

The Jewish Post & Opinion • *Indiana Edition*

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*L'shanah Tovah
U'mitukah*



(see About the Cover, p. 2).

Simcha Announcements

Mazel Tov to...

Bernie and Rocky De Koven on their 50th wedding anniversary June 27, 2016.

Hart and Simona Hasten on their 55th wedding anniversary July 30, 2016.

Lev and Pam Rothenberg on the birth of their granddaughter **Nora Ann** on Aug. 15 to their son and daughter-in-law **Steven and JoAnna Rothenberg** of Pittsburgh. The maternal grandparents are **Laurel Isaacson Hecht** of Gastonia, N.C., and **Joe and Cheryl Short** of Myrtle Beach, S.C. Great-grandparents are **Jerry Greenberg** of Minneapolis, **Jill and Robert John, Bill and Rita Isaacson**, and **Richard and Florence Short** all of Charlotte, N.C. Nora has an older sister **Hadley Rae** (with her below) who will be 2 in November.



Isaiah and Elana Kuperstein, Adam and Michal Kuperstein of Miami Beach on the birth of their granddaughter and daughter **Rafaeli Liv** (below) born Aug. 29. She has two older sisters **Berkley Noa**, age 2 and **Jordyn Bella**, 3.



Sid and Linda Dunn on their 47th wedding anniversary on Aug. 31, 2016.

Yaara Guetta (above) daughter of **Anat and Meir Guetta**, and **Jon Weidberg**, son of **Benny Weidberg** and step-son of **Idrienne Steiman-Weidberg** who were married on Sept. 8 at Port 15 in Tel Aviv-Yafo. Many relatives and friends from the U.S. traveled to Israel to share in the

About the Cover

Arrangement and photo by Jennie Cohen. Design by Charlie Bunes.

To show that some New Year greetings and are as good today as they were more than 75 years ago, below is the message from the staff for our Sept. 23, 1938 edition.

New Year Wishes from the Staff

In real gratefulness for the co-operation and staunch support of its readers, this paper and the entire staff take this opportunity to wish you all a happy and healthy New Year. May your fears vanish in a new dawn of human understanding by all peoples. May the threatening waters of the tidal wave recede before the calm winds of a new era of friendliness and co-operation and peace. May your tried souls be blessed with a new sense of security and a new hope of and faith in civilization. ✨

Experienced Rabbi available via Skype

to help prepare students for their Bar Mitzvah, or for adults to study Torah, Talmud, Trope or Jewish Mysticism. To find out more, please contact him at: jliindiana@gmail.com or 317-698-6423.

simcha! Photo by Synthia Steiman (sfs-photography.com) ✨

We're celebrating our 25th year!



Come in & see why we earned:

The Indianapolis Star's highest restaurant rating
Numerous "Best of" awards from Indianapolis Monthly
"Puccini's is across-the-board fabulous!" from NUVO
First place at the World Pizza Championships in Italy

pizza Puccini's pasta

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Geist Marina | 136th & Meridian | 116th & I-69

Full menu at PuccinisSmilingTeeth.com

Editorial

More than a year ago I came across an announcement in one of the synagogue bulletins that I receive from different locations around the country. It was about a program where Rabbi Charles S. Sherman would be promoting his book titled, *The Broken and the Whole: Discovering Joy after Heartbreak* (thebrokenandthewhole.com).

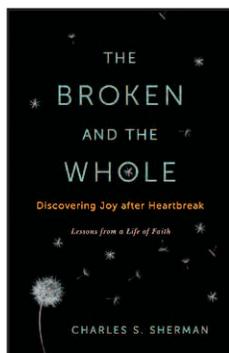
After reading the endorsements for the book, I knew a review of it would be ideal for our “*Mi Shebeirach*, A Focus on Healing” section. I tore out the page from the bulletin for safe keeping, but when it came time to prepare for the next of our twice-a-year-4-page sections, I could not find that page.

After 15 years of publishing, I have come to realize that sometimes when my best effort to publish an article at a specific time does not come to fruition, I find out eventually there is a better time for it to be published but I could not foresee that. For example, about a year ago I had wanted to include an article on Roberta Grossman’s current movie project, *Who Will Write Our History*.

I had seen two of her previous documentaries, *Hava Nagila* and *Above and Beyond*. Both were excellent and the subject of this one seems even more significant than those two combined. After watching the trailer it looks like it will be right up there with the very best of Holocaust related movies.

The *Unetaneh Tokef* prayer from the High Holy Day liturgy says, “On *Rosh Hashanah* it is written and on *Yom Kippur* it is sealed who will live and who will die....With *T’shuva* (Repentance), *Tefillah* (Prayer) and *Tzedekah* (Righteous Acts), we can transform the severity of the decree.” For those who like to donate to important causes at this time of year, they have completed filming and are in the editing stage. They need a little more financial support to finish. Go to whowillwriteourhistory.com to donate.

Miriam Zimmerman who had been assigned to do an interview with Roberta was busy with important mediation work, speaking engagements on the Holocaust, teaching a Holocaust class at a Catholic university and caring for her grandchildren. When she finally had the article finished, it was shortly after Elie Wiesel died. Her timing could not have been better. She



was able to tie the two subjects together beautifully. See her article on the last page of the following link: (http://www.jewishpostopinion.com/wp-content/uploads/2016/07/NAT_7-15-16FFF.pdg).

Back to the subject of Rabbi Sherman’s book from the website listed in the first paragraph. It says, “A wise, uplifting memoir, about a rabbi’s search for joy and understanding after his young son suffered a brainstem stroke that left him quadriplegic and dependent on a ventilator for each breath.” One might think the book is depressing but instead it is inspiring.

This book is a memoir demonstrating with very specific details, not simply how a person copes in one big bite with one of the biggest challenges ever, but how getting through each daily challenge associated with it, leads him or her to become a more empathetic, patient and less judgmental person. I would not wish hardships on anyone, but we all have them. Rabbi Sherman sets the example that we can learn from these stumbling blocks and grow to become kinder, more caring, compassionate people.

I had torn out a page about this book promotion but did not remember the name, the author’s name or the bulletin from which it came. When I finally found that torn out page about a month ago, I went directly to the website to request a review copy. By the time I received the book and started reading it, the Hebrew month of *Elul* had begun. That is the last month of the year before *Rosh Hashanah*.

Dr. Edward Hoffman, a psychologist, has said there are special times of the year, built around the Jewish holidays, which are meant for self-reflection. The 28-day period prior to the Jewish New Year is the most important time for this. “It is difficult to get into a heightened state, saying prayers that have been said for centuries, culminating with the blowing of the *shofar*, if one just walks into the synagogue without preparation.”

With chapters titled Normal, Perseverance, Optimism, Faith, Anger, Regret, Time, Acts of Loving-kindness, Connection, Personhood, Communication, Marriage, Gratitude and Joy, this book is perfect to help one with *Cheshbon Hanefesh* (self reflection and examination) to prepare for the upcoming High Holidays. In the various chapters, Rabbi Sherman explains these different subjects not only with examples from his own life but also from the *Torah*.

For example in the chapter on “Time” he writes on the importance of staying in the present moment – not regretting the past or fretting about the future. He gives an example from the Book of Numbers and “the Israelites’ forty-year trek from Egyptian bondage through the desert to the

(see Editorial, page IN 7)

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 online at: www.jewishpostopinion.com

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: October 7, 2016.** All decisions on publishing, date of placement, size of photo, and length of announcement are at the sole discretion of the publisher.

Community Events

4th Annual Festival of Faiths

Sun., Sept 18 from 1–5 p.m. at Veterans Memorial Plaza downtown Indianapolis.

Indiana's largest celebration of the state's religious diversity with more than 100 congregations and community organizations, representing dozens of different religious traditions present. Food from around the world, cross-cultural music performances, and games for kids. In honor of Indiana's Bicentennial, the theme of this year's Festival will be "the history of religions in Indiana". Sponsored by Center for Interfaith Cooperation. More info at www.festivaloffaiths.com.

Rosh Hashanah Experience

Sun., Sept, 18 from 5–6:30 p.m., at Chabad Center for Jewish Life, 2640 West 96th St., Carmel, Ind. All families are welcome. Ross Harding with Beekeepers of Indiana will be presenting a hands-on demonstration of making honey. He will have a beehive on hand, along with several thousand of his employees! Rabbi Grossbaum will be showing how a *shofar* gets made from a ram's horn. One lucky child will go home with his own *shofar*. Program will also include a *Rosh Hashanah* craft, along with refreshments. No charge. For more info, see their website: chabadindiana.org or call 317/698-6724.

JFGI 2017 Annual Campaign Kick Off

Tues. Sept. 20 at 6–9 p.m., at the Hasten Hebrew Academy of Indianapolis Cultural Arts Center. Guest speakers Noam Neusner and Jay Footlik are Washington insiders who come from opposite sides of the aisle, and worked for two very different presidents (Clinton and Bush), but they share a zeal for public service, politics and Jewish community issues. In a lively and often humorous discussion, the two bring to Jewish communities the perspective of what's happening inside the White House, Congress, the major campaigns and the media.

The Advanced Gifts Reception Featuring American Regional Tapas begins at 6 p.m. Cost is \$54 couvert per person inclusive of both events. This reception is open to donors who contribute \$5,000 or more to the 2017 Annual Campaign and members of the Jewish Federation Board. Adult family members of invitees are welcome to attend.

The Community Event and Dessert Reception begins at 7:30 p.m. Cost is \$18 couvert per person. This event is open to all donors who make a \$100 minimum commitment to the 2017 Annual Campaign. RSVP at www.jewishindianapolis.com.

HHAI 8th grade Israel Trip Fundraiser at Graeter's Ice Cream

All day, **Wed. Sept. 21**, 11a-10p, enjoy a cool, delicious treat and help our kids go to Israel! Proceeds from every purchase (at 56th & Illinois location only) *with promo flyer* will benefit the Hasten Hebrew Academy's 8th grader's trip to Israel in Spring 2017. Flyers available at the Academy, on the website HHAI.org, and at Graeter's.

Hadassah's Lunch and Learn

Fall schedule at Donato's near Thrifty Threads on the southwest side of 86th & Ditch. Meetings are on Wednesdays; start at 11:30 a.m. For more information contact Phyllis Russell at Therussells46032@aol.com. **Sept. 21**, Marion Garmel will present the Life of Barbra Streisand; **Nov. 16**, Phyllis Russell will present the Life of Ida Cohen Rosenthal, founder of Maiden Form; and **Dec. 7**, Phyllis Kaplan will present Life of Lillian Rifkin Blumenfeld, educator and safe toys advocate.

Women Creating an Interfaith Dialogue

Thurs., Sept. 22 from noon to 1 p.m., at IUPUI Education/Social Work Bldg., 902 W. New York St., 4th Floor Commons Area). Sponsored by the IUPUI Jewish Student Association. Co-sponsored by the JCRC, IUPUI Office of International Affairs, the Center for Interfaith Cooperation, JFGI, and the Jewish Agency for Israel. Women Creating an Interfaith Dialogue is a vibrant program in Israel's Western Galilee region, where women who are Jewish, Christian, and Muslim meet regularly to share a meal and engage in conversation together.

They get to know each other on a personal level, learning about each other's cultures, customs, and foods. Through forming personal relationships, dialogue becomes more open, the bridges of understanding widen, and the bonds between their various communities deepen. These women experience how diversity can unite. Please join us to meet the women

(see Events, page IN 7)

INDIANA JEWISH HISTORICAL SOCIETY ANNUAL MEETING & LUNCHEON

Sunday, October 23, 2016 @ 12 noon
Broadmoor Country Club



Honoring Hoosier Jewish Legends

Recognizing those who have made a significant and lasting impact to their profession, community, and the fabric of our cultural heritage in Indiana.

Please join us for our annual buffet lunch and special Bicentennial celebration as we induct our inaugural honorees:

Max Einsteadig (Terre Haute)*

Leonard Goldstein (Fort Wayne)

Dr. Louis Lemberger (Indianapolis)*

Frank Newman (Indianapolis)*

Lawrence Reuben (Indianapolis)*

Rabbi Sandy Sasso (Indianapolis)

Rabbi Dennis Sasso (Indianapolis)

Helen Schwartz (Muncie)*

Martin Schwartz (Muncie)

Elizabeth Weinberg (Madison)*

* Deceased

\$36 per person (dairy luncheon)

RSVP by October 9, 2016

(A check must accompany all reservations. Please list the names of those attending.)

Send your check to:

The Indiana Jewish Historical Society, 6301 Constitution Dr., Fort Wayne, IN 46804

For more information, contact the Indiana Jewish Historical Society at **(260) 459-6862** or indiana.jhs@frontier.com

IJHS board members will be available to collect archival materials for our collections at the Indiana Historical Society. Please have all items identified and in a protective envelope.

This event is funded by a Heritage Support Grant which is provided by the Indiana Historical Society and made possible by Lilly Endowment Inc.

Additional generous support was provided by the Leonard & Marion Freeman Charitable Fund.

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SAVING LIVES IN ISRAEL

Indianapolis teen spends summer in Israel through Camp Koby

BY HANNA FOGEL



Lauren (L) and Leora (R) with 3 campers.

Indianapolis native Lauren Schwartz is only 17 years old, but is already making her mark on the world. She recently returned from a summer in Israel, two weeks of which were spent at Camp Koby, a summer program for children who had lost loved ones in terrorist attacks. Lauren first heard about the camp when its director, Moshe Aron, came to speak at her school, Ida Crown Jewish Academy in Chicago.

"I told my father and my friends that if I wanted to do something with my summer this past year I would want to do something with *chesed* (kindness)," she said. "That's why I got into Camp Koby. I was really interested in how we would work with kids who went through such a horrific time in their lives, and that I could help change how they feel about their summer for two whole weeks... That itself blew my mind. I knew I wanted to go and spend my summer with those kids."

In many ways, Camp Koby is like a typ-

ical summer camp – there are shared meals, swimming, and other sports and activities. But Camp Koby is ever mindful of the campers for whom they are caring, so they have built in therapy time as well, in order to help the children process their grief in meaningful ways. As Lauren explains, "There were animal, active, art, and counsel therapy sessions. For the animal therapy we had different animals come in, like a turtle, bunnies, mice, and a guinea pig. The kids took turns petting them and then we would learn what types of animal they were and what they eat.

"During active therapy the kids had

scooters, bikes, jump ropes and small trampolines. They would be able to move around freely and do whatever they wanted on the active toys. We would teach some how to use them so they put their focus on learning how to improve. In art therapy we were able to make anything we wanted from clay and we were given different art supplies to decorate our creations. Counseling was with a rabbi or the head therapist, Jackie. She would just talk to them, tell them stories, and give them life lessons to learn from to help them try to cope with their losses."

The camper-to-counselor ratio at Camp Koby is very low – Lauren and her co-counselor Leora had three ten-year-old girls to supervise – so bonds formed fast. Lauren is quick to gush about her campers.



Lauren (second row, fourth from the left) with the counselors and staff in Tsfat.

"They reached out to us and wanted to do everything with us. They told us funny stories and made us cards to hang in our rooms; they looked up to us as their older sister type figures. They were such amazing, sweet girls. What they don't realize is that every moment I had with them made my day. They said that we helped them have a great summer and touched their hearts, but I think they made my summer, and truly touched my heart and wanted me to become a better person. I really miss them so much. They also want to stay in touch with me, which made me so happy to hear.

"They would call me and wish me a good *Shabbas*, or ask how I am doing. Those girls made my summer truly incredible. ...They made me smile and want to be the best me I could be, not for them, but for me. Those children are a true inspiration to everyone. They were able to pick themselves up after a loss in their lives and have a great day no matter what."

Lauren had been to Israel before –she attended the Hasten Hebrew Academy of Indianapolis from fifth to eighth grade, and had traveled there with her eighth grade class. Even so, she was thrilled to return – she particularly loved *davening* at the *Kotel*, spending *Shabbat* in Tsfat, and

(see Fogel, page IN 8)

Join Us for
HASTEN HEBREW ACADEMY'S
5th ANNUAL
JOURNEY TO ISRAEL
5K Run/Walk
8TH GRADE TRIP FUNDRAISER
Sunday, October 30, 2016
at the JCC Pavilion

8gr.+5K=6,234mi.
Indy 2 Israel

Registration/Info: Online via HHAi.org, or pick up a form at HHAi's front office (317/251-1261).

Entry Fee: \$36/per person, or \$90/family discounted rate which includes a family of three (3) or more!

If you **can't** make the race and just want to **donate**, we offer a **"Running in Spirit"** registration for the same prices. **Thank you!**

EVENTS*(continued from page IN 4)*

and learn about their work together. Free and Open to the Public! For more information contact Michele Boukai at 317/475-4274 or mboukai@jfgi.org

Selichot at Congregation Shaarey Tefilla

Sat., Sept. 24, reception begins at 9 p.m., at 3085 West 116th St., Carmel, Ind. Dr. Allon Friedman will speak about: Seven Things Every Jew Should Know about Islam in the Year 5777.

LIFE & LEGACY Community Celebration

Sun. Sept. 25 from 2–4 p.m., in the Laikin Auditorium at the Arthur M. Glick JCC. Join us as we celebrate a successful first year of the LIFE & LEGACY program in Indianapolis, and congratulate the LIFE & LEGACY organizations! Ice cream, cake, champagne toast, and family-friendly activities! Dietary Laws observed. RSVP at or by calling Pamela Eicher at 715-6981.

JCRC Political Action Workshop

Thurs., Sept. 29 at 7 p.m. Candidate Debates for House District 87 and Senate District 30, moderated by Jim Krull, co-sponsored by the Muslim Alliance of Indiana and the Marion County Commission on Youth, and JFGI NextGen.

Premier Movie Screening of Denial

Thurs., Oct. 13 from 7–9:30 p.m., at Landmark Cinema Arts Theater. Exclusive Indianapolis showing. Writer David Irving (Timothy Spall) wages a legal battle against historian Deborah E. Lipstadt (Rachel Weisz) after she accuses him of denying the Holocaust. Q's & A's after the private showing. Tickets \$11 available now from the BJE's Holocaust Education Center of Indiana. No tickets available on the day of the show. For more information contact Rabbi Paula Winnig 317-255-3124 or Pwinnig@bjeindy.org or go to www.bjeindy.org.

Crop Hunger Walk

Sun., Oct. 16 at 2 p.m. at the Christian Theological Seminary (CTS). Join Indianapolis Hebrew Congregation (IHC) as part of an interfaith walk to end hunger around the block and around the world! Registration begins at noon and participants are encouraged to come and hang out on the beautiful lawn of CTS any time between then and the walk start of 2 p.m., rain or shine. The beautiful 5K (3.5 mile) walk goes past Butler University and the Butler-Tarkington Neighborhood. The Crop Hunger Walk has a website that facilitates online donations. IHC's team name is IHC and their team URL is: www.crophungerwalk.org/indianapolisin/

IHCindy. Click on "register" if you want to walk, or "donate" if you want to contribute but not walk. When you click on DONATE, the choices are Donate to a Walker, Donate to a team, or General Donation. IHC would appreciate donations to team IHC or to an IHC team members. If you need help registering or you have questions, please email myrna.gray@gmail.com.

Hadassah Book Club

Sun., Oct. 16 at 2:30 p.m., *My Life on the Road* by Gloria Steinem. Hostess: Annette Gross and facilitator TBA. **Sun., Nov. 20**, at 2:30 p.m., *Debt of Tamar* by Nicole Dweck. Hostess: Helaine Herman and facilitator TBA. For more info or to RSVP contact Helaine Herman at helaineh1@gmail.com.

Second Sunday Concerts at Indianapolis Hebrew Congregation (IHC)

Sun., Nov. 13 at IHC, at 2 p.m. Two Harps and a Flute, A Romantic Escapade. Sisters Kim Glennie and Wendy Muston along with Miriam Sosewitz will play lovely French music, tangos, Spanish dances and a few surprises. On **Dec. 11** will be IHC's Music Treasures. Free and open to the public. For more info call 255-6647.

EDITORIAL*(continued from page IN 3)*

Promised Land."He writes,"[Life] is a *journey* to the Promised Land; life *is* the wandering in the desert. The present moment matters – not our future destination."

Since the devastating news about their son Eyal, who was four when they received his diagnosis, Rabbi Sherman and his wife Leah have spent many days, weeks and months at his bedside in different hospitals. When Rabbi Sherman tells a story about a another patient or visiting family member of a patient, a nurse, doctor, therapist, technician or even a janitor who has gone out of his or her way to be helpful expecting nothing in return, that reminds me of what humans are capable of and what we can hope to strive for in this new year 5777!

Jennie Cohen, September 16, 2016 ✨

**JCC Holiday Artisan Bazaar**

Sun., Nov. 20 from 10a.m.–4p.m. Shop in a relaxed atmosphere for one-of-a-kind handmade gifts – ceramics, jewelry, glassware, textiles, and much more – from Central Indiana's most talented artisans. Admission and parking are free. ✨

CONGREGATION B'NAI TORAH*Annual Dinner**Honoring*

PILLARS OF THE TORAH עמודי התורה: Drs. Rick Bentley & Caryn Vogel

COMMUNITY LEADERSHIP AWARD: The Honorable Speaker Brian Bosma



SUNDAY, SEPTEMBER 25, 2016

Cocktail Reception at 5:00 p.m. Dinner at 6:00 p.m.

Couvert \$125 per person

Congregation B'nai Torah 6510 Hoover Road Indianapolis, IN 46260

Shana Tova

Chassidic Rabbi

BY RABBI BENZION COHEN

Baruch Hashem, I have a beautiful story to tell you. We are now in the Hebrew month called *Elul*. *Elul* is the last month of the year, just before the month of *Tishrei*, the beginning of the new year. Now is the time to prepare for the High Holidays, *Rosh Hashanah*, *Yom Kippur* and the Ten Days of Repentance between them. One way is by blowing the *shofar* every day of *Elul*, except for the last day, the day before *Rosh Hashanah*.

The call of the *shofar* is meant to wake us up, to bring out feelings from the depth of our heart and soul, feelings that we might not have felt for many years, or might not have ever felt. Just like a child has a yearning to be close to his parents, so our soul has a yearning to be close to *Hashem*, who is our Father, King and Creator. Why don't we feel this yearning? Because our soul is clothed inside of a physical body and lives in a material world that may almost completely cover over the love and yearning of our soul.

And how is it possible that a simple ram's horn can blow away the dust and dirt of many years that has covered and

hidden our soul? First, blowing the *shofar* is a divine commandment, a holy *mitzvah*, and each and every *mitzvah* has infinite power. And second, the *shofar* is a natural alarm clock.

Now back to our story.

A few days ago I went to our local hospital, to visit the sick, to cheer them up and to encourage them to do more *mitzvahs*. I always go with a pair of *tefillin*, but now, during the month of *Elul*, I also take a *shofar*. I walked into one of the rooms. There were two patients and three visitors. I put on a big smile and wished them a complete and speedy recovery. Then I suggested that they put on *tefillin*. One of the patients was sleeping, and the other, an 80-year-old man, politely declined. An inner voice told me not to give up, so we started talking. He invited me to sit down and told me his life story.

He was born in Hungary. His family was religious, and he had put on *tefillin* every day for four years, until he was 17. Then he spent three years in a forced labor camp, until the Russians liberated them in 1944. Then he came to Israel, and fought in two wars, the War of Independence in 1948 and the Sinai Campaign in 1956.

He was friendly and told a moving story, but he wasn't willing to put on *tefillin*. Of course I could understand him. The Nazis

had murdered much of his family and friends, and they put him through three terrible years of forced labor. His faith in

(see Benzion, page IN 11)



FOGEL

(continued from page IN 6)

visiting the *Negev*. But of course, the most meaningful part of her summer was the time she spent at Camp Koby. Lauren was together with 45 high school students on this program, many of them Israelis.

Lauren is the daughter of Drew and Shelley Schwartz who are members of Congregation B'nai Torah. She has a twin brother Sam and two younger brothers and a younger sister. While attending the Hasten Hebrew Academy, Lauren was active in NCSY, where she met teens from all over the Midwest. She also volunteered with Yachad, an organization for children and young adults who have disabilities. She went on *Shabbatons* for them and loved being with them.

For more information on Camp Koby, go to www.campkoby.com or the Koby Mandell Foundation go to www.koby-mandell.org.

Hanna Fogel has lived in Indianapolis most of her life and has been part of the Jewish community. She attended the Hasten Hebrew Academy from Gan through 8th grade, spent her summers at JCC camps, and remains a member of Congregation Shaarey Tefilla. Alongside writing for the Jewish Post & Opinion, she is currently a copy editor for NUVO Newsweekly, founding staff writer for The Relish (an e-publication dedicated to female sports fans; sign up for the twice-weekly newsletter at therelish.com or view longer posts at medium.com/the-relish), and a freelance book editor. For more information on the latter, check out her web site at hannamfogel.wordpress.com. She can be reached on Twitter at @hannamfogel, or by email at hmfogel@gmail.com. ✨

WISHING YOU AND YOUR FAMILY A HEALTHY NEW YEAR

L'SHANA TOVA TIKATEVU



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L'SHANAH TOVAH



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Peter Max – The Retrospective 1960–2016

An exhibition of works from the American's iconic artist, an artistic diversity that has defined American Art: Captured by the Artist who began a new visual culture.

A newly-curated collection by artist legend, Peter Max's exquisite paintings will be on exhibition and available for acquisition in a presentation at CV Art Gallery, 110 South Main Street Zionsville, IN 46077. www.cvartandframe.com

Peter Max will make two very special appearances at the gallery and all appearances are complimentary and open to the public with RSVP's required.

Previews begin **Sat, Oct. 1**, with a **Preview Event Fri., Sept. 30 6–8 p.m.** There are three scheduled *Meet the Artist* receptions: **Fri., Oct. 7 7–9 p.m.**, **Sat., Oct. 8 4–7 p.m.** and **Sun. Oct. 9 noon–2 p.m.**, RSVP to 317.873.2976 or info@cvartandframe.com, VIDEO CLIP: <http://Roadshowcompany.com/peter-max/>



Famed American artist Peter Max, was born in Berlin, Germany in 1937 to two German Jewish parents, Salla and Jacob Finkelstein. In 1938, Jacob fortuitously secured passage for himself and his family along with a number of other Jewish refugees on the SS Conte Verdi, an Italian ocean liner departing from Marseille, France to Shanghai.

In Shanghai, Peter's mother, Salla, who was a Berlin fashion designer, cultivated his artistic skills, while his father, Jacob, who was an astute businessman, stimulated his business acumen – a combination that contributed to his development as one of America's most successful artists.

In 1948, as Mao Tzu Tung's army advanced on Shanghai, Peter and his parents quickly settled their affairs in Shanghai and joined a boat of Jewish



emigrants from Shanghai to Israel. It was 1948 and coincidentally the trip took 48 days, as the Suez Canal was closed during the Arab-Israeli war, forcing them to reverse course and sail around Africa into the Mediterranean Sea to Haifa.

Peter was eleven years old when he and his family arrived in the new independent state of Israel. The family was taken to Tiberius, on Lake Kinneret (the Sea of Galilee), and eventually moved to a house near Mount Carmel in Haifa. There, Peter attended grade school and learned to speak Hebrew. His mother, Salla, encouraged his art interest by sending him to take painting classes with Professor Hünick, a Viennese painter. Soon after, Peter had also developed a

fascination with astronomy and Salla arranged to have him sit in an astronomy course at the Technion – Israeli Institute of Technology. Peter had spent five years in Israel before departing for America in 1953, with a six-month stopover in Paris.

In 1998, Peter Max was honored to become the official artist for Israel's 50-year anniversary as a nation. "I have been asked to become official artist for many events in sports, music, ecology, etc., but becoming official artist for Israel's 50-year anniversary was the most special as it not only celebrated my own Jewish heritage, but also the wonderful time I had spent there as a young boy," said Max. ✨



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Seniors in Place

For additional events such as movies, singing club, knitting club, bingo and more, or to RSVP for these listed below, please call Janet at 251-8881 unless stated otherwise.

Backwards Dinner Fall Fundraiser in Zionsville

Sun., Sept. 25, depart from the JCC at 5 p.m. Remember how much fun you had at our mystery dinner last year? This year our dinner will be a backwards dinner. Come and enjoy a three-course meal, starting with dessert. Karin Glass makes these dinners full of fun. There will be door prizes. Dinner \$30, transportation \$10.

Classic Movie Club: Kate and Leopold

Mon., Sept. 26 at 3 p.m. Come join us at MorningSide of College Park, 8810 Colby Blvd. Popcorn and drinks will be served. Stay for dinner for only \$5.

Indiana repertory theatre: The Three Musketeers

Weds., Sept 28, depart from the JCC at 9 a.m. When an eager young lad from the provinces comes to Paris to join the king's guard, he finds intrigue, love, and plenty of crossed swords. A legendary tale of danger and daring, royalty and romance vibrantly comes to life on the IRT stage. \$27 includes transportation and show. Lunch at your expense.

Carmel Community Players: Barefoot in the Park

Thurs., Sept. 29, depart from the JCC at 6:15 p.m. Paul and Corie Bratter are newlyweds in every sense of the word. He's a straight-as-an-arrow lawyer, and she's a free spirit always looking for the latest kick. He's too staid, too boring, and she just wants him to be a little more spontaneous; running "barefoot in the park" would be a start. \$10 transportation.

The Stratford Coffee Pops Series: Cirque de la Symphonie Goes Broadway!

Fri., Oct 21, depart from the JCC at 9 a.m. The amazing acrobats, aerialists, strongmen and jugglers of *Cirque de la Symphonie* are back for another set of heart-stopping, gravity-defying shows, this time set to the sounds of Broadway's greatest showpieces. \$47 includes concert, transportation, pastries, and coffee/tea.

Indiana Repertory Theatre: Finding Home: Indiana at 200

(TBA) The Indiana Repertory Theatre explores the state's fascinating past, our (see Seniors, page IN 11)

Obituaries

Gene Saul Klein, 80, of Indianapolis passed away on August 16, 2016. He is survived by his wife Sally A. Klein, and children Jordan Klein and Leslie Rubin. A graveside service was held on Aug. 19 at Indianapolis Hebrew Congregation South Cemetery.

Jerry Leve, 70, passed away on August 17, 2016 unexpectedly in a hospital in Florida, where he resided the past two years. Jerry was born on March 26, 1946 in Indianapolis. He was the son of the late Manuel D. Leve and Roye Klezmer Rich, who survives him. He is also survived by two brothers, Robert "Bob" Leve of the Villages, Fla., and Stephen Leve of Dayton, Ohio; in addition to several nephews and nieces. Jerry was a graduate of Broad Ripple High School and worked many years as a house painter. His true love was the Indiana Pacers and Rock & Roll music. Graveside services were held at Congregation Beth-El Zedeck North Cemetery on August 21. Arrangements entrusted to **A.R.N. Funeral & Cremation Services**.

BENZION

(continued from page IN 8)

Hashem had been severely shaken. After 67 years, what could I do to renew his faith? I thought about giving up. Then I told myself that Lubavitchers don't give up so easily. So I asked *Hashem* for some assistance.

At that point his daughter entered the conversation. She said "When I travel out of Israel and go into a *shul*, I get goose pimples. Two days ago I was in Bulgaria. I went into the *Lubavitcher shul*. The rabbi blew the *shofar* and told me to request something from *Hashem*."

I looked down into my lap. I was holding a pair of *tefillin* and a *shofar*! I blew the *shofar* for them. While blowing the *shofar*, I asked *Hashem* for two things: that *Moshiach* (Messiah) should come already and that this man should put on *tefillin*. *Hashem* immediately answered my second request. The sound of the *shofar* awakened the faith in the heart of my new

Linda "Ora" Jones Swayder, 79, passed away Aug. 26 in Indianapolis. (see Obituaries, page IN 22)

friend. I told him about the requests.

He smiled, put on *tefillin* and prayed for the first time in many years. I could see that a weight had been lifted from his heart. I'm sure that very soon *Hashem* will also grant my first request, and *Moshiach* will redeem us. May all of us be inspired to do more *mitzvahs*. Every *mitzvah* brings our redemption closer, and helps us to be inscribed for a good and sweet year.

Rabbi Cohen lives in K'far Chabad, Israel. He can be reached by email at bzioncohen770@gmail.com. This column originally appeared in our Oct. 1, 2008 edition. ✨

SENIORS

(continued from page IN 10)

complex present, and our potential futures with a newly-created collection of short plays and monologues by writers from all over Indiana: not only playwrights but poets, journalists, novelists, and many others, as well. Featuring songs by Hoosier singer-songwriter Tim Grimm, this multi-faceted look at our life and times mixes music and history, comedy and drama, fact and fable. \$27 includes transportation and show. ✨



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The High Holidays



BY RABBI BRIAN BESSER

Don't be so afraid to admit when you're wrong

It is a peculiar trait that we Jews tend to blame ourselves for whatever befalls us. The Roman imperial army was the greatest power on Earth, Judea was a minor province in the Roman sphere, and nothing could have stopped the Romans from sacking Jerusalem. But never mind all that. The Temple was destroyed, say the Rabbis, solely because of baseless hatred among the people, internal divisions, cruel words and petty bickering.

If allowed, suffering can lead to introspection, which leads to *teshuvah*. Rabbi Alan Lew writes in *This Is Real And You Are Completed Unprepared*: "The walls of our soul begin to crumble and the first glimmerings of transformation begin to

seep in. We stop blaming others. Our suffering, the unresolved elements of our lives, are also from God. They are the instruments by which we are carried back to God, to be embraced."

Think back to the last time someone let you know that you had offended her. Maybe she made you feel guilty. Maybe you started thinking of different excuses to mitigate or rationalize what you had done. Maybe you took offense yourself, because the other person was overreacting, or was taking things the wrong way, or was attempting to foist blame upon you for her own shortcomings. Whatever your reaction, I'm sure it was uncomfortable, if not painful.

The thing is, the other person was acting to your benefit. Better for him to confront you directly than nurse silent grievances and avoid you without telling you why, or – worse still – complain to others about you behind your back (which is quintessential *lashon hara*). When someone tells me that I wronged him, he's not doing me a courtesy so much as fulfilling his obligation: *lo tisna et achicha bilvavecha... velo tisa alav chet*, "you shall not hold hard feelings toward your fellow, lest you bear guilt because of him." (Leviticus 19:17) Moreover, he is

giving me the opportunity to do *teshuvah*: to make amends to him, and, more importantly, to mend my ways in general. Because chances are, if I sinned against him, I sinned against others in a similar fashion. Behavioral patterns do not spring up in a vacuum.

If we protect ourselves from all criticism, if we always defend ourselves against disturbances, we won't develop, morally or spiritually. Our bad habits remain. People begin to whisper: "you know we can't mention that subject around her." We withdraw from others because we're afraid to expose our vulnerabilities.

If we mean to grow, we have to do the opposite. If people or situations try to disturb us, let them have at it! What's the worst that can happen? A blow to the ego! But you know what? In the end, it's more painful, and it certainly takes more energy, to be on constant guard against all possible agitation! Instead, try to observe with equanimity as feelings come and go, and – above all and always – treat yourself and others with compassion, and maybe a little bit of humor thrown in. *L'shanah tovah!*

Rabbi Besser has been leading Congregation Beth Shalom in Bloomington, Ind., since 2012. ★

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!**

*Rabbi David & Nili Gingold-Altchek and their daughters Noyah & Bat-Shevah
and the Etz Chaim Congregation*



Kavanah before shofar blowing

BY BRUCE DAVID



Shana Tova! I would like to start with a quick catch-up as a way to bring us to this moment: Why are we here? To see and hear someone try to get a series of notes out of an animal part, a ram's horn? Are we here to fulfill a biblical instruction, something that has been passed along to us from generations of our ancestors, who didn't have near the scientific knowledge or technology that we do today, but said that we still need to do this?

The life-growth aspects of *Rosh Hashanah* suggest that it is to our benefit to have reviewed our efforts over the last year, with an eye for improvement; and to celebrate the opportunity we have now, that we are a year older, more experienced and hopefully wiser, to improve on our choices.

Rosh Hashanah, spiritually, is like the ultimate *mikvah* cleansing. We get a "do over," a chance to start again with a clean slate. We are here, now what? Are we here simply to reconnect with our family, friends and community, or are we here praying? Are we opening our hearts in the hopes of improving the quality of our lives, and those of our loved ones, Israel and the world?

If we are praying, this means we are trying to communicate with a seemingly undetectable Powerful Intelligence that we think is involved with our lives, with whom we must believe we have the ability to engage and influence. For me, it really comes down to this. If there is a G-d – there is hope. There is a chance for a better life now and in a world to come. There is a chance for our world, for all people and all our children.

Fortunately, our tradition teaches us of the Divine Shechinah Presence, of just such a powerful Force, One interacting with and influencing our lives. Knowing this enables us to pray while being truthful to ourselves and our understanding, relating to the hope of something more beyond this life, which this offers us all.

Hearing the *shofar* is traditionally recognized as one of the main *Torah* commandments relating to *Rosh Hashanah*. Who has the most difficult challenge me, having to engage the sound vibrations in a meaningfully connecting way, or you, who has to "hear" the sound in a way that will profoundly impact your life?

It's been said that because of its unpredictable sound, *shofar* blowing can be a frustrating and challenging endeavor. And

it's true. But "you," actually, have the most difficult part of this partnership, because regardless of the sounds I make, you have to be able to hear and process them in a way that will awaken and increase your awareness and advance your *kavanah*, your spiritual intention.

To draw on a line from another one of our festivals, why is this sound different from all other sounds? Because it is an opportunity for us to reconnect with the deepest part of our life and genuinely experience the wonders of this New Year! The closer this sound of sounds helps us get to our heart, the more successful the time we have spent here will be.

From our current perspective, the most important thing for us is to have our



kavanah in the right place, because this means that our hearts and minds are in the right place, and that we will know "wholeness" in our lives. Whole – ness! Holy – ness! The fact that we are even here together to celebrate *Rosh Hashanah*, any sounds we make and share together is wonderful. Listen to the sound of the *shofar* call, the resonance of energy and vibration, past and present, manifesting the wonders of the Creative genius that influences our existence.

Bruce David is a Judaic artist and heads *Light of the Nations*, a non-profit Jewish educational outreach organization which uses art, music and other forms of creative expression to share the modern day values of Judaism to our world. He welcomes comments at: davidart@davidart.com. He will be glad to share the link to *Light of the Nation's* YouTube Playlist, which includes a *Jonah* animation, for those interested in viewing samples of their art-music videos. David's art may be viewed on his own Web site at www.davidart.com. ✨

L'Shana Tova to the Jewish community from



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High Holidays resolutions



BY RABBI MORDECHAI LEVIN

Jewish people across the world are engaged in preparations for *Rosh Hashanah* – one of the most important times in the Hebrew calendar. *Rosh Hashanah* has deep significance in that it marks the beginning of a process of reflection and self-examination that culminates in *Yom Kippur*. The High Holidays are our chance to start again, renew ourselves and renew our lives.

Rabbi Abraham J. Heschel, a Conservative rabbi and theologian, wrote a book titled, *The Sabbath*, in which he explored the importance of time in Judaism.

Heschel wrote that Judaism teaches us to be attached to holiness in time, to be attached to sacred events, to learn how to consecrate sanctuaries that emerge from the magnificent stream of a year. The *Sabbaths* are our great cathedrals, and our Holy of Holies is *Yom Kippur*.

Heschel said that Judaism is a religion that aims to sanctify time. For some people, time is unvaried, homogenous. To them, every day is like every other day and every hour is like every other hour. But no two days or hours are alike. Each hour is unique and the only one given at that moment, exclusive and endlessly precious. If before going to bed every night, we would tear a page from the calendar and say, "There goes another day of my life, never to return," we might become aware of the value of time. Time is life. Therefore, if we waste our time we waste our life.

The sounding of the *shofar* calls us to examine our lives: "Awake, you sleepers, and ponder your deeds; remember your Creator, forsake your evil ways, and return to God!"

Therefore on these High Holidays, let us resolve to live a good life, a life of commitment and purpose.

Let us find the time to be grateful for the daily blessings that we are given. The blessing of life itself and the opportunity to enjoy our lives in the time we have.

Let us resolve to tell the people we love that we love them, to reach out to those who need us, to make amends with those who have hurt us and whom we have hurt.

Let us find the time to make a new Jewish beginning for ourselves and our families.

Let us resolve to study more *Torah*, to speak kindness and love, and to live a life permeated with *mitzvot*.

My best wishes for a year of life, health, fulfillment, justice and peace. *Shanah Tovah!*

Rabbi Levin has led Congregation Beth Israel in Munster, Ind., since 2013. He

Yom Kippur



BY RABBI STANLEY HALPERN

See Jonah run

On *Yom Kippur* we read the Book of Jonah, a text that is simultaneously incredibly simple and incredibly complex. Perhaps that is why Jonah and *Yom Kippur* fit so well together.

We know the simple story of Jonah. God tells Jonah to go to Nineveh, but Jonah goes to Tarshish instead. He is swallowed by a big fish (not a whale) and ends up in Nineveh.

It's a simple story that we teach our children. Simplistic Moral: Do What God

received his rabbinic ordination from the Latin American Rabbinical Seminary, and is a member of the Rabbinical Assembly. In 2010, he was awarded an Honorary Doctorate of Divinity from the Jewish Theological Seminary in New York City for his years of dedicated service to the Conservative movement and the Jewish community. ★

Wants You To Do.

The problem with the Book of Jonah is that there is a substantial list of perplexing questions that jump up at us throughout the story:

What is the point of the gourd at the end?

Why does the book end by mentioning cattle?

Why are the most righteous people not Israelites?

Why is the big fish masculine in one part of the story and feminine in another?

And more.

However, while the answers to these are worthy of exploring at perhaps another time, for me the most perplexing question of all is why Jonah runs in the first place. Certainly, as a prophet Jonah knows that he cannot go where God is not. Why would Jonah do what he did at all – such an utterly futile act?

The answer, I would suggest, is found in Newton's Third Law. For every action there is an equal and opposite reaction. However, we need to understand what the action is and what the reaction is, and whose action and reaction these are.

The answer comes after Nineveh is saved, when Jonah vents his frustration towards God. Jonah almost shouts at God

(see Halpern, page IN 21)



Congregation Beth Shalom

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All Services are Open to the Community

Erev Rosh Hashanah	October 2,	7:30 PM
Rosh Hashanah (<i>Children's</i>)	October 3,	9:00 AM
(<i>Full service</i>)		10:00 AM
Tashlich (<i>at Carmel West Park</i>)		Following AM service
Erev Yom Kippur/Kol Nidre	October 11,	7:30 PM
Yom Kippur (<i>Children's</i>)	October 12,	9:00 AM
(<i>Full service</i>)		10:00 AM
Yom Kippur Rabbinic Discussion		2:30 PM
Yom Kippur Afternoon Service		4:00 PM
Yizkor/N'eila		5:00 PM

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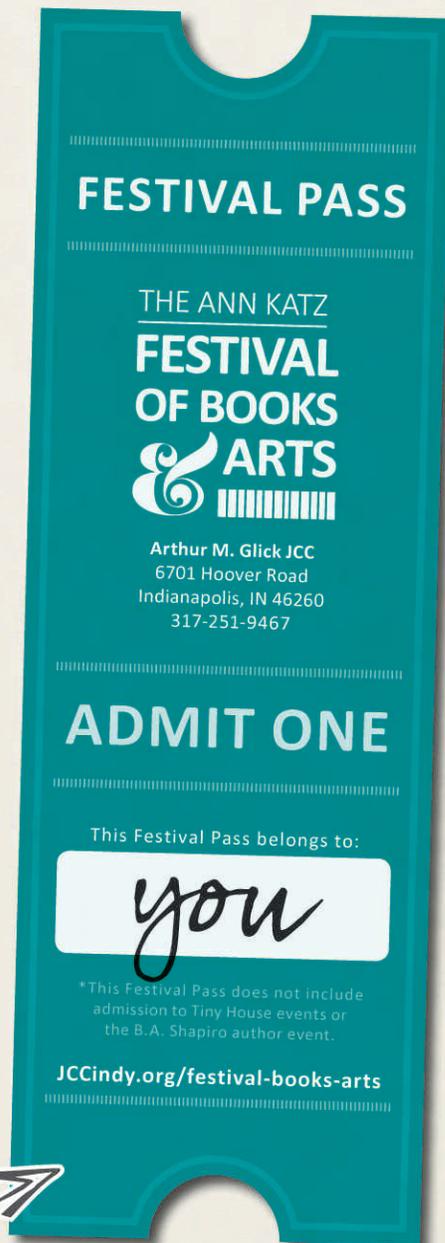
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Jewish Humor



BY AVI STEINFELD

Goldberg for President

I am running along the path the Department of Parks and Recreation has been kind enough to shovel out for me. My doctor says I need to exercise. He says a lot of things. Like some other people I know. I am panting. Where's that ice cream truck that's always parked on this corner?

As I make a left turn, I notice a group of volunteers in bright red shirts handing out flyers to the people in the park. Their smiles seem so genuine. It seems like another candidate is campaigning to become president. I am always in the mood for a good laugh so I venture towards the pack. I decline the shiny button they offer me, but I take the water bottle, Hershey's bar (I have some calories to make up), and hand solution.

Being President has a lot of perks. I then begin to dream. What would happen if I

were elected President? Well, the first thing I would do is to tell my mother, of course. She would need to find my birth certificate.

I can just hear her now.... "My son, the President. After he spilled that Postum coffee all over Ethel's wool sweater, I didn't think anything would become of him. What a mistake! He gets his brains from my side of the family, you know."

As President, I would remove the silent letter "b" from the word "Debt." We need to eliminate something. I would have a long talk with the Chef. Matza ball soup is a priority. I would talk to the Treasury Department about portraying my likeness as the face of the Three Dollar Bill.

The American people would put their trust in a President who would proclaim during inauguration, "I do solemnly affirm." No helicopters would be allowed to land on the front lawn while I'd be around. What good would such a large lawn do for me, anyways? I am not interested in paying higher property taxes. Convert it into condos, perhaps?

On second thought, it would be best to bring in a greens keeper from Scottsdale to convert the grounds to a championship 18-hole golf course. And exactly why is Camp David nestled in the woods of Maryland? I would move it to Miami Beach where it belongs. Every cabinet

meeting would conclude with a game of Mah-Jongg. My wife would have a hay day redecorating the place. Think of magenta room, cyan room, terra cotta room (you see where this is going). Hey, if the table is set, I'm there.

What would I do with all of those rooms, you ask? I guess I could fill them with bookcases stuffed with my favorite comic books and Hogan's Heroes DVDs. I'm thinking of renting some place on Pennsylvania Avenue for my in-laws to stay. I would ensure a negotiation to stabilize the price of oil. I need those potato *latkes*.

"So Mr. President," the intrusive media reporter asks. "How do you plan on securing the borders?" "Borders *shmorders!*" I respond. "Let them all come in. Just make them attend synagogue once a year. We need to receive membership dues some way or another."

I would hire my friend, Morty, to be my advisor. He knows everything. He was the kid whose work everyone used to copy off of in school. I remember another friend, Steve, who was not the brightest bulb in the shop, getting caught after he copied his paper from Morty. When he denied the allegations, the teacher pointed to the top of his paper and asked, "So did you change your name as well?"

Yes, life really would be good if I were
(see Steinfeld page IN 18)

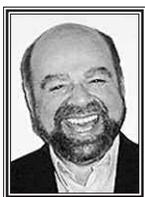
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A Playful Path



BY BERNIE DE KOVEN

Let us count the ways

My wife of 50 years and I were watching the last episode of a Masterpiece Theatre show called *Any Human Heart* (you can find about the show online – <http://www.pbs.org/wgbh/masterpiece/anyhumanheart/>). In it, the main character is periodically overwhelmed by flashbacks of his wife, whom he lost years and years ago during the blitz.

After the show, we looked at each other, tears in our eyes, overwhelmed for a moment by the reality of our love and the not-totally-baseless fantasy of one of us losing the other. It moved us deeply, because, as we grow older and more profoundly precious to each other, the inevitability of losing each other grows evermore unavoidably, well, inevitable.

It struck me, for all the heartache of the moment, as kind of fun. I know, it seems almost blasphemous to use the word “fun” to describe such a delicately glorious moment of weathered love. But there was something undeniably joyous in what we were sharing together. In that teary-eyed look that we gave each other, there was a certain twinkle. We’re still alive. Still in love. The actual death of one of us, regardless of the purported inevitability, is still a fantasy. We were, in a way, playing. We also were, in another way, honoring the depth and beauty of the love we have spent the majority of our lives creating together.

Pre-grieving. Not actually grieving. Playing with the possibility, but not really facing the actuality. Facing, rather, each other, basking, once again, in the mutual delight of our still living love.

Once, for the fun of it, we decided to make a list of how we make our lives together more fun. Today, we added pre-grieving.

Fun things we do just between us:

Paying attention to each other
 Admiring each other’s talents
 Accepting each other’s differences, limits
 Listening to each other, asking questions, getting clear
 Encouraging each other to do what each of us most wants to do
 Making each other laugh
 Being funny
 Doing silly things
 Little acts of improvisation, spontaneous skits

Generally, not keeping score
 Appreciating each other’s success
 Changing the rules
 Being kind to each other
 Whoever gets up first makes breakfast in bed for the other
 Surprising each other
 Making meals for each other
 Making a face out of raisins and bananas
 Appearing in an outrageous outfit
 Buying each other something special at the grocery or hardware store
 Dancing – spontaneously, sometimes without music

Playing games
 Leaving notes
 Sharing memories
 When one of us looks happy (singing, humming or smiling), it makes the other happier
 Planning
 Respecting each other
 Trusting each other
 Touching each other
 Pre-grieving

Fun things we do between us and the world:
 Learning something new together
 (see De Koven page IN 18)

Best wishes for a sweet New Year

Congregation Beth-El Zedeck
 Rabbis Dennis & Sandy Sasso
 Rabbi Shelley Goldman
 Cantor Melissa Cohen
 Rebecca Geyer, President

A year of many enriching programs in The Alan and Linda Cohen Center for Jewish Learning and Living.
 Visit www.bez613.org for further information.

SOUNDS OF HOME

A Celebration in Song and Dance for All who Call Indiana Home
 Sunday, November 6, 1:00—2:30 p.m.
 Indiana State Museum

An interactive celebration through song and dance of the rich cultural diversity of the people of Indiana. From a Native American storyteller honoring the first to call Indiana home to Irish Step Dancers representing one of the many waves of 19th Century immigrants to reach our state and from an African-American gospel singer to a West Indian drummer, this event will have you singing, clapping, and chanting along! Narrated by Rabbi Sandy Sasso, the program will culminate with everyone joining in “Back Home Again in Indiana” in multiple languages.

Presented by The Alan & Linda Cohen Center for Jewish Learning and Living at Congregation Beth-El Zedeck in partnership with The Indianapolis Women’s Chorus and the Indiana State Museum. This program is part of the Spirit & Place Festival.

Save the Date! **Michael Bornstein** will speak about his new book:

Survivors Club
The True Story of a Very Young Prisoner of Auschwitz
 Sunday, April 30, 2017, 10:30—Noon
 at Congregation Beth-El Zedeck

Indianapolis Hebrew Congregation is turning 160!

On Nov. 2, 1856, 14 visionary men founded Indianapolis Hebrew Congregation. Now, at 160 years strong, it is time to celebrate with an entire weekend of festivities happening November 4–6.

The weekend begins with a Community Celebration during IHC's spiritually uplifting, music-filled *Erev Shabbat* Service at 6:15 p.m., on Friday. Former Senior Rabbi, Jonathan Stein and his wife, Susan will be among other special guests. Rabbi Stein is IHC's Scholar-in-Residence for the weekend and will speak from the *bimah* about "Reform Judaism: Past, Present and Mainly the Future". The community is invited to stay for a beautiful *Oneg Shabbat* hosted by Shapiro's, Brian and Sally Shapiro, Temple Sisterhood and IHC Brotherhood.

Rabbi Stein will join Rabbi Krichiver and the Tankh Study Group at 9 a.m., followed by Shabbat Morning Services at

10:30 a.m.

A Farm to Table Dinner and Benefit called *The Community Table* will start at 6 p.m., at GUCI (Goldman Union Camp Institute). Chef Ryan Nelson of Late Harvest Kitchen and North End Barbecue & Moonshine will create handcrafted cocktails and a 4 course harvest inspired dinner. A wine grab, silent auction and special appeal will be part of the evening, all followed by a bonfire and s'mores.

On Sunday morning during the Religious School Birthday Bash, students will learn about IHC's history during the *Scooby Jew and the Magical Mystery Tour*. Rabbi Stein will meet with the students, there will be birthday cake and all are invited to stay for IHC Brotherhood's famous Chicken 'n Noodles lunch for a free-will donation.

The community is invited to participate in *ihcbay*, an online silent auction for a chance to bid and win great items and experiences, all donated by IHC and community members. *Ihcbay* will be live and open for bidding Oct. 24–Nov. 7.

For more information on IHC's 160th Celebration Weekend and tickets to *The Community Table* event, please visit ihcindy.org. ✨

STEINFELD

(continued from page IN 16)

President. But getting there? Maybe I should focus more on running...

Avi Steinfeld, a Chicago native, currently living in Brooklyn, N.Y., is a freelance humor writer with a master's degree in school psychology and can be contacted at avrahamsteinfeld@gmail.com. ✨



DE KOVEN

(continued from page IN 17)

- Experimenting
- Trying new spices, fruits, foods, etc.
- Trying out new restaurants, stores, parks, neighborhoods to visit, roads to travel
- Solving household dilemmas
- Inventing new ways to "make do"
- New uses for common objects
- Being kind to others to other people (family, friends, strangers)
- Being kind to animals, insects, plants
- Pointing out things to each other that we think the other would enjoy
- Bringing new people into each other's lives
- Pretending
- Speaking in accents
- Pretend conversations as we walk by people, e.g.: "Where did we leave that body?"
- Walking together
- Exploring different paths
- Walking and talking
- Building junk sculptures on our walks
- Noticing, smelling and touching flowers
- Listening to bird songs, trying to sing along
- Sharing chores – keeping things fair, in balance
- Being with the kids and grandkids
- Helping together
- Deciding together about how to spend and save

I hope you appreciate these items on our list. In reflecting on the past year and preparing for what you might do to make improvements in the New Year, get together with one or more loved ones and both of you make a list of what you will do to keep your relationship alive, whole, and joyous.

Bernie De Koven, is the author of The Well-Played Game, A Playful Path and Junkyard Sports. A Playful Path is available here: <http://www.aplayfulpath.com/the-book/> where one can also purchase the paper or download the electronic version for free. Bernie can be found on the Internet at his two main websites: <http://deepfun.com> and <http://aplayfulpath.com>. ✨

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Indianapolis Hebrew Congregation

along with its Brotherhood, Sisterhood,
Youth Groups, Staff and Members wish you

L'Shana Tova!

May 5777 be a Happy, Healthy, and
Prosperous year for us all.



Rabbi Brett Krichiver
Rabbi Scott Fox
Cantor Janice Roger

Jewish Educator



BY AMY HIRSHBERG LEDERMAN

Finding a path to forgiveness

On a chilly day in February over a decade ago, I drove my mother to the hospital to visit her only sister, Emily. My mother was anxious about seeing her. Not just because of her condition, which bordered on terminal, but because of their relationship, defined by years of unspoken hurt and unfinished conversations.

We both fidgeted in the elevator as we approached the room to say what we knew would be our final goodbyes. No matter how hard you try, there is no way to prepare for a moment like this. You can comfort yourself with thoughts like "She's so sick, it's for the best," or "She's lived a good life and now it's her time." But as we entered the room I was struck by the realization that the cadaverous shell of a woman lying in bed, the same woman who had caused my mother so

much grief and pain in her youth, might never be able to speak again. And there was still so much left to say.

Her daughter greeted us at the door.

"She's been calling for you for days," she said softly, looking at my mother.

As if choreographed, my mother began stroking Emily's forehead with her own tired hand. She spoke softly of their lives together as little girls, of books they had loved, of summers at the beach. A smile spread slowly across Emily's face and for a few moments, her weary eyes focused and were young again.

My mother repeated softly, "I love you Emily." And Emily, who had been unable to talk for days, uttered the words which helped ease my mother's pain and teach her how to forgive: "I love you too, Elise. I have always loved you."

Granting forgiveness to those who have hurt us is one of the most difficult things to do: it doesn't come easily or naturally for most of us. When we are wronged, our tendency is to withdraw or retaliate. If we disengage, we often hold on to the hurt without ever having a chance to resolve it. If we respond by causing new pain, we increase hostility making resolution or forgiveness that much more difficult.

When the injury is interpersonal, we can carry the pain for years and the emotional

scar tissue which forms can prevent us from ever healing. When the injury is not just against us, but against our family, faith, or the community we care about, it can be even more difficult to find ways to "forgive and forget."

When we love, we open ourselves up to experiencing many wonderful, intimate, nurturing and deeply gratifying feelings. We also open ourselves up to being hurt, disappointed, betrayed and abandoned. That is the nature of being in relationship – with others, with our community, our country and yes, even with God.

The *Torah* is the Jewish blueprint for living a good, compassionate and meaningful life. As Jews, we are not expected to be perfect; we are expected to be human. There will be times when we let ourselves and others down, when we hurt others through our words, actions or thoughtless deeds. Because wronging others is part of being human, Judaism provides guidance in our efforts to forgive and be forgiven.

We are taught that we can't seek forgiveness from God for a wrong we have committed against others. For those acts, we must ask forgiveness directly from the person we have offended and, if we still are not forgiven after three attempts, our obligation is satisfied.

(see Lederman page IN 21)

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Sincerely,
Sonia Marschak

High Holiday message



BY RABBI HERBERT HOROWITZ

Rabbinic prime time

The approaching month of *Elul* brings out the “Rabbinic juices” of High Holy Day preparation. Sephardic Jews begin reciting *Slichot* (Penitential Prayers) when the month of *Elul* begins (this year Sept. 4). Ashkenazi Jews wait until a week before *Rosh Hashanah* to do the same. The *Shofar* is blown equally by both traditions at the start of *Elul*.

What High Holy Day message can I impart to you this year? I have given much thought about it during the last two months. A review of the year coming to an end forces a *Cheshbon HaNefesh* (Accounting of One’s Soul). What have been my accomplishments and shortcomings this year? Have I done my best in dealing with my loved ones and my community? Have world events galvanized me to have acted positively for my fellow human

beings? Have I truly heard the sounds of the *Shofar*? In the coming New Year, all of us must really listen to the *Shofar* to make a difference in our lives.

This year, we blow the *Shofar* both days of *Rosh Hashanah*. The blowing of the *Shofar* consists of three major sounds: (1) *Tekiah* (2) *Shvarim* (3) *Teruah*.

What is the focus of the *Tekiah*? The *Torah* in *Bamidbar* (Numbers) Chapter 6:7 supplies us with an answer. “*U’vihakhel Et Hakahal Tittkouah*” which translates as: When you want to bring people together sound the *Tekiah*. The *Tekiah* summons us to remember that we cannot live in isolation. The essence of Jewish life is the involvement in Jewish communal affairs. Martin Buber, famous Jewish Philosopher and author of *I And Thou* reminds us, “God is found in every loving relationship”. This sound of the *Shofar* calls upon us to never take love for granted.

The *Shvarim* echoes the broken note that lies in a thousand broken hearts. The *Shvarim* cuts across all religious and ethnic lives. For example, the five-year-old Syrian boy battered and bloody calls out to the world for compassion and action in the face of brutality and evil; the 22 children murdered at the Kurdish wedding festivity blares forth; and the horrific use of a 12-year-old Turkish suicide bomber which

caused unimaginable devastation. The *Shevarim* also reminds us of our personal and individual tragedies – death, disease and loss can devastate us emotionally, psychologically and physically.

The last *Shofar* sound is the *Teruah*. The *Teruah* proclaims God’s sovereignty, the ruler of the world. There are times we doubt the *Teruah*. Many people question their faith and some lose their faith when natural disasters engulf their lives. As the *U’Netane Tokef* prayer poignantly questions the frailties of life and its mortality, “*Mi Bamayim?*” (who by water?) “*Mi BaAish?*” (who by fire?) But then we learn of individual heroism and sacrifice.

We have modern heroes, Captain Khan who sacrificed his life to protect soldiers under his command, Major Klein who used his body as a human shield to save IDF soldiers from certain death. These heroes like many others heard the herald of God’s sovereignty. The call of the *Teruah* was inculcated into their *Neshamot* (Souls). Each of us has the capacity to be heroes in our own right if you heed the call of the *Teruah*.

Before the sounding of the *Shofar* we recite the prayer: “*Happy are the people who know how to hear and understand the message of the Shofar*” This *Rosh Hashanah*

(see Horowitz page IN 21)

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LEDERMAN

(continued from page IN 19)

When someone hurts or wrongs us, the *Torah* counsels us not to take vengeance or bear a grudge. And when we are sincerely asked for our forgiveness, Judaism teaches us that we should forgive, and do it wholeheartedly.

There is much to gain, psychologically and spiritually, when we let go of past injuries. It frees up the energy we use to stay angry or disappointed for more positive things that can bring us happiness, fulfillment and love. And Judaism assures us that if we show compassion to those who offend us, God will show us compassion as well.

The High Holidays are a time when we are called upon to look deeply at our efforts during the past year to see where we have succeeded and where we have missed the mark. We are asked to make amends to those we may have hurt by going directly to them and asking for forgiveness in order to clear the slate for the new year. It may not be easy, but it is an opportunity to right the wrongs we have done and begin again, each year, with the hope that we will do better and be better in the year ahead.

I think of the years of hurt that my mother endured and of how she longed for her sister to apologize for the hurtful things she did, or at least, to talk about them. She will never have that conversation now, but what she does have is almost as good. Because she has found a path to forgiveness and a way to heal herself even though her sister is gone.

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. Originally published in our Jan. 27, 2010 Healing section. ☆

**HOROWITZ**

(continued from page IN 20)

and *Yom Kippur* reflect on the meaning of the sounds of the *Shofar* and internalize them. This will bring you Divine “happiness”, you shall spend your days in the presence of God. Your love and sacrifice in serving God will transform into precious and eternal meaning.

Herbert Horowitz is Rabbi Emeritus of Shore Parkway Jewish Center, Brooklyn, NY. He is a popular lecturer and scholar-in-residence. He can be reached at rabhh18@gmail.com. ☆

L'shana tova – a good 5777

BY RABBI KAREN COMPANEZ



We will soon gather in our temples and synagogues to celebrate the new year and look forward to the coming year, hoping and praying for a good and healthy one. If you find yourself in the South Bend area, you are welcome to attend Temple Beth-El at 305 West Madison St.

We will hold an *Erev* (evening) *Rosh HaShanah* service at 8 p.m., on Sun., Oct. 2 and a *Rosh HaShanah* morning service at 10:30 a.m., on Mon., Oct. 3, preceded by a children's service at 9:30 a.m.

Our *Kol Nidrei* service will take place at 8 p.m. on Tues., Oct. 11, and our *Yom Kippur* morning service will begin at 10:30 a.m., on Wed., Oct. 12, preceded by our children's service at 9:30 a.m. During the early afternoon of *Yom Kippur*, we will hold an interactive program, which will be followed by the afternoon service, *Yizkor*, *Neilah*, and *Havdalah*. Please visit our website: tbe-sb.org for further details.

L'shana tova tikateivu – we look forward to welcoming you at Temple Beth-El, South Bend, Ind. *Rabbi Karen Companez. ☆*

HALPERN

(continued from page IN 14)

that he knew from the very beginning that God would not destroy the city. “You are a merciful and compassionate God – I knew you could not do it. All Nineveh had to do was say ‘Sorry’”.

God's saving of Nineveh was the action. Jonah's anger over the lack of justice (retribution) by God was the reaction.

Jonah is angry with God – so angry that he does not even want to talk to God. God tells him to go to Nineveh, but because he is angry, Jonah instead goes to Tarshish. God produces the storm, and Jonah ignores the storm by sleeping in the bottom of the boat. Jonah ends up inside the fish and says nothing to God for three days. Finally, Jonah confronts God. He demands of God an accounting for God's lack of justice.

And so here we come to the reason Jonah and *Yom Kippur* fit so well together. We want God to show compassion for us, for our loved ones and for our community. But at the same time we want God to mete out justice to all those would harm us.

Compassion for us? Justice for them?

Maybe that's not how it works.

Rabbi Stanley Halpern serves Congregation Beth Shalom in Carmel, Ind. ☆

**L'Shanah Tovah Tikateivu!**

From our Board, Rabbi Benjamin Sendrow, President Sidney Dunn, and our membership at Congregation Shaarey Tefilla, we wish you and all your loved ones a *Healthy, Sweet, and Good* New Year!

From our newborns to our seniors, we are a family!

We'd love to have you join us for High Holy Day services and throughout the year!

See the full list of High Holy Day services from *Selichot* through *Simchat Torah*, as well as, a calendar of upcoming events at www.shaareytefilla.org

Call us for more information regarding services, seats, and membership.



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KAPLAN/RECIPES

(continued from page IN 24)

the dates, onion and garlic from the lamb pot to create the sauce for the lamb.

Quinoa and roasted

Acorn Squash Salad (Serves: 2)

Submitted by: Chef Alon Hirtenstein, Aubergine at the InterContinental David, Tel Aviv

- 1 cup quinoa
- 1 acorn squash, roasted and sliced into thin half-moon shapes
- 1 Tbsp. chopped cranberries
- 1 Tbsp. diced fresh fruit (persimmon, kiwi, nectarine or fruit of your choice)
- 1 Tbsp. chopped caramelized hazelnuts
- 1 Tbsp. parsley
- 1 Tbsp. coriander
- 2 Tbsp. pomegranate seeds
- 1 tsp. honey
- 1/2 crushed garlic clove
- Thyme
- Ground dried "Shata" chili pepper
- 1 Tbsp. lemon juice
- 1 Tbsp. olive oil
- Salt
- Ground black pepper
- Apple 'fan' for garnish
- Mint leaves in ice water

Acorn Squash Preparation:

Pre-heat oven to 345°F. Peel and cut the acorn squash in half, clean out the seeds and slice into thin half-moon shapes. Mix the olive oil, honey, garlic, thyme, salt and ground black pepper in a bowl. Once marinade is ready, place the acorn squash slices in the bowl and let sit for a few minutes. Place the slices on a baking tray with parchment paper and bake in the pre-heated oven for 10 minutes, or until soft on the inside and crispy on the outside.

Quinoa Preparation:

Boil 1-1/2 cups of water and 1 cup of quinoa, while stirring, for about 15 minutes. Drain the water and let cool.

Plating Suggestion:

Mix all ingredients, but the acorn squash, in a bowl. Season with olive oil, lemon juice, salt, ground black pepper and ground dried "Shata" chili pepper. Place the salad in a high martini glass and garnish with mint leaves and apple fan.

Two Layer Apple-Honey Cake

- 2 cups flour
- 2 tsp. baking soda
- 2 tsp. ground cinnamon
- 1/8 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 3/4 cup sugar or sugar substitute
- 1 1/2 tsp. vanilla extract
- 2 large eggs

- 3/4 cup canola oil
- 1/3 non-dairy creamer
- 1/2 cup honey or honey substitute*
- 3 cups grated apples

Frosting

- 2 cups tofu cream cheese
 - 1/2 cup unsalted pareve margarine
 - 1 tsp. grated orange peel
 - 1 cup confectioners' sugar
 - 2 tsp. vanilla extract
 - 1/2 cup honey (or honey substitute*)
- *To make cake diabetic, use sugar substitute and sugar-free imitation honey.

Preheat oven to 325°F. Spray vegetable spray on 2 (9-inch) cake pans. Place flour, baking soda, cinnamon, nutmeg, cloves, and sugar or sugar substitute in a large bowl and mix. Add vanilla, eggs, oil, non-dairy creamer and honey. Mix then add apples. Place half of the batter in each baking pan. Bake in preheated oven about 45 minutes or until a toothpick inserted into the center comes out clean. Cool. Beat cream cheese and margarine in a bowl until fluffy. Add orange peel, confectioners' sugar and vanilla and blend. Add honey. Chill until firm enough to spread. Place one cake on a serving dish. Spread with 1 cup frosting. Top with second cake and spread remaining frosting on top and sides.

OBITUARIES

(continued from page IN 11)

She was born on Sept. 22, 1936 to Everett and Lorna Jones in Indianapolis. She attended Butler's Jordan School of Dance and enjoyed teaching ballet. Later she



graduated from University of Houston and taught English as a Second Language. She was married to Harold Swayder for many years and they had two children who survive and live in Texas: Eric of Brownsville and Sabrina of Fredericksburg. Memorial contributions may be made to Hooverwood Nursing Home, 7001 Hoover Road, Indianapolis, IN 46260; or to Second Helpings. A memorial service was held Aug. 31 at Park Regency Apartments. **ARN Funeral & Cremation** entrusted with arrangements. ★



Sybil Kaplan is a journalist, book reviewer, food writer and cookbook author who lives in Jerusalem. ★

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BY SYBIL KAPLAN

Rosh Hashanah recipes

A few years ago I wrote a column in which I interviewed chefs and found it quite fascinating. For *Rosh Hashanah*, I am including recipes of two chefs, Chef Nir Elkayam of the Inbal Hotel in Jerusalem whom we have met and interviewed and Chef Alon Hirtenstein from the InterContinental David, Tel Aviv. I also include a *Rosh Hashanah* favorite.

Festive Holiday Lamb

Submitted by: Chef Nir Elkayam, Executive Chef, The Inbal Jerusalem Hotel

- 1 lamb shoulder on the bone
- 2 Tbsp. olive oil

Marinade ingredients:

- 20 small red onions
- 20 garlic cloves

- 30 pitted dates
- 1 bottle of semi-sweet red wine
- 1 ginger root
- 1 pod of cardamom
- 1 stem of thyme
- 1 cup of olive oil

Sear all sides of the lamb with the olive oil. In a stockpot, pour the marinade ingredients into the pot and bring to a boil. Remove from heat and let cool. In a large deep roasting pan, pour half of the marinade in, add the lamb, then add the remainder of the marinade over the lamb. Wrap the pot tightly in parchment paper

and then in aluminum foil. Place in the refrigerator for about 12 hours. Pre-heat the oven to 280°F. Remove 2/3 of the liquid and pour into a stock pot, simmer until the sauce is reduced to a thick consistency (thick enough to coat the lamb and not too runny). Remove foil and parchment paper and place the pot in oven for about 1 hour or until the lamb is soft and nearly falling off the bone. Raise the temperature to 325°F until the lamb turns a golden brown. Once the sauce has reached the correct consistency, using a hand blender, blend the marinade with

(see Kaplan/recipes, page IN 22)

THIS NEW YEAR DO SOMETHING GENEROUS VOLUNTEER

Now is the time to commit. It's the New Year, when we think about our values and how we can best act on them. And because time is so precious, contributing a day, an afternoon or even an hour can be one of the most generous acts of all.

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