



FROM THE RABBI'S STUDY:

Thank You Camp Ramah & Eliana Light!

We had such a great time with Eliana Light and Camp Ramah Wisconsin Executive Director Jacob Cytryn and Camp Ramah Wisconsin staff at our Camp Ramah Wisconsin Shabbaton! There was lots of singing with newly created and learned hand motions, ruach (spirit) and fun! I wanted to share with you a letter that Jacob Cytryn wrote to his Board of Directors about his experience visiting us the Shabbat of February 1-2. I was very touched, moved, and proud of how he represented Tifereth Israel. As the expression goes, "we clean up real well!" but it is more than that: thanks to phone calls and emails from parents like Jenny Blumberg and Tasha Hausmann, a well-placed Beit Sefer Shalom Shabbat by Sophie Honomoff and everyone who came, and continues to come and participate, we make a difference. Not only in the lives of our kids and community, but perhaps, as you'll see in the lives of other kids in other communities. Thank you to everyone who made the weekend a success--many just by showing up--and thank you to the Engman programming fund and Camp Ramah Wisconsin for financially making it possible. Whatever camp you choose, let's get excited for Kayitz (summer) 2019!!! **Rabbi Barton**

Shalom Ramah Wisconsin Committee,

Adina and I regularly report to you about the special thirst for Ramah we continue to uncover in the smallest Jewish communities in our region. We know that these communities belie the simple stereotypes of Jewish - and even generally American - life outside the major metropolises. Yet most of the time we are only able to drop-in for a day mid-week, watching Hebrew school happen and meeting with some families in the shul or a family's living room.

The last two years, at the strong request of a charismatic new Rabbi at Tifereth Israel in Des Moines and with the support of grant from the Conservative/Masorti Fund, Adina and I have benefited from a new perspective on that community in a way that is far more organic and illuminating. This past Shabbat we held our second-annual Ramah Shabbaton at Tifereth Israel; while Adina was in Jerusalem celebrating Shabbat with alumni from last year's mishlachat and American staff studying in Israel for the year, veteran staff Shira Forester and Arielle Small joined me for the weekend in Des Moines. Our relationship with Tifereth Israel runs strong and deep. Thanks to the vision and generosity of the Pomerantz Family and the long-time stewardship of the Rabinowitz Family, there is significant financial support available to help families get to Ramah. Through the tenures of Rabbi Barry Cytron and Rabbi Neil Sandler, and aided for decades by the passionate advocacy of Roselind Rabinowitz, a significant number of campers have ventured to Conover for life-changing experiences. After moving through a fallow period, Rabbi Barton has dedicated herself to reinvigorating the entire community, with a specific focus on engaging children and young families.

After four separate flight cancellations (yup - 3 people, 4 cancellations), Shira and I road-tripped from O'Hare to Des Moines on Friday, where we met up with Arielle. We were welcomed by Rabbi Emily Barton, about eighteen-months into an exuberant and dynamic rabbinate that is already transforming the community.

Rabbi Barton gave us a tour of the synagogue, newly renovated and modernized about ten years ago, and packed with more than one hundred years of history. Original Warhols and Lasanskys adorn the walls in the atrium; glass-walled classrooms and an impressive, up-to-date library ring the atrium. Rabbi Barton planned our Shabbaton to coincide with a visit by an artist-in-residence, Eliana Light, who is also a member of the Ramah Wisconsin family as a former Rosh Tefillah and ongoing member of our Family Camp staff. Eliana is an extraordinarily talented musician and educator, as comfortable leading services for tots as she is teaching theology and sharing her original music that is deeply in dialogue with traditional



Article Continued on Page 24 >

SCHEDULE OF SERVICES

Unless otherwise noted, Erev Shabbat services regularly begin at **6:00pm on Friday evenings**, and Shabbat morning services regularly begin at **9:30am on Saturday mornings** followed by Shabbat Café at **11:45am**. Rabbi Barton leads a Hebrew Bible Discussion at **12:30pm**.

For more information on a particular style of service or a full outline of worship opportunities, please see

MARCH SHABBAT SERVICES	
1-2 March	25 Adar I
Shabbat Parashat	Vayakhel, Shabbat Shekalim
<i>Candle Lighting:</i>	5:47pm
<i>Friday Evening:</i>	Traditional Shabbat
<i>Saturday Morning:</i>	Traditional Shabbat
8-9 March	2 Adar II
Shabbat Parashat	Pekudei
<i>Candle Lighting:</i>	5:55pm
<i>Friday Evening:</i>	Acoustic Shabbat
<i>Saturday Morning:</i>	Contemplative Service + Avi Jones Bar Mitzvah + Traditional Shabbat (10:15am)
15-16 March	9 Adar II
Shabbat Parashat	Vayikra, Shabbat Zachor
<i>Candle Lighting:</i>	7:03pm
<i>Friday Evening:</i>	Traditional Shabbat
<i>Saturday Morning:</i>	Traditional Shabbat
22-23 March	16 Adar II
Shabbat Parashat	Tzav
<i>Candle Lighting:</i>	7:11pm
<i>Friday Evening:</i>	Traditional Shabbat
<i>Saturday Morning:</i>	Traditional Shabbat
29-30 March	23 Adar II
Shabbat Parashat	Shmini, Shabbat Parah
<i>Candle Lighting:</i>	7:18pm
<i>Friday Evening:</i>	Traditional Shabbat
<i>Saturday Morning:</i>	Traditional Shabbat + Tot Shabbat & Jr. Congregation

APRIL SHABBAT SERVICES	
5-6 April	1 Nisan
Shabbat Parashat	Tazria, Rosh Chodesh Nisan, Shabbat HaChodesh
<i>Candle Lighting:</i>	7:26pm
<i>Friday Evening:</i>	Traditional Shabbat
<i>Saturday Morning:</i>	Traditional Shabbat
12-13 April	8 Nisan
Shabbat Parashat	Metzora, Shabbat HaGadol
<i>Candle Lighting:</i>	7:34pm
<i>Friday Evening:</i>	Mishpacha Shabbat
<i>Saturday Morning:</i>	Contemplative Service + Traditional Shabbat (10:15am)
19-21 April	15 Nisan
Shabbat Parashat	Passover
<i>Candle Lighting:</i>	7:41pm
<i>Friday Evening:</i>	No Services– First Night Seder
<i>Saturday Morning:</i>	Pesach Morning Services 10:00am + TIS Second Night Seder 7:00pm
<i>Sunday Morning:</i>	Second Day Pesach Morning Services 10:00am
26-27 April	21-22 Nisan
<i>Friday Morning:</i>	Seventh Day Pesach Morning Service 9:30am
Shabbat Parashat	Passover Yizkor
<i>Candle Lighting:</i>	7:49pm
<i>Friday Evening:</i>	Pesch/ Shabbat Evening Services
<i>Saturday Morning:</i>	Eighth Day Pesach Morning Services + Yizkor Services

BE A MENSCH!

MENSCH (n.)

*An upstanding, worthy, honorable person
of either sex.*

Please consider volunteering to share your ride to services!

Our community has seniors and students that do not always have a ride to shul,

Be a mensch! Contact office@tifereth.org or 515-255-1137

SERVICE INFORMATION

TUESDAY MORNINGS MINYAN SERVICE



Thanks to everyone who has been attending our morning minyan! Winter can be challenging with many people traveling or our unpredictable Des Moines weather. Please help us continue to offer this once a week morning service for those wanting to remember a loved one with a yahrzeit. Your participation is important and coming together with community is a lovely way to begin the day! It's nice to know you really count! Hope to see you!

Join us **Tuesdays at 7:15am.**

Questions, please contact -
Rose Sloven. Rosiefutur@aol.com

CONTEMPLATIVE SHABBAT SERVICE

Once per month we now offer a special 45 minute meditative service including learning, singing, English readings and discussion. This peaceful practice will be a part of the main Saturday Shabbat service for all ages to enjoy. The Contemplative Service is on the second Saturday each month. The upcoming date will be **March 9th, 9:30-10:15am.** Torah Service will begin at **10:15am.**



*Contemplative
Service*

ACOUSTIC SHABBAT SERVICE



Friday, March 8th at 6:00pm

“Those who sing in this world sing also in the next.” —
Talmud, Sanhedrin

Come participate in a special Shabbat service featuring instrumental accompaniment and a blend of ancient, traditional, and contemporary Jewish music. Through the music of this service, you'll find connections to the spirit of our holy liturgy, allowing you to pray with your heart, your feet, your hands, and your body, even as the music of the prayers crosses your lips. Lift your voice in song and help create the spirit of holiness that is Shabbat! **ALL are welcome!**

MISHEBERACH LIST UPDATES

To keep the Misheberach List to current and correct, please contact the office with your updates or additions to the list. office@tifereth.org **Thank you!**



GREETERS/ USHERS NEEDED FOR SERVICES



We Want You to be an Usher/Greeter for Shabbat Services!

Tifereth is in need of Greeters/Ushers for Shabbat services. Anyone can volunteer! **Sign up for either Fridays, Saturdays or both!** Volunteer on your own, in pairs, or even parents and children together! Please contact the office and let us know when you are available!

Thank you Barb.berven@tifereth.org

SERVICE INFORMATION

Thank you to all the congregants who volunteered their time and energy to assist with our Shabbat services in **February**:

Greeters/ Ushers:	Jill Cantor, Christine Dietz, Marni Duitch, Jody Jacklin, Alan Koslow, Brian Pearl
Service Leaders:	Rabbi Barton, Deirdre Farr, Sue Harris, Hailey Homonoff, Eliana Light
Gabbais:	Scott Birkett, Phil Blumberg, Harvey Giller, Sue Harris, Peter Karney, Robin Karney
Torah Readers:	Rabbi Barton, Deirdre Farr, David Friedgood, Sue Harris, Maizy Mintzer, Mike Mintzer, Miriam Mintzer, Mark Schneider, Rose Sloven
Haftarah Readers:	Deirdre Farr, David Friedgood, Allison Wolf
Shabbat Café Sponsors:	Deirdre Farr, Louise Kaufmann, Camp Ramah Wisconsin

CELEBRATE WITH SHABBAT CAFE



Shabbat Café brings together our community after Saturday morning services. It's a chance for congregants to sit and converse over a light lunch and often, celebrate a special occasion, such as a **birthday** or **anniversary**, **special family event** or **life cycle event**. Consider sponsoring a Shabbat Café to share your simcha with our Tifereth Israel community! What a wonderful way to celebrate any time!

There are plenty of options for sponsoring a Shabbat Café. Interested sponsors can then choose the date, then pick the options for menu, setup, and cost for their month's celebratory Shabbat Café. All members will be notified prior to their birthday and encouraged to join with others also celebrating that month. Please contact **Barb Berven** to discuss your Shabbat café options or give a suggestion. barb.berven@tifereth.org

HEARING ASSISTANCE DEVICES FOR SERVICES

Tifereth Israel Synagogue now has hearing assistance devices available to use during services. The devices use plug-in earphones and are located at the entry of the sanctuary. Feel free to bring your own headphones, earphones or earbuds to use with the audio system.

ASSISTIVE
LISTENING
SYSTEMS
AVAILABLE



LARGE PRINT BOOKS AVAILABLE FOR SERVICES

Many large print books were donated to Tifereth by **Saralee Sloven**. Thank you! They are in the sanctuary for use during services. All large print books, including the *Siddur Sim Shalom* prayer books, are located on the sanctuary bookshelves, see picture below. The newly donated books are listed below. Enjoy!

By **Philip Birnbaum**

- Ha- Siddur Ha Shalem weekday prayer book Vol.. 1
- Ha-Siddur Ha-Shalem Sabbath prayer book Vol.. 2
- Ha-Siddur Ha- Shalem Prayer book for Festivals with additional prayers Vol. 3
- The Haftorat. Genesis- Exodus Hebrew and English Vol. 1
- The Haftorat Leviticus, Numbers, Deuteronomy Vol. 2
- The Haftorat Special Haftorat for Sabbaths, Festivals, and Fast Days Vol. 3
- The Five Books of Moses in Large Type English Edition
- The Five Books of Moses in Large Type Hebrew Edition



COMMUNITY NEWS-ANNOUNCEMENTS

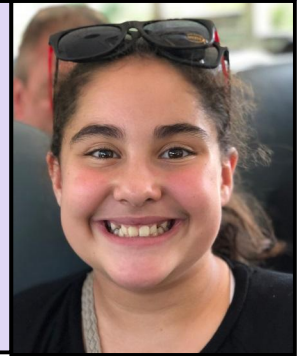
BAR MITZVAH ANNOUNCEMENT



Leah, Jori, Nate, and Gabby Jones are happy to announce that Eliav Menashe (Avi) Jones, an 8th grader at Callanan Middle School in Des Moines, will be called to the Torah as a Bar Mitzvah on **March 9, 2019 at 9:30 AM** at Tifereth Israel. Avi enjoys computer programming and attends Hyperstream programming club at Callanan. In addition, Avi plays the bass in his school orchestra, takes piano lessons, and plays soccer. Avi's Mitzvah project is to raise money for Furry Friends Rescue. If you would like to donate, please use this link- <https://furryfriendsrefuge.org/donate/> All are welcome to a kiddush luncheon following services.

BAT MITZVAH ANNOUNCEMENT

Please share in our happiness as our daughter **Hailey Rose (Shoshana** in Hebrew) is called to the Torah as a Bat Mitzvah **Saturday, May 4, 2019 at 9:30am** in the morning Tifereth Israel Synagogue. Hailey is a 7th grade student at Indian Hills Jr. High. She enjoys hanging out with friends and playing soccer. During the summer Hailey attends Camp Ramah in Wisconsin. All are welcome for a kiddush luncheon after services.



WINTER REMINDER

Winter Weather Reminder

Please remember that if the Des Moines schools cancel classes due to weather conditions, Tifereth offices will be closed and all activities will also be cancelled. You can also find cancellations posted on KCCI-TV.

Attention Snow Birds

If you will be leaving town for the winter, please check in with the office to let us know the dates you will be gone and to double check that we have your correct address on file. Thank you!

SHOMRIM VOLUNTEERS NEEDED

Volunteers are needed to be shomrim.

Missy Wolnerman is compiling a list of shomrim volunteers to be called when needed.

Shomrim (Hebrew for guards) must be Jewish. You will be sitting with the deceased at Dunn's funeral home during the day or overnight before the funeral. You can do it by yourself or in a pair.

To sign up for a time or for more information, please contact

Missy Wolnerman at missywolnerman@gmail.com or text/ call 515.778.6619.

Thank you!

WE WANT YOU TO ASK THE RABBI!



Ask the Rabbi!



We have started an "Ask the Rabbi" column in the Tifereth Bulletin! Each month Rabbi Barton will pick a question or two from congregants of all ages, and answer them to the best of her ability. Please submit a question, whether you are 5 or 105! Please send your questions to office@tifereth.org and in the subject line please put "ask the Rabbi"

Dear Rabbi Barton,

When I go grocery shopping, I'm not always sure if the symbols on the front of a package or can mean that the food is kosher or if it means something else. Are there different kosher symbols? Why? If so, what's the difference and how do I know what all of them are?

Sincerely, Lost in the Aisles

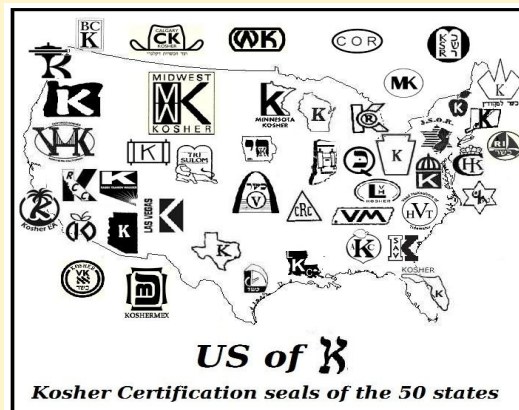
Dear Lost,

I'm glad you're looking at packaged food so carefully, it's always good to know what's in your food, whether or not you keep kosher! There are often lots of symbols on a packaged food item, and your guess is correct: sometimes the symbols on the package have nothing to do with whether or not the item is kosher, for example an "R" with a circle around it means registered trademark, not anything having to do with kosher. However, there are also many different kosher symbols. Some kosher symbols are more familiar, like a "U" with a circle around it (often called OU), which denotes that the Orthodox Union, an organization of Orthodox Rabbis and congregations, certifies that the food is Kosher. This symbol is probably the best known and widely available one. Another nationally available but more local kosher symbol is cRc which comes from the Chicago Rabbinical Council. At the end of my answer, I have a picture of most of the kosher symbols that are more popular, but there is even a symbol for certified kosher products from Uruguay!

Since kosher laws require keeping meat and dairy separate, kosher products always specify whether or not they are meat or dairy or pareve (containing neither meat nor dairy). Usually next to the symbol there will be "meat" or "d" for dairy. If there is nothing, then the item is usually pareve. Do note, though, that even if an item does not actually contain any meat or dairy ingredients, it can still get this designation if it is produced on equipment designated for meat or dairy. Foods certified as kosher for Passover get a separate label that says "kosher for Passover" or "kasher l'Pesach." A "P" next to a kosher symbol usually means that it is kosher for Passover and not that it is pareve.

Another thing that is important to clarify is how something gets to be kosher and why there are all these different symbols. In order for something to be certified kosher, or receive a kosher stamp (known as a "hechshur"-pronounced HECK-SURE) a rabbi or kosher supervision organization has to come in and supervise the production of the food making sure that the food is made according to kosher food laws. The general public often has a misconception that it means a rabbi "blessed" the food. In a way, the rabbi gave the food his/her blessing, but not in the way most non-Jews think, instead by making sure there is nothing forbidden for Jews in the food (including, in the case of fresh fruits and vegetables, forbidden insects, of which there are many). There are so many different symbols because there are many (mostly Orthodox) organizations that do this. It is in many ways a business, and just like with any business, there are some that you may trust more than others. This has more to do with how often they come to visit the facility, etc. It can also be expensive to get your food certified kosher, so some companies may just not want to pay for the supervision, even if they have nothing at their facility that is forbidden (ingredient-wise) for Jews. If you're concerned about a product, you can usually call the company and ask. We have done that before if something is certified vegan but not kosher.

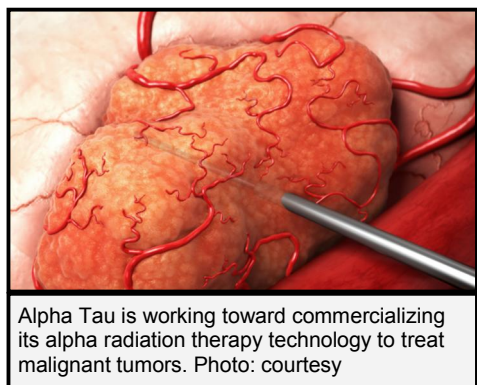
Well, I hope this is helpful even if it is probably more information than you bargained for!



Alpha radiation startup eliminates 70% of cancerous tumors. Now going into clinical trials for specific types of cancer, Alpha Tau's technology shows potential for treating any solid tumor.

By Brian Blum, Israel 21c.org

A breakthrough Israeli technology that eliminates cancerous tumors in 70 percent of cases was nearly lost in bureaucracy and university politics. Fifteen years ago, Professors Yona Keisari and Itzhak Kelson of Tel Aviv University discovered a way to use alpha radiation to destroy tumors. Their approach was revolutionary – alpha radiation is so powerful it can snap both strands of a cancer cell's DNA, but it won't harm surrounding healthy tissue as other types of radiation do.



Alpha Tau is working toward commercializing its alpha radiation therapy technology to treat malignant tumors. Photo: courtesy

However, alpha radiation can't travel more than about 50 microns (1/20 of a millimeter) inside human tissue. Treating a tumor of, say, 5cm would require hundreds of thousands of short ranged alpha-emitting sources – a seeming impossibility.

Keisari and Kelson discovered that, when delivered via a particular isotope of the element radium, alpha radiation can travel as far as 3mm. The isotope, Radium 224, releases atoms that diffuse inside a tumor and then emit their own alpha particles. This approach enables the much farther distribution of alpha particles to kill entire tumors.

The professors and Tel Aviv University patented the technology in 2003. More research was conducted and 12 peer-reviewed papers were published. But squabbling between the various stakeholders over the intellectual property kept their breakthrough in limbo until 2015 when Uzi Sofer was recruited to sort things out.

Sofer had an impressive track record in medical technology. He previously cofounded and served as CEO of [Brainsway](#), which develops treatments using transcranial magnetic stimulation (TMS) for depression, PTSD, OCD and other brain disorders and addictions. The company grew under his leadership from two to 70 employees.

Realizing what the professors had, Sofer formed a new company – [Alpha Tau](#) (the "Tau" stands for Tel Aviv University) – to further develop the technology. Earlier this year Alpha Tau raised \$29 million from Shavit Capital,

Medison Ventures and OurCrowd.

Stimulates immune system

Alpha Tau is the only company to use alpha radiation to treat solid tumors. All other types of brachytherapy (where a sealed radiation source is placed inside or next to the area requiring treatment) use beta or gamma radiation.

"But that only causes a single-strand break in the DNA, from which the cell can recover," Sofer explains. "And it's not as focused. As a result, it causes a lot of side effects and destroys healthy tissue."

When the healthy tissue around the tumor is not destroyed along with the cancer, the immune system is stimulated to recognize and attack the same type of tumors elsewhere in the body. These kinds of metastases are the cause of death for 85% of cancer patients.

"We believe that DaRT technology has tremendous clinical value not only in destroying the tumor but preventing cancer from spreading to other organs," Sofer says.

Clinical trials

Thousands of animal studies have been done on the company's Alpha DaRT ("Diffusing Alpha-Emitters Radiation Therapy") technology.

The first human trials of Alpha DaRT have been taking place in Israel and Italy for squamous cell carcinoma (SCC) tumors, a form of skin and head and neck cancer.

Further clinical trials of DaRT for all types of skin cancer (Cutaneous and Mucosal malignant Neoplasia – CMN) are planned for 2019 and will take place in Israel, Italy, France, New York and Montreal.

Trials for other indications are currently in process and expected to be initiated in the next 3-6 months in Montreal and New York, US (pancreatic and skin cancer), Obninsk, Russia (breast cancer), Cambridge, UK (vulvar) and Israel (prostate cancer). Additional trials will later be initiated for more than 20 other indications – such as cervical, renal and colon cancer – at medical centers in more than 25 countries.

"It's amazing to see patients who have been told their life expectancy is in weeks get treatment under local anesthesia and, 60 days out, they're clear, they have no evidence of any tumors."

"Once approved by the regulatory authorities, we can treat any kind of solid tumor," Sofer tells ISRAEL21c, "including cancers where there is no other chance and this is a patient's last chance to live."

Pancreatic cancer, for example, today has no cure; patients usually die within five years of diagnosis. Alpha

ISRAEL NEWS CONTINUED

Tau's DaRT "seeds" may be able to flip that prognosis.

"In our SCC studies, we were able to eliminate more than 70 percent of the tumors entirely and to cause shrinkage of 100 percent of the tumors," Sofer says. "Encouraged by these promising results, we hope to eliminate pancreatic tumors as well or to shrink them so that it will be possible to remove them surgically."

Personalized treatment kits

Despite the power of alpha radiation, it's actually safer than conventional beta or gamma treatments.

"You don't need so much radioactivity to get the same effect," Sofer explains. "We can ship our treatment kit to hospitals almost in regular boxes. Patients can be treated in an outpatient setting with no radioactive shielding."

After less than a week, 50% of the alpha radiation will already be gone from the body. In two weeks, there will be no radioactivity left at all.

However, once a DaRT kit is assembled (for example, a patient with breast cancer might need 12 needle applicators with 6 DaRT seeds in each) it must be sent to the treatment facility fast.

"If for some reason a patient doesn't come on time, the

next day you'll need to put the whole kit in the trash," Sofer says.

Because of DaRT's fast decay, Alpha Tau will need to build production facilities close to the main treatment centers. The first one is already working in Israel. The company has received approval to build a facility in Massachusetts. The third will be in Japan with a fourth in Europe, Sofer says.

Under Sofer's leadership, Alpha Tau now has 26 on staff in Israel, including the professors who invented the core technology. Following clinical testing, Sofer hopes Alpha DaRT will receive its European Union approval by 2020 with the US and Japan coming in 2022.

"We are already saving lives in the trials," he says. "It's amazing to see patients who have been told their life expectancy is in weeks get treatment under local anesthesia and, 60 days out, they're clear, they have no evidence of any tumors. I've been in this business for a while, but this is the best."

For more information on Alpha Tau clinical trials, <https://www.alphatau.com/alpha-dart-clinical-trials>

For more information on the company, <https://www.alphatau.com/>

TIS ENTRY KEY FOB INFORMATION

Additional Security Measure – Congregants to receive Key FOB for entry to Tifereth

In light of the tragedy at the Tree of Life Synagogue in Pittsburgh and other recent anti-Semitic events, the Tifereth board has decided, in conjunction with **Rabbi Barton**, to keep the doors of the building locked at all times. Many of you may have already experienced this new development and we thank you so much for being so supportive of this change in security in the synagogue. In order to address the need of members to come in and out of the building for services, however, the board has also authorized the purchase of key fobs that will allow you to enter the building without having to be buzzed or otherwise let in. Each member family will be able to request up to two key fobs. If you choose not to get a Key FOB, you will be let in to the building when you arrive for services or another event; you will only have to wait for someone to come let you in. At big events, like a bar or bat mitzvah or the High Holidays, there will be security in place at the front door. If you only frequent the synagogue at the High Holidays or for other large events, you may not want to get a key fob at this time.

An order form was sent to each member, to be completed and returned to the Synagogue, so that a Key FOB can be programmed for your worship needs. Once we get your form we will program the FOB and let you know that it is ready for pick-up. If you need an order form, please let the office know.

A special thank you to an anonymous donor for their support of this program with a generous donation to cover the initial FOB costs. If you have any questions about how to use the FOBs or just the FOB in general please contact **Elizabeth Hopkins**, Security Chair at Tifereth or **Barb Berven** in the office.

Schedule of Events

***Wednesday, March 20, 2019**

Megillah Reading and Purim Celebration

6:00pm – Dinner, Family Friendly Activities and Megillah Reading

***Sunday, April 14, 2019**

1:00pm – Kasher the Tifereth Kitchen

***Friday, April 19, 2019**

Erev Pesach / Ta'anit Bekhorim (Fast of the Firstborn)

9:00am – Study session with Rabbi Emily Barton (Conference Room)

***Saturday, April 20, 2019**

First Day Pesach

10:00am – Pesach Morning Services (NOTE Time Change)

7:00pm – Tifereth Community Second Night Seder (Social Hall)

Begin counting Omer at Second Night Seder

***Sunday, April 21, 2019**

Second Day Pesach

10:00am – Pesach Morning Services (NOTE: Time Change)

***Wednesday, April 24, 2019**

6:00pm – Women's League Passover Lasagna Dinner

***Friday, April 26, 2019**

Seventh Day Pesach

9:30am – Pesach Morning Services

6:00pm – Pesach / Shabbat Evening Services

***Saturday, April 27, 2019**

Eighth Day Pesach

9:30am – Pesach Morning Services / Yizkor Service

2019 Tifereth Israel

Purim Celebration!

Wednesday, March 20th at 6:00pm

Join your Tifereth Israel community to fulfill the mitzvot of Purim and to celebrate how Queen Esther helped save the Jewish people!

The evening will also include-

- **Mocktails & Cocktails**
- **Family-friendly activities, including an interactive Purim story, songs, arts, crafts & games!**
- **Sh'lach manot, kids will make baskets for Chased Committee and community seniors**
- **Annual costume parade with music**
- **The reading of the Book of Esther in Hebrew & English**

**The event is free and open to the community.
Dinner catered by the Copelands**

Donations to help cover the cost of the event will be gladly accepted. please mail your donation to the Tifereth Israel office at 924 Polk Blvd, Des Moines, IA 50312

Please RSVP to barb.berven@tifereth.org

FOUR MITZVOT OF PURIM

Our remembrance of the miracle of Purim includes the following four mitzvot

- **We listen** to the Megillah, the Scroll of Esther (and stomp our feet and twirl graggers whenever we hear Haman's name mentioned).
- **We emphasize** the importance of Jewish unity and friendship by giving gifts of food to our families, friends and community.
- **We give** tzedakah directly to people in need.
- **We prepare** for the holiday by marking the Fast of Esther.

We hope you will join us for this year's Purim celebration, where there will be opportunities to fulfill these mitzvot!

Tifereth Israel
SYNAGOGUE 

Pesach 5779 / 2019

Second Night Seder Saturday, April 20th at 7:00pm

An abbreviated, yet traditional Seder for our family and their guests
– complete with prayer, song, and Haggadah reading.
All ages are welcome!

This year's meal will be subsidized for all attendees!
\$20.00 for adults (12 and up)
\$10.00 for children (11 and under)

Catered by
The Copelands

The menu will include:

- Gefilte fish with horseradish
- Matzo Ball Soup
- Charoset
- Lemon Caper Chicken
- Seasonal roasted vegetables, herb mashed potatoes, and mixed green salad
- Portabellas for vegetarians
- Assorted Passover cookies, candy, bars, and fresh fruit
-

All reservations must be prepaid by Friday, April 12th

We will be joining Tifereth on April 20th for the Passover Second Night Seder

Name (s): _____

Phone: _____

Number of Adults at \$20 each: _____ = \$ _____
Number of Children (11 and under) at \$10 each: _____ = \$ _____

Number of Lemon Caper Chicken entrees _____

Number of Vegetarian entrees _____

Total Amount Enclosed: \$ _____

Please mail your check and this reservation form to:
Tifereth Israel Synagogue, 924 Polk Blvd, Des Moines, IA 50312

Tifereth Israel
SYNAGOGUE 

WINDSOR HEIGHTS
HY-VEE STORE

FUEL SAVER



FUEL SAVER THURSDAYS



EVERY THURSDAY
MARCH 28TH - APRIL 18TH

**EARN
12¢ OFF**

PER GALLON WITH
EVERY \$20
PURCHASE



WITH \$40
PURCHASE



WITH \$60
PURCHASE



WITH \$100
PURCHASE

Includes Fresh Meats, Dairy, Frozen, Dry Grocery, Candy, Select Candles, Wines, Matzo, Empire chicken, Frozen Gefilte Fish, Kosher Turkeys and Turkey Breast, Cold Cuts and more.

*Some restrictions may apply. Stackable \$20.00 purchase excludes money orders, gift cards, gas, catering, pharmacy, tobacco, Western Union, lottery or postage purchases. Total does not include tax or deposit. Please see stores for details or go to Hy-Vee.com for full terms and conditions. Fuel savings are limited to 20 gallons of fuel per purchase.

Valid Thursday, March 28 - Thursday, April 18, 2018. Only at your Windsor Heights Hy-Vee. Some restrictions apply, see store for details. While supplies last. No rain checks. Plus deposit on applicable items.

Hy-Vee

JUST LOOK FOR THESE SIGNS

at your Windsor Heights Hy-Vee.

**KOSHER
ITEM**

**PRE-PASSOVER
SAMPLE FEST**

THURSDAY, MARCH 28
FROM 7 P.M. - 10 P.M.

FREE SAMPLES!

FREE WINE SAMPLES!





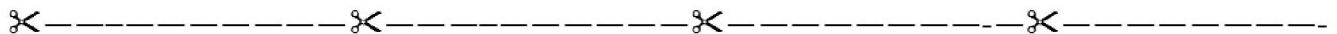
Tifereth Women's League

Hamantashen & Shalach Manos Baskets Sale

Purim is March 21st, 2019 and we have the tastiest Hamantashen this side of Shushan!

**Our delicious Hamantashen are \$13 per dozen,
The Shalach Manos Baskets are \$8 each or \$7 for two or more.**

To order- Contact Barb Leventhal Beckerman at barbaraleventhal@gmail.com



Order Form

Name _____ Contact _____

Please indicate the number of dozens of each Hamantashen flavor and Shalach Manos baskets you would like to order. We are unable to mix flavors in our dozens.

_____ Mixed Fruit/ Prune	_____ Poppy Seed/ Muhn* <small>(*Contains walnuts)</small>	_____ Cherry
_____ Apple	_____ Apricot	_____ Peanut Butter _____ Chocolate Chip
_____ Shalach Manos Baskets		

Please make checks payable to Tifereth Israel Women's League
Thank you for your support!



Facebook.com/TIWomensLeague

Tifereth Israel Women's League Cordially invites you to

A Special Passover Lasagna Buffet Dinner

Wednesday evening, April 24th, 2019

in the Tifereth Israel Social Hall at 6:00pm

\$18 per adult, \$12 for children under 12, and free for children under 5

✂-----✂-----✂-----✂

Reservations for Dinner

Name _____ Contact _____

No. of adults at \$18.00 each _____

No. of children at \$12 each _____

No. of children 5 and under (free) _____

Total enclosed \$ _____

Please make your prepaid reservations payable to Women's League

No later than Thursday, April 18, 2019

Checks may be mailed or dropped off to 924 Polk Blvd. , Des Moines, IA 50312

As an added feature, we are offering Pre-order & Purchase of Take-out Passover food:

✂-----✂-----✂-----✂

Take-out Order Form

Name _____ Contact _____

\$5.50 per serving of:

- Matzah Lasagna (Circle- Plain or Spinach) No. _____
- Eggplant Parmesan No. _____
- Farfel "Mac" and Cheese No. _____
- Above meals also available in 13 x 9 pans for \$50.00 No. _____

\$0.60 each

- Passover Dinner Rolls No. _____

\$0.60 for desserts per serving of:

- Dairy Matzah Toffee No. _____
- Dairy Lemon Bars No. _____
- Farfel Cookies No. _____

Total enclosed \$ _____

Place your order for Take-Out Meals no later than **Monday, April 15th, 2019** by calling Louise Kaufmann 515-480-9037 or auntsquezy@aol.com Please make your check payable to Women's League. Checks may be mailed or dropped off to 924 Polk Blvd. , Des Moines, IA 50312 You will be able to pick up your Pre-ordered Take-Out Meals **Monday- Thursday, April 22-25**, during regular office hours **9-5pm**.



facebook.com/TIWomensLeague

THE LOUIS & MARILYN HURWITZ GIFT SHOP

Do you need a Jewish gift or Ritual Judaica?

Please stop by the Louis & Marilyn Hurwitz Gift Shop to see our selection.

Always open during office hours, M-TH 9-5pm & F 9-3pm.



Hy-Vee Windsor Heights

continues to get new truck loads of kosher foods.

Please check back often and watch for updates on the -

Facebook Group— *Kosher In Des Moines Iowa*



Hy- Vee will continue to purchase and provide kosher products as long as it sells. Please support it! If you have a kosher suggestion please let Hy-Vee know!

DO YOU WANT TO GET CERTIFIED IN CPR & FIRST AID?



Are You Interested in Getting Certified in- CPR + AED + FIRST AID at Tifereth?

Before scheduling a class(es) we need to know how many people are interested and what days would work best.

Either a two part class, four hours each or a one day eight hour class would be available. This would be an American Heart Association certification class for CPR, AED and First Aid. It will be taught by **Ayal Naggat** and **Liz Hopkins** if there is enough interest. This certification is for people 13 years of age and older. The class has a suggested donation of \$45 to cover materials and their certification card with AHA. Options are either 2 weekday mornings, all day Thursday or 2 Sunday Mornings. If you would like to take the class, please contact Liz Hopkins and let her know what day(s) you would prefer. elizabeth.hopkins.03@gmail.com **Thank you.**

NEW AT THE IOWA JEWISH HISTORICAL SOCIETY

Now on Exhibit for the first time at the Iowa Jewish Historical Society: *A pew, yarmulke stand, and student desk and chair from the closed B'nai Jacob Synagogue in Ottumwa.*

B'nai Jacob held their last Torah service on May 19, 2018.

The museum is open

1:00–4:00pm Mondays through Fridays.

It's always good to call ahead to 515-987-0899 ext. 216 since we're in a secured building, we can greet you at the door.



TIKKUN OLAM COMMITTEE NEWS & INFORMATION

SHELTER DINNER



The Tifereth Tikkun Olam Committee Shelter Dinner group shops, prepares and delivers meals made in the Ohringer Kitchen: A Blumenthal Family Legacy several times a year. These meals supports a local shelter for women and their children who have suffered domestic

violence. If you would like to contribute to this important activity, be added to the committee contact list or if you have questions please contact the office, office@tifereth.org. Don't forget that teens can earn Silver Cord hours for volunteering as well! Watch for Tifereth weekly emails, Bulletins, the Tifereth website and Facebook page for future Shelter Dinner dates. To volunteer please contact **Mike Mintzer** mikeandalla@msn.com **Thank you for volunteering!**

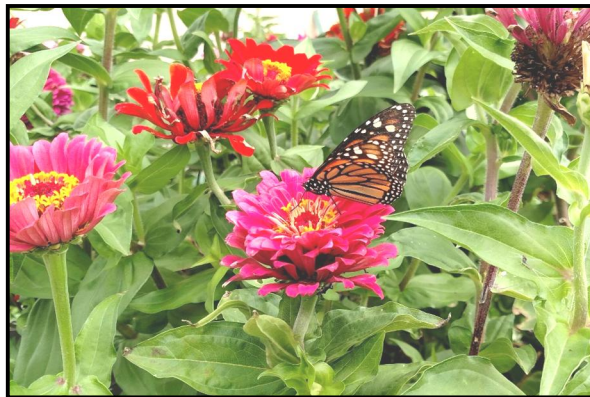


Next Shelter Dinner will be Sunday, May 5th at 1:00pm
Please consider volunteering to prepare the dinner or to donate food for the dinner. Thank you!

TIFERETH ROSENBLATT FAMILY GARDEN NEWS

*Planning for the 2019
Rosenblatt Family Garden is Underway!*

The Tikkun Olam Garden Committee is looking for people to join. If you are interested please contact the Tifereth office or MaryPaul Even. Please watch weekly emails and [facebook.com](https://www.facebook.com) for the next meeting date or for more details about this committee. *Thank you!*



**For continual updates, please join the Committee's email list,
please contact office@tifereth.org or 515-255-1137**

COMMUNITY NEWS– UPCOMING EVENTS

EREV NASHIM LADIES DINNER GROUP

Erev Nashim is a purely social, multi-generational gathering of women in the Jewish community. We dine at restaurants throughout the greater Des Moines area, schmooze, kibitz, and share what's new in our lives. This is a great way to meet and get to know other women! This monthly outing is one of Tifereth Israel's most popular programs and is open to any women who are in any way connected to the Des Moines Jewish community.

Wednesday, March 13th at 6:30pm
Firebird Grill

A chain restaurant serving steaks, seafood & cocktails in an upscale lodgelike setting
440 S 68th St, West Des Moines, IA 50266, firebirdsrestaurants.com
To **RSVP** or for more information or suggestion,
please contact **Jody Hramits** jodyhramits@gmail.com



TRIBE HAPPY HOUR

The Tifereth Tribe is a group for **20's & 30's** young professionals to gather once a month, to spend time getting to know each other. Don't forget to bring your friends, whether they are Jewish or not, **all are welcome.**

Tribe Tikkun Olam Event-

Volunteering at *Meals from the Heartland*

Thursday, March 14th 6:00-8:00pm



It's a good opportunity to get to know other Tribers in their **20s & 30s** and volunteer for a good cause! You are welcome to bring your family and friends, but you **MUST** to RSVP for them. Meals from the Heartland will need our number of people attending for set up. Also **Peter Myers**, the Director of Professional Development for the Young Professionals of Des Moines group has asked to join with Tribe for this volunteer event! **Let's do this! See you there!**

RSVP directly via Eventbrite at-

<https://www.eventbrite.com/e/tribe-tikkun-olam-volunteering-at-meals-from-the-heartland-tickets-55998724693>

For suggestions, more information, updates & to **RSVP** please *like* the TiferethTribe Facebook page, [facebook.com/iowatribe](https://www.facebook.com/iowatribe)



SAVE THE DATE- ADULT ART NIGHT WITH CYNTHIA SHULMAN

Save the Date-

Passover Adult Art Night!

Tuesday, April 2nd

Cynthia Shulman will be teaching an adult art class with a Passover theme.

The art project will be to make our own personal Miriam's cup or Elijah's Cup!

The cost of the class will be \$15.

In order for Cynthia to order supplies the RSVPs deadline is March 19th

RSVP to barb.berven@tifereth.org

COMMUNITY NEWS– UPCOMING EVENTS

SENIOR ACTIVITY SENIOR LUNCHEON



Senior Luncheon Purim Celebration with Gan Shalom

Thursday, March 14th, 12-00-1:30
Tifereth Israel Synagogue

The students of Gan Shalom will join us for a Purim celebration!
Don't miss this fun time with our preschoolers from
the Federation school.

Cost for lunch is \$5 per person.
RSVP to **Jody Ingersoll** at 515-987-0899 ext 210



ANTISEMITISM FORUM

Antisemitism Forum

Tuesday, March 19th 12:00pm at Temple B'nai Jeshurun, Lunch from **Maccabees Deli.**

Grinnell Professor **Katya Gibel Mevorach** will speak about-
“**The Challenge of Addressing Anti-Semitism Today: Reflections on ISGAP Summer Seminars.**”



Rabbi Yossi Jacobson will speak about-
“**Encountering Antisemitism in London**” &
“**The Current Series of Attacks on Chassidim in Brooklyn.**”



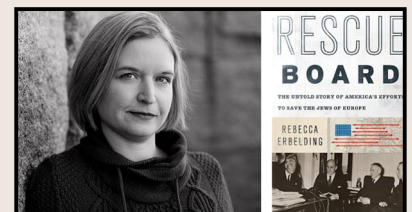
RSVPs for lunch to alicia@dmifed.org

K. Gibel Mevorach, Professor, Anthropology and Chair American Studies, Grinnell College)
*Katya Gibel Mevorach earned her B.A. and M.A. in African Studies from Hebrew University of Jerusalem in Israel and PhD in Cultural Anthropology from Duke University. Gibel Mevorach has dual American - Israeli citizenship and moved to Israel in 1970 after graduating from The Brearley School in New York. 21 years later, in 1991, she returned to the U.S. to pursue doctoral studies and was invited to Grinnell College where she is now Professor of Anthropology and Chair of the American Studies Concentration. "Prof Katya," as her students call her, is author, under name, Katya Gibel Azoulay of *Black, Jewish and Interracial: It's Not the Color of Your Skin but the Race of Your Kin, and Other Myths of Identity* (Duke University Press, 1997). Her scholarship focuses on identities, racism, antisemitism and representations and her articles, review essays, and position papers have appeared in academic journals *American Anthropologist*, *American Ethnologist*, *Biography*, *Developing World Bioethics*, *Identities*, *Cultural Studies*, *Research in African Literatures*, *Noga* (Israeli Feminist Journal) and *The Jerusalem Post* (Israel). Prof Katya is a member of The International Academic Board of Advisors of The Institute for the Study of Global Antisemitism and Policy and has been working toward a Jewish Studies curricular unit at Grinnell College.*

SAVE THE DATE– DRAKE & FEDERATION HOLOCAUST EVENT

Tuesday, April 9th at 7:30pm on the Drake University Campus.

Working together, the Jewish Federation of Greater Des Moines, Drake University and the UNI Center for Holocaust and Genocide Education and Norman Cohn Family Annual Holocaust Remembrance and Education Lecture, have arranged to bring **Dr. Rebecca Erbelding**, historian at the US Holocaust Memorial Museum, to speak about her book: *Rescue Board: The Untold Story of America's Efforts to Save the Jews of Europe.* (Her book was published in 2018.)



Watch for more details to follow. **RSVPs to alicia@dmifed.org**

ADULT EDUCATION

2019 CLASSES

Stay Tuned for the following classes/events to come in 2019

- **Jewish History and Israel**– Book discussions and films
- **Conservative Teshuvot**- *How Does the Conservative Movement Make Change in a Traditional Framework* with **Rabbi Barton**
- **Shavuot**– *Why I Choose to be a Jew: Presentations and Discussion*
- **Hebrew**- **Returning in May 2019**, details to follow soon
- **Intro to Rabbinic Literature/ The Talmud**

We want your input! Are there subjects you would like to learn more about? Movies and books you would like to discuss? Please contact us and we'll try to make it happen! Please contact the Tifereth office with your ideas, topics and suggestions. office@tifereth.org Thank you!

WEEKLY SHABBAT LUNCH AND LEARN WITH RABBI BARTON

Weekly Shabbat Lunch and Learn with Rabbi Barton

Stay for Kiddush and learning after services! **Saturdays** from approximately **12:30-1:15pm**. Bring your questions and opinions! Texts will be read in English, but Hebrew will also be provided. Note: There will not be a Torah discussion on the weekends there is a bar or bat mitzvah.

Lunch and Learn Topic– The Book of Samuel.

STEP: SUNDAY TORAH EDUCATION PROGRAM

STEP's study of the Hebrew Bible is ongoing. The discussion meets **Sundays at 10:00am** (except on holidays) in the Tifereth Israel Bookey Classroom. Feel free to stop in anytime; there's always a fresh pot of coffee and something sweet to eat! STEP is moderated by **Mike Kuperman**.

LEARN TO LEYN/CHANT WITH SUE HARRIS

Would you love to learn to leyn/chant from our sacred Torah scrolls? Can you decode Hebrew? If yes, then I'd love to teach you! Please email me at sue.harris@tifereth.org and let me know if you need a refresher or want to start from the very beginning. **Thank you!**

LEARN TO BE A HOLY ROLLER

Every week the Torah needs to be rolled for services and it's a multi person job. We would love to have a few volunteers help with this task, you just need to be able to reach above the Bimah!

All ages welcome!

Contact sue.harris@tifereth.org if interested or talk to her at Shabbat services. **Thank you!**

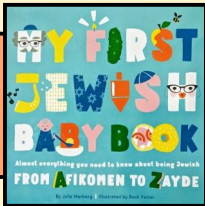
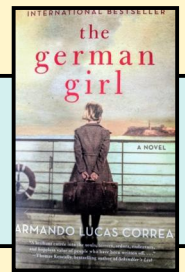


NEWS FROM THE POMERANTZ LIBRARY

NEW IN THE LIBRARY— Great New Books!

The German Girl by Armando Lucas Correa

An ambitious first novel. The harrowing story of a 12 year old girl fleeing Nazi Germany with only her family and best friend to discover the asylum they have been promised is an illusion.



My First Jewish Baby Book, Almost Everything You Need to Know About Being Jewish from Afikomen to Zayde by Julie Merberg, Illustrated by Beck Feiner

The Tifereth Israel Synagogue Library is a special place. If you have not been in the library in awhile, we welcome you to explore all the books it has to offer. On Wednesday mornings, Library Volunteers **Rita Weinberg** and **MaryPaul Even** are available for questions and suggestions. We continue to add to our “**Free to a Good Home**” section on the east wall for you to add to your personal library.

NEW ADULT ED. PASSOVER CLASS

Matzah and Midrash

April 4th, 11th and 18th from 7:00-8:30pm

A three part class that looks at the various ways we tell the Pesach narrative and how we can use those to create new practices for our Seders. You will need to prepare the texts before you come to class.

April 4: Exodus 6:1-13:16 and your family’s Haggadah: a discussion on how the Torah and haggadot tell the Passover story. What is embellished in the Haggadah and what is left out?

April 11: Modern cinematic midrashim: The Ten Commandments and The Prince of Egypt. How do these films tell the story? Do the films reflect a Christian or Jewish perspective? What do the points of view add or subtract to the meaning of the Passover story for Jews?

April 18: A personal midrash for new Seder practices: A friend taught that one is to add something new to the Haggadah each year to keep it meaningful for those participating in the Seder. What do you think of this idea? Class members will have an opportunity to create their own additions to the Haggadah and share with the class if willing. There will also be opportunities to share these creations at the Community Seder on **April**

CHAVRUTA PROGRAM

Introducing: Tifereth Israel Synagogue's new **Chavruta program!** Chavruta, the Hebrew word for "friendship," is a traditional style of Jewish learning that puts the student first. Two students sit together to study a text - anything from Midrash to Movies- and analyze it as a team. Discussing new ideas helps both partners better understand what they think about the text. Chavruta also offers the opportunity to engage with the Tifereth community and Jewish learning on YOUR schedule. Chavruta is open to all who want to participate in Jewish learning. No experience required. Fill out the interest form to get started. A member of the Adult Education committee will contact you with more information and introduce you to your new chavruta partner. <https://goo.gl/forms/wmL0KfNdZzkIWDpG3>

ADULT EDUCATION

ADULT ED CLASS CHAI MITZVAH WITH TIS & TBJ



How do we develop, re-define our Jewish lives? Chai Mitzvah combines study, ritual and social action, providing the framework for a meaningful Jewish journey. Chai Mitzvah has five basic components in a twelve-month program: Group study, Independent study, Ritual, Social Action. Participants who finish the program receive a certificate from Chai Mitzvah, and a tree planted in their honor courtesy of Jewish National Fund's collaboration with Chai Mitzvah. For questions please contact Christine Dietz at cdietz895@gmail.com Chai Mitzvah will meet on the **fourth Tuesday of the month at 6:30pm** **If you have any questions please contact Christine Dietz at cdietz895@gmail.com or (515) 210-3841.**

March's Theme
PASSOVER





TUESDAY MARCH 26
AT TIFERETH ISRAEL
6:30P TO 8:00P
LED BY ELEANAH SIEPMANN

Chai Mitzvah Topics and schedule:

October 23, 6:30 pm	Adult Rites of Passage	Rabbi Emily Barton at TIS
November 27, 6:30 pm	Tzedakah/Philanthropy	Rochelle Hjelman at TBJ
December 18, 6:30 pm	Individual & Community	Rabbi Emily Barton at TIS
January 22, 6:30 pm	Interpersonal Relationships	Samantha Kemp-Carlin at TBJ
February 26, 6:30 pm	Mindfulness/Conscious Living	Christine Dietz at TIS
March 26, 6:30 pm	Passover	Eliannah Siepmann at TIS
April 23, 6:30 pm	Israel and the Jewish Spirit	Rabbi David Kaufman at TBJ
May 21, 6:30 pm	Gratitude/Modim Anancho Lach	Christine Dietz at TIS
June 25, 6:30 pm	Judaism and the Environment	Josh Mandelbaum at TBJ
July 23, 6:30 pm	Leadership	Sally Frank at TBJ
August 27, 6:30 pm	Death and Loss	Robin Karney at TIS
September 24, 6:30 pm	Arc of the Fall Holidays	Ryba Epstein at TBJ

INTRODUCTION TO JUDAISM

Sundays, 12:00 noon – 1:30 pm beginning October 21st.

Taught by **Christine Dietz** and **Rabbi Barton**, this class is open to anyone interested in learning more about Judaism. It is also **REQUIRED** for anyone considering conversion to Judaism. The class will be based on the Miller Introduction to Judaism curriculum supplemented with additional texts and activities. The cost to non-members is \$150 and it is free to TIS members. Scholarships and payment plans are available. Please contact **Rabbi Barton** if you are interested in converting, before registering for this class. rabbibatton@tifereth.org
This class is now closed to new participants. If you are interested in taking this class, look for a new class beginning in Fall 2019!



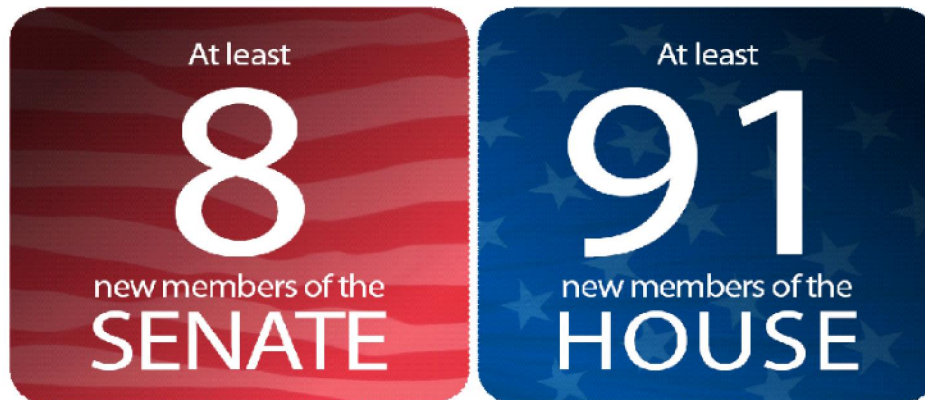
Miller Introduction to
Judaism Program
OF AMERICAN JEWISH UNIVERSITY



AIPAC POLICY 2019 CONFERENCE

MARCH 24-26 • WASHINGTON, D.C. • WWW.AIPACPOLICYCONFERENCE.ORG

**Nearly 100 new lawmakers.
More reasons to come to Washington.**



We need you this March.

Every election brings new faces to Washington. And this year, with nearly 100 new members soon to be sworn in, we need your voice in our nation's capital to engage them in our critical work.

[Register](#) for the 2019 AIPAC Policy Conference today and make a difference for the U.S.-Israel relationship.

YOUTH AND YOUNG FAMILIES– CONTINUED FROM COVER PAGE

Jewish sources.

Friday night the synagogue was packed with young families for a kid-friendly Kabbalat Shabbat led by Eliana, followed by a delicious Shabbat dinner. Shira and Arielle reconnected with an alumna of Rochelle Zell Jewish High School while I schmoozed with a number of current and prospective parents. Throughout Shabbat itself Eliana, Shira, Arielle, and I moved in and out of programming opportunities, including my delivering the D'var Torah, Shira and Arielle providing programming and games for over twenty kids all afternoon, more informal conversations about Ramah, and Eliana performing Saturday night after havdalah. During Kiddush lunch I connected with a handful of parents of alumni, sharing fond recollections of their kids' experiences at Ramah in the '90s, the formative impact it still has on their and their children's families, and various stories of journeys to and from Eagle River for visits.

In 2017 we had two campers from Des Moines; in 2018 we had seven; in 2019 we expect roughly the same amount of campers and hope for a cohort at Family Camp, joined by Rabbi Barton.

This community, small and richly textured, lacking certain resources and blessed with many others, vibrant and proud, tells a particular story about Judaism we don't often hear. We were hosted by families who keep kosher and heard congregants kvell over the kosher options now on sale at the local Hy-Vee (another Barton contribution). We heard a lot of Hebrew from Israeli parents committed to passing their linguistic heritage, and much more, down to their children. We saw a professionally and politically diverse Jewish community, one peppered with Ramah alumni and a pulpit Rabbi who sees, and invests in, the value that sending more children to Ramah enhances the community. This weekend left me excited and optimistic for our future.

Having long resisted Shabbat visits to synagogues, Adina's experience last year and mine this past weekend require us to reevaluate how we might expand this model. There is much to be gained and - this is where you, members of our Ramah committee, come in - we can only make it happen with exceptionally strong lay and professional support in a given community. Rabbi Barton's community organizing, vision for the weekend, and relentless recruitment of families made this possible. She is assisted by a number of synagogue members who believe deeply in what we have to offer. As we think about cautiously expanding, and possibly exploring options in the Chicago and Twin Cities area in addition to our smaller communities, we seek additional partners ready to make things happen.

Kol Tuv, Jacob Cytryn.



RAMAH WISCONSIN FAMILY CAMP

Join us for FAMILY CAMP August 7-11!



You are invited to enjoy a stress-free vacation filled with fun activities for both children and adults led by our fabulous Ramah Wisconsin staff! Do you like swimming and kayaking? Arts and music? Ropes course thrills? Basketball, softball, volleyball, soccer, and tennis? Singing around the campfire? You'll enjoy all this and a beautiful Ramah Shabbat.

Don't miss this wonderful opportunity to relax in the beautiful Northwoods with your family. There will be plenty of time for playing, learning, and schmoozing. Programming is geared to children under age 11.

Get in touch now for more information

rrubenstein@ramahwisconsin.com

YOUTH AND YOUNG FAMILIES

TOT SHABBAT & JR. CONGREGATION

Tot Shabbat & Jr. Congregation will be meet next on **March 30th at 10:30am**. Tot Shabbat provides an opportunity for parents and children to celebrate Shabbat together. Junior Congregation is Tifereth Israel's supplement to the Jewish education offered by Beit Sefer Shalom for children in 3th – 6th grade. Watch tifereth.org and your emails for updates on all youth programs and activities.

UPCOMING YAD ACTIVITIES

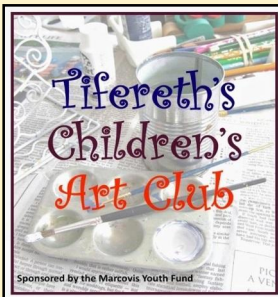
Please plan to attend the following YAD group activity:

- Purim Celebration, **Wednesday March 20th at 6:00pm**
- Tot Shabbat & Jr. Congregation, **Saturday March 30th at 10:30am**
- Mishpacha Shabbat, **Friday, April 12th at 6:00pm**

Watch emails for future YAD events.



TIFERETH CHILDREN'S ART CLUB



A Monthly Educational Program for kids at Tifereth.

Sunday, March 24th at 12:30pm, Lunch is Provided

ART TOPIC: MARC CHAGALL & CREATING A WHIMSICAL SEDER PLATE

The children's Art Club returns this year! Art enriches our lives. It strengthens our connection to ourselves, our self image, our spirituality, and our community, gives us empathy, and helps us connect and understand each other. The aim of the Tifereth Art Club is to make a positive difference by instilling children with the potential to express their creativity while giving them a sense of Jewish pride. Art is a powerful tool for success, and the best part is we have so much fun doing it!! Kids will be able to complete art projects connected to a Jewish theme. Sessions will be led by **Cynthia Shulman** one Sunday each month.

RSVP is REQUIRED for food and supplies barb.berven@tifereth.org

There is no cost to participating families, this educational program is made possible by the **Marcovis Youth Fund**.

USY & KADIMA GO JUMPING



SAVE THE DATE- Sunday, April 7th at 2:00pm

USY & Kadima Are Going to the Indoor Trampoline Park!

RSVP to Anna Zavell- anna@dmjfed.org, Call/Text 847-778-8030



Engman Camp Shalom

AVAILABLE TO ANY CHILD ENTERING
KINDERGARTEN-8TH GRADE

engmancampshalom@dmjfed.org
engmancampshalom.com

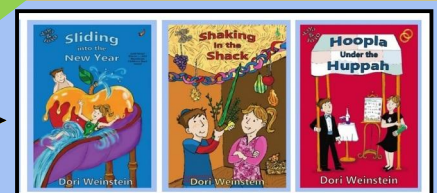


33158 Ute Avenue * Waukee, IA 50263 * 515.987.0899

Gan Shalom

2 YEAR OLD PROGRAM
3 YEAR OLD PROGRAM
4 YEAR OLD PROGRAM

ganshalom@dmjfed.org
ganshalompreschool.com



- Sliding into the New Year (\$10 each)
- Shaking in the Shack (\$11 each)
- Hoopla Under the Huppah (\$15 each)

Dori Weinstein's Jewish children's chapter book series are available for purchase in the Tifereth office.

WOMEN'S LEAGUE NEWS

Membership: Dues Statement for the 2018-19 Women's League membership and statements have been mailed. **Please send your payments** to **Rose Sloven** 13002 Hazelwood Drive, Clive, IA 50325-7470



Torah Fund: 2018-2019 Torah Fund Campaign: Watch your mailbox for the Campaign letter. The 2018-2019 Torah Fund Campaign ends **May, 31 2019**. To date, 27 people have generously donated to the 2018 2019 Torah Fund Campaign To date the 2018-2019 Torah Fund Campaign has received \$2,721 in donations If you have any questions please Contact the Torah Fund Chair, **Gwen Griger** at 515-537-1454.

Women's League donations to T.I. Women's League or Torah Fund will be included in your annual account overview from the synagogue. Thanks to **Barb Berven** for helping us make this accounting possible for you.

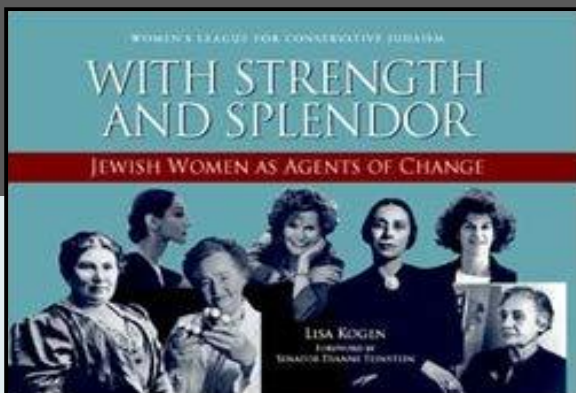
WOMEN'S LEAGUE EVENT

Honoring Women's History Month

Wednesday, March 27th at 6:30pm

Women's League will be celebrating Women's History Month with a presentation on prominent Jewish women highlighting the new book,

Women's League for Conservative Judaism,
With Strength and Splendor—Jewish Women as Agents of Change..
By Lisa V. Kogen



Guest Speaker-

Sally Frank, Law Professor at Drake University ,

Member of the Iowa Supreme Court Advisory Committee on Iowa Rules of Evidence ,
Member of the International Board of Women of Reform Judaism and the
Commission on Social Action of Reform Judaism, Iowa representative to the
American Civil Liberties Union national board

Enjoy Wine, Cheese and enlightening discussion.

Books will be for sale in the Tifereth office for \$10

RSVP to barbaraleventhal@gmail.com

WOMEN'S LEAGUE IS ON FACEBOOK



Tifereth Women's League is on Facebook.

Please like us at www.Facebook.com/TIWomensLeague

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- Brody Youth Fund
- Marcovis Youth Fund
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- Tifereth Israel Foundation
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- Women's League
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March 1 Neil Hausmann	March 8 Susie Kimelman Mary Noss Reavely	March 22 Danielle Engman Rebecca Finkelshteyn Hinda Meyers
March 2 Bruce Hay Eli Wolnerman	March 9 James Hay Ellen Kirschner	March 23 Jacob Copeland
March 3 Matthew Brody	March 11 Margie Koslow	March 24 Todd Jacklin
March 4 Marilyn Winick	March 13 Brad Brody Harry Griger Susan Madorsky	March 25 Alma Mazar
March 5 Elijah Waltman	March 14 Jeff Beecher	March 26 Matthew Biren-Erpelding Ezra Hausmann Shirlee Marcovis Cynthia Rovner
March 6 Philip Bear Mia Blumberg Steven Goldstein Patricia Shepherd Mike Siegel Lois Sloven	March 18 Lilianna Bernstein	March 27 Rob Engman Marina Staroselsky
March 7 Amy Brody Mayim Finkelstein Stephanie Perl Marvin Winick	March 19 Alan Givant	March 28 Andrew Rosenberg Rebecca Toubes
	March 20 Julianna Dubin William Nechtow	March 31 Philip Blumberg Carolyn Levine Jonathan Urban

HAPPY MARCH ANNIVERSARIES

March 6 Maria & Bruce Hay	March 24 Esther & Warner Bergh
March 16 Judy & Mitchell Gregerson	March 25 Ann & Larry Blumberg
March 23 Cynthia & Marc Shulman	

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The DMARC Red Barrel is located in the Tifereth entryway. Feel Free to drop off donations during office hours. If you would like to contact or donate directly to the Des Moines Area Religious Council directly:
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MARCH 2019

DONATION of the **MONTH**

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Peanut Butter

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HAPPY BIRTHDAY TO:

April 1 David Farber
Joe Lettween
Harry Wolf

April 9 Ann Blumberg
Christine Copeland
Marshall Flapan
Sheldon Ohringer
David Roberts

April 22 Steven Beecher
Daniel Greenspon
Jonathan Greenspon
Daniel Klass
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April 2 Melissa Hay

April 10 Ronald Osby

April 23 Michael Kuperman

April 3 Mark Blair
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April 17 Jordan Bookey
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April 29 Peter Karney

April 7 Gail Pearl

April 20 Jacob Grund

April 30 Harvey Giller

April 8 Philip Masters

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April 5 Marilyn & Sigmund Nussbaum
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April 26 Sandra Pomerantz-Reed & Jeff Reed

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Tifereth Israel SYNAGOGUE



Thank you to those that contributed photos to the Tifereth Bulletin, It is very appreciated! These people include, Jacob Cytryn, Sue Harris,








If your name was not mentioned please let the office know, it will be added to next month's Bulletin.

We would really like to add your photos to the Tifereth Bulletin, if you have photos to submit, please send them to office@tifereth.org





March 2019 / Adar I-Adar II 5779

Calendar subject to change

SUN	MON	TUES	WED	THURS	FRI	SAT
					1 24 Adar I Evening Services 6:00pm  5:47pm	2 25 Adar I Morning Services 9:30am Shabbat Café 11:45am Lunch & Learn with Rabbi 12:30pm
3 25 Adar I STEP 10:00am Intro to Judaism 12-1:30pm Rescheduled- Children's Art Club 12:30pm	4 26 Adar I Morning Minyan 7:15am	5 27 Adar I Morning Minyan 7:15am	6 28 Adar I	7 30 Adar I Rosh Chodesh	8 1 Adar II Acoustic Shabbat Evening Services 6:00pm  5:55pm	9 2 Adar II Avi Jones Bar Mitzvah Morning Services 9:30am Contemplative Service Shabbat Café 11:45am
10 3 Adar II Daylight Savings Purim Carnival at Caspe Terrace 9:00am STEP 10:00am Intro to Judaism 12-1:30pm	11 4 Adar II Morning Minyan 7:15am	12 5 Adar II Morning Minyan 7:15am	13 6 Adar II Erev Nashim at Fire Bird Grill 6:30pm	14 7 Adar II Senior Luncheon 12:00pm at TIS Tribe- Meals from the Heartland 6:00-8:00pm	15 8 Adar II Evening Services 6:00pm  7:03pm	16 9 Adar II Morning Services 9:30am Shabbat Café 11:45am Shabbat Café 11:45am Lunch & Learn with Rabbi 12:30pm
17 10 Adar II STEP 10:00am Intro to Judaism 12-1:30pm Women's League's Hamantaschen Sale Begins	18 11 Adar II Morning Minyan 7:15am JCRC Antisemitism Forum at TBJ 12:00pm	19 12 Adar II Morning Minyan 7:15am JCRC Antisemitism Forum at TBJ 12:00pm	20 13 Adar II Purim Celebration at TIS 6:00pm Fast of Esther, Megillah Reading	21 14 Adar II Purim	22 15 Adar II Shushan Purim Evening Services 6:00pm  7:11pm	23 16 Adar II Morning Services 9:30am Shabbat Café 11:45am Shabbat Café 11:45am Lunch & Learn with Rabbi 12:30pm
24 17 Adar II STEP 10:00am Intro to Judaism 12-1:30pm Children's Art Club 12:30pm	25 18 Adar II Morning Minyan 7:15am Chai Mitzvah Class at TIS 6:30pm	26 19 Adar II Morning Minyan 7:15am Chai Mitzvah Class at TIS 6:30pm	27 20 Adar II Women's League Celebration of Jewish Women 6:30pm	28 21 Adar II Hy Vee Windsor Heights Passover Sampler Night 7-10:00pm	29 21 Adar II Evening Services 6:00pm  7:18pm	30 23 Adar II Morning Services 9:30am Tot Shabbat & Jr. Cong. 10:30am Shabbat Café 11:45am Lunch & Learn with Rabbi 12:30pm
31 24 Adar II	AIPAC Policy Conference, Washington DC >					

April 2019 / Adar II-Nisan 5779

Calendar subject to change

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 25 Adar II	2 26 Adar II	3 27 Adar II	4 28 Adar II	5 29 Adar II	6 1 Nisan
		Morning Minyan 7:15am Adult Art Class			Evening Services 6:00pm  7:26pm	Morning Services 9:30am Shabbat Café 11:45am Lunch & Learn with Rabbi 12:30pm Shabbat Hachodesh Rosh Chodesh Nisan
7	8 2 Nisan	9 4 Nisan	10 5 Nisan	11 6 Nisan	12 7 Nisan	13 8 Nisan
STEP 10:00am Intro to Judaism 12-1:30pm		Morning Minyan 7:15am Drake & Federation Holocaust Event 7:30pm at Drake			Mishpacha Shabbat Evening Services 6:00pm  7:34pm	Morning Services 9:30am Shabbat Café 11:45am Lunch & Learn with Rabbi 12:30pm
14	15 9 Nisan	16 11 Nisan	17 12 Nisan	18 13 Nisan	19 14 Nisan	20 15 Nisan
Kasher the TIS Kitchen 1:00pm STEP 10:00am Intro to Judaism 12-1:30pm Art Club 12:30pm		Morning Minyan 7:15am			Erev Pesach/ Fast of the First Born Study Session 9:00am Passover First Night Seder No Services  7:41pm	Morning Services 10:00am Passover TIS Second Night Seder 7:00pm
21	22 16 Nisan	23 18 Nisan	24 19 Nisan	25 20 Nisan	26 21 Nisan	27 22 Nisan
Second Day Pesach Morning Services 10:00am		Morning Minyan 7:15am Pesach Intermediate Day Chai Mitzvah at TBJ 6:30pm	Pesach Intermediate Day Women's League Passover Lasagna Dinner 6:00pm		Seventh Day Pesach Morning Services 9:30am Evening Services 6:00pm  8:50pm	Eighth Day Pesach Morning Services 9:30am
28	29 23 Nisan	30 25 Nisan				
STEP 10:00am Intro to Judaism 12-1:30pm		Morning Minyan 7:15am				

OFFICE HOURS

Monday—Thursday* 9:00am—5:00pm

Friday 9:00am—3:00pm

*Closed Monday through Thursday from 12:30pm—1:30pm

The Rabbi is usually in the building except Mondays.

Please feel free to call the office and set up an appointment.

STAFF

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Sunday 9:00am—12:00pm

Wednesday 9:30am—12:00pm

*Also open during office hours

LIBRARIAN HOURS

Wednesdays 9:00am - 11:00am

"We strive to enrich our cultural and spiritual lives as Jews by connecting with our community, the traditions of our People, Israel, and with God"

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Paper copies will only be provided upon request. If you wish to continue having paper copies mailed to you, you must contact the office. Converting to online distribution will save costs on mailing, paper, ink and assembly time. Thank you for your understanding.