



SHALOM



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Family Fun Day highlight of Annual Meeting

By Amanda J. Hornberger

Building on the fun from last year's annual meeting and family picnic, please join us for this year's Annual Meeting and Family Fun Day on Sunday, May 22, from noon to 4 p.m. at the Wyomissing Hills Park (same location as last year). At noon there will be a very brief annual meeting, but the fun

will start at 12:15 and continue until 4 p.m.

The fun outdoor games will be back, and new this year will be Israeli dancing with an instructor from Philadelphia. Learn the basics of Israeli dance from an experienced dancer and instructor! Dancing starts at 2:30 p.m.

The meeting and fun will take

place at Wyomissing Hills Park, 53 Valley Road in Wyomissing. Free parking is available at the Wyomissing Hills Pool or on the street by the park.

A picnic lunch from Boscov's Catering and all the fun, games and activities will be provided free of charge to all community members.

We only ask that you kindly RSVP to Brenda by Tuesday, May 17, at 610-921-0624 or brendas@jfreading.org.

We hope community members of all ages will join us for this fun afternoon!

Questions? Please contact Amanda at amandah@jfreading.org or 610-921-0624.



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2016 totals as of April 15

Jewish Community Campaign \$309,362

***Includes transfers from Donor Advised Funds**

Community invited to attend talk on medical ethics

Open to the entire community, the Maimonides Society's next dinner on June 2 features Rabbi Jonathan K. Crane.

Rabbi Crane serves as the Raymond F. Schinazi Scholar in Bioethics and Jewish Thought in the Center for Ethics at Emory University. He is the immediate past-president of the Society of Jewish Ethics and will lead an interactive discussion and text study at Reform Congregation Oheb Sholom in Wyomissing on Jewish attitudes toward intervening at the end of life.

Jonathan is a much sought-after teacher. He has spoken at conferences around the world on Jewish ethics and ethical themes, including bioethics, politics, warfare, food choices, comparative religion and interfaith relations, and Gandhian philosophy.

He is the author of "Narratives and Jewish Bioethics" (2013) and co-editor with Elliot Dorff of "The Oxford Handbook of Jewish Ethics and Morality" (2012.) Forthcoming books include "Eating Ethically: Religious, Philosophical and Scientific Perspectives

on Eating Well," and an edited volume tentatively titled "Race with Jewish Ethics." He founded and co-edits the Journal of Jewish Ethics.

Rabbi Crane completed a Ph.D in Modern Jewish Thought at the University of Toronto in Canada. In 2014, he received a Doctor of Letters, honoris causa, from Wheaton College in Massachusetts. As a Wexner Graduate Fellow, he received both rabbinic ordination and a Master of Arts in Hebrew Letters from Hebrew Union College – Jewish Institute of Religion.

The Maimonides Society of the Jewish Federation of Reading sponsors programs of interest to both the medical and general community throughout the year.



Rabbi Jonathan K. Crane

Led by Dr. Richard Alweis, Program Director of the internal medicine residency program for Reading Health System and Clinical Associate Professor of Medicine at the Sidney Kimmel Medical College at Thomas Jefferson University, the Society brings together Jewish medical professionals who continue the tradition of tikkun olam – healing the world.

The 40 members of Reading's Maimonides Society integrate Jewish values with community medical needs, helping to improve the lives of people here at home and in Israel.

Preregistration for the June 2 program is required.

Reading Hospital designates this continuing medical education activity for a maximum of 1.50 AMA PRA Category 1 Credits™.

For more information about the Maimonides Society's dinner and program with Rabbi Jonathan Crane or to join the Maimonides Society call the Federation office at 610-921-0624.

Meir Panim distributes 3,000 challahs a week to Israel's needy

Meir Panim, an organization established to help alleviate and diminish the debilitating effects of poverty in Israel, has started a new program. In the "Challah for Shabbat Project," Meir Panim distributes 3,000 challahs weekly to needy people at the organization's six free, restaurant-style soup kitchens and through their Meals-on-Wheels program.

Meir Panim restaurants are open Sunday through Thursday. The organization serves nearly 400,000 hot, nutritious meals annually to hungry and lonely people in these free restaurants.

"Our restaurants are not open on Fridays and the Sabbath," explained Goldie Sternbuch, Director of Overseas Relations for Meir Panim. "Though we distribute 30 percent more food on Thursdays to help people get through the weekend and we also provide over 100,000 food packages and about 5,300 food

shopping cards annually, we wanted to do something special for the Sabbath."

Therefore, every Thursday, Meir Panim's goal is to provide each patron with two large, freshly baked challahs.

At the program's launch this year Meir Panim restaurants in Jerusalem and the southern town of Dimona were beautifully decorated with a festive Sabbath table including a white tablecloth and candlesticks. "Diners were very excited about the Sabbath atmosphere we created with the prepared Sabbath tables and enjoyable background music," noted Sternbuch.

In a particularly touching moment, an elderly, homebound woman in Dimona received her challahs by personal delivery. The volunteer who delivered the challahs related to the Dimona branch head, "I cannot possibly convey the magnitude of my



emotion when I handed something as simple as these challahs to this woman. She is weak and homebound and can't make her way to the Meir Panim free restaurant. Her house is bare. She took the challahs, smelled them for a long moment, and broke down in tears. It was a very sobering moment."

"Meir Panim helps everyone in need, whether they observe the Sabbath or not," shared

Sternbuch. "However, everyone wishes for a bit of tranquility in their challenging lives. We hope that donors will recognize that sweet, Sabbath challah adds a special sweetness to impoverished people's lives and will want to support this endeavor."

Meir Panim receives support from our community through the Jewish Federation of Reading's Israel Now campaign.

Changing our tune

By **Richard Nassau**
Development Director



Recently one of my children along with some friends attended services at a synagogue in another community. This group had gone several times before and liked it. So I was surprised when they returned and my child said, "We're probably not going back. There was a bunch of new songs and melodies we didn't know." I restrained my parental instincts and simply said, "Okay."

Now the reason they are not returning may or may not be "songs and melodies," but my child's comments came back to me when I was meeting with a member

of our community and our talk turned to Jewish legacies.

All right, songs and melodies generally are not the first thing I think of when I speak with people about creating their Jewish legacy. My thoughts focus more on how critically important Federation legacy funds are for ensuring our Jewish future. How contributions to our legacy funds provide camp scholarships, leadership development, reinforce Jewish identity, and engage people in new ways. I will now be adding how critically important making a Jewish legacy gift is to also helping us change.

As I sat speaking with this person about their Jewish legacy, they said, "You know, Richard, my tunes aren't the same ones my father sang." Now please know they were talking about Jewish

education and how their father's Jewish community priorities were different from theirs. But I got it.

Jews and tradition are one of those pairs we easily link together. When I think of my own traditions, I know my choices reflect many of the ways my parents and grandparents expressed their Judaism. How it was displayed through their choice of social groups, their involvement with institutions such as their synagogue and the JCC, their passion for Israel, and in the ways they practiced their own Jewish traditions.

So for me, songs and melodies are a good reminder of how well we as a community adapt and respond to changes within our own tradition. My tunes aren't the same ones my father sang. I'm thankful for that and expect he

would be, too. Our ability to adapt is a big part of our vibrancy and strength as a community.

Legacy gifts reflect personal values and personal traditions. A bequest to Federation in any amount helps sustain us. More importantly, each individual legacy gift contributes to moving our community forward, sometimes traditionally and sometimes in new ways.

Please give some thought to what you would like your Jewish legacy to be. What is your Jewish passion? What is important to you? Then please consider making a contribution to Federation through a bequest in your will. It's a good tradition to follow. You can contact me to discuss confidentially ways of creating your own Jewish legacy. You choose the song and melody.

Technology got you down? Come to the JCC

By **Amanda J. Hornberger**

I think most people have seen (and can relate) to the Ally Bank commercial featuring grandparents and grandchildren. As the advertisement states "grandkids = free tech support". In order to combat this and allow for some intergenerational bonding instead of just tech support, the JCC is offering a three-week series of FREE technology classes!

Geared for those who need more

support with the newest technologies (not just seniors) this series of class will be taught by those "in the know"...millennials who are experts on how to use the latest technologies!

Each week we will cover a different technology with hands on experiences and handouts with instructions to take home. The classes will be an hour long, and there will be plenty of time for questions and answers! If you have your own device

please feel free to bring it but the class is also open to anyone who does not have the technology and would like to learn. You can attend just one class or the entire series.

The JCC is offering the classes for free but we are requiring RSVPs so that we can prepare materials ahead of time.

Please RSVP to Brenda at brendas@jfreeding.org or 610-921-0624 by the day before the class. Please specify if you are attending the entire series or just one class.

A list of classes and topics are below.

Friday, May 6 at 1 p.m. — Smartphones: Android and iPhone

Friday, May 13 at 1 p.m. — Tablets: Microsoft, Google, Android and Apple

Friday, May 20 at 1 p.m. — Kindle or Nook: Accessing e-books from the Reading Public Library

Questions? Please contact Amanda at amandah@jfreeding.org or 610-921-0624. ALL ARE WELCOME.

Diplomat's book sheds light on Israel-U.S. relationship

Thanks to the wisdom of Moisey Schneider, who chose the book, the Israel Book Club read Dennis Ross' book "Doomed to Succeed." Ross served in five United States administrations, worked with six Israeli prime ministers and was a political consultant and strategic designer of the Middle East peace process. His book analyzes the posture and policies on Israel of the last twelve U.S. presidents beginning with Harry Truman. He has unparalleled experience in Washington and Middle East politics, making this a great choice for general information in our campaign year.

Examining the historical record, Ross was surprised to find that Middle East policies, positions, and agreements were recycled from administration to administration. Many were even couched in the exact same terms. Ross believes the greatest mistake of U.S. administrations was and remains the failure to learn from historically disproven assumptions.

He talks of three specific errors. First, it was and is wrongly believed that an emotional and strategic distance from Israel will result in an emotional and strategic closeness with the Arab and Muslim world. As an example of this error, Eisenhower tried to develop allies in the Middle East to contain the Soviet Union. In an attempt to accomplish this, he pressed Israel to accommodate all Arab states' demands. He also, at a time of

great peril for Israel, resisted all requests for defensive weapons. Despite this, Nasser aggressively pursued relations with the USSR, and no other Arab leader was prepared to work with us beyond what they were already doing. In other words, Eisenhower's policy of distance from Israel created no benefit for the U.S. in the Middle East.

The second assumption is a corollary of the first. It is repeatedly believed that cooperation with Israel has significant negative political costs in the Middle East. An example of this fallacy is that Truman recognized the Jewish State of Israel against the advice of every one of his advisers. This was an extraordinary example of his vision and courage. Contrary to dire warnings of Arab reprisals, the result was no cessation of relations and full access to oil from Middle East countries.

The third assumption is that resolving the Israeli-Palestinian conflict is critical to resolving all Middle East issues. Analyses of the Carter, George H.W. Bush and Obama administrations showed that Arab states rarely did anything tangible for the Palestinians other than posture. It was always self-interest and inter-Arab competition that drove Middle East priorities. As an example, Carter believed Sadat would not make peace with Israel unless Palestinian issues were addressed. However, Sadat never

Book Club: 'Saving Israel'

By **Amanda J. Hornberger**

Is Israel worth saving, and if so, how do we secure its future? The answer to this question and much more can be found in the JCC Israel Book Club's latest book, "Saving Israel: How the Jewish People Can Win a War That May Never End," by Daniel Gordis.

"Saving Israel" addresses the most pressing issues faced by Israel and lays to rest some myths about Israel. We'll be meeting to discuss

the book, Gordis and select our next book on Wednesday, May 18 at 7 p.m. at the JCC.

"Saving Israel: How the Jewish People Can Win a War That May Never End" can be found at the Exeter Public Library, Amazon or other major book retailers. If you have questions or would like more information about the JCC Israel Book Club please contact Amanda at amandah@jfreeding.org or 610-921-0624.

pressed that issue, and the resulting peace deal and Sadat's visit to Israel confirms this. The present conflicts in Syria, Libya and Yemen are clearly unrelated to the Israeli-Palestinian conflict. Ross states that linkage between the Israeli-Palestinian conflict and other Middle East issues is the mother of all myths. Although there is a moral imperative to solve this conflict, it will not be a regional game changer.

In the end, Ross believes that the Israel-US relationship is doomed (in a good way) to succeed because we share the same values, interests and threats. Values such as freedom of speech, press, and religion, rule of law

and equality of gender, race, creed and sexual orientation; interests such as economic and strategic security, being a positive benefit and aid to the world at large; and threats such as brutal terrorist extremism are principles that Israel and the United States have in common.

The Israel Book Club is proud to have motivated the Federation to bring Dennis Ross to Reading in September. Our next book is Daniel Gordis' "Saving Israel." If you are confused, conflicted and/or upset with the result of the recent Pew study on Israel's internal divides, join us for this discussion on Wednesday, May 18, at 7 p.m. at the JCC.

Prepared by Moisey Schneider, Andi Franklin and the Israel Book Club

Yemin Orde celebrates French heritage of teen residents

Yemin Orde Youth Village is home to 110 French-Jewish teenagers, many of North African descent whose families moved to Israel from Paris, Bordeaux, Marseilles, Nice, and Toulouse.

For the past two years, the French youth have organized French Day at Yemin Orde, sharing their culture, food, music and more with their new Village friends from other countries.

This year's French Day featured a production of a student written and produced show: "Israel is My Home." The Village's gymnasium/basketball court was converted into a theater with a painted backdrop of skyscrapers

and leafy trees reflecting both France and Israel.

Everyone was treated to two short plays, one about the upcoming Passover seder and the other about Mimouna, the festival in which Jews of North African heritage bring the Passover holiday to a close. To act out Mimouna, everyone got involved: the singers and dancers donned fezzes and white (traditional long garments worn in North African countries) and even staff member, Yossi Zohar, took on the role of a Moroccan elder and accompanied his students on the darbuka (small goblet-shaped drum). At the conclusion, the

teens reappeared on stage wrapped in Israeli flags, whirling and twirling like dervishes.

The evening's songs, plays, and skits were trilingual, delivered in French, Hebrew and Moroccan Arabic. The mix of languages and cultural, even culinary, references—as one sketch put it, "couscous, not croissants"—expressed the teenagers' engagement with a complicated three-fold identity.

As David Ouaki, French Program Coordinator, said, "The show was authentic. It came from them. The children have their own customs and traditions and Zionism. They ask to be

a part of Israel, but they have difficulty integrating so we must help them."

This special evening of so many nuanced moments concluded with the performers asking the audience to rise and sing HaTikvah, Israel's national anthem. Everyone stood, put their arms around each other's shoulders or waists, and sang while swaying side to side. And then they and their sons and daughters proudly belted out "La Marseillaise," the national anthem of France.

Yemin Orde is supported by local dollars through the Jewish Federation of Reading's Israel Now campaign.

From the President's Desk

Recent events show power of our community

By William D. Franklin
President

One of the most interesting take-aways from attending the recent AIPAC Policy Conference was witnessing 18,700 people representing all elements of American society agreeing on one goal. Whether they were Democrats, Republicans, or Independents, young teens or seniors, Jewish or Christian, Caucasian, Hispanic or African-American, pro-Netanyahu or anti-Netanyahu and agreed on nothing else, they agreed



upon their support for Israel.

In reviewing the Federation programs and services being scheduled for our next fiscal year, it struck me that there is one goal that I hope we can agree on. Let us work together to expand the number of Reading community Jews actively engaged in communal Jewish life.

We hope to achieve this by:

- a) Nurturing a welcoming and inclusive community that makes participation in communal Jewish life compelling and accessible — Community Shabbats, annual meeting picnics, chevra and seniors' events; cultural trips to New York and Philadelphia.
- b) Promoting education and

lifelong learning to celebrate our rich heritage and contemporary relevance — PJ Library, Jewish Community High School, 92nd St. Y presentations, Great Decisions, Israel Book Club; holiday celebrations; the Yashek and Leo Camp lectures, interfaith programs.

c) Caring for people in times of need locally and globally — our JFS counseling and financial aid services, providing a community food pantry, support for Israeli Social services (Meir Panim, Yemin Orde, JAFI, and JDC).

We are fortunate to have many volunteers serving on our Board and committees to help us fine-tune ways of accomplishing this goal but continue

to seek your input and constructive criticism.

An exciting development that supports our goal is that we have arranged for Ambassador Dennis Ross to come to Reading on Sunday, Sept. 25 and address our Leadership Gifts dinner, our local college students at an Albright College Hillel event, and to our community later that evening. Details for these three events are being worked out, but we hope you reserve the date and attend.

Although the Torah teaches us to treat strangers well, let us not be strangers amongst ourselves. Please join us in building vibrant Jewish life in our community. May your Passover be sweet.

Shalom, goodbye, au revoir

By Larry Rotenberg
Chairman

There is an old, no doubt apocryphal story about David Ben Gurion, the George Washington of Israel.



Supposedly a reporter came up to him and asked: "How come most people have one word for hello, and another word for goodbye; but the Israelis use the same word, Shalom for both." Ben Gurion, a genius never lost for words, replied without hesitation: "we Israelis never know whether we are coming or going, and as a result, we have to use the same word."

On another occasion, during the Second World War, Ben Gurion had to deal with the threat of the Nazi armies, who were not far from the Yishuv. As

if that were not enough, the British Government issues a White Paper, which severely limited the number of Jews, who could come to Palestine, at a time of desperate need.

At the same time, the British, who were hard-pressed by the Nazi armies in Egypt, allowed the Jews to form what became known as the "Jewish Brigade," consisting of Jewish volunteers from Palestine. This Brigade distinguished itself on the battle fields of Europe, and threw terror into Nazi hearts, when their jeeps, flying the Star of David, patrolled occupied German streets.

Back to Ben Gurion: when he was asked how he was going to deal with both the War and the White Paper, he replied wisely: "we shall fight the War as if there were not White Paper; and we shall fight the White Paper as if there were no War".

So what does this have to do with the fact that this is my last article for *Shalom*? Probably nothing; although my psychoanalytic friends would say this is my unconscious way of dealing with my separation anxiety. And they would be right.

I leave this job with both satisfaction and regret. I started two years ago in the hope that we would accomplish much more than we have. And I finished, by realizing that social change is a very slow process. All you can do is your best, and leave it to the younger generation to move things a little more in the right direction.

It has been a joy to work with Bill Franklin and his staff. He and his wife are truly a very positive force for good in our community.

The passion required to get things done, to make progress, and to keep the

flame alive will continue.

In conclusion, another Ben Gurion anecdote comes to mind. He was sitting around with world leaders, all of whom were complaining about their jobs and how difficult it was to manage people.

Each leader then gave an example of a particular problem. When it came time for Ben Gurion to speak, he said: "how would you like to rule 3 million people (approximate population of Israel at the time), all of whom think they are the Prime Minister."

So let me end with the last verse of a poem by Swinburne:

*"Let us thank whatever Gods might be;
That no life lives forever;
That dead men rise up never'
And even the weariest river
Winds somewhere safe to see".
Shalom....*

JCC to mark Holocaust Memorial Day with film screening

By Amanda J. Hornberger

In honor of Holocaust Memorial Day, Yom Hashoah, the JCC will be hosting a FREE screening of the documentary film "50 Children: The Rescue Mission of Mr. & Mrs. Kraus" followed by a commemorative candle lighting by our local survivor community on Wednesday, May 4 at

7 p.m. The documentary tells the true story of the Krauses, a Philadelphia couple who left their two small children behind to go to Vienna and save Jewish children in 1939.

This remarkable story tells of the courage of one couple who could not sit back and do nothing.



The film also shows the remarkable support the couple

received from the Jewish community in greater Philadelphia in order to fund the trip and then place the children in homes upon their arrival in the United States.

I hope you will join us at the JCC at 7 p.m. on Wednesday, May 4, as we remember the Holocaust and honor those who survived.

Please join us as we celebrate Yom Hazikaron, Yom Ha'atzmaut



By Amanda J. Hornberger

Join us on Wednesday, May 11, at 7:30 p.m. at the JCC for a community event commemorating Israeli Memorial Day (Yom Hazikaron) and Israeli Independence Day (Yom Ha'atzmaut).

We will have a moment of silence to honor the fallen for Israeli Memorial Day and then celebrate Israel's Independence Day with Israeli food and music.

The entire community is invited to this FREE event at the JCC.

It's Simcha Supplement time

If you had or are having a bar/bat mitzvah or graduation (high school or higher) in your family this Jewish year, share the good news with the community. Please submit a few sentences about the person along with a photo.

Text and photos can be sent to Marknem@aol.com or to the Federation office.

PLEASE SUBMIT ENTRIES ASAP. WE CANNOT GUARANTEE PUBLICATION OF ITEMS SUBMITTED AFTER MAY 1

SHALOM

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Next deadline, May 5

Software developed by Israeli firm helps unlock killer's iPhone

The U.S. government successfully accessed the data stored on San Bernadino shooter Syed Farook's iPhone as a result of the FBI enlisting the help of Israeli mobile software developer Cellebrite.

Cellebrite offers mobile forensic solutions to help law enforcement agencies crack the encryption on smartphones to access data and unlock the intelligence of mobile data sources to extend investigative capabilities, accelerate investigations, unify investigative teams and produce solid evidence".

Cellebrite's range of mobile forensic products, the UFED Series, is the prime choice of forensic specialists in law enforcement, military, intelligence, corporate security and eDiscovery agencies, with more than 30,000 UFED units deployed in more than 100 countries.

Founded in 1999, the company, a subsidiary of the Sun Corporation, is headquartered in Petah Tikva, Israel and employs over 500 people. It has offices in Israel, the U.S., Brazil, Germany, Singapore and the United Kingdom.

Daily vitamin drink could slow progression of Alzheimer's

Israel 21c.com

The international science community is buzzing with excitement as results of a breakthrough study have shown that consuming a daily vitamin-enriched drink could help improve memory, reduce brain shrinkage and slow the progression of early Alzheimer's disease (AD).

Tel Aviv University neurobiologist Daniel Michaelson, who has been studying the effects of diet on AD in animal models for nearly two decades, was one of 19 members of the European LipiDiDiet Consortium to take part in the EU-funded dementia trial involving patients with very early AD.

It was the first randomized clinical trial in the world to investigate the effects of a nutritional intervention in these "pre-dementia" patients.

That the shrinkage of the brain was halted by this treatment is amazing," Michaelson said. "To think that by simply taking a 'milkshake' today, you can slow down the shrinkage of the brain, which is what this study has shown, I think it's fantastic."

That "milkshake" is Souvenaid, costing just \$4 for a daily dose. Its nutrients include omega-3 fatty acids, choline, uridine monophosphate, phospholipids, antioxidants and B vitamins. Souvenaid can slow progression of dementia, according to an international consortium of scientists. The drink, also referred to as Fortasyn Connect, is already approved and available for established mild AD patients, but this was the first time it was shown that Souvenaid can benefit people with very early signs of the devastating disease that affects 47 million people.

Study results showed that in people with the pre-dementia stage of AD, drinking the Souvenaid cocktail on a daily basis helped reduce brain shrinkage. And for those who started the intervention early and consumed the drink regularly,

it helped conserve memory and the ability to think and perform everyday tasks.

"Today's results are extremely valuable as they bring us closer to understanding the impact of nutritional interventions on prodromal [early-stage] AD which we are now better at diagnosing but unable to treat due to a lack of approved pharmaceutical options," said Prof. Hilikka Soinen, a neurologist at the University of Eastern Finland, who headed the clinical trial.

Michaelson said he and the other members of the European LipiDiDiet Consortium have been collaborating for years on research into the effects of nutrition on disease.

"We have known for a while that diet can reduce the risk of developing dementia. Indeed, certain nutrients have been found to have a neuroprotective effect on the brain," said project coordinator Tobias Hartmann of Saarland University in Germany. "Today's clinical trial results have shown that the key is combining certain nutrients, in order to increase their effect," said Hartmann.

The scientists say the results represent a real step forward for patients with very early signs of AD in the absence of effective drug options, especially for those who start the intervention early.

While Souvenaid did prove promising for dementia prevention, the study did not find it afforded a significant benefit in broad cognitive function. Hartmann explained that this was likely because the cognitive decline over the study period was less than originally expected when the study was designed back in 2007.

Yet overall, the researchers say the clinical results are positive and they're already looking forward.

Michaelson said there are two paths ahead: "Drive this forward and have it implemented. And secondly, take this approach to other diseases."

Remembering the railroad



Matthew Dodd sings songs and tells stories of the old railroad days during an appearance at the JCC's Friendship Circle. See the Centerpiece for the upcoming schedule of activities.

The Jewish Federation of Reading wishes to express its gratitude to the following:

Kevin Moore and Bill Blumer
of the law firm **Leisawitz Heller**
for graciously donating their time
and legal expertise.

Don Fox and Fox Theatres
for sponsoring
the *Reading Jewish Film Series 2016*

Sandy Solmon
and **Sweet Street Desserts**
for sponsoring the dessert receptions
following the films.

In our prayers, we say
"May He Who blessed our ancestors
bless all who are involved faithfully
in the needs of the community
and send blessing and success to all their handiwork."

Thank you.



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PJ Library program expanding its reach in Reading area

By Amanda J. Hornberger

In mid-April I had the opportunity to spend three days with my peers from across the country at the annual PJ Library Conference in Reisterstown, Md. More than 200 participants came to learn best practices for PJ Library programming and to learn more about PJ Our Way, the new program for kids between the ages of 9 and 11 years old.

PJ Our Way just launched here in Reading in March.

One of the amazing things I learned at the conference was the breadth and reach of PJ Library. The program, which is only 10 years old, is now in 11 countries and last month mailed 435,695 books around the world! The program has expanded beyond the United States to

Canada, Great Britain, Australia, Israel, Russia, Mexico and a handful of other Latin American countries. Books are now printed in British English, Hebrew, Russian and Spanish. Since most PJ Library books are read with parents and grandparents, the organization estimates the free Jewish themed books are reaching more than 1 million people each month!

Jewish Federation of Reading has been a proud PJ Library implementing organization since 2010. Thanks to the generous support of Sue and George Viener, JFR has been able to meet the growing demand of PJ Library books locally and not have a waiting list to join PJ Library. Currently more than 80 children receive the free monthly

PJ Library books, and we're hoping to expand even further.

If you'd like to sign your child or grandchild up for PJ Library please contact Amanda at amandah@jfreeding.org or 610-921-0624.

Two years ago PJ Library decided to expand from offering books for kids from 6 months through age 8. We are reaching children up to age 11 through PJ Our Way (PJOW). Reading was selected as a pilot community through a grant last year. Now kids between the ages of 9 and 11 can go online and CHOOSE their own free book to be mailed to them monthly. The interactive website gives kids the opportunity to read reviews of books from their peers as well as discuss current topics through blogs written by

other kids across the country. Look for more information on a PJOW launch event this summer!

Interested in signing up for PJOW? With the help of a parent, kids can go to pjourway.org and sign up today! After filling out the secure online form, parents will receive a confirmation email. Once you have confirmed your sign up via email, look for your first PJOW book "Jordan and the Dreadful Golem" by Karen Goldman to arrive within two weeks! Then every month from the first through the tenth, go to the PJOW website and select your next book. It's super easy and puts kids in the driver's seat!

Still have questions? Please contact Amanda at amandah@jfreeding.org or 610-921-0624.

Will plan to improve conditions for Arabs be implemented?

Prime Minister Benjamin Netanyahu's cabinet recently approved a plan intended to boost the status of Arab towns, with an unprecedented aid package of about \$4 billion that hopes to redress decades of lopsided funding and close wide income, education and infrastructure gaps with predominantly Jewish cities.

The planned infusion of funds to the Arab sector is described by some officials as revolutionary. Unlike past willy-nilly allocations that were never actually handed over, the latest plan earmarks specific sums in the state budget for projects in Arab towns and villages ranging from infrastructure improvements to building more homes and schools — developments seen as critical to making Arab citizens equal participants in the Israel economy.

The allocations are considered unprecedented in that, at least on paper, they are proportionate to the number of Arab citizens in the country. For the first time, Israel is actually taking money that

was doled up disproportionately to its Jewish populations to share it with a key disadvantaged minority.

In Netanyahu's own words, the plan approved by his cabinet in December aims to provide a significant increase in funds intended to help the minority population and narrow gaps between Arab citizens and other Israelis.

The OECD, bankers and financial experts all warn that Israel's own economic growth will soon be stunted unless it changes its tune and adopts a more inclusive approach toward its Arab population. Arabs number about 20 percent of the population, yet account for close to 40 percent of its poor, according to a recent report by the Knesset Research and Information Center.

A portion of the sum has been included in the 2016 state budget, so officials expect some of the fruits of the plan, such as infrastructure and road improvements, to be visible in the coming months, if not by early 2017.

"It would be terrible were we to reach a situation where only by resorting to violence would we achieve anything. We want the establishment to know that if we deserve something it's because we deserve it, not because there is violence. We don't have to receive something to silence us," he says.

Social Equality Minister Gila Gamliel, whose job it is to oversee implementation of the Arab sector plan, said: "The plan is a historic change, for the first time being expressed as part of an overall program — a very, very, important one that will close social gaps and redress the injustice done to Arab society over the years."

"We will see many results already in 2016, where budgets will be handed over to resolve infrastructure, sewage, education and public transportation issues, and integrating women into the labor market and integration into higher education. There will be a revolutionary change; this is a very fundamental and professional plan," she says. "I see

this as a national plan, an imperative of reality, to provide equal opportunity, as minister of social equality, to the entire Israeli population. This plan is being implemented, for the first time, in cooperation with all local council heads and MKs from every party. It is aimed at understanding all the needs of the Arab population and translating that into an operative plan," Gamliel adds, also noting that she has "broad support from the Finance Ministry" for the policy.

She calls it a "first-rate national interest" to stem a dropout rate of one in three Arab pupils, which she says, "hurts our entire society." Another key national interest, according to Gamliel, is to integrate more Arab women into the workforce. Many experts see the high unemployment in that group as a key factor driving poverty and inequality.

Experts on the country's troubled Jewish-Arab relations also see the fact that the treasury is so invested in the plan as essential to Israel's future economic growth as reason to be optimistic.

Israel must expand religious freedom for non-Orthodox Jews

By Sue Fishkoff

Any discussion about religious freedom in Israel has to include Rabbi Uri Regev. A lifelong advocate for religious liberty in the Jewish state, this Jerusalem attorney and activist has devoted more time, more successfully, to securing rights for the non-Orthodox in Israel than just about anyone.

So when he notes that 666,000 Israelis can't get married in their own country, it's worth paying attention. And when he points out that more than half the children growing up Jewish in the United States would not be accepted as Jewish in Israel, alarm bells should ring.

Regev has been at the forefront of the battle for religious equality in Israel for decades, first as the founding director of the Israel Religious Action Center, where he won key victories for the liberal Jewish movements in Israel's Supreme Court, then as the president of the World Union for Progressive Judaism, and currently as the president and CEO

of a new Israel-diaspora partnership, Freedom of Religion for Israel, and its Israeli counterpart Hiddush.

He was in California recently for his grandson's birth. He addressed a meeting of the American Jewish Committee, which is spearheading a broad-based American Jewish initiative pushing for religious equality in Israel.

Launched in 2014, the Jewish Religious Equality Coalition is trying to end the Orthodox rabbinate's monopoly over Jewish lifecycle events, specifically marriage, divorce, conversion and burial, and has gathered under its umbrella some of the most powerful Jewish organizations in North America. It includes Orthodox Jews, notably the coalition's co-chairman, former Undersecretary of Defense Dov Zakheim.

The coalition has decided to focus first on marriage rights because they affect the greatest number of Israelis. Since there is no civil marriage in the country and only Orthodox rabbis may conduct

weddings, the only Jews permitted to marry within Israel are halachic Jews, or those accepted as such by the Orthodox-controlled Chief Rabbinate. "Israel is the only democracy in the world where Jews cannot marry," Regev said.

It's not only a question of doing the right thing, he said, but of protecting Israel's strategic interests. American Jews are the linchpin in the U.S.-Israel alliance, which is predicated on the notion of shared values. The more Israel is seen to stray from those values, the less likely it is that future generations of American Jews will see themselves reflected in Israeli reality. Should that come to pass, he warned, American Jewish support now taken for granted could wither away.

"This is the most pro-Israel initiative you could identify," he said. "Support for Israel can't just be about crisis. It's about deciding what is the vision of this joint enterprise."

The Jewish Federations of North America is cooperating with the coalition,

but individual federations can choose whether they want to support the effort financially. So far, Regev said, New York, Miami, Los Angeles and Boston have done so.

Sam Salkin was sitting next to Regev at the AJC luncheon. Former CEO of the San Francisco-based Federation and currently the executive director of Sinai Memorial Chapel, Salkin joined the coalition more than a year ago. He does it because he loves Israel, and he wants his grandchildren to feel the same.

"Israel is the only major democracy in the world where Orthodoxy trumps democracy and pluralism," said this proud Zionist. "That means most American Jews face the possibility of becoming alienated from Israel. If not us, certainly our children and grandchildren. I want my grandchildren to care about Israel and not feel like second-class citizens."

Sue Fishkoff is the editor of J., the Jewish newsweekly of northern California.

Israel expands Palestinian fishing zone off Gaza coast

Israel has expanded the Palestinian fishing zone off Gaza's coast to 9 nautical miles from 6, allowing fishing in areas that had been off limits for a decade, Reuters reported. Palestinian officials

told the news agency that they welcomed the decision. "I can see hundreds of fishermen and boats — we are excited," said Zakaria Baker, the Gaza-based head of the fishermen's committee of the Union of Agricultural Work Committees.

But Baker questioned whether

there would be proper protection for the fishermen in the expanded zone, complaining that Israeli naval forces sometimes opened fire on boats even within the permitted area.

The Israeli military enforces a naval blockade on the Palestinian coastal enclave of Gaza, which is controlled by the militant group Hamas. Israel says the blockade is necessary to prevent weapons smuggling. Ismail al-Shrafi, 62, a fisherman, said the Israelis had confiscated his boat five months ago.

Shrafi said that his boat had been fired on and impounded within 4 nautical miles of Gaza's coast and that his son, fishing with him, had been injured. When contacted by Reuters, Lt. Col. Peter Lerner, a spokesman for the Israeli military, had no comment on the case involving Shrafi. Lerner denied that naval forces had fired at boats within the permitted fishing zone. But he said, "Anybody who breaches the limit is stopped or arrested, and those who don't comply with the navy forces' calls to turn back — then, yes, their boats

can be impounded."

The Israeli Navy and the office of the Coordinator of Government Activities in the Territories, known as Cogat, the Israeli agency that serves as a liaison with the Palestinians on civilian affairs, had decided on the recent expansion to coincide with the opening of the fishing season. Cogat officials said the expansion was part of a policy of loosening restrictions on the Palestinian population of the West Bank and Gaza to improve the economy and foster stability.

Good News Israel: Spotlight



Syrian girl, 5, gets lifesaving cancer treatment in Haifa

Israel21c.com

A 5-year-old Syrian girl underwent lifesaving bone-marrow transplant treatments at the Ruth Rappaport Children's Hospital on the Rambam Health Care Campus in Haifa.

The young patient made headlines in Israel because of the audacious and clandestine mission undertaken by Israeli health professionals to save her life.

Like most Syrians to have been treated in Israel since the outbreak of the Syrian civil war, this young girl and her mother made their way to the Syrian-Israeli border to seek medical help, a Rambam spokesperson said.

The girl was caught in a firefight between rival militias, according to a broadcast report.

Israel has a policy to treat in its hospitals any wounded Syrians who reach its border seeking help even though the countries are considered enemies.

Rambam doctors discovered that their young patient, though suffering light wounds, also had cancer. And they were not about to let her be discharged without proper treatment.

The doctors set in motion a search for a suitable bone-marrow donor — and found a match with one of the girl's relatives, who lives in a nearby country designated as an enemy state. Under Israeli law, residents of enemy states are not allowed to enter the country without special permission.

According to a Channel 10 Hebrew news report, the Haifa doctors turned to

Israel's Secret Service to track down the relative and secure his entry into Israel. The mission was successful.

The girl, her mother and the donor were to stay at the hospital for one month, says the Rambam spokesperson. Details about the girl's identity and her donor's home country are classified.

Another patient from Syria, suffering severe burns, currently is being treated at the Haifa medical facility, the spokesperson adds.

Since February 2013, when Israel opened its border to wounded Syrians, the Rambam Health Care Campus has treated more than 120 Syrian patients. Other hospitals in Israel's North — Ziv Medical Center in Tzfat (Safed), Medical Center of the Galilee in Nahariya, Poriah

Hospital near Tiberias — have treated some 1,000 Syrians willing to trust the so-called enemy (Israel) with their lives.

Some of the outstanding humanitarian cases in the last three years include the 12-year-old boy who rode a donkey from Damascus to Israel to receive medical aid, a Syrian doctor's handwritten note to his Israeli counterparts that was attached to a patient's clothing, a Syrian opposition chief thanking Israeli doctors for medical aid and the pioneering titanium jaw Israeli doctors created for a civil war victim.

Most patients return to Syria after being discharged from Israeli hospitals. The Rambam spokesperson tells ISRAEL21c that the young girl and her mother will make a decision where to go following the outcome of the bone-marrow treatments.

Israeli researchers develop mobile ultrasound for disaster areas

Ultrasound imaging is one of the world's most common noninvasive, radiation-free medical tests. The technology helps doctors safely assess and diagnose the condition of body structures based on the pattern of high-frequency sound waves emanating from these internal organs.

However, ultrasound scans must be performed at clinics and hospitals using a probe connected to a large, cumbersome and expensive device. Results are collected by computer and interpreted by a radiologist, who sends the diagnosis to the patient's doctor. The images are too large to be uploaded to the cloud and viewed on a smartphone, so results are not available right away.

That means there isn't a way to do mobile ultrasound imaging of people hurt in disaster areas or road accidents, for example.

The Signal Acquisition Modeling and Processing Lab (SAMPL) at the Technion-Israel Institute of Technology's Faculty of Electrical Engineering is working toward commercializing a solution to this problem that relies on two innovations.

First, lab members developed an algorithm that reduces the image at the initial scanning stage. It can be uploaded to the cloud or to a remote processing unit and transmitted immediately without harming image quality and without loss of data on the way.

Second, they developed a special

probe that eliminates the need for the large ultrasound devices currently used at most clinics.

Prof. Yonina Eldar, who heads the SAMPL lab, said such a system would allow emergency medical teams to take and send ultrasound images even before transporting a patient, and quickly receive medical instructions from the treating physician based on the findings.

Dr. Shai Tejman-Yarden, a cardiologist at Israel's Sheba Medical Center, explains that in the case of injuries, "The development will provide a doctor who is not at the scene with information in real time, enabling him to instruct the paramedic at the scene. This development will also enable remote

treatment for patients in developing countries, under the guidance of Israeli doctors."

Eldar's lab is dedicated to developing innovative data-processing methods using only a small portion of the data sampled. Reducing the quantity of data has dramatic positive implications: shortening the data acquisition and processing time, miniaturizing the systems and accelerating their operation, reducing power consumption and saving money.

She has been working on the ultrasound project with doctoral candidate Tanya Chernyakova, with technical assistance from Alon Eilam at the Technion and Dr. Arcady Kempinski at GE Healthcare in Haifa.

Nanotech formula could prove to be skin's fountain of youth

Israel21c.com

All day long, our skin is assaulted by pollutants, UV rays, radiation and other stressors in the environment. When these substances filter into the body through our pores, they can create reactive oxygen species — otherwise known as free radicals.

Oxidative stress caused by excessive free radicals is responsible for a host of skin conditions, including inflammatory diseases, pigment disorders, wrinkles and some types of skin cancer. It can also damage internal organs and cells that produce essential lipids, proteins and DNA.

An innovative nanotechnology devised in Israel boosts the body's natural defense mechanisms against oxidative stress, helping to produce adequate antioxidant enzymes to maintain the skin's proper balance, according to report in the journal *Cosmetics* by a PhD student from the Hebrew University of Jerusalem in collaboration with researchers at the

Technion-Israel Institute of Technology in Haifa.

"The approach of using the body's own defense system is very effective. We showed that activation of the body's defense system with the aid of a unique delivery system is feasible, and may leverage dermal cure," said Hebrew University researcher Maya Ben-Yehuda Greenwald.

In her experiments at the Myers Skin Research Laboratory at the university's School of Pharmacy, she was able to activate the skin's natural defense system by applying nano-size droplets of micro-emulsion liquids containing a cellular protective pathway inducer. This activates a powerful antioxidant protein called Nrf2 that normally coordinates every single cell's response to internal and external stressors.

In addition, she discovered a new family of compounds capable of activating the Nrf2 pathway. By incorporating these compounds into the unique nanotech

delivery system she developed, she was able to stimulate the activation of the Nrf2 pathway and mimic the body's natural way of coping with a variety of stress conditions.

"Currently there are many scientific studies supporting the activation of the body's defense mechanisms. However, none of these studies has demonstrated the use of a nanotechnology-based delivery system to do so," Ben-Yehuda Greenwald said.

A new tool for dermatologists?

This invention could be used by dermatologists to control a variety of skin pathologies and disorders.

"The formula we have created could be used in topical medication for treating skin conditions. Our formula could be used both as a preventive means and for treatment of various skin conditions, such as infections, over-exposure to UV irradiation, inflammatory conditions, and also internal disease," she said.

While the researchers focused on skin, the same formulation could prove to be effective in enhancing the body's natural protection against the damaging effects of free radicals in other parts of the body, such as inflammation in cardiovascular diseases, heart attack, cancer, multiple sclerosis and Alzheimer's disease.

Ben-Yehuda Greenwald worked on her research with guidance from Prof. Ron Kohen, director of the Hebrew University School of Pharmacy's Institute of Drug Research; Prof. Shmuel Ben-Sasson from the department of developmental biology and cancer research at the university's Institute for Medical Research Israel-Canada; and Prof. Havazelet Bianco-Peled from the Technion's department of chemical engineering.

The study was funded by the David and Ines Myers Fund of Cleveland, Ohio; Yissum, the technology transfer company of the Hebrew University; and the Hebrew University Fund.

Israeli firm, kibbutz team to turn organic waste into clean energy

Israel21c.com

Israel's first facility built to produce biogas out of organic waste from kibbutzim will soon get under construction at Kibbutz Lahav, north of Beersheva.

"We will handle about 150 tons of waste per day and we are planning to produce about 600 to 800 kilowatts per hour depending on the organic waste capacity from [kibbutzim in] the surrounding area," says Yaacov Tsemach, CEO of Doral Energy, a subsidiary of the Doral Group in Ramat Gan.

Methane, a gas produced in the stomachs of livestock, can be converted into biogas for generating electricity.

"In Israel, there are three facilities for handling agricultural manure," Tsemach said. "These are regional facilities and large-scale facilities. The same technology also exists in Israeli food plants and sewage treatment plants. In the food factories, the biogas plants produce steam that powers the factories. The uniqueness of the facility we are planning to establish is that it is a link to

the farm and primarily serves the needs of the kibbutz."

When Doral was founded 20 years ago, its focus was on real-estate development and urban renewal in Israel and abroad. At that time, a big change was brewing in Israel's kibbutz movement. Most of the communal agricultural villages that typified the early days of the state were privatizing and modernizing. Doral saw an opportunity to help the kibbutzim upgrade and expand. The company helped collectives plan and implement

new construction and infrastructure using "green" approaches. And that led to the establishment of Doral Energy.

Kibbutz Lahav had long sought a better solution for dealing with the problems of wastewater treatment and disposal caused by waste from its pig-farming enterprise, Tsemach explains.

Doral Energy is also involved in dozens of ongoing solar- and wind-electricity projects on kibbutzim throughout Israel, adding up to about 30 megawatts per hour in total, according to Tsemach.

Congregational News

Feeling good about Israel

By Rabbi Matthew Abelson
Keshet Zion Synagogue



Holidays are interesting events. Occurring as they do for a designated period of time each year, they force us to adjust our mood according to the calendar. The clearest example of that is the birthday. No matter how a person's life is going, when her birthday arrives, she must be joyous and celebrate it. Ideally, one would celebrate every day of one's life, but the tribulations of life may render that difficult; holidays are arbitrary, but they force us to reset our minds and seek a state that comes closer to the ideal. From the evening of Wednesday, May 11, until Thursday, May 12, we will celebrate Yom HaAtzmaut, Israel's Independence Day. The function of holidays that I have articulated applies

all the more so to this day. Some Jews struggle to feel good about Israel. A plethora of negative coverage in print and TV media has driven many Jews near despair about the state of the Jewish state. One of the most distressing indications of the degree of negativity many Jews feel toward Israel is the involvement of Jews in the Boycott, Divestment, Sanctions (BDS) movement, a movement that effectively seeks to end Israel's existence as a Jewish state. As a human-made entity, the state of Israel is fallible. Because of the military power at its disposal, some of the mistakes Israel makes can lead to the loss of life. This is, of course, a painful recognition, but we should neither imagine that Israel never makes mistakes, nor kid ourselves that Jewish statehood is not an affair that harnesses all the forces of political existence, including the use of force and its consequences. I admit that I have little difficulty feeling

good about Israel the year round, but I know that some of my fellow Jews wrestle a great deal with Israel's leadership and its decisions. The function of Yom HaAtzmaut is to compel us to appreciate the wonder and privilege of living in a time when the Jewish people enjoys sovereignty in eretz Israel. Our ancestors dreamed of this possibility, yet for us, it is a daily fact. Israel's Independence Day, like our own birthdays, is an opportunity to feel good about Israel. I could list a host of reasons why one should feel good about Israel — from medical and technological innovations to the safe haven the country has provided to more than a million Jewish refugees to the freedom it provides its non-Jewish citizens, a rarity in its region — but sometimes the seeking of reasons ignores the cultivation of an inner feeling that needs no reasons. Just as a parent does not have reasons for loving his child, so should we strive for that kind of

feeling about Israel on Yom HaAtzmaut. For those of us who lived through the extraordinary events of Israel's independence in 1948 or the Six Day War in June 1967, we should allow ourselves to recapture the feeling we had at that moment. That emotion carries with it more truth than any host of reasons a person can cobble together for feeling good about Israel. The purpose of a birthday is not to feel good about oneself one day a year and miserable the other 364 days but to recalibrate a relationship with oneself that allows the truth and wonder of that one day — the day of birth — to infuse the other 364 in spite of the challenges that we face in our day-to-day lives. The same may be said about Yom HaAtzmaut. It is not one day for us to feel good about Israel, but a day that has the power to infuse the other 364 days with good feelings toward the Jewish state throughout the year.

Yom Hashoah Lecture with Rabbi Matthew Abelson at Keshet Zion Synagogue

Thursday, May 5
1 to 3 p.m.
& 6 to 8 p.m.

Topic:
Rethinking the Holocaust



Helping at Opportunity House

Reform Congregation Oheb Sholom members Barbara Perilstein and the Tomlinson Family (Rick, Cindy and Zachary) gather at Opportunity House April 10 to prepare lunch for its clients.

May ☆ Nisan-Iyar



Shabbat Candle Lightings



Torah Portions

May 6 7:47 p.m.	May 7/Nisan 29 Acharei (Leviticus 16:1 – 18:30)
May 13 7:54 p.m.	May 14/Iyar 6 Kedoshim (Leviticus 19:1 – 20:27)
May 20 8:00 p.m.	May 21/Iyar 13 Emor (Leviticus 21:1 – 24:23)
May 27 8:06 p.m.	May 28/Iyar 20 Behar (Leviticus 25:1 – 26:2)

Tot Shabbat Families Save the Date

Tot Shabbat Social
Sunday, Aug. 28
11 a.m. - 2 p.m.

INTRODUCE YOUR CHILD TO THE JOY OF SHABBAT!

Tot Shabbat

JOIN US FOR TOT SHABBAT, A MUSICAL, STORY-FILLED SHABBAT MORNING EXPERIENCE GEARED TOWARDS FAMILIES WITH YOUNG CHILDREN THROUGH GRADE 2. BRING YOUR FAMILY AND FRIENDS TO CELEBRATE WITH RABBI MICHELSON, AND STAY FOR A PINT-SIZE ONEG OF JUICE, CHALLAH, AND CHILD FRIENDLY TREATS.

10:00 AM, SATURDAY MAY 14TH

Tot Shabbat services are held Saturday mornings at 10:00 am at Reform Congregation Oheb Sholom, 555 Warwick Drive, Wyomissing, PA 19610 ohebsholom.org

Members & non-members are invited! No registration is required. Please call the Temple office 610.375.6034, with any questions.

LOCAL CONGREGATIONS AND SERVICE TIMES

KESHER ZION SYNAGOGUE (610) 374-1763

Weekly services Saturdays: 9:30 a.m.; Tuesdays, 7:30 p.m.
Friday Evening Service – Please call for service information

REFORM CONGREGATION OHEB SHOLOM (610) 375-6034

Friday, May 6: 6 p.m., service with guest speaker Pastor Sonja Ware
Friday, May 13: New Member Shabbat, 7 p.m.
Saturday, May 14: Tot Shabbat, 10 a.m.
Fridays, May 20 and 27, 7:45 p.m.
Saturday, May 21: Andy Primack Bar Mitzvah, 10 a.m.
Saturday, May 28: Ribh Fulcher Bat Mitzvah, 10 a.m.

CHABAD CENTER OF BERKS COUNTY (610) 921-0881

Saturday mornings: 9:30 a.m.; Friday evenings: 6:30 p.m.

CONGREGATION SHOMREI HABRITH

Chabad cooking class is all about the babka

By Jodi Spiegel

I love babka. There is something so magical about it. It evokes happy memories of my childhood in New York; whenever we had company, someone always brought a babka. It was always a chocolate one, and they always came from the bakery, which now always reminds me of that “Seinfeld” episode when they ran out chocolate babkas and had to take (the lesser) cinnamon one to the party.

Baking a babka seemed like an enigma to me. That is, until Chana Lipsker hosted a babka making class at the Chabad Center in April. I arrived to find that I knew more than half of the women who attended. That was a pleasant surprise. There were four tables beautifully set up with a work station at each seat complete with everything we would need to create our own babkas. In the center of the table were various fillings — oil and chocolate

powder, chocolate pudding, cinnamon, and a streusel topping. She showed us how to roll the dough to the right size and shape, roll it up, cut it, and twist it. We were able to make 4-6 mini babkas, which meant we could experiment with the fillings.

While our babkas baked, we sampled a babka Chana made as well as some cookies, coffee and tea. Conversation flowed freely throughout the room as if we were all old friends. Chana brought the baking rack out with the cooked babkas, and the smell was incredible. There was warmed chocolate that we could drizzle on before wrapping them up to take home.

All of the babkas were a hit in my house, rivaling the best New York bakery; though the chocolate babka’s disappeared first.

It really was a nice group of women and a fabulous way to spend a Sunday night. I look forward to more classes with her, and hope to see you there too.



Obituaries

Edwin Jacobson, 89, of Pennside. Edwin served in the Navy during World War II. He was the president of Consumer Fuel Products in Reading and a former Keshet Zion Synagogue board member. He is survived by his sons, Lee Jacobson of Downingtown and Peter Jacobson of Reading. He is also survived by his granddaughter Marissa Roach and her husband, Matthew, and a great-granddaughter.

Rae (Peysner) Rudnick, 99, of Reading. Rae was a member of Reform Congregation Oheb Sholom, where she was a member of its Sisterhood. She was a life member of Hadassah. She is survived by her two children; Cathy wife of Whitney Sanders II of Wyomissing; and Marcia Rudnick, of Reading. Other survivors include two grandchildren, four great-grandchildren and several nieces and nephews.

Charlotte (Mueller) Hirsch, 106, of Langhorne, and formerly of Reading. Charly, as she was called by her friends, provided bookkeeping for her husband’s business, Weiss Brothers. She was an active member of Keshet Zion Synagogue and the Reading Chapter of Hadassah and was honored as Hadassah’s Woman of the Year in 1997. Charlotte is survived by her sons, Peter and Ron, her four grandchildren and 12 great-grandchildren.

Craig C. Keuscher, 76, of Sinking Spring. Craig served in the Navy and had worked for Carpenter Technology for 29 years. He is survived by his wife, Suzan J. Keuscher, and two sons; Bradley of Wyomissing and Douglass of Exeter Township. Other survivors include his four grandchildren and one great-grandchild.

NEW MEMBER SHABBAT



Please join RCOS for a Shabbat service to honor **new members**, including a “Covenant of Welcome” ceremony. Special oneg to follow offering wine and catered hors d’oeuvres.

Friday, May 13, 2016

7:00pm

**Reform Congregation Oheb Sholom
555 Warwick Drive, Wyomissing**

Members and Non-members are welcome

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OHEB SHOLOM

BALIS AWARD DINNER

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Ellen & Marshall Azrael
Janet Gernsheimer & Nancy Wolff
Dena & Victor Hammel

Haia & Meir Mazuz
Sharon Scullin & James Rothstein
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SILVER LEVEL UP TO \$150

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Andrea & William Franklin
Frances & Lawrence Gross
Ruth & Conrad Heisman
Judith Kraines & Neil Hoffman
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Judith Katz
Harriet Anne & Don Kelly
Nancy Knoblauch
Pam Charendoff & Jonathan Primack
Barbara & Seth Rosenzweig
Kaye & Robert Ullman

BRONZE LEVEL UP TO \$75

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Norma & Marty Beckerman
Barbara & David Bender
Cindy & Brett Chronister
Carol & Stuart Cohn
Jeri & Russell Diesinger
Marcia & George Eligman
Sandra Fishman
Shirley Friedman
Deborah Goodman & John Moyer
Karen & Myron Kabakoff

Betsy & Alvin Katz
Holly & Rabbi Brian Michelson
Elizabeth & Richard Nassau
Barbara Nazimov
Elaine & Jesse Pleet
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Mindy & Richard Small
Judy Synnamon
Sue & George Viener
Sue & Herbert Wachs
Laurie & Andrew Waxler

Deborah & Eric Zelnick

DECORATIONS DONATED BY

Wishes by Boscov’s

Sweet times for students, seniors at Jewish Community High School

By Rabbi Barry Dov Lerner

Reading JCHS Director

Before Passover, instructor Shira Simon reminded students of the various international locations where Jews are celebrating Passover and the available ingredients from which to make haroset — also spelled “charoset” — for their Seder table.

Students received two whole pages of nations where Jews live and have lived with an indication of their primary fruits, nuts and liquids from which to make their Seder sweetness. These pages were part of a “Haroset Handbook” copies of which are available to the community for Passover 5777 / 2017.

Some were a Hawaiian haroset emphasizing pineapple, some from the Middle East, especially Iraq using dates to make “chalak” — a syrupy haroset, and Texas which emphasizes pecans!

Another Better2Write entry

Watch for an announcement of our community ceremony for celebrating our first cohort in Better Together, our program that brings teens and seniors together for mutual education. Here is a second entry from our submissions, the sum of which we are very proud. This essay was written by Jamie Zamrin, 10th grade.

What makes older people so unhappy?

That’s the question I asked myself as I sat with what seemed to be the stereotypical “grumpy old lady.” We were asked to discuss a Torah portion at this Better Together meeting, and we were about to have an engaging and enlightening conversation about this portion, or so I thought.

From the moment we were paired together, the woman I had the pleasure of talking to was, well, very grumpy. She did not wish to be at the meeting, she did not want to talk to me, and most of all, she did not want to read or discuss Torah. When asked to answer a few thought-provoking questions, she was immediately stumped. She claimed that she did not comprehend the portion or any of the questions regarding the portion. There were multiple instances where I told her I understood the portion and I could help her, however I was constantly rejected.

After being hit by a minor sense of disappointment I wasn’t sure how to handle the situation. Eventually, I gained the courage to mention the issue to my rabbi. Rabbi Dov Lerner apologized to the woman, saying that because this was a Jewish program, we were going to be discussing Torah portions quite frequently. She responded angrily by saying that she would not be back

because this is not what she expected from this program.

In short, this is not what I expected. I was very bewildered by this situation. In my ignorance, I assumed that she was a “grumpy old lady.” I proceeded to ask Rabbi Dov for help with understanding why this woman would be so dismissive, so reluctant to attempt to learn about the Torah.

His answer was one that I could have never predicted. He asked me if I had attended Hebrew school as a child. I said why yes, of course I did. Rabbi then said that she, a woman of that age, most likely had not. This struck me. I have never liked Hebrew school, I never liked reading Torah, I never liked being a “Jewish kid.” This woman, however, never got the opportunity. Although I did not enjoy Hebrew school at the time, I’m lucky that I had the opportunity to go and learn Hebrew as well as comprehension of the Torah.

This opened my eyes to the issues of gender inequality in the 1960s that are still affecting women today. I thought that this woman was simply being rude and insensitive. I never considered the fact that she was uneducated, unlike her male peers at the time, so at this present day she still feels incompetent.

Through Better Together, I have gained a new perspective on an issue that I thought I had already mastered. Gender inequality. Gender is the state of being male or female. Inequality is the difference in circumstances between different groups of people. So, gender inequality is the unequal treatment or perceptions of a person based upon their gender. We, as Americans, hear these two words all the time, but when do we ever stop to think about how it affects the everyday woman? We look at an issue like gender inequality through statistics and graphs that pinpoint the exact ways that men lead a better life. This issue is not a matter of mathematical statistics. This issue is a matter of self-confidence.

It is my opinion that this woman presents herself as someone who gives up easily on simple tasks. I, as well as the people around me, thought that she was just being stubborn and dismissive. Since she was so incredibly pessimistic, she was perceived as an uncivilized, ill-mannered person. And yet, she only acted in such an impolite way because this is what she was taught. She was taught that women are incapable of learning Torah, so there is no point in her educating herself on the subject. Through this demeaning act of past professors and men, women have been taught to ignore the problem at hand.

When a topic or problem in life



Better Together students and seniors at work.

becomes too difficult, you must give up. I am fairly certain that this woman holds this rule to be true. Allow us to venture back to those two words, gender inequality. Gender Inequality does not only affect wages, it affects a woman’s mind.

Gender inequality possesses a disease-like effect that infects a woman’s brain with thoughts of incompetence. They truly begin to believe that men are smarter and more powerful than women. She will constantly be thinking, am I smart enough? Am I too naive to understand?

Better Together has not only taught me this new perspective but also to look past the quickly put out emotions of a person. I have learned to evaluate problems that I have with others with questions other than what did I do wrong? A person may act out with deep emotion towards others, but for what reason? The reason may be because of what the others did to make the person upset but it could also very well be because of deep insecurities and feelings of inferiority which are perpetuated by the culture we live in. I immediately judged this woman for her stubbornness, asking myself what I could have done to deserve this. What I didn’t realize is that her problem was never with me, or Rabbi Dov, or Better Together, but rather society has taught her to act this way.

Now, when someone approaches me with negative emotions and I am unsure of what action I did to cause these problems, I know to look under their skin for their underlying demons. What is truly causing these issues, me or society? We are the product of our upbringing through

societal norms; this woman was purely a victim of her society.

Through my intergenerational experiences, both good and bad, I have learned to become a better person. This elderly woman as well as many other women have taught me to become a stronger, more confident girl. I have witnessed women in our branch of Better Together who believe in their own opinions and I have now witnessed quite the opposite.

Although I did not live through the gender inequality of the 1960s, I am currently living through the gender inequality of 2016. The year that may lead to a woman president but still has women making on average a lower wage than men. I see in my high school the societal pressures on girls to fit a certain standard of being intelligent, just not more intelligent than their male competitors. The year that will lead to thousands of women rape victims who feel as though they are the ones encouraging the assaults. Women constantly follow the rules that society thrusts onto them because they still feel incompetent. This woman lived through the 1960s and still feels incompetent through 2016 because society continuously teaches her to follow these guidelines.

I applaud the Better Together program for shining a light within me as to these gender inequality issues that are still affecting the women all around me. The wonderful ladies involved in this program have taught me that I am smart and capable of achieving my dreams and that I do not need to follow the rules that society sets for me. I have learned valuable lessons through this program that will not be forgotten.

Local teens have memorable experience at youth conference

By Jojo Ure and Alexa Chronister

As members of BBYO and NFTY we attend gatherings with hundreds of Jewish teens multiple times throughout the year; however, L’taken in Washington, D.C., left a different impact on us than our youth group conventions.

It was amazing to sit and learn with other Reform Jewish teens from Tallahassee, Fla., to Tarzana, Calif., specifically learning about social justice issues that we all are passionate about. Not only were we able to connect with these teens from across the country, but we were also able to create relationships with other teens from Beth Chaim; we spent a large portion of our time getting to know and learning with our group.

We ate meals, traveled throughout DC, and lastly, walked the halls of the Russell State Senate and the Rayburn House Office buildings with the other

Beth Chaim teens. Talking before the offices of our state senators and representatives was truly amazing. Before this weekend we did not realize how much of a difference we could make as teens. By simply talking to our representatives and senators and showing them that we do care, we can help change the way our government is run.

The immense passion we felt throughout the weekend sticks with us today and we would love for another opportunity to go back to Capital Hill and lobby with the RAC again.

Lastly, we wanted to give a special thanks to Rabbi Pearlman for giving us this amazing opportunity. Sharing this weekend with her and taking just a piece of her incredible passion for Judaism and social justice issues was truly amazing. We cannot thank her enough!



Israeli researcher finds way to quickly stop bleeding wounds

Until now, the only blood-stopping solutions for the type of deep wounds caused by such violent stabbings sustained by the injured have been either too weak or so strong that they cause deadly blood clots. Even the most able medical first responders often do not have the most effective solutions to save lives when every second counts.

Moshe Rogosnitzky, director of the Center for Drug Repurposing at the university and co-founder of the non-profit MedInsight Research Institute, he has spent his career advancing the field of personalized medicine and successfully innovating new uses for existing drugs.

His discoveries have benefited hundreds of thousands of patients, and his scholarly publications span a wide range of subjects including: liver, pancreatic, breast and prostate cancers, Crohn's disease, eye disorders, gastrointestinal and

abdominal surgeries and homeostasis.

Now Rogosnitzky has unintentionally discovered that gallium — a biometal currently used to stop bone loss in cancer patients — in liquid form (known as gallium nitrate), can rapidly halt bleeding from deep wounds without causing blood clots.

The use of gallium for stopping bleeding from deep cuts provides additional benefits.

Extensive research has shown that gallium is a very powerful anti-infective and speeds the healing of injuries caused by deep gashes which are often produced by the knives and other type of weapons used by terrorists.

Gallium, he explained, works by inducing "flocculation" of the clotting protein in blood known as fibrinogen. This results in external clot formation. In stark contrast to other treatments for bleeding wounds, gallium does not induce clotting mechanisms in the

blood. This avoids the highest risk of existing technologies that run the risk of causing deadly internal blood clots.

According to Rogosnitzky, gallium has the potential to "dramatically increase the chances of survival by victims of terror or accidents. However, it is vital to get this discovery from the lab to the clinic as quickly as possible. The sooner it gets to the market, the sooner it can be used effectively to save lives."

At this stage, gallium has to undergo studies to determine the optimal dose and delivery method prior to filing for marketing authorization by the health authorities. In addition, a comparative efficacy trial with other technologies for stopping bleeding needs to occur, he added.

To speed up the process for clinical development and availability of gallium, an online fundraising campaign called Stop the Bleeding, has been initiated through We Fund

the Cure — a US-based nonprofit organization. The researchers urgently need funding to move forward to the next stage.

"Unfortunately, there seems to be no immediate end in sight to the kind of violent attacks facing Israelis. Gallium can provide instantaneous help to victims in Israel. Our goal is to place gallium in every first aid kit and every ambulance, ensuring that every stabbing victim has an increased chance of survival. In order to move forward quickly we need resources for clinical testing," said Rogosnitzky.

"Moreover," he added, "as blood loss remains the leading cause of death from stabbings and other external injuries, it is our hope that this innovation can help innocent victims of violent crime or accidents throughout the world by significantly reducing mortality rate and providing an effective and safe answer for blood loss from wounds."

Thousands of Ethiopian immigrants to be brought to Israel

New immigrants from Ethiopia will start coming to Israel in June, 1,300 will be brought by the end of the year, and pending budget approval 9,000 over the next five years, according to an agreement Prime Minister Benjamin Netanyahu reached with Likud rebel MKs David Amsalem and Avraham Neguise.

Amsalem said he and Neguise proved to Netanyahu in negotiations that the cost of absorbing the immigrants was less than the Finance Ministry was telling him, so he agreed to budget bringing the immigrants.

Amsalem and Neguise absented

themselves from votes in the Knesset plenum for two months, protesting the lack of implementation of a Cabinet decision about the immigrants made last November. Without them, the 61-MK coalition failed to pass a Likud-sponsored bill limiting the fundraising of political organizations and had trouble advancing a bill that would enable the suspension of MKs.

For their rebellion, the two MKs accepted a punishment barring them from proposing bills and parliamentary inquiries and speaking in the Knesset plenum for the entire Knesset summer

session that begins May 23. Amsalem and Neguise will vote for the next state budget.

When a flight of 400 Ethiopian immigrants arrived in August 2013, the Jewish Agency celebrated that it had completed the process of bringing every potential Ethiopian immigrant. The agency handed over the keys of the Jewish school in Gondar, a transit point run by the agency, to the city's mayor. The school and all its facilities, which the agency says provided education for 2,500 Jewish students in preparation for life in Israel, were given to the

municipality.

But Neguise protested the day those immigrants arrived and then got elected to the Knesset on the Likud slate and continued his protest until now. Two weeks ago, he led a protest of 1,500 citizens of Ethiopian origin outside the Prime Minister's Office during a cabinet meeting.

"This was a Zionist struggle," Amsalem said. "I thought all along that these people need to come home, and I am glad the prime minister realized it. They won't be here for this Passover, but as we say at the Seder, 'next year in Jerusalem.'"

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All Around the Town

Mazel tov to **Jo and Paul Cohn** and to Hal Cohn on the engagement of their daughter/granddaughter Abigail's engagement to Matthew Wargo, both of Hoboken, N. J.

Drs. Jennifer and Bryan Currie of Winchester, Va. proudly announce the

birth of their third son, Samuel John on March 27. Mazel tov to grandfather **Charles Diamond**, Jennifer's father, and great-grandfather **Al Diamond**. Samuel is Al's eighth great-grandchild.

We love good news about members of our community! Please share it by emailing Marknem@aol.com.

Food for thought

By Anne Seltzer

Having two children with dietary restrictions because of health — one for stomach issues, the other for food allergy reasons, I pay attention to what foods I make in our home when they are around. Or food to send them in care packages. Myself, I don't tolerate corn, nuts in great quantities, or rice. Alan doesn't like cheese. I don't eat meat. And one of our boys has decided he's Paleo. There you have it! Bet you're glad we aren't coming to your Seder! But seriously, none of us ever requests anything special; we just work around what people are serving. There's usually enough other stuff to eat!



While everyone should read labels to see what is added to your food, or what is in it, some people have to do so in order to not become deathly ill. For example, have you recently looked at the sodium content of canned soup? Having been in charge of the food at several dinners in the past few years, I have become even more aware of food allergies and intolerances. Whereas it was not considered as a main choice at dinner 10 years ago, usually now you find a vegetarian or fish option as a choice today. Restaurants and hotels have become very accommodating and have good options (read, not boring) available, so no one feels deprived.

This past weekend we were trying to juggle allergies or intolerances to dairy, chocolate, eggs, gluten, nuts and certain vegetables. At first I thought, wow, then my curiosity and creativity overcame that and I became determined to find a dessert that would suit all. Well, I started combing all my cookbooks and found out that was easier said than done. One recipe that

would not contain gluten would contain eggs or butter; another that was nondairy would contain gluten. I looked in my low sugar, gluten free, and vegan cookbooks. It became apparent to me that one cannot accommodate all with one recipe. I guess that is why restaurants always offer several dessert options, besides there are chocolate and no chocolate (i.e. those we don't trust) people out there. And those who prefer a fruit-based or custard-based dessert, not to mention several types of ice cream and sorbet. You get the picture. Everyone has their food needs and/or preferences.

Anyway, I started scouring the organic section at the grocery store and came up with Mango Sorbet. So Mango Sorbet and fresh strawberries it was. A perfect spring dessert! Light and refreshing. Cannot wait for the local berries in another few weeks! Below is a recipe for a nondairy, not chocolate dessert I promised someone a recipe for.

Jumbo Oatmeal Raisin Cookies

- ¼ c. canola oil
- 1/3 c. packed light brown sugar
- ½ tsp. baking soda
- ¼ c. granulated sugar
- ½ tsp. salt
- ¼ c. unsweetened applesauce
- 1 ½ c. rolled oats
- 1 T. ground flaxseed
- ¾ c. raisins
- ½ c. flour
- ¼ c. canola oil
- 1 tsp. vanilla

In a large bowl whisk oil, both sugars, applesauce and flaxseed. Stir about 1 minute until well mixed. Mix in vanilla. Sift in flour, soda, and salt until mixed. Add oats and raisins. Scoop onto parchment-lined baking sheets, using about ¼ c. dough per cookie. Flatten a little with your hands. Bake at 350° for 12-14 minutes, until edges are lightly browned. Cool on sheets 5 minutes, then transfer to a cooling rack. Enjoy!

Gardening with Vicky

Turning lawns into meadows

By Vicky Sokoloff

Two of the most pressing issues in suburbia are storm water runoff and pesticide pollution. There are more than 48 million acres of lawn in the U.S. Converting even a portion of that land into meadows and rain gardens would be a big step in addressing those problems. It would also reduce erosion, have a healthy impact on the soil food web and provide both food and shelter for wildlife.

I learned recently that lawns first appeared in Europe as a sign of wealth. Having a lawn meant you had so much land that you could afford to have some of it not being productive and that you could afford to pay people to tend it.

Today's lawns are not much different. While they might provide a play area for kids or pets, they have very little other function. And maintaining a lawn requires water and chemicals; mowing contributes to air pollution.

The biggest impediments to creating meadows are zoning laws and homeowner association rules. So working to change those laws and rules is something we can all consider as a way to help the environment. If you want to learn more about meadows as an alternative to lawn, contact Penn State and request publication PA Wildlife #5 — Meadows and Prairies: Wildlife-Friendly Alternatives to Lawns. Single copies are available at no charge. There are also a number of books on the subject available from the public library. You can also visit extension.psu.edu/natural-resources/wildlife/landscaping-for-wildlife/pa-wildlife-5

I have had a vegetable garden in my front yard for almost 20 years. The garden was originally located in that spot because it was the only spot that was flat and sunny. Over the years we have introduced more and more planting beds to reduce the amount of lawn area. We have also accepted that if we do not want to use herbicides and pesticides, we won't have one of those perfect lawns. So we think of the lawn area as merely the space between the planting beds. While I am not a fan of dandelions, I enjoy the many shades of violets



Daffodils cut from our yard

currently blooming throughout the lawn.



Two shades of wild violet

Large areas are devoted to tall ornamental grasses. We grow many varieties ranging from just a foot tall to one (Arundo Donax) that can reach 20 feet tall. These grasses provide shelter for wildlife, nesting material for birds, are attractive to look at, and provide winter interest. Chemical-free grass clippings and leaves become compost for the vegetable garden.

These changes have reduced our use of water and nearly eliminated the need for chemicals. This can be a really important change for families where allergies are a problem. The chemicals you put on the lawn can be tracked into the house on shoes, by pets, and blow in doors or windows. The only people promoting wide expanses of turfgrass are the people who sell you the chemicals to maintain them.

One of the recent trends is the promotion of vinegar to kill plants. Somehow people have come to think that natural means safe. Nothing could be further from the truth. People have gone blind from exposure to vinegar. The concentrated forms (over 20 percent) are especially dangerous.

Since vinegar kills only the top growth of the plant and is not transferred down into the ground, repeated applications are needed to kill a weed. And caution is required when applying it.

Garden to bloom at RCOS

The Social Action Committee at Reform Congregation Oheb Sholom is establishing a garden on the synagogue property. Produce grown there will be donated to area food banks. The committee also has two plots at Opportunity House.

A garden the committee planted on another site last year produced more

than 1,000 pounds of food, and this year the committee expects to donate more.

The new garden is designed with raised beds and 3-foot high planters so someone could stand or sit while helping to plant or weed. To donate materials, seeds, etc or volunteer your time, please contact Mimi Gavigan at 610 373-1109 or mag1835@comcast.net.

I don't even know what day or month or year it is let alone what day of the Omer it was yesterday!



First published in Mishpacha Magazine

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Jewish Family Service

Help with transportation is available

By Sari Incledon, M.Ed.

Transportation in Berks County can be challenging for non-drivers. Berks Area Regional Transportation Authority (BARTA) does offer 20 different routes to all parts of Berks County, and the service is very affordable. Seniors, 65 or older may ride free on the BARTA Fixed Route bus system ALL DAY/EVERY DAY! To participate in the program, register with BARTA to obtain a Commonwealth of Pennsylvania ID Card. You can fill out an application and receive your card immediately by stopping at the Special Services Office – 1700 N. 11th St. in Reading (between 8 a.m. and 4 p.m.) or the BARTA Transportation Center, Eighth and Cherry Streets in Reading (between 9 a.m. and 5:30 p.m.) You must provide proof of age in order to receive your card. This program is provided by the Pennsylvania Lottery's Free Transit Program for Senior Citizens.

People with qualifying disabilities and Medicare cardholders (who are under 65 years old) can register with BARTA to obtain a Reduced Fare Transit Identification Card to use as



a boarding pass. This is a half fare program. You can fill out an application for this card at their Special Services Center. The base BARTA fare is \$1.70. Discount tickets are available including a 31-day ticket for \$47. More details about fares, transfers and eligibility for programs are available on the BARTA website.

In 1978 BARTA Special Services Division was established offering trips between the customer's homes and destinations not well served by fixed routes. Special Services operates during limited hours and specific travel areas. Various funding programs cover a majority (if not all) the costs for seniors and those with disabilities. BARTA requires an application for those wishing to use the service and the reservation process requires two working days' notice to schedule most appointments. Despite being a door-to-door service, shared-ride does not permit "taxi service" and is not a non-stop ride for one person. Everyone requesting transportation must fill out an application. Processing and approval of the application may take up to 21 days. All applicants will receive a letter to inform them of their eligibility, for more information about BARTA call 610-921-0601 and for BARTA Special Services call 610-921-2361.

Jewish Federation Taxi Program

More than 25 years ago Jewish

Family Service started a transportation program that has provided a tremendous service to hundreds of seniors and disabled people in the Jewish community. Supported by contributions to the Federation and to the United Way, our program provides \$75 worth of taxi rides for \$25. Clients (seniors and disabled people) purchase coupon books for \$25 and use the coupons to pay for the rides from Reading Metro Taxi. Clients use this program to go medical appointments, for shopping and assorted errands, to attend synagogues and JCC events. Some people have found that the program is especially valuable when they are no longer able to drive at night and others have found that giving up driving is not quite as painful as it could have been. To learn more about the Taxi Transportation Program call Sari or Carole at 610-921-0624.

How your old car can help others

Do you have an old car (motorcycle, truck or boat) that you no longer need? Our vehicle donation program is a win-win for you and for JFS. You get a tax

donation and we get the proceeds from your vehicle being auctioned. To learn more about this great program call Sari at 610-921-0624.

Passover Assistance

JFS purchased Passover food for 15 households, some inmates at Berks County Prison and sponsored 10 people to attend Synagogue sederim. JFS also sponsored an afternoon seder for seniors with The Manor at Market Square which was enjoyed by all who attended.

JFS Discussion Groups

Encore — a discussion group for seniors meets monthly at the JCC. We talk about what is in the news and what is on the minds of the participants. Our next meeting is Monday, May 9 at 3 p.m. All are welcome. Call Sari at 610-921-0624 for information.

Living with Loss — a support group for people who have lost a loved one within the last year, we meet once a month. For more information call Sari at 610-921-0624. Our next meeting will be Monday, May 23, at 3 p.m.

United Way



Jewish Family Service Food Pantry Collection



We are serving more families each month! Please bring donations of canned tuna, soup, fruits and vegetables to Keshar Zion or the JCC. Thank you!

We also need plastic and paper grocery bags!



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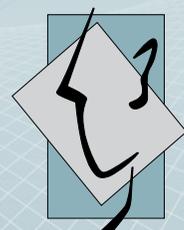
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Contributions as of April 15

Holocaust Library & Resource Center

In honor of:
Sid and Esther Bratt's anniversary – Ellen and Don Abramson

Jewish Family Service

In honor of:
Birth of Shari and Dave Seltzer's grandson – Andy and Corinne Wernick
Engagement of Irv and Arlene Ehrlich's daughter Melissa – Carol and Gordon Perlmutter
Barbara Fromm being appointed as President of JFS Board of Directors Palm Desert – Debbie Goodman and John Moyer
Sid and Esther Bratt's 65th anniversary – Louise Zeidman

In memory of:
Elaine Krause – Edith Mendelsohn

Federation Jewish Community Campaign

In honor of:
Abigail Cohn's engagement – Dena and Vic Hammel
Birth of Selma Cutler's great-granddaughter – Debbie Goodman and John Moyer
Bat Mitzvah of Sue and George Viener's granddaughter – Debbie Goodman and John Moyer, Hilde Gernsheimer
Birth of Carol and Bernie Gerber's grandson – Sue and Mel Blum
Sid and Esther Bratt's 65th anniversary – Elaine Safir, Hilde Gernsheimer, Rob and Yvonne Oppenheimer
Gerald and Raie Fogelman's 65th anniversary – Elaine Safir, Marlene and George Weiss

Honorials and Memorials

Contributions may be made to the following Funds:

Federation Jewish Community Campaign	\$10
Jewish Family Service	\$10
Leo Camp Lecture Fund	\$10
JFS Food Bank	\$25
JFS Taxi Transportation Program	\$20
Holocaust Library & Resource Center	\$18
Doris Levin Fund	\$10

Get well/speedy recovery:
Carol Gerber – Rob and Yvonne Oppenheimer

In memory of:
Gene Friedman – Marcia Gross
David Hyman – Marcia Gross
Barbara Solowey – Marcia Gross
Andi Kleinman – Carol and Bernie Gerber
Gerald Zeigerman (Debbie Goodman's stepbrother) – Carol and Bernie Gerber
Anita Lipson (Dena Hammel's mother) – Sue and Mel Blum
Peter and Helaine Schiffman's daughter Janet – Judy, Bob and Susan Pollack
Rae Rudnick – Dena and Vic Hammel

Yemin Orde Youth Village

In memory of:
Dena and Vic Hammel's anniversary – Ernestine Urken

Friendship Circle Fund

In honor of:
Rachel Silverstein on her engagement to Kyle Shedd, and to parents Laurie and Jim Silverstein and grandmother Rita Litvin – Glenn and Gaye Corbin

In memory of:
Larry Weiss – Tootie Moyer

Israeli medical team helps to heal children's hearts in Tanzania

Shadia Jirani, an 18-month-old Tanzanian girl, was born with a giant hole in her heart. Without surgery her chances of survival were grim.

Shadia was the first child wheeled into the operating room at Jakaya Kikwete Cardiac Institute (JKCI) in Dar es Salaam, Tanzania, during a weeklong medical mission in March undertaken by a team of cardiologists, nurses and volunteers from the nonprofit Save a Child's Heart (SACH) at Wolfson Medical Center in Holon, Israel.

"It would seem the SACH team arrived just in time," said Randi Weiss, SACH Young Leadership director in her blog about the mission, which was sponsored by Save a Child's Heart Canada.

Shadia was doing well after a three-hour operation by SACH lead surgeon Dr. Lior Sasson and Dr. Godwin Godfrey, Tanzania's first pediatric cardiac surgeon, who trained with SACH specialists for six years in Israel with the support of the Australian Pratt Foundation. Assisting them was Dr. Yayehyirad Mekonnen, currently training in Israel through SACH to become Ethiopia's first pediatric cardiac surgeon.

While Shadia's surgery was underway, Dr. Akiva Tamir and Dr. Sagi Assa were leading a team performing cardiac catheterizations one floor below.

The SACH team worked with Godwin and pediatric cardiologist Dr. Naiz Majani, who was trained by SACH in Israel. Though these Tanzanian physicians work independently with their team in JKCI, SACH sends volunteer medical teams three times a year to assist with the large number of children waiting for lifesaving treatments. However, it was the first time they were doing catheterizations. In their first procedure, they repaired a life-threatening hole in a child's artery, sparing her from surgery and weeks of recovery. A catheterization of this nature had never been performed in Tanzania before.

The Israelis brought along medical equipment as well as items such as bubbles and coloring books to cheer the young patients. Non-medical volunteers from Los Angeles and Israel included Dafna Jackson, personal assistant of major SACH supporter Morris Kahn.

"The Tanzanian and the Israeli medical teams fell right into place as if they'd all been working together for years," Weiss said. "They quickly and efficiently prepared their departments for their respective procedures, and within a few hours they began attending to the long lines of children and their parents outside of the cardiology clinic, each anxiously waiting for an echocardiogram."

SACH's Dr. Alona Raucher worked with Majani to screen scores of children from Tanzania and Zanzibar. Some will be travelling to Israel for lifesaving treatment in the near future.

The Israelis often do checkups or follow-up procedures on patients they treated months or years previously.

One catheterization patient was 5-year-old Muhammed Ali from Zanzibar, treated in Israel four years ago for PDA, a persistent opening between two major blood vessels leading from the heart.

"The medical team knew at the time this would be part one of a two-part treatment for his complicated issue," said Weiss. "For four years now, his mother has been taking him to meet our medical team on missions to Zanzibar, and has been waiting for the day that she'll be told she needs to return to Israel with him for his final treatment."

However, due to recent advancements in pediatric catheterizations and the expertise of the visiting Israelis, the child was able to have his final treatment that day and will not need further surgery.

Another emotional reunion was with 19-month-old Dorice and her mother, Elieth, who came in for a follow-up to Dorice's lifesaving operation in Israel in December 2015. This was an especially

memorable case because while Dorice was in surgery her mother went into labor and gave birth at Wolfson to a healthy girl. Dorice was checked out in Tanzania and pronounced healthy.

Then there was Esther, an orphan who had been treated in Israel in 2010 for rheumatic heart disease. She told Raucher that she hopes to become a medical doctor, maybe even a cardiologist. Her echo showed very good results and as far as the medical team can tell, she won't be needing any further treatments in the near future.

Among the new patients was four-year-old Khaifu, brought in by his father, Abraham. Khaifu had been sickly for two years, but the clinic in the family's village 10 hours from Dar Es Salaam did not know how to help. A doctor on a humanitarian visit from the UK finally diagnosed Khaifu and referred Abraham to JKCI. They arrived three weeks before SACH and Majani felt it best to wait for their Israeli partners.

A grateful Abraham told SACH: "Every day I pray to God to rescue my son because I know he is in trouble. He does not enjoy life because of his bad heart. I tried in so many ways to save my son. Now we are here and you are here, and I will just pray and pray."

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Why dueling camps in Israel need each other

By David Bernstein

The discourse between Jewish groups that engage in traditional Israel advocacy and those that attempt to alter the government's stance on peace and human rights leaves much to be desired.

The discord is sad because it pits Jew against Jew. It's sad because it makes it hard for Jews with different viewpoints to celebrate together the miracle of modern Israel. It's sad because it pushes away many young Jews, who don't know why their elders can't talk in a civil manner. It's sad because it crowds out nuanced thinking and exploration.

Above all, it's sad because it neglects an opportunity to both strengthen Israel's standing in the world and enhance the country's commitment to democracy and peace.

Indeed, both camps could benefit Israel if they stopped trying to discredit the other and joined forces when possible.

Let's start with the human rights/peace camp, which often pays short shrift to advocating for Israel. It frequently argues that the only thing that would make any

difference in improving Israel's international standing and combating delegitimization is reaching a peace agreement. Peter Beinart recently argued, for example, that "the only way to do that [stop delegitimization] is to prove that Israel is making a serious effort at ending the occupation."

In writing off advocacy, they ignore the possibility that Palestinian leaders might not be willing to cut a peace deal and that a deal might not end the conflict. They place the entire burden of achieving peace on Israel and ignore abundant evidence of Palestinian intransigence. They also discount thoughtful pro-Israel advocacy, which has stopped boycotts and strengthened America's connections to Israel.

For its part, the advocacy camp often downplays Israel's very real internal threats. Fanatical right-wing Israelis, especially, want to turn the country into a modern monarchy in the entirety of the historic land of Israel. And, whether or not the traditional advocates admit it, absent a peace deal, there is a long-term demographic threat to Israel's Jewish majority and a political threat to its legitimacy.

Both camps fear the imagined consequences of acknowledging that the other might have a point. The human rights/peace groups worry that lending credence to advocacy gives the Israeli government a free pass on peace and human rights. The traditional advocates worry that calling attention to Israel's internal problems gives ammunition to its adversaries. Both concerns have merit. And both are overblown. Each camp underestimates the other. The advocates often regard the human rights advocates as sellouts, and the human rights supporters often see the traditional advocates as intellectual lightweights.

I can assure the traditional advocates that the human rights/peace supporters are much more committed to Israel — often desperately so — than you realize. They worry that the country is putting itself at risk by not taking steps for peace.

And I can assure the human rights/peace supporters that the traditional advocates are often much more well-informed than you give them credit for. They've heard all your brilliant arguments, which they may not

agree with.

If both camps could set aside for a moment their self-righteousness and suspicions, they could do Israel a world of good. The human rights/peace supporters are more effective in countering BDS than anyone in the traditional advocacy camp. The traditional advocates could be much more effective in urging the government to protect its democratic institutions and advance the two-state vision.

Here's a humble suggestion for how both camps can stop fighting, find synergy and help Israel:

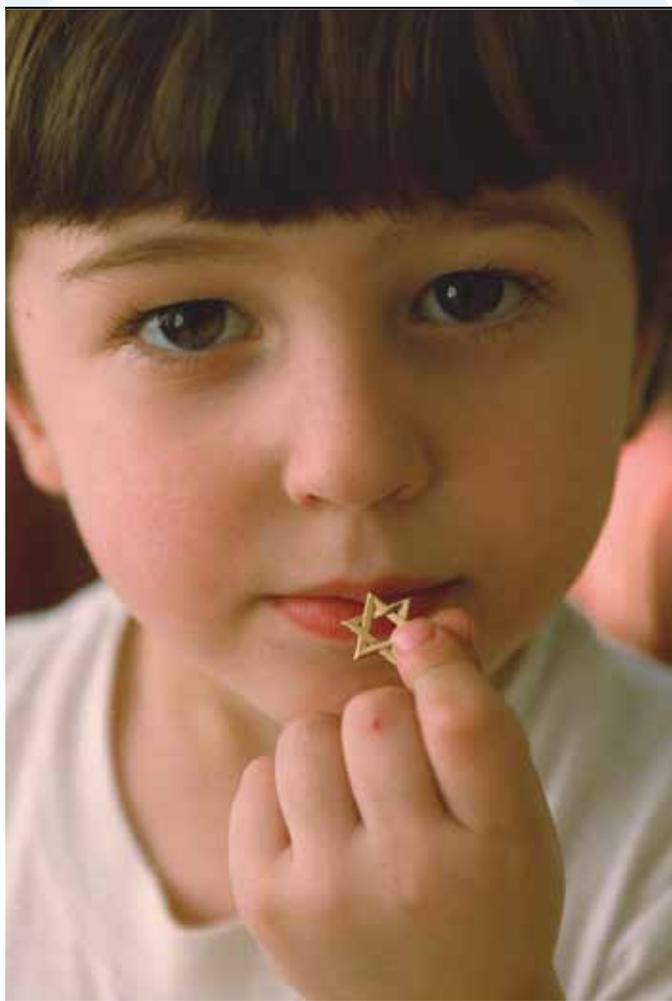
Recognize that you may be wrong about what will bring Israel peace and security. Be 90 percent rather than 100 percent certain. It's a lot easier to work with someone whom you feel has a 10 or 20 percent chance of being right than someone whom you regard as positively and irredeemably mistaken.

If more of us can do that, then maybe we can find opportunities to work together to fortify both Israel's body and soul.

David Bernstein is a president and CEO of the Jewish Council for Public Affairs.

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