

L'Dor V'Dor

from generation to generation • the newsletter of the Nebraska Jewish Historical Society

NJHS 30th ANNIVERSARY CELEBRATION

On Sunday, October 14th the NJHS held a 30th anniversary celebration. Joanie Bernstein served as master of ceremonies. NJHS founders, Oliver Pollak, Silvia Roffman, Lois Friedman and Joie Simon were honored. Midge Bowers received the Shirley Berman, Volunteer of the Year Award.

A special video in tribute to Dr. Ben Nachman was shown. Ben's family from Scottsdale attended.



Nancy Nachman, Judge Ben Novicoff, Marilyn and Lauren Colick



Noah Atlas, Zoe Riekes, and Zach Atlas

Following the program in the JCC Theater, the newly relocated Henry and Dorothy Riekes Museum was officially opened to the community. Thanks to Friedel Academy and the Jewish Federation of Omaha this historical treasure was moved to the main entrance of the "J". If you have not had the pleasure of visiting this new facility please contact the NJHS office for a tour or just stop by the next time you are at the JCC.



Lois Friedman, Ducky and Mike Milder



NJHS 30th Anniversary Exhibit



Howard Kutler, Sue & Tom Friedman, Lorrie Katelman

A dessert reception followed all the activities. A great afternoon was enjoyed by all.

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Letter from NJHS Board President, Sue Friedman Millward

I began a journey five years ago to expand my family tree to include additional branches of the Krasnes (my mother's family). Around every corner I find a new branch to explore. My research comes in many forms but primarily from online conversations prompted by Ancestry.com and Jewish.Gen.org.

I have met cousins from Washington State to Maine and even connected with a possible family connection in Russia. In an effort to maintain these newly-found relationships, we have set up a family Genealogy page on Facebook where relatives can exchange information and photos. The possibilities are endless.

The mission of the NJHS is to preserve the histories of Jewish families who settled in Nebraska and western Iowa. So in this pursuit we are offering a monthly workshop to create and develop your family tree. **The workshop is open to the public and free of charge.** Meetings will be guided by me, Lorrie Katelman and Steve Perelman.

In each session we will share with you the steps to start and develop your unique tree. For those of you already working on your family history, we will network and share the latest resources that can facilitate our goals. At a time when technology is changing the face of genealogy, there are always new methods and sites to enhance our search.

I hope you will join us the third Sunday of each month **starting January 20, 2013 at 1:00 p.m.** at the offices of the Nebraska Jewish Historical Society located directly across from the Jewish Federation Offices at the Jewish Community Center.

Additional sessions will be held on Sunday February 17, March 17, and April 21. Please contact me, Sue Millward, at 402-630-4241 or suefm04@aol.com for any questions regarding this exciting new endeavor.

NJHS 30th Anniversary Celebration Continued



Steve and Ari Riekes with Rabbi Levin



NJHS 30th Anniversary Exhibit



NJHS 30th Anniversary Exhibit - Gary Gerelick



Alan Handelman and Bob Belgrade

“The 1901 Cook Book Compiled for the Benefit of Building Fund for Temple Israel”

Oliver B. Pollak¹

In May 2002, I placed an ad inquiring about Temple’s 1901 cookbook in the *Omaha Jewish Press*. Dr. Morton H. Kulesh of Scottsdale, a longtime Omaha pathologist, responded with a photocopy in July.² In 2005, Mary Sue and Alex Grossman presented Miriam Grossman’s 1901 edition to the NJHS. The older the cookbook the more life interferes with its condition and existence. The only library copy of this volume is in the Texas Women’s Library. I provided the New York Public Library with a photocopy.

In 1901 there was scant precedent for congregational cookbooks. The first Jewish cookbook sponsored by women appeared in Denver in 1888. Omaha Temple women wanted to raise money for the synagogue building fund by selling advertising and sharing recipes. It was a slow start for a major feature of American food culture, the over 1400 local Jewish cookbooks.

Congregation cookbooks are precious windows into social organization, fund raising, ethnic and religious culinary traditions, domestic economy and merchandising. Cookbooks are a snapshot of a bygone age and continuity. Food ways have adjusted as gas, electric, and microwave and other labor saving devices replaced coal and wood.

What does not change is our annual cycle of religious observance though food accompanying them may differ between Reform, Ashkenazi and Sephardic congregations. We eat about a thousand meals a year. Religiosity and concerns about healthy living and diet influenced the repertoire of dishes.

Temple’s first cookbook was 78 pages in length, contained about 150 recipes and had 66 contributors. Sixty-two married women who are known by their husband’s first name, and four single women. Miss Stella Singer offered fried brains and Mae Heller, Welsh Rarebit. Almost all the recipes were signed. Mrs. Charles Rosewater provided 7 recipes, Louis Hostetter and Theodore Mayer 6 each, and D. Schlesinger 5. Family links were obvious – Recipes were provided by Elma, Lee, Louis, May, Nathan and S. Rothschild, three Hellers, and two members of the Brandeis, Kirschbraun and Rosewater families.

The Wine Sauce recipe is one of the few unsigned contributions.

One glass wine
One-half glass water
Sugar to taste
Three eggs, yolks
Boil until thick
Beat whites and spread on top (48)

Manischewitz started business in 1888.

Recipe contributors mentioned specific brands such as Crosse & Blackwell, King of Pastry flour, Cudahy’s Extract of Beef, Platt & Co. Salad Dressing (French dressing, mayonnaise, and catsup), Blue Bell Wheat Flour, New Process New Orleans Molasses, Graham Flour, Old Settlers Maple Syrup, and Cudahy’s Ox Gall Soap. Advertisers mentioned in recipes included Dr. G. H. Baker’s Extract (lemon, orange, vanilla, cloves, and cinnamon), West Point Creamery Butter, West Point Whole Wheat Health Flour, Fleischmann’s Compressed Yeast, and C. P. Baking Powder.

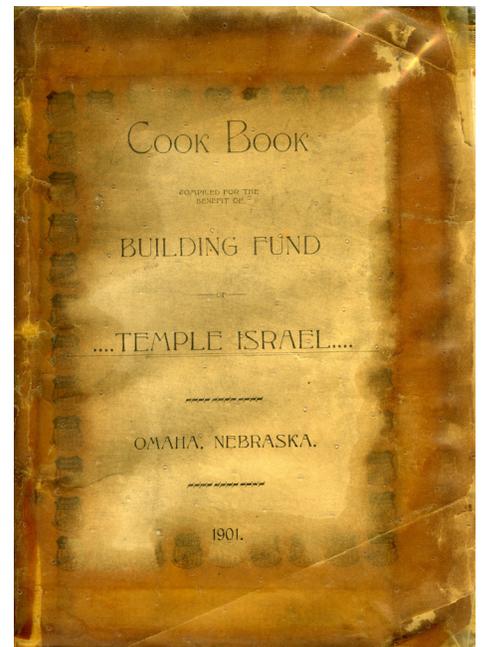
Rabbi Isaac P. Mendes of Mickva Israel, Savannah, Georgia, endorsed Wesson cooking and salad oils as appropriate for “Israelites who are strict in the observance of their Dietary Laws.” It appeared in several recipes.

Mrs. A. Heller’s Mocha Torte used Crosse & Blackwell’s Mocha Essence; Helen Lavenson from Sacramento offered another version. There were two recipes for Tutti Frutti. Mrs. G. Adler’s Bread Torte (Bread Pudding) called for one glass brandy.

Temple had a strong German contingent as the names Adler and Rosenstock suggest. This is further revealed in cook book recipes such as Berliner Pfann Kuchen from Mrs. Ferdinand Adler, German Pancakes by Max A. Reichenberg, Himmel’s Torte from Arthur Brandeis, and Leb Kuchen by Will Harris. Two pages, “*Dessert für After-Feiertage*,” four dessert recipes, by Mrs. J. L. Brandeis were printed in German gothic script.

The Easter Desserts chapter were actually Passover dishes and included sponge cake with matzos flour by D. Schlesinger and matzos dipped in eggs by L. Berger. The editors used yolks rather than yokes. There were clam, oyster and lobster recipes.

The editors acknowledged the advertisers, “We desire to express our thanks to the merchants of Omaha for their kind and courteous assistance which has helped to make this venture a success.” There were 62 ads. No business was west of 18th Street. Transportation ads included five railroads: Burlington,



Temple Israel 1901 Cook Book

Continued on next page

Temple Israel 1901 Cook Book Continued

Missouri Pacific, Union Pacific, Northwestern, Chicago Milwaukee and St. Paul. Drummond Carriage Co. featured a runabout, Collins & Morrison specialized in Fine Harnesses, and W. A. Watson maintained a Pathological horseshoeing establishment. Omaha Bicycle Co. at 16th and Chicago was the sole agent for National, Cleveland, Racycle, Manson, Spalding and Mitchell brands. There were two coal and coke advertisements and one hat shop.

Names still somewhat familiar include Fleischman Yeast, Beaton & McGinn Drug Co, Megeath Stationery, Mercer Chemical Co. and Nebraska Clothing Co. as well as Metz Brothers brewing, Fred Krug Brewing, Omaha Brewing Association, and Anheuser-Busch. Green River Kentucky whiskey advertised itself as “The whiskey without a headache.”

Cook Book Contributors - all are married or widows unless noted by Miss.³

Ferdinand Adler
G. Adler
Miss Beckman
Bergmon
L. Beyer
S. Blath
Arthur Brandeis
J.L. Brandeis
A. Brown
I. Brown
Albert Cahn
Herman Cohn
L.M. Cohn
Maurice Degen
Sol Degen
Albert Dreyfoos
E. Fishel
Sam Frank
Miss E. Frish
Sol Goldstrom
D. Gross
Will Harris
A. Heller

L. Heller
Miss Mae Heller
Louis Hostetter (Las Cruces, New Mexico)
I. Kaufman
Chas Kirschbraun
L. Kirschbraun
Nettie Klein
Helen Levenson (Sacramento, Ca.)
Morris Levy
J. Lobman
A. Mandelberg
H. May
Theodore Mayer
Jos Metzler
Max Morris
S. Moses
A. Newman
B. Newman
Belle V. Power
Max A. Reichenberg
S. Reichenberg

S. Rice
J. Rosenstein
H. Rosenstock
Ben Rosenthal
Charles Rosewater
E. Rosewater
Miss Elma Rothschild
Lee Rothschild
Louis Rothschild
May Rothschild
Nathan Rothschild
S. Rothschild
Chas Schlanke
D. Schlesinger
Abram Simon
Charles Singer
Miss Stella Singer
J. Sonnenberg
N.A. Spiesbergen
D. Wells
Sam Wertheimer
William Wolff

(Endnotes)

1 Thanks for assistance go to Karen Pollak, Renee Corcoran, and Cathy Weiner.

2 Dr. Kulesh, born in 1923, died on November 21, 2012.

3 Census records and city directories identify family size, occupations and neighborhood patterns.

YOUR MEMBERSHIP IS NEEDED

Your continued membership helps plan programs and exhibits which fulfill our goal of preserving the history of Jewish families for future generations. *Your* support is very important to us. Our membership year is January 1st through December 31st.

We welcome *your* suggestions of potential new members. Also, NJHS memberships make excellent gifts and often give a former Nebraskan the opportunity to get reacquainted with our community.

NJHS membership envelopes have been mailed for *your* consideration.

With *your* help we will have another 30 years of preserving our rich history.

FROM DICK ROCHMAN,
NJHS MEMBERSHIP CHAIRPERSON

Read It and Eat...Recipes and Recollections

by Lois Friedman

Luckily when I think of food memories, it is like visiting a groaning sideboard...full of wonderful choices from our family's food experiences and adventures. One of my personal favorites relates to teaching table manners when our children were young...sit up straight, use your fork, get your elbows off the table, say please, chew with your mouth closed and so on. (Full disclosure: I must admit that when yet another glass of milk got spilled and I thought I'd lose it, I'd pretend they were someone else's children and their mother would be coming to pick them up soon!) As a summer treat for all the nagging, we let out all the stops with "slop night" on a warm summer evening. The menu usually was Jello, applesauce, Spaghetti-o's, cottage cheese, other mushy things and ice cream for dessert. We ate outside and there were no serving spoons and we didn't use any forks or spoons to eat with...if you wanted Jello, you just had a handful...mostly we laughed, spilled Kool-aid and didn't give a hoot about any table manners, followed by playing in the hose. Needless to say our dog, Marshmallow, had a wonderful time helping clean up!



What about you? Can a time of the year, a picture of someone or something, a taste or smell of a favorite comfort food bring back a flood of memories? Or maybe just something out of the blue, remind you of some treasured moment. To all of you in the community, who shared your memories and recipes, thank you for sharing. Here are the treasure trove goodies and memories.

Recipes

Appetizers - Nan Katz

I am what you would call the "appetizer queen". I would rather make and eat appetizers than a real meal. Both of these recipes are very old. They were exchanged at dinner parties and are excellent with wine before dinner.

Salmon Spread

16 oz. can red salmon, 1 tsp. liquid smoke, 1 tbsp. lemon juice, ¼ tsp. salt, 2 tsp. diced onion, 8 oz. cream cheese. Mix all together.

Egg Dip

8 oz. cream cheese, 4 eggs, hard boiled and strained (or use the food processor), ½ small onion, finely chopped, mayonnaise, to adjust texture, salt, pepper and tabasco sauce to taste. Combine all ingredients.

Fig Wine - Jenny Gordon

Drink and be merry.

Fig Wine

5 lbs. figs, 1 lb. raisins, 8 lbs. sugar, 16 quarts boiled water, 1/2 yeast cake. Grind figs and raisins and add to the boiled water. Let stand in water until luke warm, and then add the yeast cake. Let stand in a jug or jar for 2 weeks. The first week stir every morning and evening. The second week just let it stand.

Matzo Ball Soup - Lorrie Katelman

Simple, I know. As a Jew by choice I had no recipes or reference point for a Jewish holiday or traditional foods. Preparing for our first Passover I called my mother-in-law, Anna Jane Katelman. She was living half ways across the country in Florida at the time. She was so patient. Over the phone my mother-in-law talked me through every recipe along with her "tips and tricks" for success. To this day I make awesome Matzo Balls (so our family says), always light and delicious. She took the time to literally walk and talk me through this and other Jewish family recipes. She helped our home be an extension of what Gary and his family had always enjoyed.

Matzo Ball Soup

Base: 3 eggs, 3 tbsp. water, ¾ cup Matzo Meal, 3 tbsp. butter (melted). For each batch: 1 large can chicken broth, 1 small can beef broth, salt and pepper, season to taste. Beat eggs until frothy, add water, then add Matzo Meal. After all beaten together, add melted butter and continue to beat until all blended. Uncovered, set aside in refrigerator for at least 4 hours. Can leave overnight. Boil water to hard boil. Roll matzo in to balls, but do not over handle. The less you handle the lighter they will be. Drop matzo balls into uncovered pot. They should rise within a few seconds. Don't overload the pot. Hard boil for 30 minutes. Heat broth. Strain Matzo balls and put in soup. Keep warm until ready to serve.

Ada Frohm Mann's Cabbage Soup - Linda Mann

This recipe is from Harold's mom, Ada Frohm Mann. She was Carl Frohm's sister. My mother-in-law cooked 3 meals a day for her husband and 3 sons. They lived in a very small city in North Carolina so they ate most meals at home. Ada Frohm Mann prided herself on making Jewish recipes with flair. She cooked meals slow and always included soup for lunch and dinner.

Cabbage Soup

Soup bones (beef bones of any type) 1 lb. beef meat cubed (chuck or stew). Bring 8 cups water to boil. Add bones and bring to boil again. Turn heat low and simmer for 1-2 hours. Drain and strain water. Set aside. In same pot add 2-3 cans large cans stewed tomatoes, tomato sauce, and large can of tomato paste; add 1/2 cup vinegar, salt and pepper, 1 cup brown sugar. Bring to low simmer and slowly add strained water. Heat very slowly. Ada put the soup in the oven at 300 degrees and left it there until meal time. Cannot over cook! Need to justify the taste before serving.

Bertha Cook's Gefilte Fish and Oven Stew - Helen Epstein

My mother was not the best cook, because she didn't have to be. Her mother, (my grandmother) lived a block away from us and was a fantastic cook. She usually made us whatever she made for my grandfather and her. However, my mother made two recipes that were really good. They were shortened versions of standards. The first one was for doctored up gefilte fish. This is in her writing and her words:

Gefilte Fish

1 jar of gefilte fish (any size), 1-1/2 cups of cold water, 1 onion (cut in chunks), 1 carrot, cut up, 2 tbsp. oil, enough pepper to taste, 1 tbsp. or a little more sugar, Cook all of the ingredients for an hour or a little more, I cover the pot, but I don't remember whether she did or not.

Here's the next one. It's for an oven stew. My mother loved finding easy ways and shortcuts for cooking.

Oven Stew

DO NOT BROWN THE MEAT! 3/4 lb. stew meat, 1-1/2 cups carrots sliced thick, 2 medium potatoes cut in large pieces, 1/2 tbsp. sugar, 1-1/2 tsp. salt, 1/2 cup celery cut in slices, 1/2 onion sliced, 1 cup canned tomatoes, 1 tbsp. minute tapioca. Put all of the ingredients in a large tightly covered pan. Bake in a 250 degree oven for 5 to 6 hours. Do not disturb the stew while cooking it.

Bubbie's Hot Cereal and Kreplach - Nancy Nachman Silverman

When I was very young I'd spend the night with Bubbie and Zeddah, Lena and Morris Nachman. In the morning Bubbie would make me hot cereal. I thought nothing of the hot cereal until the early 90s

when I went to Ukraine with Dad (Ben Nachman). One morning we were served hot cereal. The memories of a long forgotten delicacy came flooding back to me. It may sound strange or crazy, but to a little kid it was a mechaya! All it is...cooked rice, hot milk and sugar. Simple. Yes. Perfect on a cold morning. Yes. Even better when starving in Ukraine with Dad. YES!

My favorite Jewish food that Mom and Dad made together was kreplach. I make them, too. Of course we would make them and freeze them to put in the soup. In my house they barely get to the freezer before Jacquelyn and Rusty beg me to fry them up, before you know it, there are none left for the soup. Oy, fried kreplach! A real mechaya!

Kreplach

Noodle dough: 2 cups flour, 2 eggs beaten, 1/2 tsp. salt, 1-1/2 tbsp. water. Place flour in a large bowl. Make a well and pour in the eggs, salt and water. Mix together until dough comes together. Turn out dough on a well-floured board and knead until smooth. Cover dough with a towel and let rest for 30 minutes. Meat filling: 1 large rib eye steak on the bone, 2 large onions sliced, salt and pepper to taste. Heat oven to 375 degrees and place sliced onions in the bottom of a pie plate. Place seasoned rib eye on top of onion and bake for 45 minutes. Remove from oven and let meat cool to room temperature. Once cooled remove meat from the bone and discard the bones and congealed fat. Place meat and onions into the bowl of a food processor and whirl until finely minced.

Making kreplach: Divide dough in two parts. Cover the part you aren't using yet. Roll out the dough on a well-floured board until it's very thin, about 1/8". Cut dough into squares. Place 1 tbsp. meat onto the square. Fold into a triangle and seal edges with a fork. Place kreplach on a floured baking sheet and cover to keep them from drying out. Repeat with the remaining dough. At this point you can place the baking sheet into the freezer uncovered. When frozen, place the kreplach into a plastic bag and freeze up to 4 months. When ready to make them, boil the soup and place frozen kreplach into the soup pot. When they float to the top they are ready. Another option is to place canola oil in a pan and fry the kreplach until golden brown on both sides.

Mexican Turkey Chile Mole - Rocky Stern

This is a great recipe when gathering friends & family to watch a Husker football game. It always gets rave reviews. It's a sure way to bring home a winner.

Mexican Turkey Chile Mole

2 medium onions chopped, 2 green peppers chopped, 4 cloves garlic finely chopped, 4 cloves garlic finely chopped, 1/4 cup chili powder to taste, 2 tbsp. vegetable oil, 1 tbsp. cumin, 2 tsp. salt, 1 1/2 tsp. dried oregano, 2 tsp. red pepper flakes, 1/2 tps. cinnamon, 2 lbs. ground turkey, 28 oz. diced tomatoes, 12 oz. (1 can) beer, 1 sq. (1 oz.) semisweet chopped chocolate, 1-6 oz. can tomato paste, 1-15 oz. can red kidney beans drain & rinse, sour cream & cheddar cheese for garnish.

In a large saucepan sauté onions, peppers & garlic in oil for 3 minutes. Stir in chili powder, cumin, oregano, salt, pepper flakes & cinnamon. Cook 1 minute. Add turkey. Cook until not pink, about 5 minutes. Add tomatoes, beer, chocolate, tomato paste & beans. Simmer uncovered 2-3- minutes. Serve with salad & crusty bread. Serves 7-8.

Vegetable Kugelach and Mondel Brot - Nancy Hornstein & Enid Wenner

We remember our mother (Grandma Sally, fondly known as GS) baking mondrel brot and Passover vegetable kugels, she called kugellas. Not a year goes by without getting calls from family and friends asking for her recipes.

There was never a time after GS started making the mondrel brot that she did not have a batch or two in her freezer for everyone who visited or whom she visited. Nancy would often take mondrel brot to Borsheim's break room or for hostess gifts. GS would always send some to Denver for Enid's Super Bowl Party. The vegetable kugels were always a family tradition at our Passover Seder. Now every year around holidays, family and friends call to tell us that GS's recipes are being made. This keeps our mother's memory alive for all of us.

GS was a wonderful cook and baker. She learned by watching her mother, Toby Morgan. However, GS had a difficult time getting an actual recipe from Grandma Toby. It was always "just a little of this and a pinch of that." These two very special women gave both of us our love for cooking and baking. Enjoy!!!

Grandma Sally's Vegetable Kugelach Recipe

Sauté in 6 tbsp. butter for 10 minutes: 1/4 cup chopped green pepper, 1 cup chopped onion, 1/2 cup chopped celery, 1-1/2 cup grated carrots. Drain 10 oz. package chopped spinach and add to vegetables. Add 3/4 cup matzo meal, 1 1/2 tsp. salt, pepper and then 3 beaten eggs. Well grease muffin tin (36 mini muffins). Bake 350 degrees for 20 minutes (45 minutes of 12 large muffins).

Grandma Sally's Mondel Brot Recipe

Bess Stern's Mondel Brot

Preheat oven 350 degrees. Small loaf pans - oil or grease - 4 1/2" by 8 1/2" available in aluminum pans at grocers. Takes 3 for 1 batch. 1 stick margarine, 1-1/2 cup sugar, 4 large eggs, 2 cups sifted flour, 1/2 tsp. baking powder, 3 cups pecan halves, 2 tsp. vanilla, Cream sugar and margarine. Add eggs 1 at a time. Add rest of ingredients. Pour into the loaf pans. Bake 30 minutes. Remove from oven - cool 5 minutes - remove carefully from pans. Wrap in foil - freeze. When ready to finish - remove from freezer. Slice with sharp knife rather thin slices. I use an electric knife. Lay each slice on cookie sheet, sprayed lightly with "Pam". Set oven at 300 degrees - Watch so it does not get too brown - 15 or 20 minutes should do it. Remove from oven - cool - and enjoy

Mandel Brot with Sprinkles- Howard Silberg

This was a recipe my mother, Lillian Adland Silberg used to make. However, I made few changes by using unsalted butter, not Oleo and a higher quality flour. Makes a difference! She also used to lay the pieces on the side on the 2nd baking; I stand them upright so both sides brown evenly. We had these where I grew up in Milwaukee for special occasions. I think the colored cake sprinkles were her idea to make it prettier.

Mandel Brot

2 sticks unsalted butter, 1 cup sugar, blend, add 4 eggs + 1 tsp. vanilla, blend, add 1 tsp. salt, 1 tsp. baking powder, blend, add 4 cups Hodgkin Mill flour, 1 cup chopped walnuts, colored cake sprinkles (optional, for color). Bake 350 for 40 minutes. Remove from oven, slice and separate (go to 2 pans) stand up pieces so both sides get brown. Bake 20 minutes or until pieces get tan. Let cool

Mondel Bread, Knishes and Blintzes - Cookie Hoberman

"When I was growing up...life was simpler...roles more defined... Mothers stayed home and cooked and baked...Dads went to work. We "all" ate 3 predictable meals...and the evening was the entire family. In our house the kitchen was the center of the family where conversations and sharing took place and the aromas were "very enticing!"

Blintzes

Should WATCH someone do it FIRST! Filling: 1 lg. cream cheese, 24 oz. Friendship Farmer cheese (frozen, defrost in refrigerator), 1 egg yolk, 1 tbsp. Vanilla. Blend in mixer: Dough: 2 eggs, 1 cup flour, 1-1/3 cup water, Blend dough in blender till smooth...then pour in buttered very hot pan and swizzle for a sheer layer like a crepe and pour out and leave on heat for about a minute till it can be turned out on great wax paper or foil. Place a spoonful of filling in middle and fold...set in container and fry in butter until brown on both sides. I use a pancake skillet...must use a lot of butter to keep from sticking.

Knishes Grandma Ann

This dough is for Pecan Rolls too! Dough: 1 stick margarine, 3/4 cup water, melt together & let cool to lukewarm. 3 eggs (beat lightly), 3 tbsp. sugar (for sweet rolls - 1/2 cup sugar), 3 tbsp. sugar (for sweet rolls - 1/2 cup sugar), 1 tsp. salt, 4 cups flour - A. P. (not sifted), 1 pkg. Red Star active dry yeast, 1/4 cup warm water. Add 1/4 cup water to yeast. Add margarine & water to slightly beaten egg mix. Add 2 cups flour. Add yeast & water mix, then add rest of flour. *OR...MAYBE COULD USE PREPARED DOUGH LIKE AND ROLL OUT... Let Dough Rise. Filling: Used cooked meat...short ribs...or brisket. Grind meat. Sautee onion in Schmaltz until you can see through the onion. Add one egg (beaten). Meat should be moist. Roll out dough and take top of glass and cut round circles and fill dough with a "plop" of meat and fold and seal the meat inside... Let rise more...not sure if you used prepared dough if this is necessary... Deep fry in oil until golden brown...place on

paper towels to drain...can be frozen and reheated.

Mondel Bread from Ann Epstein

1 cup Crisco (in can), 1 tbsp. lemon juice, 1-1/2 cups sugar, 1 tbsp. orange juice, 4 cups flour, 4 tsp. pure vanilla, 6 eggs, 1-1/2 cups chopped pecans...use large package, 4 tsp. baking powder. You Need: 6 Aluminum ice cube tray pans well-greased with corn oil towels for flipping bread on to cut so crumbs don't get "all over", bowl of sugar that has been mixed with cinnamon to a light golden color...taste to see if cinnamon enough. In mix master mix Crisco and sugar. Add flour & eggs alternately. Starting and ending with flour, add other ingredients, ending with pecans...do not beat pecans...just enough to mix through. Scoop six equal portions into ice cube trays; flatten and spread with hands (wet hands with cold water to prevent sticking). Shape with butter knife by scraping away from sides and ends to form a rounded similar shape in each tray. Pre-heat oven and bake 23 minutes at 350 degrees. When baked and golden brown (each oven is different) flip onto cloth towels & remove trays. Immediately slice into 3/4" slices and place each slice on cookie sheets (not greased). Liberally sprinkle with cinnamon sugar on BOTH sides of pieces. Place back in oven for 10 mins. Turn oven off and let bread crisp up in warm oven until cool. Freezes great. Tastes great frozen too!

Jeannie Epstein's Popovers - Helen Epstein

My mother-in-law, Jennie Epstein, was a great cook. She never used recipes. Her meals were extremely creative, but really good most of the time. She always made these at Passover time and I had to pin her down to write this recipe down for me. Some people call them Passover buns, she always called them "popovers".

Jennie Epstein's Popovers

3/4 cup water, 1/4 cup oil, salt. Boil these three ingredients. Stir in 1 cup matzo meal. Add 3 eggs (1 at a time) stirring each one in well. Form balls the size of walnuts or a little larger. For high hollow ones, bake 450 degrees for 15 minutes, then 350 degrees for 15 minutes.

For sandwich buns, bake 350 degrees for 30 minutes.

Sara's Noodle Pudding - Sue Millward

Growing up in Omaha, I was one of the lucky ones. Our family lived in the heart of the historic "Bagel" neighborhood with all of our aunts, uncles and first cousins only a bike ride away.

I am the second oldest of the four Friedman siblings. My sister Anne Friedman Shackman was the oldest, then me, my brother Howard, and the youngest, Tom. We were all very close in age and we were very grateful to have lived in a neighborhood with so many young families. There was always someone up, or down the street to walk to school with or round up for a game of softball.

On the week-ends, we often spent Sunday evening at the home of our grandparents, Sara and Millard Krasne. They loved to have the family over and if the weather permitted, we would eat outside on their slate patio around a large glass patio table. Grandma would cook up a sumptuous feast of chicken, vegetables, potatoes with salad and some choice dessert.

But it was usually for holidays such as Hanukkah or Passover that she made our family favorites including: Matzah ball soup, gefilte fish, brisket, noodle pudding (our family version of kugel), her famous pecan rolls and much more.

I am certain if you asked any of us or our Krasne cousins, what was our favorite food from that time, we would have a difficult time choosing a single favorite. For myself I know it wasn't the gefilte fish at least not until I was older. I think my personal preference was the noodle pudding. At dinner I would always take one large piece with my meal but I always came back for more. Then again the pecan rolls were a very close second choice...or maybe they were my favorite and the noodle pudding was my second favorite. In any case you get the idea...

So for the purpose of this article, I am going to share my family favorite – the noodle pudding. Grandma told me her secret ingredient was a "little apple jelly". I may have her recipe but no matter how many times I make it my noodle pudding just isn't the same. I think Grandma must have put a little more "love" into it than I do. Hope you enjoy it.

Sara's Noodle Pudding

12 oz. pkg. of egg noodles, Cook in salt water until soft, then blanch in cold water and drain well. Beat together: 6 eggs, 2/3 cups sugar, 1 finely grated apple, "A little apple jelly", 2 tbsp. melted butter, salt to taste. Add noodles to the mixture above, and hand mix together. Pour into a well-greased baking dish. Bake 1 hour at 350 degrees.

Her recipe reminded us that it is easier to serve if you cut into squares 30 minutes into the baking.



Chocolate Babka - Amy Nachman

Babka always reminds us of Israel and in turn, Alan's grandmother, Ida Potash.

Chocolate Babka

Makes 2 (8 1/2-by-4 1/2-inch) loaf pans of Jewish Chocolate Babka. Prep Time: 30 minutes Cook Time: 40 minutes. Total Time: 1 hour, 10 minutes. Ingredients: Dough: 1/2 cup milk, 3/4 cup sugar, 1 pkg. active dry yeast, 3 cups all-purpose flour, pinch salt, 8 oz. (2 sticks) cold butter, cut into pieces, 3 large eggs, separated. Filling: 1 (12-ounce) can chocolate filling, not frosting. Topping: 3 tbsp. all-purpose flour, 4 tbsp. sugar, 2 tbsp. cold butter, 1 (12-ounce) can chocolate filling, not frosting, 3 tbsp. all-purpose flour, 4 tbsp. sugar. Preparation: Scald the milk and let cool to 110 degrees. Stir in 1 tbsp. of the sugar and the yeast. Let stand for 7 minutes until bubbly. Meanwhile, in the bowl of a food processor fitted with the metal blade (or by hand using a pastry blender), combine flour, salt and 3 tbsp. of the sugar, pulsing to blend. Pulse in the butter as for pie dough. Add the egg yolks and yeast mixture and pulse until a ball of dough forms. Place in a clean bowl, cover with plastic wrap and refrigerate several hours or overnight. Grease two (8 1/2-by-4 1/2-inch) loaf pans and set aside. Beat reserved egg whites until soft peaks form. Add remaining sugar and whip until stiff peaks form. Reserve. Prepare the streusel topping by mixing the flour and sugar and cutting in the butter as for pie dough. Divide dough in half (refrigerating the half not being rolled) and, on a lightly floured surface or parchment paper, roll each half into a 12-by-18-inch rectangle. Spread dough with half the chocolate filling and then half the egg whites. Fold in the sides of dough and roll up as for a jellyroll. Place in prepared pan. Sprinkle with half the streusel topping. Cover with greased plastic wrap and let rise until above the rim of the pan. Repeat with remaining dough. Place rack in center of oven and heat to 350 degrees. Bake babka for about 40 minutes or until an instant-read thermometer registers 190 degrees. Let cool in pan 5 minutes and then carefully turn out onto a rack to cool completely.

Pumpkin Bread - Beth Staenberg

When my kids were growing up we would go to a pumpkin patch every year before Halloween. Each boy would select their own pumpkin, carve them and have a "brothers contest." Of course everyone won. I made up different categories: i.e. scariest, funniest, etc. During carving we would get all the seeds and roast them. After Halloween I would cut up the pumpkin, cook it, puree it and make various baked items. The boys liked the pumpkin bread the most. This year I did not cut up real pumpkins but bought canned pumpkin, made miniature pumpkin breads and sent them out to the boys. Benny especially requested a box full. I sent them off to Cambridge, emailed him and told him the "golden" pumpkin breads international postage was high but well worth it. I just hope he receives the well wrapped package before they are stale.

Pumpkin Bread

1 cup sugar, 2-1/2 cups flour, 1 tsp. baking soda, 1/2 tsp. salt, 1 tsp. cinnamon, 1/2 tsp. nutmeg, 2 eggs, 1/2 cup cooking oil, 2 cups canned pumpkin, 1/2 cup applesauce (I use homemade!), walnuts (broken into pieces) as desired. Mix dry ingredients together. Add eggs, and oil. Add pumpkin, stir until smooth. Add applesauce and stir again. If you want nuts inside add now or if want nuts on top wait and sprinkle on after loaf pans are filled. Bake about 20 minutes if using miniature loaf pans. Check after 20 minutes with tooth pick. They may need another 2-3 minutes. Bake in 350 degree oven. Be sure loaf pan is non-stick or well-greased. Enjoy!

My Hungarian Grandma's Sweet Rolls - Helen Rifkin

I watched Grandma make her dough every year at Rosh Hashanah. As an adult I asked for the recipe. HA!! All in her head. I carefully measured the ingredients as she used a coffee cup, the palm of her hand, a teaspoon; you get it, and nothing we have in our baking drawer. It took about 10 years of trying and almost there but still not quite until my husband said, "Hooray, I think you got it!!" I hope you enjoy...just have patience.

Grandma's Sweet Rolls

Makes 3 nine inch pans: 2 pkgs. yeast, 1/3 cup warm water, 1 tsp. sugar, 6-7 cups all-purpose flour, 1 tsp. salt, 3/4 cup sugar, 1 cup boiled milk, cooled, 1 cup butter, 6 well beaten eggs, dissolve yeast in warm water with 1 tsp. sugar. It will puff (foam up), let cool. Boil milk and butter together and cool. In a large bowl sift 6 cups flour, salt, make a well in center. Along the edge of flour sprinkle 3/4 cup sugar in the well. Add dissolved yeast, cooled milk, butter and beaten eggs. Gently stir flour from edges into the center until it all comes together. Turn out onto floured board and begin kneading (dough is soft) adding more flour if necessary to make soft pliable dough. Place in clean bowl, cover with plastic wrap, let rise in a warm place until doubled, about 1 hour. Punch down and let rise a second time, until double. Divide into thirds. Roll out to 4 by 12 inches, brush with melted butter. Sprinkle with a mix of: brown sugar, crushed nuts, raisins (optional). Roll up from long side, sealing edges. Cut into 1 inch slices, arrange in prepared pan, sliced side down, I use aluminum round pans, greased and floured. I can get 10 rolls in each pan. Let rise covered with towel, 30 minutes. Bake 350 degrees for 25-30 minutes

Good luck and you will enjoy!

Grandma Schlecter's Apple Cake - Donna Olesh

My mom passed this on to me from her mom. My mother's kitchen was the size of a breadbox and somehow she managed to cook and serve five of us. Her washing machine was also in this kitchen and she hung up the wet clothes on a clothes line that led out from the

kitchen window. I always thought that was pretty cool!

Grandma Schlecter's Apple Cake

375 degrees (45-60 minutes), Part 1 combine: (leave 1 cup of this mixture aside), 4 cups of flour, 2 cups sugar, 2 sticks Oleo. Part 2: with part 1, add 1 heaping tbs. baking powder, 4 eggs, 1 cup milk. Part 3: 3-4 peeled and sliced apples and mixed with cinnamon and sugar, 2 tsp. vanilla. In 13x9 baking dish, put 3/4 of part 2, then part 3, then rest of part 2. Top with the 1 cup of part 1 mixed with cinnamon and sugar.



Five Generations Honey Cake - Judy Vann

Traditionally, honey cake is served honoring the Jewish New Year. This delicious treat symbolizes the sweetness and happiness hoped for during the upcoming twelve months. In my family the richness of this dessert spread from my dear Hungarian grandma to my lovely mother to my delightful daughter-in-law to my charming granddaughter to me...five generations, so far!

Holiday Honey Cake

4 eggs, 2 cups sugar (1/2 cup of it brown), 1 cup honey, 1/2 cup corn oil, 3-1/2 cups flour, 1 tsp. baking soda, 1 tsp. baking powder, 1-1/2 tsp. salt, 1 cup coffee (liquid, cold, strong), 4 tbs. applesauce, 1 cup chopped pecans (divided). Beat eggs in large bowl of electric mixer. Beat in sugar, honey and oil. Mix together dry ingredients, saving 1/4 cup to mix with 1/2 cup nuts. Blend in remaining dry ingredients alternately with coffee. Stir in apple sauce and floured nuts. Pour into well-greased 9" x 13" pan. Sprinkle 1/2 cup nuts on top. Bake 350 degrees for 30 minutes then 325 degrees for last 15 minutes. Test with toothpick. When cool cut into 3" x 1" slices. Do not overbeat or over bake

Our Mom's Brownies - Shirley Raznick Schwarts & Tony Raznick Forbes

There are so many great memories of our mom, Rose Raznick, that selecting just one would be difficult. She was a fantastic cook and a phenomenal mother who loved her family.

Our Mom's Brownies

Melt: 4-1 oz. Hershey's Baking Chocolate Squares and 2 sticks of margarine and cool. Beat: 4 eggs and gradually add 2 cups of granulated sugar and beat until thick and lemon colored. Add: The cooled chocolate mixture and beat well. Add: One cup all-purpose flour and mix thoroughly and 1 teaspoon vanilla. Optional: One small package of chocolate chips. Grease and flour 9x13x2 cake pan. Pour in batter. It will be thick. Bake: 350 degrees for approximately 25 minutes.

Cece Zorinsky's Brownies - Suzy Zorinsky

This recipe is delicious as well as a fond memory for me. I remember when Beth El was the original building and we could bring home baked goodies for the luncheon after a Bar and Bat Mitzvah's. My Mom would always make these. I always wanted to be the one to cut them so that I could nibble on the broken pieces.

Cece Zorinsky's Brownies

Melt: 1/4 lb. butter or margarine, 2 sq. bitter chocolate. Add: 1 cup sugar, pinch of salt, 2 eggs (mix in one at a time), 1/2 cup flour, 1 tsp. vanilla, 1/2 cup chopped walnuts. Bake in greased 8 x 8 pan (which I still use). Bake at 350 degrees for 25 min.

My Mother's Cooking - Midge Bowers

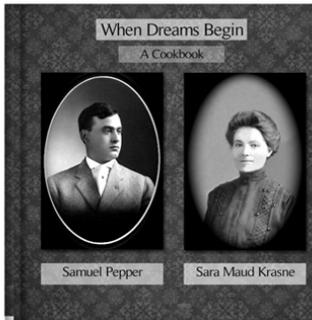
When my mother was first married, she had no idea how to cook. She would go to my grandmother's house (my father's mother, who was from Rumania) to watch her cook. There were no recipes, measuring cups or measuring spoons. I never really thought about this fact until I started looking thru my mother's recipes and realized that many of them had no amounts or measurements - just ingredients. Both of the women were known for their wonderful food. Since my children have asked for their favorite recipes, I have tried to write them in a form they could follow easily.

The NJHS oral history interviews are a very important and valuable part of our archival collection. If you or a family member wants to record your history, contact the Historical Society office at 402/334-6442. Do it for you, for your children and grandchildren!

When Dreams Begin - Maurice Pepper, Jr.

A book was found in July of 2011 in a box marked "Cookbooks" owned by Ramona Slosburg Pepper, wife of Dr. Maurice Lewis Pepper. Dr. Pepper's parents were *Samuel Pepper and Sara Maud Krasne*. They were married December 6, 1911.

The book was made for Sara as a shower or wedding present from her many friends in Fullerton, Nebraska. Sara's special friend, Miss Jessie Kreidler, a teacher and later superintendent of schools in Nance County, Nebraska organized the book. It includes recipes of the day, photos of trips, drawings, magazine cutouts, many references of courtship and marriage and funny little poems and writings. The following is just a sampling of the cookbook that was created over 100 years ago.

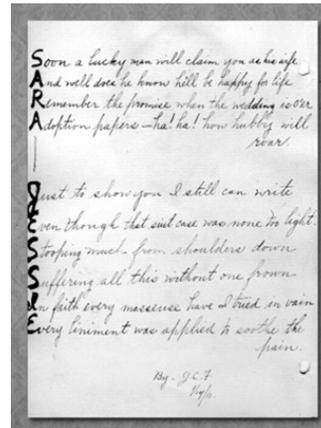


Date Pudding from Lena Kreidler

- 1 cup English walnuts
- 1 cup chopped dates
- 1/2 cup cream
- 1/4 cup flour
- 1-1/4 tsp. baking powder
- 2 eggs - whites beaten separately

Put in buttered flat pan and place in larger pan with hot water in it. Place in oven and steam at a moderate temperature. 40 minutes.

Sara: I usually add a little more flour and a pinch of salt to the recipe. Lena



Soon a lucky man will claim you as his wife
 And well does he know he'll be happy for life
 Remember the promise when the wedding is over
 Adoption papers - Ha! Ha! how hubby will roar.

Just to show you I still can write
 Even though that suit case was none too light.
 Stooping much from shoulders down
 Suffering all this without one frown
 In faith every masseuse have I tried in vain
 Every moment was applied to soothe the pain.

By J.C.K. 1/19/10

From Mary Brown

Stuffed Peppers (Try on Sam)

- 6 green peppers
- 1 onion, finely chopped
- 2 tablespoons butter
- 4 tablespoons chopped mushrooms
- 1/3 cup brown sauce
- 3 tablespoons bread crumbs
- salt & pepper
- buttered bread crumbs
- 4 tablespoons lean raw meat, finely chopped

Cut a slice from stem end of each pepper, remove seeds, and parboil peppers - 15 minutes.

Cook onion in butter three minutes; add mushrooms and meat and cook one minute, then add brown sauce and bread crumbs.

Cool mixture.

Sprinkle peppers with salt, fill with cooked mixture, cover with buttered bread crumbs and bake ten minutes at 350.

L-R: Miss Millie Agnew (Mrs. Lloyd Benson); Miss Edith Agnew (Mrs. Charles Peterson); Miss Jessie Kreidler; Miss Sara Krasne (Mrs. Sam Pepper)
 Spokane trip, July 24, 1909



Twenty-two Iowa Jewish Cookbooks Published Between 1947 and 2008 Exhibited at Council Bluffs Public Library

Oliver B. Pollak*

Community cookbooks are social documents that reveal the role of women, family, food and social organizations built on faith and fellowship. The volunteer effort, usually done through committees, included gathering recipes, selling advertisements, organizing the book, proofreading, printing (usually a template from a publisher specializing in community cookbooks), and distributing the finished book.

Libraries frequently overlook charitable cookbooks. According to WorldCat, Iowa's twenty-two Jewish cookbooks or recipe collections, are only in nine libraries. Four cookbooks are not listed in any library including the 1952 Council Bluffs 1952 work, *What's Cooking in Hadassah*. Over 70 North American communities have published Hadassah cookbooks to raise funds for medical care in Israel.

Jewish cookbooks appeared in nine Iowa cities; 15 prepared by sisterhoods and women's leagues, six from Hadassah, and one from a day school. Synagogue remodeling, moving, and "spring cleaning," jeopardizes cookbook survival. Some organizations that produced the cookbooks no longer exist.

Synagogue fundraising projects included bake and rummage sales, bingo and card parties, and award banquets. Cookbooks, characterized by plastic spiral binders, usually do not obtain copyright or ISBN numbers. Information of city, publisher and year were almost afterthoughts. Even publishers records lack certainty. At least seven were published during the 1970s, perhaps the great age of Jewish volunteer cookbooks.

Considered "ephemera," they elude library the cataloger, thus increasing their potential scarcity. These cookbooks are hard to find. They exist in Jewish homes and suffer the vicissitudes of time and kitchen use often losing their covers and title pages.

I advertized my interest in the *Omaha Jewish Press*, contacted current and former Iowa residents, wrote, emailed, and phoned Iowa synagogues, the Iowa State Historical Society in Des Moines and Iowa City, Iowa Jewish Historical Society, and googled. Cookbooks show up at estate sales, used bookstores, and online at Abebooks and eBay. They are highly sought after. In 2012, on eBay, the Marshalltown Hadassah cookbook sold for \$36, Tifereth Israel \$46, and the Des Moines Jewish Community School \$51.

Jews established synagogues in at least seventeen Iowa cities including Ames, Burlington, Cedar Rapids, Council Bluffs, Davenport, Des Moines, Dubuque, Fairfield, Fort Dodge, Iowa City, Keokuk, Marshalltown, Mason City, Muscatine, Ottumwa,

Sioux City (Shaare Zion and Mount Sinai Temple merged into Congregation Beth Shalom), and Waterloo. There are about 6,240 Jews among Iowa's three million residents.

Dining at the temple and synagogue could include breakfasts, lunches and dinners after services as well as banquets for installations of officers, celebrations of bar and bat mitzvahs and weddings, and the meal of consolation. Temple Judah in Cedar Rapids notes the "typical menus over the years have included chopped Liver, Herring in Cream Sauce, Cheese Blintzes, Brisket of Beef, Cabbage Rolls, Potato Pancakes, pickled beets, and Strudel." The cookbooks guided cooks, in temple and synagogue kitchens, who multiplied the measurements for larger gatherings.

Advertisements and sponsorship from local merchants marked an exciting feature of cookbooks and increased the fund raising pot. For instance, the early 1950s Iowa City Hadassah cookbook wedged 57 recipes between 261 advertisements, including middle class necessities, giving a unique view into commerce and patronage. Among the advertisers thirty were food related, three flower shops, eighteen automobiles related, six printers and bookstores, five cleaners, three theatres, five banks, six pharmacies, four furniture stores, two funeral homes and monuments makers, thee hotels, and Penneys and Sears.

Advertisements disappeared by 1972. Social and economic change reallocated volunteer efforts from raising money to the preservation of culinary identity.

Hadassah in Iowa City produced Iowa's first Jewish cookbook around 1947. Besides being a neighboring state many Nebraska Jews hail from Iowa and still have family and social connections. From 1953 to 1966 Rabbi Isaac Nadoff presided over Des Moines' Beth El Jacob Synagogue; he led Omaha's Beth Israel from 1966 to 1991.

Cover illustrations set a homely kitchen table tone. Jews prepare for Shabbat, Rosh Hashonah, Yom Kippur, Sukkot, Hannukah, Tu B'shvat, Purim, Passover, Shavuot, Tisha B'Av, and meals of consolation. The books are organized around the order of the meal – appetizers, soup, salad, main course (fish, fowl, beef), and deserts. Three meals a day result in 1,095 opportunities a year to eat, maintain variety, taste and balance nutrition. Iconic foods associated with Jewish life include challah, kreplach, bagels with lox and cream cheese, borscht, knishes, chopped liver, potato latkes, matza balls, kugel, gefilte fish, chicken soup, blintzes, cholent, tzimmes, mandelbrote (spelled so many different ways), and maybe New York cheesecake. Reform congregation cookbooks included non-Kosher recipes.

This sixty year span of cookbooks reveal a band of sisters, local Jewish culture, society, education, celebrations, personalities, business advertisements, the retention of traditional foodways, and changes in printing technology.

*The author thanks Beverly and Douglas Jones, Steve Marsden, David Gradwohl, Debbi Josephson, Holly Fineman, Lois Friedman and University of Nebraska at Omaha Interlibrary Loan for their

assistance. For further information readers may refer to the author's "Nebraska Jewish Charitable Cookbooks, 1901-2002" in *Food & Judaism*, Leonard J. Greenspoon, Ronald A. Simkins and Gerald Shapiro, eds. (Lincoln: University of Nebraska Press, 2005), 133-48, "Gefilte Fish and Jewish Charitable Cookbooks on the Great Plains," with Karen G. Pollak, *Western States Jewish History*, 36 (Fall 2003): 25-42, and *From the Jewish Heartland: Two Centuries of Midwest Foodways* (2011) by Ellen F. Steinberg and Jack H. Prost which includes Iowa but not Nebraska.

How to Cook Like a Man, A Memoir of Cookbook Obsession by Daniel Duane New York: Bloomsbury, 2012, \$24

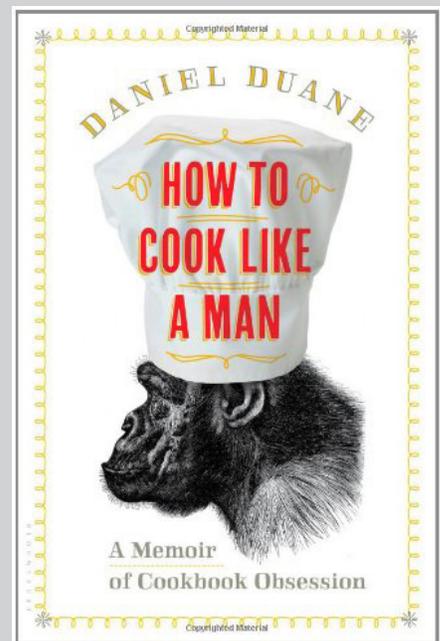
by Oliver B. Pollak

Daniel Duane reads, prepares and eats foods from cookbooks by famous chefs. Of Catholic Irish background, he was not born to cook. He came to it through nurture and marriage. His Montessori teacher was Alice Waters later of Berkeley's famed Chez Panisse; and, he married Elizabeth Weil, the granddaughter of Bernard Schimmel. Schimmel, longtime chef at the Blackstone Hotel in Omaha, an originator of the Reuben Sandwich, named after Reuben Kulakofsky, is the author of the Joslyn Presents Bernard Schimmel's *Masterpieces* published in 1976. The Omaha background fills Duane's first three pages and reappears throughout his 200 pages.

Duane prepares recipes from several celebrity cookbooks by Alice Waters, and Thomas Keller of the French Laundry in Yountville in Northern California. He went from a bachelor's repertoire of burritos to preparing full course meals satisfying gourmets and children alike. Daniel read and cooked his way through or around two children, a dog, house remodeling and his wife's literary career; in 2012 she published, *No Cheating, No Dying, I Had a Good Marriage. Then I Tried to Make it Better*. He ends his gustatory romp by eating at several highest end Las Vegas restaurants.

If you liked the book and the film *Julie and Julia*, food, and the herculean accounts of reading and compulsively replicating the contents cover to cover, you will enjoy *How to Cook Like a Man*. I sent copies to my sons who cook imaginatively for their spouses and our four grandchildren in San Francisco and Berkeley. They got that gene from their mother. They are locavores and frequent community farmers' markets, the Berkeley Bowl and Trader Joes, and not so much Whole Foods, which they call whole paycheck.

And remember Bernard Schimmel's advice, "Fresh products...vary greatly in flavor, and you should let your taste buds tell you what to add, making each recipe your own."



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