

SHALOM



NEWSPAPER OF THE CENTRAL KENTUCKY JEWISH FEDERATION

NOVEMBER 2009

HESHVAN/KISLEV 5770

The month of December—Tzeason of Tzedakah

Donate your time, your effort, yourself to help those in need

By Jana LaZur and Talia Smolkin

With so many people in need, especially in this economy, it's time for our community to come together again to make a difference. Join us for a few hours as we volunteer in various organizations in the wider Lexington community. We are working with more places this year than ever before to serve people of all ages, the sick and the homeless, and even the animals. If you don't have the time or ability to volunteer in the nursing homes, shelters, and other facilities, there are many other ways

to help. You can buy groceries, prepare meals, or donate items you no longer need. Simply sign up using the form on page 9 of this issue of *Shalom*.

Typically, over 100 volunteers assist more than 300 recipients. This year, the program will run for the entire month of December. "Tzeason of Tzedakah," the new name for "Day of Giving," reflects the fact that this important work is ongoing. It embraces the Jewish value that tzedakah is a responsibility, that it is up to each of us to serve those in our community who are vulnerable, and that this ongoing responsibility takes many forms and certainly lasts more than just a day.



Receiving instructions for delivering Meals On Wheels at 2008 Day of Giving.

Drop-Off Bins: From December 1, collection bins for donations will be placed in three locations: the Central Kentucky Jewish Federation, Ohavay Zion Synagogue, and Temple Adath Israel. Please bring toiletries, warm coats, clothing, and blankets as well as gently used toys. The Lexington Humane Society needs towels, pet beds, dog food, and cat toys. For the youth and the homeless, please bring all varieties of baby care items (e.g., diapers, baby-wipes and baby shampoo), Target or Dollar Store Gift Cards, shampoo/conditioner, disposable razors, disposable cameras, journals, picture frames, pillows, twin sheet sets, bath towels, wash cloths, lip balm, and puzzle books (Sudoku, word search, and crossword puzzles).

see Tzeason of Tzedakah, page 11

— CAMPAIGN NEWS —

Campaign Committee to present the film *Watermarks*

The Campaign Committee of the Central Kentucky Jewish Federation invites the community to a showing of the film *Watermarks* on Sunday, November 15 at 7:00 p.m. at Temple Adath Israel. There is no charge for admission; anyone 13 years old or more is welcome. Refreshments will be served.

Watermarks is the story of the champion women swimmers of Hakoah Vienna, the legendary Jewish sports club. *Hakoah* (which means

"strength" in Hebrew) was founded in 1909 when a new Austrian law prohibited sports clubs from accepting Jewish athletes. Hakoah grew into one of Europe's largest and most successful sports clubs. In the 1930s, their best-known champions were their women swimmers. In 1938—after the political unification of Germany and Austria—the Nazis shut down the club, but Hakoah's leaders implemented an escape plan enabling the swimmers to flee before the war broke out.

Sixty-five years later, the film's director, Yaron Zilberman, locates seven of the swimmers, interviews them in their homes around the world, and arranges a reunion for

see Campaign, page 17

CKJF Winter Dinner to be Sunday, December 13

Offers opportunity to try Petra Mediterranean food

♦ ♦ ♦

Make your reservation now for the Central Kentucky Jewish Federation's annual Winter Dinner to take place on Sunday, December 13, from 6:00 p.m. until 8:00 p.m. at Petra Mediterranean Restaurant on the corner of Nicholasville Road and Man o' War. The restaurant is new to Lexington, but the family who owns it is not, and the food is delicious. They have chefs from Israel and Jordan so the cuisine is authentic, and the owner's mother comes in daily to make the Greek-style pita bread. They

see Winter dinner, page 16

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SHALOM

Published ten times per year by the
Central Kentucky Jewish Federation, Inc.
1050 Chinoe Rd., Suite 302, Lexington, KY 40502
Phone (859) 268-0672 • Fax (859) 268-0775
email: shalom@jewishlexington.org

NOVEMBER 2009, VOLUME XVI, ISSUE 9

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Production Services by Direct Response, Inc.

The editorial staff has the right to edit all articles submitted for publication in *Shalom*. The appearance of any advertising in this publication does not represent a kashruth endorsement on the part of CKJF or any other agency or organization. *Shalom* is partially supported by the advertisements appearing in the paper.

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Young women and tots

Coffee and storytelling activity

Hadassah is sponsoring an activity for young women (under age 45) in the Jewish community to get together for coffee, bagels, and cream cheese and conversation.

You do not have to be a Hadassah member to participate.

Dates: November 8, January 17, March 7, May 2.

Time: 10:30 a.m. to 11:30 a.m.

Location: Ohavay Zion Synagogue, 2048 Edgewater Court, Lexington

You are encouraged to bring young children for storytelling and snacks. Please RSVP to Odette Kaplan, (859) 271-8332 or omkaplan@aol.com. ✧



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STEWART HOME SCHOOL VISITATION SCHEDULE:

Dec. 8th at 6:30 p.m.



The Stewart Home, located in Frankfort, Kentucky, is a residential school for individuals with disabilities. It is renowned throughout the country for the high quality of care given to the students, and attracts people from all across the country. Tikkun Lexington brings celebration to the Stewart Home's Jewish students by honoring Shabbat and Jewish holidays. It is a very special evening for all who participate, volunteers and students alike.

Please call Jana at (859) 268-0672 or email jana@jewishlexington.org for more information

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Shalom Deadline

Deadline for articles for the December/January
Shalom is November 10.

Email articles to di-ifr@bardstown.com.

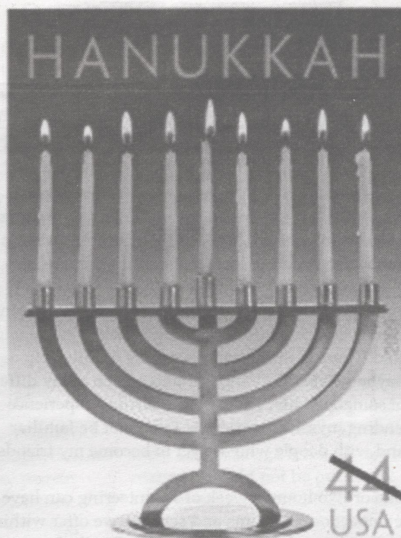
2009 Hanukkah stamp available

The 2009 Hanukkah stamp went on sale on Friday, October 9 and should be available at all local post offices. It is the new menorah design. The United States Postal Service has printed a mere 35 million (about one half of what is usually printed for a commemorative stamp) of the Hanukkah stamp. Local post offices will receive only fifteen percent of what they usually get from a new stamp.

If the 2009 Hanukkah stamp is not available at your post office and they tell you, "We never got them," or "We ran out and can't get any more," or any other excuse, please let me know. Send me the town name and zip code of the post office at hanukkah@att.net.

When you buy Hanukkah stamps, don't just buy enough for your Hanukkah cards. Buy 100 or more and use them on all your mail through the holiday season and beyond. I buy 200 and use them on all my mail for the entire year.

The United States Postal service claims "a lack of demand" as the reason for not issuing a new Hanukkah stamp design every year. I don't believe this to be true. This season is the first of the new menorah design, and I already know that this design will be repeated next year.



Help raise the demand and encourage more frequent design changes.

Thank you,
Ronald Scheiman
The Quest for Annual Hanukkah Stamps
www.hanukkahstampquest.com ☆

TAI Sisterhood announces paid-up members dinner

Summit Restaurant to be site of November 18 event

Paid-up members of the TAI Sisterhood will gather for dinner on Wednesday evening, November 18, at the Summit Restaurant in Lexington. This event is open to all current members of the Sisterhood. To be eligible to attend this dinner, you must have paid your dues for the 2009-2010 year.

We will gather at the Summit Restaurant, at 1097 Duval Street (turn right off Tates Creek Road just south of Man o' War Boulevard), at 6:30 p.m. for some socializing. Dinner will be a small salad, followed by your choice of tilapia, chicken, or a vegetarian pasta dish, and dessert. The price of \$25 includes the meal, soft drink or coffee, and gratuity. A cash bar will be available.

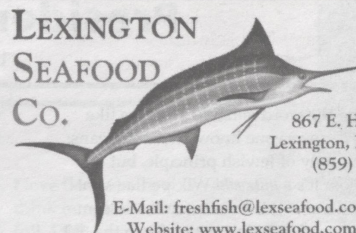
Rebecca Young, Sisterhood Program co-chair, is attending the URJ Biennial in Toronto in early November. She will tell us about this important event and what she learned of relevance to sisterhood.

This dinner is a great opportunity to connect with old friends, meet some new ones, and get information about what's going on in Reform Judaism today. Reservations are **required** and must be made by Friday, November 13. Space is limited, so call Sandee Wildes at the Temple,

(859) 269-2979, soon to reserve your place. Please pay your membership dues now to be eligible to attend. If you are not sure of your membership status, call Christy Roth, (859) 219-3238, for this information. If your membership in Sisterhood is not current, now is the time to bring it up to date; you don't want to miss this enjoyable and informative event.

Mark your calendar now for our December meeting. We will join the Temple's Chavurat Chochma group for a good-time Hanukkah luncheon on Friday, December 4, Ned Rosenbaum is the featured speaker. ☆

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Month-To-Month Rates

Full Page 10" x 12.75" \$200 BW \$275 Color	1/2 Page Vertical 4.9" x 12.75" \$120 BW \$195 Color	1/2 Page Horiz 10" x 6.375" \$120 BW \$195 Color
1/4 Page 4.9" x 6.375" \$80 BW \$120 Color	1/8 Page 4.9" x 3.191" \$55 BW \$95 Color	Business Card 3.625" x 2" \$35 BW \$75 Color

* All other ads are billed at \$12 per column inch.

* Ad production is available at \$15 per hour.

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1/2 Vert.	115	110	+ 75
1/2 Horiz.	115	110	+ 75
1/4	75	70	+ 40
1/8	50	45	+ 40
Bus. Card	30	25	+ 40

** A contract must be signed prior to insertion of the first ad. Prepaid contracts will be discounted 10% off the total. Discounts do not apply to charges for color printing.

Terms

The Central Kentucky Jewish Federation will not be responsible for errors, except to cancel charge for such portion of advertisements as may be rendered valueless by error.

All material is subject to approval by CKJF. CKJF reserves the right to reject any material it deems objectionable for any reason.

Deadline

Deadline for camera-ready art is the 10th of the month prior to the month of publication.

For more details about advertising please contact Tamara Ohayon at the CKJF office. (859) 268-0672 or shalom@jewishlexington.org



President's Message

Linda Ravvin

How do you define the word *mitzvah*? It seems like such a simple word—everyone knows what it means; it is a mainstay not only of Jewish principle, but of everyday expression: It's a *mitzvah*! Wikipedia (whatever did we do without it?) defines *mitzvah* as a command and "a word used in Judaism to refer to the 613 commandments given in the Torah. . . . The term can also refer to the fulfillment of a *mitzvah*. The term *mitzvah* has also come to express an act of human kindness." I have also often heard rabbis translate the word to mean "obligation." Of course, the most well known of the *mitzvot* are the Ten Commandments.

There is a saying from The Talmud: "Man has three friends on whose company he relies. First, wealth—which goes with him only while good fortune lasts. Second, his relatives—they go only as far as the grave and leave him there. The third friend, his good deeds, they go with him beyond time and place."

I consider our community to be part of my family, and by extension, our Jewish world and the world at large is part of my family as well. Just as it is incumbent upon each of us to take care of ourselves, it is equally important to be aware of the needs of others. There are many ways to look at what wealth is: is it only monetary or is it also all the wonderful things that encompass our lives? Is having love in our lives wealth? What about having good health—is that also wealth? I take joy in the connections I have made with my extended family, my community. I

certainly consider it a *mitzvah*, an obligation, to give back to the community which continues to offer me so much.

What are the ways in which you are fulfilling *mitzvot*? Are you offering your time to any of the Jewish organizations? I know how busy all of our lives are, but I almost feel that by volunteering I am being somewhat selfish and a little self-serving. That is exactly the opposite of what most people think when they think of volunteering. However, every time I do something to help, I get repaid multifold. There is the enormous feeling of satisfaction that maybe what I am doing is making even a tiny difference in someone's life. There is the learning experience of extending myself in areas that I may not be familiar with and with people who are yet to become my friends.

Even one or two hours a week of volunteering can have a large impact on programs and services we offer within our community. Asking Paula at Jewish Family Services if you can assist with friendly phone calls to shut-ins, making contact to ask someone for a pledge to our annual campaign, helping at the CKJF office with any number of tasks, offering a ride to someone who may otherwise not be able to go to one of our programs: these are all potential ways to get involved. If you have children who are participating in one of our camps, please think about joining the Camp Shalom and Camp Geshar Committee.

In the realm of volunteering, we are thrilled to welcome Eden Myers as our new camp committee chair and

Temple Adath Israel representative to the CKJF Board.

We know that Eden has many wonderful ideas to help the constant improvement of camp and we look forward to her input on our Board. We also thank David Levine for all of his hard work as camp chair over the past few years; our camp and our children have greatly benefited from his involvement.

We are an incredibly fortunate and "wealthy" community to have so many dedicated individuals and families offering their time, efforts, and yes, money, to improve and enrich our lives. Each one of us decides how we make use of our time and resources. I ask you to keep community needs in mind, and to work and volunteer together to build a stronger and better community for all of us and our future generations.

My best wishes to you and your families for a wonderful and happy Thanksgiving! ☆



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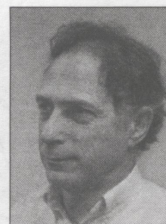


GIACOMO'S

NEW YORK DELICATESSEN

Third Opinion

Stanley Ned Rosenbaum, PhD



The "Liberal (read: Jewish) Agenda"

♦ ♦ ♦

It's no wonder that 28 of the 29 Jews currently in Congress are Democrats. (The exception is Eric Cantor of Virginia). We have so often been identified with a vague "liberal agenda," that I thought I'd clarify what that agenda is: "Liberty and Justice for All." I see this as a Gentile version of *Tikkun Olam*, "mending the world." Okay, those are more like goals, aren't they, and probably shared by many Conservatives. Where we differ is on the ways and means of accomplishing them.

With a history that stretches back 3,000 years, Jews have plenty of evidence that we can't leave the accomplishment of our ideals up to the private sector. Too many people think that the "deserving poor" are poor because they deserve it or that your station in life reflects God's judgment on how well you, or your ancestors, have lived. As Tevye laments, "You decreed I should be what I am."

Religions that promote these views have been part of the problem as often as they've been part of the solution. In the past two hundred years, however, we've seen the emergence of a new entity with the power to realize our Jewish agenda: the secular nation state. But investing our governments with such power means that we have an extra duty to see that they exercise it wisely.

For example, the "social justice" that I think is at the core of the Hebrew prophets' message—and the "liberal agenda"—is not always well served by "social engineering" and shouldn't be confused with it. I've never been comfortable with "affirmative action" because it disenfranchises some (often Jews) for the benefit of "minorities." As presently used, the word "minorities" is a colossal crime against the English language. Jews here number about six million; Blacks and Hispanics over twenty million each. It's nice to be considered "white," but who's the real "minority?"

George Orwell observed that people who can't use language correctly usually don't think straight and are therefore easily misled. The gibberish we hear emanating from

high places—and lampooned by late-night comics—during the health care debate is often amusing, but shows how dangerously close we've come to becoming a nation of Mark Twain's boiled frogs, not noticing how our language has been debased.

People who don't succeed in school, whether because of language deficiencies—and I've seen too many of them at the college level—or for other reasons, should not be put ahead anyway so as to avoid their losing "self-esteem." That's not fair to the

I love this country and I actually think our glass is more than half full. I believe we'll come out of the current crisis stronger and better able to assert positive moral authority in the world. Think of how far we've already come: Votes for women. Social Security. School desegregation. Civil Rights. These are, for me, items on the "liberal agenda." Of course, you'll have your own opinion. ☆

Stanley Ned Rosenbaum, PhD (Brandeis), is an adjunct professor of Hebrew at UK and professor emeritus of Judaic Studies at Dickinson College in Carlisle, Penn. The title of this recurring column is drawn from the old chestnut, "Two Jews, three opinions."

Too many people think that the "deserving poor" are poor because they deserve it...

people who've done their work to the required level. Chicago, I note, has done away with the practice of social promotion. Personally, I don't think anyone should be let out of high school before he/she can pass E.D. Hirsch's tests in *Cultural Literacy: What Every American Needs to Know* (Vintage, 1988).

Speaking of language, English should remain the only "official" language here. I learned some Spanish in second grade and I wish I had learned more. Certainly, teaching Spanish more widely would be a good thing, but enfranchising two languages would put us on the road to splitsville as traveled by the Austro-Hungarian Empire and, almost, by Belgium and Canada.

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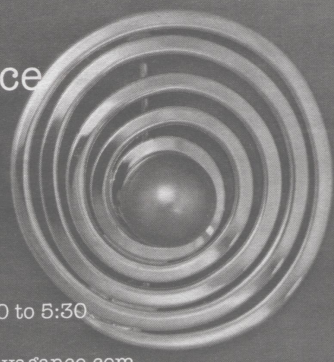
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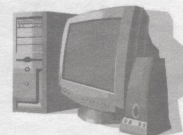
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TOGETHER.

WE WILL ALWAYS SUPPORT
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Each year during the month of December, the Central Kentucky Jewish community comes together to volunteer for CKJF's *Tzeason of Tzedakah* (formerly the Day of Giving).

As a team we visit local social service agencies to help relieve or assist their staff around Christmas, offering a helping hand and creating a stranger connection with our neighbors in Lexington.

Make your commitment today.
Send your check to the CKJF office or pay on-line
by visiting us at www.jewishlexington.org.



Support the 2009 CKJF/UJC Community Campaign.

To volunteer during this Tzeason of Tzedakah see
the sign-up form on page 9.

From the Director

Judy B. Wortman



Grandparenting

♦ ♦ ♦

In my October column, I wrote about my visit to my daughter, son-in-law, and grandchildren in Palo Alto and our preparation for Sukkot. There is an old Yiddish expression that is translated, "Man plans and God laughs." One of the difficulties we have in publishing a monthly paper is that our deadline occurs several weeks before *Shalom* actually reaches our readers. We therefore have to anticipate events that have not yet happened and report on events that have practically been forgotten.

While I had planned to be in California during Yom Kippur and for a few days after, I was not able to go because my husband had to be hospitalized. He is doing better and is now home. The trip has been rescheduled and, if all goes well, I will be leaving in a few weeks to spend five days with my family. This time, however, I did buy flight insurance in case God laughs at my plans again.

I have not seen my grandchildren for six months. Other than the semester my daughter and son-in-law spent on sabbatical in Israel, this is the longest separation I have had from my grandsons since the oldest, Yosi, was born eleven years ago. When I was living in Philadelphia and they were in Bloomington, Indiana, the flight was two hours and rather inexpensive. A drive of twelve hours was also a possibility. We were in the same time zone and could manage frequent extended weekend visits fairly easily. Their move to California in May has meant that visits must be longer and less frequent. This separation has made me wonder about the quality of relationships between grandparents and grandchildren when distances separate them. Since most of the grandparents I have met in the Jewish community of Central Kentucky are not living

near their children and grandchildren, I am sure this is something that many of you have pondered as well.

When I was a child, I saw my grandparents at least weekly and they are part of all my memories of growing up. Much of who I am today is a result of values and lessons learned from my grandparents and my parents. I can't help but wonder now what kind of memories my grandsons will have of me when our time together is so limited. Will they remember our sunlit afternoons hanging decorations in the sukkah? Will they remember sitting with me in shul as their mother conducted services? Will they remember the songs and stories we shared at bedtime as they asked for just five more minutes?

The delights of grandparenthood seem boundless and unlike any other relationships most of us have ever experienced. In exploring this magical relationship, I have come to understand something about myself and the person I become when I am with Yosi, Hillel, Lev, and Or. I become someone who is 100 percent tuned in to these boys' needs, moods, and joys and I am able to give 100 percent back to them. I am infinitely patient—something I regret I was not able to be as a wife or a mother. I can read the same book to them over and over; I can answer "Why?" again and again. I can cheer the loudest at a basketball game and applaud loudest at a band concert. I can focus entirely on these precious boys without having thoughts about challenges at work or unfinished tasks invading the space between us. This will not change, and even if my visits are less frequent, the children will always know that when we are together they are the center of their bubbe's world. ✧

Let Us Know...

What's going on with you? Send announcements and pictures of special birthdays, weddings, honors, celebrations, happy and sorrowful occasions to iffr@bardstown.com.

Ask a Rabbi

Rabbi Moshe Smolkin



Q : Since as Jews we do not believe in the same kind of Hell that Christians do, what do our teachings say about what happens to "bad" people (i.e., those who commit murder or other egregious sins) when they die? Clearly they do not get to experience the same peace in the afterlife as regular folks who go to Heaven.

A : In considering what our tradition teaches about the fate of the wicked, we must consider Judaism's multiple views concerning what happens after death.

Sheol: The Pit

The most prevalent view found in the Bible is that all who die descend to Sheol. Sheol is a subterranean abode where life takes on a kind of shadowy existence. It is a dark and quiet place where people are unable to praise the Divine. As the psalmist remarks, "There is no praise of You among the dead. In Sheol, who can acclaim You?" (Psalm 6:6). Moreover, those who enter Sheol seem to stay for good. "As a cloud fades away, so whoever goes down to Sheol does not come up" (Job 7:9). However, lest you think that Sheol lacks any perks, it is there that people are gathered to their kin who have passed before them.

Sheol was not seen as a punishment. It was not seen as a type of Hell. It was simply seen as the next phase of existence following death. Everyone, both the righteous and the wicked, would descend to Sheol.

Techiyat HaMetim: Resurrection

Toward the end of the biblical period, the idea of resurrection arose. We find explicit references to resurrection within the book of Daniel: "Many of those that sleep in the dust of the earth will awake, some to eternal life, others to reproaches, to everlasting abhorrence" (Daniel 12:2).

At first, the idea of resurrection was not uniformly accepted. The 1st century historian Josephus wrote of the fierce battle between the Sadducees and the Pharisees regarding this point. The Sadducees held to the belief that death was final, while the ancestors of the rabbis, the Pharisees, fought for the idea of resurrection.

In addition to the text in Daniel, the Pharisees pointed to such texts as Ezekiel's description of the Valley of Dry Bones: "I will put My breath into you and you shall live again, and I will set you upon your own soil" (37:14). In contrast to the Sadducees, who may have viewed this text as a mere metaphor for national renewal, the Pharisees claimed the prophecy of this text would literally come true.

Another reason for believing in resurrection was the apparent lack of justice in the current events of the world. Justice, the Pharisees claimed, would ultimately prevail. The wicked would be punished, and the righteous would be rewarded.

Resurrection and the ultimate conclusion of history would come during the messianic era. Those who lived in that time would see a world without war or famine, jealousy or strife. Rather, peace and blessing would fill the world.

Olam HaBa: The Next World

In addition to their ideas concerning resurrection and the messianic era, the rabbis of the Talmud envisioned another phase of existence in which the soul lived on without a material body. During this existence, the righteous would receive a wonderful reward. According to Rav, "In the next world, there is no eating nor drinking nor procreation nor business nor jealousy nor hatred nor competition, but the righteous sit with their crowns on their heads feasting on the radiance of the Divine Presence" (Berachot 17a). The wicked, however, would not merit such instantaneous bliss. Rather, they would be disciplined in a place called Gehinom.

If the rabbis of the Talmud had been a bit vague concerning the particulars of Gehinom, there were those during the Middle Ages who more than made up for the initial gloss of Gehinom by delving into the gruesome details of the place. Immanuel ben Solomon of Rome, a contemporary of Dante, composed "The Inferno and the Garden of Eden," in which he rivaled Dante in his description of the horrors of Hell.

The Talmud mentions that the wicked will be judged in Gehinom for a maximum of twelve months. According to some of the rabbis, the souls of the wicked are henceforth destroyed. Others say that after twelve months, the souls of the wicked will be sufficiently purified as to be able to join the souls of the righteous.

During the Middle Ages, it became the practice of mourners to say Kaddish in order to ease a parent's possible passage through the purification process of Gehinom. Lest anyone think that someone's parent was so wicked as to require the full twelve months, mourners would discontinue saying Kaddish after a mere eleven months.

Gilgul Neshamot: Reincarnation

During the Middle Ages, another idea wound its way through the Jewish world: reincarnation. This idea is mentioned in numerous Kabbalistic

texts. According to the Zohar, "All souls must undergo transmigration; but people do not perceive the ways of the Holy One.... Many are the worlds through which they revolve, and each revolution is wondrous in many hidden ways, but people neither know nor perceive these things!" (Zohar II 99b).

Reincarnation provided a process by which the soul could repair itself. Each incarnation was another opportunity to make a person's soul more complete, more whole. The righteous might require only a few incarnations before

being freed from the cycle of reincarnation. In contrast, the wicked might need up to a thousand incarnations to attempt to mend their souls.

In the earlier mystical texts from the 12th and 13th centuries, such as

Sefer HaBahir and the Zohar, people could only be reincarnated as humans. However, in the following centuries, texts were written describing how people could be reincarnated as animals, plants, or even rocks. These non-human forms were not the norm and were viewed solely as types of punishment.

With reincarnation, the wicked were not simply punished or purified for twelve months before basking in the Divine Presence. Rather, they had to work continuously to fix this world and themselves. The idea is similar to that of an English teacher who tells a student, "You will just have to rewrite this essay until it's good and done."

The idea of reincarnation blossomed in the Hassidic movement. Many rabbis were said to have an awareness

see Ask a rabbi, page 12

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Yiddish drop-in class launched

Beginners and the proficient welcome

♦ ♦ ♦

Starting Sunday, October 18, and continuing on the first and third Sunday of each month at 10:00 a.m. in the CKJF offices, Refoel Finkel (Rafi Finkel) will lead an hour of Yiddish. Beginners welcome, fluent speakers welcome, and those who remember "a por verter fun der heym" also welcome. We'll adjust what we do to the level of those who come. No long-term commitment necessary. No charge. Worth every cent, at least!

A partial list of activities:

- Counting (with an insidious melody that will keep you up all night)
- Simple songs (*bulbes, undzer rebenyu*)
- Lots of other songs (love songs, theater songs, labor movement songs, art songs, children's songs...)
- Grammar discussion (if you ever need the dative singular of a feminine adjective, or care what it might be)
- Everyday vocabulary (what's the proper Yiddish for your child's live-in partner?)
- Reading from *Forverts* (I subscribe, and you can, too!)
- Short stories by I. L. Perets (if not even Sholem Aleikhem!)
- Recounting children's tales (like Goldilocks) in Yiddish
- Conversation about current events, past events, future events. ☆

JFS: At Your Service

By Paula Clancy, MSW, CSW, Director, Jewish Family Services

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 your queries to JFS: At Your Service, c/o Jewish Family Services, 1050 Chinoe Road, Suite 302, Lexington, KY 40502. You can also call in your confidential questions at (859) 269-8244 or email them to us at JFS@jewishlexington.org.



Welcome to our graduate social work intern

♦ ♦ ♦

This month I would like to welcome a student intern to CKJF. Talia Smolkin will be working 21 hours per week in our office as part of her graduate studies towards a master's degree in social work. We greatly appreciate that she chose to volunteer at Jewish Family Services for her internship. Before moving to Lexington, Talia worked extensively with the Jewish Federation of Greater Los Angeles in addition to her lifetime dedication to many other Jewish causes worldwide. She will be working with us through the 2009 - 2010 school year. With her help we will be able to provide more local assistance and programs. As an MSW intern, her social work service at CKJF is entirely confidential.

Following are Talia's own words of introduction:

As I begin my internship at Jewish Family Services, I am filled with gratitude. I have the opportunity to work primarily alongside Paula Clancy, as well as the rest of the CKJF staff, and I have quickly discovered how sharp and passionate they are about the community. From now through May you will find me involved in a number of programs: Leisure Club, Family Life Education, and Tzeason of Tzedakah (the new name for Day of Giving). You will also find me working with the individuals and families of our community.



Talia Smolkin

The opportunity to intern at JFS was presented to me as part of my graduate school education. I am currently working towards my master's in social work at Wurzweiler School of Social Work of Yeshiva University. Through Wurzweiler's innovative Block Education Plan, students take academic classes for three summers in New York, and spend the two interim years interning in their home communities. I began this program this past summer, where I learned the foundations for social work and met my classmates, who come from all over the United States, Canada, and Israel.

Before I began the program at Wurzweiler, I lived in Los Angeles; I spent my college years in Santa Cruz, California, where I got my BA in psychology from

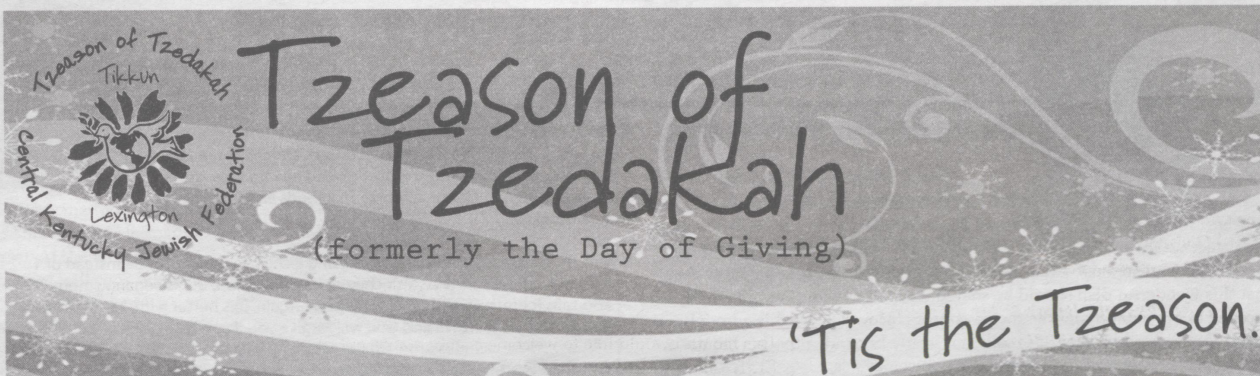
University of California Santa Cruz, co-founded the Twelve Tribes Co-op (a Jewish living cooperative), and discovered a beautiful city of forest and beaches. I spent the past few years back in Los Angeles. There, I worked for the Jewish Federation of Greater Los Angeles, initially with KOREH LA, a non-sectarian literacy program that pairs volunteers with elementary and preschool children in

LA public schools to teach them to read and to love reading. Most recently, I worked as assistant education director in the LA Federation's Israel and Overseas Pillar, primarily with the School Twinning Program of the Tel Aviv-Los Angeles Partnership. The program twins schools from the two cities in year-long partnerships. Members of these communities cultivate meaningful relationships, explore their identities, and increase their sense of responsibility to the worldwide Jewish community.

Finally, in Los Angeles I met Moshe Smolkin; many of you know him as the new rabbi at Ohavay Zion Synagogue. Moshe and I married this past September.

I am thrilled to be settling into this great city of Lexington, where I have felt welcomed into the community. I have now found a new professional home at CKJF and consider myself tremendously lucky to be working with my colleagues and those who open their lives to Jewish Family Services. ☆

Think Ahead... The *Shalom* December/January issue deadline is November 10. Please plan to submit any news or events for that issue by or before November 10th



Name: _____ Phone: _____
E-mail: _____

Yes, I am willing to donate my time during one or more of the shifts listed below.

Sunday, December 6th

— Mayfair Manor-Svetlana Alkhasova will bring her piano students for a recital.

Tuesday, December 8th

— Stewart Home School-6:30 p.m. Volunteers will carpool from CKJF at 5:30 p.m. and travel to Frankfort together to celebrate Hanukkah with the Jewish residents. Light dinner.

Wednesday, December 9th

— MASH Services of the Bluegrass-5:30 p.m. Make dinner with youth residents, eat, and run an activity.

Monday, December 14th

— Florence Crittenten Home-5:30 p.m. Arrive at the home to prepare and eat dinner with the residents.

Friday, December 21st through Sunday, December 23rd

— Catholic Action Center Christmas Store-3 shifts (call or email Jana for more details)

Monday, December 24th

- Catholic Action Center-4:30 p.m. Prepare dinner and serve meal to the homeless.
- Lexington Humane Society-11:00 a.m. to 1:00 p.m. Deliver supplies and assist with tasks assigned by LHS staff.
- Meals on Wheels-11:00 a.m. Second Presbyterian Church; deliver meals to the elderly (route takes approx. 1 hour).
- Moveable Feast-5:00 p.m. Deliver meals to the terminally ill (route takes approx. 2 hours). Call Jana for details.

Tuesday, December 25th

- Catholic Action Center-11:00 a.m. Prepare lunch and serve meal to the homeless.
- Meals on Wheels-deliver meals to the elderly.
 - Second Presbyterian Church, near Main Street-11:00 a.m. (route takes approx. 1 hour)
 - Trinity Hill, on Tates Creek Road-10:45 a.m. (route takes approx. 1 hour to 1 hour and 15 minutes)
 - Trinity Baptist Church, off Winchester Rd.-10:45 a.m. (route takes approx. 1 hour)

I will help by donating to one or more of the following (items will be collected at the CKJF office, TAI, and OZS):

- Meals and baked goods for the Ronald McDonald House
- New/gently used toys for the Catholic Action Center and Ronald McDonald House
- Pet supplies for the Lexington Humane Society (dry food, collars, leashes, bowls, chew toys, cat play toys, old towels, blankets, crates/cages, cat litter, sheets, and pillowcases.)
- Baby supplies for the Florence Crittenten Home
- Toiletries, warm clothes, and coats for the Catholic Action Center and MASH Services of the Bluegrass
- Socks, underwear, sweatpants, t-shirts, towels, washcloths for MASH Services of the Bluegrass



Cut out this page and mail the completed sign-up form to:
Central Kentucky Jewish Federation, c/o Tzeason of Tzedakah
1050 Chinoe Road, Suite 302, Lexington, Kentucky 40502

Save a stamp. Sign up on-line by visiting www.jewishlexington.org.

Contact Jana LaZur with questions at (859) 268-0672 or jana@jewishlexington.org

B'tayavon (Hearty Appetite)

By Ruth Poley



Who says there's no such thing as a free lunch? ♦ ♦ ♦

The *Shalom* editorial board recently had the great pleasure of a lunch provided by contributing writer, Peter Schogol. Peter offered and we, no fools, accepted with alacrity. He brought us the most wonderful pot of soup, which we ate with relish (and spoons). After asking him for the recipe, it occurred to me that this wonderful dish should be shared with all of you. Peter graciously acceded to my request and the recipe appears below. Despite his admonitions that this soup is very spicy, it's really not overly hot and, although I'm not a big fan of highly spiced food, I found it quite enjoyable.

Peter writes: I should have known when I was the only white kid taking Swahili in college that my taste in food would be forever indebted to the Western Indian Ocean. The culinary arc from East Africa to the Arabian peninsula and Iran to India, with its fiery and subtle spice blends to match the changes in climate from hot and humid to arid to monsoon—its cinnamon and ginger from Mombasa, berberes from Somalia, and curries from Mumbai—has relied on Arab and Persian traders, Jewish and Indian merchants to bring into being a complex cultural counterpoise to the Mediterranean cuisines we are so familiar with in the West.

This is not your bubbe's lentil soup—unless she came from Zanzibar. While the various tastes may meld into one rich thick potage, individually they are homage to a part of the world which, in spite of its political and cultural fault lines, is an inexhaustible source of human creativity and culinary inspiration.

Dried red lentils, which are orange when you buy them and pale green when they're cooked, are typically found in Indian and Middle Eastern groceries, and increasingly (and more expensively) in the international foods aisle of larger supermarkets.

This recipe gives you the option of using a chicken bouillon cube instead of 1 teaspoon of the salt. It tastes richer with the bouillon, but is vegan without. It also calls for an optional pinch of saffron. Again, it is better with, but saffron is frighteningly expensive and God will forgive you if you leave it out.

Curried Red Lentil Soup

- ½ cup vegetable oil
(sunflower, light olive oil, safflower; canola if you absolutely must)
- 2 cups mirepoix (finely diced carrot, onion, and celery; can be bought frozen)
- 1 large or 2 small chicken bouillon cubes
(can be omitted but increase the salt if you do)
- 1 ½ - 2 teaspoons salt (1 teaspoon if you use the bouillon cube)
- 1 heaping teaspoon grated ginger
(can be purchased already grated where you find minced garlic)
- 2-3 teaspoons mild curry powder
(ask the people in the Indian market for the good stuff)
- 1 rounded teaspoon minced garlic (I buy it already minced)
- 1 big pinch cayenne pepper (more or less to taste)
- 1 large pinch saffron threads (you bought it, be fearless)
- 2 cups (1 pound) dried red lentils, rinsed and drained
- 6 cups water
- 1 teaspoon dried tarragon leaves
(rub the leaves between your hands as you add them to release the oils)

Heat the oil on medium-high in a heavy stockpot, large saucepan, or Dutch oven. Add the mirepoix and salt and sauté about 5 minutes (if using frozen mirepoix, sauté until most of the liquid is evaporated). Add the ginger, curry, and cayenne and sauté an additional minute. Add the garlic and sauté yet one more minute.

Combine drained lentils with the sautéed ingredients. Add the water, the bouillon cube, the tarragon, and the saffron and bring to gentle boil. Cover, reduce heat to medium low, and simmer 40 minutes, stirring occasionally (the soup should be thick but you should still be able to see a bit of water when you stir it).

Preparation and cooking time: 50 minutes
Serves many if you eat it in company, fewer if no one is watching—makes about 60 ounces all told.

Enjoy! ☆

NOTE: If you have an appropriate food story you'd like to share, or a recipe you think others in the Jewish community might enjoy, please email me at rgp@insightbb.com.

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Tzeason of Tzedakah (from page 1)

Home Cooked Meals: In addition to donating items, we also have a need for home-cooked meals for the Ronald McDonald House, a nonprofit organization that shelters families from out of town whose sick children are hospitalized in Lexington. We will also bring food to cook meals at MASH (Metro Alternative Shelter House). At the Florence Crittenton Home, we will cook homemade pizzas with the residents. It's a lot of fun to work and get to spend one-on-one time with them. **Our wish list to make this possible includes:** 25 individual pizza crusts, pizza sauce, cheese, and vegetarian toppings, as well as fruit, ranch dip, veggies, and soda. The Catholic Action center is so kind to feed our city's homeless and low-income citizens three meals a day year-round, and we are happy to help. They usually have plenty of donations of bread and soup supplies, so we are trying to provide some variety—a **donation of sliced roast beef would be appreciated.**

Hands-on activities

Catholic Action Center: December 24-25. Volunteers, led by the Temple Adath Israel Social Action Committee, will prepare, serve, and clean up dinner on Thursday, December 24 and lunch on December 25. We will take the supplies you donate to the shelter, and we will also help staff their Christmas store, which offers low-income and homeless people the opportunity to shop for gifts for friends and family.

Florence Crittenton Home:

December 14. We will bring dinner supplies and small gift bags for young teens who are either pregnant or have recently given birth. They live at this facility, where they learn childcare and develop skills for their future. We stay about two hours, long enough to make dinner with the girls, eat, and visit.

Lexington Humane Society:

December 23. We are invited to do some maintenance around the shelter. This will involve sweeping, laundry, cleaning windows and glass, and perhaps some light grooming of animals. It's always nice to know that you can be a part of helping animals in need.

MASH Services of the Bluegrass:

December 9. We will bring dinner supplies and small gift bags for the teenage residents. Teaching them how to make pizzas has always been

a great fun. We stay about two hours, while we make dinner, eat dessert, and play some games.

Mayfair Manor Retirement Center:

December 6. Students of Svetlana Alkhasova will present a piano recital. Svetlana always makes beautiful music and includes students of all skill levels. There will be a reception following the performance.

Meals on Wheels: December 24

and 25. We will deliver food to homebound seniors, who are always delightfully appreciative when we arrive. It's fun to take the whole family and perform this short (less than two hours) but vital act that truly makes an impact. To participate, all you need is a car and a navigator.

Moveable Feast: December 24.

Similar to Meals on Wheels, except the recipients are homebound AIDS and hospice patients. This program focuses more on nutrition to help their quality of life and keep up their strength as much as possible.

Pine Meadows Retirement Center:

December 25. A group of volunteers will play music and bingo or other games with residents for about two hours.

Ronald McDonald House: We will send home-cooked meals that can either be eaten immediately or frozen for later use. Please call ahead and offer to make a meal for this worthy organization.

Stewart Home School: December 8.

We will visit the school in Frankfort to celebrate Hanukkah by playing dreidel games, listening to music, and having a festive light meal or snack. The ride is 45 minutes each way (we will carpool from CKJF) and we stay for about an hour.

Tanbark Retirement Center:

December 25. We would like to play games and have activities for this organization again. Last year we had two great families who brought family pets that were trained as therapy dogs, and they made quite an impact. We hope to do the same this year.

We sincerely thank Magee's, Mondelli's, Panera Bread, and Krispy Kreme Donuts bakeries for donating goodies to give as treats.

Please see the form on page 9 of this issue of *Shalom* to sign up for an activity. ☆

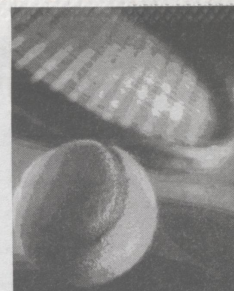
Join the
Central Kentucky Jewish Federation
for a night of

Mixed-Doubles

Social Tennis

at the
Lexington Tennis Club
Redding Road, Lexington

Sunday, December 27, 2009
8:00 p.m. - 1:00 a.m.



How it works: 40 men and women playing social tennis on 5 courts with 20 people on court and 20 off court during each 40 minute round. Play will be no-ad games to avoid never ending deuces. There will be five minute periods between rounds to allow players time to get on and off the courts (or peel themselves from the court floor).

We must have a minimum of 40 players for this to work so please RSVP before the end of the month. Payments can be mailed in to the CKJF office in December.

Adults only. All levels welcome!

\$20.00 per player, \$10.00 per non-player

(Price includes free nosh and sparkling cider at 12:30 a.m. after the last scheduled play session. A limited cash bar will be open.)

RSVP to Jana LaZur at (859) 268-0672 or
jana@jewishlexington.org.

CKJF is pleased to announce that we are now accepting donations for special occasions in honor or memory of important people in your life.

What an excellent way to both celebrate your loved ones and support the Jewish community at home and abroad.

Send us your special contributions with a note specifying the intent of your donation and let us know if you would like your contribution published in *Shalom*.

Thank you for your support of the 2009
CKJF/UJC Community Campaign

Thank you to:

Avram & Judy Levine for their donation,
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GEORGE CATLIN, *North American Indians (detail)*, 1844, collection of Wells Fargo Advisors, LLC, St. Louis, Missouri

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Ask a rabbi (from page 7)

of their followers' past lives. With this awareness, they could guide their followers so that the proper soul work would be accomplished.

Sof Davar: Conclusion

What happens to the wicked upon death? Maybe they simply cease to exist, as the Sadducees believed happened to everyone. Then again, perhaps they join the rest of humanity in a shadowy existence. Possibly they come back to life, only to face reproaches and everlasting abhorrence. Maybe they are punished for twelve months and then destroyed. Perhaps they are purified for a num-

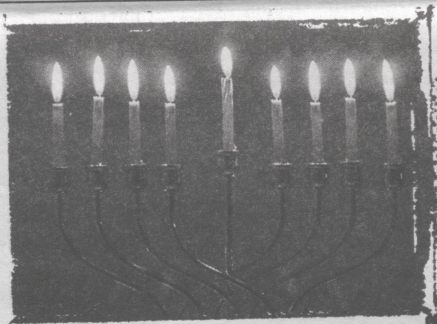
ber of months and then join the other purified souls basking in the rays of the Divine Presence. Or, just maybe, they will have to work for a bit longer before coming back to the fold, say one thousand lifetimes, give or take a few.

As with many topics, Judaism expresses a multitude of views. We may believe what we will, but what is actually the case, "No eye (of the living) has seen, O God, besides You" (Isaiah 64:3). ☆

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 di-ifr@bardstown.com 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.



\$22 per adult (ages 13+),
\$5 per child (ages 6-12), Free for children under 6

Multi-course vegetarian Mediterranean buffet with latkes.
(Includes beverages and tip. Cash bar in restaurant.)

Free child care in a room adjoining the main dining area. Children will have their own kid-friendly dairy menu and lots of entertainment.

Bring your own hanukiah and 4 candles. We will light them together!

We support God's Pantry at this event. We ask that every person bring in 2 non-perishable food items or \$2 cash donation.

Please check in at the door upon arrival.

Contact Jana LaZur at (859) 268-0672 or
jana@jewishlexington.org for more information.

12 | November 2009 *Shalom*

Join us for the third night of Hanukkah at the Central Kentucky Jewish Federation's annual Winter Dinner

this year at

Petra Mediterranean Bar and Grill

on the corner of Nicholasville Rd and Man o' War Blvd

Sunday, December 13, 2009 at 6:00 p.m.

To RSVP complete this form and mail to:
Central Kentucky Jewish Federation, c/o Winter Dinner
1050 Chinoe Road, Suite 302, Lexington, KY 40502

Name(s) of adult(s): _____

Name(s) of kid(s) 6-12: _____

Name(s) of kids under 6: _____

of adults _____ x \$22 = _____

of kids _____ x \$5 = _____

Total = _____

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www.jewishlexington.org

Enclose your check to "CKJF" to guarantee your reservation.
Seats fill up fast for this event! Send reservations by Wed., 12/9/09.

Israel 21c: Dates protect against heart disease

By Israel 21C staff

Israeli researchers have discovered that eating dates daily can protect against atherosclerosis, a major cause of heart attacks and strokes.

Adding a handful of dates to your daily diet could improve your blood triglyceride levels without raising blood sugar levels according to new research by an Israeli scientist.

Professor Michael Aviram, a biochemist from the Technion-Israel Institute of Science, found that eating Hallawi dates daily for four weeks could improve the quality of lipids (fats) in the blood without raising sugar levels. In 1995, Aviram was the first to prove that consuming red wine reduces cholesterol oxidation and arteriosclerosis development.

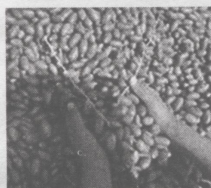
Dates, which grow in sub-tropical and desert areas throughout North Africa, the Middle East, California and Australia are rich in natural sugars and vitamins A and B. They are thought to be one of the world's oldest cultivated fruits and the date palm was often called the 'tree of life,' as every part of the tree can be utilized.

Keeping your arteries clear

Aviram and his team carried out a test on ten healthy subjects who ate 3.75 oz. of Hallawi dates daily for four weeks. The results of the test, which were published online by the *Journal of Agricultural and Food Chemistry*, showed a 15 percent decrease in triglyceride (fats) levels and a 33 percent drop in the amount of oxidation of fats in the blood.

"Oxidation is central to the deposition of cholesterol into the artery wall," says Aviram of the Technion Faculty of Medicine and Rambam Medical Center. "Once it is deposited, it can cause blockage of the blood supply to the heart or brain, a phenomenon that causes heart attack or stroke."

According to Aviram, a patient's risk for heart and vascular disease is assessed not just by measuring the quantity of blood cholesterol levels, but also the quality. This quality begins to degrade when the cholesterol is oxidized into potentially harmful molecules.



Full of natural sugars and vitamins, dates have also been found to improve blood triglyceride levels.
Photo by Ashraf Amra /Flash90

Aviram has spent more than 20 years trying to find ways to prevent and break down the deposits of cholesterol in the

arteries—arteriosclerosis—that cause strokes and heart disease, a major cause of death in the Western world. He has focused particularly on discovering natural antioxidants that can improve the quality of blood cholesterol levels.

Red wine, onions, and pomegranate

Following his groundbreaking study in the '90s when he discovered the health benefits of drinking red wine, in later studies he also confirmed the antioxidant benefits of licorice, onions, olive oil and pomegranates, proving that the juice of the fruit contains a particularly powerful antioxidant that can help fight cholesterol and heart disease more effectively than the flavinoids in tomatoes and red wine.

Aviram is also developing a white wine that will have the same health benefits for the heart as red.

Dates contain high levels of sugar, and the researchers were surprised to discover that a diet rich in dates did not bring about an increase in blood sugar level. This could possibly make them suitable even for patients suffering from mild hyperglycemia (persistently high blood sugar levels), Aviram believes. ☆

Jewish Family Services Upcoming Programs

jfs

Leisure Club

Join us for lunch with speaker Mike Fitch, from Hubbard & Curry Pharmacy, and a Pearl Harbor Remembrance Prayer with guest speaker Bob Orbach

**Thursday, November 19
11:30 a.m. - 1:30 p.m.**

Bella Notte Restaurant
3715 Nicholasville Road

Lunch on your own.
RSVP to Paula Clancy at (859)269-8244



**Tuesday, December 15
Hanukkah Party at TAI**
Good food, great entertainment, and first-class company.

For more information about these events, to RSVP, or to arrange transportation to the event location, please contact Paula Clancy at (859)269-8244 or jfs@jewishlexington.org.



COOL FACTS ABOUT ISRAEL

ONE OF THE
WORLD'S
OLDEST
SYNAGOGUES
UNCOVERED NEAR THE
SEA OF GALILEE



New York - October 1, 2009: A 2,000-year-old synagogue from the Second Temple period was discovered this month during archaeological excavations by the Israel Antiquities Authority in Migdal near the Sea of Galilee.

The 390-square-foot synagogue contains mosaic floors and walls covered with frescos. Also, a square stone featuring sides adorned with reliefs and engraved with a seven-branched menorah was discovered in the hall atop a pedestal with a triangular base.

"This is the first time a menorah decoration was discovered from the Second Temple Period," says Dina Avshalom-Gorni, Excavation Director, Israel Antiquities Authority, "And the synagogue that was uncovered joins just six other synagogues in the world that are known to date to the Second Temple Period."

The location of the synagogue, Migdal, is mentioned in ancient Hebrew text as playing an important role during the Great Revolt and serving as the main base of Josephus Flavius, commander of the rebellion in the Galilee.

For more information, visit www.antiquities.org.il. For more information about travel to Israel, visit www.goisrael.com.

Let Us Know...

What's going on with you?
Send announcements
and pictures of special
birthdays, weddings,
honors, celebrations, happy
and sorrowful occasions to
di-ifr@bardstown.com.

Ohavay Zion Celebrates Fall Festivals



Ben Belin, Sarah Belin, Emilie Tackett, and Marah Kash put their creativity to work making decorations for the sukkah.



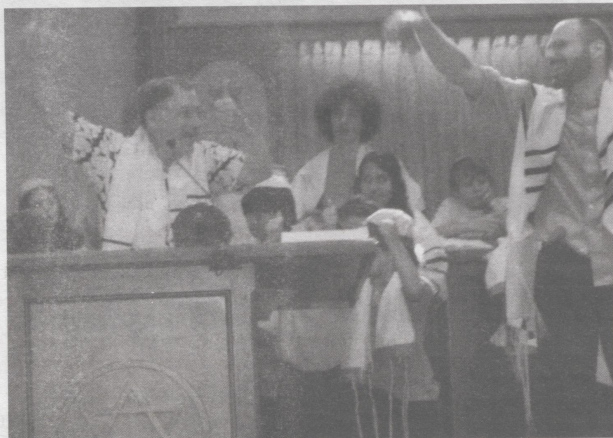
George Szekey and Tina Trent reach new heights putting the finishing touches on the sukkah ceiling.



David Vulakt and Sarah Belin delve into the Hebrew text in preparation for the sukkah service.



Tina Trent, Barbara Rubin, Simone Salomon, and Ilona Szekey help lead a lively Simchat Torah procession.



Flanked by religious school students, Rafi Finkel and Rabbi Smolkin are all thumbs when it comes to a song about the world's creation.



As part of the Simchat Torah celebration, Rabbi Smolkin officially welcomes Abigail Rubin to her first year of religious school.

Photos by: Constantine Vulakh and Rachel Belin

The Lexington Chapter of Hadassah

Lynn Furness, President

Recently, the Lexington Chapter of Hadassah has been fortunate to gain new members in newcomers to the community who are either joining for the first time or transferring an existing membership to our chapter. We're also lucky that women who have lived in Lexington for a while have decided to join or to upgrade from annual to life membership.

These occurrences are important for several reasons. One is that we enjoy meeting new people and introducing them to or involving them in the extraordinary world of Hadassah. Another reason is that Hadassah, in turn, benefits from their unique skills and expertise.

Some examples from the Hadassah Board for 2009-2011 illustrate our good fortune: serving as secretary is Marilyn Cherson, who relocated from Greensboro, North Carolina to be near her daughter and her family; serving as treasurer is Minna Katz-Brown, who relocated with her husband Trevor Brown from Detroit, Michigan to be near her son and his family; and serving as donor chair is Kathie Kroot, who returned to Lexington with her husband, Lou, after a few years in Germany and Wisconsin. Melanie Shapiro, a Floridian who moved here from Chattanooga, Tennessee, serves as the Jewish National Fund (JNF) chair. We hope you will reach out to these board members and others, including VP Programming Jane Chaput, VP Fundraising Pat Marx,

and VP Membership Odette Kaplan to increase your own Hadassah involvement and connections.

All these talented and able women are making significant contributions to the Lexington Chapter of Hadassah. We believe everyone's talents are valuable and each of us can contribute to further Hadassah's missions in Israel and the United States. In Israel, Hadassah promotes the unity of the Jewish people, and initiates and supports pacesetting health care at two world-renowned hospitals as well as education through Hadassah College Jerusalem and Youth Aliyah. Hadassah partners with JNF to preserve and protect the Israeli environment. In the United States, Hadassah enhances the quality of American and Jewish life through its education and Zionist youth programs, promotes health awareness, and provides personal enrichment and growth opportunities for its members.

We welcome participation at any level that fits your lifestyle. Thanks to everyone's insight and help, we will continue to enrich the lives of others through the extraordinary world of Hadassah. One of Hadassah's strengths is the close friendships that develop while working on Hadassah's projects and participating in Hadassah activities. While a member can find a home in Hadassah wherever she lives, we in Lexington know we have an especially warm and welcoming chapter. In upcoming years, we hope to see many more new and returning members attending programs and serving on committees while finding a home filled with friends in the Lexington chapter. ☆



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Our 2009 Shalom Contributors

Thank you for your generous contributions to keep *Shalom* solvent.

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Make checks payable to CKJF and write '*Shalom*' on the memo line.



The Campaign Committee of
the Central Kentucky
Jewish Federation
invites you to attend
the screening of the film

watermarks

The film documents the reunion
of the Jewish swim team,
Hakoah Vienna, 65 years after
their escape from Nazi occupation.

It is a journey that evokes memories
of youth, femininity, and the
strengthening of lifelong bonds.

Sunday, November 15

7:00 p.m.

at Temple Adath Israel
124 N. Ashland Avenue

This screening is FREE and
open to the community.
Adults and teens ages 13 and older
are welcome.

Refreshments will be served.



The Lexington Havurah

Judy Goldsmith, 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 Synagogue of Conservative Judaism and the National Havurah Committee. Members plan, conduct, and share responsibilities for all services. For additional information about services or membership in the Havurah, please contact me at (859) 338-5725 or goldsmith@insightbb.com, or the chair of the membership committee, Lynn Furness at (859) 873-0593 or mamaneews@yahoo.com.

November is a peaceful month in this year's Jewish calendar, so I'm going to reflect on holidays previous and upcoming. Mostly, I'm thinking about being visibly Jewish.

I grew up in New York in the '60s and '70s, and moving to Kentucky was quite an adjustment, though I had lived many places in between. The way people who grow up Christian in Kentucky interact tends to be very different from how the New Yorkers I knew did. I'm not just talking about voicing disagreements versus indicating them with a raised eyebrow and a long-held grudge. I'm talking about how we deal with religious difference. I remember lots of curiosity, both mine and others'; in high school, I went to a Catholic mass and a Friends' meeting, to find out what my friends believed. They came with me once or twice to services. It seems that here, difference can be a scary thing.

I teach computer science at UK. I don't have many occasions to talk about religion in class, but once in a long while, I mention a custom or story. For instance, I have talked about the Passover prohibition against dried legumes, because they can be ground and then mistaken for flour. This is relevant in discussing why I ask students I trust to sit in seats for an exam so that they cannot read each other's papers: we wish to avoid even the perception of wrongdoing.

When I mention my religion, some of the students become visibly uncomfortable. I've inquired, and been told that they expect me to proselytize.

This year, I told one class about the Book of Life, and wished that they be written in the Book for a healthy and sweet new year. They couldn't decide whether to be

pleased, intrigued, or to hold onto their discomfort. (Two days later, one of them invited me to his church for a program on "religions of the world.")

Sukkot is an interesting time, because the sukkah in our back yard is visible to several neighbors, none of whom are Jewish. Over the years, the carpenter next door has helped erect and take down the sukkah many times. When someone new moved in on the other side, and asked, he proudly explained, "It's a sukkah. Doesn't everybody know about the Jewish harvest festival?"

Sometimes the neighbors come over and eat with us in the sukkah. (Andy's chocolate cake is a powerful incentive!) It doesn't make them Jewish, and they know that isn't the point. It does allow them to feel some connection to Judaism, to ask a question or two. To make the differences less scary, because they aren't so mysterious. And that makes my neighborhood feel safer, to me.

Hanukkah is coming up soon. I don't know whether I will put a lit menorah by the front window, but I intend to. I hope it opens the door to some conversations that have nothing to do with proselytizing, and everything to do with building community.

We will have a Shabbat morning service, followed by a light lunch, on Saturday, Nov. 7, from 10:00 a.m. to 1:00 p.m. Location to be announced. (Interested parties can call me).

Monday, Dec. 14, we will have our Hanukkah party: a latkes potluck, and bring your menorah. Again, location to be announced. ☆

Winter dinner (from page 1)

are even testing recipes to make potato latkes for our group in celebration of Hanukkah.

Babysitters will play games and do crafts with the kids. Before dinner, adults can relax to the piano music of Svetlana Alkhasova while they enjoy appetizers and cash bar.

Dinner will begin with candle lighting, so don't forget to bring your menorahs and four candles to celebrate the third night of Hanukkah with the community.

Call CKJF at (859) 268-0672 for further information. Sign up online at www.jewishlexington.org or fill out the form on page 12 of *Shalom*. Register now, as there is limited seating. We look forward to seeing you there. ☆

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Planning on leaving town for a few months? Going on a long vacation? Moving any time soon?

You can help save the Federation money by informing us of your plans and preventing the U.S. Postal Service from charging us for returned mail and address change notices.

Before you go, call the CKJF office or send us an email and let us know if you would like the mail sent temporarily to a different address, at no charge to you, or halted for a certain number of months. Give us a chance to get it right for you on the first mailing.

Contact Tamara at (859) 268-0672 or tamara@jewishlexingtonnron.org

Are you on CKJF's email list?

We send updated announcements and special event details weekly to those who wish to receive them.

Send Tamara Ohayon an email if you would like to join the list.
tamara@jewishlexington.org



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Bark Mitzvah

November 15, 2009 at 11:45 a.m.: Bring your dogs, cats, guinea pigs, snakes, and birds—even... your pet tarantula. If you bring fish, please leave them in water! In the spirit of our Thanksgiving preparation, we will seek blessings for our pets that serve as our companions and playmates. They are part of our families who often get taken for granted. The service is short, but the blessings will be plentiful.

Students: Please do not bring your pets to religious school, but ask whoever is picking you up to bring them, and be here a little early.

2009-2010 Temple Mini-U Courses

Temple Adath Israel's "Mini University" is now enrolling for classes for the fall 2009 term. Mini U courses emphasize discussion and hands-on activity, with short readings to be done in class. No prior knowledge of the subject matter is necessary—just a willingness to participate in conversation about a subject that interests you.

You may take as many Mini U. courses per academic year as you like. The one-time registration fee of \$18.00 covers all courses for the 2009-2010 academic year (though some courses may charge additional fees for class materials). Enrollment is open to the entire Jewish community. The next course is:

Pre- and Post-Retirement Planning with Ben Kaufmann (Mondays, 7:00 p.m. at TAI)

Contact Ken Slepian at kslepian@transy.edu or call at (859) 226-9145 (do not call the Temple). You may enroll at any time, but the sooner the better to guarantee your place! Please make checks out to "Temple Adath Israel" and write on the memo line "Mini U."

Views expressed by Mini U instructors are their own and do not necessarily reflect those of Temple Adath Israel.

Saif Amoozegar Mon - Sat: 9 AM - 8 PM
Sun: 11 AM - 6 PM



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Chavurat-Chochma (A Friendly Gathering of Wisdom)

We will meet on December 4, 2009 at 11:30 a.m. All are welcome. We meet most months to schmooze, nosh (lunch), and share our wisdom.

Holocaust Symposium

In commemoration of the opening of its Holocaust Museum, Temple Adath Israel is sponsoring a symposium on the Holocaust on November 1 and 8. The presentation, conducted by local experts, will address a broad range of topics intended for a general audience, covering issues such as the significance of material artifacts, theology, current historical controversies, Holocaust education, and genocide in the post-Holocaust world. All sessions will be held at Temple Adath Israel and are open to the general public.

Presentation schedule:
November 1
10 a.m. Opening remarks

10:15 a.m. "Understanding the Past for Changing the Future: Museum Artifacts and Their Historical Significance"

David Schneidt, founder of the TAI Holocaust Museum and Dr. Kenneth Slepian, Professor of History, Transylvania University.

11:00 a.m. "Where is God in the Midst of Destruction?"
Rabbi Marc Kline, J.D., Temple Adath Israel

November 8
9:30 a.m. "New Perspectives in the Holocaust History Classroom"

Dr. Jeremy Popkin, Professor of History, University of Kentucky

10:15 a.m. "Facing History and Ourselves: An Approach to Teaching Tolerance through Understanding the Holocaust"

Rachel Belin, Trained Facilitator for Facing History Ourselves Holocaust education program.

11:00 a.m. "The Holocaust and Other Genocides: A Jewish Call to Action"

Dr. Laurence H. Kant, Executive Director, Gateway to Civic and Spiritual Renewal (the Gateway).

Kollel Study Group

Joe Engelberg leads this study of fundamental ideas of Jewish life and thought. Among these are spirituality, the nature of God, biblical and traditional injunctions and laws, Jewish history, principles of the Reform movement, and the relation of Judaism to Christianity, Islam, and Buddhism. Drop in the library on alternate Saturdays at 9:00 a.m. and join in the provocative and friendly discussion. **November 14 & 28**

Torah Study

Rabbi Kline conducts the study of the Tanakh (the Bible) from the Book of Joshua and beyond using the new Jewish Study Bible on alternate Saturdays at 9:00 a.m. in the library. **November 7 & 21**

Weekly Study of the Weekly Torah Portion: anything but weak!

We are trying something new. On Saturdays at 11:30, we are going to take a look at the Torah portion for each week. Rabbi Kline will lead some; everyone will take turns. Our plan is to reintroduce classical texts and write the new midrash that will become classical over the next hundred years. The format will be different from either Torah study or kollel. It is brown bag: bring your lunch.

God's Pantry Night on Tuesdays

Please join representatives from the entire Jewish community at God's Pantry on the third Tuesday of each month, from 6:00 to 7:30 p.m. We will sort food to be distributed to the homeless and assist God's Pantry in fulfilling the needs of the hungry in Kentucky. For more information and directions, please contact Karen Petrone at (859) 226-9145 or Petrone@uky.edu. Join us on **November 17, 2009**.

Brotherhood Third Annual Variety Dinner & Show

November 1, 2009, 6:00 p.m.
Adults—\$12, Children—\$6, Under age 6—free

You won't want to miss this program. Mark this date on your calendar now! This is the third variety/dinner show and will be the best one yet. We will have a very well-known national guest celebrity along with our master of ceremonies, David Schneidt. Send your check and RSVP to the Temple office. ☆

Campaign (from page 1)

them back at their swimming pool in Vienna. It is wonderful story about lifelong bonds of seven women and is a true celebration of life. ☆

Ohavay Zion Synagogue

2048 Edgewater Court • President, Beth Goldstein • (859) 266-8050

Membership

On Sunday, November 1, there will be a New Member Sunday Brunch from 11:30 to 1:00 p.m. If you are new in the community and would like to find out more about Ohavay Zion Synagogue and see our facility, we would love to have you join us. RSVP: Simone Salomon, (859) 269-1585 or simonesalomon@mac.com.

OZS Books/Judaica/Holiday-ica Sale

On Sunday, November 8 from 9:30 a.m. to 12:30 p.m., OZS will be selling duplicate books from the library as well as donated Judaica items, kitchen and household items for celebrating all kinds of occasions, and wonderful gifts. (Some of the items include menorahs, giftwrap, tablecloths, seder plates, etc.) This sale is open to the community and would be a great place to start your Hanukkah shopping!

Proceeds will benefit the Synagogue library. For information, please contact Cindy Derer at (859) 268-9090 or (859) 338-2610.

Tot Shabbat

Starting in November, OZS will offer a Shabbat service for families and young children. Come join us as we sing songs and share stories. The first service is scheduled for November 13. Please watch the website (<http://www.ozs.org/>) for further details.

OZS Adult Education

The following adult education classes, taught by Rabbi Smolkin, continue through November. Please check the

home page of the synagogue website (<http://www.ozs.org/>) for a link to class details.

The Prayers of Shabbat (Sunday Mornings: October 18-December 13)
10:00 - 11:30 a.m.

The Weekly Torah Portion (Sunday Evenings: ongoing) 7:00 - 8:00 p.m.

The Writings of the Bible (Wednesday MIDDAY: October 21 - December 16) 12:00 - 1:00 p.m.

Friday Morning Talmud Study

The Talmud Study group meets each Friday morning for prayer, food, and study. The morning begins with the brief Shaharit service at 7:30 a.m. followed by a light breakfast and study. Newcomers are always welcome.

Weekday Minyan

Our weekday minyan is held each Tuesday and Thursday Afternoon at 5:45 p.m. in the Sanctuary. Please come and help make a minyan.

D'Vine Minyan on Tuesdays

Tuesday is D'Vine Minyan Day at OZS! Join your friends for a relaxing glass of wine and socializing each Tuesday afternoon beginning at 5:00 p.m. in the OZS library (or outside when the weather is nice). The brief afternoon/evening minyan follows in the sanctuary from 5:45 p.m. to 6:15 p.m.. A great way to end your day.

Tish Gathering with Rabbi Smolkin

Tish, n. (Yiddish, fr. German *tisch*, table) a gathering around the rabbi's table, usually on Shabbat, often with singing, storytelling, or discussion. This month's will be Friday evening, November 13 at 8:00 p.m.

November Shabbat Schedule

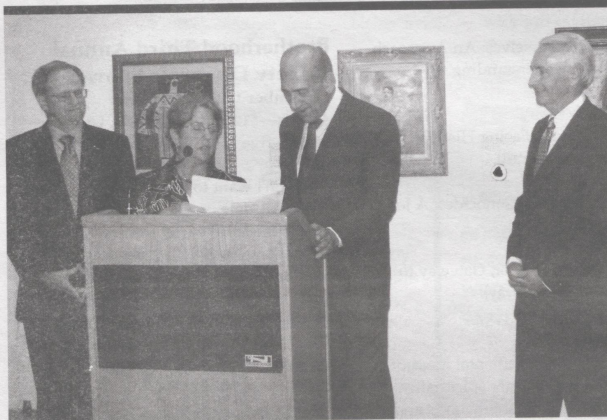
Celebrate Shabbat! The Friday night schedule for November is:

November 6 - Shabbat service begins at 5:45 p.m. at OZS.
November 13 - Tish Service at 8:00 p.m.; no 5:45 p.m. service.
November 20 - Friday Shabbat Service begins at 5:45 p.m. at OZS
November 27 - Family and Friends Shabbat at Home. No scheduled OZS service.

We hope you will join us for our spirited Shabbat Morning Service each Saturday morning at 9:45 a.m. with Kiddush Lunch following in the Social Hall.

Watch the OZS website (<http://www.ozs.org/>) for more events!

Former Israeli Prime Minister Ehud Olmert visits Lexington



Former Prime Minister Ehud Olmert of Israel addressed more than 1000 students, faculty, and community members at a lecture at the Singletary Center on October 14. This lecture is the first of two that the University of Kentucky is sponsoring this academic year in a continuing dialogue on peace in the Middle East. In March of 2010, the university will present a lecture by a prominent Palestinian spokesperson. At a reception following the lecture, Linda Ravvin, president of the Central Kentucky Jewish Federation presented several gifts to Mr. Olmert on behalf of the Jewish community. In this photo, Ravvin presents him with a copy of Shalom as University President Lee Todd (left) and Governor Steve Beshear (right) look on.

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Think Ahead...

The *Shalom* December/January issue deadline is November 10. Please plan to submit any news or events for that issue by or before November 10th

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 mitzvot; 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 DI-IFR@Bardstown.com. Remember, we welcome photos, too!

Mazel Tov to...

Marne Hunter and Kjell Williams on the birth of their first child, Alexander Mordecai Hunter-Williams. He was born September 8, 2009.

Jensyn Kaplan, who will graduate this December with a degree in psychology and double minor in business and communication from Bellarmine University in Louisville. Jensyn is the daughter of **Al and Kaye Kaplan**.

Bailey Kaplan, who graduated from Kore Academy in May 2009, completed the Nurse Assistant Program this summer, successfully completed state certification and is now employed at St. Joseph Healthcare in the Post Anesthesia Care Unit. Bailey is the daughter of **Al and Kaye Kaplan**.

Batei Mitzvah (Full profiles in next issue)

Jacquelyn Dan Engel, daughter of **Beth Engel and Paul Engel**, will be called to the Torah as a bat mitzvah on November 14, 2009 at Temple Adath Israel.

Rachel Layne Kaplan, daughter of **Ann Garrison and Randy Kaplan**, will be called to the Torah as a bat mitzvah on December 12, 2009 at Temple Adath Israel.

Adath Israel.

Condolences to...

Diane Arnson Svarlien and John Svarlien on the death of their nephew, **Leo Vincent Arnson**, on September 19, 2009.

Judy and Steven Craft on the death of Judy's father, **Aaron Franzblau**, on September 20, 2009.

Barbara Reiss, Toni Reiss, and Marc Plavin on the death of their husband and father, **Norman Reiss**, on October 26, 2009.

Julie and Chadwick McKee on the death of Julie's nephew, **Jacob Orion Ayers**, on October 26, 2009.

Alan and Char Goldberg on the death of Alan's mother, **Anne Goldberg**, on September 7, 2009.

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Mitchell Barnes - Owner

Today, a small community of Jews remains in Yemen. They still experience poverty and persecution and are ready to rebuild their lives in a new home. Through the Jewish Agency for Israel, many will settle in Israel; some have chosen to immigrate to the United States.

CKJF has sent financial assistance to those Yemenite Jews who will move to the United States. Please help us recoup the cost of this act of *tzedakah* by sending in your donation. We currently have \$124 of our \$500 gift.



Send your check today written to "CKJF" with a memo saying, "Yemenite Resettlement."

Mail to:

Central Kentucky Jewish Federation
1050 Chinoe Road, Suite 302
Lexington, Ky 40502



You can make a difference
in the lives of your community abroad and at home.



Community Calendar

CKJF - Central Kentucky Jewish Federation - www.jewishlexington.org
1050 Chinoe Road • Suite 302 • 268-0672 • Linda Ravvin, President

OZS - Ohavay Zion Synagogue - www.ozs.org

2048 Edgewater Court • 266-8050 • Beth Goldstein, President
Daily Minyan Mon.-Thurs. at 5:45 p.m.; Kabbalat Shabbat Service, Friday Evenings at 5:45 p.m.; on the last Friday of the month at 7:30 p.m. with Oneg & program following • Shabbat Services Saturday at 9:45 a.m.

TAI - Temple Adath Israel - www.lextai.org

124 N. Ashland Avenue • 269-2979 • Samye Miller Stith, President
Shabbat Services first & second Friday at 6:30 p.m., remaining Fridays 7:30 p.m.; Worship Service Saturday 10:30 a.m.

HAD - The Lexington Chapter of Hadassah - www.centralstates.hadassah.org

Lynn Furness, President • mamanewbs@yahoo.com

HAV - The Lexington Havurah - www.lexhavurah.uscjhost.net

338-5725 • Judy Goldsmith, President • goldsmith@insightbb.com • Shabbat Services monthly, call for schedule

BB - B'nai B'rith Mid-America Region, Stanley Rose Lodge #0289

1050 Chinoe Road, Suite 302 • Bruce Broudy, President • bbrou@lexclin.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B'nai B'rith Brunch 10:00 a.m. Doubletree Suites Yiddish Drop-in at CKJF 10:00 a.m.					OZS Smolkin Sub Shabbat	
November 1	2	3	4	5	6	7
Hadassah Young Women and Tots 10:30 a.m. at OZS Hadassah Music program 2:00 p.m. at Shraberg home		Shalom Deadline for December/January Issue Chabad-Rabbi Litvin visits Hadassah Board Meeting			TAI Bat Mitzvah Jacquelyn Engel	TAI Bat Mitzvah Jacquelyn Engel
8	9	10	11	12	13	14
Yiddish drop-in at CKJF 10:00 a.m. Bark Mitzvah at TAI 11:45 a.m. CKJF Community Film Night showing "Watermarks" at TAI 7:00 p.m.		Rosh Chodesh Kislev	Rosh Chodesh Kislev TAI Sisterhood Paid-Up Members Dinner at Summit Restaurant, 6:30 p.m.	JFS Leisure Club - 11:30 a.m. Bella Notte Restaurant		
15	16	17	18	19	20	21
	CKJF Board Meeting			Thanksgiving Day CKJF Office Closed	CKJF Office Closed	
22	23	24	25	26	27	28
					TAI Sisterhood and Chavurat Chochma joint Hanukkah luncheon and party, TAI, 11:30 a.m.	OZS New Member Shabbat
29	30	December 1	2	3	4	5
Tzeason of Tzedakah: Piano Recital at Mayfair Manor		Chabad-Rabbi Litvin visits Tzeason of Tzedakah: Stewart Home School Visit	Tzeason of Tzedakah: MASH Services of the Bluegrass		TAI Bat Mitzvah Rachel Kaplan	TAI Bat Mitzvah Rachel Kaplan
6	7	8	9	10	11	12