

OUR COMMUNITY NEWS

Jewish Federation of St. Joseph Valley, Inc. 3202 Shalom Way, South Bend, IN 46615



Volume 14, Number 5

January 2020/ Tevet 5780—Shevat 5780

From the Desk of Interim President Michael Kirsch

It is with a heavy heart that I assumed the duties of Interim President in November following the passing of Federation President Lisa Lerman, z"l (my title includes the modifier "Interim" in recognition of the fact that this is Lisa's term as President, and she will continue to be so listed on our masthead for the remainder of her term). Lisa was a dear friend to both Ilana and me, and I greatly valued the many years I spent with her on the Federation board. Her service as President was merely the culmination of so many leadership positions that she undertook. Perhaps the Federation role with the most significant long-term impact was her leadership of the Federation's Strategic Planning initiative several years ago. During my short service in my current role, I have already sought guidance by looking back at the Federation's mission, vision, and values state-



When did the Arab-Israeli conflict begin? That is a question that scholars have been discussing for decades. We are fortunate to have Dr. Alan Dowty, a member of our community, discuss his answers to that question in an event launching his new book on the topic on Saturday, January 11th at 7:00 PM at the Jewish Federation.

In his talk, Dr. Alan Dowty, Professor Emeritus at the University of Notre Dame, and one of America's leading experts on Israel, will share the findings from his new book titled, "Arabs and Jews in Otto-

man Palestine."

To warm up the winter evening, we will be serving chili for the event. (Please RSVP so that we can ensure enough food by calling the Federation at 233-1164).

Dr. Alan Dowty is a graduate of Shimer College and the University of Chicago, where he received his Ph.D. in 1963. In 1963-1975 he was on the faculty of the Hebrew University in Jerusalem, during which time he served as Executive Director of the Leonard David Institute for International Relations and as Chair of the Department of International Relations. While living in Israel he also enlisted in the Israeli army and served during the 1973 war.

Since 1975 he has been based at the University of Notre Dame, while also serving as the first Kahanoff Chair Professor of Israel Studies at the University

of Calgary, in Canada, in 2003-2006. He was President of the Association for Israel Studies, the only international academic association dedicated to the study of modern Israel, from 2005-2007.

Dr. Dowty has published widely, and lectured on the Arab-Israel conflict, Israeli politics, and U.S. foreign policy. Among his books are basic texts on Israeli society and politics (The Jewish State: A Century Later) and on the Arab-Israel conflict (Israel/Palestine, 4th edition 2017). In 2017 he received the annual Lifetime Achievement Award in Israel Studies from the Association for Israel Studies and the Israel Institute.

If you have any questions about the event, please contact Shani Kramer, Federation Program Director or Bob Feferman, Community Relations Director.

Chili and a New Book to Feature Dr. Alan Dowty Saturday, January 11th at 7:00 PM

**Please be sure to RSVP to info@thejewishfed.org
or by calling 574-233-1164.**

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Volume 14, Number 5
 January, 2020
 Tevet 5780—Shevat 5780

**Jewish Federation
 of St. Joseph Valley**
 3202 Shalom Way
 South Bend, IN 46615
 Phone: 574-233-1164
 Fax: 574-288-4103
 Web: www.thejewishfed.org

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Our Community News is published monthly by the Jewish Federation of St. Joseph Valley for the Jewish community in Michiana.

From the Desk of Executive Director Ben Davis

Hello Jewish Michiana,

On Sunday December 8th we had our first annual Health & Safety Fair which was a huge success. Kids and families spent the 3-hour fair playing and learning about healthy eating, dental hygiene, bicycle safety, stress relief, emergency services and much more. Our local police department, fire department, and clean water services all were present to help kids and adults learn more about safe behaviors and use of these services. It was a lot of fun and the kids got to explore a real fire truck and police cars, and ask all sorts of questions. All who attended had hopes to see it again in the future, and they definitely will. Big thanks to all of our volunteers, and especially Dr. Alon Shemesh, Aryeh Kramer and all of the police and fire fighters who gave of their time. Shani Kramer, our Program Director, deserves the highest of praise for

pulling off such a successful and monumental endeavor. She has been a phenomenal addition to the Federation team.

As I write this, Super Sunday is just around the corner, but will have already have passed by the time you read this. I want to thank Terry Hoffman and Cheri Schuster for once again championing the effort by chairing this years Super Sunday Campaign. We owe you both a huge debt of gratitude for your hard work recruiting volunteers and making calls. If you received a call on Super Sunday and have not yet had the chance to respond, we ask you to please do so. The support of the entire community allows us to continue to offer emergency and humanitarian services to Jews worldwide through our global partners, and locally through the efforts of our Jewish Family Services staff and volunteers. The need always outweighs the

amount we raise so every little bit has a big impact. Thank you to all of our donors who make those efforts possible and without whom we would also not be able to send allocations to the synagogues and schools for Jewish education, continue our outreach and education efforts with the non-Jewish community and the city/state government, bring our amazing Shlichim to us year after year, or offer the programs and services the whole community has come to expect and enjoy.

Coming up this month, we hope to see you at the Book Launch event with Professor Alan Dowty on January 11th and our joint Eva Kor program with the Mishawka Library on the 21st, as well as our regular monthly programs.

I hope you all had a very happy Chanukah, and I wish everyone a very happy (secular) New Year! L'Shalom,
 Ben



Coming in the Spring:



The Ketubah Exhibit!

Just in time for wedding season. We are looking for unique ketubahs to show at our next art show. This will be a fabulous exhibit showcasing wedding memorabilia and focusing on ketubah artwork. Please email skramer@thejewishfed.org if you have a piece you would like to lend us.

From the Desk of Program Director Shani Kramer

One of my first ideas as Program Director was to try a new program whose goal was to be both informative and fun, as well as a neutral topic to be applicable to everyone in our community. Thus was born the first annual Jewish Federation Health & Safety Fair! It is not an entirely new concept, as I had seen it advertised in other communities. My dream was to make it as interactive as possible. As a mom to 4 wonderful and active kids, I know that to get kids excited, involvement is key. I think I can say that we accomplished this goal and it was a great experience to see my dreams come to life. We had a booth with a rainbow array of fruits and vegetables, with different shaped cookie cutters for the crowd to thread onto sticks for their very own fruit or veggie kebab! There was also a granola making station, with healthy ingredients such as coconut oil and flax seeds that was enjoyed by all. Mini hum-

mus containers were available with plenty of whole wheat bread sponsored by Midwest Kosher & Deli. It was wonderful to see the kids making healthy food choices and enjoying them to boot! I was very passionate about adding a sensory booth to the fair. Many people when they think of health, think of food or activity, but rarely mention one of the very crucial elements which is emotional health. We had some fantastic activities, such as "make your own stress balls," creating with playdoh and a really interesting complete model of a human body, squishy heart and all! Getting my own kids to brush their teeth, can be daunting at times, so I really wanted a fun dental hygiene booth for the kids and we had it, with the "Tooth Booth" which was presided over by Dr. Alon Shemesh, dentist extraordinaire! The kids played a fun tooth game and decorated their own toothbrush holders. Charts and stickers, docu-

menting when to brush and floss their teeth were handed out as prizes. Taking the event to the next level was a professional photo booth, where there were fire, police and doctor costumes for dress up and instant pictures. There was also a mini grocery store, replete with shopping carts and lots of healthy foods for the children to shop for. Let's not forget about the 35 foot obstacle course that was a highlight of the fair! Getting kids off electronics and back into physical activities is a huge personal goal of mine, so it was great to see all that movement. There was even a special designated laser tag room to get even more action going. We were so grateful to have the presence of the Fire Department, Police Department and the librarians from the Tutt library branch. We are beyond thankful for their service and the kids were so excited to climb the fire truck and set off the sirens in the police cars! "When



can we come back?" was one of the most repeated comments and well, we can't wait to see you all next year at the second annual Health & Safety Fair!

All the best,
Shani Kramer

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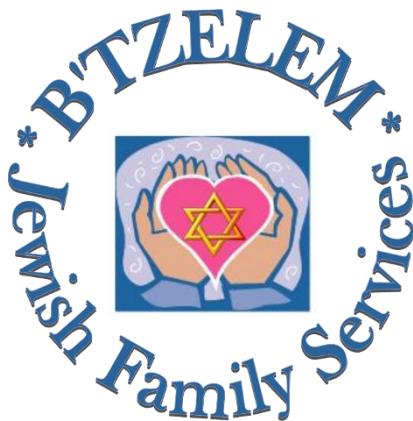
Spring Classes at The Jewish Federation:

Our spring semester is 10 weeks in length and will begin Monday, March 2. FLI closings will be April 6 - 10 for Spring Break. The semester will conclude on Friday, May 15.

For more information, please visit the FLI Website, at Foreverlearninginstitute.org.

Caring Connections

Don't Let Winter Leave you
Singing the Blues
By Charmagne LaFortune



As the days grow shorter and the air becomes crisp, some of us may notice our overall mood becoming drearier as well. Seasonal Affective Disorder (SAD) affects an estimated 20% of the population. Women are at 4 times greater risk. Individuals who live furthest from the equator or those who migrated from warmer climates are also at increased risk. For example, 1 percent of those who live in Florida and 9 percent of those who live in New England or Alaska suffer from SAD.

Although there is not a definitive reason as to why SAD may develop, it has been linked to a chemical imbalance in the brain that is triggered with decreased sunlight. Melatonin, a chemical in the brain that secretes when it is dark to help us to fall asleep has also been shown to be a factor in the development of SAD.

How do you know if you may have SAD? The main feature of SAD is that your mood and behavior shift along with the calendar. As the seasons change, so does our internal biological clock, or circadian rhythm, which creates havoc on our normal routines and mood! Some common experiences for people who manage SAD are fatigue, lack of interest or pleasure in normal activities, social withdrawal, craving foods high in carbohydrates and sugar, problems focusing or concentrating on various types of tasks or at work, and weight gain.

We can't change the season so what do we do? Increasing your exposure to sunlight has been shown to improve mood and decrease symptoms of SAD. Taking a walk or increased time spent exercising are also recommended strategies. Rearranging your



home or office so you are exposed to a window daily can also be very helpful.

Some people participate in light therapy (phototherapy) by sitting next to a special fluorescent lamp daily. Researchers indicate that bright light helps your brain make more serotonin, a hormone that affects your mood. For this therapy to work at its best, you'll sit 12-18 inches in front of the light for 30 minutes or more a day. The light must enter your pupils for it to work, but you do not need to stare at it directly. This light can be prescribed by some medical doctors and mental health professionals.

You could take a vacation somewhere warm or introduce aromatherapy to your daily routine. Many

people will add a vitamin D supplement since lowered levels of vitamin D is common in those with SAD. If you have noticed your mood is becoming more depressed, there are medications that could be prescribed to assist you in getting through the winter months. It would be best practice to consult with a mental health professional or doctor to talk about your experience and decipher what treatment options are best for you.

SAD is a manageable condition affects everyone differently. If you would like to know more about this, or ways to help combat the winter blues feel free to contact me at 233.1164 x 1806 or at clafortune@thejewishfed.org.

Don't let wintertime steal your SUNSHINE!

Join us at Tanglewood Trace!

For the next few months, Tanglewood will stay on the fourth Mondays at 2:30pm.

January 27, 2020 - 2:30pm
February 24, 2020 - 2:30pm
March 23, 2020 - 2:30pm
April 27, 2020 - 2:30pm

For more information contact Jewish Family Services at 574-233-1164.

Our Community Table

By Deena Abraham

Ah, nostalgia. I have so many fond memories of my grandmother's kitchen. She made complex delicacies like blintzes and simple things like chocolate chip cookies from a mix. My grandmother made her own pickles, and now I make her recipe. Fortunately some of Grandma's recipes were written down. Unfortunately some of her recipes were not written down.

A number of years ago I was in a local grocery store and I saw an item that brought back a memory from Grandma's kitchen. It was a clear plastic tube shaped package of soup mix produced by one of the big kosher companies. I remembered that Grandma sometimes made soup using a mix like this. Feeling sentimental, I purchased a soup mix package.

But, after making the soup according to the package directions and tasting it I was not impressed at all. To copy a reaction from my grandmother, I tasted the soup and thought "FEH!" It was so salty and it really lacked any other flavor aside from salt. Why on earth did Grandma use this product? Could she have doctored it somehow to make it taste better? There must be some secret to how to prepare these mixes. Needless

to say, I had no plans to ever purchase one of those soup mixes again.

Then, about a year ago, I was looking at a community cookbook and saw a recipe that used one of those soup mixes as an ingredient. I wondered if I should dare to give it another chance. After all, there must be something to it. How could a product still be on the market if it didn't have some useful purpose? So, I bought the mix.

Naturally, I had to adjust the recipe. There were a number of things that I wanted to change. The original recipe called for turnips. I'm not a fan, so that ingredient got nixed real quickly. I reduced the salt. I increased the amount of both water and barley. Basically, I made some standard changes to make the recipe more to my liking. And it was to my liking! It was really good soup. Now I make it often.

Next time you see a clear plastic package of split pea soup mix, buy it and give this recipe a try. You can pick up a second package to donate to the JFS food pantry while you are at it. When you make the soup, feel free to make your own adjustments like adding those diced turnips.



VEGETABLE, BARLEY, AND SPLIT PEA SOUP

2 Tbsp. oil
 1 onion, diced
 3 stalks celery, diced
 2 zucchini squash, diced
 4 carrots, peeled and diced
 2 parsnips, peeled and diced
 1/2 c. barley
 1 pkg. split pea soup mix
 1 tsp. salt
 1/2 tsp. dill
 1/4 tsp. pepper
 1/2 tsp. garlic powder
 8 c. water

Heat the oil in a large pot. Sauté the onion and celery in the oil until soft. Add all the remaining ingredients. Bring to a boil, reduce heat, cover, and simmer for two hours.

**OUR VISION. OUR MISSION.
 OUR VALUES. OUR GOALS.**

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From the Desk of our Shlicha

Hi everyone! For my article this month, I interviewed Elisheva Lerman, my dear friend from our community, to learn about a special holiday called "the Sigd" celebrated on the 29th of Kislev (this year it was on November 27). Sigd is celebrated by the Ethiopian-Jewish community. Thank you, Elisheva, for the interview for my article! It was interesting and eye-opening for me to learn more about your traditions.

Q: Who is celebrating the Sigd holiday and why?

E: The Sigd is celebrated by "Beta Israel"- the Ethiopian-Jewish community. This day is a reminder that 50 days after we cleaned our bodies and souls on Yom Kippur, we need to stay clean and not forget what we promised G-d and ourselves that day. It's a reminder for us to keep being good, to cherish our family, friends, and the community. While Yom Kippur is focused more about the relationship "between man and his Maker," the Sigd holiday is all about **לְאַהֲרֹן "לְאַהֲרֹן "** ("Love thy neighbor as thyself"). On this day, people are fasting and going out of their way to make other people happy. We say good words to each other, say thank you, and we forgive if someone hurt us.

The source of this Holiday comes from the prophets Ezra and Nehemiah era

(the sixth century BCE). In the Book of Nehemiah, Ezra presents the Torah before the assembly of Israel after it had been lost to them during the Babylonian exile. "And Ezra opened the book in the sight of all the people--for



he was above all the people--and when he opened it, all the people stood up. And Ezra blessed HaShem, the great G-d. And all the people answered: 'Amen, Amen'" (The Book of Nehemiah, Chapter 8, 5-6)

This day is also about feeling the same way as the Jewish people felt when they received the Torah from G-d on Mount Sinai. The word Sigd in Ge'ez (an ancient South Semitic language of the Ethiopic branch) means "Prostration." Therefore, on this day we dress up in white clothes, bake a Challa, and gather family and friends from all over the country and climb to a high mountain, bringing charity, praying to G-d and dancing when the fast is over.

Q: What are the differences between how you celebrated the holiday in Ethiopia and now in Israel?

E: In Ethiopia, the holiday was about yearning to

The Sigd Holiday- The Holiday of Regeneration:

An Interview with Elisheva Lerman By Chen Nissan

come back to the Land of Israel, the holy land. Now after we made our dream come true, the holiday is more about spirituality, about how we're behaving toward each other. Now we are finally in Israel, but it's not the Israel we were hoping for.

Q: In what ways is it not the Israel "Beta Israel" were hoping for?

E: Instead of being together, our nation is split into ethnic groups and social statuses. People aren't satisfied with little; they just want more and more- new car, new house, more prestige. Now when we are in Israel, the holiday is about praying for the Jewish people to be more focused about what's important- thanking for what we have, being closer to Hashem, volunteering, improving the world and set an example to other nations.



teemed and beloved person in the community. And on our way to Jerusalem, my grandfather saw a young Ethiopian guy drinking beer. My grandfather turned to him and said one sentence: "Did you forget where you came from?" This sentence shocked the young man. He threw the bottle, called his friends and they all joined my grandfather to go pray. This story made me realize how even one sentence can make a big difference.

Q: In conclusion, is there anything you think we as a community can take from this holiday?

E: Yes, I think we need to keep trying to look at the good side of every person, to do good deeds not for showing-off but out of a sense of "Tohar Hamidot" - integrity.

Thank you Elisheva for sharing with me and with the community about this beautiful holiday!

For those of you who are interested in learning more about Beta Israel, Elisheva recommended the book "From Sinai to Ethiopia" by Rabbi Dr. Sharon Shalom.



Q: Do you have memories from celebrating the holiday as a child?

E: I remember when I was 9 years old, I went with my grandfather z"l to Jerusalem to celebrate the holiday. My grandfather was considered an es-

From the Desk of Interim President, Michael Kirsch

Continued from Page 1

ments that Lisa was so instrumental in crafting as part of that project. Indeed, as I read those provisions, I realized that they not only reflect the Federation's aspirations, but also reflect the way that Lisa dedicated herself to the Federation. Consistent with our mission, Lisa helped create "a sustainable, engaged, and connected Jewish community that supports one another locally and globally," and, more importantly, she actively lived many of the Federation's values, including K'lal Yisrael (Jewish peoplehood), Chesed (kindness and compassion), Tzedakah (charity), Tikkun Olam (repair of the world), and Kahillah (community). I will do my best to try to follow in the wonderful example that Lisa set for all of us.

As you also are aware, Ben Davis, our Executive Director for the past six years, recently informed the Board that he will be resigning from his position effective in late March. I have had the fortune of working with Ben in my role as Treasurer for the past four years, and I will greatly miss his insight and advice. I am happy that Ben, Francie, and their family will be staying in the area and plan to remain active members of our Jewish community,

and I am grateful for Ben's commitment to make the transition to the next Executive Director as smooth as possible. In that regard, as of this writing we are forming a search committee to help us find our next Executive Director—I want to thank our former President, Terry Feldbaum, for agreeing to serve as the chairperson of that search committee. The selection of a new professional leader gives us an opportunity to reflect on the many strengths of the Federation and the local Jewish community, and also to think about what challenges we might face and how best to address them.

Finally, I want to thank those members of the community who have stepped up to help during this time of transition. Many members of the executive committee and board have put in extra time, and I particularly want to thank the dedicated members of the Federation staff who have ensured that our programs, activities, and operations have continued so that the Federation continues to fulfill its important mission. I look forward to building on our strengths as we move into the future.

L'shalom,

Michael Kirsch



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We welcome contributions to our various funds listed below. Individual acknowledgment cards are sent for each contribution.

The Jewish Federation expresses its appreciation to these generous donors:

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If you've already pledged to our 2020 Annual Campaign, **THANK YOU!** If you haven't, please consider donating to the Jewish Federation of St. Joseph Valley today, by returning the 2020 Campaign slip on page 10 to the Federation, calling 574-233-1164, or pledging your gift online, at www.Thejewishfed.org.

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All forms of payment must be made out to the Jewish Federation with Campaign 2020 in the memo line.

You can also make your pledge by visiting thejewishfed.org or stopping by our office during regular business hours.

When you donate to the Annual Campaign, your gift helps support the Jewish Federation's Mission

OUR VISION. OUR MISSION. OUR VALUES. OUR GOALS.

The Jewish Federation of St. Joseph Valley is the central resource to embrace, connect and support Jews locally and globally through social services, coordinated fundraising, community outreach, and educational and recreational programs.

If you wish to designate your gift, you may do so by marking your selected program below.

- Local Programming and Services
- Overseas Funding and International Aid
- Jewish Family Services
- Youth & Family Programming

- Adult Programming
- Community Relations
- Special Instructions _____

Federation Book Club

by Beth Buechler

The Word is Murder, by Anthony Horowitz

British ITV/BBC crime writer, novelist, and children's author, Anthony Horowitz, has come up with a way to change the who-done-it formula. He's put himself into the narrative as an ex-detective's somewhat Watson-like assistant and ghost writer. In an interview conducted by NPR's Scott Simon, Horowitz explains how he enjoyed giving the "best lines" to detective Daniel Hawthorne—the Holmes to the narrator's Watson. While Hawthorne's character is not very likable—he's homophobic, gruff, and has hired Horowitz to write his biography while

rarely talks about himself. We get hints of them perhaps pairing up in the future, and, as readers, could see this as a movie, and were glad to learn there might be a series. The Federation Book Club will be changing our venue. Starting in January, we'll be meeting at 4:00 PM, unless otherwise noted, on first Thursdays of the month, and are each expected to bring a "cozy snack" for early evening sharing.

Upcoming Schedule of Books:

Changed time: 4:00 to 5:00 PM, Bring a "cozy snack" Worthy of Sharing:

- January 2: Rough Magic: Riding the World's Loneliest Horse Race, by Lori Prior-Palmer
- February 6: Breakfast at Tiffany's and Three Stories, by Truman Capote



March 5: The Water Dancer, by Ta-Nehisi Coates

The Book Club meets monthly. Scheduling changes are posted as above.

We meet to discuss books of either global or page-turning interest, and

not to promote our own writing or that of our friends.

Our location is the Jewish Federation of St. Joseph Valley, 3202 Shalom Way, South Bend. To become a member of this group, please contact: info@thejewishfed.org

LET US KNOW YOU ARE JOINING US!

Whether it's a Jewish Family Services Lunch, a weekend lecture, or Annual Meetings, your RSVP helps us make our events successful.

Help us ensure we have enough seating and treats for all our guests.

You can RSVP by calling
574-233-1164 or by email to
info@thejewishfed.org.

We appreciate your help, and look forward to seeing you soon!



Jewish Journey to Prague, Vienna, and Budapest June 2020

Jewish Federations of Louisville, Indianapolis and the Consortium are offering a pre-summit visit to Prague and Vienna to be followed by the Partnership2gether Pre-Tour and Summit.

Part One: June 15-21 to Prague and Vienna

Registration Deadline for Part One is February 14, 2020.

Part Two: June 21-22

Optional Pre-tour: Jewish Budapest & Beyond

A two day experience in Budapest with our Partnership Communities.

Part three:

June 22-25, 2020

2020 Partnership 2-Gether Summit!

Join us in beautiful Budapest, to learn about their process of Jewish community renewal, and acquaint yourself with this fascinating city. Discover new Partnership opportunities, as you get to know staff and lay leaders from the 16 US Central Area Consortium Communities, Budapest and the Western Galilee.

We'll share Partnership experiences, brainstorm new ideas and discover new ways to engage our communities!

Questions? Contact: Bracha Zuriel, P2G Consortium Director, Brachazuriel@gmail.com



CREATE2 GETHER

P2G ART SEMINAR

MAY 6 - 11, 2020
BUDAPEST



Create2Gether is an exclusive 6-day seminar where talented artists from our P2G communities will connect and learn from each other and about the current art scene in Budapest.

The seminar is open to visual artist and participants will include 4 artists from the P2G US Consortium, 4 from the Western Galilee, and 4 from Budapest

For more information or to submit CVs, applications and portfolio examples please contact Avital Ben Dror at avitalbe@jafi.org.

**Deadline for submission is
January 31, 2020.**

Participants will be selected by professional committee.

From our Friends & Partners

Eva A-7063

Tuesday, January 21
5:30-7:30 pm

at The Spencer Gallery at the Mishawaka Library
(209 Lincoln way East Mishawaka, IN 46544)

In recognition of the 75th anniversary of the liberation of Auschwitz, join Mishawaka Penn Harris Public Library, The Kurt and Tessye Simon Fund for Holocaust Remembrance at Temple Beth-El, and the Jewish Federation of St. Joseph Valley would like to invite you for a viewing of the documentary, Eva: A-7063. Eva Kor, a Romanian-born survivor of the Holocaust who resided in Indiana after the war, shared her message of forgiveness and her incredible journey towards healing with the world before her passing earlier this year. A brief discussion will follow the documentary. Light refreshments will be served. Registration is required at www.mphpl.org or call 574-259-5277 x1300.



Join Temple Israel for their 2020 Congregational Trip!

June 7th-June 17th Led by Shoshana Feferman



On this amazing adventure you will:

- See the best of Israel in Jerusalem, Tel Aviv/Yaffo, Safed, Masada and the Dead Sea
- Take a cable ride into the grottos at Rosh Hanikra on the Mediterranean
- Enjoy a program in our Partnership region in Western Galilee including dinner sponsored by the Jewish Federation of Northwest Indiana
- Explore the Golan Heights, visit a kibbutz and enjoy lunch at a Druze village
- Visit Beit Alpha, an ancient synagogue with a colorful mosaic floor
- Discover our ancient past digging in an archaeological site
- Visit the border town of Sderot to receive a briefing at the Kassam museum
- In Tel Aviv, visit the newly renovated Diaspora Museum, the Carmel Market, the arts and crafts fair and swim in the Mediterranean
- Learn the story of Atlit, the pre-state British detention camp for Holocaust survivors
- Visit the Ayalon Institute in Rehovot to learn about the story of the secret munitions factory of the Haganah
- Enjoy touring with a professional guide at a wonderful price including very nice hotels and about two meals a day

For more details contact Rabbi Shoshana Feferman at rfefe@comcast.net

The Grow Jewish Michiana Project



Growth

by Simon Springer

Over the last several months, I have been asked, numerous times, about what I do. It's been kind of hard to answer that. My position changes as new challenges and opportunities arise, but the answer I give is helping strengthen the economic development of our community. Let me explain.

This coming year, there are going to be some new initiatives starting in our community; all to help benefit our community. I have been working with a financial planner from the area to start a series of classes designed to deal with personal finances, whether that be debt management, budgeting, tax and estate planning, and many other topics of great importance to families.

As well, for those that are job seeking, or would like to improve some skills training like how to succeed in an interview, the Federation will be partnering with the amazing administration and actors at the South Bend Civic Theater, who have been giving soft skill training courses on person to person interactions for the last couple of years.

And that's just the tip of the iceberg. Recently, I attended the Orthodox Union Jewish Community Fair in New York. Our little town had so much interest from people that would have generally never heard of South Bend that we almost ran out of materials and swag. We walked away from the fair with 45 separate families that wanted to continue our conversation about relocation, as well as the 100 names provided by the OU of people who wanted

to know more but couldn't make it to the convention.

I have been working on a relocation program with the national office of Hillel, Alpha Epsilon Pi (AEPi) and many other groups to attract new Jewish talent to our area, bringing them in to help fill the myriad of career openings available in the Michiana area.

The network I've created, as well, has been able to get several local people job interviews and even a few have been hired. Its not a perfect process, certainly, but we're just getting started.

Please reach out to me if you have any questions. I'd love to hear feedback, or if you'd like some help, or if you'd like to give some help. This is a team effort and I couldn't be happier to work with a community that is so giving in nature that I'm often taken aback.

Zumba Winter Schedule

Tuesdays and Thursdays, Zumba classes are continuing their 10 week sessions at the Federation, starting 1/7. Join at any time for a drop in fee of \$10.00.

For more information on classes offered at the Jewish Federation or the many benefits of Zumba, please contact Yolanda Suggs, at Mrs.zumbayo@gmail.com.

Tai Chi Winter Schedule

Tai Chi will be on hiatus until Monday, March 23rd. Then, a new 8-week session will take place with a free introductory class, starting at 4:00 PM.

For more information on classes offered at the Jewish Federation or the many benefits of Tai Chi, please contact Barbara Goldfarb at 874-347-5090.

Jewish Federation Community Calendar ♦ January 2020 / Tevet 5780–Shevat 5780

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 4 TEVET New Year's Day: FEDERATION CLOSED	2 5 TEVET 12:00 PM: Russian ESL Class 4:00 PM: Federation Book Club	3 6 TEVET Federation Closes at 3:00 PM	4 7 TEVET 10:00 AM: Girl Scout Event
5 8 TEVET 11:00 AM: A Virtually Global Book Club	6 9 TEVET 11:00 AM: FLI: German 12:00 PM: Book Club	7 10 TEVET 9:15 AM: Zumba Toning Fast of 10th of Tevet	8 11 TEVET	9 12 TEVET 12:00 PM: Russian ESL Class	10 13 TEVET Federation Closes at 3:00 PM	11 14 TEVET 7:00 PM: Chili & a New Book-Featuring Alan Dowty
12 15 TEVET 4:00 PM: Sababah JR & NCSY	13 16 TEVET 11:00 AM: FLI: German	14 17 TEVET	15 18 TEVET	16 19 TEVET 12:00 PM: Russian ESL Class	17 20 TEVET Federation Closes at 3:00 PM	18 21 TEVET
19 22 TEVET 5:00 PM: Israeli Cooking Class with Shilcha-Chen Nissan (For Teens)	20 23 TEVET Martin Luther King Day	21 24 TEVET	22 25 TEVET	23 26 TEVET 12:00 PM: Russian ESL Class	24 27 TEVET Federation Closes at 3:00 PM	25 28 TEVET 8:00 PM: South Bend Hebrew Day School Chinese Auction
26 29 TEVET	27 1 SHEVAT	28 2 SHEVAT	29 3 SHEVAT	30 4 SHEVAT 12:00 PM: Russian ESL Class	31 5 SHEVAT Federation Closes at 3:00 PM	

Federation Jewish Holiday Civil Holiday Sababah Friends & Partners FLI

We'll see you in the Spring!

Due to the unpredictable nature of South Bend Winters, our next Jewish Family Services lunch will be held in **Spring of 2020**. Keep up on all things JFS lunch, by checking out our website, and Jewish Federation e-blasts!



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Get Ready for... PURIM CARNIVAL!

Sunday, March 8th
at the Jewish Federation

Join us in a fun-filled celebration for Purim Carnival, right here at the Jewish Federation! We will have fun games for the kids, arts & crafts, cool prizes, Hamantaschen and so much more!

We look forward to seeing you there! Keep an eye out for our Purim Carnival e-blasts and announcements, in the upcoming months ahead.

