

# JEWISH LIFE

ARIZONA

THE JEWISH LIFESTYLE MAGAZINE FOR ARIZONA

## Special Sections

### Bar & Bat Mitzvah

Make the Most of the Big Event

### Women's Health

Genetics & Exercise  
Play Roles in Health

### Planned Giving

New Generation,  
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## Connect

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## Special Sections

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**40-47 Planned Giving** Young Funders Group; New generation of givers; Foundation leader loves her job; Aiding Jews with special needs; Teens explore philanthropy; When things get tough, the tough give; Charitable-giving tax tips

Cover photo of Mark Curtis by Carl Schultz.

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Bottom photo: Jewish women from Subcarpathian Rus who were selected for forced labor at Auschwitz-Birkenau.  
(Courtesy US Holocaust Memorial Museum)

# JEWISH LIFE™

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## New features for a new year

As we look forward to 5774, Arizona Jewish Life plans some new features to augment our repertoire. Whether you've been hungering for more food choices, more business news or more in-depth rabbinic views, we're adding something to satisfy your appetite.

This month we welcome Lucia Schnitzer as our new Chef's Corner columnist. In addition to tasty recipes, she provides health information and tips on how to feed a busy family.

We plan to continue to feature interesting businesses or business leaders in our UPFRONT column, but now we are following that popular feature with a column of brief items under the header "Ins and Outs of Business." The Ins and Outs column will include briefs on new or departing leaders in both nonprofit and for-profit businesses and organizations. We welcome submissions for future issues; please send your news item and photo to [editor1@azjewishlife.com](mailto:editor1@azjewishlife.com).

Next month we will debut Rabbinic Reflections. Each month we will ask one rabbi to reflect on a particular topic. In honor of Jewish Book Month, Rabbi Dr. Shmuly Yanklowitz of Valley Beit Midrash kicks off the new feature with a reflection on a Jewish figure from our textual history. If you want to know a rabbi's thoughts on a particular topic, drop me a line and I'll add it to our list of future topics to ask a rabbi. Each month we continue to take a more in-depth look at two or three topics in our special sections. This month our featured topics

are women's health, planned giving, and bar and bat mitzvah are the featured topics.

The bar and bat mitzvah section carried me back to the two years when I spent virtually every weekend at a bar or bat mitzvah. With two sons attending a Jewish day school, we joined the mitzvah merry-go-round common to middle school families. It was a wonderful way to explore the diversity of congregations around town. An added bonus was that we learned about some very worthwhile organizations that benefited from the various teens' mitzvah projects. Some projects were local and some supported programs in Israel. Teens volunteered or raised money for food pantries, social service programs, animals, hospitals serving seriously ill or injured children, and fundraisers to combat various diseases.

In addition to being frequent recipients of mitzvah projects, research on breast cancer and ovarian cancer are also featured in this month's section on women's health. Those cancers are more common among Ashkenazi Jewish women due to the prevalence of BRCA1 and BRCA 2 genes. The women's health section also offers tips on healthier living. Our section on planned giving looks at the future of philanthropy. New generations of givers are funding the community based on their priorities. Of course we also offer charitable giving tax tips. Next month our in-depth sections will look at seniors, summer camps and Hanukkah.

All in all, we feel invigorated and excited about the year ahead. I hope you also are getting a sweet start to the new year.

*Deborah*

## SAVE THE DATE

FOR THESE UPCOMING

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Evening Reception at the home of Beth Jo Zeitzer

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# Entrepreneurial couple

**Formerly partners in business as well as life, now Andy offers medical transport while Tricia is inspired by a rabbi's sermon to add ethical wills to her video-history service**

By Jane Larson

**I**t might have been fate, or just a coincidence, that spurred Tricia Beran's latest business. The Scottsdale resident was prepared to launch Reflections, a video-history service dedicated to preserving family memories when she heard Rabbi Micah Caplan of Congregation Or Chadash give a Yom Kippur sermon on the importance of capturing one's values and life lessons and sharing them with family. When Caplan challenged his congregation to examine their lives and leave their loved ones what are known as "ethical wills," the challenge rang true with Tricia. "It was absolutely aligned with one of the things I wanted to do," she says of ethical wills. Adding that component to her new business was a natural evolution for the businesswoman, community leader and wife of fellow entrepreneur Andy Beran. "Her growth from employee to mother to joint entrepreneur to solo is fascinating," says Andy, owner of Quality Transport Services of Arizona. The Berans have been active in Jewish communities since they married in New York. When they lived in Sacramento, CA,

Tricia was board president of a Jewish day school, and Andy was a board member and president of the Jewish Foundation of Sacramento. In the Phoenix area, Tricia is active in AIPAC, and both are active in Congregation Or Chadash. Joining their Jewish community helps the family establish relationships. "We found, especially as we moved around, that it was always an anchor for us," Andy says. Those relationships and personal connections are what Tricia focuses on with Reflections. Before her father passed away 13 years ago, she encouraged him to tell her about all the changes he had seen in the 20<sup>th</sup> century. "He'd tell me wonderful stories, but I didn't capture them," she says. To avoid similar regrets, she and Andy hired someone to interview his parents. The basic interview cost more than Tricia expected, and she realized she could create compelling life-history videos at more affordable prices. She took classes in interviewing and in using video equipment and software. While researching the video-history business, she came across the idea of ethical wills. "They complement the legal will, an ethical statement to family and friends," she says. Rabbi Caplan's sermon reinforced the idea. Caplan said he got the idea for the sermon topic from *So That Your Values Live On*, a book co-authored by his cousin and friend Jack Riemer. "Property goes away, but nobody can take away your values," he explains. Yet when he asked the congregation how many had received ethical wills, only three or four of 1,100 raised their hands. So he challenged the congregation to take action – to start thinking about their ethical wills. Tricia and Caplan offered workshops to encourage people to create ethical wills. Once people hear about the idea, they are very receptive, Caplan says. Caplan, whose own father died at age 39, says sharing life experiences need not wait until old age. Ethical wills can be changed and edited over time and video versions add another way to connect with the past. Reflections takes advantage of family gatherings such as graduations and weddings to have family members talk about their favorite memories and family traditions, and share their thoughts about what is important. Tricia combines photos, video

and audio to create a unique gift for the person being celebrated.

“What I love is that you get the mannerisms, the chuckle, the smile,” she says.

Most of her customers have been in their 60s and 70s. Tricia asks customers about their goals, gives them questions to think about and then records the video at their home or in another comfortable setting. Interviews take about two hours, and she edits them down to 10-minute, 30-minute or documentary-length videos.

Among Reflections’ first clients was Deb Rochford, associate director of the Jewish National Fund in Arizona. Tricia interviewed Rochford’s 89-year-old father about his childhood in an orphanage and his service in the U.S. Navy, and Rochford’s 84-year-old mother about her childhood in Colorado and her

perspective as a woman partnering in business with her husband. Tricia incorporated family photos in the video, which includes Rochford’s parents’ wishes of health, love, respect and peace for their children and grandchildren.

The result was a Mother’s Day present that Rochford calls beautiful, filled with unexpected detail and emotion. Rochford has shared copies with her brother and sister and all their children.

“It will be with you forever,” she says of the video history.

## An entrepreneurial couple

Entrepreneurship is a family affair for the Berans.

Both Tricia and Andy graduated from Dartmouth College (where they met) and both have MBA degrees. Both also had long careers at Intel Corp. Their careers with Intel took them to Arizona, around the world and back to Arizona.

Tricia retired from Intel in 1998, in part to help care for her school-age daughter who had a medical issue that took a few years to resolve through surgery. After Andy retired from Intel in 2005, the couple started their own small business. They began a digital printing and sign-making company in Scottsdale named Signs by Tomorrow. They grew it to two locations and then sold it in 2008.

The Berans travelled, visited their daughters on the East Coast and volunteered for six weeks helping disabled adults in Sderot, Israel. But Andy became “pretty bored and started looking for another opportunity.”

In 2010 he found Quality Transport Services of Arizona, a service whose vans are equipped to transport clients in wheelchairs or on stretchers to medical and other appointments. Former Phoenix police officer Jason Schechterle, who was severely burned in a crash and survived multiple surgeries, and his partner were looking for a buyer whose strong business skills were a better match for the growing QTS.

QTS’ primary market is transporting those needing extra

assistance from their homes or assisted-living centers to doctors’ appointments, dialysis or rehab treatments, and social engagements. QTS serves more than 80 medical and assisted-living facilities including Banner and the Phoenix VA. QTS also serves individuals and families needing wheelchair transportation.

At QTS, Andy works on business development, marketing and strategic planning, while the management team handles the day-to-day operations. In the last three years, the company has grown to 35 employees and operates 25 vehicles equipped with ramps and lifts. Andy estimates that QTS completes tens of thousands of trips a year.

QTS operates in a competitive market, but Andy says what makes it more than just a simple taxi service is that drivers

do more than pick up and drop off passengers at the curb. “Our drivers interact with the passengers,” he says. “They greet them at the door or even at the bedside, help get them ready to go, ensure they are safely secured in the vehicle, and then upon arrival, reverse the process. Our drivers don’t leave until the passenger is safely in the hands of the medical facility or doctor’s office or where ever the destination is.”

Adding “the human side” means passengers, who may use QTS several times a week, become part of an extended family. Drivers

might call relatives or 911 in emergencies, or they might help celebrate happy milestones. “The relationship between the drivers and the passengers becomes an important part of the whole transportation process,” Andy says.

Andy calls assisted transportation a “linchpin service” that allows an aging population to stay in their homes while they have regular, easy-to-use transportation to medical facilities and stores.

## Entrepreneurs’ life lessons

When the Berans operated their sign business together, they commonly shared the workload. Operating separate businesses forces each one to stretch to handle tasks or learn skills instead of looking to the spouse to do it, Tricia says.

Having the two separate businesses also gives the couple a lot more to talk about, Tricia says. They share stories and anecdotes about their days, and they can discuss issues common to any small business such as making the best choice of where to invest limited resources.

“With your spouse in business, you have a trusted person to run things by,” Tricia says. “They have your best interests at heart. It may make scheduling vacations a little more challenging, but the rewards make it worthwhile.” ■

*Josh Weiss contributed to this article.*





# Women's Health



# Knowledge is POWER

## Jewish women and breast cancer

By Dr. Lucy Langer

Breast cancer. Those two little words can strike fear in the heart of even the strongest women among us.

In fact, statistics show that one in eight women will be diagnosed with breast cancer at one point in their lifetime. Most women know of at least one other woman who has been diagnosed with breast cancer. And some families seem to have more breast cancer than others do. For many women, breast cancer seems inevitable. This is not the case! With the right information, women can make rational choices that can decrease their chances of getting breast cancer.

In the Ashkenazi Jewish population, one in every 40 individuals carries a harmful mutation in the genes BRCA1 or BRCA2. This mutation rate is much higher than that in the general U.S. population (1 in 400), and can

be passed on by men and women alike. A mutation changes a woman's lifetime risk of breast cancer from 12% (1 in 8) to nearly 80% (see table). Any Ashkenazi woman with a personal history of breast or ovarian cancer should be tested. Women with mothers, grandmothers, aunts, sisters or daughters with breast or ovarian cancer should also consider testing. For women who come from small families or male-predominant families – which might hide a mutation – it's important to talk to a genetics expert about possible risk.

If a woman is found to have a BRCA mutation, steps can be

*“There is no wealth like health.”*

~Apocrypha of Ben Sira, 30:16

*“No woman is required to build the world by destroying herself.”*

~Rabbi Moses Sofer, the 19th Century scholar

*“One must avoid that which harms the body and accustom oneself to that which is helpful and helps the body become stronger.”*

~Moses Maimonides, Mishneh Torah, Hilchot Deot 4:1

## [Inside]

The Genetics of Cancer  
Early Detection is Key  
Doctor & Patient Perspectives  
Mom & Daughter Push Fitness

taken to detect cancer earlier, when there is a better chance for cure, or to prevent cancer altogether. Adding an annual MRI (a non-radiation-based screening tool) to the annual mammogram can increase the sensitivity of screening and the ability to detect early stage cancers. The data supporting MRI's ability to detect cancer are so good that insurance plans are obligated to cover this test for BRCA mutation carriers. Some women opt for preventive surgery. Removing the ovaries by age 35 or when childbearing is complete can not only reduce the risk of ovarian cancer by nearly 95%, but can also reduce the risk of breast cancer by about 50%; preventive mastectomies (removing both breasts) can reduce the risk of breast cancer by almost 100%.

“Women should not live in fear of breast cancer. Ashkenazi women in particular have the opportunity to take control of their personal risk and take steps to turn that knowledge into the power to prevent cancer.”

Of course, preventive surgeries may seem dramatic, but women like Angelina Jolie are making this choice every day to take control of their life and eliminate their risk. For those who are at high

risk for breast cancer but are not ready to make this choice, there are two medications that are now FDA-approved to reduce the risk of breast cancer. Tamoxifen, when taken daily for five years, can reduce the lifetime risk of cancer by 40-50%. A newer study published in 2011 shows that for postmenopausal women with an increased risk of breast cancer, the drug exemestane, also called Aromasin, can be even more effective than tamoxifen. These and other options should be discussed in detail with a clinician specializing in the management of breast cancer risk.

For women who do not have a strong family history and may not carry the BRCA gene mutations, there are still things that can be done to reduce the likelihood of breast cancer (see boxed hints). Screening for the average-risk woman should start at age 40.

Women should not live in fear of breast cancer. Ashkenazi women in particular have the opportunity to take control of their personal risk and take steps to turn that knowledge into the power to prevent cancer. ■

Dr. Langer is a medical oncologist, director of Compass Oncology's Genetic Risk Evaluation and Testing (GREAT) program, and medical director of Cancer Genetics for US Oncology. In addition to more than 15 years experience in genetic research at some of the nation's leading institutions, she has advanced subspecialty expertise in breast cancer, lung cancer and lymphomas. Dr. Langer has a rich family life outside of work; her son Samuel is a first-grader.



Cancer Risks	BRCA Mutation	vs. No Mutation
Breast Cancer	up to 87%	8%
Second Breast Cancer	up to 64%	11-15%
Ovarian Cancer	up to 44%	<2%
Male Breast Cancer	up to 8%	0.05%
Pancreatic Cancer	up to 7%	<1%
Prostate Cancer	up to 20%	13%

### Breast Cancer Data-Supported, Risk-Reducing Strategies

- ✓ **Active lifestyle**  
*at least 270 minutes per week of cardio exercise*
- ✓ **Healthy body weight**  
*with a target BMI of 24*
- ✓ **Reducing alcohol to no more than 3-4 alcoholic beverages per week, without binge drinking**
- ✓ **Increasing vegetable consumption and reducing processed foods**
- ✓ **Supplementation of vitamin D**
- ✓ **No smoking**
- ✓ **Consider daily aspirin**



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# Early detection means positive outcome over ovarian cancer

Cancer survivor Jill Bash enjoys a life full of travel and painting

By Melissa Hirschl

Through a combination of serendipity and intuition, Tucson resident Jill Bash cut her stage 1A ovarian cancer off at the pass – ultimately saving her life. Although testing negatively for BRCA I and II genetic mutations (which increase risk for breast and ovarian cancers), the disease still sideswiped her. As an eight-year survivor, Bash's passion is palpable as she talks about empowering other women to save their lives through early detection. Outgoing and affable by nature, Bash talks to women in stores, doctor's offices, expos and social events – anyone who will listen to her inspiring story.

The pivotal year for Bash was 1985. "The car I was riding in was struck from behind, and I was in the rear and in the middle," she begins. "A drunk driver came over the line, hit our car from behind and I developed a neuralgia in my face from injured nerves. A main nerve was injured and I required surgery on my nose. To deal with the pain, I have had to take medications for facial pain for the past 35 years."

In 2005 Bash was put on promising medication for her excruciating pain, which she describes as the worst toothache imaginable. The caveat was that it might cause nausea and indigestion. At the end of the expected time span of two weeks, the nausea not only lingered ... it intensified.

Little did Bash know a surprising quirk of fate would soon intervene and shed light on the mysterious symptoms. While reading an article in a women's magazine, she discovered that her symptoms were identical to those of women who have ovarian cancer. "I started to put two and two together and had no problem seeking help at that point," she relates. "I had medical problems with my face for 30 years; I was used to seeking doctors out."

After describing her symptoms to her gynecologist, Bash was quickly given a transvaginal ultrasound and blood test to test for a tumor marker. The sobering result was the discovery of a 9.5-centimeter endometrial ovarian tumor. The good news, though, was that it could be quickly removed by a hysterectomy. Bash relates she vaguely remembers the doctor coming in after her hysterectomy and telling her she needed to follow up with an oncologist, which is how she knew she had cancer.



“As an eight-year survivor, Bash's passion is palpable as she talks about empowering other women to save their lives through early detection.”

“Fortunately it was stage 1A, the earliest stage of cancer, and it had not spread,” she says. “So yay to me for catching this thing myself and putting the symptoms together. I felt like the luckiest person alive. I would be here for my husband, my daughters and my granddaughter.”

Women with stage 1A cancer have a choice of stopping with a hysterectomy or having chemotherapy treatment. Determined to stack the deck in her favor and halt a recurrence, Bash decided on chemotherapy. “The sessions lasted 45 minutes, a relatively short time compared to others who took hours,” says Bash. “It was a phenomenal experience; I felt like I was in a sisterhood. This is not a club you want to belong to, but during the process, I met incredible strong women who gave me really great support.”

Due to the subtlety of the symptoms of OC, doctors can tragically miss the mark when making a diagnosis. “Doctors don’t think of OC as the reason for gassiness and bloating,” says

Bash. “Typically they think the issue is indigestion or irritable bowel syndrome. By the time you get off the ‘medical merry-go-round’ the cancer can spread to level 3 if you are not vigilant about your suspicion.”



Thanks to her proactiveness, Bash now leads a relatively stable life, visiting her oncologist once a year. She enjoys a rich life of traveling, reading and spending cherished time with her daughters and 2-year-old granddaughter. A self-taught artist since childhood, drawing and painting have always been a source of comfort and strength for her, and she continually creates colorful acrylic paintings. “Art is a great distraction for my pain,” she says.

Bash says she has a very strong Jewish identity although not as a frequent synagogue participant. “I celebrate holidays with my family and read lots of books on Judaism. Family is the most important thing to me, and I am thrilled my daughters are not at (increased) risk for OC. Being a survivor means being with and loving your family, and that is essentially what Judaism is all about.”

Bash is currently active in the Tucson Chapter of the National Ovarian Cancer Coalition, whose mission is to

raise awareness and promote education about ovarian cancer. The group’s premier fundraiser is the Teal Tea held every September. ■

## Symptoms of Ovarian Cancer

*Ovarian cancer is often called the “silent” killer because early symptoms of ovarian cancer are often mild, making this disease difficult to detect.*

**Bloating**

**Pelvic or abdominal pain**

**Difficulty eating or feeling full quickly**

**Urinary symptoms (urgency or frequency)**

*See your doctor, preferably a gynecologist, if these symptoms are unusual for you and occur almost daily for more than a few weeks. Experts suggest a combination pelvic/rectal exam, CA125 blood test and a transvaginal ultrasound.*

# Beyond the Pink Ribbon

**Dr. Coral Quiet talks about breast cancer risk, testing and education, and the Arizona Institute of Breast Health**

By Michelle Talsma Everson

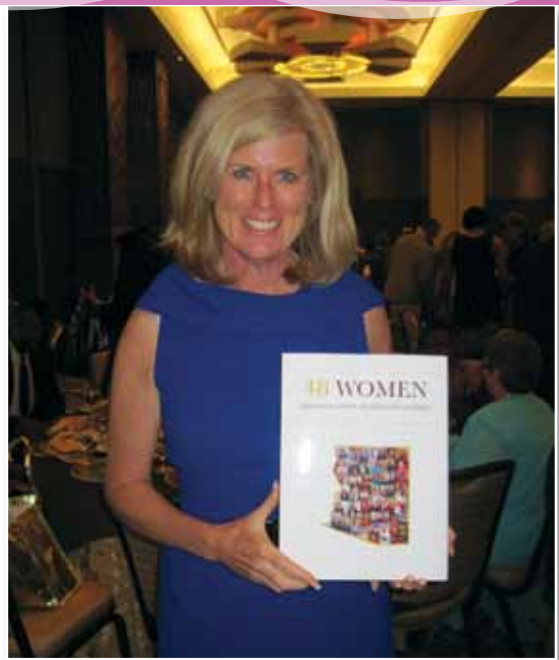
An estimated 232,340 new cases of invasive breast cancer will be diagnosed this year in the United States alone, according to the Susan G. Komen organization ([komen.org](http://komen.org)). This astonishing number doesn't include reoccurrences among survivors.

Breast and ovarian cancer are more common among Ashkenazi Jewish (of central or Eastern European origin) women due to the prevalence of the BRCA1 and BRCA2 (breast cancer 1 and 2) gene mutations in that population. Like many instances of the disease, survival depends on early detection; for example, genetic testing, known as BRCAanalysis, is available. Women who fall into certain categories – including those of Ashkenazi Jewish heritage – are encouraged to ask their healthcare provider about genetic testing.

“Breast cancer is of special concern to the Jewish community because of the BRCA1 and BRCA2 gene mutation,” explains Coral Quiet, MD, a radiation oncologist with Arizona Breast Cancer Specialists. “Genetic testing has evolved to the point where it can identify patients who are at excessive risk to develop breast cancer. It is known that up to 85% of those who have the gene mutation develop breast or ovarian cancer. It can be inherited from both the maternal and paternal lineage, so knowing about family history on both sides is good.”

Quiet, who was raised Jewish, has both extensive professional and personal experience with breast cancer. She originally planned to be a surgeon specializing in mastectomies and reconstruction, but after two years of surgery experience, she began to focus more on radiation and oncology. The patient interaction and being there for patients in a critical time of their life seemed a natural fit.

“My grandmother is a breast cancer survivor as is my grandfather – yes male breast cancer – and some of his sisters,” Quiet notes. “Working with breast cancer patients was an



Dr. Coral Quiet as One of 48 Most Intriguing Women in Arizona.

intellectual fit, and because it affected my own family, it was an emotional fit, as well.”

Quiet moved to Arizona in 1993 and noticed that only 20% of women with breast cancer were being treated with breast conservation. Even though technology was growing in the late '90s, the numbers of women being treated with conservative methods were not. In response, she helped to cofound the Arizona Institute for Breast Health (AIBH), a nonprofit, 12-member team of leading medical professionals that give women diagnosed with breast cancer a second opinion on treatment options free of charge.

“AIBH was founded to help women and their families get the knowledge they needed to insure optimal therapy,” Quiet explains. “It's about helping women regain a sense of control by understanding their disease and treatment options.”

In 2000 Quiet began offering the breast brachytherapy program to her patients. Described as “a five-day radiation therapy alternative for women with early stage breast cancer developed by international breast cancer pioneer Robert Kuske, MD,” it has changed the way early stage breast cancer is treated. “I am proud to not only have helped bring this treatment option to Arizona women, but to have brought Dr. Kuske himself,” Quiet says.

In 2008 Quiet partnered with Kuske to found Arizona Breast Cancer Specialists, which is dedicated to treating breast cancer patients exclusively with radiation. Today the center has offices throughout the Valley and has recently partnered with the Arizona Center for Cancer Care to be the providers of all radiation oncology services for Scottsdale Healthcare hospitals. Arizona Breast Cancer Specialists is also at the forefront of some of the latest breast cancer research.

Quiet advises all women – and men – to understand their risks for the disease and for women to get mammograms and participate in other detection options as prescribed by their healthcare providers. The American Cancer Society recommends



AIBH President Linda Rose, left, with Dr. Coral Quiet at an AIBH event.



## The Pink Light District

Throughout October Arizonans have the opportunity to sponsor pink light bulbs for \$25 each, which will be placed on the Marshall Way Bridge in downtown Scottsdale. These thousands of sponsored lights will make up the AIBH Pink Light District and will glow during October, which is Breast Cancer Awareness Month, in recognition of all those touched by the disease. All proceeds generated will benefit AIBH, and the funds will go directly to support women who are dealing with a breast cancer diagnosis. In addition, dozens of Arizona restaurants, in partnership with Belvedere Vodka, Smirnoff Confections and Sorbet, RoseNblum Wines and others, will offer pink food and drink menus to support the cause. To view participating restaurants or to sponsor a pink light, visit [aibh.org](http://aibh.org).

annual mammography starting at age 40.

“Today, so many more people are aware and there is a lot of success in treatment because of early detection,” Quiet says. “Women who are recently diagnosed with breast cancer should understand the disease and treatment options and make decisions that are right for them. Like anything, decisions that are right are based off of education and how to take that first step.” ■

*Learn more about the Arizona Institute of Breast Health at [aibh.org](http://aibh.org). To learn more about Arizona Breast Cancer Specialists, visit [breastmd.com](http://breastmd.com).*

# Linda Rose: Breast cancer survivor and AIBH president

Linda Rose’s history with the Arizona Institute of Breast Health is twofold: she’s one of the women the nonprofit has helped and is also the organization’s current president.

Rose, who spent 30 years as a mammography specialist, lost her mother to breast cancer when she was 12 and her mom was only 44 years old. In 2009 she was diagnosed with early stage breast cancer on the right breast, and it was recommended she go through the AIBH program. “After AIBH reviewed all of my tests and films, the doctors recommended a biopsy on my left breast, which showed no signs of cancer on the original X-ray,” Rose recalls. “The biopsy detected an even higher grade of cancer on my left breast. Without the help of AIBH, my experience could have been much worse.”

To treat her disease, Rose had bilateral lumpectomies

with a five-day brachytherapy radiation treatment. Because of her Ashkenazi Jewish heritage, she underwent testing for the BRCA1 and BRCA2 gene mutations, which came back negative. She says these results provided useful information for her family members.

In 2009 Rose joined the board of AIBH and was asked to be a guest speaker at the Pink Light District Initiative, one of AIBH’s main fundraisers. In 2011 she began her two-year term as the organization’s president.

“AIBH empowers women to become their own best advocates; I want everyone to know who we are and what we do,” Rose says. “We offer education, information and support to all that go through the program completely free of charge. We are the only organization of our kind in the country.”

Now that she’s involved with AIBH, Rose feels like her career and personal life have come full circle. “Even though I’m not practicing mammography and sonography now, I still keep up with the industry,” she says. “I love all of the advancement and the tests that are available today. Early detection is key.”

## Mom-Daughter Duo Push Fitness

By Carine Nadel

**F**or Noreen Shcolnik and daughter Kelly Pile, fitness is not only a shared passion, it is their profession. Noreen says it all started about 20 years ago when Kelly came home from college, and they both started going to the Christown YMCA to work out. They enjoyed it so much and were there so often that the Y asked if they'd like to take a 13-week course to become certificated as Group Fitness Leaders.

Both women did just that and began heading classes at the Glendale/Peoria Y, where they both still teach. Kelly loves teaching her cardio-mix and total body-conditioning classes, while Noreen has branched out into yoga.

"In 2000 I began having some medical issues and other things were happening in my life, and I found my way into a yoga class," says Noreen. "It was a lot more challenging that I thought it would be, but there was a new studio that had an introductory course and I just fell in love with it. In fact I became certified by taking one of the few 500-hour-level courses at Yoga Pura."

While Noreen says it was expensive and obviously took a lot of time, she also feels it was one of the best things she's ever done. "I was doing lots of things for other people, and I really needed an outlet that was 'all about me.' This is my opportunity to get quiet, do some internal soul-searching and just breathe. This is one workout that is more about breathing than any other – I like to tell people, 'If you can breathe, you can do yoga.'"

Like many classes at the Y, her class is very popular, typically with more than 30 participants. "The classes at the Y are very different than ones you take at a studio. We have to gear the classes to be challenging enough to give those who are at a higher level a good session and not be bored and yet be easy enough not to discourage newcomers."

Kelly agrees wholeheartedly. After getting certified through the Y, Kelly went further in her training, as well. "I wanted something more challenging. I went to the American Council on Exercise and took their course, which ended with a 4-hour comprehensive exam. It not only taught me about exercise, but a lot about how the body works."

"With the classes at the Y, there are very few that have advanced levels – so it's imperative that my classes give all levels a good workout that addresses everyone's abilities," says Kelly. "I love when someone starts out, I get to know them and they become regulars. One of the first things I want to impress on them is that they need to not get frustrated if they don't get 'it' the first time. They have to give it at least three classes before they say they don't like it. By then, I'm hoping they feel the camaraderie with the rest of the class, have a lot of fun and feel good about their bodies."



Kelly Pile  
Noreen Shcolnik  
Photos by Sylvia Johns



Another part of Kelly's philosophy is that she wants her students to find her approachable and find a way to relate the before-and-after connection to what they're doing to keep themselves motivated. "Accountability is crucial; caring about 'you' is a wonderful thing."

Noreen is just as gung ho about getting to know her fellow "Yogatinis," as she refers to them. "I try hard to get to know why they're here, injuries and health issues. Unlike Kelly's more physical workouts, yoga looks to the internal."

While Kelly doesn't teach yoga, she does love attending her mom's classes, and both women have also discovered "hot yoga." They agree that it's probably their most enjoyable workout. Kelly says it's a physical workout that also helps with her internal focus.

Noreen feels that practicing yoga has poked its head out into other parts of her life. An incident when a loved one who was quite ill was her "aha" moment. She and her husband had arranged to help the person with a ride, but the person didn't show up or answer the phone. "My husband was just off the wall with worry, while I found myself being absolutely calm. I knew I could deal with it – there was just no reason to be crazy."

Here are a few important things this duo wants everyone to consider when looking for fitness classes: choose a gym or studio that is in a location where you won't talk yourself out of going because it's too far or because the parking lot is always a zoo; and find an ally who keeps you honest and is someone to answer to. Also consider the following questions: What are you looking for? Do classes happen when you're most likely to go? Does it fit you? Do you want more of a competition with others, or do you

want some way to carve out "me" time and meditate?

Kelly's student Kathy Erikson says, "Kelly is the reason I stay a member at the Y. Kelly is my little ray of sunshine, always upbeat and every class continues to challenge me. Kelly is great at keeping us mindful of our posture and using proper form. Some days it is hard to motivate yourself to exercise, but after I finish Kelly's class, I am always happy that I made it there."

Sylvia Johns, who has taken Noreen's classes for six years, has a similar view of yoga: "I'm not normally a 'relaxed body type,' so learning to breathe into each pose, still my mind and keep my focus have been good lessons for class and everyday situations. I've learned to listen to my body today and not what I could do yesterday or want to do tomorrow. Yoga practice is part of my life now."

While this mother/daughter team may not teach the same classes, they feel lucky to have found such a wonderful way of bonding. They describe their common love of fitness and doing the workouts together "as being cool and really lucky to have each other." ■

Carine Nadel is a recent and happy transplant to Arizona. In a varied career, Carine has done everything including front page features for the Orange County Register, food columns, recipes in major magazines and entries on her family life in *Chicken Soup for the Soul* books.

## info

For information on classes at the Y where Noreen Shcolnik and her daughter Kelly Pile teach, go to [valleymca.org](http://valleymca.org), go to locations and click on Glendale/Peoria Family YMCA.



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# Ask Helen

## The time to talk is now, unless the talk is gossip

**Dear Helen,**

*During all the commentary in the recent Trayvon Martin murder trial, we heard a lot of references to “The Talk” between parents and young black men about how to safely relate to authority figures in moments of crisis. I have a different Talk to ask about: My mother is 74 and still living in the family home I grew up in. My father died three years ago and her life seems to have stood still. She is still able to do her own shopping, though my kids are a little nervous about being driven by their Nana. Many of her friends have decided to move into various forms of group living, ranging from apartments with group entertainment and on-call services like shoppers to full-service assisted living with “step-down” units they’ll eventually move into when they are in the late terminal stages of life. My wife and I have gently raised the subject of relocation but she seems to go deaf, or waves us off with an “I’m not old – yet!” I’m concerned that if she waits too long there won’t be a place available where she might actually want to live, and that the effort to make it happen will feel greater and greater over time. How can we get her to have a rational conversation about this?*

**Dreading The Talk**

**Dear Dreading,**

First of all, there’s nothing rational about any of this, except the inescapable fact that most people don’t die at home. But you’re asking your mother to talk about the subject that turns even the most clinical of minds into an irrational muddle. Very few people are ready to make the transition that you’re asking her to consider. You could line up all the facts and try to wow her with all the benefits of living in community with other folks her age. But nothing, repeat nothing, will make her happy about it at this stage of the process.

If you’re lucky, you will conduct your wooing to get her on board with the idea that change is inevitable, so she might as well get ahead of and in charge of the process. My cousin the medical social worker tells me 95% of families who defer The Talk end up making similar decisions in times of acute crisis and are in fact at the mercy of the market when they do.

I recommend a progressive series of discussions. Encourage her to talk to her own friends who have moved already. Ask her to



elicit from them candid opinions about what they love and hate about their new homes. Have her focus on the touchy-feely side of things. You can do the research on cost, waiting list, etc. on your own. Start a file with information both factual and anecdotal. Once she realizes that life on the other side is in fact life, not just sitting around tapping her feet waiting for the grim reaper, she’ll begin to get more engaged. Ask her to tell you what she likes best and least from what she’s hearing. Get in the habit (you or your wife) of regular lunches out with her, and then build in field trips to likely places for the tours and marketing pitches. Too many will be a huge turn-off, so build the list carefully based on what she seems to respond positively to in her friends’ experiences and what you know will match her lifestyle and finances.

There’s no way around The Talk. Just pray she stays healthy enough to make a good decision.

**Dear Helen,**

*I said something inappropriate about a friend to someone I thought would keep her mouth shut. My comment caused serious ripples in her life. Facing these issues was inevitable, though perhaps not under such public scrutiny. Should I do anything or keep my big mouth shut?*

**Gossip Girl No More**

**Dear Gossip Girl,**

Send her a polite handwritten note of apology in the spirit of the High Holiday season. Express your regret for having spoken inappropriately about matters that were not your own to share. Ask for her forgiveness. Then stop talking about other people for entertainment.

## A Nosh of Jewish Wisdom:

*Who does not help himself cannot help others.*

**Dear Helen:**

*I attended a very moving service at my synagogue for Holocaust Remembrance Day. It's been on my mind ever since. I realized I have a trove of family materials from the Shoah (that I found under my father's bed after he died). They're everything from my parents' passports to documentation about the bureaucratic rigmarole the Germans made even Jews with exit visas to America and South America go through. No one in my family is into genealogy. What can I do with them?*

*Survivor's Son*

**Dear Survivor's Son:**

You're so very lucky to have this material. Too many families have no idea what happened to their relatives, or, if they do, they had to pore through the horrors of German record-keeping of the Shoah to find it.

Make copies of everything, preferably in pdf form so it's easy to transmit. Then start Googling. You'll find everything from Holocaust Museums in the United States to Yad Vashem in Israel. There are also many university collections devoted to Holocaust studies. Also consider individual academics and/or departments that study various aspects of the 20th century diaspora, as well as the Holocaust per se. Spend some time determining whose research best matches your family's history. Then email a summary of your documents with a few attachments. Ask if there's a way that the collection can be kept together in your family's name. See who answers. You may be asked to give an interview or oral history of what you remember from your parents' journeys. The more we learn about one another, the better.

Give copies to your children and sibs and ask them to do the same. Consider organizing an afternoon at your synagogue for survivors, friends, relatives and other interested people to share their stories. We owe it to those who perished never to forget.

**Dear Helen:**

*I just volunteered to edit my neighborhood association's quarterly newsletter. I've recently retired and have more time, so thought this might be fun. Wrong! Chasing after people to give information or to write the articles they promised to do is worse than getting paid employees to do their jobs. Everyone gives me their articles late, incomplete, misspelled, with bad grammar and assumes I'll make them look perfect by the city's deadline to print and mail. I want to flee. When I asked the former "editor" how she coped, she laughed and said, "Good luck. Buy yourself a bottle of something strong!"*

*Drowning*

**Dear Drowning:**

Volunteerism has its own unique rewards and curses. You seem to be drowning in the latter. Below are some tips, but the biggest one is this: clear your calendar for the day (or two) before your deadline. No matter what, you'll end up doing more editing, tracking and cursing than you want.

Create a template that includes all the repetitive things: names/contact emails/phone numbers for all relevant folks, from the association board to the public works, police and fire stations, pet patrol, etc. Allocate space and word limits for regular monthly columns. Give the people who write them a deadline that's at least a week ahead of the real one. Send each editing tips: spell check; read your column aloud; ask your spouse or best friend to tell you if it says what you intended. The regulars should know the drill and should be OK. One-timers you will need to harass and likely edit more. Look for more commitments for regular columns on topics from neighborhood safety to recipes or gardening tips of the season. People who are passionate about what they write are much more reliable and produce better products.

Two notes: 1) These suggestions work for many related projects that include volunteers. 2) Save the drinking until after you submit the final product.

Helen claims to have black belts in schmoozing, problem-solving and chutzpah. She's a writer and an artist ([kabbalahglass.com](http://kabbalahglass.com)). Please email your questions to [helen@yourjewishfairygodmother.com](mailto:helen@yourjewishfairygodmother.com) and check out the blog at [kabbalahglass.com/blog/](http://kabbalahglass.com/blog/)





# CHEF'S CORNER

## Smart Cooking for a Busy Family

By Lucia Schnitzer

**W**ith the holidays behind us and a new year ahead, we are inspired for a happy and healthy new beginning. But how do you make amazing healthy meals that don't require so much time in the kitchen?

In this day and age, so many of us have crazy schedules that really don't leave a whole lot of room for much more. We have our jobs, our children and their schedules, our spouses and our homes to keep up with. Coming home after a long day, the last thing you want to do is spend time in the kitchen preparing a meal. Instead we find it easier to order takeout, open a box of frozen pizza or pour a bowl of starchy cereal. This kind of cooking and bad eating habits won't give you and your family the nutrients you need to stay strong and healthy.

So how can you become super mom or dad in the kitchen? Being a mother of four children with different allergies and intolerances, and running a successful business alongside my picky-eater husband, my biggest tip is to plan menus for the week and prepare nutritious meals or items in advance. I find one-dish meals the easiest, since you can prep and cook all at once and then portion and store in the freezer. It's actually pretty simple if you find a day during the week (Sundays are my day) to plan and prepare. One-dish meals, when portioned, can feed a family of four for two meals, or double the recipe and you can freeze and use the remainder in upcoming weeks.

Keep in mind to pair your one-dish meal with a traditional salad loaded with all your favorites or keep it simple with a healthy dressing. And of course dessert, which could be roasted pears with nondairy ice cream or just ice cream.

I promise that you will have more time for your family and yourself if you plan and prepare ahead of time, and are not tied to your kitchen all week long. And now you have leftovers and lunches you can plan for as well. And who knows? The extra time will start to add up, and maybe now you can start walking or going to the gym like you've been meaning to do. Remember healthy is key in everything we should do, but moderation is best. Happy cooking!

Here are some amazing one-dish meals with a healthy twist that will make even the pickiest eater want more.

## Eggplant Parmesan with Swiss Chard and Mint

**Health Benefits:** *Eggplant and Swiss chard are loaded with antioxidants (for heart and brain health), anti-inflammatory agents and fiber.*

**2 medium eggplants, trimmed, cut lengthwise into 1/4-inch-thick slices**

**Coarse kosher salt**

**Avocado oil or canola oil**

**1 1-pound bunch Swiss chard, center ribs removed and chopped**

**2 large eggs**

**1 15-ounce container whole-milk ricotta cheese**

**1 1/4 cups finely grated Parmesan cheese, divided**

**2 tablespoons chopped fresh mint**

**3/4 teaspoon chopped fresh mint**

**3/4 teaspoon freshly ground black pepper**

**1 15- to 16-ounce can tomato sauce**

**1 8-ounce ball fresh water-packed mozzarella, drained, thinly sliced**

*Note: Gluten free and also a great recipe for Passover.*

*Make it dairy-free by using DF ricotta, mozzarella and Parmesan.*

Lucia Schnitzer and her husband, Ken, own Luci's Healthy Marketplace in Phoenix. The local coffee shop and marketplace opened in 2008 in Lucia's honor after her successful battle with breast cancer. She successfully manages her career, her growing family (four children), her personal well-being and the countless demands of the day.



Cover bottom and sides of each of two large colanders with one layer of eggplant slices; sprinkle generously with coarse salt. Continue layering eggplant slices in each colander, sprinkling each layer with coarse salt, until all eggplant slices are used. Place each colander over large bowl; let stand at least 30 minutes. Rinse eggplant slices to remove excess salt; dry thoroughly with paper towels.

Position oven rack 5 to 6 inches from heat source and preheat broiler. Line three large, rimmed baking sheets with parchment paper. Arrange eggplant slices in a single layer on prepared baking sheets. Brush both sides of eggplant slices with avocado or canola oil. Broil one sheet at a time until eggplant slices are tender and beginning to brown, watching closely and removing eggplant slices as needed if cooking too quickly, 3 to 4 minutes per side. Remove baking sheet from oven and cool eggplant while preparing filling.

Bring large pot of salted water to boil. Add chard to pot and boil just until tender, about two minutes. Drain; rinse with cold water. Squeeze chard very dry, then chop coarsely. Squeeze chard dry

again between paper towels. Whisk eggs and a pinch of coarse salt in medium bowl. Stir in chopped chard, ricotta cheese, 1 cup Parmesan, 2 tablespoons mint and black pepper.

Lightly oil 15x10x2-inch glass baking dish. Spread one-third of the tomato sauce evenly over bottom of dish. Divide chard-ricotta filling among eggplant layers. Create three layers and pack before creating the next layer. Spoon remaining tomato sauce over. Place mozzarella slices in single layer on top. Sprinkle with remaining  $\frac{1}{4}$  cup Parmesan cheese and  $\frac{3}{4}$  teaspoon mint.

**Do Ahead:** Can be made one day ahead. Cover with foil and chill or freeze.

Preheat oven to 350°F. Bake eggplant, covered with foil, until heated through, about 30 minutes if freshly made or 40 minutes if refrigerated. Uncover and bake until brown in spots and sauce is bubbling, 15 to 20 minutes. Serve hot.

**SEE PAGE 63 FOR MORE GREAT RECIPES!**

# Bar/Bat Mitzvah

*Children who become bar or bat mitzvah are “obligated to the Mitzvoth.”*

(Mishnah Avot 5.21).

*According to Jewish tradition, this is the age of ethical awareness.*

~~Rabbi Ariel Stone

## [Inside]

Planning Timeline

Finding Vendors

Making it Meaningful

Event Planner

Memorable Moments

## Bar/Bat Mitzvah Planning Timeline

By Toby Benton

### 18-8 months prior

- Secure your child's mitzvah date at your synagogue and schedule their lessons.
- Meet with your event planner to set planning guidelines for the event weekend celebrations (budgets, needs lists, logistics etc.).
- Secure venues and caterers for the mitzvah weekend events (Friday night service/dinner, Saturday kiddush after service, Saturday party, Sunday brunch for family and out-of-town guests).
- Secure vendors needed for the party – main entertainment, photographer, videographer and any adjunct entertainment for the children.
- Create guest lists for your various weekend events. Sort this list for each weekend event by adults and children – you will need this later for your caterers.
- Sign a hotel block contract for your out-of-town guests at the property of your choice.
- Send save-the-date cards if you wish.

### 7-5 months prior

- Choose and order invitations. Decide how invitations will be addressed. If printer will be printing envelopes, provide guest list. Book calligrapher if one will be used.
- Confirm decor concepts and contract vendors needed for decor items including rentals, linen, florals, props, centerpieces, personalized favors etc.
- Meet with your caterers to obtain sample menus for each of your weekend events and schedule tastings.
- Remember to order challahs and mitzvah cake, if you will be serving one.
- Book bartenders and service staff if needed for any of your weekend events.
- Begin shopping for formal outfits for the whole family for the religious service and the celebrations, and purchase tallit for the bar or bat mitzvah.

### 4-3 months prior

- Order kippot for religious service.
- Weigh an invitation at the post office and choose/purchase stamps needed.
- Take invitations to calligrapher, if using one.
- Order imprinted personalized accessories and giveaways/party favors.
- Consider providing welcome bags/baskets for out-of-town guests.
- Mail out-of-town invitations.
- Make necessary arrangements for transportation for your out-of-town guests, if needed.

### 8-6 weeks prior

- Mail local invitations.
- Meet with your entertainment company to confirm details such as candle lighting, music requests, video montage, novelties and set schedule for the flow of the party.
- Arrange a mitzvah portrait session with your photographer. Photos from this session may be used for a guest sign-in board or book.

### 4 weeks prior

- Event planner to work with the venue to design floor plan for the party once final number of guests is determined.
- Finalize hotel welcome bags/baskets order. Arrange with hotel for distribution to your guests upon check-in.
- Create a personalized letter to accompany the welcome bags/baskets including the weekend schedule and directions to all weekend event venues.
- Finalize aliyah list for the religious service to provide to your synagogue.

### 2-3 weeks prior

- Confirm final numbers for catering from RSVPs and note special meals requests.
- Event planner to assist with seating logistics to provide the venue with table seating chart.
- Meet with event planner to draft the formal timeline for the Mitzvah party. Event planner will then share the approved written timeline with the venue and all vendors.
- Event planner to coordinate all vendor's setup schedules with the venue.
- Complete and print copies of the religious service brochure, if distributing one to guests at the service.

### Last 10 days

- Assign tables, prepare seating cards. If professionally printing seating cards, allow three days minimum.
- Deliver welcome bags/baskets to hotel when out-of-town guests begin to arrive.
- Provide final payments to vendors as per their contract specifications.

### Mitzvah Day

- Remember to bring kippot, tallit, aliyah list, Torah study note, handouts, speeches and any other personal items to the service.
- Remember to bring candle lighting notes, video montage cd, giveaways, personalized favors, seating cards and any remaining vendor payments to the party.

### *Enjoy your celebration!*

*Toby Benton is a Certified Special Event Professional and vice president of Living Energy Events and Productions in Scottsdale.*



Attendees of all ages enjoyed the show. Younger guests dance with the live entertainment while the adults enjoy the lounge provided by Themers.

Photos by Hinson Media

Popcorn Kitchen Owner, Kim Brush, shares a variety of samples with expo guest.



# Photos and flowers and food – oh my!



More than 400 attendees at the Mitzvahs & More Expo explore aisles of some 70 event vendors, sponsors and Jewish community resources. Living Energy Events and Productions produces the annual event-planning showcase designed specifically to serve the Jewish community of Greater Phoenix. Florists, kosher caterers, photographers, videographers, venues, out-of-the-box entertainment options and other vendors who specialize in working with Jewish families showcased their services at the event. Representatives from Jewish agencies and nonprofits were also on hand to meet attendees.

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# Meaningful Mitzvah

By Carine Nadel

## Marcus Blassingame wants kids in need to go to school in style

Marcus Blassingame, a bar mitzvah student at Temple Beth Sholom, is a proud Afro-Latino Jew whose dad is a fashion stylist and editor. So it seemed a natural fit that his mitzvah project would start at donating his time to The Clothes Cabin in Chandler.

Then he wanted to take things to a different level. "I love the idea of donating clothes to needy teens, but the clothing is usually out of style. Why not create new for them to proudly wear?" says Blassingame.

With that in mind, Marcus launched a T-shirt fashion line for his b'nai mitzvah project called Apparel Insight. Marcus wanted to help clothe needy middle school kids in the East Valley area. T-shirts will be distributed by The Clothes Cabin. Those who donate \$25 or more will receive a personal T-shirt as well as provide shirt donations.

Blassingame has worked very hard at getting his project off the ground, and he learned that while his goal was to make the recipients happy, he felt a tad bit sad "that we haven't gotten the donations as fast as we wanted to meet our goal, but people are still responding and being generous enough to donate. And when the kids are happy with their shirts, I'll be very happy."

Marcus's bar mitzvah was Sept. 28.

Marcus says his project is ongoing. He had some words of advice for those who are at the point of choosing their own mitzvah project: "I would say you should try two things and then carry on with what they decide. I didn't just decide on making shirts at first. I was washing, drying and folding clothes for the needy when I realized the clothes they were giving out were out of style. So be careful about what you choose."

His mom, LeTia Ladino, says, "Marcus is a huge fan of fashion and wanted to help needy kids."





**MEETING HER MITZVAH**—On a visit to Israel, Sophie meets some of the pups she sponsored as part of her mitzvah project. Sophie raised money for the Israel Guide Dog Center for the Blind. When teens find meaningful mitzvah projects, they learn how they can make a difference in the world.

For more information on projects for Israel Guide Dogs, visit [israelguidedog.org/Mitzvah-club](http://israelguidedog.org/Mitzvah-club).

# Follow passion for meaningful mitzvah

By Debra Rich Gettleman

One key component to becoming a b'nai mitzvah is the infamous “mitzvah project.” To some young people this challenge can feel daunting. There are a multitude of opportunities for a b'nai mitzvah student to begin his or her work of tikkun olam (repairing the world). Finding a project to which one can devote 10 to 20 hours of community service can be as easy as volunteering at a local food bank. The challenge is finding a cause that speaks to a young person's soul. As a parent, you can help by introducing your child to an organization that will engage him or her and demonstrate the value of ongoing community healing, helping and involvement.

If your child is into food, suggest he or she sponsor a food drive to collect non-perishable food items and deliver them to Paradise Valley Food Bank. Kids can also volunteer hours there to help unpack donations, stock shelves and organize the collections that consistently roll into the center. Some kids enjoy working to provide meals and support for UMOM at Watkins Overflow Shelter. A monthly commitment can easily add up to enough hours to fulfill a mitzvah project requirement.

Some kids spend a year of holidays providing dinners at Tumbleweeds Youth Development Center, which provides services for vulnerable and at-risk kids ages 12 to 25. There are a myriad of ways kids can get involved and make an impact on their communities.

Most synagogues give b'nai mitzvah kids a variety of volunteer

options for mitzvah projects. The Temple Chai Center for Tzedakah and Social Justice, for example, offers a myriad of ways to participate in g'milut chasadim, acts of loving kindness. Kids interested in social, political and religious unity might enjoy volunteering in an interfaith program at Temple Chai called “Salaam-Chai-Paradise,” which promotes understanding and acceptance of the differences and similarities between the three Abrahamic faiths – Jewish, Christian and Muslim – and works to counteract all forms of bigotry.

Almost every nonprofit offers volunteer options. Kids who are animal lovers have volunteered at the humane society or other animal shelters. Kids can set up a book drive and collect books for homeless children, underprivileged schools or libraries. The possibilities are endless. I read about one girl who raised money for prom dresses for girls who otherwise couldn't afford them. Another boy raised money to buy tallit for an impoverished overseas congregation. One boy whose family came from Mexico volunteered at a border water station where he repaired and maintained water barrels to help ensure the safety of those making the dangerous journey.

Finding a mitzvah project to suit a child's individual personality enables the child finds a meaningful way to aid the community. As young people move into adulthood, the mitzvah project helps them to realize their unique importance to society and how through their very personal efforts, they can have a deeply positive impact on the world.

Debra Rich Gettleman is a mother and blogger based in the Phoenix area. For more of her work, visit [unmotherlyinsights.com](http://unmotherlyinsights.com).

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# A Career in Parties

## Rebecca Light creates “events worth talking about”

By Michelle Talsma Everson

When Rebecca Light was in high school, she was heavily involved in BBYO, a national youth group dedicated to “delivering to the post-bar/bat mitzvah audience fun, meaningful and affordable experiences that inspire a lasting connection to the Jewish people.” She served as her chapter’s s’ganit, or vice president of programming. It was this early experience that gave her “a little taste of my passion for details, logistics and overall event planning,” she says.

Today she has more than a decade of event-planning experience and her own business, Leading Light Events, which coordinates events for companies, nonprofits and private citizens across the Valley.

Light founded her company in 2011 after working in events for an eclectic group of companies including the Phoenix Business Journal, the Arthritis Foundation and the Phoenix Coyotes Hockey Club. “Starting my own business and working for myself has always been a dream and a goal, and eventually I reached a point in my life and career that it was actually feasible,” Light explains. “I like to say that ‘the stars just seemed to align’ timing just made sense.

“I primarily work with corporate and nonprofit clients on meetings, mixers, fundraisers and celebrations of all types and sizes,” she says of her client roster. “However, over the years, I’ve had the privilege of working with some amazing families on planning bar and bat mitzvahs, anniversary parties, sweet 16 soirees and much more.”

Born in Denver and raised in Tucson, Light has a bachelor’s degree in interdisciplinary studies from the University of Arizona. She first moved to the Valley after 9/11 as a recent college graduate looking for work.

“I knew I wanted to work in events ... however, it was a tough time for everyone, especially those in luxury businesses like hospitality,” Light says. “I learned very quickly that budgets had been cut, departments had been slashed and there simply were just no jobs available.”

Determined, Light spent a few months “building up her Rolodex,” before finally landing a job with the Coyotes, where she got hands-on corporate events experience. From there she moved into the nonprofit world with the Arthritis Foundation,

*As BBYO Chapter vice president of programming, Rebecca Light got “a little taste of my passion for details, logistics and overall event planning.”*

coordinating events that brought in hundreds of thousands of dollars. She then did some freelance work and eventually was hired as the events director for the Phoenix Business Journal in 2006, where she developed and executed more than 30 events a year.

“This position allowed me to grow immensely as a planner, to build new [relationships] and strengthen my existing relationships with venues and vendors, and allowed me to work with an incredible family of people,” Light says.

This summer her company, Leading Light Events, celebrated two years in operation. Light says she is most proud of the

relationships she's built in the industry and the fact that her company has been built by word of mouth and referrals. Her favorite moments are when she can get a client to see "outside of their own scope" to create an event that goes beyond their expectations.

"Bringing my and my clients' visions to life and turning them into reality" is what draws Light to the events planning industry. "In my business, there's not much that's more satisfying than taking a blank slate and transforming it into something unique, fun and beautiful," she says.

In addition to her business endeavors, Light believes in being involved in the local community. She recently retired from 11 years of service with BBYO. She and her husband, Josh Wertlieb, are founders of Free Arts of Arizona's Pilot Light Mentor Conference, and they are also active with the B'nai Tzedek Youth Philanthropy Board.

"I was brought up in an incredible family with strong Jewish values and active involvement in the community," Light says. "Both my parents have worked in the Jewish communal field for as long as I can remember and were tremendous role models for my siblings and me. I have taken much of what I learned from them on ethics and relationships and put it to good work in my personal and professional dealings."

In addition to high hopes for the continued success her business, Light reveals that she and her husband are expecting their first child early next year. ■

*To learn more about her company, visit [leadinglightevents.com](http://leadinglightevents.com).*

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**9. Eeeny Meeny Miny Moe.** We don't pick sides! When everyone has an opinion and everyone thinks it's "their party/event," we approach the situation without bias, act as a buffer, and help all parties involved see and understand the different perspectives.

**8. Fire Fightin'.** We are skilled in crisis management, or "putting out fires." We've got backup plans galore and can handle almost all situations with style and grace, without ever skipping a beat.

**7. Read Between the Lines.** Contracts can be very intimidating and overwhelming – especially when you're dealing with so many at one time! We've reviewed hundreds of contracts, from all types of vendors, and we know what to look for to help clients get the most bang for their buck!

**6. In the Know.** Lucky for us, (and you!) it's our job to stay up on the latest industry trends! We're the first to know of the season's hottest colors, popular themes, new venues and entertainers, and we also know when something has run its course!

**5. You're Busy.** You have a lot going on! Between your job, volunteer work, driving carpool, blah, blah, blah – who has time to plan an event? We do! And we will help keep you and all of the vendors on track by managing a very detailed timeline.

**4. Our Peeps.** In short, we know good people. We align ourselves with the best of the best. Many event planners build their businesses on relationships. And because of this, we have great working relationships with many vendors. This translates to improved experiences and better deals for our clients!

**3. Matchmaker, Matchmaker, Make me a Match.** There are dozens of qualified vendors in each category and even though it may sound like fun, there is no need to meet with every single florist or caterer in the state of Arizona! Let us match you with the most qualified candidates that meet your needs.

**2. The Big Picture.** The band or DJ you hire is going to knock your socks off when it comes to music, and your florist is going to have all of your guests saying "ooh" and "aaah"! While each vendor is going to be so focused on impressing you with what they know best, as they should, your event planner will be embracing the big picture and making sure every aspect of your big event goes smoothly.

**1. Mix & Mingle.** By coordinating vendors, making sure everyone is where they need to be and when, we take the stress off of you on event day. It's your day – you should be able to mix, mingle, network and celebrate all you want!  
~ Rebecca Light



## What was the most memorable moment of your bar/bat mitzvah?



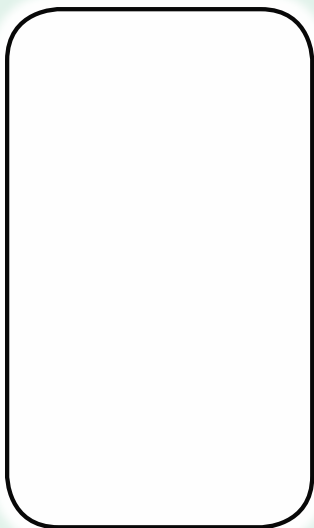
**Anne Lowe**  
*Became Bat Mitzvah in 1961  
at  
Shaarie Tefillah, Saratoga  
Springs, NY  
Now resident of Tucson*

I was raised in, a lovely community with 200 Jewish families... and one shul, the orthodox synagogue. Mine was the first bat mitzvah held in that shul, and it was on a Friday night! I remember leading the entire Friday night service and singing the Haftarah. There was no Torah reading on Friday night, and women were not allowed to read from the Torah. Maybe, now that I belong to a Conservative synagogue in Tucson (Congregation Bet Shalom), I might just learn a few verses of Torah and correct this omission...52 or so years later!



**Jillian Courtney**  
*From Tucson, currently  
living in New York*

With the sun shooting through the stained glass, the synagogue was like a sauna. The night before I'd started to feel under the weather and during my parsha I broke into a cold sweat. When I sat down after my Haftarah, the rabbi's assistant must have realized something was wrong and offered to get me a glass of water – right before I quietly passed out, behind the cantor.



**Lynne Falkow-Strauss**  
*Anshei Israel, Preschool/  
Kindergarten Director  
Tucson*

What was special for me was being taught by my Dad who was the Cantor and then being up on the bima with him. (Cantor Maurice Falkow, z"l, moved to Tucson in 1948 and served Congregation Anshei Israel for 40 years.)



**Sam Redmond, 16**  
*Scottsdale*

I have been working with animals since I was 10 and know that's what I want to do with my life. My Torah portion dealt with how we should respect animals and treat them with care and kindness. So I was able to gear my speech around that too. I felt so fortunate – It was really meant to be!

**David Siskin**  
*BBYO Program Associate*  
*Phoenix*

My whole theme, including my bar mitzvah speech, dealt with baseball and the number 24, my favorite number. Ken Griffey Jr. had that number then. My table decorations were all cut-outs of famous baseball players and my speech tied baseball and life together.



**Janet Arnold**  
*Arizona Jewish Life Associate Editor*

When Josh was 11, he asked me if I'd like to join him on the bima in two years and have a b'nai mitzvah, the first such event at Temple Beth Israel. I made sure to take a "back seat," that is, I let him do all the hard parts! It was a wonderful milestone for both of us, made even more meaningful to be officiated by Rabbi Albert Plotkin, of blessed memory, who hailed from my home town of South Bend, IN.

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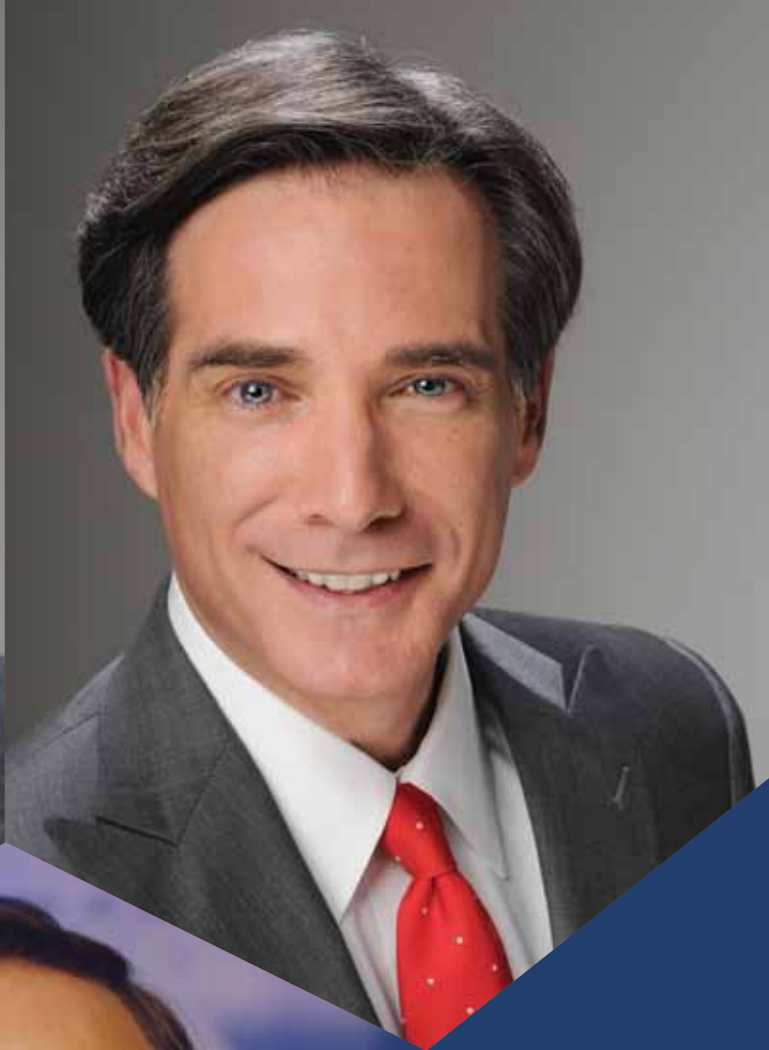
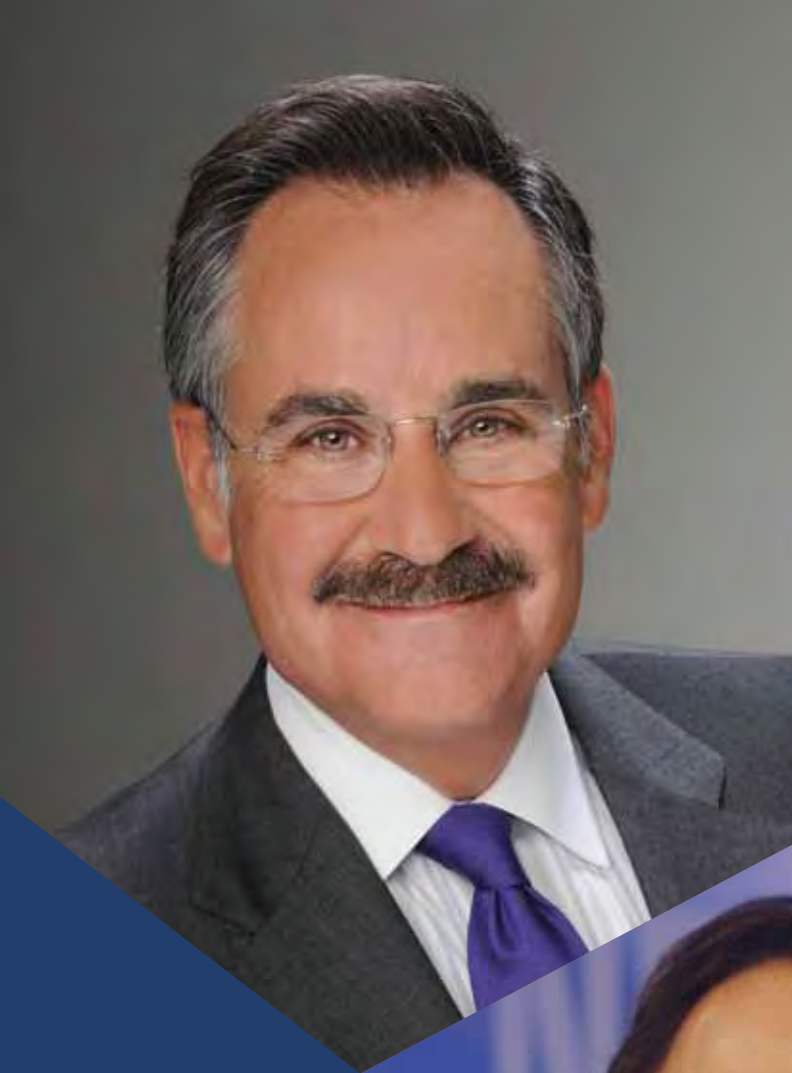
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# JEW<sup>ON</sup> NEWS

Arizona's Jewish newscasters  
are a questioning bunch

By Janet Arnold

# Phoenix and Tucson TV viewers get news from Jewish newscasters

If one poses the question “Why do Jews always ask so many questions?” the quick response from a fellow Jew might be “Why not?”

We are a people of questions: secular and Talmudic scholars, great philosophers and, well ... yentas. We all ask questions all the time, from the sublime “What is the meaning of life?” to the ridiculous “Nu, are you married yet?”

So maybe it's not so difficult to understand why there seem to be such a large percentage of Jewish TV newscasters. On cable and network news, we've spent many hours with the inquiring minds of Mike Wallace, Ted Koppel, Barbara Walters, Larry King, Andrea Mitchell, Wolf Blitzer and Jon Stewart.

In Arizona alone we currently play host to three prominent TV newsmen: Mark Curtis and Brahm Resnik at Channel 12, KPNX, in Phoenix; and Matthew Schwartz, investigative reporter on Channel 4, KVOA, in Tucson. Each of the three grew up sitting at seder tables and hearing the Four Questions, the epitome of the process of asking questions to become better informed, to better understand. So maybe it's no coincidence that's what they do today in their jobs in the news. Well, at least it couldn't hurt!

## 6 Emmy nominations For Mark Curtis

Mark Curtis has received six Emmy nominations from the 36<sup>th</sup> Annual, 2013 Rocky Mountain Southwest Chapter of the National Academy of Television Arts and Sciences. This year's Emmy Awards Gala and Auction is Saturday, Oct. 19, at the University of Phoenix Stadium, 1 W. Cardinals Dr. in Glendale. The celebration is presented in partnership with the Arizona Cardinals.

Mark is nominated for five specific stories as well as for over-all News Anchor. According to their website, “The Rocky Mountain Emmy Awards is not a competition in the traditional sense. Entries do not compete against each other. Rather, each is judged individually on its own merit against a standard of excellence.” Other nominees come from all over Arizona, New Mexico, Utah, Wyoming and El Centro, CA.

Mark has received Emmys in the past, most recently one in 2012 for his coverage of Phoenix area dust storms. **Tickets are available from [rockymountainemmy.org](http://rockymountainemmy.org).**

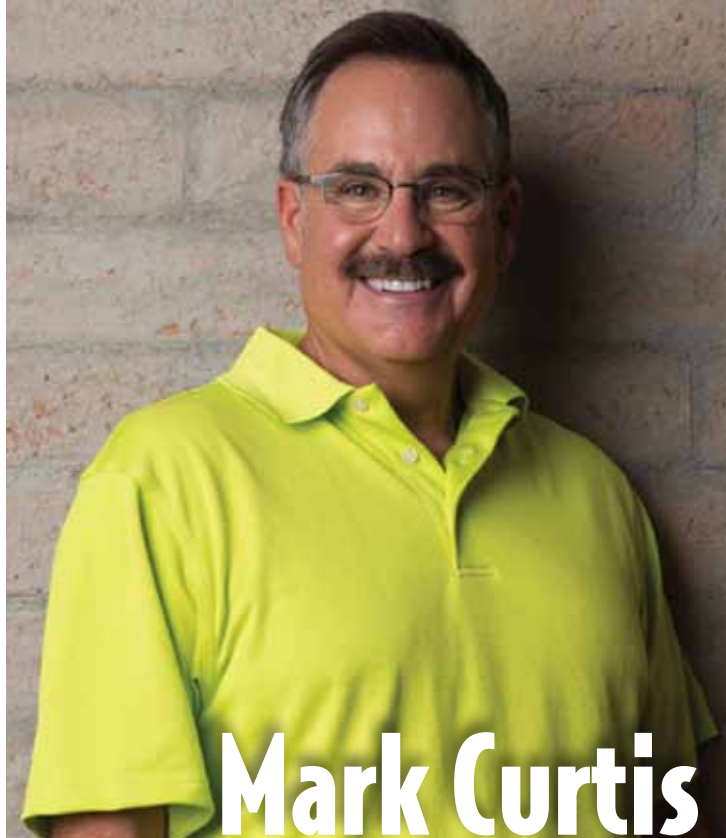


Photo by Carl Schultz

# Mark Curtis

“We hear all the time that the public doesn't want to hear all ‘bad’ news. Imagine how we feel having to report it.”

— Mark Curtis, Phoenix

Mark Curtis has been a household name in the Valley since 1980, when he first arrived to broadcast the weekend sports for Channel 12. He quickly endeared himself to the public with his warm, sincere voice, striking good looks and obvious love of sports. On the job he became friendly with Dr. Eli Krigsten, a noted orthopedic surgeon who served as team doctor for the Arizona Wranglers, a professional American Football team in the U.S. Football League in 1983-84. When Eli realized Mark was Jewish, the next words out of his mouth were, “You want to meet my daughter?”

Thus began the courtship of Mark and Abby, who were married at Temple Beth Israel. They live in Scottsdale and have three grown children: Lindsay, who works at the Fox TV station in Las Vegas; Blake, who works in the business world; and Sydney, a sophomore at Arizona State University. Lindsay and Blake graduated from ASU as did their mother. The family continues its membership at Beth Israel.

Born in Alexandria, VA, into a Jewish family with roots from Hungary and Russia, Mark's family attended the one

Conservative shul in the town. “There was one Reform temple, as well,” he adds. Mark’s grandparents were Orthodox, and his family kept kosher when he was young. Judaism was important enough to his family that his mother insisted his sister become a bat mitzvah, even though the concept of girls attaining this rite was relatively new at the time.

Mark thought he’d like to be a doctor, but after two years in pre-med at the University of Georgia he accepted the fact he wasn’t ready to devote the time and energy necessary to the stringent academics. He transferred to American University in Washington, DC, and graduated with a degree in journalism. Though he quickly found a job as a sports producer in DC, Mark jumped when he heard about an opening at Channel 12 for a weekend sports reporter in 1980. After seven years of working weekends and lots of road trips, the family moved to Minneapolis, where Mark accepted a position reporting on sports during the week. The family next moved to St. Louis for a similar job opportunity.

When in 1995 long-time sports reporter Bill Denny was set to retire, Channel 12 reached out

to Mark and brought him “home.” While his heart is still close to sports, Mark was happy to make the move to news anchor in 2004 to free up some weekend time to spend with his family. “Sports reporters typically work Sunday through Thursday, sacrificing their Sunday family days,” he says. “The kids were getting older, and I didn’t want to miss out on being with them. Becoming the anchor meant I would have a regular Monday through Friday schedule.” Though he notes that since Channel 12 now shows Sunday night football, he and Lin Sue Cooney, his co-anchor, are required to do the Sunday night news during the season. “But it’s temporary,” he adds with a smile.

Mark is grateful to Channel 12 for his nearly 20-year tenure with the station. “They’ve always been great to me,” he states.

“This is a fickle business. If for some reason, the public decides they don’t like me, or if the station gets new owners, you never know what could happen.” He adds that the family certainly hopes to stay in the Valley. Mark loves to golf and garden, and he can’t think of a better place to do both! Abby recently started a new business promoting Hair Warrior, a hair care product to help active women protect their hair (think hot yoga!). They are close to Abby’s family, and 13 of them regularly vacation together.

Part of his job is to be involved in the community, and Mark

is particularly interested in lending support for two causes: pancreatic cancer, from which his mother passed away, and Crohn’s disease, which his son’s roommate had. He recognizes that both of these diseases are prevalent in the Ashkenazic Jewish community. He wears a purple bracelet to call attention to his commitment to work to end pancreatic cancer, and just a few months ago, he donated his time to host the Crohn’s walk/run for a cure.

Over the years, he’s covered a wide variety of stories. Among his favorites were his first story, Muhammad Ali preparing for his fight versus Joe Frazier, and the unforgettable night in 2001 that he was in the broadcast booth when the Arizona Diamondbacks won the World Series.

He admits reporting the news can be a difficult struggle,

though, as so many of the stories he deals with are tragic. “We hear all the time that the public doesn’t want to hear all ‘bad’ news. Imagine how we feel having to report it. Sometimes we have to say the same words three times a day. It can really get to you. With the recent Yarnell Hill fire, for example, we heard the stories directly from



Thirteen members of the Curtis family vacationed in Marseilles this summer including, from left, Sydney, Blake, Abby, Lindsay and Mark Curtis.

those who experienced the losses – the wave of devastation, a virtual tsunami of sorrow. It’s our job to interrupt their grief to ask questions.”

Mark quickly follows up this somber moment pointing out that Channel 12 does try to do positive news stories, as well, including a series on local “heroes.” They advocate for health care and social issues, and he finds the local community overwhelmingly generous whenever the station puts out a call for assistance in terms of food, clothing and other supplies for those in need. “This is really a great community. They always rise to the occasion!”



# Brahm Resnik

**“I pay attention to detail to try to devise just the right question, to make sure we hold our leaders accountable.”**

— Brahm Resnik, Phoenix

Brahm Resnik is a news reporter and substitute anchor as well as the moderator of “12 News Sunday Square Off,” a popular political talk show that airs at 8 am Sunday mornings on KPNX. Brahm was born and raised in Cote St. Luc, a nearly all-Jewish section of Montreal, Canada. “It was virtually a Jewish ghetto,” he comments, “but in a good way!” One of five children, he hails from Russian roots and grew up in a Conservative household. His family has always been involved in the Jewish community. His father was in the underground in Russia during World War

II. “His story is chronicled in the movie ‘Defiance,’” Brahm says.

One of his brothers was a paratrooper in the Israeli Army during the Yom Kippur War. His mother ran the Yiddishkeit group “Mama Loshen” (Mother Tongue) in Montreal for many years.

Brahm was at McGill University where he earned his bachelor’s degree when he met his wife-to-be Wendy, who had come from Virginia. She followed him to Northwestern, where he earned his master’s degree in journalism, and they were married in the Shakespeare Garden on the Northwestern campus. “It was the perfect setting,” he says. “The garden is filled with every flower and plant mentioned in Shakespeare’s folio and the main bough wraps around in a semi-circle to make you feel enveloped and warm. That’s where we put the chuppah.”

Brahm began his professional life in print journalism, and he and Wendy soon moved to Milwaukee, where their sons were born. “Milwaukee has a great Jewish community, but you still have to shovel snow,” he remarks. In 2000 there was an opening at the Arizona Republic for a business editor, and Brahm snagged the position. Within five months, the Republic was sold to Gannett. Since Gannett also owns Channel 12, there were suddenly additional opportunities. His mother and brother had been encouraging him for some time to give broadcast journalism a try, so without any previous experience, he summoned his courage and auditioned for an opening on TV. With his comfortable on-air presence, resonant voice and sincere smile, he won the position. “It’s like learning golf in front of 100,000 people,” he grins. “I still struggle with golf, but feel I’m getting the hang of being on TV! You make your mistakes, learn from them and move on.”

Brahm finds moderating the “Sunday Square Off” to be both challenging and exciting. He has the ability to request the guests he wants, and he writes his own tough questions. “I pay attention to detail to try to devise just the right question, to make sure we hold our leaders accountable. I don’t lean one way or the other in my questioning, but leave it to the viewer to determine if ‘what they say is what they’ve done,’ based on their actual record.”

His sons Max and Jack nod their heads when they watch him ask those tough questions – they’re used to them! The boys each became a bar mitzvah through Temple Emanuel in the East Valley. Max was active in the Arizona Jewish Theatre Company’s youth program, and Jack stayed Jewishly involved through TETV, the Emanuel chapter of the National



Brahm and Wendy Resnik

Federation of Temple Youth, the national Reform teen program. He also volunteers at Camp Swift. Wendy works at the Phoenix public library system, where she is currently the Youth Services Coordinator at the Burton Barr main branch in downtown Phoenix.

One of Brahm's recent proud moments was last summer when he became a U.S. citizen. He has mastered the pronunciation of "out" pretty well, but says he still has to stop and think about "project" and even "taco" as they are pronounced differently north of the border.

The final "tough" question put to Brahm: Where did the name Brahm come from? It doesn't sound very Jewish. "Aha!" he laughs. "My grandfather wanted me to be named after his brother-in-law, Abie. He wouldn't allow 'Anthony,' my mother's first choice – too Italian. My mother said she wouldn't name me Abie, nor would she agree to Abraham, but from that came Brahm. My Hebrew name is Avraham. The funny thing is that one year when I went to camp, there were four Brahms there! The other three were Glickman, Weinstein and Schekman!"



## Matthew Schwartz

**"I want to uncover fraud and corruption."  
— Matthew Schwartz, Tucson**

Matthew Schwartz is a recent transplant to Arizona from New Jersey via Florida. Born in River Edge and raised in Paramus, NJ, in a Conservative home, Matt's family was involved at the Paramus JCC, which is as much a synagogue as it is a community center.

Matthew knew early on that he wanted to be a journalist and received his degree in that field from Ohio University in 1976. His neighbor while growing up was journalist Jim Donnelly, and two weeks after Matt's graduation, Donnelly helped him get a job at WCBS Radio in New York City. Matt then set a goal for himself to make it to New York TV by the time he was 30. He moved around a bit for a few years with jobs in Utica, NY, Richmond, VA, and Cleveland, OH, before he was hired in New York. His first broadcast there was in 1984 on his 30<sup>th</sup> birthday on the station now known as WWOR.

Matthew began there as a general assignment reporter and was promoted to investigative reporter in 1993, putting in more than 20 years at that station. "This is a very nomadic business," he says, "so I really appreciated the fact that I could stay in one place that long!"

When his New York station was bought by Fox News, he left and took a position in Tampa, FL, at WFTS. "But after a few years, a new news director was hired and wanted to choose his own team. Another example of how tentative this business can be."

Matthew then took some time off to be with his mother, Shirley, who was fighting cancer. "My mother was an amazing woman," he says with much reverence. "She reinvented herself many times. She was married to a man who died in the Korean conflict, while she was pregnant. I didn't know until sometime around my bar mitzvah that my sister was technically my half-sister; there was no distinction made. My mother was a registered nurse who would take summer camp nurse jobs so that my brothers and sister and I could get free tuition. She was also an artist in stained glass and ceramics, with three kilns in our basement. When she was close to 60, she volunteered as a nurse in the Israeli army, and in fact is buried in her Israeli uniform."

His mother passed away in 2009 at the age of 85, and a few years later, Matthew decided he missed the "biz." There weren't a lot of open positions for investigative reporters, but the one in Tucson caught his eye. He had gotten used to the warm winters in Tampa, and thought he'd be a good match for the Old Pueblo. He's been with KVOA since April, is adjusting to the slower pace and is enjoying his surroundings. Matthew has three children: Michael, 26, who is playing professional baseball in the

“My mother was an amazing woman... When she was close to 60, she volunteered as a nurse in the Israeli army, and in fact is buried in her Israeli uniform.”

Frontier League after being drafted by the White Sox in 2010; Jason, 24, who is involved in exercise science and health clubs; and Jessica, 21, who is at Florida State University with an interest in print journalism.

Although he’s had the privilege of interviewing five U.S. presidents, Matthew thinks his most memorable story was his prison interview with “Son of Sam” killer David Berkowitz. He has won more than 200 awards for reporting and writing, including four New York Emmys. He’s particularly interested in helping consumers and is happy that KVOA is letting him choose his own stories. “I want to uncover fraud and corruption,” he vows. He encourages the Tucson public to contact him at the station with potential stories.



Matthew Schwartz at the border fence in the Tohono O’odahm nation in May

So, three newsmen with strong Jewish identities are in our midst – living, working and asking the tough, often uncomfortable, questions. What fed their strong sense of curiosity? Did pondering the Four Questions play a role? Hard to say, of course, but they certainly represent some of the best secular questioners around. And aren’t we in the Jewish and broader Arizona communities glad they do?

# Fall trends 2013

By Kira Brown

Another season is peeking around the corner and you know what that means ... It's time to shop. Once the essential back to school shopping for erasers, backpacks and socks is complete, it's time to start thinking about packing up the tank tops and shorts and digging out your favorite comfy sweater and pair of jeans for the cooler months. And, of course, time to find what's new and trendy in stores to add to your wardrobe and freshen up your look.

With any season, there are the fabulous and the not-so-great trends to, literally, buy into. What I love about the Internet and Internet shopping and how it has influenced our buying power is this: the net makes it easy to research, comparison shop and find the best deals, trends and wardrobe pieces for you.

No longer are you subject to what you can find at your favorite local mall in one three-hour afternoon – you've got online storefronts, the world's fashion designers and fashion advisors at your fingertips, helping you create the best functional wardrobe, keep within your budget and stay current on trends that can easily freshen up your look for each new season.

For fall 2013, I've seen a lot of different looks from many different designers.



Winter Whites at  
White House | Black Market.

# FASHIONISTA



**Shopping Tip:** Internet shopping is best done after a thorough closet cleanse, so a targeted list of wardrobe pieces can be searched, identified and purchased, often saving time and money.

*Here are a few of my favorite trends for the upcoming season:*

**TROUSER PANTS** – So long skinnies! Trouser pants are making a comeback. The over-arching theme/trend here this season is “Menswear.” However, not many women are able to pull off a full Diane Keaton-style menswear ensemble. Yet, trouser pants will work for many of us. Pair with some patent heels for casual Friday work wear.

**LADYLIKE DRESSES** – Longer, fuller skirts are a new option this season. I love this trend and when I saw this on the runway, I instantly thought of Kate Middleton – ever-so-ladylike and neatly dressed. So this season, dress like a duchess and feel like royalty throughout winter.

**WINTER WHITE** – Yes, after Labor Day. White in winter is the utmost of chic. Try a white blazer, with white pants or white day dress. Or a white cocktail dress for a dinner party. And for even more fun, pair white with gold.

*What I'm Not Falling For this Season...*

**PLAID** – I love my Saturday marathon reruns of “Clueless,” and I personally remember begging for a pair of knee high socks and a matching plaid skirt suit from 5-7-9 in, like, 1992. But “as if” would I be into recycling this trend again.

**OVERSIZED COATS** – Buy a coat that fits. Period.



Kira Brown is a certified personal stylist and fashion writer. Kira has interviewed many fashion icons including Tim Gunn, jeweler Neil Lane, international makeup artist Jemma Kidd and Ken Downing of Neiman Marcus. Kira also offers virtual style consultations for women and men. Contact her at [kira@fashionphoenix.com](mailto:kira@fashionphoenix.com).

# Planned giving

*“Blessed are they that observe justice and do righteousness at all times!”*

~ Psalms (Tehillim) 106:3

## [Inside]

Young Funders

New Giving Generation

Living Her Dream

Teenage Philanthropy

A Time to Give

Charitable Deductions

*“How lovely to think that no one need wait a moment; we can start now, start slowly changing the world!”*

~ Anne Frank (diary entry, 1944)

# A New Generation of Philanthropists

## Young funders match local money with local people and ideas to meet local needs

By Deborah Moon

In 2008 Jay Chernikoff and David Schuman learned about giving circles at a Jewish Funders Network meeting held in Phoenix. The two young entrepreneurs were intrigued by the concept of like-minded friends pooling their philanthropic dollars to strengthen their local community. But the recession that soon gripped the country put a damper on innovative ideas.

But as the economy improved, the idea of a Jewish giving circle took hold. This year a cohort of 10 young men under 40 created Young Jewish Funders of Arizona and on Aug. 25



Young Funders (from left): Samuel Saks, Jeff Toppel, Josh Wertlieb, Zachary Kepes, Mark Zinman, Laurence Hirsch, David Schuman, Jay Chernikoff, Greg Saltz and Joshua Simon.

donated \$50,000 to six nonprofit organizations for projects that will be implemented in 2014. Grants ranged from \$2,000 to \$15,000.

Chernikoff says while all the grants went to established organizations, the funds will support new programs.

YJFAZ member Larry Hirsch says the group reviewed more than 20 grant applications before they chose “great ideas and great people who needed seed money to make their projects come to life.” He says he’s pleased that “in our first year we

were able to hit all the ages – seniors, post-college, teens and preschool.”

Hirsch notes that Phoenix is largely a city of transplants. Eight members of the giving circle came from other cities “where Jewish giving has been part of life for generations.” He says group members wanted to continue that tradition in their new homes, but notes, “Our generation is not so keen on just writing a check.”

Giving circles enable donors to control where and how their funds are used and to provide seed money for innovative projects.

“The goal of our giving circle has been to ignite a change and become personally involved with and in our Jewish community. There are so many worthy ways to build and strengthen our community, and many need volunteers just as much as funding,”



Grant presentation: (from left) Rabbi Schmully Yanklowitz (Valley Beit Midrash), David Tessler (Jewish Free Loan board member), Andrew Gibbs (BBYO), Jayme David (BBYO), and Chani and Rabbi Levi Levertov (Smile On Seniors).

says Joshua Simon in a press release from the group. “Giving circles make financial donations more personal, because we have the ability to choose specific groups and causes that receive funding. Because it is a transparent donation, giving circle donations truly give donors a sense of accomplishment with the project. With our initial efforts, we hope to inspire others to organize their own giving circles and support their communities.”

Young Jewish Funders of Arizona is part of a pilot program of the international philanthropic organization Jewish Funders Network, which works with organizations such as the YJFAZ to make their contributions impactful.

A press release quotes Ruthie Rotenberg, who is leading JFN’s giving circles initiative: “At the Jewish Funders Network, we have found that when philanthropic activities begin early in a career those acts continue throughout entire lives. We find that financial donations, many times, are a turning point that encourage more people to be involved with the Jewish community. They begin thinking in broader terms, think deeply and act profoundly which invigorates everyone. The Young

Jewish Funders of Arizona are championing this effort in Phoenix.”

Addressing why the cohort includes only men, Chernikoff says: “You want to find people who are in similar life places. You’ve got to have people you feel connected with. You need people on the same schedule to get a circle going. It could be a couples’ or women’s group, but obviously I wasn’t going to start a women’s group.” ■

Chernikoff urges others interested in creating their own giving circle to contact YJFAZ or JFN.

## The Funders

### Their professions and where they were raised:

Jay Chernikoff, commercial real estate, Cleveland  
Larry Hirsch, matrimonial law attorney, Chicago  
Zachary Kepes, residential real estate, Detroit  
Samuel Saks, commercial litigation attorney, Detroit  
Joshua Simon, commercial real estate, Scottsdale  
Greg Saltz, commercial real estate, Cleveland  
David Schuman, president of ResQ Water, Ann Arbor, MI  
Jeff Toppel, labor and employment attorney, Chicago  
Josh Wertlieb, wine distributor, Boston  
Mark Zinman, real estate attorney, Scottsdale

## The Funded

### The new projects that received grant funding:

- The Friendship Circle provides assistance to families of children with special needs and will use the funds to strengthen their volunteer programs, including a Mitzvah Volunteer Program, and they will introduce a Parent’s Night Out.
- Jewish Free Loan will begin offering interest-free loans to families for Jewish preschool expenses.
- BBYO, Inc., instills leadership development and identity enrichment for Jewish teens and will introduce an alumni engagement program connecting members with local young alumni.
- Smile On Seniors offers Jewish senior programs to foster a community atmosphere. Grant funds will support more programming and social events that bring Jewish seniors together.
- B’nai Tzedek Youth Philanthropy Program encourages teens to participate actively in philanthropic activities with grant funds matching their giving circle efforts.
- Chabad of East Valley is a Jewish community center in Chandler that is adding children’s playground equipment to their facility.

# A new generation of givers

By Marc Blattner

For years, many in Jewish communal service have raised the issue about the future of Jewish philanthropy. They ask, will the younger generation continue to support Jewish causes? Will they be as philanthropic as past generations? And will they participate in the same ways?

Some of this was answered by a new study, *Next Gen Donors: The Future of Jewish Giving*, which finds that young Jewish philanthropists (ages 21-40) want to carry out their giving in vastly different ways than their parents and grandparents. They will contribute, yet their priorities may be different.

For example, 65% of respondents mentioned funding religious and faith-based causes as compared to 78% for older generations. And for younger donors, education (not specifically Jewish) was their top priority. But for next gen donors, the goal is to find new, innovative ways to maximize the effect of their giving by exploring more hands-on experiences and shifting to more peer-oriented giving.

What may be most important is that younger donors want their giving to be “information-driven, hands-on, impact-focused, and proactive and peer oriented.” Where older generations may have been more socially motivated to give, one next gen respondent to the study said, “I am interested in many of the same causes but much less concerned about the recognition and more about participation and impact.”

The report states, “Next gen donors want to develop closer relationships with the organizations they support, contribute their personal talents as well as money, and get involved to solve problems alongside those they support. They also want to share their philanthropic experiences with peer networks to extend their impact. In short, they want to give their time, talent, treasure and ties.”

While this particular study focused on next gen donors (and in all candor, the participants were from significantly affluent families), we must not forget that baby boomers are now the largest philanthropic cohort in the country, making up 43% of all giving (although only 34% of all donors). While some believe that “digital” is only for young people, studies show that each generation values a mix of online and offline communications and giving channels. In fact, more baby boomers give online than through the mail today.

Interestingly, a study about American giving states that those born before 1946 feel that giving money makes the largest impact for charities, while only 36% of Generation X and

only one in four millennials feel the same. Instead of dollars, millennials would rather give of their time, feeling that is the way they can make the largest difference.

So, what messages should our Jewish community take from these studies?

Young people will give generously, but with their own mindset and priorities.

Baby boomers have incredible philanthropic muscle (both with their dollars and their considerable amount of time and experience). We must cultivate this target group and utilize their multifaceted skill set.

Impact rules for younger generations, in particular; it is all about seeing results from their contributions.

Younger donors first support causes they are passionate about – rather than institutions. It is up to organizations to inspire them and show them that their support can make a tangible difference on the wider issues.

Perhaps the most important statistic in the entire study is that 92% of respondents said their philanthropy was influenced by their parents. But unfortunately, too few young people are involved in their family’s philanthropy. Programs like the Oregon Jewish Community Youth Foundation and B’nai B’rith Camp’s Teen Philanthropy Program are excellent models that teach teens about how to give, yet learning about philanthropy really starts at home.

As a parent of a 12-year-old and 10-year-old, we do our best to discuss our charitable activities (whether cash donations or time). We share our priorities and values with our children so they understand “the why” and “for what” based on our current interests and thinking. We want them to know what we are doing and the reason behind it. Not every parent will do this. Nor will every child listen. Our hope (expectation may be a

better word) is that they will learn from us the importance of giving back to our Jewish community and making the world a better place. And that they will become Jewish philanthropists in their own way. ■



Marc Blattner has been a Jewish communal professional for 20 years, serving Jewish federations in Portland, Philadelphia, Atlanta and Baltimore.

# Tracy Salkowitz is loving her dream job in Tucson

By Carine Nadel

Photo by Rick Edwards

After working for over 30 years as a community organizer, Tracy Salkowitz was thrilled to have the opportunity to help our community unite and grow. So when the offer to be the new executive director of the Jewish Community Foundation of Southern Arizona arrived, she jumped right into life in the desert. Her tenure began in July 2012.

Tracy says she thinks the Jewish community is in a state of evolution.

"First, how do we continue to develop and grow?" she says. "We're vulnerable. We need to take care of things like educating our philanthropists on how and where their donations go – to dispel the myths surrounding what the foundation is all about and what we actually do. Many of our donors want their dollars going to definite areas – we need to let them know they can! I want to be able to inform them where and how far our arms reach, so they can achieve those wishes successfully."

With programs ranging from the arts and libraries to children and seniors, the foundation has an opportunity for everyone to be able to help while still focusing on their own passions.

"Many of our community are in crisis – we need funds to help those emergencies," says Tracy. "No one is going to care about the Jews of Arizona or Jewish life in Arizona if our own Jewish community doesn't. If we care about our community, we need to do whatever we can individually."

Tracy received her master's degree in Community Social Work from the Wurzweiler School of Social Work at Yeshiva University in 1982. Since then she has headed a number of civil rights organizations specializing in advocacy, organizational development and coalition building. In addition, she served as planning director of Alameda County Social Services Agency. Throughout her career she has focused on organizational strength and development.

"For me, I think that ever since I was a small child, I wanted to make the world a better place. It was the environment I was raised in – my parents were always heavily involved in our neighborhoods and in the community in general," explains Tracy.

One of her most memorable work experiences happened when she was working at the American Jewish Congress in San Francisco. Her daughter's third-grade teacher asked her to coordinate a legislative program in Sacramento. Tracy agreed on the condition that it would be combined with teaching the children about the legislative process and learning how to lobby.

"Obviously the kids had no idea what lobbying was, but



“For me, I think that ever since I was a small child, I wanted to make the world a better place. It was the environment I was raised in – my parents were always heavily involved in our neighborhoods and in the community in general.”

when asked if any of them had ever negotiated with their parents for a new football or sweater, they got it immediately," says Tracy.

The students came up with the issues they cared about and presented them to their legislators. As a result, then California state legislator Carole Migden took on the school lunch program as the top priority of her legislative agenda.

"It was remarkable," Tracy recalls. "Watching civic participation in action and seeing the difference that can be made, it was just extraordinary."

When Tracy started her college years, her goal was to be a dance therapist. During one summer she attended Brandeis Camp Institute in California, which turned her life around. Judaism had always been important to her, but it was during that summer that she realized how central it was to her life. "I ended up on a kibbutz for a year and that cemented my desire to work on behalf of the Jewish community."

She completed her bachelor's at Immaculate Heart College in Los Angeles. There were very few Jews, however, and Tracy found it disturbing when professors that she didn't know would stop her to tell her where they needed funds.

"It seemed as if just because I was Jewish, my family had money to build escalators and new buildings," she notes. "It was pretty awful."

"Then I went to the Wurzweiler School of Social Work at Yeshiva University, and it was fabulous! I was able to study with students from Reform to Orthodox and debate on many different levels with those of the same heritage. The program was outstanding."

Tracy knew that more than anything she wanted to work

within the Jewish Community to run her own foundation. While in Alameda County working as a consultant, she found that people heard of her work and offers came to her. "I actually was on a bit of a sabbatical. My daughter was getting ready for her bat mitzvah, I went through a divorce, then I remarried and there I was in the midst of the teen years. Being a consultant allowed me to do good work and still be part of a car pool. My ambitions were still strong during that time, but my goals were different."

"When the offer to be executive director here in Tucson came about, it was truly a gift – my dream position. My husband came with me when I met with the foundation. We fell in love with Tucson and the Jewish Community here. My husband was all for making the move as long as I never complained about the heat! Thankfully, we have great air-conditioning, so I'm a very happy camper."

Tracy says her motto is, "One person can and does make a difference, together we can move mountains." ■

## Ner Tamid Society aids Jews with Special Needs



For the past 28 years, the demand for programs and services to enable children and adults with disabling conditions to be active in our Jewish community has increased each year. To sustain the Council For Jews With Special Needs' vital services, we created the Ner Tamid Society fund. Donations to this fund guarantee that essential disability resources will continue to be available in our Jewish community for decades to come.

You don't have to be wealthy to leave a legacy. There are many ways to help through planned giving including a bequest to the Jewish Community Foundation to create an endowment for the Council, or donation of appreciated property or investments, which can give you an immediate charitable deduction and reserve income interest for your life. To discuss becoming a member of the Ner Tamid Society, contact Becca Hornstein at 480-629-5343 or [becca@cjsn.org](mailto:becca@cjsn.org)

# Teenage philanthropists inspire hope for future

By Debra Rich Gettleman

Just when you were about to buy into the notion that Generations X, Y and Z are a self-obsessed, instant gratification seeking bunch of techno-geeks who've been raised on a constant diet of World Wide Web, Instant Messaging and MP3 players, someone like Andrea Cohen comes along and restores your faith in the next generation.

Cohen is the founder and director of the Jewish Community Foundation's Youth Philanthropy Board of Greater Phoenix. Since she started the board in 2005, more than 275 young people have participated in the program and given out grants surpassing \$60,000.

This year 27 high school students serve on the Youth Philanthropy Board. Cohen asserts that the students "represent a true cross section of our Phoenix Jewish community." The board meets monthly and participates in programs aimed at teaching students to become strategic philanthropists and community leaders.

"In the fall they meet and decide on a focus for the year," explains Cohen. "They research potential grantees, author a request for proposals (RFP), solicit and review all proposals, and then spend time making decisions as a group over the granting of

[funds] into the local community." Additionally, board members serve as leaders at various B'nai Tzedek events such as last year's family fun day at UMOM New Day Center. A few years ago they hosted a Senior Prom at Kivel where they served brunch, danced and engaged residents in dialogue about their own past



Youth Philanthropy members participate in a team-building exercise on a ropes course.



The Jewish Community Foundation's Youth Philanthropy Board of Greater Phoenix has 27 members this year.

giving and philanthropic contributions.

Over the years the board's giving has focused on areas of education, food insecurity, helping people live more independent lives and vocational skills. In September they met with Lisa Kaplan, JCA director of planning and organization relations, to learn how to assess communal needs and help them to identify the greatest needs within their local Jewish community. Cohen asserts emphatically that while the board does not grant exclusively to Jewish organizations, they absolutely recognize the importance of supporting Jewish causes.

Approximately one-quarter to one-third of the board is new each year. Any teen who has established a B'nai Tzedek Fund at the foundation is eligible to apply for a seat on the board each spring. Any local Jewish teen, from approaching bar/bat mitzvah through high school senior, can establish a B'nai Tzedek Fund with a donation of \$500 or more. Once the fund is created, it grows each year through investment income and other donations, and the teen can give 5% of the fund balance to the charitable organization of his/her choice each year.

"There is prestige in sitting on the board," Cohen says. "It's actually become a wonderful incentive to motivate post-bar/bat mitzvah teens to establish B'nai Tzedek Funds."

The 2012/2013 Youth Philanthropy Board's mission focused on funding for organizations that promoted educational opportunities in the Greater Phoenix area. Grants included \$3,000 to the Anti-Defamation League's Peer Links program to help address bias and prejudice in high schools throughout Arizona. They granted \$1,800 to fund two staff personnel for the Bureau of Jewish Education's Baby and Me Shabbat and Mother's Circle programs. A grant of \$3,000 went to the Camp SWIFT Foundation to enable five children from low-income

families to attend Camp SWIFT's summer program and to support year-round programming for middle school students. The Jewish Community Association's PJ Library was granted \$1,250 to encourage ongoing efforts to engage young Jewish families in Jewish learning by providing them with free books and music. Temple Beth Sholom of the East Valley received \$1,600 for technology integration, which enabled their religious school to purchase a portable Smart Board. The 2012/2013 grants totaled \$9,000.

To date the Youth Philanthropy Board has been more focused on allocating funds than raising them. But this year, Cohen tells me, "Young Jewish Funders has issued a challenge grant to (the board), and they are now engaged in raising \$5,000 to be matched by this very generous group of philanthropists."

Teens who participate in the Youth Philanthropy Board learn that they have the capacity to positively impact lives and improve local communities.

"They learn that philanthropy isn't charity," says Cohen. "It's an investment in the success of an organization. They also learn the value of engaged leadership."

With teens like this in our community, it's hard to remain cynical about the future.

"It's a great group of teens who want to help out and make our world a better place," offers Cohen. "Their tagline is 'Making the world a better place, one mitzvah at a time.'"

To learn more about the B'nai Tzedek Youth Philanthropy Program, visit the JCF website at [jcfphoenix.org](http://jcfphoenix.org) or contact Andrea Cohen at [acohen@jcfphoenix.org](mailto:acohen@jcfphoenix.org).

## When the going gets tough, the tough get giving

By Amy Hirshberg Lederman

I felt like I was channeling my parents this week when I heard myself complaining about how I miss the “good old days” – when people actually sent *handwritten* thank-you notes and invitations, rather than texting, Facebooking or sending e-vites. Call me old fashioned, but there’s something nice about getting a real live letter or card from a friend. And while my mail box is full, its contents are mostly bills, advertisements and a host of requests for donations from organizations in need of help.

Over the past few years, those requests have grown exponentially, especially in light of the economic crisis that our country has been living through. Unemployment is still high, the housing market has been underwater, and college tuition and insurance premiums have eroded the confidence of even the most prudent investor. All of which makes me feel *more* responsible to give to worthy organizations that are struggling to keep their doors open to the many in need of help and services.

I have the privilege of working as a legacy consultant for the Jewish Community Foundation of Southern Arizona, the arm of our Jewish community that “helps individuals and families today invest in a stronger Jewish and global community for tomorrow.” Simply put, we empower people to create lasting legacies for the values they cherish and the organizations they hold most dear.

I get asked a LOT of questions by folks who are trying to develop a strategy for philanthropic giving. Questions like: How much should I give? Should I give now or wait until I die? How do I prioritize my gifts? Should I support Jewish organizations first and then donate to other charities second? Do I need to give up something I enjoy – a dinner out, theater tickets, a trip – to make a more substantial contribution this year?

There is no word for charity in Hebrew. Instead, we speak of *tzedakah*, which literally means “righteousness.” *Tzedakah* is the counterpart to *tikkun olam*, the Jewish obligation to act as God’s partner in repairing the world. Both affirm our responsibility to distribute a part of what we have to take care of others. This is based on the idea that our own wealth is viewed not as a right or entitlement, but as a means to care for the world.

Jewish law is fairly specific in its answer to the question of the amount we should give. Maimonides established specific parameters for giving: Ten percent is average, 20% is ideal, but we should not give more, so that we don’t become impoverished ourselves.

But 10% of what – gross pay, net income, your entire estate? While there are differing opinions, it is generally accepted that

*maaser* (Hebrew for tithing) is calculated based on net income. Think of it like this: God is your business partner and you can deduct the same business expenses, such as taxes, insurance payments and travel expenses, as you would in any legal partnership. For those who want to really figure it out, there are *maaser* calculators available online!

In terms of prioritizing charitable gifts, the general rule is that “the poor of your own town come before the poor of any other town,” but priority is given to the poor living in the land of Israel. We start with our own family, town and community and then reach out into the larger world, which includes Jews and non-Jews, alike. The Talmud specifically recognizes that *any* needy person who lives peacefully with us is worthy of charity because of the “ways of peace.”

Another bit of wisdom comes from the Chofetz Chaim, a pious 19<sup>th</sup> century rabbi and ethicist, who taught that it is better to give smaller sums frequently than a lump sum annually, in order to encourage us to regularly think about the needs of others.

But does giving *tzedakah* have to hurt? Should we be required to give up something in order to make a meaningful gift? The answer is no, and yes. To give in a Jewish way is to act out of a sense of justice and responsibility – not guilt or dread. Jews neither give because it feels good, nor until it hurts. We are obligated to give for the simple reason that the need exists. But if we have committed to giving by making a pledge, either privately (in our own minds) or publicly, we are obligated to fulfill it even if it “hurts.”

When we give, Jewish tradition asks that we give from our hearts – because it is from our hearts that we need to lead, rather than from our heads. When we look upon the world with compassion, we are more inclined to see the real needs of others and make a gift that is truly meaningful.

During our lives we will have times when our income may be limited or our resources depleted. An unexpected tragedy, the loss of a job or an illness can reduce our estate such that it seems nearly impossible to give. But *tzedakah* is an “equal opportunity *mitzvah*” and applies to everyone, no matter how much or how little we have. If we are unable to give of our money, we can give of our time, talents, wisdom and presence. That is why our sages assured us that everyone is capable of giving when they said: “To the one who is eager to give, God provides the means.” ■



Amy Hirshberg Lederman is a legacy consultant for the Jewish Community Foundation of Southern Arizona as well as an author, Jewish educator, public speaker and attorney. She lives in Tucson and can be reached at [alederman@cox.net](mailto:alederman@cox.net).

# MONEY MATTERS

## *Tips on deducting charitable contributions*

By I. Kenneth Davis

As we head into the time of year when many of us make our charitable contributions, it is a good idea to review the income tax related tips published by the IRS earlier this year. The IRS offers the following tips to help ensure your contributions pay off on your tax return.



### **Nine IRS tips for deducting charitable contributions:**

1. If you want a tax deduction, you must donate to a qualified charitable organization. You cannot deduct contributions you make to an individual, a political organization or a political candidate. For information about whether an organization is qualified, you can use the Exempt Organizations Select Check tool at [IRS.gov](http://IRS.gov) ([irs.gov/Charities-&Non-Profits/Exempt-Organizations-Select-Check](http://irs.gov/Charities-&Non-Profits/Exempt-Organizations-Select-Check)).
2. You must file Form 1040 and itemize your deductions on Schedule A. If your total deduction for all noncash contributions for the year is more than \$500, you must also file Form 8283, Noncash Charitable Contributions, with your tax return.
3. If you receive a benefit of some kind in return for your contribution, you can only deduct the amount that exceeds the fair market value of the benefit you received. Examples of benefits you may receive in return for your contribution include merchandise, tickets to an event or other goods and services.
4. Donations of stock or other noncash property are usually valued at fair market value. Used clothing and household items generally must be in good condition to be deductible. Special rules apply to vehicle donations.
5. Fair market value is generally the price at which someone can sell the property.
6. You must have a written record about your donation in order to deduct any cash gift, regardless of the amount. Cash contributions include those made by check or other monetary methods. That written record can be a written statement from the organization, a bank record or a payroll deduction record that substantiates your donation. That documentation should include the name of the organization, the date and the amount of the contribution. A telephone bill meets this requirement for text donations if it shows this same information.

7. To claim a deduction for gifts of cash or property worth \$250 or more, you must have a written statement from the qualified organization. The statement must show the amount of the cash or a description of any property given. It must also state whether the organization provided any goods or services in exchange for the gift.
8. You may use the same document to meet the requirement for a written statement for cash gifts and the requirement for a written acknowledgement for contributions of \$250 or more.
9. If you donate one item or a group of similar items that are valued at more than \$5,000, you must also complete Section B of Form 8283. This section generally requires an appraisal by a qualified appraiser.

And here are two more tips not included in this year's IRS publication:

1. Only contributions actually made during the tax year are deductible. For example, if you pledged \$500 in September but paid the charity only \$200 by Dec. 31, your deduction would be \$200.
2. Include credit card charges and payments by check in the year they are given to the charity, even though you may not pay the credit card bill or have your bank account debited until the next year.

To obtain more detailed information about the deductibility of charitable contributions, see IRS Publication 526, Charitable Contributions. For information on determining the value of noncash contributions, refer to IRS Publication 561, Determining the Value of Donated Property. These publications are available at [IRS.gov](http://IRS.gov) or by calling 800-TAX-FORM (800-829-3676).

For advice about the tax consequences of, and planning for, charitable contributions in your particular circumstances, contact a tax professional.

Kenneth Davis is a partner at the law firm Dunn Carney Allen Higgins & Tongue LLP.

# Meeting survivor inspires Anne Frank actress

By Janet Arnold

Rachel Redleaf has known since age 4 that she wanted to be an actress. That's when she made her first stage appearance. Now 16 and a junior at Horizon High School in Scottsdale, she has the lead role in "The Diary of Anne Frank" at Desert Stages Theatre.

"Playing Anne is a thrill. I love it. I realize I have to be careful and be true to her, and I've really enjoyed doing all the character work," says Rachel enthusiastically. She adds that she saw the movie and did research on Anne and her family.

Desert Stages arranged for the cast to meet with Fred Greenwood, a local Holocaust survivor. "I know about the Holocaust from books and movies and my religious school training, but hearing a personal account was incredible," says Rachel.

The play is based on Anne's diary, which was discovered after the Frank family had been captured in their attic hiding place where they spent two years during World War II, hiding from the Gestapo in war-torn Amsterdam. The Anne Frank House is now a museum, which can be accessed on line at [annefrank.org](http://annefrank.org). The play is appropriate for children about 11 and older.

Rachel became a bat mitzvah at Temple Chai. She is in the choir at Horizon High and has appeared on stage with Desert Stages and other local theaters numerous times. She wants to choose a college that will help her in her future career on stage or in film. ■



Rachel Redleaf

“Playing Anne is a thrill. I love it. I realize I have to be careful and be true to her, and I’ve really enjoyed doing all the character work.”



Anne Frank cast with Holocaust survivor Fred Greenwood and his wife, Vera.

## The Diary of Anne Frank

On stage through Oct. 20.

Show times are 7:30 pm Fridays and Saturdays and 2 pm Sundays in the Actor's Café at Desert Stages Theatre, 4720 N Scottsdale Road in Scottsdale.

Tickets are \$22-25.

480-483-1664

[desertstages.org](http://desertstages.org)

# Beyond Seinfeld: Jason Alexander

By Kathy Shayna Shocket

Jason Alexander is most recognized as George Costanza, the nebbishy, selfish and lazy character he played on the iconic TV series, "Seinfeld." But off-screen Jason is anything but lazy, with a career that also boasts movie roles, the Broadway stage, Jenny Craig commercials, TV poker tournaments and his current one-man show.

Jason, whose real name is Jason Scott Greenspan, began performing in his high schools plays in Livingston, NJ. Even before "Seinfeld" became a cultural phenomenon, Jason was a successful theater actor, winning a Tony in 1989 for Best Actor in "Jerome Robbins' Broadway." Most notably after "Seinfeld," he played Max Bialystock for the eight-month run with Martin Short in the 2003 Los Angeles production of "The Producers."

"He's a brilliant, dedicated actor," says veteran actor Jerry Stiller, who played Frank Costanza, Jason's on-screen father in Seinfeld and is also famous for his father role on the hit TV series "King of Queens." (Jerry's real son, with actress wife Anne Meara, is actor Ben Stiller.)

"Jason is such a mature actor and person. It was as if there was no age difference between us on set," says Jerry, adding that from the first time they met and read a "Seinfeld" script together, something clicked. "We just let it happen between us. On the set we had no boundaries, and it all seemed so natural. There was no air between us. It allowed both of us to feel free to try different things, like lava flowing from a volcano."

In contrast to Jason's mature nature, the George character never grew up. Jerry Stiller laughingly describes George and Frank Costanza as "trombeniks" and notes "that's Yiddish for someone who's a loose cannon."

"Jason is a fantastic singer and dancer," says Jerry. "Many years ago we went to see him perform. I couldn't believe his athletic dancing ability. He leaped into the air. I mean he did a 360 leap into the air. He was fearless."

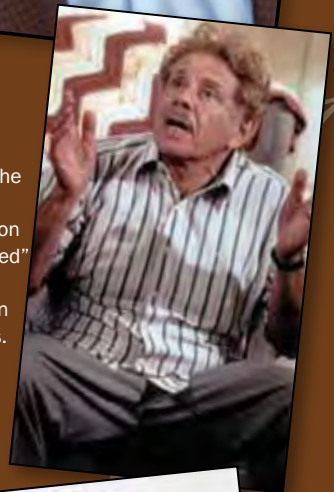
Seinfeld's George, on the other hand, was schleppey and uncoordinated. Yes, Jason was convincing as the commitment-phobic George or the misogynistic attorney he portrayed in the movie "Pretty Woman." But in real life he's been happily married to his wife Daena for 32 years. They have two sons.

He's visited Israel several times, including the delegation trips he took with the OneVoice campaign, a peace initiative of moderate Israelis and Palestinians seeking mutual peace.

What Jason does share with George Costanza, unfortunately, is his hair, or the lack of it, rather. Nevertheless, he sometimes dons a semi-permanent hair piece. In fact, his Oct. 26 one-man show at the Scottsdale Center for the Performing Arts is titled "An Evening with Jason Alexander and His Hair." It features stand-up comedy and singing. ■

For more information: 480-499-8587.

Kathy Shayna Shocket is a freelance writer, photographer and TV field producer who has written for publications such as Time Magazine, People Magazine, Money Magazine, the Hollywood Reporter and the New York Times.



Jerry Stiller, on the set of Seinfeld, says he and Jason Alexander "clicked" in their roles as father and son in the iconic series.



Jason as George Costanza

An Evening with

## Jason Alexander and His Hair

**WHEN:** Saturday, Oct. 26, 2013, 2 pm and 8 pm

**WHERE:** Scottsdale Center for the Performing Arts, Virginia G. Piper Theater, 7380 E. Second St., Scottsdale

**TICKETS:** \$79, \$59, \$49. 480-499-TKTS (8587) or [ScottsdalePerformingArts.org](http://ScottsdalePerformingArts.org)



# WE REMEMBER

## Sutz' masks capture faces of survivors, rescuers and righteous

By Debra Rich Gettman

Robert Sutz is a man on a mission. He's one of America's noted impressionist painters with work widely displayed in galleries and private collections across the U.S. and abroad. His studio boasts a bronze bust of Barry Goldwater that he was commissioned to make several decades ago. He was also commissioned to paint the strong, straightforward portrait of Golda Meir, a likeness of which hangs on the wall in his Scottsdale studio.

But his most significant achievement is the "We Remember" Holocaust Memorial that travels the country showcasing his incredible, lifelike masks and pastel portraits of Holocaust survivors, liberators and righteous gentiles.

Sutz is a charming, spry octogenarian whose father lost his entire family in the Auschwitz and Treblinka death camps. In dedication to him, Sutz has devoted his time, energy and talent to creating haunting life masks of survivors who sit with him as models and share their history and past with him.

"I don't do portraits for pleasure anymore," he explains. "I am 100% devoted to these masks." He has created more than 100 masks and is actively seeking out more survivors, liberators and righteous gentiles to immortalize in his stunning creations. He also creates video interviews of the survivors and paints vivid depictions of their stories on canvas. "I interview them," he says. "They tell me what they witnessed. I turn their visions into paintings."

The paintings are brutal, graphic and staggering. He walks me through his studio, and I am amazed at the prodigious collection of work he's created. His file cabinets are neatly stuffed with over

4,000 index card sketches he makes to remember the stories he hears. "Seeing the hideous and unbelievable scenes through the eyes of those who were there is what I'm striving to record in my paintings," he says. Sutz remembers every survivor for whom he has ever created a mask. He points them out to me and tells me their stories as if each were standing there with us, listening, as we wander through his compact but impressive studio.

Sutz was born in Chicago and grew up in the South Shore neighborhood. At 13 he decided he was ready to choose a profession and inspired by his brother, he started making pen and ink sketches. His brother took him to a local park district art class where Sutz tells me, "I smelled the oil paint and fell in love."

But it is his commitment to creating these life masks that tell the story of who this man really is. Over and over he stresses, "These masks are from life, right from life." His "We Remember" nonprofit organization uses the masks and other works of art to remind present and future generations that the Holocaust did happen, and that it must never be forgotten.

Sutz has devoted his full time to "We Remember" since 2000. I mention the name of a survivor I recently met and Sutz comes to life. "I want to meet her," he says. "Can you put us together?" He tells me the money to fund his nonprofit is minimal. He exists nowadays off of donations and in these times, those are underwhelming at best.

But when I ask why he doesn't supplement the masks with some for-profit portraits, he tells me, "I don't want to be set off my goal. Time is too precious."

The process of creating a life mask is arduous, but these masks offer an astounding opportunity to feel the presence of those



Robert Sutz

who have been depicted. They can be a little bit eerie. At one point he shows me a room filled with life masks, and I feel such energy from them that I am uncomfortable when we leave and turn out the lights. It is as if I am shutting them out by darkening the room and turning my back on them.

"It takes a maximum of an hour to create the mold," Sutz explains. He does so by placing nontoxic, nonallergenic plaster bandages on the face of the survivor, whose eyes can be open or shut and who can breathe normally throughout the process.



Once dry, the mold is removed and a plaster positive is cast. Sutz then spends four to six weeks modifying and painting the masks to create the finished product. "It isn't at all unpleasant," Sutz tells me about sitting for the molds. "Most people find the mask-making procedure rather interesting." For those who absolutely can't sit for the mask, Sutz creates pastel portraits for his traveling shows. When exhibited, each mask and portrait is displayed along with a brief bio and the paintings Sutz created from the survivor's memories.

Robert Sutz is funny, likable and gifted beyond measure. He is also wholly devoted to recording and remembering a devastating time in our history that we, as a people, must never forget. If you are a Holocaust survivor, liberator or righteous gentile who worked in some way to save people from the devastating Nazi regime, I urge you to contact Sutz at [robertsutz.com](http://robertsutz.com) and arrange a meeting. It costs you nothing to tell your story. But the importance of having your memory immortalized? That is truly priceless. ■

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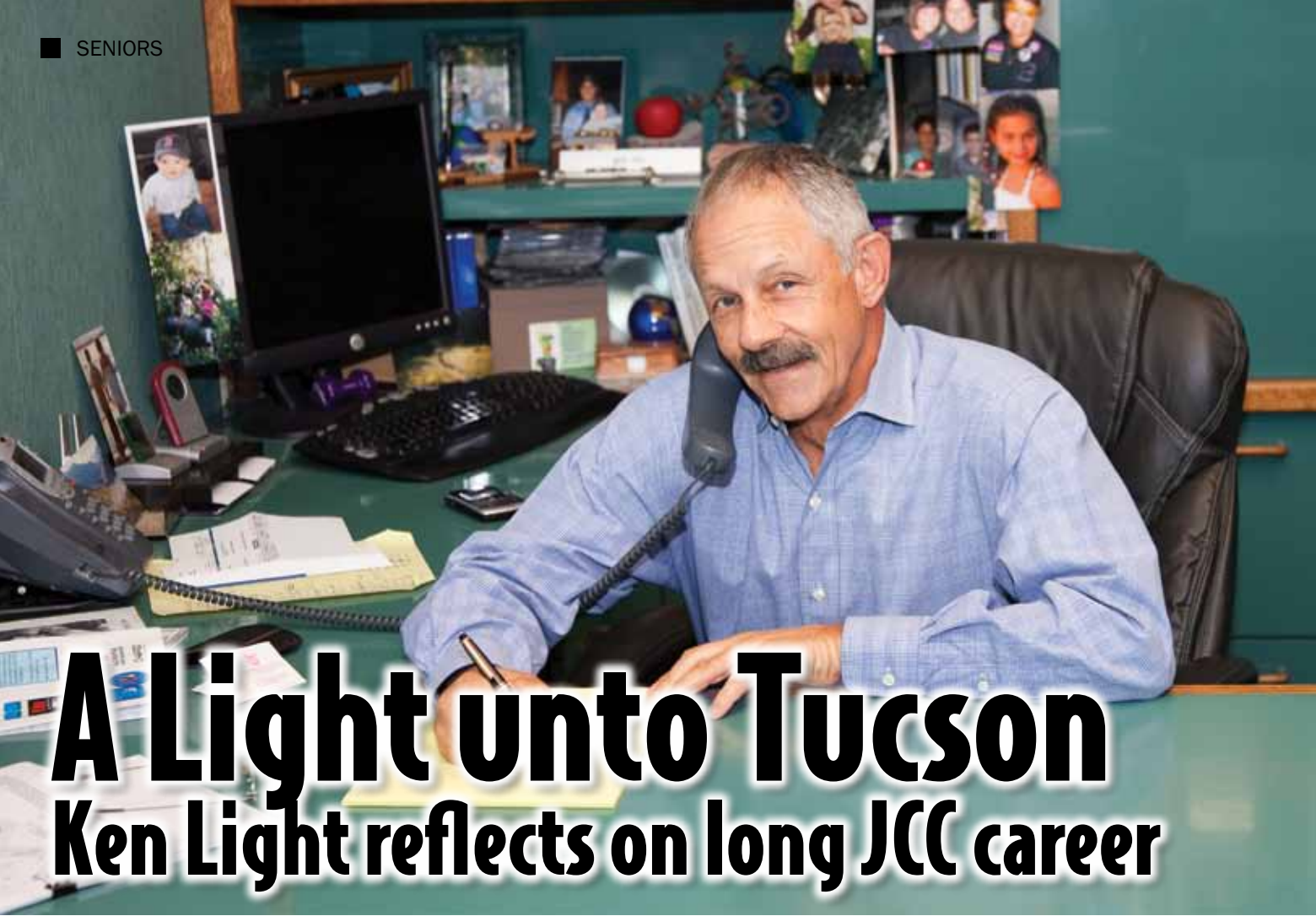
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# A Light unto Tucson

## Ken Light reflects on long JCC career

By Joni Browne-Walders

“I fell into it by accident,” Ken Light says of his 42-year career in Jewish community centers. “I fell into this career. I had no idea I’d be doing this job for so long. But I’ve enjoyed going to work every day, enjoyed the challenges.”

Now after 27 years as CEO of the Tucson JCC, Ken has retired.

“I’ve had great people around me ... staff, volunteers, board members ...” Ken says. “We’ve worked remarkably well together to better the Jewish community.”

Ken has been vitally instrumental in developing the Tucson facility, its programming and its relationship with the larger Tucson community.

It began in tiny Gunnison, CO, where Ken was raised. His was the only Jewish family in town, his father the only doctor. To attend a synagogue or participate in Jewish activities, the family had to drive 200 miles to Denver. Consequently, Ken’s mother taught him and his siblings their Judaism.

As he grew, Ken considered becoming a doctor. However, as a high school wrestling champion, Ken won a wrestling scholarship to the University of Colorado. There he discovered the possibilities of combining physiology, wellness and athletics. “At that time, they didn’t offer degrees in sports and wellness, so I pursued recreation,” Ken remembers. After completing his bachelor’s degree in recreation administration at CU, he earned

his MBA from the University of Denver.

In 1969 he married Marcia Silberman, who he calls “the most wonderful woman in the world.” Their first child was born in 1970, the same year Ken was hired by the JCC in St. Paul, MN, to work in health and fitness. In 1976 the Light family moved to Denver, where Ken began as sports director for the Denver JCC; in time he became assistant director. Ten years later he was offered the position of CEO at the Tucson JCC, and the family relocated to Arizona.

“I found the warmth of the Tucson Jewish community exceeded my expectations. It’s very tight knit, involved and supportive. Even though they’re spread out geographically, Tucson’s Jews remain one community.”

When Ken began as CEO, he discovered he’d have to raise money to build the JCC facility. “Some money had already been raised, enough to get started,” Ken recalls. The building opened in 1989, but it took about 15 more years to secure all the funds. Proudly, he proclaims, “Our JCC is a very haimish place, not an intimidating or imposing edifice.”

When asked how the Jewish community has changed, Ken replies, “It’s larger, but not much. There’s a new generation of leaders, differing priorities and more mobility among our residents. Intermarriage and inclusiveness are more prevalent and accepted.”

Also, Ken adds, where the Holocaust, Jewish survival and ties to Israel once sustained continuity, now the emphasis is more on Jewish life enrichment. Today, Ken feels, donors contribute for



Ken Light and his wife, Marcia, are joined by their grandchildren, (from left) Mason, Jaden, Jake and Ellie.

programs that meet specific interests and needs. “They want to ‘follow their dollars’ more than in the past.”

Currently, Ken serves as capital campaign consultant to raise funds for the renovation of the building, to resolve construction issues and to expand programming. In his spare time, Ken loves to hike, bicycle, and play golf and racquetball. But most of all, he loves to spend time with his family. “We have three great kids (Kim, Rebecca and Brandon), plus four terrific grandkids (Eliana, 15, Jaden, 12, Mason, 4, Jacob, 2) ... and another on the way,” he boasts.

What a wonderful life to have fallen into! ■

Joni Browne-Walders is a produced playwright, editor and freelance writer. She can be reached at jonibw@hotmail.com.

## Lighting the J's Way

On Oct. 12 the Tucson Jewish Community Center will honor Ken Light and his 27 years of service as CEO at “Lighting the J’s Way” in the ballroom of the JCC. The evening will highlight nearly three decades of accomplishments, milestones and memories. Ken moved to Tucson in 1986 to help open the current JCC, located at River and Dodge.

Ken’s tenure as CEO officially ended in June. He now serves as the Capital Campaign Consultant for the JCC’s planned expansion and renovation of its 100,000-square-foot facility. He says of the efforts, “This much-needed campaign will yield immeasurable dividends for our community and have direct impact on generations to come.”

For additional information or to RSVP, contact the Tucson JCC at [info@tucsonjcc.org](mailto:info@tucsonjcc.org) or 520-299-3000.



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# Golden Glover has a ball with Diamondbacks

By Wayne Laskin

It has been an exciting summer for me as a Golden Glover for the Arizona Diamondbacks.

Who or what is a Golden Glover you may ask? Well the next time you're at the ballpark, look for the man or woman sitting in foul territory of the outfield, who is definitely past their prime playing years, having the time of their lives.

That's a Golden Glover.

Now you may wonder how one becomes a Golden Glover. Remember Little League tryouts as a kid? Instead of a multitude of kids, imagine 70 or more "oldies" out on the field stretching, jogging and sharpening their fielding skills.

The fielding tryouts consisted of sitting on a folding chair situated in foul territory down either the right or left sideline, having the baseball hit in your direction, fielding the baseball and then jogging over to the stands and pretending to hand the baseball to an excited Diamondback

“Most important on the list of duties is for each Golden Glover to make the fans happy by fielding the foul balls and handing the ball to an enthusiastic young Diamondback fan.”

fan before returning to your seat. Diamondback personnel tracked and graded your skills and your enthusiasm.

I had a career day at the tryouts, fielding all the baseballs cleanly and getting good fan support as the other participants yelled out my new nickname "Old School," since I was one of the few prospects wearing the old purple and teal colors of the Diamondbacks.

A few weeks later I was notified that I made the cut, and I was one of the lucky ones to make the team. Orientation was scheduled on the night of the first seder, but I was able to reschedule and get a private meeting, during which I was given a tour of the field and underground offices and informed of my duties on game days.

Most important on the list of duties is for each Golden Glover to make the fans happy by fielding the foul balls and handing the ball to an enthusiastic young Diamondback fan.

As a Golden Glover you are also responsible for jogging the relief pitcher's warm-up jackets from the bullpen to the dugout when there is a pitching substitution.

But most important is **not** to go after or catch a **fair ball**. That is the ultimate error.

I prepared for my first game by catching some grounders thrown by my son Asher and eating my pregame meal of a Hebrew National hot dog with relish and mustard. During my first game, the Diamondbacks versus the Pittsburgh Pirates, my position was on the right field sideline. I had to be ready for every pitch since any ball hit could be foul.

The second batter of the game ripped a one-hopper to me, which I cleanly fielded. My career with the Diamondbacks was off to a great start.

I start every game by looking into the stands for the kids to whom I can give the foul balls that I will field during the game. I have averaged fielding three balls a game and have been shut out only once. The young fan who gets the ball gives me the biggest smile, and the parent gives me an even bigger smile and a thank you. What a great memory for that young fan! I have even been offered bribes in exchange for a

“The young fan who gets the ball gives me the biggest smile, and the parent gives me an even bigger smile and a thank you. What a great memory for that young fan!”

ball. I wish I could say I have a perfect fielding average, but who is perfect, especially in the game of baseball?

I get excited about each game and being part of the Diamondback team. I am doing my best to get them into the playoffs.

My son Matthew and his wife Dana are my biggest fans. They have recorded my finer plays at the ballpark and on TV and have even put me on Facebook. A few

favorite sayings of one of the announcers on TV is how “Wayne Laskin pounced on the ball” or “no one wears cargo pants like Wayne Laskin.”

It is all in good fun, and I have had an amazing experience and fond memories of my time as a Golden Glover. ■

Wayne Laskin has lived in Phoenix since 1963. He spends his days as a Realtor with HomeSmart and travelling the world with his wife Wendy. A long-time member of Beth El Congregation, Wayne has been an active member of the Jewish community. He still has fond memories of his days playing second base for the Codgers in the old JCC softball league.

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# New Holocaust Center connects community to past through first-person histories

By Eileen Warshaw, Ph.D.

Humans have a unique ability to rewrite history to make ourselves comfortable with uncomfortable events. We even have a name for this: revisionist history. Today the events surrounding World War II and the Holocaust are prime targets for revision. That is one reason why preserving the history and teaching the lessons of the Holocaust in a manner that makes the stories personal and relevant to today's world is vitally important.

The mission of Arizona's first Holocaust Center, located at the Jewish History Museum in Tucson, is to preserve and teach the memories of Holocaust survivors. This is done by engaging the survivors and their descendants residing in Southern Arizona to use family documents, photographs, other artifacts and individual memories to tell their family stories. These curated family histories will simultaneously preserve the history and provide the community with a resource for making local connections to the history of World War II.

The exhibit will marry the survivors' family histories to their lives here in the broader community of Southern Arizona, simultaneously highlighting their experiences during the Holocaust, their perspectives on those events and their subsequent accomplishments in life.

The center's exhibits will work toward a proximate understanding of the lives of the 100 or more survivors thus far identified who live or have lived in Southern Arizona, exploring their life journeys with attention to the following questions: Where did each come from? What were the paths and locations along their journeys? What were the key events, accomplishments, losses, philosophies, attitudes and connections to objects, ideas and events that are tied to their experiences in the Holocaust and their lives after the war? All these aspects are central to honor these individuals and their families while providing a lens through which the Holocaust can be explored.

Through photographs, artifacts and video, the inaugural exhibition of a new, permanent institution will provide a benchmark of excellence in establishing the credibility of an undertaking that places the word "Holocaust" on its doors. This undertaking is a substantive, even crucial, component of the ongoing global exploration and collection of the testimonies of those who were there and a true preservation of this period in the world's journey.

The inaugural exhibit will feature the family and individual stories of six survivors from birth through the war and on to their lives in Southern Arizona. The six larger portraits of the survivors represent the oldest known survivor family to locate in the area; a survivor who fled Russia; a survivor from Southern Arizona but from outside the city of Tucson; a survivor who has, since his arrival in Tucson in 1966, dedicated his life to preserving and teaching the lessons of the Holocaust; a non-Jewish survivor, whose story teaches the broadness of the atrocities; and the newest survivor to move to the region, which teaches that the story continues to unfold. The portraits and

names of 187 survivors will also be on exhibit.

Through a special filtered email system, visitors may email questions or comments to a number of the area's survivors, a unique opportunity that affords a personal connection between the visitor and many of the survivors. QR codes within the exhibit will allow viewers to connect digitally to a web page that features oral histories of many of the regional survivors.

The multiple levels of this exhibit help to ensure that the visitor's experience, no matter what age or how tech savvy he or she may be, will be one that is enriching and will serve the center's core purpose to assure that the history and lessons of the Holocaust are factually remembered by generations to come.

The Holocaust History Center exhibit comes out of a partnership with the Jewish Federation of Southern Arizona Holocaust Education and Commemoration Project and the Jewish History Museum. ■

Eileen R. Warshaw, Ph.D. is the executive director of the Jewish History Museum in Tucson.

## Opening Ceremony for the Holocaust History Center at the Jewish History Museum

**WHEN:** 1 pm, Sunday, Oct. 20

In addition to viewing the Holocaust exhibit, visitors are invited to join area survivors in the Jewish History Museum from 2 to 5 pm to view video testimony about the survivors' experiences and hear them answer questions from the audience. Admission to both the Holocaust History Center and the Jewish History Museum is free for the opening events on Oct. 20, 2013.

**WHERE:** 564 S Stone Ave., Tucson. The museum is located in the historically restored first synagogue building in Arizona.

**MUSEUM HOURS:** Both museums are open Wednesday, Thursday, Saturday and Sunday from 1 to 5 pm., Fridays from noon to 3 pm.

**ADMISSION:** \$5 per person; students and members of the Jewish History Museum are free. No admission charged on Saturday.

**MORE INFORMATION:**  
520-670-9073, [jhm Tucson@gmail.com](mailto:jhm Tucson@gmail.com) or [jewishhistorymuseum.org](http://jewishhistorymuseum.org)



Walter Feiger, Holocaust survivor  
Tucson, AZ (Poland)



Dr. Klara Swimmer z"l,  
Holocaust survivor  
Tucson, AZ (Hungary)



Lily Brull, Holocaust survivor  
Tucson, AZ (Belgium)



Yuliya Genina, Holocaust survivor  
Tucson, AZ (Siberia)



Annique Dveirin,  
Holocaust survivor  
Tucson, AZ (Poland)



Alfred Schreier, Holocaust survivor  
Sahuarita, AZ (Vienna, Austria)



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# I'm mad as hell and ... OK, I forgive you

By Debra Rich Gettleman

I am a pushover. Really. It's pathetic. All it takes for me to forgive weeks, and I do mean weeks, of maltreatment and abuse is a little boy wrapped in a Cardinal's Snuggie watching "I Love Lucy" reruns, and I turn into a puddle of mushy oatmeal.

Eli, my 9-year-old, has been going through a "stage." Imagine "the terrible twos" meets teenager hell, and you're close to what's been going on in my house. It's the kind of stage that makes parents question the wisdom of ever having had children in the first place. I literally came up with a scheme the other day to feign being an alcoholic so I could be sent to some cushy rehab center in Northern California for a few weeks of sanity restoration. I'm literally on the brink.

But then tonight happened, and all is good again. My little lamb came home. Eli was back to being the loving little creature I remembered. He was not merely a figment of my warped parental yearnings.

It was slightly past bedtime, and I'd leniently allowed the boys to watch one more episode of "I Love Lucy." Eli was giggling softly, which always weakens my defenses. Then he actually pulled me close to him and offered to share a corner of his favorite Snuggie with me. This was unusual juxtaposed with the last few weeks of his inconsiderate self-centeredness. But I declined his offer, intent on maintaining my hardened heart and newly drawn parental boundaries. I was not about to be sucked in by a feeble attempt at kindness. After the show, I announced that it was time for bed. Ready for battle, I stood up and braced myself. Eli rose gently, took my hand and led me to his room where he climbed into bed, said his prayers and laid his head on his pillow. It was effortless. I was stunned.

But then, a few minutes later, I heard his tiny voice call out, "Mama, I can't fall asleep." I strengthened my resolve as I re-entered his room and offered to rub his back for two minutes if he agreed to remain silent and try to sleep. He concurred and I began to fulfill my end of the bargain. I was trying, hard, not to fall back in love with him, as I gently rubbed his back and listened to his soft breathing. No. I would not succumb to his innocence and sweetness as he lay there trying so earnestly to fall asleep.

After two minutes (I am a woman of my word) I pulled my hand back, kissed his forehead and began to leave. "Mom," his little voice murmured, "Thank you. It feels nice to have you rub my back right there. I try. But I just can't seem to reach it very well." And that was it. I was sunk. It doesn't get any cuter than that.

My husband happened to be passing by Eli's room as I quietly exited, tears welling up in my eyes. "He got you already?" he said. "Man, you are easy." I nodded in reticent accord and wandered back to my office to confess my weakness to all of you. So I'm a marshmallow. Wanna make something of it? ■



Debra Rich Gettleman is a mother and blogger based in the Phoenix area. For more of her work, visit [unmotherlyinsights.com](http://unmotherlyinsights.com).

# Looking for Love

## What type of relationship do you want?

By Ellen Gerst

The word “agenda” often carries a negative connotation; however, having one is not necessarily sinister. Simply put, an agenda is a *well thought-out plan that outlines the steps that will move a person from one point to the next*. That’s actually how you get things accomplished. You make a plan; then you work your plan and this propels you forward to reach your goals.

If you want to be successful in the dating arena, it’s important to create an Action Plan that may include an agenda. After all, if you didn’t first determine where you want to go, what would be your impetus to move vigorously in its direction? Furthermore, if you understand what you hope to achieve by following your agenda, you can be assured that you’re binding yourself to a partner for the right reasons.

Here are four examples of possible agendas.

**1. A Convenient or Friendly Relationship.** You may be tired of living alone, or you have a desire to start a family but would rather not be a single parent. Consequently, you start a relationship with a person who fulfills some of your needs but with whom you’re not necessarily “in love.” A long-time friend could also be a good candidate for this type of relationship. In either case, the two of you genuinely like each other and, as a bonus, you can share expenses, child-rearing duties and household responsibilities. However, the passion of romance is often missing.

**2. An Abusive Relationship.** Since no one wants to think he/she would willingly enter an abusive relationship, this type of agenda would probably be a hidden or buried one. People who should be on the lookout for this type are those who may have suffered verbal, emotional or physical abuse in their familial home or in a prior relationship. Abuse comes in lots of different manifestations and, often, an abused person confuses love and abusive attention. Due to the tendency to revert to the familiar (even if it isn’t good for you), abused persons may draw multiple abusive relationships to them without consciously realizing it.

**3. A High-Status Relationship.** When faced with financial hardship, or even disaster, it’s nice to daydream about entering a relationship with a person who can solve your problems with their money. If this is the main impetus for a relationship, you may solve one problem, but others will most likely erupt. Ezra Bowen cautions, “*If thee marries for money, thee surely will earn it.*” In other words, there are no free lunches! This is an unspoken imbalanced relationship, which can create feelings of obligation and eventual resentment.

**4. A Long-Distance Relationship.** As a single person, you may have become accustomed to doing things on your own. Moreover, you like your independence and the fact that it’s not necessary to explain yourself or your usage of time to anyone else. This doesn’t negate the feeling that you might also like to have a monogamous partner – although probably not on a full-time basis. Accordingly, you might purposefully look for a partner who isn’t home very often – for example, a pilot who is

constantly jetting across the world. This could give you the best of both worlds: autonomous time and a partner with whom to have fun and share a family and other responsibilities. In general, every relationship fulfills some need (and hopefully multiple needs) within us. A relationship can be a lot of work, so if it didn’t satisfy you in some manner, why would you want to enter into one?

Without making a value judgment about the myriad of different types of relationships that are possible, I only caution you to take the appropriate time to examine the reasons why *you* are participating in yours. It’s very possible they lie below the surface and, if you can be honest with yourself, you have a better chance at success.

### QUESTION AND ANSWER

**Question:** Lately, my partner and I are experiencing a lot of conflict. We’re finding it difficult to ever reach a clear resolution about any issue other than we know that we disagree. Do you have any suggestions on how to remedy this situation?

**Answer:** Your conflict sounds somewhat nebulous, almost pervasive. In fact, you might not even be sure about what you’re disagreeing. Thus, I suggest using this five-step procedure.

1. It’s important to feel your emotions because that’s the only way that you can process them. Therefore, if you’re angry, acknowledge it and then search to determine exactly from where it’s emanating. Keep in mind that anger usually indicates that you’re afraid of something.
2. Be honest with your partner. If you have an issue, express it rather than saying, “*It’s nothing...*” when it’s really something quite important to you. Unless you communicate your concerns, it’s unreasonable to think that your partner knows you want to change something in your relationship dynamic.
3. Stop doing the same thing and expecting different results; that’s insanity (so says Einstein). If a change in behavior or attitude is needed, take the appropriate steps to institute it.
4. Learn to forgive and then detach from the negativity surrounding a particular situation. This enables you to avoid holding grudges and dragging old disagreements into new issues.
5. Keep the good characteristics of your partner in the forefront of your mind. Choose to be happy and in love. Every day, find something that reminds you why you love your partner.

Ellen Gerst is a relationship coach, author and workshop leader. Visit [LNGerst.com](http://LNGerst.com). To ask Ellen a question to be answered in a future column, email her at [LNGerst@LNGerst.com](mailto:LNGerst@LNGerst.com).



# Seeking peace in the shadow of war

By Mylan Tanzer

This column on the renewed negotiations between Israel and the Palestinians might seem somewhat detached because I am writing as all of us are preoccupied figuring out if America will attack Syria – and whether Assad, Hezbollah or even Iran will take out their frustration on Israel. The rush that overwhelmed the civil gas-mask distribution depots would seem to indicate what conclusion we have drawn. But this is deceptive. While most of us are taking the basic precautions in which we are well versed, I think Prime Minister Netanyahu's statement that "our finger is on the pulse but can quickly move to the trigger" has been understood clearly in Damascus. They will prefer a painful American slap on the wrist (if it ever comes) rather than a furious and perhaps extended Israeli reaction to an unprovoked attack against a non-combatant.

If it takes place, the American punitive attack should be history by the time you read this. Whatever the outcome, American action against Syria will be easily outlived by our conflict with the Palestinians.

As worrying and explosive as the implosion in the neighboring Arab countries is, the Palestinian issue is still the most complex, dangerous and toxic for us. Therefore, the announcement by Secretary Kerry that the sides will meet again to try to find some elusive common ground is

important because this problem has more impact on our future than the seizures gripping the Arab world, even when these threaten to spill over our borders.

Obama's many well-documented foreign policy failures in the Middle East include the Israeli-Palestinian issue. While he deserves credit for re-entering the ring where he already took a beating, it is not a coincidence that this appears to be the initiative and "baby" of Kerry. Obama, perhaps still bruised a bit, seems to be removed from the process, his visit to Israel notwithstanding. When Kerry announced that he had succeeded in getting Israel and the Palestinians to agree to a series of understandings to renew negotiations, I was pleased at the positive development. Still, I wonder, "If the chances are so slim, why does Obama need this?"

It reminds me of the story told many years ago by Rabbi Joshua Stampfer at Camp Solomon Schechter about the man suffering from overcrowding in his small shtetl home, who was told by the rabbi to bring a goat to live in his house. But the relief the man felt after the rabbi told him to get rid of the goat will not be felt by the White House when the Palestinian-Israeli negotiations fade away. The goat of Israeli-Palestinian relations will only create more headaches at the conclusion of the nine-month period allocated for this current round.

Like the vast majority of us, I yearn for the day when the conflict with the Palestinians will end. Even though the Palestinian problem was created by Arab refusal and has festered because it is their most effective weapon against Israel, we are perceived as the culprit and will continue to take the blame until the problem is resolved. When it is resolved, an immense burden will be lifted. It also will defuse the demographic time bomb that threatens the Jewish character of Israel until, as Yair Lapid says, "Israel gets a divorce from the Palestinians."

But the consensus amongst Israelis is that the gap has become so immense this round will fail like all the others since the

Oslo accord. Sitting down to try to negotiate is better than not talking. But it appears the overriding motivation to return to the table is that neither side wants the blame for torpedoing the Kerry initiative. Not an optimistic starting point. And an agenda has not been agreed upon.

Every Israeli forms their opinion of the peace process based on their sociological and educational background. Born, raised and educated on Jewish and humanistic values in the most powerful nation on Earth during the Vietnam and post-Vietnam era in the polite, insulated and progressive Northwest, I moved to Israel in 1981. I balance compassion, a belief in the basic goodness of mankind, peace as an exalted value, giving a second chance to enemies with the expectation that 2,000 years of hatred and persecution of Jews will not disappear and that Israel will need to fight and must always be prepared to do so to defend itself and the Jewish people.

This month marked the 20<sup>th</sup> anniversary of the Oslo accords. When Yitzhak Rabin and Yasser Arafat signed the accords in 1993, the vast majority of Israelis optimistically watched the ceremony with President Clinton on the White House lawn. We believed the way forward to peace and prosperity had been found. There was still much to be done, but a year later when the peace agreement with Jordan was signed, we were convinced this vision was being fulfilled.

Our optimism caused us to ignore the first early signs of trouble. On the night of Sept. 13, the day the agreements were signed, Arafat, in a speech televised on Jordanian television, called the agreement only a stage in the struggle against Israel, referring to the famous Hudaibiya peace agreement Mohammed signed with the Quraish tribe only to later slaughter the Quraish. The following May in a speech to Muslim students in South Africa, Arafat explicitly mentioned the Hudaibiya agreement in the context of Oslo, describing the accord as a temporary tactical step.

**Originally optimistic and hopeful, today Israelis on all sides of the spectrum associate Oslo with terror, murder of innocent civilians, and incessant missiles and rockets on cities and towns.**

Ma'ariv columnist Ben-Dror Yemini wrote, "The list of Arafat's anti-Oslo speeches is long. When Arafat came to Gaza, in his first speech he spoke about Jaffa and Lod. He meant every word. Not a week passed without a declaration by him or someone close to him of their true intention. They always say to their constituency what they mean. We insisted on not listening ... If Israel had at least temporarily suspended the agreement when the incitement began, we might be in a different place now. We continued to hope that it would cease because Oslo gave expression to our great transcendent hope."

Hamas suicide bombers and the assassination of Rabin, who gave needed credibility to the peace process with the Palestinians, did not derail Oslo. Even Netanyahu, who opposed Oslo, in his first term in the late '90s signed the Wye accords with Arafat, further implementing Oslo. Further proof of Israeli faith in Oslo was the 1999 election of Ehud Barak, who announced his determination to continue implementation.

And so at Camp David in 2000, Israel offered a proposal meeting almost all Palestinian demands. This offer was rejected by Arafat; within a month, he orchestrated the second intifada, using weapons received from Israel through Oslo. The intifada was responsible for more than 1,000 Israeli deaths, the vast majority noncombatants, including women and children.

In 2007 then Prime Minister Olmert upgraded Barak's proposal, offering Arafat's successor, Abu Mazen, 97% of the West Bank and sovereignty in East Jerusalem. There was no reply from Abu Mazen.

Originally optimistic and hopeful, today Israelis on all sides of the spectrum associate Oslo with terror, murder of innocent civilians, and incessant missiles and rockets on cities and towns. To continue to talk about Oslo ignores the fact that the Palestinians still have not agreed to the basic conditions that ensure complete recognition of Israel as the nation-state of the Jewish people (not a Jewish state as they like to contend) and a final, end-of-conflict resolution. For the Palestinian Authority to continue to cling to the issue of settlements and occupation

as the core of the problem is disingenuous. These are symptoms of the problem and will disappear with an end-of-conflict agreement. We have proven in Sinai, Gaza and the West Bank (Northern Samaria) our readiness to withdraw from territory by dismantling settlements and painfully uprooting Jewish homes.

Kerry's achievement is significant. Six trips to the region and countless phone calls brought about a Palestinian commitment to stay in the negotiations for nine months, during which time they will desist from all unilateral steps at the UN. Israel agreed to significantly reduce settlement activity and release 104 Palestinian terrorists involved in the murder of Israelis imprisoned before the Oslo accords. More importantly, the Palestinians have agreed to debate all of the core issues. If an agreement is reached, it will be an end-of-conflict agreement. Kerry also provided a letter of guarantee to the Palestinians that the U.S. position is that their state will be based on the 1967 lines with territorial swaps and a letter to Israel stating that the future Palestinian state will not be based on the exact 1967 borders, but will have border modifications, apparently to include large settlement blocs within Israel.

The problems are numerous: since 2007 the gaps have gotten bigger on all of the core issues (borders, Jerusalem, refugees, Israeli security requirements, the settlement blocs and water); there is little trust and even less rapport between the sides; and the Palestinian Authority is a corrupt entity so weakened by its perennial conflict with Hamas that it cannot make hard decisions.


Our release of the Palestinian terrorists indicted for murder of Israeli civilians earned Israel nothing concrete in return. Interviews with the families of the victims of these terrorists was heart wrenching. Those who lost husbands, wives, brothers, sisters or children all said that if the release of these terrorists with "blood on their hands" was part of a final peace agreement, they would willingly support it, but simply as a gesture to get the Palestinians to the table, the release tramples on the memory of the victims.

The first 25 prisoners were released,

to a hero's welcome. These scenes of perverted victorious euphoria and the national glorification of the culture of murder of civilians make every Israeli wonder if we can really ever make peace with a people who, as Golda Meir said 40 years ago, "hate our children more than they love their own."

Kerry has succeeded in getting the sides to agree to discuss all of the core issues. But with little common ground, little mutual confidence, chaos on our borders and a weakened America as the honest broker, a breakthrough is doubtful. At best, this will be another small brick in the foundation that may one day be the basis for peace. At worst, the frustration of another failed round of talks will lead to a dangerous and violent explosion.

But with the resumption of talks, the biggest problem is that if they continue to be based on Oslo, they will not solve the conflict. A solution must be found. We cannot continue to drift without a sail into the sea of bi-national statehood. Yemini writes, "Without an accord, we will be led like sheep to the slaughter of a bi-national state. It will be a catastrophe because the ethnic and religious divide in this entity will be worse than in Syria and the result will be worse. But so is an agreement like Oslo, which in the minds of Arafat's successors, is a stage in the struggle to eliminate Israel."

While I like to think I still believe the same values I was raised with, Oslo has illustrated to me that these values are often out of place in this region. We will continue to strive for peace, but it must be done with a realistic understanding of our partner. 

Born in the United States, Mylan Tanzer moved to Israel in 1981. He was the founding CEO of the first Israeli cable and satellite sports channel. Since 2005, he has launched, managed and consulted for channels and companies in Israel and Europe. Tanzer lives in Tel Aviv with his wife and five children.

He can be reached at [mylantanz@gmail.com](mailto:mylantanz@gmail.com).



# Care for Cardamom, Ma'am?

By Anne Kleinberg

I was so foolish. I was sure the English version of a Hebrew recipe for an exotic cauliflower dish was correct. Why would I doubt it?

It arrived in the morning paper and looked so appetizing that I decided to drop what I was doing and make it. (OK, so I finished my cup of coffee first.) I even had some of the esoteric ingredients: rice noodles from a previous attempt at Asian food, sesame oil from that one shot at sesame noodles. I was on my way!

Turns out the noodles were thin; I needed broad. The sesame oil was old – of the rancid type. And then there were the cardamom seeds (hel in Hebrew – which is a very apt name). Drove to the local supermarket – didn't have them. Drove to another supermarket – again no. Wouldn't you think I would have given up by now?

I didn't want to wing it; I'm not that secure when it comes to exotic recipes. And I was determined to make it as was written – no substitutions. So I called Esther, my source for everything related to the kitchen. Of course she knew where to send me – never mind that it was 30 miles away. I was on it!

I got to the big city – Herzliya! Not the coastal, upscale Herzliya Pituach, but the city itself where the real people shop and live. And my destination was, get this, the main bus terminal! Oy. I know there haven't been any bombings in bus terminals lately (and hopefully by the time you read this there won't have been any), but it gave me the creeps anyway.

So what's a girl to do? I needed that bloody cardamom, so bus terminal here I come!

I found the store – it was the size of a fingernail and already had a line of six people waiting. I heard Russian, Chinese, Hebrew and Arabic and boy did those customers take their time ordering their coconut juice, garam masala and coriander seeds. Finally it was my turn, and the owner wants to know what kind of cardamom I want. Huh?

Ground spice or pods? Do I know? This recipe called for cardamom seeds – but they don't sell seeds, they sell only pods, which contain the seeds. Are you still with me? I played it safe and bought the spice and the pods. I'd figure it all out later.

How do you cook with cardamom seeds when all you have are the pods and the ground spice? Well I guess you just crack open the pods and remove the seeds. Oh man is that a job. Reminds

me of a guy I knew who was left in charge of cooking for his family one night and didn't know how to calculate the amount of spaghetti to make. So he did some arithmetic, estimated the number of probable strands per portion and then counted out that number by the number of people he was serving. OK, different situation but still stupid, no?

Here's how it played out. I steamed the noodles, cooked the cauliflower, gathered all the ingredients and followed the directions. The recipe called for 1/8 cup of cardamom seeds.

I spent at least an hour delicately coaxing the seeds out of their little pods. My hands smelled, the pods were falling on the floor and the seeds were sliding all over the counter. What a picnic!

Do you have any idea what kind of damage 1/8 cup of



Green and black cardamom pods  
Photo by Autopilot/File from the Wikimedia Commons

cardamom seeds can cause unless it's being added to a pot that serves an entire kibbutz? This dish was the absolute worst I ever made – hands down! It was tossed into the garbage along with the rest of the cardamom seeds.

I contacted the newspaper and let them know that the recipe was wrong. The writer wrote back to me. Basically she said – oops. Sorry about that. But did you really think that amount of cardamom seeds made sense? (Think teaspoon!)

I am no longer a fan of hers. As for cardamom seeds? Never again! ■

**Anne Kleinberg, author of *Menopause in Manhattan* and several cookbooks, left a cushy life in Manhattan to begin a new one in Israel. Now she's opened a boutique bed and breakfast in her home on the golf course in Caesarea. For details, visit [annekleinberg.com](http://annekleinberg.com) and [casacaesarea.com](http://casacaesarea.com).**

## Shepherd's Pie Topped with Mashed Cauliflower

**Health Benefits:** *Cauliflower is known for its anti-cancer properties, is high in antioxidants, has anti-inflammatory properties, and cardiovascular and digestive benefits.*

Cut cauliflower into medium-size florets and place in a steamer. Set over med to high heat, cover and bring to a boil. Once boiling, decrease the heat to maintain a simmer and steam until tender, about 7 to 10 minutes. Remove the cauliflower into a saucepan. Mash the cauliflower and then add the nondairy butter, salt and pepper and continue to mash until smooth. Stir in the egg yolk until well combined. Preheat the oven to 400°F.

While the cauliflower is cooking, prepare the filling. Put the avocado oil (or canola) into a 12-inch sauté pan and set over med-high heat. Once the oil shimmers, add the onion and carrots and sauté just until they begin to take on color, about 3 to 4 minutes. Add the garlic and stir to combine. Add the lamb (or beef), salt and pepper and cook until browned and cooked through, about 3 minutes. Sprinkle the meat with the flour and toss to coat, continuing to cook for another minute. Add the tomato paste, chicken broth, Worcestershire,\* rosemary and thyme and stir to combine. Bring to a boil, reduce the heat to low, cover and simmer slowly 10 to 12 minutes or until the sauce is thickened slightly.

Add the corn and peas to the lamb mixture and spread evenly into an 11-inch by 7-inch glass baking dish. Top with the mashed cauliflower, starting around the edges to create a seal to prevent the mixture from bubbling up, and smooth with a rubber spatula. Place on a parchment-lined half sheet pan on the middle rack of the oven and bake for 25 minutes or just until the cauliflower begin to brown. Remove to a cooling rack for at least 15 minutes before serving.

\*Note: Worcestershire sauce can have traces of fish, and due to the prohibition of cooking fish and meat together, here is a quick concoction you can make quickly to achieve the same taste without the fish:

Mix together your own Worcestershire sauce to control the ingredients that are being added. You can create a vegan sauce by eliminating the anchovies in the recipe, as done in the following. Martha Stewart's recipe includes 2 cups apple cider vinegar, ½ cup soy sauce, ¼ cup brown sugar, 1 teaspoon ground ginger, 1 teaspoon mustard powder, 1 teaspoon onion powder, 1 crushed clove of garlic, ½ teaspoon cinnamon and ½ teaspoon ground black pepper.

### For the cauliflower:

- 3 heads of cauliflower
- 2 ounces nondairy butter
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 egg yolk

### For the meat filling:

- 2 tablespoons avocado oil or canola oil
- 1 cup chopped onion
- 2 carrots, peeled and diced small
- 2 cloves garlic, minced
- 1½ pounds ground lamb or beef
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons all-purpose flour, or for gluten free, 1 tablespoon arrowroot powder
- 2 teaspoons tomato paste
- 1 cup chicken broth
- 1 teaspoon Worcestershire\* sauce
- 2 teaspoons freshly chopped rosemary leaves
- 1 teaspoon freshly chopped thyme leaves
- ½ cup fresh or frozen corn kernels
- ½ cup fresh or frozen English peas



## Arroz con Pollo the Inca Way

**Health Benefits:** *Quinoa is the most protein-rich food that contains all nine essential amino acids and omega 3; it is high in iron and fiber.*

- 1 whole chicken, cut up, or 8 thighs
- 2 cups Inca quinoa or brown rice
- 3½ cups vegetable or chicken broth
- 3 carrots, coined
- 3 celery ribs, ¼-inch cut
- 3 bell peppers, ¼-inch cut
- 1 onion, diced
- 1 tablespoon garlic, minced
- 1 tablespoon cumin
- 2 teaspoons turmeric
- Salt and pepper to taste
- Garnish with scallions.
- Serve with sprouted corn tortillas and salsa.

Set oven to 375°F. Start by cutting all your produce and setting it to the side. In a separate bowl season chicken with salt and pepper and mix well. In a deep-dish pan add quinoa (or rice), broth, salt, pepper, cumin and turmeric and mix. Keep in mind that the quinoa will take on the taste of your broth, so taste to see if it needs additional seasoning. Add the vegetables and mix and then place chicken on top of quinoa. Cover chicken and place in middle rack and bake for 45 minutes. Remove cover and continue to bake for a half-hour or until quinoa has absorbed broth. Garnish with green scallion and serve immediately with sprouted corn tortillas and salsa.

## Valley Beit Midrash launches new year with new leader

Valley Beit Midrash, with its new leader Rabbi Shmuly Yanklowitz, is kicking off what promises to be an eclectic and exciting year in October.

On Oct. 9 VBM hosts the 2nd Annual Seymour Sack z"l Memorial Lecture at 7 pm at Temple Chai, 4645 E. Marilyn, Phoenix. The speaker is Gerrald (Jerry) Silverman, the president and CEO of Jewish Federations of North America, which raises and distributes more than \$3 billion annually for Jewish social welfare, social services and educational needs. He is a senior leader in the North American Jewish community and a longtime corporate executive, with more than 25 years of experience. Before joining JFNA, Jerry served as president of the Foundation for Jewish Camp, the only nonprofit national organization dedicated to raising awareness and support of nonprofit Jewish resident camps. A kosher dessert reception wraps up the free evening.

Co-sponsors are Temple Chai, Temple Solel, Congregation Or Chadash, Congregation Beth Israel, Congregation Beth Tefillah, Temple Kol Ami, Jewish Community Association of Greater Phoenix, Jewish Community Foundation and the Valley of the Sun Jewish Community Center.

Starting Oct. 16 is a three-session class on Intolerance, Tolerance & Pluralism: An Exploration of Modern Jewish Approaches to Truth & Peoplehood. As we continue to witness clashes between the ultra-Orthodox and secular in Israel, the various denominations in America and all the Jewish politics, some of the questions that arise are: Are we truly one people anymore? How do we balance the goals of Jewish unity and Jewish diversity? What are the boundaries of Judaism? Does the tradition philosophically promote values exclusivity, communal inclusivity or a plurality of truths? How do Jewish values help us navigate this collision of consciousness between traditional and modern ways of understanding ourselves? Rabbi Yanklowitz leads the discussions.

Additional classes are being offered throughout the year, with a variety of topics and class leaders. All programs are held at Temple Chai, 4645 E. Marilyn Road in Phoenix at 7 pm. Classes have an \$18 fee per session. Registration is required at [valleybeitmidrash.org](http://valleybeitmidrash.org)



Rabbi Shmuly Yanklowitz

## Stuart Milk to speak at the Tucson JCC Oct. 13

The Tucson Jewish Community Center will host "A Conversation with Stuart Milk" on Sunday, Oct. 13, at 6 pm. Stuart Milk is the co-founder and board president of the Harvey Milk Foundation. He is also an international human rights activist, LGBT (lesbian, gay, bisexual and transgender) rights speaker, government relations consultant and youth advocate. As the nephew of Harvey Milk, the iconic civil rights leader slain in 1978, Stuart has taken his uncle's message of authenticity, courage and the power of collaboration onto the global stage.

Stuart successfully led campaigns for the establishment of the now official annual Harvey Milk holiday in California, along with Milk's

induction into the California Hall of Fame by Gov. Arnold Schwarzenegger. He accepted on behalf of his uncle the highest civilian honor in the United States, the Medal of Freedom, from President Barack Obama. In 2013 alone, Stuart provided the keynote address at the White House for President Obama's first annual Harvey Milk Champion Awards, he was the first non-European to open an EU International Human Rights Conference and he was awarded Canada's highest honor, the Inspire Award, for 2013. The free program will be held at the Jewish Heritage Center at the Tucson JCC, 3800 E. River Road, Tucson. For more information: 520-299-3000, [ldavis@tucsonjcc.org](mailto:ldavis@tucsonjcc.org) or [tucsonjcc.org](http://tucsonjcc.org).



Stuart Milk with President Obama

## A Celebration of Music and Philanthropy Oct. 13

Arizona Jewish Historical Society presents the 2013 Heritage Award to philanthropist Sheila Schwartz at a special musical event on Sunday, Oct. 13. The program will be at the Orpheum Theatre, 203 W. Adams St., downtown Phoenix.

According to AzJHS Executive Director Larry Bell, "Sheila was a natural choice for this award. Not only has she been a great advocate in our community for Jewish education, she has also supported a great many arts and culture institutions in the Valley through her philanthropic gifts. She is such a kind and generous person. I doubt there is any charitable organization in our community that has not been touched by her. We are honored to be able to honor her."

The Heritage Award is given to individuals who have made an exceptional impact on the Jewish community through leadership, dedication and service. Sheila is the third recipient of the award. The first recipient was Jerry Lewkowitz in 2010 followed by Jerry Colangelo in 2011.

Sheila is a long-time Valley resident whose children attended the Phoenix Hebrew Academy, where she was on the board.

She has received numerous awards recognizing her leadership, optimistic activism and philanthropy. Sheila's current

leadership activities include Arizona State University, Bar Ilan University, Council for Jews with Special Needs, Chrysais, Jewish Community Foundation, Jewish National Fund, Partnership for Excellence In Jewish Education, American Society for Technion-Israel Institute of Technology, Valley of the Sun JCC and the Weizmann Institute of Science.

The program features Jeffrey Siegel, the distinguished American pianist, performing tunes from great Jewish composers. Siegel is a regular performer at Scottsdale Center for the Arts. The fully restored Orpheum Theatre is a Phoenix Point of Pride and historic building, designed by the same architects as the Cutler-Plotkin Jewish Heritage Center, which houses the AzJHS.

The evening begins with a reception at 5:30 pm for those purchasing tickets at \$180 and above. For those contributing at the \$500 VIP level, there will also be a post-concert backstage dessert reception with Jeffrey Siegel. Tickets for the concert and award



Sheila Schwartz

ceremony alone are available from \$36. Proceeds will go to further arts and cultural programming through the Arizona Jewish Historical Society.

Event Chair Mindy Brandt says, "Sheila Schwartz has been a stellar example of compassion, generosity and philanthropy in our community. It is my honor to be a part of the Arizona Jewish Historical Society's Celebration of Philanthropy and Music to give Sheila the recognition and appreciation of which she is so deserving."

Tickets: 602-241-7870 azjhs.org

## Learn to have love and friendship Oct. 12-13

The Bureau of Jewish Education of Greater Phoenix presents "Happiness, Fun, Friendship, Love: You can have it all!"

The program begins Saturday evening, Oct. 12, at 8 pm with a dessert reception featuring relationship expert and author Howard Markman, PhD. Markham is a professor of psychology at the University of Denver and the co-director of the Center for Marital and Family Studies, one of the leading couples research centers in the country.

On Sunday, Oct. 13, Markham will present a workshop in each of three morning sessions. Participants can select from four lectures during each session (9:30, 10:30 and 11:30). Other speakers, including Marcie Pregulman, Dr. Larry Waldman, Rabbi Micha Caplan, Rabbi Bonnie Sharfman, Rabbi Jeremy Schneider, Ellen Gerst and Rabbi Dean Shapiro, will help participants explore how to be the best spouse, partner or mate you can be. Enhance your great relationship by making it even better. Happy adults help make happy families.

Cost is \$18 per person. For the full schedule, visit [bjephoenix.org](http://bjephoenix.org).

RSVP to the Bureau of Jewish Education: 480-634-8050, [lindaf@bjephoenix.org](mailto:lindaf@bjephoenix.org), or 12701 N. Scottsdale Road, Suite 206, Scottsdale, AZ 85254.

## Jewish Genetic Diseases Screening Day Oct. 20

The Jewish Genetic Diseases Center will be reaching their 1,000th individual when they hold their semi-annual screening session on Sunday, Oct. 20, at the Ina Levine Jewish Community Campus in Scottsdale. The organization has been holding semi-annual screenings since the fall of 2005, when Dr. Sherman and Andi Minkoff organized the program.

One in four Ashkenazi Jews is a carrier for



Piper, Keegan and Hudson Abrams running through their healthy childhoods in their "jeans/genes"

one or more of up to 18 genetic diseases that can be detected through the screening. "It was important to us to make the screening available and at a reasonable price," says Andi Minkoff. Through partnerships with labs, the screening is offered to local young people for just \$65, compared to the thousands of dollars that some individual doctors and labs charge. "And if the person has a current student ID, we will provide the screening at no cost," she adds.

The screening includes an educational session that the Minkoffs feel is invaluable. "The problem with some of these 'swab and send' places is that they don't include any explanations or counseling. We want to make sure everyone has all the information they really need," she says. If found to be a carrier, the individual will be notified personally and given useful information for further genetic counseling.

Michelle Abrams and her husband Ethan were grateful that the program is available in the metro area. "My husband and I were screened shortly into our marriage, and for an incredibly nominal fee, Ethan and I had a piece of mind that alleviated our fears regarding at least some of the dangers that could ensue with bringing children into our lives. We are blessed to have welcomed to the world three fabulously healthy children. But more than being blessed, we were also educated by the screening process and knew that my beautiful kids would not be plagued by these life-altering diseases that are incredibly common amongst our Jewish population. Most of us have sonograms because we want to protect our babies; testing for Jewish genetic diseases is every bit as important, especially as it empowers us to ensure a healthy Jewish future."

The upcoming screening session will be held from 11 am to 3 pm at the JCC Campus at 12701 N. Scottsdale Road in

Scottsdale. Screening is suggested for those considering marriage or starting families. Even if just one parent is Ashkenazi, the screening is recommended. Sign up at [jewishgeneticsphx.org](http://jewishgeneticsphx.org) or contact Randee Pri-Tal, executive director of Jewish Genetic Diseases Center of Greater Phoenix, at 480-668-3347.

## Live your legacy at JFCS fundraiser Oct. 24

The Real World Job Development Center at Jewish Family and Children's Services provides services to at-risk youth between the ages of 14 and 21. The staff provides literacy skills, GED support, job referrals and training, paid apprenticeships and other support services.

When retired educator Janie Kuznitsky



Debra Rich Gettleman and Karen Stanley Burns

learned the young people had been coached on healthy foods but not on how to prepare them, she began monthly cooking and nutrition classes. "Working with my foster kids has become a consuming passion for me. To watch their wonder, see their faces brighten while cooking and forgetting some of the trials they face, hear their communication and feel their honesty as they share their opportunities and successes and see the look of satisfaction and accomplishment when they turn out something of which they are really proud," says Janie. She and Lynn Kahn, another volunteer, also assist JFCS with fundraising. A gourmet brunch to benefit the center is set for Thursday, Oct. 24, 11:30 am, at Temple Chai, 4645 E. Marilyn Road, Phoenix. The entertainment for the event is a two-woman play written by and starring Debra Rich Gittleman and Karen Stanley Burns. The play was performed at the lunchtime theater program at the Herberger Theater as "...and the chihuahua" several months ago. Janie explains, "The play is about two women, one Jewish and one not, who end up in 'God's waiting room.' The Jewish woman is a real baleboosta who is full of energy, while the Christian woman is an ex-Rocket and hippie with very little energy. The two women drive one another crazy until they realize that under it all they both share the same concerns - have they left the appropriate legacy for their children and will their handprint be left on the world?" Janie says she shares those concerns: "As a 'mature woman,' aka 70 years old, I am starting to face my own mortality and wonder the same thing: have I lived the legacy I want to leave for my daughters, and will I have left a meaningful handprint on the world?" She adds, "After seeing this play, I immediately thought it was a perfect match for this program. What we are trying to do is help our foster teens find the goal they want for their lives and the way to achieve it."

## Tucson Hebrew Academy celebrates 40 years Oct. 27

Tucson Hebrew Academy's annual community fundraiser, the Tikkun Olam Award Celebration, attracts more than 400 supporters each year. This year THA invites supporters to join the Oct. 27 celebration of the school's 40-year history. The event will honor the legacy and memory of Anna Greenberg, their 2013 Tikkun Olam Award recipient. Anna lost her struggle with cancer last May at the age of 28. She had served as an advocate for 20-somethings with cancer and was an inspiration to many. Anna has

been called a "valiant warrior and a shining star to anybody who knew her." The keynote speaker is Rabbi Jennifer Krause, the author of *The Answer: Making Sense of Life, One Question at a Time*. She serves as the High Holidays rabbi at Manhattan's 92nd Street Y, the first woman to hold that post, and is known as "one of NYC's hippest rabbis." Rabbi Krause is a sought-after public speaker. Neshama Carlebach, a superstar in Jewish entertainment who continues the legacy of her father Rabbi Shlomo Carlebach, will provide the musical entertainment. She began training as a singer and actress at the age of 5 and was singing with her father at 15. She began her professional career soon after her father's passing in 1994. Tikkun Olam promises to be an inspired evening of surprises, transformation and remembrance. Tickets start at \$150 per person/\$250 per couple. The event begins at 5:30 pm at the Tucson JCC, 3800 E. River Road. For tickets and more information: 520-529-3888, [tikkunolam@thaaaz.org](mailto:tikkunolam@thaaaz.org) or [thaaaz.org/tikkunolam](http://thaaaz.org/tikkunolam).

## Oct. 30 luncheon expected to ignite women's passions

"Ignition: Spark the Fire Within" is the theme for the Women's Philanthropy fall luncheon on Wednesday, Oct. 30, at the Ina Levine Jewish Community Campus. The luncheon marks the first women-only luncheon since the previous annual "Challenges" luncheons were discontinued five years ago. "We'd been hearing that women wanted their own event, but we were ready for a name change," says Sherie Siegel, who at 31 is the youngest of the three women chairing the event. "We know there are challenges, but at this point we'd like to encourage women to get involved, to spark the fire within themselves to be ready to give of themselves." Sherie is co-chair of iIMPACT, the young women's philanthropy group of the Jewish Community Association. The lower case letter "i" in the title signifies that the individual alone can only do so much, but by joining with others, the "impact" is much greater. "Our division is mostly women in their 20s to early 40s. Our group has chosen to emphasize giving of ourselves for this year." Besides a name change, the event will have other new elements. It is being held at the Jewish Community Campus as a way to "bring it home and keep the costs down," Sherie explains. "It was very important to us that we be as inclusive as possible, reaching out to Jewish women across the Valley and making everyone feel welcome." To that end,



Ignition Co-Chairs from left Rana Schwartz, Sherie Siegel, Debbie Bernstein

there will be no requirement for a previous financial pledge as there had been for Challenges. The cost of the luncheon is \$45, which is less than would have to be charged for a hotel-based event. Participants will have an opportunity to make a commitment to the annual campaign at Ignition. Sherie and her co-chairs, Rana Schwartz and Debbie Bernstein, represent three generations of involvement in and dedication to the community. Rana is a past president of the Jewish Federation's Women's Department (now Women's Philanthropy) and was chair of various federation women's luncheons, including the final "Grande Finale" and the first and last "Challenges." Debbie helped to form the first young women's Hadassah group in the Phoenix area and is a past board member of Congregation Or Chadash. She currently serves as the new member concierge on the Membership Committee. The three of them chose a dynamic keynote speaker, Alina Spaulding, to help "light fires" within the attendees. Alina is originally from the former Soviet Union and tells a "compelling story of inspiration, hope and pride in the collective responsibility of the Jewish people." Also on the agenda is the presentation of the 2013 Women's Philanthropy Golda Meir Award to long-time leader and philanthropist Anita Gutkin in recognition of her contributions to the community. Finally, the committee initiated a mitzvah project for the luncheon to make sure each person felt a connection. Guests are asked to bring a can (or two!) of soup for the Interfaith Community Ministries and Jewish Family & Children's Service, so those in need can "ignite and enjoy!" RSVPs for the luncheon are requested by Oct. 10: [jewishphoenix.org](http://jewishphoenix.org) or 480-634-4900, ext. 1133.

**1** Arizonans Rabbi John Linder, team trainer Noel Washington (personal trainer at the Valley of the Sun JCC), Adam Zweiback and Dan Indech (all from The Valley) gather at the opening ceremonies of the 19th Maccabiah Games held in Israel in July. Adam and Dan were members of the masters men's soccer team that finished third with a bronze medal victory over Great Britain. "Huge for us as we are always the underdog against the likes of Israel, England, Argentina, Brazil and Australia," says Dan. Rabbi Linder won a gold medal as part of the masters hockey team.



**2** Gabriel Wasserman, of Scottsdale won a gold medal in the open triathlon and a bronze medal in the Maccabiah man endurance competition.

**3** Channele Czopp, of Scottsdale, won silver in junior volleyball. Channele is pictured with friends Liat and Sophie showing off their medals. And below, playing volleyball on the court.



Other Valley residents also earned medals. Paul Rubin, of Scottsdale, coached the men's masters softball team to silver, Daniel Schayes, of Paradise Valley, coached with masters basketball to gold and Jamie Shadain, of Flagstaff, coached women's basketball to gold. Anna Sherman won gold in the junior girls soccer and was named MVP of her tournament.



**4** Tucson athletes also fared well. Rachel Meyer who won gold in open women's taekwondo, says, "It was so exciting to win a gold medal at the Maccabiah Games because I was proud to be representing the USA at the games, and ultimately on top of the podium. It was truly an amazing experience." Laurence Kaye won bronze in master's squash; Joseph Schwartz was on the open men's softball team that won gold; and Jacob Lille took silver as part of the junior golf team.





**5 GO PARDES** – GO Campaign Founder Scott Fifer visits Pardes Jewish Day School Sept. 12 and inspires students with his story of how his organization partners with local grassroots organizations around the world to provide critical services to orphans and other children at risk. Mrs. Chapman's third-grade class was so inspired they all decided to give Scott Fifer the Rainbow Loom bracelets they had just made and were wearing during his talk. They asked him to give them to kids in Africa on his next visit, which he said he would do. Now the students are working hard to make more rainbow loom bracelets before Fifer goes to Africa. Pardes students have been involved with the GO Campaign for several years by donating funds raised through the Box Tops for Education program.

**7 WASHINGTON INSTITUTE** – Tucson residents (from left) Ellen and Steve Susman with Bob and Deborah Sharpe attend an event for the Washington Institute for Near East Policy in Aspen, CO. Ambassador Dennis Ross, counselor at the Institute, shared his in-depth perspective on threats to U.S. and Israeli interests in the region in light of the upheaval in Egypt, civil war in Syria, and Iran's quest for nuclear weapons. As Washington sought to resume Israeli-Palestinian peace talks, Amb. Ross shared his experience as one of the principal architects of previous peace agreements. The Washington Institute for Near East Policy is a nonpartisan, nonprofit organization that aims to advance the prospects for peace, democracy and security in the Middle East by improving the quality of U.S. policy.



**6 ARIZONA JEWISH LIFE** – Arizona Jewish Life Associate Editor Janet Arnold hands out copies of the lifestyle magazine at the Valley of the Sun Jewish Community Center Open House Aug. 11. Many of those who stopped by the booth were surprised to learn that AZJL distributes the magazine for free to all who request it. To get your free subscription, visit [azjewishlife.com](http://azjewishlife.com) and click on Subscribe in the top bar.



Photo courtesy of Deborah Muller

## 8 CHABAD CHANDLER OPENING

–Top right, Shternie and Rabbi Mendy Deitsch, co-directors of Chabad of the East Valley; Rabbi Moshe Kotlarsky, executive director of the educational branch the Chabad Lubavitch movement; Mr. Tom Horne, attorney general of the state of Arizona; and Michael and Cheryl Pollack, Pollack Investments, cut the ribbon for the new Pollack Chabad Center for Jewish Life in Chandler Aug. 18. Center right, Sarah, Scott and Max Saltzman put a mezuzah on the Preschool kiddie door. Bottom right, Rabbi Deitsch standson the shoulders of his brother as the Torah scrolls are brought into the new Holy ark and its new home.



## 9 TRAINING FOR THE BIG TIME

– Pictured on the right is Aidy Bryant, featured as the “mother” in “The Odd Potato,” a play for Hanukkah produced by the Arizona Jewish Theatre Company in December of 2001. After spending four years in the company’s Teen Improv troupe, All Rights Reserved, plus Columbia College and a stint with Second City, Aidy is now a regular on Saturday Night Live. She was recently at the Tempe Improv for a homecoming performance.



### Through Oct. 5 (in Tucson) and Oct. 10-27 (in Phoenix)

“The Importance of Being Earnest,” Oscar Wilde’s beloved and endlessly delightful classic, is presented by the Arizona Theatre Company. Tucson 520-622-2823, Phoenix 602-256-6995, arizonatheatre.org

### Through Oct. 13

“Promises, Promises,” with a script by Neil Simon and music by Burt Bacharach and Hal David, plays at the Prescott Center for the Arts, 208 N. Marina, Prescott. Varying days and times, \$18-\$22, 928-445-3286, pca-az.net

### Through Oct. 20

“The Diary of Anne Frank” is playing at the Desert Stages Theatre, Fridays and Saturdays at 7:30 pm and Sundays at 2 pm. (See story page XX). 480-483-1664, desertstages.org

### Oct. 1

Lunchtime Torah Study for Jewish Women Professionals. The Jewish Women Professionals Networking Group, in conjunction with the Women’s Jewish Learning Center, inaugurates “First Tuesdays,” a lunch-time Jewish learning opportunity at Phoenix Jewish Free Loan from noon to 1 pm. Study Jewish texts on middot (qualities of character). tinashenbein@jewishfreeloan.org, 602-230-7983

### Oct. 2

Jewish Family and Children’s Service’s Jewish community service team will present information about the impact and services JFCS offers the Jewish community at 6:30 pm at the East Valley JCC, 908 N. Alma School Road in Chandler. Light refreshments. No charge. RSVP at jfcsaz.org

### Oct. 5

Read it and Meet is discussing The End of the Holocaust with Alvin H. Rosenfeld, with moderator Rayna Gellman. Congregation Anshei Israel’s monthly book discussions are open to everyone. Noon at 5550 E. 5th St., Tucson. Contact: Vicky, vickauf@juno.com or Evelyn, 520-885-4102

### Oct. 6

Blessing of the Animals at Congregation Chaverim, 5901 E. 2nd St, Tucson. Join Rabbi Stephanie Aaron in the 2nd annual ceremony beginning at 10 am. admin@congregation.net or 520-320-1015

Blessing of the Pets: Congregation Anshei Israel welcomes all, with your pet(s) safely leashed or caged, for a brief service to recognize how important our pets are to us. 11:45 am at 5550 E. 5th St., Tucson. caiaz.org

Estate Planning Workshop: wills and trusts, powers of attorney and advanced care directives explained in plain English. Co-sponsored by Jewish Com-

# OCTOBER CALENDAR

munity Foundation and Jewish Legal Aid. Attorneys Mark Bregman and Lisa Kurtz Keylon will describe key legal issues. 1-3 pm at Ina Levine Jewish Community Campus, 12701 N. Scottsdale Road, Scottsdale. Free. Registration required: 480-699-1717 or rscharf@jcfphoenix.org

**Mystery Guests Dinner** fundraiser combines an excellent culinary experience within the cozy setting of Temple B'rith Shalom family homes. Starts at 4 pm with wine and cheese at the Temple at 2077 Brohner Way in Prescott; participants then receive their designation for dinner. RSVP: 928-708-0018, brithshalom-az.org

## Oct. 7

**Family Tour of Israel Organizational Meeting:** Learn about the journey and help plan the itinerary of this tour to be led by Congregation Anshei Israel's Rabbi Robert Eisen, June 25-July 6, 2014. 7 pm at 5550 E. 5th St., Tucson. Rabbi Eisen: 745-5550 ext. 230 or rabbi@caiaz.org

## Oct. 8

**POSTPONED: Idan Raichel Project,** Israel's "Musical Group of the Decade" at the Musical Instrument Museum Music Theatre. For rescheduled dates: themim.org or 480-478-6000

## Oct. 9

**Valley Beit Midrash hosts the 2nd Annual Seymour Sack z"l Memorial Lecture** with Jerry Silverman, CEO of the Jewish Federations of North America, speaking on The Future of American Judaism: Challenges & Opportunities in the 21st Century. (See story page 64). valleybeitmidrash.org

## Oct. 12

**"Lighting the J's Way."** Tucson Jewish Community Center honors Ken Light and his 27 years of service as CEO at in the ballroom of the JCC. (See story page 52).

**Temple Kol Ami Casino Night** includes dinner, cocktails and starting chips for \$36. 6:30 pm at Aviano Club House, 22500 N. Aviano Way, Phoenix. Proceeds benefit the Early Childhood Center. 480-951-9660, templekolami.org

## Oct. 12-13

**Happiness-Fun-Friendship-Love; You Can Have it All!** is sponsored by the Family Education Department of the Bureau of Jewish Education. Saturday at 8 pm is a dessert reception with Howard Markman, PhD, a nationally respected expert on marriage and relationships. Sunday at 9:30 am will be workshops with Dr. Markman and local experts. (See story page 65). \$18 per person for all events, at the Ina Levine Jewish Community Campus, 12701 N. Scottsdale Road. Registration: 480-634-8050

## Oct. 13

**Arizona Jewish Historical Society's Annual Heritage Award** (see story page 64). Honors philanthropist

Sheila Schwartz; Piano performance by Jeffrey Siegel. 602-241-7870, azjhs.org

**Stuart Milk,** co-founder and board president of the Harvey Milk Foundation and nephew of Harvey Milk, slain civil rights leader, will speak at the Tucson Jewish Community Center. (See story page 64). Free. 6 pm at 3800 E. River Road, Tucson. 520-299-3000 x106, tucsonjcc.org

## Oct. 15

**National Council of Jewish Women** presents Glen Spencer, benefits assistance program director for the Area Agency on Aging, speaking on Obamacare, Medicare and YOU! 6:30 pm at Temple Solel, 6805 E. McDonald Dr. in Paradise Valley. Free. 480-502-6996, ncjwclaire@cox.net

## Oct. 16

**Intolerance, Tolerance & Pluralism: An Exploration of Modern Jewish Approaches to Truth & Peoplehood** is a three-session class from Valley Beit Midrash (How do we balance the goals of Jewish unity and Jewish diversity?). 7 pm at Temple Chai, 4645 E. Marilyn, Phoenix. \$18/session. valleybeitmidrash.org

**Jewish Free Loan Business Leaders Forum** speaker series begins the 2013-14 year with Simon Kreisberger, entrepreneur and owner of The Play Factory. 6 pm at The Play Factory, in Desert Ridge Marketplace, 21001 N. Tatum Blvd. Phoenix. Free, adults-only. Hors d'oeuvre buffet (dietary laws observed). RSVP: 602-230-7983 or info@jewishfreeloan.org

## Oct. 17

**The Sally and Ralph Duchin Campus Lecture Series 2013-2014** continues with Moshe Fisher speaking on "Yavneh - Yam Greeks and Jews in Maccabean Times: Adaptation, Assimilation and Resistance" at 5:30 pm at the UA Hillel Foundation, 1245 E 2nd St., Tucson. Info on this and entire lecture series: 520-626-5758, judaic.arizona.edu

## Oct. 19-20

**Visit AVIV of Arizona at the Rainbow Festival and Street Fair** at Heritage Square Park, 115 N. Sixth Street, Phoenix, 10 am-6 pm. Free and open to the public.

## Oct. 19-Nov. 9

**"The Mountaintop,"** a play by Katori Hall, takes place on the eve of Martin Luther King's assassination in 1968. Co-production of the Arizona Theatre Company and Penumbra Theatre Company (Guthrie Theater in Minneapolis.) Mature Language. Time and prices vary, at the Temple of Music and Art, 330 S. Scott Ave., Tucson (in Phoenix in November). 520-622-2823, arizonatheatre.org

## Oct. 20

**Jewish History Museum opens Holocaust History Center** at 1 pm at 564 S. Stone Ave., Tucson. (See story page 56). 520-670-9073, jewishhistorymuseum.org

**Jewish Genetic Diseases Center** genetic screening from 11 am-3 pm at the Ina Levine Jewish Community Campus, 12701 N. Scottsdale Road, Scottsdale. info@jewishgeneticsphx.org

**Shalom Tucson's Free Bagel Brunch** for newcomers and those newly interested in the greater Tucson Jewish community. 10 am at the JCC, 3800 E. River Road. Meet representatives of Tucson's synagogues, agencies and organizations for "one-stop shopping for the Jewish community." RSVPs appreciated, drop-ins welcome: allowe@jfsa.org or 577-9393, ext. 130

## Oct. 22

**"The Trial of Adolph Eichman,"** a documentary, will be shown at the Cutler-Plotkin Jewish Heritage Center, 122 E. Culver St., Phoenix, at 7 pm. Free. 602-241-7870, azjhs.org

## Oct. 23

**Smile on Seniors fundraising event** at a private home at 6 pm with cocktails and hors d'oeuvres to raise money for this Chabad-sponsored senior program. For sponsorship opportunities: 602-492-7670

## Oct. 24

**Gourmet brunch and theater to benefit Jewish Family & Children's Service's Real World Job Development Center.** Sponsored by a collaborative partnership. 11:30 am at Temple Chai, 4645 E. Marilyn, Phoenix, \$50. RSVP: 602-567-8334 or jfcsaz.org/LYL

**FDR and the Jews** by Richard Breitman and Allan J. Lichtman is this month's book at the Arizona Jewish Historical Society. (See story page 65). Discussion led by Lawrence Bell at the Cutler-Plotkin Jewish Heritage Center, 122 E. Culver St., Phoenix, at 7 pm. Free. RSVP: 602-241-7870 or azjhs@aol.com

## Oct. 26

**"An Evening with Jason Alexander and His Hair."** 2 and 8 pm at the Scottsdale Center for the Arts. (See story page 66). 480-499-8587 or scottsdaleperformingarts.org

## Oct. 27

**Tucson Hebrew Academy 40th Anniversary Celebration and Tikun Olam Gala,** 5:30 pm at the Tucson JCC, 3800 E. River Road, Tucson. Contact Julee Dawson: 520-529-3888 ext. 111 or jdawson@thaaz.org

**Phoenix Holocaust Survivors' Association Cafe Europa Dinner** and Annual Meeting at the VOSJCC in Scottsdale, 12701 N. Scottsdale Road. Meeting 4 pm, dinner at 5. Free for survivor members, \$18 for paid members, \$25 for adult guest, \$10 for children under 12. RSVP: ewade410@cox.net or 602-944-8809

## Oct. 30

**Women's Philanthropy Fall Luncheon, "Spark the Fire Within."** (See story page 65). VOSJCC, 12701 N. Scottsdale Road, Scottsdale. 480-634-4900, jewishphoenix.org

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