and tarragon all year in greenhouses.

Because temperatures in the Jordan Valley can climb to 95 degrees on summer days, the packing house is air-conditioned to keep workers comfortable while they sort and box the herbs for export. “We ship via air to Europe, the United States, Canada, Hong Kong and Japan. By the next day it’s in the supermarket,” says

Rozenblum.

In the past few years, a new crop of young Israelis began moving to the area, some of them returning to where they were raised. Although 70% of adults in the Israeli Jordan Valley communities work in agriculture, not all the newcomers are interested in farming. “It’s a wonderful place to live and to raise children, and we are only 45 minutes from the center of Jerusalem and one and a half hours from Tel Aviv,” says Rozenblum. “Our children are coming back for the quality of life.”

2019-20 Jewish Community Calendar Corrections/Updates

Additions

Cory Leshner – 442 Chestnut Street – West Reading 19611 Geoffrey & Lari Zinberg – 10 Pear Lane – Reading 19606

Change of Address

Norman Burton – 219 Oak Hill Lane – Wyomissing 19610 Alan & Lory Fleischer – 200 E. 57th St. – Apt. 3M – New York, 10022
Jacob Gernsheimer – 44 Gabriel Lane – Bernville 19506 Dr. Mel Horwith – 125 Boyer Road – Oley 19547
Joel Knoblauch – 613 N. 26th St. – Reading 19606 – Phone 610-779-7895
Patrick & Ilyse Marcinkiewicz – 1036 Hickory Lane – Reading 19606
Paul & Sheina Missan – 1926 Squire Court – Wyomissing 19610 Adam Neil – 420 Hamsher Avenue – Topton 19562
Robert Schneier – 28 S. Water St. – Apt. D04 – Womelsdorf 19567 Peter & Lynne Schwartz – 50 Regina Drive – Sinking Spring 19608
Eugene & Helen Shaffer – 800 Willow Valley Sq. – Apt. VA408 – Lancaster 17602
Sean & Samantha Teaford – 7545 Greenhill Rd – Philadelphia 19151

Moved-No forwarding address

Maria Bricette Rhonda Fullem Kenneth and Cheryl Hochberg Bonnie Rosenblatt Susan Sellgren

Phone number addition/correction

Robert & Beth Caster – 484-491-1355 Lynn and Jeff Driben – 610-698-4665 Robert Schneier – 484-987-4805

Deceased

Miriam Fogelman Miriam Neugroschel



Jewish New Year Word Search

See how many words related to the Jewish High Holy Days you can find in this word search from the list at the bottom. Words can be backward, forward, up, down, or diagonal. Circle each word you find, then cross it off the list.

J	M	R	H	R	A	F	O	H	S	A	H
E	M	E	W	E	R	B	E	H	Y	H	U
R	O	S	H	H	A	S	H	A	N	A	H
U	U	Z	H	G	N	B	W	L	A	B	A
S	P	P	I	U	P	L	H	L	G	R	R
A	A	Q	P	L	C	U	A	A	O	A	O
L	U	E	K	I	P	P	A	H	G	H	T
E	B	G	H	J	K	L	I	C	U	A	R
M	S	R	A	E	P	M	A	B	E	M	E
A	R	L	O	T	H	Y	O	A	B	R	G
U	P	Y	S	P	N	E	W	Y	E	A	R
P	H	H	E	N	H	I	A	Y	A	R	R

- ABRAHAM

CHALLAH

HEBREW

JERUSALEM

KIPPAH

NEW YEAR
- RABBI

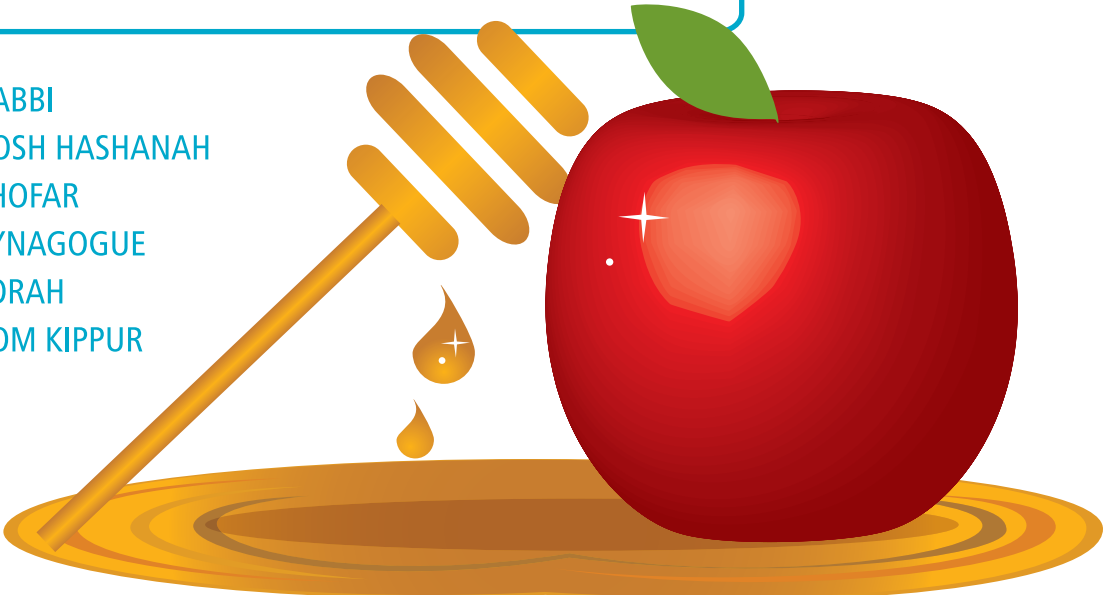
ROSH HASHANAH

SHOFAR

SYNAGOGUE

TORAH

YOM KIPPUR



HAPPY NEW YEAR



סוכות

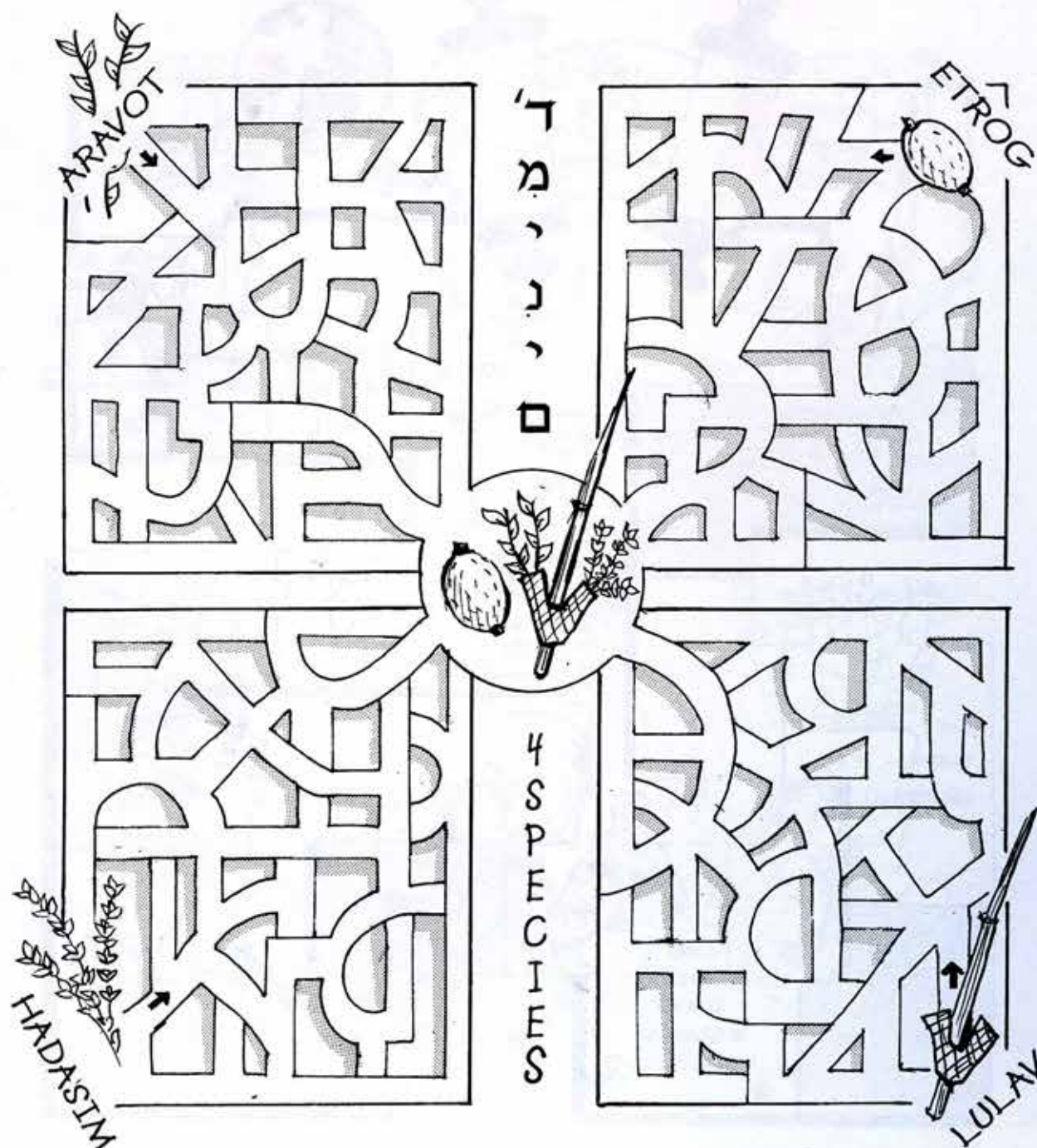
Sukkot

On Sukkot, we shake the *lulav* and smell the sweet fragrance of the *etrog*.
Four different types of plants are combined to make the *lulav* and *etrog*.

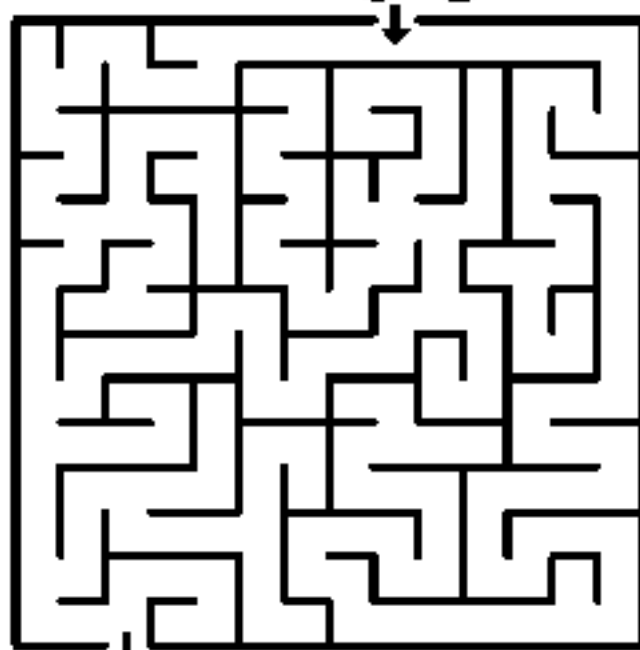
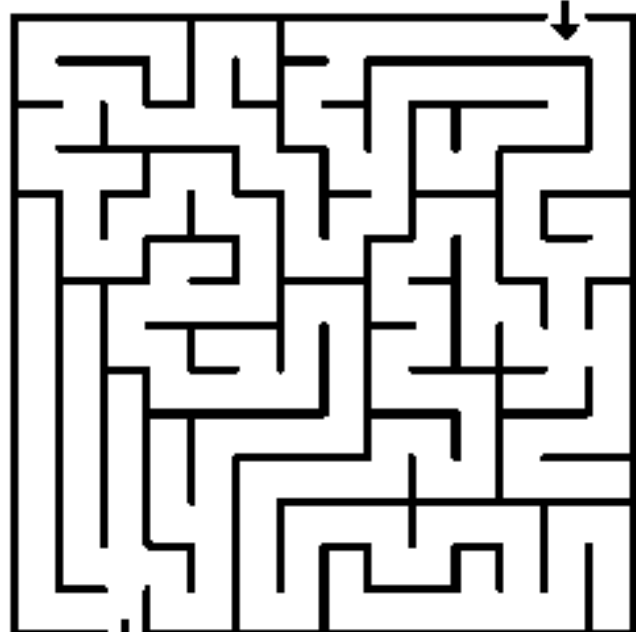
This reminds us that even though there are many
different types of Jews, we are all one Jewish family.

Bring the four species together by completing the four mazes.

(c) Ann D. Koffsky



Help
Shrilly the Shofar
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If you want innovative kids, train their chutzpah muscles

Israel21c.com

If you drew a word portrait of Inbal Arieli, you'd definitely include "self-confident," "smart" and "successful." But the picture would be incomplete without the Yiddish/Hebrew term "chutzpah" to describe this Israeli businesswoman, mother, blogger – and now author of Chutzpah: Why Israel Is a Hub of Innovation and Entrepreneurship.

"Chutzpah" is famously hard to translate. You might say that a person with chutzpah has moxie, nerve, audacity, attitude... or in British parlance, cheek. Arieli calls it "a determined approach to life." Maybe it's a little rude, but it gets results.

Israeli chutzpah is what empowers children to challenge their teachers and later promotes the pursuit of impossible ideas that may result in failure or a Nobel Prize. Arieli says chutzpah is an essential spice in the secret sauce of Israel's innovation culture because it fosters entrepreneurial skills from a young age. Her book proposes structures, concepts and principles that can be used by parents, executives, innovators and policymakers anywhere to follow Israel's example.

Ariel further stated , "My book

presents traits or skills which could be trained. We all have the same anatomy and it's a question of which muscles you train more. Israelis train specific muscles over others but it's possible for others to do that, too." Those "muscles" have Israeli nicknames that, like chutzpah, are hard to translate.

Arieli explains them in her book and turned them into the Chutzpah Dictionary, a series of lighthearted social-media posts created by Tel Aviv-based Studio OneGroup to introduce concepts such as firgun and balagan.

The idea for the book originated with Arieli's gig as a live commentator on Israeli startups showcased at the 2013 AIPAC National Summit in California.

When she was interviewed on stage about what's so special about Israel's high-tech ecosystem, she said that most people think its success stems from nearly universal military service at age 18.

Military service does play a significant role in making Israeli teens facile decision-makers, creative thinkers and risk-takers, acknowledges Arieli, who was a lieutenant in the elite 8200 intelligence unit and founded 8200 EISP (Entrepreneurship and

Innovation Support Program).

But she wanted her audience to understand that the process starts way before an Israeli teen puts on an Israel Defense Forces uniform.

"So I showed pictures of my own kids and shared instances of what it means to grow up in Israel. There's so much happening before the military."

Many people at the summit were intrigued and asked her where they could read more about childhood in Israel.

"To the first person I said, 'I don't know; email me.' To the second person I said, 'Let's grab coffee.' To the fifth person I said, 'You'll have to wait because I'm writing a book about it.' That was the moment I decided to do it," Arieli says.

"I saw it's very difficult for outsiders to relate to the Israeli military experience. But when you start talking about how to train kids to foster entrepreneurial skills, they see it can be relevant to them."

She began sharing these ideas on her blog and in popular guest columns for ISRAEL21c, starting with "Why lighting bonfires is the secret spark behind Israel's innovation" in May 2015.

Ordinary people approach their first book project by finding an agent to shop around the concept to publishers. That's not how a woman with chutzpah does it.

Instead, Arieli used her columns to validate her ideas ("just as I'd do with a startup") and determine which topics most piqued the interest of readers.

"Seeing ISRAEL21c readers' reactions to some of the early articles I wrote strengthened my belief that this was a topic of interest and that diverse

types of people wanted to hear more about it," she says.

"Parents were an obvious audience but actually it helped me see that entrepreneurs and business leaders reading about Israeli childhood understood how it related to them. It showed a new angle of Israel that a lot of people didn't know."

After choosing the topics to include in her book, Arieli pored over academic studies on Israeli culture and delved into resources from the World Economic Forum and especially from Start-Up Nation Central, where she formerly served as a senior adviser.

She also interviewed top Israeli entrepreneurs about their childhoods. "It was super interesting to see what helped them grow into who they are."

Then she wrote the full manuscript. It was only afterward that she was given a connection to a literary agent, who took Arieli to meet with five major publishers on a Friday morning in New York.

Chutzpah was released today (August 20) by HarperCollins' Harper Business imprint. A US book tour soon begins.

Arieli will be juggling the tour with her job as co-CEO of leadership assessment and development company Synthesis, which trains corporate managers in a unique methodology fusing narrative psychology with IDF technology.

She and co-CEO Shirley Schlatka infused their American-oriented business with the Israeli-oriented principles of dugri and tachles, roughly translated respectively as "straightforward" and "cut to the chase."

Yes, you'll find those two terms illustrated in Chutzpah.

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*Lunch and
Learn in the
Sukkah!*



Israeli-made cancer treatment gets FDA stamp of approval

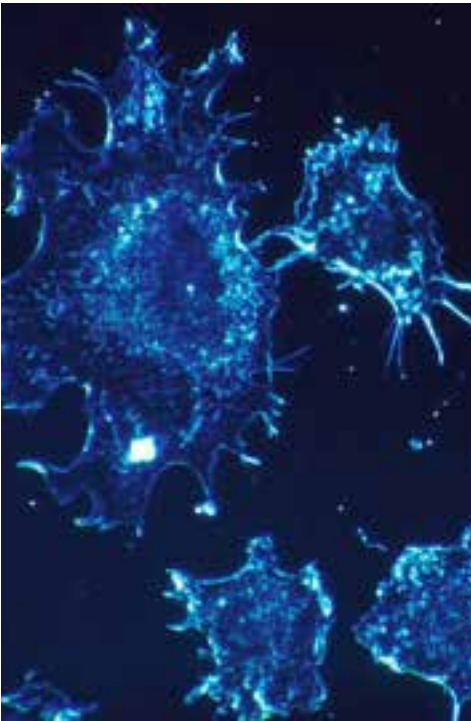
Israel21c.com

The world's first drug to prevent proliferation of cancerous cells, established by Israeli scientist Dr. Sharon Shacham, just received FDA approval, kicking off Leukemia Awareness Month.XPOVIO was developed by Karyopharm Therapeutics, a Newton, Massachusetts company established by Israel's Dr. Sharon Shacham. "We believe that our activity at Karyopharm constitutes an important milestone in the war on cancer," she said.

The FDA first approved the drug for sale in July after 10 years of development. Within six days of the FDA's approval, cancer patients in the USA began receiving XPOVIO.

During a pivotal trial that led to the drug's approval, approximately 40% of patients saw their tumors shrink. Karyopharm also reported that patient life expectancy increased by three to five times thanks to the treatment.XPOVIO has been mainly used to treat myeloma, the second most common type of blood cancer, which affects 400 to 500 people in Israel annually, according to a Karyopharm Therapeutics press release.

While XPOVIO has been mainly used to treat myeloma type leukemia, it has larger implications on the future of cancer treatment and may hold the answer for patients with other types of cancers. In a press release,



Karyopharm said that the treatment is "undergoing advanced clinical trials with various types of cancer patients, among them myeloma, lymphoma, sarcoma, uterine cancer and brain cancer."

The biggest challenge when fighting cancer is understanding why the body allows cancer cells to grow in the first place, but Karyopharm attributes its success to its developing a treatment that focuses on the protein that plays a key role in cancer growth, which is how XPOVIO fights the disease.

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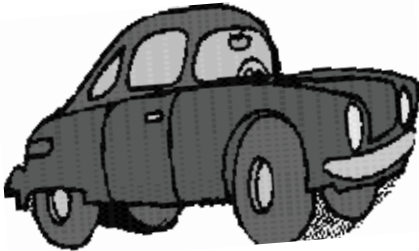
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40TH ANNUAL LEO CAMP MEMORIAL LECTURE

“The Nightingale’s Sonata:
The Musical Odyssey of Lea Luboshutz”
Presented by author Thomas Wolf

This multi-media presentation features violinist Ray Ushikubo and pianist Wei Luo from the Curtis Institute playing Cesar Frank’s “Sonata for Violin and Piano.”

Spanning generations, from the shores of the Black Sea to the glittering concert halls of New York, Thomas Wolf’s nonfiction book centers around violin virtuoso Lea Luboshutz. For Luboshutz and many other poor Jews, music offered an escape from the prejudices that dominated society in the last years of the Russian Empire. Woven throughout this luminous odyssey is the story of Cesar Franck’s “Sonata for Violin and Piano,” a work championed by Lea — one of the first-ever internationally recognized female violinists. For more information, call 610-921-0624.

Sponsored by Albright College, the Jewish Federation of Reading/Berks and Literatour Berks. Author Thomas Wolf is a member of the Jewish Book Council.

Wednesday, November 20, 2019

7:30 p.m., Albright College, Wachovia Theatre. Experience Event. Free and open to the public



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