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*L'Shanah Tovah
Tikateivu!*



Cover Art by Jackie Olenick
(see About the Cover on p. IN 3)

Simcha Announcements

Mazel Tov to...

Farid and Rahkel Farahan on a new grandson, **Solomon Asher** (below), son of **Menashe** and **Cassie Farahan**, born July 22, 2020. He weighed 7 lbs. 9 oz. and was 20 inches long. He has an older sister.



Rabbi Jennifer Gubitz (below), daughter of **Jeff and Charlene Schwartz Gubitz** of New Orleans, married **Matan BenYishay**, son of **Adi and Iris BenYishay** and the late **Ayala BenYishay** of Levittown, Pa., on July 26, 2020, in Boston. Jen is the granddaughter of the late **Morris and Caroline Schwartz** of Indianapolis, niece of **Alan Schwartz** and the late **Judy Schwartz** of Indianapolis and **Richard Gubitz** of Crown Point, Ind. Her paternal grandparents were the late **Charles and Betty Gubitz**, formerly of Evansville, Ind.



Raised in Fort Wayne by parents who grew up in Hammond and Indianapolis, Jen is a Hoosier through and through. She was a long time camper, song leader and educator at URJ-Goldman Union Camp in Zionsville and is a graduate of Indiana Universities' Borns Jewish Studies Program in 2005. She was ordained from Hebrew Union College - Jewish Institute of Religion's New York campus in 2012 and

has been serving as a rabbi in the Boston area since 2012, currently at Temple Israel of Boston.

Matan is the Director of Program Evaluation at Pine Street Inn, a provider of housing, shelter and job training to the homeless in Boston. He was born in Israel, grandson to founders of Kibbutz Gesher, graduated from Wesleyan University and received a Master of Public Policy from Brandeis.

They met on JDate in 2017 when Jen responded to Matan's message because his profile name was TzedekNerd (*Tzedek* means justice in Hebrew.) Jen has ensured that Matan visited Bloomington, GUCI, Shapiro's Deli (ok, the airport kiosk) where Zayde Morris was a regular, and Nick's English Hut, her favorite spot in Bloomington. After a Covid-19 delay, they celebrated with a micro wedding with 15 people present, masked and physically distanced with all other loved ones joining on Zoom.

Tehilla Chana and Avrohom Sender Cohen on the birth of their son, **Menache Yehoshua Leib** (below), on July 29, 2020 in Buffalo, N.Y. Maternal grandparents are **Yechezkel and Rachel Gold** of Jerusalem and paternal grandparents are **Rabbi Benzion and Malka Cohen** of K'far Chabad, Israel. Menache has seven older siblings, and is the great-grandson of the *JPO* founder, the late **Gabriel Cohen**.



Yaakov Meir and Moriah Borinstein, on the birth of their daughter, **Tova** (below), on September 2, 2020. She is the



granddaughter of **Shlomo (Scott) and Michelle Borinstein** of Jerusalem, and great-granddaughter of **Helen Goldstein** of Indianapolis (her 15th great-grandchild). Her maternal grandparents are **Rabbi Yehonason and Mrs. Berger** of Israel, and maternal great-grandparents are **Dr. and Mrs. Basil Friedman** of Jerusalem, **Mrs. Hadassah Berger** and **Mr. and Mrs. Amran Edri** of Israel.

Daniel Lande (below), son of **Philip Howard Lande** and the late **Julie Brooks** and grandson of **Ann Lande**, on his engagement to **Channah Kimmelman**. She was born in El Paso and moved to San Antonio where they met at the Alamo. Now they both reside in Houston.



Asher Schwartz (center, below), son of **Shelley Schwartz** and the late **Drew Schwartz**, in honor of him becoming a *Bar Mitzvah*. Asher read the *Torah* on *Parasha Re'eh* on Aug. 15th at Congregation B'nai Torah in Indianapolis, Ind. (See his speech on page IN 12.)



Matanya Goldstein (below), son of **Rabbi Ovadyah and Sarah Goldstein**, in



(see Mazel Tov, page IN 5)

Editorial

Many great places to pray in the San Francisco Bay Area were available, but my choice for High Holy Day services when I lived there from 1986–1993 was always the Aquarian *Minyan*. Jews came from all over Northern California, driving up to three hours each way, in order to experience these unique services.

Guided meditations and exercises were offered to help the congregants achieve the important task of self-reflection and examination, *chesbon hanefesh*. Jews came eager to learn more about themselves in order to make needed changes to improve their lives. Plenty of music with singing, hand held instruments like tambourines, and drums were part of the services. People came dressed in all kinds of comfortable clothing with colorful *tallitot*.

The services were different from one year to the next partly because at least a dozen different people were leading different parts of the service. A few of the same leaders came back every year, but also each year new ones offered their talents.

I will be describing a service that took place approximately 1989 when the services were held at the Masonic Temple off of Solano Avenue in Berkeley. As part of the service that year were two guided meditations, which I still remember. One was led by Reuven Goldfarb, and the other by his wife, Yehudit Goldfarb.

It was many years ago, so it may not have been exactly as it was, but how I remember it. In the first one led by Reuven, he asked everyone to close his or her eyes and think back over the four seasons of the past year. We were to begin with *Shavuot*, then go back to *Pesach*, then *Chanukah*, and lastly the High Holy Days of the previous year. For each season, we were to ask ourselves questions such as the following:

Did I leave unfinished business with a co-worker, boss, or employee, close family, friend, or acquaintance? Were disagreements left unsettled? Did I intentionally or unintentionally hurt anyone? Did I plan to apologize and never get around to it?

Then he asked us to go back to *Rosh Hashanah* five years before that. Who were our friends? Where did we attend services? What job did we have? Where were we living? What were our goals then? Did we accomplish them, or are we still striving to do so, or have we changed our direction and chosen different goals all together?

He then said to think back ten years and ask ourselves the same questions. The next stop was twenty years back. It is never too late to make amends. If a memory of an unresolved misunderstanding surfaced,

About the Cover

“Shomerit Yisrael – Guardian of Israel”

By Jackie Olenick



J. Olenick

As always, we hold the blessing for peace deeply in our hearts. This painting was inspired by a trip my son and grandson made to Israel. A dream inspired this illumination revealing that from the *shofar* blast and from the hearts and souls of all women and all people, we will call for peace. Many blessings that this New Year bring peace, bring a healthy world and bring us loving hearts. It is available as a fine art matted and framed print and can be found on my website.

I create joyful and contemporary images in several mediums. I’ve designed a line of Judaica spiritually infused jewelry, including “*Shema V’Ahavta*” and “*Ana B’Koach*” amulets. My work can be found and purchased on my website: www.jackieolenickart.com. ✨



Reuven and Yehudit Goldfarb. (undated)

one could later try to locate the person involved and say, “I forgive you,” or “Will you please forgive me?”

Finally, Reuven asked us to pretend it was *Rosh Hashanah* ten years in the future. He told us to imagine ourselves ten years older and wiser. How would we look then? What goals would we have accomplished? What advice could this more experienced “self” offer to us today?

This was the best part of the meditation for me because the advice that came to me was that things will work out and I need to stop worrying so much. This left me feeling more peaceful and relaxed.

In the second exercise led by Yehudit, she asked everyone to close their eyes and think about three goals that we wanted to accomplish this year. We were given a couple of minutes and then were told to now imagine that money was no object. Would our goals change or remain the same? Finally we were asked to imagine

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Simchas Welcome! Had a recent joyous occasion in your family or Jewish organization? *The Jewish Post & Opinion – IN Edition* welcomes your announcements for placement in our *Simcha* section (see page 2). Submit photos and text to: jpostopinion@gmail.com. **Next Deadline: Sept. 28, 2020.** All decisions on publishing, date of placement, size of photo, and length of announcement are at the sole discretion of the publisher.

that we had only six months to live. What three goals would we pursue in that case? After a few minutes, she asked us to open our eyes.

Then she told us to look to the person sitting to our left and our right and form groups of three. She said this part of the exercise was optional, but almost everyone participated. She then explained each (see Editorial, page IN 5)

Chassidic Rabbi

BY RABBI BENZION COHEN

B.H.

Better Life and Marriage

I am happy to inform you that my life is doing better. My dear wife married me almost 47 years ago, when I was 23 and she was 19. Marriage is not always easy and many couples face difficulties from time to time. However, both of us are strongly committed to make this marriage successful. The *Torah* teaches how important a good marriage is and how to achieve it.

The first step is to live a life of *Torah* and *Mitzvahs*. How can I live a good and happy life? Only if I follow the rules that G-d gave us in the *Torah*. He created us and He and only He can tell us what to believe and how to behave.

This has been my personal experience. I grew up with very little *Torah* education. At that time all that was available where we lived was a few hours a week at Sunday school until the age of 13. I knew very little about G-d and how He wanted me to live. Did I have a good and happy life? Not in High School. I did not enjoy

learning English grammar and many of the other subjects they made me learn. There I suffered a lot from jealousy and frustration. I was jealous of this guy who had a car, or whoever had a motorcycle or a pretty girl friend or was popular or belonged to the country club etc.

Thank G-d things improved in college. I tried doing yoga and living a more spiritual life. I started to feel happier and believe in G-d. A year later I came in touch with Jewish spirituality and started to pray three times a day, learn *Torah* and keep *Shabbos* (the Sabbath). Two months later I spent a wonderful *Shabbos* in a *Chabad Lubavitch Chassidic* community. A month later I visited one of the *Chabad yeshivas*. They had a special program for beginners and I really enjoyed it. After one week I decided to drop out of college and stay.

I greatly enjoyed learning *Torah*, especially the deep, inner, *Chassidic* explanations of everything in the *Torah* and everything in life. (If you have never learned this, I highly recommend that you give it a try. You have a whole lot to gain. Get in touch with your local *Chabad* house or *Chabad* on the internet.)

In *Chabad* I finally found happiness and a good life. I learned that happiness comes from coming closer to G-d and doing good deeds. Go out and help someone. Cheer someone up. They will be happier and so will you.

Another wonderful thing I found in *Chabad* is true love. I remember that in High School I felt very little love, even for my siblings. In those days I only knew about my body. Our bodies are separated one from another, and this causes us to feel separation. Therefore I cared mostly just about myself, my body and physical pleasures. Now I know about my soul. All of our souls are united. They all come from the same source, the living G-d. Today my soul is my first priority, so I feel a connection and love for all of the other souls that I come in contact with. This is true love. It can last forever.

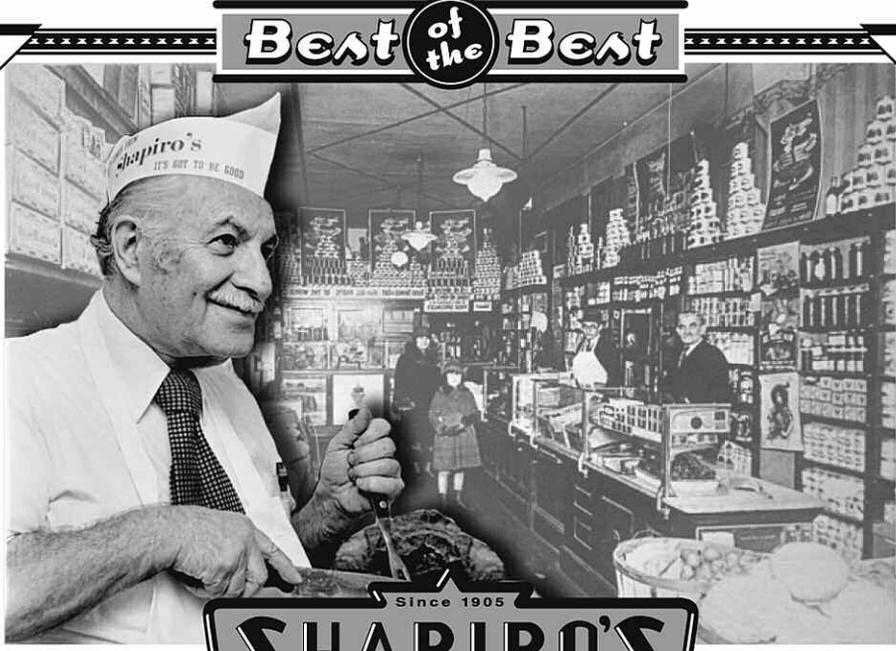
Now we can understand how a life of *Torah* and *Mitzvahs* is a basis for a successful marriage. If two people marry each one thinking about the benefits this will bring them, their chances of success are small. They may enjoy a year or two years or even ten years of happy marriage, but eventually they will stop loving each other. Why? Their love was based on the pleasure they were getting. When they stop getting the pleasure, the love dies. Only true love can last forever.

Do you want a good and happy life? A good and happy marriage? Live a life of *Torah* and *Mitzvahs*. Is this hard to believe? Do some investigation. In our community, we have a lot of happy people, and very few divorces. And every *Mitzvah*, every good deed, makes our world that much better.

We are now living in special times. Because of Covid many people spend more time at home and have more free time. Let us all use this free time to learn *Torah* and do *Mitzvahs*. If someone needs help, help them. If someone needs to cheer up, give them a call and cheer them up. Soon all of our good deeds, together with all of the good deeds of past generations will add up and we will reach our destination, our complete and final redemption. Then all of us will be healthy and live forever! We want *Moshiach* Now!

We wish everyone to be inscribed and sealed to have a good year. If you know anyone who might benefit from reading this, please pass it onto them.

Rabbi Benzion Cohen lives in K'far Chabad, Israel. He can be reached by email at bzioncohen770@gmail.com. ✨



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Karis Hatov – Appreciating Service Provided by Our Local Police

Police officers from the IMPD North District enjoyed a special treat of *kosher* pizzas baked by the JCC café! Volunteers from Congregation B'nai Torah organized the drop off to show appreciation for the North District's service to the Indianapolis Jewish Community! "They were genuinely touched," said Rick Bentley, one of the

organizers! "It was amazing how so many generously contributed *tzedakah* to this cause when we announced it at *shul*," he added.

The North District protects many Jewish institutions, including the Hasten Hebrew Academy, the Jewish Federation campus, in addition to Congregations B'nai Torah, Etz Chaim, Beth-El Zedeck, and Indianapolis Hebrew Congregation.

A special thanks to Jody Elder, the North District administrator who coordinated the events and Christine Woodward, the JCC café manager who baked the delicious pizzas! ✨



(L-R) Patrol Officer Sedam, Rick Bentley, Rabbi Yisroel Gettinger and Captain Paul Cieselski.



Rick Bentley (left of podium) and the Yari family including (L-R) Roy, Coby, Mia, Shoshi and Boaz after delivering pizza to the IMPD North District officers.



*Synagogue Softball League of Indianapolis
Champions - 2020*

Softball team from Congregation Shaarey Tefilla (Carmel, Ind.) wins this summer's Synagogue Softball League championship. (L to R) Scott KamelHair, Jack Cotlar, Aaron Pitzele, David Heilbron, Eric Galante, Josh Stegner, Levi Snow, Josh Shneyderov, Jason Kirschtel, Matt Shipley, Joel Godett, Ethan Cohen, Sebastian Feldman, and Benjy Ekhaus. (Photo by Jack Cotlar, using a remote trigger.)

MAZEL TOV

(continued from page IN 2)

honor of him becoming a *Bar Mitzvah* on Aug 20, 2020. He read the *Torah* at *Rosh Chodesh Elul* Services at Congregation B'nai Torah in Indianapolis, Ind.

Ari Herold (below), son of **Debora and Bradley Herold**, grandson of **Rabbis Dennis and Sandy Eisenberg Sasso, Cidnie Herold** and the late **Arthur Herold**, on becoming a *Bar Mitzvah* on Aug. 29, 2020 at Beth-El Zedeck in Indianapolis, Ind. (Photo by Limelight Photography. See speeches to Ari given by Rabbis Sandy and Dennis on pages IN 10 & 11.) ✨



EDITORIAL

(continued from page IN 3)

person in the group would have a couple of minutes to express one or more of his or her goals to the other two in the group. After a few minutes of discussion time, she asked us to go back to our seats. Then she asked if anyone wanted to share what they learned from the exercise with the entire congregation, and a few did.

The following June I traveled to Israel. I had been in school and barely making ends meet, but it had been one of my three goals above. My friends could not believe I was able to go with no financial help from any relatives or friends. How I did that is a story for another time. Suffice it to say, now that when one puts something at the top of their list and shares it with at least two others, it is amazing what one can accomplish.

(This story can be read in a booklet, *Timeless Jewish Teachings* from the San Francisco Bay Area 1987–1993 available later this year. Also included are stories and interviews with Edward Hoffman, Daniel Matt and Rabbis Amy Eilberg, Hanan Sills, David Zeller and others.)

L'Shana Tovah U'metukah!
Jennie Cohen, September 9, 2020 ✨



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LIFE & LEGACY® Initiative Provides Local Future Jewish Financial Stability

INDIANAPOLIS — Around 400 local donors have made more than 700 legacy commitments to support the Greater Indianapolis Jewish community. These commitments are part of a collaborative endowment-building effort that includes 13 Jewish organizations and congregations, the Jewish Federation's and the Harold Grinspoon Foundation's LIFE & LEGACY initiative, the goal of which is to provide future financial stability. The initiative just topped \$1 Billion in Commitments including \$32 million in Indianapolis.

"It is the dedication of our community members who recognize the importance of creating a legacy for generations to come that is the cornerstone of the great success of LIFE & LEGACY in Indianapolis," said Paula Glanzman Goldberg, Director of Legacy Development for the Jewish Federation of Greater Indianapolis. "The strength and vibrancy of this Jewish community currently stands on the shoulders of those who came before us. These new legacy donors are leading the way to ensure that their values live on for the future of our Jewish community."



In less than 8 years, LIFE & LEGACY has motivated more than 17,000 donors in 63 communities across North America, including Indianapolis, to commit more than one billion dollars in current and after-lifetime assets to the Jewish organizations which shaped their lives. In challenging times like these, endowments provide organizations with the financial stability to

(see Life & Legacy, page IN 7)

Jewish Educator



BY AMY HIRSHBERG LEDERMAN

Gratitude: An Antidote to Emotional Distancing

Since March of this year, we have been forced to reassess and restructure how we think about and interact with the world. From empty calendars and stockpiled closets to work, family and social lives that resemble nothing like we have ever known, we bear witness to living in a Covid world.

For most of us, the rapid and intense paradigm shift from frenetic socialization to quarantining and isolating has been difficult and stressful. To protect ourselves, our families and our communities from the devastation that the virus can cause, we have been strongly urged, even required in some states, to “socially distance”—to stay at home as much as possible and to mask up and stay six to ten feet apart while outdoors.

(see Lederman, page IN 8)

LIFE & LEGACY

(continued from page IN 6)

meet evolving needs. Legacy commitments ensure that organizations that are providing impactful programs and services during both calm and turbulent times have the necessary resources to adapt.

“The cooperation and collaboration fostered by LIFE & LEGACY as local organizations work to a shared goal of endowment building is especially critical now,” said Arlene D. Schiff, national director, LIFE & LEGACY. “Even in the midst of so much disruption and uncertainty, we continue to empower many generous and committed individuals and families to give back to the Jewish organizations that have played and are playing an important role in their lives.”

The commitments made by Indianapolis’ legacy donors are just the beginning of a community-wide effort to ensure a bright Jewish future. To learn more about the Indianapolis L&L program and our local participating organizations, please visit www.jewishindianapolis.org/life-legacy.

“Providing Jewish organizations with a strategy to help secure their long-term financial goals is absolutely vital, especially now in the middle of an economic crisis,” said Harold Grinspoon, founder of HGF.

“Supporting our Jewish institutions is critical to ensuring future generations are able to enjoy our rich culture and heritage. I am thrilled that LIFE & LEGACY is motivating donors to make legacy commitments that will sustain vibrant Jewish communities for years to come.”

To learn how you can be part of securing Indianapolis’ Jewish future, call Paula Glanzman Goldberg, Director of Legacy Development, at (317) 726-5450 or visit www.jewishindianapolis.org/life-legacy.

The mission of the Jewish Federation of Greater Indianapolis is to promote the vision of a vibrant, engaged, inclusive, and sustainable Jewish community by serving as its central philanthropic, planning, community engagement, and unifying partner.

LIFE & LEGACY is an initiative of the Harold Grinspoon Foundation (HGF) that assists communities across North America, through partnerships with Jewish Federations and Foundations, to promote after-lifetime giving to build endowments that will sustain valued organizations and vibrant Jewish communities for the next generation and beyond. Through training, support, and monetary incentives, LIFE & LEGACY motivates Jewish organizations to secure legacy gifts, steward donors, and integrate legacy giving into the philanthropic culture of the Jewish community. ✨

ETZ CHAIM SEPHARDIC CONGREGATION

B”H

*Shana Tova
Tizku leshanim rabbot*

**Best wishes, good health and happiness to the entire
Community for the coming year!**



LEDERMAN

(continued from page IN 7)

I am grateful for the communities, local leaders and governors who have taken measures to protect where our national leadership has failed. I am also grateful for the continuing, heroic medical efforts that guide us through this time of great uncertainty. But I am also saddened to see the emotional fallout from what constitutes our 'best practices' to minimize the risk of getting Covid.

Social distancing, while mandated and necessary, is a double edged sword. True, it can help us stay safe and healthy, but it can also make us feel unsafe with others

and cause unhealthy emotional responses.

I know this first hand as it recently happened to me at the grocery store during one of their "Seniors only" hours. Usually one to smile and chat up the check-out person, I cast my eyes downward, limiting not only contact but conversation. Then I swiftly dodged the two other people in line and raced to the finish line – the designated Exit Only sign.

I sat in my car in the parking lot, emotionally wiped from the experience. "What is happening to me?"

I'm left to wonder: Is there a way to work through this without compromising physical and emotional health – mine and others?

Perhaps it's overly simplistic but I think the answer may lie in a single word: gratitude. Cultivating and particularly *expressing* gratitude may be a game changer in the arena of social distancing.

In Hebrew, the term for gratitude is *hakarat ha tov* which translates to 'feeling thankful for another person's act of kindness.' So, consider this: Wearing a mask in public and physically distancing from others indicates that people CARE. They care about me, about you, about not transmitting what they may have more than they do about their physical discomfort in wearing a mask – especially in Arizona where summer temperatures are often well above 100 degrees!

I feel grateful for this kindness, for the caring others show me. So my resolve from now on is to thank people, as much and as often as possible, for masking, for honoring physical distancing and for doing the hard work of living in community and acting responsibly. We may not be able to see each other's smile behind a mask, but a grateful word and smiling eyes will more than do the trick.

Many highly regarded doctors, psychologists and health organizations have also promoted replacing the term 'social distancing' with 'physical distancing' to describe our responsibility to one another during the pandemic. While the actual recommendations remain the same, a change in messaging may do much to increase our ability to sustain a healthier emotional attitude.

We are all aware that we can't forgo human contact indefinitely; increasing and fostering social connectivity and interdependence in a healthy and safe manner is necessary for the long term. Outdoor visits should be encouraged, appropriately distanced dining, hiking, biking, walking, yoga, swimming are still possible. And although many of us may already feel "zoomed out," there is something truly astonishing in our ability to now gather together – as a family, group, book club or professional group and share time and ideas, rather than space, with one another.

In acknowledging feelings of gratitude, we do ourselves a great service. We stop, if only for a moment, and let go of the feelings of loss, anger, grief and frustration that we may be carrying because of Covid. And in that moment of feeling thankful, we affirm what is good in life.

Amy Hirshberg Lederman is an author, Jewish educator, public speaker and attorney who lives in Tucson. Her columns in the AJP have won awards from the American Jewish Press Association, the Arizona Newspapers Association and the Arizona Press Club for excellence in commentary. Visit her website at amyhirshberglederman.com. ✨

Best wishes for a sweet New Year!

Congregation Beth-El Zedeck

Rabbis Dennis & Sandy Sasso

Rabbi Jenni Greenspan

Cantor Melissa Cohen

Dan Fox, President



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Selihot Evening

Saturday, September 12, 7:30 p.m. via Zoom

Toast to the New Year: The Year That Was and The Year Ahead

Conversation with *Janet Allen, Dr. Aaron Carroll and Detra Mills,*
moderated by *Rabbi Dennis Sasso.*

Services will begin at 8:45 p.m. via Livestream

Yom Kippur Afternoon Conversation

Monday, September 28, 5:00 p.m. via Zoom

Rabbi Sandy Sasso presenting Jonah in Quarantine: A Whale of a Story

*Rabbi Sandy helps us fish for comparisons from the Story of Jonah
and our time spent in quarantine.*

What can we learn from being "stuck in the big fish?"

The Origins of Creativity:

Channeling Creativity Under Constraints

Monday, November 9, 7:00 p.m. via Zoom

**Featured speakers include: Dr. Lawrence Einhorn, Joanna Taft and
Rabbi Dennis Sasso, moderated by Rabbi Sandy Sasso.**

Special presentations by: Dr. Kathryn Nevel, Dr. Adam Henze and George Kelley
Inspired by the work of E.O. Wilson, a gathering of panelists representing science, the arts and religion will discuss how their respective communities have innovated under the constraints of the current pandemic as well as other challenging moments. Local artists and poets will also guide and encourage at-home participants in their own creative endeavors!

A Spirit & Place Festival Event

My Kosher Kitchen



BY SYBIL KAPLAN

High Holiday Desserts

To a sweet New Year, add these High Holiday desserts to your table. This first one was in my recipes files, but I have made changes and I do not know the source.

Two Layer Apple & Honey Cake

2 cups flour
3/4 cup sugar
2 tsp. baking soda
1 tsp. salt
2 tsp. ground cinnamon
1/4 tsp. ground cloves
1/8 tsp. ground nutmeg
3/4 cup vegetable oil
2 large eggs
1/3 cup *parve* milk
1/2 cup honey
1-1/2 tsp. vanilla extract
3 cups coarsely grated apples

Tofu cream cheese frosting

16 ounces Tofu cream cheese

1/2 cup unsalted *pareve* margarine
1 cup confectioners' sugar
2 tsp. vanilla extract
1 tsp. grated orange peel
1/2 cup honey

Cake: Preheat oven to 325°F. Prepare two 9-inch cake pans. In a large bowl, whisk flour, sugar, baking soda, salt and spices. Form well in the center. Add oil, eggs, milk, honey and vanilla. Whisk until moistened. Fold in apples. Spoon half into each baking pan. Bake in oven about 45 minutes or until a tester inserted into the center comes out clean. Cool.

Frosting: Beat cream cheese and margarine in a bowl until fluffy. Add sugar, vanilla and orange peel. Add honey and beat until smooth. Chill. Place 1 cake flat side up on a serving dish. Spread with 1 cup frosting. Top with second layer, flat side down. Spread remaining frosting on top and sides of cake.

My Grandma Sade's Teiglach

My Grandmother was born in New Jersey, although her mother came to the States as a young girl from Russia, so she probably learned this Eastern European dish from her mother. *Teiglach* means "little dough pieces" and was originally for family celebrations and various holidays.

Today, it is made primarily for *Rosh Hashanah* as a symbol for the sweet new year. My favorite reference book for any food is *Encyclopedia of Jewish Food* by Gil Marks, z"l; he wrote that *teiglach* were brought to the United States by Eastern Europeans in the early 1900s, although nuts were not part of the recipe in the "old country."

2-1/2 cups flour
1 tsp. baking powder
4 Tbsp. oil
4 eggs
1/8 tsp. salt
3/4 cup brown sugar
1-1/3 cups honey
1 tsp. ground ginger
1/2 tsp. ground nutmeg
1 cup finely chopped pecans

In a mixing bowl, combine flour, baking powder, oil, eggs and salt. Stir until a dough is formed. In a saucepan, boil sugar, honey, ginger and nutmeg for 15 minutes. Wet a board with cold water. Pinch pieces of dough and drop them into the boiling honey mixture. Cook until very thick. Add nuts and stir. Pour honeyed pieces onto the wet board and cool slightly. With wet hands, shape dough into 2-inch balls or squares. Let cool. Store in an airtight container.

Sybil Kaplan, see bio page IN 20. ✪



Shana Tova

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Unstuck



BY RABBI SANDY EISENBERG SASSO

A Meditation for the Shabbat Evening Service of Ari Joseph Herold, my grandson, becoming Bar Mitzvah, August 28, 2020.

Ari, at the beginning of this pandemic, you wrote a poem entitled, "Stuck". It said: "Being stuck at home is like being stuck in molasses. //It's sweet, but sticky. //You can go for a walk, //but you go nowhere.

This week's portion is *Ki Tetzei*, meaning, "when you go out". I was thinking of those opening words and your poem. During these last months we have gone out, but we haven't gone very far.

Since March, I calculated how many miles I have walked. If I had not been walking in circles, I could now be in my hometown of Philadelphia! But here I am just exactly where I started. I am guessing most of us are in the same situation. So I wonder, are we stuck, have we gone nowhere?

As I thought more, the image of the labyrinth came to mind. You go in and come out in the same place, and yet somehow you are changed. You move away from your goal and toward it many times. It is more of an inner journey, than an outer one.

In Judaism, the idea of a labyrinth goes back to the Middle Ages, and appears in Jewish mystical texts. It teaches us that sometimes going in circles can be a good thing. Unlike mazes, there are no dead ends or wrong turns, and you never get lost. The labyrinth is in many ways like the Jewish calendar starting at *Rosh Hashanah* and circling around from holy day to holy day, from celebrating to remembering to thanksgiving, and back again to where we started, at a new year.

And so as the circle of the year, is the cycle of life. Right now as we celebrate Ari's *bar mitzvah*, my mind circles back to a time when Dennis and I were standing with Debbie, as she became a *bat mitzva*, and later as she and Brad stood under the *chuppah* with us, Cidnie, and Art of blessed memory. We have come full circle and widened it, and it has changed us. We don't go out as much as go in.

We all have such circles, surrounding us, supporting us, and changing us, in times of sadness and in times of joy. Maybe sometimes going in circles is a good idea.

The philosopher, humorist, George Carlin said, "If people stand in a circle long enough, they begin to dance."

(see S.Sasso, page IN 11)

Why We Sound the *Shofar*

Perhaps the most outstanding feature of the *Rosh Hashanah* service is the use of the *shofar*.

The *shofar* is the oldest surviving wind instrument still in use. In ancient times shepherds used it to gather their flocks, as a call to battle, and in *Talmudic* times to announce the arrival of the Sabbath. Our tradition also records that it was blown to accompany the revelation on Mount Sinai and to free the slaves during the jubilee (50th) year.

Many reasons are offered for the sounding of the *shofar* on *Rosh Hashanah*. Some of these are: (1) It proclaims the sovereignty of God on *Rosh Hashanah*, the anniversary of creation; (2) It warns and stirs people to improve their lives as a new year begins; (3) It is a call to awaken the human heart to "return" to God and the observance of the *Torah*; and (4) It recalls the attempted sacrifice of Isaac when a ram was substituted for the child and therefore urges each Jew to evince loyalty to God as Abraham of old did at the time of the *akedah* (attempted sacrifice of Isaac).

The three soundings of the *shofar* have been the subject of many interpretations, most of them fanciful. The plain *tekiah* is the original note, which seems to indicate



strength. The broken *shevarim* consists of the three short notes, and the *teruah* is the succession of at least nine tremulous sounds. The broken sounds have been interpreted by some as symbolizing the awe and trembling that should take place in the human heart at this season.

Perhaps the most famous interpretation of the use of the *shofar* was that offered by Maimonides in the 12th century in his *Mishnah Torah*, code of law: "Although the sounding of the *shofar* on the New Year is a decree of Holy Writ, still it has a deep meaning, as if saying, 'Awake, awake, O sleepers from your sleep; O slumberers, arouse yourselves from your slumbers; examine your deeds, return in repentance, and remember your Creator. Those of you who forget the truth in the follies of the times and go astray the whole year in vanity and emptiness which neither profit nor save, look to your souls; improve your ways and works. Abandon, everyone, his evil course and the thought that is not good.'" ✨



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Friday, September 18

Erev Rosh Hashanah

Erev Rosh Hashanah Service – 7:30 PM

Saturday, September 19

Rosh Hashanah

Young Family Service – 9:00 - 10:00 AM

Morning Service – 10:30 AM

Sunday, September 27

Erev Yom Kippur

Kol Nidre Service – 7:30 PM

Monday, September 28

Yom Kippur

Young Family Service – 9:00 - 10:00 AM

Morning Service – 10:30 AM - 12:30 PM

Afternoon Discussion – 4:00 PM - 5:15 PM

Yizkor followed by Ne'ilah Service – 5:15 PM

All services will be held virtually.

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www.bethshalomindy.org

Of Cords and Stakes



BY RABBI DENNIS C. SASSO

(Torah Service remarks on the Shabbat when his grandson, Ari J. Herold, son of Debora and Bradley Herold, became Bar Mitzvah at Congregation Beth-El Zedeck, August 29, 2020)

This week's *Haftarah* from the Prophet Isaiah (54:1–10) contains some of my favorite biblical quotes. During a difficult period in our history, the prophet says to the people of Israel: "Enlarge the space of your tent...; spare not! Lengthen your cords; strengthen your stakes" (54:2).

I know very little about tent making, but my grandson, Ari, who wants to be an engineer, would explain to us that in order to make a tent larger, you need to lengthen the cords. In order to make the tent strong and sturdy, you also have to secure and deepen the stakes into the ground.

In times of difficulty, our tendency is to turn inward; to be focused on our own needs, but our prophetic tradition teaches differently: make space; enlarge the tent of your heart, your circle of concern; take care of one another; reach out to neighbors and strangers.

As we make the tent larger, as we "lengthen our cords," the stakes of the tent need to be driven deeper. To be inclusive, we must know who we are, cherish the values and the beauty of the tent above us and ground upon which we stand.

During this pandemic time we are faced with choices: to turn inward or be expansive; be parochial or inclusive; be concerned with ourselves or with others. It is not an either/or choice. It is a both/and, I and We. We love ourselves in the measure that we love others. We respect and care for ourselves in the measure that we respect and care for others.

Ari, this message, "Lengthen your cords and strengthen your stakes" is also about you at this time in your life. It is about the relationship of parents to a son who becomes a *Bar Mitzvah*. Parents who trust their growing children, as well as their own instincts, know that it is important, to "lengthen the cords," to cut some slack, to let go and allow space for your growing independence.

But, at the same time as your parents "lengthen the cords," they know they have to "deepen the stakes." The period of modeling which began from your earliest infancy, continues. As you grow into your teens and into religious adulthood, your parents (and grandparents), will "lengthen

the cords" and "deepen the stakes," offering you their unfailing presence and example, their love.

The *Haftarah* contains another favorite verse of mine. It says: "For the mountains may depart and the hills be removed, but my love and my covenant of trust, shall never be taken away from you" (54:10).

Ari, we call the love that parents (and grandparents) give to a child, "unconditional love." "Unconditional love" does not mean that it does not have cords or strings attached. It is filled with expectations and with hope, but it is always there, deeply rooted. Throughout life's difficulties and successes, viruses and sniffles, joys and sadness, know that the love we feel for you today, will always be with you: "For the mountains may depart and the hills be removed, but my love...will always be with you."

Ari, as you chant *Torah* this morning, the *Yad*, or Pointer, which will guide your reading from the scroll is six generations old and was presented as a gift by your great-great-grandfather, Colman D. Sasso, in the Hebrew year 5673, 107 years ago, to the Congregation in the city of Colon, Panama where he was a lay *chazan*, and where my grandfather, father and I were raised. Your mom used it at her *Bat Mitzvah*. I am very pleased that today we

entrust this long chain of family tradition into your hands. Let it point the way!

Finally, Ari, this is the congregation which your *Bubbe* (Sandy Eisenberg Sasso) and I have served for over four decades, where your mom was named and became *Bat Mitzvah*, where your parents were married, and where you and Levi were named. This is your synagogue, your spiritual home. *Bubbe* and I are so happy and proud to witness this moment with your mom and dad and with your Grammie (Cidnie Herold) and your dear brother, Levi. The memory of your Papa (Arthur Herold) and of so many other loved ones blesses this moment.

We love you. *Mazal Tov!*

Rabbi Dennis C. Sasso has been senior rabbi at Congregation Beth-El Zedeck in Indianapolis for 43 years. ★



S.SASSO

(continued from page IN 10)

Despite everything, despite how different from what we had planned, we are here together, and it is *Shabbat*, and it is time to dance.

Sandy Sasso is rabbi emeritus of Congregation Beth-El Zedeck and director of the Religion, Spirituality and the Arts Initiative at Butler University. ★

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My Bar Mitzvah D'var Torah



BY ASHER SCHWARTZ

Shabbat Shalom and thank you for being here with me as I celebrate becoming a *bar mitzvah* in *shul* this morning, even in these challenging times. This week's *parsha*, *Re'eh*, opens with the directive by Moshe to "See...", "*Re'eh Anochi nosain lifneichem hayom bracha ukilala...*" ("See I present before you today a blessing and a curse.") There are two obvious questions put forth by this *passuk*. Firstly, what is meant by the expression of *re'eh*, see, when there is nothing physical or tangible to actually look at? Secondly, why is there a difference in grammar between the instruction to see in the singular tense of *re'eh* when Moshe is in fact speaking to the plural group of the Jewish people as suggested in the word *lifneichem*, "before you," as a group?

The Baal Haturim, the commentary of Rabbi Yaakov ben Asher, suggests that Moshe may have been specifically instructing Yehoshua, his student Joshua, who would lead the Jewish nation into

Israel and enact this ceremony of the blessing and curses at the Mountains of Greezim and Aveil. Therefore, he addresses the command "to see" in the singular format. Importantly, he also suggests that the singular form suggests that Moshe was speaking to each and every Jew. Not only is the *Torah* and its values eternal and for all time, but Moshe is making clear that it is also personal and individual, for all Jews. As a *bar mitzvah*, the *Torah* is speaking to me personally as much as to people in this room 5 or 6 times my age!

The use of the word *re'eh*, "seeing," means much more than literally *seeing*, but implies vision and perception of something deeper – just as the word *shema* does not only mean *hearing*, but instead connotes listening and paying close attention to. The *Torah* directs each and every one of us to see that life presents us with options and with choices for blessing and curse, for right and wrong. There are forks in the road and decisions to be made.

Sometimes, as the *Talmud* suggests, there are shortcuts which end up taking a person on a longer more circular or dangerous route, while what may seem to be the long harder path may actually be the most direct and better option to embark on. There are times when we have

to really look deeply and work hard to see the *bracha* which may underlie a situation or to realize that the choice or event before us, which looks so tempting superficially, will ultimately be a curse for us.

I could focus on the negative today and think of everyone and everything I am missing at this *bar mitzvah* celebration. Yet, I can choose to *see* the *bracha*, the blessing, of my supportive family, *shul*, school, and community of friends.

Thank you to: Rabbi Gettinger for helping me with my speech. Mrs. Gettinger for being such a great principal, for always supporting me, encouraging me and believing in me. All my teachers at HHAI who have helped me to become who I am today. Rabbi Rutstein for helping me with my *tefillin*, reading the *Torah*, and being a great teacher. Phil, for always being there for me and my family and always believing in me.

Most importantly, thank you Mom for always being there for me and for making sure that I have everything that I need. I hope that I will always make you proud of me. I love you, Mom! Last but definitely not least, thank you *Hashem* for helping me to reach this milestone in my life. *Shabbat shalom!*

Asher Schwartz became a Bar Mitzvah at Congregation B'nai Torah on Aug. 15, 2020. He is a student at The Hasten Hebrew Academy of Indianapolis. ✨

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Obituaries

Alfred Cibull, 93, of Indianapolis, passed away May 10, 2020. He was born July 9, 1926 in Martinsville, Ind., to the late Sholem and Sophia Cibull. His father was a first generation immigrant and the family owned several shoe stores in southern Indiana. Alfred graduated from Martinsville High School and served in the United States Army during WWII. He was a gifted singer – using his skills to accompany Army bands during his time with them and then singing back-up with several swing bands at the Circle Theatre in Indianapolis. Alfred was a very caring individual. He devoted a great part of his life to caring for his mother. He was also the beloved brother of Mrs. Rosalyn Solotkin, and beloved uncle of Dr. David Solotkin. Graveside services were held May 18th in Congregation Beth-El Zedeck North Cemetery. Arrangements entrusted to **A.R.N. Funeral & Cremation Services**.

Jerry (Glidewell) Silverman, 83, of Indianapolis, passed away on May 17, 2020 from complications of Alzheimer's. She was born to the late Raymond and Ellen (Land) Glidewell on Nov. 2, 1936. Also preceding her in death were her step mother, Mary Glidewell; brothers, Jack Norman and Rick Glidewell; sister, Mary Glidewell Neal; and her grandson, Seth Lorber.



She is survived by her children, Miriam (David) Resnick, Ellen (Sandy) McNutt, Pamela (Pat) Lorber, and Brian (Teresa) Silverman; six grandchildren, Daniel (Andrea) Resnick, Alison Resnick, Jordan Silverman, Drew McNutt, Rachel McNutt and Mikaela Lorber; and two great-grandchildren, Jonathan and Sarah Resnick.

Jerry loved her family and took great pride in her long career in nursing. If she wasn't working, she was baking. Everyone

loved her cheesecakes, chocolate funnel cakes, and strudels.

The family wishes to extend sincere thanks and appreciation to the staff of Rosegate Village. A private graveside service was held at Congregation Beth-El Zedeck North Cemetery. In lieu of flowers, donations can be made in her memory to the Alzheimer's Association at alz.org. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Ellen (Haimsohn) Lebovits, 88, of Indianapolis, formerly of Memphis and Fairfax, Va., passed away May 18, 2020. She was born in Memphis to Samuel and Mary Haimsohn on Jan. 12, 1932. Her father owned a pawnshop on Beale Street where Ellen spent many summers helping out. Ellen graduated from Central High School and University of Memphis fka Memphis State University.



She married Herbert L. Lebovits on Feb. 3, 1957 and the couple raised six children. Upon Herb's retirement, they traveled across the United States, visiting many National Parks, and regularly enjoying visits with their children and grandchildren in New York, California, Indiana, Georgia, Virginia and Pennsylvania.

Ellen volunteered at Memphis Hebrew Academy (served as PTA president, manually laid out the school's annual ad journal book for numerous years) and ASBEE synagogue (Sisterhood President, Life Time Board of Director member, annual Purim Carnival ticket and *hamantaschen* sales).

Ellen is survived by her husband of 63 years, Herbert; children, Judith (Richard) Lillien, Marshall (Judy) Lebovits, Stephen (Debra) Lebovits, Barbara (Mark) Moskowitz, Lisa (Gary) Shankman, and Ronald (Beth) Lebovits; 13 grandchildren; 4 great-grandchildren; and sister, Bessie (Allan) Schneiderman. Graveside Funeral Services were held on Zoom on May 20, 2020. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Robert Rubin, 81, passed away May 22, 2020. He was the beloved husband of Marian Rubin, devoted father of Joel (Linda) Rubin and Sara (Brian) Cox, loving grandfather of Aly Rubin, Abi and Emmi Cox, dear brother of Jerry (Judy) Rubin.

A private service was streamed at www.templeholom.net on May 25th. Memorial contributions may be made to Hooverwood Employees' Appreciation Fund, Melrose/Miller Adolescent Education Fund at Congregation Beth El Zedeck, ASBEE-Memphis or charity of one's choice.

Ben Goldberg passed away on May 26, 2020. He is survived by his sister

Marian Aronstam, daughters Madelyne and Joyce, nephew Marc Aronstam, 6 grandchildren, 4 great-grandchildren and 2 great nephews. A private funeral service was held in California.

Howard Sidney Sagalowsky, 76, respected Anesthesiologist, community member and friend passed away on June 9, 2020. He was born on Nov. 1, 1943 to the late Benjamin and Edna (Zier) Sagalowsky in Indianapolis. He attended Shortridge High School, Class of 1961, Indiana University and was a 1968 graduate of Indiana University School of Medicine. Howard practiced Anesthesiology at Methodist Hospital for 40 years.

He was a member of Congregation Beth-El Zedeck, the American Medical Association and the Columbia Club. He enjoyed gardening and travel.

He is survived by his devoted brother, Dr. Joel Sagalowsky and several cousins.

The family wishes to extend their immense gratitude to Care Management Solutions and the extraordinary nursing staff for their devotion to Howard.

Graveside funeral services were held June 12th at Beth-El Zedeck South Cemetery.

Due to gathering restrictions, the funeral was available for viewing at www.arn-mortuary.com. Memorial contributions may be made to a favorite charity.

Ms. Betty T. Sachs,

102, of Indianapolis passed away on June 9, 2020. She was born to Phillip and Sarah Sachs on Sept. 5, 1918. She grew up as the middle of three children on Alabama Street in the historic Herron-Place neighborhood before her parents moved to N. Meridian St. in 1926, then the outskirts of the city. She resided in her family home intermittently for almost 90 years.



Betty graduated from Shortridge High School and then attended Wellesley College prior to returning home to graduate from Butler University. She moved to New York and worked with fashion designer Hattie Carnegie and silversmith Jorge Jensen before settling in Chicago where she met her husband, Lloyd Victor. Although Lloyd died shortly after their union, Betty was blessed with a daughter.

With her young daughter in tow, she returned to Indianapolis and to her alma mater Butler University, where she earned a Master's in Education (MS Ed). From there, she taught elementary school within the Indianapolis public school system until retirement.

Betty was a Life Master bridge player and enjoyed participating in state and regional (see Obituaries, page IN 14)



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OBITUARIES

(continued from page IN 13)

tournaments. In her younger days, she enjoyed worldwide travel and in her golden years crossword puzzles, watercolor and public gardens. The highlights of her summer included Starlight musical performances at Butler fieldhouse, visiting museums and August tomatoes from the Broad Ripple farmer's market.

Respected for her lightening-like intellect, individuality and free spirit, Betty was usually able to see multiple perspectives on an issue realizing there are valid points on both sides of the fence. Uniquely complex and loving, Betty was dedicated to humanitarian and liberal values; she accepted people from all walks of life and was the dragon enemy of pomposity, fatuousness, and hypocrisy. She marched to the beat of her own drum and was comfortable being herself completely and unapologetically.

In the final years of life, Betty was lovingly and attentively cared for by Ritha King. Betty will remain loved and missed by surviving daughter, Janice Victor Bea (Thomas Tiburcio Bea) of Pasadena, Calif., and four grandchildren whom she adored: Philip Bea (Minneapolis), Michael Bea (Los Angeles), Alexander Bea (San Francisco) and Madeleine Bea (New York).

A memorial service will be held at a later time when her friends and family can safely come together.

In lieu of flowers, donations to the Holliday Park Outdoor Children's Garden can be made online at HollidayPark.org/Donate or mailed to the Holliday Park Foundation, 6363 Spring Mill Road, Indianapolis, IN 46260. Arrangements entrusted to **ARN Mortuary**.

Robert M. Careskey, 101, passed away on June 10, 2020. He was born in Indianapolis on May 15, 1919, the younger son of James and Nettie Careskey. He

was a child of the Great Depression. He frequently related he never felt poor, he just didn't have any money.

Bob was a member of Indianapolis Hebrew Congregation. He graduated from Louisville Male High School before moving back permanently to Indianapolis in 1938.

During World War II Robert served in the U.S. Navy, joining 4 months before the attack on Pearl Harbor. He spent 2 of his four years of service in the southwest Pacific arena with Fleet Air Wing One as an aviation radioman, First Class. He married Miriam Shirley Shane upon his return after the war. It lasted over 70 years, until her death in 2014.

He opened City Motor Mart, his automobile business, with a partner in 1945 and operated as its sole owner at the same location from 1952 until his retirement in 1995.

Bob was an avid runner, a tireless swimmer, enjoyed boating and flying his own airplanes. He was an accomplished skier and frequented Colorado resorts until his mid-80s. He and Shirley travelled extensively, often with friends and family. Ocean cruises, trips to South America, Europe and, of course, Israel were among his most cherished adventures.

His greatest happiness, however, derived from his family. His kindness and generosity to causes and strangers were more than matched by the love he shared with his wife, children, brother, sister-in-law, nieces, nephews, grandchildren and great-grandchildren. His strength, wisdom, remarkable sense of humor and even his longevity were all results of those precious family ties.

Bob was preceded in death by Shirley, his daughter, Judy Rose Careskey (of Mission Viejo, Calif.), and his older brother, Joseph N. Careskey (of Indianapolis). He is survived by sons Steve J. Careskey (Indianapolis) and Joshua M. Careskey, M.D. (Nancy) of Scarborough, Maine, grandchildren Kate S. Careskey (Indianapolis), Holly E. Careskey (Kurt Armbrust) of Waltham, Mass., Matthew J. Careskey, M.D. (Honolulu) and 5 great-grandchildren (Tegan, Chase, Kailah, Oliver, and Esther).

He is also survived by his sister-in-law Helga Careskey (Lake Worth, Fla.) and multiple nieces and nephews. Lastly, he is survived by a literal angel on earth, his dear friend and devoted caretaker, Ann LaFerriere (Fishers, Ind.).

A private service was held. Donations in his memory can be made to any charity in Israel or anywhere that can be of assistance to deserving people in need. Arrangements entrusted to **Aaron-Ruben-Nelson Mortuary**.



Francine Marla (Diamond) Dyer, 63, beloved mother, grandmother, sister, aunt, and friend passed away on June 11, 2020. She was a long-time resident of Indianapolis. Francine was born on April 3, 1957 in Chicago to the late Irving and Rena Diamond.

She is survived by her devoted daughters, Jessica Dyer and Amanda (Josh) Vernon; her siblings, Robin Sachs and Michael (Susan) Diamond; grandchildren, Joshua, Bella, and Mila and a nephew, nieces and a great niece. A graveside service was held on June 15th in Beth-El Zedeck North Cemetery with Cantor Janice Roger officiating.

Memorial contributions may be made to Jewish Family Services. Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Gerda Fogle, 71, of Indianapolis, passed away June 13, 2020. A lifelong resident, she was born to Philip and Sara Fogle on Oct. 2, 1948. Gerda was a proud graduate of North Central High School, Miami University (BA) in Ohio and University of Michigan (MA). She had a rich career as a marketing, communication, public relations professional; working 22 years for Indiana Bell/Ameritech. Gerda was a prior board member of Dance Kaleidoscope and most recently served on their Advisory Council.

She was beloved by her family and will be remembered as a devoted aunt. Gerda is survived by her brothers, Andrew Fogle and Don (Pam) Fogle; several nieces and nephews; as well as great-nieces and great-nephews; and sister-in-law, Leslie Fogle.

A private graveside service was held June 17th in Congregation Beth-El Zedeck North Cemetery. Memorial contributions may be made to Dance Kaleidoscope or an Arts group of your choice. Arrangements entrusted to **A.R.N. Funeral & Cremation Services**.

June Herman, 94, passed away June 19, 2020 on her 94th birthday. She was born June 19, 1926 to Sam and Anna (Miller) Mell, and raised in West Chicago, Ill.

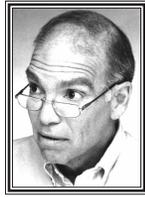


A graduate of the University of Illinois, June was a member of Sigma Delta Tau sorority. There, June met her former and late husband Stanley, who she married in Chicago in 1949.

They moved to Indianapolis where she quickly became involved in the community. June established a vast network of friends and associates through her varied community and recreational interests. She was a lifelong member of Broadmoor Country Club and served twice on the board of directors. At Broadmoor, she was (see Obituaries, page IN 17)

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Shipley Speaks



BY JIM SHIPLEY

You, Me, and God

Let me put the disclaimer out first: I am no biblical scholar; I am no expert on ancient Jewish history. So, this column is really in the form of a few questions about belief and my own life.

I have stated before that I was raised in a totally non-religious environment. God, in my house, was an afterthought. Outside of having fist fights on a daily basis when he was growing up because he was a Jew, my father had no other relationship with Faith. As I have written, his father, my grandfather, Abraham Shiplacoff, was an ardent Socialist.

Then, in 1948, shortly before my 18th birthday the State of Israel came into being. It triggered a sense of pride in my father and as he was with most things, he was suddenly all in on everything Jewish.

He had vetoed my *Bar Mitzvah*. Friday night was just the end of the week at our house. But, suddenly, Judaism became a nationalistic, historical fact to him – and therefore to the rest of us.

Just, I guess, because of my own curiosity, I began a rudimentary study on the new State of Israel and its historical relationship to the Jewish People. I quickly came to realize that the last internal government in the Land was the Jewish People. That beyond the religion, we were indeed a PEOPLE – matter of fact for eons before we became a religion. That I had DNA shared with my peoplehood.

There are artifacts being constantly discovered that prove that we were indeed that last indigenous people to rule the land. Years later at a Round Table meeting I attended, the Arab on the Round Table talked of his peoples' "eternal right to the land." The Moderator, a non-Jew quickly intercepted him with this statement: "Nonsense! The Jews had an organized civilization there. The Romans got rid of the Jews, the Persians got rid of the Romans, the Brits got rid of the Turks who took over from the Persians and the Jews got rid of the Brits. – that's history!"

The "Written Law" – the last approved "Old Testament" is a historical document passed down over Millennia. The "New Testament" is basically Prophecy.

Okay – got it! So my DNA goes back a really long time. So, what does that mean to me? I think it means I have a responsibility to do what I can to preserve that history and to keep it relevant.

If you are a Jew by birth; chances are you carry some of my DNA. The Jews who emigrated to the U.S. from Europe, when they found a fellow Jew they would exclaim: "Lantzman!" meaning "someone from the same land" – and they were not referring to what is now Ukraine or Poland or what is now Hungary. We were never welcomed in any of those places.

No, they were referring to the ancient and Holy Land of Israel. Holy? That meant something different. That meant that it was God, not Jews or the United Nations that declared the mandate. It came not from "Man", but from God. That is a theological argument that has been going on for generations and probably will continue far into the future.

What is not in dispute is that when the question of "What to do with the Jews" became a matter of serious discussion after the notorious Dreyfus Affair in the late 1890s, the world's "top thinkers" turned attention to the largest ethnic group with "no land of their own".

Well, the attempt to send Jews who desired to leave the lands of their present residence and move them somewhere else was at best ridiculous. Madagascar? Well, some years later, that was where The Nazis wanted to put the Jews they failed to slaughter.

The First Jewish Congress was held in Basil, Switzerland in 1890. Wanting to put an end to any argument by non-Jews as to "what to do with the Jews?" the Delegates simply voted the obvious, reaffirming that we already had a land of our own. A land that had no internal government since we left.

It took another 58 years to turn that dream into a reality. I came late to the party. Those religious Jews who longed to worship at the Western Wall were generations ahead of me. The entire Israeli dream, fought by Irgun and the Hagana for years was ahead of me.

Israelis are a great example of the Jewish People: They seldom agree on anything. Look at the State now: Three elections in less than two years? An ongoing battle between the Right Wing and the more Liberal side of Israeli citizens as to borders, education, the Draft, and more. Makes U.S. political differences seem almost juvenile. So, here I am. An ardent Israel supporter who has a problem with God. Have since the Holocaust. I'm a pragmatist. I wish I could be a believer – it makes almost everything much easier. So, I'll muddle on – as Tevya said: "On the other hand..."

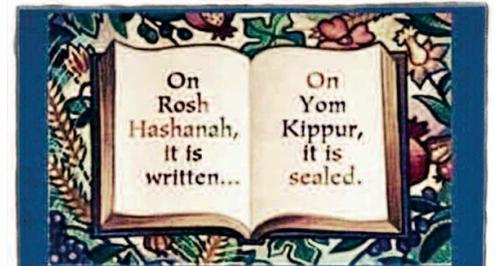
Jim Shipley has had careers in broadcasting, distribution, advertising, and telecommunications. He began his working life in radio in Philadelphia. He has written his JP&O column for more than 20 years. He can be reached at: shipleys954@gmail.com. (Column submitted July 23, 2020.) ✨

On Rosh Hashanah, the Hero is the Individual

Tishri, the month in which *Rosh Hashanah* occurs, is the beginning of our religious year. Unlike all other major Jewish holidays, *Rosh Hashanah* is not connected with any story or hero in Jewish history, neither is it connected with festivities of the soil.

The real hero of this Holy Day is each individual Jew. The story is the story of each life.

This is the time for reflection and for personal evaluation. The Holy Day awakens each one of us to the mistakes we have made in the past and reminds us that it takes real effort to change for the better. Instead of trying to find excuses for bad habits, it urges that we replace them with good ones.



To those I have wronged,
I ask forgiveness.

To those I have helped,
I wish I did more.

To those I neglected,
I ask for understanding.

To those who have helped me,
I sincerely thank you.

One name for this holiday is *Yom Ha-Din*, Day of Trial or Judgment. This is the main aspect of the Holy Day, whereon the Almighty sits as Judge and decrees the destiny of each person for the year just begun. The traditional Jew prays for mercy and forgiveness, convinced that God will answer the Congregation of Israel and inscribe him or her in the Book of Life, Health, and Happiness.

To others the Judge is that "Still Small Voice" within each of us that we often try not to hear. On this day we are moved to listen and to try to learn the right path upon which to proceed through life. ✨



A Rosh Hashanah Symbol

By SYBIL KAPLAN

Pomegranates are referred to in the Bible in many various ways. In the sensual poetry of Song of Songs we read: "I went down into the garden of nuts...to see whether the vine budded, and the pomegranates were in flower." (6:11) In another passage the poet writes: "I would cause thee to drink of spiced wine, of the juice of my pomegranate." (8:2).

Song of Songs has four additional mentions of pomegranates, and there are also references in Joel, Haggai, and I Kings.

For many Jews pomegranates are traditional for *Rosh Hashanah*. Some believe the dull and leathery-skinned crimson fruit may have really been the *tapuach*, apple, of the Garden of Eden.

Originating in Persia, according to Matthew Goodman, the *Food Maven* in the *Forward*, the pomegranate is one of the world's oldest cultivated fruits, having been domesticated around 4000 B.C.E. The Egyptians imported pomegranates from the Holy Land in 1150 B.C.E., and natural pomegranate juice, or made into spiced wine, was a favorite of Hebrews living in Egypt.

Pomegranate wood could also be carved into skewers on which to roast the lamb for Passover.

The word *pomegranate* means grained apple. In Hebrew it is called *rimon* (also the word for a hand grenade). In fact the English words *hand grenade* are said to come from this, and both the town of Granada in Spain and the stone garnet come from the name and color of the pomegranate.

The juice can be made into the concentrated syrup *grenadine*, also. The Hebrews yearned for the pomegranates they left behind in Egypt while wandering in the desert: "And wherefore have ye made us to come up out of Egypt, to bring us in unto



"Pomegranate" oil painting by Nicole Duet.

this evil place? It is no place of seed, or of figs, or of vines, or of pomegranates." (Numbers 20:5)

And so it was the spies reported their findings in Canaan back to Moses: "And they came unto the valley Eshkol, and cut down from thence a branch with one cluster of grapes, and they bore it upon a pole between two; they took also of the pomegranates, and of the figs." (Numbers 13:23) "For the Lord thy God bringeth thee into a good land...a land of wheat and barley, and vines and fig trees and pomegranates." (Deuteronomy 8:7-8)

Thus pomegranate was one of the seven species of *Eretz Yisrael*.

We know pomegranate images were woven into the hems of the robes of the priests: "And beneath upon the hem of it thou shalt make pomegranates of blue, and of purple, and of scarlet, round about the hem thereof; and bells of gold between them round about." (Exodus 28:33)

Pomegranates were also used on the faces of the shekel in the second century B.C.E. King Solomon had an orchard of pomegranates, and pomegranates of brass were part of the pillars of his great Temple in Jerusalem.

Throughout the Bible, as seen from the quotations above, the pomegranate is referred to and became symbolic of fertility. The tradition of *Kabbalah* (Jewish mysticism) recounted that there were 613 seeds in each pomegranate, equaling the number of *mitzvot* commanded by God.

On the second night of *Rosh Hashanah*, when it is customary to eat a "new" fruit that has not been eaten during the year, many Sephardic Jews choose pomegranate. They recite the prayer "*ken yehi ratzon*, "May it be thy will, O Creator, that our year be rich and replete with blessings as the pomegranate rich and replete with seeds."

In modern days a study at the Technion Institute of Technology in Haifa shows the power of the fruit. The cholesterol oxidation process, which creates lesions that narrow arteries and result in heart disease, was slowed by as much as 40 percent when health subjects drank two to three ounces of pomegranate juice a day for two weeks. The juice reduced the retention of LDL, the "bad" cholesterol that aggregates and forms lesions. When subjects stopped drinking the juice, the beneficial effects lasted about a month.

Other studies show that pomegranates fight inflammation and cancer and slow cellular aging.

When choosing a pomegranate, look for one that is large, brightly colored, and has a shiny skin. Store a pomegranate in a plastic bag in the refrigerator, and it can keep up to 10 weeks.

To open a pomegranate, score the outside skin into four pieces, then break the fruit apart with your hands following the divisions of the membranes that separate the sections. Pull off membranes, then scrape the seeds into your mouth or lift them out with a spoon.

Pomegranates are low in calories, low in sodium, and a good source of potassium.

Sybil Kaplan, see bio page IN 20. ★



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OBITUARIES*(continued from page IN 14)*

the ladies 18-hole champion nine times in three decades. June was also an accomplished tennis player and bowler. June served on Birch Bayh's senate campaign and was passionate about individuals' freedoms, equal justice and treatment for all.

June volunteered for many years at the (former) Jewish Welfare Federation, now the Jewish Federation of Greater Indianapolis (JFGI), and held several leadership positions. Later, she became employed by the Federation serving as the director for both the annual campaign and long-term endowment. June's first love was "her Temple." She loved the Indianapolis Hebrew Congregation (IHC). She served on the board of directors for many years, eventually becoming the first woman president (1981) in the congregation's 125-year history.

While the last few years were tough on June, anyone who knew her can attest that she loved people, she loved life, and had "one heck of a run!" June is survived by her daughter, Nancy Herman of Scottsdale, Ariz., and her partner, Robert Mautner, her son, Tom (Janie) Herman of Indianapolis, and her three granddaughters, Lindsay Ray, Hannah Herman (Ryan) Gazdacka, and Sophie Herman. She was preceded in death by her sister, Lois Ribicoff.

A private burial service was held for family only. In lieu of flowers, contributions can be made to the IHC (ihcindy.org), JFGI (jewishindianapolis.org), or any charitable organization of the donor's choice.

The family welcomes anyone who wishes to visit www.arnmortuary.com and leave an on-line condolence or to view the graveside funeral. The Herman family is deeply grateful for the loving care of Denise Johnson and the staff at Marquette Manor including Jon Back, Ann Beckett, Liberty, Diane, Denise and many others. Your kindness and compassion were invaluable to June.

Margot (Baum) Katz, 99, passed away on July 4. She was born on April 27, 1921 to Hedwig Stern and Max Baum. Margot's mother ensured her beloved daughter's safety in burgeoning Nazi Germany by enlisting the help of friends to bring her from her home of Frankfurt am Main to the United States. She was only 16 when she arrived in Chicago, with only clothes and \$10 to her name. However, as both her children and grandchildren will tell you, Margot was never one to back down. After high school, she moved to Kansas City to be with relatives on her mother's



side, who helped her get a job in an office while she took a business course.

On a trip to Columbus to visit a childhood friend, Margot met her future husband, Harry Katz. A whirlwind romance, they were introduced in June and married by September. They had two daughters, and one of Margot's greatest joys was her grandchildren and great grandchildren. She loved sharing their successes, no matter how big or small, with anyone and everyone.

After caring for her husband, Margot became a regular at the JCC senior lunches, where she enjoyed chatting and walking the track with both new and old friends. Margot will be remembered by her friends and family as a sharp mahjong player, outgoing Beth-El Zedeck gift shop volunteer, and an avid walker known by all of her neighbors, whom she would greet on their evening walks with a friendly wave.

Margot is survived by her two daughters, Barrie (Gary) Fisch and Wendy (Jeffrey) Brown, and her grandchildren, Mark (Jordan) and Adam (Kate) Fisch and Jason and Megan Brown, and her four great-grandchildren. Margot is preceded in death by her loving husband, Harry, of 56 years, and her much-loved grandson David Fisch.

Her family would like to thank the loving team at Traditions at North Willow who have cared for her for the past year and a half. The family requests that donations be made in Margot's name to the JCC Indianapolis Senior Lunch Program. (www.JCCindy.org), to the Beautification Fund c/o Congregation Beth-El Zedeck or the Beth-El Zedeck Foundation (www.bez613.org).

Abraham Farahan, 70, of Carmel passed away on Sunday, July 12, 2020. He is survived by his loving wife, Karel Farahan, siblings, David (Vika), Farid (Rakhel), Gabriel (Liza), Khorshid (Parvis) Golian, and Mitra (Goel) Ahdoot, children, Ariel (Maya), Alon (Lindsay), Renat (Moses) Benny, and Galit (Adin) Sloman, and granddaughters, Ella Farahan, and Noa and Adi Benny, and many nieces and nephews. A private graveside funeral was held that evening.

Evelyn (Rosenthal) Ungar, 84, of Carmel, Ind., passed away July 25, 2020 in Carmel. She was born in Bronx, N.Y., to David Rosenthal and Bertha Frankel Rosenthal on March 7, 1936. Evelyn grew up on Longfellow Avenue in the Bronx where she graduated from James Monroe High School. She worked for the City of New York as an executive assistant. She was married to Emanuel "Manny" Ungar in 1960 and lived in Brooklyn, N.Y.



Evelyn was preceded in death by Manny, her husband of 56 years, and is survived by sons, Ken (Debbie) Ungar and Scott (Emily) Ungar; and grandchildren, Max, Sam, David, and Thomas Ungar.

Anyone who met Evelyn would come to learn of her delight from being a mother to her sons and grandmother to her grandsons. She also loved to read, watch television news, cook, and enjoyed being in the sun.

In lieu of flowers, memorial contributions may be made to the Indiana Parkinson Foundation (indianaparkinson.org) or Riley Children's Foundation (rileykids.org). Arrangements by **Aaron-Ruben-Nelson Mortuary**.

Dorothy "Dotty" (Arno) Meyers, 97, passed away on July

26, 2020. She was born on May 17, 1923. Dotty loved life, but the first time she saw Indianapolis she wasn't sure that's where she wanted to live it. Having just graduated from New York University, she was vacationing at a mountain resort in New Hampshire when she met and immediately fell in love with William "Billy" Meyers of Indianapolis. They were engaged three weeks later. Soon thereafter, she boarded a train in her home town of Brooklyn to meet Billy's family in Indianapolis. She loved to tell how through the train window she saw an Indianapolis City Limit sign and nothing else but cornfields. Turning to her younger sister Elaine, who was her chaperone, she said "Oh my – what have I gotten into?" She and Billy were married three months later and settled down in Indianapolis.

Dotty loved people and they loved her in return. She had a zest for life and lit up the room wherever she was. She and Billy soon had four children and many friends. She loved to play mahjong, golf and was an accomplished bridge player earning the title Silver Life Master. After his retirement, Billy, also a life master, and Dotty

(see Obituaries, page IN 18)



L'SHANAH TOVAH



Sandi Werner, REALTOR
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OBITUARIES

(continued from page IN 17)

traveled the world for 20 years teaching bridge on cruise ships.

Dotty's greatest pleasures were her children, grandchildren and great-grandchildren. She is survived by her children, Susan Jacobs (David Kleiman), Leslie Curlow (Jimmy) and Michael Meyers (Sally); as well as 13 grandchildren; and 10 great-grandchildren. She was preceded in death by her husband, Billy; her daughter, Madelyn Lillianfeld (Mark); and her granddaughter, Karen Grunwald. Nothing brought a bigger smile to Dotty's face than a call from or visit with her family. A private service was held at IHC South Cemetery on July 28th.

Memorial contributions may be made to the IU Simon Cancer Center, Madelyn Lillianfeld Memorial Fund for Multiple Myeloma Research. Please make checks to IU Foundation and mail to IUF, PO Box 7072, Indianapolis IN 46207-7072. Indicate contributions are in memory of Dorothy Meyers. You may also make donations online at www.cancer.iu.edu/giving. Please remember to indicate Madelyn's Fund when indicating an account.

Yakov Gitman, 95, of Noblesville, passed away July 27, 2020. He was born in Vinniza, Ukraine on March 26, 1925 to the late Boris and Klara Gitman. Yakov spent his career as a school teacher and retired after 50 years as a high school principal. He is survived by his son, Vladimir (Tatyana) Gitman; grandchildren, Vadim (Irina) Gitman and Asya (Vadim) Gitman; and three great grandchildren, Ronan, Sam and Ella.

A private graveside service was held at Indianapolis Hebrew Congregation North Cemetery on July 29th.

Shoil Moishe Greenberg, 82, devoted scientist and beloved by his family, died on July 30, 2020. He was born on May 20, 1938 in Kishinev, Moldova to the late Moishe and Ida Greenberg. Shoil was a dedicated scientist, devoting his time and energy to the study of plant protection. He and his family came to the United States and Shoil worked for the USDA for 20 years while living in Texas. Aside from his work his deepest love was for his family. Shoil is survived by his beloved wife of 60 years, Valentina; his daughter, Anna Sechuga; 2 grandsons, 2 great grandchildren, and brothers David and Simon.

A graveside service was held on July 31st in Beth-El Zedeck North Cemetery.

Sigmund Leonard Brenner, 99, was born in Indianapolis Sept. 4, 1921 and passed away on his 99th birthday. He was born to Charles and Lottie (Meyer)

Brenner. He graduated from Shortridge High School and served our country during WWII in France and Germany.

Sig worked in the family business, Brenner Luggage, at an early age. He partnered with his father when he was old enough. He worked there up until the age of 95! Sig was a member of the National Luggage Dealers Association and served on the board of directors as well as chairing the Luggage Committee.



Sig met and married the love of his life, Carolyn Gorsey on their 4th date! Sig and Carolyn lived a great life together traveling the world. Anyone who met Sig knew that he was a genuine, kind-hearted man that always tried to see the best in people. He was always very sociable and enjoyed singing and dancing. He acted in plays at the Kirshbaum Center in the late 1940's with the "Kirshbaum Players", and had the lead in their production of *The Philadelphia Story*. Sig was a long time member of the Indianapolis Rotary Club and Broadmoor Country Club where he loved playing golf with the guys on Sundays.

He is survived by his sister, Mildred Perry of Indianapolis, brother-in-law Richard (Ellen) Gorsey of Bedford, MA,

son Robert (Joan) Brenner of Indianapolis, and grandsons Ryan Brenner and Dr. Ross (Dr. Nikoleta) Brenner of Austin, TX. He was preceded in death by his wife Carolyn, daughter Susan Brenner, and sister Eunice Patterson

A private burial service was held for family only due to our current world situation. In lieu of flowers, contributions can be made to Congregation Beth-El Zedeck or a charitable organization of the donor's choice. The family welcomes anyone who wishes to visit www.armortuary.com and leave an on-line condolence or to view the graveside funeral. The Brenner family is deeply grateful for the care given by St. Vincent Hospice.

Arrangements entrusted to **Aaron-Ruben-Nelson Mortuary**.

Ayzik Kislyuk, 81, of Indianapolis, passed Sept. 7, 2020. He was born in Orhey, Moldova to the late Meyer and Pelegeya Kislyuk on July 13, 1939. He was the president of a construction company. He is survived by his wife, Svetlana; children, Faina (Leonid) Kislyuk, Raisa (Yakov) Filler, and Marat (Inna) Kislyuk; and two granddaughters, Asya and Maya. A graveside service was held at Congregation Beth-El Zedeck North Cemetery on September 9th. ✨

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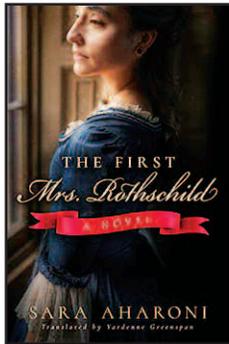
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REVIEWED BY SYBIL KAPLAN

History, Romance, Intrigue, and Family Drama

The First Mrs. Rothschild. By Sara Aharoni. Translated by Yardenne Greenspan. Amazon Crossing Publishers. \$14.95 paperback. 492 pages. July 2019.

When you live in Israel and write book reviews, you have a lot of issues with American publishers and sometimes a request for a review copy falls between the cracks. This was the case with *The First Mrs. Rothschild*. Amazon Crossing is the leading publisher of translated books in the US.



If you are looking for a book to read that will keep you intrigued and mesmerized, this historical novel is the answer.

The book is a personal journal, in three notebooks, from May 1770 to May 1849 of Gutle Schnapper (later Rothschild) who lived in the Judengasse (Jewish ghetto) of Frankfurt. She was the daughter of Wolf Schnapper, a money lender; her mother, Bella, was a housewife. Gutle had three younger sisters and two younger brothers.

She had an obsessive connection to the world from her window because all the other windows of her home had been sealed. Close to the age of 17, she spies Meir Anshel Rothschild and after a first refusal, he asks for her hand in marriage, and they become engaged.

The book reveals her journal entries as they marry, start a family and Meir starts the banking business, eventually expanding it through the expertise of his sons, to Frankfurt, London, Paris, Vienna and Naples.

Gutle shares with us her 96 years of children, grandchildren, great-grandchildren as well as their passionate love story, Meir's financial abilities in the banking and financial worlds of Europe, history taking place around them, and the drama of life in the Jewish quarter of Frankfurt. This is an amazing, well-written well-researched work I could not put down.

Sara Aharoni was born in Israel in 1953.

She worked as a teacher, educator and school principal for 20 years. She also spent four years in Lima, Peru, as an educational envoy of the Jewish Agency. Together with her husband, Meir Aharoni, Sara wrote, edited and published a series of books about Israel, including six in English. She has also published six children's books.

In 2008, Aharoni published her debut novel, Saltanat's Love, based on her mother's life story, and it became a bestseller. Her third novel, Mrs. Rothschild's Love, went instantly to the top of the Israeli bestseller list. Aharoni received the Book Publishers Association's Platinum Prize for her first

novel (2010) and the Steimatzky Prize for best-selling book of the year for Mrs. Rothschild's Love (2016). Her fourth novel, Persian Silence, which takes place in the time of the revolution in Iran, also went instantly to the top of the Israeli bestseller list.

Sybil Kaplan is a journalist, compiler/editor of 9 kosher cookbooks (working on a 10th) and food writer for North American Jewish publications, who lives in Jerusalem where she leads weekly walks of the Jewish food market, Machaneh Yehudah, in English. She wrote the kosher Jerusalem restaurant features for Janglo.net, the oldest, largest website for English speakers from 2014 to 2020. ✨



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