



FOOD & RESTAURANTS

Learning, Growth, and Community: A MOMentum Trip to Israel

By *Debbie DePasse*

The third time was a charm for eight New Hampshire moms and I, who finally were able to travel to Israel as part of the Momentum Year-Long Journey. Our travel plans were postponed twice, and the trip was delayed for about two years due to COVID. I think the moms would agree that it was worth the wait!

Out of all of us from New Hampshire, only two women had been to Israel before. I was excited for all the places we would visit, and I soon learned that this experience was even more incredible than I had anticipated. Women from around the United States, as well as from several other countries, all joined together for this eight-day program. The Momentum website states that their goals are to “inspire women to transform themselves, transform their families, their communities, and the world. Their flagship program, the Momentum Year-Long Journey, empowers women to connect to Jewish values, engage with Israel, take action, and foster unity, without uniformity.”



Along with the travel and exploration of Israel, we joined together daily for engaging discussions emphasizing a different Jewish value. Although the discussions were intertwined each day with our travel throughout Israel, it makes sense to describe the travel separately. The top-

ics of discussion were: Learning and Growth; Courage; Peace and Wholeness in the Home; Faithfulness and Trust; Human Dignity; Generosity; Unity and Mutual Responsibility; and Gratitude. These discussions were followed by reflection time where our group of nine could gath-

er to discuss ways to take action to transform not only ourselves, but our families and our greater community.

Our trip leader was Adrienne Gold Davis, a former Canadian television personality, who has become a Jewish educator and leader. Her dynamic personality was engaging, and the discussions were thoughtful. Our meetings always started out with loud, fun music, which often brought us to our feet, dancing and feeling energized.

In addition to the daily talks led by Adrienne, we also had the pleasure of hearing from other community leaders, who are taking action to make change in their communities. These leaders include Na’ama Ore, the CEO of a company called SparkIL, which has been formed to enable small impact investors from around the world to provide interest-free social loans to small Israeli businesses which help to spark innovation in Israel.

We also heard from Dr. Zohar Raviv, who is the International VP of Education and Strategy of Taglit Birthright Israel. Dr. Raviv gave an inspiring talk about the State of Israel but also spoke of its complexity, and how things are not always so black and white. He emphasized that when we hear news stories, sometimes we are given content but without all of the context that is so important to be able to understand the full situation. He spoke that as Jews we can have unity without uniformity—we can be united by our Judaism without all practicing the same. And that we can support Israel even though it can sometimes be imperfect. He concluded by talking about the bright future of Israel, as well as encouraging our continued engagement with Israel.

We were lucky to have a small group of Israeli mothers join us throughout our Momentum program. Three of these


MOMentum continued on page 14



<i>What's Inside</i>	
Federation Voices	3
Calendar	4
Your Federation at Work	4
From the Bimah	6
Education	7
In the Community	8
Arts & Entertainment	19
Kids' Coloring Page	21
Jewish Journeys	22
Mitzvahs	22
Israel News and Events	23
Opinion	24
Tributes	26
Business & Professional Services	27

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JRF: Jewish Reconstructionist Federation **URJ:** Union for Reform Judaism
USCJ: United Synagogue of Conservative Judaism

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CONGREGATION BETENU

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Reform, Affiliated URJ
(603) 886-1633
www.betenu.org
Services: Friday night Kabbalat Shabbat services at 7:30 PM

BETHLEHEM

BETHLEHEM HEBREW CONGREGATION

Rabbi Donna Kirshbaum
39 Strawberry Hill Road
PO Box 395, Bethlehem
Unaffiliated-Egalitarian
(603) 869-5465
www.bethlehemsynagogue.org
davegoldstone1@gmail.com
Services: Contact for Date/Time Info
President Dave Goldstone - (516) 592-1462
or Eileen Regen - (603) 823-7711
Weekly Services: July through Simchat
Torah Friday: 6:30 PM; Saturday: 10 AM

CONCORD

TEMPLE BETH JACOB

Rabbi Robin Nafshi
67 Broadway, Concord
Reform, Affiliated URJ
(603) 228-8581
www.tbjconcord.org
office@tbjconcord.org
Services: Friday night - 7 PM
Saturday morning - 9:30 AM

DERRY

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Rabbi Peter Levy
1½ Hood Road, Derry
Reform, Affiliated URJ
(603) 432-0004
www.etzhayim.org
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Services: Fridays 7:15 PM
Please check the website for the Shabbat
Morning schedule

DURHAM

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72-1 Main Street, Durham
(603) 205-6598
Rabbi@JewishSeacoast.com
www.JewishSeacoast.com

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Rabbi Moshe Gray
19 Allen Street, Hanover
Orthodox, Chabad
(603) 643-9821
www.dartmouthchabad.com
chabad@dartmouth.edu
Services: Friday Evening Shabbat services
and Dinner
Shabbat morning services
Call for times

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Rabbi Mark Melamut
Roth Center for Jewish Life
5 Occom Ridge, Hanover
Nondenominational, Unaffiliated
(603) 646-0460
www.uvjc.org
office@uvjc.org
Services: Friday night Shabbat service at
6 PM
Saturday morning Shabbat service at
10 AM

KEENE

CONGREGATION AHAVAS ACHIM

Rabbi Dan Aronson
84 Hastings Avenue, Keene
Reconstructionist, Affiliated JRF
(603) 352-6747
www.keenesynagogue.org
rabbi.ahavas.achim@gmail.com
secretary.ahavas.achim@gmail.com
Services: Regular Friday night services at
7 PM
Monthly Shabbat morning services at
10 AM
Check the website for time variations

LAGONIA

TEMPLE B'NAI ISRAEL

Rabbi Dan Danson
210 Court Street, Laconia
Reform, Affiliated URJ
(603) 524-7044
www.tbinh.org
Services: Every other Friday
night at 7:30 PM

MANCHESTER

CHABAD CENTER FOR JEWISH LIVING

Rabbi Levi Krinsky
1234 River Rd., Manchester
Orthodox, Chabad
(603) 647-0204
www.Lubavitchnh.com
rabbi@lubavitchnh.com
Services: Shabbat Services
Saturday morning at 9:30 AM
Sunday morning minyan at 9 AM

TEMPLE ADATH YESHURUN

Rabbi Beth D. Davidson
152 Prospect Street, Manchester
Reform, Affiliated URJ
(603) 669-5650
www.taynh.org
templeadathy@comcast.net
Services: Shabbat services the first Friday
of the month at 6 PM
All other Friday nights at 7 PM
with some exceptions.
Alternating Shabbat services or Torah
study Saturday mornings at 10 AM

TEMPLE ISRAEL

Rabbi Gary Atkins (Interim)
66 Salmon Street, Manchester
Conservative
(603) 622-6171
office@templeisraelmht.org
www.templeisraelmht.org
Services: Fridays at 7 PM
Saturdays at 10 AM
Morning Minyans - 7:00am every
Wednesday. At this time, we are offering
in-person Friday and Saturday Shabbat
services on alternating weeks. Masks are
required.

NASHUA

TEMPLE BETH ABRAHAM

Rabbi Jon Spira-Savett
Conservative
(603) 883-8184
www.tbanashua.org
rabbijon@tbanashua.org
office@tbanashua.org
Services (generally):
Every Friday at 8:00 pm
Every Saturday at 10:00 am
Evening minyan Sunday-Thursday 7:30
pm and at the end of Shabbat
Second Friday each month Shabbat Alive!
6:30 pm
Meditation every other Saturday 9:00 am
All services on Zoom, most at the Temple
(check website)

NORTH CONWAY

KEHILAT HAR LAVAN

Hazzan Marlana Fuerstman
PO Box 474, Bartlett
(978) 853-4900
harlavancommunity@gmail.com
Services: Wed. mornings 9 AM online via
Zoom
Enter meeting ID <https://zoom.us/j/381930069>
Holiday service times, locations TBA

PORTSMOUTH

TEMPLE ISRAEL

Rabbi Kaya Stern-Kaufman
200 State Street, Portsmouth
Conservative, Affiliated USCJ
(603) 436-5301
www.templeisraelnh.org
templeoffice@templeisraelnh.org
Services: Friday, 6:15 PM
Saturday, 9:30 AM
Tues. minyan 5:30 PM
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M-F preschool.

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To submit Calendar items for the print and online JFNH Calendar and E-News, go to <https://jewishnh.org/community-calendar>, click the red "Suggest an Event" button, then fill in the form with your event information.

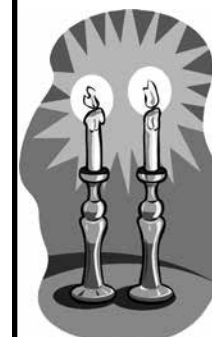
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Shabbat Candle Lighting Times: (Manchester)



July 1	8:11 PM
July 8	8:09 PM
July 15	8:05 PM
July 22	7:59 PM
July 29	7:52 PM

Summer is Here!

As we welcome the summer months to New Hampshire, the Jewish Federation office is as busy as ever. After two years of mostly virtual interactions with our New Hampshire community, we are excited to be able to get back out there. The New Hampshire Jewish Community is not just a community, but a family, and we are looking forward to creating, building, and rekindling the personal relationships we value and have missed.

Seniors Forever Young has a full summer calendar of programming, from arts and crafts to movie afternoons, and interesting Lunch and Learns. PJ Library will be all over the state celebrating Shabbat and sharing popsicles on playgrounds with families. JFNH's Shaliach Ra'anah de-Haas will be at various synagogues for Friday night services and sharing adult lectures with the community. Our first group of Momentum moms just returned from Israel where they truly created lifelong friendships with each other and are looking forward to beginning their year of learning together this summer.

It is through these interactions and

Allyson Guertin

**JFNH
Director**



the opportunity to have personal conversations with members of our community around the state that we can truly get an understanding of interests and needs, and I look forward to creating that relationship between JFNH and you once again.

I also invite and encourage you to visit us at our office. Stop by to say hi and see our space. We would love to have a cup of coffee and conversation with you! For the summer I am in the office Monday – Thursday, our Shaliach Ra'anah is also in Monday through Thursday and Dinah Berch our PJ Library/Program Coordinator is there Tuesdays and Thursdays.

I hope you find time to relax this summer season and enjoy the beauty of our wonderful state!

Spices and Stories

By Dinah Berch, Program Coordinator
JFNH

Write a food-themed article for *The Reporter* this month? Where do I start? Honey cake, rugelach, challah, Grandma Joyce's sweet and sour meatballs... the drool begins to hit the keyboard. It's not just the sustenance, it's the stories and memories: Grandma Sue showing me the right way to roll out a pie crust between two sheets of waxed paper, Grandma Joyce serving the very best chopped liver...

Of all the inheritances I've been given it's the recipe cards – and the stories and stains that go with them – that I truly cherish and hope to pass down. My worn copy of my childhood synagogue's cookbook is one of my most-referenced. Somehow, the foods still feel alive and modern (okay, well, maybe not schmaltz or gribenes). I could list our favorite PJ Library books about food – *The Rabbi Shurps Spaghetti* by Leslie Kimmelman, *The Cholent Brigade* by Michael Herman, *Rise and Shine: A Challah Day Tale* by Karen Ostrove. Or the crazy ideas my kids come up with when singing "Put the Chicken in the Pot" before Shabbos (lol-



Dinah Berch

lipop ice cream soup, anyone?). But for me, the greatest thing about baking with my kids is seeing how their personalities shine through recipes to take something traditional, something we've done for generations, and really make it their own. Even if that means that every single challah is covered in rainbow sprinkles and shaped like a dinosaur.

The trick to baking with children is to try not to be mess averse. Because it gets messy. My daughter got into the flour and poured handfuls down a vent when she was one. Not fun. But seeing the kids covered in gooey batter and stirring as hard as their little arms can muster? I love that. We can then make wiping the inevitable raw egg off the floor into a game – sponges are great skates.

Kids also love the freedom of expression found in picking seeds and spices to top their breads: smelling them, daring each other to taste little bits. We talk about which spices we grow in the garden, why some are green or red or yellow, where others might grow or come from. I look forward to the day I can take them to Israel and show them the spice markets in the shuk.

Stories of the Silk Road and the trade of spices and stories and ideas have always captured my imagination. It's never *Spices and Stories* continued on page 4

From the Chair

Ken Litvack

**JFNH
Chair**



As our fiscal year comes to an end, I cannot help but reflect on all the wonderful things we have accomplished over the last year.

Thanks to our dedicated and hard-working Campaign and Super Sunday Committees our Annual Campaign this year exceeded our goal. Of course, this could not have been accomplished without the support of our entire community to which we owe a heartfelt thank you.

There were so many highlights during the year including our successful Film Festival. If you missed any of these films, well, you missed some great movies. It was so good to see that some of the events were in person, and to see our community getting together again after two years of fighting the virus.

In my mind, one of the highlights of the year was the Momentum trip where your Federation sent ten mothers to Israel for eight days. In speaking to some of the moms and seeing the pictures (which are included in this issue) a great time was had by all. These types of programs will build the future leaders of our Federation.

Our Antisemitism and Holocaust Remembrance Committees offered excellent

programs throughout the year and reminded us we can never forget the six million nor should we. It is important for us to continue to fight the rise in antisemitism not only in our state and country but throughout the world.

I have often mentioned that we stand with Israel, and there is no better way to highlight this than by the programs offered by our Israel Education and Engagement and our amazing Shalaich Ra'anah de-Haas, and the Shlichut Program.

This year our Social Service committee was able to handle and help a record number of cases throughout the State. Our early education committee offered some new programs and we continued to grow our PJ library program. I want to wish each of you an enjoyable and healthy summer, and we will be looking forward to a great 2022 to 2023.

Why I Serve on the JFNH Board

By Dina Michael Chaitowitz

I love being Jewish. I love the holidays, the music, the dance, the food (of course!), the humor, the tradition, the diversity of our people, and the desire to "do good." I love Hebrew, Yiddish, and Israel. I love the camaraderie—the feeling of kinship when I meet other Jewish people even in far off lands. I always enjoy visiting the Jewish neighborhoods of foreign countries and recently was amused and delighted to discover that, in speech and appearance, the shopkeeper of Moises Butchery in Johannesburg, South Africa, could just as easily have stepped out of a Jewish deli on the Lower East Side of New York City.

It wasn't always this way for me. Growing up among pogrom and Holocaust survivors, I was always a little afraid when



Dina Michael Chaitowitz

outside of yeshiva that I would be "discovered" and taunted. Now, I embrace my Judaism, even in the face of rising antisemitism. I want to hear everyone's stories, and I want our stories and heritage to be shared with the world. Everyone should know just how terrific we are.

JFNH keeps me in touch with our wonderful Jewish community, and in a state with a small Jewish population, it is nice to have that connection. I am in awe of the dedicated folks I've met on or through the Board of Directors, who put so much time and energy into celebrating our culture and religion and providing fun and joyous and meaningful programs – like the Film Festival, MOMentum, PJ Library, and events with our Shaliach.

If you are reading *The Reporter*, you likely are already a JFNH buff. I hope you are getting as much out of JFNH as possible and that you will let Allyson Guertin, our director, know of other programs you may find interesting. And I hope to see you soon.

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Statewide Calendar of Events

DISCLAIMER: Events are submitted weeks in advance of publication, and are subject to change, particularly during the pandemic. For information on format changes, rescheduling, and so on, please contact the event's host.

To submit Calendar items for the print and online JFNH Calendar and E-News, go to <https://jewishnh.org/community-calendar>, click the red "Suggest an Event" button, then fill in the form with your event information.

Thursday, July 14

Seniors Forever Young: Lunch and Learn "Antisemitism in New Hampshire"

11AM – 1PM, JFNH Community Room, Bedford or on Zoom

\$8/person

Seniors Forever Young presents a Lunch and Learn on "Antisemitism in New Hampshire". Join us for a lunch and learn with New Hampshire State Representative Paul Berch on recent Antisemitic activities and legislature. Pizza and salad lunch will be provided for those attending in-person.

To register contact Dinah Berch at 603-627-7679, dinah.berch@jewishnh.org, or mail your check to Jewish Federation of New Hampshire Attention: SFY, 273 South River Road, Bedford, NH. When registering please specify if you will need the Zoom link.

Saturday, July 16

PJ Library Tot Shabbat Hop

10:00AM, Temple Beth Abraham, Nashua
PJ Library's JBaby and Early Education Initiative invite families with children 0-5 (siblings welcome) to celebrate Shabbat morning together. Singing, Stories and Blessings followed by a kiddie kiddush. Outside of Temple Beth Abraham 4 Raymond Street, Nashua, NH. Registration is required <https://bit.ly/JulyHop>

Tuesday, July 19 and July 26

Temple Israel Portsmouth Bereavement Support Group

12:00PM – 1:15PM, Temple Israel, Portsmouth
Loss, and the grief that ensues, is an experience that goes beyond words, and yet, we need to find words, rituals, and space for healing. The continuation of this 8 week support group will provide space to recognize, allow, and process feelings of grief, and other challenges related to losses you have experienced. In a supportive space with others, you will learn how to experience grief in ways that may enliven your life. You may be inspired by others, grow in self-awareness, self-compassion, and resiliency. Together, we will learn to face and accept painful and uncomfortable

emotions as each person is ready. We will honor everyone's own pace and process. Through this group you may discover glimmers of joy amidst the sadness, and new possibilities for meaning and purpose.

Meetings will take place at Temple Israel Portsmouth, facilitated by Allison Miller, PhD, Licensed Clinical Psychologist and yoga/mindfulness teacher. All are welcome. Group is completely confidential. To register <https://templeisraelnh.shulcloud.com/event/bereavement-support-group.html> or contact Heather Tomlinson at templeoffice@templeisraelnh.org for more information

Thursday, July 21

Temple Beth Abraham's Annual Charity Golf Tournament 2022

7:30AM – 2:00PM, Souhegan Woods Golf Club, Amherst

This fun filled charity event is open to all, members, and non-members. Space is limited. First come, first served. To register https://tbanashua.shulcloud.com/event/Golf_2022. For further information contact Stan Judah j5w@comcast.net

Sunday, July 24

Popsicles on the Playground - Portsmouth

10:00AM, Temple Israel, Portsmouth
PJ Library is teaming up with the Early Learning Center for a morning of fun on the playground! We invite families with children ages 2-5 (siblings welcome) to meet other families with Preschool age children and cool down with a popsicle treat during Popsicles on the Playground! Join us for activities, fun and of course a popsicle snack! Rain date August 7th. Free program, registration required, in person only event. To register <https://docs.google.com/forms/d/e/1FAIpQLSertEvAZkVBdw3ONMMZkZloVawbm60slMSkFHDy7V6mxuYTA/viewform> or email PJ Library Coordinator Dinah Berch at [Dinah.berch@jewishnh.org](mailto:berch@jewishnh.org) with questions.

Thursday, July 28

Seniors Forever Young: Lunch and Learn "Israeli Naval History"

11:00AM – 1:00PM JFNH Community Room, Bedford

\$15.00/person

Seniors Forever Young presents a Lunch and Learn on "Israeli Naval History". Join us for a Lunch and Learn with JFNH Shaliach Ra'anana de Hass on Israeli Naval History. Salad and Sandwich Lunch will be provided. This program will be offered in-person only.

To register contact Dinah Berch at 603-627-7679, dinah.berch@jewishnh.org, or mail your check to Jewish Federation of New Hampshire Attention: SFY, 273 South River Road, Bedford, NH

Your Federation at Work

The New Hampshire Jewish Museum Receives a Grant

By Stephen Soreff, MD

In early June of 2022, the New Hampshire Jewish Museum (NHJM) was proud to announce that the New Hampshire Charitable Foundation's Community Grants Express program had selected the NHJM to receive a grant award of \$5,892.00.

The NHJM was founded in the Fall of 2022 at the Jewish Federation of New Hampshire headquarters. The museum's mission is to gather and preserve materials from Jewish New Hampshire, exhibit some precious objects from closed synagogues and pictures from earlier times, as well as to provide a research center for New Hampshire's Jewish history, and to educate the public about the diverse context of our state. Moreover, as the populations have shifted, New Hampshire has lost and is closing synagogues: already, synagogues in Berlin and Dover, as well as those once in Manchester, are no longer Jewish houses of worship. The synagogue in Claremont is closing, as well. This means that there is an urgent need to preserve sacred materials, valuable documents, and historic pictures of

these vanishing shuls. Now is the right time and the right place for the NHJM.

The grant money will be used to get a custom-built moveable secure display case, and for framing and hanging pictures. It is slated to open in the fall of 2022.

The NHJM's first exhibit will be the



The beginnings of the New Hampshire Jewish Museum in the Fall of 2021, with these three sorting through collected archival material at the Jewish Federation headquarters. Left to right: Mal Spierer, Sol Rockenmacher, and Steve Soreff.

life and times of Doctor Benjamin Bronstein. He was a Jewish Manchester physician who died when the destroyer he was on was torpedoed by a Nazi submarine in 1942. The Navy commissioned an escort for him called the U.S.S. Bronstein.

For more information and to become involved in the New Hampshire Jewish Museum, please contact Stephen Soreff, MD at 603 895-6120 or email at soreffs15@aol.com.

Spices and Stories

continued from page 3

just food, just spices – it's so much more. It's culture, heritage, practices, traditions. I love the comforting cycle of each food in its own place throughout the year—soup for Sabbath, honey cake for Rosh Hashanah, latkes for Chanukah, hamentaschen for Purim, matzo for Pesach, blintzes for Shavuot — a steady progression of special foods. An accounting of time through tastes.

In college my friends dubbed me the "Jewish Grandmother in Training" for my insistence on baking challah and matzo ball soup for the dorm even as I distanced myself from observant Judaism and turned more towards alternative faiths. It's no surprise that my first official pro-

gram as the PJ Library coordinator was baking donut muffins for Chanukah over Zoom. Food is my tether, my connection to my faith, to my family, to my history. Through food I've found my connection to my society – what I can give. Food is how I make friends, from my dinner club to giving cookies to neighbors to simply sitting outside a dorm room offering snacks to anyone who passes by – food first, then introductions.

I would love to offer myself as a resource – a guide to the PJ Library recipes, to baking with kids, to finding the rhythm in our culture's sequence of ritual food. I encourage you to share your stories and recipes with me too. I look forward to baking together, each of us bringing our different traditions and practices, spices and stories.

See what's happening in the community at www.jewishnh.org

Keeping you connected



Jewish Federation
OF NEW HAMPSHIRE

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Israeli Hummus—the Best of the Best!

Shalom, everybody!

Every month, when I start writing my article, I go through issues from previous years to get some inspiration, and to make sure I'm not writing about the exact same thing that someone else did. This month, as I looked back in the July 2021 *Reporter*, I was blasted with my face on the front page with an interview I gave right before I flew here, bringing my time with the NH community to a full year—and what a year it has been!

I am very grateful for the opportunity to spend a second year in NH to make even deeper connections with the community. My plan is to spend as much time as possible to create personal connections that will last a lifetime.

This month's article is about food and for anyone who's ever been to Israel, you know Israeli hummus is incomparable and that once you've had it, then it's hard eating the store-bought hummus in the US. I'm going to give you a secret, behind the scenes look at my world famous, award-winning, mouthwatering hummus recipe... okay, I might be exaggerating, but I like it. So that's good enough!

Ra'anan de Haas

JFNH Shaliach



SPOTLIGHT
ON ISRAEL



Ingredients:

- 1 bag of dry chickpeas (11b).
- Raw tahini/organic tahini
- Good olive oil
- 3 cloves of garlic (or more if you're like me)
- Hot pepper
- Parsley
- 1 lemon
- 1 large tbs of baking soda
- Cumin
- Paprika
- Salt and pepper



Directions:

1. Making quality hummus starts the night before! Put the chickpeas in a large bowl and cover them with room temperature water – make sure to fill the bowl up a few inches over the level of the beans (they will double in size!). The chickpeas should soak for 8-12 hours. If you are able, rinse and swap out the water halfway into the soaking.
2. After the chickpeas are fully soaked, rinse them, and transfer them to a pot of water, filling it a few inches above the chickpea level.
3. Add the baking soda, parsley, garlic, and hot pepper (the hummus won't be spicy, it's just some extra flavor). Bring to a boil.

4. Scoop out and dispose of any “foam” that forms. Bring to a simmer and cover for about 60 min (they are ready when they are completely soft and don't have any resistance to mashing them).
 5. Drain and wash the chickpeas, remove the parsley and hot pepper (leave the garlic) and let them cool to room temp.
 6. Now comes the fun part. Transfer into a food processor. Add approximately ½ cup of Tahini and a 5 tbs of olive oil. Blend until smooth – you can add more olive oil to smooth it out and more Tahini to make it thicker.
 7. This is when the magic happens. Add the juice of half a lemon and 1tsp of cumin and paprika, salt and pepper to taste (I also add a clove or two of raw garlic).
 8. The golden rule is trial and error – try your hummus and add lemon juice, olive oil, spices, or tahini to taste.
 9. Serve with a drizzle of olive oil and a dash of paprika
- If you make this, please let me know – tag me on Facebook, send me an email or even better, invite me to taste it with you. Have a great summer!

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Envisioning Tammuz

On June 30th, the new moon of Tammuz appeared in the night sky. Nearly the entire month of July, mid-summer, corresponds with the Hebrew month of Tammuz. According to our ancient tradition of Jewish mysticism, each month of the year has its own constellation of meaning. Each month carries a particular energy as symbolized by one of the twelve sons/tribes of Jacob, a body part or sense, a color, a stone, and a Hebrew letter. Not entirely unlike Western Astrology, each of these symbols represents a particular theme or quality that gives added layers of meaning to the essence of each month. According to this ancient Jewish system, each month provides us with a unique set of gifts, expressed through its particular symbols, for the development of the soul.

The month of Tammuz is connected to the tribe of Reuvein and the sense of sight. Reuvein's name comes from the Hebrew root, *to see*. In his story we meet

Rabbi in the House	
	Rabba Kaya Stern-Kaufman
	Temple Israel Portsmouth

a man who, as firstborn, should have inherited the mantle of leadership, but that was not to be. Instead, Jacob selects Joseph as his special heir and later, Judah will reveal his true leadership. Nevertheless, when faced with his brothers' passion to kill Joseph, Reuvein steps in and prevents this catastrophe from occurring. He convinces his brothers to throw Joseph in a pit rather than murder him, all the while planning to return alone to the scene and rescue him. Reuvein is able to see what his brothers cannot. He is able to see past his own claims for inheritance

and recognize the intrinsic value of all life. Insight is one of the gifts of this month.

The stone and color for this month is ruby red. The banner for the tribe of Reuvein is colored red. This color alludes to the heat of the season and represents the qualities of *gevurah*/strength, judgement, and boundaries. Reuvein uses his vision together with his strength to resist the impulses of his brothers. He is clear in his judgement and does not fall prey to mob mentality. He maintains his own boundaries and in so doing, saves a life. Strength, judgement and moral boundaries are gifts of this month.

The letter for this month is the *chet*, and it too echoes similar themes. The name of the letter itself means sin and yet the *chet* is the first letter of the word *chai* which means life. It presents two realities, two possibilities, two paths. One can choose the path of sin that sees only

separation and competition, denying the rights of others and leading ultimately toward death or one can develop vision to see the truth that all life is connected. Through this recognition there is only one choice, the choice for life.

On the 17th of Tammuz we recall the beginning of the destruction of Jerusalem. This day ushers in a three-week period of mourning culminating on the 9th of the month of Av when the Temple in Jerusalem was destroyed. This is a period of national grieving for the perceived loss of connection with God. And yet, like the paradoxical letter *chet*, this month of Tammuz holds out the medicine for reconnection. Through the development of vision, insight, strength, judgement, and clear moral boundaries, we may create a path of life for ourselves and for our children. Let us awaken to the gifts of this month and—with intention—welcome their blossoming within.



Kibbitz & Coffee

Coffee's on us!

Join PJ Library NH's Program Coordinator Dinah Berch on Zoom or in person for a coffee or drink and a chat! We want to hear more about your family, your Jewish community and the roll PJ Library can play.

"Kibbitz" is Yiddish for chatting!



Contact Dinah at dinah.berch@jewishnh.org or sign up using this link or QR code:
<https://calendly.com/dinah-jfnh/coffee-with-dinah>



Jewish Federation
OF NEW HAMPSHIRE

Genetic Screening: Frequently Asked Questions

By Dr. Marissa Baltus and Dr. Stephanie Wolf-Rosenblum

In prior columns, we wrote about the importance of genetic testing, in general, for those with any Jewish ancestry. Over several articles, we provided more detailed information about prenatal parental screening and cancer gene screening. All of these articles can be accessed online from the archives of *The Reporter* on the JFNH website. The goal of this month's article is to follow-up with answers to some of your questions and to review key points about genetic screening in those with Jewish ancestry in order to help prevent disease and save lives.

Q: If my relatives have been tested with a preconception "Jewish" genetic panel, or if I have already done testing with one of the commercially available ancestry/genalogy companies, should I also do specific Jewish genetic testing?

A: The answer is very likely yes. Today, lab tests that screen people with Jewish heritage check for over 200 types of inherited conditions. There are two different panels, one for screening couples before they plan families and one that screens for cancer.

Q: What types of conditions are included in the preconception genetic screen?

A: This panel includes testing for neurologic conditions like Tay-Sachs and respiratory conditions like cystic fibrosis, but it is also designed to detect a wide range of metabolic disorders—all of which are more common in those with any type of Jewish ancestry.

Q: Does the cancer gene screening help reduce the risk of all cancers?

A: Not all cancer risk can be identified, because cancer risk is not only dependent on your genetics but also on your exposures and lifestyle. But the testing has expanded from screening for breast cancer risk to screening for many types of gene mutations. These mutations increase the risk of other types of cancers, including colon, ovarian, prostate, pancreatic and melanoma. And knowing you have an increased risk can help you to reduce that risk in many cases.

Q: Do adult children need to be tested if both parents have recently tested negative for known cancer gene mutations?

A: If parents have tested negative after being screened through a hospital, a genetic counseling center, or specialized programs like Emory Hospital's **J Screen**, then their adult children do not need to be screened at this time. However, if testing has only been done through mail-or-

der screening, they should be tested by an accredited genetics program.

Q: What is the concern with companies that advertise directly to consumers?

A: There are many commercially available genetic screening tests that people may take to learn more about their ancestry, and some even advertise their ability to detect the risk of certain medical conditions, including cancers. But not all companies that do the testing use the newest techniques, and they do not typically have the expertise to provide counseling should someone test positive. So, it is not recommended that someone rely on this type of testing for inherited cancer gene screening.

Q: No one in my family is of Ashkenazi and/or Eastern European descent. Do I need testing?

A: The answer is a definite yes. Those with Jewish Mizrahi (Asian/African continent) or Sephardi (Spanish/Portuguese) heritage do **not** have an increased risk over

and above the general population of carrying the genetic mutations associated with increased risk of cancers such as BRCA 1 and BRCA 2. However, if they have a family history of certain cancers, a genetic counselor may suggest screening. Also, Mizrahi and Sephardic Jews are more likely than the general population to carry gene mutations that could be passed onto a baby. Since these conditions require that a baby inherit copies of the abnormal gene from both parents (referred to as autosomal recessive), an unaffected parent could be a carrier and remain unaware. It is important to talk with a genetic counselor and consider preconception testing of both parents.

Q: One of my parents/my significant other is not Jewish. Should I still be tested?

A: Yes, you should be tested. Any person with at least two or more Jewish grandparents should have Jewish genetic testing. If the parent with Jewish ancestry is a carrier of an autosomal recessive

gene, then it is likely that the other prospective parent will be counseled to undergo screening because these mutations may occur in the general population, albeit at a decreased frequency. A good example of this is cystic fibrosis, which appears with relative frequency in the general U.S. population.

Q: I am not sure if I want to have children, should I still be screened?

A: Yes, even if you are unsure about having children, it is still a good idea to be screened. Today, many people delay decisions whether or not to have a family until later in life, when fertility may decline. For some, genetic testing results may influence plans for preserving fertility by harvesting eggs at an earlier age, which increases the chances of success with the now common technique of in vitro fertilization (IVF). Testing results can also help a family make informed reproductive choices. Using IVF, along with

Genetic Screening continued on page 8

A gift from the
Jewish Federation of New Hampshire



Sign up your children ages 6 months through 11 years old and enjoy the gift of Jewish children's books and resources delivered to your home each month. Explore Jewish heritage and culture through PJ Library's high-quality stories about Jewish values, traditions, and heritage.

Through the program your family will be enriched by experiencing the joys of Jewish life.

Funded by the Jewish Federation of New Hampshire, it's a gift that will nourish a Jewish life from the start.

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UP**

Ages 6 mos. through 8
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In the Community

We Remember: Memorial Day 2022

The traditional Manchester Hebrew Cemetery Memorial Day Service was once again held this year, on May 30, 2022. We again were able to be at the cemetery, and also to livestream the service via Zoom to those who could not attend.

Five days before, the Service American flags were placed at the graves of the 136 veterans who are buried in our joint Temple Israel and Temple Adath Yeshurun community Cemetery. David Rosenzweig organized the flag-placing crew, which consisted of himself, Barry Scotch, Bob Katchen, and Alan Kaplan. With electronic setup having been done — by David Rosenzweig, Mike Litvin and Cliff Lopate — Sol Rockenmacher welcomed the attendees. Eagle Scout Ryan Rosenberg, holding a USA flag, led us in the Pledge of Allegiance. Sol then introduced our speaker, Rabbi Gary Atkins. Rabbi Gary was a United States Air Force Chaplain as a captain from 1974-1977 and joined the Civil Air Patrol USAF Auxiliary in 2017. He is currently a Major in the New Hampshire Wing at Pease Air Force Base. He spoke about Jewish Chaplains in the US military services, and read the names of the Jewish Chaplains whose graves he has visited at Arlington National Cemetery.



Ryan Rosenberg leads recital of Pledge of Allegiance

He then told us about his own experiences as a Chaplain.

Michael Sydney opened the next segment by introducing the speakers, Mike Litvin, Sue Niederman, and himself, and read the names of the 136 veterans



Sol Rockenmacher welcomes Memorial Day attendees

buried in the cemetery. Michael then asked attendees, both at the cemetery and on Zoom, to say the names of deceased veterans themselves. Finally, Rabbis Beth Davidson and Gary Atkins led us in a prayer service, “A Service of Thanks and

Memorial.” The program concluded with a poignant playing of “Taps.”

In summary, it was a special program highlighting the obligation to remember—and to be thankful—for country, for community, and for courage.



Rabbi Beth Davidson leading prayer service



Sue Niederman reads names of Veterans in Cemetery



Memorial Day Speaker Rabbi Gary Atkins

Genetic Screening

continued from page 7

“pre-implantation genetic diagnosis” (PGD), the healthcare team can even help a family to avoid the heartbreak of a child with a condition like Tay-Sachs, which remains uniformly fatal in early life. In addition, since unintended pregnancies occur, you will gain knowledge in advance whether you might be a carrier for certain inherited conditions that might put the baby at risk. If the healthcare team knows in advance that a child may be born with

various conditions, they can prepare with various testing and treatments, even while the fetus is developing in the womb.

Q: I am concerned that knowing my results may only make me more worried or anxious. What are my options if I test positive?

A: If someone learns they have a cancer gene mutation, there are many options including more frequent screenings, prophylactic surgery, preventative medicines and harvesting eggs for future pregnancies before undergoing any treatments. Also knowing your risks of possi-

bly having a baby with a serious genetic disorder can help your family plan to have a healthy baby with the guidance of the medical team.

Q: Is testing very expensive?

A: No. Fortunately, the costs have decreased. With insurance, preconception testing can be as low as \$150 dollars, and cancer gene testing can run between \$150 and \$250. Some testing sites have need-based aid or sliding scales, and there may be help available through charitable organizations and/or your own religious community. In many cases, health insur-

ance plans will cover the costs of genetic testing when it is recommended by a person's healthcare provider. Most of the time, it just involves a simple blood or saliva test. However, insurers have different policies about which tests are covered and which labs are approved for that testing. A person may wish to contact their insurance company before testing to ask about their policies.

Please let us know if you have any other questions.

B'Shalom,
Marissa and Stephanie

Seniors Forever Young

June/July 2022 Calendar



June 16th: Movie Day! "Gentleman's Agreement" (1947)

A writer passes himself off as Jewish to pen a series of articles on anti-Semitism.

1PM JFNH Community Room ~ 273 S. River Rd #5, Bedford

No Cost | Popcorn provided | In-person only



June 28th: Crafternoon! Upcycled Egg Carton Wind Chimes

2PM JFNH Community Room - 273 S. River Rd #5, Bedford

Fruit and Snacks provided.

No Cost | In-person only

July 14th: Lunch & Learn on "Antisemitism in New Hampshire"

Presentation by NH State Representatives Paul Berch and Jeffrey Salloway on recent Antisemitic activities and legislature.

Pizza and salad lunch will be provided.

11AM JFNH Community Room - 273 S. River Rd #5, Bedford

\$8/person (non refundable). **Zoom available by request.**



July 28th: Lunch & Learn on "Israeli Naval History"

Presented by Shaliach Ra'anan de Haas

11AM JFNH Community Room ~ 273 S. River Rd #5, Bedford

Sandwich and salad lunch.

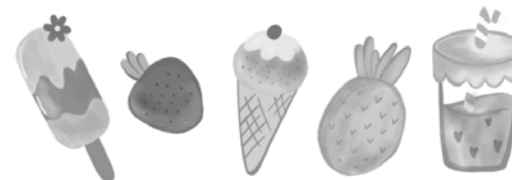
\$15/person (non refundable). In-person only



To register for any of these events please call 603-627-7679 to pay by credit card or mail payment to:



JFNH
Attention: SFY
273 S. River Rd. #5
Bedford, NH 03110



Funding in part by The Jewish Federation of New Hampshire, The Ben and Zelma Dorson Fund, The Maurice Foster Fund, The Saul Sidore Fund, The Paul and Fran Gordon Fund and The Singer Family Trust Fund

The Edward M. Chase Legacy: A wonderful presentation by author Terry Nelson

By Sol Rockenmacher

On Sunday morning, May 22, 2022, Temple Adath Yeshurun Brotherhood hosted a fascinating and heartwarming Zoom presentation by Dover author Terry Nelson on the very impressive life history of Manchester businessman and benefactor, Edward Chase. We were fortunate to have been joined by attendees from around the USA, including his granddaughter from Los Angeles, as well as connections from Georgia and Massachusetts.

Terry Nelson, until his retirement, was a lifelong educator – initially for 30 years as a special education teacher in Detroit, Michigan, and finishing up as Assistant Principal at Southside Middle School here in Manchester. After he and his wife Barbara (who became a teacher in Epsom) moved to Dover in 2005, Terry would run across various tucked-away historic sites either near his place of employment or on backroads throughout New Hampshire. After his retirement Terry put together a book about many of these sites which was picked up by the

History Press. The publisher decided to focus the book, *Hidden History of the New Hampshire Seacoast*, so the story of Edward Chase and a few others were left out. But Terry, through his membership in the Manchester Historic Association, had become very interested in Chase and has always been very excited to share the story of Edward Chase, who Terry describes as an “incredible man.”

Mr. Chase was born in Lithuania. He immigrated to Maine with his family when he was a child. Edward ended up moving to Manchester in 1888 to begin a business that eventually became a very successful furniture enterprise and had many real estate holdings as well. He had a keen sense of social responsibility and after World War I built houses in Manchester (the Chase Family Home Association) that were sold to working families on very favorable terms. These houses are still in use. He had philanthropic efforts in his native Lithuania which included building a school for Jewish students and helping families immigrate to the USA. His legacy also includes the Chase Peace

Prize at Dartmouth and Harvard to encourage careful reflection on the causes of war and the prospects for peace in the world. There were also awards for students at Manchester Central High School and at The Jewish Theological Seminary of America. Chase also brought to Manchester the Shapiro family that eventually became the founders of Southern New Hampshire University. Terry included a special tribute to Edward Chase from *The Jewish Tribune*, August 7, 1925:

It was on February 24, 1924, when Mr. Chase was celebrating his fiftieth birthday, that he first made known his intention of solving to some extent, the precarious housing problem. Rents were soaring sky high...and the net result of an unreasonable boom was a wild leap in rents that was far out of proportion to the ability of the small-salaried man to pay. The struggles in such families were herculean...A year ago Mr. Chase came forward with an astonishing, yet simple plan to remedy this evil.” At his fiftieth birthday party, Chase said the following. “It is an

ancient Hebrew tradition that any person who celebrates any important event that takes place in his life should never fail to remember his fellow men, who have not been so fortunate with the world's goods. I consider it the greatest movement of my life to carry out in practice my long dream of 20 years.

Terry, thank you for your great presentation about Edward Chase, who was indeed an “incredible man!”

Other sources of Edward Chase history:

- The late David Stahl's wonderful manuscript, “Becoming American: Manchester's Jewish Community”, in the New Hampshire Historical Society Quarterly publication of Fall/Winter 1995, Vol. 50, Nos. 3&4.)
- “Manchester's Chase Homes: Affordable Housing for a “Wonderful Life”, by John Clayton, in Millyard Museum Musings of the Manchester Historic Association.
- Visit the Millyard Museum in Manchester.

Temple B'nai Israel of Laconia: We Care Reports Record Attendance and Proceeds

If you live in the Lakes Region, you might have felt a slight tremor in the ground on Saturday evening, May 28 as The Jersey Tenors wowed the packed theatre and rocked out the house, Jersey style! These four New Jersey “wise guys” did not disappoint the record crowd that came out to support a well-known local nonprofit agency, the Interlakes Community Caregivers, a volunteer organization that provides supportive services and information for local residents who may need assistance with rides to medical appointments, grocery stores, pharmacies, or neighborly home visits.



The Jersey Tenors—Brian Noonan, Vaden Thurgood, Brandon Lambert, and Michael Plato—brought their Jersey best to the stage as they took the audience on a journey through Europe, from London to Paris to Rome by way of Queen's “Bohemian Rhapsody,” “Springtime in Paris,” and Italian operatic ballads performed with perfection. Throughout the show they engaged with one another and the audience, both on-stage and in the house. Their renditions of the most popular songs of the 40s, 50s, and 60s were amazing powerhouse vocal performances. The Memorial Day weekend concert included a tribute to veterans when the Tenors sang an inspi-



Brian Noonan serenading Paula Chambers

rationally rendition of “The Battle Hymn of The Republic,” bringing the audience to their feet in tribute to those who gave the ultimate sacrifice. Then there was the encore. As the standing ovation continued, The Jersey Tenors offered one more remarkable performance singing the finale of the popular Broadway musical *Les Misérables*—“Do You Hear the People Sing” —bringing chills to everyone and tears to many, as they sang with heart, bravado, and perfection.

“What a wonderful evening! I think I had the most fun! Thank all of you that

helped to make it happen!” said TBI member Paula Chambers.

“The hard work and expertise of the TBI team made this terrific event possible, all for the benefit of others. On behalf of ICCI, I am thankful that so many of our “neighbors” will benefit and I am grateful for the opportunity to have participated in the process,” said Darlene Fritz, Inter-Lakes Community Caregivers Board Member.

This was the 15th We Care concert and the most successful to date, raising a record of \$16,000 for Interlakes Community Caregivers. According to Stu Needleman, chair of the We Care team, “These We Care events don't happen without the efforts of the TBI team who labor for months to make sure these concerts are flawless and most importantly financially rewarding for our nonprofit partners.”

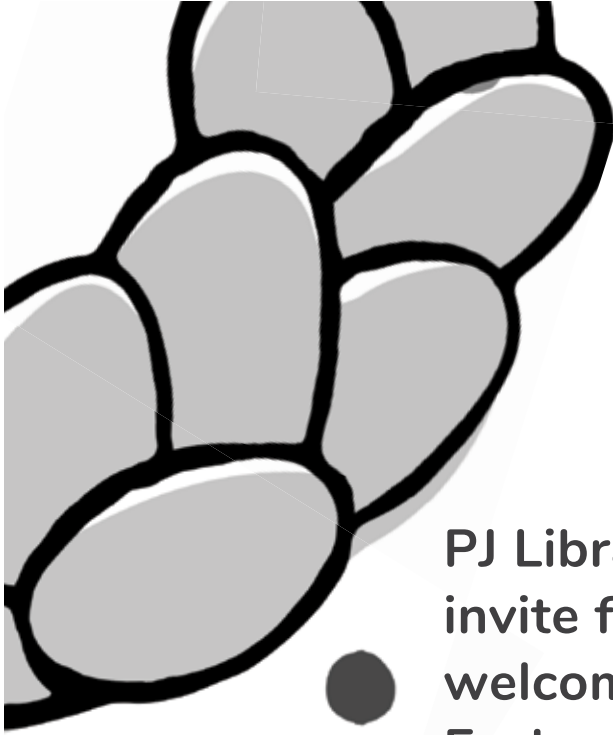
The next We Care concert takes place on Saturday, October 29. “Introduction: The Chicago Experience” will perform to benefit Meredith Altrusa at the Inter-Lakes High School auditorium. Tickets will be available on the TBI website. Don't miss it!

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TOT SHABBAT HOP!

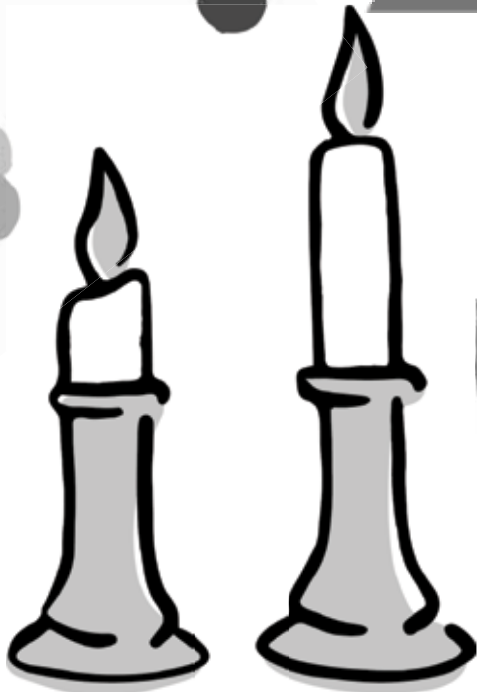
PJ Library's jBaby and Early Education Initiative invite families with children 0-5 (siblings welcome) to celebrate Shabbat morning together. Each month this summer at a different location!

Stories, Singing, and Blessings followed by a Kiddie Kiddush



Saturday, July 16th
10AM
Outside of Temple Beth Abraham,
Nashua

Space is Limited
Registration Required



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TEMPLE
BETH ABRAHAM

Popsicles At the Playground

**PJ Library and the Early Learning Center
Preschool at Temple Israel in Portsmouth
invite you to come hang out with us for a
morning of fun in the sun!**



**Early Learning Center Preschool
Playground
Temple Israel Portsmouth
200 State Street
Portsmouth, NH**

**Enjoy a cool treat with
new & old friends.
Don't forget the sunscreen!**



Sunday, July 24, 2022

10:00am

Rain Date August 7, 10am

RSVP

<https://forms.gle/gSk7KfPY56hKtkQW9>

Questions contact Dinah Berch at dinah.berch@jewishnh.org



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Temple Israel
An Engaging, Diverse Jewish Community
Portsmouth, New Hampshire



In the Community

Field Day Fun for Lag BaOmer!

Congregants and friends of Temple Israel Portsmouth gathered at Camp Seawood on May 18 to celebrate Lag BaOmer with an afternoon of outdoor family fun. Activities included archery, gaga ball, face painting, sack races, a bonfire, and s'mores assembly.



Photo Credit: Ron Sher



Photo Credit: Ron Sher



Photo Credit: Ron Sher



Photo Credit: Ron Sher

Etz Hayim's G-d Shopping: A Shavuot Program

By Stephen Soreff, MD

On Saturday night, June 4, 2022, Etz Hayim's Cantorial Soloist Amt Dattner-Levy presented a fascinating program entitled "G-d Shopping III." Adapted from programs by Joel Grishaver, Rabbi Billy Dreskin, and Cantor Ellen Dreskin, it began with a discussion about the various ways people could see and relate to G-d. It was followed by a num-

ber of cinematic portrayals of people talking to (or acting as) G-d, and concluded with eight Jewish ways to view G-d. These were: Ruler of the Universe, Mother Nature, Within Us, Intelligent Design, Martin Buber-Religious Existentialism, Isaac Luria-Mysticism, Rabbi Rachel Adler, and Jewish Humanism. It made for an enlightening educational evening, and a great way to celebrate Shavuot.



Roundtable discussion.



Slips of paper capturing the basic ideas of each of the eight Jewish ways to view G-d.

Congregation Betenu Welcomes Rabbinic Intern

Congregation Betenu of Amherst is delighted to announce that Naomi Gurt Lind will serve as their Rabbinic Intern for the 2022-2023 school year.

Naomi is entering the third-year program at Hebrew College Rabbinical School and is a candidate for Rabbinic ordination in June 2025. She previously served as Rabbinic Intern at Temple Ohabei Shalom in Brookline MA and Temple Israel in Boston.

Naomi has co-led High Holy Day and Shabbat services at Temple Ohabei Shalom and the Shir Hadash Reconstructional Havurah in Newton MA. She leads online morning services for Temple Shalom in Newton. She has extensive experience teaching adult learners, including at Open Circle Jewish Learning at Hebrew College, Temple Ohabei Shalom and Temple Shalom in Newton. She is editor of the Hebrew College Torah blog

"70 Faces of Torah," and a Mayyim Rabbim Fellow at Mayyim Rabbim Community Mikveh. She has served as Student Chaplain at Hebrew SeniorLife and will serve in a similar role this coming year.

Naomi will lead High Holy Day services at Betenu this fall. During the school year she will be at Betenu one Friday night and one Sunday each month. She will lead Friday evening services and work with Religious School students on Sunday mornings. She will lead adult learning classes on Sunday afternoons.

Congregation Betenu invites all to join them in welcoming Naomi when she leads two summer services at Betenu on June 17th, at 7:30 PM, and again on August 5th. These are hybrid services held at Betenu with a virtual option on Zoom. Please refer to the calendar for more information or contact Betenu at betunu.org, or at 603- 886-1633.

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Your Federation at Work



MOMentum

continued from page 1

women, Orley Tesler, Ortal Solomon and Adva Oshinsky, became our dear friends and trusty travel companions. We got to know these amazing moms who had such incredible stories to share. Some of these women had served in high ranks in the IDF. They spoke of their military service, but also spoke about their children serving in the IDF as well. I am impressed by the men and women who bravely serve to protect Israel. I now have a deeper understanding of how important it is to have Israel as our homeland, and the important role the IDF plays.

Throughout our time in Israel, we heard from people of diverse backgrounds who were engaging and thoughtful, and whose talks enhanced what we were experiencing each day. We were learning not only about the landscape and the sights within Israel, but about how Israelis were making a difference in their communities throughout the country. This added to the experience of this program, and it made our travel throughout Israel even more meaningful.

Those of us from New Hampshire traveled to Israel a day or two ahead of the start of the program. We were staying in Tel Aviv, and with some time to spare before the Momentum program began, our group participated in a walking food tour of Tel Aviv. We were happy to be joined

by our former Shlichah and friend, Avia Sagron. This food tour was the perfect start to our adventure in Israel. We were introduced to many Israeli treats as we walked through the Carmel Market area. Some of the foods, such as sabich, kanafeh or malabi, we had never even heard of before, but quickly learned that these would be some of the new favorite foods that we would seek out while on our own for some of the meals during the week.

We traveled throughout Israel with our Momentum group by coach bus, starting in Tel Aviv. We visited the Anu Museum, which is the Museum of the Jewish People, showing us examples of Jews and how they live around the world, how they experience their culture, their faith, and seeing many of their contributions to the world. We then visited the Ethiopian Israel Heritage Center where we met with Ethiopian Jews, hearing the incredible story of their journey to Israel. It was a fun afternoon where we were able to experience some of their traditional food and music and dance.

The next day, we traveled to the mystical city of Tsfat, where we were able to spend time in an old synagogue, explore the beautiful streets, and peruse the beautiful art and Judaica crafted by local artists. We then visited the Tsfat Mikveh and Educational Center, where we learned about how women from diverse backgrounds come to the mikveh to strengthen their Jewish spirituality and

come for renewal and celebration.

Later that evening our bus brought us to Jerusalem. Our group of often-lively bus passengers grew quiet as we rolled into the city, each of us taking in this magical moment, excitement growing. We were entering the city that many of us had only dreamed of, where we have said “next year in Jerusalem” throughout the years during our Passover seder and other times during our Jewish lives. That moment was here.

On our first day in Jerusalem, we visited both Yad Vashem, Israel’s Holocaust Memorial, as well as Har Herzl, Israel’s national cemetery, where Israel’s past state leaders, as well as soldiers who died in battle, are buried. This was a solemn day, and we had time to reflect on our visit and discuss this experience. We found a grassy area to sit near the entrance to Yad Vashem to have this discussion. As we were talking, a group of young IDF soldiers in uniform were entering the museum. Seeing those young men—the strong future of Israel—right before our eyes was in stark contrast to what we had just seen, namely, the atrocities of the Nazi attempt to annihilate the

Jewish people. It made for an incredible juxtaposition. Knowing that Israel is here as the homeland for the Jewish people, who not only survived the Holocaust, but created a nation which is thriving, was a powerful moment.

The next day was our first day to explore Jerusalem within the walls of the city. The seven of us who had never been to Israel before walked together, locked arm-in-arm, and we stepped through the old gate together. We were given a tour through the old city, and we had time to view the Kotel from the rooftop of a nearby building. When it was time to visit the Kotel, we walked quietly together to spend time at the wall. Thinking about it even now makes me emotional. It is hard to describe why I feel this way. It’s something that quite honestly I did not expect. I did not anticipate that when we visited the Kotel—and placed the handwritten prayers in the cracks of the stone—that an immense flood of emotion would take over. It was an incredible moment that I will always remember.

Celebrating Shabbat in Jerusalem was very special. On Friday night we gathered

MOMentum continued on page 15

Your Federation at Work



MOMentum

continued from page 14

together for a beautiful concert led by two women singing, one of whom was playing guitar. We joyously sang and danced together in celebration prior to each of us lighting the Shabbat candles, and gathering for an amazing dinner together.

We had some time on Saturday morning to rest before we joined together with a wonderful husband and wife who hosted the nine of us for lunch in their home. Our generous hosts were originally from the Philadelphia area, and they had made Aliyah many years before. We enjoyed a few hours getting to know our host family who told us the cute story of how they met, how they came to be extras on the Israeli television series Fauda, and they surprised us by introducing us to their granddaughter, who had joined us for the afternoon.

Later, we spent the evening back within the walls of the old city, at the home of Aba and Pamela Claman. The Clamans have founded an organization called Thank Israeli Soldiers, whose mission it is to embrace and provide support to IDF soldiers during and after their military service. Here, we listened to young IDF soldiers tell us about their missions and the dangers they face everyday. We closed Shabbat with Havdalah on the roof deck of the Claman home, under the stars and with a beautiful view of the old city below us.

The next day was action-packed. We rode our bus to Masada, where we took the cable car to the top and spent time learning about how it was built, and how the former occupants thrived at the mountaintop. Later that afternoon, we visited the Dead Sea, where we covered ourselves in mud, and enjoyed our ability to float so easily.

Later we traveled within the Judean Desert to visit Eretz Bereshit, where we enjoyed the opportunity to ride a camel and to make our own pita. The view from this location was magnificent, overlooking vast hills and gorgeous landscape.

Taking in the beauty of our surroundings, we discovered this was the perfect place for our next event. Women on our trip were given the opportunity to be given a Hebrew name if they did not already have one. In a beautiful ceremony, our own Stephanie Lee, who had selected the name Shira Ora, was given the name with an explanation of its meaning, and she was given blessings for a life filled with music and light. We later danced and celebrated the moment, surrounding Stephanie with joy and love.

Our final day in Israel brought us to Ammunition Hill, where the battle in the 1967 Six Day War was won, leading to the unification of Jerusalem. There we met with a soldier whose own father was killed in the battle there in 1967. We were then introduced to two Lone Soldiers, one from the US, the other from South Africa. They told us the story of their experience being a Lone Soldier, and what inspired them to make this noble decision to serve. I had always wondered how people could leave their home country and join the IDF, where they serve without their family nearby, where they need to learn a new language and where they will put their life at risk. I now get it. I can see why they have decided to do this, and I am sure that their families are very proud of their choice.

I can say that the time that we spent during this eight-day program was life-changing for me, and I believe for the other NH moms as well. I have an outlook on Israel that I never had before. I have a love of Israel and a connection to Israel that I have never felt before. The nine of us are



closer than ever. I believe our shared experience have bonded us for life.

I was expecting to love seeing the sights, taking in the landscape, and appreciating the Jewish homeland. I was not expecting to leave with a greater connection not only to the land of Israel, but to find such a deep connection to the other women on this trip and to my Judaism, and to feel inspired to make some changes to bring more Jewish values into my life.





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YOU'RE INVITED! Bethlehem Hebrew Congregation Offers Variety of Programs for Summer 2022

By Eileen Regen

Nestled in the White Mountains of New Hampshire, Bethlehem Hebrew Congregation offers religious services and exciting, thought-provoking cultural summer programs for residents and summer visitors ... and **you're invited!**

Rabbi Donna Kirshbaum returns to North Country to lead religious services in Bethlehem this summer, and the synagogue on Strawberry Hill is open for Shabbat services every Friday evening at 6 p.m., and every Saturday morning at 10 a.m. Services will also be available on Zoom.

Building Community Through the Arts in-person events are back on the calendar for July through September. BHC's Building Community Through the Arts grows stronger each year as BHC shares cultural events with the public. Five great films are scheduled for the ninth season of the **White Mountain Jewish Film Festival** in Bethlehem. Created by David and Dorothy Goldstone, this extraordinary film series—with a patio pre-film reception and guest speaker to introduce the film for each event—takes place in Bethlehem's historic Colonial Theatre. Film night begins at 6 p.m., on Thursdays, July 7 and 21; August 4, 18; and September 1. General Admission is \$10; BHC and

FILM SCHEDULE FOR 2022
COLONIAL THEATRE, BETHLEHEM, NH

July 7 - *Gett: the Trial of Viviane Amsalem*
 Speaker: Norbert Goldfield, MD
 Executive Director of "Healing Across the Divides"

July 21 - *Borrowed Identity*
 Speaker: Professor Sue Lanser

August 4 - *Tiger Within*
 Speaker: Larry Hott, Film Producer

August 18 - *Closer to the Moon*
 Speaker: Rick Winston
 Film History Educator

September 1 - *My German Friend*
 Speaker: Marjorie Agosin,
 Author, Women's Rights Activist

JFNH Members: \$9; Season pass for all five films: \$40.

Adding to summer pleasures in the White Mountains is the **Sounds in the Sanctuary Classical Concert Series** organized by Martin Kessel and Gail Robinson to feature world-class musicians in the Bethlehem Hebrew Congregation sanctuary. The one-hour Friday afternoon concerts have attracted a devoted audience who have come to appreciate the high level of the artists and delight in the sounds of the world's music treasures. BHC welcomes Bernard Rose, piano, and Jia Kim, cello, for the opening concert on July 15, which features works by JS Bach, Arvo Part, Amy

BOOK DISCUSSIONS FOR 2022
BETHLEHEM PUBLIC LIBRARY,
BETHLEHEM, NH

July 13 - *Kings of Shanghai*,
 Jonathan Kaufman
 Discussion Leader: Gordon Bennett

July 27 - *Sipping From the Nile*,
 Jean Naggar
 Discussion Leader: Nancy Fages

August 10 - *Serenade for Nadia*,
 Zulfu Livaneli
 Discussion Leader: Ed Cowan

August 24 - *Concealed*, Esther Amini
 Discussion Leader: Debra Simon

Beach, and Johannes Brahms, in a concert dedicated to the memory of longtime Sounds in the Sanctuary supporter Dennis Murphy, who passed away in November of 2021.

On July 29, Stanislava Varshavski and Diana Shapiro will charm music lovers with their dynamic performance of works by Felix Mendelssohn, Franz Schubert, and Sergei Rachmaninoff. This piano duo first appeared in Sounds in the Sanctuary's 2018 season. The Consulate General of Israel for New England will co-sponsor this concert.

Richard Kogan closes the season on August 12 with another program in his series of The Mind and Music of Famous Composers. This year, Kogan presents "Ragtime: The Mind and Music of Scott Joplin."

Concerts are open to the public and begin at 5 p.m. A reception hosted by Gail Robinson follows each performance. Tickets: \$25 General Admission, \$20 BHC Members. Season Passes: \$65 General Admission, \$55 BHC Members.

Book lovers look forward to sharing reactions and ideas at **Books of Jewish Interest** meetings from 4 to 5 p.m., alternate Wednesdays in July and August in the Bethlehem Public Library Conference Room. This year's focus, "Discovering Our Roots: Mizrahi Jews," features personal stories of Jewish life in Shanghai, Egypt, Turkey, and Persia: July 13, July 27, August 10, and August 24.

For the **Feldenkraiss** devotees, this year's theme is "**Awareness in the Sanctuary - Yearning.**" Meetings are scheduled for 9:30 a.m., Thursdays: July 7- Inner Vision; July 14 - Inner Voice; July 21 - Inner Compass; and July 28 - Inner Alignment. There is no cost for this series, but donations to Bethlehem Hebrew Congregation are suggested.

For more program details and registration information please visit our website.

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In the Community

Shalom, L'Hitraot Rabbi Danson, Shalom — and Welcome Rabbi Katz

"It's a given that as a rabbi I love Jewish tradition. I love how it enables people to express and share joy and I treasure how it aids us in rebuilding meaning in our lives when we experience a great loss or a devastating trauma. I marvel at how it challenges us to raise the moral bar in our lives and gives us the tools to bring healing and justice into the world." Rabbi Dan Danson

This excerpt from Rabbi Danson's Personal Vision Statement exemplifies the spirit that Rabbi Dan brought to Temple B'nai Israel when he began his term in July 2019 with the opportunity to meet and greet both members and patrons to the TBI Jewish Food Festival, followed two weeks later by a Havdalah cruise on Lake Winnepesaukee with TBI families. "My passion has always been about connecting with people," Rabbi Danson said — and he meant it. Whether on Shabbat weekends, during the High Holy Days, or at TBI special events and holiday celebrations, Rabbi Danson used every opportunity to connect with members or visitors, families and friends, and anyone else who participated at Temple B'nai Israel.

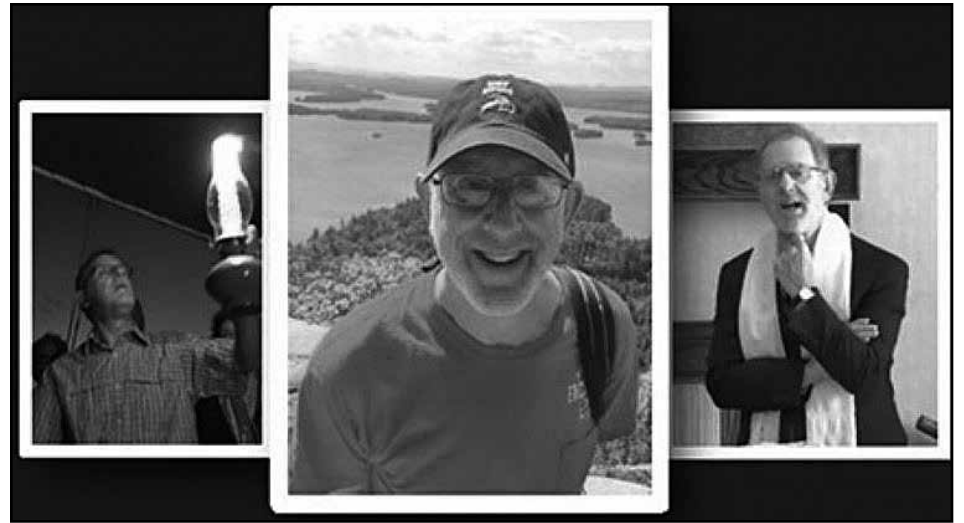
Before the end of Rabbi Danson's first year, however, the pandemic made connecting with people a challenge. As families isolated, afraid to step outside their homes, much less worship together, a new buzz word emerged—Zoom. As the entire world learned how to connect through their computer screens, Rabbi Danson made every effort to bring TBI together with the help of the newly formed TBI technology team and a sophisticated computer system that provided the best Zoom experience for members as well as the Rabbi. As the months progressed with the pandemic maintaining its hold on the world, Rabbi



Rabbi Katz

Danson found ways to make Zoom services, adult education, and religious school more palatable and engaging. Members continued to tune in and take advantage of the lesser-known advantages of a Zoom lifestyle. All who wanted to continue to connect with Rabbi Danson had every opportunity to do so. There were Zoom Chanukah parties, Zoom Purim Shpiels, Zoom Passover Seders, all ably led by Rabbi Danson and happily attended by TBI members, friends, and family.

Rabbi Danson's tenure at TBI will always be tied to Covid 19, but his ability to lead throughout these troubled times will define his major contributions. His affable personality, his ability to listen, and his religious leadership made an indelible mark on the congregation, for which he was honored on Friday evening, June 17. A farewell Oneg Shabbat was sponsored by the Board of Direc-



Rabbi Danson

tors following Rabbi Danson's last official Shabbat service. Rabbi Dan was presented with mementos of his time in the Lakes Region as well as a tribute from TBI president, Ira Keltz. As he and his wife Julie start to enjoy their retirement, TBI wishes them well and they know the door will always be open to the Danson family whenever they find their way up to the Lakes region of New Hampshire.

As one door closes, another opens and on July 8, Temple B'nai Israel welcomes newly ordained rabbi, Jan Katz. Rabbi Katz is more than excited to share what she was privileged to learn at rabbinic seminary and collaborate with TBI

congregants, the Laconia community, and other New Hampshire clergy. Rabbi Katz brings with her decades of prior experience as a Jewish educator, an active lay leader, a clergy spouse, parent of three, and grandparent of 12. Rabbi Katz is looking forward to bringing meaningful worship, life cycle guidance, Torah study, pastoral care, interfaith outreach, and opportunities to gather meaningfully in congregational and community settings. Most important, Rabbi Katz aspires to learn from, and share with TBI congregants all the joys—and even the "oys"—of being Jewish in today's reality.

Help Wanted!

Do you live in Keene, Laconia, Bethlehem, Hanover, or another NH community and want to help produce the Jewish Reporter?

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Jewish Federation
OF NEW HAMPSHIRE

Book Review

Reviewed by Merle Carrus

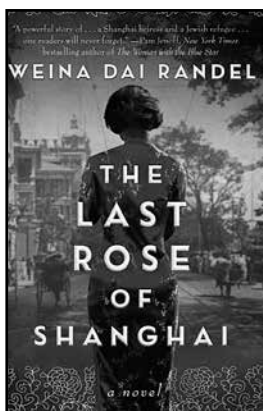
The Last Rose of Shanghai

Written by Weina Dai Randel, *The Last Rose of Shanghai* is a beautiful love story, and an excellent historical representation of what happened in Shanghai, China during the war years of the 1940s.

While Europe was fighting Hitler and the Nazi war machine, China and Japan were also at war between themselves. German Jews were able to escape to Shanghai looking for freedom, but found instead a country at war ... and a different kind of prejudice. Japan had invaded and was trying to take over China. The Japanese nor Chinese were anti-Jewish—and many were not aware of the anti-Semitism in Europe—but then Japan forms an alliance with Germany, and the Britons in Shanghai's International Settlement become the enemy, at

which point restrictions finally tighten against Jews.

Ernest Reismann comes to Shanghai penniless as a Jewish refugee looking for a job to support himself and his sister, Miriam. As they wait for word of their parents' fate back in Germany, Ernest finds work as a piano player in Aiyi Shao's glamorous nightclub. Aiyi is a young woman going against the mandate of her social community—that is, to marry and have a family. She wants freedom, a career, and more. Aiyi runs the successful nightclub and works hard to keep it profitable. This will lead to trouble for all



those who surround her. Aiyi has been promised in marriage, as is the custom, but she is not sure that it is the life she envisions for herself. Aiyi will have faced many obstacles as she learns how to navigate her business and social life.

Falling in love with someone outside your religion or social community is dangerous. Aiyi and Ernest are willing to risk everything for that love. It will have implications on their families, friends, and business partners.

The novel has many twists and turns in the plot. The descriptions of the

sounds, smells and streets of Shanghai are so real you will feel like you are there. The descriptions of danger in the streets of Shanghai feel so real. You will cringe and hold your breath every time a character goes through a scary experience.

Weina Dai Randel was born and raised in China. Weina is the winner of the RWA RITA Award, the National Jewish Book Award finalist, a semifinalist in the Goodreads Choice Award for Best Historical Fiction, and a nominee for the RT Book Reviewers Choice Best First Historical nominee. Weina came to the United States at age 24, when she switched from Chinese to English and began to speak, write and dream in English. After living in Texas for many years, she now resides in Massachusetts.

Film Review

Reviewed by Zach Camenker, NH JFF Committee Member

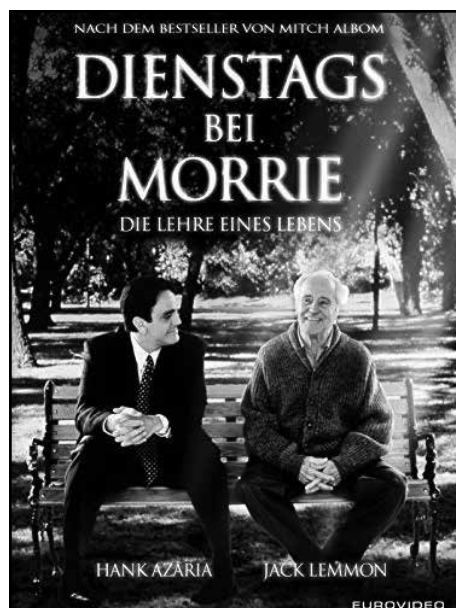
Double Review: Tuesdays with Morrie and Bubbeh Lee and Me

While on vacation in California recently, visiting friends, I finally got the chance to read the revered memoir *Tuesdays with Morrie*, written

by Mitch Albom. Albom's best-selling novel tells the story of weekly visits he made to the home of his college sociology professor Morrie Schwartz following his diagnosis with ALS (Lou Gehrig's disease). I have come to greatly admire Mitch Albom's work in more recent years, particularly after hearing him speak about his 2019 novel *Finding Chika* at a visit to the Capitol Center for the Arts in Concord. His works, both fiction and non-fiction, focus deeply on themes of life, including love, loss, time, and spirituality. In *Tuesdays with Morrie*, Albom highlights some of life's most important lessons through his visits with Morrie, focusing on many of the aforementioned themes, as well as the aging process and death.

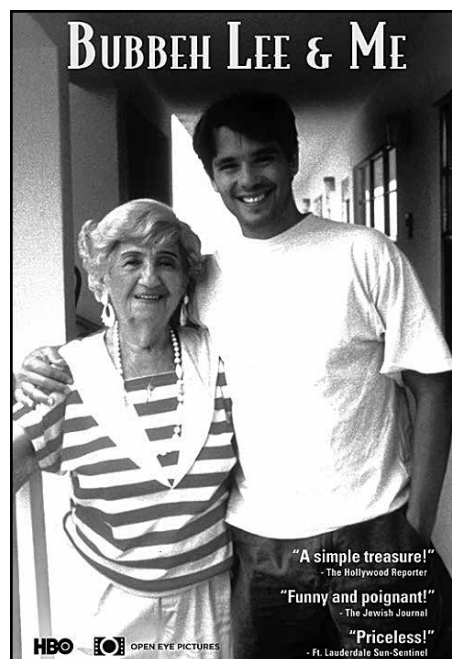
The 1999 film version, which stars Jack Lemmon as Morrie and Hank Azaria as Mitch, does a great job of adapting the novel and putting Mitch's beautiful and prosaic words on screen for all to see.

The premise of the story is that Morrie, Mitch's favorite teacher whom he had while attending Brandeis University in



Waltham, Massachusetts, is interviewed by Ted Koppel about his ALS diagnosis. Mitch, whose work as a sports columnist in Detroit is keeping him busy, comes across his old professor while watching Koppel on TV one night. While he had intended to keep in touch with Morrie after leaving Brandeis, Mitch fell through on that promise. Upon hearing of Morrie's diagnosis, Mitch takes it upon himself to see his former teacher. And so begins Mitch's Tuesdays with Morrie.

In both the novel and film, as well as other Mitch Albom works, faith and spir-



ity factor significantly as themes. Both Mitch and Morrie are Jewish and their shared religious background does come up at times. Of interest while reading the text is how Morrie's faith and spirituality have evolved over time to include a variety of beliefs, something the film doesn't really dive into as much. However, the film has a particularly poignant scene in which Morrie acknowledges spirituality as a lesson he can impart to Mitch in their Tuesday sessions. Mitch, who is visibly struggling with the

point his life is at, including the spiritual side, shows both intrigue and hesitation. Over time, he begins to see the meaning of Morrie's advice.

It strikes me in reflecting on my reading of the novel, viewing of the film, and reflection on other Mitch Albom works, how much of a cornerstone the idea of spirituality now plays in his characters and seemingly in his life. I think it goes to show just how deeply one can shift over time and how one's religion, spirituality, and faith can both intersect and vary. Morrie obviously played a part in Mitch's evolving spirituality.

Another poignant documentary short that I watched recently also deals with a relationship between a young person and his elder. Available on Chai Flicks and originally released in 1997 through HBO, *Bubbeh Lee and Me* focuses on a grandson's visit to see his 87-year-old grandmother in a Florida retirement community. In a similar way to *Tuesdays with Morrie*, a special relationship is tracked as the theme of aging plays a key role in the process.

Bubbeh Lee Abrahams, the subject of the piece, exudes the charm, love, and good humor that so many of us see in our Jewish grandmothers. A widow of over 25 years whose adoration for her family is palpable throughout the film, Bubbeh

Film Review continued on page 20

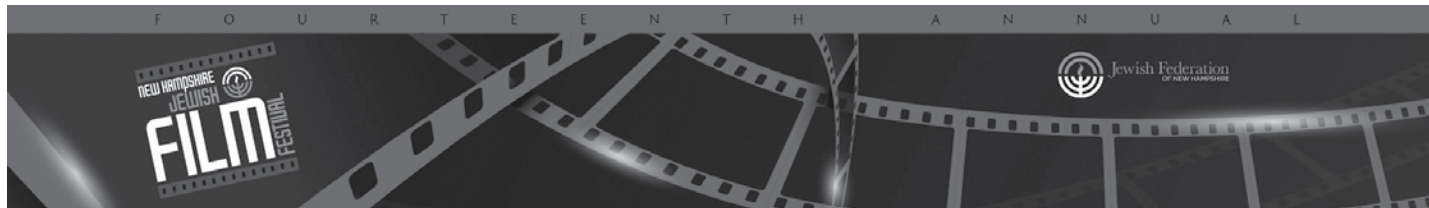
Best of the Fest

By Zach Camenker, NH JFF Committee Member

Our “Best of the Fest” votes from the 2022 New Hampshire Jewish Film Festival are in! As is tradition, we are happy to announce winners in three categories: Best Short, Best Documentary, and Best Feature Film.



We are pleased to award Best Short to *The Tattooed Torah*, a delightful, animated piece based on Marvell Ginsburg’s children’s book which has served as a teachable moment about the Holocaust for generations. Narrated by the late Ed Asner, we were pleased to screen this



amazing piece in the virtual shorts program this year.

For our Best Documentary award, we have a tie! Our two winners are *The Automat* and *Upheaval: The Journal of Menachem Begin*. *The Automat*, which was our opening film at the Rex Theatre, recalls a bygone era in which the Horn and Hardart Company thrived by providing accessible and delicious meals to New Yorkers and Pennsylvanians alike through a unique and fun dining experience. *Upheaval* details the tenure of Menachem Begin as Israel’s sixth Prime Min-

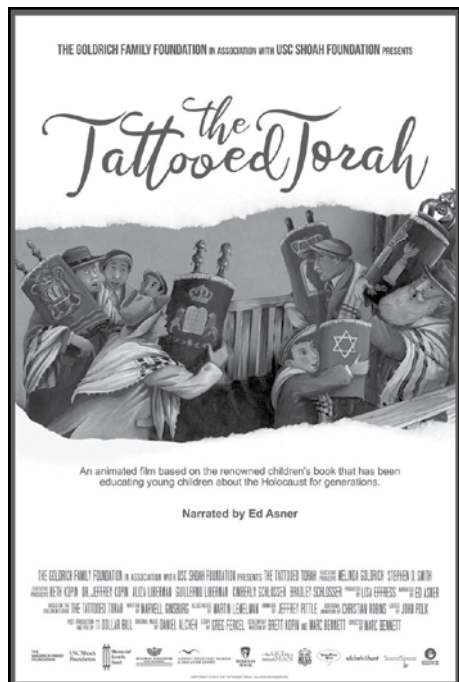
ister from his early days as a Zionist to his final years in seclusion. This film was enjoyed by audiences at home and featured an insightful post-discussion with the filmmaker and New Hampshire’s own Dr. Richard England following its run at our Festival.

Finally, for Best Feature Film, we are pleased to announce that our audience has selected *Tiger Within*, a poignant drama about a Holocaust survivor and an ignorant teen who unite through strange circumstances and develop a special bond

at pivotal moments in their lives.

Starring Ed Asner in his final film role and the young Margot Josefsohn in her feature film debut, *Tiger Within* played to a large crowd on our closing day at Red River Theatres in Concord. The audience’s acclaim for the piece was felt throughout the room and in the lobby afterward, where some great discussion occurred.

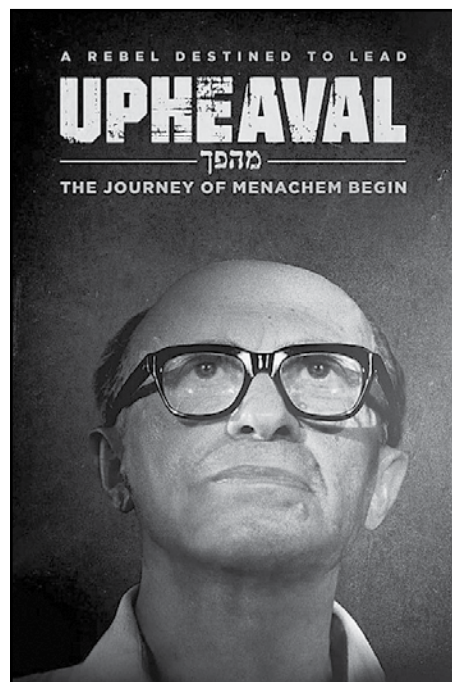
These four films represent only a small selection of the many titles we screened in 2022 and we look forward to what 2023 has in store. See you at the movies!



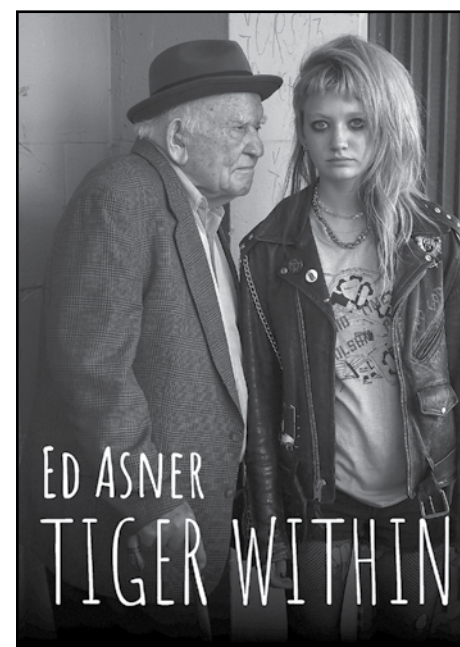
The Tattooed Torah



The Automat



Upheaval



Tiger Within

Film Review

continued from page 19

Lee shares her own highs and lows of life as she grows older alongside her grand-

son Andrew, who made the film while visiting for the High Holidays. Much as Morrie does with Mitch, Bubbeh Lee imparts wisdom to Andrew by providing bits of advice, as well as backstory of

who she is and where she came from.

The two share an obviously special bond that is felt throughout the 35-minute running time. In addition, Bubbeh Lee lends an ear to Andrew as he discusses his identity as a gay man. Though she exhibits some old school thinking, Bubbeh Lee shows Andrew the deep love that she feels he deserves and provides him with some unforgettable memories as they kibbitz the days away.

When I unintentionally find parallels between films that I’ve watched, I delight in the moment just a bit more than usual. Both *Tuesdays with Morrie* and *Bubbeh Lee and Me* are stories that show unique relationships between the young and old with themes of aging and com-

ing into one’s own at the core. The religious, spiritual, and cultural sides of Judaism play into both narratives in some ways as well, which makes the connection all the more intriguing. In reflecting on the pieces, it makes me think deeply of the elders in my own life who’ve played a key role in developing me into the person I am. I’m sure many of you will feel the same if you watch either of these pieces and may even see yourselves in Morrie and Bubbeh Lee if children and grandchildren are a part of your life. Special bonds certainly make us who we are and Mitch and Andrew share that deeply with their audiences. I highly recommend both films, which are beautiful stories about life.

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Kids' Corner Coloring Page



Veronica Ava Conley, ©2022

The Road to Judaism

Submitted by Etz Hayim Synagogue

Mary Tarzia Edelstein was raised Catholic, and although her family attended mass regularly, religion was not a part of their home life. When Mary met and fell in love with Andrew, she learned he was raised Jewish but was also not considered religious, though Andrew had become a Bar Mitzvah, went to temple during High Holidays, and went to Jewish camp. At the time of their marriage, converting to Judaism was not considered necessary by Andrew's family Rabbi. So, in 2003, they were married in Bermuda by a reverend in a non-denominational ceremony. In 2009, they were blessed with a son (Ian) and a few years later, in 2012, with a daughter (Ayla).

They found Etz Hayim, and joined in 2017. Both children are being raised in the Jewish community as part of the Etz Hayim Family, with Ian currently just weeks away from becoming a Bar Mitzvah. Both children growing up as part of the Jewish community has been eye-opening for Mary, seeing religion centering on family. It was apparent to Mary



that joining Etz Hayim was benefiting their entire family, and she was slowly being led in the direction she needed to go.

Mary credits a discussion with Rabbi Levy as the turning point in her journey as she turned to him for comfort when a cousin was diagnosed with a terminal illness. This led her to consider converting to Judaism, learning literacy and Hebrew as part of her studies with Rabbi. Mary and the family now live a Jewish home life rich in family traditions. Her conversion was recently completed with a mikvah ritual at Mayyim Hayyim in Newton.

On Friday, June 10, we celebrated Mary's conversion (on the erev of Ian's Bar Mitzvah!). Welcome to the mishpacha Mary!



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Bar and Bat Mitzvahs at Etz Hayim

By Laurie Medrek

May and June were busy months for students in the Bar and Bat Mitzvah program at Etz Hayim Synagogue in Derry. Four students who have grown up in the Etz Hayim religious school system came of age recently, and the proud families celebrated their B'nai Mitzvah. The group worked closely with Rabbi Peter Levy and with each other to make sure these young adults were well-prepared and understood their new roles in participating in the Jewish community. Each B'nai Mitzvah was presented with a certificate, as well as a kiddush cup and tanakh, to accompany them in the continuance of their Jewish journeys. Mazel Tov to the students on this important milestone in their Jewish lives!

MARTIN MOSKOWITZ

On Saturday, May 14, we celebrated Martin Moskowitz (Moshe Sol Ben Aharon u' Sorah) becoming a Bar Mitzvah. Martin is the son of Aaron Moskowitz and Stacie Perlman. Martin led the service and read from Leviticus 21:1-24:23 which focuses on all the rules that the priests must abide by when praying and offering sacrifices and discusses the major holidays. It also introduces the concept of "an eye for an eye" and an early form of judicial system. In his D'var Torah, Martin delved more deeply into this idea and how it could best be interpreted in today's world. The amazing cake was created by Martin and his Dad Aaron, and the candelabra was built by Aaron. The party theme was fencing, which is Martin's favorite pastime. Mazel Tov to Martin and his family on this special occasion.

ALEX ROTHENBERG

On Saturday, May 21, we celebrated Alex Rothenberg (Alexander Noah ben

Yitzroc u' Chiya Feggie) becoming a Bar Mitzvah. Alex is the son of Joel and Lisa Rothenberg. Alex led the service and read from Leviticus 25:1-26:2 which focuses on the laws of the Sabbatical year, every seventh year, when all work on the land should cease, and its produce becomes free for the taking. Alex's d'var Torah reflected on his soccer team's teamwork to believe in themselves to come from behind to win a game. The party theme reflected Alex's love for all things soccer.

HALEY DOYLE

On Saturday, June 4, we celebrated Haley Doyle (Lyla Shmira) becoming a Bat Mitzvah. Haley is the daughter of Tim and Allison Doyle, and big sister of Brooke. Haley led the service and read from Barmidbar: Numbers 1:1-4:20 which focuses on census taking, and the counting of tribes and soldiers, and men for maintenance and upkeep of the Mishkan. Haley's D'var Torah reflected on the need for organization and how it relates to her managing her lacrosse and wrestling activities.

IAN EDELSTEIN

On Saturday, June 11, we celebrated Ian Edelstein (Itamar Nadav ben Avraham Yitzhak u' Mvorechet Emunah) becoming a Bar Mitzvah. Ian is the son of Andrew and Mary Edelstein, and big brother to Ayla. Ian led the service and read from Parashat Naso, Numbers 4:21-7:89 which focuses on duties in the Tabernacle, God speaking to Moses about unclean people, punishment of an adulteress, abstaining from alcohol and not cutting one's hair, the Priestly Blessing, and the heads of tribes bringing gifts to the Tabernacle. Ian's D'var Torah reflected on the importance of working together toward forgiveness and trust in a marriage rather than punishment of someone you love.

Mitzvahs

Etz Hayim Synagogue Students Select Tzedakah Recipients

Tzedakah is more than making charitable contributions. The literal translation is "righteousness" and is said to be equal in value to a mitzvah. It has been a longstanding tradition of our students to donate change or a few dollars into our tzedakah box at each religious school session. At the end of each school year, students vote on which charities they would like to see benefit from these funds.

This year, the money was divided among four recipients with the parameters set to two Israel-based charities and

two global, US, or NH causes. The children selected from a modified list of organizations whose missions assisted people (food/shelter/healthcare) and the planet (animals/pollution/environment/climate).

The final selections were Krembo Wings, the Jewish National Fund, the National Alliance to End Homelessness, and the Make-A-Wish Foundation. Through this exercise, the children took an active role in *tikkun olam*, learning about a wide variety of charitable organizations whose missions reflected their hearts.



Hadassah Combats Lung Cancer

By Michele Bank

As reported in the May 23, 2022 *Jerusalem Post*, this May, an extremely complex aortic valve transplant was performed at Hadassah University Medical Center, in Ein Kerem, for a 76-year-old patient with a heart defect who suffered from a severe vascular disease. All the common procedures that the hospital usually provides did not suit the treatment that was required.

“Until two decades ago, access to patients who needed aortic valve replacement was a surgical approach that involved opening the chest and a long and difficult recovery,” said Dr. David Flanner, director of the catheterization department at Hadassah. “The patient who came to us needed the valve transplant urgently and all the accepted and common options did not suit him due to various diseases from which he suffered.”

The operation that was required had only been done in a few major centers around the world, where multiple surgeons are needed for the procedure. Both the patient and his family were notified of the unusual operation. With the lack of alternatives, it was decided that the operation would be performed for the first time in Israel. Flanner said that since the operation succeeded without any complications, this unique valve transplant procedure has paved the way for an additional therapeutic option for similar critically ill patients. Following his successful surgery, the patient was released for rehabilitation.

In National Hadassah news, the National Action Center has been busy promoting the bipartisan Women and Lung Cancer Research and Preventive Services Act (H.R. 1800 | S. 699), that would mandate an assessment of current research and prospects for interagency collaboration, recommendations for a national cancer screening strategy to expand access to early detection services, and opportunities for a national public awareness and education campaign.

Lung cancer is the leading cause of cancer death in the United States, claiming more lives than breast, colon and prostate cancers combined – even as the number of smokers declines year after year. According to the American Cancer Society, there are over 235,000 new cases of lung cancer every year, and studies have shown that around 18 percent of people who are diagnosed have never smoked. The vast majority are women, at more than twice the rate of male never

smokers. The bipartisan Women and Lung Cancer Research and Preventive Services Act (H.R. 1800 | S. 699) would mandate an assessment of current research and prospects for interagency col-

laboration, recommendations for a national cancer screening strategy to expand access to early detection services, and opportunities for a national public awareness and education campaign.

Hadassah Medical Organization is a leader in lung cancer screening and is currently conducting a pilot project, approved by Israel’s Ministry of Health, fo-

Hadassah continued on page 24



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LEARN MORE:

Contact Foundation Chair Julia Preis through the JFNH Office at 603-627-7679



THE STRENGTH OF A PEOPLE.
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Rabbis Discuss Reproductive Health at Temple Beth Abraham

By Sheryl Rich-Kern

The choice to have children is individual, personal, and sometimes difficult, as is the decision to terminate a pregnancy. On May 22, a panel of three rabbis at Temple Beth Abraham in Nashua participated in a discussion on abortion, miscarriage, and contraception. About 50 people attended in person and on Zoom. Rabbi Leora Kling Perkins, the associate rabbi at Temple Emunah in Lexington, MA, explained that while the American position on reproductive choice focuses on “rights,” the Jewish framework emphasizes “responsibility” -- the responsibility to protect the physical and mental health, as well as quality of life, of the person who is pregnant. In her presentation, she avoided words like pro-choice or pro-life. Rabbis don’t typically structure the abortion debate along those lines, said Rabbi Jon Spira-Savett of Temple Beth Abraham in Nashua. “We are all pro-life and pro-choice.”

When Spira-Savett speaks with New Hampshire legislators who latch on to one of those terms, he tries to shift the dialogue in another direction. “There is an opportunity for us as Jews just to say something in a different way and maybe to open up or shake up the conversation.” In the hour-long program, Kling Perkins reflected upon Jewish law — or Halacha — by quoting a key text from Exodus, chapter 21: *Should men brawl and collide with a pregnant woman and a miscarriage results, but no other damage ensues, the one responsible shall be fined according to what the woman’s husband imposes upon him, the payment to be based on reckoning.*

“In the eyes of this verse, a fetus is not a person,” Perkins said. Full personhood

doesn’t begin until birth. “That doesn’t mean the author of the text thinks that causing the termination of a pregnancy is something that can be done in any circumstance. But it’s not the same as murder.”

This is not to imply that a couple with a wanted pregnancy doesn’t form a relationship with the baby they’re about to have, Kling Perkins added. The potential for a child is real and when a pregnancy results in a miscarriage, those expecting a child feel that loss deeply. A funeral and shiva after the death of a loved one allows grief to be witnessed and shared.

Yet there are no specific traditions for mourning a miscarriage. Many times, the despair and disappointments are left unspoken. Rabbi Robin Nafshi of Temple Beth Jacob in Concord, NH said acknowledging these feelings is the first step. “A lot of what we do as rabbis is help create rituals where they may not exist.” For example, she often suggests an immersion at Mayim Hayim, the mikvah in Newton, MA where an individual or couple can create their own ceremony, acknowledging the body was likely doing its job of taking care of an unhealthy pregnancy, expressing sorrow for the potential life which ended too soon and asking for help in transitioning from grief to hope.

In providing pastoral care and guidance, Nafshi said she’s also helped couples who express feelings of guilt, shame, sadness or relief when deciding to terminate a pregnancy. She recalled a couple expecting triplets. They were overwhelmed at the prospect, both emotionally and financially. Ultimately, they decided to abort one of the three. The decision weighed heavily on them. “I reminded them their wellbeing is first and fore-

most,” she said. “Your mental health needs to be considered just as much as your physical health.”

Today, that couple has healthy twin sons who recently graduated from college.

In Israel, where religion often dictates law and families are encouraged to repopulate the minority Jewish community, abortions are paid for by the state. However, the process to get an abortion is problematic. Israeli women must go before a three-person panel to explain why they want to end the pregnancy. “There’s an assumption that women don’t get to make their own decisions, that they don’t have their own bodily autonomy,” said Kling Perkins.

Almost always, Israeli women are granted permission, particularly if they are younger than 17 or older than 40; if the pregnancy results from rape, incest or extramarital relations; if the possibility exists that the baby will be born with physical or mental deformities; or if the continuation of the pregnancy endangers a woman’s life or mental health. The question here, she said, is not about *whether* abortion is permitted; it is about when and under what circumstances.

Kling Perkins noted that Nitzan Horowitz, Israel’s Minister of Health, opposes these abortion committees. Horowitz said in a statement to Ynet, an Israeli news outlet, “Any decision or medical procedure such as the choice of whether to perform an abortion must be in the hands of the woman.” Kling Perkins also touched upon the topic of contraception. She referred to the commandment in the Bible to “be fruitful and multiply,” or in other words, “create more humans.” Interestingly, the Talmud notes this mitzvah is incumbent upon men and not women. “God wouldn’t command women to do something as dangerous as pregnancy,” she said. “That has to be

something we sign up for.”

Jewish communities are comfortable with women taking measures to prevent pregnancies, especially if the health of the mother is at risk. Kling Perkins mentioned that anyone who watched the popular Israeli TV series *Shtisel* may recall the Haredi character Ruchami, who had an IUD because she couldn’t safely carry a baby.

With the exception of some traditional Orthodox groups, most American Jewish organizations view reproductive health, including access to abortion and contraception, as an important social issue. More than 80 percent of Jewish adults say abortion should be legal in all or most cases, according to the latest Pew Research Center’s Religious Landscape Study. Rabbi Nafshi said a misperception exists that religious groups oppose abortion: In fact, many Jewish and other non-Jewish faith groups have a long legacy of activism to protect reproductive choice. In addition to Rabbis for Repro, an outgrowth of the National Council of Jewish Women, the Spiritual Alliance of Communities for Reproductive Dignity (SACReD), the Reproductive Freedom Congregation, the Religious Coalition for Reproductive Choice (RCRC) and Catholics for Choice oppose laws limiting reproductive health and are particularly worried these laws disproportionately affect the emotional and physical health of marginalized communities.

Rabbi Spira-Savett noted that New Hampshire residents are more likely to influence state representatives than members of the Supreme Court. With 400 members, New Hampshire has the largest state house in the country, giving constituents a close relationship with their legislators. “It’s important for us to show up,” he said, and add our voices to the conversation.

Hadassah

continued from page 23

cused on catching early-stage tumors. Early detection of lung cancer through CT scans was found to decrease mortality by at least 33 percent in high-risk women over a 10-year period, as compared to 24 percent in high-risk men.

171 women die of lung cancer every day in the United States – that’s one woman every eight minutes. But that can

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For additional information about Hadassah, please contact michele.bank@gmail.com.

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When submitting a Letter to the Editor, please include your name, town of residence, and contact information. Letters to the Editor must be under 300 words in length to be considered for publication. Send your letter by email to the reporter@jewishnh.org with "letter to the editor" in the subject line.

How to submit an obituary

The Reporter publishes obituaries for any member of the community, past or present, for a \$36 fee. Please send obituaries and one photo, if desired, as a separate jpg attachment to thereporter@jewishnh.org or to the office along with payment at: JFNH, 273 South River Road, Unit #5, Bedford, NH 03110.

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