Nominating Committee Report
Prepared for The Campus of the Jewish Home of Greater Harrisburg

The Nominating Committee of The Campus of the Jewish Home of Greater Harrisburg has submitted a proposed slate of at-large members for consideration and approval at their annual meeting to be held Sunday, September 15 at 10:30 am in The Jewish Home’s Spector/Schwab Auditorium.

The Nominating Committee chaired by William Adler, Esq., Immediate Past-President of the Board, and including Elliot Strokoff, Esq.; Judy Geduldig; Walter Cohen, Esq.; Carolyn Anner-Sakol, Esq.; and Allen Geckle, submit the following slate of nominees:

**Two-year Term (serving through September 2015):**
- Walter Cohen, Esq.
- Michael Silver
- Steven Roth
- Denis Milke

**Three-year Term (serving through September 2016):**
- Joy Douglas

No additional nominees were received.

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**JEWISH FAMILY SERVICE ANNUAL MEETING**

Tuesday, September 17, 2013

Jewish Family Service invites the community to our Annual Meeting on Tuesday, September 17, 2013 at 7:00 p.m. in the Wolfson Auditorium of the Jewish Community Center. We will have just completed our 49th year of serving the community. Please join us as we look back on the year’s accomplishments and challenges and look forward to beginning our 50th year. We are pleased to announce that Neil Weber, a JFS past president, will install the new board members and Robert Durham, JFS treasurer, will be our Master of Ceremonies for the evening. Two of our volunteers will be honored for their dedication to our homebound seniors. Mervin Isaacman will receive the Edward Teddy Kosher Meals on Wheels Award for his commitment to the program, delivering meals every Wednesday for over ten years. Merv has been a friend to many of his weekly “customers.” Steven Rosenberg will receive the Moses “Buzz” Rosenberg Two’s Company Award for his dedication to his JFS clients in that program. Steve continued visiting and helping his “ladies” even after they could no longer remain home and had to enter nursing home facilities. Both men deserve special recognition for their dedication and kindness.

The Annual Meeting is the opportunity for JFS to publically thank our donors, volunteers, leadership and staff, past and present, who have made it possible for JFS to do the work it does to help individuals and families in the greater Harrisburg area meet life’s challenges. It is the opportunity for those present to learn about the new initiatives JFS introduced this year. It is the opportunity for everyone to enjoy some special desserts while schmoozing with friends. We hope to see you there!

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**L’ Shana Tova!**

**Happy New Year!**

The Officers, Board of Trustees, and Staff of the Jewish Federation of Greater Harrisburg Wish Everyone a Happy and Healthy New Year
By Esther Boldes

On July 30th, the JCC Senior Adult Club was treated to a wonderful musical performance by Gabe Freedman. We’ve watched Gabe grow up, sort of, and witnessed his development as an impressive young man and pianist. We all would like to thank him and his family for sharing his amazing talent with us. We wish him all the best in his college years and beyond. Hopefully, he will come to see us again and again.

On August 6th, attorney Bruce Warshawsky spoke to us about “Legal Briefs.” He elaborated on four subjects, strictly from the perspective of the law. He highlighted the Detroit bankruptcy and its ramifications far beyond the delinquency of the city not being able to pay its bills. Secondly, we talked about the Zimmerman case, which had just concluded in court. Without going into the guilty or innocent conclusions of the case, it was discussed in application of the local laws of Florida and the effect local state laws can challenge the jury’s charge and decisions.

Bruce also educated us on the issue of same-sex marriage as it relates to individual states’ laws.

We heard, for instance, that one state can ratify same-sex marriage, and if you go across the border to the adjacent state, you might not be eligible for a partner’s Social Security benefits or inheritance.

The fourth subject dealt with immigration. We had a reasonable discussion about these subjects, and Bruce was quite patient and very generous with his knowledge and his time. Thank you, Bruce, so much for approaching these subjects in the realm of the law. It was a very interesting and informative program.

Shalom!
At Risk Jewish Communities

For the past seventy-five years or longer, the American Jewish community has led the way in assisting “at risk” Jewish communities around the globe.

Were it not for the generosity of the American Jewish community, the yeshuv which became Israel would have never been able to succeed. After the War of Independence, the United Jewish Appeal, America’s fund raising vehicle for the at risk community of Israel, became the most successful charity the world had ever seen.

The Jewish Joint Distribution Committee was formed to care for at risk communities, mainly outside of the Jewish State. The United Jewish Appeal campaign funded both the Jewish Agency, working inside Israel and the Jewish Joint Distribution Committee.

But times have changed and American Jewish communities, ours included, realized increasing local needs. The revelations of intermarriage and assimilation turned the focus of fund allocations inward as we realized that we, the American Jewish community, were “at risk” as well. The dollars needed by at risk communities in Israel and, especially in the former Soviet Union, were reduced. Unfortunately, this trend continues today.

One of the greatest at risk Jewish communities in the world today is the Ethiopian community, resettled by us, in Israel. The adult members of the community hold onto the values and customs of their Ethiopian way of life, while the children struggle to become a part of Israeli society. But without the help of social service organizations in Israel, working with Ethiopian youth, the prognosis for these children is not good. Like inner-city youth in America, poverty and crime run rampant. The children are truly at risk!

One of the better programs working with Ethiopian children in Israel is Almaya. Based in the Negev, Almaya is a bedrock initiative, working hands on with the Ethiopian immigrant community providing early childhood counseling, educational and communicative skill training, Hebrew language acquisition and teaching child rearing skills in the Israeli societal manner.

Almaya has been recognized for its work with The President’s Award, Ben Gurion University’s Award for Innovative Training of Students, The Clore Foundation’s 50th Anniversary Award and the New York Federation Award for Family Care.

Interest in supporting the work of Almaya through the Jewish Community Foundation of Central Pennsylvania is easy. Contact the Foundation at 717-236-9555 Ext. 3202 or email howard@pajewishFoundation.org.
The Maimonides Society was developed nationally to foster a sense of common purpose and commitment among healthcare professionals to work towards the betterment of Jews wherever they may be. The goals of the Society here in Harrisburg are: To promote fellowship among Jewish health care professionals in the greater Harrisburg area; To strengthen commitment to Jewish values through educational and cultural programs; To respond to Jewish needs in the greater Harrisburg area, Israel and throughout the world; To mobilize health care professionals to serve as resources to the entire community.

The prescription for success for our Maimonides Society is a fellowship whose programs integrate medical and Jewish concerns and demonstrate the unique contributions that health care professionals can make to improve the community.

For more information on the Maimonides Society and upcoming events, please contact Stuart Gasner at (717) 236-9555 ext. 3299 or s.gasner@jewishfedhbg.org

May you be inscribed and Sealed for a good, sweet and Successful New Year

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.

We are proud that our colleagues from Harrisburg contribute significantly to the Jewish Federation of Greater Harrisburg’s Annual Campaign.

For more information on the Cardozo Society and upcoming events, please contact Stuart Gasner at (717) 236-9555 ext. 3299 or s.gasner@jewishfedhbg.org
Wake up to a sound that can change lives.

This New Year, bring hope to people in despair. Nurture and sustain our Jewish community. Your gift to Federation makes it possible, all year long. Donate at www.jewishharrisburg.org.
The Jewish Federation of Greater Harrisburg Cardozo Society Presents

A screening of the civil rights themed film *The Last White Knight* and related legal discussion

**CLE Presenter**
Rhonda Brownstein
Former Legal Director
Southern Poverty Law Center
Montgomery, AL

Executive Director
Education Law Center
Pennsylvania

In 2007, civil rights activist, Paul Saltzman, returned to Mississippi, decades after a violent run in with a young Klansman, to talk to the man who injured him.

Prior to the film, Ms. Brownstein will offer a presentation on the legal liability of hate groups for acts committed by individual members and the participation and role of Jews in the Civil Rights movement.

**November 21st 7:00 PM**

Jewish Community Center  
3301 N. Front Street, Harrisburg

CLE program precedes film beginning at 5:30 PM

(1 Ethics & 2 Substantive CLE credits pending)

**Dinner, Film, & CLE Credit Application Fees**
- Cardozo Society Member* $60 (2014 JFGH Annual Campaign Pledge Required)
- Regular Rate $90
- Law School Student $30 (Dinner & Film)
- Film Only $10 (Does not include CLE credits)

For information, contact Stuart Gasner s.gasner@jewishfedhbg.org or 236-9555 X 3299
To register go to www.jewishharrisburg.org

*Jewish Federation of Greater Harrisburg

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**Ben-Gurion Society**

**Members**
- Lisa & Steven Aaron
- Anat & Avi Beck
- Aviv Bivias
- Robyn & Eric Chotiner
- Holly Engelman & Moshe Bels
- Julia Frankston-Morris & Stuart Glaser
- Jami & Robert Friedman
- Julie & James Halbert
- Alyssa & Gary Klein
- Dara & Lawrence Kluger
- Rebecca & Eric Morrison
- Joshua Finkelstein

**Affiliates**
- Dina & Ben Afif
- marti & Michael Babb
- Barbara & Ronald Pesco
- jaclyn & Scott Rubin
- Patricia & Daniel Schwab
- Michelle Sharf & Alan Levy
- Abby & Brandon Smith
- Stacey & Adam Spanier
- Bruce Weber
- Deborah & Alan Weinstein
- Madeleine & Jason Weinstock
- Anonymous

The Ben-Gurion Society is a donor recognition program for ages 25-45 who make a minimum individual/household gift of at least $1,000 to the Federation’s annual campaign. But the Ben-Gurion Society is so much more than that: it is an Organization of Young Jewish Leaders committed to strengthening the future of the Jewish people locally, in Israel and around the world.

**Jewish Federation of Greater Harrisburg**

3301 N Front Street  
Harrisburg, PA 17110  
(717) 236-9555  
www.jewishharrisburg.org

For more information on the Ben Gurion Society and upcoming events, please contact Stuart Gasner at (717) 236-9555  
s.gasner@jewishfedhbg.org
HBG JCC
Field Day & Open House
Sunday, September 15
11am-1pm

Membership Specials Available at Open House*

Join the Harrisburg JCC for food, games and fun and to meet our new CEO Margie Adelmann. Take a tour of the building, go for a swim in our indoor pool and check out a fitness class all while discovering all the programs and opportunities that the JCC can provide to you and your family.

*Some restriction may apply. Membership specials are for new members

The JCC Offers
Something for Everyone:
- Early Childhood Program for children 6 weeks to Pre-K
- Summer Day Camp & Travel Camp
- Fitness Center & Group Exercise Classes
- SilverSneakers Program
- Indoor Pool & Swim Lessons
- Sports Programs
- Senior Adult Program

Harrisburg JCC 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.
AARP SAFE DRIVING REFRESHER COURSE

For those of you who have taken the AARP Safe Driving Class three years ago, this will be the last ONE DAY – 4 HOUR REFRESHER COURSE given in 2013. The class will be given on Thursday, October 24, 2013 FROM 12:30-4:30 PM. Since this class is concentrated, in order for the instructor to have your certification cards prepared ahead of time, when you register, you will need to have the following information ready:

Name • Address • Phone number
Date of Birth
8-digit Driver’s License Number and expiration date
To get discount your AARP membership number
YOU MUST BE ABLE TO SHOW A COPY OF YOUR LAST AARP SAFE DRIVING COURSE CERTIFICATE

Class size is limited to 32 people and the cost is $14 (check made payable to AARP) or if you are an AARP member you get a $2 discount. To register, call Cheryl at 236-9555 Ext. 3115

Register for Hebrew High now at www.jewishharrisburg.org
About Hebrew High:

Who: Jewish teens in grades 8-12 and the educators working with them.

What: a nurturing and safe space for our teens to grow socially, mentally, spiritually and physically with Jewish values, culture and history providing the foundation for that growth.

When/Where: Sunday evenings from 5-7 pm beginning September 22 at the JCC.

Why? Today’s teens need a space to...
--talk and debate about big Jewish ideas and values
--build friendships with other Jewish teens
--connect to their inner Jewish identity
--care for themselves and the world around them

Hebrew High registration is available online now! Please go www.jewishharrisburg.org and follow the links to Jewish education. For more information, please contact Lillian Rappaport or Hallie Rosen at 236-9555, ext. 3402.
HBG JCC
SilverSneakers
Breakfast & Bingo

Friday, October 4
9:30am-11:30am
The HBG JCC invites all SilverSneakers members and SilverSneakers class participants for a free breakfast and a chance to socialize with fellow members.

Sign Up By October 1 at the Seniors’ Table in Mary Sachs
Swim Lessons

Small Group Lessons for Children 18 Months-9 years of age begin September 9th. Session runs 6 weeks.

Class Options:
- 6:40pm 3-5 years old
- 7:15pm 6-9 years old
- Monday/6pm Parent/Tot (18 mon-3 years)

Cost: $42 JCC Member Discount
$55 Regular Rate

For more information please contact Terri at t.travers@jewishhbg.org or 236-955 ext. 3110
Center Pieces
What's Happening in and Around the JCC

Glamour, Glitz & a Spectacular
Evening of Entertainment!

Saturday, November 23, 2013
Event begins: 6:45 PM  ♦  Competition begins: 7:30 pm
Jewish Community Center | 3301 N Front Street, Harrisburg
Tickets: $25/adults  ♦  $15/students
Light hors d’oeuvres, beer, wine, desserts & 1 vote included with admission
Sponsorships for this event is available.
For further information contact Andrea at (717) 236-9555, ext. 3108 or a.weikert@jewishfedhbg.org

This is a fundraiser for the JCC, proceeds benefit operations for the many programs and departments including preschool, comp., senior programming, Maccabi, sports and fitness, allowing the JCC to continue to fulfill its mission in the community.

For JCC Members Utilizing The Fitness Center & Fitness Classes
Babysitting at the JCC
Monday-Thursday: 5:15-7:30pm
Cost: $10 per month for first child and $5 for additional child. From same family. Drop in fee is $5 per child.
Reservations must be made at least 24 hours in advance.
For information or to sign up please email: t.travers@jewishfedhbg.org

Save the Date: MONTE CARLO
Saturday, February 1, 2014
7:00-11:00 PM
For information please contact: a.weikert@jewishfedhbg.org

CHILI COOK-OFF
Sunday, February 2, 2014
12:00-2:30 PM
For more information or to schedule a tour of the facility contact Linda Skulsky at (717) 236-9555 x3050 or l.skulsky@jewishfedhbg.org

A NEW DAY AT THE
HBG JCC
Harrisburg JCC Field Day & Open House
Sunday, September 15 • 11:00 am-1:00 pm
JCC, 3301 N Front Street, Harrisburg
Membership Specials Available at Open House *

Join the Harrisburg JCC for food, games and fun and to meet our new CEO Margie Adelmann. Take a tour of the building, go for a swim in our indoor pool and check out a fitness class all while discovering all the programs and opportunities that the JCC can provide to you and your family.

The JCC Offers Something for Everyone:
• Early Childhood Program for children 6 weeks to Pre-K
• Summer Day Camp & Travel Camp
• Fitness Center & Group Exercise Classes
• SilverSneakers Program
• Indoor Pool & Swim Lessons
• Sports Programs
• Senior Adult Program

(*Some restriction may apply. Membership specials are for new members)

HBG JCC | 3301 N. Front St. | Harrisburg PA 17110
www.jewishharrisburg.org 717-236-9555
JCC Programs are funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg.

5K Walk/Run
Sunday, Sept. 29th at 8:30am
Registration opens at 7:45am
Benefiting the Sports & Fitness Department and Josh Klein Bikur Cholim Society
For more information contact: t.travers@jewishfedhbg.org

JCC Drama Department Presents

The Wedding Singer

Thurs., December 12, 2013
7:30 to 9:30 pm
Sat., December 14, 2013
7:30 to 9:30 pm
Sun., December 15, 2013
2:00 to 4:00 pm
Land & Specialty Classes

Abs/Core Training
Instructor: Michele/Varies
Sunday: 10:30 – 11:00 am (Starts October 6)
A 30-minute class devoted to strengthening your abs and core.
Cost: Non-member $7 per class

Boot Camp
Instructor: Jeremy Kreiser
Wednesday/Friday: 12:15-1:00 pm
This class combines resistance training with aerobic exercise. Regardless of your fitness level, emphasis will be placed on having a safe, fun and effective workout.
Cost: Non-member $7 per class

Gentle Yoga (Floor and Standing)
Instructor: Cheryl Yablons
Monday: 9:45 am-10:30 am
Tuesday: 5:00 pm -5:45 pm
Class designed as a preventative program for a healthy population that suffers, either intermittently or chronically, from mild to moderate back pain or from back pain of non-specific origin. Also appropriate for healthy seniors or beginners who have had no prior yoga experience.
Cost: Non-member $7 per class

Vinyasa Yoga
Instructor: Dave Ratliff or Tanya Lisko
Wednesday: 5:30-6:30 pm
Cost: Non-member $7 per class
This is a moderately vigorous class. Content varies, offering elements of Ashtanga and Vinyasa Flow. Participants can expect to move steadily through the entire class. This intermediate level class is suitable for beginners, as modifications to difficult poses are offered in order to make the practice widely accessible.

ZUMBA
Monday: 5:30-6:30 pm
Instructor: Kelly Straub
Dynamic fitness workout that will blow you away. Come join the party!
Cost: Non-member $7 per class

Les Mills BodyPump
Tuesday/Thursday: 5:30 to 6:30 pm
Saturday: 9:00 to 10:00 am (Starts September 21)
Instructor: Varies
A barbell workout that strengthens your entire body. Tones muscles, changes your body shape, increases your metabolism, makes you stronger, and gives you better muscle and cardiovascular endurance.
Cost: Non-member $7 per class

Pilates
Instructor: Sue Ann Rentz
Tuesday: 9:00-10:00 am
Thursday: 9:00-10:00 am
This class will help improve posture and develop core control, which is the ability to move effectively and efficiently by transmitting force from the body’s center through the torso and limbs. The exercises emphasize precise alignment and efficient sequencing of movement.
Cost: Non-member $7 per class

Body Sculpting
Instructor: Michele Rusll
Monday/Wednesday: 9:00-10:00 am
5 minute warm up, 5 minute stretch, then work each muscle using weights, body bar, medicine ball, big ball, and bands. Beginner to advanced, all levels welcome. Work at your own pace. Focus is on correct positioning for optimum results.
Cost: Non-member $7 per class

SilverSneakers® Classes
Instructor: Cheryl Yablons
Cost: Non-member $7 per class

Classic
Tue./Thur.: 9:15-10:15 am
Wed.: 9:45-10:45 am
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.

Cardio
Mon.: 10:45-11:45 am
Wed.: 10:45-11:45 am
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.

Yoga
Mon.: 11:45 am-12:30 pm
Wed.: 11:45 am-12:30 pm
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.

Spinning (Indoor Cycling)
See Times and Instructors Below
A challenging stationary group cycling class, set to music, utilizes various training and motivation techniques to simulate actual outdoor riding experiences such as hills, sprints and racing. A heart rate monitor may be used. Water and towel are required.
Cost: Non-member $7 per class

Early Morning Spin
Mondays: 6:15-7:00 am
Instructor: Gina McDonald
Wednesdays: 6:15-7:00 am
Instructor: Gina McDonald
Fridays: 6:15-7:00 am
Instructor: Gina McDonald

Lunch-Time Spin
Monday: Noon-12:45 pm
Instructor: Michele or Abbey
Thursday: Noon-12:45 pm
Instructor: Arthur Kravitz

Evening Spin
Mondays: 5:45-6:45 pm
Instructor: Arthur Kravitz
Wednesdays: 4:30-5:30 pm
Instructor: Arthur Kravitz
Wednesdays: 5:45-6:45 pm
Instructor: Arthur Kravitz
Fridays: 4:00-5:00 pm
Instructor: Arthur Kravitz

Sunday Spin
Early Sunday Spin: 8:45-10:15 am (starting October 6th)
Instructor: Arthur Kravitz

Senior Adult Programs
The JCC Senior Adult Club continues its wonderful schedule of bi-weekly programming on Tuesdays and Thursdays. The Club offers something to meet the interests of almost anyone, with a tasty lunch “sandwiched” right in the middle.

AARP Safe Driving Refresher Course
October 24, 2013 from 12:30 to 4:30 pm
One Day – 4 hour refresher course. Must have attended AARP Safe Driving Class three years ago.
AARP courses - for more information contact Cheryl Yablons (717) 236-9555, x 3115

The Senior Adult Club offers monthly day trips to various theaters from March thru October. For a list of shows, dates, and trips contact Cheryl Yablons (717) 236-9555, ext. 3115 or c.yablons@jewishfedhbg.org

For more info or to schedule a tour of the facility contact Linda Skulsky at (717) 236-9555 x3050 or l.skulsky@jewishfedhbg.org
Sports, Fitness, & Recreation
Children & Teens

**Hip Hop**
For Ages 6 and older
Tuesday 4:30-5:15 pm, Oct. 1 to Nov. 5
Cost: $40 JCC Member / $75 Regular Rate
Instructor: Lauren Ramos
Minimum: 8 children to run program

Hip Hop is an upbeat and energetic dance form. Our Kids’ Hip Hop after school classes teach cool moves to the songs they hear on the radio while encouraging positive creativity and exercise. In learning movement and dance, students develop coordination and improve their self-expression and confidence. Please call JCC to register at 236-9555, ext. 0. Questions?? Please email Andrea at a.weikert@jewishfedhbg.org

**After School Club**
Kindergarten to 5th grade
Exciting classes, available 5 days a week, transportation from the Susquehanna Township Schools.
Cost: Payment must be made the beginning of each month. Fees for JCC Member: $175 per month for five days a week.
Questions? Contact Andrea at 236-9555, x 3108, a.weikert@jewishfedhbg.org or Terry at x 3121, t.fisher@jewishfedhbg.org

**Turkey Day Hoops**
November 28 | Ages: 5 years and up
Cost: $5 JCC Member / $10 Regular Rate
Come out and run around on Thanksgiving morning! We will have a foul shooting contest, hot shot contest, knock-out competition, around the world and time to just shoot around. This is a great way to burn off a little energy and a few calories.

**Video Game Overnight**
Overnight at the JCC for 9th to 12th graders.
More information coming soon...
To register for these programs contact the Front Desk at 236-9555, x 0.

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**Water Classes**

**Aqua Zumba**
Instructor: Bev Sable
Tuesday: 9:30-10:30 AM
Wednesday: 6:00-7:00 PM
Friday: 9:30-10:30 AM
Cost: Non-member $7 per class
A challenging water-based workout that’s cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

**Swim Team**
The Harrisburg JCC Swim Team will compete in up to five swim meets with a championship meet at the end of the season. Meets are held on Sundays and practices are Sunday, Tuesday and Thursday. All participants must be able to swim the length of the pool! Practice times will be by level and ability and decided by the coach.

Swim Team starts October 13th
Cost: $175 JCC Member / $225 Regular Rate

*All new swimmers are asked to attend a swimming evaluation on Sunday, October 6th, from 1:00 to 2:00 pm.*

**Boys Sports Night**
Saturday, December 7, 2013
7:00-9:00 pm
More information coming soon...
To register contact t.travers@jewishfedhbg.org

**Girls Sports Night**
Saturday, Jan. 4th, 2014
7:00-9:00 pm
More information coming soon...
To register contact t.travers@jewishfedhbg.org

**Drop In Room**
Monday & Friday: 9:00 am to 2:00 pm
Free for Members

Monday and Friday come and hang out with your child in the aftercare room! Enjoy a time for you and your child to play in an age-appropriate environment. The room will be setup for infants through preschool age children to come and play.

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**BASKETBALL**

For more information contact:
Terri Travers at t.travers@jewishfedhbg.org

**3rd – 5th Grade Girls Basketball**
The JCC is looking at forming a girls 3rd-5th grade basketball team for the upcoming season. Focus will be on learning the fundamentals of the game in a team setting. The team will play 8-10 games over the course of the season. Practice to start the end of October.

**4th-6th Grade Boys Basketball**
The JCC is looking at forming a boys 4th-6th grade basketball team for the upcoming season. Focus will be on learning the fundamentals of the game in a team setting. The team will play 8-10 games over the course of the season. Practice to start the end of October.

**Middle School Girls Basketball Team**
Ages: 6th thru 8th Grade
Starts: October 13th – 12 to 1:30 pm
Days: Sunday, Tuesday & Thursday
Cost: $100 JCC Member / $170 Regular Rate
Schedules will be handed out. Tryouts will be held if necessary.

**Mom’s Basketball**
Contact Terri at t.travers@jewishfedhbg.org for more information.

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**High School Girls Basketball Team**
Ages: 9th thru 12th Grade
Starts: October 20th
Cost: $100 JCC Member / $170 Regular Rate
Schedules will be handed out with exact game and practice dates and times. Tryouts to be held if necessary.

**High School Boys Basketball Team**
Ages: 9th thru 12th Grade
Starts: October 21st
Cost: $100 JCC Member / $170 Regular Rate
Schedules will be handed out with exact game and practice dates and times. Tryouts to be held if necessary.

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**Water Classes**

**SilverSplash®**
Instructor: Diana Budd
Monday/Wednesday: 9:30-10:30 am
Cost: Non-member $7 per class
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.

**Intro to Deep Water**
Instructor: Diana Budd
This 1/2 hour class is designed as a good place to start if you are interested in exercising in deep water. Flotation belts are worn and no swimming skills are required.
The Brenner Family Early Learning Center

A Quality Preschool with Childcare Options | For info contact Angie Stoll at (717) 236-9555; x 3107 or a.stoll@jewishfedhbg.org

Infants: (6 weeks) An experienced and loving staff caters to your infant’s daily emotional needs, as well as providing developmentally appropriate activities for infants’ ever-changing physical needs.

Toddler (approximately 12-18 mo.) The staff caters to the children’s ever-growing need to explore; daily walks (inside and out), singing, and playing are how Toddlers spend their days.

Turning 3s (2 yrs. old by Sept. 1) Activities are centered on the sense of independence that comes along with being two. Children are encouraged to participate in activities that explore art, music, science, and simply getting along.

Turning 4s (3 yrs. old by Sept. 1) and Pre-K (4 yrs. old by Sept. 1) These groups are exposed to activities that promote reading and math readiness, scientific discoveries, music appreciation, and just plain fun. They also participate in field trips that coordinate with classroom activities. Pre-K is required to attend a minimum of five mornings.

Licensed by the Department of Public Welfare

**ELC Enrichment**
To register for a class, please stop by the Atirium desk or call 236-9555, ext. 0. Payment must be made at time of registration.

**MONDAYS**

**Artistic Afternoon**
1:00-1:45 pm | Ages 3 to 5
Cost: $70/M, $110/NM

**Future Super Stars Intro to Sports**
1:00-1:30 pm | Ages 4 to 5
Cost: $35/M, $55/NM

**Martial Arts Heroes Class**
12:30-1:15 pm | Ages 3 to 5
Cost: $40/M, $80/NM

**TUESDAYS**

**Artistic Afternoons**
1:00-1:45 pm | Ages 3 to 5
Cost: $70/M, $110/NM

**Gameinu at The Silver Academy**
12:00-3:30 pm | Dates: School Year
 Ages: Must be 4 years old by September 1st.
Cost: $157.50/month | Tuesday & Thursday
Must register through The Silver Academy (717) 238-8775 – Hot Lunch Provided.

**WEDNESDAYS**

**Swim Instruction**
12:30-2:30 pm
1/2 hour lessons based on child’s age
Ages: 3 to 5 | 20 Kids Maximum
Cost: $48/M, $63/NM

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Absolute Wellness Group provides comprehensive, customized wellness solutions to individuals, health practitioners, businesses, and wellness facilities in Central Pennsylvania, and offers a variety of services via the web nationwide.

**TRX Suspension Training**
is a revolutionary method of leveraged bodyweight exercise. You can safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. People of all fitness levels are improving their performance and their bodies with TRX.

**Personal Training**
Absolute Wellness Group is proud to provide experienced, certified, and passionate fitness experts to guide you through all of your fitness goals. From the beginner to the experienced athlete, our trainers are prepared to custom design programs to get you started or train for that next event. Individual, Small Group and Program Design available.

For more information contact
Katie Mace at (717) 350-4247 or katie@absolutewellnessgroup.com
www.absolutewellnessgroup.com

**Absolute Massage Therapy**
Your Healing in is Our Hands
50% your first massage!
Contact: lisa@absolutewellnessgroup.com
Phone: 717-734-1013
Limited to first time clients.

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Upcoming Events

**Adult Flag Football**
Sunday mornings starting in September at the JCC
Ages: 18 and above
For more details contact Terri at t.travers@jewishfedhbg.org
Free JCC Members / $5 per week
Non-member

**HBG JCC – Field Day & Open House**
Sunday, September 15th
11:00am – 1:00pm
Food, fun, games, exercise classes – Something for everyone!

**5K Walk/Run**
Sunday, September 29 at 8:30 am
Registration opens 7:45 AM
Benefiting the Sports and Fitness Department and Josh Klein Bikur Cholim Society

**Dodgeball Tournament**
Saturday Night – October 26th
Age divisions for 5th grade thru adults
Teams may consist of 6 to 8 players
Cost: $8 JCC Member / $12
Regular Rate
Grab your team, create a team name and have some fun as team costumes are encouraged.
For registration form or more information contact Terri at t.travers@jewishfedhbg.org

**Family Gaga Tournament**
Saturday, Nov. 16, from 7 to 9 pm
Join your friends and family to play gaga and enjoy open gym time.
Cost for member: $5/person or $10/family
Cost for non-member: $10/person or $20/family

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Computer Tots at the Silver Academy
12:30-2:30 pm | Ages: 3 to 5
Cost: $20/M, $40/NM

**THURSDAYS**

Suzanne’s Jumpin’ Jitney
12:30-1:00 pm | Ages 2 to 5
Cost: $40/M, $80/NM Monthly

**FRIDAYS**

KinderDance
12:30-1:15 pm | Ages 3 to 5
Cost: $45/M, $90/NM Monthly

Shalom Sesame
12:30-1:00 pm | Ages 3 to 5
Cost: $40/M, $60/NM

SPECIAL SCREENING! Sunday, November 3rd JCC, 6:30 PM
Watch for details in the Community Review, Kol Harrisburg, and on our website: www.hbgjff.com

Follow us on Facebook & Twitter
Text “HBG” to 51818 to receive our text alerts about upcoming events and community news.
You're Invited
to a Precious Metals Buying Event/Appraisal Clinic

Find that
“Extra Money”
to spend when you turn
your old,
unwanted items:
♦ Gold, Silver or Platinum
   Jewelry
♦ Silver or Gold coins
♦ Sterling Flatware
♦ Dental Gold

..... into money!!

Host:
Jewish Community Center
Senior Adult Program

Date:
Thursday, October 3, 2013

Time:
9:00 A.M. – 4:00 P.M.

Location:
3301 North Front Street
Harrisburg, PA 17110

Please tell your family and friends. Everyone should enjoy the same opportunity!

I.G.C.
YOUR PRECIOUS METALS BUYING COMPANY

(610) 876-6611
Or email: administrator@igcmetals.com
Private lessons available for children and/or adults.
Semi-Private lessons are for 2 individuals.

Flexibility in scheduling based on instructor availability and pool schedule.

PRIVATE LESSONS:
REGULAR RATE: $30 for one lesson or 4 lessons for $112
MEMBER DISCOUNT: $22 for one lesson or 4 lessons for $80

SEMI PRIVATE LESSON
REGULAR RATE: $40 for one lesson or 4 lessons for $150
MEMBER DISCOUNT: $30 for one lesson or 4 lessons for $110

For more information or to register contact t.travers@jewishfedhbg.org or 236-9555
Jewish Family Service wishes you and your family a happy, healthy and prosperous New Year. As the New Year is the time for fresh starts and new beginnings, JFS is pleased to announce our collaboration with Royers Flowers. We are grateful to Royers Flowers for their desire to support the work of our agency by offering a 10% donation to JFS of the price of every order placed thru our website.

Please consider an arrangement from Royers Flowers for your own holiday table or gift a delightful bouquet to a friend or family member. Simply click on the Flower Campaign link on our website, www.jfsnychs.org. The link will direct you to the Royers Flowers website where you can select one of the featured arrangements on this flier or any of the arrangements on the Royers website. If you prefer to order by phone, call (717) 545-3220 and mention the JFS Flower Campaign for the 10% donation as well.

*Please note that no additional discounts are available when participating in this campaign.
Pizza for a Platoon – Courtesy of KI

By Rabbi Akiva Males

Over the course of the summer, one of my Israeli nieces had a wonderful time working at a Jewish sleep-away camp in Michigan. Layala and I were unable to make it out to her camp for visiting day, so we sent her a care package instead. Of course, we figured she would enjoy the package, but it was only when she called Layala, that we realized how much that package had meant to her. I must have forgotten what it felt like to be far away from one’s home, family, and close friends for an extended period of time.

This got me thinking. If a care package could mean so much to someone in her/his late teens working in a friendly Jewish sleep-away camp, what might a care package mean to an Israel Defense Force (IDF) soldier out in the field during the High Holiday season? Can you imagine how lonely it must feel to be away from everything familiar during such a special time of the year?

I knew that, Kesher Israel Congregation, like me, would want to play a role in lifting the spirits of those brave soldiers who would be far removed from a normal setting for the Jewish holidays.

Towards that end, I contacted an award-winning Israeli non-profit organization called PizzaIDF.org which has been supplying Israel’s brave soldiers with donated items (especially fresh pizza) since 2002. In their own words:

Sending pizza to our soldiers provides them a much needed moral boost by demonstrating support from around the world -- and at the same time providing people outside of Israel with a way to express their solidarity with Israel and her soldiers.

Our project also aids many small business owners here in Israel. This includes directly the pizzerias, delivery people and the sales staff, and indirectly the tomato growers and the milk producers among many others. As we are taught that the highest form of charity is to help people to work with dignity, we feel, in our small way, we are contributing positively to the overall situation.

Through the KI Rabbi’s Discretionary Fund, a full platoon of active-duty IDF soldiers soon received enough pizza pies and bottles of soda to help them better enjoy their holidays away from home and family. This gift also served as a warm embrace from our congregational family. Hopefully, the knowledge that a caring synagogue in far away Central Pennsylvania was thinking of them and praying for their welfare, lifted the spirits of those brave IDF soldiers during this festive season.

May G-d look over Israel’s brave soldiers, as they look over His people and His land.

Kesher Israel Congregation’s Rabbi Akiva Males can be reached at rabbimales@yahoo.com
The community is invited to a very exciting evening at Beth El Temple on October 27 when we pay tribute to Rabbi Eric Cytryn who has completed a decade of leadership and to Education Director Bob Axelrod who is beginning his 18th “chai” year of service. It’s time to celebrate!

Rabbi Eric Cytryn has been a pulpit rabbi for over 30 years, serving congregations in New Orleans and St. Louis before coming to Beth El Temple in 2003. He earned his rabbinic ordination from the Jewish Theological Seminary in 1981, as well as an honorary Doctor of Divinity in 2007. Rabbi Cytryn focuses his professional efforts on spirituality and education. He is passionate about promoting egalitarian Conservative Judaism and teaching an appreciation of the evolving interpretations of Jewish Tradition in the modern era. At Beth El, he has introduced lively innovations to our worship service and Torah study. In the community, he is well respected for his interfaith partnerships with local clergy to enhance social justice. As an adjunct professor at Dickinson College he has taught Jewish Medical Ethics, Literature and Philosophy. We are indeed proud to honor Rabbi Cytryn for his Decade of Leadership at Beth El Temple.

Education Director Bob Axelrod’s career spans four decades of successful teaching and administration in both secular and Jewish education. He holds an M.Ed. in Educational Administration from Temple University and a Bachelor of Hebrew Letters from Gratz College. He has served congregations in Philadelphia, Washington D.C., and Harrisburg in various roles as religious school principal, synagogue administrator, and director of education and youth activities. Bob came to Harrisburg in 1996, serving first as Beth El Temple’s Executive Director and since 2004 as our Education Director. As such he works with both children and adults, directing our Religious School, training our b’nai mitzvah children, advising our young families group, teaching Adult Education classes, and tutoring individuals in Torah and Haftarah skills. Beth El Temple is proud to honor Mr. Robert (Bob) Axelrod for his 18 “chai” years of service to our congregation.

The gala evening will be made all the more special with a musical performance by Maestro Stuart and his brother Joel Malina. With piano and song, the Malina Brothers will weave the magic of Broadway, to the delight of music lovers of all ages.

A pre-event wine and hors d’oeuvres reception at 5:30 p.m. in Rosen Sisterhood Hall will take place for sponsors and patrons prior to the program which begins at 6:45 p.m. in the Sanctuary. The evening’s celebration will conclude with a Dessert Reception for ALL program attendees at 8:15 p.m. Tickets for “Oh, What a Night!” are on sale now. For general admission tickets as well as sponsorship opportunities, call the Beth El Temple Office at 232-0556.
ATTENTION: NOMINATING OPPORTUNITIES FOR JEWISH FEDERATION OF GREATER HARRISBURG OFFICERS AND TRUSTEES

The following excerpt from the bylaws of the Jewish Federation of Greater Harrisburg outlines the process for membership submission of alternate names for nomination for both officers and trustees of the Jewish Federation of Greater Harrisburg. The annual meeting of the Jewish Federation of Greater Harrisburg has been scheduled for Wednesday, November 6, 2013. The deadline for the submission of alternate names for nomination is Thursday, October 3, 2013.

This year the Nominating Committee will be presenting nominations for the following positions:

Officers including President, President-elect, Secretary, Treasurer and four Vice-Presidents to serve two-year terms

Two At-large Trustees to serve one-year terms ending 2014
Four At-large Trustees to serve three-year terms ending 2016

David Herman
Nominating Committee Chairperson

A. Nominations:

At least sixty (60) days prior to the Annual Meeting the President shall appoint a Nominating Committee chaired by the Immediate Past President and consisting of three (3) additional members of the Board of Trustees. No member of the Nominating Committee shall be eligible for election.

Thirty-five (35) days prior to the Annual Meeting, the Nominating Committee shall submit to the Chief Executive Officer, in writing, one (1) nominee for election to each elected office, and four (4) nominees for trustees to the Board of Trustees. This list shall be included in the notice of the Annual Meeting.

The membership may submit alternate names in nomination. Such nominees must be submitted to the Chief Executive Officer in writing thirty-five (35) days prior to the Annual Meeting. This may be done by a signed petition of fifteen (15) individual members in good standing. These additional nominations shall be published together with the slate of the Nominating Committee at least fifteen (15) days prior to the Annual Meeting in the official community publication. If there is no community publication being printed, notice by mail shall be sent to the community-at-large at least fifteen (15) days prior to said meeting.

No person shall be nominated without that person’s prior consent.

The Nominating Committee, in recommending individuals to serve on the Board of Trustees, either as Officers or At-Large Trustees, shall consider the following criteria:

• Gift to the United Jewish Community Appeal and current payment status
• Membership in good standing to the Federation’s “Jewish Community Center”
• Prior experience on committees of the Federation and the former United Jewish Community of Greater Harrisburg and the former Jewish Community Center of Harrisburg, Pennsylvania.

ARTICLE IX – ELECTIONS AND APPOINTMENTS

Kidney Donor Needed

Dear Family and Friends,

I am personally reaching out to you on behalf of a fifteen-year-old girl from Israel (who is here now). This young girl suffers from kidney failure, and every day is a constant struggle. She is in desperate need of a kidney transplant.

You can save her life!

It is not often that one has an opportunity to save someone’s life.

If you are healthy, between the ages of 18 and 50, and have Blood type O or A, we desperately need your help. Her entire immediate and extended family wanted very much to be donors but unfortunately, were not compatible. Sadly, she has a very high number of antibodies. Potential donors can be tested via a simple blood test to see if they are compatible.

THE CLOCK IS TICKING VERY LOUDLY.

Save a life and you have saved a world!

How many people can say they have done just that?

Be the one to proudly say “I have”.

Please respond today by E-mail and a family member will be in touch with you.

h548417970@gmail.com

~ Marilyn Klein ~
**Sunday, September 8:** Religious School Opening Day of Classes 9:00 a.m. Family Education Program for students and parents: “To Be a Mensch.”

**Tuesday, September 10:** Executive Committee Meeting 5:45 p.m.

**HIGH HOLY DAYS SCHEDULE 2013**

**Thursday & Friday, September 5 & 6:** Rosh Hashanah Day
Sanctuary Service 8:00 a.m.
Kavanot Service 11:15 a.m. (Thursday only)
Family Service 9:45 a.m. (Friday only)
High school program 11:15 a.m. (Thursday only)
Junior Congregation 9:45 a.m. (Thursday only)
Mini Congregation (ages 2-4) 9:45 a.m. (Thursday only)

**Thursday, September 5:** Community Tashlich, 6:50 p.m. on Riverfront

**Friday, September 6:** Yom Kippur Eve
Mincha 6:30 p.m.
Kol Nidre/Maariv 7:00 p.m.

**Saturday, September 7:** Shabbat Services, led by Rabbi Paula Reimers.
Shabbat morning at 9:30 a.m. followed by Kiddush.
Shabbat services, led by Rabbi Paula Reimers.
Shabbat morning at 9:30 a.m. followed by Kiddush.

**Sunday, September 8:** Congregational Pot Luck Dinner in Sukkah

**Thursday, September 26:** Shemini Atzeret 9 a.m.
Erev Simchat Torah: light supper before holiday evening service.

**Friday, September 27:** Simchat Torah 9 a.m.
Torah honorees: Dr. Alan & Caren Schein.
Induction of “Yad Squad” Torah readers and “Hay Squad” Haftarah readers.

**Saturday, September 28:** Bar Mitzvah of Jacob Aaron 9:15 a.m.
Parashat Bereshit.

**Sunday, October 27:** SAVE THE DATE! “Oh, What a Night!” — a gala celebration to honor Rabbi Eric Cytryn and Educational Director Bob Axelrod, featuring a musical tribute by Maestro Stuart Malina and his brother Joel Malina. Program begins 6:45 p.m. Preceded by wine and hors d’oeuvres reception for patrons and sponsors at 5:30 p.m. Program followed by a Dessert Reception for ALL at 8:15 p.m. Tickets on sale now! Call Beth ETemple Office 232-0556.

**CHISUK EMUNA CONGREGATION**

**232-4851 | www.chisukemuna.org | info@chisukemuna.org**

Weekly Minyan times:
Sunday mornings at 8:30 a.m.
Monday, Thursday mornings, 6:50 a.m.
Tuesday, Wednesday and Friday mornings, 7 a.m.
Sunday through Thursday evening, 7:15 a.m.

Please join us for Selichot, Rosh Hashanah, Yom Kippur, Sukkot, Shemini Atzeret and Simchat Torah as we begin the Jewish year and celebrate our holidays as a Chisuk Emuna family, for the first time in our new home.

**Thursday, September 5:** Rosh Hashanah Day I
Shacharit/Morning Service, 8:30 a.m., Community Tashlich Service at Susquehanna River across from Beth ETemple, 6:50 p.m. Followed by Mincha and Maariv at Beth ET, beginning at 7:20 p.m.

**Friday, September 6:** Rosh Hashanah Day II,
Shacharit, 8:30 a.m., Mincha 7:00 p.m.

**Shabbat Shuvah/Sabbath of Repentance**

**Friday, September 6:** Kabbalat Shabbat and Maariv, following Mincha at 7:00 p.m.

**Saturday, September 7:** Shacharit, 9:15 a.m., Mincha and Maariv 7:15 p.m.

**Sunday, September 8:** Fast of Gedaliah
Shacharit, 8:30 a.m., Mincha/Maariv, 7:15 p.m.

**Friday, September 13:** Erev Yom Kippur Mincha, 2:00 p.m., Kol Nidre, 6:45 p.m.

**Saturday, September 14:** Yom Kippur, Shacharit 9:00 a.m., Mincha 5:30 p.m., Ne’illah 7:00 p.m. Fast concludes, 8:00 p.m. with break fast, sponsored by Bruce and Barbara Bazelon, Marty and Faye Doctrow

**Wednesday, September 18:** Erev Sukkot, Mincha/ Maariv 6:45 p.m.

**Thursday, September 19:** Sukkot Day I, Shacharit 9:15 am, Mincha/Maariv 6:45 p.m.

**Friday, September 20:** Sukkot Day II, Shacharit 9:15 am, Mincha 6:45 pm
**KESHER ISRAEL CONGREGATION**  
233-6459 | www.ohevsholom.org

PUBLIC SERVICE ANNOUNCEMENT

**TEMPLE BETH SHALOM**  
697-2662 | www.tbshalom.org

**TEMPLE OHEV SHOLOM**  
233-6459 | www.ohevsholom.org

**HIGH HOLY DAYS SERVICES**

**Friday, September 6:** Second Day of Rosh Hashanah, 9:00 a.m.

**Yom Kippur:**  
**Friday, September 13:** Kol Nidre and Ma’ariv, 6:30 p.m. – PROMPTLY. Doors will remain closed until after Kol Nidre.

**Saturday, September 14:** Shacharit (morning), 9:00 a.m. Jr. Congregation at 10:00 a.m.

**Friday, September 14:** Mincha/Yizkor/ Ne’ilah, 5:30 p.m., followed by a Break-the-Fast meal  
To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

**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 High Holy Days Services, as follows:

**Thursday, September 5:** Rosh Hashanah Morning Service, 9:15 a.m.

**Thursday, September 5:** Rosh Hashanah Evening Service, 6:30 p.m.

**Friday, September 6:** Rosh Hashanah Morning Service, 9:15 a.m.

**Friday, September 13:** Yom Kippur - Kol Nidre Service, 6:45 p.m.

**Saturday, September 14:** Yom Kippur Morning Service, 9:15 a.m.

- Memorial/Yiskor Service, 11:15 a.m.
- Ne-Elah Service, 6:00 p.m.
- Break-the-Fast, 8:15 p.m.

Visit our website or call our Voice Mail 717-319-3014

We are a Community Shul - all are welcome.

**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.

**HIGH HOLY DAYS SERVICES**

**Rosh Hashanah**  
**Thursday, September 5:** (Rosh Hashanah, Day 1) Babysitting – To Be Announced

**Friday, September 13:** Kol Nidre, 7 p.m. - Great Hall, Stern Center, Dickinson College

**Saturday, September 14:** Yom Kippur Morning Service, 9:30 a.m. - Great Hall, Stern Center, Dickinson College

Yizkor Service – about 11:00 a.m.  
Evening Service – 5:30 p.m.

BREAK THE FAST, 7:15 p.m. Side Rooms at the HUB, Dickinson College. Cost for the break the fast meal is TBA. Deadline for reservations is September 6. Contact Ethel Carryer, 245-2811, to make reservations.

**PUBLIC SERVICE ANNOUNCEMENT**

**Shabbos Shuvah**  
**Shabbos, September 7:** Shacharit – 9:00 a.m.  
Rabbi Males’ Shabbos Shuvah class – 5:40 – 6:25 a.m.

- Mincha – 7:00 a.m.
- Maariv / Shabbos Ends – 8:11 a.m.

**Fast of Gedaliah**

**Sunday, September 8:** Fast Begins – 5:18 a.m.

- Selichos and Shacharit – 8:00 a.m.
- Mincha – 6:45 p.m.
- Fast Ends – 8:09 p.m.

Morning Selichos:

Monday, September 9–Thursday, September 12:

- 6:15 a.m. followed by Shacharis

**Yom Kippur**

**Friday, September 13:** (Erev Yom Kippur)

- Selichos and Shacharit – 6:25 a.m.
- Mincha – 2:00 p.m.
- Candle Lighting – By 6:59 p.m.

**Baby Sitting – To Be Announced**

- Kol Nidre – 7:05 p.m.

**Shabbos, September 14:** (Yom Kippur)

- Baby Sitting – To Be Announced
- Shacharit – 8:00 a.m.
- Torah Reading – 10:00 a.m.
- Sermon – 10:30 a.m.
- Shofar – 11:00 a.m.
- Mussaf – 11:15 a.m.
- Mincha – 6:20 a.m.
- Communal Tashlich – 6:50 a.m.
- Maariv – 7:40 a.m.
- Candle Lighting (from an existing flame) – After 8:14 p.m.

**Friday, September 6:** (Rosh Hashanah, Day 2)

Until Mincha, all times are the same as the previous day

- Mincha – 7:05 p.m.
- Shabbos Candle Lighting (from an existing flame) – By 7:10 p.m.

**Shabbos, September 7:** Shacharit – 9:00 a.m.

**Rabbi Males’ Shabbos Shuvah class – 5:40 – 6:25 a.m.**

- Mincha – 7:00 a.m.
- Maariv / Shabbos Ends – 8:11 a.m.

**Fast of Gedaliah**

**Sunday, September 8:** Fast Begins – 5:18 a.m.

- Selichos and Shacharit – 8:00 a.m.
- Mincha – 6:45 p.m.
- Fast Ends – 8:09 p.m.

Morning Selichos:

Monday, September 9–Thursday, September 12:

- 6:15 a.m. followed by Shacharis

**Yom Kippur**

**Friday, September 13:** (Erev Yom Kippur)

- Selichos and Shacharit – 6:25 a.m.
- Mincha – 2:00 p.m.
- Candle Lighting – By 6:59 p.m.

**Baby Sitting – To Be Announced**

- Kol Nidre – 7:05 p.m.

**Shabbos, September 14:** (Yom Kippur)

- Baby Sitting – To Be Announced
- Shacharit – 8:00 a.m.
- Torah Reading – 10:00 a.m.
- Sermon (followed by Yizkor) – 11:15 a.m.
- Mussaf – 12:00 p.m.
- Mincha – 5:35 p.m.
- Neilah – 5:00 p.m.
- Maariv, Shofar, and End of Fast – 7:59 p.m.

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

**PUBLIC SERVICE ANNOUNCEMENT**

**PUBLIC SERVICE ANNOUNCEMENT**

**TEMPLE OHEV SHOLOM**  
233-6459 | www.ohevsholom.org

**HIGH HOLY DAYS SERVICES**

**Thursday, September 5:** Rosh Hashanah Morning Service, 10:00 a.m., Sanctuary  
Morning Family Service, 10:00 a.m., Lehrman Chapel

Children’s Service, 2:00 p.m.

Tashlich Service at the River, 2:45 p.m.

**Friday, September 6:** Shabbat Service, 6:00 p.m., Lehrman Chapel

**Saturday, September 7:** Tot Shabbat, 10:30 a.m., Lehrman Chapel

**Sunday, September 8:** Memorial Service, 2:00 p.m., Bookstaber Memorial Chapel at Mt. Moriah Cemetery

**Friday, September 13:** Kol Nidre, 8:00 p.m., Sanctuary

**Saturday, September 14:** Yom Kippur

Monday, September 15:

- Morning Selichos – 5:40 – 6:25 a.m.
- Maariv – 6:30 p.m. – PROMPTLY. Doors will remain closed until after Kol Nidre.

**PUBLIC SERVICE ANNOUNCEMENT**

**Friday, September 20:** Sukkot Shabbat Service, 7:30 p.m., Sanctuary

**Saturday, September 27:** Consecration/Simchat Torah Shabbat Service, 7:30 p.m., Sanctuary

**Saturday, September 14:** Yom Kippur

Morning Service, 10:00 a.m., Sanctuary  
Morning Family Service, 10:00 a.m., Lehrman Chapel

Meditation Service, 2:00 p.m., Lehrman Chapel

Children’s Service, 2:00 p.m., Sanctuary  
Afternoon Service, 3:00 p.m.

Yizkor, 4:30 p.m.

Ne’ilah, 5:15 p.m.

**Friday, September 6:** Kol Nidre and Ma’ariv, 6:30 p.m. – PROMPTLY. Doors will remain closed until after Kol Nidre.

**Saturday, September 14:** Shacharit (morning), 9:00 a.m. Jr. Congregation at 10:00 a.m.

**Friday, September 14:** Mincha/Yizkor/ Ne’ilah, 5:30 p.m., followed by a Break-the-Fast meal  
To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

**PUBLIC SERVICE ANNOUNCEMENT**

**Rosh Hashanah**  
**Thursday, September 5:** (Rosh Hashanah, Day 1) Babysitting – To Be Announced

**Friday, September 6:** First Day of Rosh Hashanah, 9:00 a.m.

**Friday, September 6:** Second Day of Rosh Hashanah, 9:00 a.m.

**Yom Kippur:**  
**Friday, September 13:** Kol Nidre and Ma`ariv, 6:30 p.m. – PROMPTLY. Doors will remain closed until after Kol Nidre.

**Saturday, September 14:** Shacharit (morning), 9:00 a.m. Jr. Congregation at 10:00 a.m.

**Friday, September 14:** Mincha/Yizkor/ Ne’ilah, 5:30 p.m., followed by a Break-the-Fast meal  
To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

**PUBLIC SERVICE ANNOUNCEMENT**
MARJORIE (COHEN) GOLDSTEIN

Marjorie (Cohen) Goldstein, 71, of Harrisburg, PA passed away peacefully on Thursday, August 22, 2013 at Gilchrist Hospice Care in Towson, MD. She was William Goldstein’s beloved wife of 49 years. Marge was born in Easton, MD on November 28, 1941, a daughter to the late Harry and Yetta (Kruger) Cohen. Though she found great humor in that Easton was recently called the Hamptons of DC in the Washington Post, in Marge’s day it was clearly different; an unpretentious area of farmers and watermen. She fit right in at the time as an avid horsewoman. Marjorie worked as a sales associate in a boutique in Harrisburg, where she developed many wonderful friendships with people who started out as browsers and customers, and was active in the Chisuk Emuna Congregation Sisterhood and Chevra Kadisha. She loved reading, cooking, and baseball, but clearly her most cherished time was spent with her family whom she loved dearly. She particularly enjoyed her family’s annual vacation in Rehoboth Beach, DE, where her own parents met and fell in love many years ago.

In addition to her loving husband, William, she is survived by her son, David Goldstein and his girlfriend Rene’ Roupinian of New York City, her daughter to the late Harry and Yetta (Kruger) Cohen. Though she found great humor in that Easton was recently called the Hamptons of DC in the Washington Post, in Marge’s day it was clearly different; an unpretentious area of farmers and watermen. She fit right in at the time as an avid horsewoman. Marjorie worked as a sales associate in a boutique in Harrisburg, where she developed many wonderful friendships with people who started out as browsers and customers, and was active in the Chisuk Emuna Congregation Sisterhood and Chevra Kadisha. She loved reading, cooking, and baseball, but clearly her most cherished time was spent with her family whom she loved dearly. She particularly enjoyed her family’s annual vacation in Rehoboth Beach, DE, where her own parents met and fell in love many years ago.

In addition to her loving husband, William, she is survived by her son, David Goldstein and his girlfriend Rene’ Roupinian of New York City, her daughter, Jennifer (Goldstein) Mittelman and a brother, Howard Cohen. Her sister, Ruth Sadoff, predeceased her.

Funeral Services were held on Sunday, August 25th at the Chisuk Emuna Cemetery Chapel with Rabbi Ron Muroff, a family friend, officiating. In lieu of flowers, the family hopes you’ll practice one of the little acts of genuine kindness that Marjorie was so known for, or perhaps make a donation in her name to the Multiple Myeloma Research Foundation.

HELEN CYTRYN

Helen Cytryn, 91, of Harrisburg, passed away on Sunday, August 25, 2013 at the Jewish Home of Greater Harrisburg. She was born on November 29, 1921 in The Bronx, NY to the late Frank and Ella (Jacobvitz) Goldweber. She was the widow of the late Dr. Samuel Cytryn, whom she married on July 10, 1946. She was a retired Register Nurse, working in her husband’s practice and a WWII Army veteran. She was a member of Beth El Temple and Sisterhood. She was active in the Harrisburg JCC Senior’s Group as a discussion leader and participant.

Helen studied for 18 years at the Jewish Theological Seminary in their Women’s League Adult Education Program; she was a Congregational President and Sisterhood President at Israel Community Center of Levittown, Long Island, NY; she was the first women President of any Conservative Synagogue on Long Island. Helen served as an NGO with the United Nation for Women League and she was a National Vice President of the Women’s League for Conservative Judaism. A Study Day was established in her honor by her family for the benefit of Sisterhood members of Long Island Synagogues.

Helen also served on the National Youth Commission of the United Synagogue of Conservative Judaism and the National Ramah Commission.

In addition to her husband, Helen was preceded in death by three brothers and three sisters. Surviving are her two sons, Dr. Arthur Cytryn and his wife, Rene of North Caldwell, NJ; Rabbi Eric Cytryn and his wife, Amy of Harrisburg, PA; one brother, Max Goldweber of Westbury, NY; two grandchildren, Jacob (Tamar) of Chicago; Sarah (Gabi) Mitchell of Jerusalem; one great grandson, Samuel Cytryn; many nieces, nephews, great-nieces, great-nephews, great-great-nieces and one great-great-nephew.

Funeral services were held on Tuesday, August 27th at Beth El Temple with a burial service on Wednesday, August 28th at the Congregation Agudath Israel of West Essex, Inc., Caldwell, NJ. Interment followed at Beth El Cedar Park Cemetery, Paramus, NJ.

Memorial donations can be made to the Dr. Samuel and Helen Cytryn Camp Scholarship Fund, c/o Beth El Temple Endowment Fund, 2637 North Front Street, Harrisburg, 17110.

To share online condolences, please visit www.HetrickBitner.com or visit us on Facebook.
FLU SHOT CLINIC

TO RECEIVE A FLU SHOT YOU MUST:

- Meet a minimum age requirement. *If under 18 years of age, please see management.
- Not have an allergy to chicken eggs or egg products.
- Not have an allergy to Thimerosal (a preservative found in some cleaning products).
- Not be exhibiting symptoms other than mild coughing, runny nose, and/or diarrhea.
- Not have a history of Guillain-Barré Syndrome or an active neurological disorder.
- Not had a serious reaction after receiving a prior influenza and/or pneumonia vaccination.
- Meet any CDC eligibility requirements required at the date of service.

Date: FRIDAY, OCT. 4, 2013

Time: 10:00AM TO 1:00PM: CALL CHERYL 236-9555X3115 FOR APPOINTMENT

- If you have FreedomBlue PPO or SecurityBlue, show your Highmark card to the nurse in order to get your vaccine.
- If you have any Medicare Supplement including (but not limited to) HOP, MedigapBlue, or AARP, show your Medicare Part B card to the nurse in order to get your vaccine.

Other health plans may be included. For all others, the cost is $30 for flu and $75 for pneumonia. Cash or check accepted.

Please remember to bring your insurance card and/or Medicare card.