


Movie Title *Orchestra of Exiles*
January 21 @ Time: 7:00pm



**See page 12
for more information**



**Just a
reminder...**



**The 2020 JFedDC
Campaign closes
January 15, 2021.
Still time to donate.**

In an upcoming issue of *The Voice*, we look forward to thanking all of our campaign donors. If you don't want your name listed, please email Nancy at admin@jewishdutchess.org by **January 15, 2021** in order to remain anonymous.

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**Welcome to the
JFedDC Board**


Brenda Baker & Stan Cooper

If you missed the new *Jews In the News* business segment, look on page 10 of the December issue of *The Voice*. Feel free to notify us if you know any *Jews in the News*. We all want to know.
 Email thevoice@jewishdutchess.org

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Launching Jewish Family Services (JFS) Initiative: To Your Health (See page 9)



Intro to the Jewish Family Services Initiative: To Your Health by Sandra Mamis

The Jewish Federation of Dutchess County [JFedDC] works in a variety of ways to support members of the Jewish community and more broadly our neighbors in the county. Our mission speaks to this, in that we are dedicated “... to preserve, protect, enrich, and enhance Jewish communal life and the well-being of Jews locally, in Israel, and worldwide while supporting the greater local community.”

In recent times there has probably been no more pressing a need to promote “well being” than there is now with the normal stresses of life compounded by the effects of the pandemic on all of our lives. People are hard wired to be social—to gather and interact with family, friends, coworkers, and even the new acquaintance—while reading each other’s expression when we communicate. The recommendation to practice distancing and to wear masks undermines all that comes naturally to us. Even as the majority realize the necessity of engaging in these potentially life saving measures, they can be nonetheless the cause of frustration, anxiety, anger, loneliness, and more.

Add to these negative feelings the pressure of financial strain some experience because of job loss and the interruption of routines which typically are stabilizing,, such as going to school, houses of worship, or recreational meetings; and you have the perfect storm. Alienation, uncertainty, and fear begin to challenge our very sense of that “well being”.

It is with this recognition, this awareness, that many of us need to learn coping skills that will assist in navigating our current situation that the Federation is launching a series of articles, to appear in the VOICE over the coming year, designed to address the special issues driven by the pandemic, as well as more general informational pieces

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The Voice

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LEARN & LUNCH BUNCH

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

WEDNESDAY PROGRAMS

January

January 13 **Clove Creek Dinner Theatre** with Felicia DiNonno. Come meet Felicia and learn all about Clove Creek.

January 27 **The yester hara and the yester tov... our inclinations of Good and Evil** with Rabbi Jon Haddon

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.

WHERE

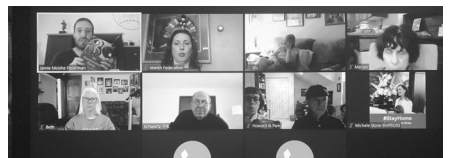
118 South Grand Ave
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 (Temple Beth-El)

SCHEDULE

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

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

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



Learn & Lunch Bunch via Zoom



Learn & Lunch Bunch with Melaine Rottkamp of Dutchess Tourism



Learn & Lunch Hanukkah with Cantor Devorah



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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



Congratulation to Tom & Kathy Walker on the birth of their grandchild.



Congratulations Dave & Tamra Bienemann on their new family members, Kairos & Zada.

A special thank you to our 2021 Community Partners

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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 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- Starting in the 4th Chapter of Brachos. Classes are free. All are welcome. View website at www.schomreIsrael.org for recordings of previous classes.

4K (Kvetching, Kvelling, Kibbitzin, Koffee) Club Sunday, January 31 at 5:00PM. A different topic is presented each month.

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 Haftarah and will be led by the Temple's Rabbi Renni S. Altman, D.D. New attendees should contact rabi@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: rabi@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, January 9, 23, 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

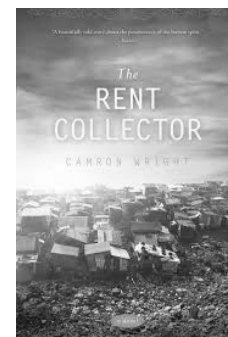
We will discuss award winning novel *The Rent Collector*, by Camron Wright. Taking place in Cambodia, *The Rent Collector* has been described by critics as a story of hope, of one woman's journey to save her son, and another woman's chance at redemption.

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 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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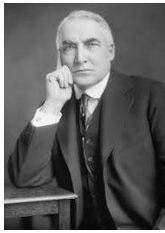
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The Harding Club

It's a HALF PRICE SALE!!

Yes, it's true! Join Harding Club halfway into the fiscal year and pay half-price dues!! It is not too late to salvage the last months of the Harding Club year. Be a member for half a year and pay half the dues of full-year members. What a deal!! Join after January 15, and you can become a part of the club that has dazed Poughkeepsie for 98 years. Full disclosure: In future years you will, like everyone else, pay full dues. Here are some things that Harding Club plans for the first half of 2021:



Guest speakers such as:

- Rich Levine and Art Menkin speaking on "Jews and Baseball"
- County Legislator Rebecca Edwards
- Chris Silva, Executive Director of the Bardavon 1869 Opera House
- Dr. William Frishman, Westchester Medical Center, speaking on presidential health issues
- Susan Karnes Hecht, speaking on Town of Poughkeepsie Environmental Issues
- Kim Ritz, Director of the PJ Library

Community Actions

- Help feed needy local families by delivering surplus food to the Morse School
- Contribute to community events through financial donations and, when possible, participate
- Support both Jewish-oriented and secular projects throughout our community

A return to live meetings (see below)

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 from the Stabilization Center spoke on addiction and mental health issues and his agency's efforts to help those who are suffering. We even had a speaker (Al Newman, Lou's cousin) speak about his adventures biking on all seven continents.

We would love to hear from you, especially if you are interested in starting your half-price membership.

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

Alan Fox, Harding Club President



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



NexGen Professional

Mann About Town *By Alyssa Kogon*



Rabbi Bryan Mann

Rabbi Bryan Mann may not look like your average rabbi. In fact, he's not.

Young and thoughtful, Rabbi Mann knew as early as his teen years that he wanted to become a rabbi. Raised in Panacook, New Hampshire (only 15 minutes from Adam Sandler's childhood home) his family was typical of most suburban Jewish families. They celebrated the holidays, had the kids attend Hebrew school, and belonged to the one synagogue in town, which was Reform. As a teenager in the Jewish Youth Program (NIFTY), he realized that Judaism was not just something that adults told you to do. It was his "come to Judaism" moment when his peers were leading events and services and the future Rabbi knew he wanted to be part of it. A summer program at Brandeis University solidified his path.

While taking a gap year to travel in Israel, Rabbi Mann had a profound spiritual experience in the Negev Desert that confirmed his future. Enrolled at Temple University in their Jewish Studies program, he found a core group of like-minded classmates. He was additionally involved in the Hillel House and campus arts. His next step on the road to Rabbithood was six years at Hebrew College in Newton, Massachusetts, where he became ordained.

Graduating at age 28, Rabbi Mann was sure he wanted to be a "synagogue Rabbi" and took his very first job in the small suburban town of Brandon, Florida near Tampa at a reform temple. As his contract was ending, he realized he would be better fit for a college campus assignment where enjoying both the educational side and forming deep connections made him realize he would be happier at a campus.

Now Rabbi Mann serves as the campus rabbi at Vassar College in Poughkeepsie though his title is more formal: New Rachlin Director of Jewish Student Life. It is an endowed post. The Rabbi is responsible for overseeing the religious activities and programs for Jewish students on campus. In addition to these duties, Mann will have inter-religious responsibilities as Assistant Director of the Office of Religious and Spiritual Life and Contemplative Practices. He has been on the job since

(Continued on page 5)



Dear Resolutioner,

By all means, it's always a good idea to improve oneself. Just like doing tshuvah on Rosh Hashanah, it is a good idea to bring yourself up. Secular resolutions, just like the ten days of repentance, are a great way to reflect and go deep inside yourself. Start an exercise program, call an old friend, etc. Today is the first day of the rest of your life!

Rabbi's Blog *by Rabbi Yacov Borenstein*

The Hebrew month of Tevet, which comes right after Chanukah, is the coldest and darkest month of the year. It is a famous Jewish teaching that "G-d provides the cure before the illness", so perhaps the lights and joy of Chanukah are a preparation and an infusion of spiritual energy to help us through the darkness of the coming month.



Rabbi Borenstein

The month of Tevet has no Jewish holidays. The exception is the Fast of the 10th of Tevet, which is one of the four fast days connected with the destruction of our Holy Temple. Although you will be reading this after this fast, the lessons still remain and should be incorporated into our lives.

This year the fast of 10th of Tevet falls out on Friday, December 25. Ordinarily, when a fast day falls out on Friday, we either fast on Thursday, or the fast is pushed off to Sunday, as we are not allowed to enter the Holy Shabbat fasting (as all fast days end at nightfall). The fast of Asara B'Tevet (the 10th of Tevet) is an exception. It is the only fast that we fast even on Friday (as this year). In fact, there is even one opinion that if the fast were to fall out on Shabbat we would have to fast. Ordinarily, fasting on Shabbat is prohibited, with the exception of Yom Kippur, which is the one day that is never pushed off, and we fast even if it falls on Shabbat.

What happened on the 10th of Tevet? It was the day that the Babylonian army led by Nebuchadnezzar laid siege to Jerusalem. It would seem to be less significant than the other fast days - the 17th of Tammuz, when the walls of Jerusalem were breached, or the 9th of Av, when the Holy Temple was set on fire. Yet those fast days are never observed on Friday (or Shabbat). Jewish fast days are not merely days to remember past events or to be sad but rather are called "an auspicious time" - a time to rectify whatever went wrong on that day.

Now, if you want to fix something, where do you start? If a river is polluted, do you start your cleanup by washing all beaches downstream, or do you go upstream and plug up the sources that are pouring in all that sewage and toxic waste? Similarly, when we want to correct the past, the most vital part of rectification is to go back to where it all started from and fix things there. That is what the 10th of Tevet is all about.

On this day, as mentioned above, the Babylonians set siege to Jerusalem. No one could enter nor leave the city. All of Jerusalem's inhabitants were forced to live with one another without escape (sort of sounds a lot like Covid). As mentioned above, our sages tell us that "G-d sends the cure before the illness", and this provides us with a prime example. The siege itself provided the Jews within Jerusalem an opportunity to come together as one, and if they had, Torah teaches us, no army could have attacked them. The Babylonians would have retreated to where they came from, as the army of the Assyrian king Sennacherib had years before.

The Jewish people have been in this long and bitter exile since the destruction of the Second Temple, close to two thousand years. What was the primary underlying cause that led to the Temple's destruction and close to a 2,000 year exile? Our rabbis attribute it to one principal factor: causeless hatred. When the Jewish People are united, no power on earth can harm us. It is only when, G-d forbid, there is discord and acrimony that we are vulnerable, and that was the root cause for our long and difficult exile. The siege around Jerusalem that began on the 10th of Tevet was Heaven's way of providing us with an opportunity to fix the root cause of the exile before it even started.

Just as then, so is it today. The fast of Tevet, and the period we are in, is an auspicious time to work on correcting the spiritual cause that led to the events of this fast day and the subsequent exile of our people. We do this by working to create love and harmony among each other, "CAUSELESS LOVE", which is a love that is not based on external factors or divisions, but an innate love that bounds us together as one. As Rabbi Schneur Zalman quotes in the Holy Tanya: "For all Jews are as one body and we all have one Father." This amazing spiritual unity must be expressed in how we treat each other. This unity is so important and so empowering that our Rabbis say we can even sacrifice some of the enjoyment and tranquility of Shabbat.

"THERE IS NO VESSEL THAT CONTAINS BLESSINGS FOR ISRAEL MORE THAN PEACE" (and unity).

Love you all, Rabbi Yacov Borenstein

Mann About Town (Continued from page 4)

Mid-August.

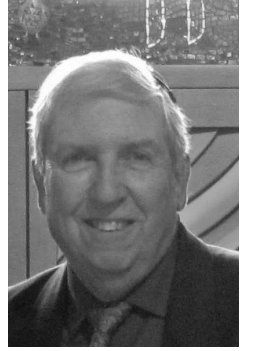
While most of Rabbi Mann's time on campus has been limited to Covid-19, he has already made a strong impact at Vassar. He had to work hard and fast speeding up making strong connections and shoring up High Holiday services, though they were virtual this year. Several outdoor and socially distanced events were able to be held as the college cycled through a phased opening.

So far, the Rabbi says he is really enjoying life in the Hudson Valley. He enjoys hiking and his new puppy Bobka, whom he takes on walks at his campus. Also, as a queer Rabbi, he believes he can provide support to Vassar's LGBTQ community as well as the Jewish community on campus. "It is important to be out and in public as a resource," he stated.

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 Lou Newman who took time from volunteering at Medical Reserve Corps of Dutchess County (MRC) to answer our questions.



Lou Newman

- 1. What is your favorite/least favorite word?**
Favorite: Teamwork
Least Favorite: Can't
- 2. What inspires you creatively, spiritually, or emotionally?**
Spiritually, it is morning minyan. It gets my day going spiritually.
Creatively—I like a challenge.
Emotionally—Excitement or enthusiasm.
- 3. What is your favorite song?**
Actually, a prayer in the morning service sung with the tune of *HaTikvah*
- 4. What profession other than your own would you like to attempt?**
Handyman
- 5. What profession would you not like to attempt?**
Garbage Collector
- 6. What is your favorite food?**
Ribs
- 7. What do you most like and dislike about yourself?**
Like: My sense of humor and ability to get people to work together.
Dislike: I don't like to interrupt people so in a large meeting, I don't necessarily contribute as much as I feel I should.
- 8. What is one interesting thing that people don't know about you?**
I am very handy around the house.
- 9. If you could choose a superpower, what would it be?**
The ability to really read people and understand their motivation for things people do and say.
- 10. What is your greatest achievement/something you are most proud of?**
My kids and family.
- 11. Do you have a "bucket list" and, if so, what is on it?**
I do not have a specific bucket list but the general bucket list would be to travel.
- 11. If there was one thing you would hope others do in the interest of our future, what would that be?**
To sustain the earth and treat it a lot better than we have.
- 12. What is your most favorite Jewish Memory?**
A lot of different emotions tied into my wedding as there had been a death in the family so it wasn't as happy as expected.
- 13. What is your earlier Jewish Memory?**
I remember Pesach at my grandparents' house and getting up to do the 4 questions. I was scared to death.
- 14. In what ways does or can JFedDC impact our Jewish Community?**
By bringing unaffiliated people into the fold and making them aware of Jewish activities.
- 15. If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
Welcome! You done good.

*member of the Tribe




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Shabbat Y'Ladim (Children's Shabbat)

All children from birth to first grade are invited to join Rabbi Altman and music teacher, Olivia DiIorio, for a Shabbat celebration at Vassar Temple on **Saturday January 9 from 10:30am - 11:00am**. Our stuffed bear friend *Kachol v'Lavan* will be there to take part in the singing, stories, and a brief, child—friendly Shabbat service. Tell your friends and neighbors that this event is free and open to the whole community. If we can meet in person in the Temple under the health and safety guidelines in place at that time, masks will be required, we will be safely distanced, and individualized snacks will be served. If meeting in the Temple will not be possible, then we will meet on Zoom. For further information, updates, and information about Zoom, contact office@vassartemple.org or call the Temple (845) 454-2570.

Shir Chadash Religious School Students Continue Their Study of Jewish Values

Congregation Shir Chadash's students are learning about Jewish values: our Aleph Class through the study of Torah stories and our Bet Class through the study of Jewish heroes, Jewish American history, and the Jewish Holidays. The Aleph Class, taught by Rochelle Bellach, meets 9:30-10:15a.m. followed by a short Shabbat Service, where it is joined by the Bet Class. The Bet Class, taught by Cantor Gail Hirschenfang, continues from 10:45-11:45 a.m. **Classes are all virtual at this time.**

Want to get in on the fun, but your child is not registered? New students can try out our school for one month **FREE**. Children will learn about Jewish culture, holidays, history, and Israel while having fun and making friends. To receive the link, ask questions, or have concerns; contact Sue Marcoe: sfmarcoe@gmail.com or (845) 723-4045.

Looking Ahead to 2021

By Rabbi Miriam Hyman, Education Director & Cantor Devorah Gartner, Youth & B'nai Mitzvah Director

As we write this article, the candles on the menorah are burning bright. 2020 is winding down and we are moving ahead with planning for the winter term. For everyone's health and safety, all Temple Beth-El educational programs will remain virtual through the end of February. We continue to monitor the New York Covid-19 progression, review recommendations of the governor's office, and consult with the Temple Beth-El Board.

Sunday Religious School for Grades Pre-K-6 will continue to meet on Sunday mornings. Students and their families will also participate in bi-monthly Tot Shabbat Services for pre-K through grade 2 and Family Services for grades 3-6. Our littlest students are happily singing, crafting, and learning about Shabbat and Bible stories. Students in grades 3-4 are studying Torah and the Jewish values associated with the holidays. Students in grades 5-6 will continue their study of Israel by creating hands-on projects.

- **The Joint Tuesday Ivrit Program** with Congregation Shir Chadash will continue to meet on Tuesdays. All the classes from grades 3-7 are making excellent progress in Hebrew, using in-class instruction, interactive games, and homework practice.
- **Weekly Individual Zoom Tutoring and Small Group Zoom Intensives** which reinforce our Ivrit (Hebrew) lessons are a tremendous success. Parents, teachers, and students all agree that the individualized attention is working well for everyone.
- **The Temple Beth-El B'nai Mitzvah Program** will keep meeting on Tuesdays with Rabbi Miriam Hyman for prayer book Hebrew and on Shabbat with Cantor Devorah Gartner for bimah training. Our students are making good progress with their prayer leadership skills and are diving headfirst into learning to read Torah. The B'nai Mitzvah Class will help lead services and read Torah on February 6 as they put all their new skills into practice in preparation for their own Bar/Bat Mitzvah services.
- **Gesher Hebrew High School** continues on Wednesday evenings. Art Class with Morah Frana Baruch is an ongoing favorite. Other classes, presented in three-week intensives or single two-hour programs have been: Jews That Rock, Storytelling, Policing in America, and Contemporary Word Artists on Current Events. Virtual social programming has included the Manhunt Escape Room Mystery, Hanukkah Jeopardy, and movie night. Gesher students, along with the **Temple Beth-El Youth Group**, have continued social action through virtual means, including the annual **Bright Nights** winter coat drive.

The **Virtual Community Hanukkah Celebration** on December 13 was a warm and wonderful experience for one and all. We came together for menorah lighting, latke making, dreidel games, music, storytelling, crafts, and improvisation workshops. The highlight of the program was a performance of **Milton The Menorah: A Hanukkah Adventure by The Bible Players**. This community program was made possible by a generous grant from the Ann and Abe Effron Donor Advised Fund of the Community Foundations of the Hudson Valley.

Tu b'Shevat is almost here. As we hunker down for winter in our beautiful Hudson Valley, we look forward to spring 2021.

RELIGIOUS SCHOOL

CHABAD MID-HUDSON VALLEY

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

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

chabadmidsouthvalley@prodigy.net

JUDAIC SCHOOL OF THE ARTS

Sunday, 10:00am-12:00pm

For information www.mypardess.org/JSA

RHINEBECK JEWISH CENTER

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

For information, contact Rebbitzin Tzivia 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






Generation Gratitude Winter Session

Yoga - Sensory Play - Safely Socialize
Sundays | Weekdays

Bi-monthly meet-up for PJ Library Families (with kids 0-5yrs) to connect, share, and move mindfully as we explore gratitude together! Starts January 10th

To register: pjlibrary@jewishdutchess.org / 475-2704
More Info: www.mindfullyogawithliz.com



עץ חיים
Eitz Chayim
The Tree of Life

Check out this great idea to honor trees with your family courtesy of PJ Library (www.pjlibrary.org):

Materials:

- Leaves of different shapes and sizes
- String or yarn
- Glue or glue stick
- Glitter pens

Directions:

1. String multiple leaves together with yarn to make a garland.
2. Collect different sizes and shapes of leaves, then glue them together to make animal shapes. If you can't find any, make them from construction paper. Use a marker to add tails, ears, and faces.
3. Use a glitter pen to draw designs directly on a leaf.



PJ LIBRARY FAMILY OF THE MONTH:

Family Name:
The Cruz Family

How many kids are in your family and what are their ages?
2 children: Andrew 11, and Leah 9.

Where are you from?
Where do you currently live?
Poughkeepsie

How long have you been receiving PJ Library books?
Approximately one year

What is your family's favorite PJ Library book?
Gittel's Journey—It's a story of a young girl whose daughter takes refuge in America in the late 19th/early 20th century. It develops a theme of courage, hope, Jewish faith, and pride in America.

How did you hear about PJ Library?
Kimberly Ritz informed us about PJ Library. She has been a tremendous force connecting Jewish families with each other and helps to bring Jewish traditions in our homes.

Why is PJ Library important in your home?
It reinforces Jewish traditions and allows my children to learn about religion while also making connections to Jewish characters and their stories.

How has PJ Library influenced your family's Jewish living and decisions?
The books make a connection to Jewish tradition—my children remind me that it's Shabbos and that we should light the candles. My children get excited for Jewish holidays as well. This is a great way to provide Jewish influence in a community that doesn't have a large Jewish population.

Is PJ Library helpful to you as a parent? How?
PJ Library has been helpful to us as parents in that it connects the practice of Judaism in relatable books—helping our children grow to be proud of their Jewish heritage.



Family of the Month

Kim



Suzanne



It is the birthday of the trees, Tu B'Shevat! The time of year where we begin to think about new life and regrowth. The time of year when we plant trees and celebrate them. We are G-d's partner in creation at this time. G-d gives us the seeds, sun, and rain, but it is up to us to help in planting. It is up to us to cultivate life and give something back to the earth. It is up to us to be the caretakers in the world.

Where would we be without trees? We would have no wood, fruit, oxygen, homes for our animal friends. On Tu B'shevat, we thank G-d for the gifts of the earth and remember our responsibility to continue to care for the earth! The Torah is considered the Tree of Life, Eitz Chayim! The Torah, just like trees, sustains and supports us. We need the Torah, just like we need trees. If we continue to study and we continue to be G-d's partner, what a beautiful world this will be!!!

With gratitude,

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

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

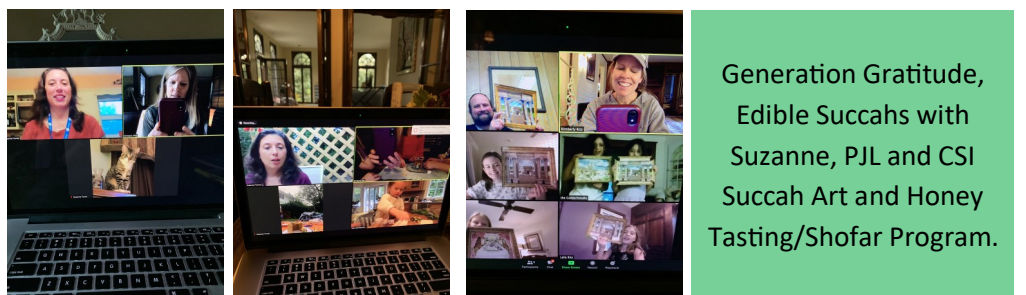
Want to sign up your children or grandchildren for PJ Library or PJ OurWay chapter books? Please fill out a quick form to start receiving engaging, Jewish FREE books in your mailbox every month!

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.



Generation Gratitude, Edible Succahs with Suzanne, PJL and CSI Succah Art and Honey Tasting/Shofar Program.



Not a part of PJ Library yet?

Receive a FREE children's book each month and become part of the PJ Library family.

Register online at www.PJLibrary.org

Monthly e-newsletters. Special program invitations!
Call (845) 471-9811
or email 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



Is There Such a Thing as Jewish Art?

Over the past 20 years my wife and I assembled a collection of art by Jewish American artists, a portion of which was donated to the Palmer Museum at Penn State University. The focus of the collection is the experience of being an American as seen through the eyes of Jewish American artists working between 1925-1950. Most of the artists were immigrants from Eastern Europe or the children of immigrants.

Steven Wasser

From its founding the United States has offered immigrants like my parents and grandparents refuge, opportunity, and freedom, imperfect though it may sometimes be. For Jews of 19th century Eastern Europe, America was the new Promised Land. "Next year in Jerusalem" was elusive, while America represented religious liberty and economic freedom.

The established Jewish community in America's urban centers created organizations, such as the Federation of Jewish Philanthropies, to assist Jews. Another organization, HIAS – the Hebrew Immigrant Aid Society – was founded in 1881 and helped my father come to the United States in 1940. The Educational Alliance was created in 1889 by Jews from Eastern Europe. It established the Educational Alliance Art School at 197 East Broadway which featured prominently in the careers of many Jewish artists.

Jewish immigrants came to America with a heritage of *tikkun olam* – repairing the world. Jewish Americans became leaders in the trade union movement, and artists used their skills to pursue political agendas. Over time this type of art came to be called Social Realism. Jewish American artists clearly articulated the basis for their art with thoughts like these:

"[Joseph Biel] believed that painting was the best weapon an artist had to express his inner thoughts and feelings, and that the artist should use that weapon to expose social injustice." *Lena Gurr, artist, Joseph Biel's wife*

"Maybe it's my heredity or maybe it's my way of life... I become involved. For example, if the Mexicans in Los Angeles were mistreated, I would feel Mexican. I react, just as Negroes react, because I have felt the same things as a Jew, or my family has." *William Gropper, artist*

Social Realism – whether by Jewish or gentile artists - focuses on the content and message of the art, not the style. So is there any such thing as Jewish art? Judaica would qualify, but the art we collected by Jewish artists describes American life. It is my view that Jewish artists bring a religious and cultural filter to their art, a sensitivity to certain issues with which Jews can empathize due to having endured centuries of persecution as well as possessing clear behavioral scriptures from the Torah. These issues include exploitation of labor and discrimination. The best example I can give is the empathy and respect given by these Jewish artists to the situation of African Americans in American society. In "Lord, Oh My Lord," Iver Rose constrains a muscular black man within the confines of the edges of the print, thus communicating empathy for the lack of freedom experienced by many black Americans.

Billie Holiday's most famous song, "Strange Fruit," was a poem and song written in 1937 by Abe Meeropol, a Jewish teacher in New York City and a member of the communist party. Holiday recorded the song in 1939. In 1940 Lillian Orlowsky painted "Double Lynching," which we donated to the Palmer Museum of Art at Penn State University.

And "Six A.M." by William Wolfson once again demonstrates the respect for the menial work to which many black Americans were relegated.

To view more paintings and prints by Jewish American and other artists, visit the Palmer Museum of Art at Penn State University. If that's too far to drive, we could try to arrange an exhibition in Dutchess County, perhaps in conjunction with the FDR Library or the Lehman Loeb Art Center at Vassar. Let us know if this might be something you would like. Please email theVoice@JewishDutchess.org.



Lord, Oh My Lord
By Rose

Jews in the News:

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

An Author amongst Us *By Alyssa Kogon*

When children's author Bonnie Lieberman was growing up in the Bronx, she felt an incredible pressure to blend in. Social acceptance was based on what you wore, how you talked and even your strut as you walked down the street. If you wanted to be popular, you mirrored those that were. That is the catharsis for Lieberman's children's book, *The Radiant Rainbow Cap*.

In the story, the now Beacon resident teaches young readers that they need to be brave enough to be themselves without worrying what others may think. In the village of Nooble Ook, the King wants everyone to be like him. Lieberman weaves a tale of individuality and acceptance that even preschoolers will understand.

Lieberman holds a New York State Reading Teacher's license and has worked with children and adolescents in diverse educational settings for many years helping them recognize their creativity and individuality. She lives with her therapist husband and enjoys visits with her children and grandchildren.

The self published book is available in print or on Kindle at Amazon. You may read more about Bonnie, and her upcoming book *Seriously Silly*, at <https://www.bonnielieberman.com/>.



Our Executive Director



What a Year!

I remember someone joking that everyone has lost the bet made 5 years ago of "where do you think you will be in 5 years?"

Who could have predicted this year five years ago or even one year ago? Through all that we have gone through and are still going through, hopefully we are finding ways to manage and survive. We do not know what the future holds or how quickly we will be able to get back to some sense of normality (if we even have a definition for that anymore) but we do know that together, we are stronger.

Some say that it is the more challenging times that leave the lasting memories and provide greater opportunities to rise to the occasion. If that is the case, then what a large chest of memories we have and should the need continue to rise, we look forward to being there to meet that need.

I have mentioned my affinity to "silver linings". In 2020, we launched our Mitzvah Now initiative, which has allowed us to help those in need, when they need, throughout the year. In 2021, we are pleased to share the launch of our "To Your Health" initiative with articles and some programming to support physical, mental, and social well-being. We are also looking to start a security column to help support us in trying times and we are always receptive to hear what is most relevant and pertinent to you. Our virtual door is always open and we look forward to our real door being open as well. We want to hear what is relevant for you as we are here for you.

So 2021, we welcome you (also, we have no other choice) and pray that it will be a year of health, wealth, and happiness for us all.

Happy New Year!

Karen Hochhauser, Executive Director

Following the remarkable story from our August Movie Night In: *Waves of Freedom*, we are pleased to invite you to:

Author Discussion with Rosie Whitehouse

January 28 TBC, 12:50-2:00pm EST

The People on the Beach: Journeys to Freedom After the Holocaust

Please join us when the Standard Club and the Authors Program and Lunch@65West Public Affairs Forum of the Union League Club welcome British author Rosie Whitehouse. Ms. Whitehouse will be joining us live from her home in London for a discussion her latest book.

JFedDC is privileged to present this program in partnership with the American Association of Jewish Lawyers & Judges, Chicago Loop Synagogue, The Decalogue Society of Lawyers, and the Jewish Federation of the Quad Cities.

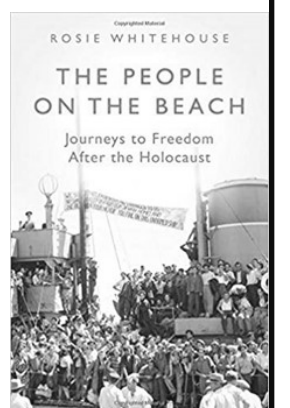
Ms. Whitehouse will be interviewed by Michael Traison, a partner with Cullen and Dykman, LLP.

One summer's night in 1946, more than 1,000 European Jews waited silently on an Italian beach to board a secret ship. They had survived Auschwitz, hidden and fought in forests and endured death marches--now they were taking on the Royal Navy, running the British blockade of Palestine.

From Eastern Europe to Germany to Italy to Israel, Rosie Whitehouse follows the footsteps of those secret passengers, uncovering their extraordinary stories--some told for the first time. Who were those people on the beach? Where and what had they come from, and how had they survived?

Advanced Registration Required

For more information go to www.jewishdutchess.org/events



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Here's to Your Health

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

Stress and the Pandemic By Adrienne Peltz London LCSW-R

Who ever thought we would be living through a Pandemic? We read about them in school in history books or in the newspapers. With all of our electronics and social media we are inundated with information of signs, symptoms, number of cases and deaths. No wonder we are stressed. All of this could overwhelm a person to become mildly stressed to extremely distressed. Our bodies know how to deal with acute stress, by the "fight or flight response". However, when the stress has no end in sight, it is exponentially worse. My mother of blessed memory used to say, "as long as there is an end in sight we can deal with anything." All of what we are experiencing now can take a real toll on our bodies and minds.



Adrienne Peltz-London

According to the article *Covid 19 Managing Stress in this Anxious Time* from the IDMH, the first step is to recognize and address our stress to prevent it from becoming overwhelming. Become attuned to how you feel physically and emotionally. Once you have identified specific signs, you can deal with them individually. Thoughts that may cause stress: There are so many sick people. I wonder if and when I am going to get sick? Will I give it to a friend or family member inadvertently? How long will I be sick? Who will take care of me? These are common concerns and worries. Remember you can always speak to your primary care physician. If you feel you are getting emotionally overwhelmed, you can speak to a therapist or call the Mental Health Helpline (845) 485-9700. The staffers can provide resources for help. What is important is to realize that it is normal to feel some level of anxiety in these circumstances.

Accept what you can't change. Some things are just out of our control during the pandemic. Control what you can control: limit who and how many people you see at one time, where you go, wear masks, social distance, and wash your hands frequently. For things that you have no control over use **emotion-focused coping strategies**. Those will help you manage your feelings. What are these strategies? Some people like to do visualization, guided imagery, slow deliberate breathing, exercising, dancing or journaling. Others may like to read, do crafts, cook, bake, or talk with another person. Remember there is no one exact solution. Do what feels good for you.

Choose your news carefully. You may want to limit the amount of time each day devoted to the news. A reliable source is The Center for Disease Control. <https://www.cdc.gov/coronavirus/2019-n>.

Break things down into manageable parts. Identify what exactly is causing the stress right now. Compose a list on paper and then you don't have to keep repeating the items in your mind. When you actually see it in writing, you may realize that some of these stressors are not going to happen and you can strike them from your lists. Next break the list into groups of what you can control, to some degree, and what you can't. Then make plans how you will deal with both types of concerns.

Change what you can. See what and how you can alter the stressors. You can use **problem-focused coping strategies**. Make a list of possible situations, and then create a solution and secondary solution. That is in case the first doesn't work. It is important to be prepared ahead of time so that you will feel more secure and in control. Remember nothing and no one is perfect. You may have to redo the solutions to the problems a number of times.

Don't judge yourself or others. We are all trying to do our best during this time, and we all have our strengths and our weaknesses. Some of us respond to stress in a positive productive way, while others just don't deal with it as effectively. Those may need help and your support not criticism. If you feel you need help, ask for it. A person who knows his/her limitations and asks for help is a strong person. We are in this together. We must reach out to help each other.

Stay Connected. Research proves that staying connected socially is a very important key to resilience and recovery during stressful times. When we have to quarantine and socially distance it only exacerbates our feelings of isolation and loneliness. So stay connected to your family, friends, and colleagues. Have a buddy who checks on you and you reciprocate. It is a two way street: that person will feel cared about and you will feel good doing a mitzvah.

Remember there is a light at the end of the tunnel. There have been several vaccines developed. They will be distributed in the near future. Please continue to wear your masks, wash your hands, socially distance, get tested when needed, and call your physician if you feel ill and stay connected.

This article was gleaned from the IDMH- Institute For Disaster Mental Health at SUNY New Paltz. Newpaltz.edu/idmh

Intro to the Jewish Family Services Initiative: To Your Health (Continued from page 1)

highlighting ways to recognize and maintain good physical and mental health. We will tap into the resources of our broad professional community and offer appropriate link to resources promoting health and wellness. The information and guidance we hope these articles will provide are not designed to replace that which you are given by your personal medical clinicians but rather be an additional resource as we all look forward to better days ahead.

If you have any topics of interest, please let us know so we can help support you. Email: thevoice@jewishdutchess.org

Kosher, Quality, and Value: the Wines of Israel

Sponsored by Vassar Temple

On Sunday, Feb. 7th at 4pm, 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 he 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, send an email to 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 individual 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 e-mail address.

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.

Pay Attention to the Natural World

One of the gifts that we get from following the path that Judaism lays out for us is that we can become attuned to the natural world around us. As we enter into late fall and winter, we watch the change in the amount of daylight we experience. Our schedule for prayers aligns itself with this natural phenomenon. The times of our prayer services vary. Below you will find the Fall/Winter Davening schedule for Congregation Schomre Israel.

Fall/Winter Davening Schedule

Shacharis (weekdays): 7:30am

Shacharis (Sundays and Holidays): 8:30am

Maariv (winter weekdays): 6:40pm (Zoom)

Kabbalat Shabbat: around candle lighting time

Shacharis Shabbat: 9:00am

Schomre Israel's Place in History

Congregation Schomre Israel and the congregations that merged to form it have a long history in Poughkeepsie. We are making a special request.

We are trying to collect historical memorabilia relating to our shul. Therefore, Rabbi Kasner requests that you send him (schomre1@aol.com) any photos or newspaper articles on simchas or events that took place at Schomre Israel over the past 132 years.

Please send us background information on the photo and let us know if we have permission to include the photos and names in the synagogue bulletin.

Tu B'Shevat Virtual Seder & Service with Shir Chadash

Congregation Shir Chadash will *virtually* celebrate Tu B'Shevat. There will be a special service and Seder featuring the crops of Israel. Highlighted in the Seder will be the seven species: wheat, barley, olives, pomegranates, grapes, figs, & dates. Rabbi Daniel Polish and Cantor Gail Hirschenfang will explain what the different species represent and the significance of the holiday. Join us for a fun and interesting time.

DETAILS

Saturday January 23, 9:30am.

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

January 9, 23, 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

Charles & Dorothy Wender Music Shabbat:

Chazak ve'ematz—Be Strong and of Courage: Jewish Songs of Protest

Join Vassar Temple on this erev Shabbat of Martin Luther King Jr. Weekend as we celebrate Dr. King's legacy of peaceful protest that mobilized the civil rights movement. During this special service we will explore songs in the Jewish tradition, both old and new, that illustrate the spirit of protest and hope for change. The service will be led by Rabbi Renni Altman and Cantor Elizabeth Goldmann with accompaniment by Joseph Bertolozzi.

DETAILS

Friday, January 15, 7:30pm. Register for the Zoom link at office@vassartemple.org

Tu Bishvat Tisch Shabbat

Vassar Temple invites you to join us for a warm and wonderful erev Shabbat service—preferably at your dinner table! A tisch is a gathering around a table, and during this Shabbat we'll also be observing the holiday of Tu Bishvat (New Year of the Trees).

Led by Rabbi Renni Altman and Cantor Elizabeth Goldmann, together we'll focus on the gifts of trees and nature, explore the special foods and traditions of the holiday, and celebrate with song and prayer. So prepare to dine on fruits of the trees at the Tu Bishvat Tisch Shabbat.

DETAILS

Friday, January 29, 6:00pm, via Zoom. Please email: office@vassartemple.org to register to receive the Zoom link.

Help Preserve a Piece of Vassar Temple History

Vassar Temple is creating an electronic "document room" to store documents related to the Temple's mission and history, core administrative and financial documents, details of professional staff and governance, information about our Religious School, cemetery records, and chronicles of our auxiliaries. As part of this enormous project we have been sorting through our physical archives in preparation for digitizing and preserving irreplaceable items. We have a wealth of mementoes and, in many cases, numerous duplicates. While we will retain copies in a safe location, we can offer extra items to our members who might enjoy having them in a personal collection. In particular, we have celebration journals dating as far back as the 90th anniversary (1938).

Many of these booklets celebrate honors bestowed upon individuals whose families remain part of our community. We hope to find caring homes for these special items and will greatly appreciate consideration of a voluntary donation of any amount for the honor of performing this mitzvah.

Any funds received will be used to offset the costs of the project (archival storage materials, etc.). If you are interested in perusing the list of available items, please contact Susan at president@vassartemple.org or calling the office.

End of Life Issues

In this time of COVID 19 we have become keenly aware of morality. Schomre Israel is bringing a special program to the community via Zoom. In conjunction with TEAM Shabbos organization, Traditional End of Life Awareness Movement, a program of the National Association of Chevra Kadisha, Rabbi Yehuda Prero Esq. will be giving an informative discussion on buying burial plots in Israel followed by a presentation by Rabbi Krasner about pre-planning arrangements while you are healthy. The Shabbos on which we read the Torah portion Vayechi (sometimes referred to as Legacies in English) has been designated as TEAM Shabbos.

DETAILS

Thursday, January 7. 7:00pm via Zoom. Please contact our office to get the Zoom address (845) 454-2890, schomre1@aol.com, www.Schomreisrael.org

Looking Forward to Tu B'Shevat

Tikvas Devorah Chana, our special programming for our school aged children (ages 5-15) and their parents and grandparents, will prepare for Tu B'Shevat. The theme of the program is *Children are Like Plants*. Just add a little warmth and care and watch them grow! Each child will be given the materials to plant and grow an indoor plant as they learn the miracle of food and the appreciation and gratitude to Hashem that comes with it.

DETAILS

Sunday January 24, 4:00pm. RSVP required by January 18 to: RabbiShlomoK@gmail.com

DO YOU PLAY MAH JONGG?

Believe it or not, it's time to start thinking about ordering your 2021 Mah Jongg Cards. For the first time in about six years, the price has gone up, but by only \$1. The good news is that we will receive \$2.50 for each card ordered to go to Dutchess County's Outreach Lunchbox Program. Please support this worthy cause and order your cards through us. It doesn't cost you any more money and we do a real mitzvah. Also, please consider asking your friends and family who may not get this notice. We have one former member who lives in Florida and collects at her complex. She consistently gets about 30 names which amounts to \$75 for the Lunchbox Program. The league mails the cards directly to you and even to Canada. This year, with your help, we received a check for \$390 for Lunchbox. Our goal for 2021 is to earn \$500 and with your help, we can do it!

DETAILS

Regular \$9.00 or Large \$10.00.

The deadline is January 22, 2021.

As the Mah Jongg League accepts only one check for the entire order, please make your check out to: Phyllis Rosenfield, 32 Ferris Lane, Poughkeepsie, N.Y. 12601.

What Holiday Do We Celebrate Every Month?

The answer to the question is Rosh Chodesh which means the head of the month. At Congregation Schomre Israel the beginning of each new month on the Jewish calendar is marked with special prayers and special food treats.

To mark Rosh Chodesh Shevat please join Rabbi Krasner for a packaged olives and exotic fruit breakfast after morning services.

DETAILS

Thursday, January 14, after morning services

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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) January 31, 5:00pm A different topic is presented each month.

Congregation Schomre Israel January 24, Tikvas Devorah Chana activity for children and parent and grandparents. See website for more information.

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.

Congregation Schomre Israel TEAM 'Shabbos' January 7, Zoom session at 7:00pm. Pre-planning arrangements while you are still healthy. See article "End of Life Issues."

Congregation Schomre Israel Rosh Chodesh Shevat January 14 after morning services. Special breakfast of packaged olives and exotic fruit.

Friday

Congregation Shir Chadash Virtual Kabbalat Shabbat Service January 1, 8, 15, 22, 29, 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.

Vassar Temple Shabbat Evening Service January 1, 6:00pm, January 8, 7:30pm, January 15, 7:30pm, Music Shabbat, January 22, 6:00pm Simchat Shabbat Service and January 29, 6:00 Tisch Shabbat. All services 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 January 16, 6:30 pm. Featuring *The Best of Jewish Clips*, a compilation of some of the most moving and comic Jewish video clips. Upgraded sound system enables you to hear the movie from the comfort of your car. \$5 suggested donation.

Congregation Shir Chadash Tu B'Shevat Virtual Seder and Service Saturday, January 23, 9:30pm. See page 10 for more information.

Congregation Shir Chadash Virtual Sharing Shabbat -Religious School Programs January 9, 23, Shir Chadash would like you and your family to experience our virtual religious school for FREE for 1 month. Children learn about Jewish culture, holidays, Israel and history while having fun and making friends. Classes Preschool—Grade 4 9:30-10:15 and Grades 8-7 10:45-11:45, with a short Shabbat Service in between from 10:20-10:40am. For Zoom meeting id, please email: info@shir-chadash.org.

Vassar Temple New Paths Shabbat Morning Worship January 9, 23, 10:15am. Service via Zoom.

Vassar Temple Shabbat Y'ladim January 9, 10:30am-11:00am.

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 January 1, 6:00pm.

Kabbalat Shabbat Services Friday, January 8, 15, 22, 29, 7:30pm.

Tot Shabbat Saturday, January 9, 9:00am, before morning minyan. Introduce your tot to Shabbat through music with Rabbi Yael Romer and her guitar.

Morning Minyan Saturday, January 2, 9, 16, 23, 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, January 5, 12, 19, 26, 4:00pm-5:00pm.

Intermediate/Advanced Hebrew Thursday, January 7, 14, 21, 4:00pm-5:00pm.

Monthly Brotherhood Meeting Tuesday, January 12, 6:30pm. New members are welcome and encouraged.

Monthly Sisterhood Meeting Wednesday, January 13, 7:00pm. New members are welcome and encouraged.

Tu B'Shevat Saturday, January 23, 4:00pm. Gather in your homes and join your community via livestream for a musically accompanied seder. Tu B'Shevat is a mystical observance, an opportunity to focus on who we are, a time to remember that we have been called to be good stewards for the earth and to be in balance with ourselves and the earth.

All following classes and special events are held via Zoom. Please call the (845) -338-4271 x101 or email: templemanuelaa@hvc.rr.com or CEHVwebmaster@gmail.com for class links and passwords.

Chai with Rabbi Yael Thursday, January 7, 14, 21 5:00pm. Rabbi Yael leads special 18-minute sessions via Zoom

Rhinebeck Meditation & Torah Study Tuesday, January 5, 12, 19, 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, January 6, 13, 20, 12:30pm. New comers welcome, learn or improve Torah chanting skills!

Conversational Hebrew (Beginner and Intermediate) Wednesday, January 6, 13, 20, 4:00pm. This dedicated and entertaining group meets to learn and practice the fundamentals of conversational Hebrew.

Calendar

January

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 Hanoch 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

rabi@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.

January Candle Lighting

January 1 4:18pm

January 8 4:25pm

January 15 4:32pm

January 22 4:41pm

January 29 4:50pm

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



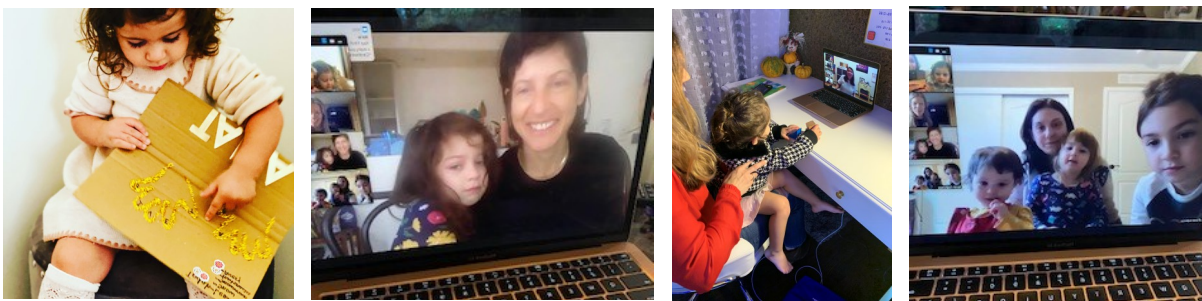
Congregation Shir Chadash's congregants with Rabbi Dan Polish and Cantor Gail Hirschenfang celebrating Tu B'Shevat in pre-COVID-19 times.



Vassar Temple youth filled festive Thanksgiving tote bags with the ingredients for a bountiful holiday dinner. The food, along with turkeys and roasting pans, were all donated by congregants and friends and were distributed by Hudson River Housing to brighten the holiday for local families in need.



Rabbi Krasner/Congregation Schomre Israel and PJ OurWay Thanksgiving Giveback and Chanukah Celebration

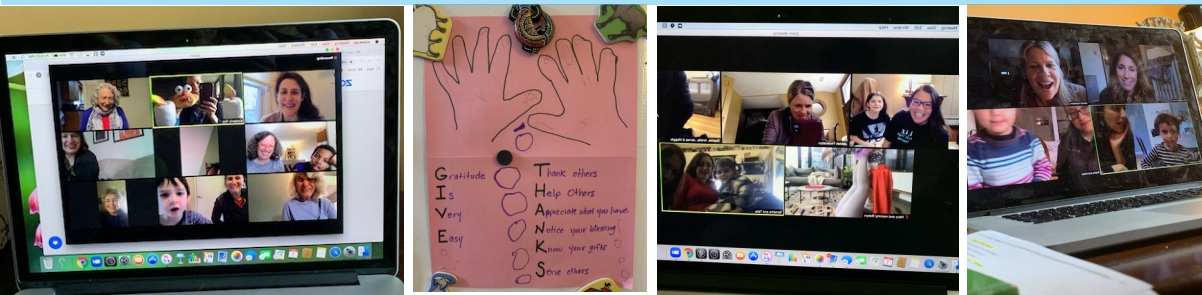


PJ Library Generous Gratitude

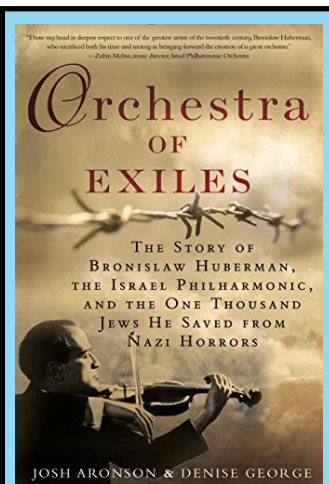


PJ Library Reading Nook

We look forward to welcoming you when it is safe to do so, to share our books, flannel activity boards, puzzles, art projects and being together having fun...



Temple Beth El Hanukkah Drive-By



**Movie Night In:
Orchestra of Exiles**
**Thursday,
January 21
7:00PM**

In the early 1930's Hitler began firing Jewish musicians across Europe. Overcoming extraordinary obstacles, violinist Bronislaw Huberman moved these great musicians to Palestine and formed a symphony that would become the Israel Philharmonic Orchestra. With courage, resourcefulness and an entourage of allies including Arturo Toscanini and Albert Einstein, Huberman saved nearly 1000 Jews - and guaranteed the survival of Europe's musical heritage.

Featuring commentary by musical greats including Itzhak Perlman, Zubin Mehta and Joshua Bell, *Orchestra of Exiles* is a timeless tale of a brilliant young man coming of age, and the suspenseful chronicle of how his efforts impacted cultural history.

**Special Guest Speaker
Josh Aronson
Film Director and Book Author**



Register at: www.jewishdutchess.org/events



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