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!
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!

Summer Work - Accounting Project
Business seeking industrious person with basic bookkeeping and computer skills, to assist with a temporary project. Min. 20 hours/week; schedule somewhat flexible. Immediate need. Benchmark Group Media, 3400 N. Sixth St., Harrisburg PA 17110. Call Gerry at (717) 608-6636.

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.
Rosh Hashana Is Just Around The Corner....

Join us for a Rosh Hashana themed cooking demonstration & tasting with Chef Alison Gütwaks

Graduate of Institute of Culinary Education
Featured in the Wall Street Journal
Certified Bartender
Food Blogger

Monday August 26, 2013 — 6:30 pm
Mary Sachs Auditorium - Jewish Community Center

The Kesher Israel Synagogue wine cellar will also provide samples of wines paired with each course to complement the dishes

$40 Regular Rate
$25 JCC Members

SPACE IS LIMITED!
RSVP by August Monday, August 19th call 236-9555 or email Andrea Weikert at a.weikert@jewishfedhbg.org

3301 N. Front Street Harrisburg, PA 17110  www.JewishHarrisburg.org  (717) 236-9555
JCC Programs are funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg
This program was made possible through a grant from the Jewish Community Foundation of Central PA
A copy of the official registration and financial information of the Jewish Federation of Greater Harrisburg may be obtained form the Pennsylvania Department of State by calling, toll-free with Pennsylvania, 1-800-732-0999. Registration does not imply endorsement
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
94% attended a Tot Shabbat
76% attended a JCC event
94% attended 2 or more PJ Library events
36% volunteered for a Jewish organization

“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
717-236-9555 x3106
Are you up for The Challenge?

Go head-to-head against teams in your league and across the continent for a chance to win great prizes.

Save the Date | August 29
National Draft Night

**Grand Prizes** from Disney, Southwest Airlines, and The Peabody Hotel

**Weekly Prizes** from Six Flags

**League Prizes** from Staples

There is a $50 registration fee for each team and 75% of net profits go back to your local JCC at the end of the season.

**To register go online:** discoverJCC.com/JCCFFC

*Like us on Facebook and follow us on Twitter!*
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 Program 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 lollypop 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 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 are 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 School 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—such as “readiness” itself—this is 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 make 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 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 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 actual map, not the GPS. How to use a map 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.
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. Britnee 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.

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 Gewertz, Ricki Gold, Marcy Flicker, and Oleasa Salkin for planning this wonderful Summer program.
• This year’s Summer Kollel volunteers: Yitzhy & 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!

Kesher Israel Congregation Welcomes Back Its Summer Kollel Program

By Rabbi Akiva Males

For close to three weeks in July, Kesher 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 Kesher 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.

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Volunteers Needed!

Are you a High School Junior or Senior in need of service hours?

We need your help sharing our events through social media

For more information please contact Lauren Jacobs at ljacob@jewishharrisburg.org
**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
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!

**BETHEL EL TEMPLE**
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**PUBLIC SERVICE ANNOUNCEMENT**

**CHISUK EMUNA CONGREGATION**
232-4851
www.chisukemuna.org
info@chisukemuna.org

**Weekly 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.

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

**PUBLIC SERVICE ANNOUNCEMENT**

**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., Thursdays at 7:30 a.m.  Our Shabbat services, led by Rabbi Paula Reimers, are at 7:30 p.m. on Friday evenings and on Shabbat morning at 9:30 a.m. followed by Kiddush.

**PUBLIC SERVICE ANNOUNCEMENT**

**CONGREGATION BETH TIKVAH**
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 Streets in Middletown, offers a schedule of Shabbat services. Visit our website or call our Voice Mail 717-319-3014
We are a Community Shul - all are welcome.

**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**
233-6459
www.ohevscholom.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
**HERMAN LICHTERMAN**

Herman Lichterman, age 91, of Harrisburg, passed away peacefully, Thursday, July 18, 2013 surrounded by his loving family. He was born in Wilkes-Barre, PA on February 23, 1922, the son of Frances and Nathan Lichterman. He moved to Washington, DC as a teenager, and graduated from Eastern High School. Herman served in the U.S. Air Force between 1941 and 1944. He married the former Marie Hull, who preceded him in 1983. 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 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 services were held on Tuesday, July 23rd at Chisuk Emuna Cemetery. Memorial donations may be made in Gertrude’s name to the Jewish Society of Harrisburg, 7790 Grayson Rd, Harrisburg, PA 17111.

Herman was an active member and officer of the Cornerstone Masonic Lodge in Maryland.

In 1983, Herman married the former Bernyce Silberman Adamson. They lived in 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.

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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 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 (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 was survived by her daughter Toni-Francoise and numerous nieces and nephews.

**COMMEMORATIVE OBITUARIES**

Herman was employed as a salesperson for a pharmaceutical company in Washington. He later became a partner in the Jerry Lewis Movie Theaters in the D.C. area. In the early 1980s, Herman opened a woman’s clothing store in suburban Maryland, and then opened three additional stores for his children. Herman was an active member and officer of the Cornerstone Masonic Lodge in Maryland.

In 1983, 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 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.

**COMMUNITY REVIEW AD DEADLINES**

**AUGUST 23, 2013 - HOLIDAY ISSUE**

**AUGUST 12, 2013 - DEADLINE**

**SEPTEMBER 13, 2013**

**AUGUST 26, 2013 - DEADLINE**

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**www.jewishharrisburg.org   |   august 9, 2013   |   11**
**SUNDAY, AUGUST 11**
Sports Fitness Cardio Studio Naming,
4-5 p.m., JCC Fitness Center

**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.