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NEWS

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THE JEWISH SOUND

Places to go, History to see

Spend 2015 traveling
the world's Jewish sites

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SPANISH SYNAGOGUE IN PRAGUE
JORGE ROYAN/WIKIMEDIA COMMONS

Add a little soda to your diet

MICHAEL NATKIN JTNews Correspondent

When you want to serve bread with dinner, the two obvious options are to buy a nice artisan loaf, or make your own yeast bread — which is terrific, but not something we all make time for, or think about far enough in advance. A soda bread is a nice third way. Because the leavening comes from baking soda, you don't have to develop the gluten or the yeast, so all it needs is a quick mixing process and it goes right into the oven. It doesn't exactly scratch the same itch as a yeast bread, but provides its own cakier kind of pleasure.

I realize that sesame-flax bread might sound like the worst hippie-food stereotype, but I'm no whole-grain obsessive. In fact, I love white flour. Whole-grain breads have a



Jewish and Veggie

coarser texture and totally different flavors than those based on white flour. White flour is primarily a neutral-sweet background that allows other flavors from yeast and fermentation to shine through, while the various whole grains have their own distinct flavors. The key is to work with those flavors, not just substitute them blindly for white flour.

For example, let's say I wanted to have a simple dinner of lentil soup, bread, and a chopped salad. If I was going to serve this with a crusty, yeast-raised white flour loaf, I might flavor the soup with smoked paprika and garnish it with a big drizzle of olive oil. That wouldn't go well with this sesame-flax soda bread. This bread is cakier in texture and

really wants butter, not olive oil, and I'd probably flavor the soup primarily with onions and garlic.

The flax meal I use is from Bob's Red Mill. Once you open the package, I recommend sealing the leftovers tightly in a plastic bag and freezing, as the oils go rancid quickly at room temperature.

Sesame-Flax Soda Bread

Makes 1 large loaf

Vegetarian; not vegan or gluten-free

2 cups all-purpose flour

1 cup whole wheat flour

1 cup flax meal

1/2 cup toasted sesame seeds

2 Tbs. sugar

1 tsp. salt

1 tsp. baking soda

4 Tbs. butter, cool

1 egg, beaten

2 cups buttermilk

- Preheat oven to 425° F. Whisk together the all-purpose flour, whole wheat flour,



MICHAEL NATKIN

► PAGE 9

MLK WEEKEND SHABBAT
FRIDAY, JANUARY 16TH AT 6PM

A **musical** evening featuring **gospel choirs** and clergy from around Puget Sound and a powerful message of **hope and faith** honoring the legacy of Dr. Martin Luther King, Jr.

Martin Luther King Jr.

Temple De Hirsch Sinai
1441 16th Ave. Capitol Hill
Visit: www.tdhs-nw.org

Shabbat Shirah:
"SHIRU L'ADONAI, SHIR HADASH!"

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NORTHWEST YESHIVA HIGH SCHOOL

ALL IN A WEEK'S NEWS

■ Do you speak Arabrew?

With the goal of creating Arab-Jewish equality in Israel, designers Liron Lavi Turkenich and Daniel Grumer created a set of hybrid letters, merging 638 Hebrew and Arabic characters for the Aravrit, or "Arabrew" typeface. The designers hope the project will "unite two languages, cultural identities and geographical locations."

— Haaretz

■ Read a map, lately?

HarperCollins Publishers apologized for leaving Israel off a school atlas designed for use in the Middle East and immediately recalled the book. Both the West Bank and Gaza were labeled on the map with Jordan and Syria extending all the way to the Mediterranean Sea.

— The Times of Israel

■ Up, up, and away

Aliyah reached a 10-year high in 2014, with more than 26,000 Jews from around the world making Israel their new home. The number was up 32 percent compared with 2013. Aliyah rates from Western Europe were up 88 percent, with immigration from France outpacing immigration from any other nation. An additional 6,000 made their way from war-torn Ukraine.

— Haaretz

■ The new Jewish wedding

For a century Jews have been trying to fit into American culture. But now, are Americans trying to be more Jewish? Speculation abounds after actress Cameron Diaz married rocker hubby Benji Madden in a Jewish ceremony, complete with a glass-breaking, shouts of "mazel tov" and yichud — the custom of the couple spending a few minutes alone together after the ceremony. The couple does not have any known Jewish heritage. What can we say? Mazel tov!

— The Times of Israel

— Boris Kurbanov



REMEMBER WHEN

From September 14, 2001.

We normally try to associate our Remember When columns with an event that ran in the paper during the same week in our history. This issue, in solidarity with France, we chose a cartoon that ran just after 9/11, which this week shared the same sense of loss with the barbaric assassination of 12 employees and the police that guarded them at the Charlie Hebdo satirical magazine in Paris.

JTNews is the Voice of Jewish Washington. Our mission is to meet the interests of our Jewish community through fair and accurate coverage of local, national and international news, opinion and information. We seek to expose our readers to diverse viewpoints and vibrant debate on many fronts, including the news and events in Israel. We strive to contribute to the continued growth of our local Jewish community as we carry out our mission.

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www.jewishsound.org

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The Spanish government's decision to bestow citizenship upon Jews of Sephardic descent is moving forward, with a meeting in Seattle to let the local community know how to make a claim.

Poland and Israel 7
The Holocaust Center for Humanity leads a trip this summer that will be both educational and uplifting, focusing on how the Holocaust has defined both countries.

Cuba 8
Even before the release of prisoner Alan Gross and the announcement by President Obama of a thaw in relations with Cuba, the Jewish Federation of Greater Seattle had been planning a mission to the small island nation near the coast of Florida.

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In the second part of our look at local day schools, we highlight Derech Emunah, the three-year-old Orthodox girls' school.

Northwest Yeshiva High School: The model U.N. 12
The area's established Jewish high school continues its challenging but rewarding program for high schoolers from any denomination or affiliation.

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For the past six years, PJ Library has provided free books for young kids. A new program takes that a step further.

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One retiree reflects on how his family escaped Cuba when Fidel Castro came to power.

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What do you remember from the news in 2014? We've got reminders right here.

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Coming up
January 23

Welcome, new advertisers!
Brenda Miller, Radical Awareness Coach
Derech Emunah • Hillside Acupuncture
Tell them you saw them in JTNews!

THE JEWISH COMMUNITY CALENDAR

For a complete listing of events, or to add your event to the JTNews calendar, visit jewishsound.org/calendar. Calendar events must be submitted no later than 10 days before publication.

Candlelighting times

January 9.....4:20 p.m.
January 16.....4:29 p.m.
January 23.....4:39 p.m.
January 30.....4:50 p.m.

FRIDAY 9 JANUARY

Meditation Retreat: Be Still and Know that "I Am" is Elohim

☎ 206-527-9399 or info@betalef.org or www.betalef.org

In the quiet space of an extended Shabbat, discover with Rabbi Olivier BenHaim the inner dimensions of our Being. Explore answers to questions of the nature of the self. At the Whidbey Institute, 6449 Old Pietila Rd., Clinton.

SATURDAY 10 JANUARY

2-4 p.m. — Shabbat Unplugged

☎ 206-232-7115 or saraht@sjcc.org or www.sjcc.org

Unplug from technology and plug in to your community and family. Family yoga, a gym obstacle course, swimming, art projects. Free. At the Stroum Jewish Community Center, 3801 E Mercer Way, Mercer Island.

4:30-6:30 p.m. — Pajama Havdalah Party with Young Families at Beth Am

☎ Alexis Kort at 206-525-0915 or alexis@templebetham.org or templebetham.org
Simple Havdalah service, gourmet mac and cheese, and salad (with wine and beer for adults). Kids can make Havdalah items for the following week and watch Shalom Sesame. Optional: Wear pajamas and bring a pillow. At Temple Beth Am, 2632 NE 80th St., Seattle.

5-10 p.m. — Parents Night Out

☎ 206-232-7115 or saraht@sjcc.org or www.sjcc.org

Superhero Night: Superheroes, super challenges, and super strength. Games, arts and crafts, and activities. Includes dinner. Ages 5 through 5th grade. \$20-\$60. At the Stroum JCC, 3801 E Mercer Way, Mercer Island.

SUNDAY 11 JANUARY

9:30-10:45 a.m. — Beginning The Jewish Journey — Journey of Judaism: An In-Depth Survey of Jewish Life and Lore

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Explore myth, history, ritual and thought to understand the depth and breadth of Jewish life and lore. Continuation of fall class; new students welcome. Instructor: Rabbi David Lipper, D.D. \$140. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

10:45 a.m.-12:15 p.m. — Beginning The Jewish Journey — An Ancient Language in a Contemporary Accent: A Course in Hebrew and its History (Part 2)

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Learn Hebrew alongside its history. Continuation of fall class, but new students with some Hebrew knowledge welcome. \$80-\$95. Instructor: Rona Frank. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

10:30 a.m.-12 p.m. — Totally Book Talk Café

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Stimulating discussions with a Jewish twist on books. Jan. 11: "The Storyteller" by Jodi Picoult. Feb. 8: "The Invention of Wings" by Sue Monk Kidd. Email jcarlin@templebnaitorah.org to be added to the email list. Free. At Temple B'nai Torah, 15727 NE Fourth St. Bellevue.

1-3 p.m. — Lilith Salon

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Jumping off articles from Lilith magazine, talk about new women's rituals and celebrations, gender and employment laws, food, love, ideas of beauty, and more. For women of all ages. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

5-8:45 p.m. — TDS Annual Dinner and Maccabeats Concert

☎ Sasha Mail at 206-722-1200 or sashamail@tdsseattle.org

Torah Day School annual dinner, followed by a concert from Jewish a cappella allstars the Maccabeats. Dinner and concert: \$75. Just the concert (starts at 7:45): \$25. At Congregation Ezra Bessaroth, 5217 S Brandon St., Seattle.

MONDAY 12 JANUARY

7-9 p.m. — Interfaith Study

☎ 253-752-1123

Explore the conquest of the land of Israel as

presented in Joshua and Judges. As part of the series: "The Earth is the Lord's and Ours as Well." At Bethany Presbyterian, 4420 N 41st St., Tacoma.

7:30-9 p.m. — Locating People Through Genealogy

☎ Jewish Genealogical Society of Washington State at programs@jgsws.com or www.jgsws.org
Join Fred Blum, P.I., for valuable tips he has learned as a private investigator and genealogist. Learn tips on locating family and distant relatives, searching for heirs, and locating missing plaintiffs, defendants and witnesses. Free. At the LDS Factoria Library Building, 4200 124th Ave. SE, Bellevue.

TUESDAY 13 JANUARY

7-8:30 p.m. — Beginning The Jewish Journey — What Am I Saying When I Am Praying?

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Learn Hebrew prayer comprehension using English transliterations. Instructor: Sally Paull. \$20. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

WEDNESDAY 14 JANUARY

10-11:30 a.m. — Open House: SJCC Early Childhood School Seattle Campus

☎ Nicci at NicciB@sjcc.org or 206-526-8073
Visit the Early Childhood School and tour the facility, meet staff and faculty, and ask questions. Free. At the Stroum JCC, 2618 NE 80th St., Seattle.

12-1:30 p.m. — Lunch and Learn

☎ 253-564-7101 or rebecca@tbetacoma.org or www.templebethel18.org

Bring a lunch (dessert and drinks provided) and discuss the weekly Torah portion or another timely topic. At Temple Beth El, 5975 S 12th St., Tacoma.

6 p.m. — Beginning The Jewish Journey — Chanting Torah

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Learn how to read trope, the ancient music notation that guides the ritual chanting of scriptural passages. Open to anyone able to read Hebrew. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

SATURDAY 17 JANUARY

10-11:30 a.m. — Family Shabbat Morning

☎ Kate Speizer at 206-384-6020 or kspeizer@tdhs-nw.org or www.tdhs-nw.org
Designed especially for kids up to age 5, Rabbi Kate Speizer leads an interactive (and short) Shabbat morning service followed by Kiddush. No membership or experience required. Free. At Temple De Hirsch Sinai, 1441 16th Ave., Seattle.

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	Temple Beth Am	Temple Beth El
	Temple B'nai Torah	Temple Beth Or
	Temple De Hirsch Sinai	

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THE RABBI'S TURN

Demystifying the Va'ad

RABBI MOSHE KLETENIK Va'ad HaRabanim of Greater Seattle

This Shabbat we will begin to read and study the Book of Shemot. It is the book of slavery and of redemption, of Torah and of Mishkan — the beginning of Peoplehood.

The Midrash attributes our redemption from bondage to our merit of maintaining a unique Jewish identity and morality within the alien pagan society of Egypt. The objective of redemption was to receive the Torah through which we could become “a kingdom of priests and a holy nation.”

Becoming a kingdom of priests and a holy nation is no small task. Our Torah and Mitzvot are our practical blueprint and framework for achieving our collective holiness. For Jews, holiness is a communal endeavor. The intricacies of halachah demand training and expertise in many areas. It truly does require a communal effort to support halachic observance for each of us.

Here is an overview of particulars of some of the services of the Va'ad of Seattle that are central contributors to maintaining our unique Jewish identity.

• **Kashrut** — The Va'ad HaRabanim of Greater Seattle is a local and regional kosher supervision agency that enjoys a professional relationship with the Kashrus Division of the Orthodox Union, the largest and most recognized kashrut supervising agency in the world. The Va'ad supervises industrial plants that market their products regionally, nationally, and, in some cases, internationally. Additionally, as most of you know, the Va'ad supervises kashrut for local restaurants, caterers and Seattle-area Jewish institutions. Local supervision is done as a community service. We sometimes break even, though at times the Va'ad actually ends up providing its services at a loss.

• **Beit Din** — The court of the Va'ad provides services recognized throughout the world. Although dina d'malchuta dina — the law of the land is the law — means as Jews we are required to abide by the laws of the area in which we reside, Jewish law does stipulate that monetary disputes among fellow Jews should be adjudicated in a Beit Din, a Jewish court, and not in a secular court. The Beit Din of the Va'ad provides both mediation to resolve disputes or binding arbitration with a hearing by a panel of judges: Our rabbis. Decisions made by the Beit Din with binding arbitration are generally accepted and enforced by the secular courts in monetary cases. The



costs of this service are incidental compared to the costs of litigating a case in secular court.

• **Divorce** — The Va'ad arranges Jewish divorces, the get, here in the Pacific Northwest for couples. The Va'ad also works with religious courts nationally and internationally to obtain and

execute the religious divorce if one of the parties resides elsewhere.

• **Conversion** — The Beit Din of the Va'ad is part of the national Network of Regional Batei Din, Jewish courts, for conversion under the auspices of the Rabbinical Council of America. As such, conversions performed by the Va'ad are recognized nationally and internationally, including by the Chief Rabbinate of Israel.

• **Collectors of Tzedakah** — The Va'ad scrutinizes credentials and letters of recommendation of individuals from outside the Seattle area soliciting charitable funds for institutions and other needs. The Va'ad participates, as well, in a national database that shares information among organizations in Jewish communities throughout the United States that oversee tzedakah collection.

• **Proof of Jewish Status** — The Va'ad provides letters attesting to Jewish status of individuals that are recognized nationally and internationally, including by the Chief Rabbinate of Israel.

• **Halachic Resource** — The Va'ad serves as a resource to respond to inquiries of Jewish law in the area of Jewish medical ethics, business ethics, Jewish law and technology, and other areas of halachah.

• **Education** — The Va'ad provides lectures and educational offerings concerning kashrut, Jewish medical ethics, and other areas of Jewish interest.

I would like to take this opportunity to thank my esteemed rabbinic colleagues: Rabbi Simon Benzaquen, Rabbi Mordechai Farkash, Rabbi Ben Hassan, Rabbi Yechezkel Kornfeld, Rabbi Shalom Ber Levitin, Rabbi Solomon Maimon, and Rabbi Ron-Ami Meyers. It is a privilege to work together with them on behalf of the community. I would also like to thank the Jewish community for support of our efforts. I invite you to share any suggestions you may have as to how the Va'ad can better serve your needs by contacting me at rabbikletenik@seattlevaad.org.

Rabbi Kletenik is Av Beit Din of the Va'ad HaRabanim of Greater Seattle.

LETTERS TO THE EDITOR

AN IDENTITY BUILDER?

While I was a bit surprised to learn that the Jewish Women's Renaissance Project has expanded to offer trips for men (“It's Birthright Israel — for Jewish moms,” Dec. 12, 2014), I was even more surprised to learn that “the women visit a group children's home and attend a cooking workshop, while the men visit an army base and see high-tech start-ups in Tel Aviv.” Really?!? I am a Jewish woman, I work in high tech, and if I were living in Israel I'd be recruited into the Israeli army. The JWRP trip is intended to help women build their identity as Jews, but I fear it may be doing just the opposite when it comes to building their identity as women.

Ilyse Wagner, Bellevue

A MODERN-DAY EMBODIMENT

Apparently the irony of Jewish Voices for Peace (JVP) co-opting both the celebration of Hanukkah and the events in Ferguson, Missouri to promote their virulently anti-Israel agenda was lost on JTNews (“Jews in Seattle and beyond light Hanukkah candles for racial justice,” Dec. 19, 2014).

Hanukkah is not just a celebration of the Maccabees' victory over the Seleucid occupiers of ancient Israel and the rededication of the Temple, but it also commemorates the victory of the Jewish mainstream of that era over the Hellenized collaborators who sided enthusiastically with our enemies.

JVP is the modern day embodiment of those Hellenized Tobiads. They represent a dangerous fringe element of contemporary Jewry, actively collaborating with the worldwide movement seeking the destruction of Israel. The anti-Israel invective spewed by JVP belies any claim that their true motive is achieving peace between Israel and the Palestinians. Moreover, the group is seemingly unperturbed about rhetoric posted by its followers on its social media sites so blatantly anti-Semitic it would make Goebbels blush.

Ira Mehlman, Seattle

WRITE A LETTER TO THE EDITOR: We would love to hear from you! You may submit your letters to editor@jtnews.net. Please limit your letters to approximately 350 words. Letters guidelines can be found at www.jewishsound.org/letters-guidelines/. The deadline for the next issue is January 13. Future deadlines may be found online.

The opinions of our columnists and advertisers do not necessarily reflect the views of JTNews or the Jewish Federation of Greater Seattle.

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1–2 p.m. — *Rosh Chodesh Women's Friendship Circle*

☎ 425-603-9677 or rsvp@templebnaitorah.org or templebnaitorah.org

Discuss “The Jewish Book of Days: A Companion for All Seasons.” Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

2–4 p.m. — *SANCA Circus Performance*

☎ 206-232-7115 or saraht@sjcc.org or www.sjcc.org

High-flying afternoon with the School of Acrobatics and New Circus Arts youth performance troupe as they show off their tightrope-walking, unicycle-riding, juggling, and acrobatics skills. At the Stroum JCC, 3801 E Mercer Way, Mercer Island.

SUNDAY 18 JANUARY

12:30–2 p.m. — *Letters to the Editor — Final Show! (And Seahawks Game)*

☎ 206-774-2240 or jewishsound.org/90-years “Letters to the Editor: 90 Years of Writing Our Community's Story,” JTNews' 90th anniversary celebration production, has been met with glowing reviews. Book-It Repertory Theatre's last performance of this powerful production traces Jewish community reporting from 1924 to 2014. Stay afterward to watch the Seahawks playoff game on the big screen in the library auditorium. Free. At the Seattle Public Library, 1000 Fourth Ave., Seattle.

MONDAY 19 JANUARY

9:30 a.m.–3:30 p.m. — *SJCC's 3rd Annual MLK Day Snow Day Tubing Trip*

☎ 206-232-7115 or saraht@sjcc.org or www.sjcc.org

Pre-K-5th grade. The J buses the children there and back for a fun day on the slopes. \$60-\$70. Leaves from the Stroum JCC, 3801 E Mercer Way, Mercer Island.

7–10 p.m. — *Congregation Shaarei Tefilah-Lubavitch Wine Pairing Dinner and Annual Fundraiser*

☎ Lesley Weichbrodt at 206-523-6667 or cstldinnerrsvp@gmail.com

Five selected wines paired with five-course meal. Honoring president emeritus Dr. Joseph Greenberg and his wife Rachel, and welcoming new board officers. Register by Wed., Jan. 14. \$100. At Hillel at the University of Washington, 4745 17th Ave. NE, Seattle.

THURSDAY 22 JANUARY

12–2 p.m. — *Adult Luncheon*

☎ 253-564-7101 or rebecca@tбетacoma.org or www.templebethel18.org

Honoring eight temple pioneers and role models for the next generation: Lorraine Braverman, Jo Heiman, Norm Kleinman, Flo Rose, Jean Rozen, Trudy and Gabe Touriel, and Shirley Wax. Register by Jan. 19. This is a catered event. \$13. At Temple Beth El, 5975 S 12th St., Tacoma.

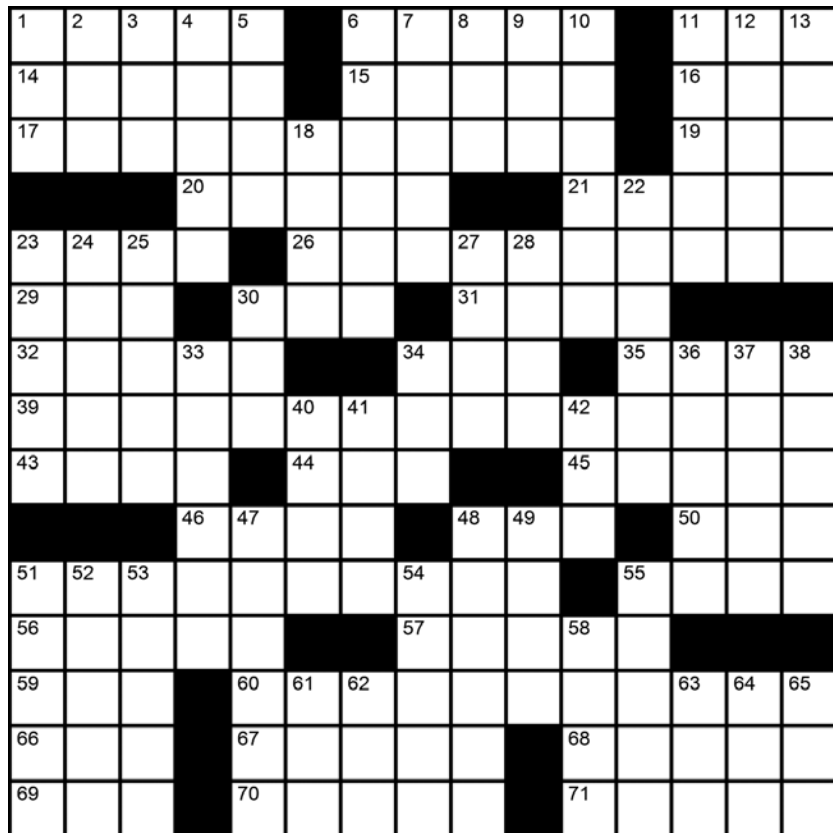
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“It's clear that this was a planned attack against Wolinski and the other cartoon artists.” — Jewish caricaturist Richard Kenigsman, on the Wednesday attack that killed 12 staffers and policemen at the French satire magazine Charlie Hebdo. Read about the Jewish connections to this terror attack online at jewishsound.org.



Listen for your Enemies

by Mike Selinker



"Deliver me from mine enemies," says Psalm 59. "They return at evening: they make a noise like a dog, and go round about the city." Nowadays, we think of the sound of dogs as friendly, but it was not always so. The key is to be able to tell friend from foe. If you hear these sounds, you might suspect there are enemies about.

ACROSS

- 1 Little doggie
6 Some deer
11 Chest muscle
14 Spooky
15 Principle
16 Peyton's brother
17 All-natural siding
19 Use a shovel
20 In ___ (Nirvana album)
21 Public square
23 Encountered some ice
26 Sixteenth-century affectation
29 Barnyard female
30 Swiffer alternative
31 Clark's Smallville girl
32 Rose oil
34 They released many CDs in the 1990s
35 Emulate a banshee
39 Member of Captain America's World War II fighting team
43 Winter sight
44 Chow down
45 "___ directed" (pill bottle warning)
46 Genesis figure
48 Droop
50 Personal datum
51 *Sesame Street* Martians who once encountered a telephone
55 Visa alternative
56 Tremor
57 Tablelands
59 Comments with one's hand on one's forehead
60 Loom pattern
66 Whiskey variety
67 ___ *Shoes* (Cameron Diaz film)
68 It may be interpretive
69 ___ Juan Islands
70 Hardware store sales
71 Serpentine

DOWN

- 1 The Internet, metaphorically
2 "Ain't ___ Genius?" (Jimmy Buffett song)
3 Bumble
4 Right-wing Israeli party
5 Insect, perhaps
6 Foment
7 *Just the ___ Us* (*Growing Pains* spinoff)
8 Director Lee
9 Shaving cream option
10 Trample
11 Feature of some guitars
12 Actress Dushku
13 Stogie
18 Sub
22 Andean pack animals
23 Mideast rulers
24 Admit
25 One way to be snapped
27 ___ powder (Hogwarts fireplace transport)
28 Serene
30 Hosp. procedure
33 Spielberg film featuring Audrey Hepburn's last role
34 Perform
36 Infant feeding time
37 Aphorism
38 Silver Ring Thing pledge
40 Type of tide
41 Like venison, perhaps
42 Root beer brand
47 Numbskull
48 Britney of pop
49 Business abbr.
51 Russian leaders
52 Modern classic by OutKast
53 Sportcaster Rich of the NFL Network
54 Thrust forward
55 Egyptian dam
58 Sums
61 A year abroad?
62 Greek letter
63 Springsteen's "Working ___ Dream"
64 Spider-Man foe Doc ___
65 Elfin

Answers on page 19

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Edited by Mike Selinker and Gaby Weidling. Crosswords of Wisdom, 1538 12th Avenue, Seattle, WA 98122

Exploring the 'Yiddish Atlantis'

EMILY K. ALHADEFF Associate Editor, JTNews

Underneath the rubble and ashes of Eastern Europe lies a buried civilization, and one of its excavators is West Seattle resident Gerardo Ojeda-Ebert.

This spring, with Rabbi Olivier BenHaim and members of Bet Alef Meditative Synagogue, Ojeda-Ebert will travel to the Czech Republic and Poland on a tour that focuses not on the end of Jewish life, but on the millennium of life before it was silenced in World War II.

"We are going to see Yiddish Atlantis," Ojeda-Ebert said. "It's a vast continent that has disappeared. We are going to meet the gatekeepers."

Born in Chile to secular parents of German descent, Ojeda-Ebert moved to East Germany as a teen for school, and ended up spending the next 25 years in Poland reviving Jewish life under communist rule.

During that time, he performed in Yiddish theater around the country, helped open a hotline for people who learned they were Jewish, studied and reenacted Shabbat services in secret, and contemplated with friends a Polish Jewish museum — which exists today.

"That started around a bottle of vodka 30 years ago," he said.

As a protected national minority, Ojeda-Ebert and his friends had no trouble circumnavigating the country to perform Yiddish theater, as long as the censor approved the scripts. It was then, as a young man, he realized his calling, when after a production of "Bonjour Monsieur Chagall," an elderly Holocaust survivor approached him.

"As long as you're singing with a Yiddish heart and a Yiddish neshama [soul], Hitler didn't kill us," he told him.

"We have the amazing responsibility to keep this message alive," Ojeda-Ebert said.

From there, he helped found the "flying Jewish university" — "Because we had to fly from one private apartment to another private apartment to run away from the police," he explained — and sat by the phones for calls from Poles who discovered their Jewish heritage as adults and didn't know how to process the information.

"Most of the Jews in Poland are not Jews by birth; they're Jews by surprise," he said. Ojeda-Ebert and his comrades would listen to their stories, then ask if they'd like to meet other people with the same story or eventually get involved in Jewish organizations.

Although Ojeda-Ebert was surrounded by Jews growing up, his non-religious family made no mention of Judaism, and he attended a Lutheran school.

"I'm a Jew by surprise also," he said. "I discovered when I was 14 that I had

Jewish ancestry."

Today, Ojeda-Ebert lives in West Seattle with his wife Hannah. In addition to attending Bet Alef since 1995, Ojeda-Ebert is a life coach and counselor, and in the process of creating a new model for orphanages for at-risk youth in extremely impoverished areas in Latin America. He takes his inspiration from Janusz Korczak, the Polish-Jewish orphanage director who refused to abandon his children, and as a result was sent to Treblinka.

"I studied everything about Janusz Korczak, and it changed my life," he said.

Ojeda-Ebert led a similar tour to Poland and the Czech Republic in 2008 with Rabbi Ted Falcon, the founder of Bet Alef, but this trip is different, he explained. This program requires participants to attend monthly meetings and workshops to prepare them for the depth of the trip, and he provided them with a 10-page list of suggested books to read.

The group will visit the Terezin, Treblinka and Auschwitz concentration camps, but the focus is on Jewish life, as well as Bet Alef's defining trait, meditation.

"I think the fact that Bet Alef approaches everything it does meditatively makes a difference in the way we travel, too," said BenHaim. "We don't rush from one touristic spot to the next. We visit fewer places but we take the time to really be in the places we find ourselves."

For BenHaim, his grandmother's passing last year triggered the trip. BenHaim's mother will join the program in a sort of pilgrimage to her mother's native Warsaw.

"One evening sitting shiva, I spoke to my mother about having wanted to go to Poland for a while, and that now might be a good time to try," he said. "On a personal level, this trip is extremely important to me."

Ojeda-Ebert looks forward to introducing Bet Alef to the gatekeepers of the Yiddish Atlantis, and sees himself as a bridge-builder between different walks of Jewish life.

"What Rabbi Olivier teaches can be attractive to young non-religious people of Jewish descent," he said. "How come this people, after all they went through...still want to be Jews? What can we learn from that? How can we contribute to that rekindling Jewish light?"



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The Wysoka Synagogue in Krakow

If you go:

The study tour to Poland and Czech Republic runs May 14-27. For more information contact Rachel at Rachel@betalef.org or call 206-527-9399.

Spanish citizenship becomes a reality for Sephardic Jews

BORIS KURBANOV JTNews Correspondent

Today, an estimated 40,000 Jews call Spain their home. But five centuries ago, the nation was home to one of Europe's largest and most vibrant Jewish communities — a group that flourished before its expulsion in 1492. Those exiled Jews — who came to be known as Sephardic Jews from the Hebrew for "Spain" — sought refuge around the Mediterranean and beyond, passing their Spanish Jewish traditions down.

Last February, the Spanish government approved legislation

to grant dual citizenship to Sephardic Jews, calling the expulsion a "historic mistake." Under the new law, Sephardic Jews will have a window of two years to apply for citizenship after the passage of the law, which is expected in the next few months. Many have questioned the motive behind the repatriation law, which makes Spain one of the few nations in the world to offer automatic citizenship to Jews. Spain's justice minister said last March the offer doesn't have "any economic goals or consequences."

"It's a development that has been brewing for a while," said Doreen Alhadeff,

who, along with her husband Joe and fellow community lay leaders Al Maimon and Joel Benoliel, visited Spain in September to meet with key administration officials. "When I first heard of it, I really didn't think it would actually come to fruition. I kind of thought, 'Oh yeah, that's a good thought.'"

After Spanish delegates visited Seattle last spring, the group was invited by the Spanish government to visit four of the prominent Spanish historical Sephardic communities as representatives of Seattle's Sephardic community. Their agenda included identifying areas of possible common sharing of historic, cultural, and educational opportunities; re-connecting Seattle's Sephardic Jews to their Spanish Jewish roots and Ladino language; and helping strengthen the relationship between the University of Washington to Spain — specifically the city of León — where the UW has a campus.

It's all part of a "sophisticated and robust effort by the Spanish government to foster these connections with Sephardic communities around the world," said Benoliel.

"You have on many levels a renaiss-

sance of Judaism in Spain without the anti-Semitic sentiments you get in other countries," he continued. "Since there hasn't been a Jewish population, most of these people don't have any idea who Jewish people are."

On Jan. 14, Alhadeff and the group will present an informational program describing their mission, and its future benefits to Sephardim in Seattle. They'll be joined by David Hatchwell Altaras, the president of the Jewish community in Madrid, as well as Luis Fernando Esteban, honorary Spanish consul for Washington and Oregon, and Dr. Antonio Sanchez, director of government relations at Central Washington University and international protocol consultant. After the presentation, attendees will have an opportunity to ask questions.

Alhadeff said that while Sephardic Jews will get the chance to learn about and receive updates regarding the possibility of

Spanish citizenship under the new law, the focus is the importance of preserving and promoting Sephardic Jewish culture.

"We're looking to preserve the culture, the Ladino language, and the customs here — and wherever we can — because the Sephardic culture is sadly being lost," she said.

"The amount of people in the community that will take advantage will surprise us," Alhadeff said, adding, "I think it will be more than we expect."



COURTESY DOREEN ALHADEFF

From left to right: Joe Alhadeff, Al Maimon, Joel Benoliel, and Doreen Alhadeff around the statue of Maimonides in Córdoba, Spain.

If you go:

Learn more and ask questions about forthcoming citizenship options on Wed., Jan. 14, at 7 p.m. at Ezra Bessaroth, 5217 S Brandon St., Seattle. Coffee and dessert will be served.

A trip to remember, for remembrance's sake

JOEL MAGALNICK Editor, JTNews

They've done this trip before, but this July, the Holocaust Center for Humanity is doing something new. Added onto the educational trip through Warsaw and Krakow that the organization formerly known as the Washington State Holocaust Education Resource Center will be an optional trip to Jerusalem.

"It seemed like it's a nice end to a Holocaust trip to look at post-Holocaust Jewish renewal," says Ilana Cone Kennedy, the Holocaust Center's director of education who will be leading the trip.

Not that spending 12 days learning the Holocaust should be depressing. While what trip participants learn will certainly have heavy moments, Kennedy said the hard parts are intermingled with uplifting elements about how the Holocaust is taught and understood today in Poland.

"On one of our last trips, we met with...college students who were studying about the Holocaust...who are really trying to make a difference in their communities to bring this history to light," she said.

While some elements of the trip will be Jewish, about half of the participants

are not Jewish, but have an interest in learning about the Holocaust and its history. Part of their education will be about Judaism, such as with the Shabbat dinner and the regular tourist sites the group will visit in Israel.

"We'll really try and make sure we introduce Judaism to them," Kennedy said. "For the Jewish people who are there, [we will] really give it some Jewish cultural interest and knowledge and history."

The itinerary includes visits to Auschwitz-Birkenau, where participants will mark the 70th anniversary of the liberation of the concentration camp, the Treblinka death camp, the Warsaw Ghetto, the Yad Vashem Holocaust memorial in Jerusalem, and multiple museums in both countries. Throughout the trip, scholars, students and experts will join the group to offer their insights.

This trip, which will be a group of about 15, is near capacity, so Kennedy said anyone interested should be in touch soon. Learn more about the trip on the Holocaust Center for Humanity's website at HolocaustCenterSeattle.org.

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Discover Jewish Cuba with the Jewish Federation

EMILY K. ALHADEFF Associate Editor, JTNews

Not long after the Jewish Federation of Greater Seattle announced it would be leading a delegation to Cuba this spring, President Barack Obama announced that international relations would be restored between the United States and the small island nation after decades of strained ties. At the same time, the surprise release of Jewish American contractor Alan Gross from Cuban prison produced a happy reaction around the Jewish world.

“We are thrilled that Alan Gross has been released,” said Keith Dvorchik, the Federation’s CEO. “That is the first and most important thing.”

As for the thaw, he continued, time will tell what that means for both countries and their Jewish populations.

Cuba was once home to some 15,000 Jews spread across the country. Jewish presence on the island dates back 500 years, with the bulk of the community arriving from the Ottoman Empire and Eastern Europe in the 20th century. Following the rise of Fidel Castro to power in 1959, almost all of them took flight. As the country descended into communism and financial crisis, the Jewish community, just a shadow of its former self, struggled to maintain its identity and its institutions fell into disrepair.

Despite myriad problems, no iron curtain surrounds Cuba, and since the 1990s

the American Joint Distribution Committee has been aiding the community of approximately 1,500 by bringing in medicine and extra food, providing challah and Shabbat chicken dinners, revitalizing Jewish life with Bar and Bat Mitzvah programs, religious education, Israeli dance, and summer camp, and cultivating the next generation of Cuban Jewish leaders. The JDC has been so effective, in fact, that last year they pulled their staff from the ground.

“The community has reached a point where they can implement programs,” said Michael Novick, executive director of strategic development at the JDC. “The need for an on-the-ground staff from the outside is no longer the case.”

For over a decade, according to Novick, Federations from around the U.S. have been visiting the Cuban community.

“I think it’s very important that there be a real connection between the Jews of Puget Sound and the Jews around the world,” said Dvorchik. “As we began looking for ways to enhance this connection, it became clear that there were synergies and great partnership opportunities with JDC.”

He spoke with Novick and other community leaders and decided Cuba would be a “great opportunity to showcase a Jewish community that many people have no idea about.”



Cuban Jewish children perform Havdalah at the end of Shabbat.

JULIAN VOLOJ/JDC

The trip takes place March 25-29 and includes visits to synagogues, the mikvah, cemetery, community center, and the Holocaust memorial — which was the first in the Western Hemisphere — as well as sites of Cuban cultural interest, like Old Havana and art museums. The short program will not stop for Shabbat, but participants will spend Friday evening at the Patronato Synagogue in Havana with the community for dinner. On Saturday, they’ll visit the Sephardic Hebrew Center — Havana’s only Sephardic synagogue — and return to the Patronato for Havdalah and an Israeli dance performance. Kashrut cannot be accommodated in Cuba, but arrangements can be made for kosher-style meals. (Rumor has it that Cubans are pork enthusiasts, so beware.)

As far as trips go, Cuba is close and easy to get to on a religious visa.

“In the month of March it’s also pretty good weather,” said Novick. “It’s the Caribbean, after all.”

If you go:

The mission to Jewish Cuba takes place March 25-29. Travel cost is \$3,300 for single occupancy, \$3,000 for double occupancy and includes all expenses in Cuba, including flights to and from Miami. Travel expenses to Miami and overnight accommodations in Miami not included. For more information, contact Rachel Marinos at 206-774-2219 or at rachelm@jewishinseattle.org.

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◀ JEWISH & VEGGIE PAGE 2

flax meal, sesame seeds, sugar, salt, and baking soda.

- Cut the butter into the flour with two knives or a pastry cutter, as when making a pie crust. (Tip: if your butter is frozen, microwave it for 10 seconds at a time until it is cuttable).
- Add the egg and buttermilk. Mix well with a spoon, then knead right in the bowl for couple of minutes. It should be moist but firm enough to form a ball. If not, add a bit more flour.
- Shape into a large ball, place on a greased (or silpat-covered) cookie sheet, and make an X in the top with a sharp knife.
- Bake for about 40 minutes until golden brown, and sounds hollow when rapped on the bottom.
- Better yet, use an instant read thermometer to look for an internal temperature of 180° F/83° C. That is a much more reliable way to gauge doneness. Check the bread about 20 minutes into baking, and if it is browning too fast, cover it with a tinfoil tent until it is done.
- Allow to cool for a few minutes, and serve with swaths of sweet cream butter.

Local food writer and chef Michael Natkin's cookbook "Herbivorous, A Flavor Revolution with 150 Vibrant and Original Vegetarian Recipes," was a finalist in 2013 for a James Beard award. The recipes are based on his food blog, herbivorous.com.

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Photo by Jeff Carpenter

Derech Emunah: A place for girls to grow into themselves

By **Tori Gottlieb**

For families who wanted their daughters to have an Orthodox Jewish high school education in a single-gender setting, Derech Emunah was founded in 2012. Now in its third year, the school boasts a small student body of 10 students who take classes together in a multi-age classroom format focused on interdisciplinary, collaborative, college-preparatory learning.

In addition to daily Judaic studies that focus on meaningful Torah study and a commitment to Jewish life, students are steeped in a robust humanities and STEM (science, technology, engineering and math) curriculum. Through these classes, they study writing, literature, current events, history, and public speaking, and benefit from access to a science lab at Seattle University.

Derech Emunah currently offers three different levels of math — algebra I, geometry, and algebra II — and four different levels of conversational Hebrew to accommodate students' learning needs.

"That's the greatest challenge we have — to reach every girl on her level all the time," said Rabbi Shaul Engelsberg, who moved to Seattle from Michigan last year to serve as principal of the school. But Derech Emunah rises to that challenge, he said, working with students on an individual basis to both help students struggling with material and to create more rigorous academic pursuits for accelerated learners. As part of its educational package, Derech Emunah provides each student with a school-issued tablet computer to use in class and at home to do research and complete assignments.

Derech Emunah prioritizes college preparatory interdisciplinary education, asking its students to connect what they're learning in any given moment to what they have learned previously, in both their Judaic and general classes. To have fun with this, students can earn hot buttons for each connection they make between subjects and lessons. While the original incentive was for the

girls to redeem the hot buttons for a gift certificate to a local coffee shop, Rabbi Engelsberg joked that no one has taken him up on that offer yet — the buttons themselves have become the prize.

"In theory, they're supposed to cash in these hot buttons for a gift card," he said. "But to date, no one's come to me to cash anything in. It's a source of pride to them to make those connections and earn the hot button."

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COURTESY FRIENDSHIP CIRCLE

In what appears to be a first in the City of Seattle, Mayor Ed Murray hosted a Hanukkah candle lighting in his chambers at City Hall. Joined by the teen leadership group the Friendship Circle, the mayor expressed his excitement for the event and praised the group for its dedication to children with special needs and its ongoing efforts to give back to the community. The Friendship Circle's flagship program pairs teen volunteers with special-needs children for companionship and respite for the children's families.


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Northwest Yeshiva High School: A Jewish Model U.N.

By Janis Siegel

Northwest Yeshiva High School
Denomination: Orthodox
Grades: 9–12
Base tuition: \$17,940
Percentage of students that receive financial aid: About 50 percent
Average financial aid package: About \$13,000
Student body size: About 70
Average class size: 12 (classes have 5–15 students)
Who the school tries to reach: Any Jewish high schooler seeking a rigorous Jewish and general education.

Extracurricular/Intramural activities: Multiple clubs and sports leagues
Resources for accelerated students: Honors courses in both Judaic and College Prep studies from 10th grade on.
Other offerings: The school has both a college counselor and a school counselor who supports students, their families, and the teachers. NYHS also offers post-high school Israel program counseling.

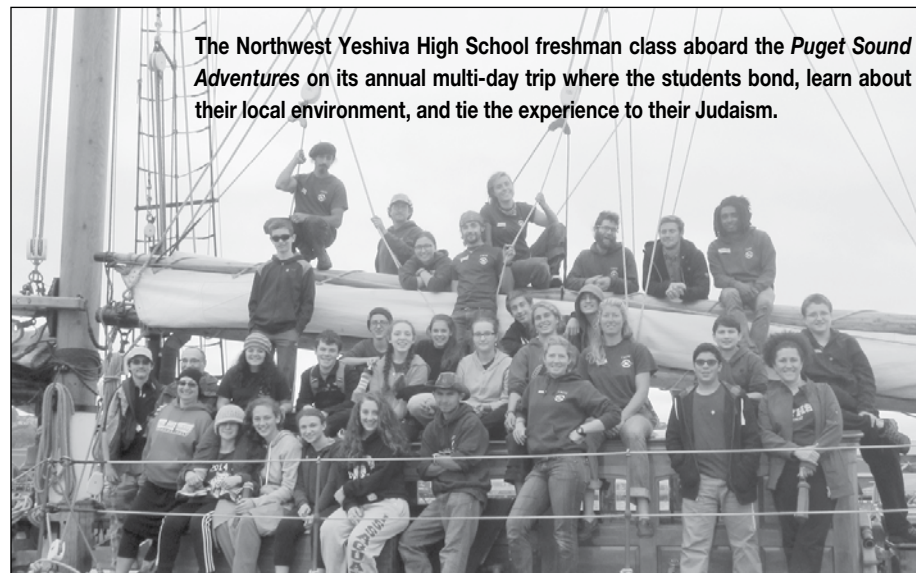
The Northwest Yeshiva High School, a coed Orthodox school for grades 9 through 12, is somewhat of a Jewish United Nations in that it mixes things up by accepting all denominations of Jews from Orthodox to Reform, as well as the unaffiliated into its now 70-plus growing student body.

The college-focused, science-driven general studies curriculum shares half of the school day with text-based and philosophically laced Judaic studies, blending its rigorous, intellectually challenging studies with service in the community.

Students have opportunities for leadership, strong support from teachers and staff, and yearly trips by grade, including a five-day stay in Washington, D.C. on a leadership mission for sophomores where they learn about government and meet with their Congressional representatives.

Somehow, despite the differences in religious practices, the school seems to rise to a higher calling.

"We belong to Congregation Beth Shalom, a Conservative synagogue in Seattle," said Kevin Coskey, father of two NYHS students: Justin, a senior, and Rachel, a fresh-



The Northwest Yeshiva High School freshman class aboard the *Puget Sound Adventures* on its annual multi-day trip where the students bond, learn about their local environment, and tie the experience to their Judaism.

COURTESY NYHS

man. "Sending our children to NYHS is not incompatible with our synagogue attendance. In terms of tefillah, the synagogue is egalitarian, and the school is traditional, but our children have no trouble navigating the differences."

Justin and Rachel both graduated from the Jewish Day School in Bellevue before moving on to NYHS.

"My children are friendly with students of various Jewish backgrounds and have even gotten to know exchange students from other countries," said Coskey about their experience at NYHS. "Socially, they are both thriving."

Hebrew is not mandatory. Incoming students are placed in language classes according to their ability. They can choose between Hebrew and Spanish as a language concentration.

Occasionally, said Melissa Rivkin, director of advancement and admissions at NYHS, a student needs to have a basic primer in Biblical Hebrew to successfully complete the Judaic curriculum text study.

"Modern Hebrew is offered as a foreign language and is not part of the Judaic curriculum," she said. "Spanish is the other language, although we do have a few kids who take French as independent study with teachers from Yellowwood Academy."

Justin and Rachel's parents know their teens work hard to excel at their studies and that NYHS is demanding, but they feel their kids came to the school well-prepared.

"Studying Jewish texts in Hebrew is not a problem for them and it is a skill that will help them in their studies and in their travels to Israel," said Gail Coskey, the students' mother.

Privateschoolreview.com's evaluation of NYHS in its review of private schools in King County said that between 2010 and 2013, NYHS students were admitted into many of the most prestigious universities in the U.S., including Tulane, Barnard, Brandeis, Northwestern, Yeshiva University, and UCLA.

During the same period, 20 of the 21 NYHS students who applied to the University of Washington were admitted, it said.

According to Rivkin, one of the strongest factors contributing to the school's aspirations to excellence is that 90 percent of the faculty at NYHS has advanced degrees.

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◀ **DERECH EMUNAH PAGE 11**

In addition to incentivizing interdisciplinary learning, Derech Emunah also values experiential learning for its students, taking them on field trips three to four times a semester to explore local industry and environment around the Puget Sound. Field trips last semester included the Tolt Yarn and Wool Shop in Carnation, where the girls learned about the family-owned store's business model, and the Issaquah Salmon Hatchery, where they learned about the salmon's breeding and spawning cycle.

"These trips are meant to put the seeds into their minds of what they would like to do, and how they can contribute to our area and society at large," said Engelsberg.

The girls are also encouraged to have fun with art and exercise, with weekly excursions to the neighboring School of Acrobatics and New Circus Arts and Miller School of Art.

Jeffrey Alhadeff, who serves as board director for Derech Emunah, has two daughters enrolled in the school. He said that Sima, a sophomore, and Elishava, a freshman, find tremendous joy in the special activities provided by Derech Emunah, and especially in their academic successes at school.

"The kids are really challenged," said Alhadeff. "They have a great sense of accomplishment at being able to meet that challenge."

That sense of accomplishment is important for young Jewish women, espe-

cially in the Seattle area, where prior to Derech Emunah's founding in 2012, no school existed to serve them. (The Menachem Mendel Seattle Cheder in Seattle's Northend has a girls' high school that serves a somewhat different population.

That school is not operating this year.) In fact, many families were sending their daughters out of Seattle — to places as far away as British Columbia, California, and Georgia — to get the Orthodox Jewish education at a single-gender school that Derech Emunah now provides.

Rabbi Ron-Ami Meyers of Congregation Ezra Bessaroth and his wife Miriam faced that dilemma as their daughter Chana approached high school age.

"We were looking for a girls' high school that strives for excellence in both general and Jewish studies," Meyers said. "Until Derech Emunah opened its doors, we were in a quandary: How do we provide Chana with the ideal double-curriculum education while still guaranteeing her the nurturing atmosphere here at home, in Seattle?"

Chana is now a freshman at Derech Emunah, and Rabbi Meyers said the school's homey feeling, dedicated teachers, and excellence in both Judaic and general studies have been among the highlights of Chana's educational experience.

"A single-gender environment helps students discover themselves and have a strong sense of self-confidence during their formative high school years," said Alhadeff.

Now that Derech Emunah is up and running, families in the Greater Seattle area no longer have to seek that environment elsewhere.



JEFFREY ALHADEFF

Students at Derech Emunah collaborate on a project.

Learn more at www.derechemunah.com

DERECH EMUNAH

Denomination: Orthodox

Grades taught: Currently 9–11. Its first 12th graders will graduate in 2016.

Base tuition: \$15,000

Students receiving financial aid: 60 percent

Average financial aid package: 50 percent, but varies based on each family's situation.

Student body size: 10

Class sizes: 10 or fewer. Classes divided by skill level or in a multi-age classroom format.

Who the school reaches: Young women looking for a single-gender Orthodox Jewish education.

Resources outside of class: Membership at School of Acrobatics and New Circus Arts and the Miller School of Art.

Extracurricular/Intramural activities: Volunteerism through its Chessed program, local organizations such as synagogues, and NCSY.

Teaching philosophy: A focus on college preparatory interdisciplinary general studies, intertwining multiple subjects.

Judaism philosophy: Torah study should be meaningful and relatable to the students' lives as young women in Seattle today. All students are encouraged to have a mastery-level understanding of and commitment to living a Jewish life.

Special programs: Field trips are offered three to four times a semester to various locations in the Greater Seattle area.

Resources for accelerated/struggling students: The small student body allows for individualized attention for all students.

How religious/general instruction is divided: A block schedule allows for daily Judaic education, and interdisciplinary STEM/humanities education on alternating days.

J-TEEN CALENDAR

EVERY TUESDAY

6–8:30 p.m. — Livnot Chai Eastside

Livnot Chai at or info@livnotchai.org or www.livnotchai.org

Livnot Chai's supplementary high school program is an unprecedented multi-denominational partnership that provides experiential learning and offers a creative, flexible and innovative approach to Jewish education. Over 15 classes with titles such as: "Survival Hebrew"; "Let's Talk About Jewish Sex"; and "Shal-OM: Jewish Spirituality" are open to all Jewish teens in the Puget Sound region. At Temple De Hirsch Sinai, 3850 156th Ave. SE, Bellevue.

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Bringing smiles to kids and a twist on the tisch

DIANA BREMENT JTNews Columnist

1 “It started in 2012,” explains **Zoe Mesnik-Greene**, when “I saw a video about children...with cleft palate condition.”

She can't pinpoint why, but that video made her want to do something.

“I asked myself, am I going to take action...or just put it on Facebook?” she said.

Perhaps because “we know how to treat cleft condition,” action seemed possible: “Just a matter of bringing funding and resources together,” she said.

Approximately one out of 700 children worldwide is born with this condition, which can be a combined cleft palate and lip or just



M.O.T.
Member of
the Tribe

a year.

The University of Washington communications major started researching lip balms, creating a recipe “so pure you can actually eat it,” and choosing a manufacturer in New Mexico. Her first order was sold door-to-door by volunteers and through doctors' and dentists' offices. By March 2013, she'd raised \$30,000, but it was “not very efficient.”

A veteran of the Jewish Federation of Greater Seattle's J.Team teen philanthropy program, Zoe has had “a deep passion for philanthropy...for quite some time,” and wanted to apply those ideas to a consumer product

in his life, gathering at a community center a few days before the Bar Mitzvah to play basketball and have snacks and decidedly

nership between the lip-care industry and that non-profit. Additionally, money raised from Lasting Smile sales pays for surgeries in the countries where they source their ingredients.

In Peru this past summer, Zoe visited the cooperative that provides Lasting Smiles's cocoa butter and watched a cleft palate surgery. She hopes to create more connections between consumers and producers, raising customer awareness about product origins and showing farmers the results of their work.

“The farmers were very proud to see the lip balm,” she says.

Lasting Smile launched this past November, selling at Nordstrom, Whole Foods Market, Drugstore.com and Walgreens.com. The November shipment almost sold out, although some Washington Whole Foods stores have stock.

A competitive athlete since childhood — she's been a gymnast, pole vaulter and rower — Zoe attributes some of her focus to her athletic discipline. Launching Lasting Smiles did force her to take fall quarter off school, but she's returning full time this quarter.

2 Zoe's dad, Seattle dermatologist **Steve Greene**, also did something interesting in 2013, publishing an article in Voice of Conservative/Masorti Judaism magazine.

Steve wanted to put on a Bar Mitzvah tisch for his son **Marcus**. A tisch — literally “table” in Yiddish — is better known as a wedding custom when the groom and his male friends gather around a table before the ketubah signing. The groom often attempts to impart some learning or wisdom while his friends joke and maybe have some drinks.

For a Bar or Bat Mitzvah, it's to help the young person in “becoming successful, joining the community, joining the tribe.”

Steve got the idea from other members of his synagogue, Congregation Beth Shalom in Seattle. He brought Marcus together with some older boys and men who had an impact



PEGGY MESNIK

Dermatologist and Bar Mitzvah tisch creator Steve Greene.

non-alcoholic beverages. The men shared reflections “about moving up the growth ladder,” recalls Steve, “that it's okay to make mistakes, take risks.”

Looking for information on organizing the event, Steve found nothing. So, “after it was all over, I decided to write this article,” he said, to inform and inspire, and because “I thought it was cool enough to share with others.”

Following publication, “I got emails from all over North America,” said Steve, so the magazine asked him to add a “Top Ten list” for making a Bar Mitzvah tisch. It can be read at www.cjvoices.org/article/the-bar-mitzvah-tisch (or just search “bar mitzvah tisch”).

Having attended and worked at the Conservative movement's Camp Ramah in upstate New York as a kid, Steve said he has “always been interested in Jewish education...and ongoing Jewish learning.” He is a board-certified dermatologist and owner of Advanced Dermatology and Laser Institute of Seattle.



LASTING SMILES

Zoe Mesnik-Greene discusses farming techniques with cocoa farmers in Tingo Maria, Peru.

the palate. In Western countries, most children are treated as infants, but in impoverished areas, children often go untreated. Most cleft palate organizations price treatment at \$250 per child.

Brainstorming about sustainable approaches to raising money, Zoe “started thinking and thinking [and] it somehow came to me,” she said. “My lip balm — it's something I use all the time!” Lip balms are inexpensive and consumers buy two to five

that would “create impact in people's lives,” including not just the children with cleft palates, but the ingredient producers and the buyers. She took things a step further, creating the company Lasting Smiles, with more flavors and using fairly traded ingredients from cooperative farms in Burkina Faso, India and Peru.

She also partnered with Smile Train (www.smiletrain.org), the largest cleft organization in the world, in the first-ever part-

◀ CALENDAR PAGE 5

FRIDAY 23 JANUARY

5–9 p.m. — **Rabbi Paysach Krohn Shabbaton**

☎ 206-722-8289 or seattlekolel@aol.com or www.seattlekolel.org

Friday night dinner and lecture: “Becoming a Person of Bracha – Blessing.” Mincha and Kabbalat Shabbat 4:45. Dinner and lecture 7:30 p.m. Childcare free. Adults \$18, children 3-12 \$10, family \$60. At Bikur Cholim Machzikay Hadath, 5145 S Morgan St., Seattle.

SATURDAY 24 JANUARY

Rabbi Paysach Krohn Shabbaton

☎ 206-722-8289 or seattlekolel@aol.com or www.seattlekolel.org

Shabbat morning sermon at BCMH at 10:30 a.m.: “Making Tefilla Special.” Mincha at 4:15

followed by Seudah Shlishit and talk at Sephardic Bikur Holim, 6500 52nd Ave. S: “Enhancing your life with reflective enthusiasm.” At 6:30 at the Seattle Kollel, 5305 52nd Ave. S: Avot U'Bonim program and another talk TBD at 7:20 p.m.

5–7 p.m. — **Havdalah Zoo for You — Spice Night**

☎ Leslie Mickel at 206-232-8555, ext. 220 or LeslieM@h-nt.org or h-nt.org/calendar

Dinner and Havdalah followed by a live petting zoo. For 2nd grade and under. Adults \$10, kids \$5, 0-3 free. At Herzl-Ner Tamid Conservative Congregation, 3700 E Mercer Way, Mercer Island.

6–8 p.m. — **J Explorers “Re-launch” Party**

☎ 206-232-7115 or saraht@sjcc.org or sjcc.org

Dinner and obstacle course for dads and their K–3 kids who play games, learn new skills, and enjoy the outdoors. At the Stroum JCC, 3801 E Mercer Way, Mercer Island.

SUNDAY 25 JANUARY

10:30 a.m. — **2015 Connections: Rediscovering Spirituality in the Great Outdoors**

☎ Shoshannah Hoffman at 206-774-2246 or Shoshannahh@jewishinseattle.org or Jewishinseattle.org

Featuring Rabbi Jamie Korngold, founder and director of the Adventure Rabbi Program, and the author of “God in the Wilderness,” and six children's books. Korngold bridges the gap between scientific thought and religion and invites disenfranchised Jews back to Judaism. Kosher meal served. At Meydenbauer Center, 11100 NE 6th St., Bellevue.

5–8 p.m. — **Sephardic Bikur Holim 101st Anniversary Dinner**

☎ Diana Black at 206-723-3028

Honoring Bob and Sue Benardout, Terry Azose and bazaar volunteers. Cocktails start at 5, dinner at 6. \$90. At Sephardic Bikur Holim, 6500 52nd Ave. S, Seattle.

MONDAY 26 JANUARY

7–9 p.m. — **Warm For Your Reform**

☎ 425-603-9677 or rspv@templebnaitorah.org or templebnaitorah.org

“Progressive Judaism in the Modern Era.” Explore Reform Judaism's emergence, the evolution of its worldview, and major contributions. Mondays at 7 p.m. on Jan. 26, Feb. 2 and 9. \$15. Instructor: Rabbi Eric J. Siroka. \$15. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

How kids can choose their literature, one Jewish book at a time

JOEL MAGALNICK Editor, JTNews

Over the past six years, hundreds of families throughout the Puget Sound region have taken advantage of PJ Library, a program where small children receive a Jewish book each month in the mail. But because the program tops out at age 8, many of those kids who started at the beginning aged out without any kind of follow-up program.

This fall, however, that all changed with the introduction of PJ Our Way, a program aimed at kids ages 9–11. Catriella Freedman, who built the PJ Our Way program for the Harold Grinspoon Foundation, which also founded PJ Library, visited Seattle from Israel in December to help formally launch the program. Freedman said the program is similar in that kids will receive a new book each month, but aside from that, the older kids' program is very different.

"If we say we're a program for kids ages 9–11, that means that those are our consumers, as opposed to PJ library, where it's really the parents and less the kids," she said.

Perhaps the biggest difference is that for the first time, the kids can go online and choose which books they will receive each month.

"To help them make the selection, the site is populated with content about the

books," Freedman said. "Every book has a short description, it has kid reviews, video trailers, quizzes, polls, information about the author."

A section for parents can also help with the decision-making process, as well as discussion points for after their child finishes reading.

At the same time, Freedman said, while kids in this age group are beginning to assert their independence, "they also want to show you what they can do and what they can write, and how they can communicate with their peers."

To that end, the PJ Our Way site (found at www.pjourway.org) also allows the kids to submit the reviews their peers are reading online, post on the blog (which Freedman moderates), and interact with others around the country. In the near future, the kids will also be able to post video trailers of books on the site. All of this was built with the children in mind, coming from their perspectives.

One way to do that is through a national design team made up of one kid from each of the 10 communities across the U.S. that PJ Our Way currently serves. Locally, both this program and PJ Library are administered by the Jewish Federation of Greater Seattle, and representatives there enlisted 9-year-old Hadas

Dukin to participate on monthly meetings via Google Hangouts to discuss what content should appear on the site and ensure that it's continually changing.

On his design team bio page on the PJ Our Way site, Hadas wrote that the experience so far has been one he'll never forget.

"My experience as a part of PJ Our Way was fantastic," he wrote. "I had so many chances to give input and help the program develop. As a design team we got to name the program, pick a logo, interview authors, and best of all, review the books."

That level of input was intentional.

"Kids in this age group really don't want to hear what 45-year-olds have to say," Freedman said. "They want to feel like it's a site for them, and that kids are responding to the books."

The launch of PJ Our Way was more than two years in the making, and much of that time was spent researching the available content and the desires of the kids who would be consuming it.

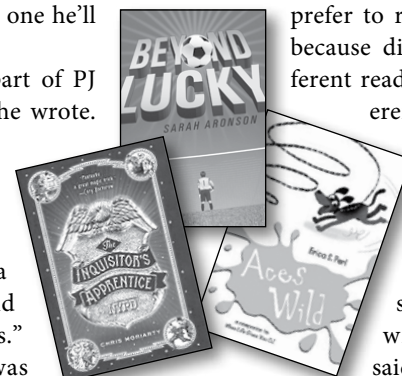
As a mother of four and a Jewish educator, Freedman knows children in this cohort, "but I really wanted to learn more

about what makes these kids tick," she said.

What she learned is that in talking to 500 Jewish kids across the country — and this may come as a disappointment in the land of the Kindle — the majority prefer to read print books. And because different kids have different reading abilities and preferences, the site is built to accommodate those differences as well as provide a place "where they can express themselves and connect with other kids," she said.

Because Seattle is a pilot city for the program, 100 percent of funding for PJ Our Way comes from the Grinspoon Foundation for its first two years. The foundation funds one-third of the \$60-per-year PJ Library subscriptions, with the rest of that funding coming from the Jewish Federation and local donors.

As of mid-December, about 2,000 kids had signed up for PJ Our Way. Given that Seattle constantly falls in the top two of the nation's well-read cities, it should come as no surprise that the majority of those signups are right here.



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NW JEWISH SENIORS

Friday, January 9, 2015 ■ A Special Section of JTNews

Fleeing Cuba was the third narrow escape for doctor from Transylvania

By Dan Aznoff

For one Bellevue resident, President Obama's decision to restore full diplomatic relations with Cuba rekindled memories of his parents' clandestine escape from the island nation more than 50 years ago.

Gabe Sterns remembers clearly how it took dramatic action from both U.S. senators from Washington State and the FBI to help get his parents to Florida after Fidel Castro came to power in Havana. The former Boeing engineer said he turned to the federal government for help after the resident visas issued to his parents had been revoked.

"Pan Am was still providing commercial flights to Cuba at the time," said Sterns. "But my parents were having trouble getting into the United States after the communist government seized their property and nationalized the pharmaceutical factory my father established after the war."

Sterns had only been with Boeing a short time when he made the impassioned plea for help in 1962. Senators Warren G. Magnuson and Henry "Scoop" Jackson responded to his request, clearing the way for his parents to fly to Miami.

But the trouble did not stop there. Wilhelm and Margarite Stern asked their son to send \$10,000 (the equivalent of more than \$70,000 in today's dollars) to them in Boca Raton so the communist government would release personal items and pieces from the art collection they had brought to Cuba after their escape from Europe.

"This was way before the Internet scams for money from relatives you read

about today," Sterns said. "They were dealing with a so-called 'broker' who said he had inside connections with the Castro government. I knew immediately it was a hoax and called in the FBI to intervene. There was no way they could get all those personal items out of Cuba."

Sterns moved his parents across the country and into his house on Mercer Island. They eventually used the \$10,000 for his father to establish his medical practice in the Jackson Heights neighborhood of New York.

Wilhelm used an exception to the law that allowed doctors from Europe who had earned their degrees before 1919 to be licensed in the United States.

The surreptitious exit from Cuba was the third time the elder Stern escaped the evil intentions of an infamous government that persecuted its citizens due to their religion. Wilhelm had been a prominent physician and the owner of a factory that produced pharmaceuticals in his native home of Transylvania. His family fled

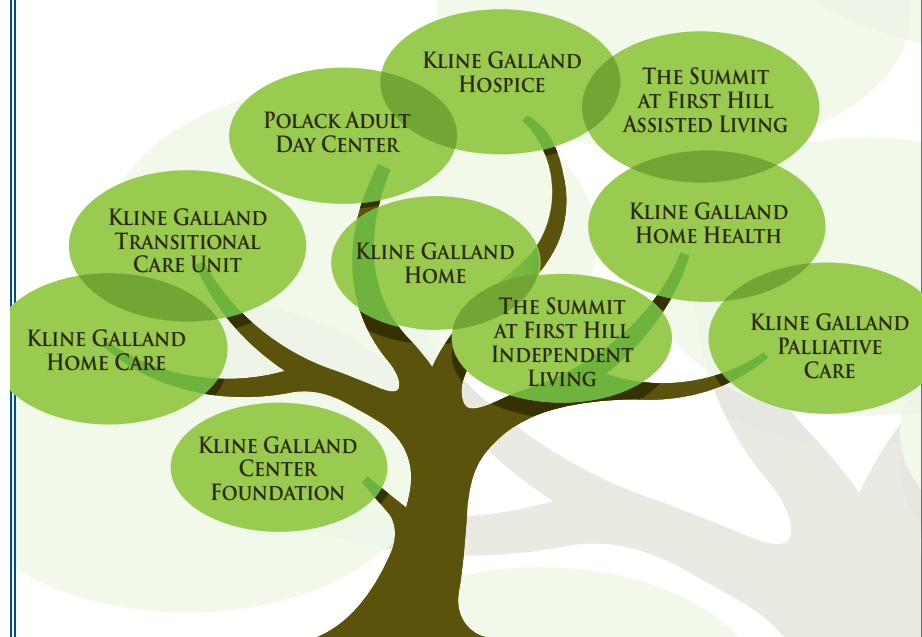


COURTESY GABRIEL STERNS

Gabe Sterns with his mother at his graduation from Auburn in 1958.

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What happened in 2014? Test your knowledge

JOEL MAGALNICK Editor, JTNews

Now that 2015 has begun, what from the past year are you trying to forget? Fear not, because we've got 14 stumpers to jog your memory with Jewish Washington's second annual news quiz!

1. The Napkin Friends food truck is so Jewish because it:

- a. Serves its sandwiches on potato latkes
- b. Cooks the entire menu in schmaltz, even the donuts
- c. Is based on the chef's grandmother's Sephardic recipes
- d. Is kosher

(Jan. 10)

2. Rachel Horvitz traveled to New Jersey in February to:

- a. Take a much needed respite from Seattle's overstimulating environment
- b. Paint the faces of Seahawks fans at the Super Bowl
- c. Attempt to make an unsuccessful last-ditch effort to represent the U.S. Olympic skating team
- d. Stop over on her way to making aliyah

(Feb. 7)

3. A group of workers came from where to help clean up after the wildfires in Eastern Washington this past summer?

- a. Spokane
- b. Seattle
- c. Czech Republic
- d. Israel

(Aug. 22)

4. Early in the summer, Jews across the world were increasingly upset about:

- a. The war in Gaza
- b. Global warming
- c. Three kidnapped Israeli boys
- d. The Bamba shortage

(June 27)

5. In June, this journalist spoke before a crowd of 1,000 Jews in Seattle and urged us to fight the boycott movement against Israel:

- a. Paul Krugman
- b. Ari Shavit
- c. Thomas Friedman
- d. Peter Beinart

(June 13)

6. Which state university's student senate voted to preemptively refuse consideration of boycott and divestiture campaigns based upon national origin?

- a. Western Washington University
- b. Central Washington University
- c. University of Washington
- d. Washington State University

(June 27)

7. When protesters attempted to block the entries to the ports of Seattle and Tacoma to stop an Israeli tanker from unloading they:

- a. Burned down a building in Tacoma
- b. Stopped the longshoremen from getting to work
- c. Were arrested en masse
- d. Failed

(Sept. 5)

8. True or false: Two Israeli soldiers were taken captive during the Gaza War.

(on JewishSound.org)

9. In December, for what is believed to be the first time in Seattle's history, this happened in the mayor's office:

- a. Two Jewish actors reenacted the birth of Jesus
- b. A public candle lighting to celebrate Hanukkah
- c. A bris
- d. The city council stormed the office and took the mayor hostage

(Jan. 9, 2015)

10. At protests against the war in Gaza over the summer, a man claiming to be a rabbi that spoke out against the incursion came from which anti-Israel group:

- a. Naturei Karta
- b. Shas
- c. SeaMAC
- d. WaMu

(on JewishSound.org)

11. JTNews celebrated which anniversary in 2014?

- a. 100th
- b. 75th
- c. 90th
- d. 40th

(May 23)

12. JTNews was not the only local Jewish organization to celebrate a big birthday. Which two celebrated the big 4-0 in 2014?

- a. Herzl-Ner Tamid Conservative Congre-

gation and the Washington State Jewish Historical Society

- b. The Washington State Jewish Genealogical Society and the Jewish Day School
- c. The Jewish Federation of Greater Seattle and Congregation Ezra Bessaroth
- d. The Stroum Center for Jewish Studies at the University of Washington and the Northwest Yeshiva High School

(March 28 and May 9)

13. And if you think 40 is big, which two organizations turned 100 in 2014?

- a. Kline Galland and Sephardic Bikur Holim
- b. Kline Galland and Bikur Cholim Machzikay Hadath
- c. The Jewish Federation of Greater Seattle and Jewish Family Service
- d. Temple De Hirsch Sinai and Herzl-Ner Tamid

(March 7 and Oct. 17)

14. Which acts performed in the Stroum Jewish Community Center's newly opened state-of-the-art auditorium?

- a. Noa
- b. Art Garfunkel
- c. Book-It Repertory Theatre's performance of the JTNews historical production "Letters to the Editor"
- d. Book-It Repertory Theatre's production of "The Amazing Adventures of Kavalier and Clay" (abridged)
- e. All of the above
- f. All of the above except for b

10. a, 11. c, 12. d, 13. a, 14. f.

Answers: 1. a, 2. b, 3. d, 4. c, 5. b, 6. a, 7. d, 8. False, 9. b,

◀ OUT OF CUBA PAGE 18

to Budapest to avoid being shipped off to a concentration camp.

Wilhelm returned to what was then known as Romania after the war, only to pack up again when the oppressive policies of the Soviet Union threatened his family and his business. He moved to Cuba in 1947 at the invitation of an uncle who had established a new home on the island eight years earlier.

Gabe was only 13 years old when his family landed on the shores of the island 90 miles south of the United States. He attended the high school at an academy known as Candler College in Havana and obtained a resident visa that allowed him to continue his studies at Auburn University in Alabama. He graduated in 1958 and returned to Cuba to do research in the sugar fields for the B.F. Goodrich Corporation. He then moved to Miami to work with two airplane manufacturers before accepting his position with Boeing in 1961.

According to Sterns, his parents' visas were revoked because they had used their visas previously to attend their son's college graduation ceremonies.

The holiday season also brought back other memories of his time on Cuba. Gabe remembers being on his way to New Year's Eve party with his fiancé when

he saw a private plane make an impromptu take-off from the international airport in Havana. Several days later he realized the small plane had carried ousted Cuban president Fulgencio Batista, who had just been overthrown by Fidel Castro.

Sterns firmly believes it was not a coincidence that the December release of American Alan Gross after five years of captivity in Cuba took place.

Not all of Sterns' memories are pleasant ones, however.

The renewed relations with Cuba also brought up visions of a dear friend he had had as a teenager. Gaston Perez eventually found his way to South Florida and was part of the rag-tag force that was decimated when they tried to invade Cuba in the U.S.-backed insurgent landing at the Bay of Pigs. Gabe said his friend was at the controls of a slow and vulnerable B-26 when he was shot down by Cuban pilots flying Russian trainer jets.

"His death made me sad and angry," Gabe recalled. "The U.S. had an aircraft carrier in the area, but [President] Kennedy did not provide any air support. The bombers had no tail gunners and were flying with full tanks of fuel.

"They were sitting ducks."



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LIFECYCLES

DR. IRA L. KARP

February 18, 1928 – December 12, 2014



In Palo Alto, Calif. at age 86 after a short, catastrophic illness. Beloved husband of Dr. Laenu Adelilah Greenberg Karp for 57 years until her death in 2012; loving father of Rabbi R. Reuel Karpov, Ph.D. and Yonah Karp (Harold Bobroff); adoring grandfather of Hannah Ruth Karp Bobroff, Abraham Raphael Karp Bobroff, and Nora Rayna Karp Bobroff; dear brother of the late Mayor David Solomon Karp, of San Leandro, Calif.

Ira Karp was originally from Bronx, N.Y. He was a lifelong learner, first at the elite Townsend Harris prep school in New York, eventually studying at Cal Berkeley and running track, and later earning a Ph.D. in physics at the University of Washington, as well as an additional M.S.E.E. from Purdue University a

decade later. His career alternated periods of university professorships, notably at Tuskegee Institute and Virginia Commonwealth University, and industry work in physics, mathematics and computer science, including Boeing Aerospace, AFRRRI, and GTE. In later life, Ira returned to his earlier love of running, becoming a life-extension advocate and guru. At 85, he won all three state-wide running competitions in California's Senior Games in Pasadena, and an article featuring his success was in the San Jose Mercury News. He and Laenu were members of Kol Emeth in Palo Alto, and were regular daily minyan participants for many years.

Ira ran his final race November 16, less than a month before he died.

Funeral services were held on Wednesday, December 17, 2014, at Eden Memorial Park, Mission Hills, Calif. He is buried next to his beloved Laenu, and near his in-laws, Esther Bernice Greenberg and Shuey Isadore Greenberg.

Memorial donations to Congregation Kol Emeth, Palo Alto, Calif. preferred. Inquiries and memories to yonahkarp@gmail.com.

◀ NYHS PAGE 12

Pre-approved NYHS teachers who are trained by UW faculty teach a UW-accredited, five-credit course to NYHS 11th and 12th graders as part of the UW in the high school program.

"Our son was fortunate to be accepted into a summer neurological internship at the University of Washington, where he worked with a researcher, attended lectures and viewed surgery," said Gail Coskey. "He also was accepted to college at Washington University in St. Louis where he will attend next year."

NYHS has five sports teams — coed cross country, coed golf, spring coed track and field, boys' and girls' basketball, and women's volleyball — all held at shared fields and gymnasiums of other Jewish facilities around the metro area.

Its clubs include spirit, Shabbaton, Chessed (community service), technology, poetry, drama, newspaper, green team and music.

"Justin was interested in starting a school newspaper," said Gail Coskey. "The administration was very supportive of Justin's idea and he started a newspaper writing articles along with other students. Students have many opportunities to grow."

The typical class sizes at NYHS average around 12 students who represent 11 local synagogues, said Rivkin, and live in 27 different ZIP codes.

"NYHS is more than a high school," said Kevin Coskey, reflecting on his children's experience. "It is also a community. The school has helped to broaden their horizons."

Learn more about Northwest Yeshiva High School at www.nyhs.org.



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Watch who you're calling a Neanderthal!

JANIS SIEGEL JTNews Columnist

The next time you question someone's place on the evolutionary chain by calling that person a Neanderthal, it might be wiser to look elsewhere, a team of scientists led by Israeli researchers have found.

As it turns out, we humans share 99.84 percent of our genetic makeup with the now-extinct Neanderthal and the Denisovans, another ancient hominid species also studied by the group that separated from modern-day homo sapiens sometime between 700,000 and 300,000 years ago and became extinct about 40,000 years ago, say scientists.

The 0.16 fraction of a percent, a mere 100 amino-acid sequence, accounts for huge differences between the modern and prehistoric human and are mainly related to disease, particularly in the brain and neurological diseases.

"More than a third of the disease-linked genes, 30/81, are involved in neurological and psychiatric disorders," wrote researchers.

Hebrew University of Jerusalem computational biologist Liran Carmel and stem cell biologist Eran Meshorer of the Alexander Silberman Institute of Life Sciences at HU, along with researchers from Germany and Spain, reconstructed the full genomic maps from ancient species of early humans, the Neanderthals and Denisovans.

In the study, "Reconstructing the DNA Methylation Maps of the Neanderthal and the Denisovans," published in May 2014



ISRAEL:
To Your
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in the online journal Science, researchers found that certain genes were turned on and off by the external environment's effects upon genes and disease progression, and not through changes to DNA.

Looking for methylation, a common signaling method used by cells to set genes to the off position in several cellular processes, researchers compared the gene maps of the ancient species to the modern human genome.

Using bone methylation samples, bone stem cells, and bone samples from a mix of healthy patients and patients with osteoporosis and osteoarthritis, the researchers were able to observe how minute differences can create vastly different results. One of the striking observations was that even though there are such scant genetic differences found between early humans and modern humans, they were nevertheless responsible for fundamental changes in the body type and the general size differences of both groups of humans.

Additionally, the researchers found that modern humans became vulnerable to neurological diseases and other diseases that are now found in humans but were not in Neanderthals.

The research provides the first insight into the evolution of gene regulation in human evolution, adding more evidence to the idea that one of the most important distinctions between ancient and modern humans is in brain development.

Despite our common genetic profiles, say researchers, modern humans diverged and survived extinction due to adaptations in their brains.

"On the negative side, the researchers found that many of the genes whose activity is unique to modern humans are linked to diseases like Alzheimer's disease, autism and schizophrenia," said an HU press release on the study, "suggesting that these recent changes in our brain may underlie some of the psychiatric disorders that are so common in humans today."

One example that particularly interested researchers was the TBX15 gene. TBX15 is responsible for skeletal features and regulates many parts of the skeleton, such as "stature, limbs, shape of the cranium and facial features."

"Mutations in this gene are behind the Cousin syndrome," said the study, "whose symptoms include short stature, cranial malformations, facial dimorphism, limb abnormalities, misshaped foramen magnum and more. This gene is un-methylated in present-day humans, but hyper-

methylated in both archaic humans."

Researchers, however, caution that this syndrome cannot be definitively associated with the mutation because it was not found in all 37 samples they used and is also found in varying degrees in humans alive today.

"Numerous changes were also observed in the immune and cardiovascular systems, whereas the digestive system remained relatively unchanged," said the study.

Researchers cautioned that more research is needed and that other factors including diet and environment and variations between individuals make it "impossible to determine whether the distinct epigenomic on/off patterns found in Neanderthal genes are typical of the species overall or peculiar to the individual subject studied."

Longtime JTNews correspondent and freelance journalist Janis Siegel has covered international health research for SELF magazine and campaigns for Fred Hutchinson Cancer Research Center.

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