

OUR COMMUNITY NEWS

Jewish Federation of St. Joseph Valley, Inc. 3202 Shalom Way, South Bend, IN 46615

Volume 5, Number 10

June 2011—Sivan 5771

Nominating Committee announces slate of officers

The Nominating Committee, under the chairmanship of past president, Doug Barton is pleased to present the following Slate of Officers for 2011-12:

President: Charles Simon
President Elect: Mitch Wayne
Vice Presidents: Terry Feldbaum
Ilene New
Secretary: David Ravitch
Treasurer: Mara Boettcher
Past President: Ina Rosenberg

Nominated to serve on the Board for a two-year term ending June 2013 are:

Bonny Hoover
Anita Fishman
Brian Kordansky
Barbara Lerman
Benjamin Silver

Continuing Board Members whose term ends June 2012:

Amy Frieden
Ruth Hutt
Louis Klatch
Debbie Shemesh
Robert Feferman

Additional nominations may be made by the written petition of ten (10) members of the Federation received by the President in advance of the Annual Meeting on June 13, 2011.

JFNA head to present at Annual Meeting June 13

“Dream the Possible Dream” is the theme of the Bernard H. Natkow Lecture to be presented at the Annual Meeting of the Jewish Federation of St. Joseph Valley on **Monday, June 13**. Jerry Silverman, President and CEO of The Jewish Federations of North America (JFNA), will be our guest speaker.

Silverman is a longtime leader in the North American Jewish community and former corporate executive with more than 25 years of experience including at Levis and Stride Rite. He joined JFNA in September, 2009, after serving as president of the Foundation for Jewish Camp, the only non-profit national organization dedicated to raising awareness and support of non-profit Jewish resident camps, where he oversaw a major expansion.

Since joining JFNA, Jerry has traveled extensively to confer with leaders of Jewish Federations and their partner organizations across North America and abroad. JFNA is working with Federations to raise greater awareness of their life-saving work, engage younger Jews to become the next generation of leaders, and grow financial and human resources to meet even more Jewish needs in 60-plus nations around the world.



Jerry Silverman



WE ARE GOING TO ISRAEL!

Our 2011 Teen Leadership Delegation is heading to Israel from June 15 to June 28 for an in-depth educational tour of Israel. Under the leadership of Yael Farber, and Debby Grant, and their Shorashim guide, their travels will take them from Jerusalem to the Western Galilee and into the Negev.

You may follow David Bernstein, Abby Brockman, Dana Brown, David Brown, David Cholak, Daniel Feldbaum, Moshe Friedland, Anton Gillespie, Kirill Gillespie, Aaron Howell, Daniel LoSecco, Samantha Ravitch, and Sam Silverman on their blog at www.shorashim.org/get-connected-blog

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June 2011
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**Jewish Federation
of St. Joseph Valley**

3202 Shalom Way
South Bend, IN 46615
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Ina Rosenberg, President

Debra Barton Grant,
Executive Vice President

Marilyn H. Gardner,
Exec. Vice President Emerita

Charles Simon, President Elect

Terry Feldbaum, Vice President

Mitchell Wayne, Vice President

David Ravitch, Secretary

Mara Boettcher, Treasurer

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Anita Fishman

Amy Frieden

Ruth Hutt

Louis Klatch

Brian Kordansky

Barbara Lerman

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Chaya Segal, Program Director

Susan Sobczak, Receptionist

Lori DeMike, Kitchen Manager

Mike McComish, Associate

Our Community News is published monthly by the Jewish Federation of St. Joseph Valley for the Jewish community in Michiana.

CHAI Lights Around & About the Community

Aiden and Caleb Novick made room for their new little sister, **Eve Alma**, in May. Mazel tov to **Rachel and Tzvi Novick** on their growing family!

B'nai Mitzvah.

Alexa Bruetman, daughter of **Jody and Danny Bruetman**, became a Bat Mitzvah at Temple Beth-El on Shabbat Kedoshim. **Alicia Porile**, daughter of **Cristyne and Jim Porile**, shared that same Torah portion at Sinai Synagogue.

Sam Brockman, son of **Jean Ketcham and Jay Brockman**, was called to the Torah at Temple Beth El, and **Shimon Lindow**, son of **Bekki and Rabbi Kuppel Lindow**, not only celebrated his Bar Mitzvah at Midwest Torah Center, but also celebrated the completion of the Order of Moed and half the orders of Mishnayot.

Congratulations to **Colin Pier and Joshua Silver** on their engagement to be married. Mazel tov to them and to their families.

Volunteers make news.

We were proud to note the achievements of **Leah Dunning** and **Paul Abrams** who were each honored for 3,000 hours of service with Lakeland HealthCare. Mazel tov!

Temple Beth-El Sisterhood's Woman of the Year Award was presented to **Shish Rubin** at the Candlelight Lunch at Morris Park Country Club.

Mazel tov to **Sandra Winicur**, for her first-place honor in the Religious and Inspirational category in the 2010 Writers Digest writing contest for her story "Rebecca and the Future." Sandra also placed 13th in the Featured Essay category with her essay "My Uncle Died of Thatt, and 32nd in the Rhyming Poetry category for her poem "Salome's Granddaughter."

There were some familiar names in the list of award recipients of the St. Joseph Country Public Library and 1st Source Bank's annual Create-a-Bookmark contest. Congratulations to **Chana Bechofer, Stanley Rozenblit, Shoshana Stein, Irvin Rozenblit, Dena bechhofer, Leah Rosenman, and Alan Rozenblit.**

A fond farewell...

The Board of Directors and Staff of the Jewish Federation would like to wish **Chaya Segal**, Program Director, much Mazel as she and her family move back to Chicago. It has been our pleasure to

learn from her and to work with her during these three years of service to our Jewish community.



"Chaya is a fabulous team player, is creative and dedicated to bringing new ideas to our Jewish community, commented Debby Grant, Executive Vice President. "Although Chaya was responsible for planning many programs for us over these years we especially want to thank her for her hard work in making our inaugural Michiana Jewish Film Festival such a huge success."

We wish **Chaya, Aaron, Yonatan and Sarah** much good luck on your next adventures. We hope you will always hold a special place in your heart for our very special small Jewish community and always know that you have made a difference here!

Graduates, scholars, brides and grooms. Do you want us to kvell about your family members? Please submit your good news to Chai Lights at 3202 Shalom Way, South Bend, IN 46615 or email kdwyer@thejewishfed.org. Deadline is always the 15th of the month.



The mission of the Jewish Federation of St. Joseph Valley is to serve the Jewish people—locally, in Israel, and throughout the world—through coordinated fund raising, community-wide programming, services, and educational activities.

Scholarships available for Jewish students

This fall, The Jewish Federation of St. Joseph Valley will begin awarding scholarships to Jewish students in our service area from the Craig and Carol Kapson Scholarship Fund and the Lillian and Harvey Roland Trust.

The Kapson Scholarship helps a Jewish students from our area attend a university, college or technical institute in Indiana. A committee of Jewish community members will review eligible candidates based on the motivation of the student to receive a higher education along with merit and financial needs. The Scholarship Fund will allow a new student each year to be awarded \$2,500, with the remaining funds to be divided between other students with a minimum distribution of \$750 per student.



The Lillian and Harvey Roland Scholarship Fund serves the purpose of providing higher education scholarships to matriculating college students of parents who are either active in the Jewish community and are contributors to the Jewish Federation. This Scholarship will provide \$750 to a student matriculating to Indiana University who have demonstrated academic scholarship and financial need.

Interested students should contact Debby Grant by email at dbarton-grant@thejewishfed.org or 574-233-1164 for more information about applications.

Jewish Federation Book Clubs



The Contemporary Book Group will read *Those Who Save Us* by Jenna Blum for the gathering on Thursday, June 2 at 11:30 AM

Goodreads.com describes the book as follows: "Anna Brandt is eighteen years old in 1939. In her hometown of Weimar, Germany, where relationships between Germans and Jews are outlawed, Anna and the man she loves are committing the crime of race defilement. When Anna is forced to flee the home of her father, a Nazi sympathizer, she takes refuge in a bakery owned by a Resistance member. Soon Anna is making pastries for the officers of nearby Buchenwald while also making "special deliveries," risking death to bring bread to the camp's inmates. Then she is noticed by one of Buchenwald's highest-ranking officers. And everything changes. Five decades later, long after Anna has immigrated to Minnesota, she still refuses to speak of her wartime experiences. Anna's daughter Trudy has only one clue as to what they might have been: a family photograph featuring Anna, Trudy, and the Obersturmfuhrer. Haunted by the guilt of her heritage, Trudy, now a professor of German his-

tory, begins a deeper investigation of the past and not only finds a chance for redemption but unearths the heartbreaking secret her mother has kept for fifty years."

Please join us Thursday, June 2 at 11:30 AM.

Traditional Book Club

In May, our group discussed *Cutting for Stone*. Each member thoroughly enjoyed this multilayered novel which touched on so many important issues. It addressed matters of medical ethics, medical procedures, historical events, cultural differences and much more.

For June, the group will be reading and discussing *City of Thieves* by David Benioff. Set during the siege of Leningrad, the novel tells the story of two young men who become friends in the hopes of avoiding a punishment of execution. To do so, they must procure a dozen eggs for the wedding cake of a powerful Russian colonel's daughter.

Please join us on Monday, June 20 at 12:15 PM for a lively discussion.

HOLD THE DATE!

**Regional Jewish Beach Party!
At Silver Beach,
St. Joseph, MI.**

Sunday, August 21, 2011



Watch for more information!

Sunday Baseball Is Back!

SUNDAYS, JUNE 5, 12, AND 19,

JEWISH FEDERATION OF ST. JOSEPH VALLEY

Men's Softball (Ages 14+) 10:30 AM

Please contact Moe Glenner at 574-274-7387 or at mglenner@gmail.com to reserve your spot or for more information OR just come play BALL.



Junior Division 2:00 - 3:00 PM
(boys from K-2nd grade)

Senior Division 3:00 - 4:00 PM
(boys from 3rd - 5th grade)

Please bring your mitt (if you have one - we have extras) and water bottles or other appropriate drinks.

For more information or for any parents who wish to volunteer please contact Mike Lerman or Eliezer Wainhaus - eli.wainhaus@steelwarehouse.net



Caring Connections by Lizzie Fagen, Jewish Family Services Director

As several Jewish Family Service (JFS) programs go on hiatus for the summer months (Senior Activity Group, Senior/Community lunch and Lunch 'n' Learn series) I realize, as always, how dependent I am on our community members and fellow Federation staff, to keep Jewish Family Services vibrant and moving forward with the multitude of support services and programs we provide to the community. Jewish Family Services can not operate alone with just myself providing services. I need our B'tzelem (made in G-d's image) volunteers and my colleagues to help me with services such as transportation, person-to-person phone-calls, stocking our Jewish Food Pantry, volunteering as activity leaders for Senior Activity Group, sharing expertise and time as presenters for our Lunch 'n' learn and Senior/Community lunch series, and a multitude of other services too numerous to recount in detail for this column. What I can and want to do is express my Hakarat Hatov- my sincerest appreciation and gratitude—to the Federation staff and community members who help me with my work - all the time -every day.

Let me begin with

our talented and dedicated Federation staff.:

To Sue, who not only answers phones, but helps me arrange transportation, creates publicity flyers, and makes phone-calls on to community members.

To Karen, who is a font of information on Federation history and community members, who therefore is an invaluable resource to me as a "go-to" person as well as managing to do-it-all in the office.

To Lori, whose talent and skill in the kitchen along with her compassion and passion for cooking and baking, makes every JFS program that much more personal and special.

To Mike, our van-driver (and so much more), who always accommodates and has a talent for relating to people of many different personalities.

To Valerie, in her patience for walking me through technical issues related to the computer as everyone knows at the Federation that I can be technologically challenged.

To Regina, who co-teaches our English class for our Russian class, but is also an invaluable resource as a translator and knowledgeable expert on local resources and benefits.

To Yael, who shares her experiences as an Israeli woman, in many of our JFS programs and is always willing to lend a helping hand.

To Chaya, with all her energy and enthusiasm, along with her vast knowledge of people resources in the Chicago area which has been invaluable to me. To Mary, with her thoughtful, organized, and calm manner who is always willing to and consistently lends a hand when I am in need. To Debby, with all her guidance, support, advice, and steadfast faith in me to structure Jewish Family Services in the way I feel best serves our community. To all of you - -my Hakarat Hatov.

Next, I go to our congregational Rabbis: Rabbi Siroka of Temple Beth-El, Rabbi Friedland of Sinai Synagogue, Rabbi Nebel of Mid-West Torah Center, and Rabbi Bulman of Hebrew Orthodox Congregation. These four Rabbis meet with me once a

month in order for us to coordinate care for our community and to create a caring environment. Their insight and advice is invaluable to me.

For our B'Tzelem volunteers...I wish I could publicly thank each and every one of you in this column -but then it would never end!! Just know how much I value each one of you, how important your work is to Jewish Family Services, and I hope that I have thanked each one of you personally - many times!! You know who you are. Jewish Family Services could not survive or provide services without your incredible commitments and talents. This column is dedicated to all of you. A column of Hakarat Hatov to those with whom I work every day.

Shavuot Community Lunch on June 1 wraps up lunch season

Our Shavuot/Yom Yerushalayim Lunch on Wednesday, June 1 from 12 Noon to 1:30 PM wraps up our Lunch 'n' Learn and community

lunches for the season. The festive lunch will include kosher dairy delights such as blintzes and cheesecake — all for the low price of \$5.00 per person! Please RSVP to: receptionist@thejewishfed.org or call us at 574-233-1164.

Our entertainment during lunch will feature Rabbi Eric Siroka of Temple Beth-El, playing Israeli and Jewish music pertinent to the holiday of Shavuot and Israel!

Our Senior/Community Lunch and Lunch 'n' Learn series will be on summer hiatus through July-August. Look for more details about our 2011/2012 lunch series in the September issue of Our Community News.



What we learned ... About eating disorders

On Wednesday, May 4th, we had the honor of listening to Valerie Staples, a licensed psychotherapist for over 25 years and currently in both private practice and a member of the therapeutic staff at Notre Dame University's Counseling Center, speak to our community about eating disorders. Valerie helped us recognize the different types of eating disorders, their signs and symptoms, treatment options, and how to have a healthy relationship with food. Below are highlights from her presentation.

Eating disorders do not discriminate. They cross all gender lines, races, religions, ethnicities, and socio-economic class.

What differentiates a person with quirky eating habits and a full-blown eating disorder is "**perspective**". The person with an eating disorder has **lost** perspective not only with their eating, but in **all** areas of their life.

Two major eating disorders are:

Anorexia - characterized by severe, dangerous weight loss. Anorexia is difficult to treat because the person is in such denial and has a **distorted** perception about their weight therefore not perceiving they have a problem. People with anorexia slowly

starve themselves through portion control.

Bulimia - characterized by weight fluctuation through the practice of bingeing and purging. People with bulimia often do not have body distortion...rather they experience body hatred. People with bulimia can experience intense dental and gastrointestinal distress through the practice of purging which often includes forced vomiting or the use of laxatives.

Clinical, therapeutic treatment focuses on helping with the **thought process** of people with eating disorders. It is important to help the individual move away from rigid (good/bad...black/white) type of treatment to more flexible thinking (the "grey" in life). Treatment also focuses on finding adaptive positive ways to cope with the stress, frustrations, and disappointments in life that all people experience. Focus is also on the **positives** of what are bodies can do...**not** what they look like.

RESOURCES:

www.edtfi.org (Eating Disorders Task Force of Indiana)

The Gurze 2011, **Eating Disorders Resource catalogue** located in Lizzie Fagen's office at the Federation.

Jewish Monthly Programming at Tanglewood on Monday, June 6

Jewish Programming is offered each month at Tanglewood for residents and anyone else who is interested in joining us in the Market Place Room at 12:30 PM.

Rabbi Siroka will join us on **Monday, June 6** to talk about the rituals and customs of Shavout - when G-d gave the Torah to the Jewish People. Please join us for good conversation and tasty dairy treats. Program starts at 12:30 PM.

Please call Lizzie Fagen at 574-233-1164 if you have any questions about this program.

Senior Activity Group on hiatus

Senior Activity Group is on hiatus for the summer months of June-August. Look for the Fall schedule in September's *Our Community News*.

Thank you, again, to all our wonderful activity leaders, especially our regulars: Suzanne and Cindy Cortez for exercise, Todd Hoover, Max Baim and Donna Richter for art projects, and Chris Robinson and John Roncz for music.

We also thank the care-givers and participants for making the Senior Activity Group a meaningful and successful program in this 2010/2011 season!

Enjoy your summer and we'll see you in the fall!



Valerie ended her presentation with a definition of Normal Eating taken from the book: *How To Get Your Kid to Eat...But Not Too Much* by Ellen Satter

"Normal Eating is being able to eat when you are hungry and continue eating until you are satisfied. It is being able to choose foods you like and eat it and truly get enough of it...Normal eating is being able to use some

moderate constraint on your food selection to get the right food but not being so restrictive that you miss out on pleasurable foods. It is giving yourself permission to eat because it tastes good. . . Normal eating is trusting your body to make up for your mistakes in eating. In short, normal eating is flexible. It varies in response to your schedule, your hunger and your proximity to food.

From the desk of the Israeli Shlichah

Bringing Israel to our community *by Yael Farber*



I know I wrote about this last month, but Yom Hazikaron and Yom Ha'atzmaut in South Bend were even more meaningful than I had anticipated. Yom Hazikaron is probably the hardest day of the year for me. At the Jewish Federation commemoration of Yom Hazikaron I was touched by those who chose to attend and spend their evening commemorating those who gave their lives so that the State of Israel is still standing.

As the sun set and we entered a new day we began the final preparations for our Yom Ha'atzmaut celebration. It was all hands on deck here at the Federation getting ready for Israel's 63rd anniversary. I would like to thank

all the volunteers who came early to help: Adin Sloman, Amiya Tor, Ian Wulfsohn, Jillian Goldstein, Michal Liberzon, Nicole Martin, and Ossie Meisel. I would also like to thank the community for RSVP'ing to the event. With your reservations we were able to guarantee enough food for all. I am attaching the recipe for the Mediterranean Meatballs that many of you asked me about. Don't be afraid to try them at home – it's super easy! I want to give one final thank you to Lori DeMike who made my dream menu for the event a reality. Thanks, Lori, for all of your amazing hard work. Don't miss next year's Yom Ha'atzmaut – it will be even better!

Israel Advocacy

One of the aspects of my work that I have not mentioned much is advocacy for Israel. This basically means I turn to organizations within the Jewish community – but mostly

outside of it – to make presentations about my story and my family's story of life in Israel. Through these personal stories, I tell of the struggles of the Jewish people from hardships such as the Holocaust to modern day successes, establishing and creating the beautiful country that it is now my home, the state of Israel.

From the beginning to what it has become today. As an Israeli I feel we don't get a fair treatment from the world media, that only reports when something bad happens. Our enemies are very successful at manipulating international public opinion views. The phenomenon of delegitimization of the state of Israel has reached frightening proportions. So I'm happy about every opportunity that I get to talk to people about Israel and show them that there is much more than what they hear on the news. At the beginning I was very nervous about the idea of speaking in front of an audience – in my last year at college I almost fainted when I had to present my seminar in front of the class! So the thought of doing it in English did not make me feel much better, to say the least. Luckily I got a lot of help (Thanks to Bob Feferman, Michele Zeitler z"l, and Dan Liberzon) and with each presen-

tation I started to feel more and more comfortable.

Interested in a speaker for your organization or school? It's not always easy to get invitations to organizations for speaking. I really would love your help if you have a connection to a church, university, school, or any other kind of organization that would be interested in a guest speaker. Contact me by phone at 574-233-1164 or by email at yael@thejewishfed.org.

This is that last column I am writing with the help of my friend and colleague Chaya Segal. Thank you Chaya for everything you have done to make my first year here so special.

Mediterranean Meatballs

- 3 lbs ground beef
- 3 medium onion finely diced
- 9-12 cloves garlic ground in food processor
- 6 tablespoons fresh parsley ground in food processor
- 3 tsp. baking soda
- 2 tsp sweet paprika
- 1 tsp hot paprika
- salt and pepper to taste

Mix thoroughly and form into oval shaped patties (slider size) You can add a couple tablespoons of very cold water while mixing together and it makes them a little softer. ****tip****Wet hands to make patties.

Grill about 4-5 minutes each side. Yields 30-36 "meatballs."

WISH LIST

We got our wish – Yael is staying another year!! Can you help Yael's wish come true? Donate your gently used vehicle or even better a new car and get a tax write-off – and make Yael happy – and safe with a newer model vehicle.

Call Debby Grant at 574-233-1164.



Yom HaAtzmaut Celebration



PJ Library's Babies, Tots, & Blocks

Babies, Tots and Blocks meets on the second Monday of each month from 9:30 AM -11:00 AM. Mark this play date on your calendar:

June 13, 2011

Watch for our Summer Schedule!

Babies, Tots, and Blocks provides age appropriate play for your children 0 to age 5 under the direction of Lizzie Fagen. Please call Lizzie at 574-233-1164 if you have any questions or suggestions for the group.



2011 Annual Campaign is closing early this year

We've been working so hard, we need a break!

This year, the Federation has decided to close our Campaign at the Annual Meeting on June 13... which means we need to hear from all of you who haven't make a pledge for the 2011 Annual Campaign!

If we have not been able to reach you and/or you have not yet had the opportunity to donate to the 2011 Jewish Welfare Fund Campaign, please contact Mary Brown as soon as possible at 574-233-1164 or at MBrown@thejewishfed.org. In the July issue of the OCN, we will publish our final listing of our 2011 Campaign donors, and we want to make sure everyone is included!

Thank you so much to everyone who has already made a pledge this year. With the support of 592 very generous individual and family donors, we have raised **\$508,146** for the 2011 Campaign (And if you're worried about the Federation's budget—don't panic, folks. The totals listed above do not yet include our endowed campaign gifts, nor do they include all of the matching fund dollars our community has worked so hard to raise this year. We are waiting to add those final numbers at the Annual Meeting on June 13.)

We have both greatly enjoyed working with all of you over the last two years, and hope all of you will join us at the Annual Meeting to hear how our amazing community has come together once again to support our Jewish community here, in Israel, and throughout the world.

Thank you again.!

Mitch Wayne, Men's Division
Linda Mintz, Women's Philanthropy



2011 ANNUAL CAMPAIGN DONOR LISTING IN THE JULY OUR COMMUNITY NEWS

For our final listing of 2011 Annual Campaign donors in the July OCN, we will be listing all donors in categories of giving, unless donors have specified otherwise on their 2011 pledge card. If you did not mark your preference on your 2011 pledge card (or if your solicitor forgot to ask how you would like to be listed) and you are NOT willing to be listed in categories of giving, but would prefer to either be listed alphabetically or as anonymous, please contact Mary Brown at the Federation office immediately at 574-233-1164 or at MBrown@thejewishfed.org. If we have not heard back from you by June 15th, we will assume that it is okay to list your name in a category, regardless of any preferences you may have listed in previous years.

Thank you so much for your understanding, and even more so, for your incredible generosity to the 2011 Jewish Federation Annual Campaign. The good we do starts with you!

THRESHOLD GIFTS

The annual campaign structure is comprised of a series of new threshold levels of giving. Some of the better known thresholds include the Women's Pomegranate (\$1,800+) and Lion of Judah levels (\$5,000+). This year, the campaign is challenging each of you to reach for new threshold levels of giving.

Those thresholds include:

Chaverim	\$18 - \$364
Aliyah	\$365 - \$749
Golda Meir	\$750 - \$999
Ben Gurion	\$1,000 - \$1,799
Pomegranate	\$1,800 - \$2,999
Hatikvah	\$3,000 - \$4,999
Lion	\$5,000 - \$7,499
Zahav	\$7,500 - \$9,999
Jerusalem	\$10,000 - \$17,999
Chai	\$18,000 - \$49,999
King David	\$50,000 - \$100,000+

Jewish Humanitarian Mission to Cuba coming November 5–13, 2011

Join members of the Northwest Indiana Jewish Community on a humanitarian mission to Cuba to provide support to the various Jewish synagogues & community members.



At one time, Cuba had a thriving Jewish community of more than 24,000 Jewish. Today, the community consists of 1,500 people. Through the work of Jewish Humanitarian Missions along with the American Joint Distribution Committee, a revival of Jewish life is taking place.

Space is limited on this trip in November, if there is interest in another date please let Debby know at 574-233-1164 and we can try to coordinate our own Community Mission to Cuba.

For more information, please contact Carol Culbert at 219-838-3737 or email her at cculberg@gmail.com.

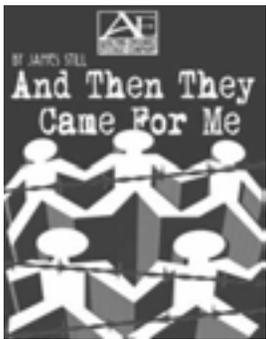
And Then They Came for Me

Remembering the World of Anne Frank

By James Still

July 15-16 7:30 PM

July 16, 17 2:00 PM



The award winning play, a groundbreaking retelling of the Anne Frank Story.

Little Theatre
Moreau Center for the Arts
Saint Mary's College

Tickets: \$10 Group of 10+: \$8

RABBI MICHAEL A. SIGNER UNITY GARDEN IS GROWING!

Garden Leaders Gayle Hachen and Monika Wayne will need help weeding and tending our Unity Garden.

Contact Gayle or Monika at ghachen@hotmail.com or frey@omega.hep.nd.edu if you can lend a helping hand!

Thank you to Betty Signer for donating a garden fence to keep our deer from eating our veggies!



Memorial Contributions to Jewish Federation Designated Funds

We welcome contributions to our various funds listed below. Individual acknowledgment cards are sent for each contribution.

Bernard H. Natkow Community Lecture Fund
Bernard and Shirley Natkow Campership Fund (Camp Ideal)
Bob and Pat Turbow (Library Acquisitions) Fund
Jewish Federation Community Campus Endowment
Jewish Federation Executive Director's Discretionary Fund
Jewish Federation of St. Joseph Valley (Unrestricted)
Jewish Federation Annual Campaign
Jewish Women's Endowment Fund
Friends of The PJ Library
Kurt & Tessye (z"l) Simon Seniors Living with Dignity Fund
Nancy and Ron Cohen Endowment Fund
Okon Family Endowment Fund for Holocaust Education
Post 318, Jewish War Veterans Library Fund
Rabbi Michael A. Signer Memorial Unity Garden of Eden
Robert Simon Leadership Development Fund
Ruth and Ben Levy Senior Services Fund

The Jewish Federation expresses its sincere appreciation for these generous contributions:

From the following contributors:

Janina and Abraham Goetz	Anita and Stu Fishman
Michelle & Marty Rottenberg	Lene and David Mirkin
Temple Beth-El Food Panty	Monika & Mitch Wayne
Nancy & Rabbi Elliot Rosenstock	Marilyn Brown
Sherril and Sam Mirkin	Muriel Hurwich
Phyllis and Jerry DeVorkin	Janet Berman
Marsha Brook and Fred Kahn	Martha and Lewis Elin
Lynda and Chuck Simon	Beverly and Peri Arnold
Reggie and Judd Lowenhar	Betty and Mel Sandock
Valerie Berezner and Ben Silver	Gloria Wolvos
Barbara Brown Katz & Michael Katz	
The Board and Staff of the Jewish Federation	

To the following funds:

Camp Ideal
Jewish Family Services and Kosher Food Pantry
Jewish Welfare Fund/ Annual Campaign
Jewish Women's Endowment Fund
Rabbi Michael A. Signer Memorial Garden of Eden
Friends of PJ Library

Congratulations and best wishes to:

Valerie Berezner and Benjamin Silver on their wedding
Linda & Dick Mintz on the birth of their grandson, Charles
Ruth and Ed Allon on birth of their granddaughter
Phyllis Szymkowicz on the birth of her great granddaughter
Colin Pier and Joshua Silver on their engagement
Robert Silver on the engagement of son Joshua to Colin Pier
Mr. & Mrs. Scott Pier Colin's engagement to Josh Silver
Shish Rubin on being named Woman of the Year at Temple

Birthday Greetings to:

Betty Signer	Ira Anes	Sam Mirkin
	Morris Pollard	Natalie Klein

In Appreciation to:

Roselyn Lapidus	Karen Dwyer	Natalie Klein
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Get Well/Thinking of You to:

Tammie Brown	Paul Klein	Bud Raab
Shoshana Feferman	Jerry Brumer	Joyce McNarney
Elizabeth Bennion	Margie Goldwin	Dr. Mark Sandock

In memory of:

Herbert Sim	Dr. Martin Feferman	Toby Cohen
	Dr. Gordon Gerson	



WELCOME TO CAMP IDEAL! FOR KIDS 5-12

CAMP IS IN SESSION JULY 5-JULY 29

Camp Ideal is dedicated to promoting and sharing the values and ideals of the Jewish tradition along with its commitment to provide children with a safe, enjoyable, growth-filled summer experience. We use our outdoor setting in a creative way to enhance the camp experience for your children. Camp Ideal provides opportunities for children to play and have fun with new adventures while learning to appreciate their heritage and to develop positive personal and social values.

Camp Ideal is located on the beautiful campus of the Jewish Federation of St. Joseph Valley. The outdoor recreational area includes a picnic shelter, tennis court, basketball courts, baseball field, playground equipment, and sand pit for games and sports. The picnic shelter is the headquarters for all camp activities. Rainy day activities take place in the Youth Lounge in the Jewish Federation Building.

Our Camp Staff is under the direction of Israeli Shlichah Yael Farber. The counselors, both local and Israeli, are trained, responsible, and professional. Campers are carefully supervised at all times.

What is a camp day like? Every day campers enjoy many fun and educational programs and activities in a variety of areas such as arts, music, sports, nature, Jewish life, Israel and much more. Also we have swimming twice a week, a weekly field trip to a nature reserve or a park, Kabbalat Shabbat on Friday and many other trips and programs.

Time and Schedule: Camp runs Monday to Friday from 9 AM to 4 PM, with an option of early care or late pick up. Our four-week camp season starts on Tuesday, July 5 and continues through Friday, July 29.



Field Trips



Swimming



Jewish Life



Unity Garden Project



Sports

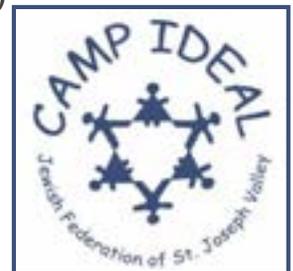
-----REGISTRATION FORM-----

Session Dates & Fees:

Non-Refundable Registration Fee per child: \$15.00 Member \$20.00 (Non-member)

Session Fees:	Member*	Non-Member and/or after June 15
I July 5— July 8 (4-day week)	\$150.00	\$165.00
II July 11—July 15	\$180.00	\$195.00
III July 18—July 22	\$180.00	\$195.00
IV July 25—July 29	\$180.00	\$195.00
All four weeks:	\$675.00	\$735.00

Early and late care available for an additional \$5 per day per child



All Camp Fees are due June 15 unless prior arrangements have been made with the Camp Director.

* Members of the Federation make a minimum \$18 contribution to the annual Jewish Federation Campaign.

Male _____ Female _____ Swimmer: Yes No

Camper's name (Last, first, middle) _____

Birth date _____ Age _____ Grade (Fall of 2011) _____ T-Shirt Size (Sm 6-8) (Med 10-12) (Lrg. 14-16) (Ad. Small) _____

Street Address (Camper's Residence) Address _____ City _____ State _____ Zip _____

Home Phone _____ E-mail address _____

Father/Mother/Guardian Name _____ Emergency Name and Phone _____

Please mail with Registration Fee to Jewish Federation, 3202 Shalom Way, South Bend, IN. 46615. Register on-line: www.thejewishfed.org/camp-ideal

Est Gezunterhait (Eat in Good Health)

Dairy desserts for Shavuot by Deena Abraham

While cheesecakes are THE Shavuot dessert, there are so many other great dairy desserts out there that make a great ending for a holiday meal. Every Shavuot I like to make a dairy dessert (or two) aside from cheesecake. One of the most impressive desserts is Baked Alaska. This dessert looks like a mountain of meringue! (That makes me think that it is pretty appropriate for Shavuot. We celebrate receiving the Torah at MOUNT Sinai. Just saying...) Underneath the meringue is ice cream. The ice cream and meringue is supported by a cake base. In the recipe below, I use brownies for the base. Yum!

The amazing thing about this recipe is that the whole thing goes into a very hot oven to bake the meringue. That means the ice cream goes into the oven. Baking ice cream! The oven temperature will be much higher than it would be for browning meringue over, say, a lemon meringue pie. This is because the ice cream cannot hold up in an oven for very long at any temperature. So, a few minutes at 500 will do the trick. The meringue will not burn though, as it is only for a few minutes. Here is another thing about this dessert - you really could make it pareve. If you need an im-

pressive non-dairy dessert, this is so easy to do since there are so many non-dairy pareve ice creams available in the freezer aisles of grocery stores.

BAKED ALASKA

Base:

The base of this recipe is brownies baked in a 9" pan. You can use any recipe you like or use a mix. If you use a mix, opt for the cake-like version.

Ice Cream Center:

You will need two quarts of ice cream. It can all be one flavor, or you can use a quart each of two different flavors. Let's say you are using strawberry and vanilla ice cream. Slightly soften the vanilla ice cream. Line a bowl that is no more than 8" across with plastic wrap. Pack the ice cream into the bowl and freeze until solid. Invert the bowl over the brownie base and place the hardened vanilla ice cream over the brownie base. Slightly soften the strawberry ice cream and spread over the vanilla ice cream. Put back into the freezer to harden.

Meringue:

5 egg whites
1/2 tsp. cream of tartar
2/3 c. sugar
1 tsp. vanilla extract

Beat the egg whites and cream of tartar until thick. Gradually add the sugar, beating constantly,

until stiff peaks form. Beat in the vanilla until the meringue is stiff and glossy.

Preheat oven to 500 degrees. Spread the meringue over the frozen ice cream. Bake in the upper third of the oven for 3-5 minutes, until the meringue has browned. Return to the freezer until serving time.

Now, here is a really nice pie that I made last year. We happen to really like butterscotch. (This year's menu for Shavuot includes a butterscotch cheesecake.)

A word of warning - this is a very rich pie. Cut thinner slices of this smooth and creamy dessert. Don't use light brown sugar. The dark brown sugar is essential for a butterscotch recipe. Also, the egg whites that are not needed in the recipe can be frozen to be used at a later date for meringues or angel food cake.

BUTTERSCOTCH PIE

1 pie shell
3 Tbsp. butter
1 c. dark brown sugar
1/2 boiling water
1/4 c. cornstarch
1/4 tsp. salt
1 3/4 c. whole milk
1/2 c. heavy cream
4 egg yolks
1 tsp. vanilla extract

Pre-bake a ready made pie shell according to the directions on the package or make and bake one using your favorite recipe. Set

aside. Cook the butter over medium heat for 6-7 minutes, until deep gold in color. Make sure it doesn't burn. Stir in the brown sugar, mixing to dissolved. Carefully stir in the boiling water and stir for one minute as it boils. Remove the pot from the heat. In a separate pot, combine the cornstarch and salt. Whisk in the milk, cream, and brown sugar mixture. Cook over medium heat, stirring occasionally, until the mixture thickens and boils. Boil for one minutes, stirring constantly. Remove from heat. In a bowl, beat the egg yolks. Stream about a half cup of the butterscotch mixture into the egg yolks, mixing it in well. Then, mix the warmed egg mixture into the butterscotch mixture. Cook over low heat until it is very thick and coats the back of the spoon. Stir in the vanilla and pour into the prepared pie shell. Press plastic wrap right over the surface of the pie. Chill for at least four hours before serving.

Have a recipe that you would like to share with the community? Send it to me at dsabraham@ameritech.net or give it to me over the phone at 287-8872. You can also mail recipes (or requests) to me at 2926 Erskine Blvd., South Bend, IN 46614.

Sinai Synagogue

Shavuot. Join us Tuesday Evening, June 7th Erev Shavuot from 7- 9 PM for "Journey to Sinai" How Jews by Choice and Jews by Birth have made Judaism an integral part of their lives. We will hear from three members of our community, two who chose Judaism and one who was born into Judaism to discuss how they came to Judaism and how they have maintained their Judaism in our little Jewish hamlet of South Bend.

Shavuot celebrates the birth of the Jewish people through the gift of Torah and the Covenant forged at Sinai. The special book we read on Shavuot is the Book of Ruth, who joined the Jewish people from the nation of Moab. Ruth is the classic example of a person who came from the outside to join our people. In our modern world with its myriad of life choices and opportunities, every Jew can be seen to some extent as a Jew by Choice.

Summer Rabbinic Intern. Welcome to Eric Woodward, a rabbinical student from the Jewish Theological Seminary and his wife Katharine, who will be with us for the summer. Eric has completed his third year of rabbinical school and has been studying in Israel at JTS this past year.

Judaism and Messianism – Wednesday Evening Classes with Eric Woodward, Rabbinic Intern. How does the idea of Messiah find its way into our prayers, our beliefs and our daily lives? Classes will be held 7:30-9 PM on Wednesdays from June 29-August 3 in members' homes. Call Sinai, 574-234-8584, for locations.

Friday Night Live. Join us Friday evenings in June and July at 8 PM for live musical performances that will get us in the mood for Shabbat. Services will be held outside in the Friedland Family Garden (weather permitting).

Michiana Jewish Historical Society

The Family Tree Project continues to collect information about families, and we need your help! Please contact us if you have family information for the family tree database, or would like to help interview and collect family tree information, or are interested in participating in any other way.

Please give one of us a call or email the Federation (kdwyer@thejewishfed.org and we will contact you.

Deena Abraham, Mara Boettcher, Maggie Goldberg

Midwest Torah Center

Shabbaton June 3 & 4. Come join the Torah Center Family while celebrating the most important day of the year: Shabbat! Friday, June 3, we begin services at 7:15 PM followed by the meal at 8 PM. Shabbat morning we begin services at 9:30 AM followed by Kiddush and a Torah discussion. Lunch will be served at 12:30 PM. The evening program begins at 8:50 PM.

Shavuot Late Night Learning June 7. Once again we'll be hosting our Shavuot night program starting with Mincha at 9 PM on June 7. The rest of the schedule is:

9:15 PM -- *How Did the Rabbis Come Up With All Those Laws Anyway?*

10:00 PM – Yom Tov Dairy Meal

10:45 PM -- *What Is Our Tradition? And If I'm a Rabbi, Why Can't I Make the Rules?*

See our website for the schedule for the entire Holiday. www.midwesttorah.org

A Father's Day Tribute June 19th at the Palais Royale

It's not too late to get your reservation in for the hottest Father's Day celebration in town. Besides the fabulous location and food and wonderful honorees, we have top rate entertainment this year. Here's a sneak peak at the show:

5:00 PM Hors d'oeuvres at the Morris

5:45 PM Door to Palais Royale open

6:15 PM Introduction by *The Lindow Brothers*

6:20 PM Honoree presentations and short video in memory of Mr. Joel Gubin

7:00 PM Meal followed by **Stage Hypnotist and Motivational Speaker Dr. Jim Wand**



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8:50 PM Birkat HaMazon followed by Mincha and Maariv.

Reserve your spot by calling at 574-234-9092 or info@midwesttorah.org.

Praying With Fire Tuesdays 11 AM. Do you get lost when trying to follow services Shabbat morning? Are you bored at services? If so, then this class is for you. Starting June 28th at 11am we'll start a new topic on prayer. Understand why, how, when and where we should pray. This will help anyone be more effective in their prayer and get satisfaction in going to the synagogue. This class will run through August 2.

June 2011 – Sivan 5771

Jewish Federation Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 IYAR	26 IYAR	27 IYAR 12:30 PM Russian Club	28 IYAR3 12 PM Community Lunch—Shavuot and Yom Yerushalayim YOM YERUSHALAYIM	29 IYAR 11:30 AM Book Club 12:10 PM Alzheimers Caregiver's Lunch 5:30 PM Israel Trip Parent Meeting	1 SIVAN	3 SIVAN  Naso
4 SIVAN 9:30 AM Toddler Group 12:15 PM Book Club 12:30 PM Tanglewood	5 SIVAN 9:30 AM Toddler Group 12:15 PM Book Club 12:30 PM Tanglewood	6 SIVAN 12:30 PM Russian Club	7 SIVAN Federation office Closed  SHAVUOT	8 SIVAN Federation office Closed  YIZKOR SHAVUOT	9 SIVAN Federation office Closed	10 SIVAN 11  Beha'alotecha
11 SIVAN	12 SIVAN 6:00 PM Jewish Federation Annual Meeting featuring Jerry Silverman	13 SIVAN 12:30 PM Russian Club	14 SIVAN 1 PM Michiana Historical Society Family Tree Meeting 2011 Teen Leadership Trip to Israel — June 15-28	15 SIVAN 1 PM Michiana Historical Society Family Tree Meeting	16 SIVAN 17 Teen Leadership Trip to Israel — June 15-28	17 SIVAN 18  Shelach
18 SIVAN 5 PM Midwest Torah Center Father's Day Tribute FATHER'S DAY	19 SIVAN	20 SIVAN 12:30 PM Russian Club	21 SIVAN 2011 Teen Leadership Trip to Israel — June 15-28	22 SIVAN	23 SIVAN 24	24 SIVAN 25  Korach
26 2011 Teen Leadership Trip to Israel	27	28 12:30 PM Russian Club	29	30 29 SIVAN	1 SIVAN	2 SIVAN  Chukat

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