Silver Academy Students Win Good Citizenship Award

State Sen. Rob Teplitz presents his Good Citizenship Award to (from left) Silver Academy seventh-grader Yael Muroff, seventh-grader Hallel Cheskis, and sixth-grader Noah Meeder. The award is presented to youngsters who have shown a positive attitude toward their classmates, school and community and concern and respect for others; have participated in school and/or community service; are in good academic standing; and have earned the admiration of the faculty and administration.

JCC Membership Appreciation Day
FREE FAMILY FUN EVENT

Pool Party & Picnic at Green Hills Swim Club

4th of July | 12:00 pm – 3:00 pm
Green Hills Swim Club | 2055 Fishing Creek Valley Road

Enjoy swimming in our beautiful pool, pool-side bingo, basketball, gaga, soccer, art projects and lots more!

A free lunch will be served from 12:00-1:00 pm
Hot dogs, corn on the cob, pasta salad, drinks, sno-cones, soft pretzels, and a veggie option.

Free to JCC members but please pre-register at a.weikert@jewishfedhbg.org.

JCC Members can bring a guest so they can also enjoy the fun!

Rain or Shine
Community Review Delivery Delays

Some of you may have been experiencing a late delivery of the last couple of issues of the Community Review – I’ve been experiencing the same problem. I have been in communication with our printer, who has been in contact with the post office. The problem is the result of a number of post office closings in the Scranton/Wilkes-Barre area. The mail that would normally be processed through those post offices has been shipped down to the Harrisburg post office, consequently tripling the amount of mail that goes through the Harrisburg post office. The post office representative stated that they are getting a handle on the situation and hopes to have it resolved very soon.

Thank you for your patience and understanding.

~ Patti Bromley ~
The Cardozo Society is pleased to announce an attorney referral page on the Federation's website. Attorneys who are members of the Cardozo Society have the option to list their professional information for access by the community. Law firms, specialties and other pertinent information regarding members’ practices are listed. The website can serve as a convenient informational source if you need an attorney for a personal or business issue.

To access the information go to www.jewishharrisburg.org and click on Federation Programs then click on Cardozo Society—Attorney Referral.

The Cardozo Society is an affinity group of the Jewish Federation of Greater Harrisburg comprised of attorneys and judges in the Greater Harrisburg Area. The Society serves as a unique vehicle to promote continuing legal education and to facilitate involvement in professional activities, which benefit the local and global Jewish communities.

Cardozo Society Co-chairs

3301 N Front Street
Harrisburg, PA 17110
The membership of The Women of Vision Philanthropic Fund recently approved grants totaling $2,550 to benefit nine Jewish women and their families through six agencies and organizations in the Jewish community. This is the largest number of applications the Women of Vision Philanthropic Fund has ever received. Sponsoring agencies include B’nai B’rith Apartments, Jewish Family Service of Greater Harrisburg, Kesher Israel Congregation, The Residence of the Jewish Home of Greater Harrisburg, the JCC Senior Adult Club and The Silver Academy.

The following recipients of the grants included a wide variety of women and families with varying needs:

- A divorced woman has no excess funds to repair a leaky roof in her home.
- A Holocaust survivor who has spent down all her resources and requires money for co-pays on prescriptions and personal items.
- A woman reentering the workforce in need of office attire for interviews and work.
- A single mother of three with no financial support from the father and in terrible financial difficulties.
- A fully employed single mother of an autistic child, abandoned by the father, leaving them with no financial support for the child’s extensive medical bills and day care.
- A divorced woman who has suffered the loss of a child and poor health is struggling to rebuild a home based business that was devastated in the flood of 2011.
- A woman with financial challenges that have forced her to give up her car which allowed her to take on odd jobs to pay for her travel outside the area for medical appointments.
- A single mother of two autistic children with medical conditions of her own who has one child in the Jewish Group Home and needs assistance with their fees.
- A new immigrant, single mother of two children (one with medical issues) requests assistance for English as a Second Language classes to enable her to enter the workforce and to help with rent and utilities.

The Women of Vision Philanthropic Fund is able to offer this assistance through the generosity of its membership. Only by expanding our membership base will we be able to increase the amount of funds available for grants. Membership in The Women of Vision Philanthropic Fund is based on a minimum payment of $118 and a commitment for additional payments over 10 years totaling $1,018. For more information, please contact Michele Wickwire at the Jewish Community Foundation of Central Pennsylvania at 717-236-9555 (option one) or at m.wickwire@jewishfedhbg.org.
PJ Library helps our Greater Harrisburg Jewish community grow!

Statistics based on a May 2013 survey of PJ Library families from the Greater Harrisburg area

Since joining the PJ Library......

23% joined an area synagogue
45% have increased feelings of connection to other Jewish families
47% registered their child at a Jewish school
36% volunteered for a Jewish organization
94% attended a Tot Shabbat
94% attended 2 or more PJ Library events
94% attended a JCC event

"We attended a PJ Library Parent and Me Class and had so much fun. Not only did my child start asking for Shabbat songs, but we met some of our closest friends there and have become very involved at the JCC."

"We have had great experiences that have led us to embrace religion."

Leslie B. Wiener
Director of Outreach and Engagement
“Community Concierge”
Jewish Federation of Greater Harrisburg
717-226-9555 X3106
Classes available at the Jewish Community Center:

**SilverSneakers® CLASSIC (FORMERLY 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® CARDIO (FORMERLY 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® YOGA (FORMERLY 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 poses 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 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 Classic

**Every Thursday at 9:15 a.m.-10:15 a.m.**
- SilverSneakers Classic

**David Kopp to Perform at the JCC Senior Adult Club Lunch Program**

**Tuesday, July 23, 2013**

The JCC Senior Adult Club is happy to announce that Harriet Kopp’s son, David will be doing an after lunch performance for the seniors on Tuesday, July 23, 2013.

David Kopp, pianist, is Associate Professor and Director of Graduate Studies at the Boston University School of Music, where he is a member of the music theory faculty. A Harrisburg native, David holds an undergraduate degree from Harvard University and graduate degrees from Stony Brook University and Brandeis University. His teachers include Charles Rosen, Nadia Boulanger, Katja Andy, Jules Gentil, and Dorothea Ziegler.

David has performed extensively as soloist and chamber musician in the United States and abroad, including the Edinburgh Festival Fringe; Wigmore Hall, London; and Jordan Hall, Boston. He has appeared as concerto soloist with the Harrisburg and Hershey Symphony Orchestras and the Brandeis Symphony.

With pianist Rodney Lister, David has recorded four-hand music of American composers Arthur Berger, Virgil Thomson, and Harold Shapiro for New World Records. He has also recorded for the CRI and ARTBSN labels. Prior to Boston University, David taught at Yale, Harvard, and the University of Washington.

David is the author of the book Chromatic Transformations in Nineteenth-Century Music, published by Cambridge University Press, as well as numerous articles and essays. His first public performance, at age 5, took place in the JCC’s Mary Sachs Auditorium.

Don’t miss your chance to see and hear one of Harrisburg’s wonderful musicians. For reservations call Cheryl at 236-9555 EXT 3115.
Your Relationships and Your Wellness Relationship

By Katie Mace

Your relationship with fitness and wellness can create some tensions on your relationships with significant others, family, and friends.

I’ve seen relationship dynamics change with some of my clients due to their new found love of a healthy lifestyle. More often than not, the person doing the new behaviors forgets that their journey can impact others around them – I’ve had this conversation with a few of my clients to make sure they check in with their partner to make sure everyone is on the same (or at least a good) page. There are a whole list of reasons as to why relationships can be challenge:

- Jealousy of success
- Jealousy of new peer groups
- Time spent away from home
- New expenses for a budget
- Lack of shared activity
- Insecurities
- Not understanding the motives
- Power struggles

The list of reasons is very personal and not always predictable. Beginning a wellness journey is full of emotional “stuff” – it’s hard to remember that others are going through emotions with you; not always the same ones!

If you’re the one beginning all the “good” behaviors, you can’t always expect your partner/friend/family to want to do the same activities you do. Your new found love of cycling or cross fit or clean eating doesn’t need to be shared with everyone you know! I totally understand what you’re thinking though – I’ve definitely been there. You want to share the ENJOYMENT that you get from it – or you want everyone you know how you FEEL now that you’re making healthy choices – or you might want to share quality time with your people through your new activity. The intention is good, but the recipient might not be interested. Don’t push it.

How can you share in a wellness journey without being pushy? Do something that isn’t “just yours” – find an activity that you can discover together. Or see if your partner has an idea and try it, even if it seems goofy (pitch and put…Frisbee golf…you’re still moving and active)! Do something that isn’t “as difficult” as what you do – there is nothing wrong with going for a nice walk with someone to share quality time together and exercise. Take a cooking class together! (and not the dessert or fried chicken class, but look for healthy classes to learn something new together). Try new healthy recipes at home and cater the meal towards the “non-doers” liking (not everyone can live off of egg whites and oatmeal)! Don’t be a wellness bully...in either direction. If you are the healthy “doer”, it’s not your responsibility to remind everyone at the family picnic that the potato salad is full of fatty mayo.

Don’t be that person. Mind your manners and let adults make their own decisions; but (silently) pat yourself on your back for making good choices. If you’re the unhealthy one in this situation, let the healthy person alone. Seriously! If you have a partner or friend who chooses to not have the high calorie margarita or gets up early on vacation to go for a run every morning – let them alone! They can make their own choices and chances are, yes, they are having a FINE and FUN time doing what they do. Everyone mind their own wellness manners.

Moral of the story – our choices really can impact those around us. It’s important to be aware as you begin your successful wellness journey that others may have unexpected reactions (but they might not be telling you out of kindness). Have honest conversations and be supportive in both directions. Everyone is their own human on their own journey.
SAVE THE DATE!
Tuesday, July 11, 2013

“How to Marry a Rabbi”
By our local playwright Barbara Trainin Blank
Performed by the Seniors from The Little Theater of Mechanicsburg

Please make your reservations early
This is a funny play that you will enjoy!
They promise to make their audience laugh a lot!

We carry a full line of all your favorite kosher products!

Empire Whole Roasting Chicken
Frozen, 4–4.5 lb. avg.

$1.99/lb.

Sockeye Salmon Fillet
Fresh, Wild Caught

$10.99/lb.

Aarons Chicken Breast

$5.49/lb.

Fresh Baked Western Rolls
12 ct. 15 oz. pkg., Kosher Pareve
Linglestown location only

$2.69/ea.

The JCC offered a great workshop where participants had an amazing experience to work with Wicked Star, Ben Cameron (Wicked, Aida, Footloose) on Wicked songs, a dance combo, and various scenes from the hit Broadway musical. Each member brought in their own audition song and performed that for the Broadway actor and music director, and they received feedback and coaching from the pros. The class focused on a song and dance combo from Wicked, scene work from Wicked, audition techniques and mock auditions.

We will be offering additional workshops this fall.

community calendar

Tuesday, July 2
Senior Lunch Program, 10 a.m., JCC
Program: Fourth of July Celebration with the Reeder Sisters, 12:30 p.m.

Thursday July 4 – Offices CLOSED
Fitness Center Open 7 a.m. – 2 p.m.
Pool Open 7 a.m. - Noon
FREE Pool Party and Picnic – Green Hills, 12-3 p.m.

Tuesday, July 9
Senior Lunch Program, 10 a.m., JCC
Program: Business meeting/Birthday party

Thursday, July 11
Senior Lunch Program, 10 a.m., JCC
Program: Little Theatre of Mechanicsburg performs “How to Marry a Rabbi” – 12:30 p.m.
THE RELUCTANT BA’AL TOKEAH

(SHOFAR BLOWER)

By Felix Thau

Mark Twain once remarked, "Truth is stranger than fiction because Fiction is obliged to stick to possibilities; Truth isn't." What better recounting of a personal history, entwined in world events, can there be to exemplify that observation's accuracy than that which is about to engross the reader?

It is in Bethlehem, not the Bethlehem of King David's birth or Rachel's repose, but the Bethlehem of steel in the Valley of the Lehigh from whence this adventure begins.

There, in 1927, the future, nonpareil Ba'al Tokeah takes the first breath in this world.

He attends Hebrew School at Brith Shalom Synagogue. At age twelve, he studies with a morah (teacher), a tough and stern fellow who takes no guff from the blossoming Yeshiva bochers (young men). One Shabbat at a Junior Congregation service, Morah announces, "For all future services, the brightest student will be the Rabbi." From the students, Morah selects one young man for that role. "The Chazan" (Cantor), Morah continues, "will be the quietest student;" Morah chooses another for that assignment.

"The Ba'al Tokeah", Morah proclaims, "will be the most troublesome student." As a testament to Morah's unwavering faith in the lad's unrefined talent, Morah declares our Champion that assignment's undisputed winner. Morah motivates him to stand before the class by grabbing and holding on to an earlobe.

At age 17, after graduating from high school, without pinch or pressure, he heeds another call. His country beckons. He joins the fight against Japan and Germany. It is March 1944. He is in the Navy. He is trained as a Coxswain. In the seas of New Guinea, he operates a Landing Craft Vehicle Personnel (LCVP), transporting nearly thirty infantrymen, fully outfitted for battle, from ship to beach head. While under enemy fire, he does the same in the Philippines, at Leyte Gulph, Lingayen Gulph, and Mindanao. He is again called to transport troops at Balikapan, Borneo; this time, the landing troops are Australian. He also employs the LCVP to deliver mail. He is accompanied by a radio operator to direct him on his route.

Several days prior to the High Holidays of 1944, the radio operator receives a message. It is a Lieutenant Lowenstein. He is searching the South Pacific for a Shofar Blower. The radio man conveys this peculiar-to-him message to the Coxswain, who then speaks directly to the Lieutenant. "So you need a Shofar Blower, do you? It just so happens that I am trained in that skill!" Absolutely tickled by this serendipity, the Lieutenant nevertheless conducts a triage style interview. "And how old are you?" he asks. The response prompts the Lieutenant to express his concern that no one that young could likely be good at blowing a Shofar. Undaunted and driven by the possibility of light and pleasant duty, the Coxswain replies, "Tell me, Lieutenant, would you prefer the Shofar to be blown in the Ashkenazi style?" Surprised and impressed, the Lieutenant remarks that he had no knowledge of such a distinction. The door having been swung wide open, our fine musician seizes the occasion to expound upon his prowess, delivering an abridged discourse upon the variations in Shofar blowing methodology. He spends the next two weeks far from and free of his regular duties, blowing the Shofar for nearly 1,500 troops.

It is 1955. Our Navy veteran is a guest of a Chisuk Emuna Congregation member at Rosh Hashanah services at the Jewish Community Center on Third Street, Harrisburg, Pennsylvania. The Rabbi wears three kippot. He is Rabbi, Chazan, and Ba'al Tokeah.

He attends Hebrew School at Brith Shalom Synagogue. At age twelve, he studies with a morah (teacher), a tough and stern fellow who takes no guff from the blossoming Yeshiva bochers (young men). One Shabbat at a Junior Congregation service, Morah announces, "For all future services, the brightest student will be the Rabbi." From the students, Morah selects one young man for that role. "The Chazan" (Cantor), Morah continues, "will be the quietest student;" Morah chooses another for that assignment.

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The practice of Temple Ohev Sholom and Beth El Temple together to welcome the Sabbath. Kabbalat Shabbat services take place in the Beth El Temple Sanctuary led by Rabbi Cytryn. In August, Kabbalat Shabbat services will be held in the Beth El Temple Sanctuary led by Rabbi Cytryn. Through July when Rabbi Eric Cytryn is on vacation, Kabbalat Shabbat services will take place in the Lehrman Chapel at Temple Ohev Sholom with Rabbi Peter Kessler officiating. When Rabbi Kessler is on vacation in August, Kabbalat Shabbat services will be held in the Beth El Temple Sanctuary led by Rabbi Cytryn.

The practice of Temple Ohev Sholom and Beth El Temple sharing Friday night services over the summer months began in 2008. Once again this summer, the two Front Street synagogue neighbors look forward to worshipping together to welcome the Sabbath. Kabbalat Shabbat services begin at 6:00 p.m.
TISHAH B’AV SERVICES AT BETH EL TEMPLE

A Tishah B’Av candlelight service will be held at Beth El Temple on Monday, July 15 at 8:00 p.m. Mark Kovler of New Jersey will be our guest chanter of the Book of Lamentations.

Tishah B’Av, the Fast of the Ninth of Av, is traditionally a day of mourning, commemorating the many tragedies which have befallen the Jewish people. Although this holy day is primarily meant to commemorate the destruction of the ancient Temples—the first by the Babylonians in 586 BCE, the second by the Romans in 70 CE—it is appropriate to consider on this day other tragedies of the Jewish people, many of which have occurred on this date, including notably the expulsion of the Jews from Spain in 1492.

Please join the Beth El Temple congregation on Erev Tishah B’Av for the davening of Maariv and the traditional reading of Eicha, the Book of Lamentations.

BETH EL TEMPLE
232-0556 | www.betheltemplehbg.org
Minyan 7 a.m. daily and 5:30 p.m.
Sunday morning at 9:00 a.m.
Friday night Kabbalat Shabbat 6:00 p.m.
Shabbat morning service 9:15 a.m.
Saturday night mincha/maariv/havdalah at same time as Friday evening candle-lighting time
Friday Night Kabbalat Shabbat Summer Service Schedule:
Joint services with Temple Ohev Sholom
June 21 through July 26 at Temple Ohev Sholom
August 2 through August 30 at Beth El Temple
Tishah b’ Av Chanting of Eicha, Book of Lamentations
Monday, July 15, 8 p.m. Candlelight service.
Tuesday, July 16, 7 a.m.
Mark Kovler, guest chanter
Wednesday, July 24, 6:15 p.m. Primetimers Social Event
RSVP Carol Sudhalter 652-4746 by July 12

PUBLIC SERVICE ANNOUNCEMENT

HISTORIC B’NAI JACOB
Middletown | 319-3014 | www.bnai-jacob.org
Historic B’na’i Jacob Synagogue, a community Shul located at Water and Nissley Streets in Middletown, features a schedule of services on our web site or call our Voice Mail 717-319-3014. We are a Community Shul - all are welcome.

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

TEMPLE BETH SHALOM
697-2662 | www.tbshalom.org
Join us for our contemporary Kabbalat Shabbat at 7:15 p.m. or our more traditional Shacharit Shabbat at 9 a.m. Temple Beth Shalom is proud to offer a range of programming for all ages. To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

PUBLIC SERVICE ANNOUNCEMENT

TEMPLE OHEV SHOLOM
697-2662 | www.ohevshalom.org
Friday, June 28: Shabbat Service, 6:00 pm, Lehrman Chapel
Friday, July 5, 2013: Shabbat Service, 5:45 pm, Lehrman Chapel
Friday, July 12, 2013: Shabbat Service, 5:45, pm, Lehrman Chapel
Friday, July 19, 2013: Shabbat Service, 5:45 pm, Lehrman Chapel
Friday, July 26, 2013: Shabbat Service, 5:45 pm, Lehrman Chapel
Friday, August 2, 2013: Shabbat Service, 5:45 pm, Beth El
Friday, August 9, 2013: Shabbat Service, 5:45 pm, Beth El
Friday, August 16, 2013: Shabbat Service, 5:45 pm, Beth El
Friday, August 23, 2013: Shabbat Service, 5:45 pm, Beth El
Friday, August 30, 2013: Shabbat Service, 5:45 pm, Beth El

PUBLIC SERVICE ANNOUNCEMENT

COMMUNITY REVIEW AD DEADLINES
JULY 12, 2013 ISSUE
DEADLINE, JUNE 1, 2013
JULY 26, 2013 ISSUE
DEADLINE, JULY 15, 2013
CALL MARTY LAMONOFF TO RESERVE YOUR AD SPACE OR TO OBTAIN A CONTRACT
717-232-6279 - CELL: 717-877-5973
FAX: 717-232-2177
E-MAIL: lammie@aol.com
MURIEL F. JACOBS

Muriel F. Jacobs, 91, of Harrisburg, passed away on Friday, June 7, 2013 at her residence. She was the widow of Eli Jacobs. Muriel was born in New York City on March 13, 1922, the only daughter of the late Samuel and Esther (Sachs) Fischer. She worked in retail for her aunt, Mary Sachs, and she also worked for Junior Dress. She loved basketball and was an avid sports fan; she enjoyed knitting, politics, visiting the beach, but most of all, she loved her family. She will be sadly missed.

Surviving Muriel’s memory are 2 sons, Jeffrey F. Jacobs and wife Rebecca of Harrisburg and Randy C. Jacobs and wife Carol of Dauphin; a daughter, Faye L. Richter of Harrisburg; 7 grandchildren, Jason, Justin, Lindsey, Ashley, Lauren, Erin, and Abbey; 7 great-grandchildren; 1 great-great grandchild; and her very dear friend, Avis Howard.

Funeral services were held on Sunday, June 9th at Kesher Israel Cemetery Chapel, with Rabbi Akiva Males officiating.

In lieu of flowers, contributions may be offered to the Jewish Home, 4000 Linglestown Rd., Harrisburg, PA 17112, or to the Leukemia and Lymphoma Society, Central PA Chapter, 2405 Park Dr., Ste. 100, Harrisburg, PA 17110.
Give the gift of Friends for Life.

If you’re thinking about overnight camp for your children, come see what they’re missing. It’s never too early to plan for next summer. Visit Camp Airy for boys or Camp Louise for girls and experience a day of what camp is all about – fun, friendships, swimming and activities to match every interest!

Join us at our beautiful camp sites from 9:00 AM – 3:30 PM:

Sunday, July 14th, 2013*

For details and to register, visit www.airylouise.org. If you can’t join us for this date, please call Camp Airy or Camp Louise to schedule a personal tour.

*Reservations required. Each child must be accompanied by a parent or guardian.

Camp Airy
14938 Old Camp Airy Rd.
Thurmont, MD 21788
PH 301-271-4636

Camp Louise
24959 Pen Mar Rd.
Cascade, MD 21719
PH 301-241-3661

A Jewish Camping Tradition for 2nd - 12th graders.