

Traveling with Jewish Taste[®]

Spotlight on The Second City

By Carol Goodman Kaufman



For the past six years, daughter Elana and her husband Adam have lived in Chicago, and Joel and I have taken advantage of every opportunity to visit them and explore their adopted home. But, since they reside in Hyde Park on the city's south side, we have stuck to the areas south of the Chicago River.

But now, the kids are moving eastward. Fantastic for us, yes, but we still haven't seen everything "Chicagoland" has to offer. What to do? Shall we have one last hurrah in Chicago before there are no more kids there to visit?

Luckily, son Avi is marrying Shira in August – on Chicago's North Shore, an area we have never seen. So, I used one of Joel's recent business trips as an excuse

to discuss wedding planning with Shira's parents and discover new things to do in the Second City.

Chicago proper consists of seventy-seven individual community areas, each with its own personality and demographics. Lincoln Park is one of those areas, and is named after the vast, 1,200-acre park in the northern part of the city. The legendary Steppenwolf Theater is located in Lincoln Park neighborhood. Since its founding in a church basement in the 1970s by three friends, including renowned actor Gary Sinise, the theater has grown to an ensemble of forty-three professionals who produce ground-breaking theater that has garnered many artistic awards.

The park itself offers a variety of attractions, including the world-class Lincoln Park Zoo, the Lincoln Park Conservatory, an outdoor theater, a rowing canal, the Chicago History Museum, a beach, golf course, tennis courts, and playing fields.

The zoo and conservatory are both free and open all year round.

From Lincoln Park, head north. Once you have exited the city limits, Lake Shore Drive becomes Sheridan Road, the north-south road closest to Lake Michigan that will take you through Chicago's affluent North Shore suburbs. It is worth your while to take a drive through this area to see the magnificent mansions lining the shores of the lake.

Northwestern University's main campus is set on a 240-acre spread in Evanston. Most renowned for its schools of journalism, management, engineering, and communication, Northwestern is also a sports powerhouse. The school is a founding member of the Big Ten Conference, and is the only private university in it.

If you have time, try to catch one of Northwestern's theater, music, or dance performances, or visit the Mary and Leigh Block Museum of Art. If not, just enjoy the beautiful campus.

Just north of Northwestern University is the Grosse Point Lighthouse. While technically outside the city limits of Chicago, it is listed as the only maritime museum in Chicago. One building serves as a visitor center while the other houses a nature center. Both the house and tower are opened during summer weekends for tours.

Proceeding north from Evanston, you will come to another Chicago-area land-



A denizen of the Lincoln Park Zoo

mark: the Bahá'í House of Worship in Wilmette. Set on almost seven acres of gardens and fountains, this temple has the distinction of being the oldest surviving Bahá'í temple in the world, and the only one in the United States. On the National Register of Historic Places, the "Mother Temple of the West" is a beautiful domed structure that features Arabic inscriptions and the symbols of many religions carved into the concrete and quartz aggregate cladding. The Temple has earned many awards.

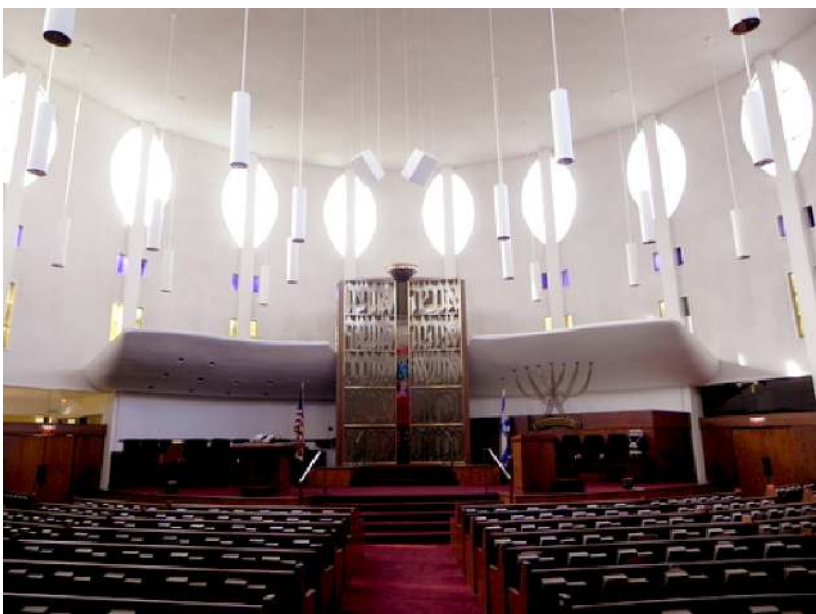
Continuing on your northward drive is the Chicago Botanic Garden in Glencoe. Covering 385 acres, the park includes twenty-six separate gardens featuring more than two and a half million plants, prairies, woods, and eighty-one acres of waterways. You can choose to walk or take a tram through the park to enjoy the breathtaking flora and scenic views. On current display is the "Butterflies and Blooms" exhibit and a model railroad. The Botanic Garden also maintains an active educational program, and most recently, added recycling to its save-the-planet initiative.

Jewish life in the suburbs of Chicago is nothing less than vibrant. The Jewish Federation publishes the *Guide to Jewish Living*, a substantial book that lists everything you could possibly want out of Jewish life in Chicagoland. The area north and northwest of the city is home to over sixty congregations of every denomination, and every organization in Jewish communal life.

Along Sheridan Road is a host of synagogues. The one at which Avi and Shira's wedding will take place is North Suburban Beth El in Highland Park. The original structure on the property is an elegant twenty-room mansion designed by the celebrated architect Earnest Mayo and built in 1911 for clothing manufacturer Edward Valentine Price. Since its acquisition in 1948, membership in the congregation has

grown to 1,100 families, so a very large facility has been constructed, although the original house, with its beautiful, dark woodwork and full library, has been maintained in pristine condition. The property consists of lawns and landscaping overlooking Lake Michigan. It was this view that prompted Price to name the estate "Bonita Vista." The recently renovated social hall has walls of glass that allow an unobstructed view of the lake, and a stucco teahouse in the back has me entertaining

JEWISH TASTE,
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North Suburban Beth El, one of a host of synagogues in "Chicagoland"



A 'Grandpa's Turtle Sundae' available at Margie's Candies



"The Strike is Won" by Mark Karlin from the exhibition "The Left Front: Radical Art in the Red Decade" at the Mary and Leigh Block Museum of Art

Hot Fudge Sauce

While Margie's does not offer its recipes, I offer this in hopes that you will find it a pleasant diversion on a hot summer afternoon.

Ingredients:

3 squares (one ounce each) unsweetened baking chocolate
1/2 cup heavy cream
1 cup granulated sugar

1 teaspoon pure extract (vanilla, mint, orange – your choice)
Pinch of salt

Directions:

Put the chocolate, butter, and cream in a four-cup glass measure.

Microwave, uncovered, on high, until the chocolate and butter are nearly melted, about two minutes, stopping once halfway through to stir.

Remove from the microwave, and stir until the chocolate and butter finish melting.

Stir in the sugar.

Microwave one minute, uncovered, on high.

Remove and stir well with a wire whisk. If the sauce is grainy, microwave just until the sugar melts, 30 seconds to 1 minute more. Do not overcook!

Whisk to stir well.

Whisk in the extract and salt, and let the mixture cool a little. Serve warm or at room temperature over good quality vanilla ice cream.

FEATURES AND LOCAL NEWS

PHANTOM, *continued from page 1*

at (413) 442-4360, ext. 10. All purchased tickets will be held at the door.

Keller, a veteran and versatile denizen of the "Great White Way," has appeared in a wide range of well received productions including: "Candide," "Fiddler On The Roof," "The Roast," "Sunday In The Park With George," "On The Twentieth Century," "One Night Stand," and "Dance A Little Closer."

In addition, Keller created the role of Johnny Cantone, a Sinatra-like crooner, in "The 1940's Radio Hour" for which he received a 'Drama Desk' nomination, and as the lead in the west coast production of "Sunday In The Park With George," won a San Francisco Theater Critics Circle Award.

Keller has appeared in concert with Leonard Bernstein, has

performed in numerous repertory theaters around the United States, played Peter Prescott on ABC-TV's "Loving" – and married to noted Brazilian ballerina Andréia Romana Simm, has performed in numerous concert tours in his wife's native land.

While finding time to frequently appear as a guest star in the Off-Broadway comedy "You've Got Hate Mail," last year Keller won a New York Musical Theater Festival award for his performance in "A Letter to Harvey Milk."

Noting the broad talent and resourcefulness displayed by Keller – who over a seventeen year span played various roles in 'Phantom' – a breathless *New York Times* simply said, "Marvelous!"

HEALTH AND WELLNESS, *continued from page 1*

ber will inspire, educate, and empower participants to understand their own bodies and embrace a lifestyle that will support their individual health, well-being, and success.

"Feeling well physically, feeling whole emotionally, and feeling grounded spiritually are the foundations for a healthy, happy, successful life," said Graber. "It sounds simple, but, in fact, takes a lot of work – rewarding work, but work nonetheless."

Graber is an integrative wellness specialist, as well as a passionate speaker and inspiring coach. With her stress management techniques examined through the food-mood connection, Graber holds certification

as a holistic health counselor, is the creator of the "B.E.S.T. Life System," and the founder of "Bravo! Wellness."

Graber imparts wisdom and knowledge to individuals, workshop participants, conference attendees, and a corporate clientele that imparts her passion that they were meant to live happy, healthy, fulfilled lives, achieving their full potential and not allow self-doubt and self-sabotage to derail their dreams.

A single workshop is \$18 per person; the series is \$60, or \$100 per couple. For further information or to register, please visit www.jewishberkshires.com or call (413) 499-9899.

IN MY VIEW, *continued from page 2*

been working to help Jewish families connect as a community through "Federation Family Fundays" – events that bring families together in a relaxed social context with Jewish programming.

Our most recent family day was a great success. In the morning we brought over one-hundred PJ Library parents and children together at Misfit Farm in South Egremont to pet the baby animals and learn about "tzar baleh haim, "the ethical treatment of animals" with veterinarian Hanan Caine.

As children held bunnies and parents socialized I had more than one parent remark to me that they "never knew there were so many young Jewish families in the Berkshires".

Later that afternoon we hosted seventy parents and kids, aged five to fifteen, for our first "Kick Off to Summer Camp Blast at Camp Eisner," in Great Barrington. It was wonderful to see

kids and adults playing Frisbee, making s'mores, and swaying arm in arm while singing Jewish camp songs.

It was even better to be approached by a young family inquiring about the availability of camp scholarships and additional information on different Jewish camps.

We hope to continue to expand our youth initiatives over the next year by providing more diverse opportunities for our Jewish children, teens, and their families.

Each of you can support this effort by joining us at the concert on August 3 or better yet, consider becoming a concert underwriter. A flyer with more information and ticket order form is included in this month's paper.

I look forward to seeing you there!

Dara Kaufman is the Executive Director of the Jewish Federation of the Berkshires.

JEWISH EDUCATION, *continued from page 3*

• Tzedakah

This fundamental Jewish value implies a basic responsibility to do justice by sharing our resources with the community. Although it may require gentle nudges to get kids into the philanthropic spirit, encouraging them to put a small portion of their allowance in the tzedakah box on Shabbat or donating a few gently-used toys to the needy at Hanukkah promises to pay off over time.

• Tikkun Olam, "Repairing the World"

This mitzvah reflects the reciprocal relationship which God established with human beings: it is our obligation to take care of the earth, and in turn, it takes care of us. Picking up trash at the playground, planting and watering flowers, and helping to care for household pets, all build a sense of "environmental mensch" in kids.

• Gratitude

It's no coincidence that the

Modeh Ani – a proclamation of gratitude – is one of the first prayers a Jewish child learns and the first prayer we say each morning; gratefulness is a fundamental Jewish value. True gratitude, however, encompasses more than obligatory thanks; it entails hakarat hatov, or recognition of the good. By making comments like "Hannah is such a good friend to save you a seat at lunchtime" or "it was so kind of Grandpa to help build your model airplane," we help our children recognize and appreciate the intangible gifts bestowed upon them by others.

• Gemilut Hasadim, "Acts of Loving Kindness"

In the Jewish religion doing good deeds is not just a nice thing to do – it is what we do. Children may exhibit loving kindness by sharing toys, cheering on a friend at little league, or inviting a lonely classmate to join the four-square game at recess. We can encourage

gemilut hasadim in our kids by setting a climate of helpfulness at home, praising unsolicited loving kindness on our child's part, and, of course, modeling such behavior ourselves.

• Slicha, "Saying I'm Sorry"

Being a mensch isn't just about sweetness and light; it's also about owning up to our transgressions. By consistently requiring our kids to say "I'm sorry" when they've wronged someone (even if their apology seems a tad less than genuine), we help ensure that one day, when our children are more cognitively prepared to understand the importance and meaning of these two words, they use them consistently and autonomously.

Sharon Duke Estroff, the mother of four, is an award-winning Jewish educator. The above has appeared on My Jewish Learning.com.

JEWISH TASTE, *continued from page 4*



The Bahá'í House of Worship in Wilmette

visions of tea time at Downtown Abbey.

Greater Chicago boasts a huge number of restaurants, offering everything from casual to fine dining, and although every neighborhood features its own ethnic specialty, the two foods with which Chicago is most connected are deep-dish pizza

and hotdogs, two decidedly non-haute offerings.

However, digging a little deeper, you will find places for which Chicagoans line up around the block to get their little taste of heaven. One such magnet is Margie's Candies. Established as an ice cream parlor in 1921 at 1960 North Western Avenue, west of Lincoln Park, Margie's serves its iconic sundaes in white clamshell dishes on silver plates with gravy boats filled with sauces such as hot fudge. They also sell their own hand-dipped chocolates that just happen to be certified kosher. And, although Margie's subscribes to the dictum that "Life is short; eat dessert first," the restaurant offers a "before dessert" menu for more traditional folks.

Over the decades, Margie's has been host to movie stars, sports legends, and the Beatles.

Even the Rolling Stones managed to get "satisfaction" at this sweet shop.

Carol Goodman Kaufman is a psychologist and author with a passion for travel and food. She recently launched the blog "Food for Thought," on her website at carolgoodmankaufman.com. She invites visits and comments.

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Exploring the Yiddish World

PITTSFIELD – At 5 p.m. on July 10, 17, 24, and 31 educator/attorney Alex Rosenblum will be leading a series of lectures and discussions on "Yiddish in America – A Farzukunftung ("A Tasting")" at Chabad of the Berkshires, 450 South Street.

The son of Yiddish speaking Holocaust survivors, Alex Rosenblum grew up in Montreal where he graduated from I.L. Peretz Shuleh. In addition to an active

legal practice in New York City, Rosenblum has taught on all levels of the educational system, including the local community college where he has lectured on "The Jewish Immigrant's Experience As Seen through the Mass Media."

Rosenblum has also led discussions on various Yiddish topics, including the writings of I.L. Peretz, Yiddish sayings, and Yiddish films.

Some knowledge of Yiddish would be helpful but not necessary as any Yiddish material will have English sub-titles or translations, and the discussions will be primarily in English.

The fee is \$59 per person or \$98 a couple. For further information, or to RSVP, please visit www.jewishberkshires.com or call (413) 499-9899.



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