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Spirits

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Worth
the Wait

Honoring
Survivors

Health, Body
& Soul

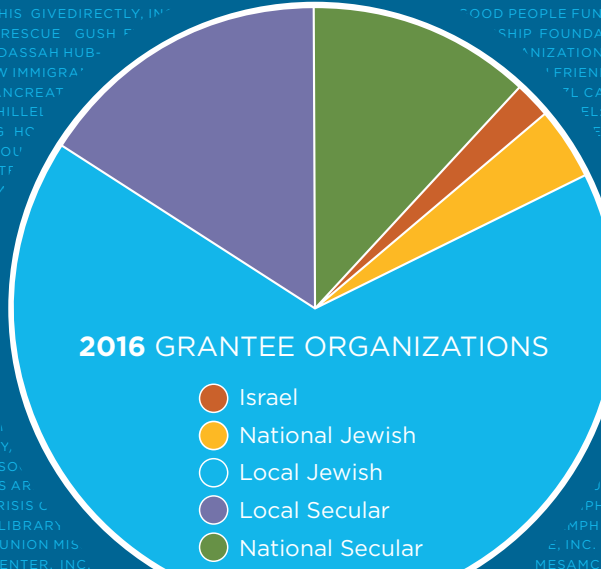


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Contributors



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Diane McNeil is a board member of the Unknown Child Foundation.



Native Frenchman **Franck Oysel** has worked in classic French patisseries with Master Chefs since he was 15. In 2006, he became an Executive Chef de Pâtisseries with a Master of Chocolatier at *Aux Plaisirs Sucrés* in the Jura Region. Franck came to America in 2014 to join the love of his life, who he'd met while she volunteer as an English teacher in Poligny the year before. At Interim Restaurant & Bar, Franck is enthusiastic and dedicated to producing high-quality dishes that aesthetically appeal to all the senses, exhibit a true attention to detail, and preserve the flavor of ingredients.



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Amy Israel Pregulman, former director of the Memphis Jewish Community Center's Cultural Arts Department, will complete a master's degree in strategic planning and leadership, with a certificate in non-profit management, from the University of Memphis in May. She and her husband, John, created KAVOD in the fall of 2015 and in April of 2016, Amy became executive director.



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*The Earliglow created for Interim Restaurant & Bar by Pastry Chef Franck Oysel
Photo by Susan C. Nieman*

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From the
Editor/Publisher

Dear JSM Readers,

Happy Spring! I am more than ready for sunshine, warm weather and celebrating everything that comes with being outdoors.

Twin sisters, Yael and Serena Cooper, recently celebrated their b'not mitzvah with a weekend full of festivities. After concluding their studies of strong Jewish women throughout history, they deserved the stunning Saturday night party at Baron Hirsch (page 6.)

During Purim, families and congregations celebrated Queen Esther's courageous acts, which saved the Jewish people from the cruel Haman, with Purim carnivals and plays depicting ancient characters of the Torah as well as super heroes of today. Take a peek on page 26.

Speaking of freedom, Passover is right around the corner. You'll be pleasantly surprised at the amazing selection of kosher-for-Passover wines and spirits at Great Wines on page 24.

After more than a week of matzo only, I can't think of a better way to taste your first morsel of leavening than a trip to Interim Restaurant, where pastry chef Franck Oysel will be serving up his newest (limited edition) creation, Earliglow, named for a delicious variety of strawberry that grows well in Tennessee. (page 25)

Take a look at some incredible healthcare organizations that are improving the lives of people of all ages. On page 18 read about Memphis Jewish Home & Rehab's Restorative Nursing program, on page 20 about Laniado Hospital in Israel, and on page 22 about the Memphis Jewish Community Center's Aquatic's coach Danny Fadgen.

In April, we also celebrate Yom Hashoah, Holocaust Remembrance Day. Read about some organizations such as Better Together's Names, Not Numbers on page 10, Kavod on page 12, and The Unknown Child on page 16.

Aaron Canales, a Hillel member at the University of Memphis, shares his story of involvement on page 11. And U of M track and field student Noah Agnew, hailing from Chicago, shares the challenges of any sport on page 15. Congrats to the Jay Uiberall Foundation for its outstanding accomplishments on page 14.

What better way to end a hot summer day, than with a cool fresh beverage? Char Restaurant's Michael Luckey says The Mai Tai (page 23) is making its way back to bars and to my back yard this summer. Cheers!

Shalom,

Susan C. Nieman - Publisher/Editor



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Serena makes her grand entrance in a larger-than-life-size horse adorned with gorgeous flowers.



An Empowering Double Simcha with Double the Fun

By Shoshana Cenker : Photos by Steve Conroy

While Torah learning, planning and preparation for a girl's Bat Mitzvah can be intense and ripe with anticipation, imagine all that goes into a double Bat Mitzvah, or B'not Mitzvah. This is exactly what was celebrated in August 2016 by twin sisters Yael and Serena, daughters of Pace and Aileen Cooper. "We had a full weekend for the girls," says the proud dad. "We had Friday night dinner at Baron Hirsch with friends and family, lunch at a friend's house on Shabbos, followed by an evening of festivities on Sunday."

Baron Hirsch Congregation shared in the girls' simcha during Shabbos services. Their dad presented them each with a Chumash on behalf of the Men's Club, as well as a Siddur, candlesticks and Bat Mitzvah certificates from the shul. "Baron Hirsch's new rabbi had only been here two weeks! This was Rabbi Lehrfield's first simcha of any sort at the shul," remarks Pace. "He did a very nice job throughout the whole weekend."

Sunday at Baron Hirsch, 325 friends and family danced, ate and celebrated in honor of Yael and Serena.

"Yael and Serena stood side-by-side to give a fantastic presentation centered around their learning," says Pace. "Because they were coming of age as women, they thought it would be fun and productive to focus their studies on Jewish

women heroes – in the Tanach and from modern times. In their Dvar Torah, the girls spoke illuminatingly about the heroes they studied."

The girl's focused on just a few of the many inspiring women who have changed the course of Jewish history.

"After studying many historical female figures this past year, we'd like to let you in on a little secret: perhaps the strongest, most thoughtful leaders of B'nei Yisrael were themselves women, and are ones we connect with and admire the most," remarked Yael during the presentation. "The truth is Jewish women have been making choices and leading our people from the beginning. The first human to make a choice in the Torah was Chava. You may not agree with her choice, but as a result, we get to make our own choices – some easy,



others not so much. And while women's roles have grown and shifted, our wisdom always shines through. From Tanach times to modern day, women have deeply influenced the way we think, pray, and act."

Rather fittingly, the girls spoke about two key women: Yael and Dvorah. "A great example of a bold, influential Jewish woman is my namesake – Yael," she said. "In fact, Yael is so bold that she single-handedly assassinated General Sisera while he was asleep. Yael was courageous and decisive. She was a woman of action who did not wait for someone else to take charge.

"Dvorah was one of our seven prophetesses and also one of the chief judges of the Jewish people," Yael continued. "Dvorah offered logical advice and shared her wisdom with the entire nation. In fact, people came from all around



Yael makes her grand entrance hat in hand, kicking off a fun-filled night.

to speak with her. Even though Israel had military leaders, she was known as the leader of the people. ... Dvorah was called the “Wife of Flames,” because her passion to judge the nation fairly was like a fire burning inside of her.”

From biblical times, the girls then spoke about powerful and empowering women from more modern times. “Golda Meir broke new ground for women when she became Prime Minister,” remarked Serena. “Golda Meir was known to be tough, honest and straightforward; yet she was also a skilled diplomat. Golda had an amazing way of leading the people through difficult times. She was called the “Iron Lady of the Middle East” in Israeli politics. ... Golda, a pioneering woman, was one of the greatest heroes of the 20th Century.

“But Golda wasn’t the only one with vision. ... Chana Senesh was one of the most inspirational people I’ve ever studied,” continued Serena. “She was truly determined to make her dreams a reality. Chana Senesh was a Hungarian, Zionist, paratrooper and poet from Budapest. She was also a risk-taker who always chose her people’s future over her own. As a paratrooper, she parachuted into important situations during the war and was killed because she would not reveal anything to the



Continued on 8 →



Pictured Above: Incorporating the girls' love for horses and favorite colors – pink, blue and silver, the décor featured a horse-themed cake, pink and blue benchers (prayer books), cowboy boots and hats with orchids as centerpieces and a personalized wooden sign reading Serena and Yael over the DJ. A horse-jump served as a background for the kid's buffet.



Aileen and Pace Cooper with their children, Elan, Ethan, Yael, Serena, Jeremy and Dylan.

Nazis. We can learn much about dedication, devotion and vision from Chana Senesh.”

After their presentation, Yael and Serena then made a grand entrance into the party.

“Once Aileen told me that both girls love everything about horses,” said event planner Janis Kiel, “I immediately envisioned both Serena and Yael ‘riding’ into the party and being introduced on horses... not real ones, of course! The next task was to convince Aileen that it was even possible!

“Each girl also chose a favorite color for their special day. Luckily, the girls’ choices were so apropos for what we wanted to achieve,” said Janis. “So, blue, pink and silver ruled the day. With that in mind, we began to plan.”

“Everything centered around horses and horseback riding,” said Pace. “We even had horseshoe cookies for dessert.”

“With her love for something unique, Aileen envisioned exotic but simple flowers and décor,” said Janis. “Gina, from Hollidays Flowers, was quick to provide options perfect for the occasion. Of course, we had to incorporate boots and cowgirl hats overflowing with flowers for centerpieces and lots of fanciful linens.”

With the theme and décor setting the tone for a fun evening, guests enjoyed a delicious dinner by Chef Erling Jenson and spirited dancing. “Erling is a phenomenal chef and did a great job that night and the entire weekend,” says Pace. “The group from New York, Shimi2Jewmba, had never been here before. Shimi Adar is a dancing and singing enthusiast and ruach specialist, her husband, Daniel, is a great DJ. Accompanied by four young collegiate ladies, they played games and danced with the guests. The group has a unique new show and dancing went late into the night, it really was fun!”

“Aileen was so honest with me from the beginning,” said Janis. “She explained that she had planned her children’s previous events by herself, but wanted some help with this one. And, because she and I listened to one another’s thoughts and ideas, we worked extremely well together. I was honored that she chose me as her working partner for such a special lifetime event for the family. Together, along with Pace, the “team” made dreams come true for the girls, their family and friends. The best part for me was really getting to know Aileen and Pace! There are so many wonderful people that you know peripherally, but I felt as if I had made two new friends!”

“We’ve planned bar mitzvahs with our four sons, so we had the drill down,” says Pace. “But this was different. I feel like the girls were able to focus on their presentation, they really got into concentrating on their learning. It was wonderful to see.”



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Better Together's Names, Not Numbers

Photos courtesy MHA/FYOS

The 55th Annual Yom HaShoah Community Observance will feature a film produced by students at the Margolin Hebrew Academy/Feinstone Yeshiva of the South (MHA/FYOS), who have spent this year interviewing local Holocaust survivors.

The students' work is a part of Better Together's Names, Not Numbers program, an interactive, multi-media Holocaust film documentary project created by Tova Fish-Rosenberg. The Better Together Names, Not Numbers program is generously supported by a prominent national foundation. The program pairs groups of high school students with local Holocaust survivors. After the students are trained by professionals in journalism and film-making, they conduct and film interviews with Holocaust survivors. "Better Together Names, Not Numbers: A Movie in the Making" chronicles the students as they

are being trained to make their own Holocaust Oral History film documentary. Within it is embedded approximately nine minutes from each interview, the students' work and their filmed and edited interviews.

Margolin's "Better Together Names, Not Numbers" film will have the unique distinction of being accepted into the archives of the Jewish National Library of Israel in Jerusalem; Yad Vashem and Yeshiva University's Gottesman Library.



Class of 2017 students Chava Herzog, Tamar Serman and Yehudit Fleischhacker with Jeannine Paul.



Students Daniel Katz ('17), Shlomo Bosin ('18) and JJ Kamph ('18) with Jack Cohen.

REFLECTIONS

By Yehudit Fleischhacker

Can the generational gap between teenagers and seniors be bridged?

Most would say no – there's just too much distance, whether due to differences in upbringing, value systems, technological savvy or expected behaviors. However, the Better Together Names, Not Numbers program not only seeks to combat this gap, but teaches why it is necessary to do so.

Going into this project of interviewing and documenting stories of Holocaust survivors, I was nervous. "How will I draw out that perfect story? What will it be like to talk to someone who went through that?" These were some of the questions going through my mind. I was also anxious about interacting with the survivors in person.

Yet, during the interviews, I discovered the powerful impact of talking to seniors, specifically Holocaust survivors. Lessons became more tangible and realistic when gleaned from actual life stories of survivors in the Memphis community. I realized how much older generations have to offer in terms of life experience and worldviews.

For instance, when I was interviewing Mrs. Jeanine Paul, she shared how her family helped her immigrate to America when she had nowhere else to go. It was so meaningful to hear this from her because I learned the importance of acceptance and lending out a hand to those in need.

At the same time, connecting to the survivors through their life stories gave them the opportunity to discuss their deepest thoughts and feelings about this traumatic period in their lives.

Both groups – students and survivors – benefited from this project in a unique way. Over the years, there are fewer survivors for students to hear first-person accounts of the Holocaust; through Better Together Names, Not Numbers, we devoted several hours to capturing this crucial piece of history ourselves.

**How will I draw out that perfect story?
What will it be like to talk to someone
who went through that?**

The survivors themselves were robbed of the people with whom they might have shared their stories, the many family members and friends killed in the Holocaust; now they have been afforded a chance to open up and tell the world what was done to them.

Perhaps most importantly, the Better Together Names, Not Numbers program has built a foundation for relationships between the old and the young that will continue to inspire growth and education for both students and seniors.



Leadership retreat with board VP programs, Rachel Mullaney; Pres., Aaron Canales; Communications, Leah Greenberg and past Pres. Justin Waldrip.



Justin, Leah, Interim Director Susan Nieman (with Tiki) Aaron and Finance, David Lewis.



Havadallah Dinner with members and guest Abeer Abdelrahim, president of the Muslim Student Association.

THE PRIVILEGE OF

Being Involved

By Aaron Canales

Recently, I went on a short trip. Just a weekend.

It was about a month ago, give or take; the weather still a tad on the nippy side. With me was a small group of individuals, with whom I'd had the laborious joy of being elected to the student board of the Hillel of the University of Memphis, the school we call our Alma Mater. As our campus's Jewish connection, we have an obligation to have a plan, and we decided that this retreat would help with that plan's formation. We had not only gone on this trip to ensure that the coming semester would be planned at an accelerated pace due to our proximity in a small Paris Landing State Park cabin, but also to enjoy one another's company and to enhance our familial bond. It was pragmatic and fun: a wonderful time.

But a particular element of my time there with these people touched me much more deeply than I had intended it to, and now, I intend to share that with you.

I led a program on our second night there, as we had intended each member of the student board to take a center stage position for a moment to show their way of connecting us to

one another. We hiked, we made arts and crafts; we played Cards Against Humanity. But I wanted to take it a step further.

That night I sat us all down, around the small wooden table in the cabin, and asked the group to think; think of a time when they were thrust into a leadership position, wanted or not, and what they now carry with them because of that. At the end, I asked the group again to think; having heard all of that, how do they think that this position of leadership that they've been granted will impact them for the future?

Almost ubiquitously, the answer was that a positive change would be woven into them, whether in terms of interpersonal skills, organizational skills, or merely simple patience. They expected this labor, this challenge, to better them.

In that moment, I realized: when we, as people, assume a position where we take initiative to ensure that the experience of others is positive, it is not only they who benefit. I realized that there is something about giving up your weekends and afternoons to ensure that

something runs smoothly for other people that is not only so darn satisfying, but genuinely improves us.

Who do we look to for knowledge and insight during times of uncertainty? Those in our lives who have taken on so much: mentors, teachers, parents and grandparents, bosses, religious leaders, and so many more. I believe it the natural human superlative, one of our most intense unconscious drives, to make better the lives of others through our sacrifice. And although I claim no great sacrifice by my contributions to my college's Jewish Student Union, I can say now, partially due to my time there, that doing something for free for someone else ends up being pretty cool.

So what can we gain from this time spent together around the table, plotting and planning something that may go unnoticed?

We become better people.

My advice to you is that you go and get yourself involved with some selfless people, and be selfless yourself! Get involved, and you'll thank the people who gave you that opportunity.



KAVOD Contributes Over \$15,000 to Holocaust Survivors

By Amy Israel Pregulman :: Photos by John Pregulman

How is it possible, after all of the years of suffering, trauma and struggle, more than 30% of Holocaust Survivors in the United States are living at or below poverty? In addition to the challenges of senior caregiving, these particular seniors issues are enhanced and multiplied with the trauma of their past.

KAVOD, which means dignity, fills the gap for these survivors by offering emergency aid for basic needs. The organization acquired its 501(c)3 classification in the fall of 2016 and has already raised over \$25,000 and served survivors in Memphis, Chicago, Chattanooga, New York, New Jersey and Charleston by gifting over \$15,000 to date. Its board consists mostly of children of survivors.

KAVOD works with Jewish Family Service and other community service agencies that already serve this group and understand their needs. All gifts are confidential, even to the KAVOD board and staff. Gift cards are given to local grocery stores, such as Kroger or pharmacies such as Target or Walgreens and are used to offset expenses caused by an emergency situation. In addition, Kroger and Target have both agreed to contribute a percentage of the request.

The goal is to expand into other communities to serve more survivors as the need grows greater every day. “We realize this is one small way we can offer this important and purposeful work of preserving memory and Tikkun Olam (repairing the world),” says co-founder John Pregulman, “and we also know that if we can touch one survivor, we are making a difference.”

During the past four years, John has also photographed more than 440 Survivors across the US and in Tokyo. The portraits are given to the survivors and their families. There is no commercial aspect and yet, many give John permission to use their photographs on the KAVOD website. They feel it humanizes the issue although none of the images reflect the Survivors served by KAVOD.

It was the Photography Project that led John to creating KAVOD. After a visit with a survivor in her home, he was offered a snack. She opened

her refrigerator and all that was there were a half carton of milk, some cheese and a loaf of bread. When John asked where her groceries were, she told him that she had a medical emergency that month and had to use her grocery budget to cover medication. After exploring the issue at length, they realized this was a common problem. There are forms of aid available to survivors, and yet, there was a huge gap when it came to immediate emergency aid without red tape – no options for sudden unexpected expenses. When people are already living 150% below the federal guidelines, one unplanned situation places them in an even more precarious place.

In 2017 there are approximately 100,000 survivors living in the U.S. It is projected that by 2020, there will be approximately 67,000 and over 25,000 will be living below the poverty line according to the Berman Institute-North American Jewish Data Bank.

They studied the landscape of aid and found that no one entity allows for immediate support. The forms and information required is overwhelming, especially for survivors. “We found it unconscionable that these brave souls have to live in fear and discomfort at the end of their lives,” said John.

The non-profit received an operation grant guaranteeing that 100 percent of all donations go directly to the survivors. “They have been through enough, it is the least we can do,” said John.

For more information, donations or requests, please contact Amy Israel Pregulman at amy.kavod@gmail.com. You may also visit www.kavodensuringdignity.com.

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Michael and Andie Uiberall with granddaughter Sydney Shanker, son-in-law Scott Shanker, daughter Jill Uiberall Shanker, and grandson Jack Shanker at the 2016 Crystal Awards. Photo courtesy of the Jay Uiberall Foundation.

Accolades to the Jay Uiberall Foundation

By Cindy Brewer

Restaurants were Jay Uiberall's passion. He worked at Shoney's in high school, and later co-owned and managed four restaurants and a catering company in Memphis. Months after his tragic death from an accidental fall in 2010, a group of Jay's friends approached Andie and Michael Uiberall, Jay's parents, about hosting an event in Jay's memory. What started as a casino night on Beale Street eventually became the Jay Uiberall Foundation.

The Uiberalls didn't set out to start a foundation in memory of their son, but they know he would be thrilled for the work it does for young people in Memphis. Others agreed, and at its annual Crystal Awards banquet, the local chapter of the Association of Fundraising Professionals (AFP) selected the Jay Uiberall Foundation as its Outstanding Foundation for 2016.

"It gives our family a lot of joy that Jay is being recognized for what he cared about and for what the foundation is doing now," Michael Uiberall told the Community Foundation of Greater Memphis. "If he could see what these kids are accomplishing...well, it's just amazing."

The Foundation supports several programs related to the food service industry including the Jay Uiberall Foundation Scholarship at the Kemmons Wilson School of Hospitality and Resort Management at the University of Memphis; Serving Memphis, an organization that provides services such as free flu shots and financial literacy education to those in the food service industry; and the Jay Uiberall Culinary

Academy, a program at Knowledge Quest, a nonprofit founded in 1998 that serves inner-city children in South Memphis.

In his interview with the Community Foundation, Uiberall said that he and the rest of the Board of Directors (which includes Andie Uiberall, Jill Uiberall Shanker and Scott Shanker, along with several of Jay's friends) look for "holes in society where a program could help deserving kids and people better themselves. We look for programs that don't have easy access to funds but could have a real impact."

The Jay Uiberall Culinary Academy meets those criteria. The Jay Uiberall Foundation teams with Knowledge Quest to teach basic cooking and business skills to participating youth. Local chefs, including Erling Jensen, Aryen Moore-Alston and Mike Miller, work directly with the kids. In addition to skills vital to careers in the culinary industry, the program also builds self-confidence. The 2015-16 Culinary Academy class recently won more than \$40,000 in scholarships at a statewide culinary contest.

"What the kids learn is not only cooking but also math, teamwork and strategic planning," Uiberall said. "The kids have mentors who give them direction. They get to go places and meet people they wouldn't have. And their food is to die for."

In his nomination to AFP, Knowledge Quest Executive Director Marlon Foster wrote: "...I am very much hard-pressed to name a more generous and professional organization than

that which Michael and Andie Uiberall began in memory of their son and his good works."

Another beneficiary is the Jay Uiberall Scholars program, which works with REACH Memphis students to help prepare them for success in college and in life by teaching valuable life skills such as preparing college essays and resumes, participating in mock interviews, learning proper table and social etiquette, and working with mentors.

"When the Jay Uiberall Foundation decided to support the Jay Uiberall Scholars program to give REACH Memphis students an opportunity to improve their communication skills, they did so with outcomes in mind," Margaret Ryan, executive director at REACH Memphis, wrote in her nomination. "They wanted to make sure their philanthropy was making a difference in the lives of young Memphians."

Although initial funding came primarily through people who knew Jay and his family, funding is now coming in from those who are impressed with what the foundation is accomplishing in the community. The Board of Directors is planning a wider reaching campaign in the near future. For more information, visit jayuiberallfoundation.org.

Excerpts and quotes from the Community Foundation of Greater Memphis and used with permission.

University of
Memphis track
and field team
member Noah
Agnew

A Balanced Approach

By Mark Hayden :: Photos courtesy University of Memphis

One of the constant struggles for an athlete has nothing to do with his or her performance on the field. It's deciding when it's time to compete and when it's time to pull back and heal. That can be a complicated and difficult issue for amateurs and professionals alike.

That's why Tiger high jumper Noah Agnew can sympathize with NBA stars, who because of injury, sit out a game or two during a long grueling campaign. He and his teammates are faced with that same dilemma, because the track and field season can be a seven-month sprint, too.

"Having two seasons isn't the easiest way to go – you really don't get too much time off, which can be tough on the body," Agnew said of both the indoor and outdoor seasons. "That's why we've got to be careful. We've got so little downtime, what begins as a small pain in January may become a serious injury in May. So, for sure, it's about taking care of yourself and having the right diet."

In baseball the situation is comparable to a pitcher who continues throwing even with a sore arm and ends up on the disabled list, or worse, facing season-ending surgery. College athletes don't face nearly the same pressures as professional athletes, but you get the message. A small injury might terminate a season or even a career.

So, needless to say, athletes have to walk a fine line. "You've got to get your treatment and prepare yourself for the next day," he said. "You can't show up for competition sore or broken down. You have to be in peak form, take care of yourself first and foremost, and get your rest."

That's also where mental toughness goes a long way in keeping athletes in shape for the short and the long haul, he says. "A lot of coaching staffs teach mental toughness, because there's never a time when an athlete is 100 percent without issues. With mental toughness you can tell the difference between a serious injury that must be treated versus a little pain that requires rehab work with a trainer."

Another factor is the time constraints of the season. Time spent with the doctor or training staff takes time away from working out and preparing for competition – time you can't get back, he added. And since the Tiger track schedule is packed with

home and road meets every weekend through May, time away from the track isn't the smartest choice.

Migrating down South wasn't the easiest or the expected choice for the Chicago native to make for his college career either. But it's worked out. "Memphis is a strong program, and it's continually growing," he said. "It wasn't No.1 on my list. But when I came down here, I just fell in love with the city and the program."

What's one of the best ways to recruit someone to the city? A trip to Memphis's finest – one of the many barbecue restaurants in town. If that didn't totally convince him, the camaraderie he felt for the coaching staff and athletes sealed the deal. "Every one of them was a nice, genuine person, and that's something you sometimes lose on a recruiting trip, because everyone's concerned with flaunting their stats and telling you why picking their college will be for the best."

The Memphis approach was more balanced, and it made a difference to him. While the Tiger goal was to sell the university and the program, they banked on him falling in love with the city, too.

"I liked their whole approach," he said. "I gained a better connection with the school and the city than anywhere else I visited." And he was honored and surprised that a school so far away showed interest in him.

But most of the interest remained closer to home. He scored notices from Iowa, the Naval Academy, Illinois State, as well as contacts from one Big 10 conference school and a few universities closer to Memphis. "I had a drawer full of letters from random places all over," he said.

But at the end of the process, it was Memphis-bound for the Chicago freshman. A double major in Spanish, he hopes to teach English or history overseas – preferably in high school. His goal is to go abroad this summer and earn college credits, so he can teach in a Spanish-speaking country.

"I've always been interested in foreign cultures and travel," he said. "I grew up in a Hispanic area, been to Mexico, and I loved it."

First, he's got some work to finish his freshman season. His year ends with the conference and NCAA championships in June. And most importantly... staying strong and healthy.





Unknown Child Sculpture by Israeli artist Rick Wienecke.

The Unknown Child... a Work in Progress

.....
By Diane McNeil :: Photos by Rick Wienecke

In the November/December 2010 issue of "Jewish Scene Magazine," an article ran entitled "Unknown Child Penny Project Raises Holocaust Awareness." The story reported what students at Horn Lake Middle School in Mississippi, were doing to remember the Holocaust, and how teachers Susan Powell and Melissa Swartz challenged them to collect 1.5 million Pennies, one for each murdered child.

Generation SC, a homeschool group from the Collierville/Germantown area, heard about the Unknown Child project and asked to participate. Their eager enthusiasm helped garner the remainder of the 1.5 million Pennies (in total over 8,000 pounds).

Soon after all the Pennies were collected, the project founders met Rick Wienecke, a sculptor from Israel who was intrigued by the project. Wienecke was commissioned to make a



life-size sculpture of a faceless child in the ovens of Auschwitz – the “Unknown Child.” He counselled against melting the pennies for the sculpture, saying the power of the project was in the unimaginable number of 1.5 million Pennies – each representing a life!

The group next met architect, Doug Thornton, who had just finished reading a book about the Holocaust, “Bonhoeffer Pastor, Martyr, Prophet, Spy.” When Thornton was asked to design a memorial to house the Pennies and the Unknown Child Sculpture, he knew that reading the book had prepared him for that moment.

Since the first article appeared in Jewish Scene, the project has begun to take shape. The group gained non-profit 501(c)3 status. They created the “Place-a-Penny” campaign for which \$18 allows donors to place one of the 1.5 million Pennies on the Memorial’s towering Star-of-David walls. Thornton’s Memorial design (Phase I) will cost about \$500,000. Wienecke’s life-size sculpture of the Unknown Child will be placed in the center of the design.

The genius behind the Unknown Child is its having been created by today’s children – remembering yesterday’s Holocaust children – with the hopes of “never again” for all tomorrow’s children. “... and a little child shall lead them” (Isaiah 11:6).

For complete details on the Memorial design, etc. please visit www.unknownchild.org.




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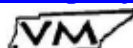
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Restorative Nursing Keeps Seniors Moving

By Joel Ashner : Photos courtesy Memphis Jewish Home & Rehab



If you find yourself on the second floor of Memphis Jewish Home & Rehab (MJHR), stop by the room just to your left as you exit the elevator. The Life Enrichment Center, open seven days a week, is home to the Restorative Nursing Program. It's where you'll find residents – such as 92-year-old Beverly – who are working hard to maintain as much of their independence as possible with the help of a restorative aide who coaches the residents through individualized exercise programs.

In fact if you arrive early enough, you'll find Beverly and several others waiting patiently for the doors to open to the Center so they can begin their workout bright and early. Beverly works out for a half hour, five days a week, and loves every minute. The Omnicycle is her favorite piece of equipment. She says, "It keeps me active and helps my legs work better. It improves the strength in my legs."



It keeps me active and helps my legs work better. It improves the strength in my legs.

There's no government reimbursement for this program or the equipment, which is why you won't find it in other nursing homes. With the help of donations, MJHR provides this service, because it's important to the mission of providing high-quality care to seniors. It's a priority for MJHR, but donors make it a reality. Just recently, a generous couple donated funding to purchase multiple pieces of new equipment for the program.

At any one time, 80+ residents are taking advantage of this program. They'll work out five to six days each week, just like Beverly. Sometimes they exercise from their wheelchairs using the Omnicycle, hand bikes, exercise balls, weights or other equipment. Others will work out on a piece of equipment like a NuStep or practice walking with a walker, even if they can only take a few steps. For some, it may be the only time of the day that they're able to be out of their wheelchairs and standing upright. For those who are bed bound, there's a program for them as well.





The program begins when a resident is admitted to MJHR and is evaluated by physical, occupational and speech therapy. Therapists work with the residents until they achieve a plateau of physical function when Medicare will no longer cover the cost of their therapy. Therapy can last from a few weeks to several months.

Restorative Exercise begins when a resident reaches that plateau. Then an individualized restorative exercise program is created, lasting for about six weeks. In this phase, the restorative aide engages the resident in a specific routine and exercise program designed to continue improvement in their level of functioning.

Functional Maintenance begins at the end of the Restorative Exercise six-week period. A specific program of exercises is designated to maintain the resident's best level of function. This phase continues indefinitely. At any point, a resident can be referred back to therapy for evaluation if the need arises.

The program provides long-term care residents like Beverly with appropriate exercise as well as monitoring of their abilities so that any decline in function can be addressed. Being proactive can sometimes prevent a significant decline and can even increase level of functioning.

MJHR has had a Restorative Nursing Program in place for more than 10 years. Ben Morgan, who oversees the program, is an LPN with more than 20 years of service to the residents of MJHR. There are four full-time restorative nursing aides and one who works on weekends. It's their dedication to our residents that makes this program such a success, and their smiles, encouragement and upbeat attitudes that make it fun.

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The Israeli Hospital with a Heart

By Shoshana Cenker :: Photos courtesy Laniado Hospital

Despite violence and attacks happening across the world, an incredible hospital in Israel is seeing past barriers and instead focusing on inclusion and tolerance – for all who are ill. This is exactly one of the many reasons why The Sanz Medical Center-Laniado Hospital is known as the “hospital with a heart.”

The vision of Holocaust Survivor Rabbi Yekusiel Yehudah Halberstam, Laniado Hospital in the beachside city of Netanya serves more than 350,000 Jews, Christians, Muslims and Druze. Rabbi Halberstam was seriously hurt during a Holocaust Death March between Warsaw and Dachau in 1944. It was then that he made a vow to Hashem that if he survived, he would build a hospital in Israel where anyone requesting medical attention would never be turned away. And that’s precisely what he did.

Opened in 1976, today Laniado is an impressive modern and highly advanced medical center with expertise in almost all major-medical disciplines. Its 54 departments and units are run by 1,750 employees, all of whom follow a set of principles that place the dignity of its diverse population of patients first, regardless of race, religion, age or ability to pay. Laniado is also the only hospital in Israel whose devoted staff hasn’t participated in any strikes affecting Israeli’s healthcare system.

“Thanks to the ‘angels’ of the Sanz Medical Center-Laniado Hospital, I am still here,” says Raya Shalev, a patient treated in the Laniado Oncology Department. “While I was undergoing intense chemotherapy treatment and had to be in isolation, I was treated professionally by people who understood what it was like to have the earth fall away beneath your feet. I felt that they were

the source of my healing. I will always be grateful to the doctors, nurses and all the support staff for helping me through this difficult time.”

“We partner with our patients, and are with them every step of the way: from acute, life-threatening situations to ongoing programs and follow-up to ensure improved cardiac health,” says Ron Joseph Leor-Librach, M.D., Ph.D., Director of the Goldhamer Heart Institute. “We are committed to giving our patients the best care that modern medicine has to offer.”

In addition to Laniado’s medical and surgical departments, its growing medical complex also features diagnostic, therapeutic and research facilities, a synagogue, an ambulatory care program, a three-story Geriatric and Rehabilitation Center, a state-of-the-art Children’s Hospital, an all-inclusive Diabetes Center and an award-winning School of Nursing.

“The graduates of our School of Nursing are so accomplished and in such high demand that they all have positions set up before they even graduate,” boasts Laniado International Public Relations and Fundraising Manager Shlomo Pinkus. “And what’s special about our Geriatric Center is that we have an average patient age that’s 15 years older than other hospitals. And, our comprehensive Diabetes Center is really unique. Patients receive a full-body screening including vision, blood work, heart and even nutrition testing. The results are available the same day, provided in a private meeting with the head of the Center who personally reviews their full medical record to determine the best personal treatment option for them. We don’t just provide treatment, we care and it shows.”



“Another main area of expertise is the hospital’s birthing unit and women’s health department,” explains Shlomo. “People come from over an hour away just for the unsurpassed care they receive here.”

“We chose the Sanz Medical Center-Laniado Hospital because of that extra special care and respect we knew we would receive here ... and that made our birth even more special,” says Dana Weinberger, a patient from Tel Aviv. “We don’t even live in the immediate area, and could have chosen to deliver at one of the major-medical centers in the Tel Aviv region closer to home. But it was worth it, and the birth of our first child was so much more special here at Laniado Hospital.”

Laniado Hospital’s Emergency Department and Trauma Unit is known for its outstanding performance and has received several recognitions from the Army’s Home Front Command and the Health Ministry’s Division of Disaster Medicine. “The Sanz Medical Center-Laniado Hospital is



an excellent institution where they know how to do their work properly,” remarks Prof. Avi Yisraeli, Director General, Israel Ministry of Health. “The residents of the area can rest assured that they will get the best treatment possible.”

Laniado’s research facilities have numerous physicians and scientists working on a wide range of clinical research studies in an effort to improve and discover new methods for treating and preventing disease. In fact, it was three senior Laniado physicians who discovered a successful treatment for the West Nile Virus – the only known cure for the neurologic complications of this disease. And in collaboration with a bio-medical start-up company, Laniado is actively pursuing the development of groundbreaking stem cell therapy.

Since 2010, Laniado’s research laboratory has tripled its facility size. With its state-of-the-art equipment and cutting-edge technologies, Laniado Hospital is now planning yet another expansion to continue offering its world-class treatment with patient comfort in mind. Plans include a 40,000 square-meter tower with a trauma center, offices, auditorium and three-floor underground hospital.

With all that it offers, it’s clear why Laniado is recognized throughout Israel for its unparalleled quality medical and patient care. “Every human life is precious,” says Claude Picard, M.D., Director of the Orthopedic Department. “And we do everything in our power to sanctify life –every day and for every single person who comes through our doors asking for help.”

To request a tour of the hospital, arrange a private meeting or a public speaking engagement in your community, contact Shlomo Pinkus at spinkus@laniado.org.il

To learn more about the hospital or to make a tax-deductible donation, visit www.laniadohospital.org.

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MJCC Aquatics Coach Follows in the Wake of His Father's 'Swim Strokes'

By Kini Kedigh Plumlee



Danny Fadgen

Danny Fadgen has been teaching, coaching and studying swimming for more than 40 years. His career path, which led him in 1997 to the Memphis Jewish Community Center (MJCC) where he has served as the Aquatics Director ever since, began early on. "I didn't have a chance to think about it. It just happened," he says.

Danny grew up in a family of swimmers. He and his four siblings swam competitively. His father, Dick Fadgen, was a swim coach at the Memphis Athletic Club (now the Racquet Club), where he led several teams to the state championship. (Dick also coached at least five swimmers who went on to the Olympics, and he also swam in the Olympic Trials.)

So, it was inevitable that Danny would follow in the wake of his father's swim strokes.

"I was either going to teach PE or stay in the aquatic field," said Danny, whose first job was a lifeguard. "It was a natural evolution for me, but at the time I didn't know how beneficial swimming would be to my mind and body. As I developed the discipline of swimming, I learned time management and to be organized. Later, I understood more about cardiovascular development."

After graduating from Overton High School, Danny received a bachelor's degree in physical education from Northeast Louisiana University (NLU), and a master's in physiology of exercise from the University of Memphis. Prior to joining the MJCC staff, he was the assistant swim coach and head diving coach at NLU and then aquatics and athletic director at The University Club of Memphis. When the position at the MJCC opened, it was an ideal match.

"Even though my religious affiliation is not

Judaism, my wife, Jane, and I knew this would be a wonderful opportunity for our family," said Danny. "Our son, Patrick (now 20) received a warm welcoming and wonderful education through the MJCC kindergarten. And it was a great place for us to meet new people."

Danny creates, plans and implements all the aquatic programs for the MJCC including the swim school, age group and triathlon/masters swim teams, exercise and arthritis classes, water babies and lifeguard training certification. From Memorial Day to Labor Day, he manages the outdoor water park and 50-60 lifeguards for the Center's pools – the main indoor and outdoor pools, two hot tubs, the lazy river, splash pad and baby pool – and handles all the maintenance.

While all this responsibility may seem overwhelming, for Danny it's just part of the job. Yet it's the interaction with the people – from

it's a great all around sport."

For Danny and Jane, who has joined him in the sport, triathlon is a great social time. "We drag friends, family, and acquaintances with us," he said. "My dad coined the name for our group years ago when he was doing triathlons: The Marginals (as in marginal athletes!). Our slogan is 'AdventureBeforeDementure.'"

As in previous years, Danny is coaching swim clinics for triathletes who wish to up their game for the sport, including the 35th Annual Memphis in May Sprint Triathlon and Olympic Triathlon presented by P.R. Event Management at Orgill Park in Millington on May 20 and 21. The clinics are being held at the MJCC pool on the first Tuesday of every month through May. (April 4 and May 2).

"Over the years I've learned from my own mistakes and the mistakes of others," Danny said. "When Jane and I directed the transition

area for the Memphis in May Triathlon, we saw many ways to improve a participant's experience. The clinics instruct students in ways to improve their swim techniques, we discuss panic attacks in the open water and teach ways to overcome anxiety before and during the swim."

With his love of swimming and the outdoors, triathlon is a perfect fit.

"Triathlon swimmers love it outside in the early morning," said Danny. "The water is fresh, cool and the sky is dark. By the end of the swim we are watching the moon go down as the sun comes up."

As his interest in coaching triathletes increases, Danny hopes to assist P.R. Event Management by leading additional swim clinics for athletes training for the Annie Oakley & Buffalo Bill Super Sprint and Sprint Triathlons at Shelby Farms on June 24.

"Swimming in Memphis has grown dramatically over the years," says Danny, "and I have enjoyed my journey of learning, teaching, mentoring, and participating in the world of aquatics. Physically, I am aware that swimming may be the last form of exercise I can do when I'm older. Professionally, I feel it's my lot in life to get as many people as possible to that same point."



3-year-olds blowing bubbles to the 90-year-old in the Arthritis Aquatics Class – that most inspires him and makes it fun.

"What truly enriches my life is our leadership/mentoring program for lifeguards and swim teachers," says Danny. "It teaches respect for others, team work and accountability."

In addition to his full-time job responsibilities, Danny still finds time to pursue his own sports interest by competing in triathlons. (Triathlon is an athletic contest consisting of three different events: swimming, cycling and long-distance running.) Danny has been competing in the sport since he was 18.

"With three sports in one, anything can happen," says Danny. "It's a challenge to get through it as fast and smooth as possible, and

The Mai Tai

By Michael Luckey

It's nearly Tiki torch time!! I can't think of a more appropriate cocktail to sip while getting your Polynesian party-on than a Mai Tai.

The key ingredient in a Mai Tai is Orgeat syrup. Pronounced OHR-ZHAT, this milky almond-flavored additive has no substitute. Feel free to play around with different rums and orange liqueurs, but don't you dare skip this nectar of the gods. P.S. It's delicious in your morning coffee the day after your luau.

Mai Tai

1oz Light Rum

1oz Dark Rum

.5oz Orange Liqueur

.75oz Orgeat Syrup

1oz Lime Juice

Combine all ingredients in a mixing glass filled with crushed ice. Shake and pour all the ingredients including the ice into your favorite party cup. Garnish with fresh Mint leaves.



TOP 10 WINES & SPIRITS FOR PASSOVER

Provided by the Staff from Great Wines & Spirits

1

Barkan Chardonnay wine is produced from 100% Chardonnay grapes, picked from the vineyards of the Barkan Winery in the Upper Galilee region and the Jerusalem Mountains. It has an abundance of fragrances and tastes of citrus fruit and white peaches with a smooth and round finish. \$16.99

2

Baron Harzog Chenin Blanc is a blend of Central Coast and Russian River Chardonnay grapes that has produced a very lush and complex wine. Baron Herzog Chardonnay displays notes of tropical fruit, citrus, and apple, with a hint of vanilla on the finish. Pairs perfectly with fish, chicken, or veal dishes and slightly chilled. \$11.99

3

Tishbi Cabernet Sauvignon is a young wine produced from 100% Cabernet Sauvignon grapes, harvested at the peak of ripeness. Produced entirely in stainless steel vats. Combining both nuances of fresh forest berries with a hint of fresh herbs, this rich, soft and delicate wine is ready for immediate drinking. Serve with either red meat or seasoned spring chicken. \$22.99

4

Contessa Annalisa Pinot Grigio is 100% Pinot Grigio. From central Italy's Emilia region, this dry white wine is fruity yet crisp, with refreshing acidity. It has hints of citrus and green apple. Serve as an aperitif or with a light meal. \$12.99

5

Yarden Chardonnay is made exclusively from fruit grown in the Northern Golan Heights, Israel's coldest winegrowing region that reaches elevations up to 3,900 feet, known for producing consistently outstanding Chardonnay fruit. Aged in French oak barrels for seven months. 2014 Yarden Chardonnay displays aromatic fruit notes of lemon, apricot and pear, with hints of tropical fruits and fresh flowers, all on a background of attractive French oak. \$22.99

6

Contessa Annalisa Moscato This champagne is 100% Moscato. A white, sweet sparkling wine, refreshing and bubbly made in the traditional Italian method. On the nose it has a perfume of orange blossom and honeysuckle notes followed by a sweet welcome of green grapes, citrus tones and ripe peach on the palate. Light straw color. \$12.99

7

Bartenura Moscato Italy has a storied heritage of producing some of the best wines in the world. This Moscato is crisp and refreshing, semi sweet, with lingering pear, tangerine, nectar and melon flavors on the finish. Perfect with dessert or fresh fruit, or sipping poolside. \$15.99

8

Moses Date Vodka is ultra-premium. The 22-year-old business set out to create naturally organic vodka made from dates, the first and only vodka of its kind. Certified kosher and kosher for Passover by the OU. The company takes great pride in production, combining the finest pure, fresh, spring water with premium spirits and organic sugar cane - all natural ingredients. The taste and smoothness are exceptional. Moses vodka also donates a portion of their sales to charity. \$36.99

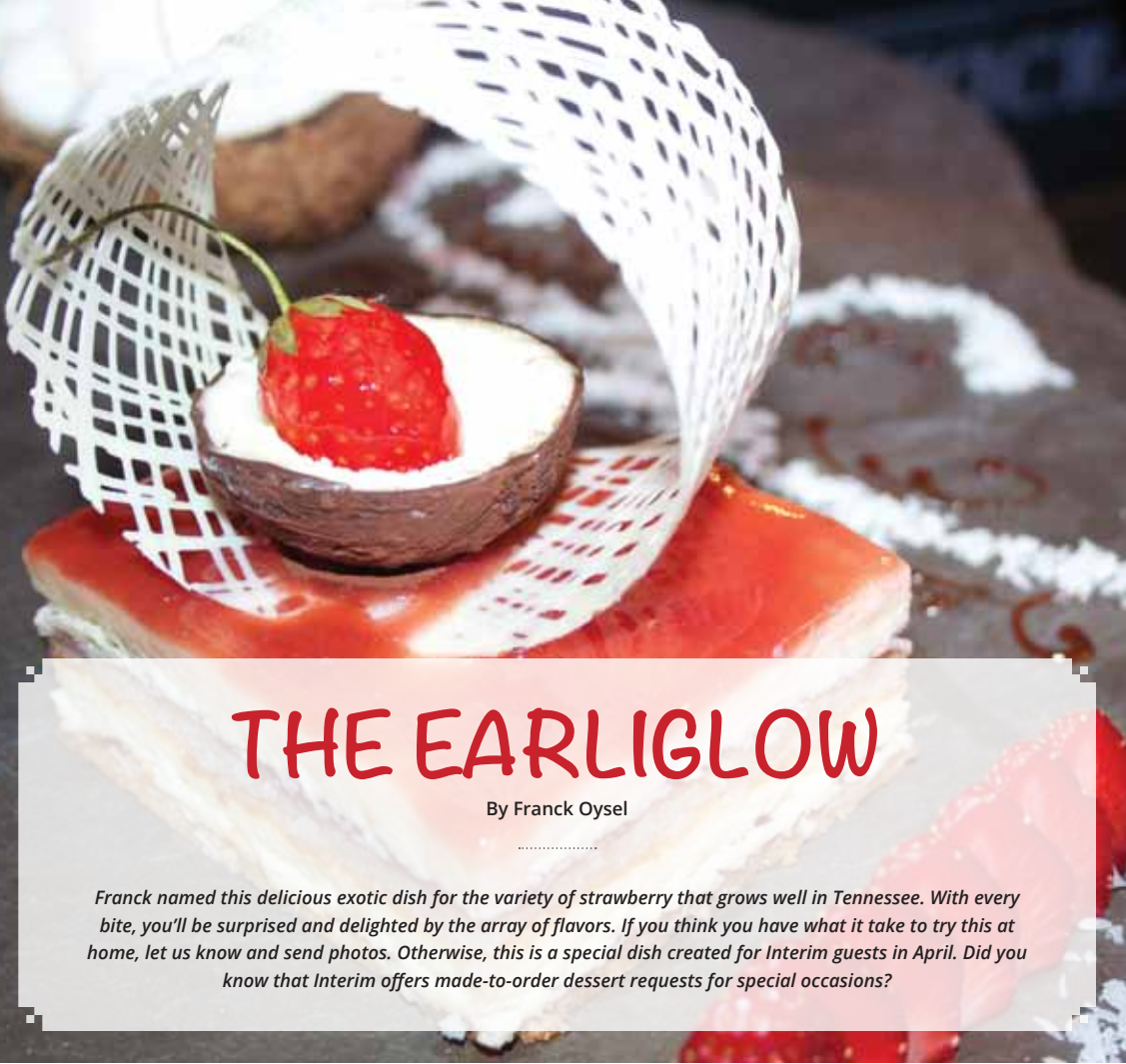
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Stoli® Salted Karamel, the world's first salted caramel-flavored vodka, offers the perfect balance of sweet and savory. Indulge your taste buds with sweet caramelized sugar and soft English toffee, balanced with a light saltiness that draws out the caramel for a taste that is completely delicious. The aromas include a harmony of rich caramel candy and perfectly toasted sugar. It possesses an elegant quality and a smooth finish, making it the perfect delight on the rocks. \$23.99

10

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Great Wines & Spirits is located at 6150 Poplar Avenue in Regalia, Memphis, TN, 38119. Vick Patel and his staff invite your questions and patronage. Contact them at 901.682.1333 or greatwinesmemphis.com.



THE EARLIGLOW

By Franck Oysel

Franck named this delicious exotic dish for the variety of strawberry that grows well in Tennessee. With every bite, you'll be surprised and delighted by the array of flavors. If you think you have what it take to try this at home, let us know and send photos. Otherwise, this is a special dish created for Interim guests in April. Did you know that Interim offers made-to-order dessert requests for special occasions?



Dacquoise Coco

Ingredients

85g egg whites
30g sugar
25g almond flour
65g powdered sugar
100g shaved coconut

Directions

Whip egg whites and add sugar. Once mixed, add almond flour and coconut. Spread dough out on a cookie sheet and bake for 20 minutes at 350.

Coconut Mousse

Ingredients

150g whole milk
25g egg yolk
65g powdered sugar
20g cornstarch
12g sugar
90g white chocolate chips
120g cream
10g shaved coconut

Directions

Make pastry cream (milk, yolks, powdered sugar, corn starch). Add coconut and melted white chocolate chips. Put mixture in the freezer for 20 minutes. After chilled, add whipped cream.

Strawberry Puree

Ingredients

100g sugar
100g water
200g strawberry puree
12g pectin

Directions

In a saucepan, cook sugar and water at 120 Celsius. Add strawberry puree and bring to boil. Add pectin and 20g of sugar and continue boiling for 3 minutes.

To Build the Dessert:

Directions

You will be alternating layers of the Dacquoise Coco, Coconut Mousse, and Strawberry Puree. Cake, puree, mousse, cake, puree, mousse, puree. Cut the cake into equal size rectangular portions.



LUNCH | DINNER | BRUNCH | BEVERAGES | DESSERTS

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photos Hal Jaffe Photography



Purim Celebration



TEMPLE ISRAEL

Purim Carnival and Purimspiel





This Spring, Jewish Community Partners continued their efforts in Holocaust education with students in Memphis.

8th grade students from Sherwood Middle School accompanied their teacher Doug Wulsin to the Memphis Jewish Community Center for a screening of Lives Restarted, the JCP-commissioned film documenting the experiences of Memphis Holocaust survivors and their descendants. JCP's Community Impact Director Bluma Zuckerbrot-Finkelstein opened the screening, introducing the film's executive producer and second generation Holocaust survivor Jerry Ehrlich, and Shelley Robbins, another second generation survivor. Jerry and Shelley spoke to the students briefly before the film was shown. Wulsin's classes have just completed a unit that used The Diary of Anne Frank to learn about the Holocaust.

A few days later, survivor Jack Cohen visited Holly Rasmussen's students at Cordova High School, talking with students about his experiences and how they shaped his life.

"My student Xiaoshi "Michael" Chen is from China. He had a great discourse with Mr. Cohen about what it's like returning to a country and not holding animosity towards those that persecuted you," Rasmussen said. "He even exchanged emails with Mr. Cohen to continue their conversation."



Residents enjoy an "Under The Sea" Purim performance by Beth Shalom Synagogue students.





MS Fogelman JSU at Hillel of Memphis Leadership Retreat, Shabbat dinner, Super Bowl



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Margolin Hebrew Academy Purim Festivities





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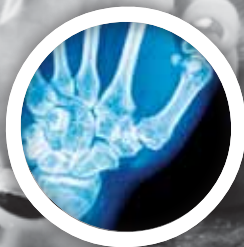
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