

SHALOM

The Journal of the Reading Jewish Community. Published as a community service by the Jewish Federation of Reading, Pa.

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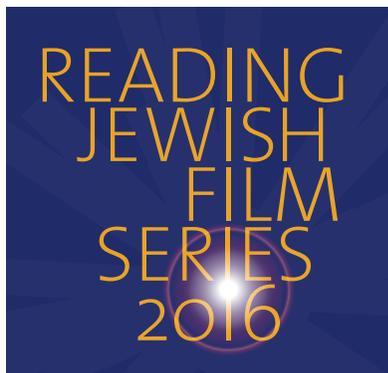
Exciting series of Jewish films kicks off Nov. 4

By Amanda J. Hornberger

What could be the cause of challah flying off the shelves of a struggling kosher bakery in London's East End? Curmudgeonly Jewish baker Nat Dayan is not sure, but it began after he hired Ayyash, a young Muslim apprentice. Come find out the secret ingredient to the challah in "Dough," a new British comedy starring Jonathan Pryce.

Dough is the first film of our 2016 Reading Jewish Film Series and will be shown on Wednesday, Nov. 4, at 7 p.m. at Fox Berkshire 800 Berkshire Blvd., Wyomissing.

The 2016 Reading Jewish



Film Series is co-sponsored by the Rubin Educational Fund of the Jewish Federation of Reading and Fox Theatres. Admission is \$5 per film or \$20 for the series of five

films. All films will be shown on Wednesdays at 7 p.m. at Fox Berkshire. Tickets can be purchased at the theater beginning at 6:30 p.m. the day of the screening, or series tickets can be bought at the JCC. Cash and checks are accepted.

The complete list of dates and films for the 2016 Reading Jewish Film Series can be found below:

- Nov. 4** — "Dough"
- Dec. 2** — "Touchdown Israel"
- Feb. 10** — "24 Days"
- March 16** — "Above and Beyond"
- April 20** — "Run Boy Run"

Similar to last year's film series, the 2016 Reading Jewish Film Series will feature a variety of film genres from comedies to dramas to documentaries. The films are from around the world, including the U.K., Israel, France, the U.S. and Germany.

We hope you will join us as we explore a kosher bakery in London, the Israeli Football League, an anti-semitic kidnapping in modern-day France, Jewish-American pilots in the 1948 war and the true story of a Polish boy's survival during the Holocaust, all during the 2016 Reading Jewish Film Series!

Join us as we help the homeless at first Interfaith Mitzvah Day

By Amanda J. Hornberger

Everyone is invited to join us at our Interfaith Mitzvah Day on Sunday, Oct. 25, at 1 p.m. On that day the Reading-area Jewish, Christian and Muslim communities will be joining together for an interfaith day of service sponsored by Jewish Federation of Reading and Alvernia University.

On Oct. 25 we will be putting

together care packages of scarves, hats and gloves to be given to the homeless who attend the People First event being held Nov. 10. People First is a partnership with the Berks Coalition to End Homelessness and Queen City Restaurant and its owner, Steve Elmarzouky, in which local homeless and others in need receive a Thanksgiving

dinner and winter items.

If you cannot join us Oct. 25, please consider donating new winter items (scarves, hats and gloves) for the care packages. You can drop off these items at the JCC through Oct. 22. Please contact Sari Incledon or Amanda Hornberger (610-921-0624) for more information about donations. If you have questions about the Interfaith Mitzvah Day

please contact Amanda.

All high school age students and adults are welcome to join us on Oct. 25! We hope to have a large part of our community participate in this interfaith community service event! To sign up please visit <https://www.eventbrite.com/e/interfaith-mitzvah-day-registration-18259204773> or email amandah@jfreading.org

Yemin Orde program develops male leaders

Last month we wrote about Yemin Orde's Women's Mechina program, their IsraElite Women's Leadership Program for Immigrant Youth.

A parallel program exists for men. Yemin Orde Men's Leadership Program for Immigrant Youth, the Men's Mechina, was established in 2000 to empower young Israelis from immigrant backgrounds with the skills necessary to excel in their mandatory military service and to thrive in their civilian life that follows. Every year since, nearly 60 young men participate in the intensive 10-month program located in the northern development town of Hatzor Haglilit.

The majority of participants in both the men's and women's programs are immigrants or children of immigrants from Ethiopia or the former Soviet Union. They come from cities and towns all around Israel, and all are from low socio-economic backgrounds. While there are many gap-year preparatory programs in Israel, Yemin Orde's Men's Mechina is the only such program that is specifically designed to meet the unique needs of these marginalized youth.

The program has more than 500 graduates, many of whom are serving in elite units or in

command positions in their national service, while others are already studying in university or have entered the professional world. The program has proved, year after year, that in the right atmosphere and with proper encouragement, at-risk youth can fulfill their potential and grow into Israel's leaders of tomorrow. A new Men's Mechina complex was completed in January 2013, which provided a modern facility for learning, living and training the recruits.

Key components of the Men's Mechina Program are:

- Preparation for military service: navigation and orienteering skills, rigorous physical training, first aid lessons, battle lore and traditions of the IDF
- Weeklong seminars, including a survival course, a Paratroop Regiment basic-training camp and hikes and field trips focusing on the history and geography of the Land of Israel, Jewish heritage and culture
- Life skills and leadership workshops, including managing personal finances, developing healthy interpersonal relationships, public speaking, and decision making.
- Weekly volunteering in the Hatzor community, community



Participants in the Men's Mechina at Yemin Orde, supported by contributions to the Jewish Federation of Reading's Israel Now program.

involvement and a commitment to Tikkun Olam

• Graduate support and follow-up during and after military service.

The program has succeeded in imbuing these marginalized young men with a sense of belonging and social responsibility. The Men's Mechina has been successful both in terms of changing the participants' goals for their army service and in changing the IDF's attitude towards immigrants.

• 90 percent of graduates serve

in IDF combat units.

• 30 percent of graduates served in IDF command positions.

• 7 percent have served as IDF officers.

• Following their army service, many graduates have proceeded to higher education and are well integrated in Israeli society; they are on par with their Israeli-born peers.

Yemin Orde continues to make a difference. The Reading Jewish community's continued support helps make that possible.



Jewish Community High School off to great start thanks to participation

Page 8



JCC to offer drug prevention training

Page 2



A look back at Rosh Hashanah celebrations

Page 5



A chance to give back during December holidays

Page 10

JEWISH FAMILY SERVICE: Great opportunities abound for older residents

Page 13



2015 totals as of Sept. 15

Jewish Community Campaign \$367,558

***Includes transfers from Donor Advised Funds**

Your gift can have positive impact for many years to come

By Richard Nassau
Development Director

Consider adding the Jewish community to your will. It is easy to do.

Everyone should have a will. Wills protect your estate, provide for your loved ones, and achieve your charitable goals. They define your legacy. By adding a charitable bequest to our Jewish community in your will, you're also providing stability and continuity to Jewish life here in Berks County. Your charitable bequest ensures the many programs and activities benefiting our Jewish community continue into the future.



Bequests are flexible. You choose how your gift should be used after your lifetime; providing support for what is important to you. Your bequest can be for a particular purpose or field of interest or unrestricted to where the need is greatest. You can also designate the amount, percentage of your estate or the asset you wish to use. Bequests allow you to keep control of your assets. Bequests to our Jewish community allow you to give back and continue making a difference in the lives of people. It is a way for you to provide for your family and still achieve your charitable goals. It is your legacy.

Let us know if you are considering a charitable bequest or have included one in your will. The Jewish Federation of Reading can help answer your questions about charitable bequests and provide suggested

BEQUEST BENEFITS

- Simple to create
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 - You choose the programs to support
 - Can be changed if circumstances change
 - Your legacy making a difference for future generations
- wording for you to review with your attorney. In addition, if you inform us about your bequest it gives us the opportunity to honor your generosity. It may also encourage others to make a similar gift.

For more information, contact richardn@jfreeding.org.

Making the new year a little sweeter at Meir Panim

For Rosh Hashanah, Meir Panim provided about 2,000 families with grocery shopping cards. These debit cards were loaded with 250 shekels and given to needy individuals and families to use at major Israeli supermarkets to purchase food and household items.

"These cards are truly a gift, giving needy families a chance to celebrate Rosh Hashanah with peace of mind to shop for the holiday and enjoy the festivities with goods that they really need," said David Roth, president of American Friends of Meir Panim. "This support gives dignity and respect, empowering families to feel special at holiday time."



For example, Mali, a single mother of three small children, runs her household on a small budget while working full time as a grocery store cashier. She admits she could not get through the holidays without Meir Panim, noting that "the extra money I receive to prepare for Rosh Hashanah

helps me start off the year optimistic so that I enjoy the holiday."

It is important to keep in mind that nearly 1.7 million Israelis are battling poverty — they often don't know how they'll put food on the table for the family's next meal; and 186,700 of Israel's elderly citizens are destitute — with no living relatives to provide caregiving.

Meir Panim also kicked off the school year by giving out packages filled with school supplies to children from disadvantaged families. For families that are in the lower socioeconomic levels, purchasing the supplies that their children need can be quite difficult.

The annual distribution is done just before the beginning of the scholastic year so that the students can feel comfortable on their first day. According to Meir Panim, "Without proper supplies children often feel that they lack the materials needed to succeed at learning. The lack of proper supplies leads to lower motivation for the students, and is clearly damaging to their overall success."

During the Hagim (holidays), we reflect and assess our own actions, goals and needs. The Reading Jewish community is and should be proud of its role in supporting the worthy work of Meir Panim.



FROM NY'S 92ND STREET Y

Fall lineup announced

By Amanda J. Hornberger

The Jewish Federation of Reading invites you to listen and learn from some of the world's most fascinating people at our 92nd St Y DVD programs. Enjoy these compelling and thought-provoking interactive discussions without leaving Berks County!

Our fall program starts off Wednesday, Oct. 14, at 7 p.m. with living well, aging well. Harold Kushner, the author of "When

Bad Things Happen to Good People" and the new book "Nine Essential Things I've Learned About Life" is joined by Rachel Cowan, author of "Wise Aging," for what is sure to be an inspiring and uplifting discussion about what it means to live a good life.

Before you start prepping your Thanksgiving meal come out to the JCC on Wednesday, Nov. 18, at 7 p.m. to learn from two of the world's most revered

chefs Anthony Bourdain and Jacques Pépin. Pépin's new book reveals his most cherished recipes for cooking at home, while Bourdain is known for taking viewers on food adventures, often as far from home as can be imagined.

Learn about Catholic, Jewish and Latino relations on Wednesday, Dec. 16, at 7 p.m. as the 92nd St. Y explores 50 years after Nostra Aetate, which transformed Catholic-Jewish relations.

Come learn from a distinguished panel of speakers on the current state of Catholic-Jewish relations, particularly in the age of Pope Francis, the first pontiff from Latin America.

All programs are DVDs of programs from NYC and will be shown at 7 p.m. at the JCC. Free drinks and light snacks will be provided. All events are FREE and open to the community. We hope to see you this fall at these fascinating 92nd St. Y programs!

Drug prevention training for parents to be offered at JCC

By Amanda J. Hornberger

True or False: Parents are the most effective resource in preventing and reducing adolescent and young adult alcohol or other drug abuse and addiction.

How many of you would be surprised to learn the answer is true? Come learn strategies for success and ways to connect to your pre-teen and teenager in this Prevention Resources & Education for Parents (PREP) session. PREP is part of Caron's Student Assistance Program and is designed for parents and caregivers of students in middle school and

high school.

Our program will be held on Sunday, Oct. 11, from 9:15 to 11:15 a.m. at the JCC. The program is free, and bagels and coffee will be served. Terrie Taylor, LSW, Student Assistance Program Specialist from Caron will facilitate our session.

The program will provide information on the effects and consequences of gateway drugs and other drug trends, including the local increase in heroin use in teens around Berks. Parents and caregivers will be empowered with effective communication skills to use when talking with their children

about alcohol, tobacco and other drug use.

Establishing clear rules and consequences and resiliency factors that help protect kids will also be discussed. Taylor will also go over local resources available and discuss social media issues

and how to keep kids safe online.

The PREP program is open to the entire community, and we hope will be beneficial for many of you.

This event is free, but we kindly ask you to register with Amanda Hornberger, amandah@jfreeding.org or 610-921-0624.

Local woman studying in Israel

Liza Mitgang will be pursuing her graduate studies at the Technion Israel Institute of Technology in Haifa in October.



At the Institute, she will pursue a degree in urban and regional planning in the Faculty of Architecture and Town Planning.

During her studies, she will explore the intersection of the built environment and health.

The program is a two-year thesis track, which will grant her a Master of Science degree upon successful completion.

Ms. Mitgang was awarded an education award by the Educational Committee of the Jewish Federation of Reading. Liza is the daughter of Jeff and Tammy Mitgang.



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From the President's Desk

Events this year focus on connecting with community

By William D. Franklin
President

In September, the Reading Jewish Federation successfully hosted two different events. On Sept. 8, Consul General of Israel Yaron Sideman spoke to an audience of more than



125 members of the Reading community and presented Israel's perspective on the Middle East. The next evening, Alon Barzilay, a Jewish Philadelphia real estate developer with a passion for

the historical roots of superhero comic books, spoke to an audience of more than 70 on the topic "Underroos to Super Jews."

Mr. Sideman detailed current challenges both the U.S. and Israel face in the Middle East and answered questions from an audience consisting of Jewish and non-Jewish young adults, seniors, representatives from our Muslim and Hispanic communities and from three of our local colleges.

Starting with the creation of Superman, Mr. Barzilay explained the strong Jewish religious and cultural

roots of superheroes in reaction to the economic chaos and persecution of the Jews in the 1930's.

Although seemingly unrelated, these events reached out to both the Jewish and general Reading community. They support one of the key goals of the Reading Jewish Federation as we enter a New Year; that of engaging all segments of our community.

To further engage diverse elements of our community, we have expanded our PJ Library, our Jewish High School and the 2016 Reading Jewish Film Series. We have also started our Chevra group for young adults and the Maimonides

Society for our medical community and are implementing new programs such as book discussion groups.

In addition to helping our needy, educating our youth and keeping our community aware of the challenges to Israel and being Jewish, I look forward to providing new and innovative activities that resonate so that as many people as possible experience why it is wonderful to be a Jew and to be part of the Reading Jewish community.

Keep your comments coming — may we all have a happy, healthy peaceful New Year.

Thank you

Maimonides Society — A Renaissance

By Larry Rotenberg
Chairman

This month our community's Maimonides Society is holding its first meeting in more than 30 years.

The Maimonides Society consists

of healthcare professionals in our area. Organized through the hard work of Federation Development Director Richard Nassau, and led by society President Richard Alweis, M.D., the meeting is scheduled for Oct. 1 at the Berkshire Country Club. A world class medical historian will be delivering an



excellent lecture, and live music was supplied by strings from a local high school.

Who was Maimonides, and what makes him such an important historical figure, not only in Jewish life but in the life of the whole world?

He was born Moishe ben Maimon in Cordoba, Spain; fled to Morocco and then to Egypt, where he became physician to the Sultan and his Court. He treated Jews and Gentiles alike and was the leader of the Cairo Jewish community.

He was also a great philosopher who helped to resurrect the teachings of Plato and Aristotle. By doing this, Maimonides helped to bring an end to the Dark Ages of

medieval times.

He influenced many greats who followed him, among the most pre-eminent of whom was Thomas Aquinas, the great Roman Catholic philosopher.

He codified Jewish law in the "Mishneh Torah", and his Thirteen Principles became the credo of Judaism. Indeed, the last words on the lips of many Jews going to their death in the Holocaust, were the words of Maimonides: "Ani maamin", or "I believe" His fame was so enormous that it was said of him that "from Moses to Moses, there was none like Moses".

For people in health care, Maimonides was the symbol of all that was good about healers.

His Oath of the Physician is often used along with the Hippocratic Oath. In that document he urges healers not to see the person as good or bad, rich or poor, but only a human being, in need of our help.

He also exhorts us to listen to the wise counsel of elder professionals (a precursor of the second opinion), but to ignore fools who may deride us.

And so, here in Berks, more than 800 years later, we are still in awe of this great man

And it is our hope. That the local Maimonides Society, will ensure that his ideals remain the goal of all health care professionals in our community.

Belated Sukkot crafts at PJ Library Oct. 18

By Amanda J. Hornberger

After the fun and busyness of the holiday season come join your PJ Library friends for a belated Sukkot celebration in October!

Our next PJ Library event will be Oct. 18 at 9:30 a.m. at the JCC. We will be reading books about Sukkot and making fall crafts and edible treats.

All children ages 6 months to 8 are invited to participate. Please RSVP to Amanda by Oct. 16 (amandah@jfreeding.org or 610-921-0624).

Want to sign your child or grandchild up for FREE Jewish themed books each month? Please contact Amanda (amandah@jfreeding.org) or visit www.pjlibrary.org to sign up today!

JCC Book Club starts Oct. 21

By Amanda J. Hornberger

The newly formed JCC book club will be meeting on Wednesday, Oct. 21, at 7 p.m. at the JCC to discuss "Ally: My Journey Across the American-Israeli Divide" by Dr. Michael Oren.

Please RSVP to Brenda at brendas@

jfreeding.org or 610-921-0624 by Oct. 19.

The book "Ally" can be purchased as major book retailers, Amazon or borrowed from your local public library. Suggestions for future books are always welcome!

Experience Anne Frank's story through vivid dramatic reading

By Amanda J. Hornberger

According to the American Library Association, the famous Holocaust book "The Diary of Anne Frank" is one of the most banned books in the United States.

But the reason has nothing to do with the terror the Frank family faced hiding from the Nazis. Rather it is due to one, brief point where Anne describes her maturing anatomy.

In honor of Banned Book Week the Genesis No Thrills Theatre will present two dramatic readings of

"The Diary of Anne Frank" at the JCC.

The dramatic readings, an unique way to explore this popular book, will take place at the JCC on Saturday, Oct. 17 at 7 p.m. and Sunday, Oct. 18, at 1 pm.

The dramatic readings are free and open to the public but we encourage people to RSVP so we can prepare seats for this event.

Come out and experience "The Diary of Anne Frank" as you never have before!

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SHALOM

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The opinions expressed in Shalom are of the writers and not the Jewish Federation of Reading

Next deadline, Oct. 5

Jewish Community in the News

At Albright, Israeli official calls Iran deal a mistake

By Bruce R. Posten

Courtesy of Reading Eagle

An Israeli official characterized the Iranian nuclear arms deal "as a terrible historical mistake," flawed in terms of enforcement and monitoring that would ultimately lead to increased geopolitical instability in the Middle East.

Yaron Sideman, consul general of Israel to the Mid-Atlantic Region in the United States, spoke to more than 100 people Sept. 8 for more than an hour on the topic "Perspectives on Israel, Iran and the Middle East."

The free public event, held in the Wachovia Theatre, Center for the Arts, at Albright College, was sponsored by the Jewish Federation of Reading, a planning, coordinating and fundraising arm of the Jewish community.

Sideman addressed the negotiated nuclear arms agreement between Iran and the United States and its key European allies that would lift sanctions against Iranians and allow them to pursue a nuclear program.

Emphasizing that Israel has "no better friend than the United States," Sideman, nevertheless, disagreed with U.S. policy that he claimed would pave the way for Iran to develop a nuclear bomb.

"The problems that we (Israel) face can be clearly divided into two: Iran

and everything else," said Sideman, lumping Islamic State terrorists, Hamas, Hezbollah and the constant Palestinian conflict into the second category.

"None of them pose an existential threat to Israel like Iran," Sideman said. "Iran has been the No. 1 issue dominating Israeli foreign policy for two decades and it has come to a culminating point in the past few months, posing a very serious danger."

Sideman cited Iran's public commitment to annihilate Israel and its active funding of terrorist organizations throughout the world as reasons enough for alarm.

"It is not just Israel, but the opinion of most world intelligence agencies that Iran is the No. 1 sponsor of terrorist organizations on five continents," he said.

And Sideman said that not only Israel is concerned about an Iran with nuclear capability, but so are regional states like Saudi Arabia, Jordan, Egypt and Turkey, which are predominantly in the Muslim Sunni tradition as opposed to the majority Shiites in Iran.

"The real danger of the agreement is that it legitimizes Iran's right to enrich uranium on its own soil," Sideman said.

"And to the degree there are limitations, they are on shaky foundations of inspections that can be lifted 10 years



Photo by Natalie Kolb, courtesy of Reading Eagle

Yaron Sideman delivers a speech at Albright College to discuss the nuclear deal with Iran in an appearance sponsored by the Jewish Federation of Reading

from now. In the past, Iran has taken pride in duping the West."

Sideman predicted that if the agreement is allowed to stand, "the most unstable region on the face of the earth will become even more unstable."

A consul general, Sideman serves in Pennsylvania, Ohio, Delaware, West Virginia, Kentucky and southern New Jersey as the highest ranking diplomatic official representing Israel in the region.

Many superhero comic books have historical Jewish roots

By Bruce R. Posten

Courtesy of Reading Eagle

With the world imperiled by racism, sexism and other horrible human evils, what's a fella to do?

Who you gonna call?

The heroes, of course. Maybe the superheroes.

And now, most especially, we can call the mutant superheroes.

These heroes — from Superman and Spider-Man to the Fantastic Four and the X-Men — have served as mankind's avengers

and salvation, at least on a fantasy level.

In what appeared to be a lecture that zipped by faster than a speeding bullet, Alon Barzilay, 42, with a passion for the historical Jewish roots of superhero comic book figures, addressed the topic "Underoos to Super Jews."

Chronologically, the creators of these comics, most of whom happened to be Jewish, arrived on the scene with Superman in 1933 amid economic chaos and the rise of world totalitarian governments and before the manufacture of Underoos.

Underoos are the colorful children's



Photo by Ben Hastly, courtesy of Reading Eagle

Alon Barzilay delivers a talk at Albright College on the Jewish roots of superheroes.

superhero-style underwear that can transform youngsters into pretending they are able to leap tall building in a single bound.

A Philadelphia-based real estate developer, Barzilay spoke in September to an audience of about 70, mostly students and people under age 30, at Klein Lecture Hall at Albright College.

The event was co-sponsored by the Edwin and Alma N. '51 Lakin Holocaust Library and Resource Center on campus and the Jewish Federation of Reading.

In a presentation highlighted with contemporary videos and film clips, Barzilay quoted the humorous refrain that distills the entire Jewish religious experience to: "They tried to kill us. We won. I love you, let's eat."

From that comes the rise of the superhero, with strong Jewish religious and cultural roots of survival, that can be traced and paralleled to the life of Moses himself.

Never did that connection seem more self-evident than when all the prejudice and marginalization that Jews faced over centuries grew on a grand scale in the 20th century with Nazi persecution in Germany and the Holocaust during World War II.

"There was a need for Jews to empower

heroes, and to have this more powerful secret identity hidden beneath a more nebbish character or orphaned youngster; think Clark Kent and Peter Parker," Barzilay said.

Barzilay connected all the social dots of Jews changing their names to become more Americanized to gain acceptance and avoid rejection and future trauma.

He said Jews, in America, found a powerful and controlling entrepreneurial voice in the entertainment and comics industries. And while that often spoke to their innate talents, it also reflected that doors elsewhere were barred to them.

What Barzilay ultimately stressed was that the comics are not just for kids. He said they pointed to geopolitical conflict especially as it relates to Israel, and that their Jewish cultural references are being progressively watered down.

That latter trend is often sparked by the quest for money and a need to appeal to other minorities or religious groups, he said.

While the struggles of worldwide Jewry may be a familiar story to older generations, Barzilay's talk seemed revelatory to younger ones, those perhaps unaware of the poignant history behind the comics.



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as Edith Schultz of the Reading Berks AAA presents the

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The spirit of 5776: Rosh Hashanah celebrations

Jewish Family Service held Rosh Hashanah observances at the Manor at Market Square and at Berks Heim to ensure that older residents of the community could enjoy the holiday without having to travel to synagogue. Read more on the Jewish Family Service page.



Beverly and Seymour Bloom



Floyd Ruttenberg and Martin Rudolph



George and Marlene Weiss and Marie Jacobson



Lilian Abramson and Sari Inledon



Elaine Safir and Jennie Saft



Paul Schwartz blows the Shofar

Interfaith Mitzvah Day

mits.vah | mits.vuh | noun

1. "a good deed;" the Hebrew word for "commandment"

People of all faiths are welcome - children, high school students, college students, adults - to gather together and participate in the holy task of *tikkun olam*,



REPAIRING THE WORLD!

What will we do? Prepare gifts for the homeless to be given at the People First event at Queen City Diner, November 10, 2015.



Participation will strengthen all of our commitment to social action and our community as one that cares for each other.

Sunday, October 25, 2015

1 p.m. – 4 p.m.

Alvernia University (Campus Commons Building)

400 Saint Bernardine Street

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Register online, call or email:

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Congregational News

Confronting addictions

By Rabbi Yosef Lipsker
Chabad Center of Berks County

In dealing with addiction I encounter many people who in addition to substance abuse are also addicted to smoking.

I am reminded of the heavy smoker who would become upset because the newspapers always carried features on how harmful smoking was. Finally, he mustered up the courage, and gave up... reading newspapers!

Giving up smoking is easier said than done. Success can only be achieved with a complete overhaul of one's daily routine. And it needs to start by stopping immediately.

The first few days and weeks are incredibly difficult, painful and challenging, requiring a lot of willpower.

Recently I decided to get a grip on

my nutrition and food intake. I turned to a dietitian for advice.

Like smoking, food is addictive. All types, not just the usual suspects. We like our food, we crave it, we feel energized and invigorated by it. And we eat, all the time. And not always the healthiest of foods.

I realized that, as I've witnessed with people who smoke, success would only be achieved with a complete overhaul of my daily routine. And it needed to start now. The first few days and weeks were incredibly difficult, and the reserves of willpower were being stretched to breaking point. But my body soon adjusted, and the pounds are, thank G-d, falling away. I am feeling a whole lot better.

I still crave the foods that I hardly touch anymore. But, I have resolved to move on. To be able to look, but not to reach. To find alternatives that will surely lead to better and more wholesome long-term health — with G-d's abundant kindness.



Save the Date

Robert N. Greenberg Scholar in Residence Program at Kesher Zion

Friday evening, November 13, 2015
Services at 6:00p.m., Speaker 6:40p.m.
Shabbat Dinner to follow

"What Is Holiness?" How does holiness differ from ethics? Is ethics enough for a good life? Can holiness be problematic?

Saturday, November 14, 2015
Services at 9:30 a.m.

"Is Religious Doubt a Virtue or a Vice?"



Speaker: Alan Mittleman, Ph.D.

Professor of Jewish Philosophy at the Jewish Theological Seminary

Alan Mittleman, Ph.D. is currently a professor of Jewish Philosophy at The Jewish Theological Seminary. Prior to this position, Dr. Mittleman served as a professor of religion and Head of the Religion Department at Muhlenberg College.

Prior to his career in academia he served on the national staff of the American Jewish Congress. Dr. Mittleman is the author of six books including; Human Nature and Jewish Thought and Hope in a Democratic Age.

His writings have appeared in the Harvard Theological Review, Modern Judaism, Journal of Religion and the Jewish Political Studies Review.

Dr. Mittleman is a neighbor living in the Lehigh Valley where he enjoys his family and his hobby of fly fishing.

Please join us in welcoming Dr. Mittleman to our community.

Dinner reservations required.
Contact Kesher Zion for dinner charge 610.374.1763.

I have reflected on the amazing similarity of physical challenges and targets to all the spiritual ones I have ever embarked upon. There is no doubt — and the venerated sages of old emphasized this — that spiritual change is as difficult as physical ones.

There are distractions and temptations for which we crave. The vices on offer entice and lure us into their trap. These will invariably play on our conscience. It might be honesty and integrity in business. Observance of Shabbat. Eating and maintaining a Kosher lifestyle. They will make us think and consider our moral values, and whether we will sacrifice them on the altar of desire. Strong and powerful, one often succumbs to yet another 'addiction' — another area of life where resistance is steadily eroded until it snaps.

How can we overcome this very human behavior? Two things are required.

1) Help from a mentor. Advice for diets comes from a dietitian. For spiritual

malaise, one needs to visit someone well-versed in spirituality — a doctor for the soul.

2) A complete overhaul of one's lifestyle. Only by addressing the cause, and the cure, can one expect to be able to succeed and move forward in life — providing a sense of purpose and a focus to one's existence.

As with physical addiction, isn't easy. It will pull on your spiritual reserves of willpower. But it's a journey well worth embarking upon. One that, you will quickly discover, enhances and enriches your life and the lives of those whom you love.

On the heels of Rosh Hashanah — a time for good resolutions and commitments, we still have a chance to reflect on life so far — and where you really want to be by year's end. This time we can all, hopefully, stand committed to a renewed and strengthened relationship with G-d. He would love nothing more.

And He will surely reward us accordingly.

LOCAL CONGREGATIONS AND SERVICE TIMES

REFORM CONGREGATION OHEB SHOLOM (610) 375-6034

Friday, Oct. 2: 6 p.m. Shabbat service.

Saturday, Oct. 3: Rachel Radosh Bat Mitzvah, 3:45 p.m.

Sunday, Oct. 4: Simchat Torah/Consecration at 7 p.m.

Friday, Oct. 9: Volunteer Appreciation Service, 7 p.m.

Fridays, Oct. 16, 23 and 30: Shabbat service, 7:45 p.m.

Saturday, Oct. 24: Tot Shabbat at Oley Turnpike Dairy, 4 p.m.

CHABAD CENTER OF BERKS COUNTY (610) 921-0881

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

KESHER ZION SYNAGOGUE (610) 374-1763

Monday, Oct. 5: Shemini Atzeret service, 9:30 a.m. (with Yizkor)

Monday Oct. 5: Simchat Torah Maariv and Hakafot, 6 p.m.

Tuesday, Oct. 6: Simchat Torah service, 9:30 a.m., followed by kiddush

Weekly services Saturdays: 9:30 a.m.; Tuesdays, 7:30 p.m.

Friday Evening Service – Please call for service information

Babysitting available upon request with one week's notice

CONGREGATION SHOMREI HABRITH

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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.

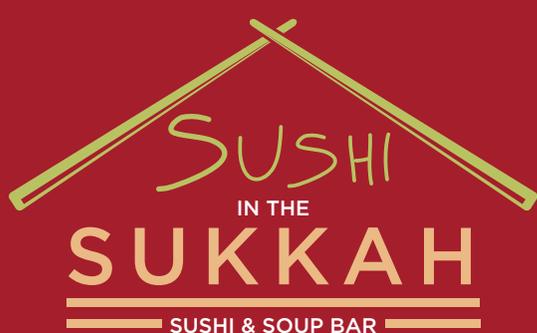
Saturday, 10/24/15 at 4:00 pm*
Saturday, 11/21/15 at 10:00 am
Saturday, 12/12/15 at 10:00 am
Saturday, 1/16/16 at 10:00 am
Saturday, 2/20/16 at 10:00 am
Saturday, 3/19/16 at 10:00 am
Saturday, 4/9/16 at 10:00 am
Saturday, 5/14/16 at 10:00 am

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

*Tot Shabbat on Saturday, 10/24/15 will be at Oley Turnpike Dairy, Oley, PA, at 4pm and will include a Havdalah service and fall celebration. RSVP will be requested but not required. More details to follow.

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

WE CORDIALLY INVITE YOU TO JOIN US FOR A WARM EVENING UNDER THE STARS



WEDNESDAY, SEPTEMBER 30, 2015 • 5:30 PM

AT THE SUKKAH OF RABBI YOSEF AND CHANA LIPSKER
2310 HAMPDEN BOULEVARD READING, PA 19604

PLEASE RSVP TO OFFICE@CHABADOFBERKS.ORG



Let them eat (honey) cake

By Nancy Russo

For the past year, Chana Lipsker has been offering Kosher cooking classes for ladies at the Chabad Center. On Sunday, Aug. 30, she instructed us in her Honey Cake recipe and answered that most nagging question, "Why is honey kosher?"

In biblical times, honey was the principal sweetener. The Bible is full of references to honey, but there is no mention of beekeeping. Since bees are insects, they are not kosher. Although bees had been domesticated in other areas since the Bronze Age, the ancient Hebrews' lifestyle was nomadic and, therefore, incompatible with the sedentary occupation of raising bees.

So, then, why is honey kosher if bees aren't? Chana explained that honey consists of nectar, which bees gather, store in their honey sac and transport to the honeycombs. The nectar is then broken down and transformed into honey

by enzymes in the bee. Therefore, bee honey is kosher since it is not an actual secretion of the bee (like milk), but rather the bee functions as a carrier and facilitator of the honey-making process.

We were treated to other beautiful insights into the sweetness of honey and the sting of a bee, comparing it to our lives.

Chana's honey cake recipe is more of a sponge cake in texture. When I asked a Jewish friend if she liked honey cake, she said "Ugh! Honey cake is to Rosh Hashana as fruitcake is to Christmas!" Well, obviously, she never tried Chana's recipe.

Happy New Year!

Come and be a part of our cooking team where we don't just learn how to cook but get so much more.

Chana's next class will be held Sunday, Nov. 22, at 6.30 p.m. at Chabad.



| | | |
|--------------------------------------|---------------------------------------|-------------------------------------|
| Friday October 9th 7:00 pm | Saturday October 10th 4:00 pm | Saturday October 24th 4:00 pm |
| Volunteer Appreciation Shabbat | Blessing of the Animals Service | Tot Shabbat Havdalah Service |

SPECIAL OCTOBER SERVICES

Please join us as we celebrate Shabbat with Rabbi Michelson who will offer a blessing to our congregants to recognize their generous contributions to our synagogue, our Jewish community, and our community-at-large. A special Oneg will follow the service with treats for both adults and children.

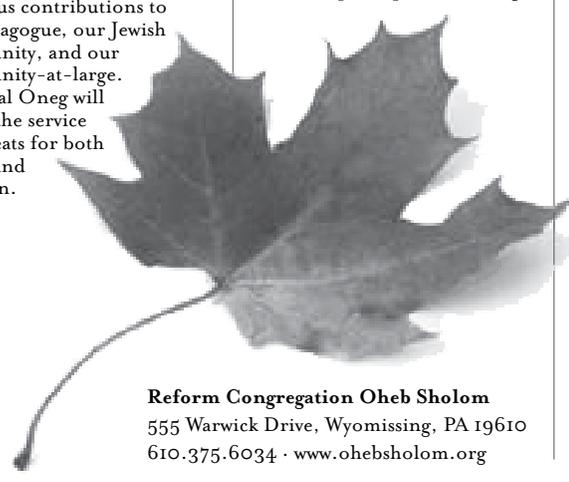
Join Rabbi Michelson ON THE PATIO so he can offer your well behaved pet a special blessing.

Help us celebrate fall at the Oley Turnpike Dairy. Families are welcome to enjoy their Fall Festival which includes a hayride, play area, corn maze, & a zoo offered at modest fees.

Rabbi Michelson will conduct a pint-size Havdalah Service at 5 pm. After the service, families can choose to get dinner or a snack at their Country Diner. RCOS will treat each adult and child to an ice cream cone!

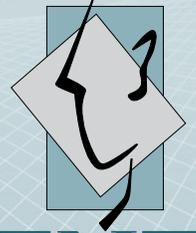
Oley Turnpike Dairy
6213 Oley Turnpike Road
Oley, PA 19547

An RSVP is encouraged but not required. Please RSVP the number of adults & number of children to the Temple office at: temple.office@ohebsholom.org or 610 375-6034 by Friday, October 16th.



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Jewish Community High School News

Year gets off to an exciting start at introductory event

Sept. 20 was our opening night of the Reading Jewish Community High School, and it was outstanding with many former and new students in attendance along with many parents.

At 5:30 p.m., more than 20 teens arrived for the “on-time raffle” we conduct regularly, and Megan McIntosh won a copy of a work by Chaim Potok.

Our new teacher, Shira Simon, was presented to the overflow crowd, and she introduced herself to students and parents. We noted that community Rabbis Abelson, Lipsker and Michelson will be each teaching a first period for a trimester of a course of their own choosing.

Rabbi Dov presented the national Jewish project known as “Better Together,” encouraging support for long-term relationships between senior citizens and teenagers in a community. The pilot program for Reading teens and seniors — titled “Early Bird Taste of Torah” — has been granted two-year funding for intergenerational education and will be in the first year “hevrutah study.”

“Hevruta” comes from the Hebrew word “haber,” meaning friend or comrade. It is a traditional, ages-old form of Jewish study. It has two main characteristics: (1) It is text based. (2) It is done with a study partner. Our volunteer seniors and teens will be studying and discussing select Biblical texts of interpersonal intergenerational relationships in a curriculum Rabbi Dov wrote this past summer.

The senior citizens bring to the text a wealth of life experience, and the teens bring their own perspective of creativity, growing and questioning how people relate in a variety of circumstances. It’s an opportunity for each study partner to share in a discussion of agreement — or not.

The parents and teens responded positively, and their applications will be properly matched with the senior citizens to begin the meetings in October.

After questions and answers and discussion, students enjoyed a light repast with multiple types of apples, artisan Israeli honeys and cheeses, crackers of all flavors, and soft drinks and coffee.

At 6:30 parents and students assembled in the gallery to hear about the courses for the new year.

It was announced that the new format would be in trimesters with a special program at the end of the year to bridge the 7th grades in Religious School and the JCHS.

There will be no grades, but progress and credit will reflect attendance and participation in class activities and discussion.

Registration is available through the JCC office and Program Director Amanda Hornberger, and also online at www.readingjewishcommunity.org (click the JCHS tab). Amanda will answer questions and no student will be turned away for reason of funds.

Meet Shira Simon

Shira Simon is a member of this year’s faculty of Reading Jewish Community High School. She is a social studies teacher in the Philadelphia area.



Born and raised in Bethlehem, she attended Binghamton University, majoring in Jewish Studies and History. Growing up, Shira spent summers at Camp Young Judaea-Sprout Lake and Camp Tel Yehudah, returning to Sprout Lake for three summers as a counselor.

Shira moved to the Philadelphia suburbs in 2002. In 2006, she graduated from Gratz College with Masters’ degrees in Jewish Education and Jewish Studies and a Certificate in Teaching the Holocaust. In 2007, Shira became a Philadelphia Teaching Fellow, attending Chestnut Hill College for her remaining coursework. Shira has taught and substituted in a variety of public, charter, and alternative schools.

Course descriptions

“MAUS” — “MAUS: A Survivor’s Tale” has defied classification since it was first serialized over 30 years ago. In this class we will examine Art Spiegelman’s groundbreaking work from a literary and artistic perspective as well as historical with selections of the content providing the context.

Jews and Food — What makes a food Jewish? Who decides if a food is Jewish or not? Why is there a connection between Jews and Chinese food? We will look at Jews’ relationships with particular foods, both “ours” and other cultures.

Current Events — From the scholarly to the bizarre, each week this class will examine a handful of recent articles. Politics, science, religion, all topics are possible.

Jewish Mythbusters — There are many common misconceptions about living a Jewish life. For example: When a prospective convert approaches a rabbi, he or she must be rejected three times before the request will be considered. The only distinguishing mark for Yom Kippur is fasting. The most important part in selecting a mezuzah is choosing the case. The Bible describes women in a negative and subordinate role.

Jewish Values in Modern Media — We are all inundated and surrounded at almost every waking hour with visual and audio programming. We want to examine this media and see what are the values being taught to the audiences and whether they are consistent with Jewish values.

Heroes, Heels and Hustlers in the Bible — There are characters in our Bible and in the Rabbinic commentary (Midrash) who are unknown to most Jews today even though they played important roles in Jewish history. Have you ever heard of Yiftach? Jael and Sisera? Rachav? Amos? And, what is the real story of Samson? It is time to meet them, and then we have to examine carefully what parts they played.



New students, from left, Gabrielle Levine, Rachel Radosh, Talia Spillerman and Easton Weizer



Rabbi Dov explains what’s new in the Jewish Community High School



A big crowd turns out to learn more about the Better Together program

Federation briefing memo on the Syrian refugee crisis

Every day in the headlines we learn of the worsening plight of refugees from Syria and instability throughout the Middle East and North Africa. Many of those displaced are arriving in Europe illegally in old and dangerous boats sailing across the Mediterranean Sea, representing the most severe refugee crisis to hit Europe since World War II.

Clearly, no one country or organization can address the scope of this global problem alone. Through the Jewish Coalition for Disaster Relief (JCDR), Jewish organizations have been quietly funding relief efforts to support Syrian refugees for the past two years. Convened by JDC, JCDR provides a coordinated Jewish response

to humanitarian crises around the world, most recently after earthquakes in Nepal.

JCDR is a consortium of nearly 50 Jewish organizations that maximizes the use of pooled financial resources, coordinates the activities of its member agencies, educates members' constituencies and the general public about current disaster situations and subsequent Jewish responses and demonstrates the long tradition of Jewish humanitarianism.

To date, JCDR's assistance to Syrian refugees has been delivered in Jordan, which has seen more than 625,000 officially registered refugees enter the country since the beginning of the fighting in Syria. Jewish and Israeli

efforts to steady the situation in Jordan reflect both humanitarian and security concerns, since this large and growing number of migrants can potentially have a destabilizing effect on the country. Israel has evacuated and provided medical care to approximately 1,000 Syrian citizens since the outbreak of the conflict. This week, JCDR expanded the scope and mandate of its Jewish Coalition for Syrian Refugees in Jordan to include refugees and migrants in Europe and the Middle East.

JFNA is a standing member of JCDR, which provides the Federation community with an opportunity to respond to the Syrian refugee crisis in Europe. This reflects our ongoing emergency response efforts and

extensive network of global partnerships that provide assistance during different types of crises in Israel, in Jewish communities around the world such as in Ukraine and France, and in humanitarian emergencies such as this.

Federations also support HIAS, who on behalf of Syrian refugees, is advocating for the U.S. to commit to resettling 100,000 of the most vulnerable displaced people, and to increase the amount of humanitarian aid our country provides to the region.

To make a contribution to the Jewish Coalition for Disaster Relief, contact <http://www.jcdr.org/> or mail a check payable to the "Jewish Coalition for Syrian Refugees" to: JDC, P.O. Box 4124, New York, NY 10163.

BDS seen as movement of hatred and intimidation

A South African member of parliament recently stated publicly in an interview that Israel does not resemble the apartheid regime he grew up under, and spoke out against the BDS movement in the wake of a recent controversy involving Matisyahu.

Kenneth Rasalabe Joseph Meshoe, President of the African Christian Democratic Party, who recently took a weeklong visit to Israel, expressed his great admiration for the Jewish State and explained why it was inaccurate to call Israel an apartheid state.

"There are many Christians that support Israel, but they don't come out... Those who know what real apartheid is, as I know, know that there is nothing in Israel that looks like apartheid," Meshoe said, adding that those who voice support for



Israel are usually faced with threats and "intimidation."

Meshoe went on to say that calling Israel an apartheid state "is an empty political statement that does not hold (any) truth," adding, "You see people of different colors, backgrounds and religions," interacting with each other everyday.

The topic of conversation then touched upon the recent controversy concerning American Jewish singer Matisyahu, who was disinvited then reinvited to perform at a Spanish reggae concert after BDS organizers attempted to block the artist from performing.

"The BDS movement is a real

pain... to us in South Africa who love the truth, (the) BDS movement is not a democratic movement; they are a movement of intimidation, a movement that performs hatred," the parliamentarian said. "People who don't believe in hatred should not allow the BDS movement to stop them from doing the right thing."

Meshoe is a well-known advocate of Israel in South Africa, battling the the narrative purported by the BDS movement that the Jewish State is an apartheid regime, and recently released a short video claiming that "slander" against Israel as an apartheid state is "malicious."

"There is a widespread allegation, really a slander, that Israel is an apartheid state. That notion is simply wrong. It is inaccurate and it is malicious."

Israeli generators turn food leftovers into energy for Palestinians

BEIT YANAI, Israel - Palestinian villagers living in desolate, off-grid areas in the West Bank have begun using Israeli-made biogas generators that supply free, clean energy by gobbling up organic waste.

The portable, household "anaerobic digesters" made by Israeli start-up company HomeBioGas turn food leftovers and manure into methane for cooking and lighting.

They can be taken along if people living in ramshackle huts or tent dwellers, such as local Bedouin, decide to relocate or move home.

"HomeBioGas has invented this simple digester that can easily be assembled and transported," said Palestinian engineer Amer Rabayah, who coordinates installation of the devices. "(In) this area ... there is no water or electricity. We have no services," said local resident and digester owner Nayef Zayid. Around 40 digesters have been set up in a

pilot project at the Palestinian village of al-Awja in the central West Bank's Jordan Valley.

The European Union has funded the project to the tune of some \$560,000, and the Peres Center for Peace, set up by former Israeli president Shimon Peres, facilitated Israeli-Palestinian cooperation. A group of Israeli and Palestinian volunteers helped assemble the digesters, which take about three hours to install.

Some digesters have also been provided to Bedouins in Israel in partnership with the Arava Institute for Environmental Studies, based in the arid Negev desert.

Oshik Efrati, chief executive officer of HomeBioGas, said he hoped the product would save many lives in rural areas across the world where smoke from cooking on an open fire causes severe respiratory illness and death. Up to 2.7 billion people live in underserved communities with no access to clean energy and waste disposal services, HomeBioGas says, while

Israeli government gives aid to Arab sector

Israel's Arab municipal councils will receive a one-time budgetary supplement of \$230 million from the Israeli government before the end of the year.

There are a number of predominantly Arab towns and local councils in Israel, most of which are characterized by poor populations.

"The aid plan is a significant rectification and yet another step designed to integrate Israel's Arab citizens into Israeli society as equals among equals," Prime Minister Benjamin Netanyahu said, *Israel Hayom* reported.

Israeli government support for Arab sector councils will increase by \$38 million, with another \$13 million allocated for the councils' "development budgets." Additionally, \$89 million will be awarded to "outstanding local councils," \$34 million will be invested in "advancing plans for informal education in Arab councils," and \$38 million will be devoted to "strengthening personal security in Arab communities by means of police installations, city-without-violence programs, and assigning police personnel," according to the Prime Minister's Office.

4.3 million women and children die each year due to inhaling smoke from indoor open fires.

The company aims to expand its production capacity and enlist governments and aid agencies to buy digesters for impoverished communities, but plans are still in their infancy, Efrati said. "This system will be available to everyone

that needs it in the developing world. It will eliminate waste, it makes clean gas, and there is no need to breathe in any smoke," he said. Rich liquid fertilizer, a byproduct of the process, can also be used to boost crop growth for a population that largely relies on agriculture for income, Efrati explained.

Israeli doctors restore sight of 90 Kyrgyzstanis in initiative

A group of doctors from Israel restored the eyesight of 90 adults and children in Kyrgyzstan in mid-August in an endeavor undertaken by the Eye from Zion organization. Eye from Zion is a volunteer Israeli-Jewish group established to provide medical treatment to underprivileged populations around the world. The organization sends delegations of experienced medical professionals and

advanced equipment to places where they are needed most. The Eye from Zion delegations perform surgeries together with local medical teams and instruct local doctors on modern medical techniques.

Many of the patients treated in Kyrgyzstan had been blind for years. The Israeli delegation, which arrived in Kyrgyzstan in mid-August to perform complicated procedures such as cornea

surgery, plastic surgery, tumor removal and the treatment of cataracts in children.

Among the patients were several members of the Kyrgyzstani Jewish community, and the head of the

Jewish community in the country stressed that the arrival of the Israeli delegation had contributed greatly to elevating the status of the Jewish community.

Professor Dov Weinberger, the head

of the Ophthalmology Division at the Rabin Medical Center in Petah Tikvah and the medical director of the Eye from Zion delegation, said, "I get excited every time an Israeli delegation uses its knowledge and medical experience to restore people's eyesight. Many patients remain blind only because the doctors in their countries do not possess the know-how or the modern means to perform these surgeries."



A talk on equine therapy at Friendship Circle

Robert Brok introduces his daughter Stef at a JCC Friendship Circle program. Participants learned how working with horses helps trauma victims and patients in rehabilitation. Friendship Circle is a program for our senior community and meets every Thursday. To learn more, see Sari Incledon's column on Page 12..

The Clock

By Anne Seltzer

I have been obsessed and outraged with the story of Ahmed Mohammed. Probably you have heard about the 14-year-old boy starting at a new school, who brought a clock he made to school to impress his



science teacher. He wears glasses and looks kind of geeky. And he had on a NASA T-shirt. Oh yes, Ahmed is also a Muslim, which should not matter, but does.

Ahmed dabbles in robotics and was excited to show off what he has accomplished. When he showed the clock to his teacher, first he was praised for his project, and then warned to not show his clock to anyone else in the school. He put the clock in his backpack, but unfortunately, as alarm clocks sometimes do, it went off in another class. Upon showing it to that teacher, he was called to the office, where five police officers awaited him. After interrogating Ahmed and him continuing to answer "it's a clock" when asked what it was, the officers handcuffed him and took him to the station, where they continued to interrogate him. Please remember, this is a 14-year-old boy. His parents were called by the police, and when they arrived were not permitted to speak to him because he was being "interrogated." After being satisfied it was only a clock, they released him to his parents. The school suspended him for three days for a "bomb hoax". Charges were eventually dropped by the police because there has been a huge public outcry over his treatment. Now the good news. President Obama has invited Ahmed to the White House Astronomy Night with NASA astronauts and other young people. He has also been invited to Google, by Mark Zuckerberg to Facebook, and MIT has asked him to visit. For all the wrong reasons, Ahmed has gained fame overnight.

My question is, had it been one of my

children or yours, would they have been treated that way? It appears to me, and to a multitude of people who know more than me, that this is a case of xenophobia, or more precisely in this case, Muslim phobia. As a parent I am concerned about an innocent child being treated this way so easily. Because of the craziness of some zealots who call themselves Muslims, too many innocent people are being targeted. As a Jew, I remember how we were treated this way during World War II and wonder if it could be us next. It is easy to target a group and it has been us many times. By the way, Ahmed will not return to Irving Independent School District. He will be transferring to a school where he is not called a terrorist on the playground. A sad commentary on who we have become.

I would like to make him something sweet. Maybe I would make him these Nutella Rice Krispie treats. Nutella and marshmallow!

Brown Butter Vanilla Bean and Nutella Swirled Rice Krispie Treats

1 c. (2 sticks) butter ½ tsp. vanilla extract
1 vanilla bean, seeds scraped
8 ½ c. Rice Krispies
2 (10-oz.) bags mini marshmallows
1 ½ c. Nutella

Grease two 9x13" pans. In a large heavy-bottomed pot melt butter with vanilla bean seeds. Let it get to just browned. Whisk browned bits off the bottom of the pan. Add marshmallows and turn off heat. Stir marshmallows around until completely melted, about 5 minutes. If not melted, turn heat back on low, and stir until smooth and melted. Add Rice Krispies and vanilla and mix completely. Press 2/3 of the mixture into one pan, and 1/3 into the other. The 1/3 pan will not be entirely full. You want holes. Spread Nutella over the 2/3 full pan. Pop the 1/3 pan out of the pan and lay over the Nutella layer. Press down so the Nutella oozes through the cracks. Let sit for at least an hour before cutting. Enjoy!

Obituaries

Leah Wittenberg, 90. Leah lived in Berks County for 82 years and was a member of Keshet Zion Synagogue and a life member of Hadassah. She is survived by her son Eric J. Wittenberg and his wife Susan of Columbus, Ohio.

Jacob Krumholz, 91, of Reading. Jacob came to Reading after his discharge from the Navy and became President of Kelray Knitting Mills in West Reading. After a career in manufacturing and in retail he enjoyed a new career as an award winning homebuilder. He was a superb woodworker

and an accomplished clarinetist. Jacob is survived by his wife Arlene and his children, son Michael Krumholz of Reading, his daughters Lisa and her husband Larry Siebert, Beth Krumholz and Amy Krumholz. Other survivors include seven grandchildren and one great-grandson.

David L. Hyman, 83, of Reading. David was the co-founder of Big Brother Big Sisters in Reading. He is survived by his wife, Alice, his daughter Julie and her husband, Fred Singer, and his daughter Caroline and her husband, Don Brooks. He is also survived by his grandchildren, Isaac, Sasha and Lilly.

Giving Tuesday a great chance to give back to community during December holidays

By Abigail Heisler

During November we have Thanksgiving Thursday, Black Friday and Cyber Monday. These days are the ones where we are able to give thanks as well as go out and get gifts for the ones we love.

But what about giving back to your own community? The Jewish Federation of Reading is participating in #GivingTuesday, a national campaign that will be held on Tuesday, Dec. 1, when communities, businesses, charities, friends and family come together to do one simple task, give back.

Federation's #GivingTuesday will be running from October through Dec. 1. Donating books or food for the food pantry, and helping activities for seniors will be greatly appreciated throughout this time.

#GivingTuesday is a way to promote generosity and able to show the rest of

the community what is really important.

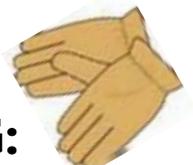
#GivingTuesday is the day to show your support for causes you care about and support Federation and other nonprofits in the midst of the season of holiday spending.

Contributions in any form are always greatly appreciated, no matter how big or small. This is the time to show your community what it really means to you. You are able to show your support by using our hashtag #JewishFedReading on our Facebook and Twitter page to help promote JFR. Also, by going to our website — www.readingjewishcommunity.org — and clicking on the #GivingTuesday banner you are able to see what the Federation is doing with #GivingTuesday and also share more information about that campaign.

You are the most important part of helping this movement grow into something that will never be forgotten.



7th People First Event Collection



COLLECTING:

New scarves, hats and gloves for men, women & children

Date Due: October 22, 2015

Jewish Family Service is collecting the above items for the 7th Annual People First Event helping at-risk and homeless families in Berks County.

Please bring items to the JCC. Or send a check and we will shop for you. Send your check to us by October 22. Checks payable to Jewish Federation of Reading (note People First on check), PO Box 14925, Reading PA 19612.



Jewish Federation
OF READING

THE STRENGTH OF A PEOPLE
THE POWER OF COMMUNITY.

SAVE the DATE

**Leadership Gifts Dinner
Thursday, October 29, 2015**

with

Larry Sternberg, Visiting Professor at Brandeis University and former Director of Brandeis Hillel

An opportunity to interact with Larry Sternberg on the new ways Jewish communities are coming together focused on creating unity and building community. For more information, contact RichardN@jfreeding.org.



"\$100 for a lemon? Are you crazy?!"

Jewish Community Calendar Corrections

The following are updates and corrections to the Jewish Community Calendar for 2015/2016

Add

Sara Dobb Silverman – 38 Villa Drive, Warminster PA 18974 – 215-514-5415

Change of Address

Tom and Cindy Balevre – 3453 St. Lawrence Avenue - #2 – Reading 19606

Robert and Shirley Dorfman – 56 Meadow Court – Sinking Spring 19608

Lisa Rockoff – 1051 Fox Run – Reading 19606

Remove

Steven and Susan Gelb – moved
Dr. Eric Jacobi – moved out of state
Barry Kamen – moved
June Winston – moved out of state

Phone number correction

Gary and Linda Adlestein – 484-575-7120
Yozef Nijboer – 484-415-5068
Teresa Riquelme – 484-721-8667

Deceased

Robert Gilbert Jacob Krumholz
Linda Rostolsky Leah Wittenberg

Gardening with Vicky

A great year for gardens

By Vicky Sokoloff

Fall is the time to look back over the garden season and decide what worked well and what did not. I tried some new varieties this year. Some were spectacular; others were duds. Two new morning glories were standouts: Purple Flaked Hige and Split Second. Split Second produced a huge amount of fringed pink and white blooms over a long period of time. Purple Flaked Hige showed a wide variety of blooms, even on the same plant. They varied from fringed white, to variegated, to purple. Both will be back in my garden next year. Two other new morning glories, Lavender Luster and Split Personality, grew well, but their flowers were nothing special.



Split Second morning glory

Another newcomer is Lespedeza thunbergii 'Gibraltar.' It was planted last fall and is just now showing off its lovely blossoms. It has also grown quite a bit over the last few weeks, already larger than its tag suggested.



Solidago 'Fireworks'

Turtlehead (Chelone), obedient plant (Physostegia virginiana), Callicarpa, Solidago 'Fireworks,' Mexican Heather (Cuphea hyssopifolia), and fall crocus (Colchicum) are providing an explosion of fall color.

Also new was Blackberry Truffles jewelweed. It has lovely pink and white flowers and a long bloom season. Common jewelweed is an annual that reseeds itself so well that it comes back reliably every year. I am collecting seed from the cultivar in hopes that they will come true next year.



Black Ball bachelor button

I was given seed for Black Ball bachelor buttons. It provided only one plant, but the flowers were beautiful.

In the vegetable garden the old reliables outperformed most of the new introductions. Sungold is my favorite cherry tomato. It produces an abundant amount of sweet orange

tomatoes. The three grafted tomato plants were all outperformed by seed grown plants of the same varieties. The strongest showing among the eggplants was Little Fingers, an oriental variety with very few seeds. The purple beans that were eaten down by the baby bunnies came back to be strong producers. Just six plants kept us in beans for months.

When it's time to evaluate the garden you will be glad that your plants are labeled. I grew four varieties of oriental eggplant and without tags it would have been impossible to tell them apart. Having tags on each plant allowed us to determine which ones did best. Keeping good notes will help me remember that next spring when it's time to select plants for the new season.

Two years ago we lost several of our butterfly bushes to the harsh winter. They were replaced last year by a couple of the new compact varieties. Both were disappointing. So this spring I made a trip to Black Creek to get the older varieties I really wanted: Harlequin and Black Knight. Once we were there Nanho Purple and Nanho Blue also went into our cart. All four have done well their first year in the garden.

So in spite of the fact that Penn State has labeled them invasive, butterfly bushes will remain a staple in our garden. Seeing them covered with butterflies assures me it is the right decision. Keeping them deadheaded will prevent them from becoming invasive.

Fall is the ideal time to move plants. You may need to do it when a plant, such as my lespedeza, turns out to be bigger than expected and needs a spot with more room to grow.

As the landscape matures areas that were once in full sun may now be shaded.

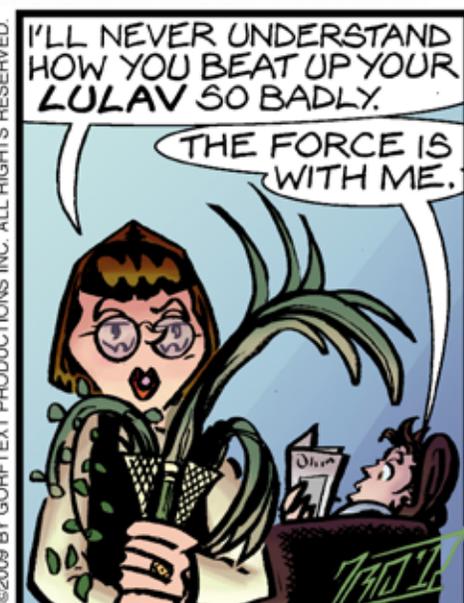
Sun-loving plants in such a space will benefit from a move to a sunnier location.

Over time some plants will reach the end of their useful life expectancy.

When they are removed something will have to take their place. Unless there is a plant you have been wanting to add to your yard, look around and see what you have that can be divided or will benefit from being moved.

EVERYTHING'S RELATIVE

by Jordan B. Gorfinkel • www.jewishcartoon.com



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Jewish Family Service

United
Way



Holiday observances, Friendship Circle are great opportunities for our seniors

By Sari Incledon, M.Ed.

Jewish Family Service wishes everyone in the community a happy and healthy new year. This month we want to thank the many volunteers who have helped provide services to seniors and those in need over the summer.



This Rosh Hashanah we sponsored two holiday events. Thirty seniors attended a service and luncheon co-sponsored by the Manor at Market Square. Some of the seniors are not able to attend lengthy holiday services in a synagogue, and they especially enjoyed this opportunity to greet old friends and make new ones. **Paul Schwartz** treated the seniors to superb shofar blowing. **Charon Snyder** and **Seymour Bloom** helped us celebrate the New Year at Berks Heim with Jewish residents. We had a short service, dipped apples and challah in honey and reminisced about the good old days in Reading.

Every Thursday our senior group, Friendship Circle, meets at the JCC for lunch and a program. Our programs are varied — some entertaining, some more serious. Our favorites are always homegrown talent. **Charon Snyder**, former director of nursing at Berks Heim, spoke on “Understanding Cholesterol Numbers” and graciously answered numerous questions. **Jill Skaist** discussed the inspiration for her paintings that were exhibited at the JCC. State Sen. **Judy Schwank** joined us in July and shed light on issues regarding the Pennsylvania budget. **Mindy McIntosh**, Director of Development at the Children’s Home of Reading visited the group along with a co-



Volunteers hard at work at the Jewish Family Service Food Pantry, from left, Barbara Bender; Eliana Alweis and Will Levin. Photos by Abigail Heisler

worker to discuss the many programs their organization offers to the youth and families of Reading.

We learned about how equine (horse) therapy helps trauma victims and patients in rehab, and also about the joys of owning horses from **Stef Brok**. It was especially interesting to see photos of the clients and horses interacting and her family saddled up. In the past year or two we have also traveled vicariously with community members as we learned and viewed pictures of exotic and fascinating travels. Thanks to **Rebecca Robinson** (Israel), **Solange and Paul Mintz** (Antarctica), **Carol and Gordon Perlmutter** (Galapagos Islands) and **Randy and Mara Winn** (Australia), who graciously shared memories and sights



we won't forget.

If you or anyone you know have an interesting talent, skill or hobby you are willing to share, our seniors are a curious and open-minded audience, and would love to hear from you. Call Carole Robinson at 610-921-0624 to schedule a program.

Volunteers doing great work

Each month our food pantry located at Keshet Zion, serves about 150 households that meet federal government guidelines. In addition to providing a wide variety of groceries, purchased from the Greater Berks Food Bank, we have been giving age-appropriate books to families with children, thanks to donations from **Julie Alweis** and **Sue and Herb Wachs**.

Our youngest helpers this summer were **Will Levin** and **Eliana Alweis**, who chose the books for the families; and **Troy and Mikey Fidler**, who helped unload the delivery truck from the GBFB.

This summer we were fortunate to have the following people help us at the food pantry: **Julie Alweis, Cindy Balchunas, Norma Beckerman, Barbara Bender, Lynn Driben, Michael Fidler, Sarah Flamholz, Mimi Gavigan, John Incledon, Mike Kastenbaum, Al Katz, Haia Mazuz, Robert Schneier, VeeVee Scott, Jan Simon, Oleg Umanov, Michael and**



Phyllis Warshaw and Neil and Mary Weiss. We could not run this invaluable program without dedicated volunteers.

We are always looking for donations of nonperishable food and both paper and plastic grocery bags. These items can be dropped off at bins at both KZ and the JCC.

Also, we are very fortunate to have dental professionals in our community who graciously provide professional services to those in need. Jewish Family Services thanks **Dr. James Barrer, Dr. Eric Bluestone** and **Reading Oral Surgery** for their generosity.

Last, but not least I would like to recognize **Phyllis Dessel**. For several years Phyllis has been an invaluable resource to both the staff and members of the Jewish community, helping us navigate health insurance choices. If you have questions about Medicare supplements or Affordable Care Act policies, contact us at 610-921-0624 and we will have Phyllis help you.

Finally, your contributions to the Reading Jewish Federation and to The United Way (which supports our food pantry, taxi program and case management programs) allow us to provide programs that impact the Reading Jewish community.

L'Shana Tovah.

Jewish Family Service is thankful to the following for providing professional services to our clients:

Dr. James Barrer
Dr. Eric Bluestone
Reading Oral Surgery

Jewish Family Service offering help in choosing health plan

Medicare – Open enrollment is Oct. 15 – Dec. 7, 2015

ACA (also known as Obamacare)

Open enrollment is November 1 – January 31, 2016

Phyllis Dessel, who formerly worked at the Berks County Area Office of Aging, is willing to share her expertise and assist people who need help choosing a health insurance plan.

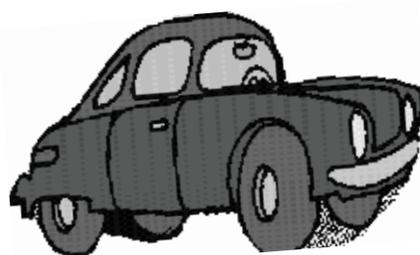
To make an appointment with Phyllis please call JFS at 610-921-0624

Living with Loss

Monday, Oct. 19, 3 - 4:30 p.m.
at the JCC

For more information, call Sari at 610-921-0624

Enjoy Tax Benefits While Contributing to
Jewish Family Service Vehicle Donation Program



Call Sari at 610-921-0624,
e-mail sari@jfreading.org
or go to
www.charitableautoresources.com

Federation Honorial - Memorial Card Information

Please mail your payment with complete information to the Jewish Federation, PO Box 14925, Reading, PA 19612-4925 or bring to the Jewish Cultural Center, 1100 Berkshire Blvd, Suite 125, Wyomissing. You may set up a “**savings account**” for the purpose of sending cards. Please contact the Jewish Federation at 610-921-0624 for further information.

Contributions as of Sept. 18

Holocaust Library & Resource Center

In honor of:

Rae Baskin and Esther Fuller’s marriage – Ruth Isenberg
 Dr. Robert Rudolph’s retirement – Ken and Betty Sodomsky
 Dr. Emanuel Wittels’ retirement – Ken and Betty Sodomsky

In memory of:

Yvonne Wittels’ mother - Ken and Betty Sodomsky
 Robert Gilbert – Ken and Betty Sodomsky

Jewish Family Service

In honor of:

Thank you to Sari Incledon and Carole Robinson for the wonderful Rosh Hashanah Service and luncheon at Manor at Market Square – Marlene and George Weiss

In memory of:

Jacob Krumholz – Debbie Goodman and John Moyer, Jackye and Jim Barrer, Roger Schein

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 |

Federation Jewish Community Campaign

In honor of:

Dr. Robert Rudolph’s 70th Birthday – Rick and Debbie Zelnick
 Dr. Robert Rudolph’s retirement – Rick and Debbie Zelnick

In memory of:

Leah Wittenberg – Rob and Yvonne Oppenheimer
 Jacob Krumholz – Rob and Yvonne Oppenheimer, Cheryl and Eric Farber, Lynn and Dick Gordon, Carol and Bernie Gerber
 Bernard Feldman – Carol and Bernie Gerber

Evelyn Thompson Nursery School Fund

In memory of:

Jacob Krumholz – Beth and Bob Caster

Book: ‘Death to the Infidels: Radical Islam’s War Against the Jews’

For more than a century, much of the attention given to the Middle East has focused on the Arab-Israeli conflict. The rise of a Palestinian offshoot of Egypt’s Muslim Brotherhood, the Islamic Resistance Movement, or Hamas, transformed the nature of the conflict between Israel and the Palestinians. According to author Mitchell Bard, the dispute, in the view of Hamas, is not over a division of Palestine, but rather about Jews ruling over Muslims and the presence of Jews on Islamic land. However, this Islamic-Jewish conflict is not simply confined to the Middle East. Muslim terrorist attacks have been directed at Jews all around the world, from Europe to Asia to Latin America. Radical Muslims in European countries are becoming more brazen, particularly in France, where the Muslims constitute nearly 10 percent

of the population. In just the last year, there have been several Muslim attacks on Jews throughout France. Death to the Infidels documents the growth of radical Islam in the Middle East and how, from the author’s interpretation, it has transformed what had primarily been a political conflict into a one-sided religious war limiting the prospect for peace, particularly in Israel.

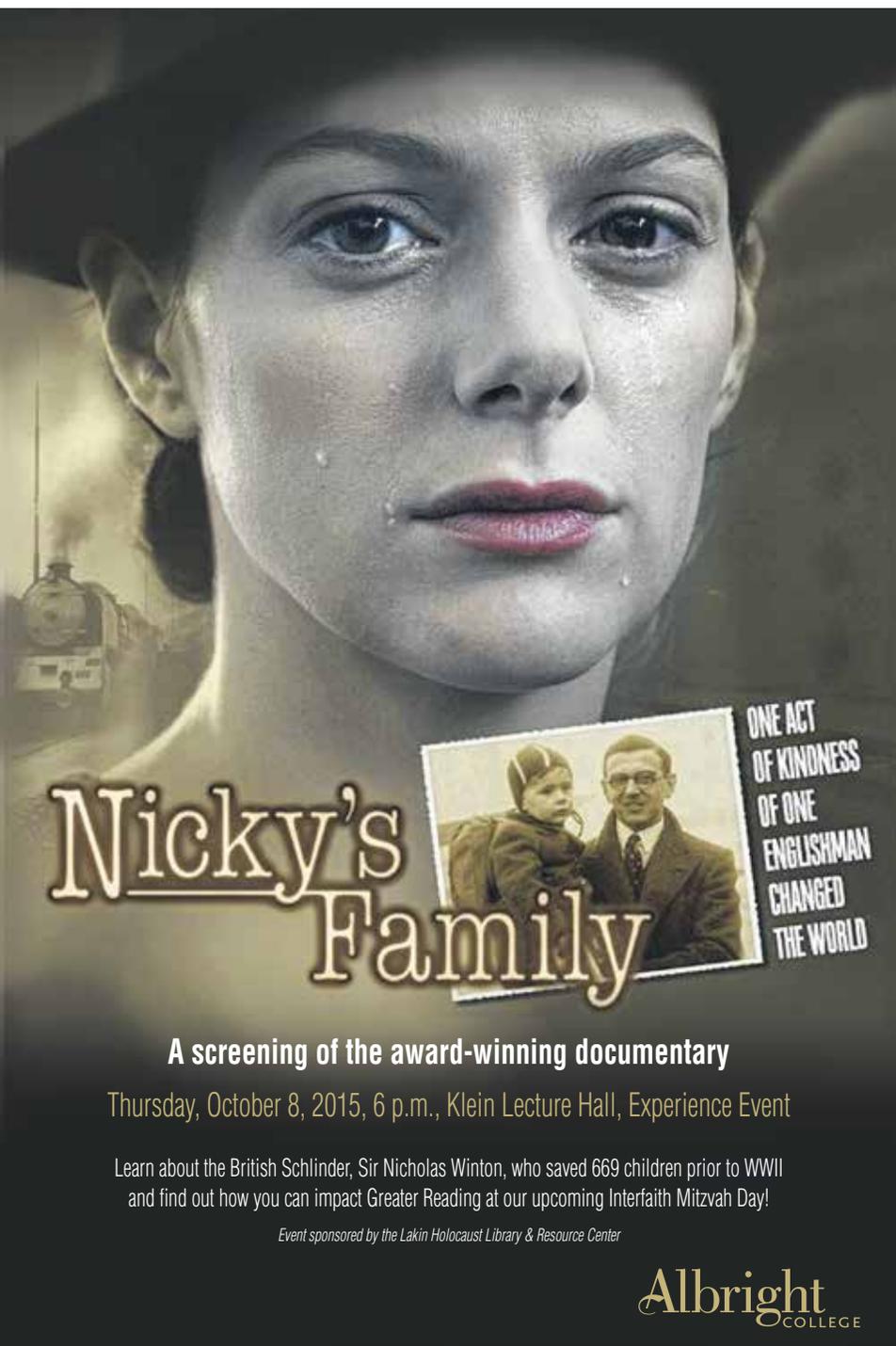
Published prior to the recent Israel-Hamas conflict and the rise of ISIS, Mitchell Bard’s study of radical Islam’s war against the Jews is, nevertheless, very timely. Those who have closely followed the media’s treatment of the ongoing conflict between Israel and Hamas may have noted how so-called “experts” have minimized the significance of the Hamas charter calling for the destruction of the Jewish state. But

Bard, the author of twenty-two books on the Middle East provides a comprehensive history of how the growth of radical Islam’s call for Jihad against the Jewish state also pits Islamists against Jews around the world.

Bard notes that Israel’s enemies outside the Middle East, including the so-called “Arabists” in the British foreign service and the U.S. State Department, have argued over the years that the root of all problems in the Middle East is the conflict between Israelis and the Palestinians which was, at first, over the creation of Israel and now Israel’s occupation of the disputed territories. However, he argues that if Israel withdrew from 100 percent of the Golan Heights and departed from the West Bank, this would not alter the Jihadists’ belief that Jews occupy land that was given to them by Allah as promised in the Koran. The reality, as Bard perceives it, is that even if Israel withdrew to the 1948 lines,

the Jihadists “would intensify their terrorist campaign, in their belief that if they could force Israel to withdraw that far, more violence would eventually force the Jews into the sea. This is one reason the Islamic-Jewish conflict will never end.” Furthermore, Bard states that the destruction of Israel is only a small part of the Islamist plan as witnessed by the murderous advance of ISIS, whose objective is to reconstitute the Islamic empire highlighted by the restoration of the Caliphate.

Just as Western leaders refused to take seriously Adolf Hitler’s public declaration to annihilate the Jews, Bard notes, the threats made by radical Muslims to destroy Israel and murder Jews worldwide are typically brushed aside. He also warns that the long-term danger facing Jews and Israel is the continued Islamization of Europe and the Middle East, made possible by the acquisition by Muslim extremists of weapons of mass destruction.



Nicky's Family

ONE ACT OF KINDNESS OF ONE ENGLISHMAN CHANGED THE WORLD

A screening of the award-winning documentary

Thursday, October 8, 2015, 6 p.m., Klein Lecture Hall, Experience Event

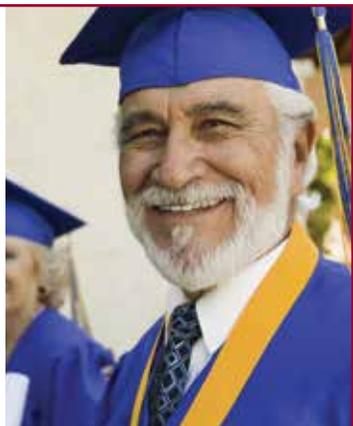
Learn about the British Schlinder, Sir Nicholas Winton, who saved 669 children prior to WWII and find out how you can impact Greater Reading at our upcoming Interfaith Mitzvah Day!

Event sponsored by the Lakin Holocaust Library & Resource Center

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IDF outlines new guidelines for military thinking and practices

IDF Chief of Staff Lt.-Gen. Gadi Eizenkot this summer presented to military reporters a new five-year plan “Gideon,” named after the Israelite judge-warrior, who was instructed by God to battle the Midianites and destroy their idols.

The “IDF Strategy” is meant to serve as guideline to the IDF and is based on vital national interests and agreed notions of national security and military thinking and practice. In 2007, then Minister without Portfolio, responsible for national defense and diplomatic strategy, Dan Meridor wrote a security doctrine defining the national goals for Israel:

1. To ensure the existence of the state, defend its territorial integrity and the security of its citizens. (Despite the fact that Israel has never defined its borders.)

2. To preserve its values and nan1re as a Jewish and democratic state and home to the Jewish people.

3. To ensure the social and economic strength of the state.

4. To strengthen the regional and international status of the state while aspiring to have peace with its neighbors.

“IDF Strategy” accepts and reaffirms these four principles. It also acknowledges that the military is subject to the supremacy of the government. Yet the document goes beyond this obvious imperative — it states that the IDF obligation is not only to the elected government and the Knesset, but also to society and citizens of the state.

According to the document, the security doctrine is based on four pillars: deterrence, early warning, decisive outcomes and defense. The

IDF sees its mission as repelling and neutralizing threats, creating effective deterrence; postponing confrontation, if possible, but also to use both defensive and offensive strategies and utilize force in the most determined and effective way, while respecting international law and the rules of war. The IDF also emphasizes the importance of strategic cooperation with the U.S. and the development of strategic ties with other countries.

In the document, it is clearly stated that, like other nations in the region, Israel was taken by surprise by the spontaneous events of the “Arab Spring” of 2010-2011. As a result, military intelligence has since put a lot of emphasis on creating and beefing up research departments that deal with and monitor the social media in Arab states and Iran.

The IDF’s strategy document contends that the nonconventional weapons threat to Israel has been reduced because of the destruction of chemical weapons in Syria and the dismantling of chemical and nuclear programs in Iraq and Libya. Instead, Israel is confronted by the rising strength of “non-state actors” such as ISIS and other terror groups. “IDF Strategy” also perceives Hezbollah and Hamas as dangerous enemies in possession of nearly 100,000 missiles and rockets that can be directed at almost any military or strategic site in Israel.

Interestingly, Iran is only mentioned twice in the document, which describes it as a threat to Israel mainly because of its support of terror groups in the region. But there is no reference to its nuclear program, in sharp contrasts to the government.

SodaStream decides to vacate West Bank

As it cleared out its controversial factory in Ma’aleh Adumin in favor of one in the Negev desert, Sodastream CEO Daniel Birnbaum skewered the BDS movement as anti-Semitic.

“It’s propaganda, it’s politics, it’s hate, it’s anti-Semitism. It’s all the bad stuff we don’t want to be part of,” Birnbaum said.

The SodaStream factory has been a central target for the Boycott, Divest and Sanctions movement, which claimed the decision to move out of the West Bank settlement as a major victory. Birnbaum, however, said the decision was strictly business. Moreover, he said the factory’s presence in the West Bank was good for Palestinians.

“Sodastream should have been encouraged in the West Bank by the BDS, if they truly cared about the Palestinian people. Because we were the most advanced, technological and largest factory in the West Bank, period. We were the largest private employer of Palestinians in the world, period. How can you fight that? How can you argue that’s bad for the Palestinians?”

Birnbaum said he had offered to pay taxes to the Palestinian Authority, but the economy minister would not even take a phone call with him.

Despite a high profile ad purchase at the Super Bowl, SodaStream’s stocks have been tumbling. While BDS leaders claimed their campaign was responsible for the company’s poor fortunes profits, Birnbaum said there was only a marginal effect. Market analysts have linked the company’s difficulties to a failure to replicate its European success in the United States. American consumers, however, have been eschewing sugary soda drinks in favor of healthier alternatives. Its new strategy involves marketing the machine as a carbonated water machine.

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Right now, you can reach across the world and touch a life. How? Through Federation.

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I want to help Federation make wishes come true this year. Here’s my tax-deductible gift to support Jewish Federation of Reading’s Annual Campaign and make a world of difference both near my own home and beyond:

Name _____ Address _____
 \$ _____ amount enclosed Checks payable to Jewish Federation of Reading
 Credit Card: Discover Mastercard Visa Card # _____ Exp. date _____ Security Code _____
 Name on Card: _____ Signature _____

Jewish Food and Cultural Festival

Sunday, Nov. 1

*Reform
Congregation
Oheb Sholom.*