

Jewish Disability Advocacy Month

Weekly Focuses:

Week 1 February 1-5:

Week 2 February 8-13:

Week 3 February 15-20:

Week 4 February 22-27:

Empowerment

Breaking Barriers

Creating Opportunity

Disability Rights are Civil Rights: Advocacy Week

February 2021

JDAM

Jewish Disability Advocacy Month

To register & view a full list of sessions visit:

www.jewishtgether.org/jdam

See page 5 for featured session topics

Learn & Lunch Bunch North kicks off in February

See page 4 for more details

Reminder: Purchase Passover greetings by February 8

see page 10 for details



Howard Lynne for your years of service to the JFedDC as Advertising Rep.

As the Advertising Representative for the Jewish Federation of Dutchess County, I want to thank all the regular advertisers for their support of the Voice newspaper and Federation. Your support is greatly appreciated.

I also want to thank my friends who also supported the Voice and Federation through their Holiday Greetings. It was really great talking to all of you from Florida and catching up on goings on with yourselves and your families.

I am officially retired as the Voice's Advertising Representative but I leave you all in great hands as Alyssa Kogon, a Federation Board member, will be taking on this role. Alyssa is a very capable and caring person who you will enjoy working with.

Thank you all again and be well.

Howard Lynne





Our new Advertising Representative Alyssa Kogon. For ads and holiday greetings

email: advertising@jewishdutchess.org

Community Drive-Thru Purim Carnival

See page 6 for details

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Elie Wiesel's Lessons for Today

with Dr. Ariel Burger

Author of Witness: Lessons from Elie Wiesel's Classroom

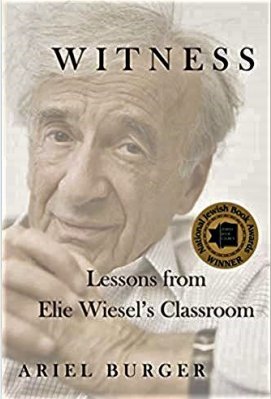
A Four-Part Series on Zoom on Four Consecutive Sunday Evenings

Feb. 14, 21, 28 & March 7 at 7:30 PM

Hosted by Congregation Shir Chadash, Temple Beth-El and Vassar Temple

The community is warmly invited to attend.

Contact any of the sponsoring congregations for the Zoom link.



Schedule

February 14

Ariel Burger: Witness to Elie Wiesel.
Dr. Burger reflects on his personal relationship with Wiesel as mentor, friend and teacher.

February 21

Elie Wiesel: Witness to the Shoah.
Emerging from the horrors of the Shoah, Wiesel taught the lessons of activism against hate and injustice; his message was one of both particularism in his commitment to Israel and to the Jewish people, and universalism, as expressed by his concern for suffering anywhere.

February 28

Elie Wiesel's Lessons from Jewish Tradition.
In addition to his activism, Wiesel had a passion for Judaism, especially for the biblical personalities and the teachings from the Hassidic tradition.

March 7

Elie Wiesel: What messages would he have for us today?
What would Wiesel say about the challenges we are facing today, such as living through a pandemic, America's current confrontation with racial injustice and the polarization that plagues our nation?

Dr. Burger is an author, artist, and teacher whose work integrates education, spirituality, the arts, and strategies for social change. An Orthodox rabbi, he received his PhD in Jewish Studies and Conflict Resolution under Elie Wiesel. A lifelong student of Professor Wiesel, Ariel Burger served as his Teaching Fellow from 2003-2008. As a Covenant Foundation grantee, Ariel develops cutting-edge arts and educational programming for adults, facilitates workshops for educators, consults to non-profits, and serves as scholar/artist-in-residence for institutions around the U.S. Copies of Dr. Burger's book *Witness: Lessons from Elie Wiesel's Classroom* may be purchased through Temple Beth-El (845) 454-0570 or Rabbi@tbeny.org.

This community program is generously supported with funding from the Irving & Gloria Schlossberg Family Fund of the Community Foundations of the Hudson Valley, the Harding Club, Jewish Federation of Dutchess County and generous private donors.

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LEARN & LUNCH BUNCH

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

WEDNESDAY PROGRAMS

February

February 10 **Keeping Children Safe: Recognizing the Signs of Child Abuse**
with Richard Keller

February 24 **Preventing Falls: A Simple Plan**
with Jill Bubel

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

REGISTRATION STRONGLY REQUESTED BY MONDAY EACH WEEK FOR FOOD AND ACTIVITY PLANNING PURPOSES
RSVP to the Jewish Federation office (845) 471-9811.
Learn & Lunch Bunch activities are open to the public.

Jewish Family Service

Look for upcoming To Your Health articles:

- Covid-19 resources in Dutchess County.
- Caring for your mental health during the Covid-19 pandemic.
- Caring for the elderly during Covid-19 (physical and emotional).
- Caring for your children's emotional well-being during Covid-19.
- Coping after the loss of a loved one to Covid-19 (incorporating Jewish traditions).

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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



Learn and Lunch Bunch
Ugly Sweater Day

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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



Congratulations,
Rabbi and Hindy Borenstein
on the birth of
their grandson.

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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 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. Where we will study and discuss a topic from the Parsha.

Talmud Studies with Rabbi Krasner Sunday Morning after Shacharis– Working our way through the 4th Chapter of Brachos.

Classes are free. All are welcome. View website at www.schomreisrael.org for recordings of previous classes. For information on cancellations and class schedules, visit 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.

Torah Study Saturdays, 9:00-10:00am. Examines passages from the week’s Torah portion or Haftorah and will be led by the Temple’s Rabbi Renni S. Altman, D.D. New attendees should contact rabbi@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

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: rabbi@tbeny.org for the Zoom links and passwords.

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

All welcome. Details at Temple Beth-El www.tbeny.org, or call (845) 454-0570, or email 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.

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, February 6, 20, 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 of 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, or call (845) 232-1029, or email 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.

Vassar Temple’s Sisterhood Book Club

We will discuss award winning novel *The Rent Collector*, by Camron Wright. Taking place in Cambodia, *The Rent Collector* has been described by critics as a story of hope, of one women’s journey to save her son, and another woman’s chance at redemption.

Survival of Ki Lim and Sang Ly is a daily battle at Stung Meanchey, the largest municipal waste dump in Cambodia. They make their living scavenging recyclables from the trash. Life would be hard enough without the added worry for their chronically ill child, Nisay, and the expense of medicines that are not working. Just when things seem their worst, Sang Ly learns a secret about the bad-tempered rent collector who comes demanding money – a secret that sets in motion a tide that will change the life of everyone it sweeps past.

Although a work of fiction, *The Rent Collector* was inspired by real people living at the Stung Meanchey dump in Cambodia. The book is available in paperback through Amazon as well as the local library system.

DETAILS
Via Zoom, on Wednesday, February 17, at 2:00pm Barbara Hulnick will lead the discussion to which everyone is welcome. To RSVP or get more information, please contact Linda Babas at bookclub@vassartemple.org .



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The Harding Club

The Harding Club is a social and philanthropic organization comprised of bright and active Jewish men. It was formed in 1923. In normal times the Harding Club meets twice monthly at a local restaurant. We meet to socialize with friends, to have a good dinner, and to hear an interesting speaker. Our hope is to be able to return to a “live” format for our meetings as soon as it is safe to do so. This year, since the spring, we have held very successful ZOOM meetings and have enjoyed very provocative speakers who have shared their expertise with us on a wide variety of topics. We have learned much from Lee Miringoff of the Marist Poll before Election Day and from Vassar Political Science Professors Sid Plotkin and Rich Born after Election Day. Assistant County Executive Ron Hicks spoke about our county’s Economic Development. Sophia Sciacca told us about Hospice, and Sam Simon filled us in on the Dairy industry (cows!) in our area. People USA Executive Officer Steve Miccio spoke on his agency’s valuable work helping people suffering from addiction and drug abuse issues. Al Newman, Lou’s cousin spoke about his adventures biking on all seven continents.

The Harding Club welcomes new members. In fact, there currently is a HALF PRICE SALE going on. Join the Harding Club in February and pay only a half year’s dues!!

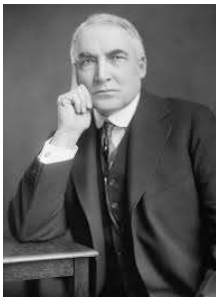
- We anticipate soon some very provocative speakers at our zoom meetings, such as
- Feb. 10: Chris Silva Executive Director of the Bardavon 1890 Opera House
 - Feb. 24: Dr. William Frishman, staff of Westchester Medical Center, speaking on Health Issues of Presidents
 - March 10: Jacob Reckess, discussing the Arthur May School project
 - March 24: Susan Karnes Hecht, informing us on Environmental Action in our town
 - April 14: The topic will be the Poughkeepsie/Dutchess County Land Bank
 - April 28: Kim Ritz, PJ Library Director, will give us the latest PJ Library news

Harding Club also is involved in many local philanthropic activities and causes. We deliver food to the needy and we donate money to worthy causes.

We would love to hear from you. Membership opportunities are open.

Check out our website: <http://harding.jigsy.com/>
or send us an email: hardingclub1923@gmail.com

Alan Fox, Harding Club President



Esther plots a little extra humiliation for Haman at her party.



Lunch & Learn North is relaunching (virtually) with Rhinebeck Reformed Church

We are very excited to relaunch our Lunch & Learn North program this spring, with presenter Dr. Bruce Chilton from 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 human, peaceful future. Week by week, women from both traditions will be paired in a comparative analysis:

- February 21: The Biblical Period**
Miriam, the sister of Moses and Mary Magdalene
- March 21: The Medieval Period**
Hildegard of Bingen and Inés Esteban
- April 18: The Early Modern Period**
Francesca Sarah of Safed and Theresa of Avila
- May 16: The Twentieth Century**
Eleanor Roosevelt and Trude Weiss-Rosmarin.

To register visit:
www.JewishDutchess.org/events



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Disclaimer: Please note that the articles and advertisements submitted are the view-points of the authors and do not necessarily represent the position of JFedDC.



Dear Valentine,

If you're asking is it okay to commemorate a holiday named after a Saint, then the answer is no. If you're asking is it okay to celebrate a day of love, then yes! It's fine to enjoy an American holiday of candy and flowers! Being Jewish means duality. We have our Jewish traditions as well as our American customs! Send your loved one flowers and remind them you love them!!! That is a very Jewish ideal!!!

VOICE DEADLINES

ISSUE

DEADLINE

Note deadlines listed.

March

February 1

TheVoice@JewishDutchess.org

April

March 1

if you have questions.

May

April 1

Rabbi’s Blog by Rabbi Brent Spodek

Between Stagnation and Bitterness

Every screaming child wants something. A bottle, a toy, a parent who is working late. Every adult wants something too, something out of reach. A partner, a job, a vaccine.

The Jewish tradition teaches that the *truly* happy are those who are content with their lot, yet few of us are at that level of equanimity, few of us are that happy.

More than simply wanting *something*, by definition we want something which we don’t have. God alone is defined as perfect, a being from which nothing is lacking. But we humans are flawed and every flaw, every lack, is the site of a desire for something. Perhaps it’s a mate or a job, perhaps it’s a certain type of body or a truly exquisite Lamborghini. What we want is, by definition, something we don’t have. It can be scary to even name these desires, because acknowledging desire means acknowledging that which we lack.

Of course, we lack many things, and some desires cannot really be attained. It’s possible, of course, to buy a sports car, find a mate or even have a career of deep meaning. But true justice will never be achieved, no matter how deeply we long for it, and the radiance of the living God will never be revealed, no matter how desperately we thirst for it.

One of the main challenges of life is charting a path between the often painful acknowledgement of the things we lack and the often equally painful acknowledgement that some dreams can never be fulfilled.

The Israelites struggle to chart this path as they leave the land of Egypt. They had to recognize the pain and humiliation of slavery before they could groan and dream of freedom.

In fact, the recognition was so painful that the Israelites tried to reverse course and crawl back to Egypt. “Was it for want of graves you took us from Egypt?” they said. “Let us be and we will serve the Egyptians, for it is better for us to serve the Egyptians than to die in the wilderness!” (Ex 14:11) Petrified by what they learned in their own pursuit of freedom, the Israelites desperately wished to stop acknowledging the freedom they lacked.

While the Israelites suffer the pain of truly understanding what they lack, they soon crash into the realization that some of their aspirations cannot be achieved. Coming through the Red Sea, they sing triumphantly, “The Lord is my strength and my might; he is my deliverance.” (Ex 15:2) For a moment, they thought they had achieved the unachievable, that the Divine belonged to them.

Soon, though, they came to recognize their unbridgeable distance from the Divine as they realized that there would not be enough food and water to sustain them in the desert. They came to realize that possession of the Divine, and the security that comes with it, was not a goal they could ever attain. As it was for the ancient Israelites, so it is for us - we are called to walk the hard path between the pain of deficits and the pain of unrealizable dreams.

If we never muster the courage to face our lacks and our deficits, whatever they may be, we will not grow. We will stagnate and wither, stuck where we are when we give up hope. Alternatively, if we do not reconcile ourselves to the reality that our deepest and most important desires are not just unattained, but unattainable, we risk becoming bitter and frustrated that the world as it is falls so far short of the world we desire.

That path between stagnation and bitterness is a narrow path and it is a hopeful path. It is the path the Israelites as a whole walked from slavery to the promised land, and it is the path that all of us must walk to reach our individual promised lands, whatever they might be. May we all be blessed with others with whom we can walk the path.



Rabbi Brent Spodek

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 Stan Cooper who took time from Management Consulting and helping lead and design the JFedDC 5-Year Strategic Plan to answer our questions.



Stan Cooper

- 1. **What is your favorite/least favorite word?**
***Favorite:** Peace*
***Least Favorite:** Hate*
- 2. **What inspires you creatively, spiritually, or emotionally?**
Self-satisfaction
- 3. **What is your favorite song?**
Kissed By A Rose by Seal
- 4. **What profession other than your own would you like to attempt?**
Psychologist—even though several of my aptitude tests in college said that a park ranger was what I should be.
- 5. **What profession would you not like to attempt?**
Politics
- 6. **What is your favorite food/dessert?**
Food/Dessert—My wife’s brisket and also her matzah balls.
- 7. **What do you most like and dislike about yourself?**
***Like:** My sense of humor.*
***Dislike:** Impatience*
- 8. **What is one interesting thing that people don’t know about you?**
I am very interested in classical music. It moves me.
- 9. **If you could choose a superpower, what would it be?**
Read people’s minds
- 10. **What is your greatest achievement/something you are most proud of?**
Having long term friendships.
- 11. **Do you have a “bucket list” and, if so, what is on it?**
Travel destinations—We’re doing very well on ticking off a lot of them. Going on a safari would be the next one.
- 11. **If there was one thing you would hope others do in the interest of our future, what would that be?**
Listen to one another with empathy.
- 12. **What is your most favorite Jewish Memory?**
Going to Israel and visiting Israel.
- 13. **What is your earlier Jewish Memory?**
Going to Hebrew School in Brooklyn and throwing spit balls behind the Rabbi’s back.
- 14. **In what ways does or can JFedDC impact our Jewish Community?**
Breaking down the walls of anti-Semitism.
- 15. **If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
It was worth the journey. You’ve arrived. You’ve had an impact on others with your time on earth.

*member of the Tribe

JDAM Featured Sessions

www.jewishtgether.org/jdam

Empowerment:

February 3	7PM	Kickoff with Itzhak Perlman
February 4	12PM	A Culture of Belonging at Your JCC
	3PM	Networking & Community Building Workshop

Breaking Barriers:

February 8	3PM	Mental Health & Isolation
February 10	12PM	Ready, Willing & Able: Disability Advocacy in Israel
	7PM	Supporting & Including Youth with Disabilities
February 11	3PM	Networking & Community Building Workshop

Creating Opportunity:

February 16	3PM	Mobilizing Canadians for Inclusion
February 17	12PM	Smart Business: The Case for Inclusive Hiring
February 18	3PM	Networking & Community Building Workshop
	8PM	Fighting Stigma with Effective Storytelling

Disability Rights are Civil Rights: Advocacy Week:

February 22	7PM	The 2021 Disability Rights Policy Agenda
February 23,	3PM	Effective Advocacy for Inclusive Policy
February 25	3PM	JDAM Closing—Making Inclusion a Reality

Passover is coming . Don’t forget to purchase your holiday greeting. All greeting must be purchased by February 8.

See page 10 for the selection form.

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Shir Chadash Religious School Students Continue their Study of Jewish Values

Congregation Shir Chadash's students are learning about Jewish values: Aleph class through the study of Torah stories; our Bet class through the study of Jewish heroes, Jewish American history and the Jewish Holidays.

The Aleph class, taught by Rochelle Bellach, meets 9:30-10:15am followed by a short Shabbat Services where they are joined by the Bet class.

The Bet class, taught by Cantor Fail Hirschenfang, continues from 10:45-11:45am.

Classes are all virtual at this time.

Want to get in on the fun, but your child isn't registered? New students can try out our school for one month free. For more info contact Sue Marcoc: sfmarcoe@gmail.com or (845) 723-4045.

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Intermediate Division (ages 6-10)
Bar and Bat Mitzvah (ages 11-13)

For information, contact Rebbitzin Tzivie Hecht,
Director (845) 876-7666 or tziviehecht@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 or 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

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



Community Drive-Thru Purim Carnival

Congregation Schomre Israel Parking Lot
Enter at 18 Park Avenue, Poughkeepsie

Drive-Thru Activities

- Yummy Mishloach Manot with Carnival Prizes
- Grogger Kits on the go
- Popcorn Booth
- Costume Contest Photo Booth
- Balloon Booth
- Crafts on the go
- Tzedakah "Bean Haman" Booth
Please bring soft boxes of beans/rice/pasta to throw at Haman!
All collections will be donated to a food pantry.

Optional Park & Socially Distanced Gathering

- To Go Coffee & Hot Chocolate
- Socially Distanced Fire Pits

Come in Costume!
Wear a mask!
And wear a mask!



Sunday
February 21
10:30am-11:30am

Kindly RSVP:
www.JewishDutchess.org/events










PJ Library Mid-Hudson Valley

Generation Gratitude Winter Session Schedule January-March 2021

Sunday Meet Ups: 10-10:30am
February: 2/14 and 2/28
March: 3/7

Friday Meet Ups: 9:30-10:00am
February: 2/12 and 2/26
March: 3/12
Parent Classes for all: 1/21 and 3/18 at 8:15 pm

To register: pjlibrary@jewishdutchess.org/475-2704





PJ Library Mom's Night Out Fireside

Come join other PJL and PJ Our Way Parents for some much needed parent only time as we discuss gratitude with a Jewish lens.

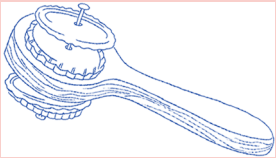
Rescheduled due to inclement weather.
Contact pjlibrary@jewishdutchess.org to RSVP and get event info.

פורים
Purim
to cast lots

HOW TO MAKE RHYTHM PADDLES :
Musical Instrument Making Crafts for Kids & Teens

Taken from: www.artistshelpingchildren.org

This is a great musical instruments craft that you can work on with your parents or grandparents. After you make this craft, you can keep in beat with the rhythm of your favorite songs. You will wonder how you lived so long without it. Have fun with your craft. and music making.



Crafts Materials Needed for Wooden Drums:

- 2 Paddles (either ping pong paddles or ball and paddle games from the dollar store)
- Wood Glue
- Metal Bottle Caps
- Hammer
- Nails

How to Make Wooden Drums:

1. Glue 2 paddles securely together (Or and adult can cut out a spoon-shaped pattern from a piece of wood about a half-inch thick.) Let dry completely.
2. With adult supervision or assistance...flatten 4 to 16 metal bottle caps...depending on how many you want to place on your paddle.
3. With adult supervision or assistance...Nail two flattened metal bottle caps for each nail. You can put however many you want to on each side of the paddle. Drive the nail into the wood only far enough to secure.
4. Play this instrument



PJ LIBRARY FAMILY OF THE MONTH:

Family Name:
The Cantatore Family

How many kids are in your family and what are their ages?
2 children: ages 3 years and 8 months

How long have you been receiving PJ Library books?
About 2 1/2 years

What is your family's favorite PJ Library book?

At the moment we are really loving *Lilah Tov Good Night* by Ben Gundersheimer and illustrated by Noar Lee Naggan. The illustrations are SO beautiful!!!

How did you hear about PJ Library?
My aunt signed us up when our first daughter was born.

Why is PJ Library important in your home?

PJ Library is important because (as we have become more and more aware) representation matters. These books give my daughters the opportunity to grow up seeing images and stories of kids just like them.

How has PJ Library influenced your family's Jewish living and decisions?

Because of PJ Library books we have started celebrating more of the Jewish Holidays as a family. We have been inspired to find ways to include some of the traditions that we didn't grow up with in our new little family and create traditions of our own.

Is PJ Library helpful to you as a parent? How?

Not only does it provide new and exciting reading materials every month but it also provides a natural segue into questions and discussions fo Jewish values, traditions and holidays. Having new books during this time when we are all spending extra time at home has been an added bonus!

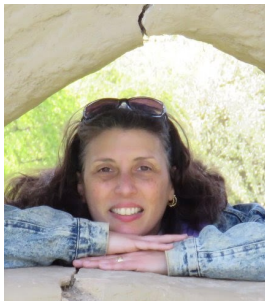


Family of the Month

Kim



Suzanne



By Suzanne Turrisi, Assistant Director PJ Library Mid-Hudson Valley

We commemorate Purim by drowning out Hamen's name. We shout, stamp our feet, and make a lot of noise when his name is mentioned. Perhaps now is a good time to continue to stamp out hatred. So shout and make some noise against other adversaries, others who try to keep us quiet. This Purim, feel free to shout out when you experience something wrong. "When you see something, say something!!" Make a stand if you see someone being treated unfairly or bullied. Be the "Esther" who is brave and fights for that which is right!

On Monday January 18, PJ Our Way had our Tu B'Shevat Palooza at Greenvale Park in Poughkeepsie! It was attended by 14 children accompanied by their grown ups. Rose Shapiro was our photographer and helper extraordinaire. Rabbi Krasner led a fun Tu B'Shevat food taste testing, Morah Turrisi read a wonderful tree story, we had a tree rubbing craft that included "nature treasures", had birthday cupcakes for the trees, and a fireworks display! A great time celebrating the birthday of the trees was had by all safely outdoors! We hope to be sharing more live, as well as virtual events!

We do hope that you will all join us for a completely unique Community Drive-Thru Purim Carnival this year on Sunday, February 21st. It will be outdoors to keep us safe while still full of fun! There will be options to stay in your car the whole time or get out for a cup of coffee or hot chocolate while remaining safely socially distant. Please dress up in your favorite costume and come join the fun!

With Gratitude,

Suzanne Turrisi, Assistant Director PJ Library Mid-Hudson Valley
Kimberly Ritz, Director PJ Library Mid-Hudson Valley

Community Mazal Tov!

13th Year Celebration of PJ Library
Mid-Hudson Valley

Come celebrate with us on 11/7/2021 as we honor PJ Library's contribution to our community!

Please email us if you are interested in helping plan our Community Mazal Tov "Book Mitzvah" Celebration on 11/7/21 in honor of PJ Library's 13th Birthday in the Mid-Hudson Valley. Please submit your favorite memories and photos at past PJ Library and PJOW events at: pjlibrary@jewishdutchess.org.

Please check out all of our **PJ Library February 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!

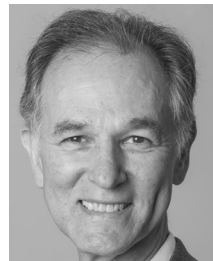
Sign up for PJ Library (ages 0-8 years old): www.pjlibrary.org
Sign up of PJ OurWay (ages 9-12 years old): www.pjourway.org

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

Join our PJ Library Mom's What's app Group or our Mid-Hudson Valley PJ Library Families FB Group via email at 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
Thank you!

The Federation Board’s Voice



The State of Anti-Semitism in Dutchess County

Steven Wasser

We can all probably recall anti-Semitic incidents. When I was growing up on Long Island it was not uncommon to hear Jews accused of being “Christ Killers.” As a young management consultant, I was sent to Houston for a meeting and saw a swastika on someone’s clipboard. In business one of our dealers started using an anti-Semitic trope until my Marketing Director, who was a gentile, told him to zip it up.

So has anything changed over the years? In Dutchess County I personally have not experienced anti-Semitism, but that doesn’t mean we live in an anti-Semitic free zone. A reporter for the Poughkeepsie Journal, Saba Ali, wrote a front-page story last month about a local auction house, Absolute Auction & Realty, that auctions Nazi memorabilia. This is not a rare occurrence in Dutchess County or nationally. A quick search on the internet revealed an extensive list of assorted Nazi symbols up for auction in the next couple of months, ranging from helmets, to medals, to posters. We live in a country where the purchase and sale of Nazi “memorabilia” is protected by the first amendment of our Constitution, but it is still offensive and disrespectful to sell such items. And who buys this stuff? What does it tell us about our society?

Feedback

We are gathering input on the issue of Nazi memorabilia. Please email comments to TheVoice@JewishDutchess.org. Let us know if you are willing to have your comments printed in The Voice. If you possess Nazi memorabilia and would consider donating it via Federation to an educational organization or museum, please let us know about the items you have.

According to the Anti Defamation League:

The American Jewish community experienced the highest level of antisemitic incidents last year since tracking began in 1979, with more than 2,100 acts of assault, vandalism and harassment reported across the United States...

ADL’s Center for Technology and Society confirmed that a high volume of antisemitic tropes and misinformation was directed at incumbent Jewish members of Congress who were running for reelection. A one-month snapshot of July 23 to August 22 [2019] revealed that as many as 6,000 potentially antisemitic tweets had been directed at those elected leaders, including Soros-related conspiracy theories, explicit antisemitic language, tropes related to Jewish power and control, and/or tweets questioning the loyalty and faith of Jewish incumbents.

The data most likely vastly understate the incidence of anti-Semitism. What about more subtle forms of anti-Semitism? Is it anti-Semitism when our Executive Director gives the smiling owner of a local restaurant a copy of our newspaper, The Voice, and moments later finds it tossed in the garbage?

If you find an incident you believe is anti-Semitic, Federation can help. Here is what we recommend you do: Notify our Executive Director, Karen Hochhauser. Her email address is Director@JewishDutchess.org, and the office phone number is (845) 471-9811. Karen will then direct your concern to the appropriate party, which could be the local police department, our Dutchess County Commission on Human Rights, and/or Brad Orsini, the Sr. National Security Advisor of Secure Community Network (SCN), JFNA’s security arm.

Starting this spring we also plan to establish a monthly column in The Voice dedicated to security for the Jewish community. Stay tuned.

Jews in the News:

Our newest section that highlights updates and happenings of our Jewish business members of the community.

Stirring Up the Soul: Finding Spirituality in Food

New Book Combines Kabbalah with Cuisine

It’s said the key to one’s heart is through the stomach; food can also be a pathway to the soul. In A Kabbalah of Food, Rabbi Hecht cooks up a feast of inspiring tales and teachings around food and eating from the Kabbalah, a mystical part of the Torah, which, until the 16th century was available only in secret to a select few.

The book includes the author’s favorite Jewish recipes, traditional and reimagined—from latkes and brisket to pickles and hummus—to nourish both body and soul on holidays and every day. Many of the recipes are simple enough to make with children, and the stories and teachings illustrate how taking a mindful and joyful approach to cooking, sharing, and enjoying food can create a dwelling place for God within us and spark godliness in our physical world. The book is a celebration of the joy and power of faith in acts of mitzvot, and will help readers understand and observe *kashrut*, or Kosher dietary guidelines, translated as “fit to eat.”

Rabbi Hecht is the spiritual leader of the Rhinebeck Jewish Center in New York’s Hudson Valley, the director of Chabad of Dutchess County, and a member of an extended family of notable rabbis in the U.S. and around the world. He also brings speedy Torah lessons to busy working people as the Six-Minute Rabbi, and he has taught Kosher cooking at the Culinary Institute of America.

To purchase visit oblongbooks.com or visit Oblong Books & Music in Rhinebeck

Our Executive Director



I love people. I always have. I am interested in who people are, their histories, and their stories. There is so much to learn from others, if we are only willing to listen. That is one challenge I am finding recently with the greater public. Some people seem to be less willing to have objective, unemotional, intelligent dialogues with others who do not necessarily agree with their opposing viewpoints.... but that is not what this article is about.

I was blessed to receive a call from a very special person. Her name is Olga. As it turns out, she is a survivor of the Holocaust. She was 6 years old when she had to go into hiding. She shared with me that she was separated from her parents and was unable to see them for several years. She has incredibly vivid memories and details of those times, which is particularly amazing for such a young child. When we spoke, she described how she was unable to attend school while in hiding and found it challenging that some people today are having such issues adjusting to modified schooling during the pandemic, when she had no options. We spoke for close to two hours and I would have spoken to her longer if she wanted.

Interestingly, when we started our “Movie Night In” last year, our first movie was a documentary called “Hidden Children” of the Holocaust. When I mentioned that the director who joined us that night, Gi Orman, was interested in speaking with any hidden survivors, she was very receptive. Somehow, I felt that this unique opportunity of having spoken with her, provided a bigger opportunity of documenting and honoring her story.

As people of the Jewish faith, we believe in sharing stories. We believe in traditions, and we believe in passing L’dor V’dor, from Generation to Generation. With Purim soon upon us and Passover not that far behind, we have rich histories and stories to share. There is so much to learn from our past. In discussing it with others, we had an idea about starting an “Adopt a Bubbe/Zayde” Program. Not all of our seniors have relatives close by. How amazing would it be for a respected senior to know that there was someone local who was looking out for them? To give them a call or stop by. For me, I felt such a special connection as I dropped off a challah one Friday to Olga just to let her know that the community was here for her and with her. This pandemic has hit everyone in different ways and some more than others, but I feel that seniors have earned our respect and our time. If you are interested in our “Adopt a Bubbe/Zayde” Program, let us know. As we keep saying, we are here to “Create Community”... to do more, for more.

Wishing you all health and happiness,
Karen Hochhauser

P.S. As a special gift to you, and honoring L’Dor V’Dor.... It is absolutely my pleasure to share with you my 3rd Grade Temple Beth-El Sunday School Recipe for

Purim Hamentashen

Ingredients:

- 4 eggs
- 1 cup oil
- 1 1/4 cups sugar
- 2 teaspoons vanilla
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 5 1/2 cups flour

Beat eggs. Beat in oil, sugar, vanilla, baking powder, salt.

Gradually add flour, mix thoroughly. Knead until smooth enough to roll on floured board. Roll out. Cut dough into 3-4” round (the top of a glass works very well.)

Place filling in center of each round. Pinch sides together to form triangle.

Place hamentashen on lightly greased cookie sheet. Bake for 30 minutes at 350 degrees.

Filling: the choice is yours - my family loves apricot jam, raspberry jam, peanut butter, Nutella, chocolate chips.... But remember, if you want to go traditional, you could always use prune filling or poppy seeds.

ENJOY!!

the Avalon

Assisted Living & Wellness Center

Wappingers Falls, NY



The next step in a life worth living.

A safe alternative to nursing home placement, serving those who need assistance with daily living.

Locally owned and operated, accepting Medicaid and private funds, the Avalon offers 24/7 services from certified staff. Call us today to see how we can help.

Telephone: 845-463-0500
Fax: 845-463-2159

1629 Route 376
Wappingers Falls, NY 12590

WWW.AVALONALP.COM

Kosher, Quality, and Value: the Wines of Israel

On Sunday, February 7, 4:00pm, prepare to embark on a 2-hour virtual event including an introductory-level seminar on Israeli wines (industry history, geography, grapes, and the story of Israel's Barkan Wine Cellars), and enjoy a guided tasting of four Barkan Classic Series kosher wines (Chardonnay, Pinot Noir, Merlot, and Cabernet Sauvignon).

Your host and presenter will be Arnie Serotsky, Vice President and Tasting Advisory Chair of It Was A Good Year, Inc. (a four-decade Mid-Hudson Valley wine education and tasting group), and a Vassar Temple member. Arnie will also provide food pairing recommendations with a Kosher/Jewish/Israeli theme and will send a simplified wine tasting note sheet that can be downloaded to use during the tasting. Following the tasting, he will take any and all wine questions, and later will email presentation notes to participants.

You must register by Jan. 15 to allow for wine ordering and pickup. (After that date, participants are welcome but we cannot guarantee wine availability.) To register, email Arnie at wine@vassartemple.org, and mail a check with "wine tasting" on the memo line to Vassar Temple, 140 Hooker Ave., Poughkeepsie, NY 12601. Cost is \$20 per participant, to benefit Vassar Temple. Zoom link will be provided to participants in advance.

The 4 wines that we will sample will be available for pickup from My Wine at South Hills Mall. Participants will pay the store directly for the wine, at a discounted price of \$44.60 including tax. In advance of the event, we will notify you when the wine is available, and will endeavor to facilitate delivery to different locales via volunteers. If you have any questions about this upcoming event, Arnie would be very happy to hear from you, so please feel free to contact him at the above email address.



Here's to Your Health

Jewish Family Services
(JFS) Initiative:
To Your Health

Jewish Family Service

Fall Prevention by Jill Bubel, MPT, DPT

In the midst of the COVID-19 pandemic that continues to puzzle healthcare professionals across the globe, the good news is there is a global pandemic we **do** understand; **with the right initiatives we can resolve the pandemic of Falls and Fall related injuries.** According to the Center for Disease Control, 1 in 4 adults 65 years and older will experience a fall this year. Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult dies from a fall related injury. Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.

More good news: falls are **not** an inevitable part of aging. While there are certain risk factors, like demographics and disease processes that are preordained, many others are preventable. Physical inactivity is a risk factor that can be easily controlled. By encouraging older adults to simply get up and move around their homes for 10 minutes, 3 times per day, we can make dramatic improvements in fitness levels. Maybe take a walk around the block to get the combined benefit of fresh air, some vitamin D from the sun and physical activity? To add the motivation of a community of exercisers, it's as easy as going online and enrolling in a fitness class on Zoom or Facebook Live to participate in a Silver Sneakers or similar style exercise program virtually. For more control over the timing and pacing of a home workout, there's the option of downloading an exercise app or borrowing an exercise video from the local library.

Another risk factor that is relatively easy to address is the home environment. To reduce falls in the home, straightforward best practices include eliminating throw rugs (free!), improving lighting, and adding railings and grab bars.

Regular health checks are also part of the strategy to decrease the risk for falls. Annual vision checks with the eye doctor, medication checks with doctors and pharmacists, and assistive device maintenance checks with physical and occupational therapists are imperative.

Especially in light of the quarantine recommendations during the pandemic, we need to be mindful of a lesser known but extremely important risk factor: social isolation. Make it a priority to stay connected with friends and loved ones. Ask for help to learn the electronic platforms to interact and definitely pick up the phone to stay connected.

A short list of local and national resources:

- Virtual Tai Chi for Arthritis classes are offered by the Dutchess County Office for the Aging in collaboration with Vassar Brothers Medical Center Trauma Department.
- The Nuance trauma injury prevention website provides many helpful links: <https://patients.healthquest.org/services/trauma-injury-prevention/>.
- Neal Smoller, a holistic pharmacist in Woodstock, is a great resource for discussing medication and how it affects your risk for falling.
- Paul Lam, founder of Tai Chi for Arthritis, has made many of his introductory Tai Chi classes available for free on YouTube.
- If you are someone that does better with an exercise partner, arrange for a Zoom or Facebook Live meeting and exercise together from your own home.
- Access the "Go4Life" program on YouTube by searching for The National Council on Aging and "Go4Life" to find workouts made specifically for older adults.

There is a silver lining for silver sneakers: Aging is inevitable, falling is not. Let's team up to get active, safeguard our living spaces, engage our medical professionals, and connect, connect, connect to reduce the risk for falling and with minor poetic license paraphrasing the words of the great Teviah from *Fiddler On the Roof* "be active, be healthy, long life!"



Jill Bubel, MPT, DPT

Join Jill at Learn & Lunch Bunch on February 24, to discuss Preventing Falls. See page 2 for more information

Outdoor Megillah Reading

In addition to our regular megillah readings on Purim, Rabbi Krasner will be reading the Megillah on Purim Day, Friday, February 26, 10:30am, in the parking lot of Schomre Israel so that all who would like to hear the Megillah reading can do so in a safe, outside environment. He promises to read in a loud enough voice so that you can sit in your car and hear each word.

Additionally, there will be other readings of the megillah on Thursday February 25 6:00pm, right after mincha which begins at 5:10pm. On Purim Day the megillah will be read at 7:30am and 4:00pm for anyone who missed the first reading. These readings are scheduled to be inside.

Please observe the following rules:
Everyone is reminded that they must follow all Schomre precautions, including wearing a mask the entire time that you are in the building, sanitizing hands often, social distancing when possible, taking your temperature at home before coming into the building, and refraining from coming if you have been in contact with anyone who may have COVID.

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. More exciting and engaging talks to come; check out our website www.shir-chadash.org.

Virtual Purim Service and Celebration

Congregation Shir Chadash will celebrate Purim virtually. Join us for an interesting and enlightening retelling of the story of Esther. Complete with music, singing and the traditional stamping out of Hamen’s name! So bring the groggers, noise makers and plenty of Hamantaschen to participate and enjoy this evening. All welcome!

DETAILS
Friday, February 26, 7:30pm. For more information or for Zoom meeting id call (845) 232-1029, email: info@shirchadash.org or visit www.shir-chadash.org.

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
February 6, 20, 10:15am, via Zoom. For info, contact Vassar Temple: office@vassartemple.org or (845) 454-2570 or Marian Schwartz: mschwa9882@aol.com or Rabbi Altman: rabbi@vassartemple.org

Purim in Oz ~ And a Food Drive Too!

You’ll follow the yellow brick road over Zoom to meet the Wizard of Shushan, when you join Vassar Temple for a family Purim service and spiel. Come dressed as your favorite character from Oz—or from Shushan. And don’t forget to have a box of pasta handy to shake like a gragger and drown out the name of the villain Haman when it is read.

Come to drop off your boxes of pasta at the temple any weekday but Wednesday, between 10:00am-2:00pm, and we will deliver them to a local food pantry. In this year of special need, when you bring your pasta, you are also invited to drop off any of these other much needed items requested by the pantry at Dutchess Outreach:

Food: spaghetti sauce , (pasta), peanut butter, jelly, canned fruit, canned soup, canned vegetables, tuna, instant coffee, tea bags, baby formula.
Personal Hygiene: toothpaste, toothbrush, soap, shampoo, deodorant, feminine products, razors, shaving cream, toilet paper, tissues, diapers, baby wipes

So this year on Purim, make merry and share your joy! Your donation of any of the above items will be greatly appreciated by local families in need (please do not donate unrequested items, previously opened containers, or outdated packages).

DETAILS
Thursday, February 25, 7:00pm. For Zoom link contact office@vassartemple.org, email vtritchair@gmail.com for questions about the service, and socialaction@vassartemple.org with any questions about the food drive.

Missing Hamantaschen

As we all know this has been a year that has brought so many difficulties and challenges. It is too sad and depressing to contemplate all that we are missing. And now we have to add yet another item to what’s different about this year--there will be no hamantaschen for sale by the Sisterhood of Schomre Israel. Our bakers will miss the congenial atmosphere of working together to do something for the shul and the community; the community will miss the ease with which they could order a Shelach Monot basket to be sent to far-away friends or family and the access to tasty Purim treats with a variety of fillings. But, G-d willing, next Purim the Schomre kitchen will be a busy hub of rolling and pinching dough while our volunteers chat and laugh and carefully count and pack the hamantaschen baked specially for all of you



2021 Holiday Greetings

It’s almost that time of the year when The Voice invites you to wish your friends and neighbors a Happy Holiday.

This year we will once again be offering a 3-pack of Holiday Greetings which includes: Passover, Rosh Hashanah, and Chanukah.

Please look at the designs and choose an individual greeting or the 3-pack. If you choose the 3-pack, please choose the same size ad for all holidays.

The cost: Small ad: \$30 each or 3 for \$80
 Medium ad: \$40 each or 3 for \$110
 Large ad: \$70 each or 3 for \$190

Sm Ads—2” by 1.4”
Md Ads—1.5” by 2.9”
Lg Ads—3.2” by 2.7”
Approximate sizes

Please fill out the form and mail it back to us with your payments to:
THE VOICE, PO Box 2525, Poughkeepsie, NY 12603
Or complete online: www.jewishdutchess.org
DEADLINE for Passover Greeting is February 8

2021 Holiday Greetings

Name: _____
Address: _____
City: _____ State: _____ Zip: _____

Holiday	Small	Medium	Large
Passover (circle one)	A B	C D	E F
Rosh Hashanah (circle one)	A B	C D	E F
Chanukah (circle one)	A B	C D	E F

Your name(s) on the Greeting: _____

Checks should be made out to:
Jewish Federation of Dutchess County

Passover Greetings

Small—A

Peace to you this Passover!

Your Name

Medium—C

Happy Passover

Your Name

Small—B

HAPPY PASSOVER

Your Name

Medium—D

May you be blessed with peace, prosperity, and joy this Passover

Your Name

Large—E

Passover Blessings

Your Name

Large—F

Chag Pesach Sameach

Your Name

Rosh Hashanah Greetings

Small—A

Happy Rosh Hashanah

Your Name

Medium—C

May the sounds of the Shofar welcome in a New Year of health and happiness

Your Name

Medium—D

L'Shanah Tovah

Your Name

Small—B

Have a Sweet New Year!

Your Name

Large—E

Best Wishes for a Happy & Healthy New Year!

Your Name

Large—F

Happy New Year!

Your Name

Chanukah Greetings

Small—A

Peace to all!

Your Name

Medium—C

Wishing you peace in this season of miracles!

Your Name

Medium—D

HAPPY Hanukkah!

Your Name

Small—B

Hanukkah Blessings

Your Name

Large—E

From Our Family to Yours, Happy Hanukkah!

Your Name

Large—F

May your Hanukkah shine bright with happiness!

Your Name

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 for current information.
Congregation Schomre Israel 4K (Kvetching, Kvelling, Kibbutzin, Koffee) February 28, 5:00pm Speaker and topic to be announced.
Vassar Temple Tu B’Shevat Seder January 24, 10:00am.

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.
Temple Beth-El Board Meeting 7:30pm. Temple Beth-El Board of Trustees meeting. Contact Temple Beth-El at info@tbeny.org for current information.

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.
Vassar Temple Family Friendly Purim Service February 25, 7:00pm. See page 9 for more details.

Friday
Congregation Schomre Israel Rosh Chodesh Adar Breakfast February 12, after morning services. Special breakfast of packaged Purim foods to enjoy.
Congregation Shir Chadash Virtual Kabbalat Shabbat Service February 5, 12, 19, 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. All welcome to attend.
Congregation Shir Chadash Virtual Purim Service and Celebration Friday, February 26, 7:30pm see page 10 for more information.

Vassar Temple Shabbat Evening Service February 5, 19, 16 7:30pm, February 12, 6:00pm All service are on Zoom go to 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 for current information.

Saturday
Congregation Schomre Israel Movie Night Drive-In Style February 20, 7:30 pm. Featuring *Spaceballs*, a cult classic and one of Mel Brooks most popular films. Upgraded sound system enables you to hear the movie from the comfort of your car. \$5 suggested donation.
Congregation Shir Chadash Virtual Sharing Shabbat -Religious School Programs February 6, 20, See page 6 for more information. For Zoom meeting id, please email: info@shir-chadash.org.
Congregation Shir Chadash Virtual Tot Program February 6, 20, 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-chadast.org
Vassar Temple New Paths Shabbat Morning Worship February 6, 20, 10:15am. Service via Zoom.
Temple Beth-El Shabbat Morning Service Every week, 9:30am. Lively, inclusive, Conservative, egalitarian Shabbat. Contact Temple Beth-El at 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 www.templemanuelkingston.org.
All services held in our chapel are available to live stream. Visit our website: www.cehv.org and click on the live stream link on the homepage. You can also view archived services and classes.
Congregation Emanuel of the Hudson Valley follows CDC recommendations in regard to COVID-19 precautions to ensure the health and safety of our community. At the time of submission, all events are being held online. Please visit www.cehv.org or call (845) 338-4271 x 101 for updates and changes to location for events.
All services are held virtually via Live Stream: www.cehv.org/livestream/

Family Kabbalat Shabbat February 5, 6:00pm.
Kabbalat Shabbat Services Friday, February 12, 19, 26, 7:30pm.
Tot Shabbat Saturday, February 20, 9:00am, before morning minyan. Introduce your tot to Shabbat through music with Rabbi Yael Romer and her guitar.
Morning Minyan Saturday, February 6, 13, 20, 27, 10:00am. Communal prayer, meditation and Torah study.
Religious School Due to the extraordinary circumstances of this past year. CEHV’s board made the difficult decision to put our prestigious Religious School on hiatus for this academic year. To maintain connection and learning opportunities for our students, Rabbi Romer is teaching 2 new Hebrew classes for students. Beginning Hebrew and Intermediate/Advanced Hebrew, both via Zoom. Our community is also working to bring together 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. For **Virtual Hebrew courses for our Religious School Students**, contact the office to register: templemanuelaa@hvc.rr.com
Beginning Hebrew Tuesday, February 9, 16, 4:00pm-5:00pm.
Intermediate/Advanced Hebrew Thursday, February 4, 11, 18, 4:00pm-5:00pm.
Monthly Brotherhood Meeting Tuesday, February 9, 6:30pm. New members are welcome and encouraged.
Monthly Sisterhood Meeting Wednesday, February 11, 7:00pm. New members are welcome and encouraged .
Purim Megillah Reading and Carnival February 25-27. a family favorite, with special plans being made for this virtual celebration. See website or weekly emails for more details.

All following classes and special events are held via Zoom. Please call the (845) -3.38-4271 x101 or email: templemanuelaa@hvc.rr.com or CEHVwebmaster@gmail.com for class links and passwords.

Chai with Rabbi Yael Thursday, February, 4, 11, 18, 25, 5:00pm. Rabbi Yael leads special 18-minute sessions via Zoom
Rhinebeck Meditation & Torah Study Tuesday, February 2, 9, 16, 23, 8:45am, followed at 9:15am by Torah Study led by Rabbi Yael Romer. Join your fellow seekers to receive the day’s blessings and explore Jewish traditions with a progressive, egalitarian approach.
Hebrew Trope Wednesday, February 3, 10, 17, 24, 12:30pm. New comers welcome, learn or improve Torah chanting skills!
Conversational Hebrew (Beginner and Intermediate) Wednesday, February 3, 10, 17, 24, 4:00pm. This dedicated and entertaining group meets to learn and practice the fundamentals of conversational Hebrew.

Calendar

February

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
Email: 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
Email: 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
Email: 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
Email: 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
Email: 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
Email: info@MyPardess.org
The Rhinebeck Jewish Center
102 Montgomery Street, Rhinebeck (845) 876-7666
Rabbi Hanoeh Hecht and Rebbitzin Tzivie Hecht Website: www.RhinebeckJewishCenter.com
Email: 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
Website: 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
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
Email: Office@VassarTemple.org or rabbi@vassartemple.org
Services: Friday, 7:30pm unless otherwise noted, Torah study Saturday, 9:00am. New Paths 1st and 3rd Saturday every month, 10:00am unless otherwise noted.

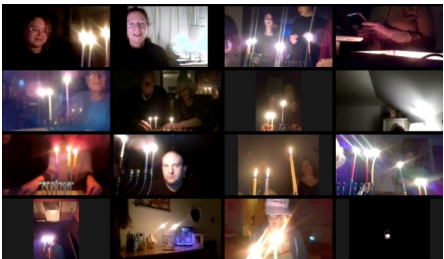
February Candle Lighting

February 5	4:59pm
February 12	5:07pm
February 19	5:16pm
February 26	5:25pm

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



Congregation Shir Chadash families celebrating Chanukah by Lighting Up the Night



Meeting of Jewish Representatives



Shir Chadash student enjoys her Chanukah goodie bag.



JFedDC Menorah lighting up at the Renegades holiday fair.



Rabbi Daniel Victor during a Livestream Shabbat.



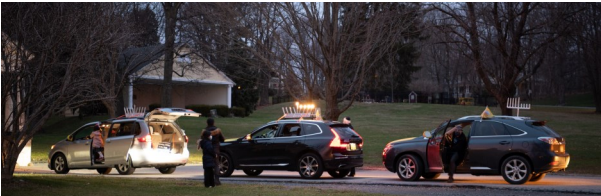
New Year's Eve Early celebration with Temple Beth-El "Jewish Cocktails with Dammara Kovatz Hall. Lots of fun!!



Thank you EID photography for capturing the holiday spirit.



This year's Evelyn Kahn Spirit of Sisterhood Award was presented to Linda Babas. Linda, who has been active in the Vassar Temple Sisterhood for many years, coordinates the Sisterhood's Book Group, and is a long-time member of the Temple's Social Action Committee where she is a key member of their Lunch Box team.



Millbrook Chanukah Menorah lighting



Jewish Family Services preparing over 100 Chanukah Shabbat Care Packages which were delivered to 11 senior facilities throughout Dutchess County



Chabad Mid-Hudson Valley Chanukah lighting

Join us on a trip back to where the best summer memories were made:



Movie Night In:
Sweet Lorraine
Thursday,
February 18
7:00PM

In its heyday, the Lorraine Hotel saw its fair share of guests, laughter and good times. But now that the aging inn is well past its prime, owner Lillian Garber must decide whether to repair the Catskills landmark - or sell to developers. As Lillian and her zany staff enjoy what may be the Lorraine's best- and last-summer season, they realize that not even a wrecking ball can demolish life's sweetest treasures. A slice-of-life comedy about old friendships, new romance, and letting go of the past. —Echo Bridge Home Entertainment.

Special Guest Speaker:
Stephanie Sabloff Wasser, whose family were THE hotel suppliers for all of the 550 hotels for 50 years...
Register at: www.jewishdutchess.org/events



JFedDC celebrating Chanukah at The Fountains.



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