

THE NEW HAMPSHIRE
Jewish **Reporter**

Published by the
 Jewish Federation of
 New Hampshire

Volume 45, Number 4

February 2025

Shevat - Adar 5785



SUMMER CAMP



Happy Tu B'shevat!

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Super Sunday: A Roaring Success!


Thank you to our incredible donors, dedicated volunteers, and hardworking staff for making Super Sunday a huge success! Your support helps power the Jewish Federation of New Hampshire's biggest one-day fundraiser of the year, ensuring we can continue our vital work for the community.



Super Sunday continued on page 6

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The New Hampshire Jewish Reporter
 Jewish Federation of New Hampshire
 273 South River Rd. Unit #5
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CONGREGATIONS

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

AMHERST

CONGREGATION BETENU

Dena Glasgow (Rabbinic Intern)
5 Northern Blvd., Unit 1, Amherst
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
Weekly services from July through Simchat Torah with Zoom services and Torah study from November to June. Please check our website for service times and event information.

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

ETZ HAYIM SYNAGOGUE

Rabbi Robert Lefkowitz
1½ Hood Road, Derry
Reform, Affiliated URJ
(603) 432-0004
www.etzhayim.org
office@etzhayim.org, rabbi@etzhayim.org
Services: Fridays 7:15 PM,
Saturday 9:30 AM.
Torah Study - Sundays 9:00 AM. Check the website for updates
Please visit www.etzhayim.org/calendar for optional Zoom link.

HANOVER

THE ROHR CHABAD CENTER AT DARTMOUTH

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

KOL HA'EMEK UPPER VALLEY JEWISH COMMUNITY

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
rabbida@keenesynagogue.org
office@keenesynagogue.org
Services: Regular Friday night services at 7 PM
Weekly Shabbat Torah study at 9:30 AM.
Shabbat morning services on the 2nd Saturday of each month at 9:30 AM.
Meditation and Pirkei Avot study on the 4th Saturday of each month at 10:30 AM.
All services are in-person and online.
Check the website for schedule changes and Zoom links.

LACONIA

TEMPLE B'NAI ISRAEL

Rabbi Jan Katz
210 Court Street, Laconia
Reform, Affiliated URJ
(603) 524-7044
www.tbinh.org
info@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
office@taynh.org
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 MANCHESTER

Rabbi Marc Philippe
66 Salmon Street, Manchester
Conservative Affiliated USCJ
(603) 622-6171
office@templeisraelmht.org
www.templeisraelmht.org

Shabbat Services: Every month we offer one Friday night Shabbat with a catered community dinner (rsvp required), and two Saturday Shabbat services followed by a light kiddush (no rsvp necessary). Every Wednesday, we offer a 7:00 AM in-person morning minyan and a 6:30 PM Torah study via ZOOM. Please check our website www.templeisraelmht.org, call our office at (603) 622-6171 or email office@templeisraelmht.org for information on specific service dates and times.

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 Monday-Thursday at 7:30 PM
All services are in-person and on Zoom (check our website for schedule changes and Zoom links)

NEWINGTON

UNH & SEACOAST CHABAD JEWISH CENTER

Rabbi Berel Slavaticki
2299 Woodbury Avenue, Newington
Orthodox, Chabad
(603) 584-4111
Rabbi@JewishSeacoast.com
www.JewishSeacoast.com

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, 6:00 PM
Saturday, 10 AM
Tues. minyan 5:30 PM
Temple Israel has a fully licensed M-F preschool.

The New Hampshire Jewish Reporter

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Shevat - Adar 5785

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The objectives of The New Hampshire Jewish Reporter are to foster a sense of community among the Jewish people of New Hampshire by sharing ideas, information, experiences and opinions, and to promote the agencies, projects and mission of the Jewish Federation of New Hampshire.

The New Hampshire Jewish Reporter is published monthly ten times per year, with a deadline for submissions of the 10th of the month before publication. There are no January or June issues. All items, including calendar events, for the December-January or May-June newspaper must be submitted by Nov. 10 or April 10, respectively.

Please send all materials to:
thereporter@jewishnh.org

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.

Opinions presented in the paper do not necessarily represent the views of the Federation. Photos submitted by individuals and organizations are published with their permission.

Neither the publisher nor the editor can assume any responsibility for the kashrut of the services or merchandise advertised in this paper. If you have questions regarding kashrut please consult your rabbi.

The New Hampshire Jewish Reporter is overseen by the JFNH Publications Committee, Merle Carrus, chairperson.

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Shabbat Candle Lighting Times: (Manchester)

| | |
|-------------|---------|
| February 7 | 4:49 PM |
| February 14 | 4:58 PM |
| February 21 | 5:07 PM |
| February 28 | 5:16 PM |



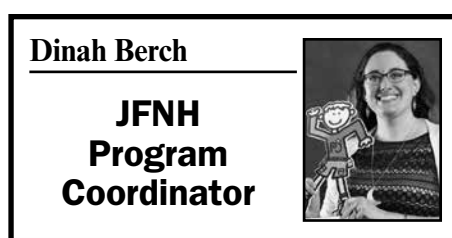
Connection, Community and Camp

“Can you remember / Back to a simpler time... I remember just my old friend and me / Runnin' through an open field... feeling that our hearts could just take wings / We could live out all our dreams ...” That’s what summer camp means to me. Ok, maybe not exactly Brian McKnight crooning about fairy tale love – but being carefree and running through fields while laughing and singing with good friends. Practicing values of *chesed* (kindness), *ahava* (love) and *kavod* (respect) while building *kehillah* (community).

Clearly, I’ve repressed the memories of large, strange bugs in the showers and fire ants on the path to the beach. Of the endless sunburns, the tick checks, and pleas from harried counselors to drink more water.

Why do I send my kids to summer camp? Because they need to be kids. They need to play, to dance, to sing – without the news, without the media, without their tablets and technology. Without the stresses of the usual demands on their time. Without being home. And they need to learn *manhegut* (leadership), *achrayut* (responsibility) and *atzmaut* (independence).

Why do I send my kids to Jewish camp? No, I don’t feel obliged to as a parent raising Jewish kids. Ok, well, maybe that’s a little of it. But it’s because I loved Jewish camp, and I still cherish the



Dinah Berch

**JFNH
Program
Coordinator**

friendships I made. It’s because living in New Hampshire as a practicing Jew can leave children feeling isolated, alienated or overexposed. I know. I grew up in Burlington, VT, the only Jewish kid in most of my public-school classes. Jewish summer camp changed my entire outlook. I had no idea what it was like to be in a room where all the kids my age were also Jewish. To not always have to explain myself and my traditions. I want that for my kids – a respite from being the anomaly, the minority. Being among kids like them is an opportunity to reset and recharge and just breathe.

Did you know PJ Library and Jewish Federation of New Hampshire partner with One Happy Camper to help families afford Jewish Summer Camp? Look at this QR code for more information or visit <https://pjlibrary.org/beyond-books/first-time-camp-awards>. We also have a Community Directory on our website showing all the great Jewish summer camps in New Hampshire!

<https://www.jewishnh.org/community-directory>. We’re looking forward to partnering with Camp Tel Noar in June for our big Yom Ha’atzmaut celebration. Mark your calendars for June 8th!

Not sure if Jewish summer camp is right for your family? As you color-code your summer calendar and set reminders for registration opening dates (no? just me?) take a moment to glance at PJ Library’s discussion guide, “Are You Ready for Summer Camp? A Family Discussion Guide” at the second QR code. The blog has great questions and prompts, a suggested reading list of PJ Library books like *Sami’s Sleepaway Summer* by Jenny Meyerhoff and *Sadie, Ori, and Nuggles Go to Camp* by Jamie Korngold, links to a suggested packing list and to a printable template for “lunch box notes.” There’s even a silly summer camp packing list Mad Lib!



PJ Our Way kids – have you read *Shabbat Sabotage* by Emma Carlson Berne yet? Or how about *12 Before 13* by Lisa Greenwald? Or *The Jake Show* by Joshua S. Levy? Each of these books for 9-12 year-olds describe summer camp experiences! PJ Library books and PJ Our Way books can also have a normalizing effect on children’s Jewish experience.

Interested in these books but can’t find

them at your local public, school or synagogue library? Send me an email at dinah.berch@jewishnh.org and I’ll see what I’ve got. Read it, done with it, don’t want to keep it? I want your books! I’m always happy to take back gently-used PJ and PJOurWay books to rehome at future events. Email me or bring your books to the Jewish Federation of New Hampshire or to any PJ Library or PJ Our Way event.

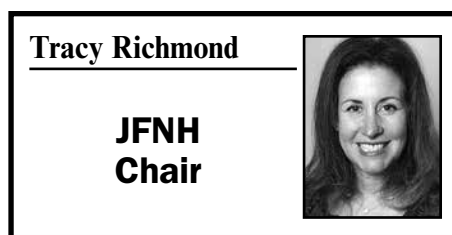
In a very camplike style of healthy competition between Jewish peers, I’m partnering with Seacoast Chabad Jewish Center to offer the second Great New Hampshire Jewish Bake-off! This year’s theme is Tu B’Shevat. If you have a child aged 9-12 who’s interested in baking and decorating, sign up now for the Seven Species Showdown at the Brooklyn Café in Newington on February 16th! Spots are limited, so don’t wait. See flyer for more details.

Whether it’s through the joy of summer camp, the creativity of a Tu B’Shevat bake-off, or reading PJ Library and PJ Our Way stories that bring Jewish experiences to life, the Jewish Federation of New Hampshire, as the implementing partner for PJ Library, is dedicated to helping children connect, grow, and embrace their Jewish identity while celebrating shared traditions. Here’s to connection, community, and camp!

2024: A Year to Never Forget

As I reflect on my role in 2024 as the Board Chair of JFNH, my mind is a bit a blur. Has it really been over a year since October 7th occurred? Have we really had a full year and plus since that devastation and the start of the war? It seems impossible, but yet here we are, embarking as a community on the year 2025. At the time I am writing this, there are still over 100 hostages unaccounted for.

People often ask me how it felt to be the chair on October 7th. How has it felt since? My response is simple, I feel like I was the right person at the right time. I am very task-oriented, so rallying the community and advocating for support and protections against antisemitism afterward was a mission that fit into my wheelhouse. Along with my amazing board and our staff, we worked tirelessly on behalf of all the Jews in NH, and of course continued our Israel advocacy work too. But we had other work on our agenda, and after grieving and advocating, we had to get back to our “scheduled programming” – thus, we began our



Tracy Richmond

**JFNH
Chair**

strategic plan. As you might imagine, this was a huge undertaking. I won’t get into the specifics here because we have published so much about the process and the results in previous issues of The Reporter, but I will say we have been implementing many of the tasks we heard from the community. We have been meeting with state and local officials. We have been meeting with our elected delegation to congress. We have been conducting quarterly zooms with presidents of the synagogues across our state. We have been providing programming relevant to the community ... and we have been doing all this with our shoestring staff! It’s exhausting, but it’s a passion for those of us doing the work on behalf

of all of New Hampshire.

My biggest disappointment for 2024 was the decision to postpone our Momentum trip that had been scheduled for November. This group of amazing dads was scheduled to depart at the height of the conflict with Lebanon, and we felt their experience would once again be hindered by war. The men have rescheduled for November 2025 and JFNH will be sponsoring them as they depart for Israel (most of them for the first time!).

As I approach my last six months as

my role of board chair, I ask you to consider the work we have been doing: If it has been relevant to you, your community and your family, I ask you to support us. Would you perhaps increase your gift if you have already given, or if you have not given, could you please make a donation in honor of our hard work? If you have ever met me in person, you know I will say that we can’t do this work without the support of our entire community.

Happy New Year from the entire JFNH board, and may this year be filled with health, happiness, and PEACE.

Your Support Matters More Than Ever

By Ken Litvack, JFNH Campaign
Co-Chair

In these challenging times, your support for the Jewish Federation of New Hampshire is more important than ever.

With the global rise in antisemitism and Israel facing threats on multiple fronts, Federations across the country, including ours, are dedicated to keeping our community informed, educated, and connected to one another and to our

Support continued on page 4

Statewide Calendar of Events

DISCLAIMER: Events are submitted weeks in advance of publication, and are subject to change. 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.

Friday, February 7

Temple Adath Yeshurun Family Shabbat Service

6PM – 8PM, Temple Adath Yeshurun, Manchester Family Shabbat Service followed by Pizza. Contact Karen Rothstein at 603-669-5650 or office@taynh.org

Sunday, February 9

Shavua Tov Story Time- Tu B'Shevat

8:30AM – 9AM, Zoom
Cost - \$18.00
A program designed for families with children ages 2-5

Join us for a 20-minute interactive story time on Zoom one Sunday each month.

Each month will have a different theme! Register once for \$18.00 per family to receive monthly crafts in the mail all year! Crafts will arrive for each child every month to use during the program. If cost is prohibitive, please reach out to Alane at alane.sabel@jewishnh.org.

The zoom link will be provided to registered families each Monday ahead of the program.

Email alane.sabel@jewishnh.org with questions. To register <https://forms.gle/XknJuPEVCPkJPnk9>

Etz Hayim Synagogue - Tu B'Shevat Seder

10AM – 12PM, Etz Hayim Synagogue, Derry
Join us to celebrate the "New Year of the Trees." We will join together for a fruit seder. We ask that you bring one of the "Fruits of the Seven Species" to share (wheat, barley, grapes, figs, pomegranates, olives and dates).

We will also be decorating pots and plant parsley for Passover. All ages are welcome!

RSVP to office@etzhayim.org by Wednesday, February 5, 2025.

Wednesday, February 12

Temple Adath Yeshurun Sisterhood Tu B'Shevat Seder

6PM – 8PM, The Temple Adath Yeshurun, Manchester
New Year's liturgy with appropriate fruit/nibbles and

of course wine. Program will be followed with an enjoyable seasonal meal.
RSVP to djwarshaw@gmail.com by February 5, 2025.

Thursday, February 13

Etz Hayim Synagogue Hosts Talk on The Wars for Israel, 1948-1973

7PM – 8PM, Etz Hayim Synagogue, Derry
The Wars for Israel, 1948-1973 will be presented by Robert Crawford. Sadly, the existence of Israel is a controversial subject for some people. It is helpful to know the facts about Israel's history. The Wars for Israel, 1948-1973 looks at three wars—the 1948 War for Independence, the 1967 Six-Day War, and the 1973 Yom Kippur War—that shaped the Israel we know today.

Robert Crawford is the author of Call Retreat: The Johnson Administration's Vietnam Policy 1967-68. He has published two books of poetry, The Empty Chair (2011, Richard Wilbur Award) and Too Much Explanation Can Ruin a Man (2005). He received an MFA in National Security Policy Studies from George Washington University and worked for the Joint Chiefs of Staff Exercise Support Program. The talk is in person at Etz Hayim Synagogue. There is no charge, but donations are encouraged. The presentation is part of Etz Hayim Synagogue's Adult Continuing Education Program, Hot Topics and Cool Contemporary Stuff. Please visit www.etzhayim.org/learn/adult-learning for a complete listing of Hot Topics. For more information, please contact: Stephen Soreff, MD, at soreffs15@aol.com or 603-895-6120.

Sunday, February 16

PJ Our Way Tu B'Shevat 7 Species Showdown

4PM – 6PM, Brooklyn Café, Newington

Cost- \$10/individual or \$18/family (up to five people). The 2nd Great Jewish New Hampshire Bake-Off Presents: Tu B'Shevat 7 Species Showdown!!! Do YOU have what it takes to be the next great Jewish baker? Find out by competing in a series of earthy and tasty challenges.

Pizza provided.
This event is offered in partnership by the Jewish Federation of New Hampshire and Seacoast Chabad Jewish Center for PJ Our Way (PJOW) children aged 9-12. PJOW-aged children may be dropped off for the event. Family is also welcome to join for pizza and can stay to watch from our viewing area and cheer on your baker!

To register https://docs.google.com/forms/d/e/1FAIpQLScYNielRkZQoJ_HMoPGTsrMk-7cyXzuwdca9XATc5f7SnufZw/viewform
Contact Dinah Berch at 603-627-7679 or dinah.berch@jewishnh.org

Monday, February 17

Inside Israel with Ra'anán

1PM – 2:30PM every month on the 3rd Monday until June 16, 2025, JFNH office, Bedford and via Zoom. Join former JFNH Shaliach Ra'anán de Haas to discuss news and hot topics in Israel. Ra'anán will cover everything from politics and the war with Hamas to Euro Vision to the Olympics. Occasionally pertinent articles will be shared in advance, and each session will end with time for questions.

This program will meet on the third Monday of each month for 90 minutes. We will be offering this program hybrid - join us at the JFNH office in Bedford or attend from your home via Zoom.

Contact Dinah Berch at 603-627-7679 or dinah.berch@jewishnh.org

Support

continued from page 3

homeland.

If you've explored our weekly Thursday e-blasts, you've seen the incredible

programs we offer. From our PJ Library activities to Zoom sessions with Ra'anán live from Israel, to weekly mahjong games for seniors—and so much more—JFNH is here to serve every member of our community.

This year's campaign is running behind last year's pace, so we need your help to keep the momentum going. If you've donated before, please consider increasing your pledge. If you're new to giving, welcome to the Federation family—we're so glad to have you on board!

Every gift, no matter the size, strengthens our Jewish community and ensures we can continue this vital work. Thank you for standing with us and being a part of something so meaningful.

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"The hardest thing in the world to understand is the income tax."
~ Albert Einstein

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

WHAT'S GOING ON INSIDE ISRAEL

WITH RA'ANAN DE HAAS

MONDAY, FEB. 17, 2025

Upcoming dates are March 17th and April 21st.
All sessions use same Zoom link - no need to re-register.

Join Former JFNH Shaliach Ra'anán deHaas once a month to discuss news and hot topics in Israel from politics and the war with Hamas to Euro Vision to the Olympics.

Monthly on the 3rd Monday
1pm - 2:30pm
HYBRID: JFNH office
273 S River Rd, Bedford
and via Zoom

Free program.
Scan QR code to register.
Email dinah.berch@jewishnh.org with questions.


Jewish Federation
OF NEW HAMPSHIRE

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Shabbos Kestenbaum

The Jewish Federation of New Hampshire was honored to have Shabbos Kestenbaum join us last month. Shabbos is a powerful voice against antisemitism on US college campuses, and an inspiring speaker.






We Need You

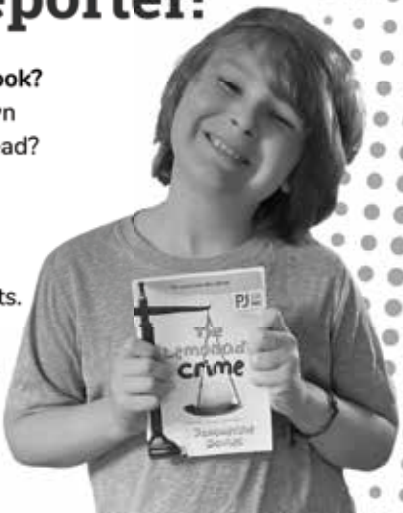
Review your favorite PJ Our Way book for The Reporter!

Do you have a favorite PJ Our Way book? Something you just couldn't put down or that you think **EVERYONE** should read? **Tell us all about it!**

Send your reviews to Dinah.Berch@jewishnh.org or email for details & question prompts. We'll publish your review in upcoming issues of *The Reporter* and on Facebook!



PJ Our Way sends FREE Jewish middle-grade books for kids ages 9 through 12. Sign up at pjourway.org/enroll



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www.investwithcohen.com

The New Hampshire Jewish Museum Presents: Jewish Manufacturing in NH

By Steve Soreff, MD

Historically—and today—Jewish manufacturing has been a key, integral part of the New Hampshire economy. That's why the next exhibit of the NH Jewish Museum will feature and showcase this very subject, starting with the role that Jewish companies played in saving the Manchester economy when the Amoskeag Manufacturing Company went into bankruptcy in the 1930s.

Per the Jewish Virtual Library: "The demise of the Amoskeag Manufacturing Company in 1936 left the largest NH city with a vast surplus of industrial space and a large pool of skilled workers. A concerted effort to attract new

employers brought numbers of Jewish manufacturers to New Hampshire. The Blums and Sidores brought Pandora Industries to the city, the Greenspans Wumbec Mills, the Cohens BeeBee Shoe, Boston's Gordon brothers, JS and BD, opened Hampshire Designers and MKM, both textile manufacturers."

That said, Jewish manufacturing has been important not just in the Queen City region, but also throughout the entire state. With that in mind, we would like your help: So that the New Hampshire Jewish Museum can provide a deeper perspective on the role and presence of Jewish manufacturing companies in the state of New Hampshire, we would like to receive



your perspective, your archival materials, and other work that pertains to this subject. Please contact Stephen Soreff via email at soreffs15@aol.com or call 603 895-6120.

The New Hampshire Jewish Museum is located in the Jewish Federation of NH, 273 South River Rd. #5, Bedford, NH 03110. It is open during the Federation's regular hours or by appointment. Call us at 603-627



The Pandora Mill Building at 88 Commercial Street, Manchester in the 1990s.

Super Sunday continued from page 1

PLANNED GIVING

Secure the future of our Jewish community

As you envision the future of the Jewish community that means so much to you, consider creating a planned gift with the Jewish Federation of New Hampshire that will touch the lives of generations to come.

ENDOWMENT AND PLANNED GIVING


By making a planned gift to a JFNH endowment fund, you can ensure that your generosity and vision will have an impact that extends far beyond your lifetime. Endowment funds that were established decades ago are still providing important support to our community today. At JFNH, we have the knowledge and expertise to help you design a planned gift that meets your needs while also endowing your personal vision for the future.

- **Unrestricted Endowment.** A gift to JFNH's Unrestricted Endowment will support the full spectrum of initiatives and programs essential to the future of our Jewish community.
- **Perpetual Annual Campaign Endowment (PACE).** You can create an endowment to perpetuate your Annual Campaign gift. This is a wonderful way to sustain your lifelong investment in the community you have helped build.
- **Restricted Endowment.** Our planned giving professionals will work with you to craft a gift that supports the work of a valued partner organization or an area of particular interest to you, such as caring for the most vulnerable, engaging people of all ages in Jewish learning, and supporting Israel.

WAYS TO ENDOW YOUR VISION


- **Bequests:** A bequest through your will, trust, or retirement account is an easy way to create an endowment. We will work with you and your advisor to create a gift that clearly reflects and honors your intentions.
- **Retirement Plan Assets:** You may designate JFNH as a beneficiary of a qualified retirement plan such as an IRA, 401(k), or 403(b). To do so, simply contact your plan administrator and complete the appropriate beneficiary designation form. By naming JFNH as a beneficiary, you may avoid significant and often unanticipated estate and income taxes that would otherwise be paid by your heirs.
- **Life Income Gifts:** A Charitable Gift Annuity or a Charitable Remainder Trust can provide an immediate tax deduction and lifetime income for one or more beneficiaries. After the death of the last beneficiary, the remainder becomes part of an endowment fund to be used in accordance with your wishes.
- **Life Insurance:** You may purchase a life insurance policy that names JFNH as both owner and beneficiary. After your passing, JFNH will redeem the policy and the proceeds will support JFNH's endowment.

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



THE STRENGTH OF A PEOPLE
THE POWER OF COMMUNITY.

A gift from the
Jewish Federation of New Hampshire



Sign up your children ages birth through 12 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.

SIGN UP Ages birth through 8
pjlibrary.org

Ages 9 through 12
pjourway.org

Harold Grinspoon FOUNDATION

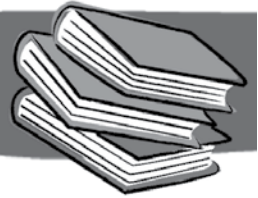


Jewish Federation OF NEW HAMPSHIRE
jewishnh.org

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

We are looking for people all over the state who are interested in writing about their local Jewish community.

To get involved, contact thereporter@jewishnh.org







Shavua Tov Story Time

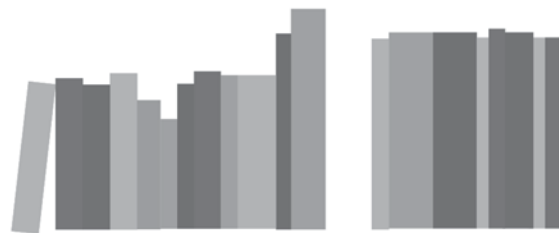
A program for families with children ages 2-5

Join us for a 20-minute interactive story time on Zoom one Sunday each month from 8:30am to 9:00am. Register once for \$18.00 to receive monthly crafts in the mail for the year! The zoom link will be provided to registered families each Monday ahead of the program. Scan QR code to register or go to <https://forms.gle/q6E3s2niLvmwWibe7>.



| | |
|---|--|
| September 15 Theme: Rosh Hashanah  | February 9 Theme: Tu B'Shevat  |
| October 13 Theme: Sukkot  | March 9 Theme: Purim  |
| November 17 Theme: Shabbat  | April 6 Theme: Passover  |
| December 15 Theme: Chanukah  | May 4 Theme: Lag B'Omer |
| January 12 Theme: Mitzvot  | June 1 Theme: Shavuot  |

No Shavua Tov Story Time July or August for Summer Vacation



Jewish Federation
OF NEW HAMPSHIRE

Visit <https://forms.gle/q6E3s2niLvmwWibe7> to register or email alane.sabel@jewishnh.org with questions.

Where Are You? A Journey to Discovering Yourself

There's a story about a 100-year-old man who was asked the secret to his longevity. "It's simple," he said. "I've been walking 3 miles every day for the past 75 years." Impressed, the interviewer asked, "And what's your wife's secret? She looks

just as healthy at 98." The man smiled and replied, "Well, she follows me every day to make sure I actually walk!"

This lighthearted joke reminds us that we all spend a lot of time following something —whether it's goals, expectations,

or even the perception of others. But what are we really following? And more importantly, where are we heading? The question of *Ayeka*—"Where are you?"—is one of the most profound questions we can ask ourselves. It's not about geogra-

Rabbi in the House



Rabbi Berel Slavaticki

Seacoast Chabad
Jewish Center

phy or your physical location. It's about where you stand in your life, your values, and your sense of purpose.

Take the story of Jack, a man who dreamed of owning a perfectly tailored suit. After saving up for years, he finally went to the best tailor in town. When he tried on the suit, it didn't fit quite right. The tailor reassured him, "No problem. Just lift your right shoulder a little." Jack adjusted. "Great!" said the tailor, "Now bend your left leg slightly." Jack complied. "Perfect! Now tilt your head to the left..." By the time Jack left the store, he looked like a twisted pretzel, but the suit fit beautifully. As Jack hobbled down the street, two passersby saw him. "Wow," one said, "that tailor is a genius. Look how he made a perfect suit for such a deformed man!" The irony is clear: Jack wasn't deformed. He bent himself to fit the suit, rather than finding a suit that fit him. How often do we do this in our own lives? We twist ourselves into uncomfortable shapes to fit societal expectations, personal insecurities, or the roles others assign to us. Over time, we lose sight of who we truly are.

There's another story that sheds light on this. Reb Mendel Futerfas, a Chassidic Jew who spent years in a Siberian gulag, observed his cellmates playing cards. Despite frequent inspections, the guards never found the cards. Intrigued, Reb Mendel asked how they hid them. One inmate finally shared their secret: they slipped the cards into the guard's pocket. The guard searched everywhere except his own pocket. Reb Mendel later reflected, "We often search for answers in others—our friends, mentors, or even strangers—without realizing that the answers we seek are already in our own pockets."

The message is simple but powerful: Stop contorting yourself to fit someone else's idea of who you should be. Instead, look inward. The greatest treasures—your creativity, courage, and potential—are already within you.

This week, ask yourself: *Ayeka*—where are you? Not in the eyes of others, but in your own heart. Don't just wear a suit that fits; create a life that reflects your truest, most authentic self.

PJ OUR WAY®
9-12yos

The 2nd Great Jewish New Hampshire Bake-Off Presents:

Tu B'shevat 7 Species Showdown

Do YOU have what it takes to be the next great Jewish baker? Find out in a series of earthy and tasty challenges!

Sunday, February 16th
4pm - 6pm

Pizza provided
\$10/individual or \$18/family (up to five people).

Brooklyn Cafe
2299 Woodbury Ave #03801,
Newington, NH

This event is offered in partnership by the Jewish Federation of New Hampshire and Seacoast Chabad Jewish Center for PJ Our Way children aged 9-12. PJOW-aged children may be dropped off for the event. Family are also welcome to join for pizza and can stay to watch from our viewing area and cheer on your baker!

Scan QR Code to RSVP online
or go to bit.ly/tubshevatnh
Please register by 2/9 to ensure space.

Dinah Berch | 603-627-7679 ext 1002 | dinah.berch@jewishnh.org

SAVE THE DATE
More Information Coming Soon!

JEWISH FEDERATION OF NEW HAMPSHIRE AND COMMUNITY ORGANIZATIONS FROM ACROSS THE STATE PRESENT:



CELEBRATE ISRAEL

A COMMUNITY YOM HA'ATZMAUT EVENT



Camp Tel Noar
167 Main Street,
Hampstead, NH

Come together to celebrate Israel's 77th anniversary in the beautiful setting of Jewish summer camp.

Join us as we highlight the vibrancy of Israeli culture and the enduring bonds of our Jewish community in New Hampshire!

FREE community event.
Family-friendly. Kosher food.

JUNE 8, 2025 | 2-5PM

Questions: Jewish Federation of New Hampshire, info@jewishnh.org or call JFNH office at (603) 627-7679





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MARCH 23 - APRIL 11, 2025

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www.nhjewishfilmfestival.com



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www.habitatconcordnh.org

Summer Camp

Choose Camp This Summer

By Nancy Frankel, JFNH Campership Grants

Our 2024 campers tell us why...

Kira Berch – Grade 5 (Dover) Camp Tel Noar

"I had a really good experience. I really liked the food, the paddle boarding, the pool, canteen and a lot of other things. I hope other kids get to have a really good time at camp."

Laela Zoll – Grade 6 (Dover) Camp Pembroke

"Because of JFNH I got to meet other Jewish girls like me this summer, learn more about my Jewish heritage and have fun. I learned to kneeboard on the water behind a motorboat and I got to be in a musical. It was really cool getting to meet and spend time with other Jewish girls and live in a community of Jews, especially considering I come from NH where there are less Jews than other places. My favorite part of camp was...Everything! I don't think that I could choose but I really liked Shabbat. We would all gather and sing the prayers. There were new tunes that I have never heard and dances and that was just so cool."

Lila Rubin – Grade 7 (Newmarket) Camp Tel Noar

"I chose to attend Camp Tel Noar. First, I wanted to be in a group of Jewish youth who all have similar experiences as me. We all had fun and played together. In addition, I wanted to bond and make connections with friends that I would remember forever. The friends that I made were amazing and were there by my side to support me, encourage me, and to have fun. Finally, I chose to attend Camp Tel Noar so I could be myself. I wanted to have a chance to explore my Jewish identity. I made friends, participated in Jewish traditions, and was so happy! Camp Tel Noar is an amazing place for Jewish children to grow together and be themselves. This place is my home now and I can't wait to go back next year!"

Jayden Marshall – Grade 3 and Liana Marshall – Grade 6 (Nashua) Camp Young Judaea Sprout Lake

See their articles and photos in the "Letters from Camp" section on page 12 of this Reporter issue!

Jewish Federation of New Hampshire Incentive Grants

The Jewish Federation of NH (JFNH) believes that every child should experience the magic of Jewish summer camp. Camp is where kids discover who they really are, make lasting friendships, and gain skills they can use for their entire lives. Jewish camp isn't just filled with Jewish campers. It is mission driven, weaving together Jewish values, culture, and traditions into the fabric of camp, helping campers connect to their own identity and the larger Jewish community. It also happens to be a whole lot of fun.

JFNH is proud to offer financial assistance for a Jewish overnight summer camp experience in the form of incentive grants of up to \$1,000 for children attending not-for-profit Jewish overnight camp for the first time. The application process is done through the Foundation for Jewish Camp. These grants are not needs based. A limited number of grants will be offered on a rolling basis as long as funds are available. Explore Jewish summer camps and apply early at www.onehappycamper.org.

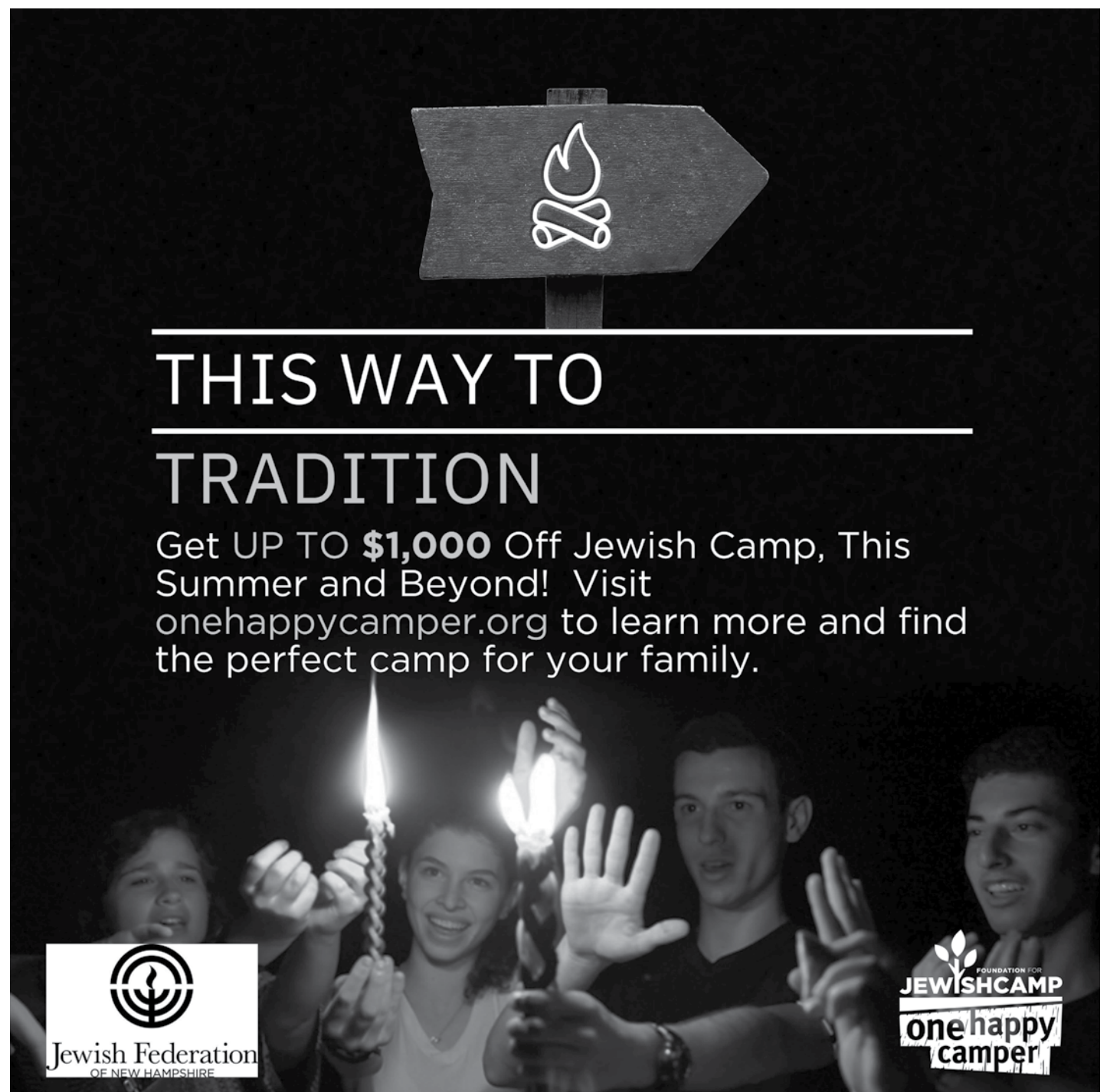
These grants are funded almost exclusively through the JFNH Annual Campaign. Your contribution to the JFNH Annual Campaign makes possible this

opportunity for a life-changing experience for our NH children.

Annabelle and Arnold Cohen Camp Grants



To honor the lifetime contribution of Annabelle and Arnold Cohen to the Jewish Federation of NH, the Eli and Bessie Cohen Camps offer special grants to income-eligible New Hampshire families at all three of their camps: Tevya, Tel Noar, and Pembroke. Check them out at www.cohencamps.org.

For more information contact: Nancy Frankel (corkysmagic@gmail.com) 603-472-3983 (home)



THIS WAY TO TRADITION

Get UP TO **\$1,000** Off Jewish Camp, This Summer and Beyond! Visit onehappycamper.org to learn more and find the perfect camp for your family.



Summer Camp

Letters from Camp

Jayden Marshall, age 9:

Thank you for helping to pay so my sister and I could go to Camp Young Judaea Sprout Lake in New York last summer. It was so much fun! I wish I could be there every single day (but I would invite my family). It was the best place I have ever gone. Thank you for introducing me to the new games and experiences. Playing Nine Squares, learning Krav Maga, and participating in Maccabiah were my favorite new activities. I also loved swimming in the pool with all my new Jewish

friends. Even though it was challenging, I really enjoyed running the Camp 2K race. The counselors were so funny and they taught me how to do Rikud (Israeli dancing) and how to do tricks on the Diabolo (a giant yo-yo with sticks). Everything was so much fun and I just really really want to say thank you!

Liana Marshall, age 11:

I am really thankful to the Jewish Federation of New Hampshire for helping me to experience my first time at a

sleepaway camp. I loved it at Camp Young Judaea Sprout Lake in New York! There was never a second of boredom. My favorite activities to do were tennis and ceramics. I really loved how the staff and campers made every second there a wonderful experience. There was never a dull moment in my cabin even during Menucha (rest time). It was so cool to receive and send letters in the mail. At my normal school, I am one of the only Jews there. At camp, I realized that there are so many more kids like

me. I love how they included Hebrew in our everyday lives. My counselors were super understanding when I felt homesick or just needed a hug. My bunk mates were nice and always found a way to make me smile. I loved celebrating our 2nd place finish in Maccabiah. Dressing up for Purim in the summer was just the best! It was so cool to meet girls from Israel and realize how much we had in common. I can't wait to go back to Camp Young Judaea Sprout Lake this summer!!



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Summer Camp

Etz Hayim Synagogue Sunday Family Camp for Ages 4-6: This Month's Theme is Tu B'Shevat!

**Sunday, February 9, 2025:
10:00 AM to Noon**

Interested in your little ones learning about Judaism? Join us for Sunday Family Camp. Etz Hayim Synagogue hosts this free monthly program for ages 4-6. Our teacher uses a mix of music, crafts and

games to introduce students to the Jewish calendar, prayer, Torah and Hebrew. The program is **free**, and no membership is required. This month, we will decorate a pot and then plant some parsley (to grow for Passover). We will participate in the Tu B'Shevat Seder with the congregation for

the second half of our class.

Please RSVP to sarahjohnplater@aol.com by 8:00 AM Saturday, February 8,

to ensure we have enough materials for the project. Etz Hayim Synagogue is located at 1-1/2 Hood Road, Derry, NH.

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



First session is FULL! Join us for second session of an amazing summer filled with friends and fun! Located in Northwood, NH, Camp Yavneh has been imparting Jewish knowledge and passion since 1944.



Spend an amazing day at Camp Yavneh's Yavneh for a Day! Sunday, July 27th. 10 am - 2 pm

All potential summer 2026 campers (ages 5-9) and their families are invited to visit Camp Yavneh for a tour, a chance to try out sports, nature, art, and more! Lunch is included. For more information, contact efrat@campyavneh.org.

LEARN MORE:
www.campyavneh.org



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Israel and Palestine: A Tale of Two People and how they can find pathways to Peace

Temple Adath Yeshurun in partnership with the Jewish Federation of NH is excited to welcome Jared Goldfarb, a Jewish educator and licensed tour guide, who lives in Israel. He grew up in Concord, NH, and graduated from Brandeis University with a major in Russian Acting. He comes from an acting family - his mother performed in many NH theater productions including Golde in the MCTP production of *Fiddler on the Roof*. He is a gifted educator and talented speaker. In 1996, he became *oleh* (a Jew who immigrates to Israel). He worked as a teacher and licensed tour guide at Tantor Ecumenical Institute and currently works as a freelance Israel educator. He has been leading discussions on the history of Judaism, Christianity, and Islam, biblical geography, and the geopolitical history of Israel and Palestine to religious communities across the US for the past 25 years. He is committed to improving the relationship between Jews and Arabs and counts many colleagues in the Arab world as friends and co-teachers.



He will be guiding a program consisting of lecture and discussion on four successive Sundays in February (2-4 pm) beginning February 2nd and one session in March on Sunday 3/2.

- **Feb 2: "Drawing Lines in the Sand"** - Biblical geography as a foundation for understanding the modern national narratives of Israel & Palestine

- **Feb 9: "If You Build It, Will They Come?"** - An exploration of the complex and controversial history of Zionism

- **Feb 16: "From the River to the Sea... Is There Room for You and Me?"** - A deep dive into Palestine: geography, identity, nationalism, and relationship with Israel

- **Feb 23: "Breaking Up is Hard to Do"** - What can ancient Jewish wisdom teach us about resolving modern Israeli conflicts?

- **Mar 2: "War & Peace: An Honest Conversation about Israel/Palestine"** - Navigating nuance and narrative in the current conflict, to find hope within the darkness

The series is presented in hybrid mode (in person at TAY, and also on Zoom). Those on Zoom will be able to submit questions with the chat function. The series is free and open to all, however pre-registration is required by completing the online form (QR code on the poster, or requested from the Temple office). Zoom credentials will be provided to registered participants.

Temple Adath Yeshurun is a safe zone for ideas and discussion, as well as being security conscious. You will be asked for identification on admission to confirm your pre-registration. We request you leave backpacks and large bags in your car, as any brought to the door will be subject to inspection.

Temple Beth Jacob Celebrates Chanukah

Chanukah festivities began for Temple Beth Jacob's Kadimah students in mid-December with a boisterous party, where they played Chanukah-themed carnival games, spun and bounced like

dreidels in the bounce house, decorated sufganiyot cookies, and of course ate lots of delicious latkes. The celebration continued on the third night with a Rock Shabbat Family Service.



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

2025 SUMMER CAMPS NOW ENROLLING!

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Israel and Palestine

A Tale of Two People and how they can
find pathways to Peace



MEET THE
SPEAKER

Jared Goldfarb

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To register: scan the QR code.



Temple Adath Yeshurun
A Reform Congregation
Serving Greater Manchester, NH
Since 1891 (603) 669-5650
office@taynh.org



Class dates & Descriptions



February 2nd: 2:00pm - 4:00pm

"Drawing Lines in the Sand"

Biblical geography as a foundation for understanding the modern national narratives of Israel & Palestine

February 9th: 2:00pm - 4:00pm

"If You Build It, Will They Come?"

An exploration of the complex and controversial history of Zionism

February 16th: 2:00pm - 4:00pm

"From the River to the Sea... Is There Room for You and Me?"

A deep dive into Palestine: geography, identity, nationalism, and relationship with Israel

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"Breaking Up is Hard to Do"

What can ancient Jewish wisdom teach us about resolving modern Israeli conflicts?

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Temple Adath Yeshurun is a safe zone for ideas and discussion as well as security conscious. You will be asked for identification on admission to confirm your pre-registration. We request you leave backpacks and large bags in your car as any brought to the door will be subject to inspection.

In the Community

Temple Israel Portsmouth: December's Latke-Palooza Offered a 'Latke' Fun Times

Hanukkah with Temple Israel Portsmouth's Latke-Palooza was lots of fun: Attendees enjoyed music, arts and crafts, a magical musician, and all the latkes they could eat, prepared by the Brotherhood.

Photos by Ron Sher.



Getting Together for Hanukkah – Thanks to PJ Library!

By Elana Bannerman

This Hanukkah we applied for a PJ Library Get Together Grant to host a Hanukkah party. On the fourth night of Hanukkah we hosted several families for a potluck dinner and candle lighting. Our cohort of babies, toddlers, and preschoolers played together, sang Hanukkah songs, and decorated cookies shaped like dreidels and hanukkiah. After a month of learning all about Christmas at school, it was wonderful for the kids and parents alike to get together and celebrate Hanukkah with our *kehila*. We look forward to continuing to build and strengthen our NH chavurah, and appreciate the support of the PJ Library Get Together Grants to help us do so!

PJ Library's Get Together program is intended to help PJ Library and PJ Our Way subscriber families host friends for low-prep Jewish-themed gatherings. Questions about how to apply for a Get Together grant can be sent to dinah.berch@jewishnh.org or visit <https://pjlibrary.org/gettogether> for more information, tips and ideas.



Temple Adath Yeshurun Borscht Belt Breakfast

On Saturday, November 23rd, over fifty people gathered in the Temple Adath Yeshurun Social Hall to enjoy a lavish Borscht Belt breakfast and to listen as TAY member Richard Friedman shared captivating stories about life at his family's Catskills hotel. Richard's father developed a farmhouse in Kerhonkson, New York into a small hotel, The Brookside, that served 200 guests. Food, entertainment, a day camp, and athletic activities provided an all-inclusive vacation for Jews who were discriminated against elsewhere. His father, Nate, was a builder, problem solver and innovator while his mother Sadie cooked every meal when the hotel started. Amusing anecdotes about Brookside guests and staff, family photos, and recollections of

the Borscht Belt from others made for a morning of laughter, memories, and nostalgia, for a time and place unique in Jewish life.



Welcoming NH: Immigrants, Refugees, and Community with Eve Castillo - March 8th at Temple Beth Abraham

On March 8 after Shabbat services, Temple Beth Abraham in Nashua welcomes Eve Castillo, the director of the New Hampshire Alliance for Immigrants



and Refugees. A native of Caracas, Venezuela, Eva Castillo has a long history of working with and advocating for immigrants. She came to the U.S. in 1975 to study at Western Michigan University, and she began her career at the nearby Hispanic American Council. In 1984, she moved to New Hampshire, where

she worked first at the New England Farm Workers Council, and later at the Latin American Center in Manchester. She joined the Massachusetts Immigrant & Refugee Advocacy Coalition (MIRA) in 2007 as the organizer for the New Hampshire Alliance for Immigrants and Refugees, of which she is

now the director. Eva also directs the Welcoming New Hampshire initiative.

Welcoming New Hampshire is a coalition of organizations and community leaders from across the state who help to make New Hampshire more welcoming for everyone, with a particular focus on immigrants and refugees.

New Opportunities at Temple Israel Portsmouth in 2025!

There are many different avenues to engage with your Judaism in the world today, and Temple Israel Portsmouth is turning a new leaf in 2025, with more exciting programs and opportunities to engage with your local Jewish community than ever before! Whether you choose to get involved through our weekly services, social action, adult education, or any of our numerous interest groups, Temple Israel has just what you are looking for in 2025!

We are fortunate to welcome back Jared Goldfarb and Reb Beni Summers to lead us in our very special Adult Education Winter Series, with sessions throughout the next couple months. Dates include: 1/19, 1/25, 2/2, 2/8, 2/16, 2/23, 3/8, and 3/26. These classes offer us the chance to get to know our local Jewish community better, challenge our pre-

conceived notions about Jewish history, and learn more about each week's Torah portion.

We are also incredibly excited to announce our very first Sisterhood Film Festival! Join the Temple Israel community on 2/9, 3/2, and 3/9, from 1:00 - 3:00, as we share some unique Jewish films you may have never seen before. Freshly popped popcorn will be served.

Stay tuned for more information on fun holiday themed events for the whole family, coming in March, with our annual Purim Carnival and Purim Spiel!

If you are interested in registering for any of our upcoming events or are looking to find out more about getting involved at Temple Israel, please contact our Administrative Director, Ryan Bernstein, at 603-436-5301 ext. 10 or email templeoffice@templeisraelnh.org.

Social Action Happenings at Temple Adath Yeshurun

The Mission of the TAY Social Action Committee is to work within the broader Manchester community to learn more about agencies and organizations serving people in need and collaborate by providing in-kind support.

2025 Adopt-a-School Project – 2025-Bakersville School: The TAY SAC talked with the school to determine their greatest needs. They requested snacks for children who do not bring them. The majority of the kids get breakfast and lunch at Bakersville School but have nothing else. We'll choose an additional project to offer more help to the Bakersville School community.

International Institute of New England: TAY has collected blankets, towels etc. for International Institute of New England for newly arrived immigrants. The photo below shows some of the TAY collection which required a van to transport our donations to Brookside Congregational Church. The drive is now focusing on warm clothing for all and all clothing for teen girls and boys and for men. As

the International Institute of New England continues to set up apartments, kitchen items, appliances, space heaters, sewing machines, etc. are needed. Brookside Congregational Church only accepts items at their Thrift Shop 9:00-1:00 Tuesday-Saturday. There is no longer outside drop-off.

Webster House: Social Action is working with the director of Webster House to contribute items to their "Incentive Closet" to reward good behavior and good deeds.

Beds for Immigrant Children: Through a Social Action connection with Sleep in Heavenly Peace, (shp.org) we were able to get three beds for newly arrived immigrant children who had been sleeping on the floor.

Save the Date at TBA: Galeet Dardashti

Dr. Galeet Dardashti will join Temple Beth Abraham in Nashua on the weekend of May 16 for a scholar-in-residence program.

A vocalist, composer and anthropologist, Dr. Galeet Dardashti has earned a reputation as a trailblazing performer and advocate for Middle Eastern and North African Jewish culture. Dardashti is the first woman to continue her family's tradition of distinguished Persian and Jewish musicianship. In the 2024 hit audio documentary series *The Nightingale of Iran* — which Dardashti co-created and co-produced with her sister, Danielle Dardashti, the



sisters explore the story of their Iranian grandfather, known as "The Nightingale of Iran" and reveal painful secrets unspoken for generations.

As a scholar, Dardashti holds a Ph.D. in anthropology and specializes in Mizrahi culture and music; her current book project explores the Mizrahi piyyut (sacred song) phenomenon in contemporary Israel. She held Assistant Professor positions at New York University and the Jewish Theological Seminary. Dardashti is currently a Fellow at University of Pennsylvania's Katz Center for Advanced Judaic Studies. For more info, see <https://www.galeetdardashti.com>.



Book Review

Reviewed by Merle Carrus

“Saving Abigail” & “Fifty-Seven Fridays”

As we enter 2025, it is custom for people to make resolutions for the new year. Some are simple: lose weight, exercise more, and so on. But there could be some really powerful resolutions you are making this year — like being more present for your family, or perhaps being more generous with your donations. You could be contemplating more ways to show your Jewish pride and support Israel in the way you think is best. Regardless, as we move forward thinking about our lives and all the positives and difficult parts combined, the following two books are both emotional to read and important to understand. Covering two very different topics, they are books that will bring out an impassioned reaction and will get you thinking about your own life and family.

First up is *Saving Abigail: The True Story of the Abduction and Rescue of a Three-Year-Old Hostage*. This book is written by Liz Hirsh Naftali, the great aunt of three-year-old Abigail Mor Edan. Abigail got world recognition when her parents were killed, and she was kidnapped, by the Hamas terrorists on October 7, 2023. Naftali, who lives

between Israel and the United States, tells the story from her perspective. She was in Israel visiting on October 7th. Her daughter lives in Jaffa with her young family. Naftali and her ex-husband lived in Israel during the 1990 and 2000s raising five children. She has extended family in Israel who were all living in Kfar Aza on October 7th.

Naftali was in the advantageous position of having many political contacts in Washington, DC. She is friends with Huma Abedin, who had been one of Hilary Clinton’s top aides. She was friendly with Cory Booker, the senator from New Jersey. Naftali even had been nominated by House Speaker Nancy Pelosi to the Commission for the Preservation of America’s Heritage Abroad. All these contacts led to many more and gave Naftali the ability to get into many offices on Capitol Hill and beyond to



advocate for Abigail.

Though we know now that Abigail was freed, there are still so many hostages behind enemy lines in Gaza. This is a story that goes deeper into the turmoil that these families are going through as they work tirelessly to keep their loved ones' faces and names in front of the lawmakers and the public so that we will not forget them. So that we will pressure the government to work for their release. A worthy new year’s resolution is to continue to think about these hostages and call for their release.

A smaller and more intimate tale, *Fifty-Seven Fridays* by Myra Sack is the story of a family who have a beautiful baby who is born with Tay-Sachs disease. This is the personal story of how Myra and Matt live through the three years of life with beautiful Havi. Following Havi’s diagnosis, parents Myra and Matt have 57 Shabbats with her before she dies. Each week they celebrate Shabbat with family and friends like it would be Havi’s birthday. This idea and the journal they keep are the ways they decide to live the short time they have with Havi in a big

way. This is the story of that experience.

This book will resonate with readers whether you have experienced a tragic situation like this or not, and it also makes you think about ways you can be present this year, help others, or just be more appreciative of your life and the world around you.

Saving Abigail author Liz Hirsh Naftali is a businesswoman and host and creator of the podcast *The Capitol Coffee Connection*. On this platform she talks to prominent and diverse group of leaders to share experiences that are the very essence of our heart and humanity.

Myra Sack is a certified Compassionate Bereavement Care Provider through the MISS Foundation and she is the founder of *E-Motion, Inc*. She is on a mission to ensure community is a right for grieving people. She lives with her husband and children in Jamaica Plain, MA.



Mitzvahs

A Member of the Jewish Community of Maine Still Needs a Kidney: Please Consider a Gift of Life

By Randi Gelfman

Dear friends,
My name is Randi, and I am a member of Congregation Bet Ha’am in South Portland, Maine. Some of you may know that I have kidney disease.



Over time, my kidney disease has gotten worse, causing my kidneys not to work well enough to keep me alive. My treatment options currently are limited to dialysis or a kidney transplant. I have been on dialysis for some time now, 3 days a week for 4 hours each day, which is helping my kidneys do their job of removing wastes, toxins, and extra fluids. But the longer you are on dialysis the more your health deteriorates.

However, a living donor kidney transplant would offer me much more freedom and the ability to live a longer, healthier, and more meaningful life. A transplant would also give me more time to do the things I love most, such as spending time with my family and friends, my partner Nick, my pets, volunteering, and being outdoors.

Finding a kidney is not easy. People who are on a wait list for a kidney from a deceased donor often have to wait 5-10 years and the kidney lasts on average 15-20 years. But the wait list for a living kidney donor is much shorter, sometimes even months, and the kidney typically lasts 20-30 years. It also functions much better.

In order to donate, living kidney donors get a careful and thorough evaluation with their own team of health pro-

fessionals to see if you could be a match for me and to ensure that living donation is as safe as possible for you.

I want to share with you some basic information about kidney donation.

(1) You only need one kidney to live a long, healthy life.

(2) The surgery for a donor is done laparoscopically, meaning through tiny incisions, and the recuperation period is fairly quick, generally only a few weeks.

(3) The cost of an evaluation and surgery would be covered by my insurance.

(4) Although my blood type is 0+, you do not necessarily need to have the same blood type or tissue type to be a match.

(5) There is no age limit to be a donor. You just have to have a healthy kidney.

In order to express your interest in becoming my kidney donor, you can fill

out the form at this link: mmc.donorscreen.org/register/now. Upon submission, the Maine Transplant Program will be in touch with you. To learn more about kidney donation, you can go to the National Kidney Foundation’s website: www.kidney.org/livingdonation. There are also many other websites that can help you learn about kidney disease and donation.

Thank you for taking the time to read my story. Major ways you can help me are to share it with your friends, family, and on social media.

With much appreciation,

Randi Gelfman
P.O. Box 178
Parsonsfield, Maine 04047

Gemilut Hasadim 2024: TAY Brotherhood Christmas Mitzvah Program Continues On

By Sol and Linda Rockenmacher,
Denis and Marsha Paiste

The Jewish Almanac notes: "In Jewish tradition, *gemilut hasadim* are a category of mitzvot (good deeds) that obligate the individual to act in certain ways on certain occasions as a mark of basic human decency and respect towards others, living or dead, rich or poor, using one's time, effort, and money whenever necessary." They are deeds of loving-kindness involving "a degree of gentleness, extreme care, affection, tenderness- a summoning of all the human resources of sympathy for the benefit of others." The Temple Adath Yeshurun Christmas Mitzvah Program, on Christmas Eve and Christmas Day, organized by the TAY Brotherhood, has been in existence now for over 40 years. It is a fine example of how members of our Manchester Jewish community have been giving back to their non-Jewish community, with enthusiasm, feeling and caring.

In past years this has included helping to prepare and serve meals at New Horizons Soup Kitchen, covering the information desks at Catholic Medical Center and Elliot Hospital on Christmas Eve and Christmas Day, delivering Meals on Wheels in Manchester and Bedford, helping with the Bingo game at the Veterans Administration Hospital, and delivering luncheon food platters to the Police and Fire Stations in Manchester and Bedford. Attached to the food platters is a note: "Happy Holidays from your friends in the Jewish community. Thank you for all you do!"

Then, four years ago, along came COVID 19... and the only traditional Mitzvah event in 2020 was the delivery of luncheon platters on Christmas Day to the Manchester and Bedford Police and Fire

Stations. This tradition has continued. Following the decrease in COVID, we resumed covering the Elliot Hospital Information Desk on Christmas Eve and Christmas Day. This year there were, thankfully, no bad weather conditions. We once again delivered luncheon platters to the Manchester and Bedford Police and Fire Stations, and also Candia Police Station, on Christmas Day and covered the information desk at Elliot Hospital on Christmas Eve and Christmas Day.

We are so grateful for all who stepped up to volunteer to help out with this year's event. Thank you to Gail Ellis, Ed Schoen, Alan and Ellie Rudnick, Harvey and Elaine Bloom, Bob and Dave Katchen, Judith Jolton, Reva Rovner, Berry Family, Ratinoff-Leapley Family, Norm and Andy Kushner, David and Lisa Schechtman, Warshaw Family, Phoebe Uman, DG Krasner, Maxine Mosley, Annette and Rick Kurman and Hazel Ali, Rabbi Beth Davidson, and Cliff Lopate.

Our Brotherhood banner in the TAY social hall says: "Service, Community,

Fellowship," and our Sisterhood banner there says: "Friendship, Enrichment, Community, Heart." All in all, it's clear that "community" is a key component of the missions of both groups. As is stated in our Brotherhood Constitution: "The purpose of the Brotherhood shall be to act as an arm of the congregation to further the purposes and objectives of the Congregation, to perform worthwhile acts of service to our Temple and our community, and to develop and build friendship and fellowship among its members." "Any male affiliated with the Jewish community, whether or not through membership with a temple, through marriage or conversion who shall join the Brotherhood and subscribe to the Constitution thereof, shall be entitled to full membership."

If you have any questions, please contact Mark Granoff at memkgranoff@comcast.net. Otherwise, we all wish you all a happy, healthy, and peaceful New Year.

Photos courtesy of TAY Brotherhood



Mark Bilech is ready to set out on his way to deliver a luncheon platter to Manchester's Somerville Street fire station on Christmas.



Linda Rockenmacher sets up luncheon platters to be picked up by volunteer delivery drivers on Christmas Day at Temple Adath Yeshurun in Manchester.



Lisa Schechtman, second from left, and David Schechtman, are ready for a delivery from Temple Adath Yeshurun on Christmas Day. With the Schechtmans are Linda Rockenmacher, left, and Marsha Paiste, right, who helped organize the distribution of luncheon platters to local first responders.



As part of the TAY Brotherhood's Christmas Mitzvah program, volunteers covered the information desk at Elliot Hospital on Christmas Eve and Christmas Day. Volunteers from left to right, seated, are Judith Jolton and Reva Rovner, and standing, Dave and Bob Katchen, on Christmas Day.



Annette and Rick Kurman are set to deliver luncheon platters to Bedford police and fire on Christmas Day from Temple Adath Yeshurun Brotherhood. Attached to the food platters is a note: "Happy Holidays from your friends in the Jewish community. Thank you for all you do!"



Norm and Andy Kushner get deli platters for delivery to Manchester firefighters from Denis Paiste for Temple Adath Yeshurun Brotherhood's Christmas Mitzvah program.



Temple Adath Yeshurun President Eric Ratinoff, left, and his son, Simon, were among the volunteers who delivered luncheon platters to local police and fire departments on Christmas Day.



Organizing luncheon platters for distribution on Christmas Day are, from left, Linda Rockenmacher, Marsha Paiste, Jake Berry and Denis Paiste. The Berry family made deliveries to Manchester police and fire stations.



Traveling trio, from left, Phoebe Uman, DG Krasner and Maxine Mosley set out from Temple Adath Yeshurun in Manchester with platters for delivery to several Manchester fire stations on Christmas Day.



February Hadassah Report

By Michele Bank

The Manchester Chapter of Hadassah met at the Jewish Federation of New Hampshire in Bedford. It brought together a group of women who heard about clinical trials held at Hadassah Medical Organization (HMO) in Israel, future fundraising events and the need for cooperative participation of members in the new edition of the ad/membership book. A lively discussion was held about the Yiddish words/expressions that we use every day. Adrienne Baum is the new chair of the all-occasion cards. She can be reached at ms.killerb@gmail.com for your greeting card needs. The next chapter meeting will be on Monday, March 10 at 1 PM at the Federation.

The community is invited to attend Temple Adath Yeshurun's Friday evening service on March 21, 2025. Rabbi Beth Davidson will prepare a special Hadassah service with chapter members participat-

ing. The members will also host an Oneg after the service.

The chapter recently held a ticket drawing and raised over \$1100 with the proceeds going to help furnish the Gandel Rehabilitation Center in Jerusalem. Many thanks to those who participated in the drawing and those who sent in a donation. Congratulations to our winners.

2024 was a lifechanging and impactful year for Hadassah. The national president represented Hadassah at the Conference of Presidents of Major American Jewish Organizations, standing in solidarity with Israel. Evolve Hadassah: The Next Generation is now on their third cohort of Evolve leadership, and the professional councils stayed active.

In response to the war, Hadassah initiated the largest-ever global campaign, #EndTheSilence. 130,000 people from 118 countries wrote to the UN Secretary-General demanding an independent, unbiased investigation of Hamas' action on

October 7, 2023 and beyond. We delivered a petition to the Israeli office of the International Red Cross demanding them to send representatives to assess the welfare of the hostages held by Hamas. On Capitol Hill, we joined other leaders to speak out against gender-based violence. At the United Nations General Assembly, Hadassah leaders spoke out urging the UN and individual countries to designate Hamas as a terrorist organization and hold them accountable for their crimes against humanity, including the weaponization of sexual violence on October 7, 2023.

In medical innovation, the new state-of-the-art Gandel Rehabilitation Center has had a profound impact on Israeli soldiers and civilians. Focusing on cancer research, HMO achieved a breakthrough in personalized cancer care utilizing artificial intelligence. A neurologist presented evidence of significant beneficial effects of repeated stem cell injections in patients with progressive multiple sclerosis. Hadassah Hospital Ein Kerem welcomed the first patients into its reimagined Round Building.

Studies were done focusing on suicide and the younger population, one showing a direct link between lack of sleep and suicidal thoughts and the other showed that obesity drugs can help reduce the risk of suicide in teens. A first in the world clinical trial at HMO will test the extent that the BCG vaccine that is used to prevent tuberculosis, can reduce the risk of Alzheimer's by strengthening the immune system.

In education and advocacy, in 2024, over 50,000 people utilized Hadassah's National Action Center delivering over 100,000 letters to members of Congress,

the Biden administration, state legislatures, the UN, and college administrators making their voices heard on issues including combating antisemitism, protecting women's reproductive rights, advocating for a strong US-Israel relationship and women's health equity. President Biden signed an executive order focused on one of Hadassah's longtime advocacy priorities: Women's health research.

After advocacy by Hadassah members nationwide, the international Holocaust Remembrance Alliance adopted a definition of antisemitism, making it clear that anti-Zionism is a form of antisemitism.

Hadassah cares for our youth. At Hadassah's two Youth Aliyah villages in Israel, Hadassah is helping at risk students to thrive, particularly after October 7, 2023. Meir Shfeyah has a new therapeutic center and the Neurim Youth Village has been upgraded to accommodate the increased number of youth that need support.

There were also these notable events – Hadassah's hospitals were named by Newsweek as global leaders in cardiology and oncology; Hadassah received a four-star rating on Charity Navigator; Hadassah magazine won eight Simon Rockower Awards for excellence in Jewish journalism; Hadassah widened its reach through social media, receiving 1.5 million engagements that helped raise our visibility and expand and strengthen our community.

You can be a part of and take pride in belonging to this wonderful organization that not only benefits people in Israel, but also here in the United States and worldwide. For more information about Hadassah, go to Hadassah.org or contact Michele Bank at michele.bank@gmail.com.

Don't know whom to turn to?
JFNH can help.

JFNH's consulting social worker can provide support, referral, follow-up services, and resources to you and your family.

- Food and shelter
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- Spousal, parental, or child abuse
- Drug or alcohol addiction
- Mental health
- Children with learning, physical, and/or emotional disabilities
- Senior care/dementia
- Legal aid, incarceration, police matters

Don't let your problems simmer until they boil over. Call the JFNH social worker at 603-310-9941.

All calls and assistance are confidential.

Jewish Federation OF NEW HAMPSHIRE

Israel: Did You Know?

By Richard England

Following the Hamas attack on October 7, 2023, more than a quarter-million Israelis had to evacuate their homes because of rockets and mortars launched from Gaza and southern Lebanon (via *The Jerusalem Post*). These displaced Israelis had to leave their northern and southern communities and take refuge in more secure parts of the country. The Tourism Ministry was tasked with housing these internal refugees in vacant hotel rooms and apartments. More than a year after the October 7 assault, sixty-eight thousand Israelis have not yet returned home and are still living in government-provided temporary housing. The total



budgetary cost of housing and caring for evacuees has so far totaled \$2.5 billion, a major strain on government finances during wartime. In early January, the Finance Ministry announced a \$934 million program of grants to help thousands of Israelis return to their abandoned homes in northern towns and kibbutzim. To help relieve this fiscal strain, please consider investing in Israel bonds (<https://israel-bonds.com/About-Us/DCI-Israel-Bonds.aspx>). You will earn a good interest rate while helping Israel recover from the war.

Loving Care in the Negev

By Richard England

Last fall, members of the Federation and guests from other groups gathered at a home in Goffstown to meet a fascinating speaker who was visiting from Israel. Mr. Elie Klein is the emissary to the Jewish National Fund-USA from a wonderful project: the ADI Negev-Nahalat Eran Rehabilitation Village.

Founded in 2005 and located on a 40-acre campus near Ofakim in southern Israel, ADI Negev serves 170 residents and 190 special education students with multiple severe disabilities and also provides more than 50,000 outpatient treatments each year to individuals who have been touched by disability (e.g., heart attack or stroke, car accident, victim of terror). Most recently, the village serves IDF soldiers wounded in the Gaza war with Hamas.

As Elie Klein described the village's mission, "ADI's unique offerings drive home the reality that disability is a spectrum. As humans, we will all be touched by disability at some point during our lives. Whether we are born with a condition, have an accident, contract a disease, or are lucky enough to battle old age, we will all face this reality head-on. The key is to give and receive love and hope with grace, and always strive to be the kindest, most accepting and empathetic humans we can be."

ADI Negev is staffed by 720 employees and 350 volunteers. The village's innovative kindergarten integrates children born with disabilities and their non-disabled peers to promote empathy and acceptance. Residents with severe disabilities, local students, politicians, and high-tech entrepreneurs swim together in the same hydrotherapy pool, and several dozen adults with disabilities have found meaningful employment as the village's gardening staff.

Thanks to a partnership between JNF-USA and the Israeli government, the Kaylie Rehabilitation Medical Center at ADI Negev opened its doors in June 2022. Two 36-bed wards provide



Disability: ADI Negev special education student and wounded IDF soldier.

orthopedic and neurological treatments for the disabled. The medical center also employs sports therapy to help rehabilitation patients return to their lives and families. To facilitate their recovery, the medical center features an Olympic-sized basketball gym, a state-of-the-art workout facility, and a physiotherapy department staffed by some of the top specialists in the field. Researchers from Ben Gurion University, Johns Hopkins, and other research centers develop and pilot new therapies for the injured and disabled.

Since the October 7 attack by Hamas on southern Israel, the Kaylie Rehabilitation Medical Center has assisted the war effort by providing high-quality medical, rehabilitative and emotional care for dozens of wounded IDF soldiers and civilians. In the near future, the hospital will add another 36-bed ward, bringing its capacity to 108 beds. ADI Negev will certainly play an important role in helping southern Israel recover from October 7 and its aftermath.

To learn more about ADI-Negev, take a look at https://www.youtube.com/watch?v=_0IOZ1x8jNw and <https://www.youtube.com/watch?v=sHVkcde0Ioc&t=11s>. If you would like to support the village's programs by making a donation, please contact Elie Klein [eliek@adi-israel.org].

Richard England is a member of the JNF-USA Committee for Northern New England. He lives in Durham and loves to visit family and friends in Israel.

OBITUARIES

Michael I. Bornstein
June 13, 1948 – December 16, 2024

On December 16th, the world lost one of its best. Michael Bornstein passed away. His final days were peaceful, and he was surrounded by loved ones.



Michael was born on 6/13/1948 in Portsmouth, NH to Benjamin and Bertha Bornstein. Michael grew up in Lewiston/Auburn Maine, and graduated from Edward Little High School and the University of Maine. Michael worked as a CPA, primarily doing private and corporate taxes. His clients, like everyone in his life, adored him for his wisdom and his warm and caring nature.

Michael's life was a blessing to so many, and he cared for everyone in his world very deeply. He was always sensitive to other people's needs, and gave of himself generously. His volunteer work was extensive, and included Temple Israel of Manchester, the Jewish Federation of NH, North Little League, the Manchester Rotary, the NH Cancer Society, and various other professional organizations.

The focus of Michael's life was truly and beautifully his family. Nothing made him happier than spending time with his wife, Rikki, his children, Jamie and Heidi, and his grandchildren. His family times were happy, memorable, and life changing because of the energy, love, and enthusiasm that Michael provided.

Michael leaves behind his wife Rikki Bornstein, his son and daughter-in-law, Jamie and Carrie Bornstein, and his daughter and son-in-law, Heidi and Eric Pound. He also leaves behind his grandchildren, Eliana, Dov, and Jonah Bornstein and Elias Pound, his sisters, Faith Canner, Lisa Brand, and Rachel Berkowitz, and his brother-in-law Jeffrey Tillman and his wife Rachel. Finally, he leaves behind many extraordinary nieces, nephews, and friends.

Relatives and friends are invited to attend a Funeral Service on Friday, December 20, 2024, at 11:30 AM at Temple Sinai of Sharon, 25 Canton Street, Sharon, MA. Burial will follow at Sharon Memorial Park, 40 Dedham Street, Sharon, MA.

In lieu of flowers, contributions may be made to the Jewish Federation of NH, 273 S. River Rd, Unit 5, Bedford, NH 03110 or to the Michael J Fox Foundation for Parkinson's Research (give.michaeljfox.org).

Michael B. Ekman
April 1, 1951 — December 2, 2024

Michael B. Ekman, 73, of Wilton Manors, FL died unexpectedly on December 2, 2024. He was born in Manchester, NH on April 1, 1951 to Selwyn and Eileen (Soreff) Ekman.



Michael earned a Bachelor's degree from Northeastern University and went on to complete Master's degrees from Babson and Bentley colleges. He began his career as a wise investor, acquiring real estate in the metro-Boston area and building a robust portfolio. His ambition led to the corporate world in New York City where he embraced the vibrance and energy of urban life. Following an early retirement, he channeled his passion for business and finance into trading stocks and mentoring aspiring investors.

Outside of his professional pursuits, Michael enjoyed a vigorous exercise routine, theater and the arts. Young at heart, he adored brunch at diners, Thanksgiving dinner with family and coffee with friends.

Michael is survived by his twin sister, Nancy Ekman Dorner and her husband, Bruce, of Bristol, NH; a nephew, Andrew Dorner of Boston, MA; a niece, Sarah Dorner and her husband, Hugh Boddington, of Concord, NH; two grandnieces, Sybil and Miriam and a grandnephew, Samuel.

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 In memory of Michael Bornstein – Jane Silberberg and Joel Match
 To the Bornstein Family in memory of a fellow CPA-Michael Bornstein – David and Elaine Penchansky
 In memory of Morton Rosen – Sydell Rosen
 In memory of my beloved brother, Michael Bornstein – Faith Canner
 In memory of Michael Bornstein – Adrienne Baum and Keith Spiro
 In honor of Jamie Bornstein’s father – Elizabeth Swibel
 In memory of Michael Bornstein – Pamela and Luis Englander
 In loving memory of Michael Bornstein – Ellen Fonfara and Dr. Alan Garstka
 In memory of Micheal Bornstein – Steven Solomon
 In memory of my cousin Michael I. Bornstein. May he rest in peace. – Thomas Isaacson
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 To Tracy Richmond, in memory of her mother Lenore Graham – Mara and Gary Friedman
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 To Tracy, in memory of your mom. May her memory be a blessing. – Jeff and Sharon (Joshua and Noah) Weiss
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Kushner-Tumen Family Children’s Fund

In memory of Michael Bornstein – Norm and Andy Kushner
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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.

Simchas

New! B’nai mitzvah, engagement, wedding or new baby in the family? Share your happiness with the community with a notice in the *Reporter's* new *Simchas* section. Your \$36 payment will support JFNH's nonprofit mission. Submit a short notice and photo to thereporter@jewishnh.org or JFNH, 273 South River Road, Unit #5, Bedford, NH 03110.

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.

JFNH Tribute Cards: A Double Mitzvah

Sending a tribute card from the Jewish Federation of New Hampshire is one of the best ways to honor someone for any *simcha*, e.g. birthday, anniversary, bar/bat mitzvah. It is also the perfect way to say “Thank you” or to send your condolences.

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