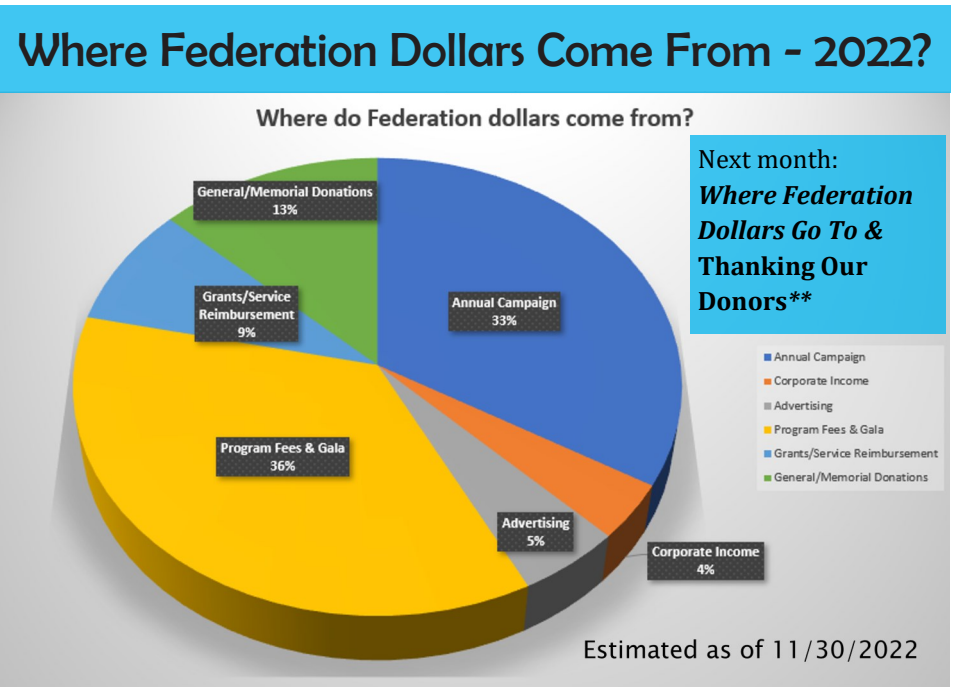


“Suddenly Single After 50”

Come join authors Barbara Ballinger and Margaret Crane as they discuss practical and resourceful ideas on how to deal with life after a relationship comes to an end.

March 19, 2023 1:00 PM
Rhinebeck Reformed Church
Register for this free event
www.jewishdutchess.org/events

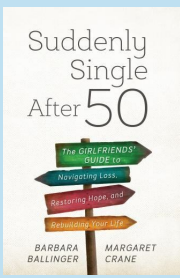
A book club discussion via zoom to follow at a later date.



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 to share.

March Author Series: Endings and Beginnings

Suddenly Single After 50: The Girlfriends' Guide to Navigating Loss, Restoring Hope, and Rebuilding Your Life is told with authenticity, wit, and compassion by long-time friends and authors Barbara Ballinger and Margaret Crane - who have a lot in common. Both lived in the same city for years. Both are writers. Both married their husbands right out of college. Both are mothers of grown children who have left home. And both had aging parents when these difficult journeys began. Both found themselves alone, husbands lost to divorce and death, two separate situations that were equally traumatic— for Barbara, a divorce that took four years to end, and for Margaret, a five-year, gut-wrenching siege of myriad cancers that ended in death. Barbara was divorced after 31 years; Margaret lost her husband to cancer after 42 years of marriage. They share others' stories and advice from experts. They will discuss their book, explore new ways to "reevaluate, reestablish, and reinvent" and sign books after their talk.



****In March's *The Voice*, we will be thanking our 2022 donors. If you prefer that your name not be listed or included as anonymous, please notify us by February 8, via email, at admin@jewishdutchess.org.**


March Author Series:

Sunday, March 26, 2:30 pm
Adriance Memorial Library
Author: Jennifer Rosner




Collaborating with the Poughkeepsie Public Library, we are excited to welcome Jennifer back!

Register for the event: www.jewishdutchess.org/events



March 19 at 1:00pm,
Where: Rhinebeck Reformed Church
Register for the event:
www.jewishdutchess.org/events



February's Mitzvah Now Project

We are collecting reusable shopping bags to help families carry groceries they receive from the Morse School Food Pantry.

Throughout February, bags can be brought to our new office: 104 Fulton Ave, Poughkeepsie. (For a double mitzvah, consider filling the bag with non-perishable food items.)



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Reminder!

Order your Voice Holiday Greetings for Passover by March 8
See page 9 for more details



Purim CARNIVAL

Community Purim Carnival
March 5, 10:00am
See page 6 for more information

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LEARN & LUNCH BUNCH

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

WEDNESDAY PROGRAMS Join us!

MEETING LOCATION

We will be meeting at 11:30 am at Temple Beth-El, 118 S Grand Ave, Poughkeepsie Please do not bring outside food into the temple.

Location
 Temple Beth-El
 118 S Grand Ave
 Poughkeepsie NY

SCHEDULE

11:00 –11:30am
 Schmooze
 11:30 –12:30pm
 Program

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



February

February 8 **Medicare with Gerri Brenner.**
 Gerri will be teaching us all about Medicare and which part is good for you!
 Menu: veggie burgers, French fries, and fruit

February 22 **Historical Murders in Dutchess County with Shannon Butler, historian.**
 Come learn about the dark history of our county's past!
 Menu: lasagna with roasted veggies, garlic bread, salad, and dessert

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

Office of the Aging

Friendly Calls Program Submitted by Todd Tancredi, Dutchess County Office of the Aging

One New York state law that takes effect March 6th requires telemarketers to offer the option of being added to that seller's do-not-call list at the outset of certain calls, rather than at the end.

What effect this will have on scam callers is unclear at best. Phone scammers, by definition, are breaking the law, and have a history of adapting their pitches to the news of the day. When one tactic no longer works, they find another. It would be no trouble at all for them to impersonate legitimate telemarketers, trying to trick you into giving up personal information under the guise of putting you on a do-not-call list.

Wasn't this all supposed to go away? That was what federal regulators hoped when they required telephone carriers to authenticate calls using their networks. The new rules are working but can only disable one method in scammers' bag of tricks.

Our advice when you see an unfamiliar number appear on your Caller ID screen remains the same: ignore the call or screen the call until you're certain who's calling. If you've picked up by force of habit and you suspect a scammer, just hang up. No need to talk to them, no need to push the buttons they want you to push. Just hang up.

If you only have an "old school" phone with no Caller ID or voice mail, so that you must pick up to find out who's calling, ask your friends and family and other regular callers to plan a time and date for their next call, so that when the phone rings at that time and date you'll know it's them.

TRY MAKING A FRIENDLY CALL INSTEAD

The Office for the Aging this year is introducing a Friendly Calls program, to help lonely and socially isolated older adults stay connected to friends and neighbors through brief calls with OFA volunteers.

If you'd like to be a volunteer OFA Friendly Caller, email bjones@dutchessny.gov or call (845) 486-2555.

Mitzvah Now Projects



JFedDC is looking for volunteers to help pack and distribute the Purim Mitzvah Now packages.

For more information or to volunteer call JFedDC at (815) 471-9811



Due to staffing and space constraints, JFedDC has transitioned the Medical Loan Closet to another non-profit who helps those in need. If you are in need of medical items, call JFedDC at (845) 471-9811 and we can give you a referral.

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Save the Date:

Sunday, March 5—Community Carnival

Wednesday, June 7—Federation Celebration



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**Don't forget to order your
holiday greetings!**

**Order by March 8
for Passover!**

See page 9 for information.



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The Harding Club

The Harding Club wishes all of our friends and readers of The Voice a very Happy New Year and a very healthy and joyous 2023.



2023 is the year of our Great Celebration! It is the year of the Harding Club's 100th Anniversary. A big event is being planned for June 14 to commemorate 100 years of doing good things for our community as well as providing a social outlet for dozens of Jewish men over these years.

When the club was formed in 1923 the corrupt but very much-loved Warren G. Harding was president. A group of young Jewish men, barred from competing in local sports leagues, formed the club and named it for the White House resident as a way to disguise their faith. The Harding Club has been a positive force for making friendships, making business connections, and for being philanthropic for its entire history.

We meet twice monthly for dinner and a speaker. Recent and future speakers include

- County Clerk Brad Kendall
- Former NYS Senator Steve Saland
- Frank Rubin speaking on Cryptology
- Glenn Tanzman speaking on "My Time in Vietnam"
- Bob Ulrich speaking on "Fun Factoids and Tidbits in History"
- Chris Silva, Bardavon Executive Director
- Rick Soedler from the East Fishkill Historical Society
- Kim Ritz, Director of the PJ Library

The Harding Club is a source of camaraderie and good times for its members. It also is a club that prides itself on its generosity and philanthropy not only within the Jewish community but also within the greater Dutchess County community through its donations and deliveries of food and other necessities to local families. We are a solid supporter of the Jewish Federation of the Hudson Valley and of the PJ Library.

It is time for those of you who are not members to think about joining our club so that you too can enjoy the camaraderie of friendships and the pride of civic and personal accomplishment.

You are cordially invited to join this group of men who are living up to the club's motto: "Since 1923, a social club for men interested in camaraderie, community, philanthropy, good food, and Jewish culture."

We do look forward to hearing from you.

Alan Fox, Harding Club Immediate Past President
Mike Elkin, Harding Club President

Website: <http://Harding.jigsy.com/> Email: hardingclub1923@gmail.com



JFedDC appreciates all the organizations that collaborate with us to help our programs be successful. We look forward to more collaboration in 2023!



Monday, April 17

Community YomHaShoah
Commemoration Ceremony

Wednesday, June 7

Federation Celebration
Israel's 75th Birthday Bash



Have a question for Dear Shoshana?: Letters can be submitted to:
TheVoice@JewishDutchess.org



Dear Dresser,

You might think there is!! Why should you want to speak to G-d dressed like you're going fishing? It's appropriate to cover your head and shoulders when approaching the bimah. And remember bologna: that's where the hem of your dress should be! (below knee!)

Shoshana



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Page 4: Berkshire Hathaway Home Services Hudson Valley Properties

Page 12: Hudson Valley Hospice

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

VOICE DEADLINES	ISSUE	DEADLINE
Note deadlines listed.	March	February 1
Email: TheVoice@JewishDutchess.org	April	March 1
if you have questions.	May	April 1
	June	May 1

Rabbi's Blog *by Rabbi Neal Loevinger*

The first Torah portion in February, Beshallah, has images made famous in children's books, illustrated Haggadot, and even Hollywood movies. Who can forget the dramatic scenes from movies like "The Ten Commandments" or Dreamwork's "Prince Of Egypt", showing Moshe (whether animated or embodied by an over-the-top Charlton Heston), raising his arms in front of the astonished but frightened Israelites while the sea parts in front of them like a reverse tsunami? (If you haven't seen these, go check out the clips on YouTube before proceeding.)



Rabbi Loevinger

The image of Moshe splitting the sea like cleaving wood is wonderful cinema, but incorrect. Read the verse closely and you'll see where Hollywood departs from the text of the Torah:

The pillar of cloud shifted from in front of them and took up a place behind them, and it came between the army of the Egyptians and the army of Israel. Thus there was the cloud with the darkness, and it cast a spell upon the night, so that the one could not come near the other all through the night. Then Moses held out his arm over the sea and the Holy One drove back the sea with a strong east wind all that night, and turned the sea into dry ground. The waters were split, and the Israelites went into the sea on dry ground. (Exodus 14:19-22)

Notice the difference between the movies and the text? The Torah says that two things happened: there was a cloud of darkness upon the Egyptians all night, and during that time, an east wind blew upon the sea, driving it apart. Some commentators say that the east wind dried out the seabed so the Israelites could cross, but the nuance here is that the moment of final escape from Egypt wasn't actually a moment: it took an entire night of darkness and winds.

The darkness seems like a replay of the 9th of the ten plagues prior to the Exodus (cf. 10:21), which can be understood as a moral condition as much as a supernatural event. Back in Exodus 10, we are told the plague of darkness lasted for three days, during which time people could not see each other. In other words, a society built upon oppression is one in which human beings cannot see each other in their full humanity. Not only are the oppressed not seen as fully human, but those who oppress deny their own souls, which are formed for compassion and which are defiled by exploiting another.

So too, here at the edge of the sea, the Egyptian army is encased in a moral darkness, unable to draw close to one another, because an army bent on subjecting innocents has already denied humanity in themselves. The full night of darkness, like the three days before it, has another purpose: it gives the Egyptians a chance to reflect and repent, which Pharaoh tragically does not allow.

The Sages noticed in verse 14:22 that it doesn't say "the waters of the sea" were split, but simply, "the waters," and take this as hint that all the waters of the world, in cisterns and jugs and ponds, split along with the waters of the sea. Why would they offer such a farfetched interpretation?

Because the crossing of the Sea of Reeds was a world-changing event, not just a pivot point of Jewish history. At this moment, the idea was made real that people are made in the Divine Image, not to be chattel. They moved forward with the radical idea that God is on the side of the oppressed, for justice, and not on the side of the slave-masters, for power. With the crossing of the sea, every brutalized population gained hope, and the seeds were planted for a new and revolutionary religious ethic of compassion, justice, and mercy. We're far from that vision, but it leads us forward, then and now.

Meet Your Neighbor *By Karen Hochhauser*

Each month, we ask a Member of the Tribe* (MOT) the following questions and feature their answers for a fun and insightful way to meet your neighbors. This month, we are excited to introduce Pamela Mason, our new JFedDC team member. We encourage you to call or stop by the office and welcome her!



Pamela Mason

- 1. What is your favorite/least favorite word?**
Favorite: *Seriously.*
Least Favorite: *Obviously.*
- 2. What inspires you creatively, spiritually, or emotionally?**
Making people happy.
- 3. What is your favorite song?**
I can listen to just about anything. In the 90's, I mostly listened to Reggae.
- 4. What profession other than your own would you like to attempt?**
Esthetician.
- 5. What profession would you not like to attempt?**
A plumber.
- 6. What is your favorite Jewish food/dessert?**
Latkes.
- 7. What do you most like and dislike about yourself?**
Like: *My creativeness.*
Dislike: *I don't know how to say 'no'.*
- 8. What is one interesting thing that people don't know about you?**
Lately, I started gardening and canning.
- 9. If you could choose a superpower, what would it be?**
To be able to time travel.
- 10. What is your greatest achievement/something you are most proud of?**
Being a parent figure to my nieces and nephews.
- 11. Do you have a "bucket list" and, if so, what is on it?**
I don't have a bucket list, but if I did, it would be to travel more outside of NY state.
- 12. If there were one thing you would hope others do in the interest of our future, what would that be?**
Being kind and giving and helping others no matter who they are.
- 13. What is your earliest Jewish memory?**
Going to a Super Sunday Event for the Orange County Jewish Federation where my mother has worked for over 36 years.
- 14. What is your most favorite Jewish memory?**
Hearing a shofar blow at the Newburgh JCC.
- 15. In what ways does or can JFedDC impact our Jewish Community?**
To continue doing fundraising and teaching as many people that can be reached on the Jewish culture.
- 16. If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
Welcome home.
- 18. What question do you wish we asked and what would be the answer?**
Q: *Have you felt welcomed into our community?*
A: *Yes!*

*Member of the Tribe

Order your Passover Holiday Greeting by March 8

See page 9 for more information.

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NEWS!

Coming Soon

Grief Share Group in Dutchess County
More information in future issues of *The Voice*

PJ Our Way Hanukkah Giveback Returns after 3 Year Pandemic Pause!

By Kimberly Ritz, Director PJ Library Mid-Hudson Valley

Last Month, a PJ Library family warmly opened its doors to return in person for our annual PJ Our Way Hanukkah Giveback Celebration! In 2018, a PJ Our Way family approached me about hosting an evening where PJ Library and PJ Our Way families could get together to celebrate Hanukkah and give back to organizations dear to their hearts in lieu of presents for that night of Hanukkah.



This celebration is highly anticipated by a cohort of PJ Library families, and continues to expand each passing year as families invite their friends to join. This year we welcomed two new families to the celebration. One PJL family recently moved to Poughkeepsie and has frequented the PJ Mom's Night Out monthly meet ups, and the other family was invited by the host family and new to the PJLMHV Community.

In summary, the evening begins with schmoozing and a potluck dinner of latkes, sushi, brisket and gelt. Then all the families gather to showcase the organization they donated to and share why they chose to give to that specific organization (see the "Giving Board" Image below). We close the evening with a Community PJL Family menorah lighting. Please see the pictures below to see how bright and warm giving of ourselves and getting together to celebrate Hanukkah can look like together!

If you are interested in attending this program this upcoming Hanukkah please email me so I can add you to the guest list at: pjlibrary@jewishdutchess.org. We look forward to seeing you there!

Let's Get Together By Tamatha Williams

PJ Library is helping families Get Together with friends for Jewish-themed gatherings. What better way than to celebrate in the new year!

You can host a PJ Library Get Together based around all kinds of Jewish themes and holidays. It is easier than you may think because PJ Library provides suggestions and practical tips for hosting memorable Get Together events that do not require tons of planning and preparation.

You choose the guest list! It can be adults only or adults and children. It is a great way to connect in a small group setting with people you know and people you would like to get to know better. Once you apply and are approved, PJ Library will reimburse up to \$100 toward whatever food, decorations, games, prizes, or other supplies your Get Together needs.

We want your family and friends to stay safe and healthy, so please follow all local health guidelines for COVID and other illnesses, and do not host a gathering if it is not advisable in your area.

To learn more, email: PJlibrary@jewishdutchess.org

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chabadmidhudsonvly@prodigy.net

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Classes meet:
 Pre-K through grade 6, 10:00am-12:30pm on Sundays*
 January-Mid March we meet on Saturdays and explore Shabbat.
 Grades 3-7 also meet Tuesdays 4:45pm-6:15pm.
 B'Nai Mitzvah class (grade 7 meets Saturday mornings).

For more info contact:
 Rabbi Miriams Hyman: Education Director Temple Beth-El at education@tbeny.org
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New enrollments are welcome throughout the year. The religious school and Hebrew School are directed by Rabbi Renni S Altman, D.D. For more information, rsdirector@vassartemple.org (845) 454-2570.

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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!



Kim



Tamatha



Suzanne



Love By Suzanne Turrisi, Assistant PJ Library Director

What can be more important than love? February is fondly known as the month that holds the secular holiday of celebrating love. In the Jewish Calendar we celebrate love in a similar way on Tu b' Av, the 15th of Av, which falls out around the month of August.

In Hebrew, the word for love is *Ahava*. The root of Ahava - א-ה-ב means to give. Love involves giving - giving one's time, attention, admiration, respect to others. In fact, a famous rabbi, Rabbi Eliyahu Eliezer Dessler, is frequently quoted as defining love from the Jewish point-of-view as "giving without expecting to take."

Other Jewish definitions of love come from the Torah: love your neighbor as yourself, and **honor your parents** and **elders** or community. For kids, love is understood through actions (hugs, kisses), and helping or good deeds. You can share the love on Tu B'Av in lots of different ways, including: **sending love to friends who live far away**, **bringing soup to a sick neighbor**, or doing a service project.

Check out www.pjlibrary.org and search Tu B'Av for more information!

אהבה Ahava love

Love Kabobs Project: from the PJ Library Hub www.pjlibrary.org/holidays

Show your love for one another by preparing a special fruit kabob snack together. Kids prepare special snacks for parents. Parents, in turn, prepare special snacks for kids.

Recommended for: ages 2 – 8

Materials Needed:

- Strawberries, melon, grapes, cantaloupe, honeydew, watermelon (use one type or any combo)
- Wooden skewers
- Several heart-shaped cookie cutters, so several families can work at the same time
- Plastic knives
- Paper plates to serve as cutting boards and for eating



Advanced Preparations:

- Remove green leaves from strawberries.
- Slice melon in half, remove seeds, and slice in round circles.
- Remove the rind from melon.
- Break grapes into small clusters.

Directions:

- Prepare fruit for kebobs.
- Using plastic knives, cut strawberries in half lengthwise, creating a heart shape.
- Using cookie cutters, create heart-shaped melon pieces.
- Pluck individual grapes from their stems.
- Poke skewer through fruit, arranging as desired.

Share creations with loved ones --PJ Library.org

Let's be social

Pj_library_mid_hudson

Follow us on Instagram and comment on your Purim costume idea for 2023!

All About Purim

The holiday of Purim is a lot of fun, but the story of Purim is filled with danger. Back in the fourth century BCE, a young woman named Esther married the Persian king, but hid that she was Jewish. When the king's minister, Haman, plotted to destroy the Jews of Persia, Esther had to decide whether to stay silent or speak up on behalf of her people — and share their fate, whatever it might be. Esther mustered the courage to tell the king the truth about who she was — and saved her community in the process.

The celebration of Purim involves four mitzvot (commandments): hearing the Purim story read from the Megillah (scroll); delivering mishloach manot, gifts of special foods and treats, to friends and family; giving matanot l'evyonim, charity, to those in need; and enjoying a seudah, a festive meal. These traditions were established by Esther and Mordecai themselves, to be repeated every year on Purim in remembrance of the "month which had been transformed for them from one of sorrow to gladness, and from mourning to festivity" (Esther 9:22).

On Purim, children and adults alike take part in classic Purim activities: they dress in costume, create groggers (noisemakers) to make a ruckus during the reading of the Megillah (the Book of Esther), and look forward to eating hamantaschen, filled triangular cookies. Many communities also put on a spiel, or Purim play. A spiel is often silly and playful, and can give everyone, young and old, a chance to shine.

To learn more go to pjlibrary.org/purim.

This Year Purim is celebrated on March 7th. Come join us on March 5th for the Community Purim Carnival-RSVP pjlibrary@jewishdutchess.org

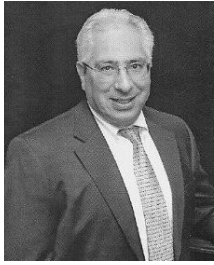


Are you an interfaith couple?
We want to hear from you,
email programs@jewishdutchess.org

PJ Our Way Hanukkah Giveback

Please check out all of our **PJ Library 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! 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: pjlibrary@jewishdutchess.org

The Federation Board's Voice



Adam Belok

Remembering Levy's Rye *Submitted by Adam Belok*

We are all barraged with catchy phrases and sing-song jingles on Radio and TV written by wordsmiths and musical geniuses. Sometimes pop songs from the 1960's or 1970's are bought and paid for. One of my friends, Roy Eaton, a Chopin specialist, actually wrote and arranged "You can trust your car to the man who wears the Star, the big bright Texaco Star", if you are old enough to remember it??

Speaking of jingles, remember, "**You don't have to be Jewish to love Levy's Jewish Rye**"?

Let me propose an important theme along the same lines:

"You don't have to be affiliated with a Jewish Congregation to volunteer and help Jewish Federation with programming!"

In fact, several of our members are unaffiliated themselves, but love being involved with social action and programming that our energetic Executive Director, Karen Hochhauser, has coordinated with many diverse local organizations: the Poughkeepsie Public Library, the FDR Library, DCC, Rhinebeck Reform Church, Dutchess County African American Clergy Association, other non-profits as well as local Jewish congregations and associations.

Anyone can help:

- Assemble & distribute some 140 care packages to seniors in local "rehab facilities", assisted living sites, nursing homes, and private houses
- Deliver The Voice newspapers to locations throughout the county
- Help arrange programming, like our movie night series, concerts or lectures at FDR Library or Boardman Road Public Library
- Volunteer at holiday celebrations coordinated with community synagogues
- Write an intriguing article for the Voice
- Introduce new and existence community members to the Jewish Federation and ask whether they receive the monthly newspaper and weekly email

In part due to Covid, we have seen an influx of new people move into Dutchess County. The question is how do we find and connect with them. Playing "Jewish Geography" is always fun, but particularly when trying to connect with new people and making them a part of our community.

In short, we are asking for your help. As 'the whole is greater than the sum of the parts', we are all better when we are together. You will invariably meet new people and when you do, we encourage you to bring them into the fold and get involved!

**Its easy to support your Jewish Federation.
Consider making a donation to the Annual
Campaign or designate your RMD's
to the Federation.**

Donate at www.jewishdutchess.org/donate

Our Executive Director



It is time to BE A KAREN!

As many know, recently the term "Karen" has become a pejorative slang term. According to Dictionary.com it supposedly describes "an obnoxious, angry, entitled, and often racist middle-aged white woman who uses her privilege to get her way or police other people's behaviors. As featured in memes, Karen is generally stereotyped as having a blonde bob haircut, asking to speak to retail and restaurant managers to voice complaints or make demands" For those of you who know me, you know this does not apply as obviously, I have brown hair; case closed.

In our household, and now in select parts of the community, we have a new and better "Karen" expression. It started when I thought about saying to my children to "man-up" when they needed to overcome and rise to an occasion. However, as I cannot stand that expression, I told my boys to "woman-up" to which they replied, "Mom, not all women are like you." I then said that they should "Mommy-up" to which they replied, "Not all Moms are like you." We then finally landed on "Karen-UP!", which means you rise up, succeed, and exceed. This one seemed to stick not only in our household but has started to spread throughout the community in a positive, pro-Karen way. If you are feeling down or overwhelmed, think about trying to "Karen-UP!", take a deep breath and make a plan and strategy how to overcome whatever challenge you are facing. When you have a deadline looming and are feeling stressed, you "Karen-UP!" and break down the task into manageable bite size activities until you get it done. When you help out someone who is in need or feeling down, you just did a "Karen-UP!" You will feel a rewarding sense of success, accomplishment, and satisfaction.

I now offer you various opportunities to "Karen-UP!". We have Purim coming in March and need volunteers to help put together and distribute Mitzvah Now Holiday Care packages for seniors. We have our 6th Annual Federation Celebration on June 7 and need help organizing it. We are looking for committee members, volunteers, contributors to the Voice, and so much more. With the winter blues settling in, now is a perfect time to "Karen-UP!" because as research has proven, those who get involved and feel connected live happier and healthier lives—so it is win-win. Lastly, speaking of win-win, make sure to check out my Grandmother's sponge cake recipe on the next page. I cannot tell you how many happy memories my grandmother and that cake conjure up for me. Maybe some day I will even tell you about her special magical smile...

Have a fabulous day and don't forget to "Karen-UP!"

Cheers,
Karen Hochhauser,
Executive Director

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 from Rabbi Jon Haddon on four very special Bnot Mitzvah

There is no greater thrill for a rabbi than to officiate at a life -cycle event such as a bar or bat mitzvah, and to see the growth and development of a child who was barely able to read or decipher Hebrew, and then see that child read or chant from the Torah or prayer book.

The thrill has been no less when I have seen the growth of four very special women who have chosen to become bnot mitzvah (daughters of the commandment). I am so grateful to have had the opportunity to have been their instructor for our course in Basic Judaism and Hebrew this past year, and to have helped them toward the fulfillment of their not mitzvah.

Because of our unquenchable love for our heritage, we have dedicated our lives to sharing our beliefs and practices. We have seized every opportunity to describe, explain, reveal, and to transform. I have consciously and continually tried to teach who we are, transmitting my passion to these remarkable women. If, as Martin Buber has said, all real living is meeting we constantly live out our lives as searchers, endlessly looking for ways to live through teaching moments.

In a sense, the phrase "adult bar or bat mitzvah" is a contradiction in terms. Every Jew automatically reaches this milestone their first teen year. However, for several reasons, these women have wanted to focus their studies on the accomplishment of this goal. They may have grown up in a secular Jewish household with no opportunity for religious education. As women, their religious instruction may not have included a bat mitzvah option, and now they wish to affirm their Judaism in this unique way.

These "magnificent four" women, like the four Biblical matriarchs, Sarah, Leah, Rebecca, and Rachel, are students who have taken their own private journeys through life's uncharted waters. Their parents or grandparents had a fairly good notion of society's expectations and limits. In contrast, the only thing we are sure of today is the flux and fluidity that we continually face.

I applaud the commitment and dedication of these women this morning, and, to quote from the Mills Brothers hit song, "my cup runneth over."



Ann Arbeit, Malka Percal, Kathie Gordon and Gwen Greene

JEWISH FOOD

Connecting our Community through Food

Send us your favorite Kosher recipe so we can share it.

Please email to: TheVoice@jewishdutchess.org.

Anne Peltz's Sponge Cake submitted by Adrienne London

This cake was my mother's go to dessert (and Karen's Grandmother). She would make it for Shabbat dinners, Kol Nidre Eve dinner, birthdays or if we needed a simple cake. It is a form of a souffle. There are several precautions. First, always use metal or glass bowls. If you use a plastic bowl and it was used with any oily substance the eggs won't beat correctly. Second, never make the cake on a humid day. The eggs won't beat correctly. Three, always make sure the eggs are at room temperature when you are preparing the batter. Four, use the "mise en place" technique. This means to have all of the ingredients measured, cut, peeled, sliced or grated before you start cooking. In this manner you will not forget any ingredients. Five, Use a 9 inch springform pan or a tube pan with a removable center. DO NOT grease or flour these pans, otherwise they will not rise. Do not open the oven when the cake is baking because it could cause it to collapse.

Preheat the oven to 325° and place the rack in the middle of the oven.

1. Separate 4 eggs, putting the yolks in a large bowl and the whites in another large bowl.
2. Put 2/3 cups of cold water in with the yolks. Beat them for 5 minutes until fluffy and pale yellow.
3. Add 1 1/4 cups sugar into the beaten egg yolks and water. Beat for 4 minutes.
4. Fold in 1 1/2 cups all purpose flour and 1/2 teaspoon fine salt. You may use a rubber spatula for this. Remember to fold, not stir or beat in the flour mixture.
5. Gently stir in 1 teaspoon of almond extract.
6. Beat the 4 egg whites and 1 teaspoon of cream of tartar with a stand mixer or hand mixer, until they are stiff and stand up in peaks. The paddles must be clean and not have any batter on them when beating the egg whites.
7. Fold the beaten egg whites into the other ingredients until the egg whites are completely incorporated.
8. Place the batter in the pan and gently place in the middle of the oven.
9. Bake the cake for about 65 to 70 minutes. At that time take a cake tester and put it into the middle of the cake to make sure it is completely baked.
10. Let it cool thoroughly before taking it out of the pan. Use a spatula to loosen the sides and bottom after it is cool.



Monthly Kosher Food Delivery
From Evergreen—
First Tuesday of the Month

Congregation Schomre Israel has organized a monthly Evergreen delivery program. All orders should be placed no later than midday Monday prior to the scheduled delivery day.

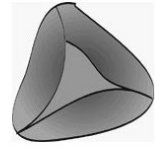
Evergreenkosher.com offers an amazing variety of items for Passover. You can order online and pick up your items at Schomre Israel. Deliveries are scheduled to arrive via Evergreen truck at the synagogue early afternoon on the **first Tuesday of each month**.

If interested, call the synagogue at (845) 454-2890 or email Rabbi Shlomo Krasner at rabbishlomok@gmail.com

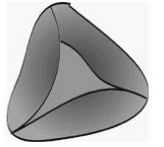
Sisterhood Schomre Israel

40th Annual

Hamentashen Sale



Raspberry · Apricot · Prune
Poppyseed · Chocolate



\$18/dozen—\$12/half dozen

\$26 Shalach Monot Basket + \$18 postage

Hamentashen available for purchase and pick-up on
Sunday, February 19th from 11:00am-1:00pm

Congregation Schomre Israel

18 Park Ave, Poughkeepsie

www.schomreisrael.org · (845) 454-2890

2023 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 March 8

2023 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

Your Name

Medium—C

Your Name

Small—B

Your Name

Medium—D

Your Name

Large—E

Your Name

Large—F

Your Name

Rosh Hashanah Greetings

Small—A

Your Name

Medium—C

Your Name

Small—B

Your Name

Medium—D

Your Name

Large—E

Your Name

Large—F

Your Name

Chanukah Greetings

Small—A

Your Name

Medium—C

Your Name

Small—B

Your Name

Medium—D

Your Name

Large—E

Your Name

Large—F

Your Name

Congregation Schomre Israel

(Orthodox)
18 Park Ave, Poughkeepsie
(845) 454-2890
Rabbi Shlomo Krasner
Website: www.schomreisrael.org
Email: rabbishlomok@gmail.com

Weekly Services:

Shacharis 7:00am (weekdays)
Shacharis 8:30am (Sunday & holidays)
Maariv: 6:40pm (winter weekdays)
Friday Kabbalat Shabbat: around candle lighting times. February 10 – Kabbalat Shabbat Oneg (Indian Food)
Mincha at 5:00pm, Oneg at 6:00pm all welcome

Adult Education:

Tuesday
The Collected Writings of Maimonides, Letters of the Rambam, Rambam's Introduction to Ethics & His Introduction to Torah Law 10:30am, hybrid. Maimonides has been considered as one of the greatest Jewish philosophers and teachers of all time. What makes Maimonides and his teachings so respected and cherished throughout all of the ages? Join us as we discuss his philosophy and study his classic works together.

Thursday

Contemporary Halachic Questions 7:00pm, live and hybrid class. What goes into a Halachic Torah Decision? While some topics are pretty straightforward ("no, you cannot kill him"), there are some which are exceedingly complex. We will take a contemporary topic and question which has vexed laymen and scholars alike, and then analyze and debate the issue and consider the Torah's approach.

Other Classes

Rabbi Krasner will begin Hebrew classes-Hebrew reading and prayer-book Hebrew as well as conversational Hebrew. Check the synagogue website for information.

Other Events:

Sunday

Tu B'Shevat February 5, 5:00pm. Exotic fruit tasting event and make your own fruit flavored candies.

Hamentashen Pick-up February 19, between 11:00am and 1:00pm at the synagogue. Time to get your pre-ordered Purim goodies.

Wednesday

Purim Dinner Reservation Deadline
The Purim dinner will be held Tuesday evening March 7 following services and megillah reading. Cost is \$36 for adults and \$15 for children 3-12.

Thursday

Yiddish Club February 23, 11:00am. This is your chance to hear and maybe even speak a *bisele mame Lushun* and to learn about Yiddish culture..

Saturday

Movie Night February 18, 7:30pm. Movie to be determined.

Looking Ahead

Schomre Israel Sisterhood will be baking and selling Hamentashen for Purim which will be on March 7. Fillings available are prune, poppyseed, raspberry, apricot, and chocolate. Pick up date is Sunday, February 12 At the synagogue from 11am-1pm. Cost is \$18 per dozen and \$12 per half dozen. Shaloch Monot baskets are also available and can be mailed for you. For info contact: rgrosman@aol.com.

Contact:

rabbishlomok@gmail.com
for current information
or visit the website
www.schomreisrael.org

Congregation Shir Chadash

(Reform)
Interim: Freedom Plains
Presbyterian Church, Lagrange
(845) 232-1029
Rabbi Glenn Jacob
Website: www.shir-chadash.org
Email: info@shir-chadash.org

Weekly Services:

Fridays: 7:30pm In-Person & Zoom
Saturday: 9:15am In-person,
Bi-monthly Torah Study with Rabbi Jacob, all welcome to attend.

Adult Education:

Saturday

Torah Study 9:15am. An informal discussion about the Torah portion of the week with Shir Chadash's new spiritual leader, Rabbi Jacob. Everyone has a chance to participate. Just bring an inquisitive mind, a curiosity about our tradition, and a willingness to share your thoughts.

For dates and info call (845) 232-1029, email: info@shir-chadash.org or visit www.shir-chadash.org.

Other Events:

Sunday

Rosh Chodesh Reading Group

Those interested in reading are invited, (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! For more info, contact Sandy Lash at (845) 232-1029, via email: info@shir-chadash.org

Contact :

info@shir-chadash.org
for current information
or visit the website
www.shir-chadash.org

Jews in the News: Highlights updates and happenings of our Jewish business members of the community

Prominent Hudson Valley, NY law firm, **Feldman, Kleidman, Collins & Sappe LLP (FKC&S)** revealed its new name this month, reflecting the leadership of Partner **Kathryn C. Collins** and underscoring her many contributions. Formerly known as Feldman, Kleidman, Coffey & Sappe LLP, the Fishkill, NY based law firm will retain its abbreviated form, FKC&S, through this exciting transition.



NYC TRIP
Sunday March 12, 2023

Where: NY Historical Museum to see the exhibit "I'll Have What She's Having"

The Wheels On The Bus Go Round And Round
Temple Beth-El Trip To NYC
Sunday March 12, 2023

Join us as we head to the NY Historical Museum to see the exhibit "I'll Have What She's Having", an exhibit on the history of New York Delicatessens.

\$50 seniors 65+; \$55 everyone else, CHECK OR CASH ONLY
For museum-related questions email suzanneturrisi8@gmail.com

For bus inquiries email moondoggie7@optonline.net

[CLICK HERE TO REGISTER](#)

Temple Beth El

(Conservative)
118 S Grand Ave, Poughkeepsie
(845) 454-0570
Rabbi Michael Fessler
Rosh Tefilah Rabbi Miriam Hyman
Website: www.tbeny.org
Email: info@tbeny.org

All services are egalitarian & inclusive. Join us!

Weekly Services:

Friday & Saturday Shabbat Services alternate between in-person and Zoom. Call the Temple Beth-El office for the current schedule.

Adult Education:

For information about ongoing Adult Education at Temple Beth-El, please contact the synagogue office : (845) 454-0570.

Other Events:

Sunday

Temple Beth-El Serves at Lunchbox 2nd Sunday, volunteers are needed to help serve a meal at Lunchbox at Dutchess Outreach. You can also help by making a donation to help cover the cost. Contact Nancy Judson & volunteer (845) 216-7563

Bus Trip to NY Historical Museum March 12, 2023. \$50 for over 65 and \$55 everyone else, this includes bus, tip and museum entry. RSVP by February 10. Questions contact Suzanne Turrisi suzanneturrisi8@gmail.com or Merri Sedgwick moondoggie7@optonline.net

Thursday

Temple Beth-El Book Club

Please register for each meeting no later than 9:00am the Friday preceding each meeting. Questions? Contact Merri Sedgwick at moodoggie7@optonline.net. Future meeting will be March 14, May 9, and July 11.

Upcoming

New York City Trip Sunday, March 12, 7:30am –7:00pm. Jump on the bus and join us as we go to NY Historical Museum to see the exhibit "I'll Have What She's Having", an exhibit of the history of New York Delicatessens.

Cost: Age 65+-\$50 and \$55 everyone else. The cost doesn't include lunch. Arrive at TBE by 7:30am, the bus leaves at 7:45am. We will arrive at the museum for entry at 11:00am. Leave the museum for Ben's for lunch (optional) at 1:30. Depart for home at 4:00pm.

RSVP and pay by Friday, February 10, at 12:00pm. No refunds unless the trip is cancelled. We have to fill a 56 passenger bus. Payment is by Check or Cash only! No online payments will be accepted. For museum questions contact Suzanne Turrisi at: suzanneturrisi8@gmail.com, For bus questions contact Merri Sedgwick at: moondoggie7@optonline.net

Contact:

info@tbeny.org
for current information
or visit the website
www.tbeny.org

Vassar Temple

(Reform)
140 Hooker Ave, Poughkeepsie
(845) 454-2570
Rabbi Renni S. Altman D.D.
Website: www.vassartemple.org
Email: Office@VassarTemple.org or rabbi@vassartemple.org

Weekly Services:

All services are both in person and Zoom. For information contact office@vassartemple.org

Friday

Shabbat Evening Service

February 3, 17, 24, 7:30pm; February 10, 6:00pm Simchat Shabbat Family-friendly Shabbat Service

Saturday

New Paths Shabbat Morning Worship

February 4, 18, 10:15am.

Shabbat Morning Service 10:15am.

Adult Education:

Monday

The Talmud: Modern Ideas from an Ancient Text: February 6, 12:00pm, via Zoom. Taught by Senior Scholar Rabbi Paul Golomb, for study sheets and link pgolomb@verizon.net.

Saturday

Torah Study Hybrid class 9:00am, Examine passages from the week's Torah portion or haftorah. For info and to be placed on the class list, contact: office@vassartemple.org.

Other Events:

Sunday

Tu Bishevat Seder February 5, 10:00am.

On Tu Bishevat, the New Year for Tree we will have an intergenerational seder. In modern times, Tu'Shevat has expanded into a celebration of nature and the environment, and is a reminder of our covenant to care for the Earth. Like a Passover seder, the beautifully written Tu Bishevat seder follows a special order with four cups of juice, special symbolic foods (mostly fruits of the tree), and holiday songs. Fun, educational and creative activities interspersed throughout the seder will appeal to participants of all ages and generations. Everyone is invited! To assist with our planning, please RSVP by Wednesday, February 1 at: TuBishevatSeder@vassartemple.org.

Wednesday

Sisterhood Book Club February 15, 2:00pm, Zoom. *The Nest* by Cynthia D'Apris Sweeney will be discussed. A humorous and acutely perceptive tale involves four contemporary adult siblings, and the shared inheritance that has shaped their choices and their lives. Connie Lahey leads the discussion to which all are invited. This novel is available at the Library or Amazon. For more info or to RSVP, contact Linda Babas at bookclub@vassartemple.org.

Fabulous February Fundraiser You've got to be in it to win it! Three Lucky Winners: 3rd Prize: 10% of Sale, 2nd Prize: 15% of sales, 1st Prize: 25% of sales. 50% of sales will be awarded in prizes and 50% supports this year's Temple operating expenses. Tickets are \$20 each or 6 for \$100 or Babka Baker's Dozen 13/\$200. Sales open Wednesday February 1 at 10:00am and closes Tuesday February 28 at 2:00pm. Prize drawing on Monday March 2 following the Purim Spiel. Visit, call, or email the Vassar Temple office to purchase your tickets. Cash or check. Credit card accepted for ticket purchases of \$100 or more. We will be glad to mail your tickets. For more info contact: (845) 454-2570 or office@vassartemple.org

Contact :

office@vassartemple.org
for current information
or visit the website
www.vassartemple.org

Pardess Center for Jewish Life

(845) 440-7592
 Rabbi Zalman Sandhaus
 Website: www.MyPardess.org
 Email: info@MyPardess.org

Contact:
info@MyPardess.org
for current information
or visit the website
www.MyPardess.org

The Rhinebeck Jewish Center

102 Montgomery Street, Rhinebeck
 (845) 876-7666
 Rabbi Hanoch Hecht
 Rebbitzin Tzivie Hecht
 Website:
www.RhinebeckJewishCenter.com
 Email:
RSVP@RhinebeckJewishCenter.com

Weekly Services:

Fridays: Call for time.
 Saturdays: 9:30am

Contact:

RSVP@RhinebeckJewishCenter.com
for current information
or visit the website
www.RhinebeckJewishCenter.com

Chabad of Mid-Hudson Valley

63 Vassar Rd, Poughkeepsie
 (845) 463-5801
 Rabbi Yacov Borenstein
 Website:
www.chabadmidsouthvalley.com
 Email:
ChabadMidHudsonvly@prodigy.net

Weekly Services:

Fridays: Call for times.
 Saturdays: 10:00am Chabad Hebrew School

Adult Education:

Wednesday

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

Special Events:

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.

Contact :

ChabadMidHudsonvly@prodigy.net
for current information
or visit the website
www.chabadmidsouthvalley.com

Beacon Hebrew Alliance

(Conservative)
 331 Verplanck Ave, Beacon
 (845) 831-2012
 Rabbi Brent Spodek;
 Email:
411@beaconhebrewalliance.org

Weekly Services:

Friday Shabbat, 5:30pm Mini Minyan with Luke Wygodny & 6:00pm Potluck Shabbat Dinner and Kabbalat Shabbat

Check our Community Calendar for services times, generally every Friday & one Saturday per month:
www.beaconhebrewalliance.org/calendar

Contact:

for current information
or visit the website
www.beaconhebrewalliance.org

Congregation Beth David

(Reform)
 East Main St, Amenia
 (845) 373-8264
 Rabbi Jon Haddon
 Website: www.CongBethDavid.org
 Email: JonRab33@gmail.com

Weekly Services:

Saturdays 10:30am, December 17, 24

Contact:

jonrab33@gmail.com
for current information
or visit the website
www.CongBethDavid.org

Vassar College Bayit

51 Collegeview Ave, Poughkeepsie
 (845) 728-4792
 Rabbi Bryan Mann
 Rachlin Director of Jewish Student Life at Vassar College
 Email: bryanmann@vassar.edu

Weekly Services:

Fridays: 6:00pm
 7:00pm dinner when school is in session

Contact :

bryanmann@vassar.edu
for current information

Bard College

Rabbi Joshua Boettiger
 Jewish Chaplain, Visiting Assistant Professor of the Humanities
 Phone: (802) 733-6342
 Email: jboettiger@bard.edu

Contact:

jboettiger@bard.edu
for current information

Congregation Emanuel of the Hudson Valley

243 Albany Ave, Kingston
 (845) 338-4271 ext 101
 Rabbi's Study: (845) 338-4384 ext 102
 Rabbi Yael Romer: rabiromer@hvc.rr.com

Weekly Services:

Friday

Kabbalat Shabbat Service February 3, 10, 17, 24, 6:00pm
Childcare Activity for First Fridays February 3, 6:00pm

Saturday

Morning Minyan February 4, 11, 18, 25, 10:00am.

Tot Shabbat February 11, 9:00am email: assistant@cehv.org to be added to the email list.

Education:

Rhinebeck Mediation & Torah Study Tuesday, February 7, 14, 21, 28, 8:45am

Hebrew Trope Wednesday, February 8, 15, 22, 12:30pm

Conversational Hebrew Wednesday, February 8, 15, 22, 4:00pm

Coffee Chai with the Rabbi (via Zoom) Thursday, TBD, 8:45am.

Beginner-Introduction to Judaism Conversation Class Thursday, TBD, 6:30pm.

Zimet Jewish Learning Adventure Sunday, TBD, 9:30am.

Other Events:

Monthly Brotherhood Meeting Tuesday, TBD, 7:00pm

Mah Jongg Returns Monday, TBD, 10:15am

Israel Trip—now forming for June 29, 2023. For info contact our office.

CEHV's Food Access and Security Initiative continues to support The Blue Fridge. This ongoing program accepts a variety of donation items including prepared meals, fresh produce, or pantry staples. For more details contact info@cehv.org.

Contact: info@cehv.org

for all events and current information
or visit the website www.CEHV.org



February

Candle Lighting Schedule

February 3	4:55pm
February 10	5:04pm
February 17	5:13pm
February 24	5:22pm

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 to Grandparents

Sandy and Jerry Goldberg and parents

Howie and Jill Goldberg on the wedding of

Shore and Shajar Goldberg.



The Jewish War Veterans of the United States, Post 625

All persons of the Jewish faith who have served in any branch of the U.S. Military (active, Reserves, or National Guard) or any person who wishes to support veterans are invited to attend Post meetings.

We will be in person at Schomre Israel. The next meeting will be February 12, March 12, April 9, May 7, June 11, at 9:30am (9:00am schmooze). The Post will supply nosh stuff and coffee, and refreshments will be strictly kosher. Masks are optional. We look forward to seeing you there.

For more info, please contact Post Commander Schwartz at (845) 849-0025 or Rschw9881@aol.com

Jewish Trivia

Q: Which member of the 1996 US Women's Gymnastics Team, who won the Olympics, was Jewish?

A: Kerri Strug was on the 1996 Women's Gymnastics Team. 1996 was the first time the US women won the Olympic Team Gold in gymnastics. Kerri was the last to go on vault. She reinjured a sprained ankle on her first vault, but ignored the pain to win the Olympics for her team with her second vault. That took a lot of courage and determination.



Despite postponement, Vassar Temple's candle lighting Chanukah dinner shines on the eighth night



Hanukkah Celebration at Congregation Beth David in Amenia



Vassar Temple Family Chanukah Event



Congregation Schomre Israel's "Writing a Torah", a live Demo



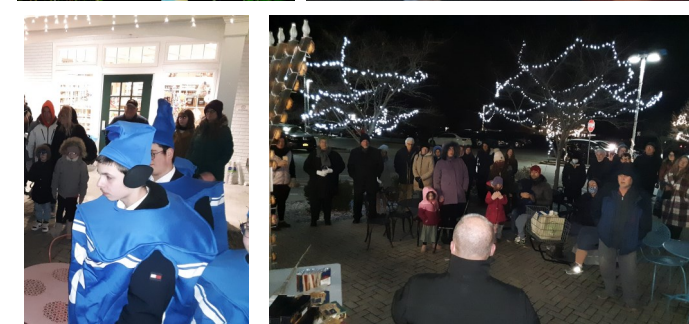
The Millbrook Hanukkah Committee's Lighting of the Millbrook Menorah



Community Chanukah Celebration



JFedDC at Governor Hochul's Hanukkah Reception



Pardess Center for Jewish Life Chanukah at Adams

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