

Shalom

Newspaper of
The Jewish Federation
OF THE BLUEGRASS

VOLUME XIV ISSUE 6
AUGUST 2015
AV/ELUL 5775

Campaign News: Partnering with the Jewish Heritage Fund for Excellence

By Judy Wortman

Earlier this summer, The Federation held a Champagne Brunch for major donors at the home of Linda and Leon Ravvin. The speakers at the event were Jeff Polson, Executive Director, and Tiffany Faber, Grants Officer of the Jewish Heritage Fund for Excellence. The Heritage Fund is a Louisville-based grant making organization dedicated to excellence characterized by improved health and fostering a strong, vibrant Jewish community. The Jewish
(continued on page 3 as Campaign News)

The Jewish Federation of the Bluegrass joins with the Jewish Federation of Nashville and Middle Tennessee in issuing the following statement:

The massacre on June 17 of nine precious souls in Charleston, South Carolina leaves us both devastated and horrified that such a heinous and hateful crime should be committed in a house of worship while parishioners studied Biblical text. Our thoughts and prayers go out to the congregants of the Emanuel AME Church and most especially to the families and
(continued on page 3 as Statement)

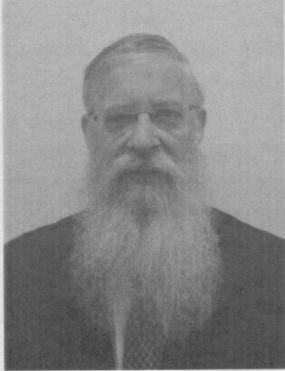


Photo Feature: Oded Blaustein, Jerusalem

This picture shows the location of the pool of the Biblical King Hezekiah, mentioned in Isaiah 36:2 and Second Kings 18:17, as the place where King Sennacherib of Assyria's field commander met King Hezekiah's men "at the aqueduct of the Upper Pool, on the road to the Washermen's Field". It is located in the Christian Quarter
(continued on page 3 as Photo Feature)

Ask A Rabbi: A Message from Rabbi Litvin

By Rabbi Avrohom Litvin



Last month I have a tremendous blessing in my life and I wish you all could have the same blessing. I was (seemingly) miraculously transformed into a young man of somewhere between 18 and 26 years old. It was amazing. Allow me to explain. My wife and I led a Mayanot

Birthright group of forty young adults of that age for a ten day trip across Israel. I have written about Taglit Birthright before. These folks have realized that a vital way to secure the future of the Jewish people is by strengthening Jewish identity, Jewish communities and connection with Israel via an educational trip to Israel for the majority of Jewish young adults from around the world. It is an awesome trip and I recommend it highly to any youngster of that age. Yet this trip, our third Birthright trip, was made even more special by the amazing young men and women we met in our group.

They came from varied backgrounds. There was one boy who wrote he was Orthodox. A few who wrote Conservative. A few more who registered as Reform. And, the vast majority chose to identify themselves as "Just Jewish". Together....

- We hiked Jilaboun and Banyas and through the mountains in the Negev and up and down Masada.
- We met people on the Gaza border and the Syrian border and the Lebanon border who keep the nation safe from those who seek to destroy us.
- We went rafting on the Jordon, enjoyed nightlife in Tel Aviv and even spent one night with Bedouins.
- We visited a mikva in Tzvat, an olive factory in Katzrin, and floated in the Dead Sea.
- We prayed at the Western Wall, danced with soldiers on Friday night, and had lunch with Sabbath observant families.
- We visited Har Herzl Israeli Memorial Cemetery and went to the Yad Vashem Memorial for those killed in the Holocaust.

What do you think made the greatest impression on

the kids?

I will tell you I was surprised! Because it was not the nature or the beauty of the country. It was not the holy sites that most impressed them. It was not the hustle and bustle of Tel Aviv nightlife. It was not even the ancient remnants of 3000 years of our national history. The one thing that struck these young adults as most special in all of Israel was that a family who they did not know and never even met before would open their homes and take in total strangers to share a Sabbath meal. They were amazed that a family they did not know would ask about their lives and be concerned about them just because they were fellow Jews. They all wished they could feel that sense of community more often.

Imagine, Travelling through the holy city of Jerusalem, Sefat, Yad Vashem, Har Herzl, all kinds of experiences and fun – yet the thing that made the greatest impact was a friendly smile, a kind word, and a caring heart. Our youth deserve all of these things and one of the greatest blessings in life is seeing them enjoy it.

In the next few weeks, with G-d's help, the Chabad House at UK campus will be opening to bring that exact type of caring, kindness and love to each and every Jewish student. The goal is simply to give them support in whatever issues face them at this important crossroads of their lives. If you are a student or young adult 18 – 26, I greatly encourage you to stop in at the Chabad House face to just say hi, welcome Rabbi Shlomo and his wife Shoshi and realize you now have a "home away from home" where you can feel safe and enjoy. And, if like me, you are somewhat over that special age, I encourage you to stop by Chabad House anyway and see firsthand the excitement and joy a student gets relaxing with friends, doing a mitzvah or just enjoying a Sabbath or holiday meal in a Jewish family setting. Maybe, like me, you will (seemingly) be miraculously transformed into a younger and purer image of yourself as well.

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.

Campaign News (continued from page 1)

Community Grants Program provides funding to both the Louisville Jewish community and other Jewish communities in the Commonwealth of Kentucky. Grants are considered if they contribute to excellence

in outcomes in the following areas: Jewish identity and community, creating sustainability in the Jewish community, education, and senior Jewish adult services. The Lexington Jewish community, through the Federation, has received grants from the Jewish Heritage Fund in the last two years. We received grants for bus transportation for Camp Shalom campers and grants to fund a camp nurse and Jewish education specialist. In recent weeks, our community has applied for another grant to subsidize 80% of the cost of a population study of our local Jewish community. The other 20% will be funded by the Jewish Federation, Ohavay Zion Synagogue, Temple Adath Israel, The Lexington Havurah, Hadassah and B'nai B'rith. The need for this project was determined by our local Presidents Council, comprised of the presidents and several past presidents of the congregations and organizations, the congregational rabbis and the Federation director and assistant director.

We are most grateful to the Jewish Heritage Fund, its Board members and staff for enhancing our ability to better serve our Jewish community. Thanks, also, to the Ravvins for hosting the event, to Gayle Bourne and her sons for catering, and to our generous donors who give us the ability to provide services to care for those in need and to enhance Jewish life locally and overseas.

Photo Feature (continued from page 1)

and in the Citadel. The Church of the Holy Sepulcher is partially seen in the left of the photo. At one time the courtyard around the reservoir was encircled with inns and rest stops for travelers. Today these buildings are used as workshops, although in Jordanian hands the site was used as a garbage dump.

The site has never been excavated but there are dreams to do so.

Readers:

We would like to invite you to share your favorite pictures from your Israel trips and a brief explanation what the submitted picture means to you.

Statement (continued from page 1)

friends of those who were murdered in this brutal and evil attack. We offer all of them our deepest sympathies and condolences. Their pain and loss is unimaginable.

This act of domestic terrorism specifically targeted members of the African American community. Unfortunately hatred has no racial, religious or ethnic boundaries when it comes to violence in our society. All of us, peoples of faith and goodwill, who respect equality and justice, must work to prevent such heinous acts from occurring in the future. It is our collective responsibility not only to condemn this violence, but to do all we can to ensure it does not happen again.

Michael Grossman, President,
Jewish Federation of the Bluegrass

Laurence Kant, Ken Slepyan, Co-Chairs
Community Relations Committee,
Jewish Federation of the Bluegrass

Judy Wortman, Executive Director,
Jewish Federation of the Bluegrass



Extended day available.
NEW all-day option starts in
August for ages 18M to pre-K.

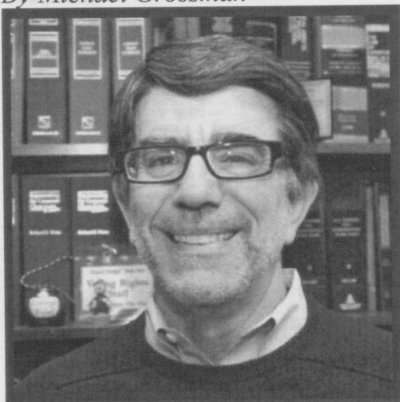
124 NORTH ASHLAND AVENUE
(JUST OFF MAIN STREET)

TAIpreschool.com

Katherine Henry, director, 269-1915

President's Message

By Michael Grossman



These past few weeks I've been thinking a lot about the power of flags.

I watched the people of South Carolina acknowledge the connection between the Confederate Flag and the horrific shooting at the Emanuel African Methodist Episcopal Church in Charleston. Some argue that today the Confederate Flag represents tradition and honoring a Civil War heritage. But in the words of Republican Rep. Jenny Anderson Horne of South Carolina, herself a descendant of Confederate leader Jefferson Davis: "I have heard enough about heritage. I have heritage: I am a lifelong South Carolinian. I am a descendant of Jefferson Davis. OK? It's about the people of South Carolina who have demanded that this symbol of hate come off of the Statehouse grounds." And the symbol of hate, used by Jefferson Davis and used by white supremacists ever since, came down.

I signed onto my Facebook account the Friday after the Supreme Court's landmark decision to make same-sex marriage a Constitutional right across the country to find rainbows everywhere, homage to the adopted flag of the gay rights' movement. The gay community began to seriously think about creating a flag for the movement in 1976, the year of the United States' bicentennial. A flag was seen as a more powerful symbol than a seal or a sign, since it is flown to represent a nation, people or country. The rainbow was symbolic of diversity, and it was a natural thing—it came from the sky.

Today the Rainbow flag is a universally recognized symbol for gay pride, and same-sex marriage is the law of the land. Rainbows are all over social media. But as Gilbert Baker, the artist who designed the original flag in 1978, has recently said, "It's not the end of the struggle; in fact, it's really just beginning.

And there is so much more to do."

On July 4th, I wore red, white and blue, the colors of the American flag. I thought about what it means to be an American and how thankful I am to live freely in this country.

At synagogue, I looked down at my tallis and I thought about the Israeli flag, and the important symbol it has been for the Jewish people. Tradition credits the design of the Israeli flag to David Wolffsohn. While the design of the flag was being debated during the First Zionist Congress in 1897 in Basel, Switzerland, Wolffsohn stood up and said: "Why do we have to search? Here is our national flag." Upon which he displayed his prayer shawl and showed everyone the national flag: a white field with blue stripes along the margin. The blue and white stripes symbolize a life of purity, guided by the precepts of the Torah, and the Star of David, which symbolizes rebirth and new life for the Jewish people, ties the State of Israel, through its flag, to the past, present and future. Each week, I think about the flag when I put on my tallis, and when I see it in the sanctuary, and I think about the promise it brings. The Rainbow flag symbolizes hope, just as the Israeli flag embodies *hatikvah*. The Confederate battle flag as a symbol of hate has been retired. But symbolism is not a substitute for substance. There is so much more to do.

Arts and Adventures

Afternoon with the Classics
at the Kentucky Theater
Meet at the JFB office by 12:30 noon
one Wednesday a month and carpool
to the 1:30 pm movie.

June 10th—Casablanca
July 15th—To Kill a Mockingbird
August 12th—Charade

RSVP to
Mimi at
(859) 269-8244
or email to
jfs@jewishlexington

The Jewish Federation
OF THE BLUEGRASS

David Vulakh's Drash

By David Vulakh

*A drash is a talk giving insight into a Torah portion.
We welcome other children to submit theirs as well.*

Shabbat Shalom! While the Torah was lifted, you may have noticed a large gap in the text of today's Torah portion.

There is a white space where normally there would be black writing.

The mystical tradition of Judaism holds that the Torah is written with *esh shahora al gabei esh lavana*, with black fire on white fire.

Both the black fire and the white fire must be present in order to read the text. Without the black writing, there is nothing to read, and without a contrasting white background, it is impossible to read what is written.

Even though this white space is very important, it is often taken for granted.

When looking at a picture, the background is often ignored. Yet if there is no background, there is no picture.

The mystics said that the black fire represents the literal meaning of the words, while the white fire represents the figurative meaning. While both are important, they are not equal.

There is more white than black in the Torah. The abundance of space inside the letters, between the letters, and between columns of text shows that the space between the lines might be more important than the lines themselves. While it may seem like there is nothing to read in this space, it teaches us to look for other hidden lessons.

The first part of our Torah portion explains what a man should do if he suspects that his wife has cheated on him. His wife should come to the priest who will give her a special mixture that supposedly curses her if she is guilty. This is the literal meaning of the text. This is the black fire.

But can it be that this Torah reading only applies to those with marital difficulties, or is there a broader lesson to find? Torah should apply to anyone, so there has to be something more. There have to be additional meanings for this reading. There has to be something hidden in the white fire.

So, let's read between the lines. The mixture that the woman drinks contains nothing harmful. Drinking a glass of water with a little bit of dirt and maybe some

ink in it will not seriously hurt her. Maybe this is just to make the man think everything is fine. If the woman drinks the concoction and nothing happens, the man will calm down, even if the woman did commit adultery. This will help restore peace in the family. In the reading, the man was worried about something, and the tradition gave him a process to help alleviate his worry. He might have been right to have been concerned, but it wasn't helping the family or his nerves.

Maybe all of us over-worry. I'm not saying that nothing in life deserves worry. Just that some of the things we do worry about either aren't helped by our worrying or aren't as important as we make them. If we convince ourselves that a problem isn't as important as we make it, we will calm down so that we can deal with it better.

As Frank Herbert wrote in his novel *Dune*, "Fear is the mindkiller." When people are afraid of things, they panic, decreasing their ability to solve a problem. Staying calm allows them to think through the situation clearly.

When we make decisions, it is important to consider the background, instead of just paying attention to the obvious or acting impulsively. The background is just as essential as the black text. So thinking through a decision, rather than just paying attention to what appears at first glance, will probably lead to better results.

We can never be sure what will happen. We do what we can and make sure we are ready if things don't work out. But we can always hope for the best and do whatever we can to make it happen.

No matter what circumstances we may find ourselves in, Jewish tradition teaches us to always look for and recognize our blessings. They may be in plain sight, or they may be hiding in the background.

Our Torah portion concludes with a blessing. This is one of the most ancient blessings in Judaism, the priestly blessing.

The gesture that traditionally accompanied this blessing became a part of mainstream culture when Leonard Nimoy adopted the hand sign for the Vulcan salute.

The final part of the blessing is "*Yisah Adonai panav eilecha, v'yasem l'cha shalom*:" ("May the Lord bestow His favor upon you and grant you peace.") The word "shalom" has many meanings, but I think the one that applies most to our Torah reading is "peace of mind". Peace of mind, in part, means not having

to worry about things. This tells us that we should occasionally let ourselves enjoy some calm. May we continue to look for hidden lessons and recognize the many blessings that surround us. Live long and prosper. Shabbat Shalom.

Chabad of the Bluegrass Inaugural Reception

Chabad of the Bluegrass invites the entire community to join in a barbecue for the inaugural reception and ribbon-cutting ceremony for the new Chabad House, 424 Kentucky Court, in Lexington taking place at 5 p.m. on Sunday the 23rd of August. The Chabad House is the University of Kentucky and Lexington's branch of the worldwide Chabad-Lubavitch movement. The new center will provide educational, social, and cultural events, and will serve as a spiritual and physical resource for the Jews at University of Kentucky and the surrounding area.

The programs and services of the Chabad House are offered to all, regardless of affiliation, background, or membership. The Chabad House was established on the foundation of the worldwide Chabad-Lubavitch movement: "Love Thy Fellow as Thyself" - with that being the guiding principle behind every thought, word and action at Chabad.

The Chabad house will be led by Rabbi Shlomo Litvin and his wife Shoshi. Rabbi Shlomo Litvin, son of Rabbi Avrohom and Golda Litvin Co-Directors of Chabad of Kentucky, graduated from Yeshivas Tomchei Tmimim in Israel and has worked as a Rabbi in Israel, Australia, and in several cities across America. Shoshi is the daughter of Rabbi Yonason and Laya Biggs, Chabad representatives in Great Neck, New York. She graduated from Bais Chaya Mushka Seminary in Tzfat, Israel and has led numerous educational programs and activities.

The Litvins are excited to bring their experience and energy to Lexington and the University of Kentucky. For more information about the opening or other upcoming programming, please call Rabbi Litvin at (502) 767-0392 or email at chabadofthebluegrass@gmail.com

JFS: At Your Service- Getting Your Baby to Sleep through the Night

By: Mimi Kaufman



One cannot help but notice that our Lexington Jewish Community experienced an exciting boom of babies and grandbabies over the past year.

At the end of the summer on August 30th Jewish Family Services will sponsor a Jewish Family Life Education

program on the topic of sleep. If you have babies or toddlers, you should definitely mark your calendars. Even if your babies are good sleepers and sleep routines are going well for your growing family you can come and enjoy the camaraderie of fellow young families. Dr. Colby Cohen Archer and Dr. Diane Sobel will be facilitating the program. The format will be informal and babysitting will be provided. See add for details.

The following is an article from the JFS in San Francisco written by Cherie Tannenbaum, NP, IBCLC that you may find helpful:

Question: My first child didn't sleep through the night until he was two. How can I prevent two years of long, sleepless nights with my second baby?

Answer: Feeding and rocking a baby to sleep is one of the most pleasurable experiences of early parenthood. Indeed, snuggling and rocking our babies is calming for both baby and parent!

During the first few months, of a baby's life, a parent's sleep pattern can be fractured and irregular. We often refer to our parenting style during this time as being in "survival mode." In other words, we do whatever we have to do to get the baby back to sleep in the middle of the night and often to nap during the day as well. This is appropriate in these early weeks and does not create long-term habits.

At about two months of age, babies become more aware of patterns and routines. For instance, they know when you put them on the changing table that you're going to change their diaper or clothes. If you have been feeding and rocking them in the glider until they fall asleep, feeding and rocking become their "sleep triggers." Also by about this age, unlike the

newborn phase, most babies (like adults) sleep better in the dark. Preparing for this change in their awareness can ease sleep transitions.

When a baby is between six and eight weeks of age, it is helpful to implement a bedtime routine. "Bedtime," at this age, is the time baby currently begins a slightly longer stretch of sleep at night before he wakes for his first feeding (often between 10pm and 1 am). This routine can be any combination of a nice warm (soap or soap-free bath), baby massage, pacifier, swaddle, story and feeding. Singing a special song, with or without rocking, and a dark room signal baby that it is time to sleep.

The goal is to transition baby from feeding and/or rocking until he is in a deep sleep before being put down in his bed, to putting him down "drowsy but awake." Baby might fuss a bit when first trying "drowsy but awake", but often just placing a hand on his belly and jiggling or lightly patting and shushing will lull him into his first stretch of sleep. If fussing ramps up to crying, then pick baby up and patiently start over until he does respond to the patting. If baby is not progressing, he just might not be ready, so go back to your previous routing and try again in a week or two. This is a reasonable strategy to try with older babies as well, who may or may not respond as easily as a younger baby.

Hope to see you all at 10:00am on August 30th at Ohavay Zion Synagogue. You can RSVP to JFS at 269-8244 or email jfs@jewishlexington.org

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.

Robert Ham's Message

But Ruth answered: Don't ask me to leave you! Let me go with you. Wherever you go, I will go; wherever you live, I will live. Your people will be my people, and your God will be my God.

Ruth 1:16

This encouraging and uplifting message was sent to Rabbi Moshe Smolkin by Robert Ham, a veteran of the US Marine Corps and the US Army, and a resident of Kentucky. A beautiful bouquet of spring flowers accompanied the message. Rabbi Smolkin read Mr. Ham's message aloud during the Shabbat morning service on June 6, and the flowers graced the sanctuary. On June 14, I had the great pleasure of talking to Robert Ham and asking for his permission to publish his message in 'Shalom'. Mr. Ham was pleased to hear that his message of friendship and solidarity would be shared with the whole Lexington Jewish community. Mr. Ham who has friends in the local Jewish community is an admirer of the Israel Defense Force. He commends the Israeli soldiers, both male and female, for their sense of duty, commitment, and bravery. For him, the 6-Day War exemplifies all that is good with the IDF.

As a soldier himself, Mr. Ham felt for the individual Israeli soldier standing on the Golan Heights, knowing that he/she was facing overwhelming challenges and yet never wavering from their duty.

Our thanks go to Robert Ham for his friendship and kindness.

Comments submitted by Hanna B. Smith

A message of peace and remembrance to the wise and honorable Rabbi Smolkin and the blessed congregants of Ohavay Zion Synagogue.

"...on June 5, 1967 the combined forces of the Arab world attacked all sides of the fledgling state of Israel with the expressed intent of "pushing the Jews into the sea". In the following six days the courageous men and women of the IDF would not only repel the invaders but drive them out of the Beka'a Valley, the Golan Heights, the West Bank of the Jordan River, the Sinai Peninsula, and the holy city of Jerusalem."

On this holy Sabbath and the five days following, please allow one man, a fellow American, veteran and gentile, to join with in remembrance and prayers for

the extraordinary valor, and for many, the ultimate sacrifice paid by the brave soldiers of the IDF. In these current times where the world seems once again ready to turn on the children of our Lord, please be at peace and comforted in the knowledge that you do not, and never again will stand alone. According to the commons of our faith, let us always pray for peace, yet in accordance with our experience, let us never forget the past.

Shalom,
Robert Ham

B'Tavayon (Hearty Appetite) Tangy Red Cabbage Slaw

By: Vivian Bitensky



This is a nice colorful side for a summer barbecue... Fruit juices, oil and sugar combine to make a delicious and flavorful dressing for red cabbage and shredded carrots.

Serves 8

Ingredients

- 1/2 cup fresh orange juice
- 1/4 cup fresh lime juice
- 2 tablespoons olive oil
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 medium red cabbage, cored and shredded
- 2 large carrots, grated
- 3/4 cup chopped cilantro

Preparation

1. In a large bowl whisk together fruit juices with oil,

sugar, salt and pepper.

2. Add cabbage and carrots. Toss to combine. Let sit for 45 minutes or more. Add cilantro before serving. Enjoy!

Hopkinsville Native Discovers Jewish Social Justice in Unique Summer Internship Program

Contact: Max Rosenblum or Rabbi Michael Namath
202.387.2800 | news@rac.org

Washington, D.C., July 7, 2015 – This summer Gordon Kaye's passion for Judaism, social justice, and advocacy brought him to Washington, DC for the Machon Kaplan program at the Religious Action Center of Reform Judaism.

Machon Kaplan is a summer study-internship program that engages students on critical social justice issues from both an academic and practical viewpoint.

Program participants, like Gordon, intern at a public policy organization, such as The Interfaith Alliance, the NAACP, Citizens for Global Solutions or AFL-CIO, seeing firsthand how groups pursue legislative advocacy, how policy is crafted and how interns can harness their own energy to make social change.

While in Washington D.C., Kaye is working with RESULTS whose goal is to end poverty. In working with RESULTS, Kaye's goal is to make a difference through policy and influence the way Congress votes on issues related to global health and poverty.

"I had heard from previous Machon Kaplan participants how awesome and influential the program was for them and wanted to experience it myself," said Kaye. "I want to experience Washington to the fullest and as I have seen already, that will come at the expense of sleep."

A Hopkinsville, KY native, Kaye is a rising junior studying International Studies at the University of Kentucky in Lexington, KY. With the experience and knowledge gained from his time at UK and with RESULTS, Gordon hopes to engage other students on his campus.

In addition to their placements, students take specially designed academic courses that teach the application of Jewish values to current social justice issues such as the environment, civil rights, LGBT equality and church state separation, among others.

Most participants also live together, forming a

residential community, participating in weekly programs that include exploring the city's monuments and museums, as well as studying various Jewish texts that connect to the contemporary policy issues that they are advocating for at their internships. To learn more about the Machon Kaplan Summer Social Action Internship program, please visit <http://rac.org/mk>.

###

The Religious Action Center of Reform Judaism is the Washington office of the Union for Reform Judaism, whose nearly 900 congregations across North America encompass 1.5 million Reform Jews, and the Central Conference of American Rabbis, whose membership includes more than 2,000 Reform rabbis. Visit www.rac.org for more.

B'NAI B'RITH Stanley Rose Lodge #289

Invites you to the
Annual Sports Cookout
Wednesday, July 22--5:30 pm to 7:00 pm
at Temple Adath Israel
Featured Speaker:
TOM HAMMOND
NBC Television Sportscaster
Dinner: Your choice of either salmon or
steak at a cost of \$15 at the door.
Please RSVP with your entree choice at
263-0039 or to ahcantor@twc.com
to be sure there will be enough food for all.
NON-MEMBERS WELCOME

"Like" us on our

facebook

page

www.facebook.com

Lexington Havurah News

By Gail Cohen

Summer is a time to relax, commune with nature and, perhaps, get in touch with our spiritual sides. We in the Havurah enjoy doing that so much that this summer we have planned two sessions of Havurah Havdalah Under the Stars. One will have already taken place as this issue of Shalom goes to press.

This has been a wonderful year in the Havurah. We have had services, celebrated holidays together, done community service, shared many meals, and held other special events.

One of the special events we look forward to as members of the Havurah is our annual Education Retreat. We enjoy a day of study with a scholar. It is always enlightening and rewarding. This year the topic dealt with Jerusalem, its people, political circumstances surrounding housing patterns, and what we might be looking at in the future. We studied with a geographer from Hebrew University in Jerusalem who is a Scholar-in-Residence this year at the University of Pittsburgh. It was wonderful to be able to take advantage of the proximity of such a scholar to Lexington.

The next Havdalah Under the Stars will take place on August 22nd. It is not only a spiritual service, but it is also an eating opportunity. We will have one of our famous potluck dinners.

If you are interested in joining us for this event, please contact me at 272-1459 for more information.

Enjoy the rest of summer!

Hadassah President's Message Take Action to Support Gender Balanced Medical Research

Dear Hadassah Friends,

The hottest days of summer are with us, which reminds us that Rosh Hashanah is around the corner. I can't even think about that! You might

pause instead on August 26th to recognize Women's Equality Day which commemorates the certification of the 19th Amendment to the Constitution granting American women the right to vote in 1920. This occasion has been celebrated since 1973 by presidential proclamation after a bill was introduced by Congresswoman Bella Abzug... a member of Hadassah! Women's Equality Day is an opportunity to celebrate the victories for equality that women have won, and to rededicate our commitment to eliminate discrimination against women.

Hadassah is a powerful advocate for women's equality around the world and here in our own country. An important area in which women still face discrimination is in medical research. While recent years have seen tremendous progress toward gender equity, medical studies still tend to use more male subjects than female ones, or fail to take sex differences into consideration altogether. This can have negative consequences for women's health. Hadassah is the founder of the Gender Equity in Medical Research (GEM) Initiative, a new and growing group of organizations working to ensure that medical research benefits everyone. The National Institutes of Health is taking positive steps to correct this imbalance, and Congress has become involved, pushing for better policies that will lead to better health outcomes for women. Women from Lexington will join their Hadassah sisters across the U.S. for a "Day in the District" this November. Meetings will be held locally with our federally elected officials during the congressional recess to thank them for their continued support of Israel and to strongly encourage them to consider the bipartisan bill, Research for All Act (H.R. 2101) recently introduced in the House of Representatives. If you can spare a few hours to be part of this important initiative, please contact Gail Cohen at gail.cohen@twc.com. Hadassah will provide training and information needed to make this a productive and empowering experience.

You've been hearing about it for months and now the Tribute Dinner honoring Judy and Stanley Saxe is almost here! Marcie Natan, President of Hadassah, the Women's Zionist Organization of America (HWZOA), will be the keynote speaker at the Sept. 6th gala. Judy and Stanley have shown unparalleled commitment and generosity to Hadassah and to the Lexington Jewish Community. Don't miss this opportunity to tell them

how much you appreciate them and to celebrate the accomplishments of this wonderful couple over the past 50 years. If you have any questions about the event or tribute book, please contact Jane Chaput at chaput1@windstream.net.

There is always so much to talk about and never enough space to include everything. Several of our local youth have just returned from Young Judea summer camps and programs. I'm very happy to report that our May fundraiser for Camp Young Judea Midwest was very successful and rose over \$2000 for scholarships and camp supplies. Thank you, Bob and Judy Baumann, for hosting a lovely evening in your beautiful back yard! The young(ish) women in our community are planning a Sunday afternoon filled with wine and yoga (what a great combo!) on August 23rd (contact Dianne Bazell at dbazell@qx.net) Many of us continue to participate in Hadassah's 6 month walking program, "Every Step Counts" to improve our heart health through physical activity. Join us for our next Buddy Walk on August 16th at 4pm at the UK Arboretum (under the water tower). Our Book Club will meet this fall to discuss the ancient Jews of India and an epic immigration story called "The Family". Peggy Leep (mgleep@gmail.com) can give you all the details. Last, but certainly not least, I'd like to welcome new members Faith Erdmann, Sue Hirsh and Jean Goldschmidt to our mighty chapter of Hadassah. I hope you feel as proud and inspired by your Hadassah experience here as I am. Wishing you all a peaceful end to the lazy days of summer and looking forward to seeing you in 5776!

B'Shalom,

Melanie Shapiro

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

Israel 21C: Nepalese see Israel as source of inspiration

By Abigail Leichman Klein



How several Israeli professionals are giving Nepal villagers tools to rebuild their houses and their lives after the earthquakes.

Tevel building latrines for Nepali villagers.

When Israeli trauma specialist Naomi Baum arrived in the Nepal village of Mahadev Besi on May 4, not one of the 80 families still had a roof over its head. The April 25 earthquake destroyed every house. "Some houses are standing and some are rubble, but they're all uninhabitable. Everyone is living outside," the Israeli psychologist tells ISRAEL21c.

The retired founder-director of the Resilience Unit at the Israel Center for the Treatment of Psychotrauma of Jerusalem's Herzog Hospital went to Nepal for a week with the center's Nili Lavi at the request of Tevel b'Tzedek, an Israeli NGO involved in community development in impoverished Nepal villages since 2007.

They assessed needs and provided psychological support to Tevel's paid staff and volunteers (some of whom lost relatives and homes in the quake), to Israel Embassy employees and to the villagers Tevel is assisting.

In Mahadev Besi, Baum and Lavi taught stress-busting techniques to two groups of 40 local women, using hastily prepared copies of their resilience workbook translated into Nepali. She reassured them that their tears and fears were normal, and no different than those of disaster victims she's counseled in Israel, Haiti and New Orleans. She aimed to impart a sense of hope along with the information.



A women's group meeting for psychosocial support in Mahadev Besi. Photo by Naomi Baum

"I also heard again and again their fear of the next quake. We helped them address that fear by letting them know that everyone was feeling this way," says Baum.

Indeed, their fears were realized when another strong quake hit the region on May 12, the day Baum and Lavi landed back in Israel along with the Israel Defense Forces' medical delegation. Trauma center staff in Jerusalem will remain in touch with Nepal's mental health authorities to offer assistance, according to Herzog Hospital spokesman Stephen Schwartz.

Before the monsoons

Tevel b'Tzedek founder and director Micha Odenheimer tells ISRAEL21c that the organization is providing urgent necessities — such as rice and tin roofing material — to 3,400 families (20,000 people) in the four most badly damaged villages in which the NGO regularly provides aid.

This video shows Tevel b'Tzedek volunteers and IDF engineers assessing damage to buildings in the Kalimati slum where Tevel has been working for many years.

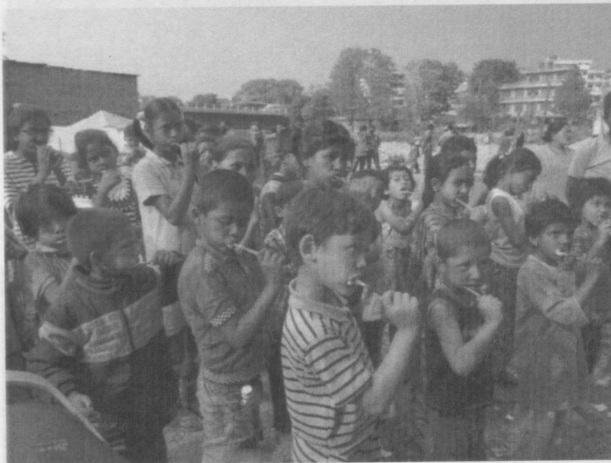
Tevel brought an Israeli building engineer and mud-building expert, along with Indian architects, to demonstrate how to build sturdy shelters. Later, Tevel staff and volunteers will help families build permanent earthquake-proof housing.

"Now we are also building latrines. That's really important before the monsoons arrive in June come because of the danger of cholera," says Odenheimer. "After natural disasters and displacement there is an increased risk of disease and widespread illness. To prevent outbreaks in our working areas, we are promoting healthy living by distributing hygiene supplies and conducting campaigns about the need for

tooth-brushing and hand-washing.”

Tevel brought medical teams from two other Israeli NGOs, Natan and IsraAID, to tend the villagers physically, and volunteers such as Baum and Lavi to provide psychosocial support.

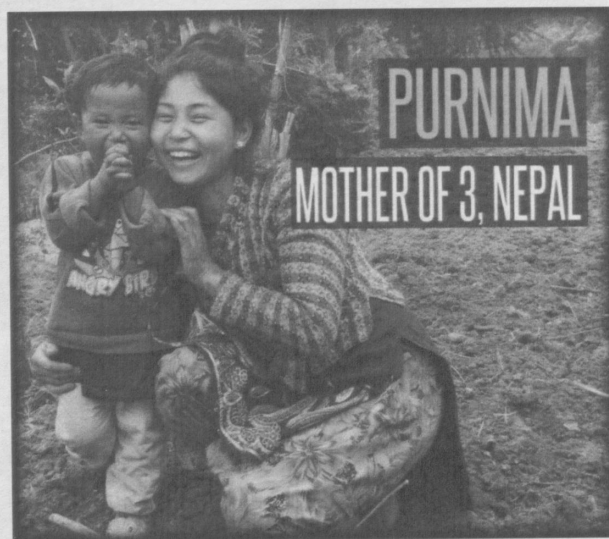
“We will continue to do workshops on resilience and talking about feelings. People who’ve experienced trauma find it more difficult to act quickly and we’re training to get them past feelings of paralysis and fear,” says Odenheimer, who was there for 10 days. Tevel is creating temporary learning spaces because schools will stay closed for at least another two weeks. “It’s important to keep kids in a routine that helps them recover from trauma and to keep them away from playing in rubble, while giving parents a chance to get their lives together.”



Nepali children using toothbrushes supplied by Tevel b'Tzedek.

Bishnu Chapagain, the Nepali director of Tevel’s activities in Nepal, earned his PhD in plant science in Israel at Ben-Gurion University of the Negev. His agricultural training is critical to Tevel’s long-term project to introduce Nepali farmers to Israeli farming practices.

Many villagers, especially women whose husbands work abroad or in cities, tend family rice paddies and need greater economic stability in order not to fall prey to human trafficking. Israeli-trained agronomists currently are leading projects in seed production and establishing ginger plantations.



Manegau villager Purnima, whose photograph was snapped after gathering crops in her family field. Photo courtesy of Tevel b'Tzedek

Caring for Nepalese in Israel

Three days after the deadly April 25 earthquake, Prof. Richard Isralowitz of Ben-Gurion University’s social work school got a call for psychosocial assistance from the director of the Arava International Center for Agricultural Training, where 116 Nepalese citizens are taking a 10-month training course on advanced farming techniques.

The students were distraught over the tragedy in their homeland but their families had urged them to remain in Israel. Every one of the trainees found out that their houses were destroyed, and many were grieving the deaths of relatives and the loss of valuable livestock. Ten young mothers in the class were consumed with worry for their children.

The next morning, Isralowitz arrived with two colleagues, Prof. Orly Sarid and Dr. Dorit Segal-Engelchin, director of BGU’s Center for Women’s Health Studies and Promotion. They discussed stress, stress responses and coping strategies, and then led art-based intervention sessions developed at BGU as an effective way for trauma victims to share and normalize emotions and fears.

“It was a moving experience,” Segal-Engelchin tells ISRAEL21c. “We spent four hours with them and they were very grateful.”



BGU Prof. Isralowitz, center, with some of the 119 Nepali students receiving psychosocial support in Israel. Photo by Dorit Segal-Engelchin

In the art sessions, all 116 participants chose to participate in drawing what they were stressed about. Many drew dead people and animals, destroyed schools and houses. After talking about the pictures, they drew depictions of coping resources. Finally, the students were asked to integrate the two drawings into one.

"We asked them to assess their level of stress from 1-10 before and after the intervention," says Segal-Engelchin. "We saw an amazing, statistically significant, reduction in stress levels among all participants, proving that this tool is effective even for those exposed to trauma indirectly."

One of the participants prepared a PowerPoint presentation showing how Nepal looked before and after the earthquake and "kept relating to Israel as a source of inspiration for building something from nothing," she relates. "He encouraged them to use this disaster as an opportunity to better their lives and make changes by bringing home the knowledge they are acquiring in Israel."

Jewish Family Services
presents a
Jewish Family Life Education event

*Sleepless Babies and Sleepy Parents:
How to get everyone to sleep while
keeping your sanity!*



**Sunday, August 30, 2015
10:00 - 11:30 a.m.**
at Ohavay Zion Synagogue
2048 Edgewater Court

with guest speakers
**Dr. Colby Cohen-
Archer and Dr. Di Sobel**

For more information or
to RSVP, contact Mimi
Kaufman at 269-8244 or
jfs@jewishlexington.org.



The Jewish Federation
OF THE BLUEGRASS

Jewish
Family
Services

Temple Adath Israel News August 2015

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.

FAMILY SHABBAT

Our lively Family Shabbat takes place on the second Friday of each month at 7 PM. We sing songs and enjoy great stories geared to our families and their young children, but with valuable messages for all. TAI has a potluck dinner preceding the service at 6 PM on Family Shabbat night. Our Family Shabbats will continue in the Fall.

KIDS' SHABBAT

Our Kids' Shabbat Friday night service is held on the last Friday of each month (during the school year) and is geared towards children seven years old and younger and their families. Our next Kids' Shabbat will be August 21st.

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 AM 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 sessions will be August 1st, 15th and 29th.

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 August 8th and 22nd.

PARSHA

Join us each Saturday morning at 11 AM 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 August 1st, 8th, 15th and 29th (Bat Mitzvah on August 22nd).

GENERATION TAI FOR AUGUST

Generation TAI is our Chavurah group for young adults. Programming runs the spectrum from worship to social action and from Shabbat to holiday meals. This month we will be having a few events:
August 7th (Friday night) Shabbat dinner theme: Jewish Comfort Food
August 16th (Sunday) Temple-wide Picnic to welcome the new Rabbi
August 23rd (Sunday) Hike and then Thai Smile
Please contact Reva Schottenstein at rschott86@hotmail.com or call her at 859-221-9473 to reserve your seat.

IN MEMORIAM

We mourn the loss of Miriam Graff, mother of Wayne (Anne) Graff on May 28, 2015.
We mourn the loss of Neil Poley, husband of Ruth Poley on July 4, 2015.

Please join the Jewish community for a briefing from

Consul General of Israel Yaron Sideman

and

Congressman Andy Barr

who just returned from Israel.

"Perspectives on Israel, Iran and the Middle East"

Monday August 17 at 10:30 am

at Temple Adath Israel

For further information, call the Federation office at 268-0672

Ohavay Zion Synagogue News August 2015

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!

COMMUNITY SHABBAT

Please join our whole OZS community as we celebrate Shabbat together with our friends from Stewart Home on Friday, August 7 at 5:30PM. We will have a brief but spirited service. For more information, please call the OZS office at 266-8050 or email at Office@ozs.org. All are welcome!

KIDS SHABBAT

Please join us for Kids Shabbat, Friday, August 21 at 5:30PM as we light candles, drink grape juice, have something to eat, sit together on beautiful carpets, sing songs, and read amazing stories from the PJ Library. Newcomers and friends are always welcome! RSVP, to the office if you can join us.

KABBALAT SHABBAT COOKOUT

Please join our whole OZS community as we celebrate Shabbat together with our friends from Stewart Home on Friday, August 28 at 5:30PM. After dinner and schmoozing, we will have a brief but spirited service. For more information or to RSVP please call the OZS office at 266-8050 or email at Office@ozs.org. All are 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.

SHABBAT MORNING SERVICES

Please join us any Saturday morning of the year, as Ohavay Zion Synagogue celebrates Shabbat. We begin at 9:30am; 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

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 5:45PM to 6:15PM. All are welcome!

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.

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 meets each Friday morning for prayer, food, and study. The morning begins with a brief Shacharit service at 7:30AM, followed by a light breakfast, and then fascinating study of the Talmud. Newcomers are always welcome!

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



follow us on
twitter

@JFedofBluegrass

--- 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:

Amir Abou-Jaoude for winning first place with his essay in the National History Day state showdown in May 2015. Amir is a student at Henry Clay High School. His parents are Dr. Jacqueline Sugarman and Dr. Walid Abou-Joude.

Condolences to:

Ruth Poley and family on the death of her husband, Neil Poley.
David and Evalynne Elias on the death of David's mother, Edna.

B'nai Mitzvah Announcements

With your upcoming Bar or Bat Mitzvah, the Jewish Federation in Lexington wishes to announce your event in their newspaper "Shalom". If you could please email Barbara Goldman (shalom@jewishlexington.org) the following information by the 15th of the month prior to the event, she will make the announcement. Please include the student's name, when and where the event is being held, mitzvah project, names of parents and grandparents, as well as a photo.



August 22nd 10:30 a.m. Temple Adath Israel- Bela Grace Nelson, daughter of Deborah Ida Nelson and Peter Tobias Nelson, granddaughter of Eleanor Bly Sutter, Willis John Sutter, Karin Becker Nelson, Philip Gillard Nelson. For her Bat Mitzvah project, Bela worked at the Ashland Terrace retirement home.

Gan Shalom Preschool

An Early Childhood Program
for Toddlers & Preschoolers
at Ohavay Zion Synagogue

Now enrolling for the
2015-2016 school year.

STARS
KIDS
NOW

Creativity & Learning through Diversity.

We welcome children from all ethnic, religious, social, and economic backgrounds.

- Flexible Full Day and Part-time Programs
- Warm, Nurturing Environment
- Special Enrichment Programs
- Ages 12 months to 5 years (Pre-K)

- Quality, Licensed Childcare and Preschool Programs
- Weekly Fitness and Music Programs
- Real Life Activities, Hands-on Learning,
- Cultural Awareness, Highly Qualified Teachers,
- Small Child/Adult Ratios

Convenient Location: On Alumni Drive
just off of New Circle Road, Five Minutes from UK.

For more information 335-9922 or visit www.ganshalom.com



Shalom

Newspaper of
The Jewish Federation
OF THE BLUEGRASS

SHALOM EDITORIAL BOARD

Barbara Goldman, Editor-in-Chief
Hanna Smith, Chairperson
Jane Chaput
Susan Cobin
Betty Nigoff

CONTRIBUTING WRITERS

Vivian Bitensky
Gail Cohen
Robert Ham
Abigail Klein Leichman
Rabbi Avrohom Litvin
Melanie Shapiro
Hanna B. Smith
David Vulakh
Abigail Leichman Klein

FEDERATION STAFF

Judy Wortman, Executive Director
Tamara Ohayon, Assistant Director
Mimi Kaufman, Jewish Family Services Director
Talia Smolkin, Coordinator of Informal Jewish Education
Kathie Kroot, Administrator
Kasey Hall, Marketing Assistant

BOARD MEMBERS

*Michael Grossman, President
*Evalyn Block, Vice President
*Dianne Bazell, Treasurer
*Hanna Smith, Secretary
*Amy Faust Mayer, At-Large
*Seth Salomon, At-Large
Daniel Baker
Marcia Blacker
Gayle Bourne
Gail Cohen
David Feinberg
Jenn Garlin
Mickey Hernandez
Minna Katz-Brown
Angie Ornstein
Linda Ravvin
Ken Slepyan
Marty Solomon
Elissa Weinstein
Sue Westerman
Judy Worell

SHALOM is published 10 times per year.

AUGUST 2015, VOLUME XIV, ISSUE 6

SHALOM is produced by the staff of the Jewish Federation of the Bluegrass. For website or email questions, contact Tamara Ohayon at tamara@jewishlexington.org or (859) 268-0672.

The editorial staff has the right to edit, accept or reject all articles submitted for publication in Shalom. Articles should not exceed 500 words. The appearance of any advertising in this publication does not represent either a kashruth or any other endorsement on the part of the Federation or any other agency or organizations.

Opinions expressed in Shalom are not necessarily those of the Shalom editorial staff or the JFB or its constituent organizations.

Shalom is partially supported by the advertisements appearing in this publication.

Copyright © 2015, Jewish Federation of the Bluegrass. All rights reserved. For reprint permission contact Barbara Goldman, Editor-in-Chief, Shalom, at shalom@jewishlexington.org.

President Eli and Dr. Mary Lynne Capilouto
Cordially invite

All board members and officers of the Federation, congregations and
Jewish organizations and spouses or partners
to a

Rosh Hashanah Open House

Monday, September 14, 2015

3:00 to 5:00 pm

at Maxwell Place, 471 Rose Street

RSVP by 9/4/15
lindamachan@uky.edu or
call (859) 257-1703

If you need assistance with
parking please indicate when
you RSVP.