

JEWISH HOME OF GREATER HARRISBURG, INC. NOTICE OF INTENT TO VOTE ON AMENDMENTS TO ITS CONSTITUTION AND BYLAWS AT ANNUAL MEETING AND ELECTION OF PROPOSED BOARD MEMBERS

The Annual Meeting of the Jewish Home of Greater Harrisburg, Inc. will be held on Sunday, September 23, 2012 at 10:30 a.m. in the Schwab-Spector Auditorium of the Jewish Home, with brunch to follow the meeting.

The membership of Jewish Home of Greater Harrisburg, Inc. will be asked to vote upon proposed amendments to Article V, Article VI and Article VIII of the Constitution and Bylaws of the Jewish Home of Greater Harrisburg, Inc. designed to streamline the Board of Directors.

Specifically, the proposed amendment to Section 5.4 (Authorized Number and Qualification) and Section 5.12 (Ex-Officio Service) would make the following positions Ex-Officio members of the Board: the President of the Guild, the President of the Jewish Federation of Greater Harrisburg, the Chair of the Board of Trustees of the Jewish Community Foundation of Central Pennsylvania, and the Chief Executive Officer of the Home.

Section 5.8 is proposed to be amended to change the quorum needed for the transaction of business at any meeting of the Board from 14 members to 11 members. In addition, Article VI, Section 6.1 (Officers) is proposed to be amended to reduce the number of officers of the Home by eliminating 2 of the 3 Vice-President positions and the position of Assistant Secretary/Assistant Treasurer.

Amendments are also proposed to be made to Section 5.5 (Transition), Section 5.14 (Conduct of Meetings), Section 6.6 (President-Elect), Section 6.7 (Vice-President), Section 6.9 (Secretary/Assistant Treasurer) and Section 8.1 (Executive Committee) to conform those sections to the above streamlining changes.

The full text of these proposed amendments can be viewed on the Jewish Home of Greater Harrisburg website: www.jewishhomeharrisburg.org and typing bylaws into the search bar on the site. Or you may use this link: <http://www.jewishhomeharrisburg.org/index.php/component/content/article/1-the-jewish-home/62-bylaws>

In addition, the full text of the amendments will be available to all attending the Annual Meeting.

Also at the Annual Meeting, the membership of the Jewish Home of Greater Harrisburg, Inc. will be asked to confirm the nomination of the following individuals to three-year terms on the Board of Directors:

Walter W. Cohen, Esq.
Martin Lowy, CPA
Daniel Clearfield, Esq.
Ross E. Kline, DDS
Arthur K. Hoffman, Esq.



JCC Open House

Sunday, September 9, 2012

10:00 am – 2:00 pm

JCC, 3301 N Front Street, Harrisburg

FREE & Open to the Public

Activities for All Ages and Stages:

fitness class samplers
wellness programs
water classes
arts and crafts
entertainment
basketball
games in the gym
giveaways
and LOTS MORE!



Participate in our building-wide bingo game!

Free babysitting from 9:00 am – noon

Special membership offers!

Bring a Friend

Enjoy a FREE lunch from 11:30 am – 1:00 pm

This program is funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg and the Pitnick Family Philanthropic Fund of the Jewish Community Foundation of Central Pennsylvania

See events schedule inside on page 6

Federation Annual Meeting – Thursday, Sept. 20th

The Nominating Committee of the Jewish Federation of Greater Harrisburg has submitted to the Federation a proposed slate of at-large trustees to stand for election at the Federation's annual meeting, scheduled for Thursday, September 20, 2012 at 7:30 p.m. at the Jewish Community Center.

The Nominating Committee chaired by David Herman, Immediate Past President, and including Julia Frankston-Morris, Andrea Lieber, and Michael Solomon, submit the following slate of nominees:

At-Large Trustees Three (3)-Year Terms (serving through September 2015)

Alex Halper | Jennifer Ross | Alan Weinstein | Etta Yospa

No additional nominations were received.



Near the bottom of Ben Yehuda Street in Jerusalem is the Crossroads Center, "A place where teens turn themselves around." Crossroads provides critically-needed programs and social services for at-risk English-speaking youth. Their young clients are homeless, struggling with drug addiction, violence and domestic abuse and sexual abuse as well as social, emotional and educational difficulties. Crossroads offers an alternative to the streets, with the aim of instilling every at-risk teen with hope, motivation, tools, and a direction for a better future. See www.crossroadsjerusalem.org.

Crossroads employs highly-trained social workers, teachers, and an art therapist. The Center provides a safe address for teens to gather, access therapy and life skills training in cooking, budgeting, job training and GED preparation. Many nights of the week, the Crossroads staff is on the very streets where the kids hang out. Street outreach social workers find the kids, develop relationships with them and obtain their trust. Thereafter, some of these same kids come to the Crossroads Center to receive therapy and the other skills to turn themselves around. Other kids can participate in night time "Art on the streets" or other workshops like drama, rapping or creative writing. These techniques attract kids to embrace a lifestyle other than the streets of Jerusalem.

Crossroads is privately funded. Last year, Crossroads held its first ever U.S. fundraiser. Susquehanna Township HS and Silver Academy graduate Leah Werrin Sacks, MSW is the street

outreach coordinator. She made Aliyah five years ago. Her mother, Myra Werrin Sacks realized that our community could help assure the continuation of the very important work being performed in Israel. "I have seen the need for and the work of Crossroads. It is a wonderful thing for the Harrisburg Jewish Community to assure the continuation of the lifesaving work Crossroads performs. In addition to great volunteers, I am also grateful for the assistance of our Jewish Community Foundation. Their enthusiasm and help was terrific"

In 2011, "A Day in May at the Barnes" was a benefit trip to the Barnes Foundation of Merion. It included a stop at the Jack Barrack Hebrew Academy in Bryn Mawr for a lecture and luncheon. Ninety participants and generous benefactors allowed the vital Crossroads programs to continue its operation to even expand its staff and mission.

This year, the Barnes has relocated to its magnificent new home along the Benjamin Franklin Parkway in Philadelphia. The art world is abuzz as the Barnes collection is reinstalled in a magnificent building with new lighting and enhanced indoor and outdoor spaces. The new building seeks to preserve the integrity of the Merion campus. The 2012 Fall for the Barnes will take place on Thursday, October 11, 2012. The luxury bus trip will depart from the JCC and will include a luncheon and lecture about the architectural challenges of the move to Philadelphia. The kosher luncheon, catered by Bon Appetite and the lecture will be held at the beautiful University of Pennsylvania Hillel. A tour of the Barnes will follow. Limited tickets without transportation are also available as well. Last year, the trip was filled. For more information, contact Myra Sacks at 717-877-3913 or register securely online at TheJewishCommunityFoundationofCentralPennsylvania.org/crossroads.htm.

Crossroads is privately funded. Last year, Crossroads held its first ever U.S. fundraiser. Susquehanna Township HS and Silver Academy graduate Leah Werrin Sacks, MSW is the street



A DAY AWAY – A NEW JFS SENIOR PROGRAM

Jewish Family Service is proud to announce the start date of A DAY AWAY, a respite program for people with Alzheimer's/Dementia and their families. The opening day is Thursday October 4, from 10 a.m. to 3 p.m., at Jewish Family Service. The program runs weekly on Thursdays from 10 a.m. to 3 p.m. A hot lunch will be served and activities provided that are enjoyable and provide mental stimulation and physical activity for the attendees. While loved ones are having a wonderful day, their families have a few hours to take care of personal or other family needs, knowing their loved ones are having a good day in a safe environment.

What distinguishes this respite program is the one-on-one attention and the opportunity for a social experience in a safe and nurturing environment provided by a dedicated and experienced senior staff, headed by our LPN with the help of specially trained volunteers. In order to provide the personal attention and ensure the best quality of service for our participants, the maximum number of enrollees will be limited to six. Jewish Family Service is offering this program in recognition of the need for this additional service as many in the community face the challenges of living with or caring for loved ones with Alzheimer's/Dementia.

A Day Away is geared for weekly attendance and is fee based. For more information or to register, please contact Helene Cohen or Virginia Galbraith-Snow at 233-1681. Registration is required prior to starting the program.

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Bruce Bagley

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The Community Review:
Inform readers about local,
national and international
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.*

HELP US ENRICH & CELEBRATE JEWISH LIFE



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



Jewish Federation
OF GREATER HARRISBURG

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

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

Foundation of the Foundation

A Losing Summer...

By Howard Ross | Executive Director

Jewish Community Foundation of Central Pennsylvania



Over the summer months I continued on my diet, losing another twelve pounds (for a total of 56 thus far). This fall and winter I hope to shed an additional 24 pounds.

Why am I sharing this? Naturally, I am proud of my accomplishment, but I am doing it for the benefit of my health. I have finally faced the fact that I must do all in my power to live as long as I can, in the healthiest manner possible, so I may enjoy the beauty of life. OK, let's be honest; I want to enjoy my grandchildren for as long as I

can!

The same applies to our community. After the flood of 2011, the JCC/Federation realized that it had to lose weight and "get into shape". Your JCC/Federation went to the gym and has been working to be the best it can. Changes have been made to enhance the programming and the facility (just take a look at the fitness center now!).

Committees of new, young members are seeking to restructure the community for its maximum health, efficiency and effectiveness.

There are many hurdles to overcome; some have to do with funding, some have to do with inertia (the inertia of moving a seemingly immovable object!), and some have to deal with the complexity of a multi-functional communal organization.

This diet thing has been expensive; I have had to purchase a few new wardrobes. (Had I not, my pants would be falling and I would be lost in my shirts.) Getting healthy has its price. And, like my costs, the Jewish community has its costs to assure its health, especially as it now plans for the future through redefinition and restructuring.

A big part of this future is assuring that there will be money to continue into the future, as opposed to borrowing further and further into debt (Hey! This is not the government of the United States!).

The Foundation works to help every member of the community with their PLANNED giving. Planning means assuring maximum tax advantage and maximum effectiveness of every dollar donated. Through donor advised funds, today's donations are maximized; through bequests, future donations are maximized.

Take a few minutes out of your day and stop in at the Foundation office to see the new, "skinnier" me and talk about how you can maximize your gifts through planned giving, today and tomorrow. Make sure that the efforts of the community last for years and years to come.

Benefits you can't outlive.

Would you like to make a charitable gift that provides you or your loved ones with reliable payments for life?

A gift annuity enables you to transfer cash or securities to an agency in the Jewish Community while receiving stable payments for life. A gift annuity can also be used to supplement retirement income, or to help elderly relatives. You can also establish a gift annuity for two persons.

Single Life Rates*

Age	Rate
90+	9.0%
85	7.8%
80	6.8%
75	5.8%
70	5.1%

*Rates are subject to change. Gift annuities are generally most favorable when those receiving payments are age 70 or older.

Would you like to receive tax benefits with your gift?

You are entitled to a charitable income tax deduction for the year the gift annuity is funded. Other tax benefits are possible if you fund the gift with appreciated securities. And a part of each payment you receive can be tax-free for a number of years.

Would you like to ensure a legacy supporting your synagogue or other favorite Jewish institution?
Would you like to ensure the future of the Jewish Community Federation/JCC?

After you or any other person receiving payments from the gift annuity passes away, your gift will be used to further the work of your synagogue or favorite Jewish agency. You may also direct your funds to be used to support a program of your choice.

For further information about gift annuities, including your specific payment rate and charitable deduction, please contact the Jewish Community Foundation of Central Pennsylvania, 717-236-9555 Ext3202 or email info@pajewishendowment.org.



Jewish Community Foundation of Central PA
3301 North Front Street
Harrisburg, PA 17110

Planting Hope...

Transforming Lives



Jewish Community Foundation of Central Pennsylvania



MUSIC TOGETHER®

MUSIC TOGETHER IN SUSQUEHANNA VALLEY

Come experience the Joy of Family Music

September 10, 24, October 15, 22, 29,
November 5, 12, 19, December 3, 10
Mondays, 11:30 am or 6:15 pm
10 sessions

Fee: \$168 for the first child and \$115 for the second child.
The fee includes a songbook and CDs.

To register please e mail Kathy at
musictogethersv@yahoo.com and make sure you specify
which time you are registering for.

Limited space so register now.

*A community of families sharing songs, instrument play,
rhythm chants, and movement activities in a relaxed, playful,
non-performance oriented setting.

*Music learned through developmentally appropriate
activities that support and respect the unique learning styles
of very young children.

*Infants, toddlers and preschoolers participating at their own
levels in family style classes of mixed ages.

*A new song collection every semester featuring great
arrangement of original and traditional songs in a wide
variety of tonalities, meters and cultural styles.

45 minutes of PURE Fun with your child every week!

Adult musical ability is NOT required!

NEW CLASS TO BE OFFERED FOR ADULTS

Dr. Ruth Leventhal will be offering a new class for adults
interested in exploring their artistic talents.

"Introduction to Drawing and Painting" – a 5-class series
(Minimum 4 participants-Maximum 10 participants)

Tuesdays: October 23, 30 November 6, 13, 20

Time: 1:30-3:00 p.m.

Cost: \$60 JCC Members/\$120 Non-Members

Plus a \$10 materials fee

Registration Deadline October 16, 2012

Jewish Federation of Greater Harrisburg Snowbird Winter Change of Address Form

Name: _____

Permanent Address:

Phone: _____

Email: _____

Winter Address:

Winter Phone: _____

We're Leaving (date): _____

We're Back (date): _____

Forward the *Community Review* only

Forward all Federation mail

Please return this completed form to:

Beth Romano, Jewish Federation of Greater Harrisburg,
3301 N Front Street
Harrisburg, PA 17110

or email at b.romano@jewishfedhbg.org or call 717-236-9555 ext. 3204



The Harrisburg JCC Sports and Fitness Committee is accepting applications for the Harrisburg JCC Sports Hall of Fame

Even if you have submitted your resume in past years for consideration, we
are asking you to please resubmit. Registration Deadline is October 1, 2012

Resumes should be sent to:

Harrisburg JCC

Attn: Terri Travers, Sports and Fitness Director
3301 N. Front Street
Harrisburg PA 17110

Or email your resume to t.travers@jewishfedhbg.org

Schedule for the JCC Open House Sunday, September 9

9 a.m.
Spin Class

9 a.m. – Noon
Babysitting in the After-care room

9 a.m. - 12:30 p.m.
Open Gym

9:30 a.m. – Noon
Activities and crafts in the Early Learning Center

10 a.m. – 2 p.m.
Building Tours

10 a.m. – 2 p.m.
Building Bingo

10 a.m.
Susquehanna Police Department
(finger printing, crime stopping activities for kids)
in Early Learning Center

10 a.m.
Silver sneakers MSROM in the Mary Sachs Auditorium

11 a.m.
Les Mills Body Pump in the Mary Sachs Auditorium

11:30 a.m. – 1 p.m.
Lunch served outside in parking lot

Noon – 1 p.m.
Open Swim

Noon – 2 p.m.
Jumpin' Jitney Bus

Noon – 2 p.m.
Crafts for school-aged children in the
Henry Miller Auditorium

12:15 p.m.
Yoga in the Spector Lounge

1:15 p.m.
Water Zumba

1:30 p.m.
Bob's Critters in the Spector

12:45 – 1:15 p.m.
Kids Boot Camp for 1st – 5th grade in the gym

1:15 – 2 p.m.
Speed and Agility for 6th – 12th grade in the gym

Music provided by KLOCK Entertainment
Try a Free HydroMassage – in Fitness Center



Exciting Things Are Happening at the J

JCC Open House

Sunday, September 9 from 10:00 am – 2:00 pm

Activities for All Ages and Stages

Pre-Rosh Hashanah Cooking Demo

Monday, September 10 at 7:00 pm

“A Twist of the Old to Start the New Year”

Join Faith Wolf, a certified culinary arts instructor & owner of
Piece A' Cake Confections in Baltimore, MD

Prior to the demonstration, vendors will be set up to ensure that
your holiday ensemble is as impressive as your food.

Big Kids Night Out

Saturday, September 29 at 8:00 pm

Must be 21 years of age and older

Compete for great prizes in TV and movie trivia!

Bring a team of 4, or join one when you arrive.

5K Walk/Run

Sunday, September 30 at 8:30 am

Sidney Friedman

Thursday, October 18 at 7:30 pm

Master of all things psychic ... mentalist to the stars, national best-selling author,
futurist and mind power expert and composer

PLUS we've added new fitness and water classes, Mommy & Me classes and lots more.

Check us out ... There is something for everyone!

www.jewishharrisburg.org or 717.236.9555 x0

A TWIST OF THE OLD TO START THE NEW YEAR



Join

FAITH WOLF

Certified culinary arts instructor & Owner of Piece A' Cake Confections in Baltimore, MD

MONDAY, SEPTEMBER 10, 2012 • 7:00 PM

Mary Sachs Auditorium | Jewish Community Center | 3301 N. Front Street Harrisburg PA

Faith will demonstrate and offer tastings of delicious Rosh Hashanah cuisines — sure to please your most difficult guest!



Menu:

Edible Honey Dishes + Holiday Challah
Winter Squash & Apple Soup with Chili Breadcrumbs
Mulligatawny Stew
Hot Apple Strudel with Maple Glaze and Compote
Apples Cradles in Phyllo Puffs with Lemon-Apple Sauce

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



\$50/REGULAR RATE • \$25 /JCC MEMBERS

Prior to the event, starting at 6:00 pm, the following vendors will be set up to ensure that your holiday ensemble is as impressive as your food:

** Helen Baker of Hats Incredible, latest styles in hats and hair accessories*

** Mollie Halperin of Jewels by Mollie, with her one of a kind jewelry & scarves*

** Renee Heyden, Alli's Everlasting Arrangements and Accessories, accessories made by the Heyden family from Alli's excess fabric with proceeds going to Alli's memorial scholarship*

**Space is limited! RSVP for this incredible event by contacting 236-9555, ext. 0.
Questions? Contact Andrea Weikert at a.weikert@jewishfedhbg.org**



The Harrisburg JCC began participating in JCC Maccabi ArtsFest in 2008 and has never looked back. This year Harrisburg had a small delegation of 4 artists who attended the combined JCC Maccabi Games and JCC Maccabi ArtsFest in Houston, Texas. Despite being small in size, Harrisburg made a large impression due to its talented and social girls. The week featured over 100 artists from across the country and from Israel who collaborated in their art specialties to improve on their skills and produce an amazing final production.

Julia Zharichenko and Laura Reback both participated in musical theater, and Emily Woolf worked hard in the visual arts. Four-year JCC Maccabi ArtsFest veteran LeeTal Shefet participated in culinary arts. "We worked with amazing chefs who were our Artist-in-Residence. Over the course of the week, I made amazing new friends and learned how to prepare new desserts and filet a fish."

Harrisburg Delegation Head Terri Travers commented, "I am always so impressed with the talent of these teens. They begin the week as individuals and over the course of a few short, yet intense, days they bond and gain confidence to put forth an amazing final product. Watching our teens on stage is such a source of pride. I never knew that Laura and Julia had such stage presence or

that Emily could create such works of art, and it is always wonderful to taste test LeeTal's creations."

In addition to working in their specialty, the artists participated in a community service project at an inner-city Houston YMCA where they spent time with young children and taught them a dance. In the evenings, the teens had large parties and social events giving them time to relax after a busy day and connect with their new friends. In Houston, the activities included a pool party on a ranch that featured armadillo racing, a night at Dave and Busters, and a black light dance party.

Emily Woolf stated, "This was my first year going to JCC Maccabi ArtsFest, and I am so excited to go again next year. I cannot believe how much fun I had with my friends and how much I learned over the week. I am counting down to the summer of 2013!"

The Harrisburg JCC plans to attend ArtsFest in Orange County California August 4-9 2013. If you know a teen who will be 13-17 as of July 31, 2013 and is interested, please contact Terri Travers at t.travers@jewishfedhbg.org or 236-9555 ext. 3110.

Jewish Home Honors Young Volunteers



Recently, the Jewish Home recognized its summer corps of young volunteers with a pizza party, gift certificates to Rita's, and the customary certificates.

The oldest of the youngsters - age 14 - worked at the

Lobby desk answering phones. The youngest served at the Residence, performing whatever tasks she was assigned and, especially, helping with mail sorting. The others pushed wheelchairs, assisted at activities - calling out the Bingo numbers as well as helping residents cover their called numbers - and, supervised by Activities staff, participated in such sports as wheelchair volleyball, bowling, golf, and so on.

Visitors to the Campus often saw the young volunteers sitting on the front patio with residents, engaging in conversation or sometimes just keeping company.

According to JHGH CEO Allen Geckle, "Our summer kids were remarkable. They demonstrated their commitment to the project by their excellent attendance. They delighted us with their enthusiasm. When we decided to invite youngsters to volunteer, we weren't quite sure how it would work. But they certainly made themselves popular, and they made us - and themselves - proud."

JCC Senior Adult Club will host Dr. Truman Bullard on September 27, 2012



Dr. Truman Bullard is Professor Emeritus of Music at Dickinson College, where for thirty-five years he taught Music History and Theory, and conducted the Dickinson College Choir and Chamber Choir. He continues to teach as an Adjunct Professor of Musicology at the Eastman School of Music of the University of Rochester in the summer sessions. His specialties in the field of music are Russian Music and American Jazz, and he continues to perform in the Central Pennsylvania

Symphony as a bassoonist as well as the Lydian Winds and the Dickinson College-Community Orchestra. He has given many presentations at the Harrisburg Jewish Community Center.

Please make your reservations for lunch and Dr. Bullard's next lecture at the JCC Senior Adult Club on Thursday, September 27, 2012. Call Cheryl at 236-9555 EXT. 3115.

Harrisburg JCC Athletes Return from JCC Maccabi Games with Memories and Medals



Twenty-five teens and five adults from Harrisburg recently participated in the JCC Maccabi Games hosted by the Rockland (NY) JCC, and to say the week was a success is an understatement. The Harrisburg JCC delegation had an amazing time and was a strong competitor as they proudly represented our local community all week long.

The week began with an opening ceremonies held at Rockland Community College. The parade of athletes featured over 1,200 teens from the U.S., Israel, Canada, Great Britain, Mexico and Venezuela. Competition kicked off on Monday morning.

Harrisburg fielded a squad of eight swimmers this year, including veterans Zach Ruth, Parker Forman, and Nate Jacobs and first timers, Maddie Jacobs, Maddie Brenner, Tyler Swidler, David Weitzman and from Allentown, Ben Wiener. The group was coached by Harrisburg JCC swim coach Teri Berman. The competition, which took place over four days, had each swimmer swimming 12 events of their own choosing. The eight swimmers brought home 21 medals. Zach Ruth took the gold in both the 50 and 100 freestyles and the silver in the 200 freestyle, 50 backstroke and 50 butterfly. Nate Jacobs won the bronze in the 200 breaststroke. Each day featured a mixed relay combining swimmers from different cities. Gold medals were won by Swidler (x2) and Nate Jacobs. Silver medals went to Wiener (x2) Weitzman (x2) M. Jacobs, Brenner, and Forman. Zach Ruth picked up 3 bronze relay medals with N. Jacobs and Swidler each getting one. Swimmer Parker Forman stated, "I love the JCC Maccabi Games. It doesn't matter if I am in the pool competing or cheering on other Harrisburg teammates, the week is non-stop fun."

Boys Tennis players Aidan Henken, Ryan Plesco and Aaron Gold were coached for the week by Chad Dechowicz. The boys had stiff competition from ranked players from around the country. While we did not bring home any tennis medals, the boys were able to hold their own in their matches.

16-year-old Zach Abel was a late addition to the 2012 Harrisburg delegation. Zach, a basketball and soccer player, was unable to participate in a team sport due to his late registration, so he competed in his secret talent of table tennis. The week began a bit rough, but after getting used to the level of play, Zach exceeded expectations and ended up winning two medals. He brought home gold in doubles and a bronze in the team competition.

The boys' basketball team was composed of 7 players: Eli Weikert, Jason Shaffer, Eric Baseman, Noah Woolf, Micah Brownawell, Elliot Solomon and Wilkes-Barre native Murray Falk, who joined up with Harrisburg since they did not have their own delegation. The boys, coached by Terri Travers, went 2 and 2 in round-robin competition pulling off victories over Mid-Westchester White and Albany/Schenectady. The boys lost to LA by 15 and fought back against Rosenthal JCC after being down by 16 points to lose by 3. "If we would have had another minute in the game I think we could have gotten the win" commented Eli Weikert. Due to the strong showing and strength of schedule, Harrisburg was seeded 7 (out of 16 teams) and went on to lose in the medal rounds to the eventual Gold Medal team.

Due to Harrisburg's small city size, mixed teams are often a way to allow the teens to participate in sports where there are not enough individuals to form our own team. Inline hockey player Spencer Markowitz teamed up with Mid-Westchester for the week and came home with a silver medal. He stated, "Hockey was a lot of fun, and I really enjoyed getting to know my teammates." Girls basketball players Zoe Krevsky and Laura Reback teamed up with South Jersey and Springfield to form a girls team that lost by 2 points in the final to Israel.

Harrisburg also took 3 baseball players to the Games, and they were coached by Harrisburg JCC Maccabi Alumni Adam Chernicoff. Sam Rosen, Eric Bernstein and Max Hess joined forces with Springfield, Delaware, Richmond and Windsor Canada to form a team. The team struggled on the field but improved over the course of the week. "It was great playing with guys from other cities. It took us a little time to adjust and play together, but I made some great new friends from the week," stated Sam Rosen.

In addition to playing their sport, the athletes participated in a community service project and fun evening activities including a pool party, a night at Dave and Busters, and a closing carnival.



Delegation Head Jeremy Kreiser said, "The evenings were great. All of our athletes got to relax after a crazy day of playing and just have some fun with their friends." After the festivities were over at night, the athletes returned to their host families. Girls basketball player Zoe Krevsky commented, "My host family was so nice. I feel so lucky to have gotten to know them and have them welcome me into their home for the week, and it was great meeting and competing against people from all over the world. Where else do you get the opportunity other than at the JCC Maccabi Games?"

If you know a teen that will be 13-16 years of age as of July 31, 2013 and would be interested in being part of Team Harrisburg in August 2013, please contact Terri Travers at t.travers@jewishfedhbg.org or 236-9555 ext 3110.

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L'Shana Tova!

Weis Markets extends to you and your family a happy, healthy, and prosperous New Year!



David Elliot Fresh Kosher
Whole or Cut-up Chicken



\$2.49
per pound

Chicken Breast Fillet **\$4.99** per lb



Whole Frozen Kosher Turkeys

\$2.99
per pound



Glatt Kosher

Meal Mart Fresh Flat Cut Brisket

\$11.99
per pound



Kosher Parve



PAS YISRAEL
Round Challah
Plain or w/ raisins

\$2.99
each



Manischewitz Memorial Candles
Each

2/\$1

Rokeach Shabbos Candles
12 count

99¢

Golden Blintzes
Frozen - 13 ounce

2/\$6

Potato Pancakes - 10.6 oz **2/\$5**



Ungar's Gefilte Fish
Frozen - 22 ounce

\$4.99

David's Egg Noodles
12 ounce

79¢

Tabatchnick Soups
Frozen - 15 ounce

2/\$3



Medford Farms Honey Bear
12 ounce

\$1.99

Kedem Apple Juice
64 ounce

3/\$5

Kedem Tea Biscuits
4.2 ounce

3/\$1

Weis Proudly Accepts



Prices Effective September 2 through October 6, 2012.

- 10th & Lowther, Camp Hill • Linglestown at Colonial Road, Linglestown
- Red Rose Commons, 1700 Fruitville Pike, Lancaster

We reserve the right to limit quantities. Not responsible for typographical or pictorial errors.

weis

Center Pieces

what's happening in and around the JCC



JCC Open House

Sunday, September 9, 2012

10:00 am – 2:00 pm

JCC, 3301 N Front Street, Harrisburg

FREE & Open to the Public

Activities for All Ages and Stages:

fitness class samplers
wellness programs • water classes
arts and crafts • entertainment
basketball • games in the gym
giveaways
and LOTS MORE!



Participate in our building-wide bingo game!

Free babysitting from 9:00 am – noon

Special membership offers! Bring a Friend!

Enjoy a FREE lunch from 11:30 am – 1:00 pm

This program is funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg and the Pitnick Family Philanthropic Fund of the Jewish Community Foundation of Central Pennsylvania

Refer a Friend!

Tell your friends about all the great programs you enjoy at the JCC and how they, too, can be a part of the fun! Your enthusiasm about the JCC is valuable and helps our membership grow.

Refer a friend, colleague, neighbor or family member to the JCC. For each person that joins the JCC, you will receive credit against your membership payment for the following year

- a. \$100 credit to members who bring a new family category membership
- b. \$50 credit for members who bring any other membership category

Tell all your friends and join the JCC family today!

Hurry offer expires 12/31/2012

For more information contact Linda (717) 236-9555, x 3050, email: l.skulsky@jewishfedhbg.org, or stop in.

- Some restrictions apply -

A Place of Play A Place to Pray



A PARTNERSHIP PLAN

New Members* can receive a discount in 1 of 3 ways:

1. Synagogue members who join the JCC!*
2. JCC members who join an area synagogue!*
3. New members who join area synagogue & JCC!*

* New memberships only.

THE DISCOUNT

36% Reduction (2X Chai) for first year dues!
18% Discount (Chai) for the second year dues!

THE PARTNERSHIP PLAN

The Jewish Community Center and synagogues have united to help residents take advantage of membership at a discount.

PARTICIPATING SYNAGOGUES

Beth El Temple, Chisuk Emuna Congregation, Keshet Israel Congregation, Temple Beth Shalom, Temple Ohev Shalom

FOR ELIGIBILITY REQUIREMENTS

call Linda Skulsky, JCC Membership Director at 717-236-9555, x 3050, email: l.skulsky@jewishfedhbg.org or contact one of the synagogues.



Glamour, Glitz & a Spectacular Evening of Entertainment!

dancing with our community stars

Saturday, November 17, 2012

Event begins: 6:45 pm ♦ Competition begins: 7:30 pm

Jewish Community Center | 3301 N Front Street, Harrisburg

Tickets: \$45/adults • \$20/students

Heavy Hors d'oeuvres, Beer & Wine and Desserts

Sponsorship Levels & Benefits

\$5,000	\$2,500	\$1,000	\$200
The Tango	The Waltz	The Fox Trot	The Cha Cha
6 Event Tickets 12 Votes	4 Event Tickets 8 Votes	2 Event Tickets 4 Votes	1 Event Ticket 1 Vote
Recognition in event publicity and JCC Website	Recognition in event publicity and JCC Website	Recognition in event publicity and JCC Website	

Cheryl Yablon & Jeremy Kreiser

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

A TWIST OF THE OLD TO START THE NEW YEAR

Rosh Hashana Cooking Demo with

Faith Wolf

Certified culinary arts instructor



September 10, 2012

7:00 PM

Mary Sachs Auditorium
JCC | 3301 N. Front Street Harrisburg PA

Faith will demonstrate and offer tastings of delicious Rosh Hashanah cuisines

The Keshet Israel Synagogue wine cellar will provide samples of wines paired with each course.

\$50/Regular Rate • \$25 /JCC Members

At 6:00 pm, various vendors will be set up to ensure that your holiday ensemble is as impressive as your food

RSVP: 236-9555, x 0.

Big Kids Night Out

Saturday, September 29

8:00 pm

Must be 21 years of age and older.

Compete for great prizes in TV and movie trivia!

Bring a team of 4, or join one when you arrive.

For more information or to schedule a tour of the facility please contact Linda Skulsky at (717) 236-9555 x3050 or l.skulsky@jewishfedhbg.org

Land & Specialty Classes

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.

Gentle Yoga (Floor and Standing)

Instructor: Cheryl Yablon

Monday: 9:45 am-10:30 am

Tuesday: 5:00 pm -5:45 pm

Class designed as a preventive 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.

Hatha Yoga

Instructor: Marlene Saxe, RN

Monday: 5:30 or 6:30 pm

Wednesday: 5:30-6:30 pm

Cost: Non-member \$7 per class

Strengthen your balance, increase your flexibility, rejuvenate your mind, body, and spirit, and promote relaxation.

Les Mills BodyPump

See schedule for days & times

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.

Motherwell Yoga

Instructor: Cheryl Yablon

Wednesday: 6:00-7:00 pm

A medically endorsed pregnancy/postpartum health and fitness program. For cost and more information contact Cheryl Yablon (717) 236-9555, x 3115.

Pilates

Instructor: Stacie Rettberg

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.

Body Sculpting

Instructor: Michele Ruth

Monday/Wednesday: 9:00-10:00 am

5 minute warm up, 5 minute stretch, then working each muscle using weights, body bar, medicine ball, big ball, and bands for building muscle strength. From beginner to advanced, all levels welcome. Work at your own pace. Focus is on correct positioning for optimum results.

ZUMBA

Monday: 5:30-6:30 pm

Tuesday: 6:00-7:00 pm

Instructor: Kelly Straub

Dynamic fitness workout that will blow you away. Come join the party!

SilverSneakers® Classes

Instructor: Cheryl Yablon

Cost: Non-member \$5 per class



Muscular Strength & Range of Movement

Instructor: Cheryl Yablon

Tue./Thur.: 9:15-10:15 am

Wed.: 1:30-2:30 pm

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 Fit

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.

YogaStretch

Mon.: 1:30-2:30 pm

Wed.: 11:45 am-12:45 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.**

Early Morning Spin

Monday: 6:15-7:00 am

Instructor: Gina McDonald

Wednesday: 6:15-7:00 am

Instructor: Gina McDonald

Friday: 6:15-7:00 am

Instructor: Gina McDonald

Lunch-Time Spin

Monday: Noon-12:45 pm

Instructor: Michele Ruth or Lauren

Thursday: Noon-12:45 pm

Instructor: Arthur Kravitz

Evening Spin

Monday: 5:45-6:45 pm

Instructor: Arthur Kravitz

Tuesday: 4:30-5:15 pm

Instructor: Lauren Jacobs

Wednesday: 4:30-5:30 pm

Instructor: Arthur Kravitz

Wednesday: 5:45-6:45 pm

Instructor: Arthur Kravitz

Friday: 4:00-5:00 pm

Instructor: Arthur Kravitz

Sunday Spin

Early Sunday Spin: 9:00-10:30 am

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.

For more information on all Senior Adult Programs contact: Cheryl Yablon (717) 236-9555, x 3115 or c.yablon@jewishfedhbg.org

Yiddish Club

The Jewish Federation's Yiddish Club has been meeting monthly under the direction of Ann Feirman. Check the Community Review for dates and times of the meetings which are held at The Residence. If you would like to participate in this group, please call Ann at 441-8863 to get on the Yiddish Club rolls.

Introduction to Drawing & Painting

Instructor: Dr. Ruth Leventhal

Tuesday: 1:30-3:00 pm | Oct. 23, 30 and Nov. 6, 13, & 20

Cost for 5 class session: \$60/Members | \$120/Non-Members, Plus \$10 Material Fee

Minimum 4 / Maximum 10 participants

Registration Deadline October 16, 2012

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

Jodie's Art Class

For Grades K thru 5

Tuesday: 4:30-5:15 pm - Oct 16, 23, 30, Nov 6, 13, 20

Thursday: 4:30-5:15 pm - Oct 11, 18, 25, Nov 1, 8, 15

Regular rate \$85, JCC Member Rate \$50

Discover the artist in your child. During this eight-week session, learn the basics while working with a variety of mediums and settings.

Hip Hop

For Ages 6 and older

Tuesday: 4:30-5:15 pm - Oct 16, 23, 30, Nov 6, 13, 20

Regular rate \$65, JCC Member Rate \$35

Our Hip-Hop class is an upbeat and energetic dance class teaching cool moves while encouraging positive creativity and exercise. In learning movement and dance, students develop coordination and improve their self-expression and confidence.

School's Out...J Is In Programming

When schools are closed, the JCC is open! Safe, fun and stimulating School's Out Programs: Make art projects, play games and sports, enjoy cooking, swimming and much more! Children will need to bring a bag lunch, swim suit and towel.

For: Kindergarten - 5th graders

\$65/Regular Rate, \$40/JCC Members

October 8 - 8:00 am- 6:00 pm

Registration deadline: September 28

November 6 - 8:00 am-6:00 pm

Registration deadline: October 29

November 21 - 8:00 am-6:00 pm

Registration deadline: November 12

November 26 - 8:00 am-6:00 pm

Registration deadline: November 12

Kids Nite Out at the JCC

(Otherwise known as parents night out!)

Parents enjoy a night out on the town while your kids enjoy a night out at the JCC. We'll have a great time playing in the gym, swimming in the pool, doing art projects & watching a movie. For: Kindergarten to 5th graders.

JCC Members Only

Saturday, October 13 - 7:30-9:30 pm

\$15/first child, \$10/second child (same family)

Registration deadline: October 5

Saturday, November 3 - 7:00-9:30 pm

\$20/first child, \$15/second child (same family)

Registration deadline: October 26

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 Members: \$175/Five days a week.

To register for these programs contact the Front Desk at 236-9555, x 0.

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 22 | Ages: 5 years and up

Cost: \$5/Member, \$10/Non-member

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.

Time & Ages:

4th grade and younger - 9:00-10:00 am

5th thru 8th grade - 10:00-11:00 am

High School - 11:00 am to 12:00 pm

Video Game Overnight

September 22, 2012

Overnight at the JCC for 9th to 12th graders. More information coming soon...

Mini Swim Team

Start to learn the basic strokes and find out if you are ready for swim team in this four class introductory experience. Participants must be able to swim the length of the pool.

**September 16, 20, 23, and 27
6:00-7:00 pm**

Cost: \$25/Member, \$40/Non-Member

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 14

Cost: \$160/Member, \$210/Non-member

Open Gym

Sundays: 9 - 11 am

Free for Members, Non-members \$5

Come play in the gym with your child every Sunday in September! Enjoy tumbling mats, toys, balls, etc. with your child. The gym will have all the things you need to have a fun morning with your little one.

Drop In Room

Monday & Friday: 9am to 2pm

Free for Members, Non-members \$3

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.

For more information on any Sports, Fitness & Recreation program, please contact Terri Travers at t.travers@jewishfedhbg.org

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.

Deep Water Exercise

Instructor: Diana Budd

Monday / Wednesday: 8:15-9:15 am

Cost: Non-member \$7 per class

The deep water provides an environment for exercises that are stress free on the joints yet build muscle strength and endurance. Cardio activities are included. A great way to work hard, have fun and start your day energized. Flotation belts are worn/no swimming skills required.

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.

Motherwell Water Exercise

Instructor: Cheryl Yablon

Monday: 6:00-7:00 pm

A medically endorsed pregnancy/postpartum health and fitness program. For cost and more information contact Cheryl Yablon (717) 236-9555, x 3115.



Basketball

3rd - 5th Grade Basketball

The JCC is looking at forming a girls and boys 3rd to 5th grade basketball team for the upcoming season. Any players who are interested should contact Terri Travers at t.travers@jewishfedhbg.org for more information.

Middle School Girls Basketball Team

Ages: 6th thru 8th grade

Starts: October 14th

Days: Sunday, Tuesday, & Thursday

Cost: \$100/Member, \$170/Non-member

Schedules will be handed out. Tryouts will be held if necessary.

Middle School Boys Basketball Team

Ages: 6th thru 8th grade

Starts: October 14th

Days: Sunday, Tuesday, & Thursday

Cost: \$100/Member, \$170/Non-member

Schedules will be handed out. Tryouts will be held if necessary.

High School Girls Basketball Team

Ages: 9th thru 12th grade

Starts: October 21st

Days: Sunday, Monday, & Wednesday

Cost: \$100/Member, \$170/Non-member

Schedules will be handed out.

High School Boys Basketball Team

Ages: 9th thru 12th grade

Starts: October 21st

Days: Sunday and Week Days

Cost: \$100/Member, \$170/Non-member

Times to be determined. Schedules handed out. Tryouts if necessary.

Mom's Basketball

Contact Terri at t.travers@jewishfedhbg.org for more info

**Coming in January 2013
Iddy/Biddy
Basketball for
Boys & Girls
Ages 5 to 9**



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.

Toddlers (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 Atrium desk or call 236-9555, x 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/NJ

Ganeinu 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.

Keep Your Eye on the Ball

12:30-1:00 pm | Ages 2 to 5

Cost: \$35/M, \$55/NM

WEDNESDAYS

Swim Instruction

12:30-2:30 pm

½ hour lessons based on child's age

Ages: 3 to 5 | 20 Kids Maximum

Cost: \$48/M, \$63/NM

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: \$40/M, \$90/NM Monthly

Shalom Sesame

12:30-1:00 pm | Ages 3 to 5

Cost: \$40/M, \$60/NM

Parenting Classes

7:00-9:00 PM

Nutrition

Wednesday, 10/24/12

Infant/Toddler Development

Wednesday, 11/28/12

Positive Parenting

Thursday, 12/20/12

First Aide

Wednesday, 1/23/12

Members: \$10/class or \$30/session

Non-Members: \$15/class or \$45/session

Register: JCC front desk or call 236-9555, x 0

Nutrition:

Plan healthy meals and snacks, use USDA guidelines; understanding the Food Pyramid and My Plate. Cover issues dealing with feeding problems and strategies; picky eaters; hunger and malnutrition; obesity; food allergies; and other challenges. Discuss how physical activity and exercise affects our health and nutrition.

Infant/toddler Development:

Physical; emotional; social; cognitive; and language acquisition stages. Focus on how infants and toddlers are social beings; brain development; addressing special needs of infants; attachment which includes separation anxiety.

Positive Parenting:

Explore the differences between punishment, discipline, and guidance. Effective strategies that build self-esteem; discover ways to lead children to critical thinking, problem solving, and making positive choices.

First-Aide:

Basic first aid; creating safe environments that include injury prevention; childhood illnesses and management control. Implications for accommodating children with special needs reviewed.

Upcoming Events



Adult Flag Football

Sunday mornings starting in September at Sports City for those 18 and above.

For more details please contact Terri at t.travers@jewishfedhbg.org

JCC Open House

Sunday, September 9

10:00 am - 2:00 pm

Activities for All Ages and Stages

Rosh Hashanah Cooking Demo

Monday, September 10 at 7:00 pm

Join Faith Wolf, a certified culinary arts instructor.

Prior to the demonstration, vendors will be set up to ensure that your holiday ensemble is as impressive as your food.

Big Kids Night Out

Saturday, September 29 at 8:00 pm

Must be 21 years of age and older

Compete for great prizes in TV and movie trivia! Bring a team of 4, or join one when you arrive.

5K Walk/Run

Sunday, September 30 at 8:30 am

Dodgeball

Tournament

Sat. Nite, October 6 &

Sun., October 7

Co-ed dodgeball tournament with age categories for 1st grade to adults. Teams may have between 6 to 10 players on roster.

Cost: \$8 per member & \$13 non-members.

For more information or sign up forms please contact Terri Travers at t.travers@jewishfedhbg.org or 236-9555 x 3110

Sidney Friedman

Thursday, October 18 at 7:30 pm

Master of all things psychic ... mentalist to the stars, national best-selling author, futurist and mind power expert and composer

Family Gaga Tournament

Sat., Nov. 10 from 7 to 9 PM

Join your friends and family to play gaga and enjoy open gym time.

Cost for members: \$5/person or \$10/family

Non-members: \$10/person or \$20/family

Mommy & Me

Ages 18 months - 3 years

Wednesdays

10:00-11:00 am

Members: \$5/class or \$15/month

Non-members: \$8/class or \$24/month

To register stop by the JCC front desk or call 236-9555, x 0

Music Together

Come experience the Joy of Family Music

September 10, 17, 24, October 15, 22, 29, November 5, 12, 19, December 3

Mondays, 11:30 am or 6:15 pm

10 sessions

Fee: \$168/first child and \$115/second child. *The fee includes a songbook and CDs.*

Register at 236-9555, x 0 and specify which time you are registering for.

Limited space so register now.

Sharing songs, instrument play, rhythm chants, and movement activities in a relaxed, playful, non-performance-oriented setting. Learning through developmentally appropriate activities that support and respect the unique learning styles of very young children. Infants, toddlers and preschoolers participating at their own levels in family-style classes of mixed ages. A new song collection every semester.

45 minutes of PURE Fun with your child every week! **Adult musical ability is NOT required!**



SAVE THE DATE!

SIDNEY FRIEDMAN

America's Premier Mentalist

Coming to the JCC on October 18th!

After **WOWING** dozens of Jewish Federations across the country, mentalist **SIDNEY FRIEDMAN** is coming to Harrisburg.

As featured on NBC-TV's **TODAY SHOW**, ABC-TV's **THE VIEW** and CBS-TV's **THE EARLY SHOW**, here is your chance to experience America's premier mentalist, and a favorite of Federations across the country, **SIDNEY FRIEDMAN**.

Known as "the mentalist to the stars" (**CHICAGO TRIBUNE**) for his many celebrity clients, Friedman will read your mind, and perform ESP, telepathy and premonition. Plus, you will witness his unique "Music Mind Reading" where audience members think of song melodies and Friedman telepathically senses each tune then plays them on the piano.

This is a FUN, inspiring evening not to be missed.

Friedman is also the author of the national best-selling book **YOUR MIND KNOWS MORE THAN YOU DO** which reached #8 on AMAZON.

His corporate clients include Dean Witter, Smith Barney, John Hancock, Campbell's Soup, McDonald's, Quaker Oats, Harris Bank, Navteq, Motorola, Nortel, Abbott, Merck and hundreds more.

Plus, he has performed dozens of shows for Jewish Federation, Chabad, Israel Bonds and various Jewish charities across the country.

This will be a rare event. Be thrilled and elevated. Experience mentalist **SIDNEY FRIEDMAN**.

TICKETS: \$18; Students \$12

RSVP to Beth Romano, 236-9555 Ext. 3204 or b.romano@jewishfedhbg.org or online at www.jewishharrisburg.org and click on **Sidney Friedman**.

Dessert reception sponsored by **Giant**®
JCC programs are funded by the Annual Campaign of the
Jewish Federation of Greater Harrisburg

Join us for Big Kids Night Out at the JCC!

Saturday, September 29, 8:00 -10:30 pm

Compete for great prizes in TV and movie trivia!
Bring a team of 4, or join one when you arrive.

Fee: \$10.00/Regular Rate, \$5.00/JCC Member

Includes snacks and alcoholic and non-alcoholic beverages

Must be at least 21 years of age. Everyone is welcome to attend.

To register please call the JCC at 236-9555, ext. 0. Questions?? Contact Andrea at a.weikert@jewishfedhbg.org

MISSION TO CUBA—APRIL 9—17, 2013

Sponsored by Beth El Temple & Open to the entire community

Beth El Temple is sponsoring a unique travel opportunity next spring—a guided one-week trip to the island nation of Cuba, home to a small but spiritually robust Jewish community still hanging on 50-plus years after Castro's communist revolution. The trip is open to anyone in our community and everyone is welcome to participate.

Ours will be a sightseeing tour to be sure, visiting Havana, Santa Clara, Cienfuegos and Trinidad de Cuba, but very importantly also a humanitarian mission to our Cuban brothers and sisters who face the same difficult economic and social challenges as do other Cubans. The Jews of Cuba are in need of basic staples, medicines and Jewish educational materials. We will be tourists to Cuba but more than tourists. This travel experience of historical and cultural discovery in a foreign land combined with humanitarian Tikkun Olam promises to be very special indeed!

All who have signed on so far, and those who may still be interested in

the trip and want to learn more, are cordially invited to a "Cuban Fiesta" on Thursday, September 13 at 7:00 p.m. This will take place at the restaurant Fiesta Mexico, 3957 Paxton Street. The October deadline for trip deposits is approaching, so it's time to begin finalizing our roster of participants. This will be our last gathering before registrations and deposits are due in October. The Cuba Mission is filling up but spaces are still available.

Cuba Mission details on itinerary, costs, requirements, etc. are available on the Beth El Temple website. Go to Events and click "Cuba 2013." Registration packets are available at the Beth El Temple Office. You may also contact Paul Latchford (579-9928 or sirpwl@aol.com) with any questions.

Come out on September 13 for mojitos and snacks with a Latin flavor. Meet your travel partners and get in the spirit of this unique adventure. RSVP to Paul Latchford (579-9928 or sirpwl@aol.com).

Kosher Deli Dinners



Ready-to-reheat • Allow 1.5 to 2.5 hours to reheat dinner



Kosher Beef Brisket Dinner

serves 8-10
\$185.00

Includes:

- 6-7 lb Fully Cooked Beef Brisket with Gravy
- 3 lb Potato Kugel
- 3 lb Sweet Tzimmes
- 3 lb Kasha Varnishkes
- 3 lb Apple Noodle Kugel
- 3 lb Vegetable Souffle
- (10) 8 oz servings Classic Chicken Broth
- (2) 24 oz Mauzone Matzo Balls



Kosher Turkey Dinner

serves 8-10
\$170.00

Includes:

- 10-11 lb Fully Cooked Turkey with Gravy
- 3 lb Potato Kugel
- 3 lb Sweet Tzimmes
- 3 lb Kasha Varnishkes
- 3 lb Apple Noodle Kugel
- 3 lb Vegetable Souffle
- (10) 8 oz servings Classic Chicken Broth
- (2) 24 oz Mauzone Matzo Balls



Entrees and side dishes also sold separately.

Pick up a free copy of our Koshers Entertaining booklet today!

Wegmans

wegmans.com

Prices good through 12/31/12



My New Year's Resolution - With Strings Attached

By Rabbi Akiva Males



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COMMUNITY REVIEW AD DEADLINES

SEPTEMBER 21, 2012 - HOLIDAY ISSUE

SEPTEMBER 7, 2012

OCTOBER 5, 2012 - SEPTEMBER 21, 2012

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"Rabbi, is there any religious requirement for Jewish men to wear Mezuzahs around their necks?"

One of the surprising highlights of my month is a Pennsylvania Department of Corrections meeting I attend. This committee meets monthly to review the religious petitions filed by Pennsylvania's State prison inmates. I was invited to participate so that the group would better understand the Jewish-related requests they receive.

Aside from an opportunity to (sometimes) assist remorseful Jewish inmates, these monthly get-togethers enable me to help others better understand Judaism. In addition, I always learn new details about other cultures, and get a chance to interact with a diverse group of people whom I never would have otherwise met. (These meetings have also given me plenty of material for sermons and Torah classes!)

An incident at a recent meeting made a profound impression on me. Sitting around our conference table were: the group leader, a knowledgeable Protestant minister (to represent all Christian groups); a pleasant Islamic Imam; me, the rabbi; a friendly Wiccan priestess (to represent all pagan groups); a thoughtful Native American spiritual leader; a no-nonsense prison security officer (to explain security concerns); a hard-working food-service manager (to explain the limitations of the kitchen staffs - as most requests are food-related); a wise legal expert (to advise the group and help the state avoid lawsuits); and a fair Corrections Department administrator.

A few days prior to each meeting, all the participants are sent the religious accommodation requests that will be reviewed, so any preparations can be made. In looking through the cases in advance of that meeting, I noticed a request from an inmate who wanted to be allowed to wear a pair of Tzitzis (please see note below for an explanation of the term Tzitzis) at all hours of the day (and not just his Tallis - prayer shawl -- while praying in the prison's chapel).

When I began attending these meetings a few years ago, I brought in a brand new pair of Tzitzis for "show and tell" so everyone in the room would understand what I was describing to them when requests such as these came in. Having already introduced the group to Tzitzis, I couldn't see any reason to bring in another pair to that day's meeting.

Upon arriving, the group leader introduced me to two new faces in the room. They were legal interns shadowing the Department of Corrections' lawyer during their Summer-break from law school.

When we arrived at the case of the inmate requesting Tzitzis, the group leader turned to me and said, "Rabbi, our two interns have probably never seen a pair of Tzitzis before, and have no idea what this request is all about. Would you mind showing them yours?" When I asked him if he really wanted me to take off my Tzitzis, he said, "Yes, it would be great for the interns to fully understand the inmate's request." OK then. I loosened my tie and unbuttoned the top two buttons of my shirt. As I began pulling my Tzitzis over my head, I whispered a heartfelt prayer to G-d that the pair of Tzitzis I had put on that morning on my way to Minyan was the nicest and cleanest pair I owned! Sure enough, the garment was as clean and white as snow. The Tzitzis strings themselves were in great shape -- as icing on the cake -- the garment itself was perfectly ironed. I can't begin to describe the feeling of relief I felt as my clean and ironed pair of Tzitzis made their way to the interns while I explained their religious significance to the committee.

While driving home after the meeting, I called my wife Layala from the car to tell her that I had found yet another reason to appreciate her.

I had always asked Layala not to bother ironing my Tzitzis after either of us had washed them. After all, I wear them under my shirt, and no one can see them anyhow. Yet she insists on me wearing a pair of Tzitzis that have been neatly ironed. Why? After crossing the Sea of Reeds at the height of the Exodus, our ancestors sang "Zeh Keili V'anveihu - this is my G-d and I will glorify Him" (Shemos 15:2). Based on this phrase, our Talmudic Sages (Shabbos 133b) taught that we should try to serve G-d in the most beautiful manner we can. Accordingly, Layala feels that if I really value the wearing of Tzitzis as a Mitzvah, I should be sure that my Tzitzis are as clean and wrinkle-free as possible.

I went on to share with Layala what had occurred at that day's meeting, and how extremely grateful I was for her devotion to the principle of "Zeh Keili V'anveihu".

She laughed, and shared that she learned this from her mother -- who always insists on ironing my father-in-law's freshly-washed Tzitzis. I then called my mother-in-law to tell her what had happened and jokingly thanked her for always making it a point to iron my father-in-law's Tzitzis. She laughed and said that for their entire marriage, my father-in-law has been asking her not to bother ironing his freshly-washed Tzitzis. After all, he wears them under his shirt and no one can see them anyhow.

For all these years, however, she has insisted on my father-in-law wearing the cleanest and most wrinkle-free pair of Tzitzis possible. "You see!" she said, "It's a good thing I kept at it!" I fully agreed. (I wonder if my mother-in-law's parents went through the same routine with one another as well?)

Will I continue asking Layala not to iron my freshly-washed Tzitzis? Absolutely. Ironing my Tzitzis is something I'd like to do myself from now on.

Note: The Hebrew noun תְּצִיזִים (Yiddish pronunciation: Tzitzis; modern Hebrew pronunciation: Tzitzit) is the name for specially knotted ritual string fringes. These fringes are attached to the four corners of a Jewish prayer shawl, as well as small four cornered undershirt-like garments worn by many Jewish men (see Numbers 15:38 as well as Deuteronomy 22:12). This under-garment is often referred to as 'Tzitzis' in its own right.

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



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- B. L'Shana Tova • C. Happy New Year
- D. New Year Greetings from _____ (your name)
- E. Wishing You a New Year of Health, Happiness & Peace
- F. _____ (your name) Wishes Family & Friends a Happy New Year
- G. Happy New Year • H. Write your own Greeting

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community calendar

SUNDAY, SEPTEMBER 9

JCC OPEN HOUSE 10 a.m. - 2 p.m., JCC

MONDAY, SEPTEMBER 10

Rosh Hashanah Cooking Program, 7-9 p.m., JCC

TUESDAY, SEPTEMBER 11

Senior Adult Lunch Program - 10 a.m., JCC
Program: Business meeting/Birthday party
FREE Blood Pressure screening, 12:30 p.m.

THURSDAY, SEPTEMBER 13

Senior Adult Program - 10 a.m., JCC
Program: Movie

SUNDAY, SEPTEMBER 16 - EREV ROSH HASHANAH

Building Closes @ 6 p.m.

MONDAY, SEPTEMBER 17 - ROSH HASHANAH

ALL FACILITIES CLOSED

TUESDAY, SEPTEMBER 18 - ROSH HASHANAH

ALL FACILITIES CLOSED

THURSDAY, SEPTEMBER 20

Senior Adult Lunch Program - 10 a.m., JCC
Program: "The Jewish Perspective"
with Bob Axelrod, 12:30 p.m.
Federation Annual Meeting, 7:30 p.m., JCC

PUBLIC SERVICE ANNOUNCEMENT

CANDLELIGHTING

September 7 7:11 p.m.
 September 14 7:00 p.m.
 September 21 6:48 p.m.

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.

SHABBAT SERVICES FRIDAYS

September 7: Hors d'oeuvres, 5:45 p.m.
Service, 6 p.m.
September 14: Hors d'oeuvres, 5:45 p.m.
Service, 6 p.m.
SATURDAYS
September 8: Service, 9:15 a.m.
Minchah 7:11 p.m. SELICHOT
September 15: Learner's Service, 9:15 a.m. Minchah 6:59 p.m.
September 22: Service, 9:15 a.m. Minchah 6:48 p.m.
September 29: Service, 9:15 a.m. Minchah 6:36 p.m.
Sunday, September 9: Beth El Temple Religious School Begins, 9 a.m. Red Cross Blood Drive, 10 a.m. to 3 p.m.
Congregational Welcome Back BBQ, 5 p.m.

High Holy Days Service Schedule 2012

Selichot, Saturday, Sept. 8 - 7:11 p.m. Minchah/Maariv/Havdalah/Video Program/Dessert/Selichot Rosh Hashanah evening service, Sunday, September 16
Single Service (Sanctuary) Minchah/Maariv 6:00 p.m., Candlelighting 6:56 p.m. Rosh Hashanah morning services, Monday and Tuesday, September 17 & 18 Sanctuary Service — 8:00 a.m. — Monday and Tuesday Rosen Sisterhood Hall (Kavanot) Service — 11:15 a.m. — Monday only
Family Service --- 9:45 a.m. — 11:00 a.m. - Tuesday only
High School Program-(grades 8 through 12) -11:15 a.m. - Monday only
Junior Congregation Service (grades 4 through 7)— 9:45 a.m. to 11:15 a.m. —Monday only
Children's Service (grades K through 3) — 9:45 a.m. to 11:15 a.m. — Monday only
Tot Shabbat Service (ages 2 to 4) --- 9:45 to 11:15 a.m. — Monday only
Babysitting (see Sisterhood Flyer) (ages 1 to 4) — 9:30 a.m. to end of service (Lower Level)-both days
Community Tashlich Monday, September 17
Beth El Temple Riverfront 6:30p.m.
JOINT MINCHAH/MAARIV follows Rosh Hashanah afternoon & eve. Monday, September 17 Minchah/

Maariv 6:55 p.m.
Tzom Gedaliah Sunday, September 12
Shaharit 9 a.m.
Shabbat Shuvah, Friday-Saturday; September 21-22
Friday night (Minchah/Maariv) — 6 p.m. Candlelighting 6:48 p.m. Sat. morning — 9:15 a.m.; Sat night — 6:48 p.m.
Yom Kippur Kol Nidre, Friday, September 25 Candle lighting at 6:56 p.m.
Minchah service - 6:30 p.m.
Kol Nidre/Maariv Sanctuary Service — 6:45 p.m. (doors will be closed)
Yom Kippur Day, Saturday, September 26
Sanctuary Service — 9:30 a.m.
Rosen Sisterhood Hall (Kavanot) Service — 9:45 a.m.
High School Program-(grades 8 through 12) — 11:15 a.m.
Junior Congregation Service (grades 4 through 7) — 9:45 a.m. to 11:15 a.m.
Children's Service (grades K through 3) — 9:45 a.m. to 11:15 a.m.
Talk n' Torah (ages 2 to 4) — 9:45 a.m. to 11:15 a.m.
Babysitting (see Sisterhood Flyer) (ages 1 to 4) — 9:30 AM to 1 p.m. (Lower Level)
Yom Kippur Evening, September 26
Mincha — after Musaf (Sanctuary) 5:30 p.m. Discussion: What is a Jew?
Neila — 6:15 p.m. — Concludes with children's procession, at 7:30 p.m.
Maariv/Havdalah/Shofar choir - 7:56 p.m.
Followed by Break the Fast ending approximately 8:10 p.m.

PUBLIC SERVICE ANNOUNCEMENT

CHISUK EMUNA CONGREGATION

232-4851 | www.chisukemuna.org | chisukemuna@comcast.net
Minyan times: Monday, Thursday mornings, 6:50 a.m.
Sunday through Thursday evenings, 7:15 p.m.
Tuesday, Wednesday and Friday mornings, 7 a.m.
Friday evening services at 7 p.m., Saturday evening at same time as Friday evening candle-lighting time.
Saturday morning services at 9:15 a.m.
THE DAYS OF AWE & FALL FESTIVAL SERVICES SCHEDULE 2012/5773
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.
Saturday, September 8th: "Love Means Having To Say Your Sorry: An Interactive Workshop on Forgiveness", 8:30 pm
Followed by Selichot Service at approximately, 10 pm
Erev Rosh Hashanah, Sunday, September 16th
Mincha/Afternoon Service & Maariv/Evening Service 6:55 pm
Rosh Hashanah Day I, Monday, September 17th
Shacharit/Morning Service, 8:30 am
Community Tashlich Service at Susquehanna River across from Beth El Temple, 6:30 pm
Followed by Mincha and Maariv at Beth El, beginning at 6:55 pm
Rosh Hashanah Day II, Tuesday, September 18th
Shacharit, 8:30 am
Mincha and Maariv, 6:55 pm
Fast of Gedaliah, Wednesday, September 19th
Shacharit, 6:50 am Maariv, 7:15 pm
Shabbat Shuvah/Sabbath of Repentance, Friday, September 21st
Mincha, Kabbalat Shabbat and Maariv 6:45 pm
Saturday, September 22nd
Shacharit, 9:15 am, Mincha and Maariv 6:50 pm
Erev Yom Kippur, Tuesday, September 25th
Mincha, 2 pm
Kol Nidre, 6:30 pm
Yom Kippur, Wednesday, September 26th
Shacharit, 9 am
Mincha, 5:15 pm
Ne'ilah, 6:45 pm
Fast concludes, 7:41 pm with break fast
Erev Sukkot, Sunday, September 30th
Mincha/Maariv, 6:30 pm
Sukkot Day I, Monday, October 1st
Shacharit, 9:15 am, Mincha/Maariv, 6:30 pm
Sukkot Day II, Tuesday, October 2nd
Shacharit, 9:15 am, Mincha and Maariv, 6:30 pm
Chol Hamoed/Intermediate Days of Sukkot
Wednesday, October 3rd-Friday, October 5th
Shacharit 6:45 am, Maariv 7:15 pm
Shabbat
Friday, October 5th
Mincha, Kabbalat Shabbat and Maariv 6:25 pm
Saturday, October 6th
Shacharit, 9:15 am, Mincha/Maariv, 6:30 pm
Hoshanah Rabbah, Sunday, October 7th
Shacharit, 8:30 am

Erev Shemini Atzeret, Sunday, October 7th
Mincha/Maariv, 6:25 pm
Shemini Atzeret, Monday, October 8th
Shacharit (includes Yizkor, Prayers of Remembrance), 9:15 am, Mincha, 6:25 pm
Erev Simchat Torah Celebration, Monday, October 8th
Simchat Torah Preparation & Maariv, 7 pm
Simchat Torah, Tuesday, October 9th
Shacharit, 9:15 am
Mincha and Maariv, 6:25 pm
For more information about Chisuk Emuna programs and services, please call our office at 232-4851.

CONGREGATION BETH ISRAEL

Lebanon | 273-2669

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

PUBLIC SERVICE ANNOUNCEMENT

CONGREGATION BETH TIKVAH

Carlisle | 245-2811
www.bethtikvah.org

PUBLIC SERVICE ANNOUNCEMENT

HISTORIC B'NAI JACOB

Middletown | 319-3014

Historic B'nai Jacob Synagogue located at Water and Nissley Streets Middletown will conduct High Holy Days Services:
Sunday, September 16th: Erev Rosh Hashanah Evening Service at 7:30 pm
Monday, September 17th: Rosh Hashanah Morning Service at 9:15 am
Monday, September 17th: Rosh Hashanah Evening Service Monday at 6:30 pm
Tuesday, September 18th: Rosh Hashanah Morning Service at 9:15 am
Tuesday, September 25th: Yom Kippur - Kol Nidre Service at 6:45 pm
Wednesday, September 26th: Yom Kippur Morning Service at 9:15 am
Wednesday, September 26th: Memorial Yiskor Service at 11:15 am
Wednesday, September 26th: Ne-Elah

Service at 6 pm
Wednesday, September 26th: Break-the-Fast at 8:05 pm
Visit Web Site for more information www.bnai-jacob.org or call our Voice Mail at 717-319-3014

PUBLIC SERVICE ANNOUNCEMENT

KESHER ISRAEL CONGREGATION

238-0763 | www.kesherisrael.org
Participate in our daily Minyanim. Mornings: Sundays and Federal holidays at 8 a.m., Monday through Friday at 6:45 a.m. Rosh Chodesh and fast days at 6:30 a.m. Evening services begin at 20 minutes before sunset.

SCHEDULE OF HIGH HOLIDAY SERVICES 5773 / 2012

Selichos Services
Saturday Night, September 8, 2012
10:30 – 11:30 pm: Special Selichos night program
11:30 pm – 12 am: Refreshments
12:00 am: Selichos led by Cantor Seymour E. Rockoff
Morning Selichos: Monday, September 10 – Friday, September 14 – 6:25 am followed by Shacharis Rosh Hashanah
Sunday, September 16, 2012 (Erev Rosh Hashanah)
Selichos and Shacharis – 8 am
Mincha – 6:40 pm
Candle Lighting – By 6:53 pm
Monday, September 17, 2012 (Rosh Hashanah, Day 1)
Baby Sitting – To Be Announced
Shacharis – 8 am
Torah Reading – 10 am
Sermon – 10:30 am
Shofar – 11 am
Mussaf – 11:15 am
Mincha – 6 pm
Communal Tashlich – 6:30 pm
Maariv – 7:20 pm
Candle Lighting (from an existing flame) – After 7:54 pm
Tuesday, September 18, 2012 (Rosh Hashanah, Day 2)
Until Mincha, all times are the same as the previous day
Mincha – 6:45 pm
Maariv / Yom Tov Ends – After 7:52 pm
Fast of Gedaliah
Wednesday, September 19, 2012
Fast Begins – 5:31 am
Shacharis – 6:15 am
Mincha – 6:30 pm
Fast Ends – 7:50 pm
Morning Selichos: Thursday, September 20th, Friday, September 21st, and Monday, September 24th

– 6:15 am followed by Shacharis
 Shabbos Shuvah
 Shabbos, September 22, 2012
 Shacharis – 9 am
 Rabbi Males' Shabbos Shuvah class –
 5:20 – 6:05 pm
 Mincha – 6:35 pm
 Maariv / Shabbos Ends – 7:45 pm
 Yom Kippur
 Tuesday, September 25, 2012 (Erev
 Yom Kippur)
 Shacharis – 6:25 am
 Mincha – 2 pm
 Candle Lighting – By 6:38 pm
 Baby Sitting – To Be Announced
 Kol Nidre – 6:40 pm
 Wednesday,
 September 26, 2012
 (Yom Kippur)
 Baby Sitting – To Be Announced
 Shacharis – 8 am
 Torah Reading – 10:30 am
 Sermon (followed by Yizkor) – 11
 am
 Mussaf – 12 Noon
 Mincha – 5:15 pm
 Neilah – 6:30 pm
 Shofar, Maariv, and End of Fast –
 7:39 pm
 Please join us for our 9 a.m.
 Shabbat morning services -
 followed by kiddush

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HIGH HOLY DAYS SCHEDULE
 Erev Rosh Hashanah:
 Sunday, September 16 at 6:45 p.m.
 First Day of Rosh Hashanah:
 Monday, September 17 at 9:00 a.m.
 Jr. Congregation at 10:00 a.m.
 **Luncheon following services.
 Second Day of Rosh Hashanah:
 Tuesday, September 18 at 9:00 a.m.

Yom Kippur:
 Kol Nidre and Ma'ariv:
 Tuesday, September 25, at 6:30 p.m.
 – PROMPTLY. Doors will remain
 closed until after Kol Nidre.
 Shacharit (morning):
 Wednesday, September 26 at 9:00
 a.m.
 Jr. Congregation at 10:00 a.m.
 Mincha/Yizkor/ Neilah:
 Wednesday, October 8 at 5:15 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

TEMPLE OHEV

SHOLOM
233-6459
**HIGH HOLIDAYS SERVICE
 SCHEDULE**

Sunday, September 16: Erev
 Rosh Hashanah,
 8 p.m., Sanctuary
Monday, September 17:
 Rosh Hashanah
 Morning Service, 10 a.m.,
 Sanctuary
 Morning Family Service,
 10 a.m., Lehrman Chapel
 Children's Service, 2 p.m.
 Tashlich Service at the River,
 2:45 p.m.
Friday, September 21:
 Shabbat Service, 6 p.m.,
 Lehrman Chapel
Sunday, September 23:
 Memorial Service,
 2 p.m., Bookstaber Memorial
 Chapel at Mt. Moriah
 Cemetery
Tuesday, September 25: Kol
 Nidre, 8 p.m., Sanctuary
Wednesday, September 26:
 Yom Kippur
 Morning Service, 10 a.m.,
 Sanctuary
 Morning Family Service,
 10 a.m., Lehrman Chapel
 Meditation Service,
 2 p.m., Lehrman Chapel
 Children's Service, 2 p.m.,
 Sanctuary

Afternoon Service, 3 p.m.
 Yizkor, 4:30 p.m.
 Ne'ilah, 5:15 p.m.
Friday, September 28:
 Shabbat Service, 6 p.m.

Dave Bright

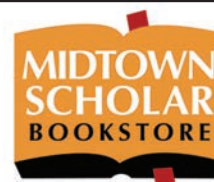
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WHY HEBREW HIGH? Frequent Comments and Their Answers

1. MY CHILD IS SO BUSY, WORKING HARD IN ORDER TO GET INTO A GOOD COLLEGE.

Attendance at Hebrew High School demonstrates to a college admissions officer not only that the student has participated in an impressive educational endeavor, but also that s/he probably has the ability to follow through on commitments and has had time to develop a solid identity. Nationally, most students applying to universities have similar grade point averages and comparable examination scores. Extracurricular activities do make the difference.

2. I PROMISED MY CHILD THAT S/HE COULD QUIT AFTER HER/HIS BAT/BAR MITZVAH.

Bargains are always subject to renegotiation especially when new knowledge is available.

Furthermore, the concept of Bar/Bat Mitzvah is not one of completion but rather one of enfranchisement and obligation. This means that according to Jewish tradition, Bar/Bat Mitzvah entails the acceptance of obligation of being an active participant in Jewish life. Among the most essential obligations of an active Jewish life is that of study.

3. MY CHILD PARTICIPATES IN VARSITY SPORTS. S/HE MIGHT NEED TO BE ABSENT FOR SEVERAL WEEKS DURING HIS/HER SPORT SEASON.

Many students at Hebrew High are in varsity activities. We are always willing to work with you and your student to work out an equitable solution. The goal is to keep your child in this positive Jewish environment.

4. MY HIGH SCHOOL STUDENT IS INVOLVED IN YOUTH GROUP. I'M NOT SURE THAT IT IS IMPORTANT FOR HIM/HER TO ALSO SPEND TIME IN AN ACADEMIC SETTING WHERE THERE MAY BE LITTLE TIME TO SOCIALIZE.

While Hebrew High fulfills an educational function, and youth groups fulfill a social role, Hebrew High does offer many "social" experiences for teens. Beyond the time before and after classes and the 20-minute break between classes, class time too can, in a sense, be considered "social time." It is often more healthful and less threatening to meet people in a natural environment like a classroom than in an awkward social setting. Additionally, Hebrew High offers organized social experiences every month.

5. I ALWAYS HAD TO FIGHT WITH MY CHILD TO GET HIM/HER TO GO TO HEBREW SCHOOL. I'M NOT SURE THAT THIS IS A BATTLE I WANT TO FIGHT.

The battle is worth fighting if quantitative as well as qualitative Jewish survival is important to you. All data indicates the more hours of Jewish education, the greater the likelihood of adult Jewish identification. Additionally, an education ended at an early age means that, as an adult, this person will understand Judaism in an unsophisticated and childish way (It would be comparable to ending one's English or mathematics education at age 12 or 13). When a child knows that secular or Hebrew school is nonnegotiable, s/he generally will not bother arguing or fighting about attending.

6. MY STUDENT IS APPROACHING ADULTHOOD AND NEEDS TO START MAKING SOME CHOICES ABOUT LIFE. HEBREW HIGH IS ONE OF THOSE CHOICES I ALLOW MY CHILD TO DECIDE.

Young people do need opportunities to make choices. But

there are several important factors to take into account when giving high school students chances to make choices. First, adolescents are not little adults. They are still young people trying to come to terms with their adult identity and because of this they look to their parents and other significant adults for structure and anchoring. It is a parent's role, as well as his/her obligation, to structure those choices for their young people. Those items that you value provide the basis for the choices that are not negotiable. Just as you guide your child's choices regarding his/her secular education to help direct him/her toward a successful future, so too, if a Jewish outcome is important to you, you will take the same care in assuring his/her Jewish education. Second, successful choices are impossible when essential information is lacking. It would be purely chance, not choice, if a young person who had minimal exposure to Judaism - its beliefs, its theology, etc. - chose Judaism as an adult. If the only exposure to Judaism that a young person receives during high school is no more sophisticated than being together with some friends, then s/he will only be able to conclude that Judaism doesn't really speak to her/his adult needs.

7. MY CHILD IS ALREADY A SOPHOMORE, JUNIOR, SENIOR. ISN'T IT TOO LATE?

Adolescents have specific developmental tasks whether they are freshmen or seniors. Their main task is that of figuring out and then establishing their adult identity. They have a need to explore, to challenge, and to question and then to fit all these puzzle pieces together to form an identity. We know that you want Judaism to be one of those pieces. Your child has an urgency and a right to explore all aspects of Jewish knowledge, beliefs, and to be exposed to a variety of Jewish role models. Hebrew High is the only opportunity in greater Harrisburg that strives to meet these needs. It is never too late to begin to attend Hebrew High.

The Harrisburg Hebrew High School is open to all Jewish students in grades 8-12. For more information about Hebrew High, please contact Lillian Rappaport or Hallie Rosen at the JCC. We look forward to seeing our teens at Hebrew High this fall!

(This article was excerpted from the Phoenix High School of Jewish Studies website).

The Book of Good Life

By Rabbi Akiva Males

Another High Holiday Season is upon us. Soon we'll ask G-d to bless our family, friends, and community with a New Year filled with health, happiness, and blessings. On numerous occasions over the course of the Yom Tovim, we will recite Avinu Malkeinu. In that prayer we ask, "Avinu Malkeinu, Kasveinu B'Sefer Chaim Tovim" -- Our Father, our King - inscribe us in the book of good life.

Being written in the book of good life has always meant different things to different people. I am sure it has meant different things to each of us at various stages of our lives. What did the book of good life mean to you five years ago? Does it mean the same thing to you today?

Lately, I've found myself thinking about this a lot. Throughout the course of a year, many of us are fortunate to join with family and friends to celebrate a Simcha of one sort or another. Celebrating those happy occasions is vital to our well being in so many ways. For instance, were it not for those wonderful opportunities to celebrate, I suspect that life's challenges would prove overwhelming for most of us. If we did not experience sufficient 'ups' to counterbalance life's 'downs,' how many of us could keep going?

This is as true for a congregation as it is for a family. After all, a congregation serves as a second family to its members. All too often, unfortunately, congregational families gather to cry, mourn, and console one another. What gives us the strength to weather those turbulent and sorrowful storms? I believe it is the fact that as a family, congregations also join together to celebrate their Simchas and share their celebratory occasions.

Avinu Malkeinu, Kasveinu B'Sefer Chaim Tovim. Our Father, our King - please inscribe our many congregations in the book of good life. G-d, please bless our community with the privilege of celebrating many more Simchas together in the coming year - so that shouts of "Mazel Tov!" are often heard within our congregational walls. May this New Year be full of blessings for the world, the Jewish people, and the Harrisburg Jewish community.

That's what being written in the book of good life has come to mean to me.

Layala and I wish you and your loved ones a happy, healthy, and sweet New Year.

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

L'Shana Tova

ROB, RANDI,
BEN AND
ADAM TEPLITZ

ROSE ENKIN

Rose Enkin (née Shizgal) passed away on Friday, August 17, 2012, in Toronto. She was the beloved wife of the late Sam Enkin, mother of Marvin (Rachelle) and Esther (Yehudah); cherished Bubbe of Shimon (Ita), Daniella (Eli), Mira and Leora, Samara and Abe; proud great-grandmother of Dovid, Shlomo, Avraham Shmariyahu, and Arieh; dear sister of Harold Shizgal, Faye Dunietz, the late David Shizgal, and the late Jean Segalowitz. Graveside services were held on Sunday, August 19th at

the Shomrim Laboker Congregation Cemetery in Toronto. Rose lived a life of passion and commitment to Tikkun Olam, and her greatest wish was to leave the world a better place for her grandchildren and all the world's children. In that spirit, please donate to a charity of your choice. Arrangements were entrusted to Paperman & Sons.

PHYLLIS GREENLAND

Phyllis Greenland passed away on August 12, 2012. She was the beloved wife of Albert "Al" Greenland; dear

mother of Ellen Solomon and Randi Lawrie (John); sister of Sheldon Goldstein and Faye Glick (Jack); grandmother of Peri, John, Scot, Mariel and Michael. Funeral services were held on Tuesday, August 14th at

Congregation Shir Ami, Newtown, PA. Interment was in Shalom Memorial Park. Contributions to Beth El Temple or the charity of your choice will be a source of comfort to the family.

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