

Harrisburg JCC Extends Hours and Offers Membership Specials for 2013

The Harrisburg JCC has seen an increase in membership since its grand reopening in September. The slogan kicked off at the Open House in the fall was a New Day at the J. In the past several months, programming for all age groups has increased, and improvements have continued to be seen throughout the building. This is especially true in the Sports and Fitness Department of the Harrisburg JCC. From new spin bikes to the restoration of the racquetball court to building a new group fitness studio, it is obvious to anybody walking into the Fitness Center that positive changes are occurring.

In Programming, the Seniors, Early Learning Center children, and Silver Academy students enjoyed an intergenerational program for Chanukah. We also hosted a community Chanukah party in December, a community Havdalah event in early January, and we are planning a community Purim Carnival on February 24 and a community event in April for "Israel at 65!"

In January, the JCC launched several membership incentives directed specifically to past members as well as creating a campaign to attract new families and individuals. Linda Skulsky, Membership Director found the beginning of January to be non-stop with new members signing up and an Open House held on January 13. Skulsky commented, "The New Year is often a great opportunity for people to renew their fitness goals, and we are excited that the JCC can be here to help serve the community in their mission to sustain a healthy lifestyle."

It was also in January that the JCC extended its hours to include fitness hours on Saturday. The additional weekend hours were in response to the demand of members and are seen as a way to be more competitive in the local fitness industry. "I really encourage anybody who hasn't been in the Fitness Center in the past six months to come take a look and see how we can help meet your fitness needs. From new equipment to exciting water classes to our great partnership with Absolute Wellness Group, we really have something to offer to everybody," commented SFR Director Terri Travers. Individuals who are not currently members but would like to gain more information about the Harrisburg JCC are encouraged to contact Linda Skulsky at 236-9555 ext. 3050 or l.skulsky@jewishfedhbg.org.

HBG JCC New Extended Hours
Monday-Thursday: 6 am-10 pm; Friday: 6 am-6 pm
Saturday-Sunday: 7 am-7 pm

THE RACQUETBALL COURT IS NOW OPEN!!

Monte Carlo Night Hopes to Draw a Full House



The annual Monte Carlo Night, with the Mary Sachs Auditorium set up as a casino, features a variety of games from blackjack to craps to roulette and a Texas Hold 'Em tournament. All of the gaming, of course, is for "funny money" which is then used at the end of the evening to try to win a variety of gift baskets.

Delicious appetizers, beer and wine will be available during the event. Guests have the opportunity to bid on wonderful silent-auction items including beauty items, gift certificates, sports memorabilia, trips and lots, lots more!! The evening will end with a coffee-and-dessert bar and a live auction.

Our participants look forward to this event every year and love it. None of the major improvements that we have made in Camp in recent years would have been possible if it wasn't for this event.

The JCC Annual Monte Carlo Night begins at 7 p.m. on Saturday, February 2. Tickets are \$36 per person with sponsorship levels available. Pre-registration is required. To make your reservation, please call 236-9555, ext. 0 or www.jewishharrisburg.org.

It has always been gratifying to see a range of age groups represented among the attendees. The night is full of great camaraderie and people having an amazing time!

Proceeds from the event benefit the Day Camp scholarship fund and Green Hills improvements.

A NOTE FROM THE EDITOR

Is It an Article or an Ad?

I get this question a lot, when people submit items for the Community Review. And despite our best efforts to offer clarity on this issue, there still seems to be some confusion as to what constitutes an advertisement and what constitutes an article. So, here is a basic guideline for articles and advertisements:

ARTICLE – is any item that announces and offers details of an upcoming program, class, or event but does not mention money is considered an article and is **FREE OF CHARGE**.

Also free of charge are: Bar/Bat Mitzvah announcements, engagement/wedding/birth announcements, and obituaries. The size of the announcement shall not exceed 4” x 4” – any larger announcement will be charged at the 26-issue rate (call Marty for prices).

ADVERTISEMENT – is any item, whether it is in a flyer or an article format, that mentions costs, fees, ticket prices, etc., is considered an advertisement and is charged an **ADVERTISING FEE** based on the size of the item.

In addition, “Thank You” notices are also assessed a fee based on the size/number of words.

Marty Lamonoff, the Community Review’s Advertising Director, will be more than happy to assist you in determining the fee for any advertising in the Review. He can be reached at (717) 877-5973 or at lammie@aol.com.

If you have additional questions, please feel free to contact me at (717) 236-9555, ext. 3209 or at p.bromley@jewishfedhbg.org.

~ Patti Bromley ~

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Barbara Trainin Blank
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STAFF

Editor

Patti Bromley
p.bromley@jewishfedhbg.org

Sales Director

Marty Lamonoff
717 232-6279
717-877-5973
lammie@aol.com

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Inform readers about local,
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events of interest to Jews.
Promote Jewish values,
Jewish identity and a
sense of Jewish community
in central Pennsylvania.

The opinions expressed in
the *Community Review* do not
necessarily reflect the position of
the Jewish Federation of Greater
Harrisburg. *The Federation does
not endorse any candidate or
political party for any elected
office.*

The Community Investor

By Howard Ross | Executive Director | Jewish Community Foundation of Central Pennsylvania



What About Israel?

A fund holder asked me recently how he could make a direct gift to an Israeli social service agency and receive tax deductible credit. Working with the donor, we were able to make a contribution to the American arm of the agency with specific instructions as to how the funds were to be used in Israel.

As our community strives to fund its own agencies, dollars for overseas needs are not as plentiful as in the past. Yet donors want funds to go to help Jews in the Former Soviet Union and/or for various social service programs within the State of Israel.

Fortunately, there are vehicles for achieving these philanthropic goals.

Direct services to Jews in the former Soviet Union are provided by two major agencies; the Jewish Joint Distribution Committee (JDC) and by Chabad Lubavitch. Both of these organizations are represented by American 501(c) 3 charities and contributions can be made directly with instructions as to how you, the donor, would like the funds used. (As long as the use is in accord with the organization's goals, they respect your wishes.)

Many of the Israeli social

service agencies have "friends of" organizations established as 501(c)3 American entities specifically to solicit funding from Americans. The trick is finding the right "friends of" agency to get the dollars directly to the Israeli entity.

In some instances, there are more than one or two entities that serve as this vehicle; here the goal is to be sure to find the most efficient (ie: least fundraising overhead).

As the Jewish Community Foundation, your foundation is

committed to assisting you in achieving your philanthropic goals. Our staff is experienced (translation: "old timers") with the knowledge to assist you in finding the best vehicle to achieve your goals, including direct gifts to

Israeli and other overseas agencies. We are here for you. Please stop in, call (236-9555 Ext 3202) or email: info@pajewishendowment.org for assistance.



Jewish Community Foundation Donor Advised Fund

A Donor Advised Fund makes philanthropy simple. Create an account today with as little as \$5,000 and recommend grants to your favorite charities at your convenience. Assets are invested in professionally managed portfolios, allowing the account to grow, tax-free. You can even avoid capital gains by donating appreciated securities.

Get the benefits of a family foundation without the burden of administration.

Jewish Community Foundation
of Central Pennsylvania
3301 North Front Street
Harrisburg, PA 17110
717-236-9555 Ext 3202



Are you Ready to be a Super Hero?

Volunteers still are needed for the Jewish Federation of Greater Harrisburg's annual Super Sunday phone-a-thon on Sunday, January 27 from 9 a.m. - 5 p.m., which will raise money for Jewish organizations and programs in Harrisburg and in Israel. Each year, Super Sunday is the largest fundraising event of the Jewish Federation Annual Campaign.

Super Sunday is a day for our entire Jewish community to come together as one. It is not every day that each of us can improve the lives of others through one simple phone call, but on Super Sunday, you can. Last year's Super Sunday callers raised \$43,245 for the Annual Campaign from 327 donors, and the Federation hopes to surpass that amount this year.

"We need you to make this year's Super Sunday a success," said David Herman Campaign Co-Chair. "So, come out, bring your positive energy, and join with other volunteers as we mobilize our Jewish Community. I can't wait to see you all there."

In addition to the phone-a-thon, events will include a Bone Marrow Registry, Winter Coat Collection for Downtown

Daily Bread and a canned food drive for JFS (Jewish Family Service). The JCC will be filled with activities for the entire family from 10 a.m. - 2 p.m. A free lunch will be served at noon as a thank-you to the community. A PJ Library program (ages 6 months - 6 years old) for Tu B'shevat (Birthday of the Trees) will take place from 12 - 1:30 p.m. Also, throughout the day,

arts and crafts projects will be offered including mural painting and writing letters to Israeli soldiers.

For more information about volunteering contact Lauren Jacobs at 717-236-9555, ext. 3133, or l.jacobs@jewishfedhbg.org.



Mending Hearts ... Building Bridges

The story of Maria, our 3000th child

Maria is a 10-year-old girl from Angola, who just recently celebrated her birthday at the SACH Children's Home. She came from Luanda, Angola and became the 3000th child treated by Save a Child's Heart.

When Maria was in Angola, she used to feel her heart beating very strongly and it prevented her from enjoying the daily activities of a child. Maria was examined by our medical team on their last medical mission to Angola, where they told her she needed to come to Israel for heart surgery. Although initially she was frightened, she was happy because she knew she would soon be healed. She was also comforted by the fact that she was coming with a group from Angola and immediately felt like they were her family.

Maria is now at the SACH Children's Home, enjoying her new found energy and waiting to be fully healed for her return home.

To read more stories about the amazing work at SACH, go to www.saveachildsheart.org.



in partnership with Holy Spirit Hospital



**Invites you to join us for the
Opening Reception of the International Photo Exhibit
"From Art to Heart"
with Special Guest from the
Israel Consulate in Philadelphia and local medical students
who have worked with SACH in Israel**

Sunday, February 10, 2013 | 2:00 PM
Holy Spirit Hospital – Ortenzio Heart Hospital Atrium
Camp Hill, Pennsylvania

The photographs in this exhibit are mainly of children, from vastly different areas of the world, of all ages, colors and genders. What links them - and the rest of the 2400 children helped by SACH - is the fact that they were given the gift of life by the dedicated Israeli doctors, nurses and support staff who form the core of **Save A Child's Heart (SACH)**. This humanitarian effort, based in the Wolfson Medical Center in Holon, Israel, was founded by Dr. Ami Cohen in 1995, when he agreed to bring two Ethiopian children home to Israel to be operated upon by the staff, without pay, but with the approval of the hospital administration.

Some very inspired photographers have captured the stories of the children and their families whose lives were changed by the doctors and nurses of SACH. All these photographers have been touched by the children they have met and the faces that greet them.

This exhibit has a dual purpose: It shows the humanitarian side of Israel, a side rarely seen and heard around the world. It shows Israel as a member of the world community offering its talents and expertise to save the lives of children in third world countries regardless of race, religion, gender or ethnicity. The 2nd purpose is to raise awareness of SACH and expose as many people as possible to its mission so that more children can be helped with lifesaving cardiac surgery.

As an important member of the healthcare community, you can help make it possible for a child to receive a life-saving heart operation. Please consider a contribution to the **SACH Fund** at the Jewish Federation of Greater Harrisburg on behalf of our "adopted" child, Glads Sollo of Tanzania age 1 year. To make a contribution, visit our website at www.jewishharrisburg.org and click on Save a Child's Heart.

The exhibit and reception are open to the entire community. For additional information on the exhibit visit: <http://www.saveachildsheart.org/452-en/TheInternationalPhotographyExhibition.aspx>

Maimonides Society Chair, Margaret Grotzinger, M.D.

RSVP by February 6, 2013 by email to: b.romano@jewishfedhbg.org or
f.feinerman@jewishfedhbg.org

In case of severe weather, please call 236-9555 EXT 0 to check on the status of the February 10th opening reception at Holy Spirit Hospital Ortenzio Heart Center.



HELP US

KEEP OUR COMMUNITY

VIBRANT AND STRONG

TOGETHER



WE



DO EXTRAORDINARY THINGS

SUPPORT THE 2013 ANNUAL CAMPAIGN
OF THE JEWISH FEDERATION OF GREATER HARRISBURG



THE **STRENGTH** OF A PEOPLE
THE **POWER** OF COMMUNITY

(717) 236—9555 ext. 3204
www.jewishharrisburg.org

JCC Adult Programs

Classes available at the Jewish Community Center:

SilverSneakers® MSROM – Have Fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Tuesday/Thursday mornings 9:15 -10:00 a.m AND Wednesday morning at 9:45 – 10:45 a.m. Drop-in Fee \$5.00 per class. Free to JCC members and SilverSneakers® participants.

SilverSneakers® CardioFit – Get up & go with an aerobic class for you – safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Mondays and Wednesdays at 10:45-11:30 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

SilverSneakers® YogaStretch –YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Mondays and Wednesdays 11:45-12:30 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

Gentle Yoga – Easy Poses for those new to Yoga. Must be able to get down on to floor. Mondays at 9:45 -10:30 a.m. or Tuesdays at 5:00-5:45 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

SilverSplash® – Activate your aqua urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Mondays/Wednesday 9:30 -10:30 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

The Jewish Community Center is offering the following senior events:
Every Tuesday at 9:15 a.m.-10:15 a.m. SilverSneakers MSROM
10:15AM – Discussion Group

Every Thursday at 9:15 a.m.-10:15 a.m. – SilverSneakers MSROM
Senior Lunch will be served Tuesdays and Thursdays at Noon. Reservations are preferred two days in advance if possible, but no later than 4:00PM the day before. Call Cheryl 236-9555 EXT. 3115

After-Lunch Programs are:

January 24, 2013 – “Medicare Fraud Prevention” presented by Bonnie Clapp from The Center for Advocacy for the Rights and Interests of the Elderly (CARIE)

January 29, 2013 – “War of 1812” a lecture by Dr. Donald Koones of HACC

January 31, 2013 – Don’t miss this fascinating story presented by Dusty Knisely, who was born in China to missionary parents and was put into a concentration camp under Japanese occupation between 1942 – 1945.

February 5, 2013 – “Rudolf Valentino” a lecture by Dr. Donald Koones of HACC

February 7, 2013 - Herb Rochman – “Something Historic”

February 12, 2013 - Business Meeting/Birthday Party. Blood Pressure Screening by a Bayada Nurse

February 14, 2013 - Chisuk Emuna/JCC Senior Adult Lunch and Learn. Speaker and topic to be announced.

February 19, 2013 - The Jewish Perspective by Robert Axelrod, Educational Director of Beth El Temple. Come join the discussion. Bob really brings out some very controversial subjects and everyone’s opinions are heard!

February 21, 2013 - Come and enjoy a Sing-a-Long with our retired professional pianist, Al Goodman

February 26, 2013 –The DeAngelo Trio, a gypsy Jazz group, will perform for the Senior Adult club’s after lunch program.

February 28th - Chisuk Emuna/JCC Senior Adult Lunch and Learn. Speaker and topic to be announced.

Iddy/Biddy Action Returns to the Harrisburg JCC



In a world filled with change, there is one program in the Sport and Fitness Department of the Harrisburg JCC that is a constant, Iddy Biddy Basketball. As January begins, a new crop of young athletes has taken to the JCC gym to begin their basketball careers. The 5 to 9 year olds may be small, but their excitement to play is overwhelming. A few in the crowd are veterans returning to Iddy Biddy for the third or fourth year while others are in their Rookie season of Iddy Biddy play.

Sports and Fitness Director, Terri Travers oversees the program that focuses on the fundamentals of the game. “We believe in teaching the essential skills and developing a basic understanding of basketball in a fun environment.” This year, coaches include Travers as well as Chad Dechowicz and several high school players from the JCC basketball teams. The first day of Iddy Biddy allowed the young all-stars to practice their dribbling, passing and shooting. New basketball player Morgan Wiener stated, “I love trying to shoot on the main hoops. I also have fun playing with all my friends.”

The program runs on Sundays to the end of February. The Iddy Biddy players, along with all the youth HBG JCC athletes will be honored at the Sports Banquet that will take place on Sunday, March 17. Travers said “You have to love this program. There is nothing as rewarding as teaching a kid proper shooting form or some of the basics of the game and watching them gain confidence and grow as players in the years to come.”

Community Havdalah Brings People Together at Harrisburg JCC



On Saturday, January 5th, members of the Jewish Community of Harrisburg came together for a Community Havdalah held at the HBG JCC and co-sponsored by Beth El Temple, Chisuk Emuna Congregation, the Jewish Federation, Temple Ohev Sholom, Temple Beth Shalom and the Silver Academy. The night was planned by JCC Program Director Andrea Weikert and the Principals Council composed of Bob Axelrod, Lillian Rappaport, Mandy Cheskis, Leslie Wiener, Nachum Chasan and Chriss Greenblatt.

Over 50 children and many parents and friends took part in the program that began with a Havdalah service led by Rabbi Cytryn. Following Havdalah, the Harrisburg Jewish Youth Choir, under the direction of Marina Cherepinsky, took to the stage of the Mary Sachs Auditorium to put on a beautiful performance. Choir members include Ari and Brian Dym, Miriam and Alana Reid, Joseph Caplan, Dalia Shvartsman, Mikel Garner, Andy Chlaifer and Sammy Wiener.

After the choir performance, the children in attendance were divided into two groups and were able to take part in activities in the pool and gym. During free swim, many kids played games and practiced their swimming skills while splashing around with friends. In the gym, activities included several fun tag games as well as dodgeball. Between swimming and gym play the group was treated to a snack. 7th grade Silver Academy student Hallel Cheskis said, "It was a lot of fun playing dodgeball and hanging out with my friends at the pool. It was a two-in-one experience."

"It was wonderful to have so many families in the building on a Saturday night," commented Andrea Weikert. She continued, "We love offering joint programs where we can collaborate and offer a quality experience to the members of our community." The organizations will be again working together to put forth another program on Sunday, April 14th for an Israel Independence Day celebration.



Community Purim Carnival

Sunday, February 24, 2013

11:00 am – 1:00 pm

Jewish Community Center

Exciting carnival games for all ages,
arts & craft projects, prizes & inflatable fun.

Free to the entire community.

Lunch is available at a nominal fee.



This program is funded by the Annual Campaign
of the Jewish Federation of Greater Harrisburg

Don't Miss This Program!

JCC Senior Adult Club | Thursday January 31, 2013

On Thursday, January 31, 2013, Dusty Knisely will speak to the Senior Adult Club about her experiences in a Japanese Concentration camp between 1942 and 1945. In 1933, Knisely was born in China of U.S. Missionary parents. On December 8, 1941 in the early morning, the Japanese came to her house and put her family under house arrest. Months later they were taken to a concentration camp with the foreign allies in their area. Later, they were moved to a large camp further in the interior with people from all over Northern China.

As an adult, Knisely and her husband, along with their four children, have spent most of their lives teaching in international schools with an American curriculum – schools children would have attended if their parents worked overseas.

Please call Cheryl at 236-9555 Ext. 3115 to make your reservations to hear Dusty's fascinating story!

AARP DRIVER SAFETY CLASS

WHERE: Jewish Community Center | 3301 N. Front St. | Harrisburg, PA 17110

WHEN: March 14 and March 15, 2013 | 12:30 to 4:30 p.m.

8 hour classroom – no test – minimal fee

(\$14 to AARP – if you belong to AARP you receive a \$2 discount)

Nation's first and largest – Geared to your safety needs. Learn how to compensate for age-related changes. Learn the new traffic laws. Review the rules of the road and much more. Your state law requires all auto insurance companies provide a multi-year discount to program graduates.* Millions of graduates; are you missing out?


Registration call Cheryl, 236-9555 ext.3115

*Most Insurance companies will give you a minimum of 5% off your Insurance Premiums for three years when completing this course! Call your Insurance Company to see if you can financially benefit from taking this class!!!

We only offer this two-day course once a year and you must take this course before being able to take the one-day refresher course in the future.

KOSHER CHILI COOK-OFF

Do you make the World's Best Chili? It's Time to Let the Cayenne Out of the Bag!



The JCC will host the first annual community-wide kosher chili cook-off on Sunday, February 3 at the JCC, 3301 N Front Street, Harrisburg. Competing teams will begin cooking at the JCC at 12:30 p.m., the community tasting will begin at 4:00 p.m., judging begins at 5:00 p.m. with coverage of the Super Bowl beginning at 5:30 p.m. The chili cook-off is open to the entire community, and is intended to bring diverse parts of the community together in a fun, family-orientated setting open to everyone.

There are three ways to participate.....

First, competing teams or individuals, may enter and cook their favorite chili. Teams can enter representing community organization, synagogues, temples, sisterhoods, families, or just a collection of friends. Teams are encouraged to register early, as space is limited, and registrants will be accepted on a first-come basis. To register your team, please e-mail Andrea at a.weikert@jewishfedhbg.org. Teams will also be judged on team spirit.

The second way to participate is to attend. Even for those who may not want to cook, the entire community is invited to the event as official tasters. Every attendee gets a vote in the People's Choice Award, so competing teams are encouraged to bring all their friends and family to support them. The admission fee for chili cook off is \$5/adults, \$3/children, free to JCC members 13 years and younger and includes "tasting rights" to entrants' chili (until they run out) as well as activities for children. Additional votes for sale at \$1.00/vote. Stay for the Super Bowl Party and the fee is \$12/adults, \$8/children (includes admission to the chili cook off).

The third way to participate is in our Souper Bowl of Caring. Help fight hunger and bring in a canned food item to be donated to Jewish Family Service Pantry.

Please register by February 1. Fees increase by \$3.00 at the door.

HONOR ROLL

The noted individuals made recommendations through:

- * Jewish Community Foundation of Central Pennsylvania
- ** Foundation for Enhancing Communities
- *** Jewish Community Foundation of Greater Kansas City

z'l: of blessed memory

The donors on these pages represent gifts to the 2012 JFGH Annual Campaign. Every effort was made to recognize correctly all our generous donors and honor their listing requests. If there are any inaccuracies or omissions, please call the Federation office at 717.236.9555 ext 3204.

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DiETING - not the path to a healthy lifestyle



I have this conversation with many of my potential and current clients. Dieting (the diet industry) is not the answer. In fact, it is a big part of the problem. Let's start with a few statistics: According to the

Center for Disease Control and Prevention, more than 60% of Americans are overweight, more than 30% of those are obese and more than 20% of our children are being diagnosed with Type II Diabetes. These are just a few. We spend billions and billions of dollars in the diet industry each year. Something is not adding up. The reality is with the money and effort spent in the diet industry we should be the healthiest country on the planet. I have seen reports that do not even rank us in the top 10!

We have been taught that in order to go from unhealthy to healthy, we need to "go on a diet." The statistics above are not getting better, and the amount of money spent in the diet industry is increasing. It is like the definition you often hear of insanity – doing the same thing over and over and expecting a different result.

A few tips, if you are considering or have started a diet –

Step 1: STOP DIETING and EAT- we need to eat. Now let me clarify a bit. We need to eat nutrient-dense calories most of the time. Yes, I said most, not all, of the time. The goal I set for my clients is to get it right 80% of the time; you will feel so good you will do it right 90% of the time and enjoy your 10%. It needs to be a realistic lifestyle. We need to eat enough as well. On average, women need 1500 – 1800 calories/day and men need 2200-2500 calorie/day. The deficit should not be created by restricting calories, rather through activity. We have to fuel our bodies to function properly. Restricting calories will cause fat storage. So if you are losing weight in this way, you are typically losing muscle which slows your metabolism. When this happens, you will store more body fat. This leads to an unhealthy body composition and a lot of other health issues.

Step 2: Seek Education – there is a lot of money made from keeping us confused and misled. It is your responsibility to learn so you can be your own detective when it comes to healthy food choices and a healthy lifestyle.

Step 3: MOVE – a.k.a. exercise - Not for weight loss but rather for your health, first and foremost.

Step 4: Relax – Stress truly is a killer. It will also impede your weight management goals. Learn stress management techniques that work for you.

Make this about your health first. When you are doing things that support your health – eating properly, exercising and managing stress – the rest will take care of itself (unless there is an underlying health condition). Start creating new habits that support your health!

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Archival image provided courtesy of Jewish Historical Society of the Upper Midwest.

Harrisburg - Havana: the Connection Goes On (and on)



A Jewish Home wheelchair reaches its destination and its happy recipient, in Cuba.

are potholed, and the government-issued wheelchair broke. Because the woman works, she does not qualify for any aid - or a new wheelchair.

Jewish Home Facilities Management staff cleaned, detailed, disassembled and packed the wheelchairs, walkers and canes. Then, the Home sent the equipment to a Miami hotel, where individuals about to leave for Cuba stay the night before their departures; these individuals collected the packages and took them to Miami International Airport.

From there, Jewish Cuba Connection, a California-based, non-profit organization that supports the small Jewish community in Cuba, took over the transport. The Jewish Cuba Connection arranged with the same charter company that flies visitors to Cuba to take the Jewish Home equipment on the same aircraft that carried the visitors.

Upon their arrival in Havana, again under the auspices of Jewish Cuba Connection, the wheelchairs, walkers and canes were picked up and distributed to those who needed them. There were walkers and canes designated

for Guantanamo and Santiago, and wheelchairs for people in those communities as well as in Havana.

All this activity is perfectly legal, both here in the United States and in Cuba. The equipment the Jewish Home sends has been left by deceased residents whose families do not want the items.

Medicare does not permit the Home to reuse perfectly good equipment. And now that the Home has persons who CAN use it, it is an ongoing mitzvah to prepare,

pack and send equipment to folks who need it.

Allen Geckle, CEO of The Jewish Home Campus, states, "We are happy to share whatever the Jewish Home has with our friends in Cuba. Our staff is especially gratified to see the smile on this woman's face when her wheelchair arrived at her home. Her smile and the image of her mother in our chair and her sister next to it make the cleaning, taking apart, packing and sending worthwhile!"



Mom is ready for her ride to the clinic, while Sis looks on.

The Jewish Home has sent five more wheelchairs, some walkers, canes and assorted other equipment to Havana for distribution to those in Cuba who need these supplies.

Recently, the Jewish Home learned that a woman living in a small village outside Havana desperately needed a wheelchair. Her elderly mother is demented, blind and deaf, and her retarded sister cannot speak. The woman must push both Mom and Sis 2 km. each way to a clinic where they receive medical care.

The roads in the village

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Temple Ohev Sholom Religious School Students to Host Bake Sale as Part of "65 FOR 65" in Honor of Israel's 65th Birthday

Ariel Yered was an innocent 15-month-old baby lying on a blanket in his family's backyard in Israel while his mother put out laundry. Out of nowhere, mortar shells fell and cut through his head and spine. Comatose, Ariel was rushed to a local hospital where his family was told that it was unlikely he would ever walk or talk again. After emergency care, Ariel arrived at ALYN Hospital, respirator dependent and in need of intensive long-term therapy.

That was several years ago. Today, Ariel is a bright, active 13-year-old who just celebrated his Bar Mitzvah. The party was held at ALYN Hospital amongst the staff and his extended family, who all contributed to his recovery.

On Sunday, February 3, 2013, the religious school

students at Temple Ohev Sholom are hosting a bake sale as part of "65 FOR 65", an initiative by the American Friends of ALYN Hospital in honor of Israel's 65th Birthday, or Yom Ha'atzmaut. "65 FOR 65" aims to recruit 65 synagogues across 65 cities in North America to support children like Ariel who seek rehabilitation from the skilled staff at ALYN Hospital in Jerusalem.

ALYN Hospital is Israel's premier rehabilitation center for physically disabled children, adolescents and young adults. It is a place of hope where an expert staff of doctors, nurses, therapists, paramedical professionals, teachers, and volunteers work together to provide holistic, multi-disciplinary care. Every child benefits from the

combination of cutting-edge therapies, state-of-the-art equipment, and innovative techniques to overcome the challenges of living with disabilities and reach their highest levels of mobility and independence. Not only are children rehabilitated at ALYN, but parents are also trained as caregivers so that their children can go home safely as soon as possible.

Children are referred to ALYN by general hospitals in Israel and around the world. They come seeking help for the entire range of orthopedic and medical conditions that require rehabilitation, including those from the after-effects of accidents and surgeries as well as those from neuromuscular and congenital diseases.

Each year, there is a minimum \$3,000,000 shortfall between what the hospital has and what it needs to provide such exemplary care. The religious school students at Temple Ohev Sholom hope to help decrease that gap on February 3 from 9:30-12:00 in the Temple's Social Hall.

KI's Rabbi's Discretionary Fund Helps Warm Israel's Brave Soldiers

By Rabbi Akiva Males

Last winter I learned of a wonderful organization in Israel named A Package from Home. This volunteer group provides essential cold weather items (e.g., a fleece jacket, gloves, thermal underwear, etc.) to brave Israeli Defense Force soldiers who are in need of them. Keshet Israel Congregation's Rabbi's Discretionary Fund was proud to sponsor 12 packages last winter at \$30 each.



At the beginning of November 2012, I received word from Barbara Silverman (the organization's founder) that there was a great need for more winter packages to be distributed ASAP to many IDF soldiers.

Here is how Barbara explains why her volunteer organization's work is so necessary:

If you are wondering why the Army is not providing these things automatically to each soldier, I will give you the answer that the Army gave me at the beginning of our project, 13 years ago. I was told, "The Army has a budget, and when they have to choose between ordering M-16s and fleece jackets, they buy the M-16s".

I am proud to share that through the generosity of our community, by the end of Chanukah, KI's Rabbi's Discretionary Fund was able to sponsor 30 winter packages at \$30 each.

Although every donation that came in for this fundraising campaign was greatly appreciated, the sponsorship of one winter package was priceless. Let me explain: One day at KI's morning Minyan, Dr. Bryan Reid handed me a zip-locked bag full change. Over a period of time, those coins had been donated by the adorable children of the Silver Academy's Ganeinu pre-school program to their classroom's Tzedakah box. With a full Tzedakah box on her hands, Tammy Reid - Ganeinu's instructor - needed to pick a worthy cause. Since so many of her students have close family members living in Israel, Tammy felt that **A Package From Home** would be a perfect destination for the monies in Ganeinu's Tzedakah box. I smiled as Bryan handed me that precious bag of coins. I believe that bag of change could have warmed more hearts than any fleece jacket.

Each Shabbos at KI, we recite a special *Mi Shebeirach* prayer, wherein we ask G-d to look after Israel's brave soldiers. Together with **A Package from Home**, we were blessed with an opportunity to partner with G-d in what we ask Him to do.

I thank everyone whose generous donations enabled KI's Rabbi's Discretionary Fund to share some warmth with another 30 of Israel's brave soldiers this year. You can learn more about "A Package from Home" at: <http://www.goodpeoplefund.org/program/a-package-from-home/>

Keshet Israel Congregation's Rabbi Akiva Males can be reached at rabbimales@yahoo.com



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*Harriet and Eddie Rothman warmly Thank each and everyone of our friends for your visits, contributions, calls and notes which meant so much to us.
Your support truly aided Eddie's healing.
Affectionately,
The Rothmans*

community calendar

SUNDAY, JANUARY 27

Super Sunday Phone-a-thon, 9 a.m. – 5 p.m., JCC

TUESDAY, JANUARY 29

Senior Adult Lunch Program – 10 a.m., JCC
 Program “War of 1812” lecture with Dr. Donald Koones, 12:30 p.m.

THURSDAY, JANUARY 31

Senior Adult Lunch Program – 10 a.m., JCC
 Program: Dusty Knisely talks of her experience in a Japanese detentment camp during WW II, 12:30 p.m.

SATURDAY, FEBRUARY 2

Monte Carlo Night, 7 p.m., JCC

SUNDAY, FEBRUARY 3

Kosher Chili Cook-off and Super Bowl Party,

TUESDAY, FEBRUARY 5

Senior Adult Lunch Program – 10 a.m., JCC
 Program “Rudolph Valentino” lecture with Dr. Donald Koones, 12:30 p.m.

THURSDAY, FEBRUARY 7

Senior Adult Lunch Program – 10 a.m., JCC
 Program: Lecture – “Something Historic,” with Herb Rochman, 12:30 p.m.
 Federation Board of Trustees Mtg., 7 p.m., JCC

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232-4851 | www.chisukemuna.org

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Minyan times: Monday, Thursday mornings, 6:50 a.m.

Sunday through Thursday evenings, 7:15 p.m.

Tuesday, Wednesday and Friday mornings, 7 a.m.

Friday evening services at 7 p.m., Saturday evening at same time as Friday evening candle-lighting time. Saturday morning services at 9:15 a.m.

SERVICES HELD AT THE JEWISH COMMUNITY CENTER (JCC)

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Friday, January 25, 2013

Saturday, January 26, 2013

Friday Mincha/Afternoon, Kabbalat Shabbat and Maariv/ Evening services will begin at 5:00 p.m. led by Rabbi Ron Muroff at the JCC.

Saturday Shacharit/Morning services will begin at 9:15 a.m. led by Rabbi Ron Muroff and members of the congregation. Special services at 10 a.m. include Tot Shabbat, Junior Congregation and Women's Torah Study Group.

Mincha/Maariv: 5:05 p.m.

For more information about Chisuk Emuna programs and services, please call our office at 232-4851.

CONGREGATION BETH ISRAEL

Lebanon | 273-2669

Visit the Congregation Beth Israel Web Site at www.congregation-beth-israel.org. All are welcome to our egalitarian services: Sundays at 9 a.m., Mondays and Thursdays at 7:30 a.m. Our Shabbat services, lead by Rabbi Paula Reimers, are at 8 p.m. on Friday evenings and on Shabbat morning at 9:30 a.m. followed by Kiddush.

PUBLIC SERVICE ANNOUNCEMENT

CONGREGATION BETHTIKVAH

Carlisle | 245-2811 | www.bethtikvah.org

PUBLIC SERVICE ANNOUNCEMENT

HISTORIC B'NAI JACOB

Middletown | 319-3014 | www.bnai-jacob.org

Historic B'nai Jacob Synagogue, Water and Nissley Street in Middletown, will conduct Shabbat services on Friday, February 1, 2013 at 7:30 p.m. We are a Community Shul - all are welcome. Visit Web Site for more information or call our Voice Mail at 717-319-3014

PUBLIC SERVICE ANNOUNCEMENT

KESHER ISRAEL CONGREGATION

238-0763 | www.kesherisrael.org

Participate in our daily Minyanim. Mornings: Sundays and Federal holidays at 8 a.m., Monday through Friday at 6:45 a.m. Rosh Chodesh and fast days at 6:30 a.m. Evening services begin at 20 minutes before sunset.

Please join us for our 9 a.m. Shabbat morning services - followed by kiddush

PUBLIC SERVICE ANNOUNCEMENT

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697-2662 | www.tbshalom.org

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PUBLIC SERVICE ANNOUNCEMENT

TEMPLE OHEV SHOLOM

233-6459 | www.ohevsholom.org

Friday, January 25: Shabbat Service, 6 p.m., Lehrman Chapel

Friday, February 1: Shabbat Soup and Study Service, 6 p.m., Lehrman Chapel

Friday, February 8: Family Shabbat Service, 7:30 p.m., Sanctuary

Saturday, February 9: Tot Shabbat, 10:30 a.m., Lehrman Chapel

Friday, February 15: Shabbat Service, 6 p.m., Lehrman Chapel

Friday, February 22: Shabbat Service, 6 p.m., Lehrman Chapel

ROBERT G. "BOB" LIPMAN

Robert G. "Bob" Lipman died at home on January 4, 2013 at the age of 88. Bob was born in 1924 in Baltimore to the late Isadore and Florence Lipman. He grew up in Harrisburg and graduated from William Penn High School. Bob attended Temple University until his enlistment in the Army Air Corps during World War II, during which he was stationed in the South Pacific. After his discharge, he enrolled in Bucknell University and graduated with honors with a degree in chemical engineering in 1949.

Bob married Doris Leibman of Wilkes Barre in 1948, and the couple settled in Harrisburg after college. After a short time working for the State, Bob began his career in medical equipment sales with Capital Surgical Supply Co. When that company was purchased by General Medical, Bob became the president of the Harrisburg division. He served in that capacity until he co-founded Capital Medical Co., where he held the office of president. Not content to remain idle following his retirement from Capital Medical, Bob took a position as a teller with

Citizens Bank, where he remained for 17 years.

Bob was always very active in the community, particularly with Keshet Israel Congregation. He served as president of the Brotherhood, treasurer of the synagogue and served as a member of its board for many years. Bob also served on the Board of Directors of Jewish Family Service.

The greatest passion in Bob's life was his family. In addition to Doris, his loving wife of almost 65 years, Bob is survived by his son Dr. Rodney (Late Sue) of Pittsburgh; his daughter Iris Iler (William) of North Carolina; grandchildren Dr. Jeremy Lipman (Dr. Catherine), Jill Beck (Patrick) and Sarah Iler (Fiancé Dr. Todd Pfeffer); and four great-grandchildren.

Services were held on Sunday, January 6th at the Chapel of Keshet Israel Cemetery. Contributions in Bob's memory may be made to Keshet Israel Congregation, 2500 N.3rd Street, Harrisburg, PA 17110. To share online condolences, please visit www.HetrickBitner.com.

ROCHEL PEWZNER

Mrs. Rochel Pewzner, a resident

of Brooklyn's Crown Heights neighborhood and matriarch of a Chabad family, has passed away Tuesday, 26 Teves 5773 [January 8, 2013]. She was 83. Her late husband was R' Sholom Ber Pewzner, co-owner of the Balshan printing house. She is survived by her children, Mrs. Esther Bluming - Crown Heights; R' Yosef Yitzchok Pewzner - Crown Heights, Mrs. Shaindy Lieberman - Fort Lauderdale, FL, Mrs. Shternie Bronstein - Miami, FL, Rabbi Shmuel Pewzner - Harrisburg, PA and Rabbi Mendel Pewzner - St. Petersburg, Russia. She is also survived by her brother, R' Yitzchok Nemanov of Brunoy. The funeral took place Tuesday [January 8th].

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Sunday February 10, 2013

Session I: 9–9:45 am

Session II: 9:50–10:35 am

Session III: 10:40–11:25 am

Session IV: 11:30–12:15 pm

Save A Child's Heart Foundation is an organization that performs life saving surgery on children from developing countries. Surgery is performed in Israel. Children are from households and countries that would never have access to this lifesaving surgery without the Foundation. The Harrisburg Community has "adopted" a child and is committed to raising \$10,000 to help her get her lifesaving surgery.

**Participants are asked to raise a minimum of \$100 will receive a complimentary spin-a-thon shirt*

For more information on how to participate or how to sponsor a participant please contact Linda Skulsky at l.skulsky@jewishfedhbg.org or 717-236-9555 ext.3050



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