



JT
NEWS

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JEWISH

WASHINGTON



COURTESY JTA ARCHIVES



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REMEMBERING FOUR RABBIS WHO STOOD UP FOR THE RIGHTS OF OTHERS

The Rabbi's Turn,
on page 5

A POWERFUL STORY FROM A POWERFUL FILM PAGE 6

DIG INTO OUR ARCHIVES PAGE 11

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Talkin' Jewish food and a look under the hood

DIANA BREMENT JTNews Columnist

1 "I'm completely non-practicing and in fact a (polite) atheist with a very dim view of religion in general," jazz radio host **Dick Stein** averred in an email when I contacted him for an interview. I assured him I couldn't care less. What I wanted to talk about was that cultic Jewish practice — an obsession with food.

Stein, as he is called, has been rockin' the jazz on KPLU-FM out of Pacific Lutheran University in Tacoma since 1992. Every Wednesday he co-hosts and produces a short eating and cooking segment, "Food for Thought," with Seattle Times food writer, **Nancy Leson** (profiled Jan. 29, 2010). For Thanksgiving this past November, Stein and Leson invited traffic reporter **Sprintz Arbo-gast** (profiled April 26, 2013) and Shabbos Goy **Nick Morrison**, to talk about foodie approaches to this unusual confluence of Jewish and American holidays. The result, Stein says, was one of the show's most popular segments, which you can hear at www.kplu.org/post/happy-thanksgivikah.



M.O.T.
Member of
the Tribe

Growing up "a big jazz fan" in New Rochelle, N.Y., Stein missed out on early rock 'n' roll "because I was such a jazz snob." He would take the train to New York City to go to Birdland, "where they had an underage section," sporting his tab-collar shirts and Slim Jim ties.

The Air Force brought him to Alaska, where he had a radio show. In 1976 he moved to Washington State. He worked as a freelance copywriter and voice talent on and off, and started a chimney sweep business before landing occasional work at KPLU which led, eventually, to a full-time gig.

"I've always been interested in food," he says, and when he left home for college, and wherever else he lived, "I set myself a goal of learning to make the things I couldn't get...that I had grown up loving," meaning those New York delicacies like bagels and Chinese food, pizza, rye bread, even celery soda. There's one exception. Stein has never made pastrami.

"My impossible dream," he calls it.

When not on the radio or in the kitchen, you might find Stein at the casino.



COURTESY KPLU

Jazz enthusiast, food lover, and KPLU midday host Dick Stein.

He's been a serious poker player for many years, he says, and turns a profit every year. But you won't find him hiking, skiing, boating or climbing. "Everything sedentary" are his hobbies, he says. "I don't own one thing that contains Gore-Tex."

2 A few months ago I was flipping through my Money Mailer coupons, when a familiar face stopped me. "Hey, I know that guy," I said.

That guy is **David Calderon**, Seattle native and owner of Kenmore Auto in Kenmore.

David grew up in Seattle's Seward Park neighborhood where his family went to Ezra Bessaroth. His dad was always fixing things, and that inspired him. "Whatever he fixed, I was always there, just watching," David recalls, adding that his brother had cars and enjoyed working on them, too.

"I just took an interest in cars...especially the older cars." He currently has a 1957 Chevrolet two-door hard top "in really nice shape."

David started doing car repair in 1981

at a used car lot, eventually branching out into his own business in Skyway. When cars became computerized, he got computer-shy, sold the business, and took a few sales jobs. One involved using an automated shipping system and he began to learn his way around computers.

"I really enjoyed it and understood it," he says. Eventually, he realized, "I knew computers, I knew cars, it could be a good mix." He started Kenmore Automotive in 2001 and slowly built the business, including hiring a manager who is still with him today.

He just began his 14th year in business, which he discovered is recession-proof.

"Instead of buying," he says, customers "were fixing their cars," a trend that has carried into the recovery. If David has a complaint, it's that auto technicians are hard to find. The loss of auto shop in high schools and vocational training in general is "a big challenge for this industry."

Before he went into the business, he and his wife **Jeannette** agreed he would not be "married to the shop." He's always operated Monday to Friday, taking a couple of vacations a year with Jeannette and their college-age kids, **Aaron** and **Rebecca**.

With many long-time clients, David is rightfully pleased with his good reputation.

"A lot of my business comes from word of mouth," he says. "You can see the reviews online." (Do that at www.kenmoreauto.com.) Customers tell him how much they appreciate an honest mechanic.

"I'm just a straight shooter," he says.

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STORIES YOU MAY HAVE MISSED

Every weekday at 3 p.m., JTNews sends out an email with stories from near and far about what's happening in our Jewish world. Here are some stories you may have missed over the past two weeks:

- Howdy, partnership minyan
- The blue helmets of Maidan
- Crossing borders
- A lose-lose situation

Want to be in the know? Sign up for the 3 O'Clock News by visiting our website at www.jtnews.net, scroll down, and give us your name and email address. Find all of these articles on our website.

REMEMBER WHEN

March 6, 1924
The Jewish Transcript
Page Three

ANNOUNCEMENT!

To the Jewish People of the Pacific Northwest:

MEMBERS have during the last two years it has been suggested to me that the publication of a Jewish weekly newspaper was a public necessity and that as an American citizen and a Jew it was my duty to accept such an enterprise. At first, I absolutely refused the idea as I did not believe that our people as well as Jewish differences should be kept alive and I then sincerely believed that a newspaper of regular reporting and reporting a particular need to see would tend to exaggerate these differences and would not be helpful to solve the great of American or to help solve the proper spirit of Judaism.

During the last two years, however, conditions have changed. Thanks to the fact that the Jew must register and for America has been established. Every week I bring these to the attention of those who have been found the Ku Klux Klan, an organization based on the same Jewish nature and American principles, whose efforts seem to be to make America not the land of liberty and equality where all have and shall have Jewish by history and grace and whose government shall be, as the immortal Lincoln said, "a government of the people, by the people and for the people"; that a had general by the Jew belongs to certain needs and a had whom the Jew and the Catholicism center when the land of his nationality or what his word for patriotism and Americanism may be made by an outlet and a bridge.

In this condition that confuses Jews of today that has continued me that the Jew must register and for America has been established. In order to make the registration effective, he must have a means of intercommunication. That means a newspaper representing his laws, his words, his opinions and his points.

It is in this that has motivated me that what two years ago may have been inadvisable has now become a duty to America and to our Jewish brethren and it is to carry out these ideas that the Jewish Transcript of the Pacific Northwest has been founded and will be issued.

There are at present between fifteen thousand and twenty thousand Jews in the State of Washington. The accurate number has not been taken. About one-third of these Jews in the State are of Russian, Polish and Ukrainian. In addition to these are several thousand Jews in Idaho, British Columbia and Alaska but there is not a Jewish newspaper published in the Northwest, except one in the State of Oregon.

The Jewish Transcript fills the foregoing facts and figures needed for its existence and it is my belief that the interest of the Jewish people of the Pacific Northwest can best be furthered by the publication of a free and independent weekly newspaper whose mission will be to advocate the highest ideals of Judaism, linked with the most humane Americanism.

The Jewish Transcript will be a newspaper in the broadest sense of the word. Its columns will be open to every Jewish opinion and individual. It will not be an editorial column advocate or support favoritism of any kind. It will represent the Jewish cause fairly, objectively and honestly.

It shall be the aim of The Jewish Transcript to include and develop the various problems as related to the Jewish, Jewish history and modern Jewish problems. Clubs and societies devoted to furthering the cause of Judaism will be encouraged in their progress by having their activities adequately and accurately reported in the news columns of the paper.

The Jewish Transcript will contain an account of the social status in the Jewish community of the Pacific Northwest. It will contain accounts of Organizational and Jewish activities.

In addition to "current" news of Jewish local interest, The Jewish Transcript will present to its readers news of national and worldwide Jewish interest gathered by the Jewish Telegraph Agency, the foremost service of its kind in the world. This service is being secured at considerable expense but in the belief that we will be amply compensated by the enhanced value of the paper to its readers.

Classified articles on important Jewish problems of the day by the opinion leaders of the Northwest community as well as by men of national importance—both Jew and Gentile—will appear regularly.

The Jewish Transcript will contain reviews of books and important articles dealing with Jewish problems, critical reviews of music, drama and art, poetry and fiction of Jewish interest.

The content of The Jewish Transcript as an actual publication depends upon the Jewish people whom it hopes to serve. The financial investment involved in its establishment and its maintenance will be covered without the slightest cooperation of the Jewish people.

Finally, it is essential that the Jewish Transcript shall circulate into the homes of every Jewish family in this section of the country. Accordingly, it is requested that the readers receive the advertising notices and promote the advertisement. For advertising in the life blood of a newspaper.

Thus, The Jewish Transcript is launched. Whether it will continue its mission of inspiring the Jewish cause is left to the Jewish community of the Pacific Northwest to decide. There is little to be gained, that it help the Jewish people but the need of this paper and their support to it, the Jewish Transcript will appear or disappear, should be made to mark the future. Should that support not be forthcoming, I will not attempt to keep the publication alive merely to look and hoping for better times. There will be no intermediate path. Either the Jewish Transcript will appear regularly or it will not appear at all.

I will appreciate hearing from every individual and organization interested in advertising suggestions, ideas or opinions.

Herman Horowitz, Publisher.

From the Jewish Transcript, March 6, 1924.

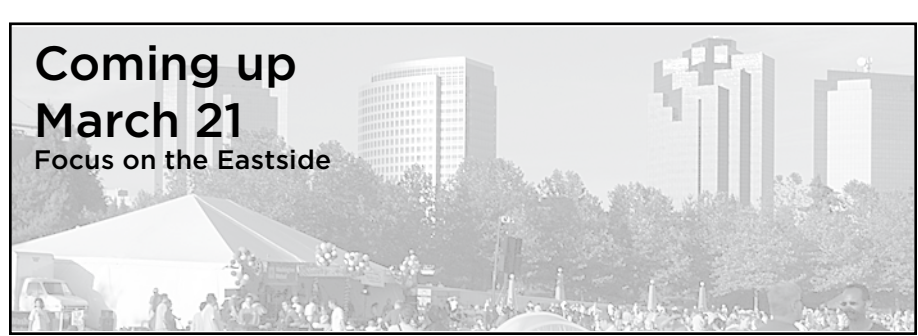
This past Thursday, on March 6, 2014, what was founded as the Jewish Transcript turned 90 years old. This announcement appeared on page 5 of the very first issue, written by founding publisher Herman Horowitz, who explained why he had decided to take on the honor (or burden) of publishing a newspaper for his Jewish community here in Seattle.

Did he expect his endeavor to last nine decades and beyond? Did he expect that many of the issues we faced in 1924 we still face in 2014?

Turn to page 11 to learn about how you can see this page — and thousands of others — online.

INSIDE THIS ISSUE

- Rabbis who stood up** 5
Rabbi Jim Mirel cites four rabbis — two local, two citizens of the world — who stood up for civil rights for African Americans in the 1960s, which paved the way for the rights so many other minorities have today.
- Inspired by film** 6
A review written by one of our reporters about a film in the Seattle Jewish Film Festival inspired her to speak up for the first time about her own harrowing experience.
- The Zen master abides** 7
Zen master Bernie Glassman will visit Seattle this weekend to help bring people to a place of inner peace.
- The rabbi is in** 8
Sephardic Bikur Holim's newly installed rabbi knows he's got a big challenge in front of him to keep his congregants engaged, but already he has hit the ground running.
- Purim fun, Purim food** 9
We've got ideas to make creative shalach manot baskets as well as recipes for some out-of-the-ordinary hamantaschen.
- When disaster strikes** 10
William Recant's life revolves around disaster, whether it's manmade or an act of God. The assistant executive vice president of the American Jewish Joint Distribution Committee's international development program and the principal coordinator of the Jewish Coalition for Disaster Relief made a visit to Seattle earlier this week.
- Hot off the digital presses!** 11
As a part of our 90th anniversary celebration, we have launched the first phase of the digitization of our archives. Read all about it!
- J-Teen**
Oh captain, my captain 13
A locally based Air Force captain visited one of our day schools recently to talk about living Jewishly in the military.
- Well conducted** 17
The Whatcom Symphony Orchestra in Bellingham recently brought in a new conductor: An Israeli with a penchant for strings.
- For the children** 18
Music of Remembrance's production of "Brundibár," a children's story performed dozens of times in the Terezin concentration camp, returns to Seattle.
- All smiles at AIPAC** 23
The annual policy conference for the American Israel Public Affairs Committee came with some rare enthusiasm from Israel's prime minister.
- Northwest Jewish Seniors**
Living those last moments 25
Rabbi Fred Grossman, a hospice chaplain in Seattle, writes about how he can make those last, unknowable moments in a person's life more spiritual and less frightening.



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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THE CALENDAR to Jewish Washington



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

Candlelighting Times

March 75:43 p.m.
March 14.....6:55 p.m.
March 217:05 p.m.
March 287:15 p.m.

FRIDAY 7 MARCH

11–11:30 a.m. — Northgate Jewish Junction PJ Library Storytime

☎ Kate Speizer at kate@jewishjunction.net or 206-384-6020 or

www.facebook.com/JewishJunction

PJ Library Jewish educator Betsy Dischel leads the first Friday of the month. All are welcome. Free. At the Seattle Public Library Northgate branch, 10548 Fifth Ave. NE, Seattle.

6–8 p.m. — Shabbat Across America

☎ Rabbi Avrohom David at info@seattlekollel.org or 206-722-8289 or seattlekollel.org

Join hundreds of synagogues and thousands of Jews across the country to celebrate Shabbat. Call for cost. At The Seattle Kollel, 5305 52nd Ave. S, Seattle.

SATURDAY 8 MARCH

10 a.m.–5 p.m. — Living A Life That Matters

☎ Elizabeth Fagin at elizabeth@betalef.org or 206-527-9399 or betalef.org

A day with Zen Master Bernie Glassman: The

practices and principles of service as spiritual action. Learn about how to create sustainable service projects. Hear about his journey, his dedication to socially engaged spirituality and the Zen Peacemaker's Order of DisOrder. \$75 general admission, \$65 senior/student discount. At Bet Alef Meditative Synagogue, 1111 Harvard Ave., Seattle.

8:30–10:30 p.m. — Shomer-Shabbos Jewish Singles 40-Plus Meeting

☎ Joe Reback at joereback@gmail.com

or 206-377-9555 or ashreichemysrael.org

Rebbetzins Miriam Meyers and Sarah Brody talk about bringing greater visibility to those interested in dating through out-of-town matchmaking services and how to support the social needs of singles through events and workshops. Open to anyone shomer Shabbos or leaning that way. Free. At Ashreichem Yisrael, 5134 S Holly St., Seattle.

SUNDAY 9 MARCH

9 a.m.–3 p.m. — HNT Blood Drive and Bone Marrow Registry

☎ Rebecca Levy at rebecca@h-nt.org or 206-232-8555, ext. 207 or hnt.wufoo.com/forms/2014-blood-drive-bone-marrow-registry

Reserve your blood donation time slot now. At Herzl-Ner Tamid Conservative Congregation, 3700 E Mercer Way, Mercer Island.

10 a.m.–2 p.m. — Purim Bake Sale

☎ Susan Jensen at office@ezrabessaroeth.net or 206-722-5500 or www.ezrabessaroeth.net

The Ezra Bessaroeth Ladies Auxiliary will sell Sephardic delicacies. Quantities limited. Pre-ordering available. At Congregation Ezra Bessaroeth, 5217 S Brandon St., Seattle.

5 p.m. — NYHS Gala Dinner and Auction

☎ Melissa Rivkin at gala@nyhs.net or 206-232-5272, ext. 515 or bit.ly/1q82bi8

Honoring Helene Behar. At The Westin Seattle, 1900 Fifth Ave., Seattle.

MONDAY 10 MARCH

5:30–8 p.m. — Pita and Hummus Workshop

☎ Masha Shtern at 206-684-7245 or bit.ly/1mCr1Uu

Learn how to make pita and dip. Leave this hands-on class with your own warm bread. Advance registration required. \$25. At Belltown Community Center, 415 Bell St., Seattle.

6:30–9 p.m. — Hamentaschen Extravaganza

☎ info@hellorobin.com or

www.hellorobincookies.com

Make different doughs and fillings, and learn to roll dough like a pastry chef. Leave with lots to share. Bring your own rolling pin. Email to reserve a spot. \$65. At Hello Robin Cookies, 522 19th Ave., Seattle.

7:30–9 p.m. — German Jewish Research and the Internet Archive

☎ Nancy at programs@jgsws.org or www.jgsws.org

Gary Zimmerman, president of Fiske Genealogical Foundation, will speak about DigiBaeck, the Leo Baeck Institute digital interface, and how to use this online resource for accessing family information from archival materials dating back to 1700s Prussia, Bavaria, Saxony, and more. Free. At the LDS Factoria Building, 4200 124th Ave. SE, Bellevue.

TUESDAY 11 MARCH

7:30 p.m. — The King's Scepter

☎ Rabbi Berry Farkash at rabbifarkash@gmail.com or www.chabadissaquah.com

The King extended the gold scepter toward Esther. How does this help explain the struggle of the Godly soul of man as it fights against the materialistic elements of life? Free. At Chabad of the Central Cascades, 24121 SE Black Nugget Rd., Issaquah.

7:30–8:30 p.m. — Class: Purim and the Oral Tradition

☎ info@shevetachim.com or

www.shevetachim.com

Why and how was Purim a re-acceptance of the Torah? Led by Rabbi Avraham David. Sponsored by Congregation Shevet Achim. Free. At the Friendship Circle, 2737 77th Ave. SE, Mercer Island.

THURSDAY 13 MARCH

7–9 p.m. — Bikur Cholim Workshop: Visiting the Sick

☎ Elizabeth Fagin at elizabeth@betalef.org or 206-527-9399 or betalef.org

Lynne Carol, MA, LMHC; Keshet Cohen, hospice nurse; and Elizabeth Fagin, former chaplain intern, discuss the challenges and spiritual rewards in fulfilling this mitzvah. Free. At Bet Alef Meditative Synagogue, 1111 Harvard Ave., Seattle.

FRIDAY 14 MARCH

7:30 p.m. — The Megillah According to the Seahawks

☎ www.betchaverim.org

Appearing one night only. At least one Russell Wilson (lookalike) will be signing autographs. Free. At Bet Chaverim, 25701 14th Pl. S, Des Moines.

7:30–9:30 p.m. — Purim Kabbalat Shabbat

☎ Grace Willard at vashonhavurah@gmail.com

or 206-659-8556 or www.vashonhavurah.org

Kabbalat Shabbat services and oneg with Rabbi Fern Feldman. Everyone is welcome. Free. At Havurat Ee Shalom, 15401 Westside Hwy. SW, Vashon Island.

SATURDAY 15 MARCH

10 a.m.–12 p.m. — Shabbat Morning Service

☎ Grace Willard at vashonhavurah@gmail.com or 206-659-8556 or www.vashonhavurah.org

Led by Rabbi Fern Feldman with Torah study on Parshat Tzav. Discuss the way the Torah's descriptions of the sacrificial offerings can provide guidance on ethical qualities. Oneg following. Free. At Havurat Ee Shalom, 15401 Westside Hwy. SW, Vashon Island.

2–5:30 p.m. — Purim Extravaganza and Havdalah

☎ Evan Dix at edix@templebnaitorah.org or

425-603-9677 or templebnaitorah.org

Songs, snacks, games and prizes. Come in costume. For grades 7-12. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

5–9 p.m. — The Whole Megillah! Dinner, Auction and Purim Spiel

☎ Kathy Gallagher at office@kadima.org or

206-547-3914 or www.kadima.org

Kadima celebrates Purim at the Kasbah restaurant with a fundraising auction and Purim spiel. \$40 adults, \$20 children 12 and under, 4 and under free. At Kasbah Authentic Moroccan Restaurant, 1471 NW 85th St., Seattle.

5:30–7 p.m. — Spiritual Depths of Purim:

Text Study and Meditative Practices

☎ Grace Willard at vashonhavurah@gmail.com or 206-659-8556 or www.vashonhavurah.org

On Purim, Jews are invited to reach the level where they can't distinguish "blessed is Mordechai" from "cursed is Haman." This level is where tradition says to go to make changes in ourselves and the world. Led by Rabbi Fern Feldman. Free. At Havurat Ee Shalom, 15401 Westside Hwy. SW, Vashon Island.

► PAGE 21



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Register online now at jfsseattle.org/luncheon.



THE RABBI'S TURN

Four heroic rabbis of the Civil Rights movement

RABBI JAMES MIREL Temple B'nai Torah

The year 2014/5774 marks a 50th anniversary milestone in the struggle for civil rights in the United States. On July 2, 1964, President Lyndon B. Johnson signed the historic Civil Rights Act enacted by the 88th Congress. It is impossible to exaggerate the significance of that moment. The past 50 years of progress in the rights of women, the movement for the freedom of Soviet Jews, as well as the struggle for liberation for the LGBTQ community all are predicated on the success and strategy of Dr. King and his supporters.

The act was the culmination of years of marches, sit-ins and protests. In this brief article, I would like to honor the contribution to the struggle by four heroic American rabbis, two of national prominence and two local Seattle-area heroes.

Rabbi Abraham Joshua Heschel and Rabbi Joachim Prinz were two "brands plucked from the fire" of the Holocaust, both of whom rose to national prominence primarily due to their association with Dr. King.

Heschel marched with King in Selma and his oft-quoted reflection, "I felt that my feet were praying," is one of the signal mottos of the movement. Dr. Heschel, who was also a Biblical scholar and poet, was the first to express the solidarity of Jews with their African-American brothers and sisters. His remarks at a conference of "religion and racism" on January 14, 1963 are as relevant today as when he spoke these words over 50 years ago:

At the first conference on religion and race, the main participants were Pharaoh and Moses. Moses' words were: "Thus says the Lord, the God of Israel, let My people go that they may celebrate a feast to Me." While Pharaoh retorted: "Who is the Lord, that I should heed this voice and let Israel go? I do not know the Lord, and moreover I will not let Israel go."

The outcome of that summit meeting has not come to an end. Pharaoh is not ready to capitulate. The exodus began, but is far from having been completed. In fact, it was easier for the children of Israel to cross the Red Sea than for a Negro to cross certain university campuses....

Religion and race. How can the two be uttered together? To act in the spirit of religion is to unite what lies apart, to remember that humanity as a whole is



God's beloved child. To act in the spirit of race is to sunder, to slash, to dismember the flesh of living humanity. Is this the way to honor a father: to torture his child? How can we hear the word "race" and feel no self reproach?...

Few of us seem to realize how insidious, how radical, how universal an evil racism is. Few of us realize that racism is man's gravest threat to man, the maximum of hatred for a minimum of reason, the maximum of cruelty for a minimum of thinking.

A few months later, at the historic march on Washington, another refugee rabbi, Joachim Prinz, was given the unenviable task of speaking directly before Dr. King. Clearly they had not compared texts because Prinz's words were so close to the words that followed. To me, the words of this man who served a congregation in Berlin under Nazi rule are just as eloquent and even more poignant. Though forgotten largely by history, they deserve to be read over and over again:

As Americans we share the profound concern of millions of people about the shame and disgrace of inequality and injustice which make a mockery of the great American idea.

As Jews we bring to this great demonstration, in which thousands of us proudly participate, a two-fold experience — one of the spirit and one of our history.

In the realm of the spirit, our fathers taught us thousands of years ago that when God created man, he created him as everybody's neighbor. Neighbor is not a geographic term. It is a moral concept. It means our collective responsibility for the preservation of man's dignity and integrity....

When I was the rabbi of the Jewish community in Berlin under the Hitler regime, I learned many things. The most important thing that I learned under those tragic circumstances was that bigotry and hatred are not the most urgent problem. The most urgent, the most disgraceful, the most shameful and the most tragic problem is silence....

A great people which had created a great civilization had become a nation of silent onlookers. They remained silent in the face of hate, in the face of brutality and in the face of mass murder.

America must not become a nation

of onlookers. America must not remain silent. Not merely black America, but all of America. It must speak up and act, from the President down to the humblest of us, and not for the sake of the Negro, not for the sake of the black community but for the sake of the image, the idea and the aspiration of America itself.

One month before the signing of the Civil Rights Act, Dr. King was joined by 16 rabbis from the Central Conference (Reform) on a historic march in St. Augustine, Fla. in support of voting rights, still relevant to this day. The rabbis were all arrested and spent a night in jail for trespassing and civil disobedience. One of the 16 was a young rabbi from Temple Beth Am in Seattle, Rabbi Norman Hirsh. The placard he carried can still be found in the library of his congregation 50 years later. The rabbis composed a letter from the jail, signed by all of them, titled "Why We Went." Rabbi Hirsh, thank God, is still with us today. Here is an excerpt from that historic letter he composed with his colleagues:

We came because we could not stand silently by our brother's blood. We had done that too many times before. We have been vocal in our exhortation of others but the idleness of our hands too often revealed an inner silence; silence at a time when silence has become the unpardonable sin of our time. We came in the hope that the God of us all would accept our small involvement as partial atonement for the many things we wish we had done before and often.

We came as Jews who remember the millions of faceless people who stood quietly, watching the smoke rise from Hitler's crematoria. We came because we know that, second only to silence, the greatest danger to man is loss of faith in man's capacity to act....

We believe, though we could not count on it in advance, that our presence and actions here have been of practical effect. They have reminded the embattled Negroes here that they are not isolated and alone. The conscience of the wicked has been troubled, while that of the righteous has gained new strength. We are more certain than before that

this cause is invincible, but we also have a sharpened awareness of the great effort and sacrifice which will be required. We pray that what we have done may lead us on to further actions and persuade others who still stand hesitantly to take the stand they know is just.

Finally, another heroic rabbi from Seattle: Rabbi Raphael H. Levine, of blessed memory, the senior rabbi of Temple De Hirsch prior to its merger with Sinai. It is little remembered that Dr. King visited Seattle only one time in his life: In November of 1961.

Those of you not born then may not realize how vilified King was at that point and how controversial his visit to Seattle was. That our county is now officially named for him (and not the original King, an obscure, slave-owning vice president) would be astonishing to virtually everyone at that time.

The great Rev. Dr. Samuel McKinney (still with us, thank God) was a friend and classmate of King and had invited him to speak at his church, Mt. Zion Baptist. But McKinney also wanted a larger and more public venue for his friend. He had received permission for the speech from a large (white) downtown Protestant church, which I will leave unnamed. At the last minute, no doubt due to pressure from lay leaders, the church rescinded the invitation. Dr. McKinney approached his friend and neighbor Rabbi Levine, who without hesitation (and, I suspect, without board approval) gave his unstinting approval.

On November 11, 1961, Dr. King addressed a standing-room-only crowd at Temple De Hirsch and the world and Seattle began to change. President Obama would be the first to declare: "Without people like Rabbi Levine and Rabbi Hirsh, I would not be president of the United States."

Let us be grateful for rabbis like these four. Those of us who have come after can only hope to be half the leaders they were — if that much. Fifty years later, there is still much to be done.

We should be comforted and challenged by the words of Pirke Avot: "You are not obligated to complete the task, but you are certainly not exempt from doing your share."

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. The deadline for the next issue is March 11. Future deadlines may be found online.

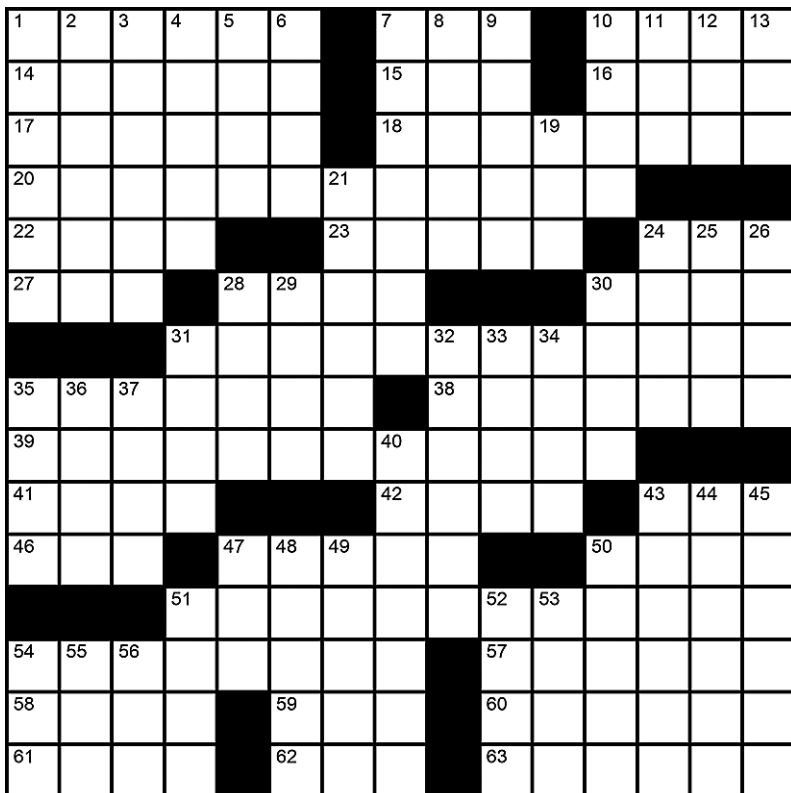
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"Where was the rest of the world, why don't I have grandparents, where was the great American community in my family's hour of need?"
— Questions William Recant, assistant executive vice president of the American Jewish Joint Distribution Committee's international development program, asked himself as the son of Holocaust survivors. Read about his work on page 10.



Treat Your Water Wisely

by Mike Selinker



"Just as the world cannot exist without water, so it cannot be without wisdom," wrote Rabbi David Kimhi in the 1200s. He could not have imagined what some of our waterways look like eight centuries later. Through our lack of wisdom, we've ruined many of our major waterways. If you'd like to take up the cause of clean water, just donate \$50 to thewaterproject.org, and we'll give you a dozen free bagels.

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- 7 Drone
- 10 Lower body ailment
- 14 Enchilada accompaniment
- 15 LA school where Pete Carroll coached
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- 17 Program for loved ones of drinkers
- 18 Waterway so polluted that Dr. Seuss made it a rhyme of "dreary," "weary," and "smeary"
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- 55 Harry's confidant
- 56 Kyle's baby brother on *South Park*

Answers on page 26

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Thank you, 'Brave Miss World'

ERIN PIKE Special to JTNews

Editor's Note: This article by writer Erin Pike is somewhat graphic, and may make you uncomfortable, but we feel those sections are important and necessary to stimulate the discussion Erin's situation requires.

For some reason I feel the need to say this first: I am a feminist. I am the feminist other feminists approach about controversial feminist issues. I am the advocate who will audibly react with disapproval to sexist stories told in conversation, on stage, or from a screen. I am the Bechdel Test police. I have fuzzy legs and armpits and only wear bras for special occasions. I am an old-school feminist — some might say a hard-core feminist. I am a feminist and this is my first time writing publicly about my rape.

Last month I was asked to watch and review "Brave Miss World" in preparation for the Seattle Jewish Film Festival. "Brave Miss World"



COURTESY SJFF

Linor Abargil hugs a group of rape survivors in "Brave Miss World."

is a documentary about former Miss Israel and Miss World champion Linor Abargil, who was raped and, through incredible strength and bravery, became an international activist and legal professional for victims of sexual violence. Abargil's consistent message to survivors in the film is that they must talk about their experience in order to heal. The film was so moving and inspirational I asked to write about my personal experience, if there was an opportunity to do so.

So here I am, thanks to Linor Abargil.

I'm going to explain all of my fears, the reasons why the mere task of writing this article was nearly impossible. The largest fear is that people won't believe me. That I'm mistaken, that what happened, somehow, wasn't rape. That because I consumed alcohol, it wasn't rape. That because he was my friend, it wasn't rape. That because at one point we had dated, it wasn't rape. That because I was sexually active, perhaps even promiscuous at the time, it wasn't rape. That because I invited him to my apartment, it wasn't rape. That because I was extremely emotional and unstable that night, it wasn't rape. That because I didn't have any visible bruises or cuts, it wasn't rape. That because if people don't even believe Dylan Farrow's first-hand account of sexual assault, then what the hell are my chances, it probably wasn't rape.

I'm afraid he will find this article and read it. I'm afraid our mutual friends will send it to him. I'm afraid our mutual friends will find this article and tell me it wasn't rape. I'm afraid my feminist friends will be angry at me for never pressing charges or seeking legal justice. I'm afraid that by feeling so much shame and self-blame about rape, I am less of a feminist. I'm afraid my parents will find this arti-

cle and tell me it was my fault. I am sad because at one point my rapist was my friend, and now he's not, and that gives me horrible anxiety — am I a bad person for no longer being his friend? He was a good person up until that point, is he back to being a good person now? Should I have stayed in touch? Is it my fault he doesn't understand what he did was wrong?

It was four-and-a-half years ago. He was coming to town for a convention, so I told him he could stay with me. That evening, I had an emotional breakdown, a

particularly bad one. When he arrived late that night, he found me collapsed on the floor, visibly upset. And drunk. Initially he comforted me, as a good friend should, and we talked about why I was emotional. Then we ended up in my bed, kissing.

That is all I remember.

The next morning, he had left before I woke up. I noticed right away that I felt incredibly sad, and that my genital area was sore. I went into the living room and saw my roommate.

"Last night was kind of crazy," I apologized, referring to my emotional breakdown and make-out session. As an afterthought, I asked her to give me a review on the night's events, for clarity, if nothing else. That is when my life changed. She told me she had heard us having sex.

"You don't remember?" she asked.

I had absolutely no recollection. My brain immediately flooded with defensive thoughts: I had wanted that, right? Since we were kissing? Even though he was completely sober and I had blacked out? It wasn't rape because I had invited him over, so maybe it was my fault that he assumed I was interested in sex? How could such an outspoken feminist be raped by her friend?

I spent the following days totally lost and in immense pain. I needed so badly to talk to someone, yet I felt such shame and self-blame I was completely incapable of doing so. I confided in one friend, a mutual friend of ours who had dated him in high school. She immediately understood what had happened and sat with me as I called him to confront him about it. During the phone conversation, he confirmed that we "had intercourse," but denied any responsibility for poor judgment, and insisted that what had

happened was “not non-consensual.” He wasn’t a rapist, he thought. And yet the facts were so clear: He had been in a situation of total power and control, a situation in which I had none, and he took advantage of the opportunity (rape).

I didn’t press charges. I thought the details were too confusing and unreliable, and — mostly — I didn’t want to talk about it at all. I was afraid I would never get my sex drive back or feel in control again. I wanted to be left alone to heal.

I myself wasn’t even able to call it rape until recently. In the years since, I had referred to it as “that bad sex thing,” his name on my list of sexual partners, sprawled angrily and scribbled and accented with a question mark (does he “count?”). I’ve been in therapy for almost a year now, and that has helped me come to terms with what happened. Without ther-

apy I would probably still be in denial, and believe it to have been my “fault.”

Like Linor Abargil, I, too, became more religious as a part of my healing process. I began to attend synagogue and embrace Judaism, and I attributed the existence of a strong religious influence in my life with a dire need for existential clarity and hope.

I pen this account specifically for others like me, who may still be questioning whether or not their “bad sex thing” was really rape, who may still be blaming themselves and burying the memory, those whose rapists were friends, family, or even a spouse. Your instinct and intuition that what happened was wrong should not be silenced, and I encourage you to find support from anyone possible so you, too, can come to terms with the truth and move on to healing. If you cannot trust a family member or

friend to support you, there are Internet and phone-line resources, both national (Rape, Abuse & Incest National Network, www.rainn.org) and local (Harborview Center for Sexual Assault, www.hcsats.org). I did not know about these resources at the time, but I wish that I had.

If you have not experienced rape or sexual assault in your lifetime — even though you cannot understand what it’s like — you are desperately needed as a supporter and confidant to the survivors around you. Be there for others, they will need you.

It is also important to acknowledge that rape and sexual assault happen to people of all genders. As I stated earlier, I am a feminist. My artwork and my life reflect that truth, and my personal interests of dismantling rape culture and attacking gender inequality happen to be a large part of who I am, interests that have only

grown since my experience. But I would be remiss if I failed to acknowledge the fears that male victims face when talking about their experiences, fears largely due to the inequality of socially constructed gender roles. In short, effects of the patriarchy harm everyone, and those effects become especially apparent when navigating the complex issues of sexual assault.

I know this will sound trite, but the conclusion here is that rape sucks. Rape really, really sucks. And knowing that good people are capable of doing harmful things also sucks. It is reasonable to point at someone horrible and say they are horrible. But when someone you care about, someone “good” does something horrible, it’s easier to defend him or her and end the conversation. So this is me, starting the conversation: I have been raped and now I’m talking about it. Thank you, “Brave Miss World.”

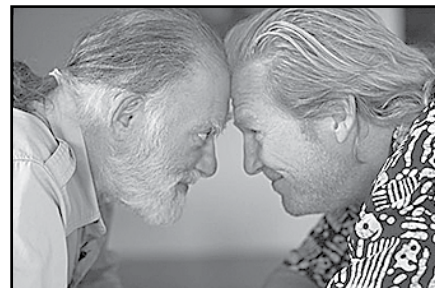
The Jewish Zen master to make Seattle appearance

Bernie Glassman is widely known within Zen Buddhist communities as one of its masters. However, he takes facets of his Jewish upbringing into his Zen practice, and among his inspirations are many Jewish teachers, including Reb Zalman Schachter Shalomi, a leader in the Jewish Renewal movement.

Glassman is also author, with actor Jeff Bridges, who played “The Dude” in the 1998 Coen Brothers film “The Big Lebowski,” of “The Dude and the Zen

Master,” a conversation — in character — about coping with the complexities of life.

On Sat., March 8, Glassman will visit Seattle to conduct a daylong workshop called “Living A Life That Matters,” in a joint collaboration between Bet Alef Meditative Synagogue and the Kadima Reconstructionist Community. Funded in part by a J-Kick campaign from the Jewish Federation of Greater Seattle, Glassman will speak about his Jewish upbringing and work with participants on using spiritual practice to



COURTESY BET ALEF

provide social action and service to others.

—Joel Magalnick

IF YOU GO

“Living A Life That Matters” takes place Sat., March 8 from 10 a.m. to 5 p.m. at Bet Alef Meditative Synagogue, 1111 Harvard Ave., Seattle. Registration costs \$75 general admission and \$60 for students and seniors. Visit www.betalef.org to register.

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A Sephardic rabbi's challenge: To balance the old and the new

JANIS SIEGEL JTNews Correspondent

Tradition will always reign at Sephardic Bikur Holim Congregation in Seattle. Its new rabbi, however, English-born Ben Hassan, whose family hails from Gibraltar and Morocco, hopes to start some new ones this year.

SBH's hazzan of 20 years, Rabbi Frank Varon, will still chant the prayers on Shabbat and holidays, and its members will never stop serving its delectable Sephardic fare.

But SBH faces a generational shift, and its leadership knows the next generations of Jews who sit in services will be a bit less knowledgeable of Orthodox and Jewish traditions in general. They also know that not everyone will want or choose what SBH has to offer.

"That will be the most important part of my job," Hassan, who hails from Manchester, told JTNews, "retaining the younger families of the established members and giving them a reason to be connected to SBH, especially if they haven't felt engaged for a number of years."

In early March, Hassan was officially welcomed to the Orthodox synagogue by the general community after nearly two years of selection committees and focus groups.

According to Simon Amiel, board president at SBH, the deliberations and



MERYL ALCABES

On Sun., March 2, Sephardic Bikur Holim installed Rabbi Ben Hassan. On hand were the four living rabbis who make up much of the synagogue's history: From left to right, Rabbi Simon Benzaquen, SBH's hazzan Rabbi Frank Varon, Rabbi Ben Hassan, and Rabbi Solomon Maimon.

discussions that went into choosing Hassan were well worth the effort because he is just the right leader for this congregation and for its future.

"When you're talking about a spiritual leader for an almost 100-year-old congregation, you've really got to take it seriously," said Amiel. "The hiring of Rabbi Hassan reflects the somewhat changing

nature of our congregation."

In the last six months, Hassan, his wife Sharona, a Florida-born social worker and entrepreneur, and their four children (ranging from 9 months to 7 years old) have settled into their home in the Seward Park neighborhood.

Sharona Hassan runs a resource called KoshersKidz, which promotes the learn-

ing of observant Orthodox traditions. She also offers a Torah study time and a weekly women's learning class.

Rabbi Hassan's appointment in Seattle is his second rabbinical post. Prior to that, Hassan led an 80-family congregation in Melbourne, Australia. But already Seattle feels like home.

"The weather is identical to growing up in Manchester," the rabbi said.

Hassan, 31, describes himself as a younger, more modern Orthodox rabbi who speaks to problems of contemporary life while prioritizing relationships with the Jewish community.

"He's someone who has opinions and who is worldly and informed," said Amiel. "He's willing to do anything it takes to connect with people and to provide a meaningful Jewish experience."

The 300 or so families in the Puget Sound area that belong to SBH, all Sephardic, are scattered around Seattle and the suburbs — from as close as Mercer Island to as far north as Lynnwood.

Amiel said that with Hassan in place SBH will start increasing its educational offerings and opening up the services to a bit more explanation of SBH's customs and rituals.

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Hold the jam: Creative hamantaschen from 'Queen of Kosher' Jamie Geller

JNS.ORG

We all recognize the taste of poppy seed or jam when we bite into hamantaschen on Purim. But given the right filling, or dough, the traditional pastry has a lot more to offer.

Jamie Geller, founder of the Kosher Media Network and publisher of "Joy of Kosher with Jamie Geller" magazine and JoyofKosher.com, recommends these unique recipes for the holiday.

Cardamom-Scented Hamantaschen with Pear & Goat Cheese Filling

By Pessy Haskelevich

For a parve version, replace the butter with canola oil and omit the goat cheese.

Prep Time: 40 minutes

Servings: 2 dozen

For the pastry:

2 eggs
1/2 cup sugar
1/2 stick butter or 1/4 cup canola oil
Juice and zest of 1 lemon
1/2 tsp. vanilla extract
2 1/2 cups flour
1 tsp. baking powder
1-2 tsp. cardamom or hawayij
Pinch of salt

For the filling:

1/2 cup water
1/8 cup sugar

Juice of 1 lemon
1 Tbs. fresh ginger, peeled and minced
1 lb. firm but ripe pears, peeled, cored and cut into 1/4-inch diced pieces
3/4 cup apricot jam
1/2 cup chopped walnuts
8 oz. soft goat cheese (optional)

- To prepare the pastry: In a mixing bowl, beat the eggs and sugar until light and fluffy. Add the rest of the ingredients and mix well. Divide the dough in half and chill in plastic wrap for half an hour.
- To prepare the filling, combine the water and sugar in a medium saucepan and simmer over low heat until sugar has dissolved. Add the lemon juice, ginger and pears and simmer for an additional 10 minutes, or until pears are tender. Set aside to cool.
- On a generously floured surface, preferably on baking paper, roll out the dough to a quarter-inch thickness. Roll once, then pick up the flattened dough and turn it 90 degrees. Sprinkle with more flour if necessary and roll it out again. Repeat until dough is sufficiently thick (this procedure helps prevent the dough from sticking). Use a round cookie cutter or glass with a 2-3" diameter to cut out circles of dough.

Then, smear a very thin layer of apricot preserves in the center of each circle. Sprinkle 1/2 tsp. walnuts and a small piece of crumbled goat cheese, then top with 1 tsp. of pear jam.

- Lift up the edges of the circle to form a triangle. Pinch the corners securely so they don't open in the oven. Line a cookie sheet with baking paper and place the assembled hamantaschen on the cookie sheet. Chill the hamantaschen in the freezer for about half an hour. Repeat with second half of dough.
- Bake the hamantaschen in the oven at 375° for 20-24 minutes or until golden. Cool on rack.

Gingerbread Hamantaschen with Spiced Apple Filling

By Tamar Genger

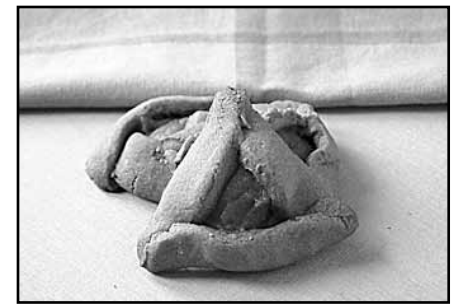
Prep Time: 30 minutes

Cook Time: 10 minutes

Servings: 36

For the cookie dough:

2 cups whole wheat flour
1 cup all-purpose flour plus more for dusting
1 tsp. baking soda
1/4 cup brown sugar, packed
3/4 tsp. ground cinnamon
1-1/2 tsp. ground ginger
1/2 tsp. ground allspice



COURTESY JOY OF KOSHER: FAST, FRESH FAMILY RECIPES

Gingerbread hamantaschen with spiced apple filling from Jamie Geller's "Joy of Kosher: Fast, Fresh Family Recipes."

1/2 tsp. ground cloves
1/2 tsp. salt
1/4 tsp. freshly milled black pepper
8 Tbs. (1 stick) unsalted margarine, room temperature
1/4 cup vegetable shortening, at room temperature
1/2 cup packed light brown sugar
2/3 cup unsulfured molasses
1 large egg

For the filling:

6 Tbs. margarine, cut in 1-inch pieces
1/2" vanilla bean, cut lengthwise and scraped of seeds
3 large or 4 medium apples, peeled, cored and cut into eighths
1/4 cup brown sugar, packed

- To make the gingerbread cookie dough, sift the flours, baking soda, cinnamon, ginger, allspice, cloves, salt and pepper through a wire sieve into a medium bowl. Set aside.
- In a stand mixer, beat the margarine and shortening on high until well blended, about 1 minute. Add the

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Have fun with your Purim celebration

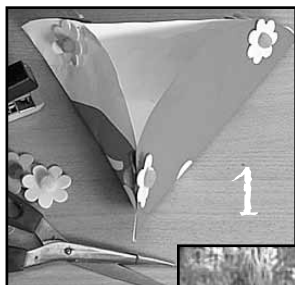
RUTI COHENCA Special to JTNews

As part of the celebration of Purim, Jews in Persia sent gifts of food to their friends — shalach manot. We have continued this tradition. This is a fun and easy mitzvah because you do some cooking and/or shopping, and then deliver treats to your friends and family. Shalach manot is a great way of defining your community.

Matanot le'evyonim means gifts to the poor. When Mordechai declared the first celebration of Purim, Jews sent two kinds of gifts: Gifts to their friends and gifts to the poor. The other way they celebrated their victory was the giving of tzedakah (charity). This too is a wonderful opportunity to manifest your best values as part of a celebration.

Here are some creative arts and crafts ideas to make Purim a really powerful experience for you and your child:

1. Take a paper plate, decorate it with your child, or even write the story of Mordechai and Esther on it. Fold it to make a shape of a triangle. Staple it and fill it with delicious



sweets. You can add a small present, or small noisemaker to make your friend even happier.

2. Make a basket of food items. Put shredded paper and place chocolates, candies,



PHOTOS COURTESY RUTI COHENCA

wine, tea bags, and hamantaschen inside it. Wrap the box in cellophane and tighten it with ribbon.

3. Recycled items are a good way to take care of our environment and there are endless ideas

for Purim-related crafts: Wooden boxes, mugs, bottles, plastic bowls.

4. Here is a noisemaker that can be shalach manot at the same time. Fill a small box with candies and attach it to a stick. Your

child can enjoy the sweet after the Megillah reading.

Create a favorite shalach manot to give to your friends. Have fun!

What is your favorite shalach manot

that you've received over the years?

Ruti Cohenca is a certified event planner and the owner of Events-4Life (www.facebook.com/events4life).

JNT's Purim Shpielers Present

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What 'never again' really looks like

EMILY K. ALHADEFF Associate Editor, JTNews

Seventy-two hours after an earthquake devastated Haiti in 2010, Israel was the only country to have a mobile field hospital up and running in Port-au-Prince. From his home in New York, William Recant watched the relief effort take shape on TV.

Recant, the assistant executive vice president of the American Jewish Joint Distribution Committee's international development program and the principal coordinator of the Jewish Coalition for Disaster Relief, and his American team had spent the first hours after the earthquake purchasing and coordinating supplies with the Israelis. Israel had generators, but no orthopedic equipment to deal with more than 300 amputee patients, and no incubators to protect premature babies. Recant's team made sure they went in prepared.

On the news, the reporter asked the Israeli general surgeon in charge of the unit and a Haitian civilian why they were there. The surgeon responded: "Israel has the ability to respond and help people in need wherever they are." The Haitian man, in turn, pointed to a nearby incubator holding his newborn son. He had named the baby Israel.

Recant's role in mitigating massive nat-

ural and man-made disasters goes back to his Ph.D. dissertation on Soviet Jews and his early work as the executive director of the American Association for Ethiopian Jews, which closed down when its mission of getting Ethiopian Jews to Israel was accomplished. In fact, it goes back further, to growing up the son of Holocaust survivors.

"Where was the rest of the world, why don't I have grandparents, where was the great American community in my family's hour of need?" he asked himself. "I met the Ethiopian Jewish community, heard from them, 'I want to go to Israel,' and couldn't turn a blind eye. What 'never again' means in 2014 is 'We know.' We can't say we're not aware."

Recant visited Seattle on Tues., March 4, to meet with a private gathering of JDC supporters about the organization's work.

The JDC, or Joint, provides medical, food, education, Jewish life, and humanitarian assistance to both Jewish and non-Jewish communities in need in over 70 countries. The coalition Recant built through the JDC in 1994, during the Rwandan crisis, is made up of 48 Jewish organizations, and currently is aiding Syrian refugees in Jordan, victims of Typhoon Haiyan in the Philippines,

and sufferers of the famine in the horn of Africa.

Recant remembers at the beginning of the Rwandan genocide seeing seven full-page New York Times ads over six weeks from Jewish organizations asking for relief funds. Most of the money was being funneled through the Red Cross, while the JDC was working on the ground. The ads, said Recant, were costing each organization \$65-70,000.

So he approached them to form a coalition.

"Anytime there's a crisis we come together and decide if we want to form a coalition," he said. "It's a way of coordinating Jewish organizations, making sure we're speaking with one voice."

Members of the coalition responded to the refugee crisis in Kosovo in 1999, multiple major earthquakes over the past 15 years, the Indonesian tsunami in 2004, the Carmiel fire in Israel in 2010, Darfur, and more.

As for the current crisis in Ukraine, Recant said the Joint is focusing on the impoverished Jewish community it already serves. They are waiting to see if non-sectarian aid will be needed.

"No one could have read the tea leaves and said Russia would have troops in

Crimea today," he said. But "the Joint was prepared for eventualities such as this.... We were there before, we're there now, and we will be there to help with needs wherever they are."

The JDC and the coalition assess needs on the ground, often from the vantage point of the local Jewish community, if there is one.

"We work with local Jewish communities wherever they are," Recant explained. "In Kosovo, there's a Jewish community of 180 in Skopje, Macedonia." The tiny community told the Joint that they didn't need any more water or blankets.

They said, "Just come in and let us be the hub of your humanitarian relief effort," Recant said.

In Indonesia, which has no diplomatic relations with Israel, the JDC and its coalition had to go in quietly until they gained the peoples' trust. Eight months later, an Indonesian trade delegation went to Israel. Recant has more than one feel-good story of new friendships between communities receiving aid and the Jewish people.

"Now there's a baby Israel in the Philippines because of the country that gave life to their child," he said.



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COMMUNITY CONNECTIONS

Scholarships available for teen Israel experiences

The Jewish Federation of Greater Seattle is accepting applications for teen Israel experience scholarships.

Deadline for returning applications is **Friday, March 28, 2014**. Israel scholarships are made possible by the Jewish Federation, the Samuel Israel Foundation and other donors.

An Israel experience is a proven way to enrich teens' Jewish education and reinforce their Jewish identity. The Jewish Federation supports both need-based and incentive scholarships.

Eligibility Criteria

- Limited to permanent residents of Washington State.
- Participants must select a program that starts from the summer after ninth grade through high school graduation.
- Israel programs must be educational youth/peer oriented, such as adventure

travel, community service, volunteer work, or study.

- Participants must seek additional scholarship funding sources from synagogues (if affiliated) or sponsoring organizations.

*"Dear Jewish Federation,
Thank you so much for your generosity. The scholarship you have given me has made it possible for me to go and explore Israel."*

—Teen Recipient

Please note the following:

- Scholarships are for teen experiences only. Gap year experiences are not eligible for scholarship funding through this program.
- Scholarships cannot be awarded retroactively.



- Scholarship recipients are required to complete volunteer service at the Jewish Federation upon conclusion of their Israel program. (Details available in application packet.)

Download an application at jewishinseattle.org/IsraelScholarships.

For more information, contact Benjamin Menashe, Israel Programs Associate, at benjaminam@jewishinseattle.org.



Mishloach Manot

Purim begins at sundown on Saturday, March 15 and lasts until nightfall on Sunday, March 16. In the spirit of this holiday, we are reminded of its principal theme: Jewish unity.

Our Jewish community is united around the spirit of tzedakah and tikkun olam. Giving during Purim reminds us that our community grows and flourishes because generous people care.

To find out about local Purim celebrations, please visit the Jewish Federation's Community Calendar, at <http://www.jewishinseattle.org/CommunityCalendar>.

Happy birthday to us!

JOEL MAGALNICK Editor, JTNews

In honor of the 90th birthday of The Jewish Transcript/JTNews, we will be hosting a number of initiatives over the next several months to celebrate this banner year, starting with the launch of our online archives. Fire up your web browser and head on over to jtn.stparchive.com to find about 20 years' worth of Jewish Transcripts that have been scanned and indexed.

This is an exciting completion of the first phase of this project. It's something we have been working on launching for quite some time, and we are working to begin our next phase so we can add to the collection.

How to browse:

Go to jtn.stparchive.com and click on the big orange button that says "Browse the archives." That will take you to a page with several years listed. Click on any year you choose, then click on the issue you'd like to look through. You can thumb through the scan of that issue, page by page.

How to search:

Back on that front page, click on the big orange button that says "Search the archives." Type in any search term — a family name, an event, a location, a memory — and see what comes up. You'll be able to see the date of the issue and

some related text, and from there you'll be taken to the original scanned page in which your term appeared.

If the year you're looking for isn't there, it's because it hasn't yet been scanned. We will soon be launching a campaign to fund the next batch of bound copies for digitizing. As these printed archives get older, they have begun to deteriorate, so we need help in preserving them for the next 100 years and beyond. Keep your eyes peeled so you can help out with the effort!

The first phase of scanning was funded by an Ignition grant from the Jewish Federation of Greater Seattle and a 4Culture Heritage Collections Care grant. We'd also like to extend a special thank you to the Seattle Public Library for sharing its collection so this project could happen.



SJFF CLOSING NIGHT DAN NICHOLS FILM AND CONCERT

"Road to Eden: Rock and Roll Sukkot"

Sunday, March 9, 3 p.m.
SJCC Mercer Island

"Road to Eden" follows Dan Nichols, one of the most influential Jewish musicians of his generation, on a road-trip tour to summer camps and communities in the American deep South — an experience that forever changed him.

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Holding back diabetes: The one-point difference

JANIS SIEGEL JTNews Correspondent

It's only a tiny percentage point of difference, but new diabetes research from Tel Aviv University shows that a seemingly insignificant difference in blood sugar readings could buy you a lot of valuable time — and maybe even save your life.

In January 2014, researchers at TAU shared their study results showing that a commonly used and reliable diabetes-screening blood test, the HbA1c test, used to identify patients at high risk for Type 2 diabetes, can also identify many more non-diabetic patients who may have a predisposition for its precursor — a condition called prediabetes.

The research published in the European Journal of General Practice in 2013 should give more people hope that they can avoid the chronic and often life-threatening disease if they are armed with earlier information.

In the study, M.D. thesis candidate Nataly Lerner's team from the Department of Family Medicine in the Sackler Faculty of Medicine reviewed the medical records of 10,201 patients in Israel all of who were over the age of 20 and non-diabetic at the time. The study cohort included nearly equal numbers of male and female subjects, however more than 75 percent of all the subjects were overweight, which Lerner said mimicked the general population and was not the determining factor in the study for the development of the disease. Each had been given the HbA1c test between 2002 and 2005.

What the researchers found was that within five to eight years of their HbA1c test, 22.5 percent of those patients who eventually developed Type 2 diabetes had lower blood-glucose-level readings — 5.5 percent — below the standard threshold of 5.7 percent typically used for the test.

"Age and low socio-economic status, after controlling for baseline HbA1c, and overweight, were not found to associate with the progression to diabetes," wrote Lerner about his study participants. "This is despite the increased prevalence of diabetes that has been observed with age, exceeding 20 percent of the population in Israel for the ages 65–74."

After further analyzing the data, researchers also found that each increase of 0.5 percent indicated that a patient was two times more likely to develop Type 2 diabetes.

"The risk to develop Type 2 diabetes was exponential, almost doubling with each increase of 0.5 percent of HbA1c," wrote Lerner.

The good news is that the progression



ISRAEL:
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from the "prediabetic" stage to the onset of Type 2 diabetes is not inevitable, say researchers.

If this blood marker is picked up early enough with this test, people can make lifestyle changes such as taking up exercise, losing weight, and eating a healthy diet — all part of a strategy that can bring your blood sugar back to normal levels.

"As expected," wrote Lerner about the overall population,

"weight was shown to be an important, independent risk factor for Type 2 diabetes, supporting early screening among overweight individuals."

The American Diabetes Association currently puts the HbA1c range indicating a prediabetes risk between 5.7 percent and 6.4 percent.

"The ADA 2013 recommendations include the use of HbA1c testing," wrote Lerner, in addition to conducting additional tests.

Also known as adult-onset or noninsulin-dependent diabetes, Type 2 diabetes affects the way your body metabolizes sugar — either by resisting insulin, a hormone that regulates the way sugar enters your cells, or not making enough insulin to maintain normal sugar levels in the body. Left untreated, the disease can be life threatening.

People diagnosed with impaired glucose tolerance, IGT, or impaired fasting glucose, IFG, depending upon which test was used, have higher than normal blood-glucose levels that were not previously thought to be high enough to be diagnosed as diabetes.

One advantage of the HbA1c test over the IGT and the IFG is that it doesn't require the patient to eat or drink a particular food. Another benefit to the patient and the doctor is that an A1c test can show a patient's average blood sugar levels over a longer period of time, indicating levels for as long as the past two or three months.

Previously, a normal HbA1c reading showing little or no risk of diabetes was considered to be between 4 and 5.6 percent. However, this new research would make a 5.4 percent reading a prediabetes diagnosis.

"We suggest HbA1c testing of patients at risk of developing diabetes, for example, according to BMI and history of cardiovascular disease, to promote stratification of a target population," concluded Lerner.

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



**THE LIFE &
TIMES OF
NORTHWEST
JEWISH TEENS**

A JTNEWS SPECIAL SECTION ■ FRIDAY, MARCH 7, 2014

BEING ALL THAT HE CAN BE

By Rachel Allen and Aviva Prizont

A tall man in a fancy blue uniform fiddled around with his laptop at the front of the classroom, trying to open his presentation. He turned to his audience, a group of girls waiting at their desks, and imparted his first words of wisdom: "Death by PowerPoint is not a fun way to go." And coming from a man who knows more ways to go than your average guy, we thought this was pretty good advice.

Captain Yoni Goldstein of the United States Air Force visited Derech Emunah girls' high school in the Georgetown neighborhood of Seattle to cap off a humanities unit on 9/11 and current events this past fall. As empathy was a running theme throughout the course, his presence in the classroom put a real face on actual events.

Captain Goldstein flies a plane that transports goods and people into military zones. He was raised in Dallas, Texas, and began his military training and became a second lieutenant while he was still in college. After graduation he got married and was sent to a base located in the small town of Enid, Okla. ("Where there are more cows than people") along with his wife, Michelle. His eldest daughter was born there, where they lived in a house with the only kosher kitchen in a 90-mile radius.

Captain Goldstein explained why he joined the Air Force. First, he said, it had been his dream since he was 2 years old to be in the Army and fly a plane. His face darkened as he recounted his memory of the terror attacks on September 11, 2001. He was in 10th grade, davening Shacharit, when the rabbi ran into the room and announced that one of the Twin Towers had been hit. Someone found a TV and plugged it in, and on it they watched the second tower go down. He had always been raised patriotic, but it was on that day that he took it upon himself to actively pursue a career in the military.



Yoni Goldstein speaks to the girls at the Derech Emunah high school.

Courtesy Derech Emunah

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TEEN EVENTS CALENDAR

SATURDAY, MARCH 22

9 p.m. — Seattle NCSY Costume Casino Night

Ari Hoffman at thehoffather@gmail.com or 206-295-5888 or seattlencsy.com
 Food, drinks, mocktails, \$1,000 in chips for various games, and prizes, including iPads, Nordstrom gift cards, and more. Buy tickets online and get \$1000 at the door, and get \$1,000 for each friend who has never participated before. More activities available, like photo booth. At the VFW, 1836 72nd Ave. SE, Mercer Island.


◀ **GOLDSTEIN PAGE 13**

"I, along with many other Americans, felt our country needed help," Goldstein told us. He chose the Air Force because of his love of aviation combined with the relative ease in accommodating a religious lifestyle.

He enthusiastically proceeded to describe some of his experiences as an Orthodox Jewish Air Force pilot, such as lighting a single Hanukkah candle in Kyrgyzstan and in Afghanistan, hosting kosher falafel nights for his crew, and how MyZmanim.com (an app that informs people of the right times to pray) became his "best friend" when it came to observing Shabbat and Yom Tov while crossing time zones.

After he had finished speaking, Derech Emunah students were given the opportunity to ask him questions, which he was happy to answer. He informed us that something he had gained from the military was real respect for leadership, and he named three things a leader requires: Integrity, service before self, and excellence. And when he was asked what his favorite part of his job was, he answered that it was returning soldiers safely to their families.

"But the other part of that," he noted sadly, is when they don't return safe. "If I didn't love what I do, I don't think that I could [do it]," he concluded.




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MERCER ISLAND PARKS & RECREATION

Mercer Island Parks & Recreation is happy to announce it is implementing a more sustainable practice by going digital. Beginning spring 2014, the recreation guide will no longer be mailed. View instantly online at www.playonmercer.com, click on course code to register. Some courses require calling 206-275-7609. Online registration begins March 17.

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Food-smuggling bubbes and hidden Snickers bars: Stories from Jewish summer camp

NEW YORK (JTA) — JTA invited readers to submit their most amusing Jewish summer camp stories. Here are some of our favorites:

CHERYL JACOBS,
Columbus, Ohio

Camper at Camp Kinder Ring in Hopewell Junction, N.Y., in the mid-'70s

My two grandmothers were summer residents of a bungalow colony euphemistically named "The Forest Lake Country Club." A country club it wasn't! My grandmothers walked along the shores of Sylvan Lake every other day for the entire eight weeks my brother and I were at camp. Their major goal? To see how much food they could smuggle in. The most unusual was pushing an entire roast chicken through the holes in a chain-link

fence. The two of them stood there breaking the chicken into small pieces so I could catch it and then share with my little brother.

They gave me a rendezvous time, and I had to make it my business to be there or there would be a price to pay. How many campers can say they had their own food arsenal made up of two little old Jewish ladies?

SCOTT BRASWELL
Assistant director at URJ Greene Family Camp in Bruceville, Texas

Strangest thing sent in a care pack-

age: We had a dad who liked to send random objects to his camper. He wouldn't even use a box or an envelope but would just send the item with the postage right on the item. The two most unusual things sent by the dad were a giant traffic cone and a plastic bumper of a car.

BETSY ALDREDGE,
Larchmont, N.Y.
Camper at Camp Menorah, a day camp in Essex, Mass., in the early '80s

My first day at Camp Menorah, when I was 7 or 8, I went with my mom to the corner to wait for the bus. A bus arrived on the opposite corner. I insisted it was my bus and was too grown up to let my mom ask if it was going to my camp. Instead, I got on the bus like a big girl. When I arrived at the camp, there was a big cross on the lawn. I had gotten on the bus for the YMCA camp by mistake. I turned to the nearest adult and pointed at the cross and said, "Um, I don't think this is Camp Menorah." They were very nice



NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY
The boys at the now-closed Camp Swig in California do their best "Welcome Back, Kotter" imitations.

and called my mom to come and get me and drive me to my actual camp.

YONI AND VIVIAN STADLIN
Directors of Eden Village Camp in Putnam Valley, N.Y., since 2010

Craziest thing confiscated: A mom who knew that we don't allow candy at camp wanted to give her kids a special

► PAGE 20

SPRING ARTS

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Impression of seal made by Qi Baishi for Isamu Noguchi, 1930.



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Bellingham welcomes its new Israeli maestro

GIGI YELLEN-KOHN JTNews Correspondent

Yaniv is not an uncommon name in Israel. Like all Hebrew names, it has a deeper meaning tucked inside.

"It means to bear, as a tree bears fruit," says Maestro Yaniv Attar from his new home in Bellingham. Now in his first season as music director of the Whatcom Symphony Orchestra, the Israeli-born conductor adds, "Hopefully, I'm bringing wonderful fruit!" He means the fruit of his years of study and apprenticeship in Israel, England and the United States, first as a classical guitarist and now as a conductor.

Attar, who turns 35 on Purim this year, was born in Ashdod. At the age of 15, he moved to Jerusalem to study at the Rubin Academy of Music, the top training institution for classical musicians in Israel, where his teacher was the celebrated Irit Even-Tov.

"Guitar is pretty big in Israel," he says. "A lot of classical guitarists go study abroad and return."

Like most professional musicians, Attar started his education at a young age.

"My mother bought me a guitar as a kid," he says. "She jokes that if she knew I was going to take it so seriously she might have thought twice about it."

At his first or second lesson, he



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Israeli Yaniv Attar, who just stepped in as the new conductor for the Whatcom Symphony Orchestra in Bellingham.

watched his teacher playing Bach. "I was determined to learn that piece," he adds.

At 18, he was accepted into London's prestigious Royal Academy of Music (where he shared a master class with a postgrad student named Ludovic Morlot, now music director of Seattle Symphony). He moved to New York and earned a master's in guitar at the Juilliard School, where the legendary American guitarist Sharon

Isbin was his mentor. By happy coincidence, when the Whatcom Symphony brought Attar out to conduct one concert as an audition last season, Isbin was the scheduled soloist.

But Attar dropped plans to pursue a career as a solo guitarist when he got what he calls "the conducting bug." Back in Israel, he studied privately with Leonard Bernstein's former assistant, Israel

IF YOU GO

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Edelson. Edelson advised him to enroll at McGill University in Montreal, where he would earn a master's in conducting from Alexis Hauser.

"Until today he's my mentor, in music and career, like a second father," Attar says of the Austrian-born Hauser, whose conducting career was, in turn, mentored by the 20th-century master Hans Swarowsky.

With wife Meredith, an elementary school teacher, and son Jonah, who's almost 4, Maestro Attar comes to Bellingham after serving in Birmingham, Ala., as assistant conductor of the Alabama Symphony Orchestra.

"It's good to live in a small community," says Attar, pleased with his Jewish experiences in both Birmingham and Bellingham. He says he and his family are now active members of Congregation Beth

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SPRING ARTS

2014 Stroum Lectures

*School Photos and Their Afterlives:
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March 31, 7:30-9:30 pm
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April 2, 7:30-9:30 pm

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Masazumi Chaya
Associate Artistic Director



FRIDAY, APRIL 11, 8:00 PM
THE RIVER
D-MAN IN THE WATERS (PART I)
REVELATIONS

SATURDAY APRIL 12, 8:00 PM
GRACE
MINUS 16
REVELATIONS

SUNDAY, APRIL 13, 2:00 PM
THE RIVER
D-MAN IN THE WATERS (PART I)
REVELATIONS

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Fighting evil with music

EMILY K. ALHADEFF Associate Editor, JTNews

Two poor children, desperate for milk for their ailing mother, go to the marketplace to perform for spare change, only to be drowned out by a wicked organ grinder — Brundibár — who monopolizes the audience. But with a little resilience and help from a dog, cat, and sparrow, the children prevail. Goodness vanquishes evil.

This is the premise of the beloved children's opera "Brundibár," composed by Czech musicians Hans Krása and Adolf Hoffmeister in 1938 shortly before the Nazis invaded their country. Deported to Terezín, Krása reconstructed the opera. It went on to be performed by children 55 times and, despite the irony of the material, was propagandized as proof of happiness and cultural vibrancy at the

concentration camp. Krása, along with most of the children performers, were transported to Auschwitz, where they were killed. Goodness is vanquished; evil prevails.

Only one of the original Terezín performers appeared in all 55 productions, and survived. Ela Stein Weissberger, who played the role of the cat, has devoted her life to promoting "Brundibár." Now 83, Weissberger travels to "Brundibár" productions around the world.

Weissberger will visit Seattle March 22-23 for Music of Remembrance's production of "Brundibár" at Seattle Children's Theatre.

"Ela has, as her personal goal in life, to share the story of 'Brundibár' and her



ILYA PHOTOGRAPHY

Above, a past performance of *Brundibár*, with Weissberger joining the final triumphant chorus. At left, one of the original casts of "Brundibár" at Terezín, with Weissberger playing the role of the cat.



COURTESY ELA STEIN WEISSBERGER

SPRING ARTS

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Ballet du Grand Théâtre de Genève

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Richard Goode

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message of hope and courage," said Mina Miller, MOR's founder and artistic director. "She's quite a luminary."

The opera, adapted by Tony Kushner and directed by Erich Parce, is comprised of talented child performers from Northwest BoyChoir and VocalPoint! Joseph Crnko conducts a 12-piece ensemble, with Miller on piano.

"It's innocent, it's engaging, it brings an unforgettable message of hope in the darkest of times," said Miller. "It honors the lives and the legacy of those courageous persons, especially children, whose creative work was an expression of spiritual resistance to tyranny."

An MOR fundraising tribute dinner at The Ruins in honor of Weissberger will follow the March 22 performance.

This is Weissberger's second trip to Seattle for MOR's production of "Brundibár." She came in 2006 when MOR put up the show at Benaroya Hall.

"Of all the performances she's been to in her life, she said ours was the best," Miller told JTNews. Yet at the time, Weissberger was critical of MOR's decision to cast young adults in the roles of children.

"This performance is very traditional," Miller said. The performers will

be younger, and the theater space allows for a set.

Since the last "Brundibár," Miller said parents have been asking when the Seattle-based Holocaust music organization will bring it back.

"It's been eight years, and there is a whole new generation," she said.

However, according to Miller, this will be the last "Brundibár" run for MOR.

"It's a huge investment in time and effort," she said. "I think this is it. It will be up to someone else. This is it for Seattle."

"Brundibár" is recommended for audiences age 8 and up, and presents kids with the historical Holocaust without the crushing heaviness of its reality.

"It gives them a palpable example of facing evil and forming an empowered response to it," said

Miller. "It's timeless. It's so accessible to children and their families."

Miller turns to Kushner, who provides notes to his adaptation:

"Instead of false comfort, 'Brundibár' offers inspiration to action, and exhortation. Be brave, and you can make bullies behave! Rely on friends! Make common cause, build communities, organize and resist! And tyrants of all kinds, in every generation, can be and must be made to fall."

IF YOU GO

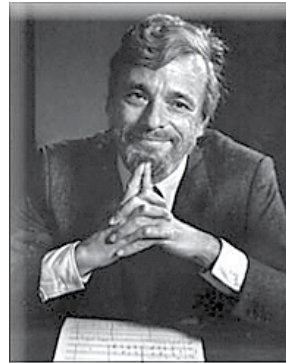
"Brundibár" will be performed Saturday, March 22 at 4 p.m. and Sunday, March 23 at 7 p.m. at Seattle Children's Theatre, 201 Thomas St., Seattle. For more information and tickets to the show and the tribute dinner, visit musicofremembrance.org.



**Saturday, March 8 at 8 p.m.
Paco Diez
Concert**

Paco Diez's debut Pacific Northwest concert features Spanish traditional music, including songs the Sephardic Jews took with them after the expulsion from Spain.

An internationally known musicologist and performer, Diez is one of the most important interpreters of Spanish-Jewish music. At the Seattle Art Museum, Plestcheeff Auditorium. For more information contact the University of Washington Department of Spanish and Portuguese Studies at spsuw@uw.edu or 206-543-2020.



**Wednesday, March 12 at 7:15 p.m.
Stephen Sondheim: "Finishing the Hat"
Music lecture**

Stephen Sondheim has been called "the greatest and perhaps best-known artist in the American musical theater." The composer behind "West Side Story," "A Funny Thing Happened on the Way to the Forum," and "Sweeney Todd" shaped the Broadway musical landscape that is America's legacy. Come learn about the legend, the little-known facts of his musicals, and anecdotes about Sondheim's life and work with music expert Theodore

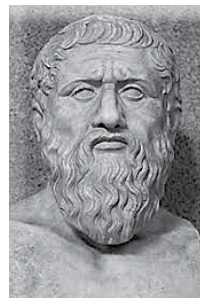
Deacon in this sixth Broadway musicals lecture. Sponsored by Seattle Jewish Seniors and supported by the Heinz Schwarz Fund. At Temple Beth Am, 2632 NE 80th St., Seattle. Refreshments at 7 p.m. No reservations required.



**Tuesday, March 11 at 6:30 p.m.
"The Book Thief"
Film**

If you haven't gotten your fill of Jewish movies, the Seattle Jewish Film Festival presents as an encore feature "The Book Thief," about a young girl who learns to read and develops a literary relationship with the Jewish refugee her foster family is hiding during the war. The 2013 film is based on the novel by Markus Zusak.

At the Stroum Jewish Community Center, 3801 E Mercer Way, Mercer Island. For more information call 206-232-7115 or visit www.seattlejewishfilmfestival.org.



**Thursday, March 20 at 7:30 p.m.
Rebecca Goldstein: The 21st Century Plato
Talk**

What would Plato do? Rebecca Newberger Goldstein, author of "Thirty-Six Arguments for the Existence of God: A Work of Fiction," "Betraying Spinoza: The Renegade Jew Who Gave Us Modernity," and most recently "Plato at the Googleplex: Why Philosophy Won't Go Away," looks at tiger moms, crowdsourcing, and debates about religion and sexuality through the eyes of

Plato to demonstrate why philosophy is not going anywhere. Downstairs at Town Hall, 1119 Eighth St. (enter on Seneca Street). \$5. For more information visit www.townhallseattle.org.

◀ **YANIV ATTAR PAGE 17**

Israel, where he occasionally plays guitar. Enthusiastic about his new post with the 39-year-old resident orchestra of the historic Mount Baker Theatre in downtown Bellingham, Attar jokingly complains, "We have one problem: all our concerts are just about sold out!"

He is especially looking forward to conducting the season finale, Beethoven's 9th Symphony on Sunday, May 4. His mother is coming from Israel for the occasion, which builds on a treasured piece of family history.

"When I was a teenager, my sister was at Tel Aviv University, studying film. For an assignment, she had to study 'A Clock-

work Orange,' which as you know, uses the Beethoven 9th a great deal in the soundtrack. When I heard it, I took my mom's record of it, and I think I destroyed it," he recalls of the vulnerable vinyl disc. "I played it over and over and over, and even though I was a guitarist, the 9th became very important to me. This is the first time I'm conducting it!"

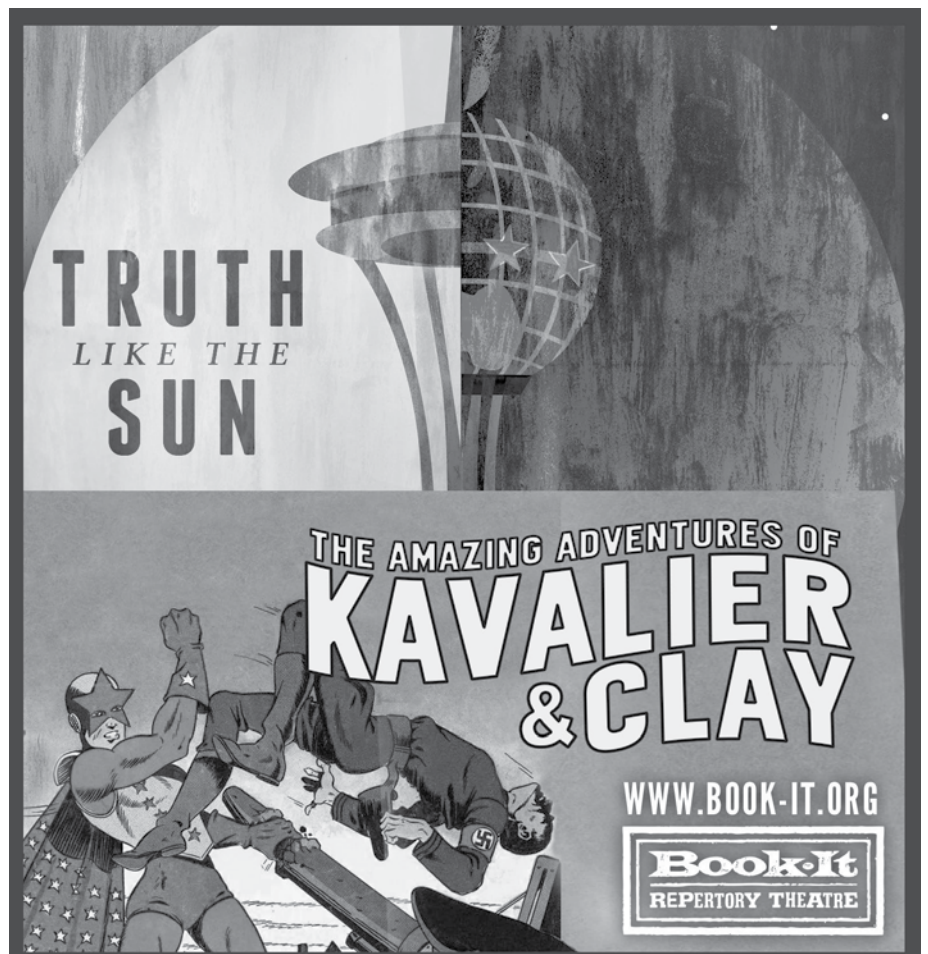
In addition to the May 4 concert, the Whatcom Symphony Orchestra plays on Sunday afternoon, March 30, featuring duo pianos in an all-French program. Although the coming season is still under wraps, Attar says he's involved in planning for the orchestra's 40th anniversary, including a commissioned piece, in the 2015-16 season.

SPRING ARTS



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◀ CAMP STORIES PAGE 16



NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY

A song fest at Camp Sabra in Rocky Mountain, Mo., circa 1972.



NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY

The early '80s were a musical time for campers at URJ Henry S. Jacobs Camp in Utica, Miss.

parenting: We had a parent who actually flew over in a helicopter! (He was a pilot, but still! He took an amazing aerial photo of camp.)

Most extreme example of helicopter

parenting: We had a parent who actually flew over in a helicopter! (He was a pilot, but still! He took an amazing aerial photo of camp.)

Most amusing crisis weathered: The freezer broke on the hottest day of the

summer, and the campers were forced to eat all of our homemade ice cream.

ROB KAGAN, Boston
Camper at Camp Naomi in Raymond, Maine, in the late '70s and early '80s

I was a member of the CNLO: the Camp Naomi Liberation Organization. We did everything from break into the dining hall

for Manischewitz wine, 30 pounds of raisins, and pop tarts to kidnapping all the other campers at 3 a.m. and taking them on a hike, so when the executive staff woke up, the entire camp was gone. We took all the sailboats from the waterfront and set them up in the dining hall. We took everyone's left shoes in the middle of the night, which was a nightmare to untangle when the prank was over. And those were only the pranks I was involved in! Camp in

the '70s was a different animal than it is today. We went out after curfew to meet up with girls, and when we were caught had to run in our underwear doing laps with honey on our bodies or scrub the dining hall with a toothbrush.

Visit OneHappyCamper.org to find a Jewish camp and see if your child qualifies for a \$1,000 grant.

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◀ CALENDAR PAGE 4

7 p.m. — Wicked, Wicked Man: A Prequel to the Book of Esther

☎ Evan Dix at edix@templebnaitorah.org or 425-603-9677 or templebnaitorah.org
Megillah reading and an original Purim play written by Donna Blankinship, directed by Sheila Roseman Bates, and featuring the TBT players. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

7-9 p.m. — Erev Purim Festivities

☎ Grace Willard at vashonhavurah@gmail.com or 206-659-8556 or www.vashonhavurah.org
Purim potluck feast, singing, Purim story/spiel, followed by Havdalah and Megillah reading in a combination of Hebrew and English. Everyone invited to come in costume. Free. At Havurat Ee Shalom, 15401 Westside Hwy. SW, Vashon Island.

7-9 p.m. — HNT Purim Shpiel: eSTARe WARS

☎ Rebecca Levy at rebecca@h-nt.org or 206-232-8555, ext. 207 or h-nt.org
HNT's famous Purim spiel. At Herzl-Ner Tamid Conservative Congregation, 3700 E Mercer Way, Mercer Island.

8:30 p.m. — Friendship Circle Purim Celebration

☎ 206-FRIENDS (374-3637) or www.FriendshipCircleWA.org
Megillah reading, music, entertainment, hamentaschen, and improv by Comedysportz Seattle. \$15-\$36. At Tiny Ninja Cafe, 3510 Stone Way N, Seattle.

SUNDAY 16 MARCH**9:30 a.m.–12:30 p.m. — Religious School Purim Carnival: Tikkun Olam (Repair the World)**

☎ Evan Dix at edix@templebnaitorah.org or 425-603-9677
Celebrate Purim and the planet at the "Earth: Tikkun Olam" Purim carnival. Carnival games, balloon animals, costume parade, snacks, prizes, song session and more. Dress as your favorite earth creature, Purim character, or any costume. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

11-11:45 a.m. — Children's Megillah Reading

☎ www.seattlekehilla.com/events_items/childrens-megilla-reading-2/
A funny, interactive, inspired reading for kids with Rabbi Shmuel Brody. For kids of all ages and open to the community. In the beis midrash. At BCMH, 5142 S Morgan St., Seattle.

12-1 p.m. — Purim Carnival and Pool Party

☎ Mark Rosenberg at MarkR@sjcc.org or 206-388-0830

◀ NEW RABBI PAGE 8

The rabbi said he wants to "excite and engage" the Jewish community here, particularly the younger generations and the children and grandchildren of longtime members.

"You will still be getting the full authentic hazzanut from Rabbi Frank Varon," said Hassan, "but there will be more interpretation and classes beforehand, and we are going to explain the service a bit more so you know what to expect."

Hassan has already hit the ground running, teaching classes six night a week. He and Sharona will often teach together.

"We're trying to move the synagogue from being a center to being a resource and being out there in the community," he said. "There's something going on every

day. I will be downtown, in Bellevue, on Mercer Island — all over!"
But you don't have to be Sephardic or even Orthodox to find a sense of camaraderie at SBH, said Hassan.

12:45-3 p.m. — Purim Party

☎ Evan Dix at edix@templebnaitorah.org or 425-603-9677 or templebnaitorah.org
Game day, with songs, snacks and prizes. Wear a costume. For grades 5-6. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

1-3 p.m. — Torah Repair

☎ Grace Willard at vashonhavurah@gmail.com or 206-659-8556 or www.vashonhavurah.org
Rabbi Fern Feldman will examine the Torah and decide which repairs will be done. All are welcome to observe. At Havurat Ee Shalom, 15401 Westside Hwy. SW, Vashon Island.

4 p.m. — SuPurim Bowl with the 12th Man

☎ Rabbi Berry Farkash at rabbifarkash@gmail.com or www.chabadissaquah.com
Summoning the "Legion of Boom" to erase Haman's name, half-time show featuring Aging Rockers with Altekakers. "SuPurim Bowl" activities for everyone, hamentaschen, kosher Skittles, and beastly food. Come in neon green and blue or Seahawks gear. Megillah reading at 4:12 p.m. \$5 suggested donation. At Blakely Hall, 2550 NE Park Dr., Issaquah.

TUESDAY 18 MARCH**7:30 p.m. — Jews and Purim**

☎ Rabbi Berry Farkash at rabbifarkash@gmail.com or www.chabadissaquah.com
The first time Jews are called "Jews" is in the Purim story. What's the connection between Purim and Judah? Tea and coffee served. At Chabad of the Central Cascades, 24121 SE Black Nugget Rd., Issaquah.

WEDNESDAY 19 MARCH**7-8:30 p.m. — The Real Israel: Places, People, and Politics**

☎ Shelly Goldman at sgoldman@a.templebnaitorah.org or 425-603-9677 or www.templebnaitorah.org/adult_education
A virtual tour of Israel's historical places, religious sites, tourist attractions, and some off-the-beaten-path gems. Meet the diverse people of Israel and touch on the complexity of Israel's political system, its threats and internal debates, and its culture of

innovation and resilience. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

SATURDAY 22 MARCH**10-11:30 a.m. — Family Shabbat Morning**

☎ Kate Speizer at kspeizer@tdhs-nw.org or 206-315-7429 or tdhs-nw.org
Brief prayer service (with guitar), snack, project or story, and free play. All are welcome, no membership or experience required. Free. At Temple De Hirsch Sinai, 1511 E Pike St., Seattle.

4-6 p.m. — Brundibár

☎ John Huffstetler at info@musicofremembrance.org or 206-365-7770 or www.musicofremembrance.org
A new production of this children's opera, directed by Erich Parce and starring some of Seattle's most gifted young singers. \$40. At Seattle Children's Theatre, 201 Thomas St., Seattle.

5-10 p.m. — Parents Night Out

☎ Daliah Silver at daliahs@sjcc.org or 206-388-0839 or sjcc.org
Games, arts and crafts, and activities for kids. The theme is "Monster bash: Who's that under the bed?" Includes dinner. \$30 SJCC members, \$40 guests. At the Stroum JCC, 3801 E Mercer Way, Mercer Island.

SUNDAY 23 MARCH**9:30 a.m.–12:30 p.m. — Living a Healthier Life...Jewishly!**

☎ Shelly Goldman at sgoldman@a.templebnaitorah.org or 425-603-9677 or www.templebnaitorah.org/adult_education
Explore how to integrate Jewish teachings and values into nutrition and food choices, the

psychological aspects of healthy choices, stress, and fitness. Free. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

10 a.m.–3:30 p.m. — B'Tzelem: In the Image

☎ Julie Greene at julie@bcmhseattle.org or 206-721-0970 or livingjudaism.com/event/btzelem-workshop-series/
Congregation Bikur Cholim-Machzikay Hadath and LivingJudaism present a one-day spiritual retreat with Rabbi Mark Spiro on what it means to be created in the image of God. Harness your creative power, minimize negativity, enhance your relationships, and more. Register by March 17. \$25 includes seminar and lunch. At a private home, Seattle.

2-4 p.m. — Seattle Jewish Theater Company's Production of 'From Door to Door'

☎ Stroum JCC at 206-232-7115 or sjcc.org/cultural-arts/arts-events
James Sherman's "From Door to Door," a warm, bittersweet comedy about three generations of Jewish women. Directed by Art Feinglass. \$12 members, \$18 general. At the Stroum JCC, 3801 E Mercer Way, Mercer Island.

4:30-9 p.m. — JDS Auction 2014

☎ Risa Coleman at rcoleman@jds.org or 425-460-0242 or www.jds.org
Annual community fundraising event for The Jewish Day School of Metropolitan Seattle. All are welcome. \$136. At Sheraton Hotel Seattle, 1400 Sixth Ave., Seattle.

7-9 p.m. — Brundibár

☎ John Huffstetler at info@musicofremembrance.org or 206-365-7770 or www.musicofremembrance.org
At Seattle Children's Theatre, 201 Thomas St., Seattle.

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Book-It Repertory Theatre, the company that transforms great literature into great theatre, brings Jim Lynch's "Truth Like the Sun" and Michael Chabon's Pulitzer Prize-winner, "The Amazing Adventures of Kavalier & Clay" to the stage this spring and summer. Visit book-it.org for dates, tickets, and information or call 206-216-0833.

Frye Art Museum

Isamu Noguchi and Qi Baishi: Beijing 1930 brings together the work of two influential artists of the twentieth century, Isamu Noguchi (American, 1904-1988)

and Qi Baishi (Chinese, 1864-1957). Comprising drawings, ink paintings, calligraphic works, and sculptures, it presents 31 works by Noguchi and 25 by Baishi. The exhibition and its accompanying publication document a period of six months that Noguchi spent in Beijing and shed new light on the little-known relationship between the two artists.

Located at 704 Terry Ave., Seattle.

Meany Hall at the University of Washington

UW World Series presents Ballet du Grand Théâtre de Genève. April 3-5 at 8 p.m., Meany Hall.

Known for its exceptional, classically trained dancers and a repertory of varied works by today's leading choreographers, Ballet du Grand Théâtre de Genève is considered one of the most original and inventive dance companies in Europe. For its Seattle debut, the company will perform the evening-length Preludes et Fugues by acclaimed Israeli choreographer Emanuel Gat, an hypnotic reflection on human interaction set to Bach's "Well-Tempered Clavier" performed to live, solo piano. Tickets at 206-543-4880 or uworldseries.org.

Seattle Theatre Group

Experience the power of Alvin Ailey American Dance Theater and see for yourself why this extraordinary company is hailed as America's cultural ambassador to the world. From the pulse-racing thrill of contemporary favorites to the spirit-lifting joy of beloved classics, these extraordinary dancers bring African-American cultural expression and the American modern dance tradition to life. Closing the program will be Alvin Ailey's masterpiece, Revelations, called "one of the great works of the human spirit" (The New York Times).

On Saturday's program, the company will be dancing Ohad Naharin's piece, Minus 16. The Israel choreographer's name, which is synonymous with Israeli dance, has had a relationship with the Alvin Ailey company for years. This particular piece was a gift to the Alvin Ailey company, after his wife, Mari Kajiwara, who is a former dancer with the company, died from cancer in 2001. The piece first premiered in 2011, and now all the performances of Minus 16 performed by Ailey are dedicated to her memory. Ohad actually added a duet to Minus 16, which is only performed by Ailey, dedicated to Mari.

Performances:
Friday, April 11: The River/D-Man/Revelations

Saturday, April 12: Grace/Minus 16/Revelations

Sunday, April 13: The River/D-Man/Revelations

Visit www.stgpresents.org for tickets and information.

The Stroum Center for Jewish Studies

The 2014 Samuel and Althea Stroum Lectures in Jewish Studies, "School Photos and Their Afterlives: A Comparative Jewish Perspective," will take place on March 31 and April 2. This year's speakers, Dr. Marianne Hirsch of Columbia University and Dr. Leo Spitzer of Dartmouth College, will reflect on photography's role from the 19th century through World War II. They suggest that images can represent the possibility of resistance and subversion — even during the most challenging time in the Jewish people's history. For further information and registration, visit jewish-studies.washington.edu/stroumlectures or call 206-543-0138.

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In Washington, Netanyahu brings sunny peace vision, dark Iran warning

RON KAMPEAS JTA World News Service

WASHINGTON (JTA) — Benjamin Netanyahu came to Washington determined to hold the line on Iran, but he also brought something new: An expansive vision of Middle East peace.

The Israeli prime minister remained firm, after meeting with President Obama on Monday, in insisting that any nuclear deal must remove Iran's uranium enrichment program — an outcome U.S. officials say is unlikely — and vowed that Israel would defend its interests.

On Israeli-Palestinian peace, though, Netanyahu aimed to please his American hosts: He joined Secretary of State John Kerry for the first time in expressing hope that there would be a breakthrough soon and articulating an optimistic vision of the benefits peace will bring, one that not so long ago he might have ridiculed.

"I'm prepared to make a historic peace with our Palestinian neighbors, a peace that would end a century of conflict and bloodshed," Netanyahu said in his speech Tuesday to the American Israel Public Affairs Committee's annual policy conference. "Peace would be good for us. Peace would be good for the Palestinians. But peace would also open up the possibility of establishing formal ties between Israel and leading countries in the Arab world."

Netanyahu's rhetorical flourishes on peace came after he landed in a political environment marked in recent weeks by tensions between the Obama administration and Israel and its American defenders over how to deal with Iran.

Netanyahu's remarks also came on the



Prime Minister Benjamin Netanyahu (left) with outgoing AIPAC President Michael Kassen at the 2014 AIPAC conference on Tuesday morning.

heels of an interview published Sunday in which President Obama bluntly warned that Israel could face international isolation if an agreement with the Palestinians is not reached and urged Netanyahu to show leadership in advancing peace.

The particulars of the peace vision that Netanyahu articulated in his AIPAC address included cooperating with Israel's Arab neighbors on sharing water, developing medical cures, and launching business startups. It's a vision similar to the "New Middle East" Shimon Peres predicted in the 1990s and that Netanyahu mercilessly mocked in the 1996 election in which he defeated Peres.

Netanyahu added his usual caveats:

The Palestinians must recognize Israel as a Jewish state, and Israel must maintain a military presence along the West Bank-Jordan border. But for the first time since talks were renewed last July at Kerry's behest, Netanyahu suggested that a breakthrough was possible.

"So as we work in the coming days, in the coming weeks, to forge a durable peace, I hope that the Palestinian leadership will stand with Israel and the United States on the right side of the moral divide, the side of peace, reconciliation and hope," he said.

Netanyahu had to remind the AIPAC crowd to applaud: "You can clap — you want to encourage them to do that!"

The optimistic tone stood in contrast to Netanyahu's posture in the Oval Office with President Obama before their meeting. After Obama's opening remarks, Netanyahu shifted in his seat, leaned forward and let out an audible sigh.

He thanked and praised Obama, ran through his Iran demands and then got to Israeli-Palestinian peace.

"We've learned from our history — Jewish history, but I think from general history — that the best way to guaran-

tee peace is to be strong," Netanyahu said. "And that's what the people of Israel expect me to do — to stand strong against criticism, against pressure, stand strong to secure the future of the one and only Jewish state."

That clearly was a reference to an interview Obama had given Bloomberg News that was published the day before the leaders met. Obama insisted that Israel urgently needed to reach an agreement with the Palestinians and suggested that Netanyahu needed to rise to the occasion.

"I believe that Bibi is strong enough that if he decided this was the right thing to do for Israel, that he could do it," Obama said. "If he does not believe that a peace deal with the Palestinians is the right thing to do for Israel, then he needs to articulate an alternative approach. And as I said before, it's hard to come up with one that's plausible."

Netanyahu may have felt the need to defend himself in the Oval Office, but in fact, according to sources in the pro-Israel community, it was his intention to embrace aspects of the framework peace agreement Kerry hopes to unveil in coming weeks.

Indeed, Netanyahu and AIPAC officials consistently praised Kerry throughout the conference for his thorough approach to developing a framework proposal. In his speech to AIPAC, Netanyahu called Kerry "indomitable."

Israel especially has appreciated Kerry

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for his sequencing: He has first thoroughly vetted his proposals, including on Jerusalem and on securing the West Bank, with Israel and is only now in close consultations with Palestinians. Palestinian Authority President Mahmoud Abbas is due to meet Obama on March 17.

Embracing Kerry's initiative gives Netanyahu some room to hold fast to his

positions on the Iran talks. The Obama administration has beaten back for now demands spearheaded by Netanyahu and AIPAC that the United States upgrade existing sanctions on Iran.

But Netanyahu's bottom line did not change in the wake of his meeting with Obama: He continued to reserve Israel's right to act as it sees fit unless the talks eliminate entirely Iran's capacity to enrich uranium. Obama and other U.S. officials

have suggested that Iran will likely emerge from a final agreement with a limited enrichment capacity.

"Unfortunately, the leading powers of the world are talking about leaving Iran with the capability to enrich uranium," he told AIPAC. "I hope they don't do that because that would be a grave error. It would leave Iran as a threshold nuclear power."

He explained the danger, as he has in the past, by invoking the Holocaust.

"Letting the worst terrorist regime on the planet get atomic bombs would endanger everyone, and it certainly would endanger Israel since Iran openly calls for our destruction," he said. "Seventy years ago, our people, the Jewish people, were left for dead. We came back to life. We will never be brought to the brink of extinction again. As prime minister of Israel, I will do whatever I must do to defend the Jewish state of Israel."

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How can you get ready for something you refuse to even think about?

By Rabbi Fred Grossman

That's the question I'm always coming up against in my work as a hospice chaplain. It's my job to help people get ready to die. But the trouble with this, as you can imagine, is that people don't want to die. In fact, people don't want to die so badly that they spend their lives not thinking about death. They do this even when loved ones die and a natural moment to think about death presents itself. They do this even as they age and the inevitable moment draws closer.

In the face of this level of denial and discomfort, what can I, as a chaplain, do to help?

My work is to strengthen the spiritual resources people already have. Many of us, for instance, are part of a faith tradition. Since I've come to Seattle, I've been told countless times that this is one of America's most secular cities. In my work, it is certainly typical for people not to be involved with any religious group. But at the same time, very few people reject the idea of spirituality, which is, in its most basic terms,



RYAN STONE/CREATIVE COMMONS

that there is something active in the universe besides purely physical forces. What's more, many people have never really rejected their faith traditions, so much as they have lost interest in them. Or, they've had bad experiences with religion as it is practiced — going to services, accepting dogma, etc.

Whatever the case, the end of life is when faith and spirit are called on for their hardest work. Some people, often guided by faith, have elaborate beliefs, visions of paradise or the reuniting with long-lost loved ones. Others have much more amorphous beliefs about the spiritual powers of the universe and our coming communion with them. Still others —

and this may include non-theists — focus on the impact we have had in the world, the people whose lives we have touched. Now, as death nears, is the time

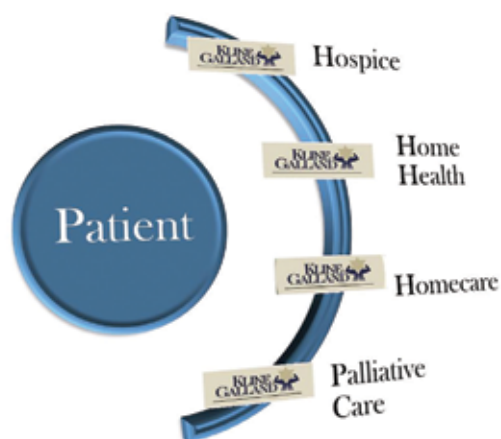
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◀ HOSPICE CHAPLAIN PAGE 25

to think about these beliefs, to concretize them, to accentuate their positives, to be frank with ourselves about our fears and doubts.

Very often this is done through prayer. While many people think of prayer as something very formal and proscribed (and if you are Jewish, in another language), the praying I do with my patients is usually very different. After talking with patients and families, getting to know their life stories, the story of their illness, their hopes and fears, I take their hand and speak directly to the Higher Power. All that they have told me, I offer up to Him, and implore Him above all for knowing, knowing that He is with them, that he will be with them, and that whatever else may change, that fact won't.

One of the hardest things we do in life is die. This is especially true for a life cut short, of wonderful things left undone. But I think it is true as well even for the very old, who look back on a life full of accomplishments, success, children and grandchildren. Even these people say goodbye to existence as they know it, to much that they love and that is beautiful. Yet everyone must walk down this road and everyone must do it, in the end, alone. In the words of the old spiritual, "No one can go there for you."

But the message of hope I bring is that people do get there. It may be incredibly hard, it may be painful, it may be done mostly in private where people like me, or even loved ones, have little idea of what's going on. And yet I have been privileged to see incredible scenes of people, nearing the end of life, far from cowering and despairing, positively radiating peace and happiness. I have been truly struck by the impression of being in the presence of someone existing nearly on another plane, of this person, in this moment, functioning as a rare

meeting place between the seen and the unseen.

We've come full circle to the cliché that death is a part of life. But the meaning behind this, I think, is that death, when faced honestly, can enrich our lives and make us better people. To face our fear, even to a small extent, is to imbue our lives with greater soul, courage, and meaning.

Fred Grossman is a rabbi working as a chaplain at Providence Hospice of Seattle. He lives with his family in Seattle's Seward Park neighborhood and is a member of Bikur Cholim Machzikay Hadath.



THURSDAY, MARCH 13

■ 10:30 a.m.-12 p.m. — Port of Seattle: An Overview

Ellen Hendin at endlessopps@jfsseattle.org or 206-461-3240 or jfsseattle.org

Mike Merritt, local government relations manager for the Port of Seattle, will give an overview of the seaport and airport operations, its challenges and opportunities. At Temple B'nai Torah, 15727 NE Fourth St., Bellevue.

TUESDAY, MARCH 18

■ 10:30 a.m.-12 p.m. — Washington State Ferry System: The Largest in the U.S.

Ellen Hendin at endlessopps@jfsseattle.org or 206-461-3240 or jfsseattle.org
Captain George A. Capacci, one of 22 ferry captains, will discuss his responsibilities and the breadth of the ferry system. At Temple De Hirsch Sinai, 1441 16th Ave., Seattle.

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Bar Mitzvah
Samuel D. Sarles

Samuel will celebrate his Bar Mitzvah on March 8, 2014 at Temple Beth Am in Seattle.

Samuel is the son of Neil R. Sarles and Michele Meola, and Judy Bonicelli of Seattle. He is the brother of Daniel and Tessa Sarles and Aaron Meola. His grandparents are Annette Sarles and Sherwood Sarles of Florida, Beverly Meola of Michigan, and the late Bruno Bonicelli, the late Daliah Bonicelli, and the late Raymond Meola.

Samuel is a 7th-grader at Jane Addams. He enjoys table tennis and basketball. For his mitzvah project, he is helping the Jewish Family Service food bank.


Bat Mitzvah
Maya Rachel Michal Kintzer

Maya will celebrate her Bat Mitzvah on March 8, 2014 at Congregation Beth Shalom in Seattle.

Maya is the daughter of Jane Becker and Jason Kintzer of Seattle, and the sister of Raphael, David, Yoni, Avi, and Yoel. Her grandparents are Edward Becker and Jolanda Kintzer, and the late Mildred Becker and the late David Kintzer.

Maya is a 7th-grader at the Morningside Academy. She enjoys dancing, swimming, traveling, and hanging out with friends and family. For her mitzvah project she is serving dinner for the homeless.

Barbara Wessel Hurst

Barbara Wessel Hurst moved to Seattle in 1983 to become the Pacific Northwest Area Director of the American Jewish Committee (AJC), a position she held until her retirement in 1995.

Barbara's accomplishments during her tenure with the AJC include her sponsorship of the Consultation on American Pluralism, organizing a Stamp Out Hate campaign in conjunction with the mayor's office, developing an Asian/Jewish summit, and bringing the AJC's Hands Across the Campus to Seattle. Barbara also built coalitions among the various branches of Judaism in Washington State. Along with Sister Joyce Cox of the Seattle Archdiocese, she organized the Children of Abraham, an interfaith dialogue group of Christians, Muslims and Jews.

A partial list of Barbara's achievements include vice chair and member of the King County Civil Rights Commission, and board member of Listen and Talk, a school for hearing impaired children. Barbara was a member of the Seattle Community Policing Action Council, co-chair of the Seattle Human Rights Commission, and co-chair of Governor Mike Lowry's Civil Rights transition

team. In addition, she was a member of the Ethnic Heritage Committee of the Washington State Centennial Commission and Family to Family program of NAMI of Seattle for families with a mentally ill family member.

Barbara loved the arts, spending much of her time with friends at the symphony, the theater, the Seattle Art Museum and Jazz Alley. Along with her husband Arnold Robbins, she hosted a July 4th celebration in their apartment overlooking Lake Union. During this annual event, the Constitution was read by Barbara and her guests, who eagerly anticipated the party each Independence Day. Barbara was an active congregant of Temple De Hirsch Sinai, where she served on the ritual committee.

Traveling the world after her retirement, Barbara moved back to Dallas in 2010. She is survived by her children Gary, Jeff (Cora), Nikki Gibson (Dennis) seven grandchildren, four great grandchildren and brother Edward Wessel (Judy).

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JEWISH FAMILY SERVICE

From the deli bakery: Something fresh and refreshing

MICHAEL NATKIN JTNews Columnist

This refreshing celery and fennel salad is a riff on one that I had at Bastille in Ballard. Their celery salad had tiny pumpernickel croutons and baby artichokes. The one I've got for you today has fennel instead of the artichokes, and shaved frozen blue cheese for a garnish.

If you want to add one more component, a few quick-pickled grapes are great. You could also replace or supplement the pumpernickel with toasted (or lightly candied) walnuts or pecans.



Jewish and Veggie

Celery and fennel salad

Prep Time: 15 minutes

Cook Time: 10 minutes

1 slice pumpernickel, crust removed, cut into 1/4" dice
Vegetable oil for frying pumpernickel
4 stalks celery, strings removed, sliced about 1/8" thick
1/3 bulb fennel, sliced about 1/8" thick (parallel to the base)
1 Tbs. extra-virgin olive oil
Lemon juice, as needed
Flaky sea salt (preferably Maldon), as needed

Celery leaves, as needed

Fennel fronds, as needed

Small block of blue cheese, any type, frozen hard

- Heat 1" of oil in a very small pot to

about 260°. Slowly fry the pumpernickel cubes until darkened and crispy, about 10 minutes. Remove with a slotted spoon to paper towels and reserve.

- Combine the sliced celery, sliced fennel, olive oil, and a couple of pinches of Maldon salt in a bowl.
- Toss with lemon juice to taste and add more salt as needed.
- To serve, divide the salad onto 4 chilled plates. Distribute the croutons, and garnish with the celery and fennel leaves. Immediately before serving, remove the blue cheese from the freezer and shave a few paper-thin slices over each salad, using a mandoline or a vegetable peeler.

Yield: 4 modest servings.



MICHAEL NATKIN

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.

◀ HAMANTASCHEN PAGE 9

brown sugar and beat until the mixture is light in texture and color, about 2 minutes. Beat in the molasses and egg. Using a wooden spoon, gradually mix in the flour mixture to make a stiff dough. Divide the dough into two thick disks and wrap each disk in plastic wrap. Refrigerate until chilled, about 3 hours. (The dough can be prepared up to 2 days ahead.)

- To prepare the filling: In a large skillet over medium heat, add the margarine and vanilla bean and seeds, cook about 5 minutes. Add the apples and let them caramelize on one side, then turn and cook until it begins to caramelize. Sprinkle the brown sugar over the apples and cook, turning occasionally while it softens — about 10 minutes. Remove from heat and remove vanilla bean, then purée in food processor and cool until ready to use.

- When ready to assemble and bake the cookies, position the racks in the top and bottom thirds of the oven and pre-heat to 350°. To roll out the cookies, work with one disk at a time, keeping the other disk refrigerated. Remove the dough from the refrigerator and let stand at room temperature until just warm enough to roll out without cracking, about 10 minutes. (If the dough has been chilled for longer than 3 hours, it may need a few more minutes.) Place

the dough on a lightly floured work surface and sprinkle the top of the dough with flour. Roll out the dough 1/8" thick. Cut out 3" circles and use a spatula to place circles on a baking sheet lined with parchment.

- Spoon a teaspoon of filling into the center of the circle of dough and fold together to form a triangle. Bake for 8-10 minutes, remove to wire rack to cool, and enjoy.

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