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1900s
Jews across the US begin to centralize their social service agencies—the precursor to today’s Jewish Federations.

1920-30s
Harry Lender, an immigrant from Poland, starts baking bagels in his garage—the precursor to today’s frozen Lender’s Bagels.

1980-90s
Federation rallies to free Soviet Jewry and airlifts thousands of Ethiopians Jews to Israel.

1920-30s
Bakers double the size of bagels, producing the modern-day New York classic seen on breakfast tables everywhere.

1900s
Dozens of bagel bakeries emerge on New York’s Lower East Side, home to thousands of Jewish immigrants.

1920-30s
Federation raises millions of dollars for Jews in distress overseas.

Today
153 Federations provide lifesaving services and build Jewish identity at home and in more than 70 countries overseas.

The work Federation does is essential. So before you spread another shmear, give to Federation today.
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RON DERMER is an American-born Israeli political consultant and diplomat who serves as the Israeli Ambassador to the United States (October 2013–present). He previously served as Israel’s economic envoy to the United States from 2005 to 2008, a position requiring him to give up his American citizenship, and subsequently served as senior adviser to current Israeli Prime Minister Benjamin Netanyahu for four years.

Dermer is considered Netanyahu’s closest adviser and strategic consultant. According to The Jerusalem Post, he “runs much of the interference with the White House, and is intimately involved in the diplomatic process with the Palestinians.”

Ron Dermer was born and raised in Miami Beach, Florida. He earned a degree in Finance and Management from the Wharton School of Business at the University of Pennsylvania and a degree in Philosophy, Politics and Economics (PPE) from Oxford University. For three years, he was a columnist for the Jerusalem Post.

In 2004, Ron co-authored with Natan Sharansky the best-selling book, The Case For Democracy: The Power of Freedom to Overcome Tyranny and Terror, which has been translated into ten languages.

He is married to Rhoda and has five children.
IN THIS ISSUE

ON THE COVER

L’CHAIM! TO LIFE! APPRECIATE THE MOMENT!

Curried Butternut Squash and Chicken Tagine, By Sharon Collison, p. 41.
PHOTO CREDIT: JAIDY SCHWEERS

MAKING THE DESERT BLOOM
Delaware is one of only seven Federations in North America supporting the Negev Funding Coalition

AN ETHICAL APPROACH TO KASHRUT
The Conservative Movement tries to balance tradition and social action as it applies to kashrut

EAT TO LIVE
What is the link between keeping kosher and eating healthy?

THE MITZVAH OF DRINKING
Drinking - not to excess - is part of our tradition. Why do we drink and how much is enough?

BREWISH IN ISRAEL
Israel taps into growing craft beer bazaar

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ShalomDelaware.org

November 2017 | JEWISH VOICE | 3
Jewish tradition teaches us to care for one another. In our community we have shown – time and again – that our caring is boundless.

Jewish Federation of Delaware protects and enhances the well-being of Jews worldwide through the values of tikkun olam (repairing the world), tzedakah (charity and social justice) and Torah (Jewish learning).

As one of the most trusted names in charitable giving, our Annual Campaign is an incredibly responsive grassroots effort dedicated to strengthening and supporting our Jewish community. For more than 80 years, the Jewish Federation of Delaware initiates and funds Jewish educational, spiritual, recreational, emergency, vocational, and social service programs for all ages. Even during difficult economic times – when our highest priority remains helping people in crisis – we continue to ensure that the programs and institutions that enrich Jewish life here in Delaware and the Brandywine Valley, in Israel and around the world remain vibrant.

Every gift makes a difference. The impact is real, tangible and life-changing. A donation to the Annual Campaign is also a gift you give yourself, your family, and your friends. It’s a promise that Jewish social services and community organizations will actively continue.

There is much to do. We invite you to take advantage of this opportunity to be part of a caring community that gives back. TOGETHER, we can accomplish what no one individual could do on his or her own. Repairing the world and building community is something we can all celebrate.

We Are Stronger TOGETHER.

William Wagner
JFD President

Seth J. Katzen
Chief Executive Officer

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DELAWARE’S MIGHTY INFLUENCE:
The Founding of the Negev Funding Coalition

By Robin Karol-Eng
Chair, Negev Funding Coalition 2014-2017

The Negev Funding Coalition (NFC) is a consortium of seven North American Federations committed to supporting the development of the Negev.

For the past six years NFC has invested over one million dollars in the Negev. Three years ago, following the 2nd Negev International Summit hosted in Delaware, NFC adopted a Strategy called Placemaking and together with the Southern Relocation Administration of Israel’s Ministry of Defense, and The Negev Development Authority they formed the Smart Partnership, an Initiative referred to as Negev Now.

In the summer of 2014 with the outbreak of Operation Protective Edge (OPE), the entire Federation system collected over 38 million dollars, $2.5 million of which would go towards implementing the strategic direction of the Smart Partnership. This seminal act of endorsement and the funds that came with it, enabled a significantly more scalable implementation of the Placemaking strategy, a proven approach for bottom-up development, which focuses on creating vibrant and attractive public spaces that improve quality of life and strengthens resilience in communities.

The 3rd International Negev Summit took place September 10 – 12 hosted by the Jewish Federation of Greater Metro West New Jersey. The conference was attended by members of the NFC, members of the Negev Now committee, our strategic Smart Partners, and local examples of partnership and Placemaking successes in NJ and Philadelphia. As the only representative from Delaware, I had a significant role at the Summit including several speaking opportunities; one of which dealt with Delaware’s history in the coalition.

Delaware is one of the founding members of the NFC. Toni Young was the initial representative at the first meeting, and asked me to join the group within the first year. Together, the Federation of Delaware, Miami, Montreal, Toronto, Greater Metro West, New York, and Philadelphia Federation’s, agreed that they wanted to work as a consortium to support and protect the Negev region, which would potentially lead to a stronger Israel. This was a unique, innovative, and unconventional way to work in the

"[Smart Partnerships]...are creating community engagement, involvement, and a more positive, vibrant, and healthy group of communities in the Negev. We have changed the conversation, through what can be called catalytic philanthropy."

MORE ON NEXT PAGE
Federation system. We created rules, and a strategic direction to enable us to work together and act as a funding organization. We funded a number of successful projects. However, we wanted to have more impact and more engagement of individuals in the participating Federations, especially as the government was about to start the move of military personnel into the region. Therefore, three years ago, the NFC decided to host a Summit to study the direction we should take and the partners that we would need to make an impact.

This Summit, the 2nd Negev Summit, was held in Delaware in the summer of 2014. We enlisted a consultant, Boaz Disraeli, from Praxis, to help identify and connect with potential partners. Praxis was already working on Smart Partnerships at that time; we also wanted to adopt this concept of developing relationships between unusual partners that work together in surprising ways to reach new goals. The coalition wanted to boost the Negev’s creative economy in order to increase the quality of life for residents and increase its appeal for potential residents and businesses. Participation in the Summit included 80-90 attendees from Israel, Canada, and across the USA. The Delaware community created an open table of warmth and engagement, which was necessary in facilitating the goals of the NFC.

The NFC moved forward to create a Smart Partnership between the NFC, the Ministry of Defense and the Negev Development Authority to implement creative Placemaking in the areas of Health and Wellness and Art and Culture. These Partnerships are currently creating community engagement, involvement, and a more positive, vibrant, and healthy group of communities in the Negev. We have changed the conversation, through what can be called catalytic philanthropy. We are continuing to strengthen these communities by building capabilities and capacity.

I am proud to say that the Delaware community hosted the conference that enabled this work. We created the atmosphere for the conversation to begin.

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DISASTER RELIEF

Hurricane Maria struck islands in the Caribbean the third week of September. The islands of Puerto Rico and St. Thomas were particularly devastated by this category 4 storm. The Jewish Federations of North America (JFNA) is working tirelessly to respond to the enormous needs of the victims of Hurricane Maria.

AID TO PUERTO RICO AND OTHER DISASTER RELIEF EFFORTS

September 29, 2017

We are in virtually hourly contact with the leadership of the Puerto Rico and St. Thomas communities around a whole host of issues.

Grants totaling $225K are already approved and funds transferred to support:

- Direct aid grants to the synagogue communities in the various places
- Funding to ship two containers with $200,000 of donated medical, emergency and construction supplies to PR and St. Thomas through Afya Foundation

By Mark Gurvis
Executive Vice President, Jewish Federations of North America

Permission to reprint, given by the author.
• Funding to support IsraAid’s deployment on Puerto Rico

With funding from UJA Federation of NY, 212 generators have been or are being delivered for the community’s needs (100 each to PR and St. Thomas; 12 to the Keys).

Working leadership from South Palm Beach Federation, we are coordinating logistics to move 80,000 lbs of donated food and other urgent supplies to the islands.

Over the past five weeks we have seen a brutal series of natural disasters and our Federation system has been deeply engaged in responding to each of them. We continue to work with the Houston Jewish community on the massive impact of Hurricane Harvey on their community ($30M+ of estimated needs), and with communities across Florida to assess needs from Hurricane Irma.

Following the earthquakes in Mexico a few weeks ago Federation’s partner, the JDC moved quickly to establish a partnership on the ground with Cadena Mexico, a major Mexican-based relief organization. In addition, the Israeli government and IsraAid both deployed search and rescue teams to Mexico City.

**PUERTO RICO’S JEWISH COMMUNITY**

Maria had a crushing impact on several island nations and in Puerto Rico. The Puerto Rican Jewish community is among the largest in the Caribbean, totaling close to 3,000. It has two synagogues, a Chabad presence, and a JCC. The entire power grid for the island may be out for 4-6 months and the challenges ahead for the Jewish community there and for the general population are enormous. JFNA is working actively with local leadership in Puerto Rico to bring assistance to the island as quickly as possible. IsraAid also now has a team operating in Puerto Rico working directly with the Jewish community.

MORE ON NEXT PAGE

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**IT’S EASY TO LEND A HAND. Here’s how you can help...**

**DONATE ONLINE**

TO DONATE TO THE GENERAL 2017 HURRICANE RELIEF FUND, go to

- jewishfederations.org and click on “HELP HURRICANE VICTIMS”

**OR**

- jewishfederations.org/hurricane-harvey-relief-fund
- jewishfederations.org/hurricane-irma-relief-fund
1. **The Emergency Committee** has met numerous times since the onset of Hurricane Harvey, approving initial funding grants totaling $2.2M in response to Harvey, Irma and Maria:

- $1.75M to the Houston Federation providing for emergency cash assistance, short-term relocation costs for schools displaced by flooding, educational scholarships, replacement of equipment for the JCC seniors program, costs to ensure High Holiday services for flooded congregations, capitalization of a new flood-related free loan program and as an initial emergency grant for the Federation to deploy as needed.

- $100,000 to the Beaumont/Port Arthur and Galveston, TX communities to be administered through the local congregations and/or Houston JFS.

- $50,000 to Nechama for their emergency response efforts in Houston and the surrounding region.

- $40,000 to Florida Federations for food relief and cash assistance needs following Hurricane Irma.

- $50,000 to the Hebrew Congregation in St. Thomas (USVI) for urgent cash assistance needs in the community.

- $75,000 to the Puerto Rico congregations for urgent cash assistance needs in their communities.

- $80,000 to IsraAid to support their deployment in Puerto Rico providing emergency assistance and trauma counseling.

- $50,000 to the Afya Foundation to support the shipping to two containers of medical and construction supplies to Puerto Rico.

- $1,000 to Temple Beth Tefilloh (Brunswick, GA) to support urgent cash assistance needs in this community.

2. **JFNA deployed three teams** of JFNA and Federation professionals to Houston over three weeks to provide direct assistance to the Federation and community in mobilizing its first stage response to the flooding. In addition, JFNA worked with the Network of Jewish Human Service Agencies to mobilize similar teams of JFS professionals to support the local Houston JFS for several weeks with additional staff resources.

3. **In addition**, as reports from the island communities identified a critical need for generators, JFNA was about to source 200 generators in Florida at cost through Federation connections. UJA Federation of New York provided $142,000 in funding for the purchase of additional generators and JFNA is coordinating the shipments as soon as logistically possible.
Saturday night in Houston, Texas. As we ushered out the Shabbat and recited the havdallah prayer, I pulled back the shades and peered out onto our cul-de-sac. Hurricane Harvey’s relentless flood-rains had begun in earnest – soon, the waters would march right up to the very threshold of our home, stopping just short of the doorway. Inside, my children and grandchildren slept peacefully and out of harm’s way, a blessing that I did not take for granted.

And yet, though my own family had escaped the worst, my mind was not at ease – with forty years of experience working for the Jewish community, I was restless at the knowledge that so many would not emerge similarly unscathed. Houston has borne the brunt of more than a few storms – but by every accounting, this would be worse. What was to come for this city? For the Jewish community? For its thousands of families, for its many storied and sacred institutions? How would we possibly meet this challenge?

When the flood waters finally receded, my Federation colleagues and I did the only thing that we could do: we got to work. The extent of the destruction soon came into startling focus: more than 2,500 homes (including Federation staff homes), three synagogues, the Jewish Community Center, Seven Acres Jewish Senior Care Service, TORCH Outreach Center, the Beth Yeshurun Day School and more – all with significant damage. Overwhelmed, our staff converged on our offices at the Jewish Federation of Houston. We were unsure of precisely how we would meet the impossibly complicated challenge of providing for the sudden and mounting needs of this community, but we were determined to help. In addition, members of our staff were dealing with severe flooding in their homes.

**MORE ON NEXT PAGE**

Suzanne Jacobson is Senior Vice President of Development at the Jewish Federation of Greater Houston. Permission to reprint, given by the author.
THE COLLECTIVE ISN’T DEAD
CONTINUED FROM PAGE 11

Here’s the truth that we learned quickly: we couldn’t possibly do it alone. But here’s the other truth that we learned just as quickly: we didn’t have to. Almost at once, we bore witness to a veritable deluge of support. Donations streamed in from across the city, across the country, and across the world. Many national organizations reached out to help; individuals simply showed up in town, ready to get to work. Local listserves were formed so that volunteers could sign up to help out however they could – to clean houses, do laundry, provide transportation, babysit.

Perhaps the most significant support that came our way was from the Jewish Federations of North America. In support of Harvey relief, we collectively raised $14,000,000 from our own community, Federations throughout the United States and Canada, national foundations and thousands of individual donors (as well as $1,000,000 from the State of Israel). We quite simply could not have done this without our national system, which helped spearhead that effort and provide access to various foundations.

Further, JFNA deployed nine incredible staff members from JFNA, UJA-Federation of New York, the Kansas City Federation and more to assist us in organizing, planning and dealing with the tremendous work that needed to be done. With their help, our staff learned how to process more donations in three weeks than we normally do in three years! They helped us to stay “nimble” and get the first $1.6 million dollars out the door within 10 days, a much faster rate than what we were used to.

For several years now, I have heard a similar refrain echoing in the Jewish organizational blogger-sphere: the “collective” is dead. Federations specifically, the argument goes, are obsolete. They don’t speak to the individualistic proclivities of this generation. Young community members and philanthropists want to pick and choose the causes that speak specifically to them.

I understand that perspective, I really do. In fact, I think it’s critically important for Federations and other long-established institutions to be nimble enough to shift in order to resonate with a younger generation. As a member of the “old school,” I’ve made a concerted effort to step out of my comfort zone and have seen the advantages of this innovative approach, and the way it activates some of our young people in incredible ways.

But I refuse to believe that these two models are mutually exclusive. No matter how ‘tailor-made’ the experience of Jewish philanthropy becomes, the importance of fostering a strong sense of collective identity will forever remain a hallmark of the Jewish people, and our first line of defense in moments of need.

No matter how ‘tailor-made’ the experience of Jewish philanthropy becomes, the importance of fostering a strong sense of collective identity will forever remain a hallmark of the Jewish people, and our first line of defense in moments of need.

FED TALKS
(formerly Bagels & Briefing)
Organized by JFD Jewish Community Relations Committee

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University of Delaware and the Hagley Museum

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how “tailor-made” the experience of Jewish philanthropy becomes, the importance of fostering a strong sense of collective identity will forever remain a hallmark of the Jewish people, and our first line of defense in moments of need.

It’s those moments that the unity of the Jewish people is put on glorious display, from the Soviet Jewry movement, to the Aliyah from Ethiopia; from wars and Intifadas in Israel, to our very own Houston community welcoming 5000 members of the New Orleans Jewish community who arrived in Houston in the aftermath of Katrina. I am sure there will be more moments to come, more hurdles to jump, more needs to be met.

This is a fractious world that we live in. That which divides us has never been more pronounced. This is true on a global scale, and it’s unfortunately true within the Jewish community as well. And that’s why it’s critically important to be even more persistent in our pursuit of common ground, and to come together at these critical moments. For it is in these moments that we remember we are am echad, b’lev echad.

One People. One Heart. One strong, beautiful collective.

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What will your Jewish legacy be?

It is gratifying to know that our legacy gifts will combine with those of others to help ensure the vitality of local Jewish institutions well into the future. By fostering Jewish commitment, these institutions will continue to enrich individual lives, the community, and Jewish life in Israel and throughout the world.

~ Sylvia and Mark Wagman

Create A Jewish Legacy is a program of Jewish Federation of Delaware’s Jewish Fund for the Future and is funded in part by the Harold Grinspoon Foundation.

ShalomDelaware.org/Legacy

For more information about Create A Jewish Legacy, contact the Jewish Federation of Delaware at (302) 427-2100 or JFDinfo@ShalomDel.org.
JCRC: FED TALKS

PHOTO CREDIT: JFD STAFF

On October 3rd, FedTalks, a JCRC program co-sponsored by The American Jewish Committee of Philadelphia, Delaware, and South Jersey hosted Dr. Stephen Baymes who spoke on the topic of: *Israel and American Jewry: Can the Rift Be Healed?*

1 Left to right, Marcia Bronstein, Director of Philadelphia-Delaware-South Jersey AJC; Jennifer Steinberg, Co-Chair JCRC; Hillary Levine, Assistant Director of AJC; Dana Berman, JFD Shlicha
2 Participants Engaged in FedTalks

ISRAEL & OVERSEAS

PHOTO CREDIT: JFD STAFF

Members of Federation’s Israel & Overseas Committee met with Ronen Weiss, the Jewish Agency for Israel’s Regional Director to the South-East, on October 16th. The Jewish Agency is one of Federation’s overseas partners who strengthens our connection to our sister city in Arad through Partnership2Gether.

PJ LIBRARY

TRAIN RIDE

PHOTOS BY JAMYE COLE

1 PJ friends on the train
2 Reading Engineer Ari and the Rosh Hashanah Ride
3 Group picture! We had our own train car!
4 Ellisha Caplan taught us how to blow the shofar
PJ & CBS DOVER
SUPPAH IN THE SUKKAH
PHOTOS BY JAMYE COLE
1 Learning about the lulav and etrog
2 The kids at Congregation Beth Sholom make decorations for the sukkah

A SEASIDE SUKKAH:
PIZZA IN THE HUT
PHOTOS BY DAVID UDOFF
1 Dr. Jeff Hawtof (left) and Rabbi Beth Cohen lead services for Seaside Jewish Community’s Pizza in the Hut on Friday, October 6th
2 A celebration of Sukkot took place in Rehoboth Beach as congregants gathered inside the sukkah at Seaside Jewish Community for Pizza in the Hut

LIFE AT TBE
PHOTO CREDIT: SHARON FULLERTON PHOTOGRAPHY
1 An insightful conversation with New Castle County Executive Matthew Meyer at Men’s Club Breakfast
2 Religious school students enjoy pie-facing their teachers at our New Beginnings BBQ
3 A beautiful day for Tashlich at Paper Mill Park
KEEPING BUSY AT THE J

1. Students say the blessings at Shabbat in the ECC
   PHOTO BY DONNA HARLEV

2. Families relax and enjoy our campus at the Camping Shabbaton
   PHOTO BY RON DUWELL

3. ECC Director Pam Kreuer helps add the roof to the sukkah
   PHOTO BY ABBY SCHREIBER

4. Performers from the Starlitters Dance Group at the Candlelight Dinner
   PHOTO BY DAN BRODY

5. J staff members building this year’s sukkah
   PHOTO BY ABBY SCHREIBER

6. Rabbi Michael Beals blowing the shofar for Rosh Hashanah at the ECC
   PHOTO BY DONNA HARLEV

7. Families make s’mores at the Camping Shabbaton
   PHOTO BY RON DUWELL

ShalomDelaware.org
YOUNG & OLD CONNECT AT THE KUTZ HOME

PHOTO CREDIT: ESTHER STIESKA

The students of the Albert Einstein Academy paid a visit to The Kutz Home to enjoy a beautiful fall day helping the residents decorate their Sukkah.

Home is Where the Heart Is...

A continuum of care

Assisted Living | Memory Care | Rehabilitation | Skilled Nursing
1 Rabbi Vogel with Serena G. during The Shofar Factory at Einstein  
PHOTO BY JEREMY WINAKER

2 Einstein 5th Graders at Treehouse World Reaching New Heights  
PHOTO BY JEREMY WINAKER

3 Einstein Students having lunch in the Sukkah  
PHOTO BY JEREMY WINAKER

4 Miss Erin’s ECC Pre-K Class comes to Einstein for Judaics  
PHOTO BY JULIA FORESTER
The children make cookies, and the parents exchange apple cakes.

The children are three years old.

The children are part of a new Lunch Bunch series at Einstein just for the Siegel J ECC students: Monday, cooking; Tuesday, yoga; and Thursday, music. These new lunch bunch programs are designed for younger friends to introduce them and their families to Albert Einstein Academy’s warm, nurturing environment where learning engages the whole student. Einstein Admissions Director Julia Forester serves as our head chef in cooking up the future.

The communal connection is also about today. This year, the Siegel J ECC is also partnering with Einstein for Pre-K students (typically four years old) for educational specials. Each Pre-K class comes to Einstein twice a week for half an hour. Tuesdays are music days and Wednesdays are Judaics. On Thursdays, we share our gym teacher for physical education days. With Einstein’s experienced faculty, these special offerings for ECC students build the natural bridge from early childhood education to elementary school. When you see the smiles on the faces of the students, their teachers, and the Einstein specialists, you know this amuse bouche could not be any sweeter.

Einstein itself has big news about its main course, our K-5 dual-language elementary school program: on October 9, 2017, we received notice of our official approval for a new seven-year accreditation from the Middle States Association Commission on Elementary and Secondary Schools (MSA-CESS)! Accreditation is “the gold standard for measuring and advancing school improvement.” MSA-CESS established 12 research-based performance standards for schools to meet through a self-study protocol that, by itself, takes a year and a peer-review visit by educators that took place for Einstein in May 2017. The self-study and the visit offered proof that Einstein has implemented a series of efforts aimed at bringing our mission into an ever-improving academic and social environment that focuses on the value of each individual student. We are serving a robust, healthy meal of an education. Our accreditation also offers approval of our action plans to track improvement efforts going forward, defining our path to personalized education with technology providing the data and opportunities for differentiation. The future will nourish and taste even better than it does now.

Do not forget dessert! As an extension of the Siegel J ECC’s new Parent Forum, this year Einstein is hosting monthly parent learning sessions called “Childhood Matters.” In cooperation with Dr. Golinkoff’s Child’s Play, Learning, and Development Laboratory at the University of Delaware, monthly sessions led by PhD specialists will offer parents a chance to hear about the latest research.

MORE ON NEXT PAGE
Dear Conflicted,

Long distance caretaking has become a problem for many families because both adult children and their parents are so mobile. Fortunately, our desire to care for each other is not diminished by distance. But you, and many others like you, are caught up in the practical difficulties of judging the needs and providing physical and emotional help to someone far away.

First, you must understand that it is moral, ethical, and legal to meet your own and your family’s needs. If you consistently fail to meet your needs you will end up feeling angry, guilty, and helpless. You are entitled to say “no” to your mother’s explicit or implicit demands if you can’t go see her.

Our tradition advocates honoring parents and helping them wherever possible but recognizes the limitations that many children face when coping with parents’ needs. You are permitted to delegate the care you can’t handle to someone else. In the meantime, accept the practical limits of what you have to offer your mother. Be sure to give generously what only you can offer – the concern and care of a loving daughter.

Good luck,

Sarah
A PLACE FOR POSITIVITY

By Anna Saul
Marketing & Communications Director

Life has been particularly challenging over the last few months as our country has suffered terrible tragedy: An unrelenting hurricane season that has affected millions of people in Texas, Florida, and Puerto Rico. An unspeakable act of violence in Las Vegas. Rampant wildfires in Northern California. And, locally, a car accident that took the life of a teenage boy, and a devastating apartment fire that shook one of our very own teachers and her young daughter.

Waking up to the news of the shooting in Las Vegas was an awful feeling. I read the articles, but I couldn’t bring myself to watch the videos. What I couldn’t wait to do was get to the J so I could talk through my feelings and process their impact. My co-workers at the J are an extension of my family and the people I want to talk with and hear from. And, the J is the living room of our community, where we gather together to learn and share.

I’m certain I can say on behalf of every staff member of the J that we are heartbroken over what has been happening, and we want to help. I know, personally, I’m constantly wondering and asking what I can do, but I feel a sense of helplessness because I don’t know how best to offer assistance. It’s difficult to grapple with the intense emotions that I feel in response to each event, while simultaneously wanting to provide relief to those directly affected by tragedy.

As a communications professional, it makes me wonder what role the J should play in our community. Should we be the place for difficult conversations addressing polarizing or sensitive issues? Or, should we provide an escape from those very conversations? Do we have a responsibility to take direct action and develop programming? Or, is our role to be the sharer of resources for community members to channel the support that so many want to give?

I don’t have all the answers, but these are the questions that are constantly on my mind. I want to hear from you. I want to know what’s on your mind and what you need from your J community. Please share with me.

I truly believe that, together, we can have the meaningful conversations that lead to making a positive difference.

My door is always open, as is my inbox (annasaul@siegeljcc.org).
“FOOD TO TABLE” FOR SENIORS: HOW TO ENSURE APPROPRIATE NUTRITION WHILE PROVIDING ATTRACTIVE, DELICIOUS, AND INTERESTING MEALS

By Chaplain Mollie Epstein | The Kutz Home

This can be a true juggling act. On the one hand, as we age, we experience joys as well as physical challenges.

Our tastes, tolerances, and sensitivities change. Specialized diets come into play dictating ingredients, consistencies, and temperatures. On the other hand, having finally reached our ‘Golden Years,’ shouldn’t we be indulged with beautiful, delicious meals? The answer is a resounding YES. But, how does one satisfy both needs simultaneously?

Knowing the right food combinations to provide exceptional taste, and balanced nutrition for optimum health is something best left to the professionals.

Dieticians are well versed in the nutritional needs of the senior population. Just to offer a few insights... Did you know that older adults need more calcium and vitamin D to help maintain bone health? What about the need to increase potassium and reduce sodium to lower the risk of high blood pressure? There are also foods to help boost memory and to reduce inflammation. Are you getting enough omega-3 fatty acids? How about those green leafy vegetables making the news?

At the Kutz Home and Lodge Lane, once the therapeutic plan is in place, we turn to our culinary experts from Flik Senior Lifestyles to work their magic, converting this plan into wonderful nutritious meals.

Plate Palette, developed by Flik Lifestyles, is an artistic approach to dignified dining in which classical culinary techniques are applied to a modern presentation. Plate Palette devotes equal food emphasis to all levels of care for our residents, with attention to flavor, while following precise culinary techniques. These techniques are applied to key therapeutic diets such as Puree, Finger Foods and Mechanical Soft, while keeping the integrity of the flavor, fresh ingredients and presentation of our food for all residents.

In addition to utilizing superb culinary skills, our dining services team meets with our residents on a monthly basis to glean ideas, requests, and feedback on their dining experience. Living in a community setting has its challenges when it comes to satisfying a multitude of different tastes. We each believe that we were the best cook of our generation. Our memories of meals around the table, whether everyday or holiday, evoke tastes and aromas tightly woven into our individual stories.

As we approach the Thanksgiving Holiday, our dining services staff will be busy bringing back memories, while also creating new ones for our residents. Utilizing the expertise of our dietician and culinary staff, our residents reap the benefit of nutritious, well-balanced and delicious meals for optimum health and enjoyment.
Challah, a braided bread, has intertwined the communities of varying religions, student bodies, and local community members with the goal to end hunger.

The driving force of this effort is Challah for Hunger, a national non-profit organization. President Natalie Ericson, Vice President Juliet Felsen, and Treasurer Kyle Basarab are dedicated to University of Delaware’s Challah for Hunger chapter, baking and making a community at UD Hillel. They make challah from scratch, alongside student volunteers.

Students spend three hours, once a week, making challahs for Shabbat dinners and for those who pre-order them with all of the proceeds given to charity. Half of the money is donated to Mazon, Challah for Hunger’s national philanthropy, which works to eradicate hunger around the world. The other half of the donations are given to the Delaware Food Bank to benefit the local community.

Getting involved on campus can be a tricky task, especially as the semester progresses. Felson is grateful for all student volunteers, especially freshmen and transfer students. She said it is “something good for a few hours each week” and a great way for students to meet peers with similar interests. If students do not wish to participate in baking, they can buy the challahs. This can help students stay connected to their Jewish roots, while away from home.

Students are not the only people who purchase challahs from Hillel. Ericson and Felsen recall a time when a local church bought their challahs for an event. Felson said, “It is a nice way to see how two different communities, where challah isn’t a part of it, can be connected.” This small student organization at UD, has unified a variety of people for the same goal of ending hunger.

In addition to providing challahs for local events, Challah for Hunger runs their own fundraisers a few times a year. During these occasions, they have special challah making celebrations. The challahs can be filled with candies and other toppings that are unique for these events. They also have raffles to raise money and awareness for their philanthropic organizations. Challahs can be purchased through an order form on the University of Delaware’s Challah for Hunger Facebook page.

Every helping hand makes a difference, and every hour of donated time can help in the challah making process. All of the proceeds go to bringing the community closer by uniting a variety of people in celebrating a Jewish tradition.

UD Hillel is a Beneficiary Agency of Jewish Federation of Delaware.
When you enter the land to which I am taking you, and you eat of the bread of the land, you shall set some aside as a gift...  

(Numbers 15:18)

With the approach of Thanksgiving, food seems to be on everyone’s mind in November. But for those whose incomes don’t stretch far enough, sufficient food for their families is a year-round concern.

Area synagogues are pitching in to help ease hunger locally, primarily in Wilmington’s Ninth Ward community. At Congregation Beth Shalom, that help principally comes through food drives to benefit the Hanover Presbyterian Church Food Pantry and preparing meals at the Emmanuel Dining Room. Both fall under CBS’s Tikkun Olam efforts, chaired by Faith Silver.

Relying on donations of money and goods from foundations, businesses, faith groups and individuals, the Hanover Food Pantry supplies food to over 3,000 people annually. CBS holds two principal food drives a year, one at Rosh Hashanah, the other at Passover. “We want to make sure we have a concentrated effort,” said Faith.

Food is left in baskets outside the main office; whenever the baskets are full, CBS caretaker William Taylor takes them across the street to Hanover Church to stock the pantry. Food is also collected at the Ninth Ward Interfaith Thanksgiving gathering that includes CBS, Congregation Beth Emeth, Muslim Center Masjid Al-Kanthar and a number of area churches.

The Hanover Food Pantry is open Thursday mornings. Patrons receive a hot breakfast and a number for getting into the pantry, where they are able to pick up about five days worth of food for their families. They must meet specific income limits and may come to the Food Pantry only once in a calendar month. Most of the food is common staples, but there are also tables of fresh produce; Produce Junction contributes to the fresh foods table.

CBS congregant Marlene Ornston has volunteered at the food pantry one Thursday a month for more than 15 years. “When I first started, about a dozen people would come and I could do it myself,” she said. “Now it’s more like 40 in a morning and it takes two of us.”

Along with Adas Kodesch Shel Emeth Congregation, Temple Beth EI, and Congregation Beth Emeth, CBS prepares meals at the Emmanuel Dining Room East, located on North Walnut Street in Wilmington. Emmanuel Dining Hall provides hot meals served at no cost and with “no questions asked.” The effort is coordinated by the Ministry of Caring.

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Each synagogue is responsible for three meals a year, always on the 7th of the month. CBS’s dates are in February, March, and April. “When the 7th falls on Shabbat, we trade dates with someone,” said Elaine Schmerling, who has organized CBS’s participation since 2010, taking over from long-time coordinator, Ruth Forman.

“We still use Ruth’s recipe for chicken with barbecue sauce,” said Schmerling. The dinner is cooked at the dining hall so there’s no impact on kosher kitchens. The congregation also provides homemade desserts, usually baked goods. For years, Ornston and her husband, Larry, have made four dozen cupcakes for each meal CBS prepares.

“They [the patrons] think it’s the best meal of the month,” said Silver. Congregants cook and plate the meals; people doing community service generally do the serving. There’s a cook on staff who supervises.

CBS’s participation is supported by the Board with donations from Sisterhood, Men’s Club, and the Pollyanna Foundation. Some groceries are also donated by local businesses.

Typically, about 150 people come to dinner each day at Emmanuel Dining Hall East. “During the height of the recession, it was about 385,” said Schmerling.

“We are very thankful to the Pollyanna Foundation for its donation that provides meals for the many people in need,” said Silver and Schmerling.

Food, of course, offers more than sustenance for the body. It can provide emotional support and camaraderie. Through CBS’s Shalom Corps, a program for 7th to 10th graders, and the Tikkun Olam Committee, teens host Sunday breakfasts — as well as activity nights — at Ronald McDonald House for children seeking treatment at Nemours Alfred I. DuPont Children’s Hospital and their families.

With CBS Cantor Elisa Abrams Cohn, Shalom Corps students also make an annual trip to the Jewish Relief Agency warehouse in Philadelphia to pack boxes of food and deliver them to impoverished Jewish families.

And in recognition of the mitzvah of providing food for the hungry, some b’nei mitzvah families have replaced the traditional baskets of flowers on the bimah with decorated baskets of food that are later donated to needy families.
DOOR L’DOOR:
MEZUZAH RESCUE AND REPLACEMENT

By Ellen L. Weingart  
Member, Congregation Beth Shalom

Affixing a mezuzah to the doorpost fulfills the biblical commandment found in Deuteronomy: These commandments that I give you today are to be on your hearts. Write them on the doorframes of your houses and on your gates.

The mezuzah distinguishes a Jewish home and is a visible sign and symbol to all who enter that a sense of Jewish identity and commitment exists in that household.

The recent hurricanes wreaked havoc on many lives.

Toni Grossman, now Chava Gal-Or, a former member of our local Jewish community who currently lives in Houston and works for Temple Sinai, wants to do something to help friends going through the challenges of losing their homes and belongings. Her idea was to provide a mezuzah with a kosher scroll inside for every Jewish home that was devastated in Houston.

“I knew others would be there to help them fix their structures and replace their ‘stuff,’ yet I wondered if that powerful touchstone of Jewish life, the mezuzah, would receive adequate attention,” said Gal-Or. “It is in this wondering that an idea emerged — to restore their spirits, nourish their souls and renew their faith.”

She hopes that her project will eventually reach out to storm-ravaged Jewish communities beyond Houston.

Anyone interested in sending kosher mezuzah scrolls or mezuzahs, can send them to:
CHAVA GAL-OR  
c/o Temple Sinai  
13875 Brimhurst Drive  
Houston, Texas 77077

Happy Holidays from the Berman Family

ShalomDelaware.org November 2017 | JEWISH VOICE | 27
An unusual but fun and warm Jewish holiday custom (figuratively and literally) successfully made its way back down to Delaware’s beaches this year.

On Friday, October 6th, Seaside Jewish Community continued an almost decade-old tradition with its annual Pizza in the Hut event for Sukkot. On an 81-degree evening, dozens of people came to Rehoboth Beach for this joyful celebration of the gathering of the harvest that commences five days after Yom Kippur.

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After the congregants assembled to say the prayers for Shabbat, wine, and bread, dinner, which consisted of a salad bar and 13 extra-large pizzas ordered by the congregation, was served inside the sukkah that had been put up five days earlier. This was followed by a service led by Rabbi Beth Cohen, Seaside’s religious director, and Dr. Jeffrey Hawtof, who led the congregation in song.

“Our service tonight is mostly song,” Rabbi Beth told the audience once services began. “We try to just engage in singing and create the joy and the rejoicing that went on in ancient times during the time of the temple in Jerusalem.” This was followed by Hineh Matovu, the Barchu (Call to Worship), Sh’ma, V’ahafta, and other songs and psalms read from the Gates of Prayer for Shabbat.

Towards the end of the service, there was also Adon Olam, as well as the blessing of the lulav and the etrog. There was even the blowing of a shofar, an instrument Jews normally associate with Rosh Hashanah but one that Rabbi Beth explained was used 2,500 years ago by scholars in Jerusalem to call all the travelers and tradesmen coming through the city to the center of town and tell them that it was time to observe the Festival of Tabernacles and the Festival of Booths.

Dr. Joel Simon, director of the Seaside Religious School and one of the organizers of Pizza in the Hut, said that what makes the event unique, beyond eating pizza, is the relaxed nature of it. “I think it has a more casual flavor to it,” he said. “Seaside tends to be pretty laid back and easygoing, probably because we’re by the beach, and it just blends with our culture. So, the event itself, I think, has that feel to it. Sukkot is one of the major holidays in Judaism, so sometimes it can feel a little heavy. And after coming off of Rosh Hashanah and Yom Kippur, it’s nice to have a lighter, more laid-back event.”

In recent years, Pizza in the Hut has been a challenge to pull off. One year, rain forced the event to be moved indoors. And a couple of years ago, some bad storms not only forced the event’s postponement and subsequent merging with its Simchat Torah celebration but also caused irreparable damage to the synagogue’s old sukkah.

But last year’s event, the first to be held inside the newly purchased sukkah, was the best attended in its history with close to 80 people, according to Dr. Simon. And this year’s festivities drew close to last year’s number, with a few new members, thanks in part to the SJC Membership Committee’s efforts to promote Pizza in the Hut as an event geared toward those potential new members as well as one that draws people that may not get to synagogue that often.

“This is kind of like a reunion, like a coming home,” said Alyssa Simon, who serves on the Seaside Membership Committee and added that the congregation may have potentially gained a couple of new members as a result of Pizza in the Hut. “They feel comfortable coming to Pizza in the Hut. They’re not worried about coming to the big Rosh Hashanah or Yom Kippur [service], but they feel safe coming to this event.”
In this centennial year of the Balfour Declaration, has Israel lived up to the Zionist Dream?

Before creation, there was tohu vavohu, without form and void...Our genesis molded us and all humanity into the imperfect people we are today. Saints? Sinners? Not quite.

The Balfour Declaration marked the culmination of a 20-year-old dream of Theodor Herzl: to find a significant world power who would recognize the Zionist quest for a homeland for the Jewish people. Of course Herzl was articulating a 2,000-year-old dream of the Jewish people to return home, after being exiled from their ancient homeland by the Roman Empire, following their destruction of the Second Temple in 70 C.E. In Herzl's lifetime, he had put the Zionist case before the Ottoman sultan, the German Kaiser, a British Royal Commission, even before Pope Pius X—all to no avail. The Balfour Declaration was, at the very least, the answer to Herzl's dream—granting legitimacy to the creation of a Jewish homeland in Palestine.

The crumbling of the Zionist dream is not just limited to lack of progress in the peace process between Palestinians and Israelis. In the August issue of the Jewish VOICE, Orthodox rabbi Frederick Klein writes:

“From the beginning of the State, American Jewry—which is largely non-Orthodox—has never betrayed the Zionist vision. However, in the lack of recognition of any freedom of religion for liberal Jews or their leadership, the Jewish State has betrayed them again and again.”

Rabbi Klein was responding to both Prime Minister Netanyahu’s abandonment of the Western Wall-Kotel compromise between his government and the diaspora Jewish community, as well as the black-listing of moderate Orthodox rabbis by the Chief Rabbinate in Israel. In his 1902 novel, Altneuland, Theodor Herzl envisioned a Jewish state that combined Jewish culture with the best of European heritage. The Temple would be rebuilt, but run on modern principles. Herzl did not envision the Jewish inhabitants of the state as being religious, but there would be respect for religion in the public sphere.

In his novel Herzl did not foresee any conflict between Jews and Arabs living in the new Jewish homeland. One of the main characters in Altneuland is a Haifa engineer, Reshid Bey, who is one of the leaders of the “New Society.” He is very grateful to his Jewish neighbors for improving the economic condition of Israel and sees no cause for conflict. All non-Jews have equal rights, and an attempt by a fanatical rabbi to disenfranchise the non-Jewish citizens of their rights fails in the election which is the center of the main political plot of the novel.

As we prepare to celebrate the 100th anniversary of the Balfour Declaration, clearly there is much to celebrate. A Jewish homeland has been created where Jews, living as sovereign people, have done magnificent things—not just for fellow Jews, but for humanity.

Yet, when considering the lack of progress in peace-making between Israelis and Palestinians, Israel has yet to achieve the vision Herzl laid out in his 1902 novel. Nor has Israel achieved a society with the type of pluralism Herzl imagined—an out-of-touch Chief Rabbinate, holding a monopoly on Jewish legal status and expression as approved.
by the State, is certainly not in keeping with Herzl’s dream for Die Judenstat.

The 100th anniversary of the Balfour Declaration gives us pause to celebrate everything Israel has achieved, as well as embrace what more Israel might achieve vis-à-vis peace making and pluralism in the next 100 years.

RABBI PETER GRUMBACHER
Rabbi Emeritus, Congregation Beth Emeth

Every time people say that Judaism is a race I look at the faces of Israelis. A race? If defined especially by similar physical characteristics, I marvel at the variety found in the Jewish State. Ethiopian Jews, Russian Jews, Scandinavian Jews, the Jews of Iraq, Yemen, Syria and other Arab countries, descendants of Eastern European Jews and those from North America. It truly has been a refuge for the oppressed of our people and a source of achievement for all of us these past hundred years. The Shoah decimated us; the State of Israel has given us new life.

If only peace could come.

Yes, the Arab world still cannot fathom even the thought of a Jewish State though their attitude has had to be modified in that they know Israel is here to stay, im yirtzeh ha-Shem. The tragedy is that when they dig their heels in as they have they are frozen in terms of the amazing things they could accomplish on their own and by cooperating with Israel. If nothing else their citizens could breathe a bit easier, and there’s nothing wrong with that!

Israel, too, is intransigent on many levels. They are strong enough to be able to live with a two-state solution yet their nationalism and the religious perspective of many Jews gets them “stuck.” Palestinians, in my opinion, have been horrifically thrown to the garbage heap by their Arab cousins since the War of Independence but Israel, too, hasn’t lived up to the prophetic ideals of justice and righteousness with respect to that population. Part of the Zionist dream as I see it is to bring to reality the words of such prophets as Isaiah, Micah, Hosea, and Amos.
HEKHSHER TSEDEK
An Ethical Approach to Kashrut

By Rabbi Michael Beals
Congregation Beth Shalom
FOOD TO TABLE FEATURE

These five verses, taken from a wide spectrum of Jewish sources, introduces the Conservative Movement’s legal response to combining the best of kosher eating with the best of ethical living. Sitting in the middle of the streams of Judaism, with Orthodox to our right, and Reform and Reconstructionist Judaism to our left, the Conservative Movement has tried to borrow and synthesize the best of all the Jewish streams to come up with a Judaism that is both loyal to tradition and relevant for today.

The sensitivity in balancing tradition and social action has recently been applied to kashrut, since the horrific 2008-raid of the kosher meat packing house in Postville, Iowa, back in 2008. The raid led to the arrest of 389 Agriprocessors employees, many undocumented residents, working under the most deplorable working conditions. For the Conservative movement, a new initiative was developed to bring together the ritual requirements of kosher food with the ethical requirements of kosher food, and the Magen Tzedek Commission was launched.

The Mission Statement of the Magen Tzedek Commission is “to bring the Jewish commitment to ethics and social justice directly into the marketplace, and the home. The Commission’s seal of approval, the Magen Tzedek, will help assure consumers that kosher food products are produced in keeping with the highest possible Jewish ethical values and ideals for social justice in the area of (1) labor concerns, (2) animal welfare, (3) environmental impact, (4) consumer issues and, (5) corporate integrity.

The Magen Tzedek, the world’s first Jewish ethical certification seal, synthesizes the aspirations of a burgeoning international movement for sustainable, responsible consumption and promotes increased sensitivity to the vast and complex web of global relationships that bring food to our tables. They have a large array of learning material, all worth reading, at www.magentzedek.org. Since organizing as a non-profit back in 2011, both the Union of Reform Judaism and the Central Conference of Reform Rabbis have signed on to the Magen Tzedek. The problem is that since May 2013, not one product has been created with this ethical-kosher certification because it has not been commercially viable.

The best way of eating ethically kosher food right now is through www.kolfoods.com, which boasts being the “only source of 100% kosher grass-fed beef” in the world! They also write: “In an age when it takes an investigative reporter to figure out where meat comes from, KOL Foods is committed to telling its honest story. We want folks to know and trust that each animal is raised the traditional, environmentally friendly way - in open fields. Healthy animals should eat what they were built to eat and live free on pasture. This balance with nature results in not only healthy and environmentally and ethically sound meat, but delicious flavor.”

I have eaten food produced by KOL Foods, and I can taste the difference. Of course who can say that because I feel good about how the food was created; my positive attitude influenced my taste-buds! Although KOL Foods’ emphasis is on the ethical treatment of their grass-fed animals, and the organic non-GMO, non-pesticide, non-hormone, non-antibiotic nature of their feed, their very last advertising point states that the animals are “raised by employees and farmers receiving a fair wage.” So this year, if you want to eat an ethically-raised kosher turkey at Thanksgiving, your best bet is to go to www.kolfoods.com, and if you want to learn about why it’s important to eat ethically kosher turkeys, go to www.magentzedek.org . . . and betayavon!
When I was 14 my pediatrician asked me if I live to eat or eat to live. There was no question – I lived to eat.

I grew up on brisket, kugel, chopped liver with onions fried in chicken schmaltz, and fighting over the last part of the turkey to cross the fence. My mother grew up this way and she proudly passed it on. We seldom ate “junk food,” but our diet was setting us up for diabetes, stroke, and heart disease which eventually caught up with my mother, as it did with her mother and brother. All of our food was certified by the OU, but was it really kosher?

A few years ago, a doctor friend asked my family to join hers in a Whole Food Plant Based (WFPB) lifestyle so she would not have to worry about our health. I started researching the WFPB lifestyle as compared to the Standard American Diet (SAD). There are many websites, movies, and videos about WFPB diets. (Some of my favorites can be found at horden.org/food). One of the key things I realized is that WFPB is a vegan diet, however Whole Foods is the important difference. Vegan diets allow sugar, oil, fruit juice, refined white flour, and other items that are not healthy in large amounts while a WFPB diet minimizes their use.

I convinced myself that it was time to change my habits. Being a foodie, this was not going to be easy, so I started with the most agreed upon offenders. After looking at many websites and books I found there was a consensus from multiple sources that Red Meat, Dairy, Refined Grains, Refined Fats and Sugars were simply not good for you. With this information, I said goodbye to red meats and replaced milk and dairy products with nut and soy based substitutes. Next, I switched from eggs to oatmeal for

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breakfast and stopped eating fried foods. I even found low-fat snack items, some even whole grain; they were just a little harder to find than fried chips. I felt I was moving in the right direction.

Major organizations including the World Health Organization, USDA, American Heart Association, and American Cancer Society recommend we should eat more fruits and vegetables and less red and processed meats. Then I read the fine print: A serving of protein (meat/fish/poultry/eggs) is three ounces, less than a ¼ lb hamburger. Since that will not satiate anyone, the focus of my meal could no longer be the protein. Instead, my meals needed to center around Vegetables, Beans, Lentils, Nuts, and Whole Grains (including quinoa and grain-like seeds), all of which provide not only protein, but also complex carbohydrates and essential fats.

Continuing to improve on my new way of eating felt good.

Then I found some studies on diabetes relating to animal fat and protein. Diabetes used to be considered a problem caused only by sugars, but it is now known that insulin resistance is caused by a combination of simple carbohydrates AND free fatty acids in the blood plasma. One study showed that adding animal protein to a starch-based meal (like mashed potatoes or white rice) creates a 50% higher spike in insulin response than the base meal alone. Over time these spikes can make people more susceptible to diabetes. A second set of studies showed that diabetics could reduce or eliminate their insulin dependence by eating a low fat WFPB diet. Given my family history, I decided to limit my fish and meat to almost none and essentially follow a WFPB lifestyle.

(Consult a medical professional before removing all meat/fish/poultry from your diet as you will likely need a Vitamin B-12 supplement since modern food processing removes the dirt containing B-12 from our plants. Animals still eat dirt, and pass the B-12 to those that eat meat. A B-12 deficiency can cause anemia and other serious problems.)

Now that I was comfortable in my new lifestyle it was time to reflect. Was the way I learned to eat truly kosher? The laws of kashrut regarding animals are all about compassion and thinking about our food, slaughtering animals in the most humane way possible and not even offending an animal by boiling a kid in its mother’s milk. Should we not also have compassion for ourselves and our families by eating in a way that will give us all the best chance for a long healthy life? With compassion for animals and for people a WFPB lifestyle is truly kosher.

A WFPB diet significantly reduces the risks of Stroke, Heart Disease, and Diabetes which together in 2012 caused over 1000 premature deaths a day in the United States. Mitigating this problem is difficult because dietary information can be complex and there has not been a focus on helping people understand it. For example, we talk about low-carbohydrate and low-fat diets, but fail to consider the types of carbs and types of fat as part of the discussion.

Carbohydrates can be separated into two types based on how rapidly they are digested. Complex carbohydrates (whole grains, beans, whole fruit, and vegetables) are good for you. Simple carbohydrates (sugars, fruit juices, and highly processed white flours) can cause blood sugar spikes and weight gain. This is why people (without diagnosed problems consuming gluten) feel better on a gluten-free diet. It’s not the gluten that is bothering them, it is all the simple carbs and fats in the processed foods they normally eat.

Similarly, your body needs fat, but excessive fat in your meals ends up in your blood and injures the linings of your blood vessels (endothelium). Over time this causes atherosclerosis which leads to strokes and heart disease. Healthy

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Ira Horden is a Professional Engineer working with electrical, computer, and control systems. He is focusing his after-hours energy on the effect of plant-based diets on our health and environment. His hobbies include electro-mechanical tinkering and cooking great food, now just in a healthier way. Ira is also a member of Congregation Beth Shalom. Brief summaries of the most useful resources he has found and the links to them are on his website horden.org/food.
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Fats are found in nuts, grains, avocados, beans, and other fruits and vegetables, and you can get almost all the fats you need from these sources. Omega-3 fats are also found in limited quantity in fish and some meats, however fish and meats also contain cholesterol and saturated fats. Many vegans take an algae-based Omega-3 supplement which gives them the same good fats as eating fish a few times a week.

There are the lucky people that have genes which keep them thin, and others that also have genes which protect them from cardiac problems. Betting that you have the right genes to survive a bad diet is like playing Russian Roulette, especially for those of us over 40.

Unfortunately, this is not only an adult problem. In 2010 a group of 20,000 West Virginia 5th graders were tested for cholesterol levels. Over 1600 of them had LDL levels over 130 mg/dL. (LDL below 100 is considered optimal). These children had already been set up for major health problems unless they changed their diet and habits. An ounce of prevention is worth a pound of cure, even more so when what you are preventing has no effective cure.

The story of Chanukah is that the oil lasted eight days, but the miracle of Chanukah is that we have been eating like this for centuries and haven’t killed ourselves off yet. This Chanukah my family is celebrating with truly kosher and Jewish foods. Our main meal will be potato latkes baked in the oven, unsweetened apple sauce, mushroom sweet potato chili, an apple kugel, and a variety of vegetables. Dessert will be a low sugar, low fat, whole wheat banana nut cake.

Your body can do amazing things; it just needs the right fuel.
THE MITZVAH OF DRINKING

By Dan Metz

Imagine for a moment. Picture the objects which you feel represent Judaism. Your answers may differ a little, but one of the objects you almost certainly pictured was a cup of wine.

From our holidays to our history to the stories of the Torah, wine is everywhere you look. We drink every Friday and Saturday night, and have a four-drink minimum on Passover. Rabbi Rava, a 4th century CE scholar, declared that, “One must drink on Purim until that person cannot distinguish between cursing Haman and blessing Mordechai.” Still, every endorsement of drinking comes with two warnings.

Genesis’s feelings on wine were unequivocal: it was the gateway to wrongdoing. Rabbi Meir, a second-century Rabbi, said that the fruit of the tree of life, that which brought both understanding and suffering to mankind, was the grape made into wine. In the little-known epilogue to the Noah story, Noah grows grapes as his first crop after the flood, drinks copiously, and the ensuing fiasco results in a curse on a portion of his descendants.

Feelings on wine are tempered in later texts. While Aaron and his sons (and later all Jews) are forbidden from offering prayers while drinking, offerings of strong drink are given during certain feast days. Psalm 104 says wine gladdens the human heart, and Judges says that wine brings joy to G-d and man. By the time we arrive at the age of

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Dan Metz is a former Hebrew school teacher at Congregation Beth Shalom in Wilmington, DE, as well as current Youth and Teen Coordinator at the Siegel JCC.
is to be present in the moment. Look at the rituals: We hold up our fingernails to the candles to see the light and feel the heat of the flame. We smell spices, we taste wine, we sing prayers. We are engaging all of our primary senses in order to help us become present in these moments of transition into and out of a day of reflection, and for this we choose to include intoxicating wine over grape juice. To drink beyond that point is to lose sight of the mitzvah of drinking, but to drink just enough helps us appreciate the moment.

Maimonides, a great Jewish scholar, holds a similar stance on drinking: “When the wise man drinks wine, he drinks only enough to accompany (lit., ‘soak’) the food in his innards. Anyone who becomes drunk is a sinner, is disgraced, and loses his wisdom.” He sees the boundary of the mitzvah to drink only enough wine so as to balance the food you’ve eaten (which, if you’ve ever had a Passover meal, might explain the four cups prescribed). If you’ve drunk enough that you are separating yourself from the meaning of the moment, it’s no longer the mitzvah you intended.

This still, however, leaves us lost in the matter of Purim and Rava, whose prescriptions for celebratory drinking would make Maimonides plotz. Here’s my two cents: Practice the letter of the tradition only insofar as it is meaningful to you, and then adapt. The Mishnah is not the Torah, and while Rava was a learned and holy man, he doesn’t know you. Only you know what is safe and meaningful to you, and the ultimate guide to your spiritual experience is your own heart.

Judaism is not a party religion, but one centered on a grateful celebration of the world around us and the people we share it with. Be safe, be merry, and feel free to keep on reflecting on this quandary in your own way (our community is replete with gifted and insightful clergy, who would love to add to an informed discussion), but remember:

The essence of the mitzvah of drinking is to appreciate the moment, what you have, and where you are.
It’s widely known that Israel has penetrated the wine market, with some of its sophisticated Israeli blends surpassing historically excellent wines from areas such as the Napa Valley or Bordeaux. But what about beer?

For decades, Israel has offered solely the Maccabi and Nesher brands. Not anymore.

“There is a huge push of people making beer at home. The country is approaching over 30 craft breweries in the last year or two, making nearly 200 beers,” says Avi Moskowitz, owner and founder of Beer Bazaar, Israel’s latest brewery and bar, which is located in Jerusalem’s Shuk Mahane Yehuda.

An immigrant entrepreneur and start-up aficionado, Moskowitz says making craft beer is like working in a laboratory — something Israelis are accustomed to. But brewing beer is also quick; one can brew a keg in a couple of days. That’s ideal for the stereotypically impatient Israeli.

“You can tinker with it and come up with so many flavors. There is no limit to what you can do with beer,” explains Moskowitz.

Indeed, Israeli beer makers are tapping into this market. The first microbrewery in the area was actually opened by a Palestinian in 1995 in the village of Tayibe. But a low marketing budget and restrictions on alcohol in Islamic culture prevented the beer of the Taybeh Brewing Company (taybeh meaning “delicious”) from successfully penetrating the marketplace until around 2000.

In 2006, New York native David Cohen opened Israel’s first microbrewery, Dancing Camel. Cohen says he started brewing beer in the 1980s in his home. He kept up the passion through his aliyah in 2003, and today owns one of the most successful breweries in Tel Aviv.

“From the beginning, the focus was to whenever possible use local ingredients, spices and fruits that would give the beers an Israeli accent, that they could be identified as Israeli beer,” says Cohen.

Dancing Camel brews about 20 beers a year, the Talmud-inspired Old Papa beer, brewed with silan (honey made from dates), which sweetens the bitter IPA. The Carobbean Stout is brewed with carob. Around the time of Sukkot the Trog Wit beer is developed from etrogim (the traditional citron fruits).

“I did not set up a brewery in Israel to brew another English ale or American IPA or German lager. The mission of the brewery was to make a connection between Israel and the beer.

MORE ON NEXT PAGE
I came here like a kid in a candy shop with all the fruits and herbs and spices to play with,” says Cohen. “No one has experimented with them for at least 1,700 years. It is very much a passion to go after these flavors and make them beers.”

Cohen says that less than 15 years ago, there was no knowledge about boutique beer in Israel. Over the last decade, as more microbreweries have opened up—and have been successful despite a crippling NIS 4.19 (more than $1) per liter tax on beer—it has become easier for Dancing Camel to explain itself. And he says the competition is healthy, save for all the beer bellies.

Earlier this year, Israeli beer made international headlines when Jerusalem’s Herzl Beer was selected to collaborate with a German brewery to create an international beer blend that will celebrate Jewish contributions to beer, especially in Germany, as part of a 2016 exhibition commemorating the 500th anniversary of the Reinheitsgebot, Germany’s and perhaps the world’s first beer purity law.

Herzl is the only beer that is actually crafted in the holy city.

What else is making bubbles in the Israeli craft beer scene? Jem’s Beer Factory, also started by an American immigrant, Jeremy Welfeld, has become a Petah Tikvah favorite. At 8.8 percent alcohol by volume, it’s a red Belgian-style triple ale that’s rich, sweet, and fruity, with a mild bitterness.

The Negev Brewery, tucked away in the development town of Kiryat Gat, is now the official beer maker for the posh and breathtakingly beautiful Beresheet Hotel in Mitzpe Ramon. It makes a beer named for the colorful sand getaway. The brewery has become best known for its light and fruity passion-fruit ale, with its rich tropical aroma and taste.

All of these beers and more can be tasted at Moskowitz’s Beer Bazaar, which was opened only a few months ago. On a recent Thursday night when this reporter stopped by, there is nowhere to sit or even stand. Nestled in the covered section of the shuk and sandwiched between a dried fruit stand and vegetable market just off Jaffa Street, Beer Bazaar is about as trendy as you get—for the young and young-at-heart alike.

Moskowitz says the shuk beer scene started a few years ago when Jerusalem Mayor Nir Barkat began bringing local talent, such as musicians and artists, to the market for evening performances. He harnessed an inherent authenticity and spiritual energy that Jerusalem residents were craving.

“In so many ways, the shuk defines the pulse of this country. Here you can see the full spectrum of Israeli society: Jews, Arabs, haredim, and secular people. They are not necessarily socializing, but they are all interacting and I feel the energy, the pulse,” says Moskowitz, who sells more than 100 Israeli beers, including two of the company’s own crafts.

Moskowitz doesn’t purport that the growing beer and bar scene will bring Israeli-Palestinian peace, or even necessarily reduced tensions between the Israeli left and right, religious and non-religious. But he does think it has the potential to bring a little more harmony.

“There is a real community component,” Moskowitz says. “When I am able to sit there and experience the people congregating around the beer, I see everyone from religious people dancing to secular girls jumping up on boxes—they are socializing.”

He adds, “Beer bonds people, brings people together, washes away their differences. Sure, you could come in and sit down to have a beer on your own—but you won’t be alone very long. It’s just beautiful.”
Curried Butternut Squash and Chicken Tagine

Serves 6-8

- 1 Tbsp olive oil
- 1 Tbsp + ½ tsp mild curry powder, divided
- ½ tsp salt
- ½ tsp pepper
- 6 cups fresh or frozen cubed butternut squash
- 1 large red onion, chopped
- 1 12-oz box whole wheat couscous
- 1 14-oz can reduced-sodium chicken broth
- 20 dried apricots, divided
- 1 15-oz can chickpeas, rinsed and drained
- 1 rotisserie chicken, breast meat pulled

Preheat oven to 425 degrees. In shallow 13-by-9 inch roasting pan, combine olive oil with 1 Tbsp curry powder, salt and pepper. Add squash and onion and toss gently. Roast, uncovered, 30 minutes, stirring gently after 15 minutes.

Prepare couscous in medium saucepan to make 6-8 servings according to package directions. Keep covered until ready to serve.

Add chicken broth to 4-qt Dutch oven over medium-high heat. Snip 12 apricots into quarters and add to broth. Bring to a slow boil. Meanwhile, snip remaining 8 apricots in ½ and set aside. Add chickpeas, squash and onion mixture, and pulled chicken to broth and apricots. Toss gently, making sure not to crush the squash. Cook for 5-8 minutes until heated through. Add additional salt and pepper to taste, if desired.

Fluff couscous and place on large serving platter with wide edge/brim. Top with tagine. Sprinkle ½ tsp curry powder around edge of platter. Place remaining apricot halves around edge of platter to form petals.

Vegetarian Lentil and Barley Chili

Serves 4

- 2 ½ cups dry lentils, rinsed
- 1 cup barley
- 5 ½ cups water
- 1 packet dry onion soup mix
- 1 16-oz can tomatoes, diced
- 1 ½ tsp chili powder
- ½ tsp cumin
- 1 cup 2% fat cheddar or Monterey jack cheese, shredded

In a large saucepan, bring lentils, barley and water to a boil. Reduce heat, cover and simmer 20 minutes. Add dry onion soup mix, tomatoes, chili powder and cumin. Simmer, covered, another 30 minutes. Garnish with cheese.

Sharon Collison is a faculty member in the Department of Behavioral Health and Nutrition and a registered dietitian for the nutrition center at STAR Health at the University of Delaware. Sharon is an award-winning recipe developer and loves to create all types of recipes from heart healthy meals to decadent desserts. She and her family are long-standing members of Temple Beth El in Newark, DE.
JERUSALEM POST
CROSSWORD PUZZLE

LIVING LEGENDS

By Yoni Glatt
koshercrosswords@gmail.com

DIFFICULTY LEVEL:  Easy

SOLUTION APPEARS ON PAGE 47

ACROSS
1. Gyllenhaal and Arrieta
6. Arika in the talmud
10. Signs
15. Ooze like honey
16. “Buona ___” (Italian greeting)
17. Living legend born in 1922
19. Iranian money
20. Galena or bauxite
21. Fudd voiced by Mel Blanc
22. Have a cow?
23. “SNL” sketches
25. Apple core you’d never make a blessing on?
26. Brings to a bet din, perhaps
27. Day before
28. Living legend born in 1922
30. El Al, e.g.
32. Singer/songwriter Mann
33. Wife of Sacha (Baron Cohen)
35. Methusaleh, for sure
36. Netivot to Be’er Sheva dir.
37. Living legend born in 1926
40. It’s a light name
41. Apportion tzedakah
42. Jaffa fruits
43. One of Sheldon Adelson’s casinos
45. 1954 Billy Wilder classic
46. Those who went to Touro
47. “___ My Sons” (Arthur Miller)
48. IDF status
49. ___ carte
50. Living legend born in 1927
51. Decorate a Sukkah, perhaps
52. ___ of Olives
53. basketballer Gal
54. Writer Sholem
55. ___ Israfil
56. Passover mo., generally
57. Goldstar, e.g.
58. Kosher animal in a famous Julie Andrews song
59. Neshika, in British slang
61. David compared to Goliath, to a Scot
62. Babka, e.g.
63. “…and she bore ___” (Ruth 4:13)
64. Nemo creator Jules
65. Sound from the staff of Moses?
66. A Netanyahu
67. She put the “she” in Yeshiva
68. ___ My Sons” (Arthur Miller)

DOWN
1. Aka Israel
2. Purim won’t fall out in it some years
3. Israeli writer Etgar
4. Start of Lag Ba’Omer?
5. Like the Negev
6. Author of “I, Robot”
7. Elaine on “Seinfeld”
8. Goldstar, e.g.
9. Those named after a Judean king
10. Wife of Sacha (Baron Cohen)
11. Living legend born in 1926
12. ___ maga
13. You can probably get a Sukkah on this next week
14. “___ My Sons” (Arthur Miller)
15. Mayim Bialik plays one
16. Patriarchal and Davidic
17. Those who went to Touro
18. Late great Wiesel
19. Least loquacious
20. Abolish, like Germany did with Nazi laws
21. ___ of Olives
22. Hi wife was Elisheba in the Bible
23. ___ of Olives
24. 3 points for Jewish related answer
25. ___ Israfil
26. Shekel alternative to Carlos
27. “Green” sin
28. ___ maga
29. “___ My Sons” (Arthur Miller)
30. ___ of Olives
31. Father of Samuel
32. Jaffa fruits
33. Wife of Sacha (Baron Cohen)
34. Living legend born in 1927
35. How many daughters 1-Down had
36. ___ Israfil
37. Late great Wiesel
38. ___ maga
39. ___ of Olives
40. ___ maga
41. Patriarchal and Davidic
42. Those named after a Judean king
43. Wife of Sacha (Baron Cohen)
44. Living legend born in 1926
45. How many daughters 1-Down had
46. Those who went to Touro
47. Israel “Journey” organization
48. Hi wife was Elisheba in the Bible
49. Decorate a Sukkah, perhaps
50. ___ of Olives
51. Basketballer Gal
52. Writer Sholem
53. Basketboler Gal
54. Writer Sholem
55. ___ Israfil
56. Shekel alternative to Carlos
57. “Green” sin
58. ___ maga
59. ___ maga
60. ___ maga
61. David compared to Goliath, to a Scot

JEWISH SPELLING BEE

By Yoni Glatt

How many common words of 5 or more letters can you spell using the letters in the hive?

Every answer must use the center letter at least once. Letters may be reused in a word. At least one word will use all 7 letters and have a direct Jewish connection. Proper names and hyphenated words are not allowed.

Here is a list of some common words (Yes, we know there are more words in the dictionary that can work, but these words are the most common): Jewish Answer – COVENANT. Other Answers- CONVENT, CONVENE, CONCAVE, CAVEAT, VACATE, VACANT, OCTAVE, EVENT, COVEN, COVET, AVANT, NOVAE, OVATE.

QUESTIONS/COMMENTS: email Yoni at koshercrosswords@gmail.com

SCORE:
1 point for each answer
3 points for Jewish related word that uses all 7 letters.

RATING:
7=Good
10= Excellent
15= Genius

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QUESTIONS/COMMENTS: email Yoni at koshercrosswords@gmail.com
MARK PAUL DELMERICO
Age 68, passed away Friday, October 6, 2017.
Mark was born on June 18, 1949 in New York, NY to the late Paul and Marion Delmerico. He grew up in Dobbs Ferry, NY and graduated from the University of Delaware with a degree in American History. Mark worked as an administrator for the State of Delaware for over 25 years focusing on emergency preparedness towards the end of his career. He served as a Red Cross volunteer during emergency situations in Louisiana and Mississippi. Mark also volunteered in Haiti with the Haiti Family Initiative. He was very involved in social activism and local politics.

He is survived by his daughters, Julia Marie Delmerico (Mauricio Vargas) and Vanessa Jade Delmerico; and extended family and friends.

In lieu of flowers, the family suggests contributions to Congregation Beth Shalom, 1801 Baynard Boulevard, Wilmington, DE 19802 or a charity of your choice.

ALAN KEYSER
AGE: 89 • Wilmington
Alan Keyser was born to Ida Rosenblatt and Harry Keyser 89 years ago.

Alan was an Entrepreneur. Over many years he owned and operated the Smoke Shop, Tupp Signs, Foreign Mart and Dictograph Alarm Systems. He was a great advocate of the disabled and believed they should have an employment opportunity. When he opened Dictograph Security Alarms Systems, he remodeled his office facility to make it handicap accessible as this was prior to ADA (American Disabilities Act) was instituted in Delaware. He was also a recipient of the Handicapped Employer of the Year award.

Alan served in combat in the 40th Infantry Division during the Korean War. He was active in the Korean War Veterans Association and Jewish War Veterans Association and organized and managed bus trips until he was 88. He was also a 60 year member of the Oriental Masonic Lodge and longtime member and past president of the Wilmington West Rotary Club and past president of the Delaware Alarm Association.

He is predeceased by the “Love of His Life” Rebecca Jeffery Keyser, daughters Carol Iadisernia (Dan), Lori Schwander (Lew) and Susan Keyser, grandchildren Michael Schwander (Jenny), Matt Schwander (Katie), Christine Engle (Chris) and Katie Iadisernia (Merrill), great grandchildren Brent, Taylor, Angelina, Cameron and a baby girl expected soon.

In lieu of flowers, the family suggests donations to the Ronald McDonald House of Delaware, 1901 Rockland Rd. Wilmington, DE 19803.

For online condolences, please visit Chandlerfuneralhome.com 302-478-7100.

LINDA JOYCE POPPER
Age 55, of Wilmington, DE passed away Monday, September 18, 2017.

She was born to the late Herman and Lois Joffee; she is survived by her husband of 47 years, Jeff; children, Michael (Amy), David (Jennifer), and Stephanie (Mike D’Amore); grandchildren, Jessica and Jack; sister, Roberta Locke; several nieces and nephews; and her beloved dog, Dink.

In lieu of flowers, the family suggests contributions to Congregation Beth Emeth, 300 W. Lea Boulevard, Wilmington, DE 19802 or the American Heart Association (www.heart.org).

NATHAN ZAHN
Age 70, passed away Wednesday, September 13, 2017.
Born in Philadelphia, PA to the late Joseph and Laura Zahn, he was a resident of Wilmington, DE and formally Vineland, NJ.

Nate is survived by his wife of 42 years, Bonnie; daughter, Rachel Clark (Brian); son, Joseph (Anna); brother, Alan (Jan); 3 1/2 grandchildren; 1 niece; and 1 nephew.

In lieu of flowers, the family suggests contributions to Congregation Beth Shalom or a charity of your choice.

JILL JOFFE STRAUSS
Age 65, passed away Monday, September 18, 2017.
Born in Hancock, MI, to the late Harry and Lois Joffee, she was a proud homemaker who devoted her life to raising and caring for her family.

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LIFE CYCLES

MAY GOD CONSOLE YOU AMONG THE OTHER MOURNERS OF ZION AND JERUSALEM
Ha’makom yenahem etkhem betokh she’ar avelei tziyonvi’Yerushalayim.

Preceded in death by her brother, Herman Joffee; she is survived by her husband of 47 years, Jeff; children, Michael (Amy), David (Jennifer), and Stephanie (Mike D’Amore); grandchildren, Jessica and Jack; sister, Roberta Locke; several nieces and nephews; and her beloved dog, Dink.

In lieu of flowers, the family suggests contributions to Congregation Beth Shalom, 1801 Baynard Boulevard, Wilmington, DE 19802 or a charity of your choice.

Please send obituary submissions of 300 words or less to Jaidy@ShalomDel.org
Two life-long passions are reflected in the exhibitions in the Siegel JCC ArtSpace. With Impressions, Delaware artist Carol Balick’s pastel paintings are the culmination of her decades-long passion to capture the world around her. Highlights of Helaine “Laney” Gordon’s long-time passion for collecting menorahs are featured in the Showcase.

CAROL BALICK—A PASSION FOR ART

When Carol Balick was seven, the New York City girl moved to an isolated upstate mountain estate with her mother and brother. Her mother was constantly busy maintaining the stone great house. One day, to keep her occupied, she offered the little girl a penny for every picture she drew. Carol had no talent or skills or even interest at the time, but she did want to fill her piggy bank! She began with single objects, then rooms and furnishings and finally people. She drew landscapes of the scenery surrounding her. Her mother neither praised nor criticized her work, but simply paid her for each drawing. Over time, the pennies became incidental and an artist was born. By the time Carol was ten, she knew she wanted to be an artist. Her family moved back to New York where she took local art classes, and eventually to Delaware when she was sixteen. She met her late husband, Wilmington attorney Sid Balick, at this tender age, but they dated for eight years before marrying. During this time, she graduated from high school, created a portfolio on her own, and entered the Commercial Design Program at Syracuse. After graduation and travels around Mexico with other nascent artists, she taught art at the Jackson Street Boy’s Club. Studies with local artists such as Ed Loper, Tom Bostelle, Jimmy Leuders and Eo Omwake influenced her painting and helped her develop her own style.

Later, she and two friends opened the store, Artisans Three, on Ninth Street, to feature folk and tribal art. On a buying trip to Santa Fe, Carol took a pastel workshop. She fell in love with the tactile medium, where she could put her hands in the material, swirl it around and become more expressive. Like Georgia O’Keefe, she returned to Ghost Ranch in Abiquiu over and over, inspired by the same colorful mesas and craggy landscapes. Carol also applied her techniques to local landscapes and continues with the medium to this day.

But her passion for the arts goes way deeper than simply creating art. She believes that appreciating art has equal value and that audiences breathe life into the arts. That is why she has participated in almost every type of arts institution in Wilmington, including as a founder of The Delaware Theatre Company. She also supports and promotes the work of other artists.

For now, the artistic challenge for Carol is to become more abstract and more impressionistic. She strives to capture the feel of the landscape through meditation that allows her to feel the heat of the sun and which way the wind is blowing; smell the environment; hear the trees moving. This enables her to understand the sensual beauty of the landscape, not just its visual appearance. Carol finds the need to express such beauty overwhelming!
LANEY GORDON—A PASSION FOR COLLECTING MENORAHS

Laney Gordon’s passion for collecting menorahs stems from her love of her family’s Hanukkah holidays. She hosted family celebrations for many years and fondly remembers the warmth and enjoyment of those gatherings.

Laney doesn’t remember exactly when she collected her first menorah, but it has remained her favorite and is brought out every year. This fragile old-fashioned traditional candleholder is encrusted with wax and holds the most memories for her. Her approximately 35 other menorahs are all different and run the gamut in shapes from a teapot to a Dachshund; a table and chairs to full room interiors; musicians to whimsical figures; singular forms to individual pieces, artist-made to those made by or for children. They are made of glass, metal, ceramic, wood and more. Laney loves the fact that all are unique.

All of Laney’s menorahs have the nine candles traditionally used to celebrate the eight nights of Hanukkah, though some have the Shamash in the middle, and some to one side. Museum and synagogue stores, art galleries, craft shows and visits to New York have been plentiful sources for Laney’s menorahs.

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For more information, contact Dana@ShalomDel.org
Visit the Jewish Federation of Delaware website at ShalomDelaware.org for a full, up-to-date listing of community events.

FRIDAY, NOVEMBER 3
Gallery Opening - Let’s Face It! Paul Simon’s Portraits From Volunteering
5 – 8 PM
Blue Streak Gallery
1721 Delaware Avenue, Wilmington, DE 19806
A gallery show of BVN and RISE volunteer Paul Simon’s pastel portraits.
For more information, (302) 478-9411 or jgrinberg@jfsdelaware.org

FRIDAY, NOVEMBER 3
CTeen Jr Shabbos Dinner
5:15 – 9 PM
The Flikstein Residence
Enjoy a relaxing & fun gourmet Shabbos dinner! The Flikstein’s will be hosting an exclusive Shabbos dinner for 6-8 graders with all the trimmings. Celebrate the gift of Shabbat with friends and peers, see Rabbi Motti rap, ask any question to stump the Rabbi and just have a great time! For more info find the Facebook group CTeen Delaware or go to www.CTeen.com/Delaware. You can also contact Rochel, CTeen Director at Rochel@ChabadDE.com.

SATURDAY, NOVEMBER 4
ASK - Alphabet Soup Kids
11:15 AM
A JFS-sponsored support group for kids ages 12-18 that identify as GLBTQ+. Please contact Sharon at cztwins@hotmail.com to register.

SATURDAY, NOVEMBER 4
Movies that Matter: The Refugee Experience Presents THE WHITE HELMETS
5 PM
Delaware Art Museum
Special Guest Speakers:
Senator Chris Coons,
Mark Hetfield, CEO of HIAS,
Newly Placed Delaware Family
Hosted by Jewish Family Services in partnership with the First Unitarian Church of Wilmington. Join us for a thought-provoking film and discussion. The film is part of a free series, please register as seating in the theatre is limited. http://www.brownpapertickets.com/event/3089172

SATURDAY, NOVEMBER 4
CTeen Jr Shabbos Glow Party and Gameshow Night for Families with Kids
7:15 – 8:45 PM
Chabad Center for Jewish Life
Light up family game night with a Havdallah ceremony and rocket balloon light show. Compete in a Jewish family game show like you’ve never seen! Join in for some delicious artisanal popcorn making and play today’s most popular games with a Jewish twist. $10 per child. Register now at ChabadDE.com/register. Please contact RabbiMotti@ChabadDE.com with any questions.

TUESDAY, NOVEMBER 7
Community Service for Teens: Toy Drive Preparation
7 – 8:30 PM
Siegel JCC
Let’s get together to prepare for a wonderful toy drive for the children with terminal illnesses and bring them some Chanukah light! This Toy Drive is in collaboration with Chai Lifeline and the children & families they support. If you would like to donate a new toy at one of our drop-off points, please contact one the contacts below. For more information on Chai Lifeline please visit chailifeline.org. For more information about CTeen and a calendar of events go to www.CTeen.com/Delaware or find the Facebook group CTeen Delaware. Contact Rochel, CTeen Director at Rochel@ChabadDE.com for more info.

THURSDAY, NOVEMBER 9
Trauma and Recovery
7 PM
Siegel JCC Auditorium
Guest speaker Ayal Beer discusses trauma and recovery in the Israeli society. Free and open to the community.

THURSDAY, NOVEMBER 9
Kristallnacht The Night of Broken Glass—A Program of Remembrance
7 PM
Congregation Beth Sholom of Dover
The End of Illusions—November 9, 1938. Presented by George and Carole Mason.

SATURDAY, NOVEMBER 11
Healing Hearts Co-Parenting Seminar for Divorcing Parents
9 AM – 3:30 PM
JFS Newark
This six-hour certified program, taught by certified instructors and required by Delaware’s Family Court, educates parents about the psychosocial and emotional issues of separating and divorcing parents and children. For more information and/or to register, please contact Jody at 302-478-9411 ext. 134 or jgrinberg@jfsdelaware.org.

SATURDAY, NOVEMBER 11
Jewish Great Books Meeting
7 – 8:30 PM
JCC Boardroom
Join us for our monthly Jewish Great Books meeting! November’s book: Gustav Sonata by Rose Tremaine, described as “A poignant tale about enduring friendship of two men under the shadow of WWII.” For more information, contact Anna Saul at annasaul@siegeljcc.org.

THURSDAY, NOVEMBER 16
Craft Bash!
7 – 10:30 PM
Siegel JCC
On Thursday evening, November 16, 2017, the Siegel J will be hosting our first ever CRAFT BASH! We will channel our love of Arts & Crafts with our love for Craft Beer while raising the much-needed funds to support programs and services for our community youth – including Early Childhood and After School Enrichment programs. Purchase raffle tickets at craftbash.ecwid.com.

WEDNESDAY, NOVEMBER 15
CTeen Jr Session: Cookies for Cops!
Siegel JCC
6 – 7:30 PM
At this kindness-themed CTeen Jr. Session, we will show our appreciation for our local police officers by baking them delicious cookies. CTeen Jr. is exclusive to kids in grades 6-8. Come have a blast in a cool environment with other kids your age. This session will include a pizza party, a fascinating discussion, community service and more! For more information about CTeen Jr., please visit CTeen.com/Delaware or contact Rochel@ChabadDE.com.

SATURDAY, NOVEMBER 18
ASL - Alphabet Soup Kids
11:15 AM
A JFS-sponsored support group for kids ages 12-18 that identify as GLBTQ+. Please contact Sharon at cztwins@hotmail.com to register.

TUESDAY, NOVEMBER 21
Einstein Primary Grade Thanksgiving Play
10:30 – 11:30 AM
Siegel JCC Auditorium
Get in the holiday spirit with song and skits from Einstein’s younger students. Free and open to the community. For more information, please contact Rabbi Jeremy Winaker, Head of School at 302-478-5026 or jeremy.winaker@einsteinday.org.

TUESDAY, NOVEMBER 21
Community Service for Teens: Toy Drive Preparation
Siegel JCC
7 – 8:30 PM
Let’s get together to prepare for a wonderful toy drive for the children with terminal illnesses and bring them some Chanukah light! This Toy Drive is in collaboration with Chai Lifeline and the children & families they support. If you would like to donate a new toy at one of our drop-off points,
please contact one the contacts below. For more information on Chai Lifeline please visit chailifeline.org. For more information about CTeen and a calendar of events go to www. CTeen.com/ Delaware or find the Facebook group CTeen Delaware. Contact Rochel, CTeen Director at Rochel@ChabadDE.com for more info.

SUNDAY, NOVEMBER 26
Jewish History Class with Burt Brenman
10 AM
Congregation Beth Sholom of Dover Religious Debates and Preserved Text
The focus is on the religious debates and the formation of the Deuteronomistic history.

TUESDAY, NOVEMBER 28
FED TALKS (formerly Bagels and Briefing)
8:30 – 10 AM
Siegel JCC
Cost: Free
Dr. Roger Horowitz, Defending Israel: Irving Shapiro and the Arab Boycott of the 1970’s. Historian from Hagley and University of Delaware speaks in the first of a two-part series on the boycotts against Israel and how it relates to our own state of Delaware. Join us for refreshments and a fascinating discussion. For more information, contact Rabbi Ellen Bernhardt JCRC Director, ellen@shalomdel.org or call 302-427-2100.

TUESDAY, NOVEMBER 28
CTeen Community Service Event: Toy Drive for Children
5 – 6:30 PM
Five Below, 3632 Concord Pike/Concord Gallery, Wilmington, DE 19803
Let’s collect wonderful new toys for the children with terminal illnesses and bring them some Chanukah light! This Toy Drive is in collaboration with Chai Lifeline and the children & families they support. If you would like to donate a new toy at one of our drop-off points, please contact one the contacts below. For more information on Chai Lifeline please visit chailifeline.org. For more information about CTeen and a calendar of events go to www. CTeen.com/ Delaware or find the Facebook group CTeen Delaware. Contact Rochel, CTeen Director at Rochel@ChabadDE.com for more info.

LIVING LEGENDS
PUZZLE LOCATED ON PAGE 42

[::-1]
The following is less a reflection and more of a share. Because, here’s the deal: I love food. Love to cook. Love to entertain. And November is the food issue! In our home we talk about food at every meal, and eat dinner together regularly. I would be remiss if I didn’t share a recipe or two.

I don’t normally share what I cook up in the kitchen because I rarely follow recipes—if I do, I usually adapt them to whatever I have in the house, or whatever mood I’m in that day—and I don’t write a darn thing down. However, through the recent years, I have made an attempt at documenting what I cook because my children have reached an age where they are connecting foods to family tradition, and finding an interest in the whole culture of gastronomy in general. So, it would be nice to have some of the meals they’ve grown up with on paper. Because how often do we turn our attention to our beloved relatives in search of that famous Apple Cake, or succulent Brisket recipe only to find out that the recipe was in Grand Mom Shirley’s head and that she would cook in the best practice of “schiterein” (add a little of this and a little of that)?

In the past, sharing recipes meant you had to actually cook together, sharing the culinary experience, transferring recipes from one generation to the next. Although the concept of cooking with our children and passing on traditional fare by way of experience, is really special, writing it down doesn’t hurt. And so here I begin. Happy eating.

### FOOD, GLORIOUS FOOD

**By Jaidy Schweers, Editor**

**Braised Chicken Breasts with Capers, Cherries, and Artichokes**

**INGREDIENT LIST:**
- 2 T Extra Virgin Olive Oil
- 4 Large Chicken Breasts – Cut in half
- Salt and Cracked Black Pepper to taste
- 1 ¼ C White Wine
- 1 ¼ C Orange Juice
- 5-6 Shallots – Quartered
- 3-4 Garlic Cloves – Coarsely chopped
- ½ C Dried Cherries
- ½ C Capers
- Fresh Rosemary (about 5 sprigs, separated from stalk)
- 1 C Artichoke Hearts
- S & P to taste

**PREPARATION:**
Preheat oven to 300 degrees.
In a large Dutch Oven, heat olive oil on medium high and brown chicken breasts in batches. Add salt and pepper. Remove from pot and set aside. Add ¼ cup of white wine and a ¼ of orange juice to the hot pot scraping up all the brown bits. Add shallots, then garlic. Sauté 1-2 minutes. Add the following four ingredients plus salt and pepper to taste. Bring to simmer (about 5 minutes). Add the remaining 1 C wine and 1 C orange juice. Bring to a slow boil. Place chicken back into pot. Cover. Place in 300-degree oven for 1-1 ½ hours. Serve with couscous and steamed asparagus.

### Einat’s Dairy-Free Chocolate Cake

**INGREDIENT LIST:**
- 2 ½ C All Purpose Flour
- 1 ½ C Sugar
- 2/3 C Cocoa Powder (for baking)
- 1/3 C Nestle Quik Powder
- 2 t Baking Powder
- 3 Eggs
- 1 C Canola Oil
- 2 C Water
- 1 T Vanilla Extract
- 1 t Baking Soda

**GLAZE:**
- 1–1½ C Chocolate Chips
- 1/2 C Water

**PREPARATION:**
Preheat oven to 340 degrees.
Mix dry ingredients. Add all wet ingredients. Stir together well. Spray two small loaf pans (or Bundt, or Pyrex) with cooking spray. Add batter half way up the pan. Bake for 40-45 minutes. Remove from oven and let cool. Over low heat, stir together the Glaze ingredients until melted. Spread over cooled cake and serve. DE-LUXE!

**NOTE:**
This Chocolate Cake recipe is from my dear friend Einat who also does not record her recipes. It was quite difficult to nail her down for specifics. But alas, I did, and it has been one of the best chocolate cakes I’ve ever had.
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