Harrisburg JCC Middle School Boys Claim CPBL Title

The Harrisburg JCC Middle School Boys basketball team proved why you should never give up. Despite two double-digit losses to Harrisburg Academy in the regular season, the boys came out ready to play in the playoffs. The Harrisburg JCC is a member of the Central Pennsylvania Basketball League, and after beating Grace Baptist in the semi-finals, they faced longtime rival Harrisburg Academy for the championship.

"The Academy is a very strong team and beat us twice this season; however after some tough practices and time spent preparing, I knew we were ready to try to knock off the top seed," stated coach Terri Travers. The game was back and forth throughout the night with the JCC down 18-17 at the half. After some clutch play led by all-star performances of several 8th graders, the JCC came out on top with a 34-32 victory. Travers continued, "It was such an exciting game and came down to us hitting last-second foul shots. The fans were amazing and the championship atmosphere was unbelievable. Our team rose to the occasion and played at a higher level than I had seen out of them all season. I couldn’t be more proud of a group of kids."

The team included CPBL all-stars Ethan Van Buskirk and Matthew Plesco as well as 8th graders Hallel Cheskis, Julian Sherr, Nathan Adler and Max Kasian. 7th Graders Eli Adler, Ryan Jacobs, Brian Reback, Noah Meeder, Max Shore, Aaron Bobb, Henry Gold and Sam Goldberg as well as 6th grader Joseph Caplan.

YOM HASHOAH OBSERVANCES

HOLOCAUST MONUMENT OBSERVANCE
The commemoration at the Holocaust monument on Riverfront Park will take place on Sunday, April 27 at 11:00 am. Winner of the Schwab Holocaust Essay contests will read their essay. Harrisburg resident, Vivian Blanc, will share the Holocaust experiences of her beloved mother, Freda Lederer, z”l, a Holocaust survivor from Czechoslovakia.

READING OF NAMES
On Sunday evening, April 27, Yom Hashoah (Holocaust Memorial Day) will be commemorated with the "Reading of Names" program to be held at Chisuk Emuna Congregation, 3219 Green Street, in Harrisburg. This meaningful program will begin at 7:30 PM with a special opening service led by children from congregational Religious Schools and the Silver Academy. Following the opening ceremony, a vigil in which the names of those who perished will be read continuously over a period of 24 hours.

"Unto Every Person There is a Name" seeks to dignify the memories of victims of the Shoah, the Nazi Holocaust, by reading their names aloud. These victims were stripped of their names by their oppressors and tattooed with numbers. Through the public reading of the names of Holocaust victims, this program strives to restore a portion of their humanity and to retrieve them from the lost depths of anonymity. For more information or if you would like to sign up for reading, please contact Lillian Rappaport at the Jewish Community Center, 236-9555, ext. 3402.

HOLOCAUST CIVIC COMMEMORATION
The annual Holocaust Civic commemoration, co-sponsored by the Governor’s Office and the Pennsylvania Jewish Coalition, will occur in the Governor’s Reception Room in the State Capitol on Monday, April 28 at 11:00 am. As part of the program, students will share excerpts from essays they wrote as part of their Holocaust unit of study.
**Community Review**

**March 21, 2014**

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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.

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**Letter to the Editor**

**Dear Mrs. Bromley,**

Way back, you graciously gave your readers the opportunity to kvetch or kvell. Ah, at last I had the chance to relate. Is the glass half empty or half full?

**Kvetch Number One:** Email!!!! No, I do not have a computer, Facebook account, nor can I Google.

Tweet or Twitter....ad infinitum. In desperation, I call 1-800-000-0000. A chirpy voice responds, “If you speak English, press one...someone will be with you soon....so sorry, everyone is busy helping other customers….your wait time is approximately 10 minutes. So, with 10 minutes to spare, of which I don't want to waste, I walk to the stove to see how my chicken soup is doing. Then rushing back to the phone to see if they are ready to help me. As I wait to be “assisted”, I have a chance to think that my kvetch is not really life-threatening.

So I will give you my Kvells. I have been provided with a loving helpmate, Herman (z’t)......five devoted children...George, Helen, Sandy, Leslie and Zol (z’t), and a minyan of grandchildren....Susan, Craig, Shani, Joshua, Jonathan, Talia, Yael, Sarah, Kasey and Zoe. My cup runneth over and over. G-d is in his or her heaven, and all is right with the world.

Thank you, Mrs. Bromley,

Fannie Krevsky

Fannie Krevsky has lived in the Harrisburg community for 97 years. She has a wealth of stories and has made many contributions to this community. Fannie was president of the Harrisburg School Board and a member of the board for 23 years. She was a member of the Harrisburg Library board, president of Mizrachi and one of the persons interviewed by WITF for being one of the 150 people having long-time memories of the city of Harrisburg.

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**A Message from**

**Margie Adelmann, CEO**

**Jewish Federation of Greater Harrisburg**

During my “listening” tour, I often heard that we have gaps in programming, especially engaging college age, young adults and baby boomers. With this in mind, we have begun to develop programs to engage these age groups beginning with our new Summer Leadership Internship Program where we will match local college students with Jewish leaders in their places of businesses. In addition to providing students with a meaningful work experience, a series of programs will be offered to bring together the students and their supervisors to learn with a Jewish lens about being active in your community, the importance of tikkun olam and philanthropy. The students will receive additional sessions on career development, resume building and developing a Jewish life on campus and beyond. We hope to provide eight placements in our first year of this program.

For both young adults and boomers, we are working with volunteers from each demographic to gather programming ideas that we can develop for the coming year. Two such programs coming up are our Passover Cooking program on Sunday, March 23rd, where Chef Alison Gütwalke will help your creative juices flow by demonstrating a handful of exciting and innovative dishes for this Passover! Then, a Sip & Paint Party – a painting class for grown-ups where you can “uncork” your creativity – will be offered on Thursday, March 27th! Programs like these and many more are on the horizon that will focus on education, culture, creativity and social programming.

We intend to explore new ideas for all age groups and always welcome your suggestions and feedback. I hope to see you at a program or around the J.

B’shalom,

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**A copy of the official registration and financial information of the Jewish Federation of Greater Harrisburg may be obtained from the Pennsylvania Department of State by calling, toll free within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.**
On Saturday, March 8th, Bert and Myrna Rubin and Ron Plesco were honored as recipients of the Merv Woolf Achievement Award; these awards were presented at the Adult Sports Banquet.

As fixtures in this community, Bert and Myrna have volunteered and helped advance the Sports and Fitness Department for decades. Bert grew up only a few blocks from the JCC, so he has always seen the “J” as his second home. Myrna claims she married into the JCC and has never looked back. Both Bert and Myrna have been on the Board of the JCC at different times. Probably best known for their extensive basketball involvement where both have coached Iddy/Biddy, spent hours helping to ref, take admission, sell snacks, do the book and clock and even help clean the gym.

Bert is credited as a co-founder of the popular Wednesday night members-only program where he is known as Bert the Hurt. Myrna took up her playing career and became a force at Mom’s basketball. Bert and Myrna have three children and Scott, Jackie and Amy were all proud JCC basketball players and JCC Maccabi athletes.

Myrna commented, “We love the JCC as a one-stop shop. Our children attended the Silver Academy and, after school, could walk downstairs to practices and games.” Bert continued, “We are humbled to be awarded the award named after our Uncle Merv. We hope to continue the commitment of his generation with our generation.” Bert and Myrna would also like to express their gratitude to the JCC Sports and Fitness Department staff and volunteers.

Ron and Barbara Plesco joined our community in 1995. They only expected to sojourn here for four, or maybe even eight years. Like so many of us who have relocated here, they soon realized what a wonderful place Harrisburg is to raise a family. They have since become a fixture at our JCC. The Plescos’ first exposure to the JCC was enrolling their first child, Ryan, into daycare at the ECD. They were very impressed with the staff. This began the connection with the JCC. Early on, Ron and Barbara recognized the importance of setting a good example to their children, by giving back to their community. This has blossomed into such a strong relationship that Ron is a recipient of this year’s Merv Woolf Achievement Award.

Ron started as a volunteer when his kids, Ryan (now 17), Mathew (13), and Sydney (7), began participating in sports and other activities at the JCC. Their first exposure was Iddy Biddy Basketball. Not only has Ron been an Iddy Biddy volunteer for the last thirteen years, he has inspired his two sons and daughter to also volunteer. This spirit of volunteerism extends into the Flag Football program initiated by Andrea Weikert and Ron. Ron has been a volunteer since its inception twelve years ago. On any given Sunday, in the fall, one can see the Plesco family out, bright and early, painting the lines for the playing fields and then coaching the young players and selling snacks along side Terry Fisher. Again, Ron’s spirit of volunteerism has extended to and been inspired by his wife and kids. What makes this so special, is now his two boys have attracted their friends to be volunteer coaches as well. This exemplifies the essence of why the Merv Woolf Achievement Award was created. The Three Ds-Devotion, Dedication, Direction. We are fortunate to have the Plesco family in our midst. Their story can inspire us all.

Yet, this is just the tip of the iceberg. Ron has volunteered to help out as the Chair and Co-Chair of the 2008 and 2010 Junior Maccabi games hosted by our JCC; has served on the Federation Board of Trustees; and has exhibited his grace by dancing with Barbara in our first “Dancing with the Stars” program. Not one to rest on his laurels, Ron is excited to work on shaping the future of the JCC.

We were recently able to catch up with Ron and ask him a few poignant questions, which he has allowed us to share with you.

1. What keeps you coming back?
   The People, programs and the community! I love the inscription on the wall at the JCC, “Do not separate yourself from the community. In addition, what keeps me coming back is that as my family is growing up, the JCC always has something for all of us.

2. Any thoughts about receiving the Merv Woolf Achievement Award?
   In a word humbled and extremely honored. If you know us, you know we volunteer because we believe it is the right thing to do, to set an example for our kids and for many personal, intrinsic reasons. I am reminded of a famous JFK quote, “To those whom much is given, much is expected.” We are truly blessed in many ways. My wife and I teach our kids to give back to the community, and we try to instil in them how lucky we are to be a part of this community. We help out because we love doing it. I love helping the kids who come here, and I am glad to be able to help our hard-working JCC staff.

3. What are a few of your best JCC moments?
   Watching my sons grow from being the smallest players on the flag football field, and in the Iddy Biddy program to being coaches and having equality, if not more, fun coaching. Seeing my sons enjoy being camp counselors more than being campers. Watching my son, Matthew, address over one thousand Jr. Maccabi athletes and parents is also something I will not forget. Witnessing my daughter, starting at age 4, wanting to leave the house, early Sunday morning to paint the flag football fields, and my shoes, and her legs...that’s just awesome!” And finally, I am reminded of a famous commercial that I will use as an example.

- Having all your kids go through ECD day care. Cost: Love and $xx amount of money.
- Sending our kids to JCC Sports Programs Cost: Love and $xx amt.
- Witnessing this community help raise our kids into wonderful young men and women... PRICELESS!!
- 4. What is your vision for our future? What are your ideas? What would you like us to be?
   That we not separate ourselves from our community both in and outside of the Jewish Community and for the JCC to continue to grow and become financially secure so that it is around for years to come, so that Barb and I can join the Silver Sneakers.

It should be apparent to all of us how blessed we are to have the Plesco family as part of our community. Presenting Ron with the Merv Woolf Achievement Award is a wonderful way to recognize the Plesco family and inspire all of us. Merv and his committee are to be congratulated on making such a wonderful choice.
The Jewish Community Foundation of Central Pennsylvania is searching for a Foundation Executive Director. We are proud of our history of working together and giving to maintain a vibrant Jewish spirit and roots. Harrisburg is not without its current challenges not unlike many communities today. This requires a person who wants to serve the Jewish community and understand the essential nature of the Foundation to develop the dollars for future generations in order to maintain our institutions and culture.

The Foundation solicits, collects and raises assets for the charitable purposes of the Foundation, The Jewish Federation of Greater Harrisburg and other organizations, agencies or institutions organized for the same or similar purposes. The responsibilities of the Executive Director shall be:

To grow the assets of this Foundation and bring in new fund-holders of all ages to ensure the continuity and stability of Jewish life in Central Pennsylvania

To serve as the central source to facilitate charitable giving for all members of the Jewish Community plus provide outreach to smaller neighboring communities

To Staff the Foundation Board and its committees and ensure its governance and oversight

To manage overall administration of the Foundation, staff management, financial supervision, event planning, agency support and communication

To maintain current technical and legal knowledge of Foundation funds and administration, provide guidance in new developments and changing needs including gift planning advice and assistance to donors regarding tax and estate planning

To be committed to the importance of securing the future of the Jewish People and this Jewish Community through lifetime and testamentary charitable gifts and annuities

To serve as liaison to Foundation Officers, Board, Committees, lay leaders, plus agencies, Jewish organizations and synagogues

The skills of the Executive Director shall be:

Must have advanced education in a related field and have attained at least 10 years experience and knowledge

Must possess skills in: communications, conflict management, organization, marketing, budget and finance, information technology, supervision of staff and volunteers, relationship building, ability to ensure that all Foundation assets comply with applicable tax laws and regulations.

Send Resumes To: jcfdirectorsearch@gmail.com

SAVE THE DATE
Thursday, May 1, 2014
2014 Susquehanna Tzedakah Society Dinner
Honoring Marcia and Sandy Cohen
Jewish Community Center of Greater Harrisburg
Endowment Achievement Award of the Jewish Federations of North America
Presented to Alyce and Morton Spector

EXECUTIVE DIRECTOR
JEWISH FAMILY SERVICE OF GREATER HARRISBURG

Jewish Family Service of Greater Harrisburg is a forward-thinking mental health and social service agency dedicated to helping people achieve their full potential while honoring choice, responsibility, diversity, and Jewish values through every stage of life. The Executive Director position is an excellent opportunity for a motivated and passionate executive who is driven to succeed and to positively impact a staff and a community. Working with the Board of Directors, the Executive Director will develop a strategic plan and will be empowered to implement that plan, to evaluate program operations, to create professional development initiatives and to plan for the organization’s continued growth.

The successful candidate will:

Provide vision and inspirational leadership for the overall strategic growth and financial health for JFS

Be a proven effective, innovative leader/manager, combining both human resources and financial skills

Be comfortable with, and have a history of success in, fund-raising

Represent JFS with the utmost professionalism and ethics

Work effectively with community groups, agencies, business leaders and funders

Key Qualifications

A Masters Degree in Social Work; a LCSW is preferred. An educational background in Nonprofit Management, Business Administration or in a related field is desirable

More than five years of senior-level leadership experience

More than three years of experience managing seniors, children and family programs

In summary, our selected candidate will have a career of solid, hands-on experience with significant leadership in key management positions. He/she will have a track record of successful partnering with staff, board and community to implement innovative, effective strategies that create new opportunities within our community. He/she will manage with a collaborative and flexible style, and with a strong service orientation in a mission and values-driven environment.

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When it comes to Passover Seders, charoset plays a leading role. Like the egg, shank bone, bitter herbs, celery and salt water, charoset is full of symbolism during the ritual meal that marks the beginning of Passover. Charoset, a mix of apples, nuts, wine, cinnamon and honey, symbolizes the mortar the Hebrews slaves used to make bricks in ancient Egypt. It represents both the bitterness of slavery and the sweetness of freedom for Jews today, a food researcher said recently during a class on charoset at the second annual Jewbilee at the Jewish Community Center.

“Jews make charoset according to their own interpretation and culture,” said Seena Chriti, who lived in Mexico and Miami before moving to Susquehanna Twp. several months ago. “Perhaps no ritual food demonstrates the scope of the international Jewish experience as much as charoset.”

She said that the Eastern European Jews make a traditional Ashkenazi apple charoset with apples, wine and cinnamon. Sephardic or Middle Eastern Jews make their charoset of raisins, figs and dates. Greek and Turkish Jews use apples, dates, chopped almonds and wine while Italian Jews add chestnut to theirs. Some Spanish and Portuguese Jews, such as Surinam, add coconut to their charoset. Chriti said that charoset includes fruits and nuts mentioned in the Song of Songs, which she said hints at the basic charoset recipe.

During the Jewbilee, Chriti encouraged her students to taste the various charosets she brought along representing Egypt, Turkey, Italy, Portugal and Eastern Europe. Students both sampled and talked.

Jean Silverman of Camp Hill said the charosets reminded her of the delicious aroma of her mother-in-law’s charoset. “I’ve always liked the smell of the spices in the charoset,” she said.

Laura Monaco of Susquehanna Twp. called charoset “the treat of Seder, something people wait for. I cook Seder for 25 to 35 people. I make my charoset out of sweet Gala apples, tart Granny Smith apples, a green pear, a brown pear, nutmeg, all spice, dried fruit and various nuts.”

Chriti called charoset one of the favorite parts of most Seders. “For 2,500 years, charoset has been on Seder plates,” she said. “And there’s never any left over!”

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**Jewbilee Class Enjoys the Bitter and Sweet Lessons of Charoset**

**By Mary Klaus**

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Classes available at the Jewish Community Center:

**SilverSneakers® CLASSIC (FORMERLY MSROM)** – 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. Tuesday/Thursday mornings 9:15 - 10:15 a.m. AND Wednesday morning at 9:45 - 10:45 a.m. Drop-in Fee $5.00 per class. Free to JCC members and SilverSneakers® participants.

**SilverSneakers® CARDIO (FORMERLY CardioFit)** – 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. Mondays and Wednesdays at 10:45-11:45 a.m. Drop-in Fee $5 per class. Free to JCC members and SilverSneakers® participants.

**SilverSneakers® YOGA (FORMERLY YogaStretch)** – 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. Mondays and Wednesdays 11:45-12:30 p.m. Drop-in Fee $5 per class. Free to JCC members and SilverSneakers® participants.

**Gentle Yoga** – Easy Poses for those new to Yoga. Must be able to get down on to floor. Mondays at 9:45 - 10:30 a.m. or Tuesdays at 5:00-5:45 p.m. Drop-in Fee $5 per class. Free to JCC members and SilverSneakers® participants.

**SilverSplash®** – 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. Mondays/Wednesday 9:30 - 10:30 a.m. Drop-in Fee $5 per class. Free to JCC members and SilverSneakers® participants.

The Jewish Community Center is offering the following senior events:

- **Every Tuesday at 9:15 a.m.-10:15 a.m. SilverSneakers Classic 10:15AM – Discussion Group**
- **Every Thursday at 9:15 a.m.-10:15 a.m. – SilverSneakers Classic**

Senior Lunch will be served Tuesdays and Thursdays at Noon. Reservations are preferred two days in advance if possible, but no later than 4:00PM the day before. Call Cheryl 236-9555 EXT. 3115

After Lunch Programs are:

- **March 25, 2014** – Musical duet: Brad and Mary Barrows
- **March 26, 2014** – Day Trip to the Fulton theatre to see “Young Frankenstein”
- **March 27, 2014** – Dr. Donald Koones of HACC will lecture on “A Hollywood Legend – John Wayne”
- **April 1, 2014** – Stuart and Dorie Garner will do a Book Review/Discussion on “The Cellist of Sarajevo” by Steven Galloway. We have copies of the book from the Dauphin County Library. If you would like to read the book before the discussion, please call Cheryl and make arrangements to borrow a copy of the book.
- **April 3, 2014** – Musical program by Al Goodman
- **April 3 & 4, 2014** – AARP Safe Driving original 2 day, 8-hour course. You must have a reservation (call Cheryl 236-9555 Ext. 3115) and the class is $14. If you are an AARP member you get a $2 discount, class is $12.
- **April 8, 2014** - 10:30 a.m. Discussion Group with Bruce Bayuk. After lunch Business Meeting, Birthday Party with Blood Pressure screening by a Bayada Nurse
- **April 10, 2014** – model Seder with Silver Academy Students
- **April 15, 17 and 22, 2014** – NO lunch or program, closed for Passover
- **April 24, 2014** – Rabbi Peter Kessler of Temple Ohev Sholom will speak
- **April 29, 2014** – “The Jewish Perspective” with Bob Axelrod, Educational Director at Beth El Temple
- **April 30, 2014** – Bus Trip to Dutch Apple Dinner Theatre to see “Seven Brides for Seven Brothers”

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**JCC Adult Programs**

**Fun & Entertaining:**

It's a painting class for grown-ups!

Gather your friends, enjoy a drink & snacks, and let the fun begin! An artist will show you how to recreate a canvas painting, step-by-step, from start to finish. Absolutely no skill is required!

**Thursday, March 27**

7:00 – 9:00 pm

Harrisburg JCC

3301 N. Front Street, Harrisburg

Regular Rate: $65, JCC Member Discount: $45

Seats are limited so sign up now by call 236-9555 ext. 0

Questions? Contact Andrea at a.weikert@jewishfedhbg.org

**www.jewishharrisburg.org | march 21, 2014 | 7**
Boycotts, Divestment and Sanctions Panel Discussion  
By Mary Klaus

Jews should feel threatened and insulted that an American academic association recently voted to boycott Israeli academic institutions, three professors told about 50 people at the Jewish Federation of Greater Harrisburg. “It’s a serious threat, not only to academic freedom but to Jews and to Israel,” said Dr. Simon Bronner, professor at Penn State-Harrisburg and a member of the National Council of the American Studies Association which recently adopted the boycott resolution. “It’s discriminatory and against open ideas.”

Bronner and two other prominent local Jewish scholars recently discussed the American Studies Association’ vote on an issue that stems from a Palestinian movement called Boycotts, Divestment and Sanctions. Although that movement is becoming popular in parts of Europe, few expected America to be involved in it because of America’s close ties with Israel.

Dr. Ed Beck, presently Coordinator for International Grassroots Faculty for Academic Freedom and Integrity and President Emeritus Co-Founder and Past Chair of Task Force on BDS for Scholars for Peace in the Middle East, called the boycott a violation of academic freedom and integrity.

“The BDS’s stated goal is to bring peace to Israel and Palestine,” Beck said. “The real goal is to demonize, de-legitimize and impose double standards of and for the state of Israel. The stated goal is to increase academic freedom of oppressed students and faculties. The real goal is to shut down discussions.”

He said another stated goal of BDS is to hold Israel accountable for war crimes, oppression and apartheid. “The actual goal is to isolate Israel from the community of nations, to revise history and to redefine Israel and make it sound that Zionism equals racism,” Beck said. He added that academic boycotts may even violate federal and state discriminatory laws and institutional policies.

Bronner said that all Jews should be concerned by the boycott. “Israel is a democracy and fights terrorism,” Bronner said. “But that tends not to be mentioned. Jews traditionally are associated with tolerance and now find themselves on the defensive, categorized even as fascists. It’s not good to demonize one side against the other. We should encourage dialogue and the peace process.” He said the boycott could backfire if it seeks to change American foreign policy toward Israel because most Americans support Israel.

Also speaking on the panel was Dr. Andrea Lieber, who chairs Jewish Studies at Dickinson College in Carlisle and has helped Dickinson develop a proactive institutional statement to resist academic boycotts. Lieber said that Dickinson, a small liberal arts college with 2,400 students, has a strong reputation for international studies. She said that she and her colleagues oppose BDS and see anti-Jewish sentiment in the movement. “Dickinson is strongly opposed to all academic boycotts,” she said. “Dickinson is committed to global education. The stated aims of BDS are attempting to destroy the reality of what Israel is all about.”

Despite about 250 universities in the U.S. renouncing the boycott efforts, there are over 4,000 colleges and universities in the U.S., and the BDS movement seems to be growing, Beck said. He urged all institutional stakeholders, including faculty, parents and alumni as well as college students, in particular, to fight BDS. “We need to fight this at the university stakeholder level,” he said. “Since only 15 percent of Jewish students actually participate. This fight against academic boycotts against Israel must be started at home and grown through our own institutions such as our Temple youth programs, the Silver Academy and at the Harrisburg Hebrew High School.”

“Yoga Dave” Resurfaces

By Arthur Kravitz, SFR Chairperson

A familiar face has resurfaced at the Fitness Center of our JCC. Dave Ralicki, affectionately referred to as “Yoga Dave”, has returned to us after sustaining severe and life-threatening injuries last autumn. Dave fell from a tree more than twenty-five feet, while hunting deep in the forest. His injuries were serious: broken ribs, fractured pelvis, a collapsed lung, and a concussion. He was transported to Hershey Medical Center and remained in the ICU for several weeks. As an inpatient, the pelvic fracture was reduced surgically, leaving Dave with an immense abdominal scar with which he can awe and amuse his friends. Ultimately, Dave was released from the hospital and began formal rehabilitation. Dave has now returned to the JCC Fitness Center to regain his strength.

We have missed Dave’s engaging smile, his full-bodied laugh, and his dedicated and up- tempo workout ethic. Dave is always commenting to others how well they exercise and how they encourage him. The reality is quite the opposite. His presence always seems to make us want to work harder, better and intensely.

Dave has an infectious enthusiasm. This enthusiasm is not just for fitness but for life itself. His commitment to our JCC has been demonstrated by his actions. He voluntarily, and at his own expense, became a certified Spin instructor to help man the staffing for our classes. He has instructed as a volunteer! His nickname, "Yoga Dave", was bestowed upon him by grateful JCC staff, who so valued his presence as a Yoga instructor. Also as a volunteer!

For all these reasons and more, we rejoice at Dave’s triumphant return. Dave has informed us that his injuries were so serious that the only reason he survived was due to his excellent physical condition. His doctors informed him that if it was not for that, he may not have made it. Dave has attributed his high level of conditioning to the time he spent working out with us at the JCC Fitness Center. It seems we have all benefited. WELCOME BACK “YOGA DAVE”!!!!

Dave credits his continuing recovery to his wife Darlene, good friends, his body work therapist, Kendra Metzger, and to the great staff at the Enola Drayer Physical Therapy office.

COMMUNITY REVIEW AD DEADLINES
APRIL 4, 2014 ISSUE (Passover)  
DEADLINE, MARCH 24, 2014
APRIL 18, 2014 ISSUE  
DEADLINE, APRIL 7, 2014
CALL MARTY LAMONOFF TO RESERVE YOUR AD SPACE OR TO OBTAIN A CONTRACT
E-MAIL: lammie@aol.com
Summer Camp
June 16 – August 8, 2014

Camp K’ton Ton
Toddler and Turning 3 & 2 years by 6/1/14
3- or 5-day a week indoor-based program. Emphasis separation from parents, socialization and introduction to preschool and routines. While based indoors, outdoor experiences are enthusiastically incorporated into camp.

Camp Yeladim
Turning 4- & 5-year-olds Pre-K: 4 years-old by 6/1/14
3- or 5-day indoor/outdoor program. Emphasis on the world outdoors as children explore music, movement, make believe, arts and crafts, sports and games, discovering nature and Jewish culture. Swim instruction included. Pre- K’s visit Green Hills Camp twice a week. Shabbat and Jewish activities are integral to the programs.

For more information about Camp K’ton Ton or Camp Yeladim, contact Early Childhood Department at 236-9555 x 3107.

Camp Gan
For campers turning 5 as of 9/1/14
This camp offers individual and group experience for campers entering kindergarten. With professional staff, this full-day program features a careful balance of daily activities, a rest period and story-telling time.

Camp Chaverim
For campers entering 1st & 2nd grades as of 9/1/14
This camp gives children the opportunity to have summertime fun in a safe and pleasant environment. Campers have the chance to enhance their personal development and acquire new skills, as well as enhance their social development by making new friends and learning to be responsible, sharing and caring people.

Camp Sabra
For Campers entering 3rd & 4th grades as of 9/1/14
Campers never run out of new challenges and adventures! This camp offers socialization, new experiences and, even more important, having fun! It’s a chance to break away from the traditional summer doldrums.

Camp Maccabee
(Enrolling 5th & 6th grades as of September 1, 2014)
This camp is designed to give campers three unique experiences: community service, day trips and traditional camp experience.

Camp Giborim (Travel Camp)
For campers entering 5th & 6th grades as of 9/1/14
This is our unique travel camp that creates a special atmosphere and companionship. With professional staff, our travel campers see parts of the country the best possible way— with friends. Campers will spend Mondays at Green Hills participating in the camp program and four days traveling on amazing day trips and overnights.

What’s Hot This Summer?
Fun begins with an exciting activity program that features outdoor programs, sports and games, performing arts and drama, instructional and recreational swim, cultural activities, arts and crafts, music, environmental living and nature and Israeli culture and Jewish life. This summer, returning by popular request, special camp-wide programs include: Olympics, Omg Sheikhaa, overnight, late nights, carnival, talent show, weekly hobby days, special guests and special theme days. Activities will be incorporated into the daily camp day including gymnastics, ceramics, field hockey, lacrosse, soccer, tennis and more!

Instructional Swim: Professional water safety instructors supervise and teach campers as they progress throughout the summer.

Athletics: We’ve got it all! Whether you’re looking to learn new skills or to play favorite sports, our athletics program is focused around both individual and team sports.

Arts & Crafts: Campers can explore their creativity through nature crafts, macrame, tie-dying, paper mache, sandcrafts and lots more.

Performing Arts: Campers strut their stuff each summer as they enjoy a range of expressive arts including theater, mime, talent shows, plays, skits, song and dance.

Environmental Living: Hiking, creek walks, coolouts, nature crafts, orienteering, fishing and developing a sensitivity to the environment and ecology throughout the camp site.

Jewish Life: Israeli song and dance, Shabbat and Jewish theme programs, and learning about Israel are all part of the fun of Jewish Life.

Check out SUMMER FUN DAYS
Pre- and Post- Camp Options:
See back page for complete list and dates.

20th Annual Harrisburg Jewish Film Festival
May 15-22, 2014

Three Great Special Events...

Opening Event At The JCC
May 15, 2014
DEFIANT REQUIEM with special guest, renowned conductor Murray Sidlin. Reception will follow.
A Day at The State Museum
May 18, 2014
BOOK CLUB FILM at 2:00 p.m.
Goodbye, Columbus starring Ali McGraw and Richard Benjamin. Join us afterwards for a discussion of the film and the Philip Roth novella on which it is based.

Jews in Toons at 6:00 p.m.
A fun evening with veteran writer-producer Mike Reiss of The Simpsons. Reception at 6:00; program begins at 7:00. (Material appropriate for age 14 and up.)

A Return To The Midtown Cinema
Saturday night screening
• Weekday sessions at 3:00, 5:30, and 7:30
• Encore screening of every picture
• Special Matinee pricing
• Adjacent parking on both sides of the theatre
• Closing night reception

Tickets:
Opening Night/Jews in Toons $10 Matinees at the Midtown $7
All other screens $8

For more information: www.hbgiff.com and watch for your Festival program in the mail!
Land & Specialty Classes

Abs/Core Training
Sunday: 10:30 – 11:00 am
A 30-minute class devoted to strengthening your abs and core.
Cost: $7 per class/ Regular Rate
Free JCC Member Discount

Boot Camp
Wednesday/Friday: 12:15-1:00 pm
This class combines resistance training with aerobic exercise. Regardless of your fitness level, emphasis will be placed on having a safe, fun and effective workout.
Cost: $7 per class/ Regular Rate
Free JCC Member Discount

Gentle Yoga (Floor and Standing)
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.
Cost: $7 per class/ Regular Rate
Free JCC Member Discount

Vinyasa Yoga
Wednesdays: 5:30-6:30 pm
Cost: $7 per class/ Regular Rate
Free JCC Member Discount
This is a moderately vigorous class. Content varies, offering elements of Ashtanga and Vinyasa Flow. Participants can expect to move steadily through the entire class. This intermediate level class is suitable for beginners, as modifications to difficult poses are offered in order to make the practice widely accessible.

ZUMBA
Monday: 5:30-6:30 pm
Thursday: 12:00-1:00 pm
Dynamic fitness workout that will blow you away. Come join the party!
Cost: $7 per class/ Regular Rate
Free JCC Member Discount

Les Mills BodyPump
Tuesday/Thursday: 5:30 to 6:30 pm
Saturday: 9:00 to 10:00 am
A barbell workout that strengthens your entire body. Tones muscles, changes your body shape, increases your metabolism, makes you stronger, and gives you better muscle and cardiovascular endurance.
Cost: $7 per class/ Regular Rate
Free JCC Member Discount

Pilates
Tuesday: 9:00-10:00 am
Thursday: 9:00-10:00 am
Improve posture and develop core control, gain the ability to move effectively and efficiently by transmitting force from the body’s center through the torso and limbs. The exercises emphasize precise alignment and efficient sequencing of movement.
Cost: $7 per class/ Regular Rate
Free JCC Member Discount

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

Spinning (Indoor Cycling)
A challenging stationary group cycling class, set to music, utilizes various training and motivation techniques to simulate actual outdoor riding experiences such as hills, sprints and racing. A heart rate monitor may be used. Water and towel are required.
Cost: $7 per class/ Regular Rate Free JCC Member Discount

Early Morning Spin
Monday: 6:15-7:00 am
Wednesday: 6:15-7:00 am
Friday: 6:15-7:00 am

Lunch-Time Spin
Monday: Noon-12:45 pm
Thursday: Noon-12:45 pm

Evening Spin
Monday: 5:45-6:45 pm
Wednesday: 4:30-5:30 pm
Wednesday: 5:45-6:45 pm
Friday: 4:00-5:00 pm

Sundays Spin
Early Sunday Spin: 8:45-10:15 am

Healthways SilverSneakers Fitness Program
Cost: $7 per class/Regular Rate
Free JCC and SilverSneakers

Classic
Tue./Thur.: 9:15-10:15 am
Wed.: 9:45-10:45 am
Move to the music and increase muscular strength, range of movement, and activity for daily living. 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.

Yoga
Mon.: 11:45 am-12:30 pm
Wed.: 11:45 am-12:30 pm
Move your whole body through a series of seated and standing poses. Chair support is offered to safely perform a variety of postures to increase flexibility, balance and range of movement. Breathing exercises and final relaxation promote stress reduction and mental clarity.

Suspension Training
Suspension Training, formerly known as TRX offers a full body workout for individuals of all ages and abilities. Classes offered at a variety of times, but limited spaces are available.
Cost: $15 per class/Regular Rate
$12 per class JCC Member Discount Rate
For more information contact Terri at t.travers@jewishfedhbg.org or (717) 236-9555, ext. 3110

Personal Training
Basic Fees:
Regular Rate: $30 for 30 minute session
$45 for 45 minute session
JCC Member Discount Rate: $40 for 45 minute session
For more information contact Terri at t.travers@jewishfedhbg.org or (717) 236-9555, ext. 3110

Absolute Massage Therapy
Absolute Massage Therapy offers massages at the Harrisburg JCC. Individual or couple massages available. Appointment times vary.

SPRING SPECIAL
$29 one hour massage
For more information contact Lisa at lisa@absolutemassage.info or (717) 315-9806.

www.absolutemassage.info

Babysitting at the HBG JCC
For JCC members utilizing the Fitness Center & Fitness Class
Monday – Thursday
5:15-7:30pm
Ages: 12 months and above
For pricing and reservation requirements please email: t.travers@jewishfedhbg.org
Senior Adult Programs
Bi-weekly programming on Tuesdays and Thursdays. The Club offers something to meet the interests of almost anyone, with a tasty lunch “sandwiched” right in the middle.

AARP Safe Driving
Class: April 3 & 4, 2014
AARP Safe Driving Refresher Course
June 26, Aug 14 & Oct 31

The Senior Adult Club offers monthly day trips to various Theaters from March thru October. For a list of shows, dates, and trips contact Cheryl Yablon (717) 236-9555, ext. 3115

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

Water Classes

Aqua Zumba
Tuesday 9:30-10:30 AM
Wednesday 6:00-7:00 PM
Friday 9:30-10:30 AM
Cost: $7 per class/Regular Rate
Free/JCC Member Rate

A challenging water-based workout that’s cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

Deep Water
Monday / Wednesday 8:15-9:15 am
Cost: $7 per class/Regular Rate
Free/JCC Member Rate

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®
Monday/ Wednesday: 9:30-10:30 am
Cost: $7 per class/Regular Rate
Free/JCC Member Rate

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 Silver Sneakers kickboard is used to develop strength, balance and coordination.

Intro to Deep Water
This 1/2 hour class is designed as a good place to start if you are interested in exercising in deep water. Flotation belts are worn and no swimming skills are required.

50 MILE SWIM
See Pool Manager for Details

Sports, Fitness, & Recreation

For more information on any JRF program contact: Terri Travers at t.travers@jewishfedhbg.org or 717-236-9555, ext. 3110

Kid Certified Fitness Program
This program allows children ages 12 and up to use the Fitness Center after completing the program with a Fitness Center Manager.
Call 236-9555, x3101 to schedule an introduction.

Jr. Maccabi
Hosted by Baltimore JCC
Open to Jewish pre-teens ages 10-12
Sunday, May 4, 2014
Contact: Andrea at a.welkert@jewishfedhbg.org

Members Only Basketball League
Wednesdays 8-10 pm or 7-9 pm
Ages: 18+
Cost: $5/Regular Rate
Free/JCC Member Discount

Green Hills Family Swim Club

JCC Memberships include a membership to Green Hills Family Swim Club, a pool and park facility located on Fishing Creek Valley Road. Green Hills is open from Memorial Day to Labor Day weekends and is open seven days a week. Enjoy a summer day in the serene, wooded surroundings of Green Hills.

Semi-Private & Private Swim Lessons
For more information, contact Terri at t.travers@jewishfedhbg.org.

Features:
• Large swimming pool
• A quiet, peaceful creek winding through the park
• Volleyball Court
• Basketball Court
• Large Pavilion
• Children’s Play Equipment
• GAGA Court (Israeli Dodge-ball)

For more information on Green Hills or to obtain a form for membership, please contact the Sports, Fitness & Recreation Director at 236-9555 ext. 3110 or email t.travers@jewishfedhbg.org

JCC Members have a Free Green Hills Membership for 2014!

Dates
Opening Weekend: May 24 - 26
Closing Weekend: August 30 - September 1

Hours
Weekends & Holidays: 11 am - 8 pm
Weekdays: 1 pm - 7 pm

Harrisburg J-Serve
Calling all Teens in 6th-12th Grade! We need you to join in our annual J-Serve project on Sunday, April 6.

J-Serve is the international day of Jewish youth service. Harrisburg will be one of many cities from across the world participating in volunteer projects that day. We are planning on numerous service projects.

No matter your interest we have a project that will fit!
For more information contact Terri at t.travers@jewishfedhbg.org or 236-9555 ext. 3110 and watch for more details coming soon!
Infants (6 weeks+)  
Experienced and loving staff furnish your infant’s daily 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 with being two. Children are encouraged to 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)  
Planned activities promote reading and math readiness, scientific discoveries, music appreciation, and just plain fun! Field trips coordinate with classroom activities.

Pre-K is required to attend a minimum of five mornings.

Licensed by the Department of Public Welfare  
A Keystone Stars Program

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: $110/Regular Rate  
$70/JCC Member Discount

Keep Your Eye on the Ball  
12:30-1:00 pm | Ages 2 to 5  
Cost: $55/Regular Rate  
$35/JCC Member Discount

FRIDAYS  
Casa Soccer Class  
1:00-1:30pm | Ages 3 to 5  
Cost: $70/Regular Rate  
$50/JCC Member Discount

SUMMER FUN DAYS  
Pre- & Post-Camp Options

KICK OFF CAMP  
School’s out for the summer and the JCC is the place to be! Discover the summer adventures ahead with a taste of Camp JCC - science, cooking, swimming, sports, arts and crafts and more. This camp will be held at the JCC. Please pack a bathing suit, towel, sunscreen and lunch.

For Campers entering Kindergarten – 8th grades as of 9/1/14

June 9 – June 13 | 8:00 am – 6:00 pm  
Regular Rate: $275 | JCC Member Discount: $215

ADVENTURES ON THE GO  
Enjoy this fun and exciting week of mystery and adventure. Special trips and fun theme days. Please pack a bathing suit, towel, sunscreen and lunch.

For Campers entering Kindergarten – 8th grades as of 9/1/14

August 11 – August 15 | 8:00 am – 6:00 pm  
Regular Rate: $325 | JCC Member Discount: $265

CAMP S’MORE  
School’s out for just a few more days and the JCC is the place to be! Soak up the rest of the summer and time with friends at Camp JCC. Enjoy gaga, swimming, art, nature, science and more. This camp will be held at Green Hills. Please pack a bathing suit, towel, sunscreen and lunch.

For Campers entering Kindergarten – 8th grades as of 9/1/14

August 18 – August 22 | 8:00 am – 6:00 pm  
Regular Rate: $275; | JCC Member Discount: $215
Newlyweds Go on Birthright

Two Harrisburg locals have just returned from a Taglit-Birthright Israel trip, full of renewed devotion to their commitment to Judaism and to each other. The couple, Carl and Carli Feldman, was married less than a year ago after meeting in college.

While Carl was raised in a reform Jewish family, and celebrated his Bar Mitzvah, Carli, (née Timpson), raised without a strong religious affiliation, converted to Judaism after Carl proposed.

“My mother belonged to a restrictive and unpleasant religion when she was a child,” said Carli. “The few times I did attend church with my Baptist grandmother or Catholic best friend left me with a strong aversion to Christianity. However, my awareness of a desire for a spiritual community became heightened after those encounters. In college I met Carl, and he and I spoke about Jewish religion, culture and identity. We attended Shabbat services together and I was overcome with the sense that my time searching for a religious home had brought me to Judaism.”

At her Rabbi’s suggestion, Carli began looking into a free Taglit-Birthright Israel trip. Carl, who had gone to Israel previously on a March of the Living, was previously ineligible for Birthright Israel. However, early in 2014, Birthright Israel released news of its expanded eligibility – applicants who had gone on an organized peer trip before the age of 18 can now apply - which allowed the couple to go together.

The 10-day trip was a flurry of activity, including mud baths at the Dead Sea, camel rides in the Negev, and an emotional trip to Yad Vashem’s Children’s Memorial – which brought the Feldmans closer to each other and their shared faith.

“The exhibition reminds you of all the lives that were taken, but I think more importantly, is a warning about the serious dangers of individuals and nations losing empathy for others,” said Carli.

According to Carli, the most intriguing site for the Feldman’s was a visit to the town of Tzippori, a town in the Galilee region of Israel with a rich and diverse ethnic past. “The history of a community of diverse faiths living together seemingly in harmony resonates with the current ideological conflict facing modern-day Israel.”

Taglit-Birthright Israel, the largest and most successful Jewish continuity program in the world, has sent more than 350,000 Jewish young adults to Israel coupled with approximately 60,000 young Israelis on a free 10-day educational trip since the program’s inception in 2000.

Founded on the belief that it is the birthright of all young Jews to visit their ancestral homeland, the Birthright Israel trip is offered with “no strings attached,” in order to remove any financial barriers for potential participants.

Features of the trip include visits to Jewish national, archeological and historical sites, Holocaust remembrance sites, arts and culture events, and the Western Wall, as well as Israeli peers joining each Birthright bus. In addition, niche trips appeal to participants with special interests, ranging from culinary arts, to singing, to special needs. Trips take place between November-March and May-October.

Since their return, the Feldmans advocate strongly to couples thinking about applying to a Birthright Israel tour. “Birthright is an experience that will change a person’s perceptions in one way or another,” said Carli. “I think experiencing that growth together is beneficial for any relationship. We feel affirmed in the commitment to leading Jewish lives that we made prior to our trip.”

Interested applicants should visit www.BirthrightIsrael.com.

Birthright Change a Mirage and a Misstep

February 27, 2014 - While changing birthright israel’s eligibility requirements to include young adults, who previously participated on a teen Israel experience, appears to be a worthy addition to birthright israel, it is, in fact, a mirage and a misstep.

The change has the appearance of bringing more young people to Israel, but because the experience will be duplicated, increased participation is an illusion. It is not that a second free trip is a bad thing. The misstep is that the precious dollars can and should be used to actually increase the number of participants who have not been to Israel by simply lowering the minimum age of eligibility from 18 to 16. This would be consistent with birthright israel’s goals of getting as many young Jewish adults to Israel as possible.

Expanding birthright israel’s minimum age to 16 would dramatically boost enrollment in Israel experiences for teens, especially the approximately 70-plus percent of underserved Jewish teens, who are not involved in an intensive Jewish experience, including Jewish overnight camp or Jewish day school. This change would enable an explosion of exciting pre and post trip Jewish programming, which is difficult for birthright to provide effectively, including Israel advocacy, leadership development, public speaking training, conversational Hebrew classes, and more. A life-changing teen Israel trip before going to college prepares and empowers teens to deal with the rising tide of anti-Israel and antisemitism on college campuses, enabling them to stand up to anti-Israel protestors, rather than run from them. Jewish life on campus becomes a priority in college searches, including interest in Hillel, Jewish studies courses, and semester in Israel.

Our community’s Youth to Israel Adventure (Y2I), the most successful community teen Israel experience in North America, per capita, is proof of the impact a free trip has on the rate of participation. We send an average of 100 Jewish teens, ages 16 and 17, to Israel every year on a fully subsidized community trip. This represents more than 60 percent of the identified pool of Jewish teens in our community of the North Shore of Massachusetts, with an estimated Jewish population of 16,500. We provide exciting pre and post trip programming for teens and parents focused on Israel. We take full advantage of having access to our teens for two years before they go to college, providing them with opportunities to engage educationally and socially. Key to our success is the full subsidy. The subsidy is made possible by a winning combination of funders–Lappin Foundation, Combined Jewish Philanthropies, and more than 800 donors and business that support our annual campaign.

The Lappin Foundation calls upon birthright israel to lower the minimum age requirement to 16. This would reverse the trend of declining Israel attachment amongst young people, as reported in the Pew study. The outcome will be a Jewishly stronger, Jewishly prouder, and more connected-to-Israel generation than we now have. Jewish continuity will be assured.

Robert Israel Lappin, President
Deborah L. Coltin, Executive Director
Lappin Foundation, 29 Congress St., Salem, MA 01970
www.lappinfoundation.org - 978-740-4428
dcoltin@lappinfoundation.org
American Red Cross Babysitter’s Training Course

Ages: 11 to 15 years
Dates: Sundays, March 30 & April 6
Time: 12:15 – 4:00 pm Attendance at both sessions is required to receive certification.
Min: 8 participants
Cost: Regular Fee: $80; JCC Member Discount: $60
Location: Jewish Community Center
Description: What you need to know and what every parent wants in a safe and responsible babysitter!

The Babysitter’s Training course can help you—
• Care for children and infants.
• Be a good leader and role model.
• Make good decisions and solve problems.
• Keep the children you baby-sit and yourself safe.
• Handle emergencies such as injuries, illnesses and household accidents.
• Write resumes and interview for jobs.
• And much more!

To register for this class please call the JCC at 236-9555, ext. 0. Questions??
Contact Andrea at 236-9555, ext. 3108 or a.weikert@jewishfedhbg.org

Boston, Salem and the North Shore
June 19-23, 2014

Hopefully you have seen the flyers in the Community Review for our JCC
5-day/4-night trip to, Boston, Salem and The North Shore coming up June 19-23, 2014. We have 30 people signed up for this trip so we are definitely going! Those of you who have sent in your deposits, your checks have been cashed and are deposited with our travel company. The deadline for your balance is due April 13, 2014. If there is anyone else who would like to join us on this trip there is still plenty of room. Please let me know as soon as possible, if you have any interest in going with us! A $75 per-person deposit for this trip holds your place.

Please call Cheryl at 236-9555 Ext. 3115 with any questions. These JCC vacations are open to everyone who would like to go – ask your family, friends or neighbors!

Foster Teens and Resilience
By Bryna Sherr, LCSW, Permanency Coordinator, AdoptionLinks

The 16 year old who doesn’t know her birth father despite several paternity tests and whose birth mother was too drunk to make sure she was keeping up with cyber school for years...
The 17 year old whose birth mother is an unemployed alcoholic and refuses to parent her and whose birth father is a drug addict and alcoholic and has given up on her altogether...
The 16 year old whose birth father is in jail and whose alcoholic birth mother has been neglectful all of his life...
The child who was physically abused by her birth mother, moved out of state to live with her birth father who realized he cannot parent a teen he never knew...

What do all these teens have in common? There are several things. They are all in foster care. They are trying to gather their lives together to become independent and successful adults. They have foster parents who are mentors to them. They are all doing better than expected.

They are persevering. One is doing well in school and has already been accepted to a four year university. One is working a part-time job, getting all A’s in school, and bought herself a car. One is finishing up her senior year and headed to Cosmetology school after graduation. One is in community college studying criminal justice.

There is a famous quote in The Merchant of Venice that states, “The sins of the father are to be laid upon the children.” Some teens in foster care do succumb to the results of poor or absent parenting. Although the teens described above have experienced things that they cannot “un-experience,” they are clearly not letting the poor choices of the birth parents dictate their futures as young adults.

My job with these teens is to explore and make sense of their pasts, assess where they are now, and determine where they want to be in the future. This process is called Child Preparation which is contracted to AdoptionLinks, Jewish Family Service through the State Wide Adoption Network (SWAN). My seemingly simple question to each of them is, “WHY?”

WHY aren’t they following the patterns of the birth parents? WHY aren’t they having problems coping with life? WHY aren’t they just like their birth parents? WHY are they so resilient?

When a child is brought up by birth parents who teach them the wrong way to do things through their actions and words, how does the child know the RIGHT way to do things? How does one succeed in an environment of bad habits, drug and alcohol use, abuse and lack of parenting? However it is done, these kids have done it.

The number of teens entering foster care has increased dramatically. There are teens out there who need positive role models and the teens described above have been able to find those role models in their foster parents, and other resources, and start on a better path in life.

When I do ask why the foster teens’ choices are so different than the birth parents’ choices, most of them cannot give me a specific reason. Children are so influenced by birth families, it is amazing to see them behave so differently from their birth parents. Not all of their siblings necessarily fare as well. Why are they the resilient ones?

These teens don’t just miraculously change because they get into a more nurturing home environment. These teens come into care with inner resources that are remarkable and profound. These teens, despite their maladaptive upbringing, are using their inner strengths to their advantage. They just somehow seem to know that the unstable birth home they grew up in does not have to define them or dictate their destinies; they don’t have to end up with the same problems.

These teens are not completely unscathed by their experiences; they do carry burdens from their troubled childhoods. Counseling and Child Preparation services through SWAN are available to them to address their issues, of which they most likely still harbor but are unaware. These issues, however, have not prevented them from achieving their hopes and dreams.

This population is very special and I am privileged to be able to work with them. They are utterly inspiring. I have found along the way that it is important to acknowledge that, no matter the “why’s,” the fact remains that they are not letting the poor choices their parents made determine their futures.

AIPAC Hosts Harrisburg Delegation

Recently, a group of individuals from the Harrisburg Jewish Community served as the Harrisburg Delegation at the AIPAC Policy Conference, in Washington, D.C. Pictured in this photo are: Bottom row: Debbie Abel-Millman, Faith Goldsmith, Marsha Davis, Myra Sacks, and Davy Goldsmith; middle row: Rita Gordon, Carol Hoffman, and Eric Morrison. Back row: Barry Gordon, Arthur Hoffman, Stuart Sacks, and Jesse Hervitz. Missing from the photo is Joshua Millman.
money to repair and maintain the PA Holocaust Monument on Front Street. The Steering Committee that is arranging the Walk consists of members of the Jewish community, the Catholic Diocese, the Unitarian Church, Harrisburg City government, the State Museum, and Penn State Harrisburg.

The Walk will take place on the afternoon of Sunday, May 4. Participants will walk from the JCC, 21/2 miles along Front Street, to the Holocaust Monument. Our goal is to raise $15,000 this first year. 100% of the proceeds will go to the Perpetual Care Fund.

The Perpetual Care Fund has already received one very generous donation from a local individual. Please note that since the donations are being accepted through the Jewish Federation and the Jewish Community Foundation, all donations are tax deductible. 100% of donations that come in as a result of the Walk will go into the Fund. Right now we are reaching out to individuals and businesses in both the Greater Harrisburg Jewish and general communities in an effort to provide a budget for the Walk itself. We have raised half of our $2,500 budget and would welcome donations of any amount to help us reach our goal. These donations, which are being made out to Temple Beth Shalom, are also fully tax deductible. Sponsors of the Walk (at a rate of $150 or more) may elect to have their names printed on the tee shirts and the program. Contact me at carol@pars.org to become a sponsor of the Walk or if you would like to contribute to the Perpetual Care Fund.

If you are interested in participating in Harrisburg Walks Together on May 4, you can register at: http://tbshalom.org.

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On April 10, 1994, the Holocaust Memorial for the Commonwealth of Pennsylvania at the corner of Front and Sayford Streets was dedicated. The impetus for the creation of the Monument, along with funding for it, came from Harrisburg's survivors of the Shoah. The land the Monument sits on in Riverside Park was donated by the City of Harrisburg. It was an enormous task to create Pennsylvania's Holocaust Monument.

Several years later, Temple Beth Shalom, under the leadership of Rabbi Carl Choper, sponsored Greater Harrisburg's first Reading of the Names on Yom Hashoah. Yom Hashoah is the Day of Remembrance of the six million Jews slaughtered in the Holocaust. Since then, the annual Reading of Names has become a community-wide event.

It has come to the attention of the members of Temple Beth Shalom that the Harrisburg Holocaust Monument is in need of attention. The Jerusalem stone, which constitutes the floor of the Monument, is crumbling and weeds are growing up through the stone. Several of the granite slabs in the wall surrounding the central steel pole are heaving up. While some local individuals, along with Lillian Rappaport's 7th grade class at Temple Ohev Sholom, take time to weed and rake leaves, the Monument needs repair and continuous upkeep. Temple Beth Shalom is committed to taking on the task of creating a way to accomplish that.

The Jewish Community Foundation, in partnership with the Jewish Federation of Greater Harrisburg, has recently established a Perpetual Care Fund for the Holocaust Monument. Temple Beth Shalom is sponsoring "Harrisburg Walks Together" to oppose bigotry, support tolerance, and to raise
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<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>March 23</td>
<td>Pre-Passover Cooking Demo, 5-7 p.m., JCC</td>
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<td>Chisuk Emuna Morning of Learning, 10 a.m. – Noon, Chisuk Emuna</td>
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<td>March 25</td>
<td>Senior Lunch Program, 10 a.m., JCC, Program: Musical Duet Brad and Mary Barrows, 12:30</td>
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<td>March 27</td>
<td>Senior Lunch Program, 10 a.m., JCC, Program: Lecture by Dr. Donald Koones, “A Hollywood Legend – John Wayne”, 12:30 p.m.</td>
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<td>March 28</td>
<td>Beth El Congregational Dinner, 5:30-8 p.m., Beth El</td>
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<td>March 30</td>
<td>Touch-a-Truck Hometown Heroes/Wellness Fair, 11 a.m. – 2 p.m., JCC</td>
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<td>Celebration of Music, 3:30–5:30 p.m., Temple Ohev Sholom</td>
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<td>April 1</td>
<td>Senior Lunch Program, 10 a.m., JCC, Program: Book Review/discussion with Dorie and Stuart Garner on “The Cellist of Sarajevo”, 12:30 p.m.</td>
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<td>April 3</td>
<td>Senior Lunch Program, 10 a.m., JCC, Program: “Name That Tune” with Al Goodman, AARP Safe Driver Course, 12:30-4:30 p.m., JCC</td>
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<tr>
<td>April 4</td>
<td>AARP Safe Driver Course, 12:30-4:30 p.m., JCC</td>
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<td>April 6</td>
<td>Hebrew High Graduation, 7:30 p.m., JCC</td>
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<td>March 23</td>
<td>I.G.C. Precious Metals Buying/Appraisal/Repair Clinic, Senior Adult Department Fundraiser</td>
<td>May 6, 2014</td>
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<td>“JCC Programs are funded by the Annual Campaign of the Jewish Federation of Greater Harrisburg.”</td>
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<td>March 30</td>
<td>Candlelighting</td>
<td>March 21: 7:02 p.m., March 28: 7:09 p.m., April 4: 7:16 p.m.</td>
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BETH EL BOOK CLUB – Wednesday, March 26 @ 7 p.m.

Please join the Beth El Temple Book Club for a review and discussion of the novel The Bookseller’s Sonnets by Andi L. Rosenthal. Open to the community, our Book Club welcomes all those interested in exploring Jewish themed literature.

A mysterious package from an anonymous artifact donor arrives on the desk of Jill Levin, the senior curator at a Holocaust museum: a secret diary, written by the eldest legal advisor to and close friend of Henry VIII. As Jill and her colleagues work to authenticate this rare find, letters arrive to convey the manuscript’s history and the donor’s unimaginable story of survival. At the same time, the representatives from the Archdiocese of New York arrive to stake their claim to this controversial document, hoping to send it to a Vatican archive before its explosive content becomes public. As the process of authentication hovers between find and fraud, and as the battle for provenance plays out between religious institutions, Jill struggles with her own family history and her involvement in a relationship she fears will disrupt and disappoint her family.

Happy reading! See you on March 26 at 7 p.m. in the Schein Annex at Beth El Temple.
Community-wide Freedom Seder
April 8 at Beth El Temple 7-9 p.m.

On Tuesday evening, April 8, The Religion and Society Center, The Interdenominational Ministers Conference (IMC), and the Rabbinic Advisory Council will sponsor a community-wide Freedom Seder to celebrate Passover, the Festival of Freedom.

The evening will be filled with the symbolic Seder foods and rituals, including singing songs of freedom, sharing varied teachings, and table discussions about what freedom means for us as Americans.

The history of the Freedom Seder goes back to 1969, when America’s Civil Rights Movement inspired Blacks and Jews to ponder the meaning of freedom from slavery from the Bible through our own time. The first such Seder was held on April 4, 1969, which was the third night of Passover and the first anniversary of the assassination of Dr. Martin Luther King. Since then, Freedom Seders have been held in many cities to bring freedom-loving people together in prayerful fellowship.

The Freedom Seder will be led by Rabbi Carl Choper, President of the Religion and Society Center, Rabbi Eric Cytryn of Beth El Temple, and Bishop A.E. Sullivan, President of the IMC. Freedom songs will be lead by the IMC Choir.

Reservations are required. To register, and for information on cost, contact the Beth El Temple office at 232-0556. For additional information, contact Michael Sand, 717-238-5558 or Rabbi Eric Cytryn, 717-232-0556.

Saturday, March 22: Java ‘n Torah 9 a.m. Interactive study before Shabbat morning service.

Sunday, March 23: Grade 7 Tefillin/Minyan Family Education Program with Rabbi Cytryn 9:00 a.m. Grades 4/5 “World Jewish Cuisines Program” 10:15 a.m.

Friday, March 28: Tot Shabbat 5:30 p.m. Congregational dinner 6 p.m. Kabbalat Shabbat 7:00 p.m. Junior Congregation 7 p.m.

Saturday, March 29: Bar Mitzvah of Brian Reback Parshat Tazria 9:15 a.m.


Saturday, April 5: Mini Congregation 11 a.m.

Sunday, April 6: Breakfast ‘n Learn 9:30 a.m. Rosen Sisterhood Hall. Steven Loux, Jon Brandow and Judi Bernstein-Baker on “Immigration: Jewish Ethics, Economics & Real Life Stories.”

Wednesday, April 9: Cluster Passover Instructional Seders, 4:15-6:15 p.m., for Religious School students.

Saturday, April 12: Shabbat morning service includes Guided Meditation Mussaf. Final Junior Congregation Shabbat services, 10:30-11:30 a.m., with Gold Kipah Honor Society induction.

Tuesday and Wednesday, April 15 & 16: Passover holiday services 9 a.m. in Sanctuary.

Public Service Announcement

Monday and Tuesday, April 21 & 22: Passover holiday services 9 a.m. in Sanctuary.

Friday, April 25: Tot Shabbat 5:30 p.m. Congregational dinner 6 p.m. Kabbalat Shabbat 7 p.m. Junior Congregation 7 p.m.

Public Service Announcement

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

Weekly Minyan times:
Sunday mornings at 8:30 a.m. Monday, Thursday mornings, 6:50 a.m. Tuesday, Wednesday and Friday mornings, 7 a.m. Sunday through Thursday evenings, 7:15 p.m. Friday, March 21: Erev Shabbat service, 7 p.m.

Saturday, March 22: Shabbaton and Silver Academy Shabbat, 9:15 a.m., Mazel Tot Shabbat, Junior Congregation and Women’s Torah Study led by Ellie Friedman, 10 a.m. Mincha, Ma’ariv and Torah study, 7:05 pm

Sunday, March 23: Preparing for Passover: An Interactive Program for our Hearts, Minds, Bodies and Souls, 10 a.m. – noon. For more information, please call Susan Sussman at 232-4851. Rosh Hodesh – It’s a Girl Thing, 3:30-5:00 p.m.

Friday, March 28: Erev Shabbat service, 7:05 p.m.

Saturday, March 29: Shabbat morning service, 9:15 a.m. Mincha, Ma’ariv and Torah study, 7:10 p.m.

Friday, April 4: Erev Shabbat service, 7:10 p.m.

Saturday, April 5: Shabbat morning service and Bar Mitzvah, 9:15 a.m. Mincha, Ma’ariv and Torah study, 7:15 p.m.

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.

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

Public Service Announcement

TEMPLE BETH SHALOM
697-2862 | www.tbshalom.org

Friday evening Shabbat Services at 7:15 p.m.

March 22: No Saturday morning service
March 29: No Saturday morning service
April 5: Saturday morning services, 9 a.m.
April 12: Saturday morning services, 9 a.m.
April 19: Saturday morning services, 9 a.m.
April 26: Saturday morning services, 9 a.m.

Temple Beth Shalom’s annual
Esta Wolfe Platkin, age 85, passed away on February 25, 2013 in Panama City Beach, FL. Esta was preceded in death by her first husband, Larry Wolfe. She is survived by her second husband, Carl Platkin; her children, Marcia Wolfe, Michael Wolfe, and Suzy Wolfe-Amley; 4 grandchildren, and 6 great-grandchildren. She was interred at Beth El Cemetery, Harrisburg on Sunday, March 2nd in a private ceremony. Esta was a beloved parent, grandparent and friend. She will be missed. Memorial contributions can be made to the Chemotherapy Foundation, 183 Madison Avenue, Suite 403, New York, NY 10016; the Covenant Hospice of Panama City, 5041 N. 12th Avenue, Pensacola, Florida 32504; or your local food bank or library. To share online condolences, please visit www.HetrickBitner.com or on Facebook. To forward correspondence to the family, please send C/O Hetrick-Bitner Funeral Home, 3125 Walnut St., Harrisburg, PA 17109.
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Jewish Federation of Greater Harrisburg

The Strength of a People

The Power of Community

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