

INSIDE



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Do Not Miss

Feb. 25 CJE, JFS to present crucial program on teen suicide prevention, p.2

Quick Look

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IN STEP WITH THE JDC'S NEW CEO

Schizer says he's fortunate to have the counsel of JDC president Stan Rabin, p.3

Shabbat begins: 5:56 p.m. Friday, Feb. 16 Shabbat ends: 7:05 p.m. Saturday, Feb. 17

Saving lives: turning the tide of teen suicide

Feb. 25 program has adults, students learning together

By Deb Silverthorn

To save a life is to save the world, says the Talmud, and an upcoming symposium on teen suicide will share how everyone can help save lives.

"13 Reasons Why NOT — Turning the Tide of Teen Suicide Through Positive Mental Health" will take place from 1 to 5 p.m. Sunday, Feb. 25, at the Aaron Family Iewish Community Center, and is sponsored by the Jewish Federation of Greater Dallas' Center for **Iewish** Education (CJE) and Jewish Family Service.

High school and college students, parents and family members, educators, practitioners, youth directors and advisors, rabbis, and community leaders are invited to the free event, which requires advance registration.

"Teen suicide and suicide in general has touched our

c o m m u n i t y, and it's touched hard — the only way it can," said CJE Executive Director Meyer Denn. "Our youth directors asked for help



Josh Rivedal

and we responded, hoping the community will absorb all our experts will share."

The American Foundation for Suicide Prevention reports 44,965 completed suicides each year — 123 suicides per day — in the United States, though it estimates a higher number.

"The web is wide, and between our mission of education and JFS' mental health expertise, this will be a significant afternoon. We adults need to learn to listen and our children need to learn to talk," Denn said. "It's emotional, but I know everyone will leave surer and more settled."

After speaking with Efrem Epstein, founder of Elijah's Journey, which focused on *pikuach nefesh* (saving lives), *Kiddush Hashem* (sanctifying G-d's name) and *simcha* (happiness), Denn



Photo: Courtesy Josh Rivedal

Josh Rivedal, actor, author, and founder of The i'Mpossible Project and Changing Minds, will present the keynote for the teen suicide prevention symposium Feb.

knew it was clear that his idea of youth and adults learning together hadn't been done — but was necessary.

"Education is primary in society, but we don't teach coping skills or cultivate resiliency. Our children and our adults need to know they can talk to those around them," said Josh Rivedal, an actor, author and founder of The i'Mpossible Project and

Changing Minds, who will present the keynote to start the symposium. "This program isn't therapy or judgment; I promise laughter and smiles. I've been in crisis and I believe no one is beyond saving."

Rivedal's keynote will be "Kicking My Blue Genes to the Curb," his 15-character, sevensong one-man show that ends with his father's suicide. The

Organizations partnering in the event to date are:

Aaron Family Jewish Community Center, Akiba Academy, American Foundation for Suicide Prevention, Ann and Nate Levine Academy, BBYO, Congregation Anshai Torah, Congregation Beth Torah, Congregation Ohr HaTorah, Congregation Shaare Tefilla, Congregation Shearith Israel, DATA, Grant Halliburton Foundation, Hillels of North Texas, Jewish Student Union. Mesorah High School for Girls, MHA of Greater Tarrant County - Loss Team, National Council of Jewish Women/Greater Dallas, National Council of Synagogue Youth, Rabbinic Association of Greater Dallas, Shir Tikvah, SMU Hillel, Suicide and Crisis Center of North Texas, Temple Emanu-El, Temple Shalom, Tiferet Israel Congregation, Torah Day School of Dallas, UNT Jewish Studies and Yavneh Academy.

comedic, yet poignant, true story is designed to create an emotional connection between attendees

see 13 REASONS, p.10

FEATURED SPEAKER JJ VIRGIN



In 2012, JJ Virgin was in a hospital room with her 16-year-old son who was struck by a hit-and-run driver and left for dead. With every reason to give up, JJ chose instead to invest her energy into the hope that her son, who lives with bipolar disorder, would not just survive, but thrive.

At A Beacon of Hope, JJ will discuss how you can create your own resilient mindset just as she did. A celebrity health expert and four-time New York Times bestselling author, JJ will share the lessons from her latest book, Miracle Mindset, that gave her the courage to overcome the worst moment of her life.

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Dallas leaders provide help to new JDC CEO

David Schizer committed to aiding impoverished

By Aaron Greenberg

Running the American Jewish Joint Distribution Committee commonly known as JDC or The Joint — is a huge task.

The Jewish international aid organization has a 2018 budget of \$315 million, one-third of which goes toward care for 100,000 elderly, impoverished Jews in the former Soviet Union. It is also striving to expand Israel's workforce by training economically marginalized communities for high-tech work.

And, of course, there's the goal of preserving and promoting Jewish life and culture in places where it has been threatened or dwindled,

such as Central and Eastern Europe.

In fact, it's such a big job that David Schizer, who has been chief executive officer for a



David Schizer

little over a year, is still touring and credits Rabin

meeting with JDC stakeholders. He stopped by the Jewish Federation of Greater Dallas' offices for a meeting last week, his first time here since taking office.

Dallas, however, is never far from Schizer's mind, and the community has helped him make a big impact over that year. In addition to the strong contribution of local partners such as the Federation, volunteers and fundraisers, Dallas has provided leadership, including current JDC President Stanley A. Rabin.

Also, Jaynie Schultz of Dallas is on the JDC board, just as her father, Howard, once was.

helping him adjust to operating an international organization with 1,100 employees, only 80 of whom are in the New York headquarters.

"Stan is used to that kind of management structure," Schizer said. "We talk almost every day. He's a fantastic resource for me."

Rabin's experience includes overseeing a multinational company (Commercial Metals Company), something new to Schizer, who served as dean of Columbia Law School from 2004 to 2014 and is an expert in tax law.

"He is very analytical, very see JDC CEO, p.22

From left, JDC President Stan Rabin, Israeli President Reuven Rivlin, JDC CEO David Schizer, and Yossi Tamir, director general of JDC-Israel, are pictured at President Rivlin's home, where he welcomed more than 100 global Jewish community leaders including board members and guests of the American Jewish Joint Distribution Committee (JDC) to his residence to celebrate Israel's 70th anniversary and over a century of JDC's critical work in the State of Israel. Since it was founded in 1914, JDC has invested

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JDC focuses on elderly ex-Soviets, Israel, Eastern Europe

From camps to assistance, agency helps poor

By Aaron Greenberg

When David M. Schizer assumed the position of CEO of the American Jewish Joint Distribution Committee (JDC) a little more than one year ago, he looked to construct the agency's budget from the ground up.

In doing so, Schizer had to identify the JDC programs in the former Soviet Union, Israel and Eastern and Central Europe and prioritize their needs.

After studying the matters, programs assisting elderly Jews in the former Soviet Union, who have a very flimsy safety net, were deemed the most important. Even individuals who worked in highly skilled positions under Soviet rule have meager pensions. The biggest way for most of them to cope is to turn to family for support.

Since the late 1970s, however, Soviet Jews began moving to Israel in large numbers. About 1 million emigrated to the Jewish state, while hundreds of thousands more moved

to the United States and elsewhere, leaving many of the elderly without nearby family members.

These communities have also experienced more than a century of tragedy and challenges. Jews were originally restricted to the Pale of Settlement — among the areas hardest hit by pogroms, World War I, the Russian Revolution, World War II, the Holocaust and communism.

Schizer has a personal stake in these people. His grandfather, for whom he was named, barely survived an encounter with tsarists during the Russian Revolution. Angry they couldn't find the communists they were seeking, the soldiers lined up Jews to shoot. Then the communists arrived, which gave the Jews a chance to escape. Schizer's grandfather knew it was time to leave, and came

"Even though we had the same name, our lives could not be more different," Schizer said.

He sees it as a reminder of the way he and other American Jews who have benefited from growing up here remain connected to those struggling in the Old Country.

"There are still people in the

world facing this today," Schizer said. "I would love to repay my grandfather. (The decision to emigrate) transformed my life in ways he could not imagine."

About half of the elderly JDC serves are Holocaust survivors. With the looming loss of German reparations for funding, Schizer has developed plans to transform service and financing for these programs while maintaining the level of care.

After addressing issues with the former Soviet Union last year, Schizer hopes to make 2018 "the year of Israel," and JDC has \$100 million budgeted there.

"I am now freer to focus in a rigorous way on the work we do there," he said.

The work in Israel is very different from that in the former Soviet Union. In the latter instance, JDC steps in where the governments do not; in Israel, JDC has a partnership with the state that focuses on innovative solutions.

JDC provides one-third of the funding, on average, for pilot The programs. government

see ELDERLY, p.9

Simon Sargon coming home for special concert March 3 at SMU

Music of former Emanu-El Choir director featured

By Harriet P. Gross

A retired music master, long beloved by Temple Emanu-El and Southern Methodist University, will soon return to Dallas for a special occasion. Simon Sargon is coming "home" as an honored guest . A special concert of his compositions will take place at 7:30 p.m. Saturday, March 3, in SMU's Caruth Auditorium.

Here's how this came about: Karen Moyer, a longtime Emanu-El member, was a longtime voice in the Temple choir, which Simon directed for many years. The two became friends, and early last spring, when Moyer talked with him about contributing to a possible concert about Jewish composers, Sargon mentioned he'd be in Dallas the week of Feb. 27–March 5 to celebrate the choir's 65th anniversary. And he also happened to mention that he had his own special date coming up: his 80th birthday, April 6.

"That started my mental wheels moving," Moyer said. Her new idea: How about a concert to which Sargon wouldn't contribute anything about Jewish composers — because he'd be the one featured composer?

"I'm a musician myself," Moyer added. "I met Simon when I joined the Temple choir. He's a unique musician, extraordinarily brilliant and creative, and it was a pleasure to work with him." She also knows his compositions, and that many of them would be a "fit" for performance by the professionals in Voces Intimae (Intimate Voices), the local musical organization that she serves as executive director. This group has been bringing the "art song" genre — solos by vocalists, usually with piano

accompaniment, and often featuring poetry set to music — to Metroplex music lovers since 2005

With the approval of the organization's board, Moyer's idea grew into "A Lifetime of Song," the title of its forthcoming Sargon concert. Voces will present 11 of the honoree's many compositions. Some are musical settings for the works of such famed poets as Edna St. Vincent Millay and Walt Whitman. The program will also include music to accompany five poems by Holocaust survivor/writer Primo Levi, taken from a larger Sargon work, Sh'ma. In addition, there will be two selections from the libretto of Sargon's own opera,

"Simon's musical output is immense," Moyer said, "so it was necessary to pick a few of his favorites that show his compositional diversity. The songs and song cycles in 'A Lifetime of Song' are from 1965 to 2013, and the moods vary, from the seriousness and heartbreak of the Holocaust with Primo Levi's poetry to a lighthearted peek into pop culture with Scopin' the Soaps, which reviews the plots of One Life to Live, The Young and the Restless and Days of Our Lives." Anticipated as a special highlight of the evening: the world premiere of River of Honey, four songs for soprano, flute and piano.

Participating vocalists for the concert will be Rainelle Krause, a soprano, operatic performer and competition winner; Roslyn Barak, a soprano recording artist and emerita cantor at Temple Emanu-El; William Joyner, a tenor, on the vocal studies faculty of the University of North Texas College of Music; Theodore Carlson, a baritone who has sung with Dallas Opera, Las Colinas Symphony and at several Dallas churches; and Donnie Ray

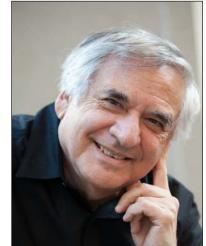
Albert, a bass, concert performer who is on the faculty of UT-Austin's Butler School of Music.

Instrumentalists on the program will include Julian Reed, a pianist, who has played with orchestras across the United States and Canada; Helen Blackburn, principal flutist with Dallas Opera, orchestra teacher of flute at West Texas A&M, and Voices of Change member; and Gerry Woods, who plays French horn with the Dallas Opera and Dallas Winds, and teaches horn at the University of Texas-Arlington.

After the Saturday evening concert, all attending will be welcomed in the Atrium to greet Sargon, enjoy birthday cake in his honor and meet the artists. General admission to the event is \$30; charge for seniors, \$20; students free with ID. Tickets will be available at the door, online at www.VocesIntimaeArtSong. org, by email at vocesintimae. artsong@gmail.com or by phoning the box office, 214-478-7847

Worshipers and guests attending March 2 Shabbat services at Temple Emanu-El will hear Sargon's choral anthem, commissioned for the choir by member Carol Brin.

Sargon, born in 1938 in Mumbai, India, came to America as a young boy who grew up to graduate with distinction from Brandeis University and the Juilliard School. After a long musical career in New York and Jerusalem, he became Emanu-El's director of music in 1974, later taking a faculty position at SMU in 1983. On retirement in 2016, he and his wife Bonnie moved to Chevy Chase, Maryland, to be near to their daughter Olivia and her family, and to give Sargon more time for composing. (A full biography is available at www.simonsargon. com.)



Simon Sargon



Roslyn Barak William Joyner



Theodore Carlson



Rainelle Krause



Julien Reed



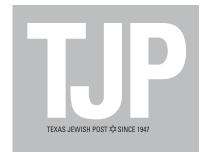
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Albert

Heather Blackburn



Gerry Wood



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UT Chabad House connects students to Judaism

For University of Texas at Austin students away from home for holiday time, or those who just want a place to hang out and enjoy a Shabbat dinner, Chabad House is the place to go.

The Johnson family has been celebrating its 10th anniversary running the UT Chabad House. The combination of this with the relaunch of several student boards, an expanded staff and an influx of new students interested in Chabad's program, has brought an exciting energy to Chabad.

"Despite how large the organization is, people really connect with it as their home," said Zev Johnson, the rabbi of the UT Chabad

The new energy has resulted in some historically high turnout at Chabad last semester. For the first night of Rosh Hashanah, Chabad hosted 220 students, the most ever. Chabad also made sure another 360 heard the shofar blasts in various dorms, Greek houses and in the streets of Austin. In total, Chabad created about 755 holiday experiences.

"I enjoyed celebrating the New Year with the Johnson family, along with my new sisters and friends at Rosh Hashanah services and meals," freshman Nikki Nissan said. "It was truly impactful when those around me shared their perspectives on what Rosh Hashanah is all about and their wishes for the new year."

Chabad also offers students a

place to come for Shabbat. Student organizations are often involved with planning Shabbat dinners, giving them opportunities to be leaders in the community. For example, Alpha Epsilon Phi members organize Pink Shabbat, which brings awareness to breast cancer.

"(Pink Shabbat) helps me feel like I'm not alone and that everyone is supportive of one another," said Morgan Chapman, a junior AEPhi member from Dallas.

Students can also connect to their Judaism by learning more about it through the Sinai Scholars Society. Every week, students attend a class, where they study a different topic.

One senior student from Dallas, Adam Steinbrecher, said he joined to learn more about Jewish law.

"My impression thus far is the forum has served as a platform to deal with real world issues and understand different viewpoints," Steinbrecher said. "Rabbi Zev's leadership is instrumental to the learning process because he challenges the class to engage and debate the issues with each other, rather than immediately supplying the textbook answer."

For students who want tikkun olam opportunities, Chabad offers volunteer programs. This includes the TLC program, where students can help deliver matzah ball soup to sick students, as well as Loaves of Love, where students bake challah for senior citizens in the Austin community.



Rabbi Zev Johnson and 34 UT Austin students traveled to Houston to help with Harvey relief in September. Alphabetically, they are: Jamie Antonino, Colton Becker, Arabelle Berman, Nathan Bishop, Daniel Butbul, Jordan Cope, Marissa Finkelman, Sammy Glazer, Avital Gurman, Alex Herschmann, Pacelli Iglesias, Zach Jaffe, Menucha Johnson, Mendel Johnson, Moshe Kass, Daniel Ethan Kasoff, Andie Kent, Elana Loftspring, Sam Marcus, Rachel Margolin, Rachel Mitchell, Naomi Netzky, Brandon Nussbaum, Brooke Rappaport, Danielle Resh, Ethan Robinson, Samantha Rosenberg, Molly Ross, Benny Singer, Ellee Sinykin, Tamar Solomon, Ruby Viener, Kyle Zagon, Michael Zetune

Last semester, Chabad gave students a chance to help with hurricane relief in Houston. On Sept. 3, Chabad took nearly 60 students and recent alumni to Houston, where they cleared out destroyed homes and organized supplies at shelters.

"I went because one of my friends (involved in ZBT and Chabad) told me about it, and it sounded like a good way to give back to the community," freshman Alex Herschmann said. "What was most meaningful was seeing the sense of community even in times of tragedy."

> — Submitted by Saelah Maya Zighelboim



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Compiled by Sharon Wisch-Ray from submitted reports

Beth Torah names Robyn Rose Torah Fund Honoree

Robyn Rose has been named this year's Torah Fund Honoree by the Sisterhood of Congrega-

tion Beth Torah. Her choice as the 25th annual awardee marks double milestones for the annual event of 2018: It's the first time two family members have received this award — and the other is Robyn's mother, Esther Cohen, the first woman ever to be so honored!

As Robyn receives her welldeserved applause, there will

Esther, who stood in that same place when the event made its debut back in 1994. Both have

outstanding histories of service to Sisterhood and the Congregation.

The Cohen familv moved from Montreal to San Antonio for husband and father Nat's job relocation in 1979, moving again to Plano in 1984, and immedi-

ately becoming active at Beth Torah. Nat is a past president of the Congregation; Esther founded and directed its first preschool,

Robyn Rose

presidency with her daughter for the past three years. Both women have also served long terms

> on the Beth Torah Board.

While excelling in speech and debate at Plano Senior High, Robyn was also Beth Torah's United Synagogue Youth president, and then was active in Hillel at Emory University. After returning to Dal-

las with a business management degree, she worked in sales for a hotel company and continued her synagogue involvement as its BBYO advisor and founder of a young singles' social group. She later earned her MBA at UT/Austin, where she wrote the business plan for the Greater Austin Sports Foundation. And she was granted a "pay-per-call" advertising patent 10 years ago!

Coming back again to Dallas, Robyn was in marketing with Verizon when she spearheaded a major singles' event for the ICC. But it wasn't there that she met her future husband: That happened "on a blind date," she says, "set up by his grandmother and an old friend of my family. Both women were living in the same San Antonio retirement home!" After marriage to Hunter Rose, she founded a young couples club at Beth Torah. Today, Hunter is active in its Men's Club, co-fielding a team in the annual Kosher Barbecue Competition and working on the event's publicity.

Son Dylan, born in 2003, became a bar mitzvah at Beth Torah; younger daughter Ilana is now anticipating her bat mitzvah there. Both are active in the synagogue's youth programs, Dylan in USY, Ilana in Kadima, and in the shul's Learning Center. Dylan attends Plano ISD Academy High School, Ilana is at Schimelpfenig Middle School, and their father advises on communications and websites for both.

The Roses live in Plano and have two area Ben and Jerry's; Robyn also consults with businesses, advising on communications, internet marketing, website building and on-line advertising. Together, the family enjoys murder mysteries, board games, vacation travel, and their two dogs: Shihtzu "Matzah" and Maltipoo "Dreidel."

This year's Beth Torah Sisterhood Torah Fund Luncheon (milchig) will begin at noon on

Sunday, March 4, at the Crowne Plaza, 14315 Midway Road, Addison. Cost to attend is \$40 per person, plus an \$18 minimum deductible contribution to the Torah Fund, which supports, through the Women's League of Conservative Judaism, five programs for the training of rabbis and Jewish educators at institutions in New York, Los Angeles, Jerusalem, Buenos Aires, and Potsdam, Germany. Donations at levels of \$180 (Benefactor) and \$200 (Guardian) also cover luncheon costs for family mem-

Following long tradition, last year's Torah Fund Honoree, Stacey Clark, is in charge of this year's event; all past Honorees make up her committee. For further information and reservations, contact Torah Fund Chair Elaine Scharf, 972-307-3521, ebscharf@verizon.net.

J to host Fiddler Family Sing-Along Feb. 19

Since 1964, Fiddler on the Roof has left audiences singing some of its most memorable songs including Matchmaker, Matchmaker and Sunrise, Sunset. On Monday, Feb. 19, the whole family is invited to The J for a free sing-along to this iconic movie musical. The event is a precursor to the J Performing Art Space (JPAS) production of Fiddler on the Roof JR. featuring two different casts of children and young adults ages 6 to 18 years old running March 8-25.

The Fiddler on the Roof Sing-Along will be held 4:30 to 8:30 p.m. Monday, Feb. 19, at The J, 7900 Northaven Road in Dallas. The film begins at 5:15 p.m. and lyrics will be subtitled on the screen. Admission is free and light dinner fare from Kosher Fresh will be provided, however, RSVP is required at http://bit. ly/2ssETOn to ensure space.

Fiddler on the Roof IR. is a witty and poignant tale about the struggle of one father to maintain his religious convictions in the face of a changing world with the help of his family and five daughters. Central themes in Fiddler on the Roof JR. revolve around traditional ways being shaken by new thinking, longstanding beliefs being challenged by young minds and families needing to decide between acceptance and rejection. These are the same issues that are challenging our world today. It's a current reminder of today's



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Photo:JohnErich de la Torre

Liam Gilligan (Perchik), Elliot McEachern (Hodel), Megan Ledderman (Golde), Dalton Glenn (Tevye)

times and how each and every one of us are affected in some way or another, no matter our religion or ethnic background.

"At its core, *Fiddler* is about tradition and how tradition shapes our families and our lives," said Alise Robinson, di-

rector of The J Performing Arts Space. "It is a story that captures the essential human longing for love, community, success, freedom, family and meaning."

Fiddler on the Roof JR. will be performed at 7 p.m. Thursday, March 8; at 8 p.m. Saturday, March 10; at 2 p.m. Sunday, March 11; at 7 p.m. Thursday, March 22; and at 2 and 6 p.m. Sunday, March 2, in Zale Auditorium. Tickets are \$18 for adults and \$12 for children and can be purchased at http://bit.ly/2BuFBxE.

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Shul membership overwhelmingly OKs land deal

By Sharon Wisch-Ray

As expected, members of Congregation Ahavath Sholom, on Sunday, overwhelmingly approved the sale of its vacant parcel of land, a little more than 6 acres, to the Fort Worth Independent School District. The FWISD Board of Education approved the land purchase at its Tuesday evening meeting on a 5-0 vote even though several members were out sick. The trustees authorized Superintendent Kent Scribner to execute a contract with Ahavath Sholom soon. The land will also need platting approval from the City of Fort Worth.

The land will be used "as the future home of a new elementary school to provide overcrowding relief at nearby Tanglewood Elementary," a FWISD release said Tuesday.

"From the very beginning, we had hoped to arrive at a fair resolution that is amicable to all parties," said Scribner. "We are pleased for our children that this agreement provides a path for us to

move forward with our design and construction plans."

The sale price of the property is \$6.8 million.

"The synagogue was happy with the school's offer and the Fort Worth Independent School District did give a fair value," explained Ahavath Shalom board member Steven Brown, an attorney who spearheaded the negotiations for the synagogue.

Three weeks ago, it looked like the synagogue would move forward with a lucrative deal with 4050 Hulen Partners, which wanted to build an upscale retirement community on the property. However, the interests of what was best for Fort Worth, its children and everyone involved prevailed, Brown said. He reiterated many times that everyone was pleased that Ahavath Sholom and the FWISD were able to come to terms.

"We will all be good neighbors," Brown explained. "This school is right in the middle of all of the churches. The churches have been there for a long time. So, the setting of the school in the middle of all of the religious organizations is quite unique."

Co-chairs Rhoda Bernstein and

Murray Cohen, Marvin Beleck and Naomi Rosenfield joined Brown on the Focus on the Future Committee that worked on the issue for the past 1½ years.

"It was a real team effort," Brown said, "And, we finally brought it to fruition."

Elliott Garsek and Ahavath Shalom Rabbi Andrew Bloom were other key members of the team.

Garsek and his law firm Barlow Garsek & Simon were instrumental to the negotiations, serving as consultants and representing Ahavath Sholom throughout the process, Brown said. Garsek's roots at the synagogue run deep. He grew up there, and his father, Rabbi Isadore Garsek, served as Ahavath Sholom's spiritual leader from 1946 to 1979 and as rabbi emeritus until his death in 1985.

Bloom's involvement with Mayor Betsy Price's Faith Based Cabinet, Compassionate Fort Worth, Read2Win at Westcliff and the Task Force on Race and Culture, which he co-chairs, also helped.

Bloom's passion for making Fort Worth a better place for all people and the relationships he's built across the city demonstrated Ahavath Sholom's goodwill in action. Brown said

The rabbi tipped his kippah to

"The mayor was a tremendous help in facilitating the betterment of the synagogue, the school board and the community," Bloom said. "She saw that partnership and the continuing partnership of the synagogue, city and school board with tremendous vision, and she was willing to see where it would go together. She understood how to make it tremendously beneficial for all of us."

Bloom said he is looking forward to the synagogue looking inward and assessing where it needs to go from here with the proceeds from the land sale.

"The next steps are for us to send out RFPs and get advice on whether or not it makes sense to renovate or rebuild," Focus on the Future Committee Co-chair Bernstein said. She explained that there has been a strategic plan in place for the building, with Rebecca and Stuart Isgur chairing that committee.

Though it will have the proceeds from the sale of the land, the synagogue will most likely have to have some kind of capital campaign to raise the balance.

"It's an exciting time," Bernstein said. "Hopefully this will be an exciting process that everyone in the congregation can get behind. We do not have time restraints. We to take the time to make it happen and to do it right."

One person who has wanted some change for the building for many years is Bernstein's 99-year-old father, Lou Barnett, a past Ahavath Sholom president. Bernstein said that even five or six years ago, her father was talking about the synagogue doing something with its vacant land.

"Dad is one of the very few of his generation who is still with us. He's been wanting to see this happen and had the vision long before Murray and I started working to make it reality three years ago."

Bloom said it may have been fortuitous that the timing of the deal coincided with Parashat Shekalim.

"In the Torah this past weekend, we read about the half shekel and how each person complements each other to make it a full shekel," Bloom said. "The school board, the city and ourselves are all complementing each other, and in the end, it works out for the betterment of everyone."





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ELDERLY

continued from p.3

takes over and expands successful programs, meaning every dollar invested by JDC's donors has incredible leverage.

"In Israel, as well as the country has done, there are a substantial number of people left behind," Rabin said.

One of the major programs is designed to bring the haredi (ultra-Orthodox) and Israeli-Arab populations into the mainstream workforce. About half of first-grade students in Israel are haredi or Israeli-Arab, and both groups are normally left out of the nation's thriving economic sectors.

"The well-being and opportunity for Israelis on the economic margin will affect the whole country fundamentally and profoundly," Schizer said.

JDC is working with rabbis in haredi educational systems to bring

coding and advanced math to the classroom. The high-tech work has proven a good fit.

"It's unusually well-suited to shomer Shabbos," Schizer said. "People with a gift for Talmudic analysis, it translates. This is an amazing untapped pool of workers."

Another program is Israel Unlimited, which is dedicated to providing support for the large population of individuals with disabilities — about 25 percent of the workforce. Far fewer Israelis with disabilities live independently than their American counterparts, and JDC is working to change that.

A third priority is the cultural life in Central Europe and Eastern

"It is heartbreaking, what is lost, and inspiring to rekindle Jewish life in places that were so dark," Schizer

One of JDC's crown jewels is the Szarvas International Jewish Summer Camp in Hungary, run in partnership with the Ronald S.

Lauder Foundation. About 20,000 youths (ages 6-19) from 22 countries in Central Europe and the former Communist Bloc have attended the

A BBYO affiliate, Active Jewish Teens, started four years ago with 30 people in Kharkov and now has 3,200 throughout the region.

In many places, the younger generations now teach the older ones about Jewish traditions.

"It is bordering on magical that in a place like Budapest or Odessa, it is cool to be Jewish," Schizer said.

In addition to building leaders in Europe, the camp introduces young American participants — about 100 each year — to the rising enthusiasm and engagement in lands where being Jewish can't be taken for granted.

"When we involve American young people, it's contagious," Schizer said. "You bring someone from Dallas who has had every opportunity to engage in Jewish life, and bring that child to Szarvas in Hungary, and all of a sudden they realize what they have."

The Entwine program, primarily for post-college Americans, allows them to go abroad and take part in Jewish life in Eastern Europe. Over the past dozen years, 22,000 people have gone, gaining a chance to connect their love of service to Jewish



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13 REASONS

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and send the message that suicide is preventable.

Afterward will be a questionand-answer period regarding everything from signs and symptoms of depression and suicide, to how to help oneself or a friend. Then will come separate tracks for teens and college students, and adults. No adults except JFS clinicians will be allowed in the student workshops.

Rivedal will present two sessions for the student track:

• "How to Make Lemons into Lemonade" is an interactive workshop based on the story of his mental health and how developing coping skills saved his life. This program is designed to help students eliminate unhealthy coping skills, prepare for change and avoid burnout.

• "How to Live Mentally Well and Crush It in High School and College" presentation will help students develop empathy, selfcompassion and healthy habits, teach how to unstick when stuck, deal with reframing failure, inform about entering the job mar-



Photo: Courtesy Dr. Chaim Nissel

Dr. Chaim Nissel, dean of students at Yeshiva University also with the American Association of Suicidology, will address adults at the teen-suicide prevention symposium Feb. 25.

ket and more.

Yeshiva University Dean of Students Chaim Nissel will address adults during the breakout sessions.

"We're doing gatekeeper training to recognize who may have such thoughts but won't typically ask for help," said Nissel, who is also with the American Association of Suicidology. "Anyone can be a gatekeeper. Each of us has the chance to give the sense that life has meaning. If this isn't in your home, it may be next door or down the street."

Nissel's conversation of "Keeping Families Safe" is meant to help participants better understand suicide and the risk factors. Participants will learn to recognize verbal and behavioral clues of suicide and how to respond to suicidal statements. He will also exploring common myths of suicide and discuss strategies to prevent suicide attempts and completions.

Joining Nissel will be:

- JFS' Ariela Goldstein, leading "You're Only Human: How Life's Traumas Impact Suicide in the Family."
- Janet Henson, who will present "Lost In Translation: How to Communicate With Your Child about Important Life Choices Including Suicide."
- Dr. Mike Ligocki, speaking on "Mean Girls (and Boys): Bullying and Its Impact on Suicide."
- Yolanda Swope, who will discuss "When Bad Things Happen to Good People Factors that Contribute to Teen Suicide."

"Our kids go through much and the number of completed suicides by teens is growing — growing in our community — this isn't 'somewhere else,'" Henson said. "Being able to answer 'what do I do when I have this thought,' or 'how do I help my friend,' and 'who do I call,' before a 'moment,' is critical."

Nissel will also lead a morning section for clinicians, which is Continuing Education-credit eligible, and a midday section for rabbinical leadership.

Nissel will conduct the closing session to the entire group: "Saving One Life — Saving the Whole World," designed to further reduce stigma associated with suicide and mental illness, and review the importance of social and familial support with the goal of creating better support networks for those in need.

The program is sponsored by Dallas Jewish Women International, David and Lorraine Hoppenstein Charitable Fund of the Dallas Jewish Community Foundation, Helen and Frank Risch, and the Schultz Family Foundation. Several other Jewish community organizations and schools are serving as partners.

"We've used television to babysit, social media to get information, and we fight back rather than dialogue, becoming a reactive rather than proactive society," said CJE Program Coordinator Karen Schlosberg. "We need this information because it does take a village, the whole village. Dallas is an incredible village, and on this day we'll become a greater one."

"I believe that everyone should attend and that everyone who does, will learn something, will grow and will care," Nissel said. "That's what we Jews do. That's what humans do."

Visit jewishdallas.org/cje/ whynot to register for this free event or call Karen Schlosberg at 214-239-7131 for more information.



JCRS will honor Executive Director Ned Goldberg at Jewish Roots of Cabaret, Feb. 24

Service (JCRS), headquartered in Greater New Orleans, and serving as the oldest Jewish children's agency in the United States, will honor Ned Goldberg for his including Hanukkah gifts for 30 years as executive director at the Jewish Roots of Cabaret

Saturday evening, Feb. 24, the New Orleans Marriott, located at 555 Canal St. in New Orleans. This evening will comprise the seventh annual **Jewish** Roots event, a gala that now serves as one of the largest annual events held by the New Orleans Jewish community.

A native of Cincinnati, Ohio, Goldberg has spent his social work working career with youth and families, or administering programs on their behalf. Before his

position at JCRS, Goldberg worked in various professional capacities at three Jewish Family Service agencies, or their spin-off projects, in Ohio and Florida, as well as serving in child welfare roles with public and private organizations. During his tenure at JCRS, the agency grew from annually serving 200 Jewish youth to currently assisting more than 1,700.

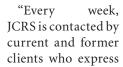
The youth and families assisted by JCRS reside across the service region of Alabama, Arkansas, Louisiana, Mississippi, Oklahoma, Tennessee and Texas.

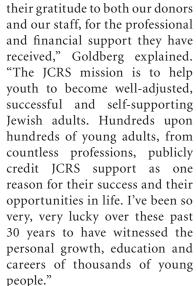
Since converting from a Jewish children's home in the 1940s to a social service agency exclusively serving the Jewish community of the Mid-South, JCRS has provided "needs-based" scholarship aid for Jewish overnight camp and undergraduate education, as well as the subsidies for the care and treatment of dependent and special needs Jewish youth. In recent years, the JCRS expanded its staff and provided "outreach"

isolated or inactive within the Jewish community. JCRS has initiated programs that provide outreach during Jewish holidays, children from families that are suffering from economic

> distress, or victims of natural disasters. More recently, a PJ Library is administered by JCRS and annually serves over 1,000 Jewish youth, residing across parts of six states.

Over his years at the helm of JCRS, Goldberg has taken great pride and personal satisfaction from work accomplishments of the agency. No greater satisfaction come Goldberg than from seeing so many children and youth develop into mature and accomplished adults.





Entertainment for the gala will feature Leslie Castay, a multitalented actress and singer, equally at home on the Broadway stage, screen or nightclub stage. She has appeared on Broadway in 42nd Street, 3Penny Opera, Guys and Dolls and Beauty and the Beast. She was a soloist at Carnegie Hall with the New York Pops and has stared in numerous National Tours, off-Broadway

Jewish Children's Regional services to families that are and regional productions. The Goldman are the gala co-chairs, unique and far-reaching services evening will also have a cocktail reception, seated dinner and silent auction featuring once-ina-lifetime travel opportunities.

Melinda Mintz and Michael

along with Honorary Co-chairs Joan and Gerald Berenson and Shirley and Ralph Seelig.

For details on the Feb. 24 gala, or information on the

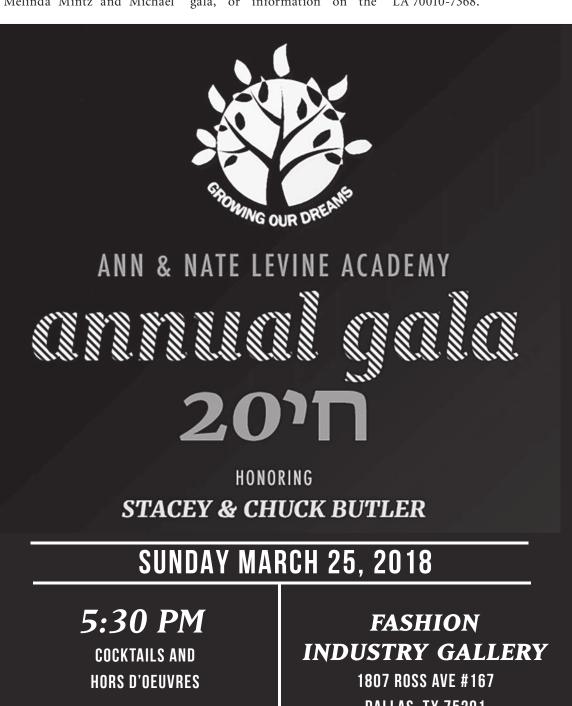
of JCRS, call 1-800-729-5277, email info@jcrs.org, contact the website www.jcrs.org or write: JCRS, P.O. Box 7368, Metairie, LA 70010-7368.



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Fundraiser helps Glauben celebrate 90th birthday

Survivor ensures we never forget the Holocaust

Bv Deb Silverthorn

"My name is Moniek and it means 'believe.' That is what I held on to for so many years," said Max Glauben, who celebrated his 90th birthday last month. His age only a number, Glauben celebrated in a most millennial manner, hosting a "Max's Birthday Fundraiser" social media campaign to support his Max Glauben Holocaust Educational Foundation.

At press time, \$1,146 had been raised in only a couple of weeks. "I want people to believe in something, hopefully in themselves," he said, "because then you have something to hold on to."

Glauben was just 10 when World War II started. At 13, he was sent on a boxcar to Majdanek and then to Budzyn, Mielec, Wieliczka and Flossenburg before being liberated by a Jewish soldier while on a death march to Dachau. Glauben lost most of his

family during the war — except for two aunts that he found, in the United States, more than 40 vears later.

"I'll never say no to speaking because I want to honor and respect my family," said Glauben, who served in the U.S. Army in the Korean War before making Dallas his home. "When we were together in the ghetto, as horrible as it was, we could hold each other. In the camps, there was no one. I speak for my parents, Faiga and Isaac, my brother, Heniek, and the rest of the 6,000,000 Jews and the 5,000,000 non-Jews. They have no voice. Myself and the other survivors are their voices."

Glauben's family is extended now to four generations — he and his wife, Frieda, members of Congregation Shearith Israel, who have been married for almost 65 years, are the parents of Barry (Michelle), Phillip (Linda) and Shari (Norm) Becker; the grandparents of Alec (Ellen), Blake, Delaney, Hayley, Madison, Ross (Stacey) and Sarah (Brett); and the great-grandparents of Natalie Golman.

Glauben has logged thousands



Max Glauben, fourth from left, here with participants from Dallas' 2013 March of the Living group. This year he will march again. "They're proof the devil didn't accomplish what he planned," he said. "I hope those I help will someday, when they have careers and families, give money and time to share themselves."

of miles telling his story. The lifetime board member of the Dallas Holocaust Museum/ Center for Education and Tolerance speaks there regularly, and also to organizations, synagogues, churches

schools around the city, state and beyond. On Jan. 26, he spoke at Hutto High School near Austin for International Holocaust Remembrance Day.

The Dallas Holocaust Museum, Dallas Hebrew Free

Loan Association, and the March of the Living are among organizations reaping the benefits of Glauben's foundation through his lecture honorariums and the sale of *Plagues of the Soul:* The Story of Holocaust Survivor



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Max Glauben, a documentary. With no employees and no overhead or expenses (other than tax preparation), the foundation receives 100 percent of all donations. Glauben does not want to earn anything from his story.

"Max has dedicated his life to illustrating the horrors of his experiences in a way that inspires inclusivity and tolerance," said Lisa Siegel, who made a birthday donation. "His foundation is based on these principles which have been the centerpiece of his life and will ensure that his stories continue to be told as only he can tell them — with humanity, compassion, and the sparkle in his eye that draws us in."

Her family's donation was a token of their respect and love for Glauben.

"Max has been a gift to our family, sharing the most special of moments in our children's lives," Siegel said. "He was there when Rachel and Evan participated in the March of the Living, and he and Evan share a birthday. We're fortunate to call him our friend."

Glauben has chaperoned March of the Living Dallas, to Poland and Israel, 12 times since 2005, the first time he returned to Poland in 60 years.

"Standing at Auschwitz — the ovens, ashes and the barracks they can't talk. I can, and I must tell my stories and of those no longer able. When we stand near thousands of pounds of human ashes, I'm thankful to be alive and I say Kaddish," said Glauben, whose experiences include visits



Max Glauben, holding his great-granddaughter Natalie Golman, recently celebrated his 90th birthday with his family — amid four generations, all possible because of his survival. Front row (from left), Alec and Ellen Becker, Michelle and Barry Glauben, Shari Becker, Frieda Glauben, Sarah Golman and Linda Glauben. Back row, Norm Becker, Brett Golman and Phillip Glauben. Not pictured are Delaney and Madison Becker, and Hayley, Blake, Ross and Stacey Glauben.

to 38 Mila St., his childhood home in the former Warsaw Ghetto. "You can talk about the Holocaust and learn from what's in museums, but it's like watching a play without scenery. The March of the Living fills in the scenery."

"Not only does Max give of himself physically and emotionally but his generous support has allowed several students to experience the trip in this life changing journey," said Pam Hochster Fine, March of the Living's Dallas director. "Without his help, and that of others, many students would not have this meaningful and lasting opportunity."

Glauben has remained close to many of the marchers, and he believes the experience is lasting. "The love for their heritage and the respect they have for their Judaism is strong," he said.

"They're proof the devil didn't accomplish what he planned. I hope those I help will someday, when they have careers and families, give money and time to share themselves."

Often asked if he feels hate, Glauben said "Hating eats on a person and doesn't allow us to function. I came to this country as an orphan and people provided for me, and Hashem and angels and the souls of my departed family guided me. I've learned to forgive, but we must never forget."

To donate to the Max Glauben Holocaust Educational Foundation, visit bit.ly/2BkN6a8 or email moniekg@aol.com.





Ruth and Martin Litwin share marriage secrets

Litwin celebrated their 66th wedding anniversary. The Legacy at Willow Bend residents recently reminisced and shared their secret to a marriage filled with laughter,

On Feb. 10, Ruth and Martin change hardship, compromise, trust and love.

How they met

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Antonio while he was in the ROTC," said Ruth Litwin. "He was in college at the time and I was still in high school; oddly enough, we were even seeing other people. Our paths wouldn't cross again for a couple of years, but when we met again it all kind of fell into place. I wouldn't say it was love at first sight, it took some time to realize this was it, and I think that's how it should be. We dated for seven months before Martin proposed, and now here we are 66 years later."

Humor is key

Ruth added, "I've found that having a sense of humor and a willingness to laugh even during the tougher moments has been so valuable to our marriage. Life is stressful, there's always something you're going to have to face with one another, and if you can do it with a little bit of humor it makes it easier. Life is wonderful, and we're lucky to spend it together."

Be a good listener

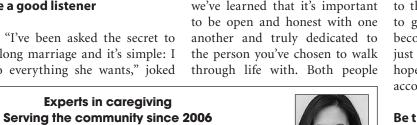
"I've been asked the secret to a long marriage and it's simple: I do everything she wants," joked

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Martin Litwin. "Over the years, we've learned that it's important to be open and honest with one another and truly dedicated to the person you've chosen to walk through life with. Both people

Ruth and Martin Litwin





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have to listen and pay attention to their partner and be prepared to grow. Their needs and wants become your own, it's no longer just about you and what you hope to achieve, but what you'll accomplish together."

Be thankful

When he looks back on the last 66 years, Martin says, "It's hard to believe it's really been this long, and I'm thankful for each moment. Life is an adventure, and you have to live it with the knowledge that each day brings something new. Marriage is one of the most difficult things you will ever take on, and you have to be prepared for that commitment. It's a give-and-take that if done willingly makes the journey all the more enjoyable."

The next chapter

The Litwins continue their story at The Legacy Willow Bend, and often reflect on their marriage. The couple have found the most special moments in their journey revolved around their children, grandchildren and great-grandchildren. Whether they were moving, tackling the always-challenging family vacation, preparing for graduations, births or weddings, each moment was filled with laughter and love.

> Submitted by Sarah Jackson

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99-year-old Lester Wolff, targeted 5 times for death, is oldest former member of Congress

He's writing 3 books and active on Twitter

By Ben Sales

MUTTONTOWN, N.Y. (JTA) — Lester Wolff served eight terms in the House of Representatives, which is slightly above average for lawmakers. But he has a distinction few of his colleagues share: He was targeted for death five times.

Once, Wolff says, a Burmese militia of 5,000 spread out across that country to shoot down his helicopter in order to stop his efforts to curb the Burma narcotics trade. A Thai assassin, foiled by intelligence, had the same goal. Two Palestinian terror groups, upset at his support for Israel, tried to kill him, he says — one by hijacking a plane he was supposed to be on. And the father of a soldier who died in Vietnam sent a death threat to Wolff, angry about his opposition to the war.

The threats earned him a nickname from one local newspaper columnist: "The 007 of Congress."

"I carried a weapon, which was meaningless," Wolff told JTA in an interview in his Long Island home. "Then I had a bodyguard assigned to me. This bodyguard said to me, 'I want you to know, if someone is trying to kill you, I can't stop them. But you can be happy in knowing that I got the man who killed you." That's hardly compensation."

But Wolff survived all of them, and plenty else, too. Now, at age 99, he's the oldest living former congressman. And he isn't slowing down. More than three decades after he left the chamber, Wolff is writing three books at once, runs a website and collects Asian art. And

"I live, basically, for the future," he said. "I am working on projects that are five years out in front. You have to have some sense of God being with you. That protected me."

Wolff was 44 years old and a successful businessman and television host when President John F. Kennedy convinced him to run for Congress against a conservative Republican on Long Island. Wolff won the election in 1964, following Kennedy's assassination, which swept a wave of Democrats into office. He served until 1981, at one time chairing the Select Committee on Narcotics Abuse and Control and the Subcommittee on Asian and Pacific Affairs.

Along the way, he worked and

sparred with the names that define the politics of the 1960s. The walls in his office are crowded with photos: Wolff talking with JFK, pinning a campaign button on Robert Kennedy, having an intimate conversation with President Lyndon Johnson in the Oval Office, meeting with Israeli Prime Minister Golda Meir. A campaign sign from Kennedy's election is leaning in one corner, still attached to a stick.

"They were just people," he says of the political leaders he knew. "People get a different view of these individuals in bolded positions ... but the fact is they're just people, and if you get to them in terms of their interests, they open up and become someone you're talking to in ordinary conversation."

One of Wolff's fiercest fights was against Johnson, a fellow Democrat. In 1967, ahead of what would become the Six-Day War, Wolff sought to add an amendment to a military spending bill that would provide Israel with Phantom jets. Support for Israel was not nearly as widespread in Congress as it is now, and the president opposed the measure. But Wolff managed to push it through by working with a Republican congressman from an adjacent district. He later met with Egyptian President Anwar Sadat as part of the effort to reach a peace treaty between Egypt and Israel.

"I am not overly religious, but I wonder why I ended up in the Congress, and that's one of the things that came to me — because of my relationship with Israel," he said. "That stands out in my memory

as one of the occasions because it was kind of a political fight to get it done."

Wolff laments how rare that kind of bipartisanship is now. He recalled that as a committee chairman, he appointed Republicans as heads of subcommittees. But today, he said, the opposing parties infrequently find common ground.

And while his era saw its share of polarizing politicians, Wolf reserved special opprobrium for President Donald Trump, whom he called "un-American" and regularly tweets about at @RepWolff. He said that unlike the antiwar movement of the 1960s and 1970s, the marches happening now do not seem to be gaining traction.

"I think they're great, but there must be something that goes beyond that," he said of the anti-Trump protests. You can't just be against Trump, but you have to be for something. There is a lack of focus upon the part of those people who oppose Trump."

Wolff's memory remains sharp, and his house is like a museum of memorabilia that goes far beyond political swag. His open foyer is ringed with statues of Buddha and other Asian art that he has collected on numerous trips to the region. A corner of his basement displays an exhibit of stone fragments from the Egyptian pyramids, the Parthenon in Athens, the Arch of Titus in Rome and Jerusalem. On the opposite wall is a blown-up photo of him with former Chinese Premier Deng Xiaoping, whom he worked with to formalize relations between the United States and



Lester Wolff, a congressman for 16 years, speaking at a Congressional Gold Medal ceremony on Capitol Hill, in Washington, D.C., Dec. 10, 2014

But Wolff isn't living in the past. He credits his longevity to God, genes and a serving of lox on a bagel (sans cream cheese) every morning. He has two children, four grandchildren and six greatgrandchildren.

And his work goes on. There's the Twitter account, as well as a website, AskCongress.org, that lists contact information for every parliamentarian worldwide In 2014. he was awarded the Congressional Gold Medal.

And then there are his three books: One is on the secret to long life. The second is on his role in U.S.-China relations. And the third is on all those death threats. But he isn't worried for his life anymore.

"Look, I'm 99," he said. "They tried to shorten that period. I don't think they're after me anymore."





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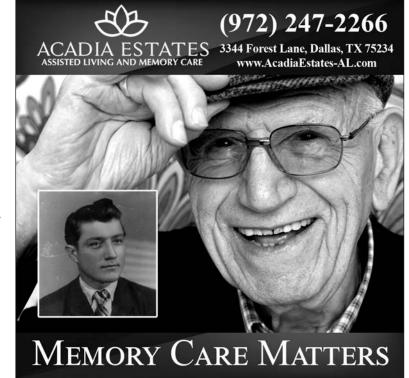
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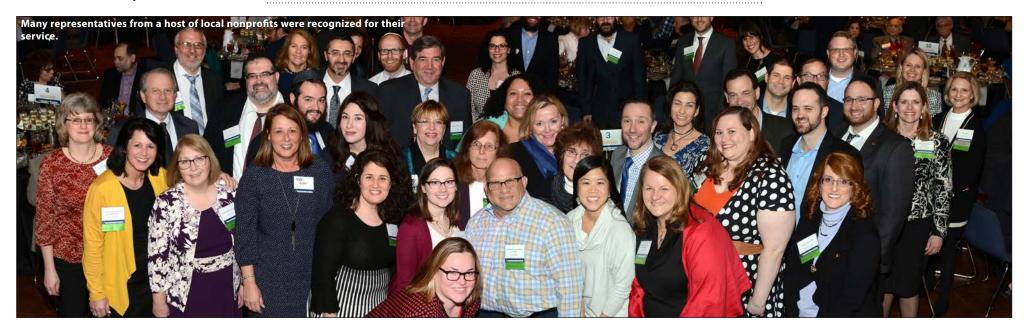


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With \$200M under its management, DJCF disburses \$30M to charity over past 2 years

2 spin-off foundations launched in 2017

Approximately 200 people gathered at the J Jan. 25 for the 2017-18 Annual Meeting of the Dallas Jewish Community Foundation and enjoyed a lavish dessert reception. "It used to be a joke," said Foundation Chair Rusty Cooper, "that the DJCF was the community's best-kept secret; well, no more. The secret is out! The DJCF is one of the fastest-growing independent Jewish foundations in the United States!"

And, as Cooper soon made clear, the DJCF is leading beyond the Jewish community. "I'm sure you've seen these cigars in front of you," Rusty Cooper said, indicating pastel bubblegum cigars on the tables, just like those given as birth announcements.

"We had two babies born this year, two new foundations working as DBAs of the Dallas Jewish Community Foundation. To better serve our everexpanding pool of professional advisors and nonprofit organizations we have created the Southwest Community Foundation and the Southwest Jewish Community Foundation. Both have already begun to grow and reach out to new markets."

Rusty Cooper presented two Chairman's Awards for outstanding service to the Foundation and to the chair. The first went to Stuart Prescott: "Stuart has been the chair of Create a Jewish Legacy, our Board Development Committee, the Baer Committee and an officer of this Foundation. Most importantly, he loves the DJCF more than anyone I know. Stuart, thank you for all that you do for us and many other organizations you have served and will continue to serve. The second award goes to a man, and treasured friend, who has taught me, led me by example, and helped shape the values and beliefs I hold dear — and that is Rabbi Stefan Weinberg."

Guest speaker Benjamin Kelly, a partner at Husch Blackwell and one of the nation's leading experts in estates and trusts, was eloquent in his remarks about the importance of transmitting values within a family so when it comes time to plan giving, children will not only understand their parents' wishes, they will genuinely wish to honor the legacies established by their elders. Understanding why their families give, how they give, and their family's wealth origin story is what has proven to strengthen and build family wealth from generation to generation.

The highlight of the DJCF's Annual Meeting was unquestionably the presentation of nine Sylvan T. Baer Grants to local Jewish agencies, two of which received 100 percent of their grant requests. A total of \$200,000 in grants was presented to Chabad of North Texas, Chai Homes, Dallas Hebrew Free Loan Association, Dallas Holocaust Museum, JET, Jewish Children's Regional Service, JCC, Jewish Family Service and The Legacy at Home. The staff and residents of Chai Homes received an additional treat — all the leftover desserts from the evening, beautifully created by Taste of the

World Caterers.

DJCF President Meyer Bodoff preceded the ceremony by sharing with attendees that Foundation managed legacy gifts — money left to charity in wills, estates, insurance policies, etc. (as Sylvan Baer left his legacy in the 1970s) — have surpassed \$270 million. Bodoff also shared that this year, the Foundation has the potential to award more than 50 higher education scholarships in May.

"For the first time in our history," said Bodoff, "we have 38 nonprofit organizations calling our Foundation their financial home. These are great statistics, but like all numbers they only tell part of the story. The real story exists behind the numbers, within the organizations and the people we aid and support."

Over the past two years the Dallas Jewish Community Foundation has granted more than \$30 million to a wide range of nonprofit organizations. Dallas synagogues received more than \$4,000,000; \$7,500,000 was awarded in the form of education grants, including major donations to our local day schools. The DJCF disbursed \$5,800,000 to Jewish Federation of Greater Dallas and more than \$5,000,000 to cultural arts organizations. Twenty-five agencies each received more than \$100,000 in grants during 2017 and, Rusty Cooper pointed out, all of this was accomplished with a very small staff and an incredibly low administrative overhead of 7 to 8 percent of expenses to the amount the Foundation granted, an operation budget among the lowest in the nonprofit sector.

— Submitted by Mona Allen



Photos: DCJI

JCRS Development Director Mark Rubin accepts one of nine grant checks from DJCF Chair Rusty Cooper and DJCF Board Member Peggy Tobolowsky.



Stuart Prescott, surprised and honored to receive the DJCF Chairman's Award, is flanked by Florence Shapiro on his left and his wife Myra Prescott on his right.



Outstanding greeters were Mesorah High School students.

February 15, 2018 | **17**

Comfort recipes for cold days in February

February is an odd time of year. After the excitement of the Super Bowl and before Purim, we have no theme for cooking. In the Northern states, hot, stew-like entrees keep everyone warm. Half of the U.S. doesn't feel arctic temperatures, yet the relatively cooler temperatures still beg for comforting eats.

This menu is pure comfort: spicy beef ribs (big and meaty); a tangy sweet, vinegar slaw; perfectly golden roast potato wedges; and a sweet ending of chewy bars with chocolate and peanut butter. It's perfect.

And, though there are lots of ingredients, the recipes themselves could not be easier.

The only trick to making beef ribs tender is long, slow cooking. Drain all the liquid from the pan and only then, when the ribs are dry, brush on the spicy sauce and cook on higher heat to sticky, charred deliciousness. You can also cook ribs on the grill — cool side of the grill (covered) and a bit of flame to

I imagine an evening of chilling and chewing. Lots of napkins and something very icey to wash it all down.

Roast Beef Ribs with Spicy Glaze

- 1 tablespoon garlic powder
- 2 tablespoons brown sugar
- 1 tablespoon chili powder (mild or
- 2 teaspoons kosher salt
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1/2 teaspoon ground cayenne

Sauce:

- 2 cups ketchup
- 1 cup minced onions
- 2 tablespoons brown sugar
- ¼ cup soy sauce
- 2 tablespoons fresh lemon juice
- 2 teaspoons hot pepper sauce (such as Tabasco)
- 1 tablespoon fresh chopped garlic

- 6 pounds meaty beef ribs
- ¼ cup olive oil

Preheat oven to 250 degrees. Line a rimmed baking sheet with heavyduty foil (or 2 layers regular foil), dull

Combine rub ingredients in a medium bowl and whisk to mix.

Rub ribs on all sides with oil. Sprinkle the ribs with all the rub mix and use your hands to "rub" in the rub.

Arrange the ribs on the baking sheet.

Cover the ribs with more foil, sealing the edges well.

Cook in the oven for 3 hours. Remove from oven, uncover and drain away all liquid. Allow to cool slightly.

While the ribs are cooking, combine the sauce ingredients in a small saucepan over medium-high heat until the mixture starts to boil. Reduce heat to medium-low and cook for 15 minutes. Turn off heat and allow the sauce to cool on the stove.

Raise oven temperature to 375 degrees. Brush the sauce over both sides of the ribs and cook for 20-30 minutes. Raise heat to broil and cook until the ribs are beginning to char (watch the oven — the ribs burn easily). Makes 6 servings.

Roast Dill and Parsley Potato Wedges

- 3 pounds large potatoes, any
- 1 tablespoon dried parsley flakes
- 1 teaspoon dried dill
- 1 teaspoon granulated garlic
- ½ teaspoon ground cayenne powder
- ½ teaspoon paprika
- Salt and pepper to taste
- 2-3 tablespoons extra-virgin olive oil

Preheat oven to 250 degrees. Line a rimmed baking sheet with parchment. Set aside.

Slice potatoes into long wedges

When it is the right consistency it should coat the back of a spoon, like a thick sauce. Set aside and

dough, it's very important immediately cover it with a damp towel. This ensures that it doesn't dry out while you are working

Take approximately 3-4 sheets or a cup with a diameter of approximately 2½ inches, and make circles as close together as you can (to maximize the amount you can make on one stack of the dough around the cutter or cup with the tip of a sharp paring

Work quickly to fold up the edges of the circles and pinch on 3 corners to create a triangle. Brush them with a generous amount of melted butter to hold the edges

After you have made all your triangles, fill each one with a little bit of crumbled queso fresco and top with approximately 1-2 teaspoons of the guava "sauce." Take care not to fill too much or the guava will melt a bit and ooze out of the triangle. Bake on (about 10 wedges per potato).

Combine the parsley, dill, garlic, cayenne and paprika in a bowl and whisk to blend.

In a large bowl, toss potato wedges in oil and season to taste with salt and pepper. Add the spice mixture and toss well

Arrange the potatoes on the prepared baking sheet and bake for about 40 minutes, until tender and golden, turning once while cooking. Serve hot. Makes 6 servings.

Sweet and Tangy Vinegar Slaw

- ½ head of cabbage, finely shredded (about 1 pound)*
- 2 cups shredded carrots
- 1 red bell pepper, finely chopped
- 1 cup chopped scallions
- 1 cup chopped parsley
- ¹/₃ cup cider vinegar
- ¼ cup sugar
- ¼ cup vegetable oil
- 1 teaspoon Dijon mustard
- 1 teaspoon celery seeds
- Salt and pepper to taste

Combine all ingredients in a large bowl and toss well. Allow to sit for 30 minutes. Chill until ready to serve. Toss again and adjust salt and pepper to taste just before serving. Makes 6

*Use a sharp knife to cut the cabbage into quarters through the stem end. Cut the core out of each quarter. Slice each cabbage wedge lengthwise into thin strips/shreds.

Brown Sugar Peanut Butter Chocolate Chip Bars

- ½ cup margarine, room temperature
- 1 cup packed brown sugar
- ½ cup chunky peanut butter
- 1 large egg, lightly beaten
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ¼ teaspoon kosher salt • 1 cup flour
- ½ cup rolled oats
- 11/3 cups (8 ounces) semisweet chocolate chips

Preheat oven to 350 degrees. Line a 9x12-inch or 9x13-inch baking dish with parchment (bottom only).

Use an electric mixer to cream together margarine, sugar and peanut butter in a large bowl. Mix in egg, vanilla, baking soda and salt. Mix in the flour. Mix in the oats. Mix in the

Spread the mixture in the prepared pan. Bake for 25 minutes. Remove from oven to cool completely.

Run a knife around the edge of the pan and turn the bars over onto a cutting board. Use a sharp knife to cut the bars while upside down. Turn them over to serve. Makes 2-3 dozen bars (depending upon how large you cut the bars).

Guava and Cheese Hamantaschen Recipe

By Sandy Leibowitz

(The Nosher via JTA) — Guava, or guayaba in Spanish, is native to tropical areas such as Mexico, Central America, South Because of its proximity and availability, the fruit is a part of many Latino cuisines.

Guavas have a strong tropical fragrance and floral taste notes similar to papaya and grape. They can be prepared a variety tails, glazed over grilled meats, and even fish), but are especially they provide the sweet and salty element that is so irresistible.

If you cannot find queso fresco in your area, you can also use a mild feta (try soaking it in water to remove some of the saltiness). Another option is ricotta cheese supplemented with a nice pinch of salt.

from early spring through the winter, but in this recipe, I used a guava paste, which can be easier to work with, as the many seeds have been removed.

You can find guava paste in the international section of most large supermarkets, and there is even kosher-certified guava paste. Please note: In this particular recipe, you want to make sure to use paste and not jelly, as jelly can ooze out too much.

Ingredients:

- 14 ounces guava paste
- 1 cup of water
- 1 roll store-bought phyllo dough, thawed
- ½ cup (1 stick) melted butter
- 1 cup (approximately) queso fresco (or feta cheese or ricotta, as noted above)

Directions:

Preheat your oven to 350 degrees.

In a saucepan over low heat, mix the guava paste and ½ cup water comes together and there are no lumps. Add the rest of the water if needed. Continue to add water and whisk thoroughly until you allow to cool.

When working with the phyllo

a sheet pan lined with parchment paper about 15-20 minutes, until golden brown.

done, allow them to cool on a rack a few minutes before eating them. Note: They are best enjoyed soon after they come out of the oven, but you can also reheat them in a 350-degree oven for a few minutes until warm and enjoy the next day. Makes 2 dozen hamantaschen.

Sandy Leibowitz is a trained chef, recipe developer and food blogger. Find more of her recipes at www. on instagram @thekoshertomato.

The Nosher food blog offers a dazzling array of new and classic Jewish recipes and food news, from Europe to Yemen, from challah to shakshuka and beyond. Check it out at www.TheNosher.com.

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www.magendaviddallas.org Rabbi: David Moyal

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www.sephardictorahcenter.org

Rabbi: Zecharia Sionit

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6504 Dykes Way, Dallas 214-774-9223. **Rabbi:** Ronen Shimon

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Calendar

THURS., FEB. 15

Exhibit Opening - Manzanar: The Wartime Photographs of Ansel Adams 6 p.m., Reception 7 p.m., Program

Program will feature remarks from Tom Ikeda, executive director of Densho Manzanar: The Wartime Photographs of Ansel Adams. The exhibit features 50 photographs by Ansel Adams of the Japanese American internment camp in Manzanar, California, during World War II. These photographs were the subject of his controversial book Born Free and Equal, published in 1944 while the war was still on, protesting the treatment of Japanese in the United States. The exhibit runs through Aug. 14, 2018, and was organized by Photographic Traveling Exhibitions, Los Angeles, California. Densho's mission is to preserve the testimonies of Japanese Americans who were unjustly incarcerated during World War II before their memories are extinguished. These irreplaceable firsthand accounts, coupled with historical images and teacher resources. promote the principles of democracy and promote equal iustice for all. In Memory of Shizuo Tsuiihara, Exhibit Sponsors are Carl B. and Florence E. King Foundation, Orchid Giving Circle, Community Partners: Crow Collection of Asian Art. Dallas Japanese Association, Japan-America Society of Dallas/Fort Worth. RSVP required.

RSVP: http://bit.ly/2GyqEua **Dallas Holocaust Museum** 211 N. Record St., Dallas

Women's Rosh Chodesh Program: **Knitting for Beginners with Andrea** 6:30-8 n.m.

No experience needed. Please bring a set of knitting needles and yarn. No charge to attend. Please RSVP.

Contact/RSVP: Jennifer Williams, 214-691-3611 or jennifer@tiferetisrael.org. Tiferet Israel 10909 Hillcrest Road, Dallas

FRI., FEB. 16

Shearith Israel Carlebach/Gospel Shabbat 6 p.m.

This Kabbalat Shabbat service will feature speical guests One Voice Gospel Choir, Cantor Itzhak Zhrebker, Kol Rina. and Kol Neshamah. A shabbat dinner will follow. Max Glauben will speak following dinner on "From Darkness to Light"; Rabbi Shira Wallach will moderate the discussion. Cost is \$8 per person and \$40 max per family. Please RSVP.

Contact: Sandi Burt, sburt@shearith.org 214-939-7315 **Congregation Shearith Israel**

9401 Douglas Ave., Dallas

SAT., FEB. 17

Temple Shalom Brotherhood 50th Anniversary Gala, Art Auction & Dance

Temple Shalom honors its past presidents. Enjoy Eric Wills, cocktail hour pianist, and after-dinner dance to #1 Music Hits of Last 5 Decades.

RSVP with payment. Cost per ticket is \$50. http:// www.templeshalomdallas.org/groups/brotherhood.

Contact: Dennis Eichelbaum, 972-567-2963, DJE@edlaw.com

Temple Shalom 6930 Alpha Road, Dallas

SUN., FEB. 18

Academy Awards Pre-Party Sisterhood & Men's Club **Joint Breakfast**

9 a.m.

All are invited to this annual Academy Awards joint breakfast program with local movie critics Stephen Becker and Chris Vognar. Don't miss the awardwinning combination of Men's Club lox and bagels and Sisterhood's fabulous desserts. \$7 members, \$10 non-members, and \$5 students.

Contact: Robyn Rose, Sisterhood@ congregationbethtorah.org or David Duchin, Mens_Club@congregationbethtorah.org **Congregation Beth Torah** 720 Lookout Drive, Richardson

WED., FEB. 21

Chevra Kadisha Dinner

Thank those who do the greatest mitzvah by caring for the deceased. \$30 per person. RSVP by Feb. 16.

Contact/RSVP: Jennifer Williams, 214-691-3611 or jennifer@tiferetisrael.org. **Tiferet Israel** 10909 Hillcrest Road, Dallas

FRI., FEB. 23

Anshai Torah Tot Shabbat-Mishpacha Style

Monthly young family Shabbat celebraton with activities, Kabbalat Shabbat service, dinner, story and dessert. Cost is \$25 per family. Prepaid RSVPs

RSVP: Debbie Butvin, 972-473-7718 receptionist@anshaitorah.org **Congregation Anshai Torah** 5501 W. Parker Road, Plano

CBT Young Families Potluck

Join CBT Young Families for another fantastic potluck Shabbat dinner hosted by the Levy family.

Contact:Janine Bergknoff, young_families@ congregationbethtorah.org **Congregation Beth Torah** 720 Lookout Drive, Richardson

SAT., FEB. 24

CBT Men's Club Four Seasons Basketball 7:30 p.m.

Join us to watch the minor league basketball game of the Texas Legends vs. Salt Lake City Stars as they play at the Dr Pepper Arena in Frisco. Tickets must be ordered in advance.

Tickets: David Duchin, Mens Club@ congregationbethtorah.org **Dr Pepper Arena**

2601 Avenue of the Stars, Frisco

SUN., FEB. 25

Book Signing and Brunch 10 a.m.-Noon

Rabbi Zell will present his newest book, Passover Points to Ponder, and will autograph copies. Cost is \$36 per person. All proceeds will benefit Tiferet Israel. Limited seating available. RSVP by Feb. 19.

Contact/RSVP: Jennifer Williams, 214-691-3611 or jennifer@tiferetisrael.org. **Tiferet Israel** 10909 Hillcrest Road, Dallas

CBT Chai Lights the Power of Jewish Women

Join Dr. Herb Weinstein as he shares the stories of Jewish women who changed our world in fields of medicine, genetics, mathematics, politics and humanitarian endeavors

Contact: Joy & Herb Weinstein, ChaiLights@congregationbethtorah.org **Congregation Beth Torah**

CBT North Purim Basket Fun

CBT is headed to Allen, where Carlie Ross and Mindi Sue Rubenstein will demonstrate how to make decorative and fun baskets.

Contact: Marilyn Guzick, Membership-VP@ congregationbethtorah.org **Congregation Beth Torah** 720 Lookout Drive, Richardson

MON., FEB. 26

SWJC presents 'Mekonen: The Journey of an African Jew'

See a mini-documentary following the story of a young African-Israeli Jew, once a shepard in Africa and his climb to becoming a commander in the IDF.

Studio Movie Grill Spring Valley at Central Expressway

WED., **FEB.** 28

CBT Purim Celebration 5:30 p.m. Young Families 6 p.m. Light Dinner 7 p.m. Megillah Reading and Spiel

Karoke, Dancing, Face Painting, Carnival Games and More! Wear a costume.

Contact: membership@ congregationbethtorah.org **Congregation Beth Torah** 720 Lookout Drive, Richardson

Temple Shalom 'Star Wars, The Purim Spiel' 6-7 p.m. Dinner, Family Activities 7-7:45 p.m. Purim Spiel 8 p.m. Martinis, More Megillah, Adult Study

Wear a costume and grab a friend for this Purim celebration that's open to the community. Payment accepted at the door, but reservations by Feb. 26 requested. Cost is \$12 adults, \$8 kids.

RSVP: Rabbi Andrew Palev apaley@templeshalomdallas.org, 972-661-1810, www.templeshalomdallas.

Temple Shalom 6930 Alpha Road, Dallas

Purim at Tiferet Israel 6:30 p.m. Megillah Reading 7:45 p.m. Costume Carnival

Vashti's Lounge and children's carnival will follow. Costumes encouraged. Music, noshes and libations. No charge to attend, no RSVP required.

Contact/RSVP: Jennifer Williams, 214-691-3611 or jennifer@tiferetisrael.org. **Tiferet Israel** 10909 Hillcrest Road, Dallas

SAT., MARCH 3

Temple Emanu-EL Brotherhood Israel Book Club

1 p.m.

This month's book is Six Days of War: June 1967 & the Making of the Modern Middle East by Michael Oren. The Israel Book Club is led by Robert Epstein and meets at 1 p.m. following the Sisterhood Nosh.

Contact: Robert Epstein, macabee1948@

Temple Emanu-El Linz Hall 8500 Hillcrest Road, Dallas

ONGOING

Shabbat Together

Sat., Feb. 17, 10:30 a.m.; Fri., March 16, 6 p.m.; Sat., April 21, 10:30 a.m.; Sat., May 19, 10:30

Families with children ages 6 and under please join Temple Shalom each month to celebrate Shabbat Together.

The programs include singing, dancing, story time and, of course, challah. Saturday mornings conclude with a child-friendly onea!

Contact: Young Families Committee Co-Chairs Jen Arndt and Michelle Falk, youngfamilies@ templeshalomdallas.org

Temple Shalom, 6930 Alpha Road, Dallas

Every Tuesday Yiddish Class 10:30 a.m.-noon

Max Spindler leads this class. Don't know your Alef Beth? Learn them as you learn Yiddish. This class is for beginners and advanced learners. No books required.; just bring paper and pen and an open

Contact: Sydney Pople, spople@shearith.org, 214-361-6606 Shearith Israel, 9401 Douglas Ave., Dallas

Every Friday Shearith Israel Family Center Playgroup 10:30 a.m.-Noon

The playgroup is led by Rabbi Shira Wallach and meets each week. If you have any questions, please call Sara Katz, 214-939-7325.

Contact: Sara Katz, skatz@shearith.org **Congregation Shearith Israel** 9401 Douglas Ave., Dallas

In their words....

Zaidy was a hero in the 1918 flu epidemic

us exactly 100 years after the one that decimated the world's population following World War I. Then, it killed millions around the globe, and at least 670,000 here in the Unit-

Virtually everyone alive today is either too young or too old to have individual, personal memories of that tragic time. My own uncle, who recently turned 95, was a toddler then, born after the misery as the next-to-youngest member of a very large Jewish family, of which there were many in those "olden days." Among those families, there also were many that experienced at least one personal loss.

The great "they" theorize that a single sailor in the U.S. Navy, returning to shore after overseas duty, brought the flu home with him. But in the long run, while its origin is a matter of interest and some debate, it's of less importance than the devastation it caused. We who live today were not even born then, or were immature enough to be fully aware, but many families carry sad memories of those lost ones to this very day. My own family is one of them.

I was born many years after the great epidemic, so I never knew my Aunt Ida. My mother was the oldest of 12 siblings; this sister was her family's third, but first to die. As I learned over the years from many relatives (not just my mother), Ida was taken to a hospital — overcrowded, as all hospitals were at that time — so as not to infect other members of the family.

I know Ida's basic, important dates because my Zaidy kept birth records on the back of my Boubby the Philosopher's ketubah. She was on the list of the dozen as born on March 14, 1909; he also recorded her death date as October 24, 1918. A 9-year-old, doomed in the plague's very first year, when the hospitals were already filled with the dying and the dead...

When he got word of Ida's passing, Zaidy went immediately to the hospital himself, to pick up her body for burial. But there was no time

The current flu epidemic has hit then, and not enough funeral professionals, to carry out all the preinterment rituals we Jews think of as essential today. Tahara — the wash-



MIND'S I

By Harriet P. Gross

ing and dressing of the body was suspended for the duration. Families were on their own...

arrived to take his daughter to the cemetery, he saw a dead baby boy lying next to her. Whose child

When Zaidy

was that? He wanted to know. But nobody knew. So many people had come in so quickly that the skeleton staff still on duty could only assume this little child had been brought in with, or perhaps by, a parent — or maybe even both parents — who had also subsequently passed away. Not a soul had even asked about him, much less come to claim him. So, my Zaidy did what he thought was right under those strange circumstances: He took that tiny body to bury with his own daughter. And he did.

There were no gravediggers then. There were only makeshift coffins of a sort. My Zaidy was physically strong, but I have no idea how he, or anyone else, could have been strong enough mentally or psychologically at the time to do what he did: He dug the grave himself, burying Ida and the unknown baby along with her.

So, every year, on the date of Ida's yahrzeit, we say Kaddish not just for her, but also for that unclaimed little boy whose identity was never dis-

This year's flu is of epidemic proportions, but now we have better methods of preventing it, treating it, even curing it; our medical knowledge is much more advanced and personnel much better able to handle its victims — including those who must die. But circumstances were tragically different then, when my Zaidy became a hero — one known, however, only by his own

Turn to the Torah to douse seeds of anger

Dear Rabbi Fried,

I have an anger problem that is affecting my home, office and relationships with friends. Until recently, I blamed it on others, but now I realize it's me. Before getting involved with expensive counseling, I would like to know if anger is discussed in Jewish sources, and if I could or should attempt to help myself by studying them. Your input would be most appreciated.

Dear Anonymous,

You have already taken a major step by recognizing your anger problem and shifting the blame from others onto yourself. Although I don't know you and therefore can't really advise you, it would certainly be beneficial to work on this with the material available in Torah sources that will help you see things from a very different, elevated vantage point and help you recognize and internalize the destructive power in anger and the benefits of a joyous, accepting life.

I would recommend you consider doing this work alongside counseling or therapy, as, in many situations, the Torah study will augment the therapy you need, not take the place of it — at least in the beginning stages or as recommended by the thera-

Numerous Torah sources teach us the negative affects of anger. Let us examine two of them that were at crossroads of ancient Jewish history.

· Jacob, in his final, parting words to his beloved sons on his deathbed, strongly criticized Re-



ASK THE RABBI

By Rabbi Yerachmiel D. Fried

uven, his firstborn, for the anger he expressed by moving his father's bed after the death of his mother. He then cursed the anger of his sons Shimon and Levi — which had led them to destroy a city — adding that he wants no part in their anger; their anger will cause them to be split apart and not live with stability. (Genesis 49:3-7)

· At the moment of truth, Jacob's final farewell, he chose to focus on misplaced anger among his sons, the tribes of Is-

rael, to ensure they focus on correcting that anger for the sake of future generations.

 A leader as great as Moses was not allowed to enter the Land of Israel because he expressed anger, leading him to strike the rock rather than speaking to it as commanded (Numbers 20:7-13). That anger caused Moses an insurmountable loss, the inability to enter the land he so loved and longed for and to continue to lead the Jewish people into their final

Maimonides codifies the Torah outlook on anger ("Yad Hachazakah," Hilchos Deos 2:3). After his well-known treatise on character traits, where Maimonides shows how one should act within the "middle of the road" and not go to extremes, he

see FRIED, p.22

Courage is more than physical strength

Dear Families,

The Goldberg Family Early Childhood Center at the Aaron Family JCC celebrates a different Jewish value each month. Not only are each of our values important ones, but they also help us learn how we should act and connect us with our history.

Our value for this month is "courage — ometz lev." The most interesting thing about the Hebrew phrase is that it translates as "strength of heart." It is not just about being strong in a physical way but doing the right thing when it is hard. More than that, it is also about doing something new and different.

Here are a few sections from an article titled "Giving Ourselves Permission to Take Risks" by Elizabeth Jones. The article was written primarily for early childhood, but it is really a message for all of us.

'Courage, as we've learned



FROM THE SHABBAT LADY

By Laura Seymour

Cowardly Lion (from The Wizard of Oz), is a virtue that is hard to sustain. New experiences are often scary; don't know what will happen next or what

we should do. Yet all new learning involves risk. We learn by doing — and by thinking about the past and the future.

"Risk is inevitable; it's a requirement for survival. The challenge is to name it, practice it, enjoy the rush of mastery and bear the pain when pain is the outcome.

"A child who climbs may fall. But a child who never climbs is at much greater risk. Fall surfaces

under climbers aren't there to prevent falls, only to make them less hard. And hugging doesn't make the pain go away, but it does make it more bearable."

We chose this value as we get ready for Purim. We go beyond the great fun of the holiday with dressing up, giving gifts and tzedakah, plus telling the story to much noise of our graggers. There is the important message of "ometz lev - courage" that Queen Esther must display.

Having courage does not mean that you are not afraid, but that you must step up and do the right thing (and sometimes the scary thing) even when you are afraid. As you plan your costume and your gifts, think about doing something that scares you - it will help you grow.

Laura Seymour is director of camping services at the Aaron Family Jewish Community Center of Dallas

The month of Adar is the time for us to learn how to increase happiness

Each new month in the Jewish yearly cycle brings a unique energy, opportunity for growth and responsibility. This week we entered a new month called Adar.

Aside from the obvious association with the holiday of Purim and all the festive vigor that surrounds it, there is a flavor that immediately strikes at the onset, as expressed in the Talmud (Taanit 29a): "When Adar arrives, we increase in simcha (happiness)." We find similar biblical commands saying, e.g., "you shall rejoice in your festival (Deuteronomy 16:14)" — there are joyous dates on the calendar, but none of them affect the entire month.

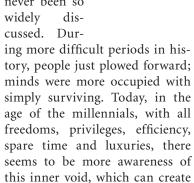
When looking at the Torah, a clear, action-related directive makes sense. Instructions to experience specific emotions are more puzzling. In the famous daily declaration of the Shema, for example, we encounter the verse "You should love the Lord your God with all of your heart, with all your soul and with all your might." Telling someone what to experience seems like a vain instruction — either you feel it or you don't.

Dealing with this famous dilemma regarding love, the commentaries explain that properly fulfilling the first verse — "Hear, O Israel" (mindful meditation on the pervading oneness of the Creator, within all details of the universe and beyond) — will automatically lead to the following verses, arousing a sense of closeness. But what about telling

someone to be happy (and, furthermore, increasing that feeling)?

versus 'being happy'

The ongoing quest for happiness in our lives has never been so widely discussed. Dur-



D'VAR

TORAH

By Rabbi Dan

Lewin

Before getting into how to increase in happiness, let's first examine this discrete emotion simcha. The intent here, in a short piece, is not to offer a superficial definition or recipe, but to explore the emotion as it appears in Jewish literature.

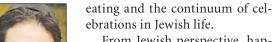
an obsession with finding purpose

and how to achieve happiness in

our life. Speakers and books on

the topic are in high demand.

While pop culture offers stepby step recipes, "The Five Stages of Happiness," the actual emotion of simcha may be less contrived, more natural and simple. Culturally, it's often expressed in spontaneous dancing, singing, drinking,



From Jewish perspective, happiness is a necessity, but not a mitzvah per se. To be sure, there are famous statements and songs like "serve Hashem with simcha," but Jewish joy, positivity and gratitude are set components of daily life, a must-have if you want to have a successful spiritual life.

There is a simple gratitude that begins immediately upon awakening — "Modeh ani lefanecha" — the short phrase uttered immediately as we open our eyes each morning. As we shift from dream state into consciousness, sensing our soul re-invigorating the body. It's a humble gratefulness for receiving life — experiencing the start of the day like a newborn baby entering the world. Then, as we move through the day, our mental faculties more alive, we can experience a gratitude born of reflection — e.g., the wonderment of the underlying intricacy and harmony in the human body, realizing how every organ must function perfectly, just for us to breathe, walk around and digest.

But the feeling of gratitude is not simcha, though it can definitely open the door for that emotion to evolve. Put differently, gratitude and peacefulness are more like calm water; they are reflective sensations. Eastern philosophies and popular guides preach techniques that create this inner calmness. The person seems to be wise, controlled and at ease in a turbulent world. But is that happiness?

True happiness is more like igniting a fire inside, an electric energy, aliveness as the soul springs up and expands inside us. It doesn't give clever answers to hypnotized listeners — but it heals them.

Happiness can be hard work

That definition of joy may not be as easy to picture, or as appealing. People often only want a warm bath to stop the soul from shivering. This superficial notion of "happiness" or tranquility is more like an attempt to soothe the chaotic self, covering struggle with a soft, smooth energy, like a spiritual sedative marketed with a nice smile. Simcha is something else entirely. It often requires focused strength and toil, effort that other paths may not require.

There seems to be an inherent clawing and agitation in Judaism, that actualization of self and world which is inherent in our mission statement. Hasidic sources view happiness more like a prerequisite for divine connection, a battle tool against the inner opponent that seeks to weaken and distract us from our purpose, rather than a pleasurable drug, or an end in itself. It's not enough just to "be," or to make a list of what you're grateful for. Simcha is of a different anatomy — our war on complacency — where happiness and status quo are mortal

There is a certain fight of the spirit than comes after battling darkness, bursting through concealments to connect with God

regardless of surrounding circumstances. (This form of joy, a light shining from darkness, is connected to Purim.) The culmination of joy in this month is a perfect dialogue between soul and body. Usually, the emphasis on eating is a most base instinctive desire, a lack of refinement that pulls one away from spiritual sensitivity. But on Purim, the two opposites merge: The body celebrates the soul's victory.

The feeling of simcha that permeates this entire month may be general and undefined — unlike the day of Sukkot, or celebration of freedom during Passover. The upshot is that everyone must ask themselves, since now is the season of happiness, how do I increase it?

For some, it may be studying extra subjects in Torah that are particularly uplifting. For others, this may mean treating themselves to a certain pleasure that they don't normally have an opportunity to embrace. Or, they give extra effort to be in a better mood for the sake of the environment, such as making others smile. But the simple awareness of this time period means that we have to position ourselves to dig within to find that increase in joy.

Rabbi Dan Lewin is the director of the nonprofit Maayan Chai Foundation. He hosts the Sinai Cafe, a series of weekly Torah study at the Aaron Family JCC and in the community. For more information visit www.maavanchai.org.

Though it tries to deny: a historical perspective on Poland's Holocaust guilt

Poland has been in the news Polish guide lately, denying that it was responsible for the Holocaust.

Some years ago, my wife, Deanna, and I took a trip to Central Europe, which included a trip to Auschwitz.

As we walked from room to room, we gaped at the stacks of prisoners' shoes, eyeglasses, and other personal items that were displayed.

Photographs of victims were hung on the walls. We saw the ovens, yet at no time did the use the word "Iew" to describe the victims.

As she was about to leave us, I had to ask, "Weren't these Jews that were killed?"



HISTORICAL PERSPECTIVE

By Jerry Kasten

"They were Polish...Some were Polish Jews. Many were Polish political prisoners," she brushed

In reality, we know that almost all the victims were Jew-

We also know that the Polish government's officials and citizens were complicit in the roundup, capture and transport of local Jewish inhabitants in order to gain favor with their Nazi invaders.

Many tens of thousands of Polish citizens collaborated with the Nazis, burning a barnfull of 1,500 Jews in Jedwabne,

spying on and betraying hiding places of others in order to be rewarded by the Nazis.

Even after the Holocaust camps' liberation, when some Jews attempted to return home, many were attacked, causing some to migrate to Israel.

Yes, many Poles were involved in the attacks and the killings of Iews, but there were also Poles who hid and rescued Iews at the risk of their own lives.

Yad Vashem in Israel has memorialized those Polish Gentiles for their attempts to save Polish Jews.

This past summer, while President Trump was in Europe, he had an opportunity to try to dissuade the Polish president from pushing for a new law that makes it illegal to blame Poland for any aspect of the Holocaust, but he failed to do so.

Poland's Holocaust Denial Law threatens three years in prison for anyone accusing Poland of being responsible for the Holocaust.

JDC CEO continued from p.3

articulate, and the things he had done outside of that, including in the Jewish world, were impressive," Rabin said.

What Schizer brings to the table, Rabin said, is an outsider's approach with strong analytical skills.

"It's important for an organization

to be periodically challenged," Rabin said. "Are we doing the right things? We were sure our mission was the right one, but were we pursuing it effectively?"

Schizer developed three questions to ask of every current or potential project: How important is the problem? How effective is our response? Are we the right organization to address the issue?

"We need to have a planning

process where we are thinking constantly about how to disperse our scarce resources," Schizer said. "What we needed was more transparency and a more principlebased approach."

The JDC nickname of "The Joint" goes back to the concept behind JDC's founding in 1914, which brought together the Germandominated traditional American Jewish organizations and those of the Eastern European immigrants who had recently arrived in massive numbers. The two groups, who rarely got along, put aside their issues to meet the needs of Jewish communities in Ottoman-controlled Palestine.

The underlying concept of JDC is that we Jews are responsible for Jews around the world," Rabin said, "I'm as concerned with Jews in Ukraine or Israel or Venezuela as I am with Jews in Dallas."

He's not alone. Dallas has

provided national leadership for a number of Jewish organizations.

"One of the things we try to do in Dallas and all over is to get people to travel to see what we're doing," Rabin said. "When they see it, it has a tremendous impact."

That's how he got involved, meeting Alan Gill,

Schizer's predecessor, while traveling in Israel with the Federation. Rabin sensed that same love for the broader Jewish community in Schizer, who was president of America's Voice in Israel after leaving Columbia.

"When I first got the call, my immediate response was, 'Are you sure you have the right number?""

David Schizer interacts with campers at JDC's Szarvas International Jewish Summer Camp in Hungary, a project of JDC and Ronald Lauder.

Schizer said.

But he loved the chance to make a difference for thousands of people across the world. He said saving lives and changing lives is the best part of

"I'd not had the opportunity before in being personally involved in helping really vulnerable people,"

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FRIED

continued from p.20

writes the following (loosely translated by this author from the Hebrew original):

"There are some character traits which one should not conduct himself along the 'middle of the road,' but should, rather, go to the extreme." Now, he turns from haughtiness to anger. "Similarly, anger is an excedingly negative character trait and it is befitting that one should conduct himelf in the extreme with regard to negating the trait of anger. One should train himself not to become angry even with regard to those matters befitting of anger. Similarly, if one wants to cast fear among his children and the members of his household or upon the congregation if he is their leader, and wants to express anger to bring them back to the good, he should express himself to them as if he is angry in order to affect them, but he should internally be calm and not truly be internally angry, he should only appear that way."

Maimonides concludes, "Our early sages declared that anyone who is angry is tantamount to having worshipped idols. They said further, anyone who is angry, if he is a wise man his wisdom will escape him. If he is a prophet, his prophecy will be removed from him. Those who live in anger, their lives are not lives. Therefore our early sages commanded us to distance ourselves from anger until we don't even feel those things which would normally cause one to be angry. This is the choice

path. The way of the righteous is to accept shame and not be ashamed, hear their insults and not answer back, they perform all they do with love and accept difficulties with joy. Upon them the Torah writes that (in the future time of reward), those beloved by God will shine like the sun in all its power."

Maimonides adds that there are, however, unique times when it is warranted to truly be angry, such as when dealing with those who are openly desecrating the name of God (See Hilchos Deos 1:4 and Lechem Mishneh loc cit). Such situations are rare in everyday life, taking us back to the main ruling to stay as far as possible from anger.

Anger, as a God-given emotion, cannot be and is not inherently evil, but must be studied and worked upon to be used in proper measure. One great rabbi said that "anger is like salt — in small amounts it enhances; too much can spoil."

Part of the work we must invest in is to know when that "small amount" is in place, such as inspiring one to correct a lack of justice or a falsehood in the world, and when to refrain from anger altogether.

Even very great people need to work on conquering anger. The towering Torah figure in America of the past generation, Rav Moshe Feinstein ob"m, was extremely mild-mannered. In the most tense and provocative situations, he would not show a trace of anger. When questioned about this trait, he once remarked, "Do you think I was always like this? By nature, I have a fierce temper, but I have worked to overcome it."

The same applied to my mentor, Rav Shlomo Zalman Aurbach ob"m, who was renowned for his jovial spirit, joy and perpetual smile. He once remarked that he was born with a terrible temper, and spent most of his life taming

It will be a real challenge for you to attempt to study the subject of anger from direct Torah sources, especially as most of these sources are in Hebrew, and furthermore need to be pieced together to form a worldview and a plan of action.

I will, therefore, make a suggestion. There is a tremendous book called Anger: The Inner Teacher by Rabbi Zelig Pliskin. This wonderful book develops a nine-step methodical approach to conquering anger. It is based upon the author's vast Torah knowledge and understanding of human nature which has allowed him to present a down-to-earth approach to scaling the heights of character and spirit. Filled with insights, anecdotes and examples, this is a precious source of self-improvement utilizing the timeless wisdom of Torah.

Try reading through this book and working on its methods to improve your situation for a few months. Hopefully, you will save yourself the expense of extended, long-term counseling, become happier and enriched by the treasures of our Torah for many years to come. Perhaps do this in conjunction with discussions with a rabbi to monitor your progress. You will always have time to return to professional counseling if, at some point, you feel you still need more.

Esther Einhorn

Esther Florence "Nanny" Einhorn — Our Queen Esther — passed away Feb. 7, 2018, at the young age of 106. She was born on July 20, 1911, to Abe and Fannie Stoller in Beloit, Kansas.

Esther loved to travel and shop. She could take an empty room and place furniture, pictures and knick-knacks and make the room warm and inviting; everything had a place and she knew just where to place it! Holidays were a time where she shined with her

amazing matzah ball soup, chopped liver and brisket all f r o m scratch and all m a d e fresh the morning

of each



Esther Einhorn

erev holiday. She continued to make the meals way into her 90s.

She knew no strangers and everyone she met knew her as Nanny. She was one of the kindest and most sincere women you'd ever meet and the coolest grandmother, greatgrandmother and great-greatgrandmother.

The most important thing in her life was her family. She was proud of how big her family was and wanted it to grow even more. Oh, how she loved babies. For the past 16 years she was a resident of Golden Acres where she felt she was never old enough or incapacitated enough to be there. But that was her home, and in true Nanny form she made her room one that was warm and inviting, making sure there was always something to nosh on and a Coke to drink. Her friends there were the staff. They all loved her as if she were their Mama! We want to thank the staff at Golden Acres for taking care of her especially these past couple of months.

Esther was preceded in death by the love of her life, Milton Einhorn; daughter Rita and son-in-law Sandy Traxler; son, Harold Einhorn; son-in-law, Leo Coff; and granddaughter Cynthia "Laura" Traxler.

She is survived by her daughter, Shirley Coff and brother, Jack Stoller and daughter-in-law Sheila Einhorn; grandchildren, Rabbi Moishe (Shoshana) Traxler, Howard (Mary) Traxler, Ronald Traxler,

Tina (Jim) Liebo, Jerry (Roberta) Coff, Rhonda (David) Duchin, Gregory (Maureen) Einhorn, Michael Einhorn and Sydney (Michael) Long; 25 greatgrandchildren and 30-plus great-great-grandchildren. Many nieces and nephews as well as great-nieces and -nephews and great-great-nieces and -nephews. Donations in her memory may be made to Chabad Outreach of Houston, Congregation Beth Torah in Richardson or the charity of your choice.

Cecily Renov

Cecily Kaitcer Renov passed away Monday afternoon, Feb. 5, 2018, in Los Angeles. Mrs. Renov was 91.

Born in Dublin, Ireland, Jan. 25, 1927, the youngest of four children, Cecily was raised in Leeds, England, where she met Max Renov, an American GI stationed in the UK during World War II.



Cecily Renov

She and Max were married in entrusted her care and services Shreveport, Louisiana, in 1946 and lived there while raising their two children. In 1991 they

moved to Fort Worth, where they became active members of Congregation Ahavath Sholom.

Cecily spent the last decade of her life in Los Angeles, a stone's throw from Canter's Delicatessen and the Hollywood sign. A talented singer, Cecily took great pleasure in belting out the songs of the Great American Songbook to her very

Cecily is survived by her children Shelagh Baseman and her husband, Marc, and Michael Renov and his wife, Cathy Friedman; and grandchildren Jason Berg, Collin Berg, Veronica Renov and Madeline Renov.

A graveside service was held Feb. 8 in Ahavath Sholom Cemetery. Following committal

prayers, she was laid to rest next to her husband, Max, in the cemetery.

Consideration of contributions to Congregation Ahavath Sholom or to a charity of choice, in her memory, is suggested. Cecily's

to E. C. "Trey" Harper III and Robertson Mueller Harper Funerals & Cremations.



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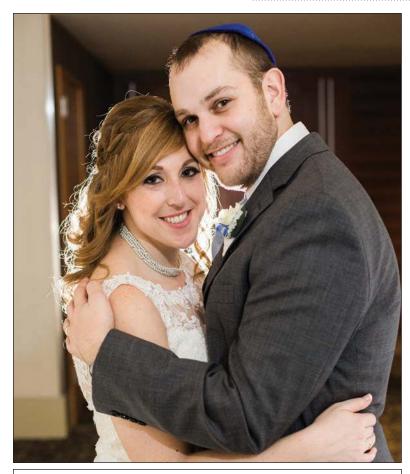
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WEDDING Laura and Ellis Shwarts

SIMCHAS

Laura Matisoff, daughter of Linda and • Ed Matisoff of Plano, and Ellis Shwarts, son • son of Ashley and of Jan and Robin Shwarts of Dallas, were Evan Bundis of married on Oct. 22, 2017, in Dallas.

The ceremony was held at the Westin • called to the Torah Galleria Dallas with Rabbi Elana Zelony and as a bar mitzvah at Hazzan Itzhak Zhrebker officiating at the • 10:30 a.m. Saturday, ceremony. Brittany Landau attended the • Feb. 17, 2018, at bride as matron of honor and Ross Shwarts . Temple Emanu-El. attended the groom as the best man.

The bride is a graduate from The • and Cantor Vicki University of Arizona with a bachelor's Glikin will officiate. degree in psychology, and holds a master's • Brody is the brother degree in professional counseling from • of Mercer, 10, and Amberton University.

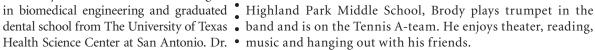
The groom is a graduate from The • University of Texas with a bachelor's degree • student at MIS/ Shwarts is a dentist at Parkhaven Dental

The newlywed couple will honeymoon Richardson.

. BAR MITZVAH **Brody Bundis**

Brody Bundis, • Dallas, will be Rabbi Daniel Utley Ryland, 8.

A seventh-grade



Brody expanded on his passion for reading with Brody's Care with Dr. Scott and Dr. Michael . Literacy Battle for his mitzvah project, collecting more than 1,000 books for kids 0 to 18 years of age.

The Bundis family looks forward to celebrating with family in Hawaii and currently reside in and friends, especially uncles Michael Geller and Antonio • Geller from New York City.



BAT MITZVAH Portia Minney

Portia Minney, daughter of Nina and Alan Minney of Dallas, will be called to the Torah as a bat mitzvah at 10:30 a.m. Saturday, March 3, 2018, at Temple Shalom. Rabbi Andrew Paley will officiate. Portia is the sister of Veronica, 15. She is the granddaughter of Helen and the late Neil Runstein of Seattle, Washington and Ivanona Ash of Seattle, Washington and Norman Minney of Springfield, Ohio.

A seventh-grade student at Parkhill Junior High, Portia plays trumpet in the school band. She enjoys soccer and art as well.

Portia will deliver 300-plus kindness postcards to children served by the Jewish Federation of Dallas for her mitzvah project. The cards feature 32 original images of elephants as depicted by 10 different female artists. They represent the strength, wisdom and empathy elephants inspire in all of us.

The Minney family looks forward to sharing their simcha with family and friends from across the country.



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