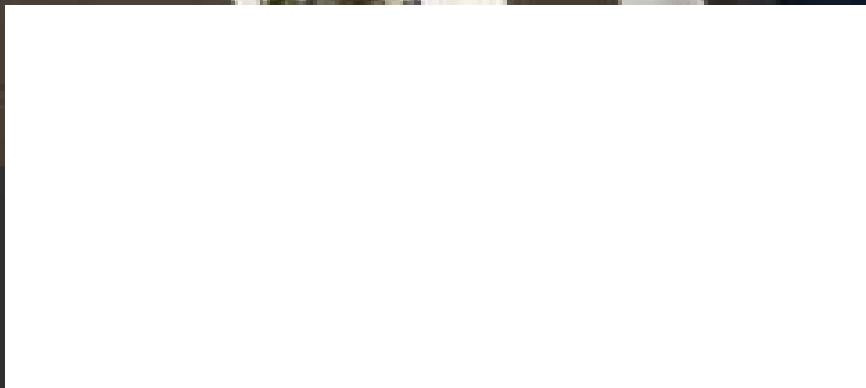




**Two Communities  
Two Stuarts  
One Mission:  
Build a Stronger  
Jewish Community**



**j** Kids  
& Teens  
It's Never too Early  
to Start Thinking  
about Camp

**CHARITABLE  
GIVING**

Philanthropy Reflects  
Priorities and Passions

# BE CONFIDENT WHAT MATTERS MOST IS SAFE.



 COX Home Security<sup>SM</sup>

Packages starting at:

**\$2999**  
PER MO. W/  
ADDITIONAL  
SERVICE\*

PLUS FREE PRO INSTALL

CHECK ON YOUR HOME WITH LIVE VIDEO  
FROM YOUR SMARTPHONE OR TABLET

PLUS, FREE STARTER EQUIPMENT KIT—  
A \$250 TOTAL VALUE

GET PROFESSIONAL MONITORING  
THAT WON THE CSAA CENTRAL STATION  
OF THE YEAR 2014 AWARD

UPGRADE FOR PROTECTION FROM DANGERS  
LIKE FIRE, CARBON MONOXIDE AND FLOODS

623-322-5803

COX.COM/HOMESecurity

COX SOLUTIONS STORE<sup>®</sup>




Visit our Cox Solutions Stores  
and Authorized Dealers

#### Demo Home Security at a Cox Store near you:

**Surprise Towne Center** 13754 W. Bell Rd. Ste. 2  
**Gateway Village** 6070 W. Bell Rd. Ste. A-111  
**Tolleson** 9897 W. McDowell Rd. Ste. 700  
**Bell Towne Center** 301 E. Bell Rd. Ste. 100  
**Camelback Colonnade** 1945 E. Camelback Rd. Ste. D2  
**SanTan Village** 2150 E. Williams Field Rd. Ste. 102  
**Tempe Marketplace** 2040 E. Rio Salado Pkwy. Ste. 128

**Mesa** 6005 E. Southern Ave.  
**Chandler** 2560 W. Chandler Blvd. Ste. 5  
**Scottsdale** 16255 N. Scottsdale Rd. Ste. 2  
**Tucson** - 5441 E. Broadway Blvd.  
**Casa Grande** - 122 E. Cottonwood Ln.  
**Sierra Vista** - 150 E. Wilcox Dr.  
**Tucson Auth. Dealer** - 1610 W. Valencia #104

\*Ends 12/31/14. Available to residential customers with current subscription to Cox video, Internet and/or phone service. Includes new Cox Home Security Essential service plan with 3-year agreement. Certain advertised features require Preferred service plan. A high-speed Internet connection is required and is not included in price. Base equipment kit included; additional equipment fees extra. Touchscreen equipment rental (\$3.00/mo.) is also required and is not included. Touchscreen remains Cox property and must be returned to Cox upon terminations of service to avoid additional charges. Free standard pro install included with new systems and certain existing system takeovers. Additional installation, equipment, taxes, trip charges and other fees may apply. All prices and packages are subject to change. Month-to-month and home security service only pricing available. Subject to credit approval. Other restrictions may apply. Local ordinances may require an alarm user permit. Service provided by Cox Advanced Services Arizona, LLC - License No. P12-1332. ©2014 Cox Communications, Inc. All rights reserved.



More than 45,000  
older adults  
live in Scottsdale.

The luckiest 250 get to live here.

Atria residents enjoy the comfort of upscale amenities,  
the pleasure of abundant social opportunities, and the  
privilege of culturally rooted neighbors.

Call today to schedule a complimentary lunch and tour!

*Atria* SIERRA POINTE  
*(formerly Sierra Pointe Retirement Community)*

INDEPENDENT LIVING | ASSISTED LIVING

480.767.9800 | [www.atria-sierrapointe.com](http://www.atria-sierrapointe.com)



# Inside

November 2014/ Cheshvan-Kislev 5775 | Volume 3/Issue 3

## J Kids & Teens too 25-34

Sukkot and sports camp fun.....	25
Camp Simcha embraces special joys.....	26
Summer camp: A supplement for modern life.....	28
Grants for socially minded teens.....	30
Teens feed bodies and souls at JSU.....	31
Overprotective mom? Son knows best.....	32
A family of Menschen.....	33
Events .....	34

## Features

### COVER STORY

Leaders help strengthen Jewish Life in Arizona.....	14
Israel Solidarity Diary.....	20

### CHARITABLE GIVING

What Price Happiness.....	21
The gift of time .....	22
Judaism makes it meaningful.....	24

### UPFRONT

Membership Men's hair salon.....	10
----------------------------------	----

### BUSINESS

Ins & Outs.....	12
-----------------	----

### FOOD

Slow cooking means fuss-free meals.....	44
WDJPE? Shabu Fondue.....	46

### ARTS & ENTERTAINMENT

Impulse launches glass business .....	48
Jewish Book Month: Terror Tunnels, Starting Strong, Local Authors .....	50
Scottsdale Cultural Council finds a leader who listens.....	55

### HISTORY

Phoenix: 1940 to 1960.....	56
Finding connections 50 years after Vietnam.....	58

## Special Section: Seniors 35-43

Active Couple keeps busy at Maravilla.....	36
Growing a business.....	39
A turbulent journey through dementia.....	40
Empty nesters, singles connect at Beth Ami.....	43

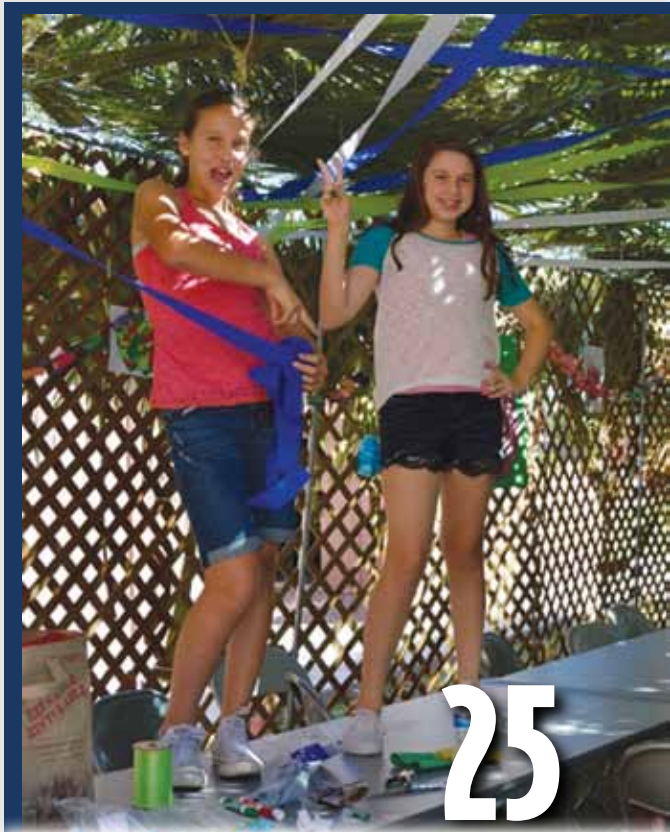
## Columns

- 21 To Life by Amy Hirshberg Lederman
- 32 Family Time by Debra Rich Gettleman
- 44 Chef's Corner by Lucia Schnitzer
- 46 Where do Jewish people eat? By A. Noshman

## Connect

- 59 Happenings: Faces
- 60 Happenings: Previews
- 61 Happenings: Calendar

Cover photos: Stuart Wachs (left) and Stuart Mellan  
(Photo by Martha Lochert/ marthalochertphotography.com)





# Editor's Letter



Arizona Jewish Life is brimming over with passion this month: passion for Jewish community, passion to help the less fortunate and passions that keep seniors young at heart.

A passion for Jewish life is the theme of both this month's cover story and the section on charitable giving. Stuart Wachs and Stuart Mellan lead Arizona's two largest Jewish communities. They are both passionate about what the community can do for individuals and how individuals can come together to strengthen the community. As Arizona's population swells, the Jewish communities are enriched by newcomers, who can both benefit from the community and bring their own passions and skills to enhance Jewish life in Arizona. When our Jewish communities follow the mitzvah of welcoming the stranger, we deepen life for the individual and the community.

Columnist Amy Hirshberg-Lederman tells us that both personal experience and scientific research show we are happier when we help others. "The Jewish win-win is the mitzvah of giving – of our time, talents, resources and money," she says. "Not only does it make us happier, it improves the lives of others."

Several Tucson Jews are doing just that by giving their time to ensure migrants crossing the desert don't die of thirst. A

University of Arizona development director adds her sentiments and credits Jewish values with helping her create meaningful connections.

Our special section on seniors profiles people and organizations that have found a fountain of youth – staying active and following your passion can keep you feeling young. From traveling to starting a new business, those who stay involved with life continue to grow and thrive.

For those who are passionate about Israel, you'll notice Mylan Tanzer, our American in Israel, doesn't have a column in this month. Don't worry, he was swept up in holidays, travel and life this month, but his column returns next month.

For those who want something in that vein to read, try Alan Dershowitz's *Terror Tunnels*, a book that appeared almost as soon as the latest cease-fire with Gaza was signed. If you are a fan of Mylan's analyses of challenges Israel faces, read our review and then go find the book. It's a fast, insightful read that punctuates the historical context and overview of terrorism with real-time analysis.

We hope this November issue inspires you to find your passion, whether it be something entirely new or a long-held love that's been simmering on the back burner.

*Deborah*




Deco

OC#248032

Licensed, Bonded, & Insured

## Security Doors Security Screen SPECIALS!

All Of Our Doors Are  
Manufactured in Phoenix!  
Never A Foreign Import!

**VETERAN DISCOUNT**  
Additional \$25 off Each  
Security Door or  
Security Window



Gargano



Naples



Crimsafe



reg. \$849

**Now only \$749\***

**installed**

14 Designs and 44 HOA approved  
colors to choose from!

- Security Doors
- Entry Gates
- Sunscreens
- Enclosures
- Window Guards



## Security Doors and more

YOUR FIRST LINE OF DEFENSE

### SEE OUR DISPLAYS!

**Surprise Showroom**  
12801 W. Bell Rd. Ste 121  
623-977-3277  
Intersection of Bell Rd. & RH Johnson Rd.)

**Paradise Valley Mall**  
(NW Corner of Cactus & Tatum)  
623-243-0045

**Chandler Fashion Center**  
3111 W. Chandler Blvd.  
(2nd Floor Outside Sears) Chandler, AZ 85226

**Mesa Marketplace**  
10550 E. Baseline Rd.  
(Booths C-228-230) Mesa, AZ 85208

**Arrowhead Town Center**  
(First floor down from Dillard's)  
602-531-7744

\$50 off  
any door

reg. base price \$860 or more



\*Must present offer. May not be combined with any other offer, discount or sale product.

\$100 off  
any door

reg. base price \$1199 or more



\*Must present offer. May not be combined with any other offer, discount or sale product.

Deer Valley Factory Showroom

1725 W. Williams Dr., Ste E-54

(602) 633-9706 or (602) 639-4040

(North of Deer Valley Road off 19th Ave)

Valleywide: 623-581-DOOR(3667)

www.steelshieldsecurity.com

THE BLACK THEATRE TROUPE

presents

# Tommy J & Sally

By **Mark Medoff**

Directed by **Janet Arnold**

A young African-American man, Tommy J, suddenly appears at the Manhattan loft of Sally Hemmings, a famous white pop singer insisting that her real name is Madeline Rosenberg, a girl shaped by her Jewish culture, who's since reinvented herself. *Tommy J & Sally* looks at race relations from both sides of the color line.



## Nov. 28-Dec. 14

### The Black Theatre Troupe

1333 E. Washington ~ Downtown Phoenix

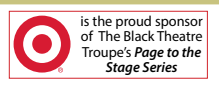
**Box Office: 602-258-8129**

Tickets available online at [www.BlackTheatreTroupe.org](http://www.BlackTheatreTroupe.org)

The Black Theatre Troupe, P.O. Box 13349, Phoenix, AZ 85002 — David J. Hemphill, Executive Director

Season Host Sponsors  
**James and Tessie Sharp**  
**Cloves and Lanette Campbell**  
**Ananias and Madeline Mason**

The Black Theatre Troupe gratefully acknowledges the support of the following:





# JEWISH LIFE

ARIZONA

THE JEWISH LIFESTYLE MAGAZINE FOR ARIZONA

Publishers

**Robert Philip and Cindy Saltzman**

Advertising and Editorial Director

**Cindy Saltzman**

Editor-In-Chief

**Deborah Moon**

Associate Editor

**Janet Arnold**

Contributing Editor

**Leni Reiss**

Advertising Sales

[advertise@azjewishlife.com](mailto:advertise@azjewishlife.com)

**602-538-2955**

Art Director

**Philip Nerat**

Copy Editor

**Susan Moon**

Online Content Editor

**Kira Brown**

Columnists

**Debra Rich Gettleman, Amy Hirshberg Lederman,  
A. Noshman and Lucia Schnitzer**

Contributing Writers

**Bill Adler, Sarah Chen, Debra Rich Gettleman,  
Deborah Gilboa, Melissa Hirschl, Bruce and Risa Mallin,  
Andy Pritikin and Peg Smith**

For your complimentary subscription,  
go to [www.azjewishlife.com](http://www.azjewishlife.com) and click on subscriptions

How to reach us:

602-538-AZJL (2955)

[Advertise@azjewishlife.com](mailto:Advertise@azjewishlife.com)

[Editor1@azjewishlife.com](mailto:Editor1@azjewishlife.com)

[Publisher@azjewishlife.com](mailto:Publisher@azjewishlife.com)



A Prince Hal Production  
(TGM18)



The content and opinions in *Arizona Jewish Life* do not necessarily reflect those of the publishers, staff or contractors. Articles and columns are for informational purposes only and not intended as a substitute for professional advice. Although every effort is made to ensure the accuracy of our published materials, *Arizona Jewish Life*, and its agents, publishers, employees and contractors will not be held responsible for the misuse of any information contained herein. The publishers reserve the right to refuse any advertisement. Publication of advertisements does not constitute endorsement of products or services.

Proud members of:



★ American Jewish Press Association ★

# CASH

## FOR YOUR LIFE INSURANCE POLICY!

Your life insurance policy may be **much more valuable** than you ever thought possible through a Life Settlement.



### Do you have a life insurance policy that you no longer want or need?

A Life Settlement is the sale of an existing life insurance policy for an amount that exceeds its cash surrender value. Life Settlements provide an opportunity to get the maximum value for your life insurance policy

### during your life!

**Call today  
for a FREE  
evaluation!**

Allan Silverman  
**888.322.7678**  
Lic. #1074958

### Discover a Better Backyard Bird Feeding Experience!

Come by our store or go online and check out our selection of feeders, houses, seed and more.

**Mention this ad and get 10% off your entire purchase**

**Wild Bird Center of Scottsdale  
Shea/Scottsdale Shopping Center**  
10701 N. Scottsdale Rd. Suite 107, Scottsdale, AZ 85254  
(480) 991-3311 • [www.wildbird.com/scottsdale](http://www.wildbird.com/scottsdale)



**JEWISH NATIONAL FUND  
SCHWARTZ-HAMMER  
ALEXANDER MUSS HIGH SCHOOL IN ISRAEL  
IMPACT FELLOWSHIP PROGRAM**

**APPLY NOW TO BE AN AMHSI IMPACT FELLOW!**

A once-in-a-lifetime college preparatory summer abroad program for Arizona high school students in Israel! Using Israel as the classroom, you will have an amazing experience filled with fun and memories not had on any other abroad program! AMHSI is the only non-denominational, international academic program in Israel, accredited by the Middle States Association, providing a variety of sessions throughout the year.

**This FREE program includes:**

- AMHSI tuition and on-campus housing
- All meals and educational material
- Trip costs and MUCH MORE

Arizona high school students entering their senior year in the fall of 2015 are eligible.

For more information and to apply, visit [jnf.org/azfellowship](http://jnf.org/azfellowship).

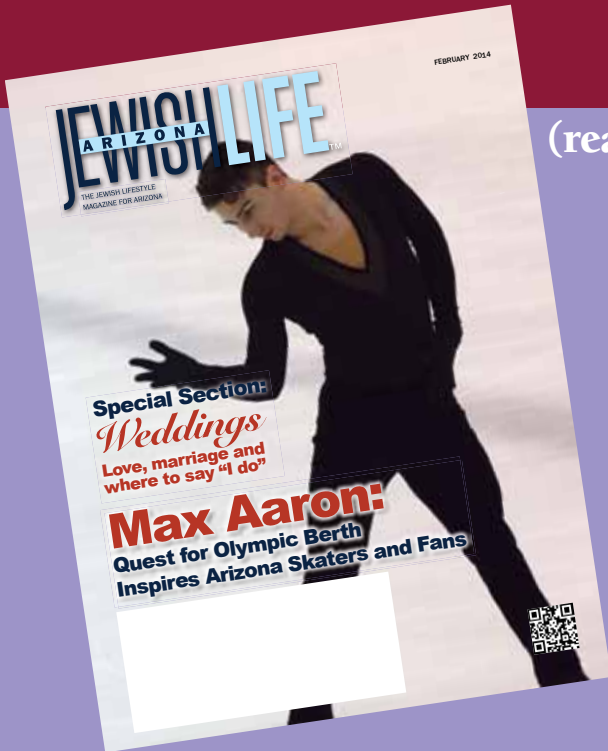
[jnf.org](http://jnf.org) • 480.447.8100



# Arizona Jewish Life

(reaching over 60,000 readers each month)  
is expanding!

MORE subscriber opportunities  
MORE distribution locations  
MORE advertising channels  
and exciting new developments  
to benefit the community.



Arizona Jewish Life - the lifestyle magazine for and about the Jewish communities of Arizona.

Let's grow together!



(602) 538-2955

[Publisher@azjewishlife.com](mailto:Publisher@azjewishlife.com)

[Editor1@azjewishlife.com](mailto:Editor1@azjewishlife.com)

[advertise@azjewishlife.com](mailto:advertise@azjewishlife.com)



[www.azjewishlife.com](http://www.azjewishlife.com)

# Intersecting Real Estate and the Jewish Community for 25 Years





Beth Jo Zeitzer, Esq.  
President, Designated Broker

Top 10 in Commercial Real Estate Services

- Arizona Republic

Top 10 in Residential Brokerage

- Phoenix Business Journal

602.319.1326

www.roiproperties.com • bjj@roiproperties.com





We are a proud supporter of the following organizations among many others!

Jewish Community Foundation • Jewish National Fund • Pardes Jewish Day School • Hillel • BBYO • Camp Swift



## Your IRA might be affected by a recent Supreme Court ruling.

Protect your retirement investment for your beneficiaries with a qualified estate plan.

Our attorneys will review your current plan at no cost or we can create a personalized plan to fit your needs

# MHK

MORRIS, HALL & KINGHORN, P.L.L.C.

A Premier Estate Planning Law Firm

Offices throughout Arizona

morristrust.com

Call to schedule your free consultation

602.249.1328

PHOENIX

520.320.5100

TUCSON

To receive your **FREE** copy of *Common Questions About Estate Planning* visit [morristrust.com/jewishlife](http://morristrust.com/jewishlife)







# Men can stay kempt with Keep it Cut membership

Josh Thorsvik (Left) and Jacob Meltzer

By Janet Arnold

Don't call Keep it Cut a barbershop. "We are a men's hair salon," co-owner Jacob Meltzer says proudly. Seems there is another barbershop in the complex at 28<sup>th</sup> Street and Indian School Road, and a distinction has to be drawn to keep everyone happy. "We don't do some of the straight razor grooming they do, but then they don't have the atmosphere and attitude that we do!"

That relaxed atmosphere and attitude exemplify and complement the unique concept behind the salon. It's a membership-based salon; that is, you pay one monthly fee and can come in as often as you like with no appointments needed. Become a member and you may never again hear: "Hey, looks like you got a haircut!" With this system, you can stop by weekly if you'd like just to have the back of the neck or sideburn areas cleaned up or simply to maintain your style. Your hair can always look kempt, with none of those telltale sunburn lines.

The salon itself has a contemporary look and feel. "One thing I insisted upon, is that we have an interior designer," says Jacob. "We wanted wood and metal and open and airy." That gives the shop a warm and inviting, yet with a cool, hip edge, feel.

The large custom glass garage door opens in the cooler weather months to allow both breezes and a feeling of welcoming the community. Jacob says his business partner and boyhood friend, Josh Thorsvik, "hand selects all the indie, hip-hop music to ensure that it includes positive messages, generally clean language, plus respect for women."

Jeremy Rogne stopped by for a trim one day. He noticed Keep it Cut while driving his daughter to school and thought he'd give it a try. Now Jeremy is a member who likes a close-cropped cut and tries to stop by every two weeks when possible. "It's such a good deal, it's hard to beat," he says enthusiastically. He acknowledges Rocio, the stylist who is putting the finishing touches on his trim, and says he appreciates the relaxed atmosphere and skilled stylists. "The staff is excellent; they always treat me well. And at these prices, I might as well stay clean cut while I can."

Jacob admits he knew nothing about men's hair salons when he and Josh first came up with the idea. "We were looking at membership-based businesses. The models seemed to be working in a number of different arenas, so we thought about what we personally would be interested in. That's when we came up with the idea of regular haircuts."

Jacob confides their first joint business idea was a less-than-stellar one for them. "We thought we should start out with a franchise," he says, somewhat sheepishly. "We started a Liberty Tax Service, with me still in Illinois and Josh here. Afraid it was quite a flop!"

But things are different with Keep it Cut. "In just one year we're at the place it took us five years to get to with the previous

## Keep it Cut

Jacob@keepitcut.com

keepitcut.com

2824 E Indian School Road (Sprouts Center)

Phoenix, AZ 85016

623-396-5337



business,” he reports. “We’ve seen good steady growth every month and have been steadily ahead of projections. We’re confident we’ve hit upon a concept that people want.”

In fact, the two young men are currently looking for funds to open additional shops around the Valley. “We regularly have folks come in saying they wish there were one of these on their side of town,” Jacob says. The salon also provides one-time services for those “with commitment issues,” as their website states.

Jacob and Josh have been friends since the fourth grade, growing up in the small town of Medical Lake, WA, near Spokane. Jacob is the youngest of four children in a family that also includes his Jewish father and Christian mother. “Since Medical Lake was a town of only 4,000, there wasn’t a Jewish community there. So what we did Jewishly was mostly within the family.”

But when he was 25, Jacob learned about the Birthright trip opportunity, whereby a young (18- to 26-year-old) Jewish adult can participate in a free trip to Israel. It was on this trip that Jacob became keenly aware of his heritage. “It was amazing to see everyone Jewish and with Hebrew being spoken everywhere. It was an immersion experience that was phenomenal. You really gain a new respect for history and time; these traditions

have been going on for thousands of years.” He was also impressed with the young soldiers who accompanied their bus group for much of the trip. “They were only 20, but they were at least as mature as those of us 24- to 26-year-olds from the States. They’d lived very different types of lives.” Most of the other participants were from Los Angeles, and Jacob says he has maintained contact and has visited with some of them over the past six years.

Even though Jacob has lived in the Valley for about eight years, he does miss the forests and mountains of Washington. “I was so glad to discover Sedona and the other northern areas,” he says. “I get out of town as often as possible during the summer.” He enjoys camping, hiking and riding mountain bikes. He also ran a marathon a couple of years ago. “I had been in a motorcycle accident and was pretty severely injured. I needed to get myself back into shape, so I began the marathon training and actually completed it!” (He no longer rides motorcycles though!)

For now he is content to enjoy life in Phoenix – especially in the winter months – and work on building the Keep it Cut brand. He looks forward to having 10 salons throughout the Valley using the membership model to keep men looking their best!

With Hanukkah coming up, Jacob reminded us that the perfect gift for the man who has everything is a membership to Keep it Cut! Contact them for gift certificate information.



Jacob Meltzer in Israel

# DEDICATED TO YOUR DREAMS



918 W LINGER LN • Phoenix, AZ 85021  
5 bd/3.5 Bath • 4853 Sq. Ft.



11623 E BLOOMFIELD DR  
Scottsdale, AZ 85259 • 5 Bed/4.5 Bath



5631 E NIGHT GLOW DR  
Scottsdale, AZ 85266 • 5 Bed/4.5 Bath



8410 N 84TH PL  
Scottsdale, AZ 85258 • 4 Bed/4 Bath



**JAMES WEXLER**  
REALTY GROUP



**480.221.8080**  
[WWW.JAMESWEXLER.COM](http://WWW.JAMESWEXLER.COM)

SCOTTSDALE | PARADISE VALLEY | PHOENIX



## Jewish Community Association hires Maria Wolfe as CMO

Maria Wolfe recently moved from Nashville, TN, to North Scottsdale and joined the Jewish Community Association of Greater Phoenix as chief marketing officer. For the past 12 years, she worked within the YMCA of Middle Tennessee Association and built a successful marketing consulting business – assisting health and wellness, nonprofit, real estate and financial services organizations. In each of these

industries, she brought increased engagement, membership, donations and brand awareness.

Maria received her bachelor of fine arts from Auburn University and started her career as a graphic designer. While working for Sunbeam-Oster, she transitioned into a marketing role as a product manager. After a variety of roles in consumer product goods and publishing, she found her niche in nonprofit management with the YMCA. She received her MBA from the University of North Carolina while working at the Y in Nashville – flying back and forth for two years.

Maria brings a variety of experience in strategic planning, nonprofit management, marketing, communication and sales. All of this experience will drive an increase in membership, engagement, contributions and brand awareness for the JCC and the Jewish Federation of Greater Phoenix – at the Jewish Community Association.

It has long been a dream of hers to live in Arizona, where she spends her free time climbing mountains.

[mwolfe@jewishphoenix.org](mailto:mwolfe@jewishphoenix.org)



## Rabbi Sadie Reuben joins Or Tzion as education director

Rabbi Sadie Reuben recently returned to the Valley of the Sun, the place where her Jewish journey began, when she was named director of education for Congregation Or Tzion in Scottsdale.

Raised in Phoenix, Rabbi Reuben attended the Phoenix Hebrew Academy, spent countless

Shabbats at Beth El Congregation, attended Chabad of Phoenix's Camp Gan Israel, was a leader in Congregation Beth Israel's NFTY youth group and more. All of these experiences led Rabbi Reuben to her bachelor of science in Judaic studies from the University of Arizona and then to Hebrew Union College-Jewish Institute of Religion, where she received her rabbinic ordination and master of arts in religious education.

Her most recent position was as assistant rabbi and educator at Congregation Ner Tamid in Henderson, NV. Prior to that, she had extensive experience in teaching and curriculum development for various age groups at synagogues in New York and Los Angeles. She also taught at Pardes Jewish Day School.

Rabbi Reuben is excited to become part of the Or Tzion family. She considers religious school training to be "one's personal laboratory for Jewish living." She is busily establishing "an active and inclusive learning environment, with warm and inspiring teachers as well as a partnership with parents."

Or Tzion is a Conservative congregation in Scottsdale that was created through the merger of Har Zion and Or Chadash.

[education@congregationortzion.org](mailto:education@congregationortzion.org) | 480-342-8858



Joey Lerner



Scott Rubenstein

## New foundation board includes two teens, Joey Lerner and Scott Rubenstein

The Jewish Community Foundation of Greater Phoenix elected nine new board members in October; they include, for the first time, two members from its B'nai Tzedek Youth Philanthropy Board.

New board members, elected for a three-year term, are: community volunteer Francine Coles; Bradley Dimond, CPA and partner with Henry & Horne, LLP; Lory Fischler, senior associate with Leadership Development Services; Joey Lerner, B'nai Tzedek Youth Philanthropy Board; attorney Deborah W. Miller, Deborah W. Miller PLLC; attorney Robert Nagle, owner and managing partner at Nagle Law Group; Sandy Rife, general manager at Mt. Sinai; Scott Rubenstein, B'nai Tzedek Youth Philanthropy Board; and Lee Weiss, retired investment broker.

W. David Weiner will continue as chair of the board. Beth Jo Zeitzer was elected vice chair. Nora Mandel will continue as treasurer. Board members re-elected

are Neil Hiller, bylaws committee chair, and Berry Sweet, secretary. Retiring from the board after several years of dedicated service are Adrien Herzberg and Nancy Moffitt.

The Jewish Community Foundation's mission is to build a permanent source of financial support for a vibrant, enduring Jewish community.

480-699-1717 | [jcfphoenix.org](http://jcfphoenix.org).



## Masada Siegel wins journalism award

Masada Siegel, a regular contributor to Arizona Jewish Life, is a winner in the prestigious 2014 Lowell Thomas Travel Journalism Competition, taking the silver in the personal comment category for her story "World Opens up Solo."

Siegel has previously won awards for her photography, but she says, "It's exciting to win such a prestigious

journalism award. It's the first writing competition I've ever entered. The story was about traveling solo in Israel, and my takeaway was 'Call it fate, destiny, whatever you like, but one of the greatest lessons I have learned is to call your own shots.' "

The awards, named for acclaimed broadcast journalist Lowell Thomas, were announced Sept. 16 at the SATW convention held in Iceland.

[masadasiegel.com](http://masadasiegel.com) | [masadasiegelauthor.com](http://masadasiegelauthor.com)



## Philanthropists Steve and Meri Friedman to be honored Nov. 13

Meri and Steve Friedman will receive the Association of Fundraising Professional's Spirit of Philanthropy Award from Jewish Family & Children's Service at the 30th Annual Philanthropy Leadership Awards Dinner on Nov. 13 at the Fairmount Scottsdale Princess.

The Friedmans are the longest consistent donors to JFCS having contributed gifts every year since 1980.

Steve's earliest service on the board started in the 1980s, serving as chairman in 1985 and 1986. He was a volunteer of the year and chaired a number of committees. Steve recently completed another six years on the board in 2014. Steve and Meri's daughter, Jennifer, is now involved and volunteering for JFCS as their legacy continues. Tickets for the dinner are \$150 and are available at [afpgreateraz.afpnet.org](http://afpgreateraz.afpnet.org).



Business Ins & Outs welcomes submissions of news items about businesses and Jewish organizations including new leadership, retiring leaders and new facilities. Send your business news brief of up to 250 words, along with a photo, to Arizona Jewish Life Associate Editor Janet Arnold at [janet.arnold@azjewishlife.com](mailto:janet.arnold@azjewishlife.com).



# Kollel inaugural event draws 250 to welcome four rabbinic couples

The Phoenix Community Kollel's inaugural event drew more than 250 people to welcome four new kollel families on Sept. 15 at the Arizona Biltmore Hotel Grand Ballroom.

The new kollel families are Rabbi Yosef and Chani Alden, Rabbi Yaakov and Nechama Ashin, Rabbi Yaakov and Rivky Gruenebaum, and Rabbi Sholom and Chaviva Skolnick. They join eight staff members including Rosh Kollel/Dean Rabbi Don Bacharach, who arrived with his family in December 2013.

The Aldens grew up in Ohio, though Yosef was in Cincinnati and Chani was in Cleveland. He has studied in Florida, Israel and New Jersey. Chani has a B.A. in computer science and is a software developer.

The Ashins are most recently from New Jersey, where Rabbi Ashin lectured on a wide range of Torah topics at Twin Rivers Area Community Kollel. Nechama grew up in New Jersey and is the human resources coordinator for an adult-care company based in New Jersey.

The Gruenebaums are both from Monsey, NY. His joy is to study Torah with others. Rivky has a master's degree in special education and teaches general studies for third-grade boys at the Torah Day School.

The Skolniks come from New York. Rabbi Skolnik studied in Brooklyn and Israel and was a key member of the Community Kollel in Great Neck. Chaviva studied in Israel and received her education and mathematics degree from Queens College. She also has a master's in education psychology and is a teacher and the assistant principal at Shearim Torah High School for Girls.

Founded in 2000 by Rabbi Tzvi Holland, the Phoenix Community Kollel and its alumni have had a strong impact on the Greater Phoenix Jewish community. Of the rabbis who came to Arizona to join the kollel, 73% have settled here. Kollel alumni have started six local institutions: Ahavas Torah in Scottsdale, the Bucharian Jewish Congress of Arizona, Jewish Arizonans on

Campus, Ohr HaTorah, Shearim Torah High School for Girls and the Yeshiva High School of Arizona.

The kollel offers 22 ongoing classes and a variety of holiday programs, lecture series and monthly classes designed to appeal to people from any background or skill level. Additionally, the kollel offers a Wednesday night learning group and TLC (Torah Learning and Creativity) programs for young professionals.

The kollel benefits from its relationship with the biggest Torah institution in America, Beit Medrash Gevohah in Lakewood, NJ. BMG Rosh Yeshiva/Dean Rav Malkiel Kotler and President/CEO Aaron Kotler attended the inaugural event. In Rav Kotler's keynote address, he said the gains one receives from learning Torah far outweigh the effort put into it.

He said the kollel, a place for an engaging Torah learning experience, is in essence a palace of God.

Rabbi Bacharach said, "The foundation of the Jewish people has, and always will be, Torah education. ...this is exactly the mission of your kollel."

Describing the kollel phenomenon, Rabbi Bacharach added, "We in this room are a living testimony of the impact a kollel can make on a community." [aztorah.com](http://aztorah.com) | 602-433-0300 | 6516 N Seventh St., Phoenix



Phoenix Community Kollel Rabbis Don Bacharach (dean) and Dovid Gonsky (director) and their wives welcome four couples who moved to Arizona to join the kollel. From left, Rabbis Yosef Alden, Yaakov Ashin, Don Bacharach, Dovid Gonsky, Yakov Gruenebaum and Shalom Skolnik stand behind their wives, Chani Alden, Nechama Ashin, Dina Bacharach, Mimi Gonsky, Rivky Gruenebaum and Chaviva Skolnik.

## Is Your Business or Medical Practice Looking for Space?

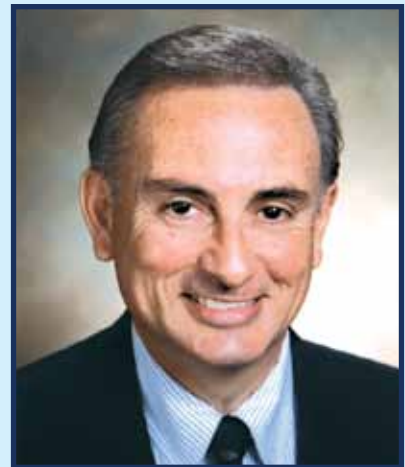
My clients typically save  
**15% to 30%**  
off advertised prices

**Stephen Cross, CCIM**

*"The Commercial Tenant's and Buyer's Broker"*

**480-998-7998**

steve@crossrealty.com [www.crossrealty.com](http://www.crossrealty.com)  
10601 N. Hayden Road, Suite 108, Scottsdale, AZ 85260



**CROSS**  
**COMMERCIAL**  
**REALTY ADVISORS**

*Serving The Business  
Community Since 1984*

**Free Site Searches • Lease/Purchase Negotiations • Consulting**



# Leaders inspire communities to **GROW STRONG**

By Deborah Moon



From top, left to right:  
Stuart Wachs meets an IDF soldier during a solidarity mission to Israel this summer.

Stuart Wachs displays a Stop the Sirens poster during that same trip.

Stuart Mellan gives tzedakah during a mission to Morocco.

Eight years ago, Stuart Mellan led a mission to Israel for 32 "next generation" men, many of whom have taken on top leadership roles and have together visited Jewish communities in Argentina, Cuba and (pictured here) Morocco.

An avid runner, Stuart Wachs competes in a marathon.

"All That Jazz," a 2012 federation gala, both honored and starred Stuart Mellan. Photo by Martha Lochert



The two men and the two communities they serve are miles apart, but they share the same mission: to strengthen Jewish life in their communities, the nation and around the world.

The jazz musician and the marathoner are leaders of Arizona's two largest Jewish communities – one in a city generally known as liberal and the other considered more conservative.

Stuart Mellan, who plays a jazz gig most Saturday evenings after Shabbat, has been president and CEO of the Jewish Federation of Southern Arizona for 19 years. Stuart Wachs, an avid runner who enjoys competing in marathons, has been the president and CEO of the Jewish Community Association of Greater Phoenix ever since the local Jewish federation and Jewish community center decided to unite under one administrative structure nearly three years ago.

The two communities share a characteristic that gives them both an advantage and disadvantage over other Jewish communities in America – population growth. From 1980 to 2000, Arizona was the fastest growing state in the union, growing by 584% according to U.S. Census data. Phoenix and Tucson are the largest cities in the state with over 4 million in “The Valley,” and 1 million in the greater Tucson area. The Jewish population has increased similarly.

Both leaders say the preponderance of newcomers creates both a welcoming community and the foundation for expanding both programming and the donor base. Successfully engaging these newcomers can create strong communities for all.

The downside is that many who move to Arizona are not af-

filiating with the organized Jewish community. Additionally, the two communities do not have the generations-deep reservoir of donors and community leaders.

“Usually you don't have multiple generations involved in a place like Tucson,” says Mellan. “It's just starting to happen here.” An exception to this is Tucson Mayor Jonathan Rothschild, whose 87-year-old father now sits on the federation board and whose son has joined the young men's leadership group. Rothschild himself will be leading a Tucson mission to Israel next summer.

Wachs is excited by the potential of Phoenix's swelling Jewish population. “We have the beautiful weather and great lifestyle to draw people here. If we all can come together as a community, the community can prosper and be a vibrant Jewish community.”

Phoenix and Tucson share the challenge of Jewish communities across the country.

“I think everybody understands that engagement in Jewish life is the overreaching issue we are all trying to find success in,” says Mellan. Initial engagement can help bring people further into the community. “Unless you connect and engage, it's hard to understand the extraordinary work we do.”

While the newcomers are new to Arizona, they are not new to Jewish life. They arrive with Jewish values intact. Wachs says the local community can capitalize on those past connections.

“Jewish values and culture are major motivators for people to secure the future for others,” says Wachs. Reminiscent of the classic tale of the old man planting carob trees that won't bear fruit in his lifetime but will feed his children, Wachs adds, “I think so many of us feel the obligation to future generations as those before us did for us.”

Both leaders have their own professional and life journeys that inform their work.



## STUART MELLAN-Southern Arizona

“Unless you connect and engage, it's hard to understand the extraordinary work we do.”

– Stuart Mellan

When Stuart Mellan came to Tucson to assume leadership of the JFSA in September 1995, it was his first experience west of the East Coast. He had spent his adult professional life moving between Jewish communal work in Allentown, PA, and Baltimore, MD. Both he and his wife, Nancy, had lost their first spouses to cancer at a young age. Between them, they had five children ages 4-10 when they married in 1993. Nancy, who was originally from Phoenix and loved the desert, “had a vision we should start our life in a new

place,” says Mellan. When they met Mellan's predecessor at a conference a year into their marriage, Nancy told him “keep the seat warm.” A year later the Tucson federation called and the family relocated and enrolled three of their children at Tucson Hebrew Academy. The family has been involved in two congregations: Anshei Israel and Or Chadash.

“We had six simchas in seven years (a wedding and six b'nai mitzvah),” says Mellan.

Three of the five now adult children (Jamie, Michah married



# TOGETHER WE DO EXTRAORDINARY THINGS

FOR ALMOST 70 YEARS, the Jewish Federation of Southern Arizona and its family of caring agencies have helped sustain and improve the lives of Jews and non-Jews in Tucson, Southern Arizona, Israel, and around the world. You can open the door to our vibrant and caring Jewish community by connecting with the Federation and its family of agencies.



**To learn more about everything Jewish in Southern Arizona, visit [www.jewishtucson.org](http://www.jewishtucson.org) or contact our new Community Concierge, [concierge@jewishtucson.org](mailto:concierge@jewishtucson.org)**

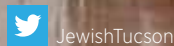
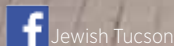
**To learn more about the Jewish Federation, visit [www.jfsa.org](http://www.jfsa.org) or call 520.577.9393**



**Jewish Federation**  
OF SOUTHERN ARIZONA

[www.jfsa.org](http://www.jfsa.org)

520-577-9393



Stuart and Nancy Mellan at their 1993 wedding with their five children: Jamie, Micah, Eric, Jonah and Suki.

to Laura, Eric, Jonah and Suki married to Dimitri) and two grandchildren (Sidney and Henson) live in Tucson; one lives in Los Angeles and one in Athens, GA.

“Because both of us were widowed young, we had an understanding about grief in different ways than many people,” says Mellan. “We learned grief for kids sometimes comes at the age when they can address it. For example, Suki was 5 weeks old when she lost her birth dad, so she worked through her grief as an adolescent.”

While acknowledging that he can't apply the grieving experience programmatically, Mellan says, “Part of our lives is loss and that has enabled Nancy and me to be there for people.”

He says he finds it energizing to be part of a community of newcomers. “A community built around new arrivals contributes to a welcoming community.”

Jewish communal work has been his focus since college. He earned a master's in social work and was a teen worker at the JCC. Between Allentown and Baltimore he also served as a federation assistant director, campaign director and executive director.

“Working at the JCC helped me to understand how the federation role is sometimes perceived by the agencies and how important it is to create strong partnerships with agencies.”

A new framework created last year expands that partnership.

The Jewish Community Roundtable includes eight synagogues, five beneficiary agencies, the foundation and the federation. The federation is the convener with one agency chair and the chair of the Board of Rabbis serving as co-chairs of the roundtable.

“We've created a paradigm where everybody feels like a partner,” says Mellan. “Aside from the tone being very positive, we had a couple of projects:” a new community concierge and affiliated community website and a new teen council.

The community concierge will be housed at the JCC, an employee of the federation and paid by federation and foundation, with oversight provided by a committee of synagogue and agency leadership.



Mellan says the federation had attempted to expand its website to be a community website, but as of Nov. 1, the federation will revert to its own website. The community website, [jewishtucson.org](http://jewishtucson.org), will be redesigned as the roundtable's community project with a downloadable phone app so people can find out what's happening in the community with one click. "We're trying to marry it to the concierge program," Mellan explains. "Sometimes people need help connecting and finding a way into community."

For those not as motivated to join the community, Mellan says programming needs to reach them in areas they are already interested in. For instance, a commercial real estate group each month attracts about 80 people, many of whom are not highly connected with the Jewish community. For the past 10 years, the federation has had an LGBT inclusion project that helps some people connect. Social action projects, such as the federation's adoption six years ago of a school in a high-poverty area, "draws in people who like the idea that the Jewish community is not

centered just on ourselves but also on the community we live in." That project provides volunteer tutors, a volunteer counselor, school spirit T-shirts to every student, daily snacks to every kindergartner and weekend food packs to 65 students identified by the school.

Mellan says the roundtable and its projects grew out of insight gained during a strategic planning process that "No one organization can build Jewish community. We all need to be engaged."

It seems to be working. During his first 18 years at the helm, Mellan saw the annual campaign double and women's philanthropy increase substantially. About six years ago, the federation implemented a young men's leadership program to complement the young women's leadership program that has been a strong presence in the community for nearly 30 years.



## STUART WACHS – Greater Phoenix

“Jewish values and culture are major motivators for people to secure the future for others.”

–Stuart Wachs

### For Stuart Wachs, Jewish communal work was beshert (meant to be).

Like many teens of his era, Wachs says he drifted away from Jewish involvement after his bar mitzvah. In college that drift continued. While earning a degree in business and recreation management, he says he had few Jewish friends.

As a fitness buff and muscle-bound young coach in college, he was offered a job as a bodyguard for band Aerosmith. "I toured with them for eight months. It was an experience!" After graduation he was offered a job at the Cleveland Clinic, but it wasn't due to start for a few months. He accepted what he expected to be a temporary job at the JCC in Cleveland.

Magically, he says, while in that Jewish-infused environment things slowly started to shift. Though he had thought his interest in Jewish life had been extinguished, a small pilot light inside him was just waiting for a spark to reignite.

"I was making new Jewish friends and fuel started spraying on my pilot light. It made me more passionate," he says. "Then I met my wife and that passion grew and grew."

"That is why I am so passionate about organized Jewish community," he says, noting that community rekindled his passion for Jewish life. "A lot of people go in the direction I did. With a strong organized Jewish community, people have the opportunity to reconnect."

Wachs and his wife, Janette, have two children, Jonah, 11, and

Leah, 14, who celebrated her bat mitzvah last year in Israel.

Though the family belongs to a congregation, Wachs says, "We enjoy going to a number of congregations to experience the diversity we have in this community."

He arrived in Phoenix at a time when the federation was re-inventing itself. Despite a growing number of Jews, the federation campaign had been shrinking. Wachs arrived to become the first president and CEO of the new Jewish Community Association of Greater Phoenix – a merger of the Jewish Federation of Greater Phoenix and the Valley of the Sun JCC. Wachs emphasizes, however, both organizations still exist within the shared framework. "The JCA works well ... with synergy of purpose, streamlined leadership and shared back office staff."

"We are two organizations recreating ourselves with a spirit of openness and transparency," says Wachs. "We've worked really hard to shift the organizational culture ... to a relationship-based culture."

The creative-thinking, innovative, purpose-driven culture on the federation side has increased trust, while on the JCC side it has improved service delivery, he says.

"We are starting to see increased membership," he says, noting that participation in the JCC summer camps was up this year. He attributes the shift in part to a model of investment that has enabled the center to increase and improve programs and services.



Wachs family: Stuart, Jonah, Jenette and Leah

“We reached out to six generous donors, who gave \$600,000 to invest in a capacity-building initiative,” Wachs says of the drive to enhance JCC offerings. “We are developing strategies and being fluid.”

He says the hard work to enable the relocation of Pardes Jewish Day School to the Ina Levine Jewish Community campus, which already houses the JCC and federation, has already reaped benefits.

“There is a beautiful synergy of a day school and JCC on the same campus,” Wachs says. “We see great opportunity for Pardes and the JCC.” He notes that expanded after-school and camp programs to meet the needs of the new population on campus has just begun and a lot more can happen to enhance the vitality of the campus with the new synergy.

“The next evolution is a funding model ... that recognizes there are so many needs locally that we can’t fund everything that touches Jews,” Wachs says. “We want to continue to fund core services and core impact areas. Looking at the PEW study, we selected three areas for core strategic impact.” Those areas are:

- Senior services: especially those that support aging in place, which is a “better economic model and better for quality of life.”

- Now generation, 30- to 35-year-olds: How can we as a community broaden engagement of the Now generation. “We see them as our future.”

- Israel Advocacy: Raising the Jewish community voice with clarity of information, with an emphasis on college campuses.

“We narrow the dollars we spend in these areas to really move the needle, while continuing to fund the overall fabric of the community,” says Wachs. “We never stopped being a federation ... we are still part of JFNA (Jewish Federations of North America), and we fund the core of the community. ... We have growth, so we think we can fund core areas and also have specific focus areas.”

The federation side of the JCA functions as a convener, innovator, leader and resource for Jewish needs, he says.

In the past 15 years, Phoenix went from being a small Jewish community to being a big community with a large percentage of first-generation Arizonans. Wachs says that the federation had not spent enough time building relationships, so giving fell substantially during the last recession. “As we’ve rebuilt, it’s

(about) relevancy – we are seeing donors increase gifts and the return of donors.” The increasing confidence in the federation and the growth of the community resulted in a \$450,000 increase in this year’s campaign.

Another indication of the increased engagement of the local community was the rise in giving to this year’s Stop the Sirens campaign to aid Israelis during the recent conflict with Gaza.

The campaign raised more than \$160,000, an increase of more than \$100,000 compared to the last Israel Emergency Campaign two years ago. (See page 20, for Wachs’ Israel Solidarity Mission Diary).

“A significant number of givers were not traditional federation givers,” says Wachs. “This is an opportunity to build relationships.

We have people we can reach out to with information about our Israel Center ... it’s a stepping stone to building a more engaged community.” Wachs believes that the larger population and increased engagement promise a vibrant future for Jewish Phoenix.

“My passion as CEO and the board’s passion is genuinely to build a vibrant Jewish community,” says Wachs. “Not every decision will be right, but all are guided by that passion.”

\* \* \*

Arizona is fortunate to have two men so passionate and dedicated to the future of Jewish life in their respective communities and around the globe. With so much passion combined with the state’s population growth, the future looks bright for Arizona’s Jewish community.

## How and Whys of Involvement

### WHY GET INVOLVED

**Stuart Mellan:**

“We each can play a role in ‘co-creating’ our community; to help assure that it’s the kind of community we want for ourselves and our loved ones.”  
 “Taking care of the vulnerable members of our community, both locally and globally – is a responsibility that we can only accomplish together.”

**Stuart Wachs:**

“It feels great! Being part of building a vibrant Jewish community is fulfilling. Whether volunteering, making donations, attending events or programs you realize you can be part of something much bigger than any of us individually. (It) can be one of the most rewarding experiences in one’s life.”

“To ensure a vibrant and supportive Jewish community for future generations. For so many people making sure that their kids, grandkids and future generations have the freedoms to be Jewish, the opportunities to travel their Jewish journeys, live in a supportive Jewish community and ensure that there are services and programs for Jews in need for generations to come is strong motivation to get involved.”

### HOW TO GET INVOLVED

**Tucson:**

Connect with Community Concierge Ori Parnaby at [conciierge@jewishtucson.org](mailto:conciierge@jewishtucson.org) or 520-299-3000, ext. 241.

As of Nov. 1, [jewishtucson.org](http://jewishtucson.org) will include a link for volunteer opportunities and a concierge chat link to live chat with Ori when she is available.

**Phoenix:**

Click on “Get Involved” at [jewishphoenix.org](http://jewishphoenix.org) for ways to connect with the Israel Center, Women’s Philanthropy and Young Jewish Phoenix.

To volunteer for the JCA or JCC, call 480-634-4900 and speak to Sara; she will connect you with appropriate person for your area of interest.



# The Association is Here For Good!



Share a Jewish book with a toddler. Bring a holiday program to a senior center. Connect young adults in 70 countries with Israel and their Jewish heritage. Provide a hot meal to a hungry child in Ukraine. Deliver medicine to a fragile Holocaust survivor. Build a roof over the heads of a homeless family. Send a teenager to Israel for the first time and ignite a new Jewish identity.



---

## We are dedicated to enriching lives in the communities we serve.

The Association is the community's safety net. We help those who are vulnerable and affected by economic turmoil. Jobless parents who need help putting food on the table. Grandparents who deserve to live with dignity. Disabled people who face barriers to living full lives. Building vibrant Jewish Communities.

**Help us build a stronger Jewish community by donating to the Annual Campaign for Jewish Needs TODAY!**

**Donate Online at [JewishPhoenix.org](http://JewishPhoenix.org)  
Call 480.634.4900 and ask for CAMPAIGN**



**Jewish Federation®**  
OF GREATER PHOENIX

Jewish Community  
**ASSOCIATION**  
of Greater Phoenix

# Israel Solidarity Diary

*Excerpted from postings by Stuart Wachs, who participated in a Solidarity Mission to Israel with a group of more than 50 Jewish federation professionals and lay leaders.*

## **AUG. 16**

I am on my way to Israel today and I stand firmly with Israel. When will the world wake up there is evil in the world! Like Israel or don't like Israel, if like your freedoms you need to stand with Israel and those battling ISIS and all those fighting Islamic jihadists.

## **AUG. 17**

As soon as I entered the airport I got that unique feeling I always get when I first arrive in Israel, I felt like I was home. Can't explain it as I have never lived in Israel but I know many of you know what I am talking about.

## **AUG. 18**

We visited Beit Halochem- Zahal Disabled Veterans Organization, which serves thousands of disabled IDF soldiers and their families. A man who was captured in the first Lebanon war and held as a prisoner told stories of the horrific torture he endured. He uses art and ceramics as part of his therapy - he showed us one sculpture that depicts the torture device used on him and another showing beautiful dancers on his back, which was what he envisioned as he has thrown on the ground and beaten. Tonight we had the opportunity to meet with some lone soldiers. The young man at our table told me during a battle a Hamas soldier grabbed a young kid and

literally used him as a human shield. Israeli pilots told about circling for hours waiting for verification that all civilians were cleared from building before they dropped bombs ... Israel is fighting with morals and values that no other country ever has or ever will!

At the end of the day I am left in awe of the men and women of the IDF and with amazing respect for how Israel treats its soldiers and wounded soldiers. Something our country can learn from.

## **AUG. 19**

As rockets again fly into Israel from Gaza we once again see the evil that Israel is up against as these rockets are sent with the only intent to kill civilians in Israel.

## **AUG. 20**

Getting briefing from a leading reporter in Israel. Interesting fact: Each tunnel Hamas has built takes 350 truckloads of supplies. With those supplies Palestinians could have built 86 homes, six schools or 19 medical clinics. Instead they build tunnels for the single purpose of killing and terrorizing Israeli civilians.

We are at Kfar Ibim and we had a red alert and then could hear the rocket exploding, we believe from being intercepted by the Iron Dome. This is an absorption center for Ethiopians and all of a sudden all the children came running into the room we were in, which is also the safe room. Amazing to see how "normal" it seemed for the children and also so sad.

The principal of Shaar Hanegev High School, about 1.5 miles from Gaza, told us they teach the children they can hate

the terrorist but to understand there are thousands of good people in Gaza and one day, g-d willing when there is peace, it is so important to not hate.

Israel is fighting an evil Jihadist terror group just like the world is seeing in ISIS. Israel is fighting the most moral war possible but this is a war against evil.

## **AUG. 21**

Just leaving Mt. Herzl Military Cemetery where 63 brave young men have been buried in just the last month.

I cannot imagine having to bury one of my children at this young age.

## **AUG. 22**

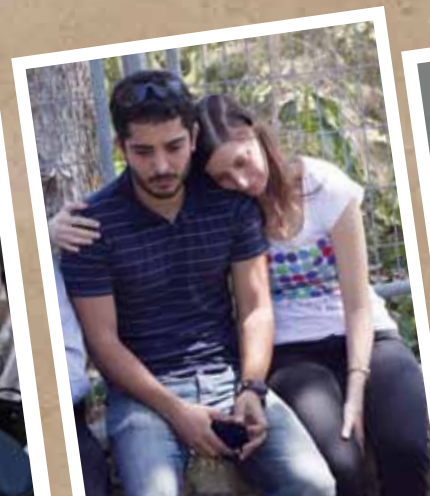
I just boarded my plane back to the US. The past days have made it so clear to me how important Israel is to me, and I am to Israel.

The resounding message I heard from students, soldiers, and people on the street of all ages was that what Israel needed most from us was for us to return and be ambassadors for Israel because of the terrible media coverage and the double standard they are being held to.

So here is my start...

In our last two days in Israel Hamas fired close to 150 rockets into Israel. Please join me in encouraging our politicians and leaders at all levels of government to publicly condemn Hamas and support Israel in removing this cancer.

Please join me in giving Israel what they need most from Jews in the Diaspora and from Americans. BE AN AMBASSADOR FOR ISRAEL!  
AM YISRAEL CHAI





# Charitable Giving

to life

## What Price Happiness?

By Amy Hirshberg Lederman



When I was growing up, money meant **AUTHORITY**. Dad made the money, so he also made the decisions. Our family lived by the Golden Rule as in: He who has the gold, rules.

We were told at an early age that it wasn't "polite" to talk about money, but it sure seemed to be the subtext of most conversations. What things cost, rising inflation, salaries, who drove what type of car, where people shopped and where to get the best deal were dinner table topics served along with the meatloaf and potatoes. And back when dessert was a Good Humor bar that cost a nickel, I knew that my family was definitely happier when we had more money, not less.

It's easy to make the leap from ice cream treats to world views, so I grew up thinking that money could make you happy.

Money is an all-powerful force – influencing everything from global politics to interpersonal relationships. Our American culture is deeply consumer oriented, and for many, self-worth and identity are derived from what we earn, own, wear, buy and drive rather than from what we think and feel, or what we give to and care about.

Money is both a means and an end – to material goods as well as to emotions and feelings such as peace of mind, pleasure, happiness and satisfaction. Scientific research suggests that there is definitely a correlation between money and happiness, but only up to a certain point. Having money gives us a sense of emotional well-being, because when we have enough to provide for our basic needs, we feel more secure and satisfied. Having what we need frees us up to make choices, to experience pleasure and leisure, and to use our time in ways not just related to survival.

But when material worth is the primary measure by which we assess our own value, we will rarely, if ever, be happy.

The issue of being unhappy with what we have and always wanting more has been around since the beginning of time. Adam and Eve are a great example: God tells them they can eat from any tree in the Garden of Eden but the Tree of Knowledge, and bingo, Eve goes straight for the apple from that tree.

Over 2,000 years ago, the rabbis dealt with this problem when they gave us this bit of wisdom: "Who is rich? One who is happy with his lot."

So, how do we become happy with our lot?

Research suggests that when we spend money on meaningful experiences and on people we love rather than on tangible things and possessions, we tend to feel good about ourselves and the money we have.

And charitable giving, to people and organizations that we care about, also has a direct effect on our happiness. The emotional reward that we feel when we are able to make a difference, even a small one, often surpasses the temporary joy of buying something new. This is supported by readings from MRIs, which indicate that giving money to charities actually stimulates brain activity in the regions of the brain where we experience feelings of pleasure and reward.

As Jews we are guided by the Torah, which gives us the blueprint for Jewish living. One of the key values in the Torah is *tzedakah* – using our money and resources to help those in need. The Jewish win-win is the *mitzvah* of giving – of our time, talents, resources and money. Not only does it make us happier, it improves the lives of others.

The beauty of the concept of *tzedakah* is in its absolute equality. No matter how much or how little we possess, each one of us has the potential to consciously become a better person, and a happier person, when we use the money we have to make our world a better place.



Amy Hirshberg Lederman has written more than 300 columns and essays that have been published nationwide.  
[amyhirshberglederman.com](http://amyhirshberglederman.com)

# Charitable Giving

## Gift of time saves lives

By Anne Lowe

“Do you know what this is?”

Just before I climbed back up into the Humane Borders water truck, Rex called me over to where he was dislodging a grungy item from the sand. I looked it over: an old piece of white towel, about a foot square, with orange stripes, raggedy and encrusted with desert soil. “A piece of towel?” I ventured.

“Right. But what do you think it is used for?” was his next question.

I truly had no idea. I stared at him blankly, sure I had failed on my initial water run trip to the Ironwood Forest National Monument, at our first stop to refill three agua (water) tanks.



Anne Lowe by the side of the Humane Borders water truck.

“It’s used by migrants. They tie these under their soles, to cover any distinctive tread from their walking shoes, so the Border Patrol can’t track them,” Rex explained. Since we were about 70 miles north of the border between Mexico and Arizona, it was evident that migrants had walked a great distance before leaving this piece of toweling. They had bypassed Tucson, and were on their way to Phoenix.

Every water run that I went on this year yielded new educational opportunities for me. On the way to Byrd Camp one Saturday this past May, Michael, another driver who had volunteered for Humane Borders for 11 years, abruptly stopped the truck on a dirt road in the Sonoran desert, near Arivaca. He jumped out and came back with an empty black plastic water jug, similar to a plastic milk container, tucked under one finger.

“Why do you think this is black?” he asked me. I couldn’t figure it out. It would seem that black would make the water inside even hotter, rather than cooler. I stammered something to that effect.

He told me, “It’s black because if it was white or clear plastic, it would reflect the headlights of the Border Patrol trucks at night. Black is safer.” I later learned that the black plastic water containers were manufactured in Mexico and sold to migrants planning to cross into the United States.

Byrd Camp is my favorite run. Since I work full time, I chose a weekend water delivery for my first trip as a volunteer for Humane Borders. It turned out to be to Byrd Camp.

More than 200 migrants have perished in the Arizona desert since January of this year. Besides Humane Borders, which provides water deliveries, other organizations also try to prevent death by dehydration in the desert. Often the “Coyote leaders” leave people behind because their feet are totally covered with blisters, or they have no more water and cannot continue due to dehydration. The Samaritans drive into the desert hoping to find these people before the angel of death does. They transport them to a medical unit in the middle of the desert on Byrd Baylor’s private property. Byrd is a well-known children’s author who has

### The Bridge Builders’ Society

The flame burns brighter because we care.

*“This chasm, that has been naught to me,  
To that fair-haired youth may a pitfall be.  
He, too, must cross in the twilight dim;  
Good friends, I am building the bridge for him.”*  
—from “The Bridge Builder”

by Ms. Will Allen Dromgoole,  
1860-1934

### Be a Bridge Builder!

By including JFCS of Southern Arizona in your will, you make a big difference for people of all ages during difficult times in their lives.

JFCS services include counseling, trauma support, care management, information/referral for Jewish seniors, home medical equipment, cancer support, domestic violence services, support for Holocaust Survivors, and Jewish emergency financial assistance.



(520) 795-0300 ext. 2263 • [jfcstucson.org/donate/planned-giving](http://jfcstucson.org/donate/planned-giving)  
4301 E. Fifth St. Tucson, Arizona 85711





donated land for this life-saving work. It is run by a third organization called No More Deaths (No Mas Muertes), and it looks like a MASH unit, with a big military style tent with red crosses on it. Here the ailing migrants are treated to free medical care by volunteer doctors and nurses, each of whom stay a few days, or a week or two at Byrd Camp. Conditions are incredibly primitive, but enough to save lives.

Our job was to pump 300 gallons of water from our truck into the plastic 55 gallon containers at Byrd Camp, because there is no water there, other than what we bring each week. It is used for drinking, washing, cooking, medical care, etc. I get a kick out of seeing the volunteers go to the washing station with piles of dirty dishes to clean, as soon as our truck appears. Dirty dishes are the last thing on the list, until there is abundant water.

Many of the migrants are not Mexicans; they are from Guatemala, El Salvador and the Honduras. They hop trains to take them to the border at Nogales. Then they walk for one to five days to meet with the Coyotes to take them across the border. Sadly, they are younger than one might think. Recently, a 12-year-old girl was found in the desert with her 3-year-old sister, wandering alone, left behind by the Coyote. Another

young woman told of waiting in Nogales, Sonora, for another \$1,000 from her family in Guatemala. She already had \$6,000 to pay the Coyote, but she needed to give him another \$1,000 for rape insurance!

What I heard and saw on these trips is indelibly etched into my persona. It is a small way to help my fellow human beings, to make a tiny difference “in loving the stranger as myself,” as I am taught in the Torah.

These migrants, who are trying to cross the desert, break the law for what they feel are legitimate reasons: to escape violence, to better themselves, to join relatives here, or to provide for their families. During their desert crossing, they do not get manna from heaven every day, nor do they have Moses to strike a rock to bring them water. Instead they have Humane Borders, The Samaritans and No Mas Muertas.

Now I am learning to be one of the water truck drivers for Humane Borders. I can even get the gasoline motor for the water pump started with just one pull of the cord. Not bad for a grandma of eight.

Anne Lowe is the outreach director of the Jewish Federation of Southern Arizona and the Jewish Federation Northwest Division director in Oro Valley.

## Saving lives is the Humane thing to do

Humane Borders is a Tucson nonprofit, faith-based organization, whose volunteers maintain close to 50 life-saving water stations in remote desert areas where migrants risk dying from dehydration. Their mission is to create a just and humane environment, where members respond with humanitarian assistance to those who are risking their lives crossing the U.S. border with Mexico. Humane Borders has an ongoing partnership with the Pima County Office of the Medical Examiner.

In addition to Anne Lowe, other Jews who are involved with Humane Borders include:

**Bob Feinman**, current vice president of Humane Borders. Bob has volunteered for 10 years, bringing water to the desert. He is fluent in Spanish, so he has also traveled to Mexico to speak to potential migrants to try to deter them from this dangerous journey.

“As Jews who followed Moses around in the desert we should be leading the charge on this,” says Bob.

**Rabbi Ben Herman**, was a board member of Humane Borders until this past June, while he

was the assistant rabbi at Congregation Anshei Israel in Tucson.





**Amy Rangel**, member of Congregation Bet Shalom, in Tucson, went on her first volunteer water run with Humane Borders, on Sept. 13 to Byrd Camp. She is definitely hooked!

**Jill Rich**, well known in Tucson for her volunteer work with migrants from many countries, headed the hospitality effort for Temple Emanu-El this past Fourth of July weekend, to provide beds, food and assistance to mothers and children who were dropped off at the Greyhound Bus Station in Tucson by the immigration authorities. These immigrants from Guatemala included 16 mothers and children, age 9 months to 6 years. Some had not eaten in two days. They were fed beans and rice, chicken and fresh fruit, and treated as guests.

**Bryan Davis**, director of the Jewish Community Relations Council, spent this past summer working with the Catholic Community Services, to provide help to migrants who are left at the Greyhound Bus Station by immigration authorities.

## Jewish Community Foundation of Greater Phoenix

*Your local, low cost, no hassle, tax-preferred alternative to a private foundation.*

-  Create a named fund for as little as \$10,000
-  Receive personal, professional guidance - in-person at your convenience
-  Preserve you legacy and involve your family in your philanthropy
-  Open a donor advised fund which provides maximum convenience – think of it as your charitable checking account.

*Create a permanent fund with the Jewish Community Foundation - whether by bequest or during your lifetime – it's easier than you think. Call for a confidential consultation.*



Jewish Community Foundation  
OF GREATER PHOENIX

*Building a permanent source of financial support for a vibrant, enduring Jewish community.*

12701 N. Scottsdale Road,  
Suite 202

Scottsdale, Arizona 85254

**480.699.1717**

[www.jcfphoenix.org](http://www.jcfphoenix.org)

[humaneborders.org](http://humaneborders.org) | 520-398-5053

# Charitable Giving



Judith Brown

## Judaism makes interactions meaningful for this multi-talented professional

By Sarah Chen

For Judith Brown, "everything is about relationships."

As she retraces her professional life and the people she has encountered across Tucson, that's easy to see. She's done it all – development, education, strategic planning, public relations, event planning, media, fundraising – with assignments stretching from the University of Arizona to the city of Tucson and back again. Meanwhile, the common Jewish thread connects it altogether for her. "Judaism has always been an important part of me," she says.

As the current director of development and community affairs for the University of Arizona's College of Nursing, she brings together donors and administrators in fruitful ways to benefit students. She has worked at the University of Arizona for more than 10 years, first as a director of development for the Program in Integrated Medicine, then transitioning to the College of Nursing.

Of the university, Brown says "I have loved raising money for nursing. These students are truly the future of health care. I am so proud of our reinvigorated alumni, who are giving more than ever before. The college has such generous donors. Meeting them has enriched my life greatly."

Prior to her life in development, Brown worked for 20 years at the City of Tucson as the director of community relations, under then City Manager Joe Valdez, to market the city and liaise with the public. During her tenure she was the producer and host of "Topic of Tucson," a weekly news show on KGUN-9 that spotlighted Tucson luminaries and personalities. She also hosted a weekly radio show syndicated throughout southern Arizona, and her office produced a weekly city events page in the Arizona Daily Star. "I totally adored making a difference in the community," says Brown. "I loved every single one of the years I spent at the city, and I met amazing people. I am very blessed." Brown is an emeritus member of the Arizona Public Media Community Advisory Board.

A classically trained harpist, Brown never imagined her life would be so consumed with public relations. "I was recruited to Tucson from Boston in the 1970s, where I had just completed my master's degree in art history," she recalls. "I was drawn to the newly founded Center for Creative Photography at UA, as my concentration was modern photography at the time." The university originally recruited her to coordinate conferences, a role Brown remembers loving. "All the academic departments were doing such cutting-edge research," she says. "So I was

always learning new things and meeting the most interesting people."

Judaism has guided and shaped Brown's lifetime of professional accomplishments. She feels particularly passionate about the concept of tikkun olam, or repairing the world. "I feel that we're just caretakers of the Earth while we're here," she says. "For me this means taking whatever gifts we've been given and using them to help others."

Brown believes this means being as non-judgmental, caring and intentional as possible with everyday interactions. An active practitioner of the Japanese healing and relaxation practice, Reiki, she believes that "energy is intelligent. We have to take our divine energy and channel it positively."

Brown was recently asked to participate in the newly formed Health and Wellness Task Force at Tucson's Jewish Community Center. "It is really exciting to work with a dynamic group and envision what wellness is over and above health," she says. Brown is a former executive board member of Tucson's JCC, and she is happy to re-engage.

Lately, Brown's Jewish engagement led her to participate in Rabbi Telushkin's book-signing event as he marketed his new book, *Rebbe: The Life and Teachings of Rabbi Menachem M. Schneerson, the Most Influential Rabbi in Modern History*. "Although I have deep roots in Reform Judaism, I have always enjoyed learning from and immersing myself in other traditions, like Chabad," Brown says. "And I haven't been able to put the book down." Brown served as president of Congregation Chaverim from 2000 to 2001.

Brown plans to retire next year. For her, this is significant because her retirement will coincide with the shmita, or sabbatical year, in Israel. The shmita is a religious and ecological year of rest occurring once every seven years, during which it is traditional to forgive all financial debts and to refrain from planting or harvesting agricultural crops.

"I love this concept," says Brown. "I intend to do exactly that, to let it rest. I'll treat the year as it's truly intended, spiritually speaking. Afterwards, I'll see what percolates up."

As she moves forward, Brown references Maimonides as she intends to embrace the "spark of Jewish life."

"I only see Judaism becoming more and more meaningful to me."

Sarah Chen is a freelance writer in Tucson.



# jKids

## & Teens too

A child friendly resource for parents

JEWISH LIFE™  
ARIZONA

Sukkot fun  
at Temple Beth  
Sholom of the  
East Valley



Leah Millman and Emma Fisher (7th grade)  
L- R help decorate and do a little dancing too.



Terra Aust and Avi Lieb (4th grade) have  
lessons in the sukkah.



Josh Weisman (8th grade) helps decorate the sukkah.

## Sports Camps



Baseball fun at JCC Maccabi Sports Camp



Baseball fun at JCC Maccabi Sports Camp

THIS MONTH'S  
SPONSOR



Learning Disabilities • ADHD/ADD • Autism  
Behavioral Problems • Birth Trauma • Developmental Delays  
Sensory Processing Disorder • Acquired Brain Injury  
Peak Performance

[www.SIRRIAZ.com](http://www.SIRRIAZ.com)  
email: [info@sirriaz.com](mailto:info@sirriaz.com)  
480-777-7075

# Camp Simcha embraces special joys

By Janet Arnold



Courtney Haworth holds Audrey Beauchman at age 2 at the Camp Simcha carnival, where both had their faces painted like Minnie Mouse. Now 3 years old, Audrey has attended Camp Simcha and Chanan Preschool since she was 8 weeks old.

In the summer of 2013 Courtney Haworth, director of Camp Simcha, the summer day camp held at Scottsdale's Congregation Beth Israel, was approached by temple member Daniel Openden with an interesting question. Would the camp consider partnering with SARRC, the Southwest Autism Research and Resource Center, to provide a camping experience for some of their kids? Danny had just become president and CEO of SARRC, after having served as vice president for six years.

Courtney responded with an enthusiastic, "Sure, let's give it a try!"

Enthusiasm is only one of the many joyous descriptive terms to use for Courtney. She has been Camp Simcha director for five summers and started her sixth year of teaching 3-year-olds at the Chanan Preschool this fall. She beams when she talks about the kids, and in turn each of them has a special hug just for Courtney. She exudes a positive attitude and sincere love for the children.

In 2013 the camp included three children who had diagnoses

**SCHOOL OF ROCK**  
**AMPLIFY YOUR SUMMER**

School of Rock offers camps for rockers age 7-18! Whether you are a **total beginner** or are **ready to tackle songwriting**, we have a camp for you! Learn the music of rock icons or write your own **legendary tunes.**

<b>Scottsdale</b> 13610 N. Scottsdale Rd Scottsdale, AZ 85254 Tel 480-483-7625	<b>Ahwatukee</b> 4645 E Chandler Blvd #114 Phoenix, AZ 85048 Tel 480-753-3266	<b>Gilbert</b> 885 E Warner Rd #105 Gilbert, AZ 85296 Tel 480-632-7625
---	--	---

**LIVING JUDAISM**

**SUMMER OF FUN**

congregation beth israel's

**LIFETIME OF MEMORIES**

**PRESCOTT, ARIZONA**

Please visit [www.campstein.org](http://www.campstein.org)

**CAMP DAISY & HARRY STEIN**

A Reform Jewish Summer Camp  
for Children Grades 2-11



on the autism spectrum. They were high functioning and each came with a facilitator. The program was so successful that in the 2014 camp, 21 kids from SAARC enrolled in camp. Courtney comments on how the other campers show so much understanding and empathy; she feels it's an enriching experience for all the kids.

"One of my favorite stories," Courtney confides, "was about a 5-year-old who came to our first four-week session with his facilitator. He had a great time and wanted to come back for the second session, but no facilitator was available. I talked to my staff and his parents, and we felt strongly that he could try on his own. He came back and had a wonderful second session!" Courtney explains that the first camp session had given the boy the tools he needed, such as communication and peer negotiation, to meet his goals. Being able to attend camp on his own was an important step in his development.

The Camp Simcha staff and the facilitators from SARRC work closely together. "We're all like one big family," Courtney says. "They come to our staff training day and staff thank you dinner, and many of the teachers from the two groups have become personal friends."

Courtney believes the reason their camp is so well suited for this type of integration is that it is well structured, with scheduled activities and daily routines. "These are all important factors in the lives of kids who have a diagnosis of autism," she says. And of course, the camp is full of fun as well, with swimming, the new splash pad, special guests and field trips, as well as Shabbat on Fridays.

Congregation Beth Israel's winter camp will be Dec. 22-Jan. 2. The camp runs through fourth grade and is open to members and non-members. For winter camp, parents can sign up by the day or week. There is no camp on Dec. 25 or Jan. 1. Summer camp information will be available by March, and Courtney looks forward to working with SAARC again.

480-951-3398 | cbiaz.org



She exudes a positive attitude and sincere love for the children.



## FIRST TIME CAMPER?

Up to \$1000 grants available!  
[www.bbcamp.org](http://www.bbcamp.org)

# EXPERIENCE

outdoor oregon adventure  
 jewish connections • sports & theater  
 lifetime friendships • endless fun



# Summer Camp: The social supplement for modern society

By Peg Smith and Andy Pritikin

What an amazing world we live in, with more information and connections at our fingertips than we could ever imagine. This brave new world has come with a price, though, as we've gradually replaced human interaction with technological interaction. We have many young people who are not fully equipped for college, the workforce or adult life. While the United States has the highest percentage of graduating seniors choosing to attend colleges or universities, we also have the highest percentage of first-year collegians who drop out. The Partnership for 21st Century Skills, a nonprofit comprising top corporations and forward-thinking educators, has done research showing a big gap in our education system between the "3 Rs" and what employers are truly looking for in their new hires.

Every parent wants what is best for his or her children, though. And the antidote to many of the issues created by modern society might be found right down the road – at camp.

## Brain-Based Learning

Camp is an excellent place for children's developing brains. The character traits that parents wish for in their kids – independence, confidence, friendship-building, resilience, character, grit – are real outcomes for kids who have quality camp experiences. These traits come from the middle prefrontal cortex, which gives us the ability to do important things like regulate our body and emotions, have insight into ourselves and others, feel empathy, communicate in an attuned way, bounce back after failure, adapt to new situations, make thoughtful choices and overcome fear. That's a pretty good list of what's needed for a successful life with good emotional and mental health, meaningful relationships and the conscientiousness to make an impact on the world (Bryson, T.P., 2014. "Bunks are good for brains: The neuroscience of sleepaway camp," *Camping Magazine*, American Camp Association).

The brain grows and strengthens when it is used. So, when kids have camp experiences that require them to take risks, be flexible, handle their emotions (especially away from their parents), be persistent to master something, build relationships and so on, it strengthens this important part of the brain for life. At camp, kids usually feel safe and secure, and the setting is so fun that kids are willing to work harder and tolerate more frustration and setbacks because they're having such a good time doing it. This builds character and helps them for the rest of their lives.

## Nature and the Out-of-Doors Experience

Today's youth suffer from an alarmingly limited access to, or interest in, the natural world. We can look at the 18% obesity rate of children and realize physical activity and access to the outdoors have been drastically altered.

Activity has also been modified by the number of hours young people spend in front of screens – an average of seven and a half hours a day. Sadly, our time spent out of doors has decreased by 50% in the last two decades, and the benefits of nature and the outdoors go well beyond physical well-being. Direct experience

in nature is important to a child's intellectual, emotional, social, spiritual and physical development (Kellert, S., 2005. *Building for Life: Designing and Understanding the Human-Nature Connection*. Island Press, Washington, D.C.).

Most traditional summer camps are based outside and require that children explore, enjoy and resiliently persevere in the elements. At Liberty Lake, when parents ask, "What do you do when it rains?" I answer first that we call it "liquid sunshine," and that often we'll actually sing, dance and jump in puddles in the rain. It's good old-fashioned fun, which kids thoroughly enjoy.

## Play

This four-letter word is not a bad one, yet modern society has severely marginalized play. We have unfortunately witnessed a 25% decline in play in our lifetime. Play is part of a normal developmental process. Children (and adults) who are not allowed or encouraged to play have less energy, less interest and less enthusiasm about life. And we're not talking about playing video games in the basement against friends sitting in their basements. We're talking about hand-to-hand, face-to-face, old school, getting dirty, scraping your knee, hurting your feelings, real stuff that helped shape us into the adults we are today.

Play at camp is a critical stage of learning. It is a learning process that is experiential and active. Play allows young people to practice "how" to survive and thrive in a community. It teaches young people "how" to learn, gaining the skills of persistence, grit, participation, failure, encouragement and perseverance.

## There's a Place I Know ...

Activities that strengthen the brain, being outside in nature and physically "playing" with others are things that took place naturally in our neighborhoods for centuries, but in today's modern society, one of the best environments for all this is at summer camp. In the past few decades, many parents have focused their responsibilities on building their children's resumes, over-programming and not letting them just be kids in the way kids have been for centuries. From what I've seen recently, though, the pendulum is slowly swinging back. Parents don't want their adult children living with them. They want their kids away from screens and out of the air conditioning, as they recall the challenges of their own childhoods with newfound reverence and now seek for the same for their children.

We all know where kids go to receive "academic" equipment for life, but there is a special place each summer where they can go to receive critical social and emotional-readiness equipment – a place where they can intern for life. It's called summer camp.

*Distributed by the American Camp Association, Inc. © 2014. Peg Smith is the chief executive officer of the American Camp Association. Andy Pritikin is the owner/director/founder of Liberty Lake Day Camp, in Columbus, NJ, and the incoming president of the American Camp Association, New York and New Jersey.*



# SHEMESH WINTER CAMP

JOIN US FOR A WINTER WONDERLAND OF FUN!

**DECEMBER 22–JANUARY 3 | 9AM–4PM**

(Closed Dec 25 & Jan 1) AM Care: 7:30-9am PM Care: 4-6pm

Campers in grades K–5 have two amazing camps to choose from:



**FUN**  
for all



## All Sports

Each day your child will enjoy a different featured sport such as Soccer, Basketball, Flag Football, Kickball, Dodgeball and Pickle ball. We will also do some wacky sports such as Curling, Pillow Polo, and Dolly Soccer.

## Arts & Crafts

Scrapbooking, Ceramics, Painting with Oils and Watercolors, Beading and much more will bring out the creative spirit of your camper.



**All campers will enjoy special "winter" activities throughout the week including indoor sledding, snowman races and playing in the snow!**

For more info or to register contact the youth department  
[vosjcc.org](http://vosjcc.org) | 480-483-7121 x1275 | [youth@vosjcc.org](mailto:youth@vosjcc.org)  
 INA LEVINE JEWISH COMMUNITY CAMPUS



**JCC MACCABI SPORTS CAMP**

## THE ONLY JEWISH OVERNIGHT SPORTS CAMP ON THE WEST COAST!

We're the newest addition to the JCC Movement's programs for youth and teens.

If your child loves sports and wants to advance his or her skills in a Jewish environment, you've found the perfect camp.

During our two-week camp sessions, campers focus on developing athletic skills and improving as teammates in their sport of choice - *Baseball, Basketball, Soccer, or Tennis.*

### OUR IDEAL CAMPER

Our focus is sports, yet balanced with fun and traditional camp excitement. We train and play hard, but coachability and a desire to improve are more essential than current skill level when considering our program.

### OUR COMMUNITY

At camp, "Jewish" isn't a concept we wave to in the outfield, it's a way of life to be explored. Jewish values, ritual and culture are at the center of our lineup, woven through camp in away that can resonate with campers of any age or background.

**REGISTRATION FOR SUMMER 2015 IS OPEN NOW!**



415-997-8844 | [info@maccabisportscamp.org](mailto:info@maccabisportscamp.org) | [maccabisportscamp.org](http://maccabisportscamp.org)

JCC Maccabi Sports Camp is funded by In affiliation with

## Socially minded teens eligible for \$36,000 Tikkun Olam Awards

The Helen Diller Family Foundation is accepting nominations for the 2015 Diller Teen Tikkun Olam Awards. The program recognizes as many as 15 Jewish teens annually with awards of \$36,000 each for exceptional leadership and impact in volunteer projects that make the world a better place. As many as five teens from California and 10 from other communities across the United States will be acknowledged for their philanthropic efforts. Anyone interested in nominating a teen, or any teen who is interested in self-nominating, should visit [dillerteenawards.org](http://dillerteenawards.org) to begin the nomination process. The deadline for nominations is Dec. 14.

Bay Area philanthropist Helen Diller created the Diller Teen Tikkun Olam Awards in 2007 as a way to recognize the next generation of socially committed leaders whose dedication to volunteerism exemplifies the spirit of tikkun olam, a central Jewish precept meaning to repair the world. The Diller Teen Tikkun Olam Awards have since granted a total of nearly \$2 million to 55 Jewish teens from across the nation.

These awards are an opportunity for educators, civic leaders and mentors to nominate and acknowledge young Jewish

teens whose thoughtful approach to making a difference is creating meaningful change – whether locally, nationally or globally. Projects with deep impact on a few individuals can be recognized alongside projects with broad impact, as can be seen at the awards program website.

Past recipients of the Diller Teen Tikkun Olam Awards have made their mark through projects that champion a wide range of causes. They include building soccer fields and water wells to bring people together in war-torn regions of the world, donating textbooks and school supplies to financially strapped schools in California and around the globe, collecting and distributing shoes to homeless children so they can participate in life outside their shelters, raising awareness and changing attitudes about bullying and autism through peer-to-peer programs, and creating a vital community garden with myriad benefits for the community. Awardees have also been recognized by some of the world's foremost institutions and leaders, including the United Nations Foundation, the White House and President Clinton.

The Jewish Federations of North America and their network of 153 Jewish federations across North America continue to partner with the Helen Diller Family Foundation to inspire and encourage Jewish teen volunteer service nationwide.

[dillerteenawards.org](http://dillerteenawards.org) | [dillerteenawards@sfjcf.org](mailto:dillerteenawards@sfjcf.org) | 415-512-6432



**BEST**  
BEGINNERS EDGE SPORTS TRAINING

**Sports Camps**  
Now Enrolling in Scottsdale/PV

**HOLIDAY Sports Camps**  
BEGINNERS EDGE SPORTS TRAINING

Session 1: Dec 22, 23 & 26  
Session 2: Dec 29, 30 & Jan 2  
Save \$ with Early-Bird & Sibling Discounts  
8:45am to 5:15pm (full, half & single days avail)

New Location!  
7000 E Shea Blvd  
Ste 1830/1840  
Scottsdale 85254  
est. 2005

623-748-9453 [www.theBESTinAZ.com](http://www.theBESTinAZ.com)

*turning childhood moments into life's rich memories!*

**Our 75th Season**

**FRIENDLY PINES CAMP**  
Est. 1941



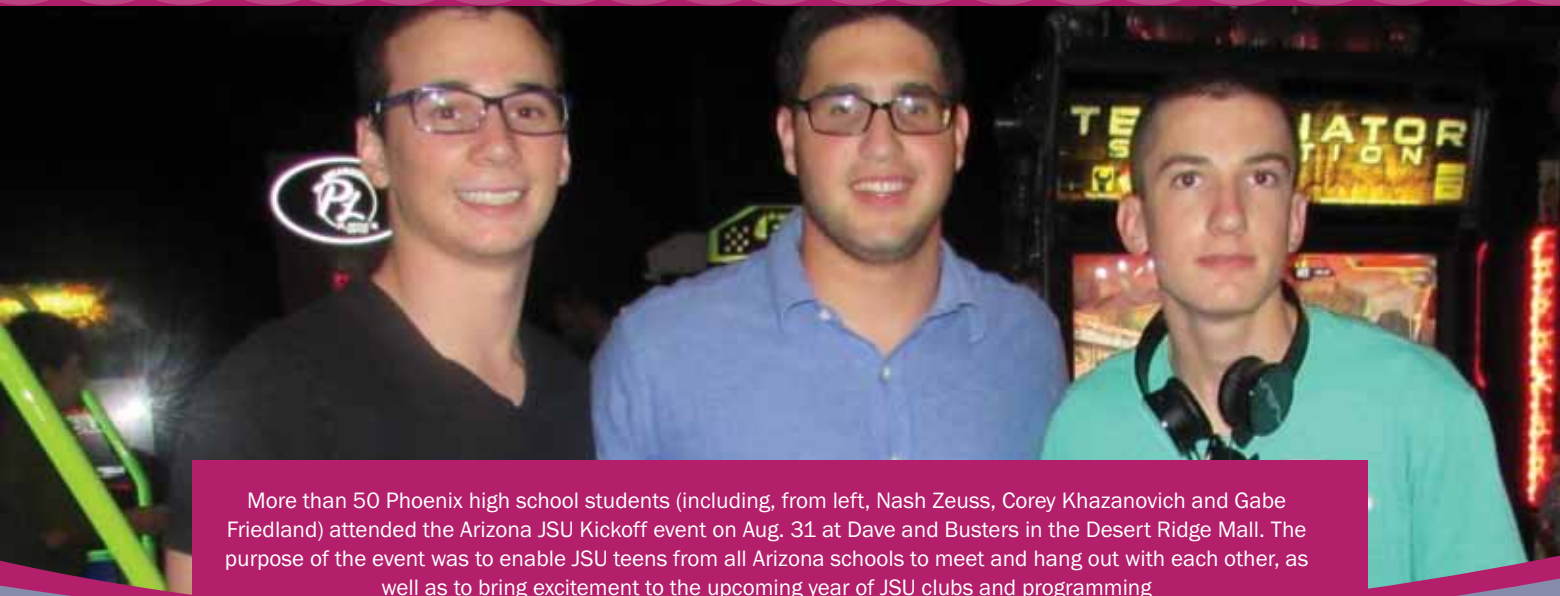
★ Prescott, AZ  
★ Coed, 6-13  
★ Well-Trained Staff  
★ Carefully Screened Staff  
★ Choice of 30+ Activities  
★ Horseback Riding  
★ Waterskiing ★ Arts  
★ Rock Climbing ★ Pets  
★ Ropes Course  
★ Swimming ★ Sports  
★ Archery and Lots More

[www.friendlypines.com](http://www.friendlypines.com)  
1-888-281-CAMP (2267)

2015 Camp Dates  
2-wk: June 14-27; June 28-July 11; July 12-25  
1-wk: June 14-20; June 21-27; June 28-July 4;  
July 5-11; July 12-18; July 19-25

*An Arizona Tradition since 1941*





More than 50 Phoenix high school students (including, from left, Nash Zeuss, Corey Khazanovich and Gabe Friedland) attended the Arizona JSU Kickoff event on Aug. 31 at Dave and Busters in the Desert Ridge Mall. The purpose of the event was to enable JSU teens from all Arizona schools to meet and hang out with each other, as well as to bring excitement to the upcoming year of JSU clubs and programming

# Teens find Jewish food for body and soul with the JSU

By Janet Arnold

“The mission of the Jewish Student Union is to get more Jewish teens attending public high schools to do something Jewish! That’s it! It’s that simple!”

This is the opening statement on the website for the national Jewish Student Union program, [jsu.org](http://jsu.org). The social and educational movement began in Los Angeles in 2002 and has quickly grown to more than 200 public school campuses throughout North America, reaching more than 12,000 teens annually. The parent organization is the Orthodox Union-sponsored NCSY, whose mission is “to connect, inspire and empower Jewish teens and encourage passionate Judaism through Torah and tradition.”

Though the roots of the organization are planted within the Orthodox community, JSU

is open to all Jewish students and hopes to be particularly meaningful to those who are otherwise unaffiliated.

“We don’t ask or care what kind of a Jew you call yourself – just that you are Jewish and want to be connected in some way,” says Shmuli Josephson, who has been running the Valley programs for two years. The local program is now available in eight high schools, and Shmuli oversees them all.

“Some of the groups meet every other week, and a few of the smaller ones meet once a month,” he explains. Each meeting

includes a topic to discuss and, of course, free kosher pizza: “Food for the body and the soul!”

The organization has a board of teens who decide on programming and events – a process that also provides leadership opportunities. Wednesday night learning sessions at the Coffee Bean & Tea Leaf at Tatum and Shea are open to all teens.



Shmuli and Devorah Josephson with children, Ahuv, 4, and Dovi, 2.

Shmuli overflows with enthusiasm for the work he does. He was born in England and lived in Israel off and on for a number of years. In 2009 he married and moved to Los Angeles to work with the West Coast NCSY.

“We had 20,000 teens,” he says. “I could see we were really making a difference – getting the kids to connect and even hearing of parents who lit Shabbat candles for the first time.”

When it was clear that the Valley was ready for JSU clubs, Shmuli was happy to make the move.

He and his wife, Devorah, who is a second-grade teacher at the Torah

Day School, live in central Phoenix with Ahuv, their 4-year-old daughter, and Dovi, their 2-year-old son. Shmuli makes the rounds to the public high schools of Chaparral, Saguaro, Desert Mountain, Horizon, Sunnyslope and Pinnacle as well as private schools Brophy Prep and Tesseract. It generally takes 15 interested teens to start a new group.

Contact Shmuli at [shmuli@dojsu.org](mailto:shmuli@dojsu.org) or 201-362-2074.

# Overprotective mom? Who me?

By Debra Rich Gettleman

As a parent, the first thing you want is to protect your child from getting hurt. It's a lot easier when they're younger. "Don't hit your head!" "Watch the step!" "Pay attention!" We constantly monitor our babies and toddlers to ensure safety and a minimum of painful experiences. But it gets harder as they age. That old "bigger kids, bigger problems" adage holds true in my universe.

So last year when my 13-year-old son, Levi, entered public middle school, I was petrified at how he would fare. Would the kids be kind? Would he make friends? Would he find his niche? I worried about everything from who he would sit with at lunch to how he would navigate such a large campus. I didn't expect my bold, fearless boy to run for every single office he could think of since he didn't know a single soul at his huge new middle school. I worked hard at being cautiously optimistic about his political ambitions.

"You know," I warned on more than one occasion, "Running for Student Council in middle school is sort of like a popularity contest. Since you don't know ANYONE, it might not be that realistic to expect a victory."

"But I'd be a great ... vice president of the Student Council,

secretary for the Builders Club, class representative ..." The list went on as each day brought another defeat and another new opportunity with a new organization. By mid-October, Levi was disheartened and I couldn't exactly blame him. The year went on and Levi showed his new teachers and classmates that he was reliable, smart, funny and 100% committed to every task he undertook. But I have to admit when he announced his plans to run for president of the National Junior Honors Society, PR director of Student Council and president of Builders Club again this year, I felt that old familiar lump start to form in the back of my throat. "I can win this year, Mom," he told me with confidence. "I'm perfect for all of these jobs."

I wanted to slow him down, pull back on the reins, inject some past reality into his passionate momentum. But instead I helped him with a few pointers on his speech and stayed up late one night creating his campaign posters. Somewhere inside I knew that win or lose, these were the experiences that build character and define people for who they would be and how they would ultimately face life's challenges as adults.

"I got a standing ovation, Mom" Levi boasted after school the day of the NJHS elections. "A standing ovation!"

"Really?" I asked with trepidation. "Did everyone get a standing ovation?"

"No! I was the only one," he crowed.

"Was everyone getting up to catch the bus?" I countered.

"Mom, that is soooooo mean. What is wrong with you?" he chastised. "They loved my speech. Everyone else got up and read ... like essays. I just spoke from my heart about what I wanted to do and how I wanted to guide everyone to be a leader in their own right."

I had to admit, that sounded pretty impressive. But the fear of him being disappointed yet again was almost too much for me to bear. "Listen, Levi, I'm proud of you for running. I think you're amazing! I just know that sometimes these things don't work out the way they should."

"Whatever," he walked away dejectedly. "But I'm going to win this time. You'll see."

The next morning we didn't exchange a word about the election. When he was leaving for the bus, I casually asked him to text me if he found out anything. "Will do," he chirped cheerfully.

At 11:30 that morning, I received the following text: "I am NJHS president!" It was one of the most uplifting moments of my life. There's nothing like watching your child venture into uncertainty and risk and emerge with his fearlessness, strength and pride still intact.

**Art and Sol**  
Performing Arts Program  
Offering Fall, Spring and Summer Sessions!

K-8th Grade • All Children Get a Part!  
480-540-9208 • [www.artandsolprogram.com](http://www.artandsolprogram.com)  
Arcadia • Scottsdale • Central Phoenix



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



# A Family of Menschen: Get respect, responsibility and resilience into your home to stay

By Deborah Gilboa, M.D., aka "Doctor G"

"What a mensch!" When said about a boy or a girl, this compliment is guaranteed to make us feel like great parents. We all know what it means, but what does it really mean? An honorable and decent person (according to YiddishDictionaryOnline and my grandma z"l). Who doesn't want a few of those at home?

Of course, even mensches can *lose it* at home. This is actually quite a compliment from your child to you. What?! Seriously!? Yes. Kids who know they are loved, who trust their families, show them their true feelings.

It's a tough call. We want our kids' behavior to be excellent when we're not around. Good behavior at a friend's house, on a field trip or in public is proof that some of what we're teaching is getting through. Except, we should treat our family even *better* than we treat strangers, not worse.

Respect, responsibility and resilience are even more important at home than away. Of the millions of times your children are going to want something in the next 10 to 20 years, who are they most often going to be asking? You!

How do we see these "3 R's" at home?

- A spontaneous word of praise or thanks
- An unsolicited offer to get a snack for a family member

when you're getting one for yourself

- Holding a door
- Grabbing a package
- Asking how someone's day was
- Offering to help solve a problem.

All of these are important skills as adults and make home a happier place to be. And raising mensches at home isn't *just* for you. Practicing these behaviors at home makes them more likely to show up out in the world.

So, how do we get these traits to show up for dinner?

**Modeling** these behaviors is the fastest way to get your 2- to 7-year-olds to try them also. Try it on your partner or other adults in the house and on your kids; it can only make your relationship even better.

With older kids, the developmentally normal self-absorption has kicked in, and you have to be a little more obvious.

**Respond to the behavior you admire.** Our kids are used to the squeaky wheel getting the grease. Surprise them by doing more for the person who shows the respect, responsibility or resilience you admire most in that moment.

**Catch them doing good.** When you see any example of great manners, jump on it and praise it to the heavens. Even teens who roll their eyes at a goody-goody younger sibling will still want in on a little of that parental admiration. Just remember

to apply the teen BS detector – you have to catch them actually being nice. If you make something up to have something to praise them for, you will lose the point. And don't be afraid to make your expectations clear.

When this feels like one battle too many, consider two facts.

1. Hopefully you have a bunch of years left to live with these people.
2. We should treat the people we spend the most time with best of all.

The better a roommate you teach your child to be now, the less likely that he or she will boomerang back as a middle-aged adult needing to live at home again!

Doctor G's *Get the Behavior You Want... Without Being the Parent You Hate!* – Dr. G's Guide to Effective Parenting, was released in September through Demos Health Publishing, LLC. [askdoctorg.com](http://askdoctorg.com)



In metro Phoenix  
**1 in 5 youth**  
does not work  
or go to  
school

Providing  
counseling  
job skills & GED  
classes

**YOU**  
can GIVE and  
RECEIVE

**DONATE TO JFCS  
AND TAKE THE CREDIT**  
The AZ Charitable Tax Credit for up to \$400.  
[www.JFCSAZ.org/jlcredit](http://www.JFCSAZ.org/jlcredit)  
602.279.7655

Jewish Family & Children's Service  
*Healing Lives. Whatever It Takes.*

# Kids & Teen EVENTS NOVEMBER



## Kids/Teen/Family Happenings in November Club J at the Valley of the Sun JCC

Provides afterschool programming ranging from sports to cooking and crafts to Israeli culture and more for those in K-8. Transportation from nearby schools available. Session 3 classes begin mid-November. 12701 N Scottsdale Road. 480-483-7121 x1275, vosjcc.org or youth@vosjcc.org

## J-Care Afterschool Program at the Tucson JCC

Includes activities, help with homework or teens can hang in the Youth lounge. Bus transportation from schools available for K-12. 3800 E River Road, 520-299-3000, tucsonjcc.org

## MIMKids in November: Featuring Asia

Musical Instrument Museum, 4725 E Mayo Blvd., Phoenix. Contact Katherine Palmer at programs@MIM.org or 480-245-6962 with questions. Space is limited; reservations required. \$12 per class, or 4 for \$40. For children from birth to 5 years on Wednesdays, Thursdays and Saturdays, and for kids 6-10 on Saturdays; various times.

Explore a variety of countries, their music, rhythms and instruments.

Nov.1: India, Gopiyatra Plucked Zither  
8: Mongolia, Spike Lute  
22: Vietnam, Dan Bau Monochord  
29: Thailand, ranāt ēk xylophone

The Musical Instrument Museum is one of the premier museums in the country. Find more info on classes, tours and concerts at mim.org

## Nov. 3-7

### Scholastic Book Fair

Join us this week for some incredible bargains on amazing stories. All sales benefit the East Valley Early Childhood Learning Center by allowing us to purchase engaging and educational books for our classrooms. On Nov. 5, there will be a special guest storyteller in the afternoon. East Valley JCC, 908 North Alma School Road, Chandler. Contact: Pam Morris, 480-897-0588 or pam@evjcc.org

## Nov. 15

### Family Day at the MIM: Beat it!

Experience drums from around the world, make a special drum from everyday materials, join in on a family drumming circle and celebrate the opening of Beyond the Beat: Drums of the World exhibition. 9 am-5 pm. Included with paid museum admission; free for Circle of Friends donors.

## Nov. 15

### Parents' Night Out Party (PNOP) at the Tucson JCC: Black Light Party

Parents can enjoy a night to themselves while the J-Care staff provides a fun-filled evening for their children. PNOPs include dinner, snack, games, dessert, field trip for ages 8+ and a movie with popcorn. 3800 E River Road in Tucson. Members \$20 for first child, siblings \$15. Non-members add \$5. Contact Aimee Gillard 520-299-3000 ext. 256 or agillard@tucsonjcc.org

## Nov. 22

### Kids Night Out at the VOSJCC: A Night at the Ranch

Enjoy pony rides, saloon, card games, cowboy duel, panning for gold, face painting, balloon animals, weenie roast, make your own sheriff badge and "Rango." Included is cowboy grub: hot dogs, beans, corn on the cob, lemonade, prickly pear ice cream and popcorn.

Age 4-12 years, 6-11 pm at the Valley of the Sun JCC, 12701 N Scottsdale Road. M: \$35 first child, \$30 each sibling, NM: \$50. Overnight option available with 8 am pickup the following day: additional \$25 per child, 480-483-7121, ext 1275 or youth@vosjcc.org

### Winter Day Camp

brochures are expected out in November. Check with your JCC or congregation to find a program just right for you.





# Seniors



The golden years have taken on a whole new meaning as seniors live longer more active lives.

Nowadays retirees don't want to stop traveling, learning and playing – some don't even want to stop working. Seniors want more choices for living active, fulfilling lives. Abundant opportunities for stimulating educational and social programs are available, along with a wide variety of in-home assistance, and independent and assisted living options.

## Inside:

- Active couple finds there's always something happening at Maravilla
- Her businesses flourish – from the ground up!
- A turbulent journey through dementia
- Empty nesters, active singles connect

### Visit [MorrisTrust.com/jewishlife](http://MorrisTrust.com/jewishlife)

To receive your FREE copy of Common Questions About Estate Planning, which covers all of the basics about planning for your future as well as things you don't know, but should.



## EVERYTHING YOU NEED TO FEEL AT HOME

Enjoy the comfort and peace of mind of personalized independent and assisted living services or memory care support on a monthly fee basis.

### HAWTHORN COURT AT AHWATUKEE

AN AWARD-WINNING MEMORY CARE COMMUNITY

13822 S. 46th Place at Ray Rd, Phoenix  
**(480) 367-8999**

### The VILLAGE AT OCOTILLO

INDEPENDENT & ASSISTED LIVING RESIDENCES

990 W. Ocotillo Road, Chandler  
**(480) 558-0246**

### LA SIENA AN SRG SENIOR LIVING COMMUNITY

INDEPENDENT & ASSISTED LIVING RESIDENCES

909 East Northern Avenue, Phoenix  
**(602) 910-6319**

**Call today to schedule lunch and a personal tour!**

Ask how you can benefit from a  
CARF accredited retirement community!



Commission for  
the Accreditation of  
Rehabilitation Facilities



[SRGseniorliving.com](http://SRGseniorliving.com)

# Seniors

## Active couple finds there's always something happening at Maravilla

By Deborah Moon



Shirley and Ted Century enjoyed Maravilla Scottsdale's trip to Antelope Canyon.

Photo of couple courtesy of Maravilla Scottsdale

Scenic photo of Antelope Canyon by Benjamin Edelstein/caspmedia.com

Jewish photographer and fine artist Benjamin Edelstein's photographs feature beautiful colors highlighting the natural splendor of the world's most scenic views.



## When Ted and Shirley Century, both 82, decided to downsize their home, they looked for a place near family.

With seven children and 14 grandchildren scattered around the country, they had many places to choose from, but they wanted someplace where they could continue their active lifestyle.

Arizona won and they started looking for a place to live near Shirley's son and his wife, Todd and Lisa Bellowe, and grandson, Mac, 3.

"We thought about just buying a condo, but then we thought we'd vegetate since we don't know anyone," says Shirley. Then they found Maravilla Scottsdale, which offers resort retirement living (7325 E Princess Blvd., 480-630-3158). "Here, meeting people is just built in. There's always something happening."

They chose a casita, a unit in one of the fourplexes on the Maravilla grounds that features a private garage and a full guest suite for their many guests. They say that all of their children and grandchildren have taken advantage of that feature and come for a visit since they moved in last October.

The Centurys have taken advantage of the many activities at Maravilla, including a recent hike in Antelope Canyon and a Colorado River Float that departed from Lee's Ferry in Page. Fourteen Maravilla residents enjoyed the three-day trip.

In addition to enjoying the trip itself, Shirley says that they have also become closer friends with the other residents who were there.

The couple is no stranger to travel, and Ted is an old hand on rivers. After retiring from his oral surgery practice in Illinois, Ted moved to Idaho because it provided easy access to the skiing and white-water paddling he enjoyed. In 2000 Shirley moved from Ohio to Idaho to marry Ted after the two met on JDate.

After 25 years of marriage, Ted spent eight years after his divorce "scouring the world before I decided the single life was no more for me." Shirley was married 34 years before her divorce. With long marriages behind them, Shirley says, "We both knew what we wanted."

When Shirley logged onto JDate one gloomy Ohio Thanksgiving, she saw Ted's profile.

"Ted was one of two (men) I answered. We kind of hit it off. We are both first-generation Americans – all four of our parents came from Poland; we both had family members with mental illness; and we both spoke Yiddish. That was enough to draw us together."

Ted says, "She seemed haimish with similar family and lifestyle."

Since their marriage 14 years ago, the couple have kept busy traveling, both in their small RV, which they brought with them to Maravilla "for little side trips," and on cruises (river and ocean) around the world. Ted says he enjoyed their vacation in Costa Rica, where he had gone before for white-water rafting. Shirley says their most exotic vacation was a river cruise from Amsterdam to Budapest. "That's a great way to see that part of the world. We got off the boat every day in small cities with local guides."

Since moving to Maravilla, they've signed up for other trips



## We Take Your Care Personally

### Assisted Living and Memory Care at Maravilla.

**Personal, Supportive and Engaging.** A caring residential setting designed for ease, for wellness, and for family. Our beautifully crafted community, set in the heart of Scottsdale, features licensed Assisted Living services and our nationally recognized In Touch® Dementia Care program, offering personalized care tailored to meet your or your loved one's changing needs.



Call **480.359.1345** today to see how rewarding Maravilla's enlightened approach to care can be.

**Maravilla**  
SCOTTSDALE

7375 E. Princess Blvd., Scottsdale, AZ 85255

480.359.1345 | [MaravillaScottsdale.com](http://MaravillaScottsdale.com)

ASSISTED LIVING | MEMORY CARE



# Seniors

including a Canyon Lake Dinner Cruise, a visit to Kartchner Caverns near Tucson and an antiquing trip to Prescott.

Maravilla Program Director Erin Masterson says, "We have an overnight trip or a cruise approximately once a quarter. ... They (Ted and Shirley) go on a lot of outings, especially to museums like the MIM or Phoenix Art Museum. They are very involved."

"They have a really full calendar of activities," says Ted, who enjoys participating in a singing group. He also likes the community's grounds, where he walks their Havanese dog, Charlie, a couple times a day.

Shirley goes to an exercise class two days a week when they aren't traveling. She also enjoys a weekly yoga class and regular mah jongg games.

They didn't take the Maravilla bus to one of the synagogues for the High Holidays though. They'd planned to visit one of Ted's sons in Denver for the holidays, but Ted fell ill and they



Ted and Shirley

cancelled those plans. Though that did introduce them to another benefit of living at Maravilla – easy access to good medical care, says Ted.

Though both Ted and Shirley were active in their Jewish communities in Idaho, Illinois and Ohio, they say they haven't found a place among the Valley's synagogues.

"I've only been associated with small congregations of 80 to 200 couples," says Ted, adding the Illinois and Idaho congregations he belonged to were both the only ones in town. "Scottsdale has 20 or 30

synagogues, and we're a little taken aback by the size of the congregations. It takes some getting used to."

But they have connected with other Jewish residents at Maravilla. Shirley says about 30 people got together for a Passover seder in the spring. And Rabbi Levi Levertov with Smile on Seniors comes in once a month for Shabbat.

## SCOTTSDALE'S PREMIER ASSISTED LIVING HOME

The Retreat at Desert Cove strives to exceed the expectations of our residents and their family members by providing the intimacy and comfort of an elegant assisted living group home, with the security and peace of mind of round-the-clock assistance by certified and caring professionals.



A KIVEL COMMUNITY

Call For Your FREE Tour

602-314-4005

www.LivingAtTheRetreat.com



10031 E. Desert Cove Avenue, Scottsdale, AZ 85260

SENIOR LIVING  
*Simplified*

- Private Suites with Private Bathrooms
- Home-Cooked Meals
- Daily Activities
- Housekeeping and Laundry
- RN Staffed
- Hospice and Respite Care
- Medication Management and Administration
- Located near Scottsdale Healthcare - Shea



# Her businesses flourish – from the ground up!

By Leni Reiss

Judy Feldstein now has both feet firmly planted on the ground here in the Valley of the Sun.

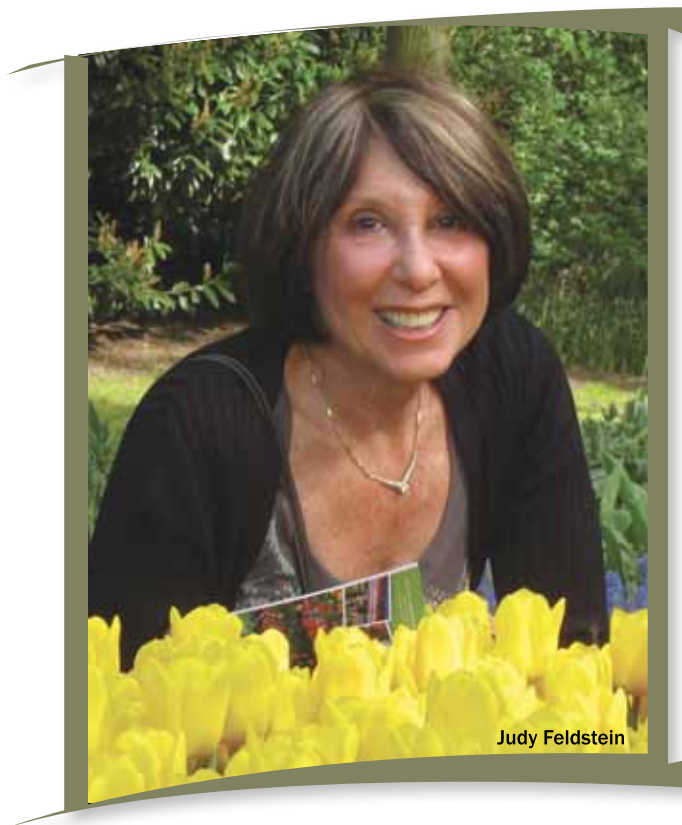
She and her physician husband, Murray, both Philadelphia natives, first developed roots in Flagstaff following the completion of Murray's medical residency in urology at the University of Arizona in Tucson. They embarked on a family trip in 1974 with four children in tow – all under age 10 – and “fell instantly in love with the beautiful green paradise” of northern Arizona.

While Murray concentrated on his practice, Judy accepted a job teaching special needs children, at the same time searching out Jewish families. She and some new friends “literally combed the phonebook seeking fellow Jews.” Although they came from diverse levels of observance, she explains, “we all wanted a Jewish connection.” Their efforts resulted in the creation of Heichal Baoranim, which translates in Hebrew to “Temple in the Pines.”

Judy had been confirmed as a teen but says, “I learned as I went,” taking on the challenge of teaching three times a week at the congregation's nascent Hebrew school. Son Andrew's bar mitzvah was Heichal Baoranim's first. The congregation now boasts a membership in the hundreds, and although the Feldsteins don't live in Flagstaff anymore, they remain affiliated.

Then, in 1976, Judy decided to try her hand as an entrepreneur. She was inspired by a Philadelphia friend who had just started a plant/interior design/maintenance business. “It sounded good to me.” Judy says. “The hours made sense, I would have flexibility to attend the kids' activities, but most importantly, I always have loved plants.” She researched the subject and looked into business start-ups. “When the kids were home I was Mom, but when they went to school I went to work.”

It was fortuitous that a Flagstaff friend was the daughter of W.L. Gore, the entrepreneur who invented Gore-Tex among other products. “I told her of my business plan, and she was responsible for me getting my first commission. It was the huge atrium in the Gore building in Flagstaff.”



Judy Feldstein

For Judy it was a baptism by fire. She checked out the facility, determined what plants to use, and decided where to place them and which containers to use. She hired the technicians who would typically provide plant care and maintenance. Flagstaff Plant Design (which morphed into Foliage Unlimited) was born, and at its peak served businesses throughout Arizona, providing design, installation, sales, maintenance and rental of interior plants. “At our height, we maintained 400 clients weekly and provided greenery to 25 florists,” she says.

At the outset Judy honed her knowledge to include drainage, lighting and more, but she credits mentors with helping her get started. One of them, after 29 years, purchased the part of the business covering Phoenix, Scottsdale, Prescott and Sedona; the northern territory (Flagstaff, Williams, Winslow and Grand

Canyon) was sold to an employee.

Judy's civic accomplishments in Flagstaff crossed the spectrum of board memberships, chairmanships and volunteer efforts. In 1991 she was honored with the Athena Award by the Flagstaff Chamber of Commerce, recognizing her “professional excellence and contributions to both the business world and the community.”

When Murray decided, in 2000, that it was time to retire from his practice, the Feldsteins departed Flagstaff to build their dream home in Camp Verde, a half hour south of Sedona. “But Mayo Clinic called,” Judy says. “They wanted Murray. Without skipping a beat he said ‘Yes!’ ” So now Judy and Murray have a second residence in northeast Phoenix and commute between the two. The Camp Verde home, now on the market, sits on 8-plus lush acres on the Verde River and comes with a greenhouse on site, an infinity pool and a patio where eagles soar overhead and deer graze nearby.

Never one to rest on past laurels, Judy presently is the brains behind houseplant411.com, where visitors get all the dirt related to houseplants. The Plant Wizard section suggests houseplants that best fit your needs, and Ask Judy provides answers to across-the-board questions. An illustrated plant guide is included, as well as an opportunity to receive reminders as to when and how to water your plants!

## A turbulent journey through dementia

By Melissa Hirschl

“There is nothing wrong with me. You are just making stuff up so I can die, and you can have my money.”

This harrowing, paranoid quote is from the self-published book of Mesa resident Phyllis Palm, Ph.D. *Put That Knife Away – Alzheimer’s, Marriage and My Transition from Wife to Caregiver* describes the emotional and physical toll her husband’s disease took on her over a five-year period.

Alzheimer’s is a form of dementia that is progressive and inexorable; it slices through demographic lines of age, race, education and gender. Bewildered and frustrated caregivers struggle to process the myriad of strange and sometimes bizarre behaviors that are the hallmarks of this defiant disease – forgetfulness, confusion, anger and sometimes violence.

In her book, Palm illuminates her own personal struggle with her husband, Bob, who was diagnosed with Alzheimer’s in 2006. She deftly details her journey from the beginnings of their idyllic marriage to the decision she was forced to make to keep her husband and herself safe. While Palm’s road was frequently frustrating and exhaustive, readers can find solace in the fact that with insight, love and compassion, the experience can ultimately be one of grace and healing for all involved.

“Writing the book and talking to people who have read my book helped me enormously,” says the author. “I’ve developed a sense of security and belonging. The Jewish community in Phoenix has been wonderful to me, and this is a way of giving back.” Palm admits it took her a long time to accept the diagnosis, to seek help for herself, and then to apply what she had learned and write the book. “My hope is this book can help others who find themselves caregivers for spouses or parents diagnosed with some form of dementia,” she says. “I also hope to convince people who notice the signs of this disease in their family members or in themselves to consult with a neurologist after visiting their primary care physician. If my husband had



Phyllis Palm, Ph.D.

(had) an early exam and an MRI, a year later we would have been in a much better position to know if medication was needed or if the supplements we were giving him worked.”

Palm’s book details the couple’s courtship and loving marriage, followed by the slow deterioration of her husband’s memory, judgment and personality – all of which ultimately led to hospitalization and placement in residential care. The author sees her book as an expression of *tikkun olam*, Hebrew for repairing the world. “We come from a household of Jewish Holocaust survivors,” she says. “We believed we survived for a reason – to make the world a better place for our having lived in it.”

What differentiates Alzheimer’s, according to Palm, is the time line of mourning. “You begin to lose your partner at the diagnosis,” she says. “We begin mourning once you accept the diagnosis. For me, it took a long time. People go through five stages as with death – denial, arguing, bargaining, depression and acceptance. Each time the person loses another skill, you go through it all over again.”

In her book, Palm also details her initial meeting with her husband as well as her growing attraction. As a divorced mother of three, she had made the decision not to remarry until her children were grown. After 18 years, though, her daughter encouraged her to expand her social life. The two looked at ads, amused at how so many older men wanted younger women.

When Palm came across Bob’s ad, she was intrigued. He liked foreign films, travel, good food and friendship, all traits that were important to her. “He was 10 years older, but I gave it chance,” she says. Skeptical but also hopeful, the two met for brunch after eight weeks. Palm admits she was apprehensive as she hadn’t

CONTACTS:Alzheimer’s Association: [alz.org](http://alz.org) • Caregivers support group: [dr.palm@cox.net](mailto:dr.palm@cox.net)

Dr. Palm’s Blog: [doctorphyl-heartofpalm.blogspot.com](http://doctorphyl-heartofpalm.blogspot.com)

Dr. Palm’s book is available on Amazon, Kindle and Nook as well as through [inkwellproductions.com](http://inkwellproductions.com). It can also be ordered through Barnes and Noble.



dated in a number of years. "He had a big smile, curly hair and beautiful twinkly blue eyes," she recalls. "We talked a mile a minute for two hours during brunch, where I learned about his affinity for workshop activities such as making doll houses and jewelry boxes. He also did silversmithing and even tailoring." Drawn to his charm and his interests, some of which overlapped with her own, Palm married Bob soon after and the two created a rich, satisfying life revolving around good friends, family, cultural events, hobbies, travel, entertaining and work. "It was an honest to gosh love story," says Palm.

A portent of "trouble in paradise" appeared when the couple moved to Manhattan from their home in New Jersey at Bob's request. "At first, Bob loved city life. He went to museums, galleries and cultural events during the day while I worked," she says. After the first year in New York though, the first signs of his illness started to emerge. "He became depressed; he just sat around doing nothing. He used to plan our European trips and had no interest anymore."

The initial diagnosis of "some type of dementia" hit Palm like a ton of bricks. "When he didn't want to spend the same time we normally did having dinner and going to the philharmonic with friends, that was a clue as well. He said things such as, 'I want to leave at intermission; it's too much music.'" With all the education I had, I was still in denial of what was going on. I kept thinking he was sad because we sold his house or that he had a hearing loss."

*Here for you  
in every way*

**AT ANDARA**



**Jewish Family Home Care  
of Arizona**

*Our Tradition, Your Peace of Mind*



**Personalized, Responsive,  
In-home Assistance**

Care plans for safety,  
independence and  
quality of life

Respect for each  
client's unique culture,  
values and faith

Reliable,  
compassionate,  
bonded caregivers

For a **FREE** In-home assessment, please call  
**(602) 452-4680**

[www.jewishfamilyhomecareaz.org](http://www.jewishfamilyhomecareaz.org)

**CALL NOW TO FIND OUT MORE  
ABOUT ANDARA AND SCHEDULE  
A PERSONAL LUNCH AND TOUR.**

**480-451-1800**

**ANDARA**

*a Senior Lifestyle community*

INDEPENDENT LIVING | ASSISTED LIVING  
11415 N. 114TH STREET | SCOTTSDALE, AZ 85259

[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)



# Seniors

The couple moved to a larger apartment after a neurologist told Palm he thought Bob needed more hands-on activities as opposed to just cerebral ones. Soon he was doing more physical activities: working on doors, refinishing furniture, etc. Palm saw a glimmer of hope. Bob was doing modified activities and going out with friends – sharing dinners and enjoying the camaraderie. He was even telling jokes.

After two years, anger issues erupted, accompanied by personality shifts. Medication helped to a degree, but flare-ups still ensued. “I hired people, but he resented being babysat,” Palm explains. “Eventually he had angry episodes at a bank and also a supermarket. At the bank, he accused me of taking all his money, and at the supermarket he was angry I bought new sponges. That was a big wake-up call. He was also calling me up frequently at work asking me where I hid things. My feelings fluctuated wildly at this time. One minute I was the best wife there is, the next, I was a selfish person.”

In 2008 the couple visited Arizona, where Bob fell in love with a villa in Mesa. Things progressed smoothly until it was time to do the paperwork in the lawyer’s office in New York. “He refused to sign the paperwork without his lawyer,” says Palm. “He ranted about what a terrible person I was for making him buy the house that he never saw. I realized he was incompetent to sign the papers, so we didn’t buy the house. Months later we

found the perfect Arizona home that was large enough for him to have a huge garage workshop, and this time he did sign. We kept the New York apartment as well.”

As the illness expanded, Bob busied himself making wooden jewelry boxes, which took considerably more effort than in the past. He forgot to eat the food he put out for himself or to load dishes in the dishwasher, tasks he did easily a few weeks prior. “I became very lonesome,” says Palm. “I missed the man he was.”

After enduring further fits of rage and aggressive behavior, Palm faced the sobering fact that her once gentle, calm and loving husband needed full-time hospitalization. “Now, I see him every day,” she says. “Sometimes he recognizes me, sometimes he doesn’t. I feel like a magnet pulls me to the home and keeps me from leaving. Most of the time he says nothing; he can play ball though and take walks, so we do that. He prefers to stay there instead of the daycare, where he would have too much stimulation. Every little shred of recognition, any smile, makes me happy. It’s like a baby that makes the parent happy.”

To help alleviate the strain on family members and caretakers in the community, Palm initiated a support group that she leads twice a month in Mesa. “I’ve been attending the group close to two years,” says Carol Groeger, a member of Palm’s support group. “From my experience, I could not have done the caretaking alone.”

**PUEBLO NORTE**  
SENIOR LIVING COMMUNITY

**FIVESTAR SENIOR LIVING™**  
(480) 948-3990

**Full Service Continuing Care Campus  
with both Life Care and Rental Options**



We offer Independent Living Villas and Apartment Homes, Assisted Living, Long-Term Nursing, Orthopedic and Medical Rehabilitation all on the same beautifully-landscaped 22-acre campus.

**Services and Amenities**

- Newly renovated apartments with granite counters
- Washers and dryers in units • Balcony or patio
- Weekly housekeeping • Scheduled transportation
- Dining options • 19-hole putting course
- Heated pool and spa • Multi-purpose auditorium
- Card club room • Extensive library
- Art room • Beauty/Barber shop

7090 East Mescal St. • Scottsdale, AZ 85254  
[www.PuebloNorteRetirement.com](http://www.PuebloNorteRetirement.com)



## ALZHEIMER'S FACTS

From the Alzheimer’s Association ([alz.org](http://alz.org)) Alzheimer’s is the most common form of dementia, a general term for memory loss and other intellectual abilities serious enough to interfere with daily life. Alzheimer’s disease accounts for 60 to 80% of dementia cases. Alzheimer’s is not a normal part of aging, although the greatest known risk factor is increasing age, and the majority of people with Alzheimer’s are 65 and older. But Alzheimer’s is not just a disease of old age. Up to 5% of people with the disease have early onset Alzheimer’s (also known as younger onset), which often appears when someone is in their 40s or 50s. Alzheimer’s worsens over time. Alzheimer’s is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer’s, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer’s is the sixth-leading cause of death in the United States.



# Empty nesters, active singles connect at Beth Ami

By Janet Arnold

Raise your hand if you've heard this one: A rescue ship stops at a nearly deserted island to find just one old Jewish man. They see three huts in the distance.

"What are those?" they ask.

"Ah," the man says, "those are the temples I built."

"But why three?" they query.

"Oh, that's easy" he explains. "One temple I used to belong to, one I belong to now and one I wouldn't belong to if you paid me!"

And so it is that synagogues come and go, merge or reinvent themselves, particularly in areas like the Sun Belt states.

But one little temple – Beth Ami Temple in Paradise Valley – has held strong since 1978 with a core group of members who consider themselves family.

Founded by Rabbi Fred Grosse, Beth Ami was formed as an alternative to some of the larger and more established Reform congregations. The congregation is very comfortable at its size of about 70 families, most of whom are 60+, but is always looking to reach out to the unaffiliated who would like to join their warm and haimish ranks.

"We consider ourselves a boutique temple," says Board Treasurer Arnie Schwartz. "We're small and we cater to a specific demographic ... empty nesters and active adult singles who don't want to pay high dues but do want to connect in a spiritual and social way."

The temple holds its services at Palo Cristi Presbyterian Church, 3535 E Lincoln Dr. in Paradise Valley. "We have a wonderful relationship with the church," Arnie says. "They built the sanctuary so their cross could easily be removed, and behind the wall panels are our ark and three Torahs." The members of the church wanted to know more about Passover, so Beth Ami held a special service with church members in attendance

where they could explain the food, rituals and symbolism of the holiday. Church members also contribute whenever the temple has a food drive.

Calling itself a "small temple with a big heart," Beth Ami brings in special speakers for some of their Friday night Shabbat services, which are held twice a month. Last year, for example, they had a speaker on children of Holocaust survivors and one on Jewish gangsters. And they've been having an annual concert

as well; in 2014 they hosted the Rural Street Klezmer Band.

This year I will have the honor of speaking on Nov. 7 about the history of Jewish theater. Later in the year they will present a docent from the Phoenix Art Museum on the topic of Marc Chagall.

"We are so fortunate to have Rabbi Art Abrams and cantorial soloist Pam Beitman with us," Arnie says. Rabbi Abrams had retired after many years as the spiritual head of Temple Beth Shalom in Sun City. Only he wasn't quite ready to retire. The reduced hours and responsibilities of Beth Ami fit perfectly into his schedule, and he is still rabbi emeritus at Beth



From left: Rabbi Art Abrams; David Grosse, who blew the shofar for this year's High Holy Day services; and David's father, Rabbi Fred Grosse.

Shalom.

"Pam grew up in our congregation," Arnie explains. Pam is from the large Beitman family (10 children) who are long-time Valley residents. She is a professional actor who does a lot of voice-over work for commercials, and she has a day job in the administrative offices of Arizona Theatre Company. Many in the Beitman family are musical, and Pam is blessed with "the voice of an angel," says Arnie. "Pam always sings a special solo in addition to the liturgy each service, and we all really look forward to that."

This year Beth Ami was almost afraid it would run out of chairs for High Holy Day services, as nearly 130 people attended. They are, however, eager to welcome and make room for newcomers or old-timers looking for something new. They can always add more chairs.

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



# CHEF'S CORNER

**SLOW COOK YOUR WAY TO FLAVORFUL, FUSS-FREE MEALS**

**By Lucia Schnitzer**

Photos by Matthew Strauss

It's difficult to come home after a long exhausting day and ponder "What am I making for dinner?" When I arrive home, I have a checklist of to-dos before lights out. Preplanning my meals and using shortcuts to reduce my time in the kitchen is extremely valuable to my family.

One of my favorite shortcuts is the slow cooker or Crock-Pot. This creates the freedom and luxury of having a personal chef in the kitchen that works all day for me while filling the home with the aromas of tonight's feast. You can use a slow cooker for just about everything from breakfast to desserts. I was inspired to use my slow cooker again by my dear friend, Martha McKinnon, whose blog ([simple-nourished-living.com](http://simple-nourished-living.com)) chronicles a year of Crock-Pot cooking. I discovered layers of endless cuisine without compromising my time with my family.

Now for a little history. Believe it or not, cholent (a staple stew served on Shabbat lunch) was the motivator for the invention of the Crock-Pot. Irving Naxon was inspired by his Jewish grandmother, who told him that in her native Lithuanian shtetl, her mother made a stew called cholent, which took several hours to cook in an oven. Leave it to a good Jewish boy to make it easy for all mothers around the globe to provide amazing and effortless meals for their families. Here are some of my favorite recipes that I hope you will enjoy.

## Crock-Pot Apple Oatmeal

### Ingredients

- Drizzle of oil (or a cooking oil spray)
- 2 large tart apples, chopped
- 1½ cups skim milk
- 1½ cups water
- 1 cup whole-grain oats or groats
- 3 tablespoons dark brown sugar
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 2 tablespoons flaxseed, milled or ground
- ¼ teaspoon kosher salt
- ¼ cup fruit (fresh or dried) for topping
- ¼ cup chopped nuts for topping

### Instructions

Oil the inside of a large slow cooker and put in everything except the salt and toppings. Stir and cook on a low heat for at least 7 hours. Turn off heat and stir in salt. Serve topped with nuts and fruit.



## Crock-Pot Honey Ginger Chicken

### Ingredients

- 4 chicken breasts, cut into bite-sized pieces
  - ½ cup honey
  - 3 tablespoons reduced-sodium soy sauce
  - 1 inch fresh ginger root, grated or minced
  - 2 tablespoons lime juice
  - 2 teaspoons sesame oil
  - 1 teaspoon rice wine vinegar
  - 4 garlic cloves, smashed
  - 1 medium yellow onion, diced
  - Salt and pepper to taste
  - 1 tablespoon cornstarch
  - 1 tablespoon water
- Optional Toppings: Sesame seeds, green onions, sriracha





## Instructions

Line or lightly oil the inside of your slow cooker. Toss and mix everything into a Crock-Pot, except the cornstarch and water.

Secure the lid and cook on low for at least 6-8 hours or high for 4-6 hours.

About 30 minutes prior to serving, mix together the cornstarch and water. Pour into the Crock-Pot, stir and allow to cook for about 30 minutes or until thickened.

Remove the lid and stir. Serve warm over rice, noodles or steamed veggies.

## Crock-Pot Tamale Pie

### Ingredients

- 1 pound ground meat (beef, turkey or chicken)
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon chili powder
- ¼ teaspoon pepper
- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (14 ounces) diced tomatoes with mild green chilies, undrained (optional: red bell pepper)
- 1 can (11 ounces) whole kernel corn, drained
- 1 can (10 ounces) enchilada sauce
- 2 green onions, chopped
- ¼ cup minced fresh cilantro

1 package (8½ ounces) cornbread/muffin mix

2 eggs

1 cup shredded vegan Mexican cheese blend

Sour cream (vegan) and additional minced fresh cilantro (optional)

### Instructions

In a large skillet, cook ground meat over medium heat until no longer pink; drain. Stir in cumin, salt, chili powder and pepper.

Transfer to a 4-quart slow cooker; stir in the beans, tomatoes, corn, enchilada sauce, onions and cilantro.

In a separate bowl, combine muffin mix and eggs. When finished, pour evenly over the filling, spreading with a spatula if needed.

Cover and cook on low for 4-7 hours or on high for 2-4 (because some slow cookers cook differently, check at the 3-hour or 5-hour mark using a fork to determine if cornbread is thoroughly cooked).

Sprinkle with vegan cheese; cover and let stand for 5 minutes. Serve with vegan sour cream and additional cilantro if desired. Makes 8 servings. Note: This recipe can be made vegetarian by omitting the ground meat.

# Where do JEWISH PEOPLE EAT?

## Shabu Fondue \$\$

7822 N 12th St.  
Phoenix, AZ 85020  
602-870-3015  
shabuphx.com

By A. Noshman

Thou shalt love Chinese food as thou love thy bagel. I think it's the 11<sup>th</sup> commandment, or at least it should be. There is an undeniable affinity for Chinese food among Jewish people. So much so, that there are jokes about it, and it's a tradition for many on Christmas. Chinese food has much in common with Jewish cooking in that complex flavors and textures are combined into savory comfort dishes. If you have ever spent any time with the Chinese community, you know their moms make their children eat like Jewish moms do.

The Shabu Fondue is a Chinese hot pot restaurant where you cook your own meal at your table. This delightful concept means that you can't complain about the chef because it's YOU! Created by Chef Johnny Chu at Northern and 12<sup>th</sup> Street, Shabu Fondue is a sister restaurant of the spectacularly decorated Red Thai right next door. The chic spills over into Shabu Fondue, the only difference being that each table has a built-in heating element so you can cook right at your table, and it is so fun. There is a long list of broths to cook in and raw ingredients to choose from, and you really can't go wrong with any of them. Here's what we had:



### Ying Yang (half and half) Broth, \$5.95

This is the base of the meal. It's a hot pot of broth, split down the middle, because we ordered coconut curry broth and house ma la spicy broth, which is much like hot and sour soup. The coconut curry was light and flavorful with a small bit of heat, and the house ma la was a spicy, vinegary concoction. The broth is brought out first so it can reach a slow boil before the raw ingredients come out. This is the hardest 10 minutes you will

ever endure, waiting patiently for this gourmet treat in front of you to reach the right temperature for cooking. No one resists dipping a spoon into the broth to catch a first taste.



### Angus New York Beef, \$7.98

A plateful of freshly and thinly sliced raw beef is brought, and we are pleasantly surprised at the obvious quality of the beef and the generous portion. As our waitress sets down each dish, she instructs how long to cook each one. "Beef takes 30 seconds," she says. I choose to do it a little under because I like mine on the rare side. The sweet soy dipping sauce and regular soy dipping sauce add even more flavor. Cooking in different broths also changes the flavor and is fun to try. For me, the best broth for beef was the house ma la spicy.

### White Meat Chicken, \$4.68

Again, a plateful of freshly and thinly sliced raw chicken was delivered. This was destined for the coconut curry broth. Chicken takes a minute or so before it is done.

### Whitefish, \$5.68

Very fresh and flavorful slices of boneless whitefish went into both broths, and it was divine either way. Fish takes about a minute and a half. Though keeping track of how long things cook may seem like a chore at first, it is pretty easy to get the hang of it, and soon you have multiple dishes going at once.

### Shitake Mushrooms, \$3.68

These babies spent their time stewing in the spicy broth, and though they don't take long to cook, they can also sit in the broth the entire time and you can pick them out as you like.





### Udon Noodle, \$3.68

Udon is a round, fat Japanese noodle, so there's some Asian fusion going on here (though there are stories that the udon noodle originated in China). This is my favorite noodle because you can really sink your teeth into the smooth creamy texture. Lots of noodle goodness here. I liked this best in the curry broth. Interestingly, these take the longest to cook, about 4 minutes.

### Baby Bok Choy, \$3.68

Who doesn't love bok choy? It's kind of a cross between cabbage and romaine lettuce. Let it cook in either broth and spoon it into a little bowl to eat like soup or as individual pieces. The entire plateful disappears over the course of dinner.

### Coconut Cake, \$3.68

This was a perfect ending to a fabulous meal. Artistically plated, this tasty tower of spongy cake was layered with coconut frosting and drizzled with strawberry puree. Sweet and delectable slivers of coconut ran through the frosting, and the drizzle had a sweet and sour kick. The whole thing was sprinkled with powdered sugar, and there was no crumb, no smattering of strawberry puree and nary a wisp of powdered sugar left on the plate. The beautiful thing about this dessert, aside from the presentation, was that it was not rich, not heavy. It was light and just right.

This is an excellent restaurant when you are out for good food and a little adventure. You do the cooking so it's a bit of work, not the thing if you are looking for a relaxing evening. But if you want to share some fun with friends and family, you will have a great time. I don't think I would bring little ones here, too much steam and hot items on the table for little fingers to touch. Fabulous date place and conversation experience for small groups. I can't end without mentioning my love and admiration for authentic Chinese food menu pricing. It's like every item is calculated to the penny. I get a kick out of that, and believe it is part of a culture where nothing is wasted, and every detail is given thought. Bring your change, you're going to need it.

FROM DESIGN TO DEVELOPMENT

CHRIS MELLON  
CUSTOM HOME & REMODELING CENTER

HUNDREDS OF OPTIONS. ONE LOCATION.

• REMODELING • NEW BUILDS • KITCHENS • BATHROOMS • TUB/SHOWER CONVERSIONS • HOME OFFICES • GARAGES  
• OUTDOOR KITCHENS • PATIOS • CASITAS • WINE CELLARS • ADDITIONS • HOME THEATER ROOMS • PROFESSIONAL INSTALLERS  
• PROFESSIONAL DESIGNERS • SOLAR • FLOORING (CARPET, TILE, WOOD) • COUNTERTOPS  
AND MUCH MORE!!!

7509 EAST CAVE CREEK ROAD  
CAREFREE, ARIZONA 85377

480.575.6977

WWW.CHRISMELLON.COM

ROC# 197061

NKBA

FOLLOW US

Dream with your Eyes Open®

Specializing in Scottsdale and Carefree

28 years real estate and finance experience in the Valley of the Sun

Complimentary mezzuzah ceremony at close of escrow.

**Nobody sells more homes than Re/Max!®**

#1 Re/Max

Steven J. Klemow PC  
602-908-9155 Direct

StevenKlemow.com

RE/MAX EXCALIBUR

## Jacki Cohen's impulse launches glass art business

By Debra Rich Gittleman

Have you ever had an inkling about something and just wanted to explore it? Like maybe you've always thought about painting with watercolors or taking an improv class. Here's a story about why you should trust those impulses and follow your intuition. You truly never know where it might lead you.

Eight years ago, Jacki Cohen decided to learn about glass, fused glass. Now she's running her own business, producing fabulous pieces of art for consumers around the globe and has just finished a major art installation for Congregation Beth Israel.

Cohen started her odyssey back in 2006 with a stained glass class at Scottsdale Community College. She fell in love with the medium but found the stained glass art form to be too constraining and restrictive. Once she moved into the fused-glass classes, she knew she was onto something.

"I immediately loved it," explains Cohen. "I loved the medium and the creativity involved. It was challenging. But I just loved the feel of the glass and the results you could produce."

Cohen enjoys every aspect of creating fused glass, from the long hours to the glass cutting to the power tools.

Cohen officially started Jacki Cohen Glass Art Designs several years ago, but she built her own art studio in North Scottsdale only recently. "You can't really call yourself a glass artist until you have mastered the kiln," explains Cohen. Her studio, done in cobalt blue, black and white, houses a shiny silver 1,800-degree powerhouse kiln that always offers new learning opportunities. "There's a huge learning curve," Cohen tells me. She keeps detailed time and temperature logs to guide her artistic ventures. "Everything depends on how you fire it and the type of fuse you're trying to create." Some of her pieces need to stay in the kiln for up to 15 hours, and various pieces can require up to three separate firings. Cohen is excited and animated as she explains how glass melts, shapes and reforms. Her one caveat: no matter how curious you might be about a piece in progress, "You absolutely cannot open the kiln until the temperature lowers to under 125 degrees. If you do, the glass could crack or shatter due to thermal shock." But even a pro like Cohen confesses, "It's really hard not to look sometimes. You have to have discipline."

Cohen creates everything from mezuzot and hamsahs to abstract sculptures, platters, bowls, cabinet pulls and knobs. Her



Above: Jackie Cohen works in her studio. Below: Jackie stands in the middle of art she created for the endowment wall at Congregation Beth Israel. Inside the frame will be name plaques and an English translation of the Hebrew words.

vibrant colors and patterns are bold, modern and funky. Many of her creations are multidimensional. Cohen is an artist at the core and has always dabbled in various art forms. But she's also a smart, practical, detail-oriented businesswoman. She holds a business marketing degree from ASU. "My schooling is actually helping me," she says. "A lot of artists have fine arts degrees that won't necessarily be helpful in the real world. I know about branding and logos and social media, all the things you need to know to actually run your own business."

Most of Cohen's business comes from word of mouth. She's been commissioned to make individual pieces for 80th birthdays, bat mitzvahs, and various other milestone and everyday occasions. She tries to learn as much as she can about a person before creating a piece of art for her or him. "That offers me the most satisfaction," she says. "If I have a feeling for who someone is, I really get to put more of my heart and soul into creating something unique and special for them."

This past summer she was asked by Congregation Beth Israel to create a huge installation to frame the endowment wall in their entry rotunda. She came up with the design, searched for the glass and took many months to create the outstanding 11-piece installation that reads in Hebrew "ובל ונבדי רשא" (for the love of the community).

"When I am in my studio working," Cohen shares, "time stands still. I am focused and relaxed, almost like being in a meditative state."

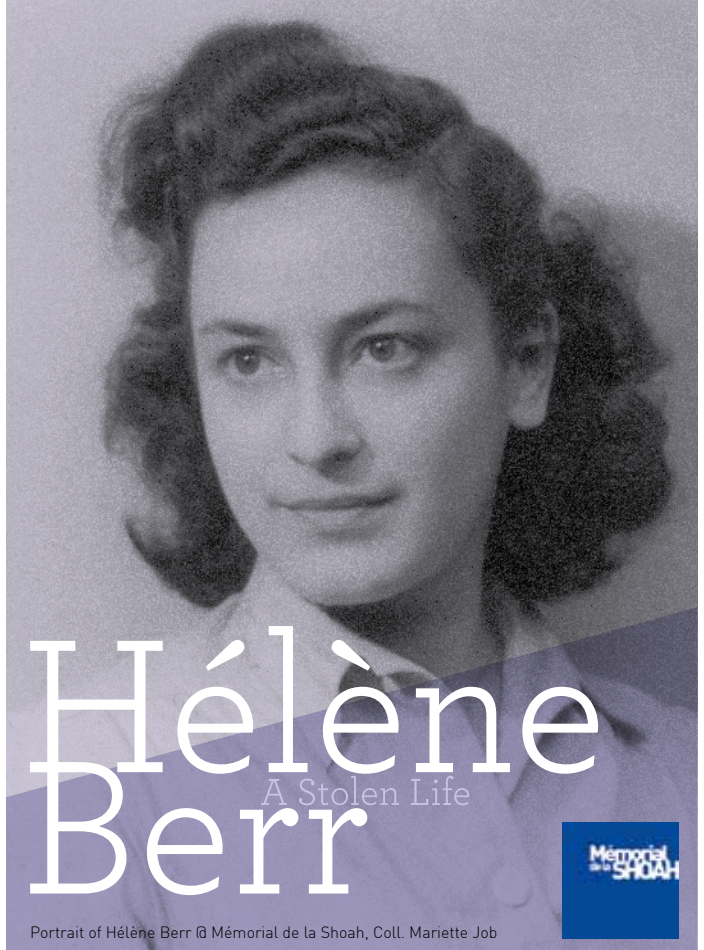
Her husband, Lance, is her biggest supporter. "He's so proud of me," she says. "But he never wants me to sell anything I make. He gets attached and wants to keep every piece. It's really ador-





# Jewish History Museum

Celebrating the Jewish History of Southern Arizona



## Héléne Berr

A Stolen Life



Portrait of Héléne Berr @ Mémorial de la Shoah, Coll. Mariette Job

Designed, created, and distributed by the  
Mémorial de la Shoah, Paris, France

Reception and visit of the exhibition on  
Sunday, November 9, 3–5pm

**This exhibition will be on view  
November 9, 2014–February 1, 2015**

RSVP by November 6 to  
bdavis@jfsa.org or 520-577-9393

This exhibition was designed, created, and distributed by the Mémorial de la Shoah in Paris, France (curators Karen Taieb and Sophie Nagiscarde), with the guidance of Mariette Job (niece of Héléne Berr), and made possible through the generous support of SNCF.

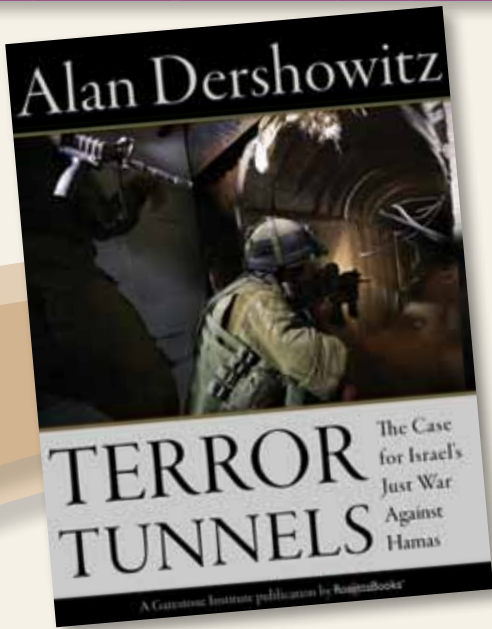
Jewish History Museum  
564 South Stone Avenue Tucson, Arizona 85701  
520-670-9073  
www.jewishhistorymuseum.org

able. He's just so happy that I'm happy."

Cohen's attention to detail is evident in each of her unique creations. Results are one-of-a-kind art pieces that evoke beauty, marvel and luminous energy. When I ask her about expansion and future plans, she says, "I just want to create art. As long as I sell enough to be able to buy more glass, I'm satisfied. I don't need an empire." But when I offer a doubting glance in her direction, she confesses, "Well, I'm open. We'll see what happens."

jackicohenglassartdesigns.com

jacki@jackicohenglassartdesigns.com



## **Terror Tunnels** calls Israel's war against Hamas a preview of world's war with ISIS

By Deborah Moon

Just weeks after the conclusion of Operation Protective Edge, Harvard Law Professor Emeritus Alan M. Dershowitz's book eloquently defending Israel's actions against Hamas in Gaza this summer was released as an e-book.

Now *Terror Tunnels: The Case for Israel's Just War Against Hamas* is being released in hardcover Nov. 18 by publisher RosettaBooks.com.

In the book's introduction, Dershowitz warns that "unless Hamas' 'dead baby strategy' is denounced and stopped – by the international community, the media, the academy and good people of all religious, ethnicities and nationalities – it will be coming 'to a theater near you.'"

He compares Israel's battle against Hamas to the new international coalition created to battle ISIS. In publicizing the book, he wrote: "President Obama's threats against ISIS are indistinguishable from the threats made by Prime Minister Netanyahu against Hamas. The United States is following Israel's lead in going after terrorists who threaten their citizens wherever these terrorists may be. We are using targeted killing of ISIS leaders and other tactics for which Israel has been criticized by some of the very countries that are part of the American coalition."

In Chapter 37, he writes, "The Hamas Charter does not limit its murderous intentions to one country. Like ISIS it calls for a worldwide 'caliphate,' brought about by violent Jihad."

Dershowitz, who retired from teaching in December 2013, has been described by Newsweek as "the nation's

most peripatetic civil liberties lawyer, and one of its most distinguished defenders of individual rights." The Forward calls him "Israel's single most visible defender – the Jewish state's lead attorney in the court of public opinion." He has advised presidents, United Nations officials, prime ministers, governors, senators and members of Congress.

In *Terror Tunnels*, Dershowitz provides both a historical context and current overview of terrorism punctuated by the real-time analysis and reactions in his op-eds, which were originally published as events unfolded and now appear as many of the chapters in the book. The juxtaposition of immediate reactions and sections written after the end of Protective Edge provide a consistent perspective that Israel's actions are both justified and necessary.

Dershowitz provides both a historical context and current overview of terrorism punctuated by the real-time analysis and reactions in his op-eds reprinted in the book.

The book's title refers to the multitude of tunnels Hamas built from Gaza into Israel. In June, before Operation Protective Edge began, Dershowitz toured one of the tunnels, which had been discovered by a Bedouin tracker in the IDF.

He writes, "The tunnel was a concrete bunker that extended several miles from its entrance in the Gaza Strip to its exit near an Israeli kibbutz kindergarten.

"The tunnel had one purpose: to allow Hamas death squads to kill and kidnap Israelis."

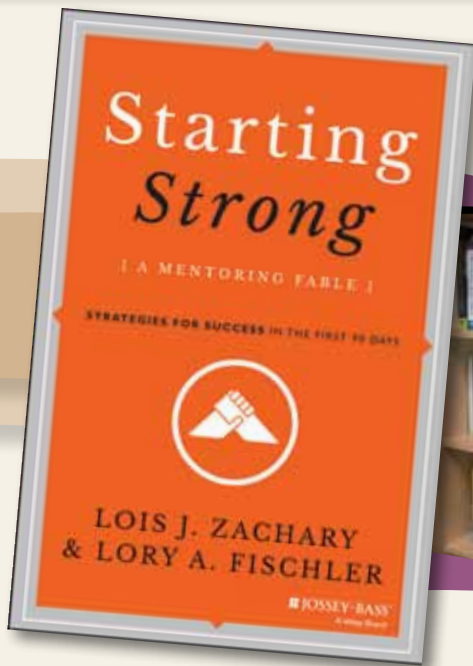
The majority of the book details Israel's obligation to defend its citizens and places the blame for the disproportionate number of deaths on the Palestinian side squarely on the shoulders of Hamas. He calls Hamas' practice of putting civilians at risk by firing rockets from, and building tunnels starting in, urban areas instead of from open spaces (which do exist in Gaza) and reserving their shelters for terrorists and not for civilians a "double war crime."

He boldly devotes the final chapter to his Skype debate with John Dugard, who is widely regarded as "the world's most distinguished accuser against Israel." Dugard gives voice to arguments employed by Israel's detractors, with Dershowitz countering each argument.

"I say this categorically, no country in the history of the world faced with threats comparable to those faced by Israel has ever complied better with the rule of law, has ever done more to protect civilians, and has ever done more to protect human rights and human liberty," Dershowitz says during the debate.

In his conclusion, he reflects that blaming Israel for the civilian deaths only encourages Hamas to use its "dead baby strategy" in future conflicts, and encourages other terrorist groups to adopt the same strategy of maximizing civilian deaths in their wars elsewhere in the world.





Lois J. Zachary

“Only through conversation can you really engage in learning – and mentoring is all about learning.”

The second part of *Starting Strong* is a playbook incorporating detailed strategies for conversational success and “getting to know the mentee beyond the job title.”

“It’s all about the mentee,” Lois says. “There must be engagement to develop honest trust. It must be comfortable for the mentee to be real – to not be an imposter.”

With a college degree in anthropology, a master’s in education and a doctorate in adult and continuing education, Lois says her passion is to promote a higher level of mentoring practice – “to elevate and enhance the experience, and to provide strategies for success while honoring the learner.”

*Starting Strong* has already been earmarked as an audiobook. Lois and Lory are slated for a discussion and book signing, 7 pm, Nov. 12, at Changing Hands book store, 300 W Camelback, Phoenix.

# Starting Strong with strategies for success

By Leni Reis

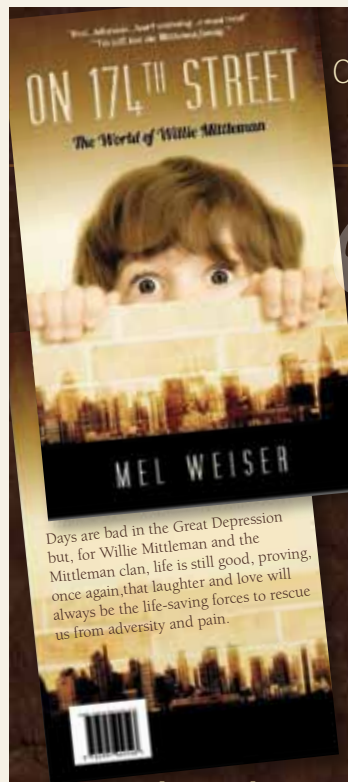
A hands-on guide to successful mentoring is the latest entry in Lois Zachary’s literary output. Co-authored by fellow Valley resident and longtime associate Lory Fischler, *Starting Strong* uses the form of a fable, inspired by real-life pairings, to outline the early issues involved in crafting positive mentoring relationships.

And who better able to do so. Her earlier books on the subject have earned Lois recognition as an international thought-leader. The president of Leadership Development Services, LLC, she already has created a comprehensive set of resources for promoting mentoring excellence for both individuals and organizations. Among her impressive list of past and present clients are Ikea, Cisco, the Social Security Administration, Harrah’s Entertainment and Jewish federations nationwide.

Lois explains how *Starting Strong* differs from her other books. “Lory and I have crafted a scenario where the reader is privy to the conversations – and the thinking behind it – between a mentor and a mentee during the first 90 days of their relationship.”

This time frame for a conversation, Lois notes, can spell the difference between success and failure in a relationship. The goal is to demonstrate what “good conversation” looks like, she says. “We have found that people crave good examples of what really happens when mentors and mentees are deeply engaged.”

People might think they are having a mentoring conversation, “but in fact they are participating in a transaction,” she says.



**Praise for**  
ON 174th STREET: THE WORLD OF WILLIE MITTLEMAN  
by Mel Weiser

[Excerpts: reader reviews from Amazon.com]

“...a great story...reels you into that time frame of our history...You won’t be able to put this book down once you start reading it!”

“...No smart phone, no ATM and no television...just a young man and his family trying to make sense out of life....”

“...a refreshingly light-hearted perspective of difficult times.... reminds us of the amazing power in the bond of family life.”

“This is a delightful 5-star book from the first page to the last...captured me, held me, enchanted me and brought back a flood of warm and wonderful memories from my childhood.”

Days are bad in the Great Depression but, for Willie Mittleman and the Mittleman clan, life is still good, proving, once again, that laughter and love will always be the life-saving forces to rescue us from adversity and pain.

**Look Inside**

Go to Amazon.com and read the first chapter!

**Available on Amazon.com and Kindle**

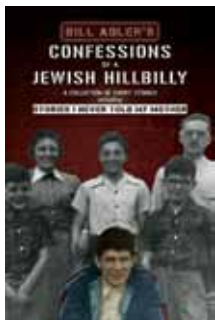


# Arizona Book roundup

## Check out these new books by local authors

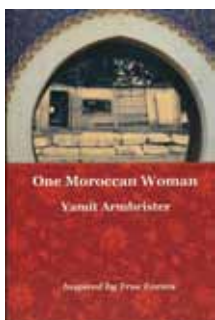
By Janet Arnold

The Jewish people are known as the People of the Book. In honor of Jewish Book Month, we put out a call to local Jewish authors to tell us about their recent books, published within the last year. We were thrilled with the response. Here's a roundup of those who contacted us:



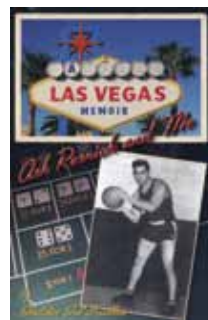
**Bill Adler: *Confessions of a Jewish Hillbilly*** is a series of autobiographical short stories about a boy and his journey that began in the depths of the Great Depression of the 1930s in the hills of West Virginia. It ends during the mid-century modern era of the 1950s, where he finds himself on the threshold of manhood. Bill has lived in the Valley since his family came here in the late 1950s.

He's mostly retired and recently received an award from the Valley of Sun JCC for the volunteer work he does for them. Available at [myheritagetrail.com](http://myheritagetrail.com) or Kindle editions at [amazon.com](http://amazon.com).



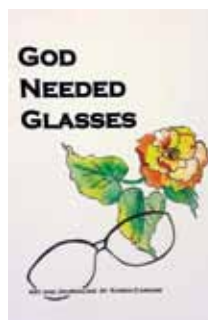
**Yamit Armbrister: *One Moroccan Woman*** is a historical novel that tells the story of the human spirit through the tale of the Moroccan Jews who fled to Israel in the 1950s. Yamit, who currently lives in Chandler, came from a Moroccan Jewish family. She graduated with a B.A. in social sciences from Bar Ilan University in Israel and holds an M.B.A. from Walden University in Maryland. Originally published in Hebrew. Now published

in English and available at [amazon.com](http://amazon.com) and Barnes and Noble. Read the first chapter and/or schedule a lecture at [yamitarmbrister.com](http://yamitarmbrister.com).



**Sid Brodtkin: *A Las Vegas Memoir: Ash Resnick and Me***. When Sid Brodtkin was a high school athlete, Ash Resnick was one of his heroes. Ash became a successful entrepreneur in Las Vegas, where Sid met his hero and enjoyed a 25-year friendship. They visited often, and Sid shares their opportunities to meet celebrities and other exciting adventures in this memoir. Sid and his wife, Sally, have lived in Tucson more than 40 years,

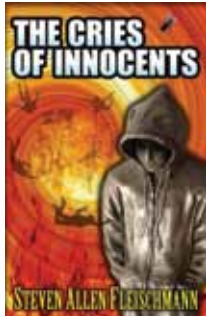
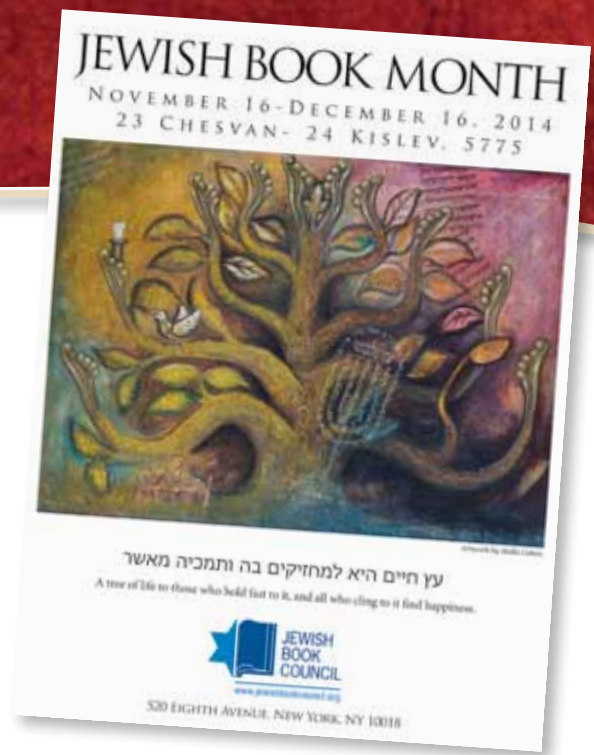
having come from New York. Now 88, Sid, a retired hosiery manufacturer and U.S. Navy veteran, has also written a novel called *Boro Park, Vegas and all the In-Betweens*. Both available at [amazon.com](http://amazon.com) or for special pricing on both, contact Sid at [sallysid@q.com](mailto:sallysid@q.com).



**Karen Carnow: *God Needed Glasses*** is a journal to help people through the grieving process. Created by artist and art teacher Karen Carnow, it tells the story of her father's passing and offers beautifully colored journal pages to make your own comments and notes. "As my dad's health began to decline, I felt the importance of finding a creative outlet for my feelings. I wanted to create a book that combined my personal account with blank

journaling pages, to promote others to journal through their own loss. This process has helped to bring me peace, and my hope is that it will do the same for you." Karen is an active member of Temple Chai in north Phoenix. Available by contacting Karen at [mellow1@cox.net](mailto:mellow1@cox.net).

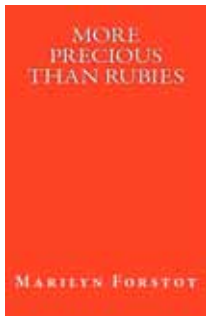




**Steven Allen Fleischmann: *The***

*Cries of Innocents* is the first novel by this recently retired artist and engineer. It's a psychological thriller that explores the generational effects of the Holocaust. After his father graphically depicts the horrors of the Holocaust, and then dies, 9-year-old Ryan Cain retreats into his own world to escape the screams and images that ravage his mind. Years later, local residents fall victim to gruesome attacks,

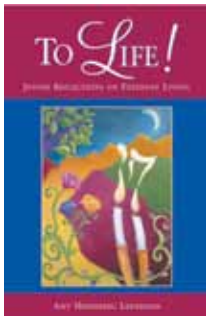
and Ryan becomes the prime suspect. Steve also designed the cover of the book. He and his wife, Elaine, have recently become first-time grandparents. Available at amazon.com.



**Marilyn Forstot: *More Precious***

*than Rubies* is set during and after the American Revolution. The story follows the life journey of a heroic Jewish woman and her family, showing early American life from a Jewish perspective and demonstrating the importance of Jews to the formation of the new nation. Marilyn and her husband, Bill, live in Sahuarita, just north of Green Valley in southern Arizona. They're active in Beth Shalom

Temple Center there. Marilyn's short stories have appeared in national publications, and she previously published a romance novel. Available from amazon.com.



**Amy Hirschberg Lederman: *To Life! Jewish Reflections on Everyday***

*Living* is now in its second printing. A collection of essays and stories that each share an experience – about family, friendship, education, work, holidays, life and death – and inspire us to see how Jewish wisdom can imbue everyday life with meaning, wisdom and purpose. Amy, who resides in Tucson, is a gifted speaker and has written more than 300 columns

and essays that have been published nationwide. She contributes a regular column to Arizona Jewish Life. Her second book, One Life, Many Paths: Finding Meaning and Inspiration in Jewish Teachings, won the Arizona Book Award for best book on religion and spirituality. Available at amyhirshberglederman.com or amazon.com.

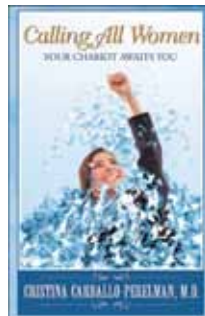


**Debra Metelits: *Wise Older***

*Woman: Growing in Grace and Sass* focuses on the many gifts – psychological, emotional and spiritual – of becoming an older woman. The book is a lovely collection of affirmations, mini essays, exercises and illustrations to help women embrace both the joyful and the challenging aspects of aging. Most of the sources are from the Jewish tradition, but

the book is multicultural in embracing other wisdom traditions, such as Sufism and Native American lore. Debra, a former MSW psychiatric social worker, now teaches at Glendale

Community College. She has used the book to raise money for Ruach Hamidbar. Available through Amazon, Changing Hands Book Store, and Desert Song Yoga and Healing Center.



**Cristina Carballo-Perelman, MD: *Calling All Women, Your***

*Chariot Awaits You* discusses the history of women, women in medicine in the underdeveloped world and how religion affects women's issues, examining

the history of women's "unempowerment" through a series of essays. The second part uses fairytales to highlight the 11 attributes that empower women: confidence, teamwork, respect, compassion, humility, calmness, acknowledgment of others, honesty, courage, success and enjoyment. Cristina is a long-time Scottsdale resident and a doctor of internal medicine. Available at amazon.com and Barnes and Noble.

# Arizona Book roundup



**Susan Price: *It's Me! As Good As I Can Be!*** is a spirit-lifting children's story featuring Zachary and his resident angel who, along with some magical friends, help Zachary be as good as he can be. This is a fantasy adventure rooted in the power of positive thinking. Ages 3 and up. Susan is a freelance writer, program developer and facilitator. She facilitates a monthly class, Journaling for Spiritual Growth, at

NefeshSoul, a havurah in Chandler. This is her first children's book. Available at [itsmeasgoodasicanbe.com](http://itsmeasgoodasicanbe.com).



**Lynn Saul: *In Our Language*,** a collection of poems, was published in March by Jumping Cholla Press, a small press in Tucson. Many of the poems involve explicitly Jewish content, including several sections called "Nashim B'Midbar/Women in the Desert," "The Book of Leah" and "Meditations on the Jewish Year." Lynn has done readings from this book at congregations in Tucson and is available to appear at readings

elsewhere in Arizona. She teaches writing and humanities at Pima Community College in Tucson, as well as a creative writing workshop through the Northwest Jewish Federation office. Available at Antigon Books in Tucson and [amazon.com](http://amazon.com).



**Judith Starkston: *Hand of Fire*** is historical fiction set in the times of the Trojan War. The war threatens Troy's allies, and the Greek supply raids spread. A young healing priestess, designated as future queen, must defend her city against both divine anger and invading Greeks. She finds strength in visions of a handsome warrior god; will that be enough when the half-immortal Achilles attacks? Judith is a member of Desert Sleuths Chapter of Sisters in Crime

and the Historical Novel Society, as well as an active member of NefeshSoul in Chandler. [judithstarkston.com](http://judithstarkston.com). Available at [amazon.com](http://amazon.com).



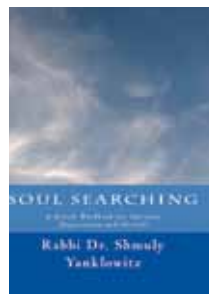
**Bess Taubman: *My Pearl Harbor Scrapbook 1941: A Nostalgic Collection of Memories*** is a nationally award-winning World War II scrapbook complete with photos, maps, telegrams and more. Colorful

pages burst with stunning visuals and prized nostalgia of the era. Treasured collections of ephemera, pins, buttons, watches and medals from the 1940s illustrate each page. The book unravels one of America's greatest tragedies from early Japanese inception and planning, through the deadly attack and its crippling aftermath. Bess, a member of Congregation Kehillah in Scottsdale, was invited to do book signings in three of the Smithsonian Museums this summer as well as at Pearl Harbor to sign her book at the Arizona Memorial. Available at [amazon.com](http://amazon.com).



**Mel Weiser: *On 174th St. (The World of Willie Mittleman)*** presents the hilarious and heart-warming experiences of a Jewish-American family in the years of the Great Depression. Contrary to popular belief, everyone did not fall apart during the catastrophic 1930s; life went on. Most families clung together and, in their love and closeness, met each day's challenges with imagination, humor and guts. This slice

of Americana will have you laughing all the way and admiring the amazing strength of the Jewish spirit. Originally from New York, Mel has made Arizona his home for well over 50 years. He has written novels and plays and has enjoyed "a measure of sweet success in both areas." Now living in Sun Lakes, Mel has also been a college instructor, a stage director and an acting coach of stars. Available at [amazon.com](http://amazon.com).



**Rabbi Dr. Shmuly Yanklowitz: *Soul Searching: A Jewish Workbook for Spiritual Exploration and Growth*** provides you ample time and

space to develop your writing style and to approach topics with open-ended, thought-provoking questions. Rav Shmuly is the executive director of the Valley Beit Midrash and has been named one of the top rabbis in the country. He is also the

author of *Jewish Ethics & Social Justice*. Both available at [amazon.com](http://amazon.com).



## Scottsdale Cultural Council finds leader who also listens and learns

By Janet Arnold

Neale Perl grew up in Brooklyn assuming the world must be half Jewish and half Italian, as were his own immediate surrounds. His grandparents were of Russian and Polish Jewish descent, and his grandfather was an ardent Zionist. He grew up in a secular Jewish home where music was an important component of everyday life.

His father played the mandolin and organ, his brother played the organ as well, and Neale vividly remembers the special moment in fifth grade when he received his first cello. He has continued playing and moved his 300-year-old

cello with him to Arizona. He has a twinkle in his eye when he says, "There might be a surprise performance down the road some time."

(By the way, go ahead and pronounce the final "e" on his first name. "I hated that 'e' as a kid, but now I like that it's rather unique," he says.)

Neale was recently hired as the new president and CEO of the Scottsdale Cultural Council. As such, he oversees three components of Scottsdale arts: The Scottsdale Center for the Performing Arts and Scottsdale Museum of Contemporary Art, both located in the complex at 7380 E Second St. in Scottsdale; and the Scottsdale Public Art program, with installations located throughout the city.

"I am so excited to be only the third director of this great organization," says Neale. "In looking through the already scheduled programming for the Scottsdale Center, I was happy to see that I have presented every one of the classical music

artists myself at various venues in the past." As a cellist himself, Neale is well-known and connected in the classical music world. He commented that he has been friends with Yo-Yo Ma, the internationally renowned cellist, since they were both teenagers.

Neale was previously president and CEO of the 48-year-old Washington Performing Arts (formerly the Washington Performing Arts Society) from 2002 to 2013. During that time,

the organization was awarded the 2012 National Medal of Arts, the country's highest national award for artists and supporters. Prior to his Washington stint, Neale was at the La Jolla Music Society from 1988-2002. In both institutions, he prided himself on creating partnerships and collaborations across geographic, economic and art genre lines. Both organizations also showed significant increases in size and scope as well as in



From left: Israeli cellist Amit Peled (professor at the Peabody Conservatory of Music of the Johns Hopkins University); Spanish pianist Daniel del Pino; and cellist Neale Perl.

visibility.

Neale is grateful to Scottsdale Mayor Jim Lane and the City Council for their continued support of the arts and feels fortunate to be in an aesthetic atmosphere with such a broad range of arts offerings. Talking about plans for the future, Neale says, "Between the plaza and the park area that includes the library, we manage 21 acres here in central Scottsdale. We look forward to making this area more of a cultural destination. I'd love to create an international festival for example."

Neale earned his bachelor of music in cello performance from The Peabody Conservatory of Johns Hopkins University and his master of music from Temple University. In regard to his management style, Neale says he practices the "Three L's: Listen. Learn. Lead." He is looking forward to bright days ahead for the council.

[sccarts.org](http://sccarts.org) | [nperl@sccarts.org](mailto:nperl@sccarts.org)

# A Tale of Two Cities

## The Valley of the Sun, 1940-1960

Second in a series of stories about Arizona Jewish life from 1940 to 1960

Story by Bill Adler;  
Photos courtesy of Arizona Jewish  
Historical Society Archives,  
Markow Collection

Jewish communities, large and small, have a long and storied history in the growth of Arizona. This was quite apparent in central Arizona between 1940 and 1960.

Schoolchildren around the country at the beginning of the fourth decade of the 20<sup>th</sup> century learned some basic facts about Arizona. Called the Baby State, it was the 48<sup>th</sup> state to be admitted to the Union just 28 years earlier. Its capital was Phoenix. Arizona was best known for the Five Cs: cattle, cotton, copper, citrus and climate. Because of its hot and dry desert climate, many people with respiratory problems moved here.

As 1940 dawned, Arizona stood on the threshold of spectacular change. From 1910 to 1940, Phoenix's population grew from 11,000 to 65,000. Maricopa County's population increased from 90,000 to 186,000 over the same 30-year period.

Although substantial, that 30-year growth pattern pales when compared to what was about to occur, and the small Jewish community in 1940 was about to share in that growth.

Life in the Valley of the Sun in the early 1940s reflected what those schoolchildren had learned. Cotton fields abounded in farming communities from Chandler to Mesa, from Buckeye to Glendale. Tempe was a small college town as well as a farming community, with Scottsdale an unincorporated artist colony.

Between Phoenix and Tempe, along Washington Street, was one of the largest cattle-feeding operations in the West. Throughout the county were scattered large citrus groves. Producing copper mines were located in the mountains to the east of the Valley.

Because of the climate, people with health issues and those who wished to escape cold winter weather arrived in the Valley of the Sun by car, usually on U.S. Route 60, or on Southern



Installing JCC sign in 1950



Rally to create a new JCC campus 1950

Pacific or Santa Fe passenger trains.

Phoenix, the commercial center of the Valley, boasted a vibrant downtown offering everything from entertainment venues to professional services. Large hotels and department stores as well as smaller businesses formed the core of downtown Phoenix.

The three largest department stores, Korrick's, Goldwater's and the Boston Store (later Diamond's), were owned and operated by members of the small, vibrant Jewish community. Jewish professionals – doctors, dentists and attorneys – were housed downtown. Men's clothing, jewelry, luggage, dress and specialty stores were among the Jewish-owned businesses, all part of the fabric of downtown. Other Jewish businessmen operated produce, wholesale, manufacturing and scrap businesses.

In spite of some social restraints, the Jewish community, although small in the early 1940s, was an active contributor in every facet of the local and state growth, providing civic leadership disproportionate to its size. Founded in 1920, Temple Beth Israel, a Reform congregation, built the city's first synagogue on Culver and Second

Street. Beth El, a Conservative synagogue, built its sanctuary on the corner of Third Avenue and McDowell Road in the late 1930s. Beth Hebrew, an Orthodox congregation, was located on Portland near Third Street.

The table was set for an explosive growth of the area in general and the Jewish community in particular. Signs of that growth began to appear in 1940. With war on the horizon, Army and Navy Air Force training facilities were being constructed throughout the county; these included Williams, Luke and Falcon airfields and the Goodyear Naval Air Station. Along with these military facilities came military personnel, the vast majority of whom arrived in the state knowing little about Arizona beyond the geography lessons they had learned in school.

The Jewish soldiers were made to feel at home during their stay, being invited to celebrate the holidays in the synagogues



and private homes. The sincere warmth of the community as well as the amazing weather and opportunities the area held were enough to lure many of those veterans back to the Valley at war's end. The seeds for growth had been planted.

"But it's a dry heat," didn't slow down the migration. With the development of refrigerated air-conditioning and evaporative coolers in the 1930s, that summer heat became more bearable and made living in the southern half of Arizona exceptionally attractive to groups of young and ambitious men and women.

Educational opportunities began to expand following the war, with Phoenix Junior College and Arizona State College at Tempe available for GI Bill students. Jewish services and opportunities also began expanding. In 1948 the foundations for a Jewish Community Center were laid, and a monthly Jewish publication was launched. AZA and BBG youth groups were formed.

Jewish students at the three city high schools, Phoenix Union, North Phoenix and West High, would gather for lunch to kibitz with their friends at Jewish tables in the schools' cafeterias. During the summer they could be found huddling in the northwest corner of the Encanto Park swimming pool – segregation by choice.

In the early 1950s Arizona State College boasted nearly 5,000 students. In 1951 Alpha Epsilon Pi fraternity was the first formal Jewish organization on the ASC campus, soon to be joined by a Jewish sorority, Alpha Epsilon Phi, and Hillel. Following graduation, many of those students stayed in the community to help build the foundations for the growing Jewish community in the 1960s and 1970s.

In 1950 the Phoenix population was 106,000, and the county had grown to 332,000, with both sitting on the threshold of an amazing 10-year growth spurt. There still were only three synagogues in Phoenix and by some estimates about 1,000 Jewish families – old-established families mixed with many new young families.

New housing developments were under construction on the city's outskirts. The city limits were about to literally overflow their banks, bounded on three sides by the Grand Canal and the Salt River. In the early 1950s Phoenix's city limits had expanded along Central Avenue south to the Salt River, north to the Grand Canal (south of Camelback Road) and extended along Thomas Road, east to the Grand Canal bordering 22<sup>nd</sup> Street and west to 35<sup>th</sup> Avenue. Those boundaries embraced 17 square miles.

The commercial demographics had begun to shift north of downtown. In 1953 a sign on a vacant lot on the northeast corner of Central Avenue and Thomas Road (two miles north of downtown) boasted, "This is the center of population for Phoenix." Three blocks to the west was the new St. Joseph's Hospital, having recently moved from downtown. Two blocks

to the north of that sign was a large empty tract of land, which a few years earlier had been the home of the Central Dairy and hundreds of dairy cows. By 1955 it was the site of Park Central, the city's first regional shopping center.

Goldwater's and Dillard's anchored the center, which included a number of the downtown Jewish merchants, among them Leonard's Luggage, Hanny's Men's Store and Miracle Mile Deli. The completion of Christown Shopping Center, the Valley's first air-conditioned mall, on 19<sup>th</sup> Avenue and Bethany Home Road, a few years later, had Korrick's as its key local anchor. The opening of that center sounded the death knell for the downtown business district.

Having outgrown its Carver Street building, Beth Israel built a new temple on 10<sup>th</sup> Avenue and Flower Street, six blocks north of Thomas Road, in the late 1940s. The town was on the move. Thomas Road and Central was the new uptown.

As the city moved north so did Jewish families. Phoenix never had a "Jewish Neighborhood" per se. Many Jews began moving up Central Avenue, far north of the city limits, to new streets bristling with custom homes and fanciful street names such as Why Worry Lane and Linger Lane, where Jewish families were often the majority of the streets' residents. Linger Lane, a cul-de-sac located one block south of Northern Avenue, had homes built by a Jewish contractor on land owned by a Jewish attorney. Of the first 11 custom homes on the street, Jewish families occupied nine.

Sam Hoffman, a local Jewish homebuilder, built Phoenix's first Jewish Community Center in 1953. Located

north of the city limits on 15<sup>th</sup> Street and Camelback Road, the center included air-conditioned meeting rooms, a swimming pool and a gym with a basketball court. It quickly became the center of Jewish youth activity. To date, it was the strongest visual evidence of the growing Jewish presence in Phoenix.

Other Jewish support organizations were begun and expanded during the decade. By 1960 the Tale of Two Cities was nearly complete. In the Phoenix of the 1940s, most of the town's Jews knew one another. Not so 20 years later.

By 1960 Phoenix had grown from a small city to a maturing metropolitan city with a population of more than 439,000. The county had two-thirds of a million citizens with the Jewish community growing to over 20,000.

From a Jewish perspective it is truly a Tale of Two Cities.



Bowery dance 1947



Bill Adler graduated from Arizona State University before spending more than 40 years in the insurance, investment and mortgage businesses. A lifelong storyteller, he authored *Confessions of a Jewish Hillbilly*, which covers his 17+ years growing up in West Virginia prior to moving to Arizona in 1953. He can be reached at [bill@MyHeritageTrail.com](mailto:bill@MyHeritageTrail.com) or through his website [MyHeritageTrail.com](http://MyHeritageTrail.com).

# Finding connections 50 years later

By Bruce and Risa Mallin



Bruce Mallin, second from left, reconnected with the infant in this photo taken at an informal medical clinic in Vietnam.

In 1967-68 while serving as a flight surgeon at Marine Air Group 13 (MAG-13) at Chu Lai, Vietnam, Lt. Bruce Mallin took numerous photographs to document his activities. In addition to the usual military duties, his group carried out informal medical “clinics” for several adjacent rural communities. These excursions were known as “MED-CAPS” (Medical Civil Action Projects) for families in the area.

Bruce often took photos of the kids and their families as they awaited medical treatment. Those photographs were stored away, until he and his wife, Risa, started thinking about traveling to Vietnam. At that time, Bruce was pleasantly surprised to find that even after many years of storage, the slides were mostly intact. They made copies of several of the pictures with the wildly improbable thought that someone would recognize one of the faces in a photograph.

Last spring Bruce and Risa visited Chu Lai with hopes of being able to connect with any of the people he had photographed 47 years previously. “It was a long shot,” says Bruce.

They hired a guide/translator who took them to a coffee shop on the main highway in Chu Lai, where they encountered a man in his early 60s. The elderly man didn’t recognize any of the people in the photographs, but he sent them down an alley where he knew an 82-year-old man who had worked at the base during that time. That gentleman recognized one woman,

but said she had moved to another area of Vietnam many years before. Taking the photograph to another neighbor, who didn’t recognize anyone in the photos, he sent the Mallins to the other side of town, closer to where the base had been.

Once again the photographs were circulated, discussed and shared. One photo – of a mother holding an infant – caught the eye of a resident. She thought one of the women in a photo looked like a neighbor. At the neighbor’s house, she said the woman indeed might be her older sister who had been a vendor near the gate of the base. Cell phones came out, a photo of the photograph was taken, and it was texted to the sister in Chicago.

The search was a wonderful adventure, and being in the homes of the residents of Chu Lai was fascinating, but the Mallins felt the search was over without any real connections.

Then, two weeks after their return, Bruce received a phone call. The woman on the phone said the photograph had made its way to Texas, and her mother was thrilled to receive it, for she was the infant in the photo – a memory of difficult times almost 50 years ago. And the circle was complete!

Bruce and Risa are long-time Phoenix residents. Bruce grew up in the Prescott area, but his family came to Phoenix in the 1950s and was integral to the development of Beth El Congregation. Risa is a former director of the Arizona Jewish Historical Society.



**1 A NEW SEASON FOR BEIT MIDRASH** – At the Valley Beit Midrash opening event on Oct. 12 at Temple Chai, Allison Betts, standing, visits with guest speaker Anita Diamant, author of *The Red Tent*. Jill Pleasant, left, and Sheryl Quen, with a copy of the book, were among the capacity crowd to hear Beit Midrash leader Rabbi Dr. Shmuly Yanklowitz interview Diamant. Photos by Leni Reiss



**2 VOS JCC ANNUAL MEETING** – The Valley of the Sun Jewish Community Center Annual Meeting was Sept. 28 at the Ina Levine Jewish Community Campus. JCA CEO Stuart Wachs and JCC COO Alison Johnston share with the community some of the impact the JCC has in enriching lives and the positive changes that have been made at the JCC this year, as well as to pay tribute to some outstanding volunteers. The Valley of the Sun JCC presented awards to leaders in the Jewish community who have exemplified outstanding

service and commitment by giving of their time and financial support to many Jewish agencies and specifically, the Valley of the Sun JCC: From left: Brett Hardt (Ventura Vipers, for his dedication and contribution to the JCC’s Youth Basketball program and his financial support of youth programs overall), Brian Mohr (Y Scouts, for his time, energy and direction as the chair of our Culture Change task force), Emily Mohr and Emily Schwedt (ECC PTG Chairs for the 2013-14 school year), Nikki Bernstein (who has served as the chair of ECC’s Trivia Night for the past two years), Bill Adler (for his support and active participation of JCC Adult Services programs), and Marc Sobelman and Randy Miller (winners of the Jeff Berkowitz Coach of the Year Award).



**3 HOMECOMING KING** – Eli Bliman (pictured with Homecoming Queen Abby Searl) was elected Homecoming King at Horizon High School in Scottsdale. Eli and his parents, Lori Gillman and Greg Bliman, are members of Congregation Shomrei Torah. He is a member of the two award-winning choirs at Horizon, Towne Criers and Step on Stage, as well as an all Jewish barbershop quartet, called “Jew and Improved.” Now a senior, Eli has been a member of BBYO since ninth grade and is the head of recruitment and education for his AZA chapter. He is a member of National Honor Society, Spanish Honorary and Tri-m, a music honor society.



**4 BETH CHAVERIM HONOREE**– Congregation Beth Chaverim honored Marlene Gershaw for her “dedication and leadership to Congregation Beth Chaverim” as president for more than three years. Beth Chaverim is a Reform congregation in the northwest Valley, established in 2008. Services are held the first and third Fridays of the month and led by Rabbi Irwin Wiener in Sun City West. For more information, call 623-556-8487 or visit [congbethchaverim.org](http://congbethchaverim.org). Photo by David Gershaw

## 11 Tucson rabbis and Jewish educators all under one roof

On Nov. 16, 11 rabbis and Jewish educators will each teach a class on a range of topics, all under one roof and for one night only. The Jewish Culture Shuk, presented by the Coalition for Jewish Education of the Jewish Federation of Southern Arizona and the Synagogue-Federation Dialogue, will take place at the Tucson Hebrew Academy, 3888 E River Road from 6:30 to 10 pm.

A “shuk” is an open air marketplace where one finds a variety of wares for sale. Instead of material goods, the Jewish Culture Shuk offers a myriad of classes in Jewish learning taught by Tucson’s rabbis and Jewish educators on topics ranging from The American Jewish Experience, Israeli Music, Jewish Life and Law, Rabbinic Teachings and Anti-Semitism. Participants register for two one-hour classes. The evening will also include dessert and schmoozing. A full class list and registration is available online at [jfsa.org](http://jfsa.org). Walk-in registration (as space permits) opens at 6:15 pm along with a used book sale benefitting the Tucson Association of Jewish Libraries. Cost for the evening is \$10 per person. [jfsa.org](http://jfsa.org)

## Artists open studios for November tours

Nearly 50 local art studios featuring 180 working artists will participate in the Sonoran Arts League’s 18th Annual Hidden in the Hills Artist Studio Tour & Sale Nov. 21-23 and Nov. 28-30. Between 10 am and 5 pm, attendees can visit open studios and purchase original artwork in this free self-guided tour throughout the picturesque Sonoran Foothills of Cave Creek, Carefree and North Scottsdale. The studios feature a variety of artistic genres and mediums – acrylic, ceramics, glass, jewelry photography and others. A number of the artists are members of the local Jewish community.

“The Hidden in the Hills Studio Tour is an opportunity for art enthusiasts, collectors and the general public to connect and converse with nationally recognized and emerging new artists and gain insight into the creative process,” says Natalie Nai-che, board president of the Sonoran Arts League. “The event brings enrichment and artistic awareness to all who attend.”

Serving in his second year as chair of the event is Morrie Farbman, who moved to Arizona several years ago after retiring from Chicago where he was one of only two Jewish fire chiefs in the country. He also worked with the Cook County Police Department. As a teen he had been intrigued by photography, and once he picked up a camera he never put it down again. A friend gave him a complimentary membership to the Sonoran Arts League and he quickly took on responsibilities. His photographs, which he refers to as “Images to Stir Emotions,” will be part of the tour.

“This tour is so unique,” Morrie says. “These are home studios, with one-to-six artists per studio. The artists are all present and are



**HIDDEN IN THE HILLS** – Jewish artists Ellen and Bill Leibow will open their studio to visitors during the Sonoran Arts League’s 18th Annual Hidden in the Hills Artist Studio Tour & Sale Nov. 21-23 and Nov. 28-30. The artists’ work includes Bill Leibow’s photograph “Bugaboo Pond” Ellen Leibow’s painting “Walk in the Park.”

both willing and anxious to talk about their processes and works. Many of them will be demonstrating during the tour as well. It’s also an opportunity to purchase some wonderful one-of-a-kind pieces.”

To find your most convenient starting point, call 480-575-6624 or visit [sonoranartsleague.org](http://sonoranartsleague.org) or [hiddeninthehills.org](http://hiddeninthehills.org).

## Jewish Community Center Book Fair

The Valley of the Sun JCC has a number of events planned in conjunction with their Book Fair and Sale from Oct. 30 to Nov. 13, taking place at the JCC, 12701 N Scottsdale Road.

On Nov. 3 at 7 pm Eddie Shapiro will share interviews with 21 of the most famous women of the Broadway stage from his book *Nothing Like a Dame*, and will present songstress Suzy Alpern singing some of their songs. Co-sponsored by Brandeis National Committee-Phoenix Chapter. \$12 for members, \$15 for non-members.

On Nov. 5 at 7 pm, Allen Salkin from the Food Network will talk about Behind the Scenes at the Food Network and his book *From Scratch: The Uncensored History of the Food Network*

Andy Broder, chef at Andy Food will be the emcee for this evening. Desserts from the kitchen of Food Network chef Ina Garten will be served. \$12 for members, \$15 for non-members.

On Nov. 9, several local organizations are collaborating to present a Women’s Symposium featuring author Gail Sheehy and her inspiring memoir, *Daring: My Passages* a chronicle of her trials and triumphs as a groundbreaking “girl” journalist in the 1960s, to iconic guide for women and men seeking to have it all, to one of the premier political profilers of modern times. Check-in begins at 8:30 am. Gail will speak 9-9:45 am. Following her talk there are a variety of workshops available. Lunch will be served at noon.

Fee: \$45, Under 30: \$30, Full-time college students w/ID: \$15. Register at the Bureau of Jewish Education at 480-634-8050.

The final event is at 7 pm on Nov. 13 and presents Matthew Klickstein, who will talk about his book *Slimed: An Oral History of Nickelodeon’s Golden Age*. Co-sponsored by Young Jewish Phoenix, this program is open to all for \$10.

Author books will be available for sale and signing by the authors during all events.

To register for any of the programs, except the Nov. 9 symposium, call 480-483-7121, ext. 1230, or [vosjcc.org/bookfair](http://vosjcc.org/bookfair)





Rhea Miller

## Valley Brandeis launches music program

Brandeis National Committee-Phoenix Chapter is launching a learning opportunity called Concerts and Conversations. The events will be held on the second Mondays of November through February at 1 pm at the Palo Cristi Church, 3535 E Lincoln Dr. in Paradise Valley. The mission of the series is to provide an opportunity for members of the greater Phoenix community to enjoy a sampling of the cultural richness available here in Arizona, including musicians and vocalists from the Phoenix Symphony, the Arizona Opera and more. Guest donation is \$5. The musicians perform classical music followed by a question and answer session along with refreshments. Donations go to Brandeis University's Sustaining the Mind Campaign, funding cutting edge research to help find a cure for neurodegenerative diseases such as Alzheimer's, ALS, Parkinson's, and autism as well as to endow science scholarships. The first program will be Nov. 10 and will highlight Arizona Opera Artists Rhea Miller, soprano, and Jeremy Peterman, piano. Rhea has been the soprano teaching artists for Arizona Opera's OperaTunity Outreach program and will appear as Papagena in *Die Zauberflote* in 2015. She is pursuing her doctor of musical arts degree at ASU. Jeremy has been a staff pianist with the opera for several years and also travels to Austria each summer as staff pianist at the American Institute of Musical Studies. Future programs are: Dec. 8: Phoenix Symphony's Viviana M. Cumplido Wilson, principal flute, and Peter Wilson, percussion; Jan. 12: Joseph Wytko Saxophone Quartet with Joseph Wytko, soprano saxophone, Harout Boyajian, alto saxophone, Kevin Gorman, tenor saxophone, and Anna Marie Wytko, baritone saxophone; and Feb. 9: Phoenix Symphony violinists Lan Qiu and Joy Pan. Contact Joan Sitver 602-971-0012 for more details. brandeisphoenix.com

# NOVEMBER CALENDAR

## Nov. 1

**Arizona Jewish Historical Society 2014 Heritage Award** celebration honoring Channel 12's Mark Curtis, featuring a performance by Broadway star Judy Kaye. 6 pm at the Phoenix Art Museum, 1625 N Central Ave., Phoenix. \$180. 602-241-7870, azjhs.org

**Council for Jews with Special Needs' "Fountain of Youth,"** fundraiser at the Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. \$100. RSVP: Wendy@cjsn.org or 480-629-5343

## Nov. 2

**2nd Annual Desert Gathering Jewish Music Fest,** 3-7 pm at Steele Indian School Park, Third Street and Indian School Road, Phoenix. Featuring a concert by Peter Himmelman, Todd Herzog, Distant Cousins, 76th Street and more. Free. desertgatheringaz.com

**Casino Event** at Beth Emeth Congregation, 13702 W Meeker Blvd., Sun City West, 2-5 pm \$25 prepaid/\$30 at door. Professional dealers from Casino World plus bingo. Prizes. Space is limited. RSVP: 623-544-3665 or 623-584-7210

## Nov. 3

**A Broadway Evening with Eddie Shapiro:** part of the JCC Book Fair. See page 60

## Nov. 3-7

**Scholastic Book Fair** at the East Valley JCC, 908 N Alma School Road in Chandler. Benefits the Early Childhood Learning Center purchase of books. Storyteller on Nov. 5. 480-897-0588, pam@evjcc.org

## Nov. 4-25

**Hasidic Women in America,** a four-week class using *Lubavitcher Women in America* by Dr. Bonnie Morris and *Mystics, Mavericks and Merrymakers* by Stephanie Levine. 2 pm Tuesdays at the Women's Jewish Learning Center, 7825 E Paradise Lane in Scottsdale. \$125. womenlearning.org

## Nov. 4

**JNF 2nd Annual Women for Israel Luncheon** featuring Florine Mark, CEO of Weight Watchers. 11:30 am at Phoenix Art Museum, 1625 N Central Ave. \$36. RSVP: jnf.org/azwfi or 480-447-8100, ext. 967

**JFSA Annual Campaign dinner** for the Northwest Division of the Jewish Federation of Southern Arizona. 5:30 pm at the Omni Tucson National Resort, 2727 W Club Dr., Tucson. \$28 and \$180 minimum family pledge to the 2015 campaign. RSVP: 520-577-9393 ext. 118 or kgraham@jfsa.org

## Nov. 5

**The Food Network comes to the JCC:** part of the JCC Book Fair. See page 60

**The Pale of Settlement and Emergence of Russian Jewry,** a three-week class on the events of the 18th century that created the Pale of Settlement in Russia.

Instructor: Roza Simkhovich. Continues Nov. 12 & 19 at 1 pm in the library of the Tucson JCC, 3800 E River Dr., Tucson. \$15 member, \$18 nonmember. 520-299-3000 ext. 147 or tucsonjcc.org

**Empty Bowls,** a project to help end hunger. Buy a handcrafted ceramic bowl designed by a local artist for \$15. Then enjoy a wide variety of soups and breads prepared by chefs from well-known Tucson restaurants. Carpools available from the J to Kino Center on Ajo Way. 10:30 am. Register at 520-299-3000 ext. 147 or tucsonjcc.org

## Nov. 7

**2014 Tax and Legal Seminar** sponsored by the Jewish Community Foundation and the Arizona Community Foundation. Information on estate and charitable planning for retirement assets presented by Steven E. Trytten, Esq., CPA, MBA. Up to four hours of continuing education credit. 7 am-noon at Chaparral Suites Resorts, 5001 N Scottsdale Road in Scottsdale. Register: azfoundation.org/ProfessionalAdvisors/Events. Info: rscharf@jcfphoenix.org

## Nov. 7

**Janet Arnold will speak** on the history of Jewish theater at Temple Beth Ami Shabbat services at 7:30 pm at the Palo Cristi Church at 3535 E Lincoln Dr., Paradise Valley. The public is invited. 602-956-0805; admin@bethamitemple.org

## Nov. 9

**Family Fitness Expo** at the Tucson JCC is a free interactive expo. Visitors will have the opportunity to explore wellness through hands-on activities in the areas of fitness, nutrition, finance, culture and more. Noon-4 pm at 3800 E River Road in Tucson. 520-299-3000 or ldavis@tucsonjcc.org

**Gail Sheehy,** author of *Daring: My Passages*, delivers keynote address "On the Cutting Edge: Today's Jewish Woman," Women's symposium of the JCC Book Fair. See page 60

**Smile on Seniors** fundraiser. Cocktails and hors d'oeuvres at 5 pm at a private home. Suggested donation \$54. 602-492-7670, rsvp.sosaz.org

**Shabbat and Thanksgiving Webinar,** part of the series: Make 'em Magical! Jewish Holiday Webinars for Young Parents. Uses gotomeeting. At 8 pm. Sponsored by Women's Jewish Learning Circle. \$25. Register: 602-402-4173 or womenlearning.org

**Kosher Cooking Around the World:** Beth El Congregation series continues at 9:30 am at 1118 W Glendale Ave., Phoenix, in the meat kitchen. \$15 includes supplies, a recipe book, tasting samples and meals to be finished at home. Space is limited. Instructor is Suzanne Fuchs from Gourmet Touch Catering. Final class Dec. 7. 602-944-3359, bethelphoenix.com

**WWII Vet Captain Jack Nemerov,** will speak at Men's Club brunch at 10 am at Beth Emeth Congregation, 13702 W Meeker Blvd., Sun City West. Capt. Nemerov was among the first Americans to enter Dachau Concentration Camp. \$7. RSVPs required: 623-584-7210

Opening reception for *Hélène Berr, A Stolen Life*, an exhibition by Mémorial de la Shoah. Reception 3-5 pm at the Jewish History Museum in Tucson with Tucson Mayor Jonathan Rothschild; Gerrit M. Steenblik, honorary consul of France; Ricardo Pineda, consul general of Mexico; Jacques Fredj, executive director of Mémorial de la Shoah; and Bryan Davis, director of Jewish CRC and Holocaust Education & Commemoration Project. Exhibit continues through Feb. 1, 2015. RSVP for reception by Nov. 6: bdavis@jfsa.org or 520-577-9393

### Nov. 10

**Brandeis-Phoenix Chapter** presents Arizona Opera performers. See page 61.

**Birding: Raptor Series:** Jeff Babson, naturalist and educator teaches three-week class on Hawks & Eagles; continues Nov. 17 with Falcons & Vultures and Nov. 24 with Owls. 10 am-noon in the library of the Tucson JCC, 3800 E River Road, Tucson. \$21 member, \$24 nonmember. 520-299-3000 ext. 106 or ldavis@tucsonjcc.org

**Famous Couples in Art** is a three-week class about the lives and art of fascinating couples: Frieda Kahlo and Diego Rivera, Georgia O'Keeffe and Alfred Stieglitz, and Jackson Pollack and Lee Krasner. Presenter: Stevie Mack of Crizmac. Continues Nov. 17 and 24. 1-2 pm in the library of the Tucson JCC, 3800 E River Road in Tucson. \$18 member; \$24 nonmember. 520-299-3000 ext. 106, ldavis@tucsonjcc.org

### Nov. 11

**Veteran's Day – hug a vet!**

### Nov. 12

**Scottsdale Public Art Docent-Led Van Tour:** Tour works of public art. Highlights include the Soleri Bridge, Goldman Bell Tower and LOVE sculpture and over 15 other Scottsdale-area public art sculptures. 9 am-2 pm. Transportation, guided tour and kosher boxed lunch. Some walking required. \$50 by Nov. 2. 480-483-7121, vosjcc.org

### Nov. 13

"No Way Out" presented through the Jewish Federation of Southern Arizona. True story of the playwright's family torn apart during World War II. The story unfolds through collection of letters discovered after 50 years and images projected on-stage. \$15. 7 pm on the main stage of the Temple of Music and Art, 330 S Scott Ave., Tucson. Tickets: 520-577-9393

**ADL's Torch of Liberty** dinner honors Derrick Hall and the Diamondbacks. 5:30 pm at Arizona Biltmore, 2400 E Missouri Ave., Phoenix. \$380, business attire. 602-274-0991, jtwitchell@adl.org

**Jews in South Africa** from 1651 to the present will be discussed by Rosemary Abrami, originally from South Africa. Free. 1 pm at Beth Emeth Congregation, 13702 W Meeker Blvd., Sun City West. RSVP: 623-584-7210

### Nov. 14

**Matthew Klickstein, Nickelodeon's Golden Age:** part of the JCC Book Fair. See page 60.

**Smile on Seniors Shabbat Dinner.** Enjoy a 4-course home-cooked Shabbat dinner. 4:45 pm at 2110 E Lincoln Dr., Phoenix. Suggested donation \$5. 602-492-7670, chani@sosaz.org

### Nov. 14-23

**Children of Eden**, a musical based on the Book of Genesis, with music by Stephen Schwartz (*Wicked*). Family friendly. On ASU Tempe campus. 480-965-6447, herbergerseason.asu.edu

### Nov. 15

**Brad Garrett**, Emmy-winning actor, in a wickedly funny, one-man stand-up routine. 8 pm at Scottsdale Center for the Performing Arts, 7380 E Second St., Scottsdale. \$39-\$69. 480-499-8587, scottsdaleperformingarts.org

### Nov. 16

**Hillel Honors Rabbi Barton Lee** for 42 years of service to Hillel at ASU. 11 am brunch at the Cutler-Plotkin Jewish Heritage Center, 122 E Culver, Phoenix. \$18. RSVP by Nov. 12: 480-967-7563 or debbie@hillelasu.org

**Family Movie.** We'll supply the popcorn and cotton candy. Sponsored by the Israel Center at 5:30 pm at the Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. 480-483-7121 ext. 1109, shahare@vosjcc.org

**Book Club at the Tucson JCC.** Read titles from classic and contemporary fiction. Coffee and bagels. Leaders: Carol & Burt Cunin. 3rd Sunday of every month at 10 am at the Tucson JCC, 3800 E River Road, Tucson. Free. 520-299-3000, tucsonjcc.org

**Journeys: Work by local members of the Studio Art Quilt Association** on display Nov. 11-Dec. 9 in the Art Gallery at the Tucson JCC, 3800 E River Road, Tucson. SAQA artists create innovative layered and stitched masterpieces. Artists' reception 2-4 pm, Nov. 16. 520-299-3000, ext. 106, ldavis@tucsonjcc.org

### Nov. 18

**Chad Campbell**, former AZ House Minority Leader, will speak on "The Election is Over ... Now What?" for National Council of Jewish Women at 6:30 pm at Pueblo Norte Retirement Community, 7090 E Mes-cal in Scottsdale. ncjwclaire@cox.net

### Nov. 19

**Valley of the Sun Jewish Community Center Golf Tournament.** Lunch 11:30 am, tee off 12:45 pm at Silverado Golf Club, 7605 E Indian Bend Road, Scottsdale. Men's and women's divisions. Benefits youth programming and scholarships. Megan Montgomery at 480-483-7121 ext. 1226, mmontgomery@jewishphoenix.org

**Jewish Comedians, Part II**, presented by Roni Zee through the Bureau of Jewish Education. 10:30 am at the Ina Levine Jewish Community Campus, 12701 N Scottsdale Road. Film clips and conversations with the great TV, film and club Jewish comics. \$15. 480-634-8051, bjephoenix.org

### Nov. 20

**Noam Zion** speaks on *The Guide to the Perplexed Donor: Comparing Giving Societies* at 7 pm at Temple Chai, 4645 E Marilyn Road, Phoenix. Presented by Valley Beit Midrash. \$18 suggested donation. valleybeitmidrash.org

### Nov. 20-30

**The Odd Couple**, a Neil Simon classic comedy, Thursdays through Sundays at Prescott Center for the Arts, 208 N Marina St., Prescott. 928-445-3286 or pca-az.net

### Nov. 21-23 and 28-30

**Hidden in the Hills Annual Art Tour** in Cave Creek. See page 60.

### Nov. 21

**Desert Foothills Jewish Community Association** Shabbat Services followed by a presentation by Rabbi Robert L. Kravitz on the Patriarchal families as role models. First attendance free; membership \$60/year. 7:30 pm. For North Scottsdale location: Arlene 480-585-4437, dfjca.org

### Nov. 22

**Mothers Who Write: Fall Public Reading.** New poetry and prose presented by mothers in the fall 2014 writing class led by Amy Silverman and Deborah Sussman. Free. 3 pm in the Lounge at the Scottsdale Museum of Contemporary Art, 7380 E Second St., Scottsdale. 480-874-4641, smoca.org

### Nov. 23

**Phoenix Holocaust Survivors Association's** monthly Café Europa. Meals free for survivor members; other members \$18; and guests \$25. 4:30 pm at Beth El Congregation, 1118 W Glendale Ave., Phoenix. RSVP required: 602-944-8809 or ewade410@cox.net; phoenixphsa.org

### Nov. 27

**Happy Thanksgiving!**

### Nov. 28-30

**"Beauty and the Beast"** produced by Theater League. 7:30 pm Friday; 2 and 7:30 pm Saturday and Sunday. At the Orpheum Theatre, 203 W Adams St. in downtown Phoenix. \$55-75. 602-262-7272, theaterleague.com

### Nov. 28-Dec. 14

**"Tommy J and Sally,"** by Mark Medoff, produced by Black Theatre Troupe and directed by Janet Arnold. Race relations seen through the eyes of an African American man and a Jewish woman. Times vary. 1333 E Washington St. 602-258-8129, blacktheatretroupe.org



# LUCI'S

**Celebrating Over Five Years As Your  
Neighborhood Grocer. Thanks For Your Support!**

## 2014 REMAINING COOKING CLASS 5:30-7:30 PM

**SUN, DEC 07: The Hidden Art of Cheese Making** An intro to Latticini, a family of fresh-milk products like Mozzarella, Burrata, and Ricotta.

## 2015 COOKING CLASSES 6:30-8:30 p.m.

### SUN, JAN 11: Spanish Empanadas

Learn to make real Spanish Empanadas from scratch using enticing ingredients to orchestrate the flavors, textures, mouth-feel.

### FRI, FEB 13: Chocolate Desserts For Lovers

Did we mention CHOCOLATE will be a main ingredient! And don't let Friday the 13th concern you. CHOCOLATE will save you and your date.

### SUN, MAR 08: Traditional Italian Sandwiches

The Piadinas are made fresh from traditional unleavened dough and are hand-filled with traditional Italian ingredients.

### SUN, APR 12: The Real Way To Fillet Fish

Branzino and Scallops. A delicate cooking maneuver.

### SUN, MAY 03: The Art Of Pizza Making

Make handmade Neapolitan pizzas and sauce from scratch.

### SUN, JUN 14: Make A Bad Ass Delicious Burger

Make gourmet hamburgers from scratch—from the patty to toppings using a wide variety of ingredients.

### SUN, JUL 12: Gourmet Sandwiches American Style

Make gourmet sandwiches from scratch, along with several delicious sides, dressings using a wide variety of ingredients.

### SUN, AUG 02: Make Tasty Tacos

Make gourmet tacos and tortillas from scratch using deliciously fresh ingredients. And, enjoy chips and salsa — no charge!

### SUN, SEP 20: Spanish Tapas With Love

Make traditional small plates, tapas, and antipasta.

### SUN, OCT 18: The Art Of Pizza Making

Make handmade Neapolitan pizzas and sauce from scratch.

### SUN, NOV 15: Make Delicious Italian Bruschettas

Make several different gourmet Bruschettas from scratch, and let your imagination run wild with your own original creation.

### SUN, DEC 13: The Hidden Art Of Cheese Making

An intro to Latticini, a family of fresh-milk products including Mozzarella, Burrata, and Ricotta.

All classes held at Luci's. For more info, please visit [LucisHealthyMarketplace.com](http://LucisHealthyMarketplace.com) or call 602.773.1339

**\$5  
OFF**

### YOUR NEXT \$35 PURCHASE

Not redeemable for cash. Not valid with other promotions or discounts. Good for Market grocery purchases only. Excludes Gift Table purchases. One coupon per transaction. \$35 pre-tax purchase. Exp. 2.28.15



**15%  
OFF**

### 3 (or more) BOTTLES OF WINE

No cash value. Not valid with other promotions or discounts. One coupon per transaction. Exp. 2.28.15





# JAMES WEXLER

---

## REALTY GROUP

SCOTTSDALE | PARADISE VALLEY | PHOENIX

*Proudly serving the JEWISH COMMUNITY for more than 15 years.*



**BUYING OR SELLING A HOME?  
CALL ME TODAY!**

**10% OF ALL PROCEEDS DONATED  
TO THE VALLEY OF THE SUN J.C.C.**

JAMES WEXLER  
ASSOCIATE BROKER



WWW.JAMESWEXLER.COM | 480-221-8080 | JAMES@JAMESWEXLER.COM