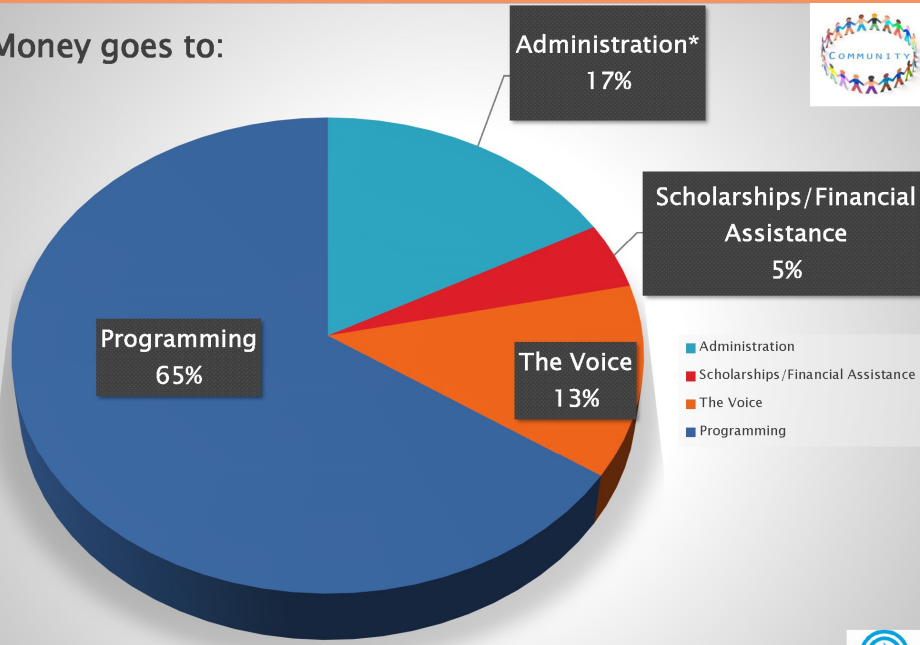


**Where Do Federation Dollars Go - 2020?**

Money goes to:



\*Typical non-profits spend from 15%-49% of revenue on administrative costs.

Estimated as of 11/30/2020



We welcome your comments on the activities and impact of the JFedDC. Do you have ideas about how to enrich our Jewish community? Do you want to get involved? Contact us at (845) 471-9811 or email us at [director@JewishDutchess.org](mailto:director@JewishDutchess.org) to share.

**JFedDC**

- Creating community
- Educating the public
- Building and expanding collaborations
- Subsidizing tuition for young Hebrew learners



**PJ Library**

- Connecting young Jewish families to Jewish life locally
- Bringing children's books into Jewish homes
- Engaging Jewish families with each other



**Jewish Family Services**

- Providing medical equipment for those in need
- Assisting during a personal or family crisis
- Creating a senior social circle and network
- Rallying community around service with *Mitzvah Now* initiatives



**Planning for 2021**

- Expansion of program offerings and collaborations
- Addressing the rise of hate and action steps
- Planning of Trip to Israel October 2022



We will be recognizing our donors next month in *The Voice*. If you don't want your name included, please contact Nancy @ (845) 471-9811.

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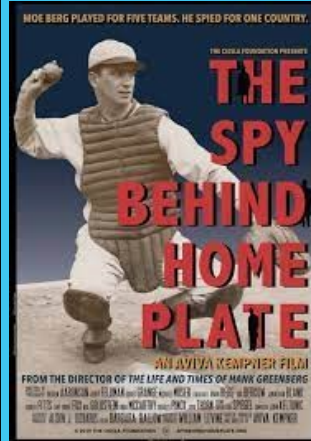
**Lunch & Learn North**

with the Rhinebeck Reformed Church  
We are very excited to relaunch our Lunch & Learn North program this spring with presenter, Dr. Bruce Chilton, Director of the Institute of Advanced Theology, of Bard College. During a time of unique cultural and political challenge in the United States, we will investigate the unique contributions of women within the traditions of Judaism and Christianity to a humane, peaceful future. Week by week, women from both traditions will be paired in a comparative analysis:

**April 18, 1pm: The Early Modern Period** Francesca Sarah of Safed and Theresa of Avila

**May 16, 1pm: The Twentieth Century** Eleanor Roosevelt and Trude Weiss-Rosmarin.

To register visit:  
[www.JewishDutchess.org/events](http://www.JewishDutchess.org/events)



**Movie Night In:**  
**Wednesday April 28, at 7:00PM**

*The Spy Behind Home Plate* tells the story of Moe Berg, an enigmatic Jewish catcher during baseball's Golden Age who joined the Office of Strategic Services (OSS) to spy for the U.S. on the Nazis' atomic bomb program.

**Special Guest:**  
**Aviva Kempner,**  
**Writer and Director**



Aviva Kempner, writer and director, makes award-winning documentaries films about under-known Jewish heroes for over forty years: *The Spy Behind Home Plate*, *Rosenwald*, *Yoo-Hoo*, *Mrs. Goldberg*, the Peabody winner *The Life and Times of Hank Greenberg*, and *Partisans of Vilna*.

Register at:  
[www.jewishdutchess.org/events](http://www.jewishdutchess.org/events)

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**זכור**  
**Never forget**

**Virtual Community Yom Hashoah Commemoration**

**Wednesday, April 7, 6:30pm**

**Crossroads: Keeping Holocaust Memory Alive through Education**  
**Guest Speakers: Jeffrey Urbin, Education Specialist, and Abby Gondek, Holocaust Scholar, both from the FDR Presidential Library**  
RSVP to [www.jewishdutchess.org/events](http://www.jewishdutchess.org/events)

A collaboration of many organizations including:



**See Page 10 for other Yom Hashoah events**

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Special Events	12

# LEARN & LUNCH BUNCH

The Jewish Federation of Dutchess County presents weekly cultural, social, and educational programs.

## WEDNESDAY PROGRAMS

### April

**April 14 The Presidents and the Jews: The Visions of Our Founding Fathers** with Rabbi Shlomo Krasner of Schomre Israel

**April 28 Following the Sawkill Creek** with Linda Lynton, artist. She will show us her work down by the Sawkill and give a tour of her studio.

**TO REGISTER, call the office at (845) 471-9811 or online at: [www.JewishDutchess.org/events](http://www.JewishDutchess.org/events)**

### WHERE

118 South Grand Ave  
Poughkeepsie, NY  
(Temple Beth-El)

### SCHEDULE

11:00 –11:30am  
Coffee & Nosh  
11:30 –12:30pm  
Program  
12:30pm –Lunch

\$6.00—Lunch and program  
\$4.00—Program, coffee, nosh

Learn & Lunch Bunch is partially funded by the Ann & Abe Effron Fund and Bernard and Shirley Handel Foundation Donor Advised Fund of the Community Foundations of the Hudson Valley



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### Jewish Federation of Dutchess County

(845) 471-9811  
**JFedDC Executive Director**  
Karen Hochhauser  
Director@JewishDutchess.org

### The Voice

**Editor:** Karen Hochhauser  
**Layout:** Tamra Bienemann  
**MAL:** Alyssa Kogon

Subscriptions, address changes, etc.  
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**REGISTRATION STRONGLY REQUESTED BY MONDAY EACH WEEK FOR FOOD AND ACTIVITY PLANNING PURPOSES**  
RSVP to the Jewish Federation office (845) 471-9811.  
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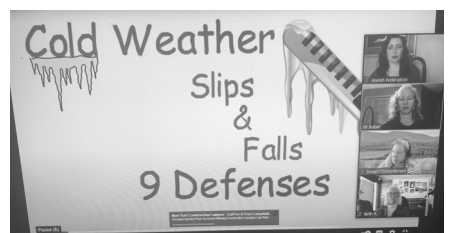
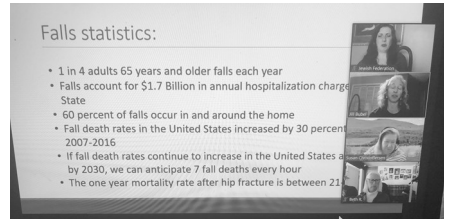
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Learn & Lunch Bunch learned about fall prevention with Jill Bubel.



Yoga with Toni Farkas at Schomre Israel



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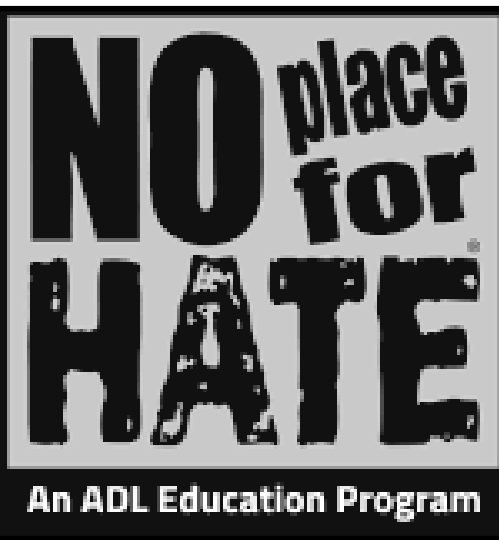
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## Mazel Tov Memories

Send us information about what you are celebrating: birthdays, engagements, weddings, anniversaries, and simchas. We at the JFedDC want to celebrate with you and share the nachas. Send your information to [thevoice@jewishdutchess.org](mailto:thevoice@jewishdutchess.org)

Congratulations to Arlington High School for being certified as an ADL No Place for Hate School



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## Adult Education - Please check organization's website for current status

### Educational Opportunities Abound at Congregation Schomre Israel

(Please check the synagogue's website [www.schomreisrael.org](http://www.schomreisrael.org) for updated classes and Zoom addresses)

**Is This the End of Days? The Book of Daniel** Tuesdays, 10:30am. A personal journey of dedication, yearning, and vision.

**Timeless Thought on the Parsha** Thursdays at 7:00PM. We will study and discuss a topic from the Parsha.

**Talmud Studies with Rabbi Krasner** Sunday Morning after Shacharis- Working our way through the 5th Chapter of Brachos. This study session is live, not on Zoom.

Classes are free. All are welcome. View website at [www.schomreisrael.org](http://www.schomreisrael.org) for recordings of previous classes. For information on cancellations and class schedules, visit [www.schomreisrael.org](http://www.schomreisrael.org) or call (845) 454-2890.

### Weekly Adult Study Groups at Vassar Temple (Please check website for updated information)

**The Talmud: Modern Ideas from an Ancient Text** Select Thursdays from 12:00-1:30pm. Taught by Senior Scholar Rabbi Paul Golomb. For further information and to obtain the study sheets, contact [pjgolomb@verizon.net](mailto:pjgolomb@verizon.net).

**Torah Study** Saturdays, 9:00-10:00am. Examines passages from the week's Torah portion or Haftarah and will be led by the Temple's Rabbi Renni S. Altman, D.D. New attendees should contact [rabbiv@vassartemple.org](mailto:rabbiv@vassartemple.org) to be put on the Torah Study email list.

All are welcome to come and join in all the classes - no previous training required! No charge to attend. All classes will be conducted on Zoom as long as necessary for public health reasons. Watch the weekly temple emails or contact the temple for updated information at (845) 454-2570 or [office@vassartemple.org](mailto:office@vassartemple.org)

### Higher and Higher: Come Grow with Temple Beth-El (Please check website for updated information)

Rabbi Daniel Victor is holding classes and social gatherings via Zoom. If you would like to join, email: [rabbiv@tbeny.org](mailto:rabbiv@tbeny.org) for the Zoom links and passwords.

- |                  |                 |   |
|------------------|-----------------|---|
| <b>Monday:</b>   | <b>11:00 AM</b> | General Community Schmooze                |
| <b>Monday:</b>   | <b>9:00 PM</b>  | 35—55ish Community Schmooze               |
| <b>Wednesday</b> | <b>1:00 PM</b>  | General Community Schmooze                |
| <b>Thursday:</b> | <b>9:30 AM</b>  | Virtual Adult Education with Rabbi Victor |

All welcome. Details at Temple Beth-El [www.tbeny.org](http://www.tbeny.org), or call (845) 454-0570, or email [info@tbeny.org](mailto:info@tbeny.org).

### Chabad Center Classes (Please check website for updated information)

**Torah Class: Discover the World of Prayer:** Wednesdays, 11:00am at the Borenstein home, 36 Pleasant Ridge Drive, led by Hindy Borenstein. Indulge your mind with thought-provoking insights from the weekly Torah portion and other contemporary issues, and indulge your body with a light and healthy lunch.

Please visit our website [www.chabadmidhudsonvalley.com](http://www.chabadmidhudsonvalley.com).

### Congregation Shir Chadash (Please check website for updated information)

Congregation Shir Chadash is planning on having interesting and thought-provoking virtual talks on the second and fourth Wednesday of every month at 7:30pm. Each talk will be approximately one hour. Some talks will be lectures; others, open to questions and discussion.

**Virtual Torah Study:** Saturday, April 10, 24, 9:15AM. An informal discussion about the Torah portion of the week with Rabbi Polish from the comfort of your own home. Everyone has a chance to participate. No expertise or knowledge of Hebrew is needed. Just an inquisitive mind, a curiosity about our tradition, and a willingness to share your thoughts. All welcome to attend.

For Zoom meeting id: <https://www.facebook.com/pg/shirchadashhv/posts/>

All talks are FREE of charge and open to the public. With more exciting and engaging talks to come, check out our website [www.shir-chadash.org](http://www.shir-chadash.org), or call (845) 232-1029, or email [info@shir-chadash.org](mailto:info@shir-chadash.org) for additional talks or more details and for links to the Zoom meetings.

### Rosh Chodesh Reading Group by Congregation Shir Chadash

Those interested in reading are invited to the Rosh Chodesh reading group (now done **virtually**) - interesting and provocative discussions, dates & times TBD. Participants meet to discuss memoirs, fiction, poetry, and drama in a variety of works that offer Jewish themes and a variety of perspectives of interest. Have a topic suggestion? Please let us know!

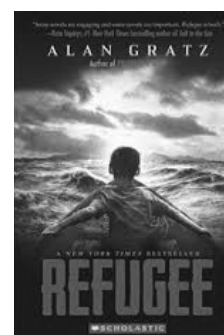
DETAILS: For more info, contact Sandy Lash: (845) 232-1029 or email: [info@shir-chadash.org](mailto:info@shir-chadash.org).

### Vassar Temple Sisterhood's Book Club to Discuss *Refugee*

We will discuss *Refugee*, the timely novel by Alan Gratz, which tells the powerful story of three different children seeking refuge. Although separated by continents and decades, their stories are tied together by shocking connections.

Josef is a Jewish boy living in 1930's Nazi Germany. With the threat of concentration camps looming, he and his family board a ship for the other side of the world. Isabel is a Cuban girl in 1994. With riots and unrest plaguing her country, she and her family set out on a raft, with the hope of finding safety in America. Mahmoud is a Syrian boy in 2015. With his homeland torn apart by violence and destruction, he and his family begin a long trek toward Europe. All three children go on harrowing journeys in search of freedom, refuge, and the quest for home.

Although considered a "young adult" novel, this timeless story has no age restrictions and is appropriate for all ages. *Refugee* is available in the local library system where multiple copies can be obtained. The meeting will take place through zoom on Thursday, April 15, at 2:00 PM. Betty Renner and Marian Schwartz will lead the discussion to which everyone is welcome. To RSVP or for info, please contact Linda Babas at [bookclub@vassartemple.org](mailto:bookclub@vassartemple.org).



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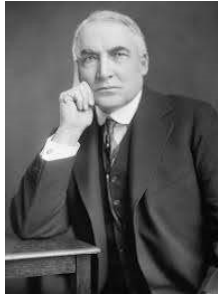
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# The Harding Club

There is good news to report! Despite a world-wide pandemic, Harding Club activities and philanthropic initiatives have continued apace. This winter, Harding men with strong backs and mountains of compassion have delivered literally thousands of pounds of food from the Hudson River Food Bank to the Morse School in Poughkeepsie. Financial contributions to worthy causes have continued. A good example of this is the generous financial support that has been given annually to the PJ Library. And we have held more gatherings (this year via ZOOM) this winter than in the recent past. Membership has grown this year and is expected to continue growing.



There are good reasons for membership growth. Our meetings are interesting, entertaining, and informative. And, we have a positive presence in the community where we do good things for people in need. Not only that, but Harding Club members are really nice guys who enjoy being together and welcoming new faces.

In normal years we meet in person twice monthly at a local restaurant where we socialize, have dinner, and hear an interesting speaker. During the pandemic we have had fabulous meetings where fascinating speakers have captivated us on a wide range of topics. Our fervent hope is that we will safely be able to resume live meetings soon, possibly in the fall. We will never stop helping our community.

Here is a list of recent and future speakers;

- Chris Silva, Executive Director of the Bardavon 1869 Opera House
- Rich Levine and Art Menkin, Harding Club members, speaking on Jews in Sports
- Dr. Neil Ratner, “The Rock Doc,” who will recall his time with famous people worldwide
- Susan Karnes Hecht, speaking on the Town of Poughkeepsie’s Environmental plans
- Marc Molinaro, County Executive of Dutchess County Kimberly Ritz, Director of the PJ Library
- Dr. William Frishman, speaking on Health Issues of Presidents
- Eric Goldstone, Investment Strategist, speaking on Investing in Speculative Markets

Plans for the Fall of 2021 have already begun! Membership opportunities are available. Check out our website: <http://harding.jigsy.com/> Or send us an email: [hardingclub1923@gmail.com](mailto:hardingclub1923@gmail.com)

The Harding Club: Since 1923, a social club for men interested in Camaraderie, Community, Philanthropy, Good Food, and Jewish Culture.

Alan Fox, Harding Club president

## MEMORIAL DAY FLAGS FOR VETERANS

Every Memorial Day, Private Herman Siegel Post 625 Jewish War Veterans of the United States makes sure there are flags for the graves of all the veterans who have been laid to rest in all the Jewish cemeteries in Dutchess County. If you have a loved one who is not receiving a flag and you would like them added to the list, please contact Ralph Schwartz at [rschwa9881@aol.com](mailto:rschwa9881@aol.com) or (845) 849-0025. Cemetery flags is just one of the community projects carried out by the JWV, and donations to support their activities are always appreciated. Checks may be made out to JWV Post 625 and mail to JWV POST 625, P.O. Box 3511, Poughkeepsie NY 12603-3511. We also welcome new members who have served in any branch, either regular military, Guard or Reserve, during wartime or peace. Additionally, there is a membership category for non-veterans who would like to join to show their support. For info about the Post email [pvthermansiegelpost625@yahoo.com](mailto:pvthermansiegelpost625@yahoo.com).



## NexGen Spotlight

Giselle “Gigi” Goldfischer may not yet be 18 years old, but she already has a lifetime of experience at her fingertips. The Arlington High School senior has done it all. A student athlete (she’s captain of the Girls’ Varsity Tennis Team), editor of her high school paper, and president and founder of a gender equality club on campus (aptly named SHEquality); her scholastic resume is enviable.



Giselle Goldfischer

In case you think Gigi is all work and no play, you’d be mistaken. She has an after school job, loves to bake, and is a huge Harry Styles fan. In fact, she is hoping that a cancelled Styles concert that she had tickets to will take place once Covid-19 restrictions have been eased.

There is also a side to Gigi that you rarely see in teenagers. As a member of the Arlington High School Student Equity Team, she and her fellow classmates have worked hard to promote inclusion and make her school more equitable for all races and genders. Gigi is especially proud to have been part of a large online panel discussion on the topic which brought together over 500 people from the community.

Right now the busy teen is waiting anxiously to hear back from colleges to decide her next academic move. This should not be too difficult. Gigi is also Class Valedictorian. Did we mention her sister Sabrina held that same distinction only a few short years ago? “My sister and I learned our work ethic from our parents,” she confides. Dad Evan is a local urologist and Mom Julie is the former Executive Director of the Premier Cares Foundation.

Despite the uncertainty of this year’s graduation exercises and prom, Gigi remains positive. “I feel hopeful and appreciative that the district is doing their very best to allow us to have a more normal and safe senior year,” she states. The Jewish Federation of Dutchess County wishes Gigi all the best as she graduates Arlington High School this year.

**Be sure to look for our advertisers in this month’s *The Voice*:**

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 Page 3: National Gilman & Giocia  
 Page 5: Principal Financial Services, Berkshire Hathaway  
 Page 12: Hudson Valley Hospice

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VOICE DEADLINES	ISSUE	DEADLINE
Note deadlines listed.	May	April 1
Email: <a href="mailto:TheVoice@JewishDutchess.org">TheVoice@JewishDutchess.org</a>	June/July	May 1
if you have questions.	August	July 1



### Dear Party Goer,

Tough situation! On one hand, we want our children to have friends. On the other hand, we need to respect our heritage. Would it be possible to level with the birthday family and tell them you are in observance of a holiday and offer to take the birthday child to lunch or a play place after the holiday? It would be a more intimate celebration with the birthday child and your child, and the birthday child gets to celebrate twice!

**Rabbi's Blog** by Rabbi Shlomo Krasner

I had always imagined that my first column in *The Voice* would be full of inspiration and motivation with a joyful and touching message. However, as I was speaking to Ms. Hochhauser last month about a heavy, yet dear to my heart topic, she told me, "Great, you can write about it in the Rabbi's Blog for *The Voice*." Being amicable, I agreed, before I realized that, yes, my first article would be on a serious topic.



Rabbi Shlomo Krasner

Serious, yet extremely important.

And that is the topic of giving our utmost respect to those who have loved us during their lives, and it is now our time to repay that love when they are no longer with us. Our father Avraham lovingly gave his final respects and took care of Sarah when she passed, which was followed by Yitzchak burying Avraham and his beloved Rivkah. This loving tradition continued with Yaakov giving all of his respects and burying his soulmate Rachel, as well as later in his life his father Yitzchak and his second wife Leah.

As Yaakov was drawing closer to the final chapters of his life, he was frightened at the prospect that he would be neglected by his family and his people and would be interred by the Egyptians as one of them. He called over and implored Yosef to not abandon him and asked him to do the purely altruistic act of taking care of and burying him. Yosef readily agreed, and together with his brothers and the Jewish family (and an impressive envoy of the Egyptian brass) personally eulogized and buried his father in Israel. Yet the story doesn't end there. One hundred and ninety-three years later, when on Pesach we were freed from our bondage, Moshe devoted his time and energy to take Yosef's casket to bury him in Israel. Moshe personally gave the respects and took care of Yosef during the forty years that our people were in the desert, up until the doorstep of Israel. And as the Talmud points out, The Holy One Blessed Be He continued that tradition and personally in His glory went and buried Moshe.

We are very fortunate to be blessed with our own Poughkeepsie *Chevra Kadisha* comprised with the amazing men and women who devote their time and energy, ensuring that those who have passed are given their final respects. Not only are these men and women selflessly helping and preparing our loved ones who are about to start their journey to the World to Come, they are continuing the legacy and tradition of our Patriarchs, Yosef, Moshe and Hashem Himself.

The reason why I took up my pen was not to convince you to join the *Chevra Kadisha*, per se. Rather, I am hoping that after reading this article, you may take a moment to ask yourself, "Perhaps this is something that I should find out about more." Pick up the phone, or send an email, and contact the *Chevra Kadisha* to find out what exactly their holy mission entails. In previous cities, I have twice assisted the *Chevra Kadisha* in their task, and while, yes, it was a solemn undertaking, I left both times with the internal satisfaction that I altruistically helped someone when they needed it the most. That feeling in itself was extremely gratifying, besides for the knowledge that I have performed an immense Mitzvah and brought *nachas* to my Heavenly Father.

We, the children of Avraham & Sarah, Yitzchak & Rivkah, and Yaakov & Rachel & Leah, have a beautiful legacy and rich heritage on the manner that we give our love and respects to those who have left us. This is a great opportunity to take the opportunity to find out more about it.

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**About Food** By Roberta Schiff

Did you make or think about making a New Year's Resolution to eat more healthfully? Is it happening? It takes some learning, thinking, and planning to improve the quality of your food, but it can be enjoyable and rewarding. Transitioning to a whole-foods plant-based diet is not only good for our health but good for the animals and for our planet.

When a newsworthy event would happen, earlier generations used to ask "Is it good for the Jews?" A resounding YES for giving up or severely limiting animal foods and learning to enjoy fresh vegetables, whole grains, beans, and fruit is very much in line with Jewish values. A healthful diet promotes a strong immune system. Wearing a mask and social distancing are not the only ways to protect yourself and your family.

(Continued on page 9)

**Inside the Jewish Studio** By Karen Hochhauser

This questionnaire originated in the French series, *Bouillon de Culture*, better known as the closing questions asked by James Lipton on the celebrity interview TV show, *Inside the Actor's Studio*. The questions are re-adapted for this column.

Each month, we ask a MOT\* these questions and feature the answers. This month, our special guest is Mike Pesacov who took time from financial planning to answer our questions.



Mike Pesacov

1. **What is your favorite/least favorite word?**  
*Favorite: Yo'*  
*Least Favorite: Whatever*
2. **What inspires you creatively, spiritually, or emotionally?**  
*People who achieve more than they thought was possible*
3. **What is your favorite song?**  
*Bruce Springsteen's "Born To Run"*
4. **What profession other than your own would you like to attempt?**  
*An astronaut*
5. **What profession would you not like to attempt?**  
*A jockey*
6. **What is your favorite food/dessert?**  
*Food/Dessert— veal cutlet parmesan & Cheesecake with cherry topping*
7. **What do you most like and dislike about yourself?**  
*Like: I like people.*  
*Dislike: I hate that I put on weight every time I look at food.*
8. **What is one interesting thing that people don't know about you?**  
*I was part of the cast of Fiddler On The Roof for County Players when I first came to town.*
9. **If you could choose a superpower, what would it be?**  
*To fly*
10. **What is your greatest achievement/something you are most proud of?**  
*My son*
11. **Do you have a "bucket list" and, if so, what is on it?**  
*Get to Israel; we had planned to be in Israel for a month but Covid changed that.*
12. **If there were one thing you would hope others do in the interest of our future, what would that be?**  
*Treat other with kindness and respect*
13. **What is your most favorite Jewish Memory?**  
*Passover at Aunt Marilyn's house.*
14. **What is your earliest Jewish Memory?**  
*Passover at Aunt Marilyn's house.*
15. **In what ways does or can JFedDC impact our Jewish Community?**  
*Offers a place that someone can turn to when in their time of need; creating a sense of community*
16. **If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**  
*Yo' Mike, over here.*

\*member of the Tribe

**Happy Birthday Israel**  
**Yom Ha'atzmaut begin April 14 at sunset.**

**Join us in Israel October 2022**  
**For more information email:**  
**info@jewishdutchess.org**

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www.jewishdutchess.org | 5



The community drive through Purim carnival was a huge success!! Many of our community participated and many more drove by or popped in! We were blessed with sunny weather and no snow! A socially distanced, safe, and fabulous time was had by all!! Thank you to all who participated and to Schomre for hosting the event!!

## Shabbat Y'Ladim (Children's Shabbat)

All children from birth to first grade are invited to join Rabbi Altman to celebrate the birthday of the State of Israel at Vassar Temple on **Saturday April 17 at 10:30am**. Our stuffed bear friends *Kachol v'Lavan* will be there to take part in the singing, stories, and a brief, child friendly Shabbat service. Tell your friends and neighbors--this event is free and open to the whole community. If we can meet outdoors or inside at the Temple under the health and safety guidelines in place at that time, masks will be required, we will be safely distanced, and individualized snacks will be served. If meeting in person will not be possible, then we will meet on Zoom. For info, updates, and info about Zoom, contact [office@vassartemple.org](mailto:office@vassartemple.org) or call (845)454-2570.

## Bat Mitzvah

**JoJo Cat Kaswer, Congregation Shir Chadash April 10, 2021, Daughter of Ilene and Kevin Kaswer**

JoJo is a bright and energetic 7th grader at Wappingers Junior High School. For her Bat Mitzvah service project she chose Alex's Lemonade Stand Foundation (ALSF). JoJo chose ALSF because the foundation raises money for family support, research, and awareness of childhood cancer. She is raising money through a virtual fundraiser page during the pandemic.

In her spare time, JoJo loves playing with her two cats and playing video games. In school she's performed in two plays (Suessical Junior and Frozen) and plays the clarinet. At temple, she performs in the Junior Choir and enjoys learning about her Jewish roots.



## PJ Library Coffee and Conversation

Would you like to get together for a virtual coffee or evening tea with other PJ Library parents in your neighborhood with similar aged children?

Informal and fun and a way to connect with gratitude as we lean on one another while we are still safe at home.

Please RSVP [pjlibrary@jewishdutchess.org](mailto:pjlibrary@jewishdutchess.org) to receive full details



## Virtual Sharing Shabbat Program—Religious School

Shir Chadash would like you and your family to experience our virtual religious school for FREE for one month. Children learn about Jewish culture, holidays, Israel, and history while having fun and making friends. Virtual classes are at: 9:30-10:15a.m. (pre-school - grade 4) and 10:45-11:45 (grades 5-7) with a short Shabbat Service in between from 10:20-10:40AM. For Zoom meeting id, please email: [info@shir-chadash.org](mailto:info@shir-chadash.org).

All welcome to attend.

## Tikvas Devorah Chana

All school age children (ages 5-16) and their parents and grandparents are invited to our April program entitled Welcoming in the Shabbat Queen—a fresh view of the serenity of the Sabbath. The date and time of this program will be determined. Schomre Israel's special children's programming occurs monthly and is called Tikvas Devorah Chana. Please contact the synagogue for more information about the date and time (845) 454-2890, [schomre1@aol.com](mailto:schomre1@aol.com)

## Jewish Community Preschool Teacher and Aide Wanted for Fall 2021 in Poughkeepsie

**Teacher/Director:** Part time. Candidate needed.

**Teacher Assistant** Three days per week 8:30am—12:00pm.

Please email resume to: Lisa and Karen to: [jewishcommunitypreschool@gmail.com](mailto:jewishcommunitypreschool@gmail.com).

## RELIGIOUS SCHOOL

### CHABAD MID-HUDSON VALLEY

Sunday, 10:00am-12:15pm, ages 5-12 years  
63 Vassar Rd, Poughkeepsie

For information contact Hindy Borenstein, Director (845) 463-5801

[chabadmidsouthvalley@prodigy.net](mailto:chabadmidsouthvalley@prodigy.net)

### JUDAIC SCHOOL OF THE ARTS

Sunday, 10:00am-12:00pm

For information [www.mypardess.org/JSA](http://www.mypardess.org/JSA)

### RHINEBECK JEWISH CENTER

Monday, 4:00-5:30pm  
Tiny Tots Division (ages 1-5)  
Intermediate Division (ages 6-10)  
Bar and Bat Mitzvah (ages 11-13)

For information, contact Rebbitzin Tzvie Hecht, Director (845) 876-7666 or [tzviehecht@gmail.com](mailto:tzviehecht@gmail.com)

### CONGREGATION SHIR CHADASH

The programs focus on G-d & Prayer, Jewish History, and the concepts of Tzedakah, G'milut Chasadim and Tikun Olum. No charge for pre-school children. Open registration. Tots classes through b'nai mitzvah classes are offered. Classes meet 2 Saturdays a month at 9:00am.

For information, contact (845) 723-4045, [info@shir-chadash.org](mailto:info@shir-chadash.org) or [www.shir-chadash.org](http://www.shir-chadash.org)

### TEMPLE BETH-EL

At Temple Beth-El, education is something truly celebrated! From kindergarten through the last year of high school, Temple Beth-El instills a love of Judaism and a lifelong hunger for Jewish learning.

Tuesday, Ivrit (Hebrew) School 4:30-6:30pm, grades 3-7

Wednesday, Gesher Youth Program 6:30-8:30pm, grades 8-12

Saturday, B'Nai Mitzvah Class 9:30am-12:30pm, grade 7

Sunday, Judaic Studies 9:30am-12:30pm, grades PreK-6

For information, contact (845) 454-0570 or [education@tbeny.org](mailto:education@tbeny.org)

### VASSAR TEMPLE

Vassar Temple provides a program of Jewish education within the Reform Movement's guidelines, which deepens a student's Jewish experience and knowledge in an accepting and stimulating learning environment. Our philosophy of Jewish learning is based on the quotation from Pirke Avot, "The world depends on three things: on Torah, on worship and on deeds of loving kindness." Temple membership not required.

Sunday Religious School Sundays, 9:00am - 12:00pm, grades K-7

Hebrew Language School Wednesdays, 4:30pm - 6:30pm, grades 4-7

Gesher Program Wednesdays, 6:30pm - 8:30pm, grades 8-12

Innovative individualized Hebrew language instruction and bar/bat mitzvah preparation.

For info contact Rabbi Renni Altman, Director (845) 454-2570 or [rsdirector@vassartemple.org](mailto:rsdirector@vassartemple.org)

**Let's Get Outside!**  
**And Cultivate Gratitude Together!**

"Generation Gratitude"  
with Mindful Yoga with Liz and The Sensory Space!  
(For ages 0-5)  
Family Yoga  
Sensory Play~PJ Stories



Sign Up!  
Contact: Kim Ritz  
845-475-2704  
Email: [pjlibrary@jewishdutchess.org](mailto:pjlibrary@jewishdutchess.org)  
PPE and Social Distancing Required over 2yrs old  
\*Outdoor Programs are Weather Permitting

April-June  
Sundays, 10:00am  
April: 4/18  
May: 5/2, 5/16  
June: 6/6, 6/11  
Parent Meet-Up:  
5/13 & 6/11 @ 8:00pm  
Optional Weekday class upon request



**ANNOUNCING!** the new **Jewish Community Preschool of the Hudson Valley**

Our mission is to provide high-quality, nurturing, play-based experiential learning emphasizing Jewish culture, traditions and values. We welcome all children regardless of religious affiliation.

The Jewish Community Preschool is an independent entity. It is not affiliated with any denomination or congregation. The JCP will be launched at classrooms at Vassar Temple in Poughkeepsie.

Look for us on Facebook!  
For more information, please contact us at: [jewishcommunitypreschool@gmail.com](mailto:jewishcommunitypreschool@gmail.com)

ל"ג בעומר  
Lag B'Omer

Lag B'Omer, the 33rd day of the Omer, is a time to celebrate friends, families, and the change in seasons. It is traditional to have a bonfire on this joyous day, and so what better to have at the campfire than **s'mores rugelach**. We are always ready to bake up treats for an outdoor picnic celebration. Of course these sweet, gooey rugelach are perfect for any outdoor celebration or summertime gathering, campfire or not. But I must warn you: they are so addictive you may have a hard time sharing. Recipe from: [www.myjewishlearning.com](http://www.myjewishlearning.com)

**Ingredients**

- 2 sticks unsalted butter at room temp.
- 8 oz cream cheese at room temp.
- 1/4 cup sugar
- 1/4 tsp salt
- 2 cups all-purpose flour
- 2 cups marshmallow fluff
- 1 cup mini chocolate chips
- 1 1/4 cup crushed graham cracker crumbs
- 1 egg beaten with 1 TBSP for egg wash



**Directions**

1. Cream the butter and cream cheese together in a mixer until light. Add sugar and salt. With the mixer on its lowest speed, add the flour 1/2 cup at a time until a dough forms.
2. Place dough onto a well floured surface and shape into a ball. Cut the ball into quarters and wrap each with plastic. Chill in the refrigerator until firm, about 1 hour. If making ahead of time, you can also freeze the dough at this point.
3. Right before you're ready to take the dough out, prepare the marshmallow filling. Place 2 cups of the marshmallow fluff in a medium size microwavable bowl. Microwave for 10-15 seconds so that the fluff becomes easier to spread.
4. On a well floured board, roll each ball out into a 8 inch circle. This dough can be sticky, so sprinkle more flour as necessary. Spread the marshmallow fluff across the dough in a thin layer.
5. Sprinkle 1/4 cup of mini chocolate chips and 1/4 cup crushed graham crackers. Use a pizza cutter to cut the circle into 12 wedges. Start by slicing into quarters and then slice thirds into each quarter to ensure your rugelach will be evenly sized. Roll each wedge up, starting with the wider side.
6. Place cookies on a baking sheet lined with parchment paper. Chill for 30 minutes.
7. Preheat oven to 350 degrees. Brush each cookie with egg wash and sprinkle with remaining graham cracker crumbs.
8. Bake 15-20 minutes until browned. Let cool on a wire rack and enjoy.

Kim



Suzanne



"Lag BaOmer is a minor, festive holiday that falls on the 33rd day of the seven-week period between **Passover** and **Shavuot**. A period of time known as the **Omer**. The numerical value of the Hebrew letter *lamed* is 30, and the value of *gimel* is three; *lamed* and *gimel* together are pronounced "lahg." This holiday gives us a break from the semi-mourning restrictions (no parties or events with music, no weddings, no haircuts) that are customarily in place for some Jewish communities during the 7 week *Omer period between Passover and Shavuot*

The Omer has both agricultural and spiritual significance: it marks both the spring cycle of planting and harvest, and the Israelites' journey out of slavery in Egypt (Passover) and toward receiving the Torah at Mount Sinai (Shavuot). An *omer* ("sheaf") is an ancient Hebrew measure of grain. Biblical law forbade any use of the new barley crop until after an omer was brought as an offering to the Temple in Jerusalem. The Book of Leviticus (23:15-16) also commanded: "And from the day on which you bring the offering...you shall count off seven weeks." Taken from <https://www.myjewishlearning.com/article/lag-baomer/>

Suzanne Turrisi, PJ Library Mid-Hudson Valley Assistant Director

Please check out all of our **PJ Library April 2021 Events** on our Facebook Page: "PJ Library Mid-Hudson Valley" and in our bi-monthly PJ Library and PJ OurWay E-News and Mid-Month Update emails!

Want to sign up your children or grandchildren for PJ Library or PJ OurWay chapter books? Please fill out a quick form to start receiving engaging, Jewish FREE books in your mailbox every month!

Sign up for PJ Library (ages 0-8 years old): [www.pjlibrary.org](http://www.pjlibrary.org)  
 Sign up of PJ OurWay (ages 9-12 years old): [www.pjourway.org](http://www.pjourway.org)

Got Questions? New to the community or looking to make connections with other families? Interested in a Grandparent's Circle? Want to start a Parent's Night In or a monthly playgroup? We can help!

Email: [pjlibrary@jewishdutchess.org](mailto:pjlibrary@jewishdutchess.org)

Join our PJ Library Mom's What's app Group or our Mid-Hudson Valley PJ Library Families FB Group via

Email: [pjlibrary@jewishdutchess.org](mailto:pjlibrary@jewishdutchess.org)

*Save the Date*

11.7.21

PJ LIBRARY  
MID-HUDSON VALLEY'S  
BOOK MITZVAH  
COMMUNITY CELEBRATION!

The Jewish Federation of Dutchess County

RSVP: [pjlibrary@jewishdutchess.org](mailto:pjlibrary@jewishdutchess.org)

**PJ LIBRARY FAMILY OF THE MONTH:**

**Family Name:**  
The Ritter Family

**How many kids are in your family and what are their ages?**  
Two boys 14 & 10

**How long have you been receiving PJ Library books?**  
Over 8 years

**What is your family's favorite PJ Library book?**  
*The Only One Club*

**How did you hear about PJ Library?**  
My sister told me about it. She lives in Philadelphia.

**Why is PJ Library important in your home?**  
Having Jewish related books in our home all these years has been a great way to keep the importance of our traditions.

**How has PJ Library influenced your family's Jewish living and decisions?**  
PJ Library has influenced us on the importance of keeping a connection to our Jewish community. Attending fun PJ Library events with the kids, biking with other moms, or mom nights have been a great way to keep connected.

**Is PJ Library helpful to you as a parent? How?**  
PJ Library has definitely been helpful as a parent. PJ Library (Kim Ritz) has created a group of amazing, intelligent, caring people. This group is an important resource that is welcoming to all. We can ask for guidance. Guidance on simple things like where is a great place to hike with kids, how are you preparing for the holidays, what is the best doctor for certain issues, and even a simple how are you doing today. Having this group reminds us as a parents to think outside of our inner circle and to reach out further to the community. We are so thankful for PJ Library.

Family of the Month

*Mazel Tov!*

COME CELEBRATE

**13 YEARS**

OF PJ LIBRARY IN THE MID-HUDSON VALLEY!

BY PLANTING THE SEED OF JEWISH LIBRARIES IN HOMES ACROSS THE MID HUDSON VALLEY

PJ LIBRARY MID-HUDSON VALLEY HAS HELPED PUT DOWN JEWISH ROOTS FOR ALMOST 900 CHILDREN SINCE 2008

**Entertainment:**

- ~ Slide Show!
- ~ Dvar Torah!
- ~ Cake Candle Lighting!
- ~ DJ!
- ~ Mitzvah Project!

**All are welcome**

- Grandparents
- PJL Alumni
- Parents
- Tweens
- Children
- Friends

Send your favorite pics and memories now to: [pjlibrary@jewishdutchess.org](mailto:pjlibrary@jewishdutchess.org)

*PJ Library is a program of the Harold Grinspoon Foundation and made possible through gifts from the Jewish Federations of Dutchess, The Harding Club, and the generous support of PJ Library donors. To make a donation online, go to [www.JewishDutchess.org](http://www.JewishDutchess.org)*

*Thank you!*

## The Federation Board's Voice



Steven Wasser

### Finding Your Jewish Roots. by Steven Wasser

I have been tracing my family's history for years but, even so, I started too late. My grandparents and their generation had all died by the time I realized I wanted to learn more about my family. If you want to know "who is who" in old photos, what your great-grandparents' lives were like, or what happened to your European relatives, there is no time like the present. Talk to your older relatives and start documenting.

Fortunately, I had access to several autobiographies on my father's side of the family, including an oral history my father did with UJA-Federation. The shortest but most valuable source was a brief autobiography my Grandpa Jacob Wasser wrote, though it contains no dates. Here is what he said about his paternal grandfather:

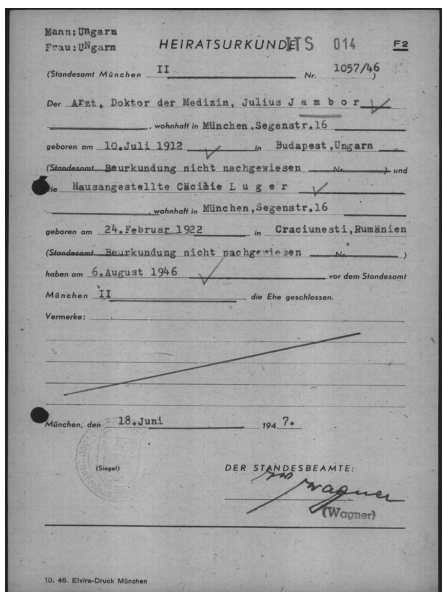
*Grandfather Yossel came from a family of rabbis. When Yossel Wasser married Gitel, the Belzer Rabbi was at his wedding. The Belzer Rabbi's attendance at a wedding in Volodymyr Volynskyy was a great thing because the Rabbi left his home in Belz to attend. It was as unusual for the Rabbi to do this as for the Pope to leave Rome...*

We can extract some valuable additional information by putting these sentences together with other information.

- The most famous rabbi from Belz is Rabbi Shalom Rokeah who died in 1855. Rabbi Rokeah had made a point of establishing good relations with non-Hasidic rabbis in Galicia, so he is likely the rabbi from Belz referred to in Grandpa Jacob's autobiography.
- Belz is 42 miles from Volodymyr Volynsky. Based on the speed of a horse and wagon, it would have taken two days for Rabbi Rokeah to travel from Belz to Volodymyr Volynsky. We can conclude that, yes, this was a big deal, and that Yossel (Josef) Wasser did come from a family of rabbis.
- By working backwards from birth dates of children and grandchildren, we can assume that Josef may have been born around 1830, and that his wife, Gitel, was younger. Assuming Gitel married Yossel when she was around 20 years old, the wedding must have taken place prior to the death of Rabbi Rokeah in 1855. Let's assume the wedding was in 1852.
- Zalman, the son of Yossel and Gitel, married Scheindel Lakritz. Their first son was my grandfather, Jacob, born January 1887. The next brother, Josef, was born in May 1888. Since Ashkenazi Jews typically named sons only for deceased relatives, we can conclude that Yossel Wasser was alive when Jacob was born, but had died by the time younger brother Josef was born – so perhaps Grandpa Yossel died in 1887 or early 1888.
- The first granddaughter of Yossel and Gitel was named Ester, born 1882. Zalman's brother, Gerschon, named his oldest daughter, Gitel, born 1885, after his mother. This means that Yossel's Gitel died after 1882 and before 1885 – let's assume 1883.

If you want to research your family, start by talking to relatives and gathering whatever information your family members have. You might discover that a cousin has already done a great deal of research. You will need family tree software. I suggest Family Tree-Maker, since the "free" stuff some web sites offer is not very good. Here are some genealogical data bases you can access online:

- JewishGen.org. The service is free but an annual fee of \$100 gets you access to information you will need. The information is spotty since many archives were destroyed, but it is a good source for both Ashkenazi and Sephardic Jews. Towns and family names have multiple names and spellings. Volodymyr Volynsky, for example, is the current Ukrainian name for Yossel's town. In Yiddish the town was called Ludmir, and in Polish the name was Vlodzimierz. Also, pay attention to who was a *sandek* at the birth of a child, or a witness at a wedding. For example, if "Uncle Jacob Glück" was the *sandek* at the birth of Isaac Indik, then we know that Jacob must be a brother to Isaac's mother.
- MyHeritage.com is an Israeli company. A subscription service provides access to numerous U.S. documents like census, Social Security, and military data, as well as family trees from contributing members. You can connect to other members of your extended family via the web site and exchange information. It is also possible to upload your family tree which allows the web site to suggest relatives and other information.
- Ancestry.com is a subscription service, though some public libraries offer access to it. The available information is similar to MyHeritage.com.
- YadVashem.org is a very valuable site. Data are incomplete and inconsistent, but you can sometimes get information about the parents of a Holocaust victim, place of birth, date and place of death, spouse, and even occupation. YadVashem also has a photo archive. It is free.
- Arolsen-Archives.org offers information about Holocaust victims. While it is not as complete as YadVashem, Arolsen provides information about survivors, and for most records provides a variety of documents which have all kinds of information in them. Also free. Here is a sample document for one of my relatives, Czili Luger, who was married in a displaced persons camp in 1946.
- If you want additional information, it is possible to hire genealogists who will research European archives. These genealogists run about \$25/hour. A listing by country can be found in JewishGen.org.



**If you don't document your family's history, who will?**

## Our Executive Director



Karen Hochhauser

Too often, it is too late for us to realize how much we value and appreciate certain people or our circumstances before they change. Would anyone two years ago have questioned being able to meet up with friends at a restaurant or plan big family/friend gatherings for the holidays? It has been a very long year. Over the past twelve months, we have experienced terrible loss and hardship, but we also experienced our Jewish community come together in ways we never have before – to talk, console, share resources, experiences and knowledge, and to find new ways to help the most vulnerable among us. And we did it virtually.

Believing in silver linings, I feel this virtual world has allowed us to reach out to many who might not have been able to join us physically. We truly were able to bring the community together while staying safely at home. Our mission of culturally connecting the community of Dutchess County was able to continue.

That being said, with the increased number of people being vaccinated and the weather starting to get warmer, thus allowing us to start meeting outside again, I know that personally, I will value each and every opportunity presented. We at JFedDC value the connections we have made virtually and want to build upon that as well going forward. There is still so much more we want to and will do for the community.

Happy Spring! Karen Hochhauser

### Equity in Action By Alyssa Kogon

While most school districts this year were trying their very best to just get by, the students and staff at Arlington High School used the time wisely promoting equality within their district. Working with the ADL (Anti-Defamation League) and their *No Place for Hate* self directed program, one of the largest high schools in New York State somehow managed to bring together their student population of almost 4,000, staff, parents, and community members to participate in the initiative combating bias and bullying as a means to stop the escalation of hate.

While no ship can sail without a captain, Arlington administrators John Orcutt, Executive Principal of Arlington High School, and Juan Zucchero, Assistant Principal, took the helm. It is Orcutt's inaugural year with the district and his previous White Plains, New York school had been awarded as a *No Place for Hate* School. Over 1,600 districts nationally hold the esteemed title. Orcutt felt it was an important issue and stated, "This is a powerful message. I wanted to bring it forward to a new student population. School is no place for hate."

Zucchero reached out to the ADL on behalf of the district and started the ball rolling. Working with other local advocates, including the Jewish Federation of Dutchess County and others, a year-long process was initiated. ADL's Director of Educational Programs Beth Martinez played an important role helping gather data to be used during the process. The very first step was somehow to get 75% of the student population to sign a *No Place for Hate* pledge.

While this may sound simple enough, Zucchero explained, "We did not want this to be a mindless signing. We wanted the students to be well informed." Thus began a week-long event of working with the English Department including making a Public Service Announcement to explain what the commitment was. With school being mostly remote, this was not easily done. However, Arlington High School reached its goal with the help of students and staff.

Following the pledge signing, a series of three events on the subject of bias must take place within the school. Perhaps the most important of these was the recent Arlington High School Spring Equity Conference. This major undertaking was student led and included six different virtual workshops on six different topics including "Your Words Have Power". Over 500 students, staff and community members as well as students and staff from other local districts took part. Local government officials also attended.

While there is still a podcast forthcoming to meet its goal, the Arlington High School hopes to complete all *No Place For Hate* components by June. However, the school plans to keep the momentum going. "Once we get recognition doesn't mean we stop speaking about bias within our community. We are committed to keep conversations going. This may be an end but we still keep running," Orcutt emphasized.

**JEWS IN THE NEWS: Comeback Nearly Complete - Historic Factory Building in Troy Destroyed by Fire Rises from the Ashes**

(March 18, 2021) TROY – Redburn Development Partners and PAZ Management announced today that their historic rehabilitation of the Searle Gardner building, located at 701 River Street in Troy, is nearing completion. The Collar Factory Lofts have been saved by the development duo twice – first from years of boarded up vacancy, and more recently from a catastrophic fire.

When fire struck on July 19, 2019, the developers were 80 percent complete with the \$15 million restoration of the vacant factory building. The three-alarm fire forced the team to start the rehab almost from scratch, after the entire 98,000 square foot building was damaged by fire, smoke and water.

“Thanks to the work of the Troy Fire Department, we were able to save the bones of the building,” said Jacob Reckess of PAZ Management. Once the building was stabilized, the partnership refocused its efforts on the rebuild. “We committed on the night of the fire to get the property rebuilt,” Reckess continued, “and we are proud to be delivering on that mission and bringing 701 River Street back to life.”



The property is now home to 77 one- and two-bedroom apartments featuring refinished original hardwood floors, large windows, soaring ceilings combined with modern fixtures and finishes. Rents start at \$985 per month. The property boasts a gym, roof top deck, dog wash and game room, with ample parking and direct access to the new Ingalls Avenue Boat Launch on the Hudson River. Apartments are now being leased for May 1 move-ins. The model apartment is complete, and the property is now open for pre-arranged tours. The building is powered using Redburn's proprietary green energy system with an on-site



power generation plant, saving tenants money on utilities and reducing the property's carbon footprint. Commercial leasing is also moving rapidly, a benefit for the North Central neighborhood. Commercial tenants in the building include Stonewall Defense, Michelle Lange Photography, Massive Mesh Internet and Redburn Property Services. The remaining 4,000 sq. ft. space available for rent, can be subdivided into several smaller spaces. The Collar Factory Lofts project was supported in part by a Restore New York grant from Empire State Development and a grant from National Grid Financing was provided Community Preservation Corp. and JP Morgan Chase.

Empire State Development Acting Commissioner, and President and CEO-designate Eric Gertler said, "This building once housed a shirt collar manufacturer that was vital to Troy's early legacy. We're proud to support the adaptive reuse of this former factory, whose new residents will help write the next chapter of the Collar City's history."

The building is listed on the National Register of Historic Places. Additional info can be found at: [www.thecollarfactory.com](http://www.thecollarfactory.com) or by calling (518) 344-4543.

About the Developers:  
**PAZ Management, INC** is a family-owned real estate development and healthcare management firm based in Poughkeepsie, NY. Since 1981, PAZ has developed, owned and managed healthcare, residential and commercial real estate with a focus on community development and social value projects. This is PAZ's first project in Troy, NY.



**Jewish Family Services (JFS) Initiative: To Your Health**



**BE YOUR OWN ADVOCATE! Part 2**

By Sandra Mamis, physician assistant, committed to patient advocacy for over 40 years.

*Disclaimer: These recommendations are made with the best interest of individuals in mind but are not intended to replace the advice of your medical provider.*

**Risk Reduction**, particularly in the hospital setting, can be accomplished by actions pre-empting problems.

If you expect an extended stay and your condition permits, request a physical therapy consultation on admission: an often over-looked intervention. Bedside exercises promote muscle strength and tone that otherwise quickly fade at rest. Your mobility will be maintained and fall risk - a serious cause of injury in hospitalized patients - is greatly reduced. Further, actively exercising your legs while bedridden markedly reduces the risk of embolism - blood clots in the legs - which are potentially life threatening. Keep moving!

Studies show that a minor reduction in body temperature occurring during surgical procedures, which take place in operating rooms kept cold for the needs of equipment and staff, is associated with increased risk of post-surgical complications. Ask to be placed on a warming blanket if possible during your procedure.

Fewer surgical complications occur in operations performed earlier in the day. Ask if you can be one of the first on the operating room schedule. You might not be successful, but it is worth trying!

**Planning**

Planning elements of your care well in advance can not only reduce the opportunity for error but can assist in making sure patients obtain the best possible results. Although planning is certainly not always available, as in the case of sudden emergencies, following simple guidelines, when possible, can lead to better outcomes.

Ask if your provider is the best person to diagnose or provide treatment options relative to your specific situation. Is your diagnosis unusual or complicated? Don't hesitate to ask for a second opinion.

Inquire directly if you have been provided all treatment options. Request inclusion in the decision making process to the extent possible; know whether the options provided are the best for your expectations for treatment and quality of life. If financial considerations are a concern, ask which therapies are covered by insurance and which may not in order to ensure that you are better equipped to choose the option best for you.

Research the facility providing care especially when looking at long term placement. Ask friends or family who received care what their experience has been. If necessary, ask if the care can be provided in a place which better fits your needs for location, access to loved ones, specialty therapies, or overall comfort. Be proactive: a discerning consumer. Be wary of taking quality reports at face value; not all accurately represent the truth. For instance, the credibility of US News & World Report ratings have been questioned ([www.the-hospitalist.org/hospitalist/article/125699/consumer-reports-quality-ratings-dubious](http://www.the-hospitalist.org/hospitalist/article/125699/consumer-reports-quality-ratings-dubious)).

Find out if in-home testing [as examples, blood sugar, or anti-coagulation monitoring] is an option or if a medical visit can be provided remotely. This can substantially reduce the inconvenience and dangers associated with travel to a lab or office particularly for the elderly, care givers or when weather related issues cause increased risk.

By becoming an equal partner on the team of health care providers and keeping these points in mind, you can increase the probability of having the best patient experience.

Be alert. Ask questions. Know your options.

Check out these websites to learn more about ways to protect yourself:

- [www.patientsafety.org/](http://www.patientsafety.org/)
- [www.ahrq.gov/patients-consumers/index.html](http://www.ahrq.gov/patients-consumers/index.html)
- [www.health.ny.gov/health\\_care/consumer\\_information/](http://www.health.ny.gov/health_care/consumer_information/)

*(About Food Continued from page 5)*

In Genesis 1:26 we were given dominion over the earth. We represent God when we care for our planet and all the animals. It is biblical to strive for sustainable agriculture. Factory Farming today uses vast amounts of land, water, and electricity. It is a major contributor to climate change. 70 % of all grain grown is fed to animals; a very inefficient way to produce calories. We could easily feed the whole world.

In Genesis 1:29 we are told that all the green plants are ours for food. Vegans are often asked, "Where do you get your protein?" Only plants can make amino acids; the building blocks of all proteins. Animals just recycle them. Protein deficiency is not a problem. The bible also tells us to feed our animals before ourselves, to allow them to rest on Shabbat and not to muzzle the ox who is treading the grain. People who lived at the time these words were set down could not imagine today's animal farming and slaughter. Vote with your fork for sustainability.

Here are some resources that can help you make the transition. [www.NutritionFacts.org](http://www.NutritionFacts.org) is a website about all research on plant-based nutrition, with many videos. [JewishVeg.org](http://JewishVeg.org) informs and educates, worth your time. On You Tube, enter "Milton Mills, MD" for many informative and entertaining videos. Vegan cookbooks abound. I have space to mention only one author; the Hudson Valley's own Nava Atlas. "Vegan Soups and Hearty Stews", "Wild About Greens", and several others. Enjoy exploring. Your results will be rewarding and delicious.



**CHECK organizers' WEBSITES for UPDATED STATUS & INFORMATION!!**

**New Member Talks Series**

Congregation Shir Chadash is offering interesting and thought-provoking virtual talks presented by some of our new members who would like to share their knowledge and skills to help others. The talks will take place on the second and fourth Wednesday of every month at 7:30pm. Each talk will be about one hour. Some talks will be lectures; others, open to questions and discussion.

All talks are FREE of charge and open to the public. To attend or for more details, contact Roberta Tracy at (845) 232-1029 or email [info@shir-chadash.org](mailto:info@shir-chadash.org). More exciting and engaging talks to come; check out our website [www.shir-chadash.org](http://www.shir-chadash.org).

**Healing Service Apr. 24**

A Healing Service led by Rabbi Altman and Cantor Elizabeth Goldmann. This beautiful service is designed for anyone praying for healing of the body, soul or spirit for themselves or others, for caregivers, and for anyone in need of spiritual strength.

The service will include prayers, reflections, and songs that focus on healing and on Shabbat. There will also be a Torah reading. Everyone in the community is welcome to attend. We are hoping that public health protocols in place at the time will allow us to hold the service outdoors at Vassar Temple (weather permitting); otherwise we will meet on Zoom.

**DETAILS**  
Saturday, April 24, 10:30am, Vassar Temple. Please watch temple emails or contact us at (845) 454-2570 or [office@vassartemple.org](mailto:office@vassartemple.org) for updates

**New Paths Morning Worship**

Always different, the moving liturgy includes both traditional and contemporary writings, mostly in English. Participants may bring supplemental materials to share. We take time to let the service get through us, rather than getting through the service. Each New Paths service, whether lay led or rabbi led, provides a unique and thoughtful shabbat morning experience. A brief mini-kiddush follows (BYO wine or grape juice).

**DETAILS**  
April 10, 10:15am, via Zoom. For info, contact Vassar Temple: [office@vassartemple.org](mailto:office@vassartemple.org) or (845) 454-2570 or Marian Schwartz: [mschwa9882@aol.com](mailto:mschwa9882@aol.com) or Rabbi Altman: [rabbi@vassartemple.org](mailto:rabbi@vassartemple.org)

**Virtual Auction**

Vassar Temple and Vassar Temple Sisterhood present "Party with a Purpose!", a virtual happy hour and goods and services auction that will take place online.

The online auction opens Apr. 25, and culminates at the virtual Happy Hour Sunday, May 2, at 5:00pm.

**DETAILS**  
Opens April 25 ends May 2, 5:00pm. For information about registering for the auction or to donate items please contact [auction@vassartemple.org](mailto:auction@vassartemple.org) or the Temple office (845) 454-2570

**Yom Hashoah Events**

**Beacon Hebrew Alliance Yom Hashoah Program**

On April 8, we'll be hosting **Fighting White Supremacy: From Charlottesville to Capitol Hill**, because unfortunately, fighting against Nazis is not only something we have to remember doing in the past, but something we have to do today, as well.

The core of the event will be a public conversation between **Amy Spitalnick**, the executive director of Integrity First for America and **Taneisha N. Means**, professor of political science at Vassar College. Integrity First for America is the organization leading the legal fight against the white supremacists, neo-nazis, and other "very fine people" who were behind the Unite the Right rally in Charlottesville and then the coup attempt on January 6. We'll also be hearing from acclaimed singer songwriter Dar Williams and Justice McCray, one of the organizers of Beacon for Black Lives.

Registration can be found at <https://bit.ly/SueANazi>.

**Yom Hashoah – Holocaust Remembrance,**

**A very special presentation of interviews with prayers and song.** As part of a long-term commitment to Yom HaShoah observance, over the course of the next few years, CEHV will study victims of the Holocaust who were not just Jewish but also lesbian, gay, disabled, Roma and Catholic. Cara Levine-Brenner and Farrell Brenner are recipients of the Spector/Warren Fellowship for Future Educators of the Holocaust through Syracuse University and the Holocaust Museum Houston and have both produced original scholarship in the field of Holocaust and Genocide studies. Farrell's research in Poland, Israel, and the United States is on the testimonies and narratives of the couriers of the Jewish resistance movements in Nazi-occupied Eastern Europe. The couriers were women and girls who passed as Aryan and Polish in order to smuggle weapons, communications, supplies, and even people in and out of the ghettos. Their dangerous work and vast contribution to Jewish survival has gone largely unrecognized. Their stories paint a picture of shifting ideas of race that demand to be understood within our contemporary framework.

**DETAILS**  
Saturday, April 10, 7:30pm. Congregation Emanuel of the Hudson Valley. For more info call (845) 338-4271

**How to Put More Quality Kosher Food on your Table**

During this time of Covid many of us have become adept at ordering groceries online. Thanks to the efforts of Rabbi Krasner of Schomre Israel, our community will now be able to order food from Evergreen Kosher Market in Monsey and have it delivered to Poughkeepsie twice a month. Rabbi Krasner will pick up and bring your order to the parking lot of Schomre Israel where you can pick it up. If you live close to the synagogue, there is the possibility that the rabbi can drop off your order. Evergreen Kosher Market is a full service grocery, butcher, bakery, health food, fish, produce, sushi market. Its website is [www.evergreenkosher.com](http://www.evergreenkosher.com).

So now let's get down to 'tachlis' (loose translation-brass tacks). Create an account at <https://www.shopevergreenkosher.com>. Add items to your cart, and then checkout. Choose what to do if the items are out of stock and choose "pick up", but write in the comments "Poughkeepsie order". The pick up time that you select should be between 2-3PM. If those slots are filled, please choose an earlier time. There is a minimum order of \$25 and a \$4 surcharge per order (which happens to be less than the other stores). Rabbi Krasner requests that every time you submit an order that you please let him know that you have submitted an order (only that you made an order, not the order itself) at [RabbiShlomoK@gmail.com](mailto:RabbiShlomoK@gmail.com)

Tentative dates are Monday, April 5 and April 19, around 2 to 3 PM. Note: there are days that the Rabbi may need to switch to another day of the week. He will try to let you know in advance. The Rabbi will then bring the groceries to the Schomre parking lot (or drop the order off if you live either on his route or in close proximity).

If there is enough demand, we hope to arrange an automatic system where Evergreen will come to our community and deliver directly at specific intervals.

**May Mitzvah Now—  
Cereal Counts**

**We will be collecting boxed cereal for hungry neighbors and children in need. Start collecting now!**

**Look for more information in the May edition of *The Voice* or call JFedDC (845) 471-9811.**



**Additional Passover Greetings**

*Passover Blessings*

*East Fishkill Eye Care  
Sharon Powell O.D.*

*Passover Blessings*

*Prime Print Shop  
www.primeprintshop.com*

*Passover Blessings*

*Nancy Fay  
Avon Representative  
www.youravon.com/nfay*

**Peace to you  
this Passover!**

**Jewish Family  
Services**

# Local

## Sunday

**Bagels, Lox, Torah (Tefillin too!)** 9:00am led by Rabbi Yacov Borenstein. Morning minyan will follow Torah discussion on the coming week's Torah portion, upcoming holiday, or topic of Jewish interest.

**Temple Beth-El Serves at Lunchbox** Call Nancy Judson (845) 216-7563 to help in this mitzvah. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

**Congregation Schomre Israel 4K (Kvetching, Kvelling, Kibbutzin, Koffee)** April 25, 5:00pm This is an opportunity to socialize and explore various topics. Speaker and topic to be announced. 4K=kibbutz, kvetch, koffee klub.

## Monday

**Congregation Schomre Israel Chair Yoga** with Toni Farkas 11:00am. \$5 per session. Also a class on Thursdays. Chair Yoga is a gentle form of yoga that provides participants with a way to exercise and experience the benefits of yoga. No equipment is necessary. Social distancing is practiced, and face masks are required at all times.

**Congregation Schomre Israel Rosh Chodesh Iyar Breakfast** April 12, following morning services. There will be a "Spring" packaged light breakfast for you to enjoy.

**Temple Beth-El Board Meeting** 7:30pm. Temple Beth-El Board of Trustees meeting. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

## Tuesday

**Congregation Schomre Israel Rosh Chodesh Iyar Breakfast** April 13, following morning services. No, this is not a mistake –Rosh Chodesh for this month of Iyar is celebrated for two days. Another opportunity to enjoy a "Spring" packaged light breakfast.

## Wednesday

**Learn & Lunch Bunch** Wednesdays, 11:00am-1:30pm. 118 So. Grand Ave, Poughkeepsie. Please RSVP each week by Monday so that we can prepare appropriate amounts of food. For information, menu, and program schedule; see page 2 of *The Voice* or contact (845) 471-9811.

## Thursday

**Congregation Schomre Israel Chair Yoga** with Toni Farkas 11:00am. \$5 per session. This newly scheduled class will give participants a chance to practice chair yoga twice a week! Come on Mondays and/or Thursdays. Open to all.

## Friday

**Congregation Shir Chadash Virtual Kabbalat Shabbat Service** April 2, 9, 16, 23, 30 7:30pm. Virtual Evening Service with Rabbi Daniel F. Polish & Cantor Gail Hirschenfang. You are welcome to read a prayer of your choice or write one and read it at the service, if you wish. For Zoom meeting id: <https://www.facebook.com/pg/shirchadashhv/posts/> or [www.shir-chadash.org](http://www.shir-chadash.org). All welcome to attend.

**Vassar Temple Shabbat Evening Services** April 2, 9, 16, 7:30pm, April 23, 7:30pm, Sisterhood Shabbat Service, April 30, 6:00pm, Teacher Appreciation Family-Friendly Service. All service are on Zoom go to [www.vassartemple.org](http://www.vassartemple.org) for link.

**Temple Beth-El Evening Service** each week, 8:00pm, Conservative, egalitarian service. All welcome. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

## Saturday

**Congregation Shir Chadash Virtual Sharing Shabbat -Religious School Programs** April 10, 24 See page 6 for more information. For Zoom meeting id, please email: [info@shir-chadash.org](mailto:info@shir-chadash.org).

**Congregation Shir Chadash Virtual Tot Program** April 10, 24, 9:30-10:15am. Children ages 3-5, accompanied by an adult, learn through doing: crafts, food and games. The class is open to all families and free of charge. For Zoom meeting id email [info@shir-chadash.org](mailto:info@shir-chadash.org)

**Vassar Temple Yizkor Service** April 3, 10:30am.

**Vassar Temple New Paths Shabbat Morning Worship** April 10, 10:15am. Service via Zoom.

**Vassar Temple Shabbat Y'ladim** (possibly outdoors) April 17, 10:30am

**Vassar Temple Healing Service** (possibly outdoors) April 24, 10:30

**Temple Beth-El Shabbat Morning Service** Every week, 9:30am. Lively, inclusive, Conservative, egalitarian Shabbat. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

# Out of Area

## Congregation Emanuel of the Hudson Valley Events

243 Albany Ave, Kingston, NY 12401 (845) 338-4271 ext. 101, [templemanuel@hvc.rr.com](mailto:templemanuel@hvc.rr.com), [www.CEHV.org](http://www.CEHV.org)  
 Rabbi's Study: (845) 338-4384 ext 102, [rabbioromer@hvc.rr.com](mailto:rabbioromer@hvc.rr.com)

Congregation Emanuel of the Hudson Valley continues to follow CDC recommendations in regard to COVID-19 precautions to ensure the health and safety of our community. At the time of this submission, most events are currently being held online. For any events we are able to hold in person and outdoors, all participants are required to wear a mask and maintain social distance of no less than 10ft between households. For more information on the following list of events or to learn more about Meditation, Parashat Shuvah, Kabbalah, or for Private Conversion Tutorials, or Adult B'nai Mitzvah by arrangement, please call our main office at (845) 338-4271 x 101, and as conditions change and events are subject to change, please contact us, or check our website—[cehv.org](http://cehv.org) for updates to and possible changes to location for events. **Unless otherwise noted, all services are held virtually via LiveStream** on our website at [www.cehv.org/livestream/](http://www.cehv.org/livestream/)

**Yizkor Service followed by Early Family Kabbalat Shabbat** April 2, 5:30pm then 6:00pm.

**Kabbalat Shabbat Services** Friday, April 9, 16, 23, 20, 7:30pm.

**Tot Shabbat** Saturday, April 10, 9:00am, before morning minyan. Introduce your tot to Shabbat through music with Rabbi Yael Romer and her guitar. Email Jessica: [cehvra@gmail.com](mailto:cehvra@gmail.com) to be added to the list to receive Tot Shabbat updates and announcements.

**Morning Minyan** Saturday, April 3, 10, 17, 24, 10:00am. Communal prayer, meditation, and Torah study.

Chai with Rabbi Yael! Thursday, April 1, 8, 15, 22, 5:00pm. Join together and say "chai." Rabbi Romer leads a special 18-minute sessions. We warmly welcome you, via Zoom!

**Rhinebeck Meditation & Torah Study** Tuesday, April 6, 13, 20, 8:45am., followed at 9:15am with Torah study Led by Rabbi Romer, join your fellow seekers to receive the day's blessings and explore Jewish traditions with progressive, egalitarian approach.

**Religious School** CEHV's board made the difficult decision to put our prestigious Religious School on hiatus due to the extraordinary circumstances of this academic year. To maintain connection and learning opportunities for our students, Rabbi Romer is teaching two new Hebrew classes for students, Beginning Hebrew and Intermediate/Advanced Hebrew, both via zoom. Our community hopes to offer some safe out-of-doors educational activities for our children and young families in the spring. We look forward to renewing our full year-round, innovative Religious School programming for ages pre-K through Grade 10 next fall.

**Virtual Hebrew courses for our Religious School Students for the 2020/2021 school year. Beginning Hebrew** Tuesday, April 6, 13,20, May 4, 11, 18, June 1, 8, 15 4:00pm-5:00pm. **Intermediate/Advanced Hebrew** Thursday, April 1, 8, 15, 22, May 6, 13, 20, June 3, 10, 4:00pm-5:00pm.

**Hebrew Trope** Wednesday, April 7, 14, 21, 12:30pm. New comers welcome, learn or improve Torah chanting skills!

**Conversational Hebrew (Beginner and Intermediate)** Wednesday, April 7, 14, 21, 4:00pm. This dedicated and entertaining group meets to learn and practice the fundamentals of conversational Hebrew. Hebrew, new comers are always welcome!

**Monthly Brotherhood Meeting** Tuesday, April 13, 6:30pm. New members are welcome and encouraged. Brotherhood hosts annual and special events throughout the year.

**Monthly Sisterhood Meeting** Wednesday, April 11, 7:00pm. New members are welcome and encouraged. Sisterhood hosts monthly activities and special events throughout the year.

# Calendar

## April

### REGULAR SCHEDULE OF SERVICES

#### Beacon Hebrew Alliance (Conservative)

331 Verplanck Avenue, Beacon (845) 831-2012  
 Rabbi Brent Spodek; Cantor Ellen Gersh; Education Director, Ashley Baker

Website: [www.beaconhebrewalliance.org](http://www.beaconhebrewalliance.org)

Email: [411@beaconhebrewalliance.org](mailto:411@beaconhebrewalliance.org)

Services: Fridays, 7:30pm and alternating Saturdays at 9:30am. Visit website for information about services, religious school, and community events

#### Chabad of Mid-Hudson Valley

63 Vassar Road, Poughkeepsie (845) 463-5801

Rabbi Yacov Borenstein

Website: [www.chabadmidhudsonvalley.com](http://www.chabadmidhudsonvalley.com)

Email: [ChabadMidhudsonVly@prodigy.net](mailto:ChabadMidhudsonVly@prodigy.net)

Services: Fridays, call for time and Saturdays at 10:00am

#### Congregation Beth David (Reform)

East Main Street, Amenia (845) 373-8264

Rabbi Jon Haddon

Website: [www.CongBethDavid.org](http://www.CongBethDavid.org)

Email: [JonRab33@gmail.com](mailto:JonRab33@gmail.com)

Services: usually Saturdays, 10:00am twice monthly except January and February; call for schedules

#### Congregation Schomre Israel (Orthodox)

18 Park Avenue, Poughkeepsie (845) 454-2890

Rabbi Shlomo Krasner

Website: [www.schomreIsrael.org](http://www.schomreIsrael.org)

Email: [rabbishlomok@gmail.com](mailto:rabbishlomok@gmail.com)

Services: Shacharis (weekdays): 7:30am, Shacharis (Sunday & holidays): 8:30am, Maariv (winter weekdays): via Zoom 6:40pm, Friday Kabbalat Shabbat: around candle lighting time, Shabbat Shacharis: 9:00am

#### Congregation Shir Chadash (Reform)

Interim: Freedom Plains Presbyterian Church, Lagrange

(845) 232-1029

Rabbi Daniel Polish, Cantor Gail Hirschenfang Website:

[www.shir-chadash.org](http://www.shir-chadash.org)

Email: [info@shir-chadash.org](mailto:info@shir-chadash.org)

Services: Friday, 7:30pm; bimonthly Saturday children's

religious school, 9:00am, Torah study, 9:15

#### Pardess Center for Jewish Life

(845) 440-7592

Rabbi Zalman Sandhaus

Website: [www.MyPardess.org](http://www.MyPardess.org)

Email: [info@MyPardess.org](mailto:info@MyPardess.org)

#### The Rhinebeck Jewish Center

102 Montgomery Street, Rhinebeck (845) 876-7666

Rabbi Hanoth Hecht and Rebbitzin Tzivie Hecht Website:

[www.RhinebeckJewishCenter.com](http://www.RhinebeckJewishCenter.com)

Email: [RSVP@RhinebeckJewishCenter.com](mailto:RSVP@RhinebeckJewishCenter.com)

Friday services call for time; Saturday services, 9:30am

#### Temple Beth El (Conservative)

118 So Grand Avenue, Poughkeepsie (845) 454-0570

Rabbi Daniel Victor, Rosh Tefilah Rabbi Miriam Hyman

Email: [info@tbeny.org](mailto:info@tbeny.org)

Website: [www.tbeny.org](http://www.tbeny.org)

Services: Friday, 8:00pm, Saturday Shabbat service at

9:30am, weekdays, 7:30am daily

#### Vassar College Bayit

51 Collegeview Avenue, Poughkeepsie (845) 451-3920

Liz Aeschlimann, Rose and Irving Rachlin Director of

Jewish Student Life at Vassar College

Email: [eaeschlimann@vassar.edu](mailto:eaeschlimann@vassar.edu)

Services: Friday, 6:00pm service, 7:00pm dinner when

school is in session

#### Vassar Temple (Reform)

140 Hooker Avenue, Poughkeepsie (845) 454-2570

Rabbi Renni Altman Website: [www.vassartemple.org](http://www.vassartemple.org)

Email: [Office@VassarTemple.org](mailto:Office@VassarTemple.org) or

[rabbiv@vassartemple.org](mailto:rabbiv@vassartemple.org)

Services: Friday, 7:30pm unless otherwise noted, Torah

study Saturday, 9:00am. New Paths 1<sup>st</sup> and 3<sup>rd</sup> Saturday

every month, 10:00am unless otherwise noted.

### April Candle Lighting

April 2 ..... 7:04pm

April 9 ..... 7:12pm

April 16 ..... 7:20pm

April 23 ..... 7:27pm

April 30 ..... 7:35pm

Want to share your thoughts about *The Voice*? Have an idea you'd like to see in print?

We're listening.

Email us at

[TheVoice@JewishDutchess.org](mailto:TheVoice@JewishDutchess.org)

# ISRAEL BONDS ROCKLAND/UPSTATE NY HUDSON VALLEY

is proudly hosting

# AN EVENING WITH BENJAMIN ANTHONY



COMBAT VETERAN AND  
FOUNDER OF  
*THE MIRYAM INSTITUTE*

SUNDAY, APRIL 18, 2021  
7PM EDT / Via Zoom

A new bond purchase is required to attend  
Double mitzvah opportunity  
Donate the bond to the charitable  
organization of your choice

ABBE DISTELBURGER  
& MICHAEL SMITH  
Hudson Valley Event chairs

SHARONSASSON  
Rockland/Upstate  
NY General chair

For event or investment information contact:  
Rebecca Bannerman, Registered Representative  
rebecca.bannerman@israelbonds.com  
845.405.4029



Development Corporation for Israel. This is not an offering which can be made only by prospectus. Read the prospectus carefully before investing to fully evaluate the risks associated with investing in Israel bonds. Member FINRA Photo: Shutterstock

PERPETUATING A 70-YEAR LEGACY OF ACHIEVEMENT  
israelbonds.com



At Hudson Valley Hospice,  
we believe there is always hope!

Choosing hospice care is choosing hope, it is choosing to live life to the fullest. With the support of our team of physicians, nurses, social workers, therapists and volunteers, we bring hope to every day.

Contact Hudson Valley Hospice  
845-485-2273 • hvhospice.org



Lag B'Omer begins  
April 29 at sunset



Vassar Temple's annual Souper Sale success. Delivering soup to help support seven food pantries. Driver, Jim Robinowitz & Chair person, Shaari Roland.



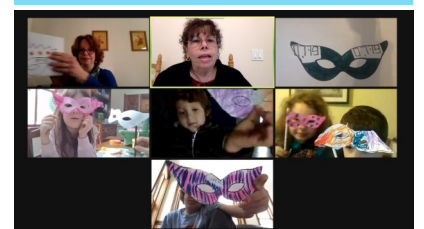
Temple Beth-El Purim 2021



Congregation Shir Chadash celebrating Purim with a fun and enjoyable virtual Purim Spiel.



Community Purim Drive-Thru Carnival  
FUN FOR EVERY AGE!!



Purim masks made during class displayed by Shir Chadash's youngest children.



The Purim Highlander (alias Rabbi Krasner)



Schomre's Purim Carnival Crew



Shir Chadash's Aleph class showing off their whale pictures after reading about Jonah