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Swift Adjustment Required Adapting to New Homeland

by Susan Most

Most Americans are unable to converse in any foreign language, so that a sudden move to a country where English is not spoken would present enormous difficulties. How could one communicate enough to find work, locate a

suitable place to live, or interact with other people? Newcomers to the United States cope with these problems and far more difficult ones as a matter of course, some even do it with sophistication and a flair that must be greatly admired.

Miron and Natasha Petrovsky now live in Portland. They left Leningrad five years ago with their two sons, ages 17 and 8, and Natasha's mother. Miron, a civil engineer, had studied German for eight years but knew no English. He recalls arriving in Dallas "in shock" because of the language barrier and not having a job. He was looking for professional employment but was unable to handle the calls that came in. Dallas volunteers helped him with basic English and taught him how to drive. Since there were no jobs to be found after six months the family moved to West Hartford and then to Stratford, where Miron found himself commuting 76 miles one way to his new job. This was something Miron did not feel comfortable doing, but somehow he managed.

Subsequently the Petrovskys moved to Portland where Miron is employed at E. C. Jordan. He has managed to improve his English, though he is not yet satisfied. After returning home from work, he regularly reads American magazines like Time hoping to pick up nuances, and he is looking for someone to converse with him

several hours a week as well.

Natasha, who had the benefit of having reading facility in English from her work as a geology researcher, found language to be less of a problem. An avid reader who immerses herself in an array of books from *A Farewell To Arms* to *The Dead Zone*, Natasha found that emigration required the necessity to find a completely new occupation; in Hartford she retrained to be a computer programmer and is now actively looking for a job.

Their sons Andre, now 22 and a junior in engineering at Boston University, and Carl, age 13, have learned English with amazing ease. Natasha notes that she and Miron still speak Russian at home in order to avoid the restrictions of what they still feel is a too-limited command of English vocabulary, but their sons now tend to converse in English.

As trying as language barriers are to overcome, they seem minor compared to other aspects of starting over in a new country. The Petrovskys agree that by far the most difficult aspect of starting over for them was actually making the decision to leave Russia.

They lived in Leningrad, which they describe as a beautiful city filled with culture, scores of huge museums and theaters specializing in opera and ballet. "Russia is a beautiful country

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Miron, Carl, and Natasha Petrovsky find that Portland reminds them of their Native Leningrad. Carl is a student in the eighth grade at Lyman Moore School.

Israeli Government's Remarks on Inquiry Commission

The massacre at the Sabra and Shatilla refugee camps in Beirut led to a wave of grave accusations and even libel against the Israel Defense Forces and the State of Israel by various sectors of the world's media and other elements. It is essential, therefore, that prominence be given to the following important findings of the Commission of Inquiry, which have yet to find adequate expression in media coverage.

1. On the evening of 15 September 1982, Major General Amir Drori made an effort to persuade the commanders of the Lebanese Army that their forces should enter the camps and that they should prevail upon the Prime Minister of Lebanon to agree to this move. The reply of the Lebanese Army was negative. On Friday, 15 September, Major General Drori held a meeting with the Commander of the Lebanese Army in which he again tried to persuade the Commander, and through him the Prime Minister and Ambassador Draper, that the Lebanese Army enter the camps. The answer which Major General Drori received was negative.

2. The Commission established that it is impossible to determine precisely the number of persons who were slaughtered. The numbers cited in this regard are to a large degree tendentious and are not based on an exact count by persons whose reliability can be counted. The Commission is of the opinion that the number of

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Stanley Elowitch



Robert Willis



Barbara Turitz

Leaders Named for 40th CJA Campaign

Rosalyn Bernstein, chairman of the 1983 Combined Jewish Appeal, has appointed Stanley Elowitch to serve as vice-chairman. She also named Robert Willis to head the Men's Division and Barbara Turitz to lead the Women's Division.

In making these appointments, Rosalyn Bernstein said, "Stanley Elowitch, Robert Willis and Barbara Turitz represent a new generation of outstanding, committed leaders of the Jewish community. Their youth, enthusiasm, intelligence and organizational experience insure the success of the 40th Anniversary Campaign. Their willingness to lead and to work is crucial for the continuing vitality of Jewish life in Portland and renewed commitment to our national and international responsibilities."

Now assistant treasurer of the Jewish Federation, Stanley Elowitch has served on the board of the Jewish Community Center. He is a past president of the Westbrook Chamber of

Commerce and member of the board of the regional chamber of commerce. He sang in the Temple Beth El choir for 17 years and is an avid chess player. He is chairman of the board of Maine Rubber International.

Robert Willis has been on the board of the Jewish Federation for eight years; he served as assistant treasurer, treasurer and is the current vice-president. He is a corporator of the Maine Savings Bank and serves on the boards of the Portland Boys Club and the Salvation Army. He is the president of Maine Printing and Business Forms.

Barbara Turitz is the president and co-founder of the Saturday Workshop, a program for gifted and talented students that meets at Westbrook College. She is a trustee of the Waynflete School and the Portland Symphony Orchestra. Barbara has a master's degree in guidance and counseling. ■

a message from federation

Remove Watermark Now

A Quiet Crisis

American Jewry responds to crisis. When Israel's young life was menaced in 1948, again in 1967, and yet again in 1973, American Jewry was magnificent.

We opened our hearts, reached into our pockets and joined with our brothers and sisters in Israel in the only way we could. We gave them financial and spiritual support at the time they needed it most. We stood side-by-side with them. They were not alone.

Now, we are in the midst of another crisis.

It is not so clear. It is not so obvious. It is a quiet crisis.

Nevertheless it is a crisis which threatens the quality of life for Jews around the world.

Consider these facts.

FACT: More Jews than ever before are moving from tyranny and oppression around the world to freedom...they need our help. At this moment thousands of Soviet Jewish emigrants sit in Italy waiting for visas. Jews of Iran, Iraq and Ethiopia are also waiting for help. The Joint Distribution Committee, the Jewish Agency and the other beneficiary agencies of the UJA are the life-giving support forces which make these migrations to freedom possible. The imperative need to raise increased funds for freedom constitutes a major part of the quiet crisis.

FACT: The signing of the peace treaty with Egypt set in motion actions which have been extremely costly to the people of Israel...they need our help. To start on the road to peace, Israel had to dismantle naval installations, uproot airfields, give up direct access to an oil supply, remove settlers from new and cherished homes, and withdraw from strategic land on which it has largely relied for a sense of security for more than a decade.

Total cost of withdrawal from the Sinai

could run as high as \$10 billion. American aid — almost all in the form of loans which Israel conscientiously repays — will meet only a small part of this total. And none of this American aid meets the human needs, none directly helps the people of Israel as American Jewry's aid does.

Israel will meet these costs through higher taxes on a people who are already the most heavily taxed in the world and through diversion of budget funds from "less" important government services. When social service needs are not met by government programs, it will be the Jewish Agency, with our support, which must respond.

We all celebrate this initial step toward peace. But the heavy cost of it is a major cause of the quiet crisis.

FACT: The astronomical increase in inflation — in Israel and around the world — is eating into each UJA dollar, diminishing services for hundreds of thousands of our fellow Jews...they need our help. We have inflation here, too. It hurts our local programs and our own lives, too. This creates a double demand on us to raise our campaign sights to meet all our local obligations. But not at the expense of our obligations overseas.

Inflation is even worse in Israel. Near runaway inflation will seriously hamper the immigrant absorption program of the Jewish Agency. It keeps costing more each day to house a new immigrant from the Soviet Union or Iran, to provide an elderly person with a hot meal, to train a troubled youth in a Youth Aliyah Center.

The cost of goods and services for programs around the world is mounting. We cannot leave the Jews in need in countries around the world without our support.

The drain of inflation is a disturbing added component of the quiet crisis.

We face a quiet crisis, as real and challenging as any wartime crisis. Southern Maine Jewry must not shrink from that challenge. We must continue our forty year tradition of support for our people in need. We must make the 1983 campaign our top priority commitment. We must give from our hearts — not 'til it hurts — but 'til it helps. ■

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The Jewish Foundation is the social planning and fundraising body for the Jewish Community of Southern Maine. Its representative Board of Directors is composed of various Jewish volunteers from the Southern Maine area. Through Federation's annual Combined Jewish Appeal, the Jewish community meets its responsibilities for local, national and overseas social needs including the United Jewish Appeal.

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If you cancel your reservation on July 5 or later, you will forfeit 10% of the prepaid cost, i.e. \$195/person, except in case of death, or physician certified illness of a passenger or a member of his/her immediate family prior to departure. In that event, all but a \$35.00 per person administrative fee will be refunded.

Israeli Consul Addresses Rotary About Stalled Talks

In a speech to the Portland Rotary on January 28, Israeli Consul Yuval Metser stressed that Israelis are optimistic about the future despite the awareness that they are "an independent voice in a sea of animosity."

Discussing the series of wars in which Israel has had to fight for survival for 34 years, Metser said that he is relieved that the Arab countries now seem to be aware that Israel is an existing political entity which cannot be erased militarily.

Metser said that the search for peace motivated Israel to give back territory three times the size of its own state. Giving up air



Israeli Consul Yuval Metser responds to questions at a press conference.

strips and oil fields that could have satisfied one quarter of Israel's need for oil has added tremendously to the national deficit. Yet the sacrifice was made in the hope of normalization of relations with Egypt. Unfortunately at this moment, said Metser, relations with Egypt may be termed a cold peace because of pressure from the Arabs.

"The hope for friendly ties, open boundaries, and agricultural and commercial exchange is still Israel's goal" said Metser, stressing that Israel seeks this in Lebanon as well. However, the existence of opposing voices both within and outside of Lebanon make it difficult. Said Metser, "The elected president would like to see some sort of accommodation if not a formal one that can be a basis for peace. But the Muslim prime minister, who would like to see a return to the status Lebanon had before June 1983, is insisting on only Israeli withdrawal without similar pull-outs by Syrians or the remaining PLO.

Insistence on unilateral Israeli withdrawal is one of the reasons the talks are stalled. Metser said that Arab countries, especially the Saudis, are applying pressure on Lebanon to return to the prewar status of cease fire, which is in effect still an official state of war without open boundaries. Metser underscored Israel's hope that a sovereign Lebanon can be established to keep out PLO influence and maintain peace.

To help that goal be realized, the Consul said that Israel remains firm in its request for the simultaneous withdrawal of all troops, the need for a key policy role to be given to Lebanese troops, and the maintenance of temporary Israeli-manned security stations to prevent the PLO from returning. ■



Passover: Combining Ancient Festivals With a New Focus on Freedom

by Susan S. Most

The eight day holiday of Passover starts at sundown on March 28 and continues through April 5. One of the oldest and most significant Jewish holidays, Pesach is believed to have evolved from the fusion of two ancient spring celebrations, one observed by shepherds, the other by farmers.

The shepherds sacrificed a sheep on the new moon at the beginning of the lambing season to insure the flocks' fertility. In another distinct festival, farmers prepared for their spring barley planting by removing all traces of the previous year's leavening and eating unleavened bread instead. These two festivals remained separate for hundreds of years, but after the Babylonian exile they merged into one major holiday focusing on freedom and the yearning to return to the land of Israel.

The use of matzah or unleavened bread from the old agricultural festival became associated with the Pesach lamb in the hope for a new exodus like that of the Israelites, who hastily departed Egypt carrying bread that did not have time to rise.

The new holiday celebrated more than spring and the newborn, it now focused on freedom and the emergence of the Israelites as a nation. During the time of the Second Temple, millions of people converged on Jerusalem to roast a paschal lamb, eat unleavened bread and recall the bitterness of slavery.

The Seder meal, which opens modern Passover celebrations, developed from the Greek and Roman periods when discussions were held around a banquet table. The rabbis decided on a prescribed order of discussion and initiated the use of the Haggadah, a book which explains the meaning of the symbolic foods intended to help each seder participant understand what slavery was like. This is to fulfill the command that each person feel he personally was delivered from Egyptian slavery.

No event in Jewish history can equal the impact that the Exodus has had on Judaism. It is so central that it is mentioned in the First Commandment, emphasizing the divine intervention which made it possible and Nisan, the month in which the Exodus occurred is counted as the first month of the Hebrew calendar. Philip Goodman, in "The Passover Anthology", writes that the memory of bondage and deliverance is paramount in the Bible, and next to it all else is secondary. "The memory of bondage and deliverance is woven into the message of legislator, historian, psalmist, prophet, and priest, and a large portion of Jewish life."

During the Seder, four cups of wine are consumed to recall the four divine promises of redemption: "I will deliver you, I will bring you out, I will redeem you, and I will take you to me for a people."

This last verse notes the promise and fulfillment that the Israelites would become a distinct nation. Arthur Washkow, in "Seasons of Our Joy", notes that just as the ancient shepherds in spring celebrated the rebirthing of their flock, the modern Jew on Pesach celebrates the political birth of a free and independent nation free from the bondage of the past. ■

Shoshana's space

Finding the Courage To Face the Truth in Public

The test of morality is the ability to correct and take responsibility.

— Dr. Irving Greenberg

In a stunning display of its fundamentally democratic and ethical nature, Israel publicly faced the results of the Beirut massacre inquiry. There will be deep wounds and a prolonged period of healing, but the nation that has the courage to face the imperfections of its leaders will in the long run be strengthened.

It took years for the United States to overcome the Watergate scandal, but America learned about its fundamental strengths and its resiliency in its struggle to overcome disillusionment. Similarly, Israel can find strength in the system of checks and balances inherent in a country that could allow a completely independent inquiry to be reported by a free press.

In many countries, violent revolution would follow fissures in leadership, but in democracies individuals are held accountable to the electorate.

Dr. Irving Greenberg said that the test of morality is not that illegal acts are never performed, but that the people are able to correct and take responsibility for them.

Unfortunately, it will be a long time before the Lebanese can similarly face up to the more direct responsibility they had in the massacre. To do so before a public tribunal requires a certain inherent political strength, and it appears that the government of Lebanon is just too unstable to withstand such grueling pressure.

If the Arab nations could only face their responsibility for 35 years of unrest in the Middle East, then serious steps could be made toward peace. The problem lies in the very structure of these diversified Arab governments whose leaders worry about the viability of their own regimes. They are fully aware that they might not be able to withstand the pressures Israel is weathering today.

The policy framers in the United States' government should bear this in mind before exerting more pressure for concessions from Israel. That nation is attempting to come to terms with its responsibility, and the U.S. should expect no less from the Arab nations involved.

SUSAN S. MOST

Inquiry — Continued from Page One

victims was less than a thousand, and is inclined to accept the figure of between 700 and 800 of the IDF Intelligence sources.

3. The Commission established that the massacre was perpetrated by the Phalangists and not by other organized military force. The direct responsibility for the massacre lies with the Phalangist Forces and later denials of any connection with the massacre by Phalangist commanders are patently incorrect.

4. The Commission established that no force under the command of Major Hadad took part in the Phalangists' operation in the camps or took part in the massacre.

5. The Commission established that hints, and even accusations, to the effect that IDF soldiers were in the camps at the time of the massacre was perpetrated, are completely groundless and constitute a baseless libel.

6. Moreover, the Commission established, beyond any doubt, that no conspiracy or plot was entered into between anyone from the Israeli political echelon or from the military echelon in the IDF and the Phalangists, with the aim of perpetrating atrocities in the camps. The decision to have the Phalangists enter the camps was taken with the aim of preventing further losses in the war in Lebanon, to accede to the pressure of public opinion in Israel, which was angry that the Phalangists who were reaping the fruits of the war, were taking part in it, and to take advantage of the Phalangists' professional services and their skills in identifying terrorists and in discovering arms caches. In having the Phalangists enter the camps, no intention existed on the part of anyone who acted on behalf of Israel to harm the non-combatant population, and the events that followed did not have the concurrence or assent of anyone from the political or civilian echelon.

7. The Commission of Inquiry decided not to enter into the question of indirect responsibility of other elements besides the State of Israel, such as the Lebanese Army, or the Lebanese Government to whose order this Army was subject, since despite Major General Drori's urgings in his talks with the heads of the Lebanese Army, they did not grant Israel's request to enter the camps before the Phalangists or instead of the Phalangists. It should also be noted that in meetings with U.S. representatives during the critical days, Israel's spokesmen repeatedly requested that the U.S. use its influence to get the Lebanese Army to fulfill the function of maintaining public peace and order in West Beirut, but it does not seem that these requests had any results.

8. The Commission established that the atrocities in the refugee camps were perpetrated by member of the Phalangists, and that absolutely no direct responsibility devolves upon Israel or upon those who acted in its behalf. It is clear that the decision on the entry of the Phalangists into the refugee camps was taken without consideration of the danger — which the makers and executors of the decision were obligated to foresee as probable — that the Phalangists would commit massacres and pogroms against the inhabitants of the camps, and without an examination of the means for preventing this danger. Similarly, it is clear from the course of events that when the reports began to arrive about the actions of the Phalangists in the camps, no proper heed was taken of these reports, the correct conclusions were not drawn from them, and no energetic and immediate actions were taken to restrain the Phalangists and put a stop to their actions. This both reflects and exhausts Israel's indirect responsibility for what occurred in the refugee camps.

Remove Watermark Now

Success is not in the difference between the usual battle ethics of the IDF and the battle ethics of the bloody clashes and combat actions among the various ethnic groups, militias and fighting forces in Lebanon. The difference is considerable. In the war the IDF waged in Lebanon, many civilians were injured and much loss of life was caused, despite the effort the IDF and its soldiers made not to harm civilians. On more than one occasion, this effort caused the IDF troops additional casualties.

10. The main purpose of the inquiry was to bring to light all the important facts relating to the perpetration of the atrocities; it therefore has importance from the perspective of Israel's moral fortitude and its functioning as a democratic state that scrupulously maintains the fundamental principles of the civilized world. We do not deceive ourselves that the results of this inquiry will convince or satisfy those who have prejudices or selective consciences, but this inquiry was not intended for such people. We have striven and have spared no effort to arrive at the truth, and we hope that all persons of good will who will examine the issues without prejudice, will be convinced that the inquiry was conducted without any bias. ■

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Middle East Peacemaking: Do's and Don'ts

by Kenneth Jacobson

Middle East peacemaking is in the air. Heads of government fly all over the world to offer proposals. U.S. envoys shuttle through the Middle East. Pro-Soviet radicals in the region — the Palestinian Liberation Organization and the Syrians — have been routed leaving the moderates and the Americans in the drivers' seats.

Before hopes rise too high, however, one must remember that there have been other times when peace was supposed to be in the air, but nothing materialized. The situation is indeed ripe, but it won't come to fruition by itself. American policy, in particular, is a key as to whether this opportunity will or will not produce real progress toward peace.

There are some things which America can and must do to facilitate the peacemaking process. There are other things which America must avoid doing lest it ensure that the Arabs not come to the peace table and that the Israelis not consider concessions.

Now is a useful time to list some of these do's and don'ts.

The most important principle which should govern our policymakers is the understanding that the Arabs will make peace with Israel only when they see no other option.

As long as the Arabs believe there is a chance to destroy Israel militarily or, that failing, to destroy Israel by stages through the U.S. imposing a debilitating agreement on Israel, the Arabs will not make a true peace.

The war in Lebanon may have served as a lesson for the rest of the Arab world similar to the one that the Yom Kippur war served for Egypt: i.e. that Israel will not be destroyed by military means.

Now the crucial issue is: do the Arabs think they can use the United States to try to impose an agreement on Israel? There is reason to suggest that the Arabs have read the Reagan Plan as a step in that direction and what they now seek to do is to give the Administration a few more nudges toward that goal.

If the Arabs are ever to do what Sadat did they must be rid of that illusion. Washington must make clear that it will not, it cannot do the Arabs' dirty work. Washington must make clear that the Arabs themselves have to negotiate and make peace with Israel; the U.S. can be a facilitator, as it was at Camp David, but it can't be a substitute for the Arabs. Encouraging in this regard was the official statement of the State Department on the occasion of the visit to Washington by the Arab League delegation from Fez. State said that the time had come for the parties to "stop talking about talking about peace" and start negotiating. The message was clear; the Reagan Plan is all the Arabs will get; now they must negotiate.

Having taken this important step in the right direction, what is now required is persistence and consistency. If again and again over a period of time the Arabs hear the same theme from Washington they will possibly begin to get the message. Their options for destroying Israel would have passed them by, their need to begin to look for compromise and peace and negotiations would be upon them. Washington must help the Arabs move from the world of illusion to the world of reality.

Circumstances make it more likely than ever before that such a message will find a certain receptivity. King Hussein of Jordan, a key to the peace process, will never move on his own, but with the right prodding from Washington he may now have reason to give more serious consideration to peacemaking. This is so first because the threat from radicals, whether the PLO or Syria, has diminished, at least temporarily, because of their defeat in Lebanon. Today, there is more room for maneuver by Hussein than in many years.

Secondly, is the perception of developments on the West Bank. Despite Jimmy Carter's assertion, now picked up by the Reagan Administration, that Israeli settlements on the West Bank are an obstacle to peace, in fact the very opposite is true. The increase of Israeli settlements has begun to wake up Hussein and others in the Arab world to the reality that time is working against them on the West Bank. Four years ago when the Camp David accords were signed, only 10,000 Jews lived on the West Bank. Today some 30,000 Jews live there with more coming every day. The failure of the Arab world to opt for peace has meant the weakening of their position; should more time elapse a point of no return may be reached on the West Bank. Ironically, though not intended, settlements clearly are providing an incentive for peace.

Here, too, Washington can play a constructive role by eschewing the patently untrue judgment that settlements are an obstacle to peace. Such statements reinforce Arab illusions and make them think that Washington will pressure Israel. The Arabs themselves know full well that settlements have played no role in their not making peace, that settlements may serve as a catalyst to make them consider peace. Once again, a realistic assessment by Washington of the impact of settlement will hasten to bring the Arabs into the real world.

And then there is the other side of the real world: how to get Israel to make concessions? The cliches call for U.S. pressure on Israel, even to the point of cutting aid, in order to get Israel to move. The fallacy of this approach is three-fold. First, U.S. aid to Israel directly benefits American strategic interests, as the recent war in Lebanon so clearly demonstrated, therefore, for the U.S. to cut aid to Israel would amount to shooting oneself in the foot.

Secondly, it will serve to unite the Israeli public behind the government and will in no way lead to a policy of broader concessions.

Thirdly, it will send the wrong message to the Arab world, that the U.S. holds Israel responsible for the lack of peace and therefore the Arabs need do nothing but watch the U.S. sap Israel's strength.

There is, however, a way — only one way — to evoke larger concessions. That way lies in the path set forth by Anwar Sadat — clear and unequivocal recognition of Israel followed by negotiations, without preconditions. Remember that in the early 1970's Moshe Dayan used to say, better no peace than peace without Sharm-el Sheikh. In other words, if peace requires Israel giving up the entire Sinai, then Israel would do well to have no peace. But Dayan said all that in an environment of hostility; there was no Egyptian peacemaker. When Sadat turned to peace, however, and Israel was suddenly faced with real choices it ended up giving up the entire Sinai, oilfields, airbases, settlements. Many in Israel to this day question the wisdom of that decision by Israel, but that was Israel's decision. Clearly, one cannot predict what Israeli decisionmaking will be in an atmosphere of peacemaking by what Israel says it will do in an atmosphere of hostility.

Recently, 51 percent of Israelis said they would be willing to give up some West Bank territory for true peace. If so many are willing to say so without an Arab peacemaker before them, one has to assume that the figure would rise significantly once a genuine man of peace stepped forward.

Washington, therefore, should be speaking in a very practical way to the Arabs. It should indicate that the Arabs have no military option, that they cannot expect the U.S. to pressure Israel into concessions, but that the way to get Israel to be most forthcoming is to do what Sadat did. This, too, is to help bring the Arabs away from illusion into reality.

A further element of reality will surface through this process. No matter the willingness to make concessions on the West Bank, no Israeli government — whether that of Begin or Peres or Rabin — will give up the entire West Bank or cede strategic control of the Jordan valley. As Henry Kissinger recently noted in an interview in the *Economist*, "the location of the West Bank borders must be related to security as well as to recognition. Israel...should not be asked to find security solely in recognition."

In sum, now is the time for some educating on how to advance peace, how to bring greater moderation on all sides. After Lebanon, the United States is in a unique position to do some of this educating and in the process make the chances for peace more favorable than any time in recent memory. ■

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the view from the Jewish Home

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**Margaret Coyne,
11-7 Supervisor**

JHA is pleased to welcome Margaret Coyne as a member of our staff.

A native of Portland, Maine, Margaret graduated from Mercy Hospital School of Nursing, received a B.A. in social science from St. Joseph's College in North Windham, and took courses in Nursing Education at Boston University. She is currently enrolled in a graduate program at the University of Southern Maine, where she is studying adult education.

At Mercy Hospital for several years she held positions as staff nurse and head nurse in Medical-Surgical Nursing, i.v. therapist, and head nurse in the Intensive Care Unit. As a faculty member at Mercy Hospital School of Nursing, she became clinical instructor and coordinator of Medical-Surgical Nursing for freshman students, held that post for several years and taught in the LPN program for one year at NMVTI at Presque Isle, Maine. She then moved to Boston where she became coordinator of in-service education at the Faulkner Hospital, in Jamaica Plain. After four years she returned to Portland and worked as a private duty nurse for Sitters, Inc. Most recently she was employed as a staff nurse at St. Joseph's Manor, Portland.

Her professional memberships have included the Maine State Nurse's Association and the American Society of Training and Development.

Margaret's philosophy includes respect for each person as a individual, education as a life-long learning process, rehabilitation as an exciting and vital part of health restoration, and laughter as the music of the soul. ■

**JEWISH
Home for Aged**

This space has been purchased
by the Jewish Home for Aged.

January Volunteers Logged 291 Hours

Welcome, New Volunteers

Gilda Seneca
Shelly Chorney — daughter Jessica
Deborah (Debbie) Cronin
Sam Elowich
Zoe Marcous
Anthony Matthews
James Rittal (Jim)
Verian Wing
Nancy Sigler — daughter Julie
Nancy Meines
Louise Woodbury — daughter Maria
Linda Ross
Shirley Smith
Lisa Collins
Linda Steele
Tamara Lunn

A Message from Gail MacLean, JHA Executive Director

A 54-year-old building requires nearly continuous maintenance and renovation. The next major project facing us is the nearly total replacement of the roof over the 20-year-old Pavilion Wing and the 54-year-old Seiger Wing.

This is a major undertaking and will cost in the neighborhood of \$175,000. The board of directors and its building committee have worked diligently over the last few months preparing to accomplish this.

There have been numerous meetings with architects to develop an appropriate plan for correction of our roof repair needs. The Maine Department of Human Services, Bureau of Health Planning has given its approval to proceed. We look to the spring to begin the work.

This will eliminate current leaking problems, add insulation for energy efficiency, and extend life to our building.

I would like to take this opportunity to wish you happy Passover. ■

A Word from the Activities Department

by Peggy Keach

The J.H.A. Resident Council recently met for its annual election of officers. I would like to introduce everyone to the new officers. They are Hildred Campbell, president; Charles Prentice, vice-president; Nellie Berry, secretary/treasurer; Sarah Johanson, sunshine committee chairperson; and Lillian Cohen, coordinator of fundraising and special projects.

In the past issues of the Hayom we have shared with you activities of the Resident Council. I would like to explain briefly what the purpose of the Resident Council is and also some of the exciting projects they are working on. The Resident Council consists of every resident in the nursing home and meets on a monthly basis. One of the primary goals of the council is to make suggestions for changes that would help make the Home especially pleasant for the people who

The Myth of Serenity

by Susan Ricker
Director of Social Services

Most of serenity is somewhat contradictory, as it portrays old age as a time of great tranquility and freedom from stress, where the elderly simply sit back and reap the benefits of their years of labor.

This is definitely not true as the elderly face many more stresses than other age groups. Retirement is thought to be the beginning of this period of tranquility. It can be, but in many cases it produces great stress like the loss of self-esteem due to the loss of an important role identification. Health may be affected by less activity and personal relationships may become strained.

Other stresses faced more by the elderly include: decreasing income as the cost of living increases, increased loss of significant others through death, imminent awareness of one's increased isolation from peers and family due to physical limitations, and declining general health.

I do not mean to imply that all older people's lives are full of these negative stresses, however, the likelihood is far greater than for younger age groups. Many older people do succeed in living their "later years" with a sense of security and peace. ■

Dietary Notes

by Judy Campbell

The JHA-dietary department is a clinical site for a course at Southern Maine Vocational Technical Institute. This two-year course is called Dietary Technician-Management. When completed the student receives an associate's degree and is licensed by the American Dietetic Association. ■

Passover Plans

by Judy Campbell

Passover is very near and the Dietary Department at the Jewish Home is already planning meals. We will be glad to have visitors for meals during Passover. Anyone interested may call and make reservations with Judy Campbell 772-5456, Ext. 431. We will have the dining room open for three meals daily. Anyone can make reservations for all three meals or for one.

The price of the meal will be set by March 11. Reservations for the Seder must be in by March 24. ■

live and work there. It helps them plan special events and happenings at the Home. Perhaps the most important goal of the council is to lend a sense of belonging to residents and to help them share ideas, concerns, feelings and experiences in a supportive group of friends. It encourages independence and promotes increased self-esteem and a sense of community.

Other areas that the Resident Council works on are welcoming new residents to the home, assisting with the volunteer program by letting the volunteer coordinator know where volunteers are needed, inviting guest speakers to visit so that residents can increase their education and giving input into what new and exciting activities they would like to do. The staff at JHA welcomes and encourages members of the council to share their views and feelings about each area of the Home. ■

on the local scene

Remove Watermark Now

Rosalynne Bernstein to Review Lebanese Situation at Combined Meeting

Five women's organizations will hold a joint meeting at 7:30 P.M. on Tuesday, March 8, at the Jewish Community Center on 57 Ashmont Street. Rosalynne Bernstein, the featured speaker, will discuss "The Aftermath of Lebanon." The Jewish Community Center Women's Club, the National Council of Jewish Women, the Portland Chapter of Hadassah, the Shaarey Tphiloh Sisterhood, and the Temple Beth El Sisterhood are sponsoring the meeting which is open to the public.

Rosalynne Bernstein is the chairman of the 1983 Combined Jewish Appeal. She is a past president of the Portland Society of Art, a Trustee of Bowdoin College, the Maine Medical Center, WCBB, and a director of the New England Board of Higher Education. Rosalynne is a past president of the Portland Section of the National Council of Jewish Women and a former member and chairman of the Portland School Committee.

Levey Hebrew Day School Events

By Paula Borelli

Levey Hebrew Day School has had a very busy winter season, with numerous holiday celebrations and field trips for the students. The celebration of Tu bi Shevat was coordinated with botany in the kindergarten and first grade classes, with sowing a variety of seeds, tending plants, and taking a field trip to Roak's greenhouse. The second-third grade class presented a large plant to the Maine Medical Center Pediatric Unit in honor of the holiday, and get well cards made by the entire student body were delivered during the tour of the Pediatric ward. The entire school also shared a Tu bi Shevat tasting party, where the children had an opportunity to try a variety of fruits and nuts native to Israel.

February 28 promises to be a fun-filled day. Students will attend a school-wide Purim party complete with costumes, games, and goodies, and then they will sing at the Purim celebration at the Jewish Home for Aged.

On a musical note, pupils from Levey Day attended the Portland Symphony Orchestra production of "Sound of Music." The students

were particularly impressed by the young people who performed with the Symphony.

Conducted in the same way as a spelling bee, a "brocha bee" was held for first-third graders. With the kindergarten as their audience, the "bee" went for 19 rounds. The winner for first grade was Elisabeth Gold and runner up was Rachel Plotkin. The winner for second-third grades was Nechama Reichert, and runner up was Joshua (J.J.) Lerman.

Contributions are still being accepted as the annual yearbook fundraising drive winds up for the 1982-83. Many thanks to all parents and friends who assisted with soliciting and helped make this a successful campaign.

Looking ahead to the 1983-84 academic year, enrollment is now being accepted for students in pre-kindergarten through fourth grades. A recruitment brunch is planned at 10:45 A.M. on Sunday, March 20 at 76 Noyes Street for any families interested in learning more about the alternative private school education offered at Levey Hebrew Day School. For further information, contact Paula Borelli at 774-7676 or 767-2963 in the evenings. ■

A Message from Hadassah

As is true throughout the world, the hospital emergency room is assuming greater importance than ever before in Israel. Due in part to the difficulty in obtaining a doctor quickly or in case of emergency, at Kiryat Hadassah alone, 75,000 visits were made last year. Although the Mount Scopus facility is smaller, 60,000 patients a year are seen in its emergency room!

Physically located so that it serves East Jerusalem and the West Bank, it treats a population which includes many very young children. Mount Scopus Hospital is always busy and as with Kiryat Hadassah, an additional staff of physicians is needed to ease the load.

Dr. Samuel Penchas, director general of Hadassah Medical Organization recently highlighted some breakthroughs in medicine and changing medical needs of H.M.O. patients, stating that there is not one clinical service in existence today in major medical centers in the world which is not represented in our Hadassah hospitals in Israel! There are chest pain clinics,

injured hand clinics, a special pacemaker clinic, dental pain clinics. Ambulatory care includes health education and counseling for preventive medicine; an early heart disease program for children underscores that good health care should begin early.

While Hadassah has reduced the length of the average hospital stay, the in-patient load is increasing at half a million days of hospitalization a year for about 50,000 patients at Kiryat. To keep pace there must be increased facilities and a larger staff.

Our local membership has the desire and the enthusiasm for a major and continuing effort to assure the future of Hadassah's life-saving and life-enhancing programs in Israel.

Shalom,
Beverly Boxstein, President
Portland Chapter of Hadassah

The deadline for the April issue
of Hayom is March 11



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An entertaining program featuring vignettes of popular musical theatre will be presented at 7:30 p.m. on Sunday, March 6 at Temple Beth El. Cantor Robert Scherr, of Temple Israel in Natick, Mass., will present works of Jewish composers. ■

Jewish Community Center Activities

Only 3 months away until Center Day! Digging out from an endless supply of snow certainly makes one long for the good ole' summertime. It really isn't too early to plan your child's summer activities, and that should include eight weeks of structured, educational fun and enjoyment at Center Day Camp. Activities and programs for '83 include Red Cross swimming and boating instruction, arts and crafts, an expanded intermural program, land and water sports, and campcraft. A caring and responsible staff will make sure your child has a safe and happy summer vacation.

Speaking of staff, the JCC is taking applications for Center Day Camp counselors. Experienced people are needed for all areas of day camp activities and programs. If you are interested, or know someone who might be, call the Center at 772-1959. Center Day Camp is the place to be for the summer of '83!

On March 10, 1983, the Center is sponsoring a singles happy hour from 4:30 p.m.-7:30 p.m. Everyone over 20 years of age is invited to drop by for wine and hors d'oeuvres. Take this opportunity to meet and mingle with other Jewish singles. Donation: \$1.00.

The Center is in the midst of planning the spring program session. The JCC is here to serve the community and provide programs and activities for community participation. We need your input, your ideas and support. Let us know what interests you and your family. Call the Center at 772-1959, or pass your thoughts along to vice president of programming, Alan Zimmerman.

Shalom,
Peter Litman

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Adjustment — Continued from Page One

with nice people, rich in culture," said Natasha. "It is not a dark, bad place. People there are friendly and try to help each other. Some may be unhappy, but most have never known any other life."

Though Miron and Natasha loved the availability of cultural resources in Russia, they also knew that "it was bad to be a Jew there." Jews were not allowed in the Young Communist League, a group like Boy Scouts but with political overtones, which feeds students into the prestigious institutes.

Jewish study is banned. There is no Jewish culture, as the last Yiddish theater was closed during the war. One synagogue in Leningrad serves four million people. Though it is theoretically open, attending usually causes job problems by stalling a promotion or barring one's entry to an institute. The problems of being Jewish in Russia have been well documented, and the Petrovskys knew that if their sons were to have a future, they had to leave.

They were fortunate that they applied to emigrate at the one time when the Russian government seemed eager to let Jews go. But it took two years of waiting before Miron's father could be convinced to sign the necessary papers. Miron describes his father as very patriotic despite having endured ten years' imprisonment as a Polish spy. Miron said that his father believes that the imprisonment was a mistake

even though millions of Russians shared a similar fate. Russia will always be home for his father, but Miron and Natasha knew they had to leave.

Parting with family who cannot relocate is just one of the huge adjustments which must be endured by the Petrovskys and many others. They now must be content with an occasional call or a letter, but too frequent contact can pose problems for those left behind.

Though Miron and Natasha were fortunate not to have lost their jobs as soon as they applied to leave, friends of theirs not only were fired but are still unable to leave after four years. Natasha's manager at the geology institute was fired only a half-hour after he attempted to attend a farewell party for her. She felt terrible, but was unable to help him. Awareness that the KGB knows one's every move is a fact of life in Russia, explained Natasha. "Having been born into it, most people don't think about the danger. They simply adjust."

It takes great strength to break with all that one has known and risk government retaliation in order to find a freer place to live. On May 2, Miron and Natasha will celebrate their acceptance as United States citizens, an event they eagerly await. They are to be admired for their courage and resilience in spanning the vast cultural differences between their old and new countries. ■

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