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the VOICE

your source for local and global Jewish news

Jewish Family Service: **The Safety Net is Back!**



“How wonderful it is that **no one has to wait**, but can **start right** now to gradually **change the world!**”

—**Anne Frank**

A publication of The Jewish Federation of the Sacramento Region

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JEWISH FAMILY SERVICE

the VOICE

your source for local and global Jewish news

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The Jewish Federation of the Sacramento Region
2014 Capitol Ave., Suite 109 | Sacramento, CA 95811 | Phone: 916-486-0906 | Fax: 916-441-1662 | Email: federation@jewishsac.org | Website: jewishsac.org

Executive Director | Melissa Chapman | mchapman@jewishsac.org | ext. 301
Managing Editor | Elissa Provance | eprovance@jewishsac.org | ext. 304
Designer | Kyle Shine | k.shine916@gmail.com

Board of Trustees

Executive Committee: President, Barry Broadl
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Thank You Mr. Finklestein

I was 27 years old, relatively new to Sacramento, and I had, without much thought, checked the box on the form I sent back with my donation to Jewish Family Service (JFS) saying that I was willing to volunteer. Not long after, someone from JFS called and asked if I was willing to spend time with an elderly widower with no family named Leo Finklestein. Leo, she explained, was "a character" and "a difficult person." He had contacted JFS repeatedly asking if he could volunteer but then would get angry and hang up each time. It was evident that he was lonely and isolated and wanted attention, though he was unable to ask for it.

Never one to shy away from a challenge and having come from a long line of "difficult persons," I enlisted my then-girlfriend (and later wife) and we contacted Leo. Suffice it to say, from Leo's perspective, JFS had finally come to its senses and sent him someone he could help. We entered Leo's world, which frequently involved breakfast at downtown greasy spoon coffee shops nestled within single room occupancy hotels. Leo was a tough working class Jew and a World War I veteran with a large tattoo of an anchor and the letters "USN" on his bicep. Leo lied about his age and enlisted in the Navy to see the world. He worked a succession of jobs and later married. He and his wife were childless and she had died a few years before we met him. Leo lived in subsidized housing in south Sacramento with no other Jewish people. Despite his loneliness and desire to connect with the Jewish community, he refused to attend any events for Jewish seniors. In retirement, Leo became an artist, hand painting clay figures. Leo's output was prodigious and we drove him all over Sacramento delivering his works of art, which he gave to nearly everyone he met.

In his own irascible way, I'm sure Leo appreciated us. We certainly appreciated him. More than that, Leo understood that, in the end, if he had nothing else and no one to care for him, he could reach out to the Jewish community and it would be there for him, no questions asked.

How many Leo Finklesteins are there in Sacramento today, lonely, isolated, and fearful? How many Jewish single mothers are out there with no one to turn to? How many people in our community are struggling with mental health issues? We must be there for them and that is why the Jewish Federation has made the return of Jewish Family Service a reality.

Each one of us is responsible for the entire Jewish community. In the famous words of Hillel, "If I am not for myself, then who will be for me? And if I am only for myself, then what am I? And if not now, when?" That is the task ahead for us, to be there for those who are less fortunate in our community by creating a robust social service network that leaves no one behind who is in need.



Barry Broad is the President of the Jewish Federation.

The Dance

No, I don't mean the Chicken Dance, the Harlem Shake, the Running Man, or the Hora. I am talking about the delicate dance we do as Jewish communal leaders and professionals. It is the dance between optimism and realism, instinct and fact.

I've always been a person who trusts her instincts and often makes "gut" calls. As the Executive Director of a Federation, however, it is critical to make decisions based on facts, examples, and data. I like to think of myself as a realist. As the Executive Director of a Federation, however, it is important to always be an optimist who can infuse hope and inspire dreams.

So, let's start with the facts: The Federation is providing services to the community. We are transparent and priority-driven. We have a clear mission to be the central address and service provider of the Sacramento Jewish community. We have a

Board and staff of smart, dedicated people. We've brought back Jewish Family Service (JFS).

The reality of our decreased Annual Campaign, however, just doesn't match these facts. If we have listened, responded, and taken important, positive action, why don't we have a soaring campaign or volunteers knocking down our doors? Why don't we have future leaders lining up? Does this data say that we have lost relevance? This is a reality this Executive Director simply cannot accept.

For the 900+ children who receive PJ Library books, for the hundreds of seniors who have attended Leisure League, for the 2,000+ people who attended the Jewish Heritage Festival, and for the 200+ people who have been assisted with dignity by the return of JFS to Sacramento, my instincts tell me we are extremely relevant.

As I write this, I think I might actually be more of a dreamer and optimist than I thought. I am a deep believer in the power of communal responsibility and collective

action. I believe in the fundamental principles of Federation, which are the same principles of being Jewish— that we take care of one another without judgment or ego.

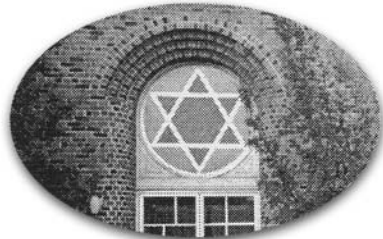
I continue to dance, wanting to believe that our community can and will do something great with the return of JFS. But the fact is, we can only do it by returning to these foundational values of Federation and Judaism.



Melissa Chapman is the Executive Director of the Jewish Federation.

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Reality Bites— If You Let It

Recognize the title? Some of you might from the 1994 movie of the same name, the plot of which centered on an aspiring videographer who was working on a documentary called, well, *Reality Bites*, which followed the disenfranchised lives of the main character and those of her friends and roommates.

Now, truth be told, I've never even seen this movie (thank you Wikipedia for the summary), but the title was the first thing that came to mind while I was anguishing over how to break the news that our community newspaper will transition from 11 issues to 4 annually beginning with this issue (to be followed by December, March, and June). While this 'reality' does, in fact, 'bite,' it also allows me opportunities to focus my energy on other important efforts, not the least of which is Jewish Family Service (JFS). Before hiring Alicia Mittleman, our community Social Worker, I was tasked

with the responsibility of responding to social service inquiries— a job I was neither academically nor emotionally qualified to perform. A year after Alicia's arrival, I am helping to shape the next phase of JFS, which is direct services in the form of facilitated support groups, short-term therapy, volunteer recruitment, and community trainings. Comparing my work on the newspaper with that of restarting JFS might seem a bit like comparing children but honestly, at the end of the day, we are a social service organization.

So while it is probably human nature to want to alter our 'reality' when it 'bites,' perhaps it has been presented to us for a reason. Perhaps new opportunities appear on the horizon. Perhaps we get to think outside the box and live outside of our comfort zone for awhile. Perhaps we have the chance to meet new people that we never would have otherwise.

Anyone who knows me knows I am no Pollyanna! But by the same token, my mantra always is, "What are the options?" (just ask my children about that one). Right now my options are to succumb to the

'reality bites' frame of mind or to forge ahead and do good work wherever I can. Since I didn't see the movie, I don't know which choices all of those disenfranchised characters made but I know the choice I will make. I will not let this 'reality bite.'



Elissa Provance is the Assistant Director of the Jewish Federation and Managing Editor of the VOICE.

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Make a Difference: Volunteer

For the past year I have had the privilege of working as a social worker with the Jewish Federation. I have met many amazing people and have heard stories that have touched my heart. I shared a few of these stories in an article in the May 2013 issue of the *VOICE* and received a positive response from the community. In the article, I outlined ways the community could help the Federation expand our social service programs and was overwhelmed by the responses we have received. From a generous community member donating a tent to a homeless client, to continued donations to our Kosher Food Pantry, to mental health professionals donating their time and energy to help us develop counseling programs and support groups, to leaders of the community coming together to help us shape the new Jewish Family Service (JFS), the feedback and help we have received has reaffirmed my view that the Sacramento Jewish Community is truly amazing.

As we unveil the new Jewish Family Service, a vision has taken shape for how JFS can fill

the social service gaps in the community. We have discussed some ambitious plans and programs for the future and in the course of our planning, it has become abundantly clear that we would not and will not be able to offer any additional programs without the assistance of volunteers. Volunteers are needed to reach out to isolated elderly members of the community, to facilitate support groups, help put together and deliver Holiday Outreach Baskets, and provide assistance at community events. Volunteers can determine their own hours and assist in areas that interest them. A person can volunteer any amount of time— from one hour a week, 10 hours a week, or one hour once a year and still make a great impact in the community.

As you contribute your time and skills to JFS through volunteer work, you will receive many rewards such as receiving personal satisfaction by helping people in need. You will be practicing the Jewish tradition of tikkun olam (repairing the world), tzedakah (performing good deeds), and gemilut

chasadim (acts of loving kindness). You will find a stimulating and rewarding way to use your time. You will exercise your talents and skills as well as gain new ones. You may obtain valuable experience, which could enhance your professional career. Most importantly, you are helping your community and making an impact on people's lives.



Alicia Mittleman, LCSW, is Federation's community Social Worker.

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Leo and Jeannette Schwab-Rosenhouse Continue to Make a Difference in Their Community

Fifteen years after their passing, Leo and Jeannette Schwab-Rosenhouse are still making a difference in the greater Sacramento area. This was evident in the faces of Schwab-Rosenhouse Memorial Scholarship Fund recipients at an annual reception in July hosted in their honor. The Scholarship Fund, led by an Advisory Committee chaired by Marvin Kamras and administered by the Jewish Federation, provides scholarships for post-secondary study at colleges, universities, and vocation/technical institutions within 100 miles of the Sacramento County Courthouse. All eligible high school seniors living in the greater Sacramento region may apply.

Explaining the Schwab-Rosenhouse's legal directive to provide "meaningful" scholarships, Kamras noted, "We go through a lot of work to make a difference and to make 'meaningful' decisions so you can meet your goals and victories."

The Schwab-Rosenhouses led an unassuming life, living in a modest Land Park home, mowing their own lawn, and driving a 1963 Chrysler that had no air conditioning. Leo worked for the Sacramento County Health Department and Jeannette managed her family's real estate investments, including a poultry store in Old Sacramento.

"They were simple folks who invested wisely," explained Advisory Committee member John Lewis, who, as the family's stockbroker, knew Leo and Jeannette well. "They were sweet people and this is a wonderful gift."

To date, the fund has awarded nearly 1,500 scholarships totaling \$9.1 million. For the current year, 75 scholarships worth \$100,000 were provided to students attending state colleges, California universities, community colleges, and vocational education schools.

"Look around the room," Kamras said. "What you see is the diversity that weaves the fabric of California. What you do in college will affect the world. Whatever you do, you will be making California, the United States, and the world a better place. I challenge you to follow your dream."

Speaking on behalf of the Jewish Federation, Treasurer Jack Mador acknowledged how the students "worked tirelessly" and the worries that the parents experience in thinking about how to pay for their children's education.

"Hopefully, we have provided a piece of that equation," he noted, explaining the Jewish value of education. "We must learn all of our life. You are starting that path."

Added Kamras, "I feel comfortable and at ease that I will be safe in the years to come because of you. Leo and Jeannette are up there looking down at you and sharing this with you."

For more information about the Schwab-Rosenhouse Memorial Scholarship Fund, visit www.jewishsac.org/schwabrosenhousescholarships.

KRISTALLNACHT: To REMEMBER and UNDERSTAND

Kristallnacht is often called "the beginning of the end" for Jews. But it wasn't really the beginning. And, fortunately, it wasn't really the end for Jews.

This is the 75th anniversary of Kristallnacht. Please join us for an evening to remember and understand this dark event. Liz Igra, president and founder of CVHEN, will offer a multi-media presentation on the meaning and significance of the night of November 9, 1938.

She will chronicle the ominous signs that led to the "Night of Broken Glass," the response (and lack of response) from countries around the world and the connections between those events and the present day.

Saturday, November 9th

6:30 pm

KOH Library and Cultural Center

2300 Sierra Blvd., Sacramento

No charge to attend.



For more information, e-mail Liz@cvhen.com

Finding Joy Amid Tragedy



Max Littman celebrating his Bar Mitzvah in 1999, following the firebombing of three synagogues. His story is told in *This Jewish Life*, by Debra Darvick.

One early Friday morning, Jan and Phil Littman were out for a walk. It was the start of their son Max's Bar Mitzvah weekend at Congregation B'nai Israel (CBI). But for that upcoming simcha, it was an ordinary Friday until they returned home and Jan's mother told them, "I have bad news."

As it turned out, this particular Friday was anything but ordinary for the Littmans and the entire Sacramento Jewish community. It was June 18, 1999, the day that three Sacramento-area synagogues were firebombed.

The Littman's story is one of more than 50 told in *This Jewish Life: Stories of Discovery, Connection & Joy*, by Debra Darvick.

"I was in a book store and had looked at a book called *Families* that had uplifting stories and memories and thought, there isn't anything like this in the Jewish section," Darvick explained. "Books tended to be about

Chelm or the Holocaust or how to 'do' Jewish. There was nothing validating all of Jewish life."

Structured according to the natural Jewish life cycle, the book begins with Birth and ends with Death and in between, sections such as Rosh HaShanah and Yom Kippur; Shabbat; and Mitzvot among others, document the ebb and flow of Jewish life. The Littman story, *Standing Up to the Fires of Hate*, is in the Bar and Bat Mitzvah section.

After hearing news of the fire bombings, the Michigan-based author thought, "There's a story here." Three months later, she contacted the Littmans and began documenting their story, which began with a return phone call to then-CBI Rabbi Brad Bloom when they arrived home from their walk.

"What stays in my mind," said Jan, "is that it was always clear to me that Rabbi Bloom was keeping the Bar Mitzvah and Max in the forefront of his mind."

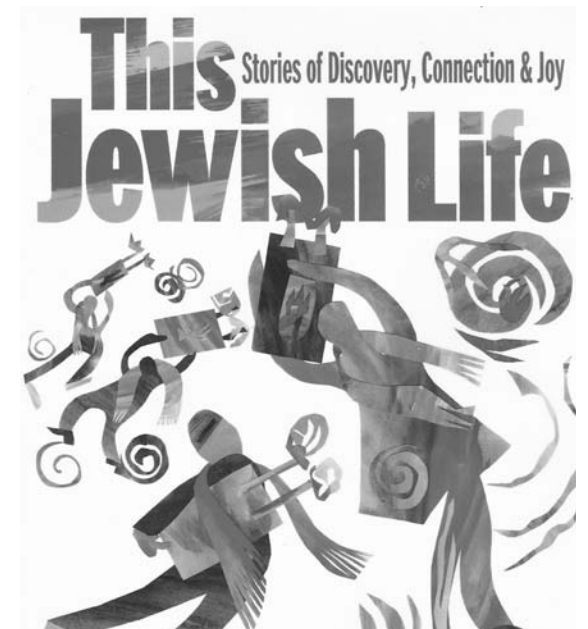
Moving into action, the Littmans found a new venue at the Sacramento Convention Center, chosen from several options offered by friends and neighbors who were Mormon, Methodist, and Greek Orthodox; created a phone tree to contact guests, decorators, and the DJ; and were assured that Max's Torah—one that survived the Holocaust—had been rescued yet again for Max to use.

"You could still smell the smoke," Jan said, recalling the moment at Cantor Carl Naluai's (z"l) house when the Torah was unrolled for Max to practice.

The Bar Mitzvah boy, now 27 years old, remembers his parents dealing with all of the necessary changes and also the feeling that this was going to happen no matter what.

"It never crossed my mind to postpone it," he said. "It was symbolic to go forward and to adjust accordingly rather than stop our tradition. There was a focus on positivity and for us, on what mattered most, rather than the level of disgust or hatred."

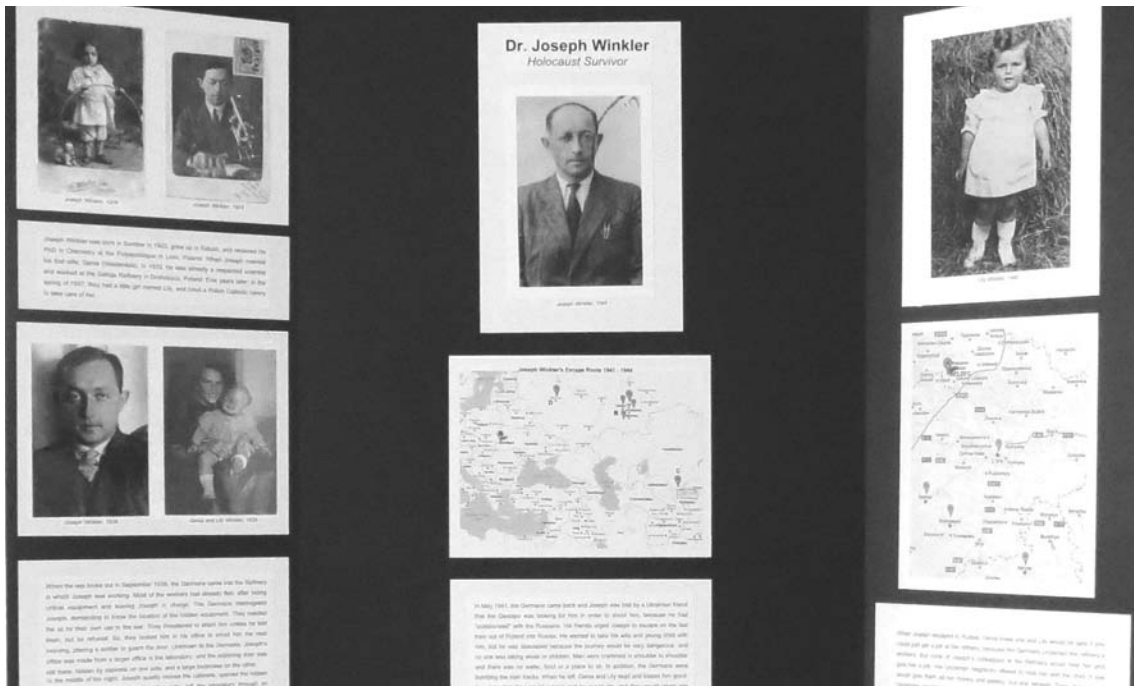
Added Jan, "This was not just about Max—he was a symbol. There was so much positive regarding what happened that it overpowered the awfulness of the rest of it. It was like the Rabbi had said to me: 'In Judaism, it is always the joyful that goes before mourning.'"



For more information about *This Jewish Life*, visit www.ThisJewishLife.com.

Community Exhibit Planned for Yom HaShoah 2014

an array of how people survived and the cost of the Holocaust.”



Maria Winkler documents some of her family's history to be displayed at the 2014 Yom HaShoah Communitywide Commemoration.

Komar's family memories include a letter sent to his mother and aunt in 1944 that spoke about what happened to his grandfather before he was sent to Terezin and Auschwitz. He said he hopes others feel as he and Maria do that, although sharing family memories is difficult, it is important to create a shared history.

"We can only remember what we know," explained Igra. "Even one piece has meaning. These fragments of information can lead to deeper knowledge of the Holocaust. My goal is for people to leave knowing a little more than they knew before. Knowledge is the key to remembrance."

Yom HaShoah is April 27, 2014. If you are interested in participating in the planned display, contact Simone Clay at simone.monnier.clay@gmail.com or Liz Igra at Liz@cvhen.com.

Thumb through the program of any Annual Yom HaShoah Communitywide Commemoration and you'll find pages upon pages of names of people who perished. These names— family members remembered by the Sacramento-area community—gave Liz Igra an idea.

"It became evident that many people have a connection to the Holocaust," said Igra, President of the Central Valley Holocaust Educators' Network (CVHEN), a non-profit organization that teaches teachers how to teach the Holocaust, organizes a Speakers' Bureau, and facilitates a Second Generation of Survivors group. "There are a variety of ways to connect: anecdotes, conversations from looking through family photo albums, familiar objects used by family members, or the turn of a phrase that jogs a memory. People in the community are unaware of each other. As I was listening to this, it became obvious that some of us need to dig deeper than others."

CVHEN is reaching out to local community members who have ties to the Holocaust for an exhibit it is helping to plan for the 2014 Yom HaShoah Communitywide

Commemoration. The exhibit, which is anticipated to include photos, documents, letters, artifacts, and other related items, will show how the Sacramento community is directly connected to the Holocaust.

"All of these threads together form the fabric of who we are," said Igra, herself a survivor of the Shoah. "It might be a photograph from any period— after the War or before the War—that is a visual representation, along with a brief paragraph about why it is meaningful."

For Maria Winkler and David Komar, each a child of survivors, ensuring the Holocaust is not forgotten is critical. Each of them is preparing a display board for the 2014 exhibit and have offered to assist others who are interested in doing the same.

"As the second generation, it's important to remind people of the details of the Holocaust," said Winkler, whose father's 600-page taped autobiography is among her family's artifacts. "It's a very painful process to go through but it's important to educate. We all have different stories— not better or worse— and we're trying to show



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Israelis, Palestinians Reach **Across Borders** to Restore Historic River Valley

by Alan Edelstein

One of the world's most historically and culturally significant valleys in the Middle East is bypassing politics and garnering support from all over the world, including Sacramento.

The 28-kilometer Kidron Valley runs from Jerusalem, out to the east through five Palestinian villages, and eventually into the Dead Sea. It has a rich and varied history, having played a key role in the region's culture and agriculture for centuries. However, over the years the valley and its river have been neglected. An estimated 15 million cubic meters of raw sewage runs from Jerusalem and the towns in the West Bank annually, with projected increases of five percent per year.

The Kidron Valley/Wadi El Nar Master Plan Project, now entering its implementation stage, was presented at a Jewish Community Relations Council- and Federation-sponsored program on August 13th with guest speaker Liora Meron, a highly regarded Israeli architect who serves as one of the chief planners of the Project. Meron also addressed a group of academics at the University of California, Davis, on August 14th.

"We've managed to build bridges across numerous geographical, political, and cultural boundaries to create a vision and a plan for restoring the Kidron Valley basin into the valuable and unique environmental, cultural, educational, recreational, and agricultural treasure that it should be," she explained.

As described by Professor Glen Yago, Senior Director at the Milken Institute and co-author of a report on financing the restoration project, in the July 28, 2013 issue of *Haaretz*, "From the Kidron Valley,

Abraham made his journey to Mt. Moriah, Jesus made his way from his Judean Wilderness baptism to the Via Dolorosa, and the Second Caliph Umar ibn Al-Khattab, disciple of Mohammed, sited the Al Aqsa Mosque and then declared the Prophet's Ascent."

Hebrew University Environmental Law and Policy Professor Richard Laster, who also serves as Chairman of the Kidron River Valley Steering Committee that authored a master plan for the basin's development, studied other important river restoration projects that were approached on a cross-jurisdictional, basin basis and decided the way to restore the Kidron River Valley was to bring parties together regardless of sovereignty issues. As he put it, "We've adopted a classic two-steps forward, one step backward approach that says keep going regardless of politics and boundary disputes. It is possible to create a paradigm shift in governance between Israelis and Palestinians by using sewage as a vehicle for change."

The potential benefits of the Project captured the imagination of Mosaic Law Congregation member and Rotarian Michael Caplan, who learned about the Project while on his recent visit to Israel. Caplan is working with his Rotary district and several others to support a water catchment project in the area and is looking for other ways that Rotary can support the Project. He also is supporting efforts to start a Rotary Club in Bethlehem whose members would be directly involved in the Project.

"This project has a variety of elements that can make a difference educationally and financially regardless of sovereignty issues," said Caplan, adding, "The Project could very well help advance reconciliation and

peace. Environmental dignity and economic security can be vital preconditions for political stability and agreement. Who knows what can develop when people find they have a common stake in their region's well-being."

Edelstein lives part-time in Sacramento and Israel. For more information about the Kidron Valley/Wadi El Nar Master Plan Project, contact him at ae@edelsteinstrategies.com.

JCRC and Federation offer a variety of Israel-related programs throughout the year.

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Shalom School's Early Childhood Ed Program Joins Elite List of Schools



Teachers Odelia Mehrsaz and Amanda Carlson teach children in Shalom School's Early Childhood Education program how to celebrate Chanukah.

by Stacy Spector, Shalom School's National Association for the Education of Young Children Coordinator

Last spring, Shalom School's Early Childhood Education (ECE) program earned an exclusive national accreditation from the National Association for the Education of Young Children (NAEYC), the nation's leading organization of early childhood professionals. Shalom School's infant/toddler and preschool program now joins an elite group of top-flight schools that have achieved the highest standards required for the accreditation. Shalom School is 1 of just 12 total Sacramento-area schools and a mere 8% of programs nationwide to achieve this distinction.

"We're extremely proud to have earned this mark of quality from NAEYC, and to be recognized for our commitment to educating and nurturing our children with the highest professional standards," said Jeannette Amrhein, Shalom School's ECE Director. "This accreditation lets families

in our community know that children in our program are getting the best care and early learning experiences possible."

The accreditation process involved extensive self-study, measuring the program and its services against 10 NAEYC Early Childhood Program Standards and more than 400 related Accreditation Criteria. The ECE program received accreditation after an on-site visit by the NAEYC Assessor to ensure that the program met each of the standards. Shalom School far exceeded the criteria needed to earn the five-year accreditation, earning 100% or more in each of the standards.

The ECE department provides infant care, toddler care, preschool/pre-K education, and extended care services. Programs are designed to care for the whole child in a safe, nurturing, and stimulating environment. Shalom School focuses on providing opportunities for every child to develop their social, emotional, physical, intellectual, and creative selves. The

curriculum is aligned with the California Preschool & Infant/Toddler Learning and Developmental Foundations and extends to all subject areas including Hebrew, Judaic, and secular studies. The department has more than 100 students who come from a variety of religious and cultural backgrounds. Students learn prayers, songs, and are introduced to the Hebrew language. Jewish holidays are exciting celebrations, and area rabbis come to celebrate with students each year.

"The NAEYC Accreditation system raises the bar for child care centers and other early childhood programs," said NAEYC's Executive Director Dr. Jerlean E. Daniel. "Having earned NAEYC Accreditation is a sign that Shalom School's Early Childhood Education Department is a leader in a national effort to invest in high-quality early childhood education."

For more information about Shalom School's ECE programs, visit www.shalomschool.org or contact 916-485-4151.

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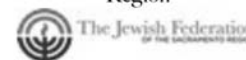
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October 27, 2013 2:00pm
Albert Einstein Residence Center,
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**Honoring Past President Michael Rochman and
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RSVP to director@JCFWest.org
Light refreshments served.

www.JCFWest.org

The Jewish Community Foundation of the West exists to enhance charitable giving, facilitate philanthropy both locally and worldwide, and build permanent financial resources to safeguard and strengthen organizations and programs that serve the Jewish families of Northern California.

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We send out heartfelt and sincere condolences to
the Herman Family

on the loss of Irving L. Herman, our dear friend, mentor, and founding member

Schwab-Rosenhouse Scholarship Advisory Committee
of the Jewish Federation of the Sacramento Region

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Together we'll go far





JEWISH FAMILY SERVICE

A program of the Jewish Federation of the Sacramento Region

THE **SAFETY NET** IS BACK!



“How wonderful it is that **no one has to wait**, but can **start right** now to gradually **change the world!**”

—**Anne Frank**

THE SAFETY



Meet Miriam.* She has a husband and young son. Miriam fell on hard times due to an acquired disability and, coupled with the economy's downward spiral, was struggling to put food on the table. She found out about the **new Kosher Food Pantry** and has made multiple visits, always expressing how she only wants to take what she **absolutely needs** so the next person has enough. "I cannot stress how important **Jewish Family Service** is to our community," she explained. "We have special issues that are particular to our culture, and we need resources to help us with our problems— resources that we can use without going outside of our cultural circle and comfort zones."

Reinstating **Holiday Outreach Baskets** resulted in a beautiful thank you from 90-year-old **Shirley**. "I want to thank you for your thoughtful gift in celebration of Passover," she wrote. "It was wonderful to be **remembered by Federation**." In addition to Shirley, more than **200** homebound individuals received **Holiday Baskets** during Rosh Hashanah, Passover, and Chanukah, that were filled with traditional goodies delivered by a friendly face.

These are just a few stories of people who have been helped by Federation's commitment to bringing
Help us assist more people in our community by supporting our 2014 Annual Campaign. You'll feel good knowing you ha
If you or someone you know is in need of assistance, please contact our Community Social Worker, Alicia

*All names are changed to maintain confidentiality.

NET IS BACK!



Then there is **Susan**, the parent of a young child with a disability. For years, Susan and her family had been isolated from their Jewish community but that didn't keep them from longing to be part of it.

Susan heard about **Federation's Committee on Inclusion and Disabilities**, where she made friends who share common goals, one of which, she said, "is a dedication to full inclusion that brings a richer and more meaningful link to the Jewish community for the individual with a disability and their families." Now Susan hopes she can be a **positive force in helping others** connect, socialize, and bond just as she did.

g back Jewish Family Service.

ave helped to gradually change the world.

Mittleman, at 916-205-0688.

2009:

Jewish Family Service (JFS) agency closes its doors due to a lack of resources. This void leaves the Sacramento region without a safety net of vital services.

2012:

Federation identifies closing the gap in social services as its number one priority. Phase 1 involves and hiring a part-time community social worker to serve as a Resource & Referral Coordinator; absorbing the Committee on Inclusion and Disabilities to improve awareness and develop outreach strategies related to those in the Jewish community with disabilities; creating a Kosher Food Pantry that provides non-perishable, hechshered food and Judaica items; restructuring senior programs as twice monthly Leisure Leagues at two geographically desirable locations; and reinstating the delivery of Holiday Outreach Baskets to homebound individuals during Rosh Hashanah, Chanukah, and Passover.

2013-14:

Federation moves to Phase 2: Short-term therapy; facilitated support groups; volunteer recruitment; and community trainings.

SAVE THE DATES

HOLIDAY OUTREACH BASKET DELIVERY

Volunteer to deliver holiday baskets to homebound individuals throughout the community. Pick-up times as follows:

Rosh Hashanah Baskets

September 1, 2013: Noon-1:00pm

September 3, 2013: 9:00am-4:00pm

September 4, 2013: 9:00am-1:00pm

Chanukah

November 24, 2013: Noon-1:00pm

November 25, 2013: 9:00am-4:00pm

November 26, 2013: 9:00am-4:00pm

Passover

April 13, 2014: Noon-2:00pm

April 14, 2014: 9:00am-Noon

"AGING IN PLACE"

Educational seminar, including a variety of topics for seniors and adult children caring for parents.

October 9, 2013: Noon-2:00pm. Temple Or Rishon, 7755 Hazel Ave., Orangevale.

October 24, 2013: 6:30-8:30pm. The Albert Einstein Residence Center, 1935 Wright St., Sacramento.

LEISURE LEAGUE

Twice monthly programs for seniors.

September 11, 2013: A showcase of people who have served in the Armed Forces and their spouses. Temple Or Rishon, 7755 Hazel Ave., Orangevale.

September 25, 2013: Men's Choir, Country Club Aires. Albert Einstein Residence Center, 1935 Wright St., Sacramento.

October 9, 2013: Aging in Place (see above). Temple Or Rishon.

October 24, 2013: TBA. Albert Einstein Residence Center.

November 13, 2013: TBA. Temple Or Rishon.

November 21, 2013: TBA. Albert Einstein Residence Center.

December 11, 2013: TBA. Temple Or Rishon.

December 26, 2013: TBA. Albert Einstein Residence Center.

Leisure League is funded by the Jewish Federation and the Trust Fund for the Jewish Elderly. Noon-2:00pm. \$5 includes lunch and entertainment. RSVP to 916-486-0906 or federation@jewishsac.org.

COMMITTEE ON INCLUSION AND DISABILITIES

Federation Committee to improve awareness and develop outreach strategies related to those in the Jewish community with disabilities.

Monthly Meetings:

October 10, 2013

December 12, 2013

February 13, 2014

7:00pm, Federation office, 2014 Capitol Ave., Sacramento.

February 28-March 4, 2014. Jewish Disabilities Awareness Month programming in conjunction with the Michael Bussina Inclusion Project. Times and details TBA. KOH Library and Cultural Center, 2300 Sierra Blvd., Sacramento.

Spring 2014. Seminar/discussion on transitioning to adulthood, including transition to college and supported living. Details TBA.

For more information about any of these programs or events, contact Federation at 916-486-0906.

If JFS is important to you, please consider making a pledge to Federation's 2014 Annual Campaign.



I hereby pledge \$ _____ to the **2014 JEWISH FEDERATION ANNUAL CAMPAIGN.**

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My Israel



by Lenea Schwartz

My Israel is a new feature, highlighting the experiences that everyday people who live in our region have with the Jewish State. Lenea Schwartz was involved in Federation's Emerging Jewish Leaders.

I grew up in San Diego and later attended California State University, Sacramento, where I graduated with a double major in political science and social science in May 2011. My passion for Judaism and support for Israel was fueled by a tight knit Jewish community in Sacramento. As a result, I decided to accept a once-in-a-lifetime opportunity to teach English for 10 months in Israel through a MASA program.

MASA (*journey* in Hebrew) offers young adults life-changing gap year, study abroad, post-college, and volunteer experiences in Israel. MASA Israel is a joint project between the Israeli government and the Jewish Agency for Israel. My first post-college project was to teach English in a low-socioeconomic elementary school in the city of Netanya. I'd be lying if I didn't say the first few months were rocky at best: I really questioned this semi-insane decision

I'd made. I remember thinking, "Who just up and decides to move to Israel for a year?" It is kind of a crazy thing to do! But it turned out to be one of the best decisions I have ever made.

After the initial shock wore off, I really started to explore Israel and the wonderful people who call this incredible country home! I spent Chanukah in Eilat; Pesach in Jerusalem; Yom Kippur and Rosh Hashanah in Tel Aviv; many Shabbatot in Kiryat Shmona, Jerusalem, Ranaana, Netanya, Tel Aviv, etc. Through MASA, I was able to participate in some truly incredible projects including iEngage with the Shalom Hartman Institute, which taught me about engaging our communities with Israel; various conferences on a variety of subjects, including the history of Israel, leadership, and security and diplomacy; and through the Ministry of Foreign Affairs, I participated in the Young Jewish Diplomatic Fellowship Program, where we learned all about Israel's international relations efforts.

Another aspect of our program was volunteering. I had the opportunity to work at INTRA (Israel National Therapeutic Riding Association), which focused on adults and children with mental and physical disabilities through horseback riding. It was by far one of the most inspiring and moving experiences of my life!

As a result of exploring the country, making friends, and participating in all of these wonderful opportunities, my love for Israel increased and I realized leaving was not an option. After a lot of thinking, and talking with family and friends, I decided to make aliyah. I will be calling Jerusalem home when I return to Israel in October, where I'll enroll in an Ulpan (an intensive Hebrew course) and hope to pursue a Master's degree in Political Science. I don't know where I will be for the rest of my life but I do know that right now, Israel is my home.

Kenesset Israel Torah Center
לשנה טובה



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Joel Zeff, Rabbi
Michael Feldman, Hazan

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Calling all crafts Artists and Artisans!!!

KOH Library and Cultural Center
is having its 3rd Annual Arts and Crafts Fair on

Sunday, November 3, 2013

10 AM – 4 PM

For applications and inquires please

e-mail Mehrnaz@KOHLCC.ORG

Building Our Community Brick By Brick

As the Jewish Federation of the Sacramento Region **celebrates being in our 90's**, please join us for an afternoon of honoring all of the other **90-something leaders who helped build our community.**

**Sunday, December 8, 2013
Noon-3pm | Arden Hills Country Club**

\$90 per person includes a **mimosa brunch and a brief message in our Tribute Book** honoring these community leaders. A minimum gift to the 2014 Federation Annual Campaign is required to attend.

For more information, contact
916-486-0906 | www.jewishsac.org

If you know of someone 90 or older who is or was a Jewish community leader, please contact Melissa Chapman at 916-486-0806 or mchapman@jewishsac.org.

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TORAH WORDS

by Rabbi Joel Zeff, Keneset
Israel Torah Center



I have always found it remarkable that some of the most emotionally resonant and popular practices of Judaism are also the most obscure. The upcoming holiday of Yom Kippur offers two outstanding examples: Kol Nidrei and Yizkor. Many Jews who may have minimal involvement in synagogue life during the course of the year will make a special effort to attend Kol Nidrei and Yizkor. A cursory reading of the Kol Nidrei text reveals what appears to be a dry legal document addressing the status of various forms of commitments and vows. At first glance, there is nothing even remotely moving about the words of Kol Nidrei. Similarly, though Yizkor is popularly (mis)understood as simply an opportunity to remember our dearly departed, an examination of the text reveals it to be quite a bit more than that.

The text of Yizkor is short: "May the Lord remember the soul of my (relative), who has gone on to eternal rest, on behalf of my pledging to give charity on his/her behalf. As reward for this,

may his/her soul be bound in the Bond of Life, together with the souls of Abraham, Isaac, and Jacob; Sarah, Rebecca, Rachel, and Leah; and together with the other righteous men and women in the Garden of Eden." The key to understanding Yizkor is the phrase, "on behalf of my pledging to give charity on his/her behalf."

Judaism makes a dramatic assumption about death. The ultimate demise of a human is associated, for obvious reasons, with sadness and loss. Jewish tradition suggests that the most tragic aspect of death is the inability, absent a body, to engage in mitzvot and good deeds and thereby further refine the soul. Yet our tradition boldly asserts that when we engage in good deeds, like the giving of charity, on behalf of our dearly departed, the "credit" for that act is accrued to the soul of those who have passed on and in whose honor the good deed was performed. The soul's state of existence in the afterlife undergoes an "upgrade" as a result of this accumulation of more "mitzvah points." Now go back and reread the text of Yizkor and see how clearly this is its intent.

Yizkor is much more than a context to remember. The text of Yizkor is a "mitzvah opportunity," bidding us to recall our relatives that have passed on by pledging a charitable donation on their behalf, thereby bringing about an "elevation" of their souls.

This year, let's take advantage of the power of Yizkor by coming to our synagogues, pledging support to these vital institutions, elevating the souls of beloved relatives who have passed on, and reminding ourselves of the real purpose of the few years we have been granted on this Earth.

A GUIDE TO THE HIGH HOLIDAYS

CONQUER THE POMEGRANATE | NEW FRUITS | ADVICE ON FASTING | SYNAGOGUES

The High Holidays are filled with customs and traditions. Eating apples and honey, adding a new fruit to your holiday table, eating a round challah, and cutting open a pomegranate. Federation hopes you find meaning in these traditions and wishes our community a sweet and healthy new year.

CONQUER THE POMEGRANATE

by Mollie Katzen, JNS.org

In the traditions of many Jewish holidays, there's a poetic relationship between the festival's culinary laws and that season's foods. While the relationship linking Rosh Hashanah with apples and honey never grows old, the elegant and elusive pomegranate is less acknowledged, though profoundly tied to biblical literature and ancient agriculture. Pomegranate seeds offer the kind of culinary beauty that cause us to slow down, take note, and absorb the scared spirit of newness. That being said, they can be a pain to wrangle. Here are strategies to help you conquer the pomegranate this Rosh Hashanah:

The easy (and un-messy) method for mining a pomegranate

Have ready a big bowl of water. Cut the fruit into quarters and submerge them. Peel them under water and keep them in there as you comb through with your fingers to loosen the seeds. The skins and inedible pith will float to the surface (skim this away thoroughly, and discard) and the seeds will sink to the bottom. Strain, and you've got the goods.

Roasted Acorn Squash Rings with Pomegranate-Lime Glaze

6 servings (about 3 pieces per serving)

Simple and sweet, these golden circles topped with the contrasting tart glaze will round out your dinner plate. Be careful slicing the squash. Use a very sharp paring knife, inserting the point first and using a gently sawing motion. The easiest way to remove the seeds is to cut loose the strand around them with scissors, and then scrape them away with a spoon. You can make the glaze well ahead of time. It keeps indefinitely.

Ingredients:

Olive oil for the baking tray
2 medium-size acorn squash (about 3

pounds)— skin on, and cut into 1/2-inch rings

Pomegranate-Lime Glaze (recipe follows)

1/4 cup pomegranate molasses
1 tablespoon fresh lime juice (possibly more to taste)

Acorn squash directions:

Position a rack in the center of the oven and preheat the oven to 375°F. Line a baking tray with foil and coat it lightly with olive oil. Arrange the squash slices on the prepared tray and place the tray in the oven.

After about 15-20 minutes (or when the squash is fork-tender and lightly browned on top and around the edges) remove the tray from the oven and spoon or brush the still-hot squash with a light coating of the glaze.

Serve hot, warm, or at room temperature, decorated with pomegranate seeds. Pass a little dish of extra glaze at the table.

Pomegranate-Lime Glaze directions:

1/3 cup (about 1 tablespoon per serving)

Combine the pomegranate molasses and

lime juice in a small bowl and mix until smooth. Taste to adjust lime juice. Serve at room temperature, spooned over hot or room temperature food.

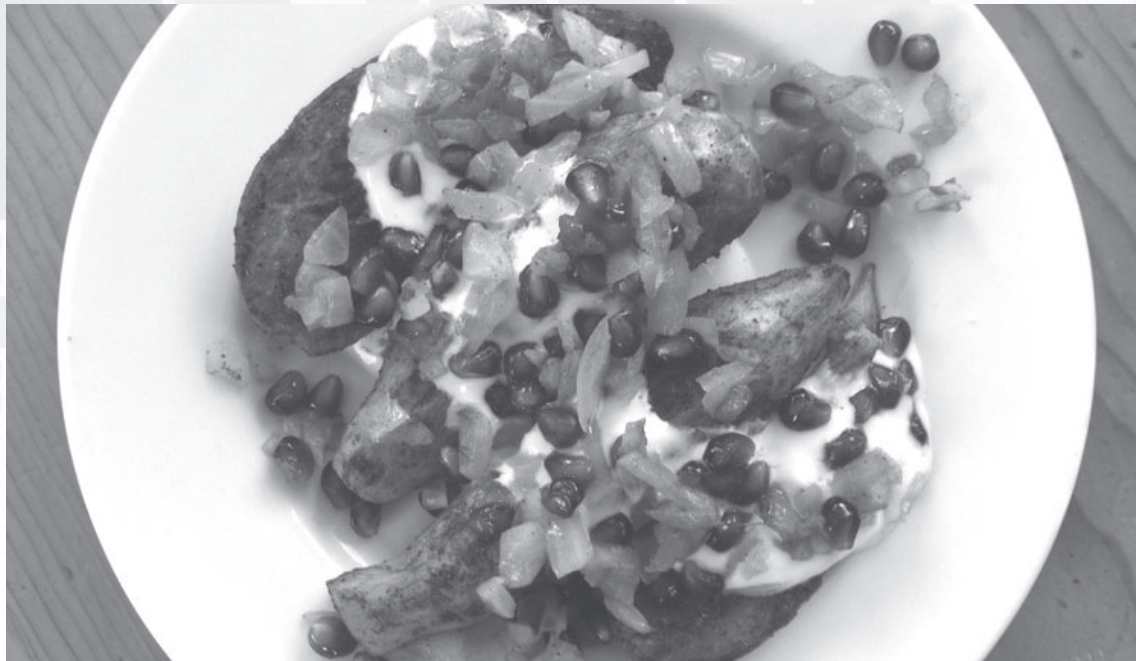
Curried Eggplant Slap-Down with Yogurt, Onion Relish, and Pomegranate

Adapted from "The Heart of the Plate"
4 servings

Small eggplants, artfully prepared, can be an elegant appetizer or a light lunch, in addition to a welcome side dish.

Ingredients:

2 tablespoons grapeseed oil or peanut oil
Up to 1 teaspoon unsalted butter (optional)
1 teaspoon curry powder
Four 4-ounce eggplants, trimmed and halved lengthwise
1/2 teaspoon salt (plus a big extra pinch)
1/4 cup Greek yogurt
Another scant tablespoon oil (hot, so the seeds will sizzle on contact)
1 teaspoon cumin seeds
1/4 teaspoon (big pinch) turmeric
1 cup minced onion
Pomegranate seeds and/or pomegranate concentrate or molasses



Curried eggplant slap-down with yogurt, onion relish, and pomegranate, by chef Mollie Katzen.
Credit: Mollie Katzen.

Directions:

Place a medium (9-inch) skillet over medium heat and wait about a minute, then add 1/2 tablespoon of the oil and swirl to coat the pan. Melt some butter into the oil, if desired, and sprinkle in the curry powder, which will sizzle upon contact.

Add the eggplant halves with their cut sides facing down into the oil, swishing them around (as though you're wiping the pan with them) to both distribute and acquire the curry. Turn the heat to medium low, cover the pan, and cook undisturbed for about 8 minutes, until each eggplant half becomes tender. The eggplant is cooked when the stem end can easily be pierced with a fork.

Flip the eggplants onto their backs, sprinkle with a 1/4-teaspoon salt, and transfer to a plate. Spoon a little yogurt onto each open surface, spreading it to cover. Set aside while you prepare the onion.

Keeping the same pan over medium high heat, add another 1/2-tablespoon oil, swirling to coat the pan. Sprinkle in the cumin seeds and turmeric (should both sizzle on contact), and mix them a little to

pick up some of the flavor that may have adhered. Add the onion and a big pinch of salt, tossing to coat. Cook quickly over medium heat (about 5 minutes, or until tender-crisp), then remove the pan from the heat. Divide the onions evenly among the four halves, spooning them over the yogurt (and scraping and maximally including any remaining tasty bits from the pan).

Top with pomegranate seeds and/or a drizzle of pomegranate concentrate or molasses. Serve hot, warm, or at room temperature.

Endive Salad

Adapted from "The Heart of the Plate"
4 to 5 servings

Cook the wild rice ahead of time. You'll need only 1/2 a cup—okay to use leftovers. If you can find both colors, it's nice to use a combination of green and red Belgian endive in this salad.

Ingredients:

4 Belgian endives (about a pound), chopped crosswise
1/2 medium jicama (about 3/4 pound, peeled and cut into matchsticks or any shape bite-sized pieces)

1 medium-sized red apple, sliced
Seeds from a medium-sized pomegranate
1/2 cup cooked wild rice
Bleu Cheese-Yogurt Dressing (recipe follows), as needed
Black pepper
1/2 cup coarsely chopped pecans, lightly toasted

Directions:

Toss the vegetables, fruit, and rice together in a medium-large bowl.

Keep tossing as you add the dressing (stirred from the bottom, to reincorporate, and also to include all the tasty bleu cheese bits)— until everything is coated as you like it. You might or might not end up using all the dressing.

Grind in some black pepper toward the end of the tossing, and serve topped with pecans.

Mollie Katzen has sold more than 6 million books and is listed by the New York Times as one of the best-selling cookbook authors of all-time. She has been named by Health Magazine as one of "The Five Women Who Changed the Way We Eat." Her new book, The Heart of the Plate: Vegetarian Recipes for a New Generation, is being published in September 2013 by Houghton Mifflin Harcourt.

PUNT THE POMEGRANATE:

Five seriously new fruits for Rosh Hashanah

by Binyamin Kagedan, JNS.org

Let's be honest— it's 2013, and with rows of bottled pomegranate juice lining every convenience store refrigerator, the sight of those hundreds of little red stains-to-be on Rosh Hashanah night is just all too humdrum. So when you usher in the Jewish New Year with a new fruit this holiday season, why not treat your family to one of these uber-exotic natural delicacies? That is, if you can find them.

Ackee

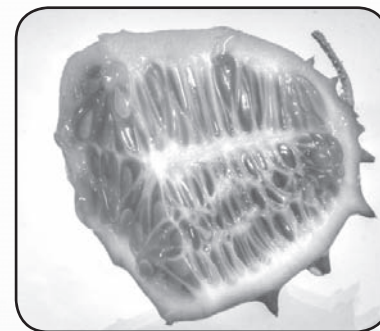
The ackee is native to tropical West Africa, and was imported to Jamaica in 1778, where it now holds the rank of national fruit. A relative of the lychee and similar in taste and consistency, the ackee's fruit is soft and white and grows around three large, dark seeds. Ackees are generally cooked and canned before being sold, with good reason: Eating an unripe ackee can result in a bout of the very bluntly named Jamaican vomiting sickness.



The Ackee. Credit: Jerome Walker via Wikimedia Commons.

Kiwano

Also known as the horned melon, jelly melon, hedged gourd, blowfish fruit, or my personal favorite, the African horned cucumber. The kiwano is native to Africa but now grows in California, Chile, Africa, and New Zealand. Its flesh is bright green and jelly-like, and tastes like a cucumber with a hint of citrus. The peel can also be eaten and is rich in Vitamin C and fiber. Kiwanos can be eaten raw or cooked, juiced and mixed into lemonade, or even turned into gourmet ice cubes!



The Kiwano. Credit: Elke Wetzig via Wikimedia Commons.

Jabuticaba

The jabuticaba tree is very striking, its fruit growing in clusters up and down its trunk rather than hanging from branches. It is native to southeastern Brazil, and is somewhat of a cultural icon for peoples of that region. The jabuticaba fruit is usually eaten fresh, but because it starts to ferment only three or four days after being picked, is also widely used in jams, wines, and liqueurs. Despite being deliciously sweet and chock full of anti-oxidants, the jabuticaba has not gained much popularity outside Brazil, as its very brief shelf life makes it impossible to export efficiently. In other words, it will be hard to find a fresh one outside Sao Paolo.



The Jabuticaba. Credit: Mateus Hidalgo via Wikimedia Commons.

Mangosteen

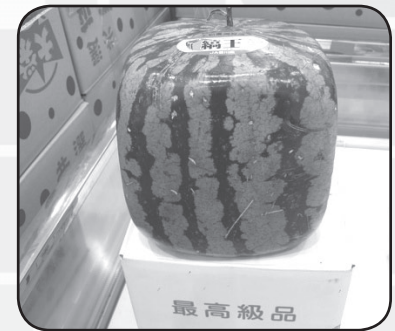
The mangosteen is actually a tasty and widely desired fruit that grows almost exclusively in Thailand. Mangosteens are renowned for their delectable flavor and fresh fragrance, which prompted one botanist to say, “The mangosteen only has one fault; it is impossible to eat enough of it,” according to Mangosteen.com. Fresh mangosteens can be expensive and hard to find in the U.S., but the canned variety are easier to come by.



The Mangosteen. Credit: Shin via Wikimedia Commons.

Squared Watermelon

Not only do these really exist, you can actually grow them in your backyard (see YouTube for the instructional video). Whether they should count as a new fruit is debatable, however. The secret of squared, or cubic, watermelons is that they are really just regular watermelons grown into square-shaped glass boxes. An enterprising farmer on the Japanese island of Shikoku developed this method about 20 years ago to make the large, cumbersome melons easier to store. Today, the product is fashionable among the elite of Tokyo and Osaka and can be purchased for a mere 10,000 yen (about \$83, or 16 round watermelons).



The Squared Watermelon. Credit: Cat via Wikimedia Commons.

Adapted from JNS.org.

ADVICE: FAST AND EASY

On the evening of Friday, September 13th, Jews around the world will begin the annual fast of Yom Kippur, abstaining from eating and drinking. JNS.org consulted with several registered dietitians and nutritionists about how to prepare for the Yom Kippur fast. Here is their advice:

Drink Up

Invariably, Yom Kippur seems to be the hottest day of the year. “Be sure to drink plenty of water the day before, so that you are fully hydrated,” said Ruth Frechman, RD, a spokesperson for the Academy of Nutrition and Dietetics and author of *The Food Is My Friend Diet*. Bonnie Taub-Dix, RD, author of *Read It Before You Eat It* and co-author of *Kosher By Design Lightens Up*, agreed. “A lot of people don’t realize when you’re dehydrated you feel irritable, tired, lethargic—a feeling you don’t want, especially if you’re sitting in temple,” she said.

“Avoid sweetened beverages like soda or juices, as they contain added sugars and empty calories,” advised Toby Smithson, RD, CDE, a spokesperson for the Academy of Nutrition and Dietetics and founder of *DiabetesEveryDay.com*. “It will also help to avoid alcohol or large amounts of caffeine, since they can induce dehydration. The best way to stay hydrated is to drink clear fluids early and often the day before. Water is the best choice. For storing up on electrolytes, consume a variety of fruits and vegetables.”

Taub-Dix, noting that not everyone is crazy about plain water, suggests enhancing it with cut up fresh produce. “Watermelon and peaches make the water taste delicious, and when you’re done drinking, you have the fruit. Cucumber is great during the meal, more refreshing, and doesn’t take away flavors, very neutral.”

Meal Preparation

How you eat the day before can affect how easy the fast may be. “People are afraid of not having food,” Taub-Dix said. “Many people really overdo the night before because they’re not going to eat all day the next day, and when evening comes they eat enough for three meals.”



Frechman noted, “Under normal circumstances, fasting for a day will not be harmful to one’s health. There are 3,500 calories in a pound. If the average intake is 2,000 calories a day, fasting for a day will not even result in a loss of one pound.”

Still, the last meal before the fast should be carefully considered. “It is important to consume foods with protein as well as high fiber foods to help you feel fuller for longer,” said Smithson.

“The day before the fast, focus on nutrient-rich foods, those foods that are packed with nutrition versus packed with calories.” Joy Dubost, PhD, RD, a nutrition spokesperson for the Academy of Nutrition and Dietetics added, “It would be best to consume whole grains, lean protein, and a vegetable and fruit source for fiber to ensure adequate protein, complex carbohydrates, and fiber prior to fasting.”

Good protein sources include lean meat, poultry, fish, beans— and servings are smaller than you might think, “Three or four ounces is adequate protein,” said Taub-Dix. “It looks like a deck of cards.” For carbohydrates, she said, “You want carbs that are going to last in your system the longest— whole wheat pasta, brown rice, quinoa. When you have a carb that is whole grain and has fiber, it takes longer to break

down, sustains you longer, as opposed to something that’s just white.”

“Eating a lot of sweets may cause blood sugars to rise and then crash, resulting in more hunger,” Frechman observed.

To Fast or Not to Fast

Taub-Dix said, “When we talk about this holiday in particular, we talk about reflecting and self-examination, what your year has been like. A good question to ask is, ‘Did I take care of my body? Am I setting a good example for my family?’”

While eating and drinking properly the day before can make the fast easier, Smithson noted, “A fast will be more difficult for people who have diabetes or hypoglycemia, and actually they should not fast. People who have medical conditions are exempt from fasting as the purpose is not to make you ill.” Those with hypoglycemia (low blood sugar) need to be especially careful, she said. “Hypoglycemia can lead to loss of consciousness, convulsions, or seizures, which require medical emergency treatment. Fasting for Yom Kippur should not cause a compromise in health.”

“If there’s a medical condition, eating is a must,” asserts Rabbi Mussman, Education Director Emeritus for Congregation Beth Shalom in Northbrook, Ill. “Life is the most important thing.” This also applies to pregnant women and those who must eat food at regular times to maintain health, or to those who take medications that need to be consumed with food. “They must do what is healthful for them, but at the same time be aware, reflect, and go on from there.”

Taub-Dix noted that fasting can be easier for some than for others, no matter the foods they eat beforehand. “There are people who are just able to put food out of their minds and not think about it as much, which is not an easy thing to do. Tell yourself you ate yesterday.” Frechman added, “Yom Kippur is a special spiritual day. Dedicating the day to prayer and reflection and not thinking about the physical body may help.”

Adapted from JNS.org.

SYNAGOGUES

Looking for a synagogue during the High Holidays? Following is a list of synagogues with contact information for the Jewish Federation's 13-county service area as well as High Holiday hours for Home of Peace, our local Jewish cemetery.

CONSERVATIVE

Congregation Beth Shalom (Modesto)
1705 Sherwood Ave., Modesto
209-571-6060
www.cbsmodesto.org

Mosaic Law Congregation
2300 Sierra Blvd., Sacramento
916-488-1122
www.mosaiclaw.org

MODERN ORTHODOX

Kenesset Israel Torah Center
1165 Morse Ave., Sacramento
916-481-1159
www.kitcsacramento.org

NON-DENOMINATIONAL

Antelope Roseville Jewish Congregation
916-594-9576
antelopejewishcongregation@yahoo.com

Congregation Beth Israel
1336 Hemlock St., Chico
530-342-6146
www.cbichico.org

ORTHODOX

Chabad of Chico
rabbi@jewishchico.com

Chabad of Folsom
302 S. Lexington Dr., Folsom
916-608-9811
www.jewishfolsom.org

Chabad of Roseville
4410 Douglas Blvd., Roseville
916-677-9960
www.jewishroseville.com

Chabad of Sacramento
945 Evelyn Lane, Sacramento
916-455-1400
www.chabadofsacramento.com

Chabad of Solano County
119 Briarwood Dr., Vacaville

707-592-5300
www.jewishsolano.com

REFORM

Congregation Bet Haverim
1715 Anderson Rd., Davis
530-758-0842
www.bethaverim.org

Congregation B'nai Harim
P.O. Box 1229, Nevada City
530-477-0922
www.ncjcc.org

Congregation B'nai Israel
3600 Riverside Blvd., Sacramento
916-446-4861
www.bnais.com

Congregation Beth Shalom (Carmichael)
4746 El Camino Ave., Carmichael
916-485-4478
www.cbshalom.org

Congregation Beth Shalom (Yuba City)
P.O. Box 103, Marysville
530-742-1203
www.yubasuttercbs.org

Congregation Shir Shalom
252 W. Spain St., Sonoma
707-935-3636
www.shir-shalom.org

Foothills Jewish Community of Amador County
P.O. Box 1625, Jackson
209-296-8701

Mother Lode Jewish Community
P.O. Box 1142, Angels Camp
209-533-1650
www.motherlodejc.org

North Tahoe Hebrew Congregation
P.O. Box 201, Tahoe Vista
530-546-0895
www.tahoetemple.org

Temple Bat Yam
P.O. Box 5099, Stateline, NV
775-588-4503
www.tbytahoe.org

Temple Israel
5150 North El Dorado, Stockton
209-477-9306
ca047.urj.net

Temple Kol Shalom
1060 Suncast Lane, El Dorado
530-221-4050
www.templekolshalom.org

Temple Or Rishon
7755 Hazel Ave., Orangevale
916-988-4100
www.orrishon.org

ROSH HASHANAH SINGLES SERVICE

September 5, 2013
8:00pm followed by wine and cheese reception
Congregation Beth Shalom (Carmichael)
4746 El Camino Ave., Carmichael
916-485-4478
www.cbshalom.org

HOME OF PEACE CEMETERY

September 4, 2013:
3:00pm closure for Erev Rosh Hashanah
September 5, 2013:
Closed for First Day of Rosh Hashanah
September 6, 2013:
Closed for Second Day of Rosh Hashanah
September 8, 2013: Annual High Holiday Service
September 13, 2013:
3:00pm closure for Erev Yom Kippur
September 14, 2013: Closed for Yom Kippur
September 18, 2013:
4:00pm closure for Erev Sukkot
September 19, 2013:
Closed for First Day of Sukkot
September 20, 2013:
Closed for Second Day of Sukkot
September 25, 2013:
4:00pm closure for Erev Shemini Atzeret
September 26, 2013: Closed for Shemini Atzeret
September 27, 2013: Closed for Simchat Torah



The Jewish Federation
OF THE SACRAMENTO REGION

Celebrate 5774 with PJ Library!



PJ Library Playgroup: Visit www.jewishsac.org/pjlibrary for dates. 10:00-11:30am. Jewish Federation, 2014 Capitol Ave., Sacramento.

Intergenerational Sukkah Celebration: September 15th; Noon-2:00pm. Albert Einstein Residence Center, 1935 Wright St., Sacramento.

K'tonton Introductory Session: September 22nd; 10:30am-12:30pm. Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento.

Simchat Torah: September 29th; 3:00-4:30pm. Temple Or Rishon, 7755 Hazel Ave., Orangevale.

Gan K'Tan Open House: October 4th; 10:00-11:00am. Temple Or Rishon, 7755 Hazel Ave., Orangevale.

Octopretzel Chanukah Concert: November 17th; 4:00-5:30pm. Congregation Bet Haverim, 1715 Anderson Rd., Davis.

Chanukah Mitzvah Week Project: December 1st; 4:00-5:00pm. AERC, 1935 Wright St., Sacramento.

Noon Year's Eve Family Festival: December 31st; 10:00am-2:00pm.

Crocker Art Museum; 216 O St., Sacramento.

Shalom School ECE Family Event: January 12th; 10:00am-Noon. Shalom School, 2320 Sierra Blvd., Sacramento.

Pajama Havdalah Tu B'Shevat Celebration: January 25th; 6:00-7:30pm. Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento.

The Magic of Purim: March 16th; 3:00-4:30pm. Keneset Israel Torah Center, 1165 Morse Ave. Sacramento.

It's Time or Passover: March 30th; 11:00am-12:30pm. Mosaic Law Congregation, 2300 Sierra Blvd., Sacramento.

Matzah Factory: April 6th; 3:30-5:00pm. Chabad Jewish Community Center of Folsom and El Dorado Hills, 302 S. Lexington Dr., Folsom.

It's Yom Ha'atzmaut: May 4th; 11:00am-3:00pm. Federation's Jewish Heritage Festival, Midtown, Sacramento and May 18th; Noon-1:30pm. Congregation Bet Haverim, 1715 Anderson Rd., Davis.

Shavuot Ice Cream Social: May 31st; 3:30-5:00pm. Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento.

www.jewishsac.org/pjlibrary | 916-486-0906

National Council of Jewish Women Sacramento Section
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Mitch Franco

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Saturday, September 28, 2013

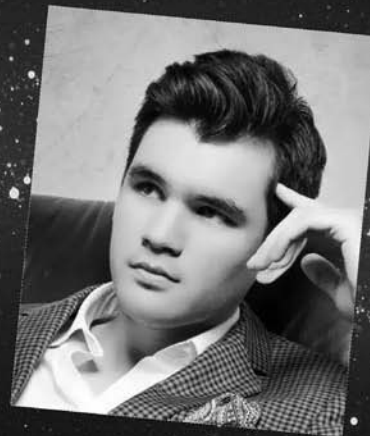
Wine & Lite Appetizers 6:30 P.M.

Performance 7:15 P.M.

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For payment and location details
please call (916) 230-6077



RSVP to: janet.ehrlich@gmail.com
by September 18, 2013

Mitch Franco Bio: www.ncjwsac.org

CALENDAR

RECURRING EVENTS

Sundays

September 15, 2013. The Jewish Genealogical Society presents "The Paintings of Moshe Rynecki." Elizabeth Rynecki describes her quest to recover the remaining paintings of her great-grandfather, Moshe Rynecki who painted the Polish Jewish community in the 1920s and 1930s before being exiled to the Warsaw Ghetto and sent to his death in a concentration camp. He and his family hid more than 800 of his paintings in small bundles with non-Jewish friends in hopes of retrieving them after the war. Only one bundle was found. 10:00am. Albert Einstein Residence Center, 1935 Wright St., Sacramento. For more information, visit www.jgss.org or email mortrumberg1@earthlink.net.

September 22, 2013. The Jewish Genealogical Society presents "Ukraine Scrapbook, A Journey of 105 Years." Allan Dolgow's presentation is the remarkable story of how he began his family research 12 years ago by accident. His investigations into the past segued into the present when he found a cousin living in Ukraine, and subsequently other relatives living in Russia, Israel and the United States. Allan will describe his sources for databases, how he developed a people network, and the different approaches he took to acquire information. 2:00pm. Yolo County Library, Davis Branch, 315 E. 14th St., Davis. For more information, visit www.jgss.org or email mortrumberg1@earthlink.net.

Introduction to the Torah Bookshelf weekly e-learning with Rabbi Joel Zeff. 7:00am. Visit Noahidenations.com, click on "Academy of Shem" in the Education section, select "Introduction to the Torah Bookshelf" (password is a12s, if asked). Open to all. For more information, contact 916-481-1159.

Men's Tefillin Club. Every second Sunday to lay Tefillin, learn Torah, and enjoy breakfast. 9:00-10:00am. Chabad Jewish Community Center, 302 B South Lexington Dr., Folsom. For more information, contact 916-608-9811 or visit www.JewishFolsom.org.

Mondays

Monthly discussion group led by Rabbi Melamed on the second Monday of every month. KOH Library and Cultural Center, 2300 Sierra Blvd., Sacramento. 1:30-2:30pm. Free. For more information, contact 916-484-7333 or jacks.dad@att.net.

Derech L'Chaim JACS (Jewish Alcoholics, Chemically Dependent Persons, and Significant Others). 10:30-11:30am. 2nd Floor Card Room, Albert Einstein Residence Center, 1935 Wright St., Sacramento. JACS is based on the 12 Steps of Alcoholics Anonymous with a Jewish focus. Confidential and anonymous. Please contact 916-591-8608 before attending for the first time.

Jewish Book Club at Temple Or Rishon. Every fourth Monday at 7:00pm. 7755 Hazel Ave., Orangevale. All are welcome. For our reading list, visit www.orrishon.org, select Programs for All Ages, then Book Club. For more information, contact Alison Braverman at 916-988-7110 or alcinp1@aol.com.

Loaves and Fishes. The third Monday of each month, the Jewish community serves lunch to the homeless at Loaves and Fishes. 1321 North C St., Sacramento. Volunteer at 7:30am to help prepare food or at 10:45am to help serve. For more information, contact mary@mosaiclaw.org.

Tuesdays

Baby and Me. Program for families with children birth to 2 years. Art, singing, movement, and fun! 10:30am. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact Marcia at 916-988-4100 or educator@orrishon.org.

Israeli Dancing. For more information about dates and venue, join Israelidancesac-subscribe@yahoo.com or contact Jeanette at 916-799-7213.

Rabbis' Monthly Lunch and Learn. Rabbi Alfi explores issues in Contemporary Judaism. First Tuesday of the month. Noon-1:00pm. Join us with your lunch at Congregation B'nai Israel, 3600 Riverside Blvd., Sacramento. No RSVP required. For more information, contact Rabbialfi@bnais.com.

Wednesdays

Shalom Gan K'ton. For children 18 months-5 years. 10:00am. Temple Or Rishon, 7755 Hazel Ave., Orangevale. \$50/10 sessions with scholarships available. For more information, contact educator@orrishon.org.

First and Third Wednesday. Jessie Yoshpe Hadassah Study Group. Exploring Judaism Through the Holidays and More. KOH Library and Cultural Center, 2300 Sierra Blvd., Sacramento. For more information, contact Soni Meyer at 916-383-5743.

Thursdays

David Lubin Lodge, B'nai B'rith. Third Thursday of each month. 8:00pm. Albert Einstein Residence Center Eatery. 1935 Wright St., Sacramento. For more information, contact Bernie Marks at 916-363-0122.

Jewish Women's Support Group. Led by Zalia Lipson. Chabad of Roseville, 3175 Sunset Blvd., Suite 104A, Roseville. 6:45pm. \$40 per session. For more information or to register, contact 916-624-8626 or ZaliaL@aol.com.

Fridays

Gan K'ton. For young children 18 months-5 years. Sing, play, create, listen to, and taste all the wonders of being Jewish, along with preparing for Shabbat. 10:00am. \$10/class. Enrollment and fees required. Scholarships available. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact Marcia at 916-988-4100 or educator@orrishon.org.

Tot Shabbat. Services, Singing, Storytelling, and Oneg for all children, including all who are young at heart. 6:00pm. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact Marcia at 916-988-4100 or educator@orrishon.org.

Saturdays

Taste of Torah. Second Saturday. Learn, laugh, sing, and "taste" the Torah. Free program for families with young children and children of all abilities. 10:30am. Temple Or Rishon, 7755 Hazel Ave., Orangevale. For more information, contact Marcia at 916-988-4100 or educator@orrishon.org.

GENERAL EVENTS

September 11, 2013. Leisure League. "Honoring Those Who Served." We honor people who have served in the Armed Forces and their spouses. \$5 includes lunch and entertainment. Noon-2:00pm. Temple Or Rishon, 7755 Hazel Ave., Orangevale. Leisure League is funded by The Jewish Federation of the Sacramento Region and the Trust Fund for the Jewish Elderly. For more information or to RSVP, contact federation@jewishsac.org or 916-486-0906.

September 11, 2013. The Israel Forum. The KOH Library and Cultural Center presents a new, monthly discussion group with Hillel Damron. The topic of the first meeting is "The Two-State Solution: Dead or Alive?" Discussion of issues related to Israel's social, cultural, and political situation; its place and conflict in the Middle East; and its relations with America and the world. Free (donations appreciated). 7:00pm. 2300 Sierra Blvd., Sacramento. For more information, contact Taliah Berger at taliah@kohlcc.org or 916-541-3720 or visit kohnection.blogspot.com.

September 25, 2013: Leisure League. Country Club Aires. "Oldies but goodies" certainly describes this great group of vocalists and musicians, as well as the songs they have been performing for audiences all over the greater Sacramento region since 1972. This men's chorus and band perform 65-75 times each year to the delight of more than 5,000 people in the greater Sacramento area. \$5 includes lunch and entertainment. Noon-2:00pm. Albert Einstein Residence Center, 1935 Wright St., Sacramento. Leisure League is funded by The Jewish Federation of the Sacramento Region and the Trust Fund for the Jewish Elderly. For more information or to RSVP, contact federation@jewishsac.org or 916-486-0906.

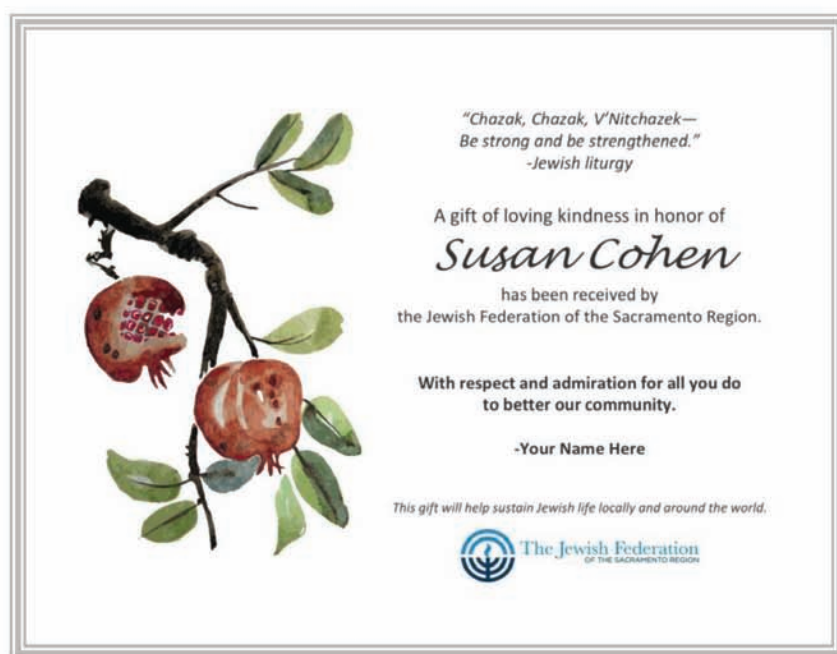
September 25, October 2, 9, 16, 23, 30, November 6, 13, 20, & December 4, 2013. Beginning Modern Hebrew with Professor Galia Franco. Professor Franco is a native speaker who is currently teaching modern and Biblical Hebrew at UC Davis. This multi-session class is an introduction to the use of modern Hebrew in conversation, reading, and prayer. \$75 for B'nai Israel members; \$100 for non-members. Textbook fee extra (sign up by September 16th so text book may be ordered). 7:30-9:00pm. Congregation B'nai Israel, 3600 Riverside Blvd, Sacramento. For more information, contact Marissa Hubbs at 916-446-4861 or marissa@bnais.com.

September 28, 2013. National Council of Jewish Women presents "Live under the stars with international singing sensation Mitch Franco." \$36. 6:30pm. Private residence. For more information and location, contact 916-230-6077.

September 29, 2013. Night to Honor Israel. Annual event by Christians United for Israel. Keynote speaker is talk show host Dennis Prager along with Rabbi Reuven Taff (Mosaic Law Congregation) and Bishop Parnell Lovelace of Center of Praise Ministries. Music by Wild Branches and friends. Free (donations accepted for "CUFI on Campus"). 7:00pm. Pre-event dinner with Dennis Prager at 5:00pm. Tickets are \$75/person or \$125/couple. Trinity Life Center, 5225 Hillsdale Blvd., Sacramento. For more information, contact 916-532-3721 or cufisacca@gmail.com.

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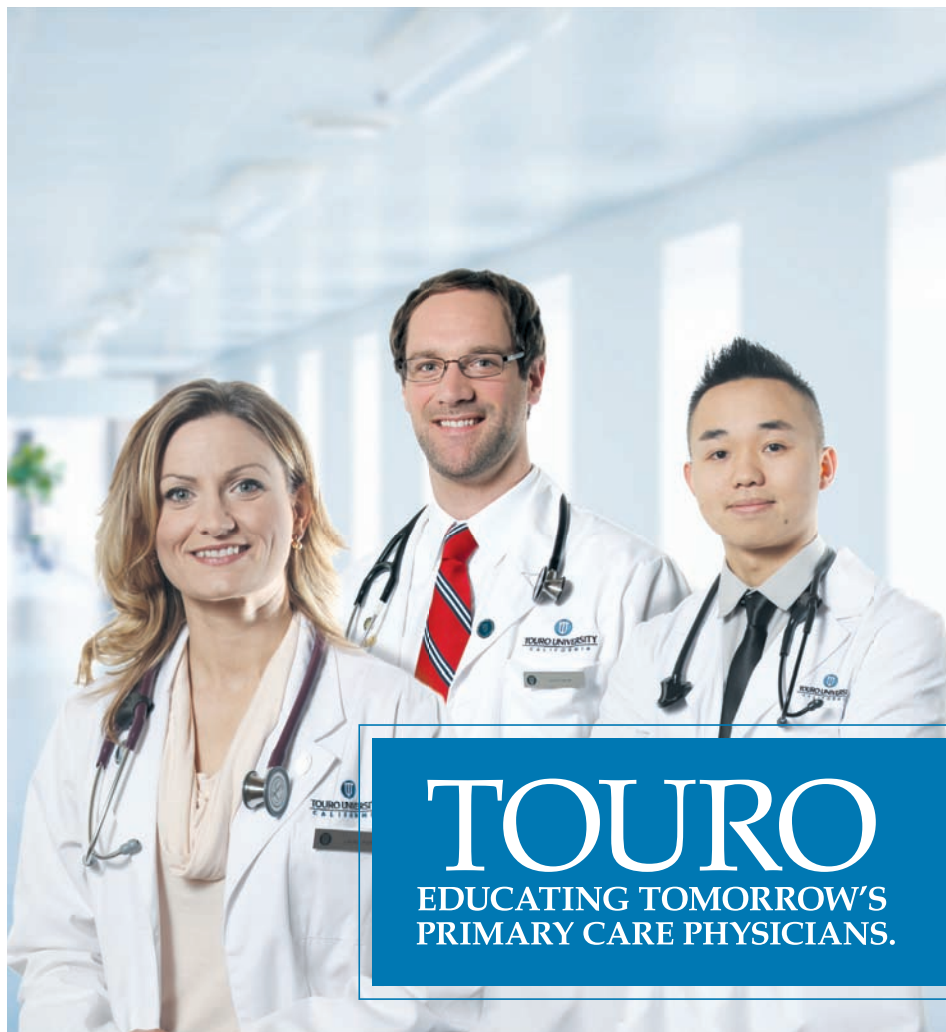
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In Memoriam

The Jewish Federation and the
Jewish Community Relations
Council mourn the passing of
Barbara Goldberg, the
determined, far-sighted woman
responsible for founding the
Sacramento Section of the National
Council of Jewish Woman, and
Sister Sheila Walsh, founder of
JERICHO, a statewide, interfaith,
non-partisan, grassroots public
policy organization.

**May their memories
be for a blessing.**