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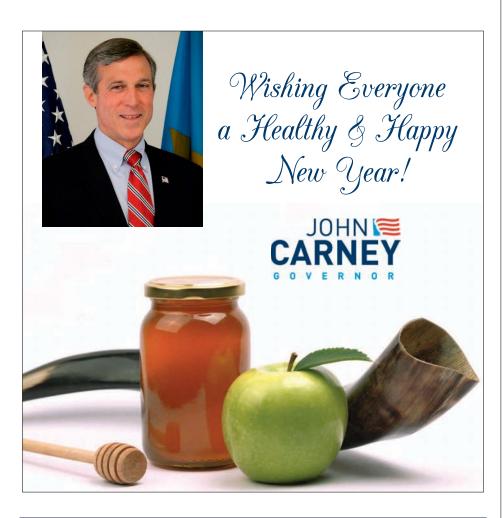
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The i-VOICE reserves full discretion to decide what will be published. No material will be accepted which is considered against the best interest of the Jewish community. Acceptance of advertising neither endorses advertisers nor guarantees kashrut.

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# Rosh Hashanah is a time of personal change when we look back at our lives and consider how we can grow and do better in the future.

One thing that never changes is the fact that so many members of our extended Jewish family are in need – here at home, in Israel, and throughout the world. Equally constant is the fact that those in need depend on our help to lead safe, healthy, and productive lives.

Jewish Federation of Delaware serves those in need of food, health care, financial assistance, and a Jewish identity. We bring light to what is, for some, a very dark world. We also maintain our community's Jewish infrastructure by supporting agencies that deliver Jewish education, social services, and elder care. Our work brings life to our core traditions of Jewish learning (Torah), repairing of the world (*tikkun olam*), charity and social justice (*tzedakah*).

We can only do these things because of the support of donors like you. Your gift to Jewish Federation of Delaware ensures a strong, vibrant Jewish community today – and tomorrow.

The sound of the shofar is a call to action. It reminds us we are connected to Jewish traditions, and to Jewish communities and individuals around the world. It awakens the still, quiet voice that calls on us to reach out to the hungry, the destitute, isolated, and the traumatized. It implores us to recommit ourselves to making this world a little bit better.

On behalf of our beneficiary agencies and the thousands of people who depend on us, we thank you for your ongoing support of Federation's Annual Campaign. Every gift is a lifeline of hope, bringing us closer to improving the world for each and every Jew. Every gift makes a difference.

#### We Grow Stronger TOGETHER.

Wishing you and your family a Shana Tova u'Metukah – a Sweet and Happy New Year,

WILLIAM WAGNER SETH J. KATZEN

President Chief Executive Officer





# FIXING RELIGIOUS DISCRIMINATION IN DELAWARE'S SCHOOLS

By Rachel Blumenfeld

# I am a Jewish teacher in a Delaware public school.

Each year teachers are given 10 days off with pay (essentially, one day per month that school is in session). If we use more than those 10 days, not only do we not receive pay for those days, but we have to reimburse the state for our health benefits for those days. Many years, I have to take three of my 10 days off within the first few weeks of school for Rosh Hashanah and Yom Kippur, which leaves me with only seven days left for taking care of my sick children, being sick myself, or going to weddings, graduations, or other events that require travel.

Each year many Jewish teachers, including myself, speak to the teachers' union and our superintendents about this issue and are told that the issue either isn't important enough to make it to the top of meeting agendas, or that the schools want to fix it but don't know how and that because we are allowed to take those days off, it's not an issue. In response to an email in which I expressed my concern, Colonial Superintendent Dusty Blakey responded, "I, along with other NCC superintendents, have discussed our calendars but each district/board have varying opinions on their school calendar... We are all working on ways that work for our individual districts to accommodate employees with religious concerns."

Despite this response, neither Colonial School District nor New Castle County Vo-Tech School District close for any Jewish holidays, and many other districts close for only one day of Rosh Hashanah. No districts forgive employees for taking the holidays off.

These responses amount to religious discrimination. Although Jews must use their paid days off to observe religious holidays, Christian employees are guaranteed to have off on Easter, Christmas Eve, Christmas, and Good Friday when school is closed. Even though schools refer to those breaks as "spring break" and "winter break," they are, without exception, timed around those religious holidays. The Colonial School District calendar even states that school is closed for Good Friday, not as part of spring break. Because Christian employees are never put in the position of using paid days off for their holidays, and are thus allotted their full 10 paid days off to use for other purposes, the discrepancy amounts to different and discriminatory treatment of Jewish teachers, if not an outright financial penalty for participating in our religion.

This forces religious teachers to make difficult choices about how they participate in their religion. One Jewish teacher with a chronic illness shared that she works on the High Holidays even though she doesn't want to because she knows that she will have to save her days off for medical treatment. I worked on Rosh Hashanah in 2016, feeling guilty the entire time, because I was pregnant and needed to save my days off for maternity leave.

Title VII of the 1964 Civil Rights Act prohibits employers with 15 or more employees (including government employers) from "discriminat[ing] against any individual with respect to his compensation, terms, conditions, or privileges of employment, because of such individual's . . . religion . . . " (42 U.S.C. § 2000e-2(a)). Additionally, this law applies "unless an employer . . . is unable to reasonably accommodate an employee's or prospective employee's religious observance or practice without undue hardship on the conduct of the employer's business" (42 U.S.C. § 2000e(j)). The state is Delaware's largest employer, with thousands of employees, and is violating the Civil Rights Act by not making accommodations for Jewish teachers to take off on the High Holidays.

#### MORE ON NEXT PAGE

# FIXING RELIGIOUS DISCRIMINATION

CONTINUED FROM PAGE 6

There are two ways to solve this problem. First, school districts could close the schools on High Holidays just as they do for Christian religious holidays. It makes sense, however, that school districts without a high Jewish population would not choose this path. The second solution would be to excuse the absence of Jewish teachers on High Holidays just as schools do when teachers are called for jury duty. In this way, Jews would not be penalized for observing their religion. The cost to the school districts would be *de minimis*: paying substitutes to cover Jewish teachers for 1-3 days per school year.

As a candidate for State Representative, fixing this problem — both for teachers and for other employees in our state — would be one of my goals in the 2018-2020 session. It is imperative that the General Assembly pass a law that if an employer that qualifies under the Civil Rights Act is closed on Christian holidays, then its employees who observe another religion be excused from work without penalty during their religion's High Holidays. If the schools won't stop this discriminatory practice, the General Assembly should.

# VOTE IN THE DELAWARE PRIMARY, THURSDAY, SEPTEMBER 6

By Mark Wagman
Member, j-VOICE Monthly and JCRC

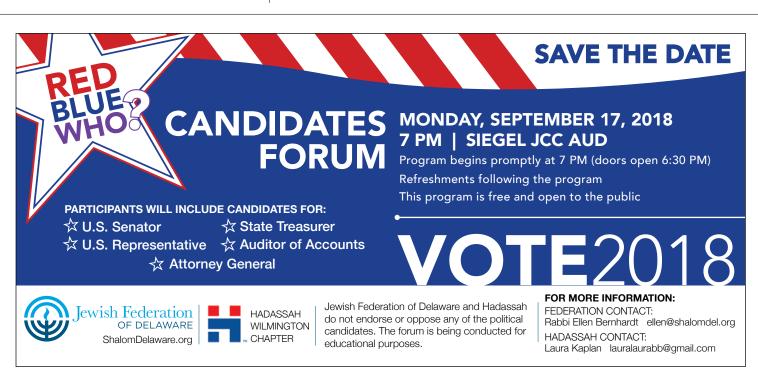
## This one's for you!

If good citizenship is not enough, Jewish Delawareans have an added reason to vote in this year's primary—its date was moved to avoid a conflict with Rosh Hashanah.

By law, the Delaware primary takes place on the second Tuesday in September, which in 2018 coincides with the second day of Rosh Hashanah. Two years ago, the JCRC initiated an effort to move the 2018 primary date. With the help of our friends in government and your lobbying, the General Assembly overwhelmingly passed a bill to move the primary this year to Thursday, September 6.

If that isn't sufficient motivation to vote this year, there are some important races at stake. On the Democratic side, there are contested statewide primaries for U.S. Senator, Attorney General, and Auditor. On the Republican side, there are contested statewide primaries for U.S. Senator and U.S. Representative. There are also several local races for state senator, state representative, and county council.

So, get out there and vote to show your good citizenship and your appreciation for the sensitivity displayed by our government officials. If you are not sure where or when to vote, or who is on your ballot, you can find out at https://ivote.de.gov/.





# JFNA MISSIONS CONTINUE TO IMPACT & INSPIRE

**By Wendy Berger** Senior Director of Philanthropy, JFD

# Seeing is believing.

It's likely you have heard about the work that Federation and our international partners, the American Joint Distribution Committee (JDC) and the Jewish Agency for Israel, are doing around the world. After returning from the Jewish Federations of North America's Financial Resource Development (JFNA FRD) Mission to Berlin and Budapest in July, I can honestly say that it is one thing to hear about this work and another to see it firsthand. I was fortunate to be able to participate in this Mission along with JFNA National Campaign Chair, Suzanne Grant, and 120 other professional and lay leaders from Federation communities across the United States and Canada.

Jewish life is alive and thriving and being reimagined in Berlin and Budapest. I met Holocaust survivors who are not only leading full lives but ensuring that we never forget our past. I met young adults who are not only living Jewishly, but creating amazing, positive, welcoming communities for their peers and their children. And I saw the light and love of being Jewish in the eyes of children who have just discovered they are Jewish and are finding their "families" and friends due to our contributions and the work of JDC and the Jewish Agency.

I learned about many of my fellow participants' Jewish journeys and family histories, many of whom have a personal connection to Berlin, Budapest, and Eastern Europe. I spent Shabbat in Berlin with people who may not have spoken my native language, but together we all shared in reciting common prayers in Hebrew and shared common hopes for our future and the collective future of our Jewish people.

I am sure each of you will share in the great pride we have for Suzanne Grant and the

JFNA FRD Mission PHOTO BY OURIEL MORGENSZTERN

other lay leaders and JFNA staff who worked tirelessly to plan a full and meaningful mission which has provided me with renewed passion and practical information to bring back to our community in Delaware and the Brandywine Valley. My wish is that I could bring every one of our community members with me to experience what I saw and learned there.

We spoke about our Jewish homeland of Israel and the excitement to celebrate Israel's 70th birthday at the General Assembly in Israel this October. Please consider attending the GA and the special Israel @70 Mission that JFNA has planned – you may get more information by visiting generalassembly.org/mission. I promise each of you that I will continue to work on behalf of our local and global Jewish community to do my part in ensuring that we not only survive but thrive for the next 70 years and beyond.

I would like to thank the Delaware Jewish Community for allowing me to go on this important and life-changing Mission to Berlin and Budapest.

We Grow Stronger TOGETHER.

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# TEEN PHILANTHROPY INITIATIVES BUILD FUTURE LEADERS

JEWISH TEEN PHILANTHROPY INITIATIVE

By Philippa Miller Program Coordinator, Jewish Teen Philanthropy Initiative

# When I started working with teen philanthropy programs twelve years ago I was hesitant.

Why should we ask teens for money and have them make decisions on giving? That's a huge responsibility, and even as an adult I sometimes struggle with where I should donate. At that first meeting, you could tell that many of the teens were only there because their parents were pressuring them. However, by the end of the year, those initially reluctant teens had gained numerous skills and a confidence that can't be taught. The teens were given the responsibility of allocating hundreds of dollars to organizations that they vetted, and while it was tough there were some strong arguments from teens that never wanted to be there in the first place.

I worked with this group of eighth graders for the next five years as they learned about different types of philanthropy and Jewish giving, performed site visits, spoke with development directors, and allocated funds. When they went to college, they became active on campus and continued giving back. After college, these young teens have now become young adults who have strong ties to their Jewish community. Witnessing their accomplishments, it's no surprise that Jewish teen philanthropy programs have popped up across the country. Allowing teens to take the reins when it comes to giving, allowing them the opportunity to become leaders in their Jewish community, gives them the tools for greater success in the future.

Alana Hollander, program associate at Jewish Teen Funders Network has seen firsthand the benefits of a teen philanthropy program. She has seen these teen philanthropists make big decisions about how they create a collective impact by working as a group to find common goals, create a mission statement, and be guided by consensus by working together. Setting high expectations, challenging each other, and actively listening, teens are building their skill set which will inevitably enable them to have deeper and more meaningful dialogues and prepare them to engage positively with those that may completely disagree with them.

I'm excited to announce that it's now Delaware's turn to give our teens the opportunity to become philanthropists in the Jewish community. The Jewish teen philanthropy initiative will give our 9th -12th grade teens control when it comes to where they put their money. They will learn Jewish values related to charity, organizing fundraisers, reading grant proposals, conducting interviews of local organizations, and allocating funds. Their actions will demonstrate that they are an important asset to the Jewish community. At the end they will support our local organizations and help them be successful in our community and beyond. Before you know it, these teens will be our future leaders. Let's give them the chance to start now. The hands-on experiences and the glimpses into the world of philanthropy will help us Grow Stronger TOGETHER.

### DELAWARE JEWISH TEEN PHILANTHROPY INITIATIVE

Join with your friends to raise funds and give back to the Delaware Jewish Community

# SAVE THE DATES: SUNDAY OCTOBER 14TH

Intro to Philanthropy and Event Prep

#### **SUNDAY DECEMBER 16TH**

Fundraising Planning and Creating a Grant Application

#### **SUNDAY MAY 12TH**

Speed Philanthropy + Allocations

#### **THURSDAY JUNE 6TH**

Federation Annual Meeting (Check Presentations)

#### **PAYMENT AMOUNT:**

\$18 registration fee TEEN TEAM GOAL:

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Registration is now available online at: ShalomDelaware.org/what-we-do/teen-philanthropy/.

If you have any questions please contact Philippa Miller at Philippa@ShalomDel.org.

### THROWBACK DELAWARE

# Throwback Delaware



This article appeared in the September 21, 1984 Rosh Hashanah issue of the Jewish Voice. You can find the whole Rosh Hashanah issue, including a History of Lower Delaware, on the Jewish Historical Society of Delaware's website at JHSDelaware.org/jewish-voice.

> - Gail Pietrzyk Archivist, Jewish Historical Society of Delaware

# **SEPTEMBER 21, 1984 Jewish Community**

**Lower Delaware And** The Jewish Federation



Jewish Historical Society of Delaware is an Affiliated Organization of Jewish Federation of Delaware.

Once the Jews of Lower Delaware organized themselves into a more structured community in the late 1940s, a more formal relationship with the Jewish Federation of Delaware was established. Recognizing the importance of communication between these two communities, leadership from Lower Delaware participates in Federation functions in Wilmington including fundraising activities, budgeting and planning and other educational programs. Recently, the Federation had a van of young leaders come to Dover to participate in an excellent study weekend organized by members of the Dover community under a grant from the Delaware Humanities Forum, chaired by Linda Brown and Glenna Gordon. For many years, members of the Lower Delaware Jewish community have conducted a Federation drive as part of the total Federation campaign

Many Lower Delawareans hold key leadership roles within the JFD organizational structure. Dover residents, including Rick Barros, Irving Levitt, Phyllis Levitt, Larry Klepner, Charlotte Zaback,

Steve Schwartz, Sanford Solomon, Terry Dannemann and Perry Pollak have served on the Jewish Federation's board of directors. Irving Levitt is currently the chairman of the Delaware Jewish Community Relations Committee and Phyllis Levitt, one of the original members of the Women's Division Career Council, now serves as a vice president of the Women's Division. Nisson Finkelstein, a former Dover resident, became president of the Federation in the late 70s.

The Lower Delaware Jewish community is a thriving and vibrant community. However, its members live 40-90 miles south of Wilmington and interaction with Wilmington Jewish communal life and utilization of Jewish agencies supported by the Federation which are all located in Wilmington, is difficult for downstate Jews. In commenting on this problem and on the relationship between the Federation and the Lower Delaware Jewish community, Leo Zeftel, Federation president, stated, "The Jewish community of Lower Delaware is an integral part of the total Jewish community of Delaware who have played a key role in not

# FED FOCUS



# *j-voice* wins apex award

The Jewish Federation of Delaware has received an Award of Excellence in the 2018 APEX Awards for its monthly publication, j-VOICE.

APEX 2018 - the 30th Annual Awards for Publication Excellence – is an international competition that recognizes outstanding publications from newsletters and magazines to annual reports, brochures, and websites.

A total of 1,408 entries were evaluated within 12 major categories including: newsletters; magazines, journals and tabloids; annual reports; print media; electronic media; social media; apps; websites; campaigns, programs and plans; writing; design and illustration; and one-of-a-kind publica-

According to the APEX 2018 judges, "The awards were based on excellence in graphic design, editorial content and the success of the entry in achieving overall communications effectiveness and excellence."

only strengthening cultural, educational and religious life in southern Delaware but have also added immeasurably to strengthening Jewish identity for the entire state."

"The Federation takes very seriously the responsibility of developing a closer working relationship with Lower Delaware and this will be a critical priority in the coming year. While the major social service agencies are located in Wilmington, it does not preclude the vital importance of Federation developing a more viable, meaningful outreach service to Lower Delaware so that all Jewish families can appropriately take advantage of these services for all age groups."

According to Joan Shulak, USY advisor for the past four years, Federation support has enabled Beth Sholom's youngsters and teenagers to attend Camp Ramah and United Synagogue Youth conventions and has provided transportation for their youth to New York's Lower East side, to Philadelphia to view "The Chosen," and to other Jewish cultural sites and activities. Since there are so few Jewish youngsters in the area, funds are sometimes used to bring in Jewish youths from neighboring communities for joint programs. Some of the Federation funding is attached to programs for senior citizens and singles, but the bulk of the monies still go to programming for Lower Delaware's youth.

#### **JCRC**

The Lower Delaware Jewish Community Relations Committee of the Jewish Federation of Delaware was founded in 1974. It has been chaired by: Charlotte Zaback, Larry Klepner, Irving Levitt and currently by Phyllis Levitt. The Lower Delaware JCRC addresses itself to issues of particular local concern as well as issues of national and international concern, and maintains an ongoing dialogue with clergy, laypersons and legislators in response to those issues. Unlike the Delaware JCRC which is headquartered in Wilmington, however, the Lower Delaware JCRC is headquartered in our state capital. Because of their location, they are ideally situated to influence both state and federal legislators, and have done so on numerous occasions. Some of these activities have included: holding a special service and program in honor of the signing of the peace treaty between Israel and Egypt in 1979, organizing an exchange of letters between Jerusalem Mayor Teddy Kollek and Dover Mayor Charles A. Legates, Jr., monitoring the media and supporting a resolution passed by the Delaware legislature calling for the federal government to encourage the continued prosecution of Nazi war criminals. The Lower Delaware JCRC maintains an ongoing dialogue with elected officials at the local, state and national levels.







# **JEWISH SCENE**



# LIONS CULINARY NIGHT

PHOTO CREDIT: WENDY BERGER

In July a number of community women leaders met at the home of Suzanne Grant for Taste of Israel, featuring Israeli cuisine prepared by Dana Berman.

- 1 Lion cooking participants
- 2 Host, Suzanne Grant
- 3 Arlene Wilson and Hedy Mintz











# JCRC FEDTALKS

PHOTO BY JFD STAFF

Federation welcomed Ambassador Dani Dayan to Delaware on July 30, who scheduled meetings with our state representatives as well as interfaith clergy throughout the day, and delivered a FED Talk community briefing in the evening. The briefing was sponsored by our Jewish Community Relations Committee (JCRC) under the leadership of Co-Chairs, John Elzufon and Jennifer Steinberg.



Susan Warner, Ambassador Dani Dayan, and Charles McCracken, Olive Tree Alliance

# ArtSpace PHOTO BY KERIN HEARN



Summer 2018 exhibiting artist, photographer Ginny Lockman, talks about her work to community Seniors at the JCC.



### JEWISH SCENE (







# **JEWISH** HERITAGE NIGHT AT THE WILMINGTON **BLUE ROCKS**

PHOTOS BY JFD STAFF

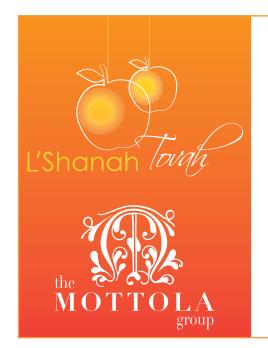
Jewish Federation of Delaware sponsored this annual event at Frawley Stadium on Aug. 14, 2018. Attendees enjoyed Jewish music, a kosher kiosk, and the first 500 fans received a commemorative t-shirt.







- 1 Michelle, Todd, Jared, Corey, and Russ Silberglied 2 Nicole Wasilus, Hilary Jampel, Nick Renner, Donna Schwartz 3 Phili, Lilly, and Jesse Miller 4 Noam Gliksman and Daniella Buchshtaber
- 5 Singers representing our Jewish Congregations (PHOTO CREDIT: BRAD GLAZIER)



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# **JEWISH SCENE**

### **J COMMUNITY**

PHOTO CREDIT: DONNA HARLEV











- 1 The Schoenberg Family enjoying a BBQ Dinner at the J!
- 2 Peace out to Summer!
- 3 Camp JCC summer fun
- 4 K'Ton Ton enjoys the pool at Camp JCC
- 5 Panel Discussion at the first ever Parent Teen Wellness Summit (PHOTO CREDIT: JCC STAFF)







- 1 The dancers, from left to right, front row, Karen Moss, Aida Waserstein, Harriet Ainbinder, and Sylvia Wagman; back row, Mike Cabelli, Mel Zussman, David Epstein, and Mark Wagman
- 2 Singers Diego Morris and Beth Brown entertain between dance sets
- 3 Performing the couple dance, Zahav (gold)
- 4 Harriet Ainbinder, Mark and Sylvia Wagman reach skyward

## **AKSE DANCERS ENTERTAIN AT LODGE LANE**

PHOTOS BY DAVID EPSTEIN AND DIEGO MORRIS



Lanetzach Tzi'irim (Forever Young), the Israeli folk dance group at Adas Kodesch Shel Emeth, performed on a July evening for the residents at Lodge Lane.







Judy Levy



Phil Epstein



Rose Bloom



Stacy Horowitz Andrea Levy Karen Mengden







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# What will your Jewish legacy be?





Judaism is a faith of community. When I conduct *shiva minyanim*, I am moved by the community that gathers around the family when they are most in need. I am moved by the notes we received from people across our community when our latest grandchild was born. Mark and I want to make sure that the Jewish community endures. It is important to us that our Jewish grandchildren will also be able to experience this community, and that our non-Jewish grandchildren will see this legacy, and be proud that this is part of their heritage.



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Jewish Federation OF DELAWARE FUTURE

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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.

FOR MORE INFORMATION ABOUT **CREATE A JEWISH LEGACY**, CONTACT JEWISH FEDERATION OF DELAWARE (302) 427-2100 | JFDinfo@ShalomDel.org | ShalomDelaware.org/Legacy

# EINSTEIN NAMES NEW ADMISSIONS DIRECTOR

By Einstein Staff

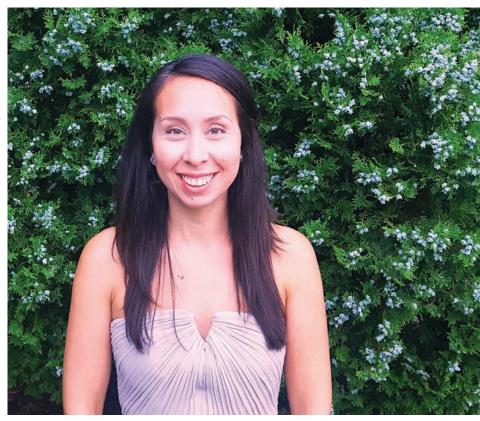
# Albert Einstein Academy has a new Director of Admissions.

Lisa Kornblum joined Einstein this summer, replacing Julia Forester, who will continue her Art Education career with the Brandywine School District. Mrs. Kornblum will also replace Mrs. Forester as Einstein's art teacher. An active member of our Siegel JCC community, Lisa is a regular parent volunteer at the ECC and with PJ Library.

In hiring her for the position, Head of School Rabbi Jeremy Winaker was impressed with all she brings to the table: "Lisa brings high energy and strong passion to everything she does. We are excited to put her experience in retail and client services to work in reaching new target markets, especially with our new Day School Engagement grant with PJ Library. Best of all, as an active presence in the community, Lisa is already like family. By teaching art in addition to working in admissions, Lisa will have direct contact to inspire our students and their families inside Einstein and out in the wider world, too."

Prior to coming to Einstein, Lisa and her family lived in Northern New Jersey, where she served as Client Relationship Manager of a New York Wealth Management Firm. Her experience in Finance Relations and her background in Art make her a unique candidate for this hybrid position.

Lisa has plans for engaging and welcoming the community and its youngest members through monthly events with a focus on Jewish tradition, strengthening personal connections, highlighting and demonstrating our approach to individual student achievement, and representing our Jewish mission of education in a nurturing environment.



Lisa Kornblum, Einstein's new Director of Admissions PHOTO BY JOSH KORNBLUM

"I am excited to share my experiences and learn from our students. I look forward to meeting all of the families and growing our wonderful community," says Mrs. Kornblum. "Albert Einstein Academy offers such an exceptional curriculum. Because of our size we are able to offer a more hands-on approach to learning that larger schools can't. I am eager to show what our school can offer each student and their family."

In addition to her career in Finance, Lisa offered private art lessons, tutoring, and portfolio development to students interested in pursuing studies in Art. She graduated with degrees in Visual Arts and Art History, which remain great passions. "I feel that any art created with passion is great art! I am eager to help our students express their passions through visual arts."

To hear more about Albert Einstein Academy or to get to know our new Director of Admissions better, contact her at lisa.kornblum@einsteinday.org or stop by for a tour.



Albert Einstein Academy is a Beneficiary Agency of Jewish Federation of Delaware.

# **HELP**THE CAREGIVERS CRY

# How can I take care of my aging parents and my family, too?

By

Karen Commeret

MSW, Director of Care Management Services, JFS

Karen Miller

Outreach Community Relations, JFS

# Ellen lives in Chicago; her parents live in

**Delaware.** Ellen is the proud mother of two busy teenagers and she works long hours as an executive. She tries to visit her parents at least 2 – 3 times a year, but this year alone, she has had to fly out two more times because her Mom kept falling and her Dad was hospitalized. During her last visit, she spoke to the neighbors who told her of repeated calls they get because one of them has fallen or they need help with something around the house. The neighbors are happy to help, but they are concerned that her parents cannot manage being at home. Ellen can't keep taking time off from work – as it is – all her vacation time last year was spent on her trips back to Delaware.

# Sam tries to visit his parents at least once a month; he only lives three hours

**away.** Sam gets a call that his 89-year old father, who has been caring for his mother with dementia, fell and broke his hip. Sam rushes home and sees firsthand how much work it is to take care of his mother (how did his Dad do it?). Sam tells his Dad that he must move Mom to a facility because he can't stay to take care of her – he has a job and family. Now he also must find a place for dad to receive rehabilitation after the fall. Did his parents plan for this? They've never talked about finances; his father is his mother's power of attorney, but should he take over this responsibility? How will their care be paid for? Will Dad be able to go back home once he is out of rehab? Will he insist that he can still take care of his Mom?



Jewish Family Services of Delaware is a Beneficiary Agency of Jewish Federation of Delaware. Ellen and Sam are just two examples of the millions of caregivers providing care for our growing aging population. As a recent Wall Street Journal article stated, "Thirty-four million people provide unpaid care to those 50 and older (about 95% are family). These caregivers are providing \$500 billion worth of free care."

Caregiving is hard. There is no roadmap, no recipe, no one-size fits all. As our loved one's age, physical and emotional changes take place, sometimes gradually, sometimes suddenly. Once they need help, they lose their control and sense of independence. Family dynamic issues may become exacerbated as siblings disagree and/or all the caregiving becomes the responsibility of the adult child who lives nearby. Daughters are often the people who take on the responsibilities – because that's what daughters do! Our loved ones may have multiple medical and non-medical issues, loss of hearing, appetite, confusion, lack of balance and coordination, social isolation, memory loss, and multiple medications for chronic conditions. Any one of these is a caregiving challenge; multiplied, they can be overwhelming.

Many families cobble together some sort of care, putting more stress on an already stressful time. Many times, the caregiver, overwhelmed by so much to manage, becomes in need of care themselves. Some caregiver responsibilities may be handled through hiring outside services, including a Care Navigator to oversee and simplify the complexities.

## What can these caregivers do?

Ellen in Chicago, whose mother is hospitalized again due to a fall, speaks to the social worker at the hospital, who gives her a list of home care agencies—there are so many! She makes some calls and makes appointments to meet with them the first day she arrives in town. She speaks to her mother's doctor and finds out that she needs more tests and he recommends that she also see a specialist. Ellen

MORE ON NEXT PAGE

tries to make the appointments for when she is in town, but the specialist does not have an opening for three weeks. Ellen arranges for a home care agency to provide services, but once she gets back home, her mother fires the agency (she did not like having people in her home and her father says he can take care of things - they don't need the help!). Ellen calls the neighbor who says they are not doing very well.

Fortunately, Sam finds out his parents have long-term health insurance, but getting through to the company takes several days and he finds out that it only partially pays for his mother's care. But at least his mother is safely in a memory care unit at an assisted living facility. Now he needs to find a rehab for his dad and then make plans for when his father can come home. He finds out that his dad can only stay in rehab if he is progressing – so hopefully his father can stay there until he is able to walk again. Their home has two floors, so Sam arranges to move his Dad's bed into the family room temporarily. He may need to investigate getting one of those stair lifts. His Dad won't be able to drive for a while, so Sam tries to teach his Dad about Uber but his Dad can't remember how to use the app. Are there other transportation services available? Sam calls several transportation providers who can drive his Dad, but it will be expensive. He finds out about a volunteer organization that provides rides and calls them.

These caregivers often take on the full-time responsibilities of providing for the care of their loved ones, and, if they can't do it themselves, they must find the care that is needed. In the best scenario, they create a care plan that addresses the medical, personal care needs (such as bathing, housekeeping, meal preparation), transportation services, and even their loved one's need for a social life and support. This can be overwhelming and requires a great deal of time.

Thankfully, there is a community of professionals who can help balance the weight of responsibility so that people like Ellen and Sam can have peace of mind that their aging parents will continue to experience a safe and fulfilling lifestyle.

Aging Life Care Professionals (formerly known as Geriatric Care Managers) can help families navigate the complex systems and challenges caregivers face.

To find a Life Aging Life Care Professional in your area go to: AgingLifeCare.org



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# WHAT'S IN A NAME?

By Chaplain Mollie Epstein



Our tradition teaches us that we should all strive to be a "Shem Tov" – a good name: To embody values such as Kavod (honor and respect) and Chesed (kindness).

When the Board of Directors of the Kutz Home and Lodge Lane Assisted Living decided to create an umbrella name that would encompass both facilities located off River Road in Bellefonte, they took that phrase in a literal context to find a "good name" that would reflect a Shem Tov.

The Kutz Home, a rehabilitation and skilled nursing facility, has been caring for its residents, at its River Road location, since 1960. Lodge Lane Assisted Living has just celebrated five years since welcoming its first residents in 2013. These two sister facilities provide a continuum of care for the Jewish, as well as the greater, Wilmington aging community.

Although located on the same property, it became apparent that there was some confusion as to the relationship between the facilities. The 'sisters' needed a surname to clarify their family connection.

Developing, devising, or choosing a name is not an easy task. The name has to evoke the appropriate identity, emotion, and understanding of the who, what, why, and where of these two entities. Quite the undertaking!

The process took several months. It was important to have input from varied segments of the community, to gain insight into how the facilities were being perceived. Focus groups were formed



The Kutz Home/Lodge Lane are Beneficiary Agencies of Jewish Federation of Delaware. and a facilitator was hired to conduct the group meetings. Neither administrative staff nor Board Members were included in the focus groups to allow for open conversation and a free exchange of ideas. A tool was developed to elicit comments and questions from the different groups.

The unanimous opinion of the groups was that the name Kutz needed to remain as part of the new umbrella name.

The Strategic Planning Committee then set out to formulate the final name. After discussion and deliberation, the name "Kutz Senior Living Campus" was chosen to bridge the two facilities and provide an insight into what we're all about. "The Kutz Home" was updated to "Kutz Rehabilitation and Nursing", and "Lodge Lane Assisted Living" added "Memory Care" to its moniker.

The next step was to design a logo for the overall campus and each of the two facilities. A designer was commissioned and after several submissions, the current logo was chosen. The shades of blue, familiar to the Jewish community, are found used in logos for several Jewish agencies. The particular font used was chosen for its modern and clean lines. The illustration depicts a Hamsa as a dove. The Hamsa and the dove images are also very familiar to the Jewish community and infer a connection to our heritage.

We hope that this new name and logo will represent the mission of the facilities housed on the Kutz Senior Living Campus. That is, to provide a continuum of care for the aging community from assisted living to rehabilitation, nursing and memory care in a professional, warm and welcoming environment with respect for Jewish traditions and values.

We set high standards on the Kutz Senior Living Campus and always work hard to be recognized as a *Shem Tov*.



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By Stephanie Kegelman, Aquatics Director

Swim Team 2018 PHOTO BY DONNA HARLEV

# The Talmud states that, among other expected values and morals, you must teach your child to swim.

According to writer and Jewish Educator, Miriam Shwartz, this teaching "indicates that we are obligated to teach our children skills that will allow them to survive independently of our help when the need arises. And I think this principle is perhaps the essential function of effective parenting." (1)

In addition to serving as a life skill and spiritual purpose, as a sport, swimming is an excellent form of exercise, taking less of a toll on the body than many others and increasing its longevity in the participant's life. Like other sports, swimming can help children maintain a healthy weight and heart, strengthen their muscles and immune system, and improve coordination. Athletes also tend to do well in school because they have a greater need to manage their time. Additionally athletes pick up numerous skills transferrable to the classroom through sports: communication, memorization, goal-setting, and determination.

When I was a competitive swimmer, I remember the feeling of pride and excitement when the timer read back a time that was faster than I'd ever gone before. It didn't even matter how I placed in a particular race, so long as I was improving myself.

Our swim program at the J has grown exponentially in the last six years. In 2012, our summer swim team of 75 summer swimmers did not win a single meet. The following year, the team won its first meet. Two years later, the team won its division in the North Brandywine Swim League, earning a move from the bottom division to the middle. This summer, just three years since that move, our team of 130 swimmers went undefeated in the middle division and will compete in the top division next summer for the first time in our history.

Swimming is both an individual and a team sport. Team sports, in general, allow children to make new friends, work with others towards a common goal, and celebrate others' successes. Swimming offers the opportunity to swim both as an individual and as a team in a relay, with each contributing to the success of the team as a whole.

"My older daughter tends to swim a little faster in relay races than individual," says Lynn Hanna, swim team volunteer and parent. "She says this is because she knows that others are depending on her."

This reliance on a group of peers to be successful, coupled with learning to navigate

their independence, helps round out a child's understanding of the world in which they live and how they relate to it. It develops their awareness of unity, reinforcing how instrumental their own achievement is to the achievement of the whole.

Most parents are grateful to any program that includes swimming in their child's curriculum, generally because they want them to be safe in the water.

And yet instinctively they know it's because of so much more.

(1) Teaching Our Children How to Swim, myjewishlearning.org, October, 2013

# LEARN TO SWIM THIS FALL AT THE J



with group swim lessons, private swim lessons, or preschool aquatics!

SiegelJCC.org/aquatics/swim-lessons/ to learn more.

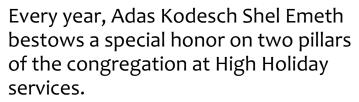


Siegel JCC is a Beneficiary Agency of Jewish Federation of Delaware.

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# AKSE ANNOUNCES HONOREES FOR HIGH HOLIDAYS 5779

By Mark Wagman, AKSE V.P. of Community Affairs



This year, the congregation will recognize Jonathan Jaffe and Cantor Yehoshua Redfern with special honors. Jonathan will be the honoree on the first day of Rosh Hashanah; Cantor Redfern, on the second day.

Jonathan just completed four years as AKSE President, guiding and sustaining the congregation through a challenging transition period. His term began when he saw the need and stepped up, volunteering to serve. Since then he has motivated us with his people skills and entertained us with his sense of humor. Jonathan has also served as editor of the monthly Shofar publication, before, during, and after his term as President. He remains deeply involved as the V.P. of Facilities



Jonathan Jaffe
PHOTO BY BRAD GLAZIER PHOTOGRAPHY



Cantor Yehoshua Redfern
PHOTO PROVIDED BY CANTOR REDFERN

and on several special committees. He is also an active volunteer in the community for Big Brothers, Read Aloud Delaware, and Seamen Center at the Port of Wilmington.

Cantor Redfern has served the congregation since 2011. On most Friday afternoons, the cantor commutes from suburban Washington, D.C. to lead Shabbat services and chant the Torah portion. The congregation enjoys his beautiful tenor voice, whether in traditional chazzanut or in upbeat congregational melodies. With his friendly and unassuming manner, the cantor is well liked by all. He enjoys working with the High Holiday choir and has enhanced their repertoire by teaching them several classical choral compositions. Back home, he is a member and featured soloist for Zemer Chai, the Jewish Chorale of the Nation's Capital.

Those who wish to make a contribution to recognize the honorees should contact the AKSE office at 302-762-2705.



# AT YOUR SERVICE:

# High Holy Days Committee Prepares for Services

By Ellen L. Weingart **CBS Member** 

After 13 years as chair of Congregation Beth Shalom's High Holy Days Committee, Hayim Weiss knows that what he sees and what congregants see can be very different.

"They know a lot of work goes into this, but they really don't know just how much," he says.

The committee deals with the non-religious issues of the services, freeing the rabbi and cantor to prepare for and lead the religious aspects.

"This is one of the few times a year there's 'a full house' in the synagogue," says Weiss. "We could look at it as a bigger service, but High Holy Days services are more than that. There are people in the congregation who don't come every week. How do we make this a great, just-once-a-year experience for them maybe so good, they will come more often?"

Some of that is Weiss's personal touch. He greets people as they come for services, knowing the name and face of the majority of the congregants.

"We want people to feel welcome," he says. "The rabbi, cantor, and I want them to sit up front at services when seats aren't assigned. It makes it special for all of us, and the service goes better."

Security is a major issue that the committee has to deal with. Weiss arranges for the police presence during services. "We pay for the detail, but it's not high cost in the scheme of things to make sure the synagogue and congregants are secure," he says.

About four years ago, there was a mix-up with the police. When Weiss arrived at the

synagogue, no police were present. "Some congregants could tell I was nervous. It was the second day of Rosh Hashanah, so there were a smaller number of congregants present, but it was a scary situation." Police had been there on the first day of Rosh Hashanah and came on Yom Kippur.

There are also physicians in the congregation who have agreed "to be tapped on the shoulder" if help is needed during services. "There's only been one minor incident in 13 years," recalls Weiss.

He also arranges for the guest speaker on Yom Kippur afternoon and for the Israel Bond Appeal speaker.

Weiss doesn't do it alone, of course, and is quick to credit a team of 30-40 people, including committee members, office personnel, board members and clergy, for making the High Holy Days services run smoothly.

The honors sub-committee, chaired by Sharon Rosengarten, works on deciding who should get honors such as readings and opening and closing the ark. Jill Downard coordinates the Yiskor book, in which families remember their loved ones. Donna Miller and Stacey Friedland coordinate the food drive; Stacy Weile and Andy Sherman are the audio/visual committee. The Men's Club helps people get to their seats.

"And there's a core group of ticket checkers who make my job easier," says Weiss.

Weiss works with the office staff on the High Holy Days guide, newsletters and any notices, and with facilities manager William Taylor on preparing the building.

High Holy Day services include lay-led services designed for families with young children. Services for children two to five are led by Ethan Solomon and Rabbi Jeremy Winaker,

who, says Weiss, is "a rabbi—and head of school at Albert Einstein Academy—but also a dad." Services for families with children 6 to 12 are led by Weiss's wife, Meredith.

"After bar/bat mitzvah, we hope they attend the main service," says Weiss. "Some teens have asked about having a teen service, but they don't seem to be able to get to work on it until too close to the holidays."

Weiss "felt exhausted—and thrilled" after his first year as High Holy Days chair. He credits the late Bernie Siegel, a former High Holy Days chair, with preparing him for the role. "In a calm voice, he taught me what to do," he says of the man he calls his mentor. "And Marv Cytron—also a former High Holy Days chair—gave me a binder of things I need to think about. 'Do what you want,' he told me, 'but here are suggestions.""

Weiss echoes what he was told by Siegel, "Working on the High Holy Day Services is the greatest joy, but a big part of that is having a whole group of people to do it with." He is particularly grateful to his wife. "She knows how much time I spend and keeps me sane through this," he says.

The committee does a review after the High Holy Days. "It gives us a chance to see what needs to be fixed," says Weiss. One topic the group is considering is whether the chorus should continue to sing a cappella or be accompanied; the cantor is open to having an accompanist.

"It used to be accompanied and then people thought it interfered with hearing the chorus," he explains. Now there's an accompanist at rehearsals, but not at services.

Citing congregant and former honors subcommittee chair Celina Riebman, Weiss says, "We see Rosh Hashanah as the start of next year's planning."



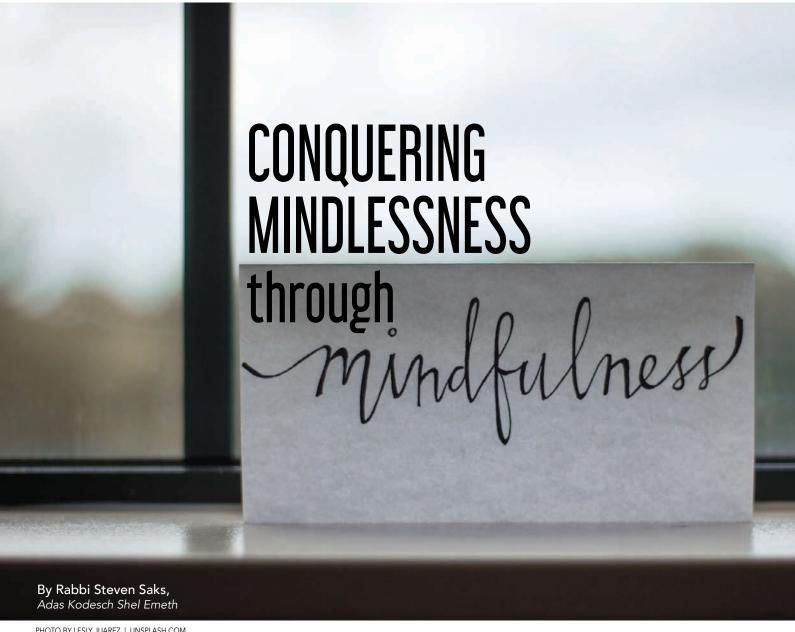


PHOTO BY LESLY JUAREZ | UNSPLASH.COM

### One of today's most popular buzz words is Mindfulness.

Psychology Today defines Mindfulness as:

A state of active, open attention on the present. When you're mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future.

#### POINT 1:

Let's consider the Torah's first religious act, the offerings brought by Cain and Abel, an act which ended in fratricide. If Cain had been mindful, his fatal crime could have been avoided. It is understandable that Cain felt disappointed when his offering was rejected, while his brother's offering was accepted. But if he had been mindful, taking the time to process his emotions and calm down, he may have realized that this apparent setback actually presented him with a great opportunity.

After all, while God accepted Abel's offering, he did not grant him a divine audience, never uttering even a single word to him. On the other hand, God showered Cain with words of encouragement: "Why are you annoyed and why has your countenance fallen? Surely, if you improve yourself, you will be forgiven." If Cain had been mindful, he would have come to realize that God was not dismissing him, but rather doubling down by challenging him to do better. God saw the great potential in Cain and was trying to cultivate it. Unfortunately, because Cain was not mindful, he failed to realize the opportunity



PHOTO BY RODOLFO SANCHES CARVALHO | UNSPLASH.COM

God was presenting to him and instead let his anger get the best of him.

But why did God simply accept Abel's offering without taking the time to utter a word to him? Abel in Hebrew is Havel, which means "nothingness." It was Cain not Abel who brought the first offering, and Abel's name suggests that there was nothing of substance to his offering. While Cain was motivated by a yearning to draw closer to God, Abel's offering was merely an act of imitation. Abel was a follower in the worst sense of the word, doing whatever was necessary to fit in.

The mindful reader of the Torah will realize the connection between the Cain and Abel story and that of Noah which follows. Noah courageously refused to be a follower, instead separating himself from the wicked world in which he lived and thereby saving humanity.

#### POINT 2:

Through mindfulness one is able to acknowledge and process one's emotions without passing judgment. Once we process our emotions without judgment, it is much easier to act rationally.

But should we not pass judgment on our emotions? The Tenth Commandment prohibits coveting, an emotion. The Rambam explains that one only commits the sin of coveting when one acts on the emotion. It would not be sinful to be jealous of someone, but it would be sinful to let our jealousy get the best of us to the point where we lash out against that person. So, if we are mindful of becoming jealous, we give ourselves the ability to conquer the emotion without acting on it. Mindfulness allows us to reason that, though we are jealous of another (a normal human emotion), we should focus not on what another has but on what we already have.

The commandment to bless God after we eat is a way of fighting the urge to always desire more. By blessing after we eat, we train ourselves to give thanks for what we already have. As Dale Carnegie observes, most people are not unhappy because they don't have enough; they are unhappy because they don't stop to enjoy what they already have. By conquering emotions of jealousy, we actually make ourselves stronger. Pirke Avot asks "Who is strong?" and answers, "one that can control his own desires." Believe it or not, Isaac is considered the classic Gibor (strong man) in Judaism, not for conquering others (if anything he is faulted for being overly passive), but for conquering his own desires. One only needs to recall his composure on the sacrificial altar.

The concept of mindfulness is powerful because it allows us to rein in our negative emotions before they get the best of us. If we fail to rein in our negative emotions, depression will condemn us to live in the past, and anxiety will condemn us to live in the future. We are at our best when we take the lessons we have learned in the past and apply them to the present and the future. In other words, we want to live wisely, in the moment.

How do we become mindful? When you feel yourself becoming overrun with negative emotions, take a few deep breaths. This action stops your Limbic system (the emotional part of your brain) from overwhelming the rational part of your brain. Essentially you are resetting your brain to think rationally. Let's all take a deep breath as we prepare to enter the New Year.



# SHABBAT AND YOM TOV CANDLE LIGHTING TIMES



#### FRIDAY, AUGUST 31, 2018

Light candles at 7:17 PM Shabbat, September 1, 2018 Shabbat ends at 8:15 PM

#### FRIDAY, SEPTEMBER 7, 2018

Light candles at 7:06 PM Shabbat, September 8, 2018 Shabbat ends at 8:03 PM

#### **EREV ROSH HASHANA**

**Sunday, September 9, 2018** Light candles at 7:03 PM

#### ROSH HASHANA FIRST NIGHT

**Sunday, September 10, 2018** Light candles after 7:59 PM

#### **SECOND NIGHT**

Sunday, September 11, 2018 Yom Tov ends at 7:58 PM

#### FRIDAY, SEPTEMBER 14, 2018

Light candles at 6:54 PM Shabbat, September 15, 2018 Shabbat ends at 7:51 PM

#### **EREV YOM KIPPUR**

Sunday, September 18, 2018 Light candles at 6:48 PM

#### YOM KIPPUR

**Sunday, September 19, 2018** Yom Kippur ends at 7:44 PM

#### FRIDAY, SEPTEMBER 21, 2018

Light candles at 6:43 PM Shabbat, September 22, 2018 Shabbat ends at 7:39 PM

#### **EREV SUKKOT**

Sunday, September 23, 2018 Light candles at 6:40 PM

#### SUKKOT

#### **FIRST DAY**

**Sunday, September 24, 2018** Light candles after 7:36 PM

#### **SECOND DAY**

Sunday, September 25, 2018 Yom Tov ends at 7:34 PM

#### FRIDAY, SEPTEMBER 28, 2018

Light candles at 6:31 PM Shabbat, September 29, 2018 Shabbat ends at 7:28 PM

#### **HOSHANA RABBAH**

Sunday, September 30, 2018

Light candles at 6:28 PM





#### ADAS KODESCH SHEL EMETH

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Members and their out-of-town guests are welcome at High Holiday services. First year membership is free for all new members. A free Break the Fast is open to all at the end of Yom Kippur services. For further information, please contact the office or visit our website.

# **SELICHOT SERVICES**

#### Saturday, September 1

- Dialogue and Refreshments 9 PM
- Services 10 PM

### **EREV ROSH HASHANAH**

Sunday, September 9

• 6:30 PM

#### FIRST DAY OF ROSH HASHANAH Monday, September 10

- 8 AM
- Sounding of the Shofar 10:45 AM

Answering the Unanswerable – 11:10 AM

- Mincha 6:30 PM
- Tashlich 7 PM
- Ma'ariv 7:30 PM

#### SECOND DAY OF ROSH HASHANAH

#### Tuesday, September 11

- 8 AM
- Sounding of the Shofar 10:45 AM
- SERMON:

Cheat Your Way into Heaven – 11:10 AM

• Mincha/Ma'ariv - 7 PM

#### **MEMORIAL SERVICES**

#### Sunday, September 16

• 1 PM Alan Schoenberg Building, Jewish Community Cemetery Co-led by AKSE and Congregation Beth Shalom

#### **EREV YOM KIPPUR**

#### Tuesday, September 18

- 6:45 PM
- Kol Nidre promptly at 6:45 PM
- SERMON:

Anti-Semitism: Stage Four

#### YOM KIPPUR

#### Wednesday, September 19

- 8 AM
- SERMON: Don't Count Me, Count on Me! 11 AM
- Yizkor Memorial Service 11:45 AM
- Mincha and Ne'ilah 5:15 PM
- Sounding of the Shofar 7:45 PM
- Break the Fast 7:50 PM

#### CONGREGATION BETH EMETH

300 West Lea Blvd. Wilmington, DE 19802 302-764-2393 www.bethemethde.org Yair Robinson, Rabbi Elizabeth Flynn, Cantor

#### **EREV ROSH HASHANAH**

Sunday, September 9 8 PM \*

#### **ROSH HASHANAH**

#### Monday, September 10

8:30 AM Tot Service \*\* 9:30 AM Beth Emeth Traditional Service \* 1:30 PM Contemporary Service \* 3 PM Tashlich

#### **EREV YOM KIPPUR (Kol Nidre)**

Tuesday, September 18

7 PM \*

9:15 PM \*\*

#### YOM KIPPUR

#### Wednesday, September 19

- 8:30 AM Tot Service \*\*
- 9:30 AM Beth Emeth Traditional Service \*
- 1:30 PM Contemporary Service \*
- 3:30 PM Afternoon Service \*
- 4:30 PM Yizkor Service \*

#### 5:30 PM Neilah Service \*

#### TICKETS ARE REQUIRED TO ATTEND ALL SERVICES

- \* Babysitting provided at no charge.
- \*\* Service is open to the community. However, you must obtain a ticket by coming to the temple office to arrange for your ticket.

#### **CONGREGATION BETH SHOLOM**

340 N Queen St Dover, DE 19904 (302) 734-5578 www.cbsdover.net

#### **EREV ROSH HASHANAH**

#### Sunday, September 9

Evening service 7:30 PM

#### **ROSH HASHANAH**

#### Monday, September 10

Rosh Hashanah Services 9:30 AM Tashlich Silver Lake approximately 2 PM

#### **SECOND DAY ROSH HASHANAH**

Tuesday, September 11

Services 9:30 AM

#### **SUKKAH BUILDING**

Sunday, September 16 Volunteers needed

#### **EREV YOM KIPPUR** Tuesday, September 18

Kol Nidre 6:30 PM

#### YOM KIPPUR

#### Wednesday, September 19

Services 9:30 AM

Yiskor Memorial Service, dedication of memorial plaques

Afternoon Study Session 4 PM

Afternoon/Evening Services 5 PM

Concluding Services followed by Break the Fast, reservations required.

#### CONGREGATION BETH SHALOM

1801 Baynard Boulevard Wilmington, DE

PH: (302) 654-4462

BethShalomWilmington.org/HighHolyDays CBS Live Streaming of High Holy Days:

BethShalomWilmington.org/CBSLive

#### SELICHOT MUSICAL

#### Saturday, September 1

Musical Program & Service: 7 PM Free & Open to the community, regardless of membership

**MORE ON NEXT PAGE** 





#### **CONGREGATION BETH SHALOM**

**CONTINUED FROM PAGE 27** 

**EREV ROSH HASHANAH** Sunday, September 9 Main Service: 8 PM

#### **ROSH HASHANAH - Day I** Monday, September 10

- Main Service: 8:30 AM
- Torah Service: 9:30 AM
- Children's Service: 10:30 AM 11:30 AM\*
- Family Service: 10:30 AM 12:30 PM\*
- Shofar Service: 11 AM
- Tashlich Service: 1:20 PM Brandywine Park near Wilmington Hospital

#### ROSH HASHANAH - Day II Tuesday, September 11

- Main Service: 8:30 AM
- Torah Service: 9:30 AM
- Children & Family Service: 10:30 AM 12:30 PM\*
- Shofar Service: 10:40 AM

#### **SHABBAT SHUVAH**

#### Friday, September 14

- Main Service: 6:30 PM
- Saturday, September 15
- Main Service: 9:30 AM

#### **MEMORIAL SERVICES** Sunday, September 16

• 1 PM Alan Schoenberg Building, Jewish Community Cemetery Co-led by Congregation Beth Shalom and AKSE

### **KOL NIDREI / EREV YOM KIPPUR**

Tuesday, September 18

Main Service / Candle Lighting: 6:45 PM

#### YOM KIPPUR

#### Wednesday, September 19

- Main Service: 9 AM
- Torah Service: 10:15 AM
- Children's Service: 10:30 AM 11:30 AM\*
- Family Service: 10:30 AM 12:15 PM\*
- Yizkor Service: 12:15 PM
- Mincha Service: 5:20 PM
- Ne'ilah Service: 6:15 PM
- Ma'ariv Service: 7:15 PM
- Final Shofar / Havdalah: 7:30 PM
- Break-the-Fast: 7:30 PM

Reservations required.

BethShalomWilmington.org/breakthefast.

\*We are pleased once again to offer Family and Children's Services on both Rosh Hashanah Day I & II and Yom Kippur. Family Services are targeted for families with children between six (6) and twelve (12) years old. Children's Services are designed for children between two (2) and five (5) years old. These services are FREE and OPEN to the entire community, regardless of membership. Tickets are required for the Family and Children's Services.

Babysitting is available at a nominal fee for children six and under on Rosh Hashanah Day I, Day II, Kol Nidrei, and Yom Kippur until the afternoon break. We request that reservations be made no later than September 4.

Please call the synagogue office at (302) 654-4462 so that we may register you for the Family and Children's services and/or babysitting.

#### **CHABAD CENTER FOR JEWISH LIFE**

1811 Silverside Rd Wilmington, DE 19810 (302) 529-9900 www.chabadde.com

#### **ROSH HASHANAH EVE** Sunday, September 9

**Evening Services 7 PM** 

#### **ROSH HASHANAH DAY 1** Monday, September 10

- Preliminary Service 9:30 AM
- Main Morning Service 10 AM
- Shofar Blowing Approx 12 PM
- Kiddush and Tashlich 2:15 PM with Mincha following
- Family Holiday & Shofar Program with Tashlich 10:30 AM
- Maariv Service 8 PM

#### **ROSH HASHANAH DAY 2** Tuesday, September 11

- Preliminary Service 9:30 AM
- Main Morning Service 10 AM
- Shofar Blowing Approx 12 PM
- Kiddush following services
- · Maariv Service 8 PM

#### YOM KIPPUR

Tuesday, September 18

Kol Nidrei Services 6:40 PM

### Wednesday, September 19

- Preliminary Service 9:30 AM
- Main Morning Service 10 AM
- Family Program 12:15-1:15 PM
- Yizkor Memorial Service approx 12:30 PM
- Afternoon Service 5:15 PM
- Neilah Closing Service 6:30 PM
- Fast Ends 7:44 PM Refreshments after Maariv

#### **HILLEL HIGH HOLIDAYS**

#### **EREV ROSH HASHANAH**

Sunday, September 9

6:45 PM (Location Trabant MPR -- Reform and Conservative)

#### **ROSH HASHANAH DAY 1** Monday, September 10

10 AM; Evening at 6:45 PM

Location: Trabant MPR--Reform and Conservative



# Our Recipe for Success:

- Outstanding Academic Program
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- Dedicated and Experienced Teachers
- Jewish Values-Based Learning

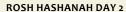
# The icing?

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Albert Einstein Academy admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in admistration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school-administered programs.

### HIGH HOLY DAYS (



Tuesday, September 11

10 AM at Hillel (Conservative only)

#### **KOL NIDRE**

Tuesday September 18

6:30 PM

Location: Trabant MPR-combined service

#### YOM KIPPUR

#### Wednesday September 19

10 AM (Trabant)

Mincha and Neilah at 5:30 PM (at Hillel)

FREE but registration is required at www.udhillel.org/highholidays

#### **SEASIDE JEWISH COMMUNITY**

18970 Holland Glade Rd., Rehoboth Beach, DE 19971

The majority of SJC's High Holy Day services take place at Epworth United Methodist Church, 19285 Holland Glade Road, Rehoboth Beach, DE. Services are open to all who want to participate with the SJC community. Tickets or advance reservations for services are not required.

SJC is an independent, unaffiliated community of approximately 300 families, over 500 adults and children. Services are egalitarian. We use and provide the Hillel Machzor, On Wings of Awe, which has gender neutral language for God and transliteration of Hebrew. Services will be led by SJC's new Religious Leader, Reb Lisa Levine, and Rabbi Simcha Daniel Burstyn, returning for his 9th year from Kibbutz Lotan in Israel.

ROSH HASHANAH SERVICE Sunday, September 9 -- 7:30 PM

#### ROSH HASHANAH SERVICE AND ACTIVITIES FOR YOUNG PEOPLE Monday, September 10 – 10 AM

**Epworth United Methodist Church** 

Two programs are available. One is a service for those who are old enough to participate (usually 9 and older), and the other is an activity program with stories and arts and crafts for our younger folks. An adult family member must accompany children under 5.

All the young people will come into the sanctuary and sit as a group for the taking out and reading of the Torah. After the Torah is read, they will join their families in the sanctuary for the remainder of the service.

#### **TASHLICH SERVICE**

#### Monday, September 10

5 PM, North Shores Marina, Rehoboth Beach, DE

#### **KOL NIDRE**

Tuesday, Sept. 18 -- 7:30 PM

**Epworth United Methodist Church** 

#### YOM KIPPUR

#### Wednesday, September 19

10 AM, Epworth United Methodist Church Activities and services for young people on Yom Kippur morning begin at 10 AM. Two programs are available. One is a service for those who are old enough to participate (usually 9 and older), and the other is an activity program with stories and arts and crafts for our younger folks. An adult family member must accompany children under 5. All the young people will come into the sanctuary and sit as a group for the taking out and reading of the Torah. After the Torah is read, they will join their families in the sanctuary for the remainder of the service. Parents will need to provide their children's snacks for the Yom Kippur program

- 3:30 PM: Yom Kippur Study Session
- 4:30 PM: Healing and Meditation Service
- 5:30 PM: Yom Kippur Mincha, N'ila and Havdalah Services
- 7 PM: Break-the-Fast meal (advance purchase required)

#### **TEMPLE BETH EL**

301 Possum Park Rd. Newark, DE 19711 www.tbede.org

#### **ROSH HASHANAH**

Sunday, September 9 7:30 PM – Erev. Rosh Hashanah

#### ROSH HASHANAH DAY 1

# Monday, September 10 – 9:30 AM • Youth Services 11 AM-12:30 PM

- Grades K-2 / Grades 3-7
- Teen Discussion 10 AM 11:15 AM
- Family Service 4 PM 4:45 PM
- Tashlich Service 5 PM

ROSH HASHANAH DAY 2 Tuesday, September 11 – 9:30 AM

EREV YOM KIPPUR- Kol Nidre Tuesday, September 18-7 PM

#### YOM KIPPUR

#### Wednesday, September 19 - 9:30 AM

- Youth Services 11 AM-12:30 PM
- Grades K-2 / Grades 3-7
- Teen Discussion 10 AM–11:15 AM
- Yizkor 12 PM
- Family Service & Afternoon Ne'ilah Service
   5:30 PM
- Final Shofar blast / Havdallah 7:30 PM

Rosh Hashanah Day 2 and all family/afternoon services are open to the community, NO tickets required.

#### SUKKOT

#### Sunday, September 23

6 PM Vegetarian Pot Luck Dinner 7:30 PM Sukkot Services Including Yizkor Service

#### SIMCHAT TORAH

#### Monday, October 1

6 PM - Simchat Torah Service & Celebration

Childcare is available, please RSVP no later than September 1st at (302)366-8330. All are welcome to attend these beautiful and inspirational services



Unaffiliated, egalitarian and welcoming congregation
Tickets not required;
donations welcome

#### **ROSH HASHANAH**

#### **Erev Rosh Hashanah Service**

Sunday, September 9 at 7:30 p.m. Epworth United Methodist Church (EUMC) Rehoboth Beach, DE

# Rosh Hashanah Service and Activities & Services for young people

Monday, September 10 at 10 a.m.

#### **Tashlich**

Monday, September 10 at 5 p.m. *North Shores Marina* 

#### **Shabbat Shuva Service**

Saturday, September 15 at 10 a.m. Seaside Jewish Community Building Rehoboth Beach, DE

#### **YOM KIPPUR**

#### Kol Nidre

Tuesday, September 18 at 7 p.m. *EUMC* 

Wednesday, September 19
10 a.m. - Yom Kippur Service with
Yizkor and Activities & Services
for Young People
3:30 p.m. - Study session
4:30 p.m. - Healing and Meditation
5:30 p.m. - Mincha, N'ilah & Havdalah
7 p.m. - Break the Fast
Advance reservations for meal
required by September 12

For more information and to reserve Break-Fast, contact us: www.seasidejewishcommunity.com 302-226-8977

#### L'Shana Tova

to our entire community of family and friends. Wishing you and yours a New Year of Peace, Health and Happiness.

Bill and Ellen Wagner and Family

Best Wishes for a Healthy and Happy New Year! THE SCHOENBERG FAMILY

> BEST WISHES FOR A HEALTHY AND HAPPY NEW YEAR! SHELLY AND MARTY MAND

Best Wishes for a HEALTHY AND HAPPY NEW YEAR! Jan and Rob Goodman

Best Wishes for a IVY, DONNA, Healthy and Happy LEA, AND MICAH HARLEV New Year!

May blessings of peace, health, joy and prosperity be yours in the New Year -

L'Shana Tova U'metuka.

CARYL MARCUS-STAPE AND JEFF STAPE, PAM AND JIM MEISSLER, MARK STAPE AND GENE MARCUS

#### **BEST WISHES**

for a Healthy and Happy New Year! KAREN FRIEDMAN AND FAMILY

BEST WISHES FOR A HEALTHY AND HAPPY NEW YEAR!

Jesse and Phili Miller and Family

Best Wishes for a Healthy & Happy New Year!

Felisha, Gary, Paige & Max Alderson

BEST WISHES FOR A HEALTHY AND HAPPY NEW YEAR! Phyllis and Norman Aerenson

#### L'Shana Tova

לִשַׁנַה טוֹבַה

Wishing you and yours a New Year of Peace, Health and Happiness.

John and Lena Elzufon

of family and friends.

to our entire community

Best Wishes for a Healthy and Happy New Year!

The Katzen Family

# לשנה טובה L'SHANA TOVA

to our entire community of family and friends. Wishing you and yours a New Year of Peace, Health and Happiness.

THE SILBERGLIED FAMILY

#### לשׁנַה טוֹבָה L'SHANA TOVA

to our entire community of family and friends.

Wishing you and yours a New Year of Peace, Health and Happiness.

> **GRETA STEINBACH-WALLIS** AND LARRY WALLIS

# **Best wishes** for a Happy New Year.

THE MOTTOLA GROUP of Long & Foster Real Estate

Best Wishes for a HEALTHY AND HAPPY NEW YEAR! Donna Schwartz and Sonja Hildebrand

Best Wishes for a Healthy and Happy New Year!

Linda and Christian Sereduke

The Dadone-Weiner Family Wishes You a Healthy, Peaceful, and Sweet 5779!

LISA AND HENRY, AVIGAIL, ANDREW, JUDAH, KATIE, ROB, BABY RP, ISAAC AND DANNY

# L'Shana Tova ונה טובה

to our entire community of family and friends.

Wishing you and yours a New Year of Peace, Health and Happiness.

**ESTHER AND PAUL TIMMENEY** 

Best Wishes for a Healthy and Happy New Year!

Congregation Beth Sholom Dover

**Best Wishes** Arlene Wilson for a Healthy Stacy Wintjen and Happy New Year! Avery & Carter Steffen

L'Shana Tova to our entire community of family and friends. Wishing you and yours a New Year of Peace, Health and Happiness.

שובה wendy berger

Best Wishes for a Healthy and Happy New Year!

COMMUNITY HAVURAH

#### Wishing all a שׁנה טוֹבה

filled with good health, happiness and success.

> MICHELLE AND DAVID MARGULES AND FAMILY

לשׁנָה L'Shana Tova to our entire community of family and friends. Wishing you and yours a New Year of Peace, Health and Happiness.

HFDY MINTZ AND FAMILY

Best Wishes for a Healthy and Happy New Year!

Chaplain Mollie Epstein and Ron Makar

Best Wishes for a Healthy & Happy New Year! **DAVID UDOFF** 

**BEST WISHES FOR A HEALTHY** AND HAPPY NEW YEAR! **UD Hillel Board and Staff** 

A day of joy, a time of hope, a year of happiness.

Wishing you peace at Rosh Hashanah and always.

**LAURA STURGEON** for State Senate

BEST WISHES FOR A HEALTHY AND HAPPY NEW YEAR!

Dini Silber and Family

### לְשָׁנָה טוֹבָה L'Shana Tova

to our entire community of family and friends. Wishing you and yours a New Year of Peace, Health and Happiness. **Jewish Family Services of Delaware** 

## L'SHANATOVA לשַנָה טובָה

to our entire community of family and friends.

Wishing you and yours a New Year of Peace, Health and Happiness.

DAN AND KATHY KRISTOL

Best Wishes

for a Healthy and Happy New Year! Lelaine and Stu Nemser

### L'Shana Tova לשנה טוֹבַה

to our entire community of family and friends.

Wishing you and yours a New Year of Peace, Health and Happiness.

Ginger Weiss and Barry Schlecker

Wishing each of you and your families a Healthy, Happy, Sweet and Prosperous New Year.

Richard A. Levine

for a Healthy and Happy New Year! IRIS AND JACK VINOKUR

# לשַנָה טוֹבָה L'Shana Tova

to our entire community of family and friends.

Wishing you and yours a New Year of Peace, Health and Happiness.

Steve Gonzer

#### L'SHANA TOVA

to our entire community of family and friends. Wishing you and yours a New Year of Peace. Health and Happiness.

DRS. ROBIN KAROL-ENG AND JERALD ENG

לשנה

טוֹבה

Best Wishes for a Healthy and Happy New Year! Ted and SvIvia Zutz

**Best Wishes** for a Healthy THE CAINE FAMILY and Happy New Year!

### כָּתִיבָה וַחֲתִימָה טוֹבָה

**66** God's plan. God's plan. I can't do this on my own. 99

JENN, MITCH, DYLAN, AND TESSA **STEINBERG** 

# START YOUR NEW YEAR IN A NEW HOME! לשנה טוֹבה

L'Shana Tova from our family to yours!

Jeff, Caryl, Pam, and Mark STAPE & ASSOCIATES

### L'Shana לְשָׁנָה Tova טוֹבה

to our entire community of family and friends.

Wishing you and yours a New Year of Peace, Health and Happiness.

**DON AND BARBARA GOLDBERG** 

BEST WISHES FOR A HEALTHY AND HAPPY NEW YEAR!

Jim and Phyllis Feingold

# לשנה טובה

L'Shana Tova

to our entire community of family and friends.

Wishing you all a year of peace, good health and happiness!

The Sugarman Family

### L'SHANA Tova

to our entire community of family and friends. Wishing you and yours a New Year

of Peace, Health and Happiness.

THE MEYER FAMILY Bob, Ellen, Jeremy, Rebecca, Noah, Matthew and Allison

# NOSH ON THIS

#### **TAHINI CHICKEN SALAD**

whatjewwannaeat.com

CUISINE: ISRAELI
PREP TIME: 1 HOUR
COOK TIME: 2 HOURS
TOTAL TIME: 3 HOURS
SERVES: 4-6 SERVINGS

# INGREDIENTS Tahini Chicken Salad

- 2 whole chickens (4 to 5 pounds each), skins removed
- 1/4 cup plus 1/2 teaspoon Morton kosher salt, divided
- 2 sprigs fresh oregano
- 2 sprigs fresh thyme
- 4 fresh sage leaves
- 2 cloves garlic, crushed
- 1 lemon, halved
- ½ cup tahini mayo (recipe below)
- 1 bunch scallions, thinly sliced
- Grated zest of 1/2 lemon
- 1/4 cup duqqa (recipe below)

#### Tahini Mayo (Makes 1 cup)

- 2 egg yolks
- ¼ cup raw tahini
- 3 tablespoons lemon juice
- 1 tablespoon water
- 1 teaspoon Morton kosher salt
- ½ cup extra-virgin olive oil

#### Duqqa (Makes 2 cups)

- 1 head garlic
- 1 large shallot
- ¾ cup extra-virgin olive oil
- 1 cup raw pistachios (I used walnuts)
- 2 tablespoons whole coriander seeds (I used fennel seeds)
- 2 tablespoons black sesame seeds
- 2 tablespoons white sesame seeds, toasted
- 1½ tablespoons whole pink peppercorns
- 1 tablespoon Maldon or other flaky sea salt
- 2 teaspoons ground sumac
- 2 teaspoons Aleppo pepper

# NOSH ON THIS







**JEWISH APPLE CAKE** 

#### **INSTRUCTIONS**

- 1. Combine the egg yolks, tahini, lemon juice, water, and salt—preferably in a food processor, otherwise with a good whisk.
- 2. Slowly drizzle in the olive oil with the processor still going—or while you whisk vigorously—and continue to blend until the mixture is extremely thick and velvety. Be thorough in this step: a tight emulsion is the difference between having all those flavors hit you in equal measure or having them fall. Once the mayonnaise is nice and smooth, you can use it right away or refrigerate it for a couple of days.
- 3. For the duqqa, you can get creative with what you have to make your own!
- 4. Heat the oven to 325°F. Leaving the cloves intact, peel the garlic, trim the ends of each clove, and slice them as thinly and evenly as you can. Trim both ends of the shallot, halve it lengthwise, and thinly slice it, too. Place both in a cold pan with the olive oil, and set it over low heat until they're a deep, even golden, 30 to 40 minutes; stir occasionally, to make sure the heat circulates evenly. This is how they build flavor without any bitterness, so don't try to speed it up with a higher flame.
- 5. Roast the pistachios on a rimmed baking sheet while the garlic and shallots cook. Remove them from the oven when they're fragrant, after 7 minutes or so.

- 6. Line a plate with paper towels. Strain the garlic and shallots over a clean bowl, and spread them on the plate in an even layer to drain. Wipe out the pan, and fill it with the oil from the bowl along with the coriander seeds, black sesame seeds, and white sesame seeds. Toast, still over low heat, until they're crunchy and aromatic, another 8 minutes or so. Drain on the same plate as the shallots and garlic.
- 7. Add the shallots, garlic, and seeds to a large ziplock bag with the nuts, pink peppercorns, salt, sumac, and Aleppo pepper. Pound the mixture with a rolling pin or mallet, just until everything is roughly crushed. (If you prefer a more homogeneous texture, chop the nuts by hand before you add them to the bag.)
- 8. If you haven't already removed the skins from the chickens, follow the directions in the recipe for schmaltz and gribenes.
- 9. In a large stockpot, combine the chicken, 1/4 cup salt, herbs, and garlic. Add the water, topping it off with more if necessary, until the chicken is completely submerged. If the chickens will not fit in your pot, you can break them down. Squeeze in the lemon and drop it in.

#### **MORE ON NEXT PAGE**

10. With the heat on medium-low, bring the pot just up to a mellow simmer, then turn the heat down to low, and let the chicken gently cook with the broth bubbling around it. When you glance into the pot, bubbles should be slowly floating to the top, less than an active simmer—this will keep the meat moist.

11. Check the chicken by cutting into the thickest part of the leg; it's ready when it's no longer pink at the center. This can take up to 2 hours, depending on the size of the chicken and the power of your stovetop, but check it after 1 hour, and then every 10 or 15 minutes after that. When it's ready, pull the chicken out to cool: strain the broth, and save it for another use (you can cool it completely and freeze it).

12. Once the chicken is cool enough to handle, pull all the meat off the bones, being mindful not to bring along the tendons or excess fat. Give it an even chop, then combine it in a bowl with the tahini mayo, scallions, remaining 1/2 teaspoon salt, and lemon zest. Stir in the dugga shortly before serving. This is a great thing to have in the fridge all week, but it's equally good the same day it's made.

#### **JEWISH APPLE CAKE**

cookdiary.net

- 2 1/2 teaspoons Vanilla
- 3 cups flour
- 3 teaspoons baking soda
- 2 1/2 cups sugar 6 Granny Smith apples
- 1 cup applesauce
- 2 teaspoons Cinnamon
- 4 Eggs
- 5 tablespoons sugar
- 1/3 cup orange juice

Beat together the first 7 ingredients until smooth. peel and thinly slice apples. Add sugar and cinnamon to the apples. Put a thin layer of batter on the bottom of a prepared tube pan, then a layer of apples, more batter, more apples and top off with remaining batter. Bake at 350° F for 1 hour and 45 minutes. (You may want to put a layer of aluminum foil over the top during the last 15 minutes of baking to avoid too much browning.)

#### **POMEGRANATE JELLO**

saltandbaker.com

#### **INGREDIENTS**

- 6 oz. raspberry Jell-O
- 2 cups boiling water
- 20 oz. can of crushed pineapple
- 21 oz. can of raspberry pie filling and topping, such as Duncan Hines
- 1 pomegranate, seeded
- 3-4 bananas

#### Whipped Topping

- 2 1/4 cups heavy whipping cream
- 1 cup powdered sugar
- 1/2 teaspoon vanilla extract

#### **INSTRUCTIONS** Jell-O

1. In a medium bowl combine the Jell-O powder and 2 cups of boiling water. Mix until the Jell-O is dissolved (about 2-3 minutes).

2. Add the can of raspberry pie filling and topping to the Jell-O. Mix until the pie filling is dissolved (or no longer

clumpy). Once dissolved, empty the can of crushed pineapple (including the juice) into the Jell-O mixture.

3. Add the pomegranate fruits to the Jell-O. Pour the Jell-O mixture into a 9x13" pan. Place in the refrigerator to set. About 3-4 hours.

4. Once Jell-O is set, remove from the fridge. Slice bananas (about 1/2" thick) and distribute evenly over top the Jell-O. Make the whipped topping:

#### Whipped Topping

1. In the bowl of a stand mixer fitted with the whisk attachment, or using a hand mixer, add the heavy whipping cream, powdered sugar, and vanilla. Beat until stiff peaks form.

2. Spread the whipped topping mixture over the sliced bananas. Serve immediately, or place back in the fridge to keep cold until ready to serve



### RABBIS' VOICES

# ■ Has the significance of the **High Holy Days changed** for you across the years?



The High Holidays have always been a time of self-reflection, asking for forgiveness, prayer, and family. Sitting in the synagogue for much of these days and letting the haunting nuschaot (special melodies) waft over me is impactful. I think that all over the world (and for thousands of years), Jews are sitting in synagogues and are doing what we're doing. It causes us to feel, even more strongly, the feeling of being a link in this glorious chain of Jewish history.

I remember observing at my parents' and grandparents' home. The food is wonderfully familiar—chicken soup with kneidlach, brisket, kasha varnishkas, round hallahs, and of course, apples and honey. The same food appears on our table, today but I am no longer the child surrounded by my cousins and listening to my grandparents and aunts and uncles tell their stories. It is I who must tell the stories.

My mother used to tell me that while her friends sat with their grandparents, aunts and uncles, she felt lonely because it was just she with her two sisters and parents. The rest of her family perished in the Shoah. Now, my parents (z''l) and brother (z''l) are gone and I'm surrounded by my husband and a large and deliciously noisy family. My perspective has changed; now I'm fixated on creating memories for our grandchildren. I want them to remember the sights and smells and sounds of the holidays. I want them to recall fondly how we walk to the creek and throw crumbs into the running water for Tashlich and how we make our own round hallahs and Rosh Hashana decorations. We are thrilled to be able to eat in the Sukkot that each of our children builds for his/her own family (good housewarming gifts).

**MORE ON NEXT PAGE** 

# **BIDEN** CANCER SUMM

**6** Every day, every minute matters to patients and we must bring that sense of urgency to our cancer research and care systems.

**FRIDAY** 12 - 5 PM at the Siegel JCC Wilmington, DE

On September 21, we are joining the Biden Cancer Initiative and hundreds of other communities in hosting a Biden Cancer Community Summit in Delaware. We will focus on providing the latest information on prevention, diagnosis and treatment as well as resources available to patients and caregivers.

Please join us by registering at:

#### tinyurl.com/bccsde

For more information, email annasaul@siegeljcc.org





When I was younger, I studied, learned the nusach, led services, and blew the shofar for others; these years, I read children's stories to the grandchildren, teach them to blow the shofar and sing the melodies so that when they come to shul, it will sound familiar.

As we pass into life's changing roles, so too do our actions and hopes. Yes, we continue to study and learn; we pray, we remember the past, but we also focus on the future. Will our grandchildren love being Jewish and love Israel at least as much as we do? Will they grow up in a world that is peaceful and in which Jews have every opportunity, or will they grow up in a world full of strife, growing anti-Semitism, isolation of Israel, and diminished opportunities for Jews? How will we give them the strength to face what the future will be and skills to advocate for the Jewish people? Will they be able to afford the rising costs of intensive Jewish education?

The best I can do now is to create warm and loving memories of the holidays so that they will want to explore, to learn, to participate, and to observe.

Shana Tova Umitukah. From my house to yours, a happy, healthy, and sweet New Year.

#### RABBI PETER GRUMBACHER

Rabbi Emeritus, Congregation Beth Emeth

I've been conducting High Holy Day services for forty-five out of the forty-six years of my rabbinate and for the two years when I served as a student rabbi; let's say a half century (Oy!). The only time I was a "civilian" was the first Rosh Hashanah and Yom Kippur following my retirement (I learned that year that for a rabbi it's easier to fast when you're "working" inasmuch as the Day of Atonement doesn't feel like a Year of Atonement). Be that as it may, the personal significance of the Holy Days hasn't changed much in almost five decades. They remain the time when I do my best to evaluate my place in the past year and my plans to do better as a person in the coming year.

What adds to this is the different tone literally - of these special days. The music is

so unique from that of the rest of the year. Today, the singalong nature of Shabbat tunes focuses attention on the congregation; and just as our Shabbat prayers emphasize the community more than the individual, the Holy Day liturgy allows me to draw attention to me. Yes, we have to "own" the transgressions of others, something no other faith community can say, but still it is my obligation to ponder my personal deeds and misdeeds in the process.

Getting back to the music of the season, we can never abandon the majesty of Avinu Malkeinu, Ashamnu, and, of course, Kol Nidrei. I know that this majesty adds to my feeling that the penitential season is so special. So unique, so uplifting for me. Yes, these are NOT singable for the average congregant who might love the latest tunes brought to the synagogue from the camps our young people attend. The Holy Day melodies are meant to be heard, and I truly believe that if our People

came to Shabbat worship with the singable tunes, there would be far more appreciation of the Holy Day melodies. There has to be a difference because there indeed is a difference between the Days of Awe and the Sabbath and other Festivals/holidays on our calendar.



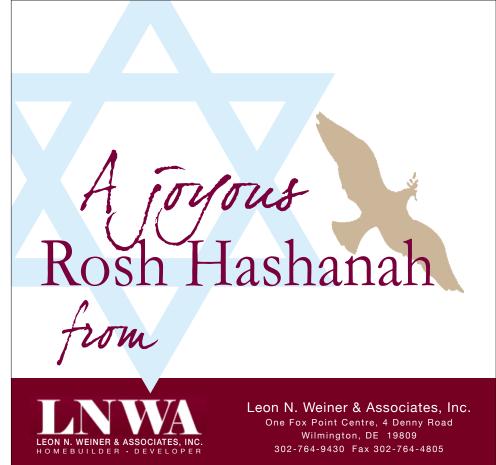
#### RABBIS' VOICES

Each month, Rabbi Peter Grumbacher, along with rabbis from around the state, answer your questions about Judaism.

#### Have a question?

**ASK THE RABBI!** 

Send your questions to: AskTheRabbi@ShalomDel.org



## JEWISH FAMILY SERVICES AND SIEGEL JCC TALK SUICIDE PREVENTION

By Sophia Schmidt Delaware Public Media to reprint given by the author.



Teens and parents gather at the Siegel JCC in Brandywine Hundred to learn about mental health CREDIT: SOPHIA SCHMIDT, DELAWARE PUBLIC MEDIA

Mental health was the topic of a parent-teen wellness summit held by Jewish Family Services of Delaware and the Siegel **Jewish Community Center** Wednesday, July 25th.

The wellness summit focused mainly on suicide awareness and prevention.

It was a response to several recent deaths by suicide of local teens, says Jewish Family Services of Delaware's Basha Silverman.

"We need honest, raw conversation about what to do, how we're feeling, and how to support one another," said Silverman.

She noted the goal of the summit was to connect families and individuals to available help.

Among the recent suicides was that of 16-year old Sarah Segestrom, a member of the JCC community.

Segestrom's death has made her friend, Sarah Hannig, an advocate for destigmatizing mental illness.

"The awkwardness and the uncomfortableness needs to end, and it needs to be able to be an open and comfortable conversation," she said.

Hannig, who attended the event, emphasized the importance of trusted adults in which a teen struggling with mental health can confide.



Summit attendees were encouraged to write what makes them irreplaceable on a strip of paper, then add it to a paper chain symbolizing the community

CREDIT: SOPHIA SCHMIDT, DELAWARE PUBLIC MEDIA

Summit attendees split off into two groups. Parents and adults were presented a LifeLines program by the Mental Health Association, while teens participated in the Ending the Silence program with the National Alliance of Mental Illness (NAMI) Delaware.

The groups then reconvened for a panel discussion with mental health professionals.

Leaders at the JCC and Jewish Family Services called the entire summit a "safe space."

Annie Greene presented at NAMI Delaware's program for teens.

"I'm a living example of someone who's lived with mental illness and gone through the ups and downs and struggles of high school and came out the other side just fine," they said.

"Allowing other kids to feel hope because of my story is something that makes me feel better about my experience."

Greene noted the majority of their healing happened after they came out to their parents about their struggles with mental illness, and were able to access professional counselling.

"Suicide is a permanent solution to a temporary problem," they said. "A lot of kids in high school are too close to their problems to understand that once they get out of high school there's much more opportunity out that door, and there are lots of resources available to them."

Annie Slease, Director of Advocacy and Education at NAMI Delaware, says if you think someone you know might be considering suicide, act immediately.

"And always take it seriously. Even if they say they were just kidding, they said it, and it's out there. So take it to heart and help," she said. "If you ask them the question you won't give them the idea, you'll actually be reducing their risk because you're letting them know that someone cares enough about them to ask, 'Are you thinking of killing yourself?""

The JCC's Wendi Weingartner says she hopes Wednesday's event is the first of many such discussions.

Nemours, Rockford Center and Umttr also participated in the event.

## THE SWIMMING OLYMPICS COMES TO SUSSYA By Romi Sussman Times of Israel, Blogs

#### There are complainers in the world and there are doers.

Natalie Sopinsky is one of the doers. When she first moved 10 years ago to Sussya, a beautiful yishuv in the South Hebron Hills, she enjoyed going to the pool with her children. She quickly realized that the lifeguards were busy reading books and the kids were wrestling in and out of the pool and swimming in their underwear. This was certainly not the atmosphere she was used to growing up in Delaware, and she wanted to change the way the kids were acting. Approaching the Field School, which managed the pool, she asked if something could be done to create more order and safety in the pool area. She wanted to create great summer memories for her kids, but felt that it wasn't possible with the chaos she was seeing. "Maybe you could create races?" she asked.

They responded, "If you become a lifeguard, you can do what you want."

And so she did.

With her background from the States as a lifeguard, a triathlete and a Zumba instructor, Natalie was not daunted by this challenge. At the age of 41, she took the Israeli lifeguarding course and became the lifeguard at the Sussya pool for the girls, while her husband became the lifeguard for the boys. (Along with being



Natalie directing kids CREDIT: JORDAN SOPINSKY

the Sussya lifeguard, Natalie is Director of Development for Hatzalah Yehuda and Shomron, the main organization supporting emergency medical first response in Judea and Samaria.) She started weekly races and had the kids time each other. Then, she published the results of those races in the weekly newsletter. Like kids everywhere, they loved seeing their names in print. The kids would practice all week for the races, improving their strokes, working to get their times down, practicing diving and working on their flipturns.

And as they say, the rest is history.

From this gut reaction to the way the pool was run and the desire to create healthy, fun

memories, Natalie decided to take action. At this time, she and her husband, Jordan, had only been in Sussya for a few years. They came to Israel in 2005, first settling on a Kibbutz in the North for a year before needing to find a new home when Jordan got work in the Arava. They settled in Sussya and started to put down roots.

As the enthusiasm for the training program grew, Natalie decided that she wanted a summer grand finale. She went to the Regional Council and got them to kick in some money and the grand finale is now in its 7th year. While the Big Sussya Swim Meet is usually held at the end of August, this year

#### IN ISRAEL

#### THE SWIMMING OLYMPICS

**CONTINUED FROM PAGE 37** 

the big race was in July and included t-shirts, medals, music, food kiosks, magnets, and a professional photographer. Participants range in age from 6-40 and families come to watch and cheer on their swimmers. After the race, there was a money hunt and a small ceremony for the kids to get their medals and their pictures taken. While most people have only heard about Sussya because of Ancient Sussya, Natalie is proud to have them on the map for the fun, warm, and lively activities they offer as a modern community.

You'll find this Anglo mom who arrived in Israel 13 years ago with passable Hebrew and a desire to make a difference officiating at the event. When asked what has motivated her to move around the world to a small town in the South Hebron Hills and to become so



Natalie and swim participants in 2017 CREDIT: JORDAN SOPINSKY

involved in the lives of the kids there, she has many answers. "I am the only one of my siblings who married Jewish and who leads a Jewish life. I am no longer the quiet Jew I was in America. And my children have this nononsense way about them. They don't have to hide their Jewish identity. They are proud to be Jews and to be Israeli. And I'm proud

that I've helped them to find a safe, fun, and productive outlet at the pool in Sussya."

If you find yourself in the area, come and join the fun. You'll love seeing the rolling hills of Sussya, the thriving community and the enthusiasm they display. You won't regret it and neither will your kids!



## JUDAISM IN THE IN-BETWEEN:

### The New Jewish Educational Landscape

By Beth Cousens, PhD



PHOTO CREDIT: PJ LIBRARY

#### I'm pretty sure that my 4-year-old son thinks everything is Jewish.

He has a sense that not everyone is Jewish, but for him, Jewish opportunities are everywhere. Some of that is us: We spend Friday nights at synagogue, we chose a Jewish preschool, and we make Havdalah at home. But a lot of that is PJ Library. His books are Jewish. His music is Jewish (thanks, PJ Library Radio). He gets Jewish swag in the mail.

And then there was the time we were visiting Seattle for a Thanksgiving vacation and wandered into a bookstore, only to find that the Jewish Federation of Greater Seattle's PJ Library Song and Storytime was starting that very minute. The books and music he heard at home came alive, in person. He heard Hebrew, which unified his at-home and school experience with his out-in-the-world experience. Our family word "mensch" got normalized by others.

My son is the beneficiary of what I call a new Jewish educational landscape, the opportunities that exist in the "in-between spaces" of life, not at home or at school. These are what help him live a truly integrated Jewish life, where doing, being, and learning Jewish are practiced simultaneously. Judaism is alive, palpable, and relevant for him because it happens seamlessly.

As the 20th century has morphed into the 21st, it has become clear that the organizations we know will shift under the pressures of our new society. Network theorist Clay Shirky observes, "When we change the way we communicate, we change society." (1)

In other words, we don't just talk on Facebook and Twitter. These platforms and the ways that they are built shape our expectations of what it means to meet in community. We rely on networks, we more readily access information from peers and not experts, and we turn to these networks for leadership. We tend to distrust hierarchies and process, particularly processes that can't be understood quickly.

When Jews came to the new world, the Eastern European *kehilah*, or community

#### **MORE ON NEXT PAGE**

Beth Cousens, PhD is the associate vice president for Jewish education and engagement at the Jewish Federations of North America. She has worked for Hillel International, The Jewish Federation of Greater Washington, and as an independent consultant, always focused on program and policy development in Jewish life. She lives in San Francisco with her husband, son, and daughter. Her department curates a blog (pifor.me/edublog), which features the best of North American Jewish education and engagement, and where she occasionally shares her work.

Originally published in PROOF, a PJ Library magazine, Summer 2018 edition. To read more articles like this visit PJLibrary.org/proof.



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#### JEWISH LEARNING

### JUDAISM IN THE IN-BETWEEN

**CONTINUED FROM PAGE 39** 

structure, had to adapt to America's democracy, norms, and organizing principles. In the wealth and industrialization of the 20th century, Jewish life was shaped in the image of the American organization: Our organizations became physically big, with complex hierarchies focused around power and authority. The organizations were impersonal, keeping information within a core of people. But that didn't matter as much in a tight-knit community.

Today, we have to translate and transition Jewish life for the 21st century, creating transparency, equity, and opportunity for collective action. This work of change matters for the entire Jewish communal system, but it is existential for Jewish education. Learning about Judaism happens in these mostly 20th century institutions - in synagogue schools and in day schools. When most North American Jews trusted and even relied on organizations, they chose readily to participate in Jewish education. But today, Jewish education cannot happen in Jewish institutions that reach only a segment of our communities. We run the risk of Jewish education failing to reach enough people and in enough varied ways to make Jewish life and community vibrant and meaningful for all.

Reorganizing Jewish education according to 21st century norms and values

means making it more accessible, less hierarchical, more networked, and less expert-reliant. It means making it happen alongside and outside of institutions. It means creating Judaism in the in-between spaces, where life is lived. It does not mean dismissing legacy institutions but rather, innovating within them and building onto them. "Jewish education" is many things. From a policy perspective, from a communal perspective, it is the infrastructure of concrete opportunities that is made available to help people explore and celebrate Judaism and all that it means. It means, literally, that there is a Tu B'Shevat seder available to families in a park on a Sunday morning; or an ageinclusive, project-based religious school program at a synagogue on Tuesday afternoons; or an experiential after-school Hebrew school at the JCC; or a day school teacher leading evening Talmud study in a downtown bookstore. Or, maybe there aren't those things. And the "maybe" matters: Because most Jews don't do or organize Jewish at home or on their own. the Jewish educational infrastructure in a community dictates what Jews get to do or not do. They get what the landscape makes available to them. And our landscapes must be intentional.

That morning in the Seattle bookstore was magical. In a public space, we were about 15 families. We were speaking in Hebrew. We danced and listened and sang and gained Hebrew words and celebrated what it means to learn as we live. It wasn't an accident: The Jewish Federation of Greater Seattle found and employed the



#### JEWISH LEARNING

talented Betsy Dishel and her Red Ukelele, supporting her work throughout Seattle public spaces (2). Jewish federations power PJ Library in most communities, with many housing PJ Library as well as mobilizing its funding (from many generous individual donors). Building, architecting, intentionally designing the landscape of the in-between is the job of funders and policy makers. It happens on purpose, even if it looks and feels organic.

Judaism needs to be in the in-between spaces, not only in our institutions and not only at home. The future is bright, filled with our best teachers in and outside of their classrooms, working in networks as well as in organizations, alongside regular people empowered and trained to reach out to and build Jewish community with their peers.

The future is beautiful - and as those who make the Jewish educational landscape happen, it is ours to create.

(1) Here Comes Everybody: The Power of Organizing without Organizations (New York: Penguin Group, 2008), 17. (2) www.redukelele.com/about/

#### LIFE CYCLES SIMCHAS

## BIRTH **ANNOUNCEMENT**

Sharon and Jordon Rosen are pleased to announce the birth of their Granddaughter, AMALIA TZIPORRA, born July 13th to parents Brian and Shiri Rosen; Big Brother is Gavriel.



Amalia Tziporra PHOTO BY BRIAN ROSEN

## Share your simcha

DID YOU KNOW... Simcha announcements are free of charge!



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- Send your paragraph along with a high resolution .jpg photo to Jaidy@ShalomDel.org.

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Program.

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## FOR THE RECORD

By Yoni Glatt koshercrosswords@gmail.com

DIFFICULTY LEVEL: Easy
SOLUTION APPEARS ON PAGE 52

#### **ACROSS**

- 1. Isr. for Israel, e.g.
- 5. Barber-shop sound
- 9. Figures in mosques
- 14. Monotheism, Jewish belief
- 15. "Say Anything..." actress Skye
- 16. Be a nitpicker
- 17. Led Zeppelin album about the Temples?
- 20. "You don't say?"
- 21. TV character that once bemoaned "I'm George!"
- 22. Begin golfing, with "off"
- 23. Not as spicy
- 24. Fleetwood Mac album about Lashon Hara?
- 28. Philosopher Descartes
- 29. Seizes, as power
- 30. The Holy
- 31. Bowling target
- 34. Audition tape
- 35. Michael Jackson album about Haman?
- 36. What Oliver dared ask for
- 37. E.R. figures
- 38. Marsh growth
- 40. 1999 Keanu Reeves action thriller, with 'The'
- 42. Attended
- 43. Neil Young album about cutting crops after the sabbatical year?
- 44. Fancy fronts of stores
- 47. Tolkien creature that might celebrate
  Tu B'Shvat
- 48. Poor crossword solver's need
- 49. Skilled at painting, say
- 54. Pink Floyd album about praying for the Messiah?
- 56. Lauder of lipstick
- 57. Kazan who made "Gentleman's Agreement"
- 58. A Gabor and a Peron
- 59. Studies Torah, essentially
- 60. Employee IDs, at times
- 61. Fogelberg and Rather

1	2	3	4		5	6	7	8		9	10	11	12	13
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56						57					58			
59						60					61			

#### DOWN

- 1. "Bro", in Israel
- 2. Greets the Red Sox at Yankee Stadium, maybe
- 3. Old Spice rival
- 4. 20th letter of the Hebrew alphabet
- 5. Leah and Rachel, e.g.
- 6. Gallows ropes
- 7. Data, briefly
- 8. Hamster, often
- 9. Most recent country to get a Chabad house
- 10. Yehuda Market, Jerusalem
- 11. Duck, as a question
- 12. A.A. who created Pooh and Piglet
- 13. Sneakier
- 18. Scarf down
- 19. Beauty of Troy
- 23. Pixar director Bird
- 24. Paul who plays Scott Lang in Marvel films
- 25. Beta tester, e.g.
- 26. " the word" ("Don't tell anyone")
- 27. Gold, in Barcelona
- 30. Clansman's son
- 31. Hole in the skin

- 32. Camera part
- 33. "Step right up"
- 35. Challenges
- 36. Network that stopped focusing on music videos
- 38. Night flights
- 39. First month, in Mexico
- 40. Mottos
- 41. Bandleader Shaw
- 42. Prepared to eat challah
- 43. "But \_\_\_ our little village of Anatevka..."
- 44. Not as many
- 45. Emerge as a contender
- 46. ballot (vote)
- 49. Belt-makers' tools
- 50. A sukkah, perhaps
- 51. Israeli footwear brand
- 52. Where Israel's existence isn't exactly celebrated
- 53. Not a pool to swim in
- 55. Neighborhood of Cong. Emanu-El of New York





## SPELLING BEE By Yoni Glatt

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

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.

SCORE:

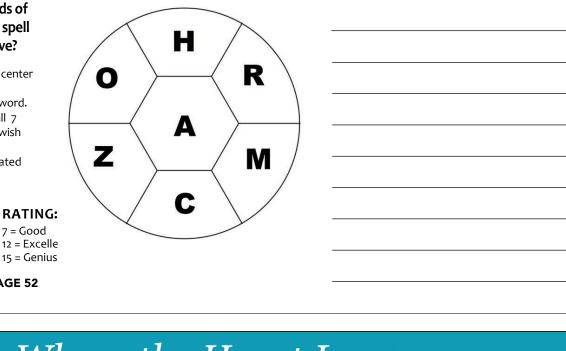
• 1 point for each answer

3 points for Jewish related

word that uses all 7 letters.

## **RATING:** 7 = Good 12 = Excelle

#### **SOLUTION APPEARS ON PAGE 52**







## LAND, SEA, AND SKY:

## A Journey in Color

By Kerin Hearn ArtSpace Committee Member



Mary Lou Griffin at her Easel PHOTO BY KERIN HEARN



On Gordon Pond PHOTO BY MARY LOU GRIFFIN

At the Siegel JCC ArtSpace through the end of November:

LAND, SEA, AND SKY: A Journey in Color Pastel Paintings by Mary Lou Griffin

In the Showcase: Small pastel works by Mary Lou Griffin

**Reception to Meet the Artist:** Sunday, September 23, 2018 4-6 PM Wine and Refreshments Free

The Siegel JCC ArtSpace is located across from the front desk in the main lobby. Visit the exhibition during regular lobby hours. Artists or artist groups interested in exhibiting at the Siegel JCC ArtSpace or in the Showcase should contact Katie Glazier at 302-478-5660 or katieglazier@siegeljcc.org

Delaware artist Mary Lou Griffin has come a long way since her first art experience in grade school at Saint Stanislaus Church in New Haven, Connecticut.

There the nuns asked her to create a bulletin board and Seymour a giant mouse with big pieces of cheese for vowels emerged. Thus began a life-long interest in art and painting.

Though Mary Lou may not paint mice anymore, she is enamored by the natural world around her and paints bucolic landscapes, sometimes including farm animals. Her pastel paintings capture the color play of warm against cool where fields meet trees and shadows; the sparkling glimmer of colorful reflections in water; the cool blue atmospheric haze of the morning

sky; and the purplish-pink glow of moonlight and shadows on sand dunes. Her exhibition at the Siegel JCC ArtSpace—Land, Sea, and Sky: A Journey in Color—reflects these explorations.

Although she has always liked fine line, the juxtaposition of hard line against soft edges interests her more as does the dramatic contrast of dark against light. Always drawn to detail, she "loosens up" her painting with a veer towards the abstract through minimalizing line into squiggles or, perhaps, just using color with no line at all.

Harkening back to her roots in oil painting, Mary Lou has tried to find a painterly approach to her use of pastels. Though she has tray after tray of variations of pastel colors, she can never find the exact color she is looking for. Through soft layering she can create the color she wants without waiting for paint to dry. That's why she loves the immediacy of



This exhibition focuses on Mary Lou's landscapes, though she also does still life and figures. For inspiration, she returns to Lake Whitney, near where she grew up. Her father took her on childhood walks to the waterfall in New Haven to "get her out of the house" to relieve her mother. Those sites continue to captivate her to this day.

After moving to this area, she specialized in the farms and hillocks of the Brandywine Valley, with a few sheep or belted cows included now and then. Her interpretations of the trees, fields, and old stone Revolutionary War era buildings of Valley Forge National Historic Park have produced award-winning paintings.

She has also painted the rich yellow California hillsides near her daughter's home; the splashing surf of the Maine coastline; the craggy rocks of Monhegan Island and the golden dunes of Delaware Seashore State Park.

Painting the lavender fields in Provence; sun-splashed Medieval towns in Tuscany; swirling canals and arched bridges in Bruges and Delft, provided more explorations in color and light.

Mary Lou is a dedicated artist who paints as often as possible, en plein air or in the studio from photographs. She is also dedicated to the field and arts organizations that support artists. She is currently the Diamond State Branch President for the National League of American Pen Women (NLAP), the oldest national organization for women in the arts, founded in 1897.

She is active in the Delaware Foundation for the Visual Arts (DFVA), the Delaware Valley Arts League (DVAL), the Center for Creative Arts (CCArts) in Yorklyn, DE, the Chester County Arts Association, West Chester, PA, the Philadelphia Water Color Society (PWCA), and the Pastel Society of America, New York, N.Y. (PSA). She has received awards from all of these organizations.

So anyone looking to find artist Mary Lou Griffin should search the local landscape for an artist painting en plein air; knock on her Delaware studio door; or look for her in one of the meetings of the arts organizations that are near and dear to her heart.

## SHANATOVATIKA

#### **Selichot**

Saturday Evening, September 1, 2018

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#### **ROSH HASHANAH Erev Rosh Hashanah**

Sunday, September 9 - 7:30 PM

#### Rosh Hashanah Day 1

Monday, September 10 - 9:30 AM Youth Services 11 AM-12:30 PM Grades K-2 / Grades 3-7 Teen Discussion 10 AM-11:15 AM Family Service 4 PM-4:45 PM Tashlich Service 5 PM

#### Rosh Hashanah Day 2

Tuesday, September 11 - 9:30 AM

#### YOM KIPPUR

Kol Nidre / Erev Yom Kippur

Tuesday, September 18 - 7 PM

#### **Yom Kippur**

Wednesday, September 19 - 9:30 AM Youth Services 11 AM-12:30 PM Grades K-2 / Grades 3-7 Teen Discussion 10 AM-11:15 AM Yizkor - 12 PM

Family Service & Afternoon Ne'ilah Service - 5:30 PM Final Shofar blast/Havdallah/Break Fast - 7:30 PM

Childcare is available. Please RSVP no later than September 1 at (302)366-8330.

Rosh Hashanah Day 2 and all family/afternoon services are open to the community. NO tickets required.

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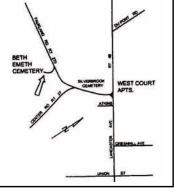
Faulkland Rd. off DuPont Rd.

#### Information

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Night: 302-762-6407



## LIFE CYCLESOBITUARIES

#### **LAURIE SUE COWAN**

Wilmington - Age 66, passed away of Multiple Sclerosis on Friday, July 27, 2018.

Born December 21, 1951 in Englewood, NJ, Laurie received her undergraduate degree in Biology from Washington University, St Louis; MD from NYU Medical School; and Masters in Public Health from Columbia University. She worked over 20 years for the State of Delaware's Division of Public Health and the Kids' Department. Laurie enjoyed reading and "hiking in the deep dark woods." She was a long-time member of Adas Kodesch Shel Emeth in Wilmington DE.

Laurie is survived by Mark Lewittes, devoted husband of 37 years; daughters, Becky Lewittes (Brian Thompson) and Dena Lewittes; parents Ruth and Wally Cowan; brother, Paul Yermi Cowan (Chaya Cowan); sister, Judy Cowan Kogutt (Jeff Kogutt); and many nieces, nephews, great-nieces, and great-nephews.

Contributions in her memory may be made to Hadassah, Magen David Adom, or Heifer International.

#### **HOWARD EDGAR HOFFMAN**

Glen Mills - Howard E. Hoffman, a research scientist at the DuPont Co. for more than three decades who was on the leading edge of drug discovery, and who later taught microbiology, pharmacology and genetics at the Academy of Lifelong Learning of the University of Delaware, died July 18 of cancer at his home in Glen Mills, PA. He was 91.

Dr. Hoffman's career at DuPont focused mainly on pre-clinical pharmacology of new compounds developed by the company. His interests lay in finding drugs that could free mankind from scourges of the common cold, diabetes, cancer, and AIDS.

When he first joined DuPont, Dr. Hoffman worked in the nutrition section, and later held positions in pharmacology, microbiology, drug metabolism, and infectious disease pharmaceuticals and biotechnology, where he was assistant director at the time of his retirement in 1988.

Howard Edgar Hoffman was born Nov. 10, 1926 in the Bronx, NY, the son of Emanuel

Ha'makom yenahem etkhem betokh she'ar avelei tziyonvi'Yerushalayim.



Hoffman, who was in the textiles business, and Blanche Meltzer, a teacher. During the Depression, they moved from New York to California. Dr. Hoffman's father died suddenly when he was 13 years old, and he took on a delivery route for the Los Angeles Times to help support his family.

Dr. Hoffman graduated from University High School in Los Angeles in 1944. He enlisted in the U.S. Army Specialized Training Reserve Program that year, which combined intensive academic work with ROTC training, at Oregon State College, in Corvallis, OR, where he completed a year's college courses.

After the war, Dr. Hoffman earned a bachelor's degree from the University of California at Los Angeles in 1949, and a masters in zoology in 1951. He then went to Stanford University where he earned a doctorate in chemistry in 1956, then moved to Delaware to work for DuPont. He lived first in Newark, and later in Wilmington. He was active in the men's brotherhood at Temple Beth Emeth, Wilmington.

After retirement from DuPont, he began volunteer teaching the sciences at the Academy of Lifelong Learning at the campus in Wilmington, now the Osher Lifelong Learning Institute.

Dr. Hoffman is survived by his wife of 67 years, Beverly Provisor Hoffman of Glen Mills; three children, David Hoffman (Carole), of Potomac, MD, Janet Hoffman Mennies (Richard) of Phoenixville, PA, and Andrew Hoffman (Julie) of Swarthmore, PA; and seven grandchildren. He is also survived by his sister, Joan Levine Eichberg, of San Diego, CA.

In lieu of flowers, the family suggests donations may be may made to one of the following funds: Maris Grove Employee Appreciation Fund; Maris Grove Scholars'

Please send
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of 300 words
or less to
Jaidy@ShalomDel.org

Fund; or, Maris Grove Resident Care Fund at 200 Maris Grove Way, Glen Mills, PA 19342.

#### DR. MANFRED "FRED" KATZ

Wilmington - Age 89 of Wilmington, DE passed away on June 28, 2018 at Heartland Hospice, surrounded by his loving family.

Fred was born on February 16, 1929 in

Jesberg, Germany, a small village in the southern province of Hessen, to Karl and Jettchen Katz. Fred's early childhood in Germany was idyllic until 1933 when Hitler rose to power and instituted anti-Jewish laws that made life increasingly difficult and dangerous for Germany's Jewish citizens. His





MAY GOD CONSOLE YOU AMONG THE OTHER MOURNERS OF ZION AND JERUSALEM

Ha'makom yenahem etkhem betokh she'ar avelei tziyonvi'Yerushalayim.

family attempted multiple escapes starting in 1936 to leave Germany but were denied visas until December 1938, when they successfully immigrated to the United States.

Fred grew up in Stillwater, Oklahoma where he helped run the family farm while finishing elementary school and high school. He went on to attend Oklahoma State University, where he received his bachelor's degree in chemistry in 1950 and his master's degree in organic chemistry in 1951. He later received his PhD in organic chemistry in 1961. Upon graduating from Oklahoma State, he accepted a job as a research chemist for DuPont in Wilmington, DE. He worked for DuPont for 40 years. Fred had an illustrious career at DuPont, where he invented or contributed to

the invention and commercialization of many successful polymer fibers. He held 16 patents and published many scientific journal articles.

Fred truly loved the United States and was honored to serve his adopted country during the Korean Conflict between March 1954 and December 1955.

In addition to his illustrious career, Fred was a devoted family man and together with Barbara delighted in raising four children. Later in life he particularly enjoyed all of his grandchildren. Fred was also a dedicated civic and religious lay leader and volunteer, spending countless hours serving Congregation Beth Emeth of Wilmington in numerous capacities over 67 years as a congregant. He also volunteered regularly for

Jewish Family Services.

Fred will be remembered always as a devoted husband and father, a doting and loving grandfather, and a brilliant and accomplished scientific giant.

Fred is survived by his wife of 53 years, Barbara; his daughter, Anita Katz Peiser (Ross) of Memphis, TN; his sons, Carl (Leah) of Newton, MA and Daniel (Kim) of Freeland, MD; and his daughter-in-law Blythe (wife of his late beloved son, Harold) of Tulsa, OK. Fred was blessed with 11 grandchildren, including Ethan, Matthew, and Stephen (Harold and Blythe); Emma, Helena, Hershel, and Gavriel (Anita and Ross); Sophie (Carl and Leah); Olivia, Haylie, and Eva (Daniel and Kim); and 1 greatgranddaughter, Mia (Matthew and Janelle).

In lieu of flowers, donations can be made in his honor to Congregation Beth Emeth, the Museum of Jewish Heritage in New York City, or Jewish Family Services of Wilmington, DE.



#### LIFE CYCLES **OBITUARIES**

#### RITA KRAFT (NEE WEINSTEIN)

Wilmington - Age 92, passed away Sunday, July 22, 2018.

Born and raised in Wilmington, DE, she was the daughter of the late Jacob and Molly (nee Kronfeld). Rita was a lifelong member of Adas Kodesch Shel Emeth Synagogue. She was a devoted wife and sister; and a loving and caring mother.

Preceded in death by her husband, Jason; and brother, Henry Weinstein; she is survived by her daughter, Denise; and brother, Seymour Weinstein.

In lieu of flowers, the family suggests contributions to the Kutz Home, 704 River Road, Wilmington, DE 19809 or Compassionate Care Hospice, 405 E. Marsh Lane, Suite #4, Newport, DE 19804.

#### **BERTRAM F. LEVIN**

Newark - Age 93, passed away peacefully on July 23, 2018.

He grew up in Chicago, IL, the son of Abraham and Leah Levin. After serving in a US Army Intelligence Training Unit, Bert completed his undergraduate degree at Roosevelt College in Chicago and earned a PhD in economics with a minor in philosophy at the University of Wisconsin, Madison. He was a professor of economics at the University of Delaware from 1964 until he retired in 1991 as Professor Emeritus and was honored with an award in his name, the Bertram Levin Outstanding Student Fund, presented to students who display intellectual curiosity about economics.

Dr. Levin was the devoted husband of Shelly for 69 years; loving father of Susan Nissan (Drew Dubester), Steven Levin, and Nancy Levin (Vincent Ross); and wonderful grandfather of Amit and Roey Nissan.

#### MORE ON NEXT PAGE

Please send obituary submissions of 300 words or less to Jaidy@ShalomDel.org

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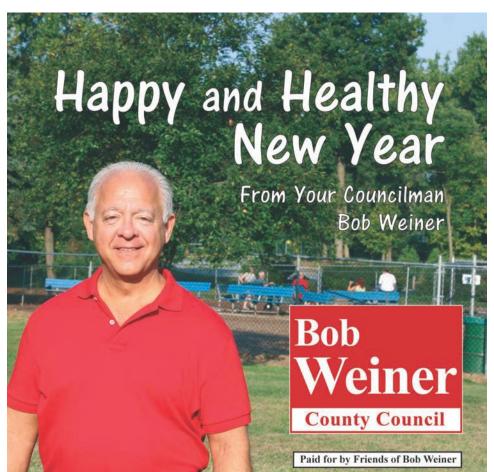


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## LIFE CYCLES

**CONTINUED FROM PAGE 49** 

To honor his memory, in lieu of flowers, the family suggests contributions to Temple Beth El, the Bertram Levin Outstanding Student Fund at the University of Delaware, or a charity of your choice.

#### **DAVID ARTHUR NEWMAN**

Wilmington - Age 69, passed away Saturday, July 21, 2018.

Born and raised in Wilmington, DE, he was the son of the late Isadore and Rose (nee Cohen) Newman. David graduated from P. S. duPont High School in 1967 and the University of Delaware in 1971. He had a 30 year career in Data Processing at Hercules and Wilmington Trust, retiring in 2004.

David is survived by his brother, Edward; close friends, Petchsorn and Krisana Yenbutr.

**MORE ON NEXT PAGE** 





L'Shanah Tovah Best wishes for a happy, healthy, and peaceful New Year

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PAID FOR BY FRIENDS OF KATHY MCGUINESS

#### LIFE CYCLES **OBITUARIES**

#### DR. GERALD FRANK OSTER

Wilmington - Age 75, of Wilmington, DE passed away on Sunday, July 22, 2018 with his family by his side.

Jerry was born in Chicago, IL and was the son of Dr. Jack and Lottie (nee Neustadt) Oster. After earning both undergraduate and graduate degrees from Indiana University, Jerry went on to become the first full time psychologist in the State of Delaware. He started his own practice in 1973 which he operated until 2015. Jerry was known for his congenial personality and love of his family.

He is survived by his wife, Linda (nee Schwartz) Oster; his daughters, Rebecca Ciecka (Chuck) and Jocelyn Oster; son, Jeffery Oster; grandsons, Liam Oster, and Darren Ciecka; granddaughters, Alexis Ciecka and Briella Oster; and brother, Ronald Oster.

In honor of his memory, the family suggests contributions to Temple Beth El.

#### **RUTH RUTSTEIN POSNER**

San Antonio, TX - Age 96, of San Antonio, TX passed away on August 5, 2018.

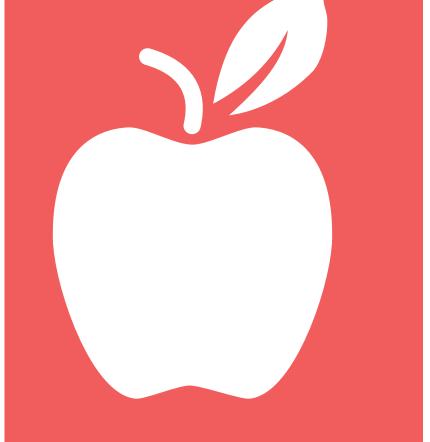
She lived a wonderful, full life; and was blessed with 5 children and their spouses, 16 grandchildren, and 36 great-grandchildren. Ruth will be remembered for the joy and love she brought into the world.

Ruth was preceded in death by her first husband, Irving Rutstein; second husband, Nat Posner; granddaughter, Erica Rutstein; and 3 siblings. She is survived by her children, Larry Rutstein (Ronna), Joel Rutstein (Barbara), Sima Wolfe (Lyle), Hanan Rutstein (Paula), and Debra Zussman (Mel); grandchildren include, Ben, David, and Sarah Zussman.

Memorial contributions may be made to Hadassah, the Southern Poverty Law Center, or a charity of your choice.



Please send obituary submissions of 300 words or less to Jaidy@ShalomDel.org





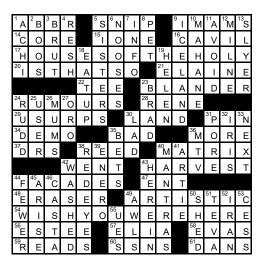
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#### PUZZLE SOLUTIONS

#### FOR THE RECORD

**PUZZLE LOCATED** ON PAGE 42





**PUZZLE LOCATED** ON PAGE 43

#### 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: MACHZOR

OTHER ANSWERS: HOORAH, MARACA, ACHOO, AROMA, ARMOR, CACAO, CAROM, CHARM, COACH, COMMA, MACHO, MACRO, MAMMA, MARCH, MOCHA, ROACH



## COMMUNITY CALENDAR

## **SEPTEMBER**

#### THURSDAY, SEPTEMBER 6 **Dutch Apple Dinner Theatre**

10 AM-5:30 PM Lancaster, PA

Join us for an off-site event as we see Dutch Apple Dinner Theater's production of Swing! COST: \$64/members, \$69/ non-members. Space is limited, so RSVP as soon as possible! For questions, contact Karen Ballard at karenballard@ siegeljcc.org, or call (302) 478-5660.

#### MONDAY and TUESDAY, SEPTEMBER 10 and 11 **Public Shofar Blowing!**

6 PM, 6:30 PM, 7 PM

Chabad Center for Jewish Life

If you were not able to hear the Shofar earlier in the day, it's not too late! Stop by the Chabad Center where somebody will be waiting to blow the Shofar for you!

#### THURSDAY, SEPTEMBER 13 **Shalom Baby and Albert Einstein Academy Present:** Baby Einstein - Music with Mr. Shelley

9:30-10:30 AM

Albert Einstein Academy - Music Room Please join us for Music and Story Time with ECC's Music Teacher, Mr. Royce Shelley.

This NEW Monthly Music Class will meet the SECOND Thursday of each month. This FREE class welcomes little ones (ages 0-3) and their caregivers for stories, music, and fun! (Strollers should enter through the Siegel JCC main entrance.) For more information or to RSVP, please contact Lisa Kornblum, Admissions Director at 302-478-5026 or lisa. kornblum@einsteinday.org

#### **SUNDAY, SEPTEMBER 16 Memorial Services**

1 PM

Alan Schoenberg Building **Jewish Community Cemetery** 

The community is invited to memorial services co-led by Adas Kodesch Shel Emeth and Congregation Beth Shalom in the Alan Schoenberg Building. It is traditional to visit the graves of departed family members at this time of spiritual soul-searching and renewal.

Visit the Jewish Federation of Delaware website at ShalomDelaware.org for a full, up-to-date listing of community events.

#### MONDAY, SEPTEMBER 17 Candidates Forum 2018

7 PM

Siegel JCC Auditorium
Sponsored by the JCRC of the Jewish
Federation of Delaware and Delaware
Hadassah. Doors open at 6:30 PM. Free and
open to the public. Refreshments will be
served. Participants will include candidates
for: U.S. Senator, U.S. Representative
in Congress, Attorney General, State
Treasurer, and Auditor of Accounts. For
more information, please contact Rabbi
Ellen Bernhardt, JCRC Director, at the Jewish
Federation of Delaware (302) 427-2100 x830.

#### FRIDAY, SEPTEMBER 21 Biden Cancer Community Summit

12–5 PM Siegel JCC

The day will focus on the latest breakthroughs in cancer treatment and what's on the horizon, how to navigate our healthcare system, and what support resources are available for patients, caregivers and survivors. This event is free and open to the community, but registration is required: https://tinyurl.com/bccsde. For questions, email annasaul@siegeljcc.org.

#### SUNDAY, SEPTEMBER 23 Shalom Baby Sukkah Decorating

11 AM-12 PM

Siegel JCC Courtyard

Come learn about Sukkot through stories and play, help us decorate our Sukkah and make a *lulav* and *etrog* to take home with Einstein's Art Teacher. All Ages Welcome! For more information or to RSVP, please contact Lisa Kornblum, Admissions Director at 302-478-5026 or lisa. kornblum@einsteinday.org.

#### SUNDAY, SEPTEMBER 23 Dinner Under the Stars:

#### **Annual Community Sukkot Dinner**

7:20 PM -- Dinner following 7 PM Services Chabad Center for Jewish Life Come experience the beauty of the festive Sukkot holiday as we join together and relive this special festival as a community. Be sure to come equipped with your souls and empty bellies as we will be serving a delicious, full-course meal. This promises to be a night that will not soon be forgotten! Once the Sukkah fills up, we must close registration so be sure to register right away! \$18/Adult \$10/Child (Under 11) \$60/Family Maximum \$120/Sponsor. For more information and to register, please visit www.ChabadDE. com/register. Please register NO LATER THAN Monday, September 17.

## WEDNESDAY, SEPTEMBER 26 Pizza in the Hut and Simcha in the Sukkah!

5 PM-7 PM

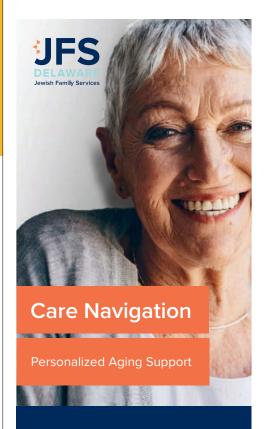
Chabad Center for Jewish Life
The community is invited to the most
joyous Sukkot celebration with delicious
pizza, music, unbeatable Chabad spirit and
song, and kids Holiday crafts. If you play an
instrument, bring it and add to the joy of
the evening! Free Admission. Food will be
sold. RSVP Requested. To register or for
more information, please visit ChabadDE.
com/register or call (302) 529-9900.

#### THURSDAY, SEPTEMBER 27 CTeen Kickoff and Sukkah Party for Teens

6-8 PM

The Flikshtein Sukkah CTeen is ready to blow the roof off (hopefully not literally) at this year's kickoff event in a Sukkah! Check out what all of the CTeen hype is about with other Jewish teens from all over the community. CTeen is a comfortable, fun and motivational environment for teens from all different backgrounds, affiliations and levels of knowledge and observance. Don't miss this unique opportunity to do a Mitzvah in a real Sukkah-mobile! 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.

#### **MORE ON NEXT PAGE**



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# THE GOOD NEWS THE BAD NEWS

If you have not made a gift to the Annual Campaign and wish to receive *j-VOICE Monthly*, you will have to subscribe or make a gift of \$36.

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## **COMMUNITY CALENDAR**

Visit the Jewish Federation of Delaware website at ShalomDelaware.org for a full, up-to-date listing of community events.

#### FRIDAY, SEPTEMBER 28 Shabbat in the Sukkah

Siegel JCC Courtyard

Enjoy the start of the new school year, and join us as the Jewish holidays continue. Join other families in the Courtyard for a Shabbat service and delicious dinner to celebrate the holiday of Sukkot. All families welcome! Space is limited, and RSVP's are a must! Cost: FREE For questions, contact Beth Ann Short at bethannshort@siegeljcc.org.

#### MONDAY, OCTOBER 1 Simchat Torah Celebration

7:40 PM

Chabad Center for Jewish Life
Experience the most joyous night of the year
as we dance with the Torahs and celebrate
our Jewish pride. There will be an exciting and
memorable children's program, which your
kids will remember for years to come!
Price: FREE To register, please visit ChabadDE.
com/register.

#### MONDAY, OCTOBER 1 Simchat Torah Party for Teens

7:30 PM

Chabad Center for Jewish Life
Ever think that teens could have a blast at a
Simchat Torah party? Well here is their chance
to see how amazing Simchat Torah really is.
This program is exclusive to teens who like to
have a blast. Price: FREE. To register, please
visit: ChabadDE.com/register.

#### TUESDAY, OCTOBER 2 Simchat Torah Celebration

10 AM -- Services Begin

11 AM -- Deli Kiddush

12 PM -- Children's Program

12:15 PM -- Dancing with the Torah

Chabad Center for Jewish Life

Experience the most joyous day of the year as we dance with the Torahs and celebrate our Jewish pride! Price: FREE. To register, please visit ChabadDE.com/register.

#### THURSDAY, OCTOBER 4 Campaign Opening Event and Celebration

7 PM-9 PM

Siegel JCC Auditorium

Let's get this Campaign started! Open to all community members. Featuring guest speaker Charlie Harary: Host of "The Charlie Harary Show," Motivational Speaker and best-selling author of Unlocking Greatness. Cost: \$18, includes snacks/dessert and coffee. Register online at ShalomDelaware.org/Charlie or call (302)427-2100.

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# **BULKING UP**FOR THE JEWISH HOLIDAYS

By David Udoff j-VOICE Committee Member

Before the flurry of the High Holy Days begins, I'd just like to say to you all, while I'm still rested and relaxed, Happy New Year!

Are you ready to party like it's 5779?

To be honest, I'm not. Not yet anyway.

As I sit here writing this, it's the beginning of August, and the middle of summer, and I am in bliss mode. The house is quiet.

This of course shall pass, as I begin to think about the start of the school year and all of the activities associated with the year outside of summer, from September until next June.

One notable thing about summer is that it's a time when our family is faced with little to do that is, really, well... Jewish. With the exception of summer camp for my daughter, and an expanded schedule of Shabbat services at Seaside Community, the break from having to get up early on Sundays to teach religious school, coupled with the dearth of Jewish holidays in the summer makes for a relaxing time of year—well, at least until the end of July.

But come August, I know I have to consider what's coming up towards the end of the month and in September. (And I have all the supermarkets and department stores to thank for that, with their surplus of back-to-school sales and displays).

And then: Enter the High Holy Days.

If the first day of school and the start of football season represent the surest signs of Fall for most Americans, Rosh Hashanah and Yom Kippur, more than anything else, are the days where we, the Jewish people, really know that Autumn is here, or is at least about to begin, depending on which day of the Lunar calendar these holidays fall. This year it's September 10 and 19, respectively, so, close enough. But even if it ends up being 80 or 90 degrees on those days, I know that the reality of having to don one of my rarely worn suits for services on those mornings, after those three blissful months I just spent lounging around in t-shirts and shorts, will hit me like a ton of bricks.

Throw in Sukkot and then Simchat Torah just five and thirteen days later, respectively, and then you know you're on a full-blown schedule of Jewish holidays, leaving you to wonder just where the summer went. And please, don't even get me started on Hanukkah yet!

Yes, we are a festive people, but with all this *mishegas* during the non-summer months, sometimes I wonder if we're more restive than festive.

Ahh, well, that's okay. Despite the joyful chaos which ensues during this time, the Jewish holidays also provide us a space to pause and reflect on the year, and connect with our families and to the heritage of our people. I am proud to say that my congregation values the contributions I've made in its various endeavors since I joined it five years ago, and still welcomes my efforts, which I offer wholeheartedly during the High Holy Day season, and throughout the year.

Speaking of which, if you'll excuse me, I need to go do some pushups or otherwise bulk up, because there's a decent chance that I will be asked to carry the Torah again during services.

And that's a lot harder than it looks.

L'Shanah Tovah!

## WEGROW SIRONGER

Every day of every year, Jewish Federation of Delaware works with local, national, and international agencies to transform lives and deliver hope, dignity, and comfort to people in Delaware and the Brandywine Valley, in Israel and around the world.

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## CAMPAIGN OPENING EVENT

THURSDAY, OCTOBER 4, 2018
7-9 PM | SIEGEL JCC AUDITORIUM
WILMINGTON, DELAWARE

**EVENT CHAIR: HEDY MINTZ** 

**COST: \$18** Includes light snacks/desserts and coffee (all dietary laws observed)

#### **REGISTER BY SEPTEMBER 28TH**

ShalomDelaware.org/Charlie or call (302)427-2100



You will have the opportunity to make your 2019 Campaign Pledge at this event.

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