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Plus much more!

Upcoming
Events

Potluck and Shabbat Service at
United Hebrew Temple, Benton,
IL **October 22**
Federation Campaign Events in
Carbondale and Paducah.....
..... **October 24**
B'nai B'rith Institute of Judaism
at Rend Lake
..... **October 29-31**
Potluck and Shabbat Service at
United Hebrew Temple, Benton,
IL **November 12**

CAMP BEN FRANKEL REPORT

In the off season we have been hard at work behind the scenes preparing for next year. We briefly took time off for the High Holidays and now we are right back to work on the planning of camp 2011.

The Camp Ben Frankel yearbook is complete. We are currently waiting for the new and greatly improved camp application to be completed so that we can mail them out together. Thanks to Paige Heyman, Fraya Andich and Rick Kodner for the design and completion.

With the help of Burton Zwick, the new and improved camp application has been reduced from 14 pages to 4. It will be going out with the yearbooks in the very near future.

The promotional water bottles have arrived and look beautiful. Thanks to Fraya Andich for designing the bottles. They will be used when I hit the recruiting trail, to be give-a-ways for the people who come to the presentations.

Thanks to Matt Kodner and Rachel Kodner for completing the promotional video. It looks beautiful. I will be using it when I hit the recruiting trail.

Mark Pearlman has agreed to come back and be our Program Director. Jay O'Brien has agreed to come

back and be our Rabbi and Song Leader Extraordinaire.

So far I have booked recruiting presentations in Bloomington/Normal, Champaign/Urbana, Iowa City, Columbia, Missouri and St. Louis. I will go armed with two trifold picture boards, a picture album, two recruiting videos, water bottles, yearbooks, applications and my winning personality. Thanks to Fraya Andich, Rachel Kodner, Molly Sender and the Jewish Federation of St. Louis for the contacts and helping set up these presentations. I will begin on October 10th in Bloomington/Normal.

B'Shalom,

Rick Kodner
Director, Camp Ben Frankel

Find us on

facebook

Be sure to join the
Camp Ben Frankel and
Federation pages to keep up
with the latest news!

THE ABCS OF ASSAF

BY ASSAF GRUMBERG

Hello Friends! About a month ago I landed in your amazing community and I must say it already feels like home to me. I'm always available to speak with you about Israel and Judaism or any other topic you wish for me to speak about in your congregations, schools, clubs and wherever you may need me. I thought of a way for me to introduce myself to you, as the Shaliach at your community. So here we go, small bites of information, alphabetically ordered, that will provide you with a glimpse into my world!

Army—Been there, done that. I served the IDF for 5.5 years as a communication officer. Had a chance to be in all areas of conflict through those years, and I would love to talk about it.

Belleville—The immigration officer asked me, "Are you sure you're going there?" Yes, I am, and very excited to be here.

Cardinals—Saw a few games on TV, didn't really convince me to stop being a Yankee fan.

Diet—I guess that soon enough I will have no choice but to start one of my own.

Extreme sport—My exciting new hobby; I'm trying to do a little bit of everything.

Family—I have two older sisters and 5 nephews and nieces. Though it wasn't easy for me to leave them, thanks to modern technology we see each other every day.

Golan Heights—In my eyes, it's the most beautiful place in the world. Brown and green, blue and black are mixed in a symphony of nature. When are we going?

Hummus—The best dish in the world. I'm going to miss it. Does anybody know where can I get a decent plate of hummus?

Israel—My homeland, your roots. Don't believe the anti-Israeli hype...

Judaism—We were the first, we're still the best. 3,000 years of tradition that we want to continue with you.

Knowledge—I have some of it in Israel's historic, geographic and political areas. I will be more than happy to share it with you.

Laughter—I hope to hear plenty of it during my stay in Illinois.

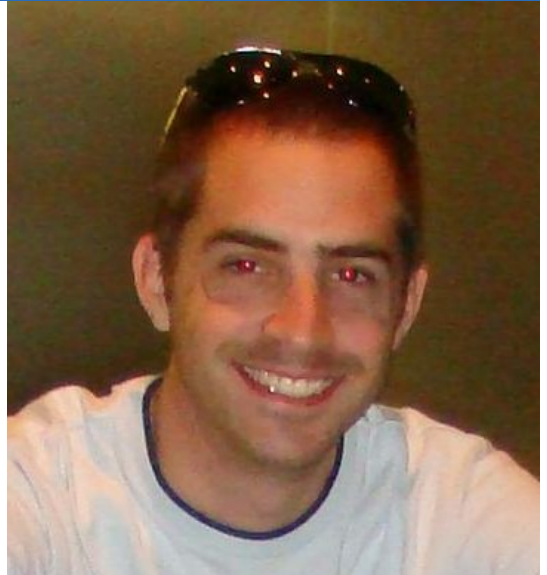
Music—I love it! If you like live concerts give me a call.

Never—I will never forget the purpose of my Shlichot, and I will never forget the place that I came from and I will never forget my Jewish heritage and identity.

Open mind—I learned that from Mahatma Gandhi and I try to make it my motto in life.

Politics—I have my own opinions but I will love to hear yours and talk about it.

Quietness—Since I'm a big city guy, I'll have to get used to the peaceful environment of southern Illinois.



Rosh Hashanah- My new beginning in Simoky. Enjoyed spending the holidays with you.

Shalom—Hebrew word for peace (and some other things). It's everywhere now, hope it stays for good.

Tel Aviv—The city that never sleeps! My home city and a place everyone should visit once.

Unity—Together we stand, divided we fall. Pink Floyd said that...

Vocabulary—I hope to expand my English vocabulary and maybe teach you some Hebrew as well.

Winter—What is that all about?

Xylophone—I don't really know how to play it, but I couldn't find anything in x.

You—Your questions and requests are always welcome.

"Zehu- Zeh"—The Hebrew phrase for "That's all."

NEWS FROM ISRAEL

BY MARK PEARLMAN

YOM KIPPUR IS A “SPECIAL DAY”

Even after living in Israel for five years, there are still some days on the calendar that remain special. I do not believe that all Jews should move to Israel, but I do believe that all Jews should experience these “special” days in Israel. These days include: any Shabbat, Yom HaShoah (Holocaust Remembrance Day), Yom HaZikaron (Memorial Day), Yom HaAtzma’ut (Independence Day), and Yom Kippur.

Yom Kippur is 25 hours of peace, relaxation, and bicycles. Absolutely nothing is open. Nothing. No buses, no trains, and no taxis. No work. And I’m not sure if it’s a law, but it’s so severely taboo, that the only moving vehicle on Yom Kippur is the occasional ambulance. A by-product of this is that Yom Kippur has become the one day of the year when it’s safe to ride bikes on the road. So every secular person in the country (almost everybody in Tel Aviv, it seems) is out riding a bike or walking on the streets throughout the city.

Just by getting rid of the buses and cars, it makes the city much quieter. I’m sure when people are eating their pre-fast meals, the streets are nearly empty. After the meal, the streets are full of children on their bikes and adults going for a stroll.

Every intersection feels like a mini block party. Most people wear white, but it’s not necessary. I love going out to what is normally a bustling area and seeing bikes replacing cars

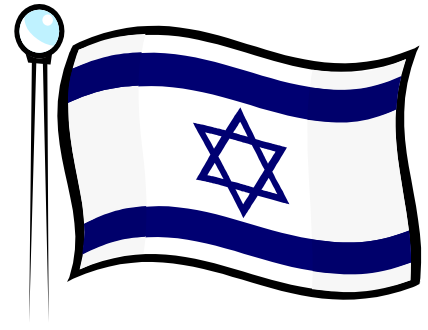
and people talking instead of working. Yom Kippur is one of those days in the year when the country comes to a stop to celebrate a holiday.

HOT DEBATE IN ISRAEL

The biggest debate this time of year in Israel isn’t about the peace process. Instead, people talk about Daylight Savings Time. It has been Israeli tradition to “fall back” on the Saturday night between Rosh HaShana and Yom Kippur. This is done at the request of the Orthodox Jews to make their fast easier. I know, 25 hours is 25 hours. The logic behind their argument is that it’s easy to fast the first night, and if it gets dark earlier the next day, then we’ll get to eat earlier. So that’s fine. Who cares, right?

Well, this year we moved the clocks back on September 11, so now it’s dark around 6 pm each day. That means we’re turning on the lights an hour before we would normally need to and using far more energy than necessary. Millions of shekels are wasted over this. An online petition was signed by more than 200,000 to move the clocks the same day as the European Union. Several high-tech companies refused to change their clocks, and one suburb of Tel Aviv talked about not moving their clocks back.

The funny thing about this is that in Hebrew, instead of saying Daylight Savings time and Standard time, it’s called “Summer clock” and “Winter clock.” Now we’re on the “Winter clock” and I can’t go outside without sweating.



WHERE DOES MY FEDERATION CONTRIBUTION GO?

This past spring, at a meeting of parents at the Beth Jacob Sunday School (the only Sunday School in our Federation) it was agreed that our children needed a better way to learn Hebrew. They were really only spending one hour per week with the language, and we resoundingly agreed that was not nearly enough.

In concert and cooperation with Beth Jacob, the Federation was able to fill this need. The Federation provided a grant to the Beth Jacob Sunday School for one half the cost of Rosetta Stone Hebrew I to be used in each family’s home. This will allow each child in the Sunday school the opportunity to have contact with the Hebrew language every day, and not just with boring worksheets. Rosetta Stone will allow them to learn Hebrew with images, words, and letters, and to hear themselves speak Hebrew by allowing them to recording their own voice and then play it back.

UPCOMING EVENTS

A JEWISH FEDERATION CAMPAIGN EVENT

D'VAR TORAH AND INTRODUCTION

BY RICK KODNER

SPEAKER JOSHUA SAMBORN

The Future of Jewish Communal Life in America—
Whose Responsibility is it?



After practicing law for a dozen years and serving as senior deputy town attorney and a village justice, Josh returned to his first goal—working with people and community organizations. Thirty-five years later, Josh retired to Florida where he is currently coordinator of the New Jersey Y Camps Senior Adult Winter Travel Program .

Please join us at one of these two locations:

Carbondale

The home of Mr. and Mrs. Simeon and Ruth Grater
33 Southmoor St.
Carbondale, IL 62903
Sunday, October 24
11 am brunch

Paducah

Temple Israel
330 Joe Clifton Drive
Paducah, KY 42001
Sunday, October 24
5 pm deli style dinner and dessert

RSVP

debra@simokyfed.com or 877-714-6103

UNITED HEBREW TEMPLE

EAST PARK AVENUE
BENTON, IL 62812

October 22

Potluck dinner 6:45 pm
followed by Shabbat Service 8 pm

November 12

Potluck dinner 6:45 pm
followed by Shabbat Service 8 pm

MAZEL TOV

Congratulations to Rivi Meltzer on the birth of her grandson, Joshua David, born August 8.

Proud parents are
Alan & Sarah Meltzer and
big sister Samantha.

For more information or to register, contact Rosalie Brasch at 314-872-8477 or Gerald Cohen at 314-432-3891

REFUAH SHLEIMA A SPEEDY RECOVERY

Get well wishes to Donald Ugent who is recovering from a recent illness. He is now in at a rehab center where he can receive mail (Rehabilitation Institute of St. Louis, 4455 Duncan, Don Ugent room 305, St. Louis, MO 63110)

Get well wishes to Hal Pearlman who is recovering from recent back surgery.

Get well wishes to Barbara Goldenhersh who recently started chemo and is looking forward to being cancer free.

MILES FOR MEALS VISITS CARBONDALE

In July 2010, David Drabkin and Elliot Singer embarked on a 4,262 mile bike ride from Astoria, Oregon to Yorktown, Virginia to raise awareness about the hunger problem in the United States. As of publication time, they had raised over \$3,600 to donate to Feeding America. Over Yom Kippur, they found themselves in Carbondale, where they spent a meaningful holiday and learned about Southern Illinois hospitality. Below is their blog post on their visit. For more information, visit their website at bike2010.wordpress.com.

Early last week, we were hunting for a Yom Kippur home. Luckily, our internet searching pointed us to a place at precisely the right time and directly on our route—Congregation Beth Jacob, a community of 50 families and individuals in the university town of Carbondale, IL. Not only were we invited to participate in Yom Kippur services on our rest day, we were also invited to spend two memorable nights in a warm, Jewish home with Susan and Hal Pearlman, a professor of early childhood education at Southern Illinois University, Carbondale, and a retired surgeon.

Founded in a Southern Illinois farmhouse in 1945, Congregation Beth Jacob has a true open door policy. Very far from the big city spectacles we're used to, we were admitted in raggedy camping clothes without tickets or payment.

The service, lay led by volunteers, was traditional and we used a Conservative prayer book. There was no music. There were minimal melodies. It was dry, with few

flourishes. Members made mistakes as they read before the congregation. There were no marble floors or pleas for donations by the President of the Board.

Still, and most likely due to this austerity, it was a deeply meaningful and refreshingly spiritual service. The sermon actually spoke to me on a personal level. The congregation wasn't just going through the motions—they really cared and participated. We were in awe that such a small town congregation could deliver such a pure, substantive service with so few resources.

This year, because of our recent calorie addiction, fasting on Yom Kippur was harder than ever before. Elliot and I knew that this intense struggle was exactly the point—with each stomach growl, we were reminded of the cleansing, redeeming significance of our fast. We spent the day solemnly reflecting on our sins over the past year and thinking about ways to improve our characters in the twelve months ahead.

We have been taken in several times throughout this trip, but never has the experience felt as thoughtful and heartfelt as it did in the Pearlman family home.

First, their home felt like home. It was sprinkled with Jewish artifacts, menorahs and mezuzahs, and had a perceptibly familiar feeling.

Susan is a professional caretaker. She treated us as her own, as evidenced by our laundered and

neatly folded underwear. Her motherhood knows no bounds, as evidenced by her benevolent desire to prepare matzo ball soup and roast chicken for dinner and challah French toast for breakfast, all while cooking with a smile. We were in awe of Susan's abundant kindness, genuine hospitality, and total generosity.

And as if the world isn't already small enough, her son, Alex, cycled across America just a few weeks ago. So she certainly had a soft spot for travelers on the open road.

This year's Days of Awe illuminated our recurring theme of deriving so much from so little. A moving service can come from a small and simple synagogue. Meaning and understanding can come from eating nothing all day—there is something to be found in void and absence. A warm home and kind family can sustain strangers, thereby enriching their own lives, with a few matzo balls, laundry detergent, and good conversation.

The awesome and extraordinary are present everywhere, even in the everyday and mundane. Keep your eyes open and you will be rewarded, as we have been time and time again, with a gift of awareness and understanding.





CARBONDALE INTERFAITH COUNCIL



The next Ralph Anderson Interfaith Dialogue will be on “Forgiveness As An Act of Faith.” The event will be held on Monday, November 1 – 7:30 pm, at the First Christian Church (University & Monroe) in Carbondale. Presentations will be made representing four faith perspectives: Father Roger Karban – Christianity; Anthony Steinbock – Judaism; Rev. Bill Sasso – Unitarianism; and Imam Abdul Haqq – Islam. Dale Bengtson will be the moderator. The event is sponsored by the Carbondale Interfaith Council, and **everyone is welcome**. For more information contact Ken Starbuck – cubrads@frontier.com (618-942-3986).



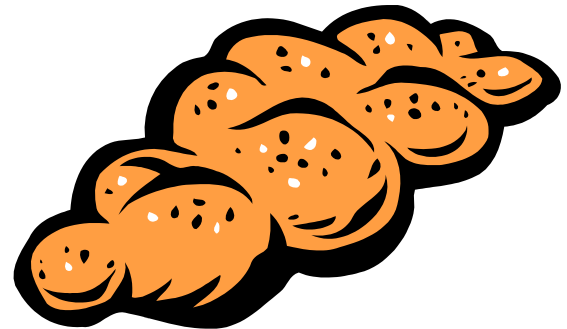
The purpose of the Interfaith Council is to make God’s love visible in our community by fostering interfaith cooperation, sharing religious experiences, engaging in service, discovering unity while respecting our differences and speaking with courage and strength for justice. (Statement of Purpose adopted c. 2001)

Congregation Beth Jacob is a member of the Carbondale Interfaith Council. There are many programs in Carbondale that are available to attend and we encourage all to participate and enjoy when they have time.

CHALLAH

Ingredients:

- 1 1/2 cups warm water
- 2 tablespoons yeast
- 1/4 cup oil
- 1/2 cup sugar
- 1 teaspoon salt
- 1 tablespoon honey, plus more for rising
- 4 eggs
- 2 tablespoons ground flax seeds (optional)
- 5-5 1/2 cups white flour
- 1 1/2 cups wheat flour (or you can use all white flour)
- 1 egg, for brushing



Directions:

1. Mix warm water and yeast and set aside.
2. Mix together oil, sugar, salt and honey in large bowl.
3. Add water and yeast mixture to oil mixture.
4. Add eggs.
5. Add flax seed and both flours slowly, stirring well after each cup.
6. Knead dough for several minutes on floured surface.
7. Coat a bowl with honey and put dough in the bowl. Cover and rise 1 1/2-2 hours.
8. Divide dough in half and then divide each half in thirds. Roll each piece into a long snake and then braid into two challahs.
9. Place on greased cookie sheet and cover to rise another 1-1 1/2 hours.
10. Beat an egg and brush on challahs.
11. Bake at 350 F for 30 minutes.

FEDERATION TRIBUTES

Making a tribute the Jewish Federation of Southern Illinois, Southeast Missouri, and Western Kentucky is a thoughtful way to honor someone or to celebrate a special occasion. Your tribute donation helps support programs like Camp Ben Frankel, the SiMoKy Israeli Emissary, family and life cycle programming, and social services.

In addition to contributing to our Annual Campaign, please consider making or asking family and friends to make tribute donations for occasions such as these:

*To Celebrate a simcha/happy occasion (birthday, marriage, anniversary, Bar/Bat Mitzvah)

* Express get well wishes or to send condolences

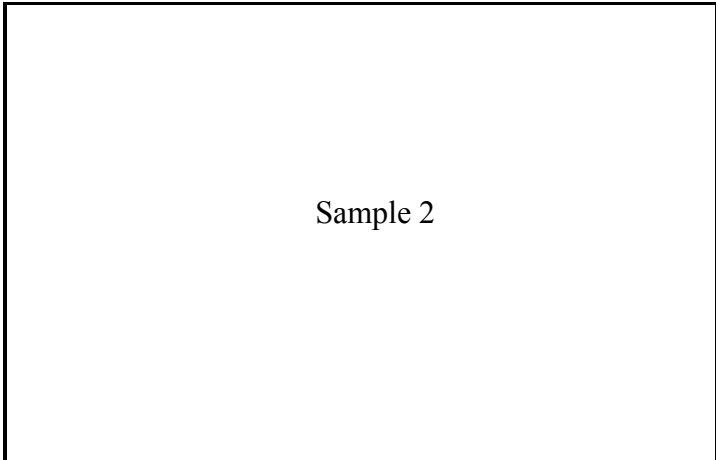
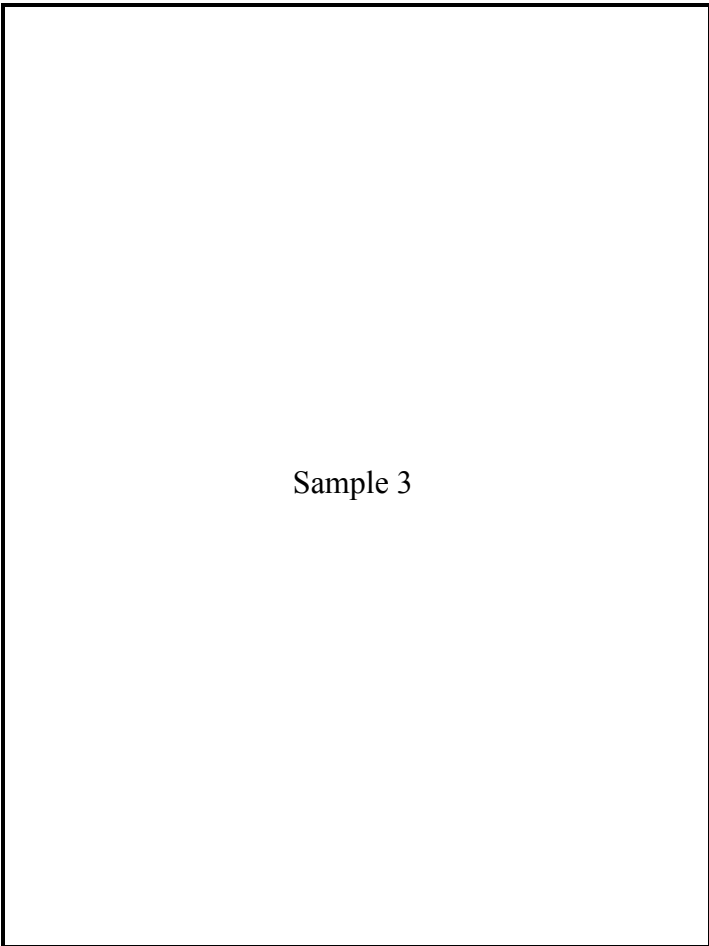
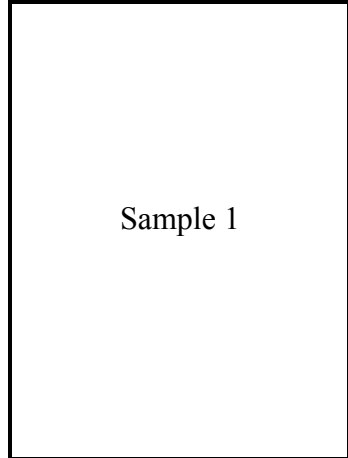
* As holiday gifts (Chanukah, Purim, Passover)

You can mail your donation to:

Jewish Federation of Southern Illinois, Southeast Missouri, and Western Kentucky
3419 W Main Street
Belleville, IL 62226

Suggested donation amounts are multiples of eighteen, the numerical equivalent of *chai*, the Hebrew word for life. Although there is no minimum donation amount, the Jewish Federation has limited staff and resources. So we ask that you consider contributing a minimum of \$18 to help cover the administrative costs of the tribute program. We will email/mail a tribute notification card to the person you're honoring or the family of the person you're remembering. Additionally, as space is available your tribute will appear in the Jewish Community News. If you have any questions regarding the program please contact Burton Zwick at 618-521-1393.

Sample ad sizes are shown on this page.



THE ST. LOUIS JEWISH BOOK FESTIVAL



The Jewish people have often been called the People of the Book. We love our books, whether they be sacred, intellectual, or simply fun. In November, we have the chance to celebrate that love of books with the 32nd Annual St. Louis Jewish Book Festival. Held this year from November 7-18, in honor of Jewish Book Month, the Festival is one of the biggest Jewish Book Festivals in the country and includes a wide range of Jewish authors, both locally and nationally known. The keynote speaker will be movie and music producer and author Jerry Weintraub, who produced such movies as *The Karate Kid* and *Ocean's Eleven*. Other authors include Rabbi Harold Kushner, Joan Nathan, Judith Martin (Miss Manners), Ghita Schwarz, and Martin Fletcher. There's a little bit of something for everyone (even some programs for kids). So, if you have some time in November and are looking for an excuse to get to St. Louis, this is the perfect opportunity.

For more information and a schedule of events, please visit www.stljewishbookfestival.org.

Burton Zwick.....*President*
 Bill Bruns.....*Secretary*
 Bill Flarshheim.....*Treasurer*
 Debra Vahlkamp.....*Office Manager*
 Rick Kodner.....*Camp Director*
 Assaf Grumberg.....*Shaliach*
 Ann Lesley Rosen.....*Newsletter Editor*

WE WANT TO HEAR FROM YOU!

NEXT DEADLINE:
 NOVEMBER 10

Send us your news, accomplishments, recipes, etc. Submissions can be sent to simokynews@gmail.com.

THANK YOU!

**The Jewish Federation of
 Southern Illinois, Southeast
 Missouri and Western
 Kentucky**
 3419 West Main Street
 Belleville, IL 62226
 Phone 618-235-1614
 877-714-6103
 Website:
www.simokyfed.com

Office Hours
Monday-Thursday
 9 am-5 pm
Friday
 9 am-4 pm

Visit us
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www.simokyfed.com