

OUR COMMUNITY NEWS

January 2021/ Tevet 5781 – Shevat 5781
Volume 15, Number 4

A Minute With Moshe

Our team has continued to develop digital programming and thanks to you, our events have had great success. December was a busy month, and we look forward to continued success in January!

3rd Annual Community Menorah



Lighting: Covid 19 did not deter our indomitable JFED team from organizing our 3rd annual downtown Community Menorah Lighting event. The event included remarks by Mayor James Mueller of South Bend, Rabbi Companez of Temple Beth-El, Rabbi Friedland of Sinai Synagogue, and Rabbi Lazarus of Midwest Torah. Rabbi Gansburg of Chabad conducted the Menorah lighting ceremony. This year, JFED Program Director Shani Kramer provided additional fun by

organizing a Chanukah bingo game for all and recognized our community's Covid heroes.

Magnificent Menorah Making:

Camp Ideal Hanukkah Craft Hour was a great success. 102 kids from all the different synagogues in town and Benton Harbor Zoomed in for this event led by Chen and Sara Gansburg.

Young Adults Dough-not Let the Light Go Out: Allen Stenberg guided over 15 participants over Zoom in this awesome sufganiyot-making activity (traditional Hanukkah fried donuts).

Jewish Teens programming: In November, Chen started monthly activities with the 11th-12th graders in our community and with teens from Munster. The meeting series called "Israel 101" discusses everything teens need to know about Israel and the Jewish world before they go off to college.

Temple B'nai Shalom Meets Chen

Nissan: During a Zoom Kabbalat Shabbat service Chen introduce herself to the wonderful congregation of Temple B'nai Shalom. This introduction served as a springboard for future TBS programs.

Jewish Family Services Lunch N' Learn:

Our December Zoom L&L was very successful. Yolanda Suggs, a certified Zumba instructor had participants movin' and groovin' in their chairs. The polling of the participants after the class indicated an interest in starting a weekly wellness class. If interested call Sandy Levine at

574-233-1164 EXT 1804.

Chinese Dinner Pledge Drive-thru:

Thank you Jewish Michiana. We received over 150 dinner orders and pledges...and may your pastrami never have mayonnaise on it!

2021 Annual Campaign: We have raised \$295,000 for our Campaign. We are now at 80% of our goal!

College & Advanced Degree Scholarship! Details About 2021 Scholarships Coming Soon...

Your JFED Team is Growing!:

Please see page three for details...

Keep Reading for details on all we have planned in January!

CAMP IDEAL IS BACK!

2021 Season for campers K-5

Details about the 2021 Season Coming Soon!



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Jewish Federation
of St. Joseph Valley
3202 Shalom Way
South Bend, IN 46615
Phone: 574-233-1164
Fax: 574-400-2161
thejewishfed.org

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Our Community News Editor
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**The Jewish Federation of St. Joseph Valley
presents:**

TU B'SHVAT FRUIT INTO FLOWERS CARVING CLASS

**Wednesday, January 27th
8:00 PM
On zoom**

**RSVP to skramer@thejewishfed.org
to receive link and supply list.**

GARDENLIFE: A GARDENING WORKSHOP FOR KIDS

January 24th at 2:30 PM Via Zoom



In honor of Tu' B'shvat we will be creating and decorating our own in-home herb garden! Learn how we can make a meal taste yummy from some tiny seeds and soil! Create a beautiful pot to grow your garden in!

**[Click here to RSVP](mailto:skramer@thejewishfed.org) or email Shani at
skramer@thejewishfed.org.
Garden kits available for \$5 per child.
\$20 per family max.**



Act I

11th Annual

Michiana Jewish Film Festival

Thank you to our community for making the First Act of the 11th Annual Michiana Jewish Film Festival a huge success. Our committee is already looking ahead to May when we will host Act II of our festival in a digital format. Keep an eye out for more information and sponsorship opportunities in the coming months.

We wish to extend a special Todah Rabah to our sponsors who helped bring Act I to our community. Please help us show our appreciation with your patronage.

Kurt and Tessye Simon Fund
for Holocaust Remembrance



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Additional Funding Provided By a Grant From:



For information on how you can support the Annual Michiana Jewish Film Festival through sponsorship please contact [Moshe Kruger, Executive Director.](#)

If you wish to volunteer to serve on the Michiana Jewish Film Festival committee please contact [Sheri Alpert.](#)

New Faces at the Federation!



Laurie Radin

Jewish Family Services Associate
574-233-1164 Ext. 1804
Lradin@thejewishfed.org

My name is Lauriebelle Radin, but you can call me Laurie for short. I am the newest member of the Jewish federation staff. Im so excited to get my journey with the Jewish federation started!

A little about myself, I was raised on a military base in Ga so I'm a southern belle or a Georgia peach, I like to say. Currently I am studying to be a music therapist but that's a ways away still. Music is a major part of my life and I love to share it. If you stop in to the food pantry at the federation sometime, you may catch me singing in the back stocking the shelves. I hope to bring my love of music to the federation and have us singing and playing beautiful music together. I look forward to meeting every one of you!

We are delighted Laurie has joined the JFED Team, said Moshe Kruger, Executive Director of the Federation. She has a wonderful "can do" spirit and huge heart to serve her community in the important work performed by Jewish Family Services.



Allen Stenberg

Director of Marketing & Communications
(Starting January 12th)
574-233-1164 Ext. 1811
Astenberg@thejewishfed.org

Allen joins us after his tenure serving in the credit union industry. He brings five years of direct marketing and event experience to the Jewish Federation team. He is passionate about supporting our Jewish community and developing a communication strategy that will drive the Federation into the future. Allen is a dedicated Sinai Synagogue member serving the congregation as a programming committee member and FEAST educator. In his free time, Allen volunteers on the Michiana Jewish Historical Society Board and the Jewish Federation Young Adult Committee. In his home life Allen is an avid gardener, cook and artist focusing primarily on printmaking.

"We are fortunate to have someone of Allen's caliber and experience to join the Jewish Federation at this critical moment", said Moshe Kruger, Executive Director of the Federation. "We hire ambitious, capable professionals who thrive on entrepreneurial spirit, collaboration and who want to create a flourishing and vibrant Jewish community. Allen understands to achieve this Jewish future, we must listen to our community members and then deliver brand activation experiences that engage and creates an emotional connection."

Caring Connections: Holiday Reflections



By Sandy Levine, JFS Director

January 1 is a new beginning in the secular calendar, and I think most of us are glad to say good-bye to 2020! For me, this January brings a new beginning: Directing Jewish Family Services. I hope and pray to serve my community well as I develop in this role. I look forward to getting to know you as we move forward into the year. I wish you to know that I feel very fortunate to be here.

I am also happy to welcome Laurie Radin in the role of Associate for Jewish Family Services. Laurie is a teacher for Kumon, a member of Sinai and a frequent volunteer there. She is talented in music; we hope to eventually tap her musical gifts!

One more thing - January 1 brings us the first erev Shabbat of the Secular year. So, we get off to a good start with a Jewish holiday! Did you know that resting on Shabbat is a mitzvah? I love getting this day of rest every week.

On the secular calendar, Monday the 18th brings us to Martin Luther King Jr Day. Each person can pause to reflect on this day, and ask "What am I doing to end racism, improve tolerance, enhance justice?" Such actions build a spirit of Tikkun Olam, to improve our world. We can all pray for a peaceful Inauguration Day on the 20th of the month, regardless of our political persuasion. You could choose a book or film to watch to enhance your understanding. Here are some books to consider:

- ♦ **Black, White & Jewish: Autobiography of a Shifting Self by Rebecca Walker**
- ♦ **White People and Black Lives Matter by Johanna Luttrell**
- ♦ **Just Mercy: A Story of Justice and Redemption by Bryan Stevenson**
- ♦ **The Fire Next Time by James Baldwin**
- ♦ **The Hate U Give by Angie Thomas (Young Adult)**
- ♦ **Something Happened in Our Town: A Child's Story of Racial Injustice by Celano, Collins, and Hazzard (Children)**

The end of January brings Tu B'Shevat, תולדות השבט, the birthday for trees. How might we celebrate trees, when outside our Michiana windows we have winter? I'm glad you asked, because I have some ideas.

1. From Rowan Kelley, plant parsley seeds in an indoor pot. The parsley should grow enough to be ready for your Seder plate, come Passover.
2. Plant a tree from a seed, inside. You can transplant it outside in spring.
3. Join the Arbor Day Society: arborday.org.
4. Plant a tree in Israel. Jewish National Fund: usa.jnf.org, Holy Land Trees: holylantree.com
5. Examine your family tree; learn your history and find new relatives. Sign up on line: ancestry.com
6. Consider how to honor nature with physical tikkun olam - plan a garden or begin indoor composting with a worm bin. You can grow lettuce and dwarf tomatoes indoors using hydroponics.

By the end of January, winter is well underway. We can hope and pray for an easy winter. We can continue to take steps to stay healthy. We can reach out to one another using technology such as phones and Zoom, so we can stay social. I hope to see you at our upcoming Lunch 'N' Learn January 20th, which will be about trees and plants in honor of Tu B'Shevat, with speaker Greg Lyes from Ginger Valley, with a complementary lunch. (Get your reservation in, on time, to RSVP@thejewishfed.org)

We also have a weekly Zoom for Coffee and Wellness discussions on Sundays at noon. Sign up by email to SandyL@thejewishfed.org for that.

In closing, I wish to thank everyone in the community for your support when my father, Joe Markley, of blessed memory, passed in late November. I felt the well wishes in my heart. My father taught me the importance of serving others with truth and love. I hope to bring his life lessons with me into my new role.

Lunch & Learn – Celebrate the Trees!

January 20 at 12 pm

Please join us for a complementary lunch, as speaker Greg Lyes from Ginger Valley discusses trees and plants in honor of Tu B'Shevat. We are offering a gift of a baby fir tree from the Arbor Day Foundation to the first 20 people who RSVP and want one! (Get your reservation in on time, to RSVP@thejewishfed.org)

Coffee & Wellness Sundays at 12 pm

In this group, we utilize the National Wellness Institute's model of the "Wellness Wheel" to guide discussion of the current times, and how we can make little changes in different areas to maintain and improve our own personal wellness and health. Interested in joining us? Email Sandy Levine at sandyl@thejewishfed.org for more information or to join us!

Person-To-Person Calling

Many of us, no matter our personal circumstance, are feeling lonely and isolated. Would a regular call from a community member, to say "hello, how are you?" and some conversation make the difference in your day? Our person-to-person callers are ready to bring a little conversation and connection to anyone in our community. For more information or to sign up, call or email Sandy at 574-233-1164 X 1806.

Partnership2gether Meets the Emiratis

By Bob Feferman

On November 10th, Partnership2gether communities were privileged to participate in an intimate conversation with four citizens of the United Arab Emirates (U.A.E.). The special event was moderated by Dan Feferman and Benny Scholder, co-hosts of the "Jewanced" podcast. For nearly two and a half hours, this amazing experience gave the audience of Americans and Israelis fascinating insights into a unique culture, and great hope for the future of Israel and its relations with the wider Middle East.

The eye-opening conversation definitely challenged any assumptions that we the viewers had about traditional Arab views on a wide variety of topics, from Israel to the role of women in society. That is because the U.A.E. is a much different place, and so are its people.

The first part of the conversation focused on the lifestyle of the Emiratis.

As a country that enjoys tremendous wealth, Emiratis enjoy a generous social welfare system. However, the guests made it clear that they work hard for what they have.

Norah Alawadhi said, "There is a misconception about locals that we have money trees, or oil money." Norah reminded the viewers, "We work really really hard. In each household, we're striving to have businesses of our own."

It was also fascinating to learn about a people who take great pride in their Bedouin roots and traditions while feeling very comfortable with modernity.

Ahmed Al Mansoori said, "The lifestyle here is very much cosmopolitan... but we still stick to our roots. We like to go on camping trips. We like our farms. We like our camels. It's more family-oriented than many other cultures."

In spite of its vast wealth, the Bedouin roots of the U.A.E. give Emiratis a certain sense of humility. Thani Al Shirawi said, "The royal family here, they're very humble and very approachable. You might bump into them at the shopping centers. And don't be surprised if you see them in restaurants without a lot of security."

Indeed, the U.A.E. is different from so much of the Middle East.

Dan Feferman, who had recently returned from a visit to

Dubai, said that he was surprised to find, "... a very modernized, moderate and accepting version of Islam among the many people that I met in the U.A.E."

The responses that Dan received from the guests validated his impressions.

Ahmed Al Mansoori said, "For me, I don't think it's a modernized version of Islam, I think it's THE Islam. I think it was hijacked by these extremists... When you came here you met real Muslims."

Thani Al Shirawi said, "The word Islam means peace. It's for us to live in peace... Being an Emirati in the U.A.E., nobody tried to convert me to fundamentalism... I was taught a moderate Islam."

There is no doubt that the leadership of the U.A.E. is the guiding force behind this moderate world view.

May Albadi told viewers, "Sheik Muhammad Bin Zayad, the Crown Prince of Abu Dhabi, ordered the construction of a building dedicated to interfaith harmony. That facility will be called the Abrahamic Family House... It will have a church, a mosque and a synagogue next to each other."

And finally, regarding the Abraham Accords, the historic peace treaty between Israel and the U.A. E, the four Emiratis were very proud of their country.

Norah Alawadhi exemplifies this pride. She became famous for the iconic photo that went viral on social media that featured her and a young Israeli wearing the flags of Israel and the U.A.E. atop the world's tallest building, the Burj Khalifa, with the Dubai skyline as the background.

Norah said, "Peace starts with the politicians, and continues with the youth."

There is no doubt that unlike the peace treaties that Israel has with Egypt and Jordan, it is thanks to the Emiratis that the Abraham Accords will be a much different peace, a much warmer peace, that can serve as a model for coexistence throughout the wider Middle East.



Be sure to check out the latest episodes of our podcast "Bridging the Gap." Chen Nissan, our Israeli Shlichah and Shani Kramer, Program Director interview members of our community from all corners of our community. Get to know your neighbors as we embrace the diversity of our Jewish community, and build on the common threads in all our lives.

[To Listen to Episode Six with John Roncz Click Here.](#)

[To Listen to Episode Seven with Rabbi Lazarus, Click Here](#)

[Click here to explore all our Bridging the Gap Episodes!](#)

Thank You For Lighting Up our Chanukah Programs This Year!



CHANUKAH MENORAH LIGHTING CEREMONY





CAMP IDEAL MENORAH CRAFT HOUR



h Nissan



ca and Madeline



frat Fowler

Israel Judaism - My Thoughts After Thanksgiving *By Chen Nissan*



The Israeli president, Reuven Rivlin, hosted in the Mimuna celebrations

On Thursday, November 26, I was invited to the wonderful Clemans family for Thanksgiving dinner. When I was heading on my way at 5 pm on Thanksgiving eve, I noticed something was different. The roads were empty, only a few cars were driving. I wanted to pick up something from the grocery store, but when I got to Fresh Thyme, the parking lot it was empty, the store was closed. I felt silly like I had to think about it beforehand, that the store would be closed, but then my thoughts started to wander.

This special feeling in the air was a feeling I haven't felt for a long time, and I felt it before only on Shabbat in Israel. This holiness, this complete rest, a time that everyone around dedicates to meeting their families and loved ones.

In Exodus Chapter 20, 10-11 it says: "But the seventh day is a sabbath of the LORD your G-d: you shall not do any work—you, your son or daughter, your male or female slave, or your cattle, or the stranger who is within your settlements. For in six days, the LORD made heaven and earth and sea, and all that is in them, and He rested on the seventh day; therefore the LORD blessed the sabbath day and hallowed it."

G-d gave us Shabbat not only as a religious commandment, I see the Shabbat as a social law designed to preserve the rights of all human beings. Even the weakest in our society - slaves and animals, must rest on Shabbat. South Bend never stops, the stores are always open, people are always on their way to somewhere, and it stops completely only twice a year - Thanksgiving and Christmas.

Only twice a year all Americans experience what Israelis experience every weekend.

I remembered the feeling I had here in South Bend on Yom Kippur last year. It was the first time I was driving to the Synagogue on Yom Kippur instead of walking, and it was the weirdest thing. Yom Kippur in Israel is a day all vehicles clear the way for thousands of bicycles that take over the road for 24 hours.

And from one thought to another - If we know that the way the Jews practice Judaism is affected by their surroundings, would it be true to claim that Israelis have developed a new stream in Judaism, which isn't celebrated

in the same way anywhere else in the world?

I believe if you have been in Israel for longer than a few days you will be able to relate. Let me give you a few interesting examples for "Israeli Judaism" as I see it:

So as I gave the first example of Yom Kippur, for most Israeli kids and teens, this day is a day of riding the bicycle with friends.

If a Jewish kid in America or Europe would want to celebrate this Israeli-Jewish custom on Yom Kippur, he wouldn't be able to do it because of all the vehicles on the road.

Another example, the "Mimuna" celebrations at the end of Pesach, are a tradition brought to Israel by a minority - the Jews who immigrated to Israel from Morocco. At first, the Moroccan immigrants celebrated it in their homes until at some point it was taken out into the public space in the mid-1960s. First came a few hundred guests, then thousands.

About half a million Moroccans, first and second generation, live in Israel. According to a study by Shmuel Rosner, a researcher at the JPPI (the Jewish People Policy Institute) on Israeli Jewry, 9% of Israelis say they celebrate "Mimuna" at home. Almost four out of ten of the Israelis are hosted in the Mimuna (38%). When you add up the numbers, it turns out that almost half of Israelis celebrate it. Looking at those numbers, can we say that over the years the Mimuna became a national holiday?

Is Israeli Judaism everything Israelis do that makes them feel more Jewish? I think this is an interesting question.

Many Israelis feel more Jewish not by going to the Synagogue, but by enlisting in the IDF, standing for the siren on Memorial Day for IDF fallen soldiers, and watching the torch lighting ceremony on Israel's Independence Day.

Israeli Judaism is the adaptation that Israelis have made from the culture of exile to an era of political independence. It is a creative combination of Jewish tradition in a national tone, and it is of course a natural creation of a place like Israel; a creation that is made possible in a Jewish public space, where everything can have a Jewish meaning - from paving a road to reading a book.

Being an Israeli living with a Jewish community in the diaspora teaches me a lot about the uniqueness of the Israeli Jewry, and fills me with inspiration and passion to create a bridge between the two cultures, knowing that we have so much to learn from each other.



Israeli kids ride bicycles on the highway in Tel Aviv on Yom Kippur

Through Lisa's Lens

By Shani Kramer



Lisa Lerman z"l

I have to say that I wasn't sure what Chanukah 2020 would be like. Though many places have seen improvements in their Covid case numbers, there is still a sense of uncertainty hovering in the air. It seems as soon as we begin getting comfortable with our new reality, something happens to cause us to plunge back into that same chaos.

In this month's column, I wanted to highlight some of the amazing and innovative programs that were offered across the community for Chanukah this year. I know I won't get them all in, but even the fact that there were so many, in itself is super inspiring. The reason I feel it belongs in this column is simply because I think across the different spectrums of our community a need was seen. A need for a struggling and honestly afraid group of people (myself included), who desperately needed a creative and fun way to let in the light.

It started a week ago with our shlichah Chen's fantastic Menorah craft kits that reached over 100 children. That was a kickstarter for the children to begin feeling the excitement of Chanukah's arrival.

We followed that up with a live showing of the first candle being lit downtown by Mayor James Mueller. It was so heartwarming to see everyone's Menorah's light up our Zoom screens! Being that we are spread out across Michiana, this was the first time I got to see a glimpse into what menorah lighting looks like in so many homes!

Congratulations to Samara Gold, who was crowned Chanukah Covid Champion on our zoom program! Samara was nominated multiple times by grateful community members who have experienced her light in so many ways.

Allen Stenberg won the Chanukah Trivia Bingo! He learned for the first time, that there are (gulp) 16 ways to spell Chanukah!

I was especially proud of our community the Sunday of Chanukah, the fourth night of the holiday. There were so many programs happening simultaneously! Chen's young adult group learning to make sufganiyot. An incredible Chabad parade through South Bend, with the cars all proudly boasting menorahs on their roofs. It was a day of light and pride.

I believe that Lisa would have enjoyed the creative ways that our community has chosen to celebrate. Instead of being pulled into the uncertainty and fear that is certainly easily felt, we rose up and met the opportunity to make this the best Festival of Lights yet!

Memorial & Tributes

The Jewish Federation expresses its appreciation to these generous donors:

From the following contributors:

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Thanks to our sponsors for the
11th Annual Michiana Jewish Film Festival

EXPERIENCE MICHIANA



Experience Michiana features all things Michiana. We are out in our communities showcasing those things that make our region unique: things to do, places to eat, art and music to experience, and community events and activities.

Thursdays @ 7pm (34.1)
Saturdays @ 5:30pm (34.1)
Fridays @ 8:00pm (34.2)

facebook.com/ExperienceMichiana
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574.282.3647

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100 N. Michigan Street

Suite 500

South Bend, IN 46601

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MAP2966008 | AD-04-20-0149.A | 470945PM-0320 | 04/2020



Our Community Table *By Deena Abraham*

At some point in time over the years I may have mentioned how much I like making, serving, and eating soup. While I make soup throughout the year, a hot bowl of soup on a cold winter's day is about as good as it gets. There is so much variety in the world of soup. Chicken soup is hardly in the same food category as a thick split pea soup or a creamy pureed butternut squash soup.

Those of you who know me well, as well as those of you who have gotten to know me vicariously through reading my columns, know that I like to try new recipes. I am always searching for a better version of a given dish. Even if I have a recipe that I think is pretty much perfection for a certain dish, if I come across another recipe for the same thing I likely will try it. Why? Because maybe it's even better than the recipe that I already have? Maybe it's different in some way that will be preferred. One never knows until one tries.

As a result, sometimes I find myself with more than one recipe for a certain food. An example of this is cabbage soup. I'm up to four recipes that are all excellent and that I like very much. At a glance, they are similar. They all contain cabbage, some sort of meat, tomatoes, and have sweet and sour flavoring. First there was the recipe that I modified years ago and really love. But, there was also my mother's recipe. Then I came across a recipe that had little meatballs in it. Delicious. I'd have been happy to stop there. Why would I even bother to test another recipe for cabbage soup when I had three good recipes?

But, I did it anyway. I came across a recipe that was a bit different than the three I already rotated between. I tweaked it, as I always do. (My main issue with a sweet and sour cabbage soup is with the excessive amounts of

sugar in the recipe. I always reduce it drastically. The soup is still delicious, just much healthier.) This recipe differs from my cabbage soups number one, two, and three in that the sweetness comes from jam or preserves. While the recipe calls for apricot, I have used peach when I had an opened jar in the refrigerator. I use two tablespoons of the lemon juice and a quarter cup of the preserves. The larger amounts listed are from the original recipe, but I left them in as an option in case you really prefer your soup sweeter.

Cabbage Soup #4

Ingredients:

- ◇ 2 Tbsp. oil
- ◇ 1 medium onion, chopped
- ◇ 3 cloves garlic, chopped
- ◇ 1 lb. stew meat
- ◇ 1-2 tsp. salt
- ◇ ¼-½ tsp. pepper
- ◇ 1 medium cabbage, finely chopped
- ◇ 1 (19 oz.) can tomato juice
- ◇ 1 (14 oz.) can crushed tomatoes
- ◇ 1 c. water
- ◇ 2-3 Tbsp. lemon juice
- ◇ ¼-½ c. apricot jam or preserves

Preparation:

Heat the oil in a large pot. Sauté the onion and garlic for five minutes, stirring occasionally. Stir the meat, salt, and pepper in to the pot. Cook for several minutes, stirring the meat so that it browns on all sides. Add the cabbage and cook for about ten minutes, stirring occasionally. Add all remaining ingredients. Bring to a boil, cover and simmer for 2 ½ hours.

The Lost Man, by Jane Harper, Federation Book Club *By Beth Buechler*

Our group agreed that *The Lost Man*, by Jane Harper, is a page turner. This mystery novel provides a richly dangerous landscape, distinguished characters, moral dilemmas, and subtle clues easily overlooked but remembered by the time the conclusion comes around. The brutal environment of Australia's Queensland outback almost plays a character in itself. It sets the stage for both the title and a mystery within a mystery.

We all pictured this book as a movie. The short chapters make it an easy read, give it a quick pace, and, as one of our members said, "the ending is just complex enough to satisfy."

It's hard to write about this book without giving spoilers, so I'm stopping here.

Schedule of Upcoming Books:

- **January 7: Begin Again:** non-fiction by Eddie S. Glaude, Jr.

- **February 4: The Rosie Project:** a novel by Graeme Simsion
- **March 4: Gabriela, Clove and Cinnamon:** a novel by Jorge Amado, with Professor of Brazilian History, Peter Blasenheimer, joining our discussion and providing background information

The only requirement for attending a session is to read the book as listed for that date.

The Federation Book Club to meet via Zoom at 4 PM for an hour or more on the first Thursdays of the month. We choose books of either global or page-turning interest, and do not meet for the purpose of promoting our businesses, or those of our friends. Contact information to join is as follows: info@thejewishfed.org
Sheri will forward your email address to the organizer who will invite you to join our sessions via Zoom.