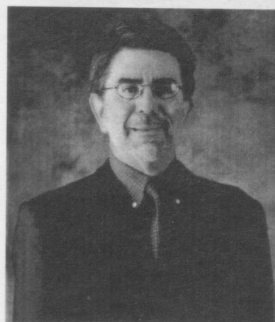


President's Message

By Michael Grossman



I am delighted to announce that the Jewish Heritage Fund for Excellence has approved the Lexington Jewish Community's Proposal for Community Study to develop strategic initiatives for our community. This is a huge step forward for our community, and in the words of the Jewish Heritage Fund's Board of Directors, they hope that our

work will be an inspiration to other communities to do the same kind of community-wide proactive planning and research.

As I've reported previously, the Presidents' Council of the Jewish Community of Lexington has been working for the last 2 years to ensure our future as a viable, vibrant Jewish community. The Council, comprised of past and present presidents of the Federation, congregations, and Jewish organizations, as well as the congregational rabbis and the Federation executive and assistant director, did not want to be reactive to demographic and economic challenges as other communities have been, but to be proactive and develop a strategic planning process that would serve our community for many years to come. How should we address our concerns about the growth and stability of our community? How should we address concerns about the financial consequences of our older, most generous donors moving out of the community, or dying? How can we create a community where our organizations collaborate to meet our current and future needs?

In order to begin to address these questions, the Presidents' Council recognized the need to gather more information, both qualitative and quantitative, to aid us in formulating a strategic plan. After much discussion, including an offsite, professionally-led retreat comprised of a cross-section of the entire Lexington Jewish Community, we decided to develop a proposal to fund a study which would help us address the current and future needs of the elderly, youth, families, and others. It would explore ways in which people are and want to be Jewishly active and connected, such as through affiliations, education, kashrut, social events, religious services, and much more.

The community study will be conducted (*continued, pg. 2*)

Rosh Hashanah marks New Year, New Country for Israeli Diplomat



The High Holidays will certainly be symbolic for me this year: I will be spending the holidays not with my family in Israel but in the US as the newly appointed Deputy Consul General of Israel to the Mid-Atlantic Region. I will be living and working in the Consulate's Philadelphia headquarters, and will soon be travelling to all the states that we represent (Pennsylvania, Ohio,

West Virginia, Kentucky, Delaware and Southern New Jersey).

The high holidays and especially Rosh Hashanah create a very optimistic atmosphere in Israel. Between all the festive foods on the tables at Rosh Hashanah dinners across the country, we can find an apple which is dipped in honey to mark the sweet new year. (*continued pg. 2*)

CAMPAIGN NEWS

Help PJ Library grow

By Judy Wortman

PJ Library is one of the best-loved programs that the Jewish Federation of the Bluegrass sponsors. In partnership with the Harold Grinspoon Foundation, we provide free Jewish themed books and CD's to all children in the community who are between 6 months and 8 years of age. These children begin their own Jewish library with a book or CD every month for eight years. In addition, the Federation provides programming for these children and their families throughout the year. We have also purchased sets of book every year for the congregations and their pre-schools and religious schools.

We have been blessed by several families who have made yearly commitments to fund a large part of the costs of the PJ Library program. However, as the program grows and the number of children enrolled grows, the costs increase and more funds are needed. We would also like to be able to add to our modest PJ Library Endowment fund so that eventually, the income from the endowment could cover the costs of the program in perpetuity. In order to help, you have a number of options. It is a feeling of a fresh start and a new beginning which may (*continued, pg. 2*)

(*President's Message, cont. from pg. 1*) by Ukeles Associates, Inc. Dr. Jacob Ukeles and his team have conducted many similar projects throughout North America. They will be in Lexington in October to kick off the community study. We are fortunate to have this opportunity to partner with the Jewish Heritage Fund for Excellence along with Ukeles Associates for the future benefit of the Jewish Community in Central Kentucky. The results will be used to help guide the discussions and recommendations of the Presidents' Council and in turn our Jewish organizations for year to come.

The process will take about 9 months to complete, will include a community-wide anonymous internet survey and key informant interviews of influential and philanthropic leaders, and will culminate in the preparation of a report and proposal including recommendations for strengthening Jewish life in the Bluegrass. Our Jewish Community depends upon your support. I urge you all to participate in the process when called upon.

(*Rosh Hashanah marks new year, cont. from pg 1*) bring good things with it. In the same sense, I hope my time here in the United States will be meaningful, valuable and enjoyable both professionally and personally.

While preparing for my first posting as an Israeli diplomat, I learned about American history and government, US-Israel relations and major landmarks and destinations in the states I represent, but upon my arrival in the states I have learned that I can best learn how to do my job by interacting with communities. In just the first few weeks upon my arrival in Philadelphia, my wife Dana and I have been completely captivated by our new home. The great atmosphere, the friendly people, the excellent food and inspiring museums all make this a region I look forward to exploring and learning from.

I am fortunate that my first posting is in a location that shares with Israel the same core values and commitment to democracy, liberty and freedom. Even when we sometimes disagree, the special bond between the United States and Israel remains strong and will continue to be.

I wish to all the people of the Mid-Atlantic region a happy new year, a year of exciting new beginnings like mine and of success and fulfillment in every sense. Shana Tova!

Moran Birman is the Deputy Consul General of Israel to the Mid-Atlantic Region. He assumed his role in Philadelphia on August 24th, 2015.

October Events with The University of Kentucky Jewish Studies Program

Oct. 21, 2015 - Prof. Emeritus Lee Shai Weissbach of UL. "Kentucky Synagogue Architecture in National Perspective" 7:00 p.m.

Oct. 29, 2015 - Mr. Mordreck Maeresera of Zimbabwe. "The Jewish Community of Zimbabwe" 7:00 p.m. Conference/First Lady's Room.

Both events will be in the Boone Center with free parking and a reception.

(*Campaign News, cont. from pg. 1*)

You can contribute to the endowment fund, make a special gift to PJ Library after your annual gift to the Federation is made, or you can increase your gift to the annual campaign designating the additional funds to the PJ Library. We now have just under 150 subscriptions to PJ Library and more requests come in every month. Help us to continue to serve the children and families of our community. To enroll your child or grandchild in PJ Library, contact Talia Smolkin at 268-0672. Talia has just returned from maternity leave to continue to direct the program. To discuss a gift, please call Judy Wortman at the same number.

pj playgroup 

October 25, 2015

"Noah"

Ohavay Zion Synagogue

Please RSVP to

pjlibrary@jewishlexington.org

PJ Playgroup is a joint endeavor of Temple Adath Israel, Ohavay Zion Synagogue, and PJ Library. Locations rotate each month.

PJ Playgroup, best for families with kids under 4, will take place in Lexington, 10:15-11:30 am. We'll have time to informally play, eat a light snack, and perhaps sing a song, create a craft, or read a PJ Library book.

Please e-mail pjlibrary@jewishlexington.org to ensure you receive all updates.

Also: Please remember that all children must be accompanied by an adult. And we like to share, but if your child is sick, please get well at home & join next month!



ASK JFS

Mimi Kaufman

The new Pathways Guide for Older Adults in the Bluegrass Area is available. The Pathways Guide is a wonderful resource booklet that is produced every year by the Bluegrass Area Agency on Aging and Independent Living. It is a comprehensive resource containing reliable information about the wealth of services and resources available to assist older adults, adults with disabilities, their families and caregivers.

It is especially handy as an aid for care giving and long-term planning. The guides are free. There are a stack of them in both congregations and in the Jewish Family Services office. Please feel free to pick up a copy.

Some other news to use is that the Nursing Home Ombudsman Agency of the Bluegrass has moved. They are no longer located at the Senior Citizen Center but now at 3138 Custer Drive, Suite 110. Their new phone number is 277-9215. The Nursing Home Ombudsman Agency is an independent agency looking after the interests of long term care residents, with advocates assigned to each nursing home in the 17 county area. Their office has information available covering a wide range of subjects-from evaluation of a nursing facility to getting good care once you are admitted. You can call them for placement counseling or information on any topic related to care in nursing, personal care, and family care homes. There are also volunteer opportunities through the Ombudsman Agency. The Friendly Visitor Program serves to enhance the lives of residents and complement certified ombudsman work on behalf of residents. The friendly visitors are trained by the Ombudsman Agency.

JFS: At Your Service is a monthly column covering a wide range of issues. If you have a problem or a concern that you would like addressed in this Shalom column, please send them either by mail to Jewish Family Services at 1050 Chinoe Road Suite 112, or by email to jfs@jewishlexington.org. You can also always call with your confidential questions at (859) 269-8244.

Make a Donation to JFB in Someone's Honor or Memory

Make a donation to the Jewish Federation in honor or memory of someone, or in celebration of a special occasion, and help JFB nurture the values of tikkun olam (repairing the world), tzedakah (charity and social justice) and Torah (Jewish learning) within our Jewish community at home and abroad.

Send us your special contributions with a note specifying its intent. Also, let us know if you would like your contribution published in this box in Shalom. You may also make your special contribution online.

Celebrate your loved ones and support our Jewish community by giving a special contribution. Thank you for your support.

Show Your Support

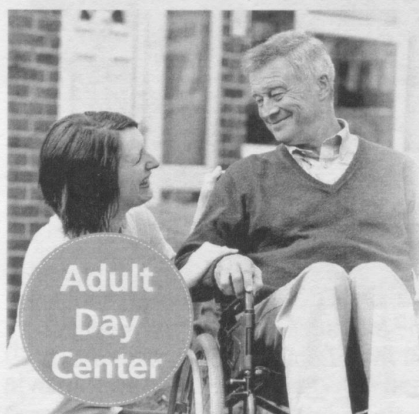
Help us keep Shalom solvent.

You may contribute online or mail a check to JFB, 1050 Chinoe Rd Ste 112, Lexington, KY 40502.

Please make checks payable to JFB and write "Shalom" on the memo line.

Giving levels

Chai - \$18; Double Chai - \$36; Three Times Chai - \$54; Haboneh (Builder) - \$72; Gibor (Hero) - \$90



Aging With Grace
Aging In Place

The Health Club For Seniors

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Interactive Club Meetings | Wonderful Breakfasts & Lunches

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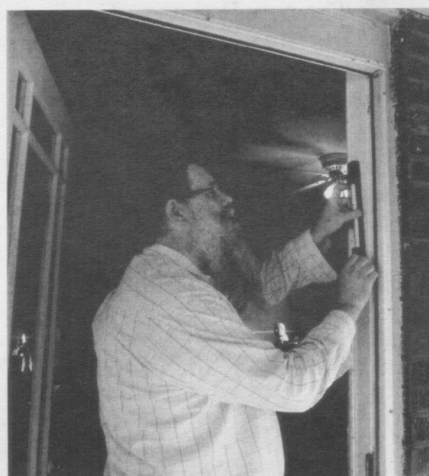
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Photos from August and September Events in the Lexington Jewish Community



Stanley and Judy Saxe were honored by the Lexington Chapter of Hadassah on September 6, 2015 for their lifetime of commitment to Hadassah and the Lexington and greater Jewish community. Photo credit: Victor Orlov Photography



All of the mezuzot were put up in the new Chabad House. Rabbi Yonason Biggs from New York (father of Shoshi Litvin) put up the mezuzah on the front door at the Chabad Open House on August 23, 2015.



(Left to right) Keynote speaker, Marcie Natan, National President of Hadassah, The Women's Zionist Organization of America; honoree, Judy Saxe; and current president of the Lexington Chapter of Hadassah, Melanie Shapiro. Photo credit: Victor Orlov Photography



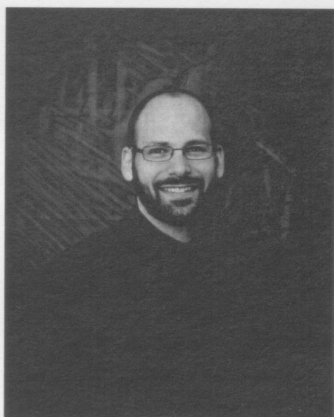
Three of our esteemed rabbis of Lexington. From left: Rabbi Moshe Smolkin, Rabbi Shlomo Litvin and Rabbi David Wirschafter.



Honorees Stanley and Judy Saxe with Judy and Dr. Robert Baumann. Photo credit: Victor Orlov Photography



It is customary to hear the Shofar each day of the month of Elul. Rabbi Chaim Litvin from Louisville blew the Shofar.



Ask a Rabbi— Rabbi Moshe Smolkin

Question: I was thinking about saying blessings before I eat. Not quite sure what I think about them. And I was also thinking about keeping kosher. Do I just start doing everything at once? It all seems a little overwhelming.

Answer: It is very beneficial to say blessings. Our ancestors created an incredible system of spiritual speedbumps, so that we could live a life aware of the everyday miracles that inhere in God's glorious creation.

There are blessings for opening our eyes at the beginning of the day, for standing up, even for going to the bathroom. (And when your child is finally potty-trained, perhaps one could even say a special Shehechianu, thanking God for allowing us to reach this time in our lives.)

When we eat food, it makes sense for us to thank God for the special opportunity that we have been given. There are a lot of steps that happen before the food gets to our table, and when we think about it, each time we eat can feel like a special blessing from God. When we are spiritually awake, it can be very natural to say thanks before we eat. The blessings give us that moment to pause. We can reawaken from the busyness of life, and feel that gratitude to the Holy Blessed One for the opportunity to eat once again. Saying blessings helps us not to take the gifts we have received for granted.

In a similar vein, it is wonderful to incorporate kashrut into our lives. This holy diet can help us pause and can increase our awareness of God and our connection to our holy traditions.

That being said, it is interesting to note that there is no single mitzvah to keep kosher. There is no commandment: Thou shalt keep kosher. Rather, there are a series of mitzvot that we can incorporate into our dining practice. For example, we can follow the commandment to not eat pigs. Anytime we pay attention and do not eat a pig, we are doing a mitzvah. Or we may try not mixing milk and meat, or exploring other ways of keeping kosher, such as only eating kosher meat.

You may already be doing these mitzvot, but if not, they could be something exciting to try. Though I always caution to go slowly. Whenever we shift our practice, it is important to shift slowly, so that we

make our new observances a natural part of our lives.

Kashrut is an important part of Jewish observance. Though what kosher means may be different depending on a person's level of strictness. There is a joke that for any kosher kitchen, there exists someone who will not eat in it because it is not kosher enough.

Many folks in our community keep kosher by refraining from eating pork. Other folks also refrain from eating milk and meat together. Still others, only eat kosher meat. That's why meals at Jewish Federation events are vegetarian. No meat means that almost everyone in our community will feel comfortable eating at that event.

There is much more to explore about both blessings and kashrut. Please feel free to speak with friends and rabbis in our community for more information.

For now, I wish you blessings and delightful dining experiences.

Have a question? Ask a rabbi.

The rabbis write columns in response to questions submitted by the readers. We encourage you--whether you are a member of the Jewish community or not--to submit your queries on theology, morality, ethics, religious observances, etc. for response by one of our rabbis. If you have an issue you would like to see addressed, please email it to shalom@jewishlexington.org and put "Ask a Rabbi" in the subject line of your email. (It may take quite a while until your question is answered or it may never be answered, if no rabbi selects it.) You will not be identified as the writer of the question to either rabbis or readers, nor will you be asked to specify which rabbi should answer.

Arts-n-Adventures

Tuesday, October 20, 2015

3:00 p.m.

Field trip to the Old Friends Thoroughbred Retirement Farm (1841 Paynes Depot Road, Georgetown, KY). Admission \$10 person.

Meet at JFB at 2:00 p.m. if you would like a ride. The tour is at 3:00 p.m. RSVP to Mimi at JFS (859) 269-8244. Reservation for tour is required.



MAZON

A Jewish Response
To Hunger

SMSC and MAZON partner with University of Arkansas School of Law on first-of-its-kind project to develop model tribal food codes

Project part of the tribe's national Seeds of Native Health campaign to improve Native American nutrition

MINNEAPOLIS, Minn. – A landmark project to enhance tribal food sovereignty was unveiled today as the Shakopee Mdewakanton Sioux Community (SMSC) and MAZON: A Jewish Response to Hunger (MAZON) announce their collaboration with the University of Arkansas School of Law as part of the tribe's Seeds of Native Health initiative.

Due to a long history of limited access to nutritious food, Native Americans suffer with obesity, diabetes, and other nutritional health problems at disproportionate rates compared to other ethnic groups. In an effort to create and sustain lasting policies and programs that will overcome these challenges, the Indigenous Food and Agriculture Initiative at the School of Law will lead the development of a long-needed, comprehensive set of model food and agriculture codes to be customized and adopted by tribal nations.

Food and agriculture law is comprehensive and can be complex. This project will provide the legal and policy foundation for the development of resilient and sustainable food and agriculture systems and vibrant economies in Indian Country.

"Food sovereignty is a central component to build a culture of dietary health for Native Americans," SMSC Chairman Charlie Vig said. "We are thrilled by this opportunity to work with the University of Arkansas and MAZON to empower Native nations to reclaim their own food policies."

The project will be led by Janie Simms Hipp, director of the Indigenous Food and Agriculture Initiative and former U.S. Department of Agriculture senior adviser for tribal relations. Hipp founded the USDA's Office of Tribal Relations, was a National Program Leader at the USDA's National Institute for Food and Agriculture, and served two terms on the USDA Secretary's Advisory Committee for Beginning Farmers and Ranchers.

The Indigenous Food and Agriculture Initiative was created by Dean Stacy Leeds at the University of Arkansas School of Law – the first female and only current American Indian law school dean – and focuses

on multi-disciplinary research, service, and education opportunities that directly support the Native American community.

"Food and agriculture codes will be an invaluable guide for tribal leaders as they work to improve the health of their people," added Dean Stacy Leeds. "The Indigenous Food and Agriculture Initiative is proud to partner with the SMSC and MAZON."

The SMSC's leading gift of \$250,000 through its Seeds of Native Health campaign and MAZON's gift of \$50,000 through its Rural and Remote Initiative will support the first phase of an anticipated three-year project.

"This unprecedented coalition is a meaningful and innovative approach to a systemic problem that should be a national outrage," said Abby J. Leibman, President & CEO of MAZON. "MAZON is proud to bring its 30 years of anti-hunger advocacy experience to this remarkable project and to support the SMSC's Seeds of Native Health campaign and the University of Arkansas to create a long overdue legal framework which will make a real difference in the response to hunger among tribal nations."

The University of Arkansas School of Law and MAZON are the latest strategic partners in the Seeds of Native Health philanthropic campaign to improve Native American nutrition across the country. Previously announced strategic partners include the First Nations Development Institute, Notah Begay III Foundation, the University of Minnesota, and the American Heart Association.

For more information about Seeds of Native Health, visit www.SeedsOfNativeHealth.org.

About the Shakopee Mdewakanton Sioux Community

The Shakopee Mdewakanton Sioux Community is a federally recognized, sovereign Indian tribe located southwest of Minneapolis/Saint Paul. With a focus on being a good neighbor, good steward of the earth, and good employer, the SMSC is committed to charitable donations, community partnerships, a healthy environment, and a strong economy. Having donated more than \$325 million since opening its Gaming Enterprise in the 1990s, as well as providing more than \$500 million in economic development loans to other tribes, the SMSC is the largest philanthropic benefactor for Indian Country nationally and one of the largest charitable givers in Minnesota. Seeds of Native Health, a campaign to improve the nutrition of Native Americans, was launched in March 2015 with a \$5 million contribution from the SMSC.

About MAZON: A Jewish Response to Hunger

Founded in 1985, MAZON: A Jewish Response to Hunger is a national nonprofit organization working to end hunger in the United States and Israel. Through its three interrelated strategies – advocacy and education, partnership grant making and strategic initiatives – MAZON is acting to ensure that hungry people have access to the nutritious food they need today and working to develop and advance long-term solutions so that no one goes hungry tomorrow.

MAZON's Rural and Remote Initiative is committed to addressing the specific and unique needs of rural, remote, and Native American communities struggling with food insecurity. Partnering with community-based organizations to maximize their impact, and developing long-term solutions with policy makers and advocates at the state and federal level, MAZON will continue to seek solutions to alleviate hunger and increase access to healthy, affordable food in rural, remote, and Native American communities.

About the University of Arkansas School of Law

Established in 1924, the University of Arkansas School of Law ranked first in the U.S. in National Jurist magazine's Top 20 Values in legal education and among U.S. News and World Report's top 36 public law schools. It is home to the nation's oldest LL.M in agricultural law program.

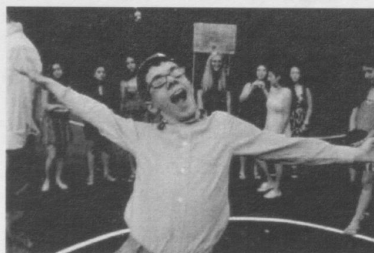
About the Indigenous Food and Agriculture Initiative

Established in 2013, the University of Arkansas School of Law Indigenous Food and Agriculture Initiative is the first of its kind nationally, focusing on enhancing food, agriculture, health and wellness, and business and economic development; youth and professional education in food and agriculture; strategic planning and technical assistance, research and publications in the areas of health, nutrition policy, traditional knowledge; financial markets and asset management; and tribal governance, law and policy.

The Shalom Editorial Committee is seeking enthusiastic new members to join their team. The Editorial Committee convenes once per month to edit Shalom articles and have a short meeting. If you are interested in learning more or wish to volunteer, please contact Judy Wortman at (859) 268-0672 or jfb@jewishlexington.org

A Letter From Camp Tel Yehuda: What is Hadracha?

By Felix Satin



Dear Reader:

Hadracha is the start of many possibilities which all tie into a single word: leadership. In the beginning, "B'reshit," there was Maccabia. In my

last year at Tel Yehuda, we went to Washington D.C. to persuade congresspeople to address issues that our group was passionate about*. Congresspeople weren't always there, but most of the staffers were interested in the different groups' topics. In fact, one of the staffers we met with was luckily also part of a Young Judaea (YJ) alumni panel, and he told our group that he would speak with the congressman he works for about our chosen issue - proof of how much we can do in three and a half weeks.



This is my groups' last year at Tel Yehuda as campers, but that doesn't mean this is our last year ever being involved in the Young Judaea movement. We can still go to conventions,

Machon, Year Course in Israel, and even become a Madrich. We can also apply the leadership skills that we've learned at camp to the outside world and create some real and positive change in our world.

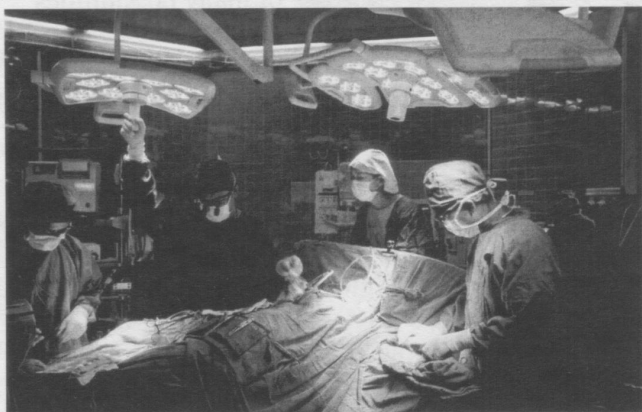
*public policy issues such as gun control and racism

President's Note: Young Judaea is instrumental in the development of future Jewish leadership and encourages a strong Jewish identity. Hadassah supports YJ, in particular Camp Young Judaea Midwest where Felix and his brother, Isaac along with others from the Lexington community, attended as children and where Isaac served on the staff this past summer. Camp Tel Yehuda serves as leadership training for high school students and Year Course is spent in Israel immediately after graduation preceding college. YJ also sponsors summer missions to Israel for young Jewish leaders of tomorrow.

ISRAEL21C: Israeli med tech company bought for record \$929 million

Acquisition of Valtech Cardio by America's HeartWare International marks biggest deal for an Israeli med tech company ever.

By ISRAEL21c Staff SEPTEMBER 3, 2015



A patient undergoes heart valve repair surgery. Photo via Surassawadee/Shutterstock.com

A mega acquisition deal worth roughly \$929 million of Israeli replacement heart valve maker Valtech Cardio by HeartWare International has Israel's startup sector buzzing with excitement.

The US-based heart technology company announced late yesterday that it has entered into a definitive agreement to acquire the privately held Or Yehuda company, which employs just 40 people, and specializes in the development of devices for mitral and tricuspid valve repair and replacement.

It is the biggest buy-out of an Israeli medical device company ever, and one of the biggest deals in any industry in Israel. It comes in the wake of a bumper year when in one week alone in January acquisitions of companies including Annapurna Labs, Red Bend Software, CloudOn and others reached \$900 million.

"By joining HeartWare, we can more quickly and fully realize the potential of our pipeline technologies and further influence the underpenetrated markets that we serve," said Amir Gross, founder and CEO of Valtech.

Terms of the deal will see Valtech shareholders receive an up-front consideration of 4.4 million shares of HeartWare common stock; 800,000 shares of HeartWare common stock, contingent upon CE Mark approval for Cardioband; and 700,000 shares of HeartWare common stock upon the earlier of first-in-man implants for either Cardioband tricuspid or CardioValve. The deal is said to be worth at least \$929 million.

The buy-out is subject to regulatory approvals as well as HeartWare stockholder and Valtech shareholder

approvals, the Massachusetts company said. The deal is expected to be closed later this year.

The mega-deal did not come out of nowhere. HeartWare and Valtech have been bedfellows since 2013 when the US company invested in the Israeli med-tech team.

Founded in 2005, Valtech Cardio has full, in-house development, manufacturing, and clinical research capabilities, and over 130 patents and patent applications. The company, which was founded by Gross and Yiftach Beinart in an incubator in Ariel, began life with a grant from the Office of the Chief scientist.

"We identified Valtech as having the broadest, most compelling portfolio several years ago, which led to an investment in 2013. This investment gave us a unique opportunity to observe Valtech's significant progress across their portfolio of valve repair and replacement technologies. It is from this vantage point that we have concluded that Valtech's platforms represent the most innovative and comprehensive portfolio of interventional and surgical products for mitral and tricuspid repair and replacement in development today," said Doug Godshall, president and CEO of HeartWare.

Helping millions

Millions of people with heart disease are likely to benefit from this deal.

Valtech is a leader in the development of innovative surgical and transcatheter valve repair and replacement devices for the treatment of mitral valve regurgitation (MR) and tricuspid valve regurgitation (TR).

MR is a condition in which the mitral valve leaflets fail to close properly, allowing backflow of blood from the left ventricle into the left atrium during systole. Left untreated, severe MR can eventually lead to a significant deterioration in cardiac function and, eventually, death. In the US alone 4.2 million patients are affected by mitral valve disease, according to HeartWare.

Meanwhile, TR is estimated to affect 1.6 million patients in the US and complements the mitral patient population, as a significant percentage of patients suffer from both MR and TR.

HeartWare, which develops and manufactures miniaturized implantable heart pumps, or ventricular assist devices, to treat patients suffering from advanced heart failure, says this deal will provide it with a complementary portfolio of technologies to broaden the treatments it offers heart failure patients and enhance patient outcomes.

"Valtech provides HeartWare with commercial-stage products for mitral repair, as well as a robust technology pipeline, an advanced R&D center and an impres-

sive, experienced team with a proven track record," said Godshall.

Valtech's portfolio includes Cardioband, the first interventional, transfemoral, direct annuloplasty system designed for mitral and tricuspid repair; Cardinal, a semi-rigid, adjustable annuloplasty ring system that provides surgeons with the ability to optimize annuloplasty results; CardioValve, a low-profile, transcatheter mitral valve replacement (TMVR) system with five degrees of steering maneuverability; and V-Chordal, a surgical and interventional chord replacement system for MR repair.

V-Chordal, which has been successfully evaluated in a first-in-man clinical trial, is expected to expand the range of percutaneous solutions offered for treating degenerative mitral valve pathologies and allow more patients to be treated without the risk of open-heart surgery.

"The mitral repair market is already a well-established and rapidly growing market with a significant, unmet, immediate clinical need. The Cardioband transfemoral annuloplasty system represents a more reproducible and predictable platform for mitral valve repair than existing solutions. We believe Cardioband will be a natural and clear selection as a first-line treatment for the broadest spectrum of MR patients, since it offers a safer option and, even in early clinical use, has already demonstrated a strong efficacy profile," said Godshall.

"Valtech has benefited significantly from HeartWare's early investment in our company. Since then, we have developed a strong relationship based on a shared mission to deliver transformative products to patients with advanced heart failure and degenerative heart conditions," said Amir Gross, founder and CEO of Valtech.

"HeartWare's existing market development experience and commercial infrastructure provide a compelling platform from which to launch multiple products worldwide, including a near-term launch of Cardioband in international markets following anticipated CE Mark approval this year. Together, we can offer clinical heart failure teams a compelling portfolio of surgical and interventional technologies to serve the advanced heart failure population."

This article can be found online [here](#).



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B'tayavon: Easy Strudel

Submitted by Vivian Bitensky

Recipe by

Estelle Hamburg



Estelle unlocks the mysteries of strudel making with this delicious recipe. When

I was a little, girl my mother would talk about the tante who would close all doors when she was making strudel. Now, the secret is out. Enjoy!

DOUGH

2 cups flour

2 sticks unsalted butter (1/2 lb.)

1/2 cup club soda

1 tbsp. vinegar

Blend butter and flour together until it is in small particles. Add vinegar and club soda to the flour mixture, mix well with a fork until it forms a soft dough. Divide the dough into four parts and flatten each part into a rectangle. Wrap each part in foil and refrigerate overnight. The dough will keep in the fridge for two days.

FILLING

1 and 1/2 cups golden raisins

1 and 1/2 cups finely chopped walnuts

1 jar apricot jam, 12 ounces

Cinnamon and sugar combined

METHOD

Each rectangle: Flour board and rolling pin (Use plenty of flour). Roll into a rectangle about 6x12. Spread with jam, sprinkle with nuts, then raisins. Sprinkle with cinnamon mixture. Starting at the long end, roll as a jelly roll. Slide on greased cookie sheet. Repeat with each package of dough. Bake at 400 degrees for 30 to 40 minutes. Remove from oven and cool on rack for a few minutes.

While still warm, slice on the diagonal in to nine or ten pieces. Cut off dry ends first. Place each piece on a rack to fully cool. Store in a covered container. Freezes ok.

Enjoy!

To learn more about the PJ Library program visit <http://www.pjlibrary.org>. For additional info about our local program, signing up for books, or upcoming events contact pjlibrary@jewishlexington.org or call 268-0672.

THE LEXINGTON HAVURAH

Gail Cohen, President

The Lexington Havurah, founded in 1978, is a network of diverse people dedicated to Jewish learning and renewal, community building, and tikkun olam (repairing the world). A havurah is defined as a gathering or community of friends. The Lexington Havurah is affiliated with the United Synagogues of Conservative Judaism and the National Havurah Committee. Members plan, conduct, and share responsibility for all services. For additional information about services or membership in the Havurah, please contact me at gail.cohen@twc.com.

By Gail Cohen

At the annual meeting of the Lexington Havurah, a wonderful potluck in the country, we elected our officers for the 2015-16 year. The following people will serve:

- President – Gail Cohen
- Vice-President and Bulletin Editor – Judy Baumann
- Treasurer – Jeremy Popkin
- Secretary – Minna Katz-Brown
- Religious Committee Co-Chairs – Steve Shedlofsky and Hanna Smith
- Education Committee Co-Chairs – Diane Bazell and Larry Kant
- Social Committee Chair – Judy Saxe

The Havurah enjoyed a marvelous holiday season. We held services and took meals together. We have shared both serious and joyous times.

Rosh Hashanah 2015

By Judy Goldsmith

Judy Goldsmith gave this sermon at the Lexington Havurah's Rosh HaShanah service on the 1st of Tishrei 5776, or September 14, 2015. Judy is a professor at the University of Kentucky College of Engineering Department of Computer Science.

What is sin?

Presumably, we have each spent the last week or so cataloging our own sins, beginning the process of atoning, of making amends. So we should have a pretty good idea what I'm talking about. Right?

What is a sin? Yes, there are many kinds. There are acts, and thoughts. And in between, there are words. But words, just marks you find in a dictionary, are not — in our tradition — sins. Sins are judged by their intent to harm, and by their effects on ourselves and others. Is it a sin to drink bottled water, and release that bottle to the vast gyration of garbage in one of the world's oceans? Is it a sin to preach self-righteously to those who drink to quench an essential thirst?

There are surely degrees of sin. If we are all sinners by birth, condemned perhaps by Adam's fall from grace — to borrow from another religion's beliefs —

perhaps the best we can hope for is to minimize the cumulative degrees of our sins each year.

But again, I ask, what is a sin? Is it something substantial that we can hold in our hands? Perhaps a stolen item, an object of violence, a piece of hate mail are substantive sins. But most sins have no physical substance beyond the spittle we produce as we speak hateful or hurtful words, the chemical changes in our bodies as we turn our face from something or someone, as we choose to act.

Some of my friends in academia in psychology and psychiatry tell me that there is no free will. For them, perhaps, there is no sin. They say this because they have watched animal and human brains at the point of decisions, and seen that decisions are made before we can articulate or reason about them. They reason thus, that the decision is automatic, not driven by thought or desire.

Academia, as anywhere else, is full of jumped-to conclusions. We do not always make the same decisions. We can train ourselves to decide differently.

Think of someone on a strict diet. Sure, when you put tempting and verboten food in front of them, they may reach for it before they think of the consequences. And they may then draw their hand back before the item is in their mouth.

There's a wonderful children's book called *The Phantom Tollbooth*. In it, many things are substantiated. There is a family with 1.4 children, and 1.5 cars. The .4 child is almost the left side of a person. And Conclusions is an island. You can jump there, but must laboriously swim back. I recommend the book as a good story, as well as a delightful exploration of the sort of concrete thinking that children of a certain age engage in.

What does this have to do with sin? We, too, engage in that sort of concrete thinking. The High Priest puts his hands on the head of a goat, and transmutes his family's sins into that goat, who is then sacrificed. The priest then puts his hands on the head of another goat, who takes on the sins of the entire congregation, and that goat is sent to Azazel.

High Priests, we make due with bread and fish. In a while, we'll go down to the lake and place our hands on some bread and transmute (*continued on pg. 14*)

THE LEXINGTON CHAPTER OF HADASSAH

Melanie Shapiro, President

Share the Power!

Dear Hadassah Friends,

According to a calendar I recently saw, October is Book Month, Breast Cancer Awareness Month and Domestic Violence Awareness Month. Doesn't that sound a lot like Hadassah Month? I am proud that Hadassah takes an interest in women's health – both mind and body. Hadassah women support breast cancer research and care at Hadassah's hospitals and members all over the country encourage each other to do monthly self-exams and get age appropriate clinical tests. In addition, Hadassah issues policy statements and holds programs to make our community aware of domestic violence on our doorsteps and how to best combat it. As for Book Month, we are the "people of the book," so we can participate in our local BookClub discussions or check out book reviews and author interviews in Hadassah Magazine.

Simchat Torah falls on the 23rd of Tishrei - October 6 this year. As you probably know, that is the day when we read the last parsha from Deuteronomy and the first parsha from Genesis, the end and the beginning of the Torah. It is a time to renew and rededicate. "In the beginning..." of Hadassah, a group of ladies in a study

HADASSAH
the power
of women
who **DO™**

group decided to implement practical Zionism and a worldwide movement was born. How did Hadassah grow? Members brought their friends and invited friends and family in other communities all across America. How will the Lexington Chapter of Hadassah grow and thrive? The same way. If you are a Life Member or Associate, you can gift a one-year membership to as many women as you like at no charge. Now is the time to share the Power of Hadassah with friends and family! Although a Jewish organization, one does not need to be Jewish to be a member of Hadassah. One only needs a heart for "Tikkun Olam," making the world a better place. I'll bet you know someone like that, so go to Hadassah.org/gift before Dec. 31 to share the gift of Hadassah. I'd like to take this opportunity to welcome several new members to our chapter: Faith Young Erdmann (life), Sue Hirsh (annual), Jean Goldschmidt (transfer) and Esther Jane ("EJ") Lankford (gifted annual). This list will grow. Won't you be the next new member to be welcomed? Make 5776 the year you are empowered by Hadassah's priorities of Advocacy, Health and Wellness and Zionism. Hadassah attracts the best and the brightest women in our community – you!

B'Shalom,
Melanie Shapiro

TAI hosts community-wide Selichot service

By Hanna B. Smith

Temple Adath Israel hosted a community-wide Selichot service on Saturday evening, September 5. About 80 people, a cross-section of the membership of the Lexington Jewish community, attended the event. Rabbi William Leffler, former spiritual leader of Temple Adath Israel, was a special guest.

The evening began with the reading of Michael Chabon's play "Citizen Conn". Rabbi David Wirtschafter of Temple Adath Israel adapted the play for the Selichot reader's theater program. Reading the various parts were: Rabbi Sharon Cohen, Steve Auer, Thomas Zantell, Rabbi David Wirtschafter, Austin Cantor, and Judy Wortman.

The play addresses the issues of friendship, betrayal, and forgiveness.



A half-hour of refreshments and socializing followed the play. Then the community resumed its seats in the sanctuary for Havdalah, followed by the Selichot service. Rabbi Moshe Smolkin of Ohavay Zion Synagogue was in charge of the service. He was assisted by Rabbis Wirtschafter, Leffler, and Uriel Smith, and by Judy Wortman.

The evening was an enjoyable experience and a fitting introduction to the High Holiday season. We hope to be able to report about more community-wide events throughout the coming year.

Shanah tovah, a healthy and prosperous year to all.

OHAVAY ZION SYNAGOGUE NEWS

2048 Edgewater Court • Shirley Bryan, President • (859) 266-8050

WELCOME

Ohavay Zion Synagogue is a warm and welcoming congregation in Lexington, Kentucky. Through the framework of Conservative Judaism, we explore our Jewish identities and form a community. We celebrate our diversity and welcome newcomers. Please join us!

KABBALAT SHABBAT

Please join us on **Friday, October 23rd at 5:30 p.m.** for our Kabbalat Shabbat Services. What a terrific way to begin the weekend, with a brief but spirited service and with beautiful melodies and wonderful friends. Everyone is welcome. Let's bring in Shabbat together!

KIDS' SHABBAT

Please join us for this month's Kids' Shabbat service on **Friday, October 16th at 5:30 p.m.**

Kids' Shabbat is our monthly Shabbat Service for younger children. We light candles, drink grape juice, eat pizza, sit together on beautiful carpets, sing songs, and read amazing stories from the PJ Library. Newcomers and friends are always welcome!

This year's Kids' Shabbat services will be held **Fridays at 5:30 p.m.** at Ohavay Zion Synagogue on the following dates.

November 20
December 18
January 15
February 19
March 18
April 15
May 20

For more information or to RSVP, email [Dominique Olbert](mailto:Dominique.Olbert).

SHABBAT MORNING SERVICES

Please join us any Saturday morning of the year, as Ohavay Zion Synagogue celebrates Shabbat. We begin at 9:30 a.m.; though please feel free to join at any time during the service. Our worship is filled with joyous song and fascinating Torah discussions. The service concludes around noon, and all are invited to schmooze over lunch after the service. This is a wonderful way to celebrate Shabbat and to meet some nice Jewish folks here in Lexington. Newcomers and friends are always welcome!

TUESDAY MINYAN WITH LEARNING FROM PIRKEI AVOT

Tuesday Minyan is a special time at OZS. During this brief service, students and adults both pray and learn together. There is a warm atmosphere and something for everyone to enjoy. Please join us Tuesday afternoons from 5:45 p.m. to 6:15 p.m. All are welcome!

STUDYING THE PROPHETS

Please join us Wednesdays at noon as we explore the book of Jeremiah through the teachings of our Jewish tradition. We have a wonderfully diverse group of learners and terrific conversations. All are welcome!

TALMUD STUDY

The Talmud Study group **will begin meeting on Monday morning** for prayer, food, and study after October 12. The morning begins with a **brief Shacharit service at 7:30 a.m.**, followed by a light breakfast, and then fascinating study of the Talmud. Newcomers are always welcome!

GENEALOGY PROJECT

Help us catalog the Jewish sections of the Lexington cemetery for use in JewishGen Online Worldwide Burial Registry - (JOWBR) an affiliate of the Museum of Jewish Heritage. This information will help people in searching for their ancestors. Contact the office at 859-266-8050 or email office@ozs.org for more details or to sign up to participate.

BACKPACKING FOR GOD'S PANTRY

Join us each month during the school year as backpacks are filled with food that children take home on weekends from Mary Todd Elementary School. All of the food is child-friendly, nonperishable, easily consumed and vitamin fortified. Check weekly announcements & Facebook for date & times.

INTERESTED IN OZS?

Ohavay Zion Synagogue is a warm and welcoming Jewish community. If you are interested, or if you know someone who may be interested in learning more about Ohavay Zion Synagogue, please call the office at 859-266-8050 or email Rabbi Smolkin at Rabbi.Smolkin@gmail.com. We would love to hear from you!

TEMPLE ADATH ISRAEL

124 N. Ashland Ave • Pat Shraberg, President • (859) 269-2979

WHO WE ARE

Temple Adath Israel is a Reform Jewish congregation. We celebrate Torah, Justice, Tradition, and Faith. Our mission is to inspire Jews, to ensure a vibrant Jewish present and future by nurturing a multi-generational love for our tradition. Our "Community Center" approach to Judaism gives families a host of unique ways in which to love living relevant, soulful and experiential Jewish lives. Please call the Temple Administrator for more information if you are interested in affiliating with the Temple. The phone number is 269-2979.

KIDS' SHABBAT

Our **Kids' Shabbat** service is held on the last weekend of each month (during the school year) and is geared towards children 7 years old and younger and their families. **Our next Kids' Shabbat is October 31st at 12 noon.**

PJ LIBRARY READING TIME

TAI has dedicated space in our Youth Library and our Anita Mersack Outdoor Reading Garden for families to share in our growing collection of PJ Library Books, before, during, and after religious school. The collection is in our Youth Library and these books provide our young children with wonderful introductions to the magic of Jewish storytelling.

KOLLEL STUDY GROUP

Kollel meets at 9 a.m. every two weeks in the TAI Library. The group explores cultural, ethical, and its historical aspects of our 4000-year tradition. The emphasis is on dialogue and exploration. Please join us any time. **Our next session will be October 24th.**

TALMUD STUDY

We are studying the Pirke Avot, a section of the Talmud on alternate Saturdays at 9 AM in the library. The discussion is always lively and informative and you can join the group anytime. **We will meet on October 17th & 31st.**

PARSHA

Join us each Saturday morning at 11 a.m. in the library as we take a look at the Torah portion for each week. Various Temple members will lead some discussions and everyone will take turns. **We will meet on October 17th, 24th & 31st.**

SISTERHOOD NEWS

I hope that everyone had a wonderful High Holiday season and that we are enjoying some cool Fall weather by now! Thank You to Beth Pitman for hosting our opening program on August 26th. Her beautiful home was the perfect backdrop for our salad and dessert bash. A wonderful time was had by all.

Upcoming Events

- October 21, 6:30 p.m. - Wine and Canvas with OZS Sisterhood
- December 9, 12 noon - Lunch and Learn with Rabbi Wirtschafter
- January, February and March – Sisters in the Hood Dinners out on the town
- April – Sisterhood Shabbat TBA
- May – Havdalah and Installation - Date TBA

Programs, dates, and times are subject to change so watch your email and mail for your invitation!

If you are interested in becoming a Sisterhood member, please contact Laura Creamer at lcreamer1@hotmail.com or (859) 268-4961.

GENERATION TAI

Generation TAI is our Chavurah group for young adults. Programming runs the spectrum from worship to social action and from Shabbat to holiday meals. The next upcoming event will be on October 30th (Friday) - Shabbat dinner and game night.

Please contact Reva Schottenstein at rschott86@hotmail.com or call her at 859-221-9473 to reserve your seat.

MAZEL TOV

To Jo and Bob Belin on the birth of their new grandson, Colton Levi Salzinger. He is the son of Ruth Belin and Mark Salzinger and brother of Max and Jake who live in Carmel, Indiana.

ATTENTION PROUD GRAND-PARENTS, PARENTS, & STUDENTS

We want to publish any original writing produced by our community's elementary- and high-school-age children. If you're proud of something written by one of our kids, either fiction or non-fiction, please email it to shalom@jewishlexington.org

--- AROUND THE COMMUNITY ---

Please note: Information for Around the Community comes to us from a variety of individuals and Jewish institutions. It's a pretty haphazard arrangement; except for b'nai mitzvah, we do not have the resources or staff to collect information or research each item. If you would like to see an event or life passage in your family acknowledged here, please be sure we get the full and correct information as you would like to see it printed. Send notices to shalom@jewishlexington.org. Remember, we welcome photos too!

Mazal Tov to:

- Alan Stein and Judge Kathy Stein on the marriage of their daughter Headley to Adam Parritz.
- Leon Ravvin on his induction to the Founders Roll of Honor at the Lexington Clinic. This distinguished award recognizes doctors who have been instrumental in the development and maintenance of the Lexington Clinic's standard of excellence in patient care and community leadership.

Condolences to:

- Antony and Angela Beck on the death of Antony's mother Rhona Beck.

ATTENTION PROUD GRAND-PARENTS, PARENTS, & STUDENTS. We want to publish any original writing produced by our community's elementary- and high-school-age children. If you're proud of something written by one of our kids, either fiction or non-fiction, please email it to shalom@jewishlexington.org

(Havurah continued from pg. 10) our sins into starches, Lacking goats and which will feed the fish and/or ducks.

Interestingly, we don't think of the fish or ducks as sinners. Perhaps they re-transmute the sins into nutrients.

Zora Neal Hurston, a writer in the Harlem Renaissance, wrote a whole novel about Moses, the magician. His was an enormously important story to American slaves, and to African-Americans. In her telling, when Moses left Egypt, he apprenticed to the magician who later became his father-in-law. He learned to transform wooden staffs into snakes, among other feats. I don't remember him performing the more metaphoric act of transforming sins into sacrifices.

What happens when we do this act of throwing bread into the water? We are not forgiven, not by anyone against whom we have sinned. In fact, I used to wait until Rosh HaShana to begin the active process of atonement, though I started my list before then. (I suppose I've always been deadline-driven, and the deadline is Yom Kippur.) And yet, just tossing a handful of crumbs away can leave me feeling lighter, closer to a state of grace, closer to the possibility that I be writ down for a good year. What's up with that?

I'll ask again, What is sin? Is it something substantial? Are we magicians to make it so?

None of us are perfect; we all sin. The liturgy of the holidays reminds us, again and again. "Avinu Malche-nu. We have sinned." Perhaps each of us has been

contemplating our sins in the days leading up to today, and in the remaining days up to Yom Kippur. Perhaps, as we hold a piece of bread in hand, there will be particular sins we send into the bread, and out onto the water. The sins of harsh words, of friends neglected, of greed, withholding, lack of compassion. (Those are some of mine.) Of not acknowledging White privilege and the ease and advantages it brings us. There is so much to put into a small handful of bread.

What is really transmuted? That's a beautiful word, referring back to the Alchemical belief that lead could be transformed to gold. Does the bread become imbued with our specific sins, whether or not we enumerate them? Perhaps. And perhaps we, ourselves, are transmuted through the magic of ritual, belief, and action into people who can acknowledge our sins and shortcomings. Who can draw back our hands from choices made before words or thoughts can guide them. Who can stop our hateful speech. Who can choose to share the bounty of White privilege, even as we work to change the system and to renounce that privilege.

We are always Jews. We become transformed through prayer and righteous acts.

L'Shana Tovah. May you be written down in the Book of Life for a healthy, happy, and less sinful year. May you act to make it so.



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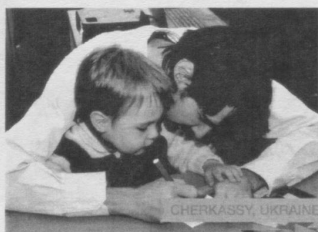
—Rabbi Adin Even-Israel Steinsaltz



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and Deception.

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Shalom

Newspaper of
The Jewish Federation
OF THE BLUEGRASS

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Lunch and Learn with our
Lexington community rabbis

October 27 with Rabbi Sharon Cohen

At 12 noon on the last Tuesday of each month, in the JFB office, rabbis, on a rotating basis, will be discussing the holidays, the Torah portion of the week, and other topics of interest. A dairy lunch is offered at a nominal charge. If you are interested in attending, please call Judy Wortman at 859-268-0672 so we can order lunch for you.



The Jewish Federation
OF THE BLUEGRASS

Send us pictures of you in a
sukkah, with friends,
family, or your congregation
and we will publish them in
the November Shalom.

Photos can be emailed to
tamara@jewishlexington.org no later
than October 28. Please include a
caption.