

JCC TRAVEL CAMPERS ARE THE BEST!

A very big "todah rabbah" - thank you - to the JCC Travel Campers for their hard work and efforts in cleaning our community's Holocaust Monument. The students spent a recent morning washing, polishing, pulling weeds, sweeping and lots more to make the monument look beautiful.

The Jewish community deeply appreciates the efforts and support. So, kudos to the JCC Travel Campers and their counselors. You are the best!



ALSO IN THIS ISSUE...

HBG JCC Travel Camp Holds Carnivals for Early Childhood and Day Camp on page 6!



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A copy of the official registration and financial information of the Jewish Federation of Greater Harrisburg may be obtained from the Pennsylvania Department of State by calling, toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.

A SENIOR FOOTNOTE

By Esther Boldes

On Tuesday July 23rd, the JCC Senior Adult Club had the great privilege of hearing a concert worthy of the Kennedy Center or Radio City Music Hall. Through the courtesy of our member Harriet Kopp, we were treated to a performance of her gifted son, Professor David Kopp, an accomplished concert pianist.

Professor Kopp performed two pieces by Chopin and a sonata by Beethoven. He played all the pieces from memory, without one page of music being turned. All of the selections are quite difficult, and yet Professor Kopp played them with great ease and grace. The performance ended with a well-deserved standing ovation from all in attendance. What a musical treat we had! The concert was over all too soon.

Thank you to Professor David Kopp and his lovely mother, Harriet, for their generosity and for a wonderful afternoon.

Shalom!



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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.*

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This program was made possible through a grant from the Jewish Community Foundation of Central PA

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STAPLES

HBG JCC Travel Camp Holds Carnivals for Early Childhood and Day Camp

The 2013 Harrisburg JCC Travel Camp has had a busy summer. The camp, comprised of youth in 5th to 8th grades, has been hitting up all sorts of great destinations this summer including trips to the beach, Boston and New York. Despite the busy schedule, the students have found time to help give back to their community by hosting a carnival for the young children in the JCC's Early Childhood program and the students at the JCC Day Camp. JCC Programming Director Andrea Weikert said, "Each year, the Travel Camp takes part in a Mitzvah project. This year, based on the interest of the group, we decided to have the Travel Camp run a carnival for some of our younger children in an effort to teach them the importance of giving back to their community. For many of the Travel Campers, it was very special, since they grew up at the JCC and have attended the Day Camp and Early Childhood programs; so it added another connection to the project."

On Tuesday, July 16th, the Travel Campers and Staff utilized the JCC to run games and activities for the Early Childhood Department. From a rubber ducky hunt to a lollipop pick, there were many games being played. Each Early Childhood student was matched up with a travel camper to help take them to the different games and play with them in the bounce house. First year Travel Camp

participant Owen Wiener said, "It was really fun, and I liked working with the younger kids." The youngsters from Early Childhood also enjoyed themselves. Early Childhood Director Angela Stoll commented, "This was such a great project. The Travel Camp kids really engaged our young students and took a real interest in what they were doing. It is days like this that make me realize the special relationships our JCC creates."

The Travel Camp was back in action when hosting a carnival for the HBG JCC Day Camp on Tuesday, July 23rd. The Day Camp carnival was also held at the JCC and featured games, face painting, an inflatable slide, cotton candy and prizes. "The carnival was fabulous. The boys in my group all had a lot of fun, especially with the inflatables," commented Fourth Grade Boys Day Camp Counselor Zach Abel.

Head Travel Camp Counselor Steve Cooper stated, "The kids were very excited to help out at the Early Childhood and Day Camp carnivals. The Travel Campers showed a lot of interest and care while helping all the kids. I was very proud of them for their positive attitudes while helping both carnivals run smoothly. For more information about the JCC Camp program, please contact Andrea Weikert at a.weikert@jewishfedhbg.org or 236-9555 ext. 3108.



More Amazing Fun at JCC Day Camp!



Is My Kid Ready for What Comes Next?

By Rachel Kuhr, LCSW, JFS
Adolescent Therapist

When I went off to college, back in the late seventies, my mother and father had prepared me well. They had a few requirements before letting me leave home, since I was the youngest of three and their baby. I had to know how to do laundry so I wouldn't end up with pink underwear, how to play bridge, and how to butcher a chicken. They felt that these skills, and the ones I learned from living in a small Pennsylvania town, would truly prepare me for college in the big city. On a hot day that fall, dressed in my favorite shirt, they put me on a train in Philadelphia headed for Boston, and told me to call a cab to take me to the dorm at the other end of the line.

In the years since then, I have found that there a few skills I wished I had learned before I went off to college, and I have added to and revised this list with the changing times. I have presented this list in various forms to Hebrew High students, co-workers, and friends. Mostly, I have used this list of "essential" skills to help adolescents whom I see in therapy, and their parents, to know whether they are ready to leave home, usually for college, or if they need more time to prepare.

As the end of summer approaches, and any number of my adolescent therapy clients talk about what they are doing to get ready to leave home, I am reminded of my list of certain skills before making that



move. Since many of the skills are really abstract—that "readiness" thing being tough to evaluate, I figured I would give you my top 10 list and you decide how many on the list you need to see from your teen before you can relax, just a little, and send them off to college or otherwise out on their own.

- How to cook a dinner that someone else will not only eat, but like, and say "that was good."
- How to manage money. This includes, but is not limited to: the purpose of those receipts you get for bank card transactions, and how long you should hold on to them, how much you should set aside from each paycheck to pay your rent. What is too much rent? Is that recent purchase really worth what you paid for it? How do you get a credit card, and what is the best way to use it? And what is the purpose of that pesky credit score?
- How to know you are sick enough to go see a doctor, and when you just need to eat better/sleep better/wash your hands more often/take it easy for a few days.
- How to talk through a problem. Not to complain, but to clearly

and calmly state your concerns, and then listen to the other person, thinking up possible ways to solve the problem, and then negotiation – where you each give something to get the underlying problem solved – and by the way, this should be done in person, or by phone, not by text. Ever!

- The difference between being assertive and aggressive. How to speak up for yourself without being mean, rude or threatening. We all know what behaviors are aggressive but do you know how to speak up in a non-threatening way? Or how to deal with a bully?
- How to deal with a person who is drunk.
- How to find a destination using an old fashioned paper map, just in case your phone dies. This should include what roads you should get on in Harrisburg for senior week in Ocean City (and whether you are going to Maryland or New Jersey) and how long it takes to get there. No fair getting to Philadelphia and calling home for directions. Get a map!
- How to clean. I once dated a boy in college whose student apartment had two white footprints in the bathtub under the showerhead, and the rest of the tub was black. Dirt turns people off. People love to be close to someone who smells good. Just saying.
- The difference between a bad day, a down period, i.e. in winter when it is always dark and cold, and a depression. Along with this, know the difference between "normal" worry and paralyzing anxiety; oh, and social drinking and problem drinking. This is important both for you and your friends, roommates, and lab partners. Part of this is knowing how to cope with the temporary stuff, and how to know when you need outside help.
- How to ask for help. I hope you are intrigued by this list and sit down with your teenager to discuss them and add your own "most necessary skills" to the dialogue. Not sure your relationship is up to the talk? Ask for help. Just saying.

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Jewish Community Foundation of Central Pennsylvania

Keshar Israel Congregation Welcomes Back Its Summer Kollel Program

By Rabbi Akiva Males



For close to three weeks in July, Keshar Israel Congregation happily welcomed a wonderful group of rabbinical students from Yeshiva Chofetz Chaim in Queens, NY for its annual Summer Kollel program.

KI's Summer Kollel is dedicated to the memory of Rabbi Berel Zafran - of blessed memory. A long-time chief Kashrus supervisor of Empire Kosher Poultry, he was devoted to our community and Keshar Israel, but most of all, he was unconditionally dedicated to the study of Torah.

Between an array of engaging Torah classes, a very popular aftercamp youth program at the JCC, an 8:00 AM daily Shacharis, a songfilled Shabbos Nachamu (thanks Yaakov Reich!), and the thrill of over 100 one-on-one Torah study sessions, the Summer Kollel was once again provided numerous opportunities for terrific summer Torah learning for men, women, and children of the entire Harrisburg Jewish community.



KESHER ISRAEL THANKS:

- The Norman and Phyllis Lipsett Fund of the Jewish Community Foundation of Central Pennsylvania for their generous grant which funded the fun-filled Jewish-crafts afternoon program at the JCC for the kids of Harrisburg's diverse Jewish community.
- The generous local supporters who made this important program possible.
- The Loketch Group for donating apartments in their River Plaza Apartment building for the Summer Kollel volunteers to stay in.
- Rabbi Barry Nussbaum, Rabbi Moshe Yosef Gewirtz, Ricki Gold, Marcy Flicker, and Oleasa Salkin for planning this wonderful Summer program.
- This year's Summer Kollel volunteers: Yitzzy & Mishy Mandel, Yerachmiel Botnick, Aryeh Leib Dietz, Yisroel Shonefeld, and Yisroel Small. We thank each of the Summer Kollel participants for sharing some of their well-deserved summer break with our community!

Live Music at Green Hills is a Hit



On Sunday, July 21st, Green Hills Swim Club, the outdoor pool of the Harrisburg JCC held its first ever summer concert. With over 80 people in attendance, the night featured an opening performance by Aviva and Leora Match and was followed by the debut of Letters of Marque, which is the band featuring JCC Camp counselors Jordan and Cory Dandy and their friend, Chris Klinger.

"Aviva and Leora Match as well as the Dandy's were performing at the Day Camp counselor talent show at the beginning of summer when the idea came to us. We felt it would be great to have live music at Green Hills and feature these young talented artists with ties to our community," stated Terri Travers, Sports & Fitness Director. The young musicians left their audience wanting more and hoping for future events. Green Hills lifeguard Becky Sowers commented, "After hearing them practice a few times, we knew they were talented, but after hearing them perform Sunday night, it was

a completely different experience. They surprised everyone with their original pieces as well as doing a few covers that just made us all question if there was anything they couldn't do. Brittnee Riegel continued, "Cory, Jordan and Chris are an extremely talented group of guys, and I am sure they will continue to keep surprising us with their talented performances."

While this was the only



concert scheduled for the summer, the staff is planning to bring back live music next summer and hopes to expand to two or three concerts for the summer of 2014. Green Hills Swim Club is open weekdays until August 23 and closes for the season after Labor Day.

VOLUNTEERS NEEDED!

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Through July 26 at Temple Ohev Sholom

August 2 through August 30 at Beth El Temple

Wednesday, August 14:

Board of Directors Meeting 7:00 p.m.

Saturday, August 24: Bat Mitzvah of Michala Butler 9:15 a.m.

Saturday, August 31:

Selichot 7:30 to 10:30

Minchah, Program & Discussion, Dessert Reception, Selichot Service

Sunday, October 27: SAVE

THE DATE! Celebration to honor Rabbi Eric Cytryn and Educational Director

Bob Axelrod, featuring a musical tribute by Maestro Stuart Malina and his brother, Joel Malina. More details to follow soon!

PUBLIC SERVICE ANNOUNCEMENT

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232-4851

www.chisukemuna.org

info@chisukemuna.org

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

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

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PUBLIC SERVICE ANNOUNCEMENT

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PUBLIC SERVICE ANNOUNCEMENT

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233-6459

www.ohevsholom.org

Friday, August 9: Shabbat Service, 5:45 pm, Beth El

Friday, August 16: Shabbat Service, 5:45 pm, Beth El

Friday, August 23: Shabbat Service, 5:45 pm, Beth El

Friday, August 30: Shabbat Service, 5:45 pm, Beth El

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JOAN GAYLE BRINCH

Joan Gayle Brinch passed away on July 22, 2013. She was a past employee of the Jewish Federation of Greater Harrisburg where she worked as the Director of the Early Learning Center. No memorial or funeral services were held. Memorial donations in her memory are being made to the Jewish Federation of Greater Harrisburg, 3301 North Front Street, Harrisburg, PA 17110.

additional stores for his children. Herman was an active member and officer of the Cornerstone Masonic Lodge in Maryland.

In 1985, Herman married the former Bernyce Silberman Adamson. They lived in North Bethesda, MD for 25 years. After retiring, they enjoyed traveling. In 2007, they moved to Harrisburg, PA. Mr. Lichterman is survived by his wife, Bernyce; his children, Donald (Ethel) Lichterman and Cherie (Craig) Lichter of Tampa, FL, and Ronald (Diana) Lichterman of Fernadina Beach, FL. Other survivors include a sister, Natalie Cantor, of Naples, FL seven grandchildren and ten great-grandchildren. He is also survived by his stepchildren Alan (Ferne), Leslie, Anne, and Ricci (Colin Miller) Silberman, as well as six grandchildren.

Funeral services were held on Friday, July 19th at Beth El Cemetery Chapel, with Rabbi Peter Kessler officiating. Burial was in Beth El Cemetery. Memorial contributions in honor of Herman may be made to the Carolyn Croxton Slane Hospice Residence, 1701 Linglestown Rd. Harrisburg, PA 17110. Arrangements were entrusted to Hetrick-Bitner Funeral Home, Harrisburg. To send condolences to the Lichterman

family, please visit HetrickBitner.com or our Facebook page.

GERTRUDE (KAPLAN) LYONS

Ms. Gertrude (Kaplan) Lyons, 92, entered into eternal rest on July 20, 2013 at the Harrisburg Hospital at 9:58 p.m. Gertrude was born in Rochester, NY on June 23, 1921 to the late Alfred & Helen (Frank) Kaplan. She graduated from William Penn High School in 1939 then continued her education at the Central Penn Business School. Afterwards, she worked as a sales lady for Schleisner's in Harrisburg. On September 15, 1946, Gertrude married the love of her life, the late Donald E. Lyons.

Gertrude was a talented artist; she loved to knit and to draw. Her passion was classic movies and the L.A. Lakers. She had a soft spot in her heart for all animals.

Gertrude had a sweet disposition and outgoing personality. She would go the extra mile for those in need. Gertrude will be deeply missed by all those who knew her and by those whose lives she touched. She will be remembered by her daughter Toni-Francoise for being, "The best mom in the world." Gertrude is preceded in death by her beloved husband Donald E. Lyons. Gertrude is survived by

her daughter Toni-Francoise and numerous nieces and nephews.

Funeral services for Gertrude were held on Tuesday, July 23rd at Chisuk Emuna Cemetery. Memorial donations may be made in Gertrude's name to the Humane Society of Harrisburg, 7790 Grayson Rd, Harrisburg, PA 17111. If you would like to leave an online condolence to the family, please visit us at HetrickBitner.com or on Facebook.

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CANDLELIGHTING

- August 9..... 7:52 p.m.
- August 16..... 7:42 p.m.
- August 23..... 7:32 p.m.

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AUGUST 12, 2013 - DEADLINE

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community calendar

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Sports Fitness Cardio Studio Naming,
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TUESDAY, AUGUST 13

Senior Lunch Program,
10 a.m., JCC

Program: Business meeting/
Birthday Party,
12:30 p.m.

Free Cooking and Fitness Event for
1st Graders and Older,
5-7 p.m., JCC

THURSDAY, AUGUST 15

Senior Lunch Program,
10 a.m., JCC

Program: Al Goodman Sing-along,
12:30 p.m.

TUESDAY, AUGUST 20

Senior Lunch Program,
10 a.m., JCC

Program: "The Jewish Perspective"
with Bob Axelrod,
12:30 p.m.

THURSDAY, AUGUST 22

Senior Lunch Program,
10 a.m., JCC

Program: Musical Program,
"The De Angelo Trio",
12:30 p.m.

PUBLIC SERVICE ANNOUNCEMENT

IT'S NOT TOO EARLY TO START THINKING ABOUT YOUR 2013 ROSH HASHANA HOLIDAY GREETING!



DEADLINE IS AUGUST 12TH FOR SEPTEMBER 23RD ISSUE

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