



Sunday, April 16

In collaboration with the Rhinebeck Reformed Church "Ancient Secrets to Modern Flourishing" with Dr. Tamar Gendler, Yale University's Dean of the Faculty of Arts and Sciences

Monday, April 17

Community Yom Hashoah Commemoration Ceremony at Dutchess Community College



Tuesday, April 18

Community Yom Hashoah at FDR Library



May 19-20
Community Shabbaton

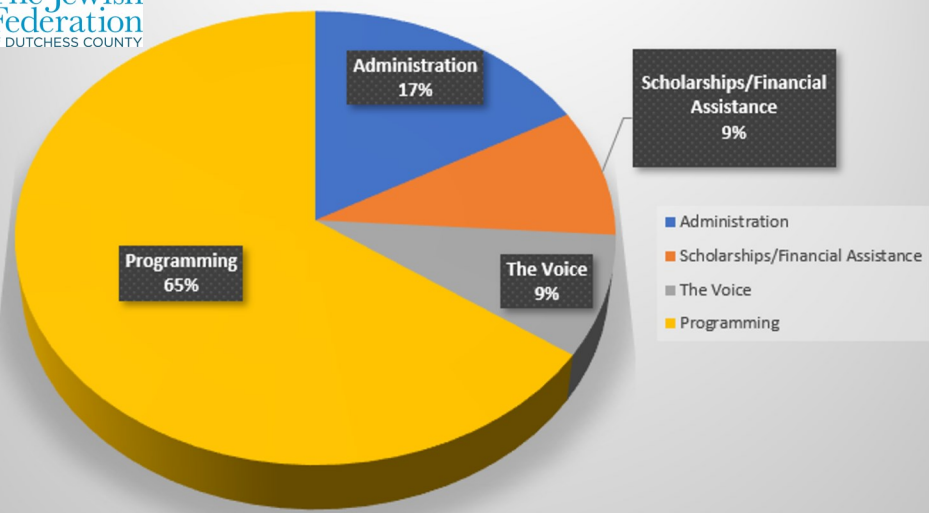
Wednesday, June 7
Federation Celebration Gala
Israel's 75th Birthday Bash



Where Federation 2022 Dollars Went?



Money goes to:



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

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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.

JFedDC

- ◆ Creating community
- ◆ Interfaith/NextGen Programming
- ◆ Building and expanding collaborations
- ◆ Subsidizing tuition for young Hebrew learners
- ◆ 5 year strategic plan continuity
- ◆ Bringing in speakers from Israel
- ◆ Combating anti-semitism

PJ Library

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

Jewish Family Services

- ◆ Providing medical equipment referral for those in need
- ◆ Assisting during a personal or family crisis
- ◆ Creating a senior social circle and network
- ◆ *Learn & Lunch Bunch* bi-monthly gathering
- ◆ Rallying community around service with *Mitzvah Now* initiatives

Meet the Author Series:

In collaboration with Rhinebeck Reformed Church & Poughkeepsie Public Library
Register for the events at: www.jewishdutchess.org/events

Meet the Author
JENNIFER ROSNER

Sunday, March 26, 2:30 PM



Based on the true stories of children stolen during wartime, Jennifer Rosner's new novel *Once We Were Home* raises questions about finding home.

Registration required.

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Jewish Federation of Dutchess County
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CHANGE SERVICE REQUESTED

The end of a relationship creates enormous pain, grief, anger, and confusion. Authors Barbara Ballinger, divorced after 31 years of marriage, and Margaret Crane, widowed after 42 years of marriage, wrote their book *Suddenly Single After 50* to offer practical and resourceful ways to deal with life after heartbreak.



Sunday, March 19
1 to 3 p.m.

Rhinebeck Reformed Church
6368 Mill Street
Rhinebeck, NY 12572

Registration Required:
www.jewishdutchess.org/events

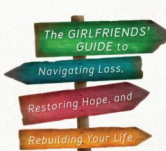
Admission is free.

Join us for an afternoon featuring co-authors **Barbara Ballinger and Margaret Crane** of a book about dealing with life after a relationship ends.

This event is being offered jointly by the Rhinebeck Reformed Church and the Jewish Federation of Dutchess County.



Suddenly Single After 50



BARBARA BALLINGER MARGARET CRANE

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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

Suggested Donation \$6, no one will be turned away for lack of funds.



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Jewish Federation of Dutchess County

(845) 471-9811

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Karen Hochhauser

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March

March 8

Bingocize with Anne Lancelotti

Come learn the new games, combining bingo and exercise!

Menu: pizza, salad, and brownies

March 22

Personal Insights Into Today's Israel with Ariah Neuwirth

Menu: falafel, pita, cucumber salad, cabbage salad, hummus, and gelato

*Gluten free options available upon request in advance

TO REGISTER, call the office at (845) 471-9811

or online at: www.JewishDutchess.org/events



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



Office of the Aging

Medicare 101 Submitted by Brian Jones, Dutchess County Office of the Aging

We need your input! The New York State Office for the Aging is conducting a Community Assessment Survey of Older Adults in order to better understand the contributions that adults [55+] make to their communities as well as the needs they have and challenges they experience. Your feedback will help us be sure that OFA policies and programs align with Dutchess County and New York State residents' values.

You can find the survey here: www.polco.us/nyalbany23. It is intended to be taken by residents aged 55 and up and will only take a few minutes to complete.

This survey is conducted in partnership with Polco, an online civic engagement platform that enables residents to provide direct input to local government decision-making processes.

Once you have completed the survey, you will be asked to provide your ZIP code in order to confirm where you live. This allows survey organizers to be sure of hearing from each person only once and to know in which general area they live. Responses will remain anonymous, with information securely stored on Polco. You will also have the option to provide Polco an email address which will only be used to let you know about future surveys from New York State or other public agencies that would benefit from your feedback.

If you have any questions about the survey, please contact OFA at (845) 486-2555 or email: bjones@dutchessny.gov.

OFA "MEDICARE 101" CLASSES FOR 2023

OFA "Medicare 101" classes are a great way for older adults to learn about the many aspects of Medicare and related programs:

Medicare 101 classes are designed to help people interested in obtaining information on Medicare enrollment, Medicare Advantage Plans, benefits, supplement choices, EPIC (Elderly Pharmaceutical Insurance Coverage) and other prescription options, Medicaid and the Medicare Savings Programs, and long term care payment choices. Classes are open to individuals who are newly eligible for Medicare, current Medicare beneficiaries, and those who want to learn more about the Medicare program.

In partnership with the Office at the Aging, the Pavilion at Brookmeade (34 Brookmeade Drive, Rhinebeck) hosts Medicare 101 classes on the fourth Monday of every month at 4 p.m.; the next class will take place on March 27th. OFA also hosts "Medicare 101" classes in the Community Room of the Poughkeepsie Galleria (2001 South Road, Poughkeepsie) on the third Wednesday of every month, starting at 10 a.m., with the next taking place on March 22nd.

Space is limited for all Medicare 101 classes; residents can reserve their space at either the Galleria or Brookmeade venues by calling (845) 486-2555.

NEWS!

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



Due to staffing and space constraints, JFedDC has transitioned the Medical Loan Closet to another non-profit that 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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Federation Celebration



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**Order by March 8
for Passover!**

See page 9 for information.



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The Harding Club



It was a cold and snowy Monday noontime as robust and stalwart Harding Club members braved the elements, risking life and limb to deliver surplus food from the Mid Hudson Food Bank to needy kids at the Morse School in Poughkeepsie. Exaggeration? Perhaps, but it is now a regular duty of the Club, as it joins with the Jewish Coalition to help those less fortunate in our community. Thanks to Lou Newman and his companion, Alice Greco, Michael Rothman and his wife, Sarah, Russell Rothman, and Alan Fox, for their efforts on that frigid day.

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. The Harding Club has been a positive force for making friendships, for making business connections, and for being philanthropic during its entire history.

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

- Former NYS Senator Steve Saland
- Frank Rubin speaking on Cryptology
- Glenn Tanzman speaking on "My Time in Vietnam"
- Bob Ulrich speaking on "Fun Facts and Tidbits in History"
- Chris Silva, Bardavon Executive Director
- Rick Soedler from the East Fishkill Historical Society
- Kim Ritz, Director of the PJ Library
- Andrew Schmidt speaking about "Marconi Spanning the Atlantic".

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.

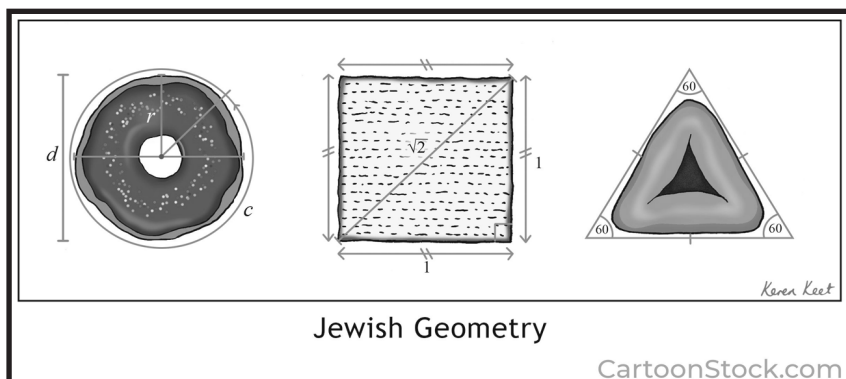
You are cordially invited to join this group of men who are living up to the club's motto: "Since 1923, a social club for men interested in camaraderie, community, philanthropy, good food, and Jewish culture."

We do look forward to hearing from you.

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

Alan Fox, Harding Club Immediate Past President, alfox21@yahoo.com

Mike Elkin, Harding Club President



Jewish Federation of Dutchess County Honors International Holocaust Remembrance Day

submitted by Dylan Thompson



Dylan Thompson

Never forget. Never again.

The Jewish Federation of Dutchess County highlighted this message with a showing of *Saul & Ruby's Holocaust Survivor Band* on January 27 at the Franklin D. Roosevelt Library and Museum. The film was shown to commemorate International Holocaust Remembrance Day, the anniversary of the liberation of the Auschwitz-Birkenau concentration camp in 1945. The memorial event also honored the six million Jewish victims of the Holocaust.

The film was shown in collaboration with Cliff Laube and Jeffrey Urbin from the FDR Library at the Henry A. Wallace Center in front of ninety-one participants. Released in 2020, the film follows the story of 91-year-old Saul Dreier who starts a band in a South Florida retirement home with fellow concentration camp survivor Ruby Sosnowicz. The movie commemorates the memory of those who perished in the Holocaust, and it looks to address the lives of those who survived. Following the film, participants were crying and applauding.

"It was fabulous, emotional, and inspiring," participant Lori Morritt said. "Until you see something like that, you don't fully feel it," participant Maria Valdeci said. "I didn't expect to be moved like that."

Karen Hochhauser, Executive Director of the Jewish Federation of Dutchess County, chose the film to honor the lives of the victims of the Holocaust and for the important themes. The themes of the film help connect the audience to the material. "It also had a special theme of resilience and finding ways to celebrate life," Hochhauser said.

A crucial theme of the memorial event was the act of remembering. Hochhauser stresses the importance that International Holocaust Remembrance Day is a commemorative event for everyone, not just the Jewish community. She also acknowledges that there are still people who do not believe in the Holocaust. "Sadly, there are some who try to deny that the Holocaust ever happened, which is why global acknowledgment is so important," Hochhauser said.

The United Nations of Geneva created the theme of "Home and Belonging" for 2023, and it was seen in the film. The film showed the human needs of victims of atrocity crimes and the dangers of hate speech both which relate to the theme of "Home and Belonging." "They went to their homes that they grew up in, so yeah, home is where the heart is and where there is joy and

(Continued on page 5)



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Page 4: Berkshire Hathaway Home Services Hudson Valley Properties

Page 12: Hudson Valley Hospice

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



Dear Shabbat Hostess,

As long as you have a challah and wine/grape juice, and candles, you're good to go! Shabbat is all about Kiddush, making things holy. Shabbat dinner isn't like eating on the run like we might do during the week after soccer practice. That's what separates it from the rest of the week. It's time with family and loved ones. It's traditional to serve soup, main course, and dessert. Try to level up, use that special tablecloth, and the "good" silverware! Even if it's pb and jelly sandwiches! It's about the people and the togetherness!

Shoshana

Rabbi's Blog *by Rabbi Glenn Jacob*

Sitting in the pews, I watched the first graders trotted up on the bimah to sing the schmaltzy "O Hanukkah, O Hanukkah, come light the menorah." The music teacher beamed as her charges belted out the song for their parents. I remember feeling uncomfortable that we were not doing justice to the holiday and the history behind it. If I knew then what I know now, I would have tucked away the stray thought and let it be forgotten.



Rabbi Jacob

1 Maccabees was rejected from the Biblical canon, but the early Church Fathers saved it, tucking the book in the appendix of the New Testament, their bible. Our Talmudic ancestors knew enough of the Greek history to dismiss the description of the holiday as "The Festival of Dedication" and replace it with Josephus's wording, "The Festival of Lights." Josephus changed the name in the first century CE and the rabbis followed his lead centuries later because the story of 1 Maccabees is a terrible, bloody, and violent record of decades of the life under the Greek kings.

Every Greek Seleucid king, eight of them, betrayed the Jews of Judea, reneging on their promises and their treaties and sending their armies to ravage the land. Even two Egyptian Greek kings came with armies to add to the mayhem. Jerusalem was not sacked once by Antiochus IV but many times, and for years at a time. Jews had enjoyed peaceful times for many generations before this king attacked Jerusalem and then banned all Jewish practices; in an instant, the peace was gone and never again truly emerged for any significant length of time.

1 Maccabees matters because the Jews did not stand by and let their fellows be slaughtered. Under Mattathias, they learned that they had to fight on the Sabbath. When Judas Maccabeus took his father's place, his small guerilla forces defeated the conscripted armies of the Greek kings time and again. When the Greeks finally trapped Judas and slew him in battle, his brother Jonathan took up the reins and secured Judea from these predations for twenty years. When Jonathan was felled, their brother Simon secured a better peace and even expanded the territory of Judea for another seven years.

These sons of Mattathias brought new terms to Jewish theology. Before the Maccabean period, Temple theology was simply "obey the words of Torah and God will reward you." In the age of the Greeks, the Jews learned that belief in God could also mean zealotry and martyrdom. Zealotry is killing others to preserve your religious beliefs and martyrdom is dying as the only course to preserve one's belief in the one God. The "pious" who did not accept these new ideas were massacred by the Greek armies, but those who embraced the new ideas defended themselves and their families, many living to tell the tale.

Truly, the sons of Mattathias, known collectively today as the Maccabees, saved the Second Temple and the Jews. If they had lost, Judea would have been dismantled and lost to history as the other small countries around them. The choices they had to make were horrid and the pitched battles they were forced to fight over decades were dreadful. However, their legacy is this major leap in theology that brought Judaism to relevance in a new age. The cost was terrible, but we still celebrate as Jews today because of their sacrifices then.

Now, you know. Let the children sing and enjoy the Festival of Light.

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 Sandy Lash, who took time from "checking her 1000 emails per day" to answer our questions.



Sandy Lash

- 1. What is your favorite/least favorite word?**
Favorite: *Yes!*
Least Favorite: *I don't have the time.*
- 2. What inspires you creatively, spiritually, or emotionally?**
Knitting a sweater that actually fits the person I made it for.
- 3. What is your favorite song?**
"Love Me Tender" by Elvis Presley.
- 4. What profession other than your own would you like to attempt?**
Stage makeup artist.
- 5. What profession would you not like to attempt?**
Accountant.
- 6. What is your favorite Jewish food/dessert?**
Sephardic cheese and spinach borekas.
- 7. What do you most like and dislike about yourself?**
Like: *My determination—otherwise known as stubbornness.*
Dislike: *I get too obsessive about making decisions.*
- 8. What is one interesting thing that people don't know about you?**
I am half Sephardic.
- 9. If you could choose a superpower, what would it be?**
Immortality.
- 10. What is your greatest achievement/something you are most proud of?**
Working with seriously mentally ill people for close to four decades and that I helped found the Jewish Social Action Coalition..
- 11. Do you have a "bucket list" and, if so, what is on it?**
Walking across the Brooklyn Bridge.
- 12. If there were one thing you would hope others do in the interest of our future, what would that be?**
Vote.
- 13. What is your earliest Jewish memory?**
Receiving a gift from my Ashkenazi grandparents of a Queen Esther doll.
- 14. What is your most favorite Jewish memory?**
A traditional Passover seder at my Sephardic grandparents house and meeting a visiting Egyptian relative for the very first time.
- 15. In what ways does or can JFedDC impact our Jewish Community?**
By continuing to expand Jewish cultural offerings—like a Jewish baking class.
- 16. What is your most and least favorite part of being Jewish?**
Most: *The curiosity and ethics.*
Least: *Interdenominational hostility and anti-semitism.*
- 17. If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
Shalom!

*Member of the Tribe

(International Holocaust Remembrance Day continued from page 4)

comfort," Morritt said.

Hochhauser found the theme of "Home and Belonging" interesting as the Jewish Federation of Dutchess County focused on other themes. While working with the FDR library, Hochhauser chose to focus on what was relevant for the community. "This year, we felt that resilience was of high importance," Hochhauser said.

Hochhauser's work with the Jewish Federation of Dutchess County aims to "Create Community" with a mission of enhancing Jewish communal life and well-being, locally, in Israel, and worldwide. As a small, non-religious non-profit, the Jewish Federation of Dutchess County values charity, repairing the world, and acts of loving-kindness. "We collaborate with other organizations, like the FDR library, to educate and fight antisemitism," Hochhauser said.

The Jewish Federation of Dutchess County has upcoming events with the Poughkeepsie Public Library and the Rhinebeck Reformed Church that can be found in the monthly newsletter, *The Voice*. The newsletter has been in effect for over 30 years and contains information on what is happening in the community, words of wisdom, and various news articles. "Most people came to the event today because of the newsletter," Morritt said. "It is yet another way to bring everyone together," Hochhauser said. The main takeaway from events like the film is the importance of remembering the Holocaust. The Jewish community will continue to push for its voices to be heard. "It's something that has to be remembered, and it must be remembered," Valdeimi said."

A Note from Dylan: My name is Dylan Thompson, and I am a senior at Marist College studying Sports Communication/Journalism with a minor in Spanish. I am from Pittsfield, Massachusetts, and I am a sports writer. I write for "The Berkshire Eagle" and "CenterField" at Marist. I chose to view the movie and write the article because it is for my Journalism Workshop class at Marist. I am in the Arts & Culture beat so I wanted to cover an interesting event in the area. This film caught my eye, and it was an incredible experience. As someone who is not Jewish, I found it very informative and welcoming.



Shalom from Your PJ Library Program Director *By Kimberly Ritz, PJ Library Program Director*

After almost seven years, working hard daily for our community of 300+ PJ Library families, it is with a heavy heart that I will be stepping down from the position as your PJ Library Program Director in Mid-March 2023.

The number of meaningful connections I have made professionally and personally are innumerable. I wouldn't have been able to serve our PJ Library Community without the supportive and caring partnerships that I've shared with our Federation & PJ Library Team (Suzanne Turrisi and Tamatha Williams), Melinda Margulies (my mentor/former PJJL Program Director), our local Community Partners, and my team of Engagement Specialists at the Harold Grinspoon Foundation, the founding organization of PJ Library. Todah Rabah!!

Also a very special thanks to the deep generosity of the Harding Club that has partnered with PJ Library since 2016 and has contributed over \$53,000 to PJ Library MHV! The Harding Club's dedicated support allowed PJ Library Mid-Hudson Valley to double the impact of its gift, resulting in eligibility to apply and receive an additional \$57,000+ in grants and professional training opportunities from the Harold Grinspoon Foundation. Words can not express our gratitude for their ongoing partnerships and we are honored to be working with the Harding Club which celebrated its 100th birthday last year (<https://harding.jigsy.com> for more information)!!

Lastly, a hearty Shalom to our PJ Families who have taught me so much about the importance of connection, strength in community, and the continuity of Jewish shared values & culture. I want to personally thank a few special cohorts of families who readily volunteered their time & support and provided helpful feedback that enhanced and customized our PJ Library programs under my leadership to meet the needs of our local community.

Going forward, I find so much joy and comfort in the next generation of cohorts that Tamatha has developed in just two short years (during a pandemic!) as the PJ Library Program Connector amongst our PJ Library Community which stretches from Beacon to Hudson!

I know that Tamatha Williams will seamlessly take the reins as our PJ Library Program Director with Suzanne Turrisi at her side to continue to design and offer high quality, low barrier programs to connect our families and alumni with children ages 0-12+. Please make sure to welcome Tamatha to her new position. Your Shalom greetings and input mean everything to us! Shalom to my dearest PJ Library Mid Hudson Valley Community! From strength to strength!



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331 Verplanck Ave, Beacon
Contact celia@beaconhebrewalliance.org
Led by Education Director, Celia Bacowski -Masa is filled with joyful Jewish experiences, including song, dance, art, food, field trips, and more!

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
chabamidhudsonvly@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 and TEMPLE BETH-EL

Kulanu: All of Us A School of Jewish Learning
A joint religious school program with Shir Chadash and Temple Beth-El
Our collaborative school models the true meaning of *Klal Yisrael* (Jewish peoplehood) by increasing the sense of Jewish community and partnership for our students and families. It allows students to get to know their Jewish peers and to receive a broader Jewish education. Students explore Jewish tradition, history, and culture through art, music, movement, and text. For grades Pre-K through Bar/Bat Mitzvah.

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
Rabbi Glenn Jacob: Congregation Shir Chadash rabbigmj@gmail.com

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."

The Seth A. Erlebacher Religious School for grades K-7 meets Sunday mornings. The Hebrew School, which meets Wednesday afternoons, offers innovative individualized Hebrew language instruction and bar/bat mitzvah preparation for those in grades 4-7. We also have a special religious education program for grades 8-up. Teens may prepare for Confirmation during 10th grade and may work as madrachim (teacher aides) in the Sunday school.

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.

*PJ Library, a flagship program of the Harold Grinspoon Foundation (HGF), was launched with a humble beginning in 2005 in Western Massachusetts, sending children's books about Jewish holidays, culture, and values. Today, PJ Library has grown into an internationally recognized, \$40M global cultural literacy venture that partners with philanthropists and Jewish communities around the world to provide families raising Jewish children ages 0-12 with the gift of free, high-quality children's books and other resources that foster a deeper connection with Jewish life (www.hgf.org).
Thank you!*



Kim



Tamatha



Suzanne



Purim By Suzanne Turrisi, Assistant PJ Library Director

Purim means “lots”, or “to cast the dice”. Purim is the holiday where we take pride in being who we are, as a people. To stick to our principles! It is celebrated on the 14th of Adar. Purim reminds us to be brave, like Queen Esther, when we are faced with adversity. We need to be brave and rise to the occasion. We need to have courage and stand tall. How will you react when you need to be brave? Courage isn't the absence of fear, it's responding in spite of it! Will you “stamp out” injustice?

On one of winter's colder, gray days nothing beats getting together indoors with friends. Thanks to a recommendation from a PJ Library family, we all met at a fabulous cafe right across the river. It was the perfect setting, with a special play area just for kids. Check out some of the fun pics from our meet up at Frida's Cafe & Bakery!



פורים dvar torah Purim

Here is a fun and easy Purim craft from the PJ Library Hub:

Kids can certainly have fun applying stickers and tape themselves. The noise maker or grogger is a classic Purim prop used during the reading of the Megillat Esther (Book of Esther) to make noise every time the name of the evil Haman is mentioned. The reading takes about 1/2 hour, and during that time children who are old enough to come to the reading must sit quietly so that everyone can hear every single word of the story. So listening for Haman's name gives everyone a reason to pay attention!

You'll Need:

- Plastic cups, any size, clear works well too!
- Electrical Tape (my favorite new crafting supply)
- Beans to fill the cup
- Gold stickers
- A popsicle stick (you can make these without the handle too)
- Hot glue gun or other tacky glue

How-To:

1. Fill one of the cups about 1/4 full with dried beans or anything else you have on hand that will make noise when shaken.
2. Attach the popsicle stick to one cup with hot glue, and then join two cups together with hot glue. My new hot glue gun is so hot it melted the cup the first go around, so use the hot glue sparingly.
3. Decorate the cups with electrical tape and stickers



Enjoy making lots of noise on Purim!

PJ LIBRARY FAMILY OF THE MONTH:

Family Name:
The Tornows

How many kids are in your family and what are their ages?
2 children, ages: Emmanuelle—2.8, Micah—1month

How long have you been receiving PJ Library books?
Since Emmanuelle was born in May 2020

What is your family's favorite PJ Library book?
Tikkun Olam Ted! But we love every single book that we get from PJ Library.

How did you hear about PJ Library?
Before moving to the Hudson Valley, we lived in Chicago and were very active in the Jewish community there. We learned about PJ Library then.

Why is PJ Library important in your home?
PJ Library gives us a tangible way to “be Jewish?” in our house by reading the books together as a family. We've also made wonderful friends here in the Hudson Valley through the PJ Library parent connections.

How has PJ Library influenced your family's Jewish living and decisions?
PJ Library provides us an easy way to talk about Jewish living and values with our kids.

Is PJ Library helpful to you as a parent? How?
Yes, PJ Library is helpful to us as parents because it provides a starting point to conversations about how to be Jewish.



Shabbat Y'ladim (Children's Sabbath)

All young children up to first grade are invited to bring their parents, siblings, grandparents, aunts, uncles and/or friends to Vassar Temple on Saturday, March 18, 10:30am, for a celebration of Shabbat. Rabbi Altman and her stuffed bear friends *Kachol v'Lavan* will be there to help us greet the Sabbath! Tell your friends and neighbors--this short Shabbat morning service, specially designed for young children, is free and open to the whole community. For questions and to RSVP, please contact office@vassartemple.org

PJ Library Dad's Day Out

Come join local PJ Library Dads for a hike and post-hike spirits at Crew Restaurant.

Locust Grove
2683 South Rd, Poughkeepsie

April 16, 2023
Time: 2:00 pm



RSVP

Tamatha Williams
pjlibrary@jewishdutchess.org



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



Susan G. Hecht

Purim Time!!

It is Purim Time of Year! This year, Purim runs from the evening of March 6th through March 7th. I did not acknowledge Purim much as a child, but for some reason it has resonated more with me over the past several years – a change sparked mostly, I think, because of the Covid pandemic.

I want to explain this change for me because just maybe you will relate to it and perhaps you may even want to join me.

Until recently, Purim meant to me: costumes (I've never been one for creative costuming), a lot of candy (Tasty, indeed, but I never felt good afterwards), and noisy groggers or ra'ashan, in Hebrew (To me, the fun of swirling the noisemaker had lost its appeal some time ago).

Then came Purim, 2020. Lockdown hadn't begun yet. But we were close to it. The fear of this unknown illness that was seemingly out of control was setting in. For the first time, performing the mitzvah of hearing the story of Purim (the Megillah Esther) was available to me, live, on the computer. That night, I took out a noisemaker, did not wear a costume, and huddled around the computer with my family. With the fear for my health, but in the comfort of my home, I had a blast!

The next year came, and I did the same – that year I wore a costume (store-bought Wonder Woman!). Nobody saw me because I sat on my couch – and so the embarrassment I would typically feel wearing a costume wasn't there. Again, I had a blast!

Purim 2022: now tucked in to my new residence in Dutchess County, I added the mitzvah of giving gifts of shaloch manos (small food bags) to a handful of people in our area. I ordered owl costumes online and ventured out, dressed as a big, brown, feathery owl, to various local Purim celebrations. I ate homemade hamantaschen at a carnival at Congregation Schomre Israel (and felt great afterwards!), attended a traditional Purim Schpiel at Temple Beth El, where I giggled along with the performers and met some new friends, and listened to the Megillah and partied along with a klezmer band at the Rhinebeck Jewish Center.

I ate a lot of Purim festive foods and enjoyed it all! I was dressed as an owl throughout. I learned it really doesn't take too much creativity to order a costume online, and if you keep a smile on your face, the embarrassment of wearing the costume turns into playfulness. I also realized that when I feel the spirit of the holiday, the noisy groggers take on the sounds of a melodious philharmonic.

With some easy reading and deep thinking, I've also come to appreciate the meaning of Purim and the traditional Purim joy. Like many other holidays, Purim is a celebration of the survival of the Jews during a period in history. In this holiday, the Jews were to be eliminated by the Persian rulers. Yet we survived. It was no small feat and certainly worthy of ongoing recognition.

Today, at a time when antisemitism is rising around us locally and globally, it has never felt more important for me to step out and connect with the community in joy and celebration and with pride. Purim in Dutchess County gives great opportunities to do just that.

In Dutchess County, Purim became fun for me. I'm marking my calendar for Purim events this year and look forward to seeing whoever decides to join me. Perhaps I'll get to see you – even if you have never attended a Purim event before and even if you don't want to wear a costume; there is fun to be had by all. Wherever you are located in Dutchess County, there is a Purim event not too far. I've retired the owl costume for this year – in it's place: Welcome, Queen Esther!

Happy Purim to all.

Our Executive Director



"How You Doing?"

I recently had a conversation with a fellow Executive Director who began by asking me "How are you?" To be candid, I do not like that question. I recognize that this is a standard question that most people ask out of social politeness, but responding is not necessarily straight forward, and my friend agreed.

Depending upon who is asking and what my mood is at the time heavily influences my response. I know I can easily reply with a "Fine. Thank you." as an acceptable answer without seeming rude. Skeptical as it may sound, I have found that most people are not looking for an honest, detailed response. (This is very American of us as compared to interactions and conversations I have experienced overseas.)

Over the years, my responses have varied because I feel the "Fine. Thank you." is not an engaging reply. Sometimes I answer, "As well as can be expected" or "Living the dream... living the dream" (though sometimes it may feel like a nightmare), which typically conjures a laugh or two.

My distaste for the "How are you?" started a few years ago when I was going through a rough period. When asked, my desired response was to challenge back "To which part of my life are you referring? The fact that my mother recently passed and we miss her terribly, or that my father was just admitted to the hospital, or that I was trying to support 3 young boys adjust to living in a new country..." However, I was raised properly and instead replied "Fine. Thank you." This same feeling of frustration happens when I hear someone ask a recent widow or widower that question. While I know the intent is sincere, how do you think one feels having just lost the love of their life?

I would like to propose a revised question, one that could help all of us. Please ask "How are you doing right now?" It is more poignant, present, and mindful. This simple change eliminates addressing issues and challenges someone had to handle the previous day or week. This question eliminates addressing any future worries one may have. It is a thoughtful question that focuses on the individual at that exact moment in time.

Recently I was going through a tough week and when asked how I was, I vulnerably responded, "Honestly, not good". It did not surprise me when one person replied, "That's nice." However, I was happily surprised when one acquaintance looked at me and sincerely said, "If there is anything I can do to help, let me know." and gave me a big hug. I was truly taken aback. It was so unexpected and so unbelievably thoughtful that it made my day.

So my advice to all is ask the right question and take the time to listen to the answer.

Doing all right after all,

Karen Hochhauser, Executive Director



Order your 3 pack of holiday greetings today for the 2023 Holidays

**Passover
April 5**

**Rosh Hashanah
September 15**

**Chanukah
December 7**

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" <small>Approximate sizes</small>
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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

Peace to you this Passover!

Your Name

Medium—C

Happy Passover

Your Name

Small—B

HAPPY PASSOVER!

Your Name

Medium—D

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

Your Name

Large—E

Passover Blessings

Your Name

Large—F

CHAG PESACH

Your Name

Rosh Hashanah Greetings

Small—A

Your Name

Medium—C

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

Your Name

Small—B

Have a Sweet New Year!

Your Name

Medium—D

L'Shanah Tovah

Your Name

Large—E

Best Wishes For a Happy & Healthy New Year!

Your Name

Large—F

L'Shanah Tovah
Have a sweet year!
Happy New Year!

Your Name

Chanukah Greetings

Small—A

Peace to all!

Your Name

Medium—C

Wishing you peace in this season of miracles!

Your Name

Small—B

Hanukkah Blessings

Your Name

Medium—D

Happy Hanukkah

Your Name

Large—E

HAPPY HANUKKAH

From Our Family to Yours,

Your Name

Large—F

May your Hanukkah shine bright with happiness!

Your Name

JEWISH FOOD

Connecting our Community through Food

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

Please email to: TheVoice@jewishdutchess.org.

Hamantaschen



Recipe courtesy of Michael Solomonov

From: Food Network Magazine



When chef Michael Solomonov and his business partner Steve Cook develop recipes for their Philadelphia restaurants (including Zahav, Abe Fisher and K'Far), they often start by talking about their mothers. "Someone will say, 'Oh wait, my mom makes it like this. Let me get her recipe,'" Michael says. Steve's mom, Susan, provided the dough recipe for these hamantaschen — traditional triangular jam-filled cookies that show up on their menus for the Jewish holiday of Purim. It's a pretty classic recipe, with a few exceptions: Susan adds brown sugar and maple extract to her version. The resulting cookie is extra chewy, and perfectly sweet. — Francesca Cocchi for Food Network Magazine

Level: Intermediate

Total: 1 hr (plus chilling)

Active: 40 min

Yield: About 36 hamantaschen

Ingredients:

- 2 sticks unsalted butter, at room temperature
- 1 cup granulated sugar
- 1/2 cup packed light brown sugar
- 1 large egg
- 3 tablespoons whole milk
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon maple extract (optional)
- 3 cups all-purpose flour, plus more for dusting
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 12-ounce jar apricot preserves

Directions:

- 1 Make the dough: Beat the butter, both sugars, the egg, milk, vanilla and maple extract (if using) with a mixer on medium-high speed. Add the flour, baking powder and salt and beat until fully incorporated.
- 2 Divide the dough into thirds and wrap each portion tightly in plastic wrap. Refrigerate at least 4 hours or overnight.
- 3 Form the hamantaschen: Position racks in the upper and lower thirds of the oven and preheat to 375° F. Roll out one piece of dough on a floured surface until 1/8 inch thick. Use the rim of a juice glass to cut out 3-inch circles. Repeat with the remaining dough.
- 4 Spoon a teaspoon of the apricot preserves into the center of each circle of dough.
- 5 Fold in the edges of the dough to form a triangle, pinching at the corners to keep the filling in but leaving the center filling slightly exposed.
- 6 Bake the hamantaschen: Arrange the hamantaschen on 2 baking sheets (use nonstick pans or line the pans with parchment paper).
- 7 Bake, rotating and switching the pans halfway through, until the hamantaschen are lightly browned, 8 to 10 minutes.
- 8 Let cool a few minutes on the baking sheets, then remove to a wire rack and let cool completely.



WORKPLACE EDUCATION ON DEMAND: UNDERSTANDING JEWS AND JEWISH ISSUES IN THE WORKPLACE AND BEYOND

MODULE BREAKDOWN:

1. Opening & Objectives
2. Jewish Identity
3. Antisemitism Defined
4. Myths and Stereotypes
5. Jews in America
6. Antisemitism in the Workplace
7. Recognizing Antisemitism at Work
8. Taking Action
9. Staying Connected

NO USER COST

WORKPLACE EDUCATION ON-DEMAND MODULE

Antisemitism 101 for the Workplace

With antisemitism rising globally and business establishments identified as the fourth most common place where antisemitic incidents occur (ADL 2021), workplaces must ensure that addressing antisemitism and cultural competency on Jews and Jewish issues is part of their diversity, equity, and inclusion (DEI) strategy. ADL's Antisemitism 101 for the Workplace on-demand education supports professionals at all levels and industries in developing their awareness and understanding of antisemitism at work. Through completing this 45-minute no-cost module, individuals will begin to:

- Learn about diversity of Jewish identity and culture
- Define antisemitism and the myths and stereotypes reinforcing it
- Recognize how antisemitism shows up in the workplace and ways to take action

To access this course and register, please visit:

www.adl.org/adl-at-work/antisemitism101-registration



The Passover Center

Find everything you need for a Zissen Pesach, all strictly Kosher for Passover.



14⁹⁹ lb.

Meal Mart 1st Cut Beef Brisket

3⁶⁹ lb.

Empire Kosher Frozen Whole Turkey

2/\$6 with AdvantEdge Card

Manischewitz or Streit's Matzo Meal

14-16 oz. • Cake Meal, Matzo Farfel, Whole Wheat Matzo Farfel or Panko Style Matzo Meal 8 oz.

2/\$3 with AdvantEdge Card

Streit's Matzo Ball & Soup Mix

4.5 oz. • Select Varieties

2/\$5 with AdvantEdge Card

Manischewitz or Yehuda Matzos

16 oz. or Manischewitz Whole Wheat Matzos 10 oz.

2/\$8 with AdvantEdge Card

SAVE \$2 WITH 2/\$6 eCoupons

Final Price WHEN YOU BUY 2

LIMIT ONE COUPON PER OFFER PER CUSTOMER

Kedem Grape Juice

64 oz. Select Varieties

2/\$6 with AdvantEdge Card

SAVE \$1 WITH 2/\$5 eCoupons

Final Price WHEN YOU BUY 2

LIMIT ONE COUPON PER OFFER PER CUSTOMER

Yehuda Matzo Meal

8-16 oz. • Cake Meal or Matzo Farfel

3⁴⁹ with AdvantEdge Card

Savion Fruit Slices

6 oz.

4⁹⁹ with AdvantEdge Card

Heinz Ketchup

16.2 oz. Kasher For Passover

2/\$4 with AdvantEdge Card

Savion Marshmallows

5 oz. Select Varieties

3⁴⁹ with AdvantEdge Card

Breakstone's Whipped Butter

8 oz.

\$4 with AdvantEdge Card

SAVE \$1 WITH \$3 eCoupons

Final Price

LIMIT ONE COUPON PER OFFER PER CUSTOMER

Manischewitz Egg Matzos

10.5 oz.

9⁹⁹ with AdvantEdge Card

SAVE \$4 WITH 5⁹⁹ eCoupons

Final Price

LIMIT ONE COUPON PER OFFER PER CUSTOMER

YOUR CHOICE!

Streit's or Yehuda Passover Matzos

5 Lb.

2/\$6 with AdvantEdge Card

Streit's Macaroons

10 oz. • Select Varieties or Streit's Egg Matzos 12 oz.

4⁹⁹ with AdvantEdge Card

Streit's, Manischewitz or Yehuda Chocolate Covered Matzos

5.8-8 oz.

\$2 with AdvantEdge Card

Silver Spring Horseradish

5 oz. Prepared or Beet

9⁹⁹ with AdvantEdge Card

Ungar's Gefilte Fish

20 oz. Selected Varieties

Plus, we have all of your fresh produce needs for your Seder!

Visit us at pricechopper.com for more Passover items!



Offers effective Sunday, February 26 thru Saturday, April 15, 2023 in all Price Chopper, Market 32 and Market Bistro stores located in CT, MA, NH, NY, PA & VT. Not all items are available in all stores.

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.

Adult Education:

Tuesday

The Collected Writings of Maimonides, Writings of the Rambam 10:30am, hybrid. Maimonides has been considered as one of the greatest Jewish philosophers and teachers of all time. What made Maimonides and his teachings so respected and cherished throughout all of the ages? Join us as we discuss his philosophy and classic works of Maimonides.

Introductory Hebrew Class and Conversational Hebrew These 2 classes will start after Passover. The Intro. Class will be at 6:00pm and the Conversational class will be at 7:00pm.

Thursday

Contemporary Halachic Questions 7:00pm, live and hybrid class. We will delve into what goes into a Halachic Torah decision. While some topics are pretty straightforward ("No, you cannot kill him.") some 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 Events:

Tuesday

Purim Dinner March 7, 5:00pm, reservations required.

Friday

Shabbat Across America March 3, 5:30pm. Join us to usher in the Shabbat with services and an Oneg Shabbat featuring Persian food.

Saturday

Shabbat Across America March 4, 9:00am. Join us at Schomre and numerous Jews across North America in celebrating Shabbat.

Movie Night March 11, 7:30pm. We will be viewing *The Yankles*. In this film, down and out ex-baseball player Charlie Jones needs to meet his community service hours as a coach, but no team wants him. It takes the Yankels, an obscure orthodox yeshiva baseball team desperate for a coach, to give Charlie a second chance. A humorous match made in heaven, both Charlie and the team rise to unexpected triumphs.

Purim Timetable

Ta'anit Esther (Fast of Esther) Monday, March 6—Fast begins: 5:10am and ends 6:34pm.

Purim—Commences on Monday night March 6, Mincha-5:20pm, Maariv and Megillah Reading—6:15pm

Purim Day—Tuesday March 7, Morning Service and Meillah Reading—7:30am, Second Megillah Reading—4:10pm sharp for those who didn't make the first

Upcoming Project

We will be ordering centerpieces from Hudson Valley Gardens and Florist for Passover for all who wish to have a beautiful floral centerpiece for the Passover Holiday. The cost per centerpiece will be \$36. Prepaid orders should be made no later than 3/27. Please contact the synagogue office to order. Pick up will be at the shul on Wednesday, April 5, between 9-11am.

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

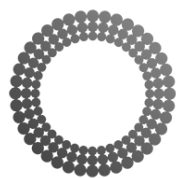
Rosh Chodesh Reading Group

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

Order your Holiday Greetings by March 8
See page 8 for more information.



DAYENU
A Jewish Call to Climate Action

Climate Circle Forming at Vassar Temple

As part of our commitment to the NYS Religious Action Center's Climate Covenant, Vassar Temple's newly formed "Climate Circle" will advocate for two bills in the current legislative session in Albany. The *All Electric Buildings Act* prohibits the use of emitting fuels in new construction, and the *Gas Transition and Affordable Energy Act* gives NYS government the power to gradually transition our energy systems off natural gas. Advocacy from faith based organizations can help give them a push over the legislative finish line. We are also planning a workshop to help you make changes at home (solar, electric vehicles, and heat pumps. Contact us for more information on how you can support the above legislation, and about our other related activities, at dayenu@vassartemple.org.

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

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.

Other

Passover Wine & Products Available A wine sale for the holiday with a huge variety of Kedem and other kosher labels. Orders and payment due by 3/20. Orders will be at the temple by 3/30, between 10am-12pm, for special arrangements please contact Rose Shapiro, roseshapiro55@gmail.com. Please make checks payable to Temple Beth-El

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

March 3, 10, 24, 21, 7:30pm; March 17, 6:00pm Simchat Shabbat Family-friendly Shabbat Service

Saturday

New Paths Shabbat Morning Worship March 4, 18, 10:15am, hybrid.

Shabbat Morning Service March 11, 10:15am.

Adult Education:

Monday

The Talmud: Modern Ideas from an Ancient Text: March 6, 20, 12:00pm, via Zoom. Taught by Senior Scholar Rabbi Paul Golomb, for study sheets and link pgolomb@verizon.net.

Wednesday

An New look at Ancient Stories 7:00pm March 1 Esther, March 8 Ruth, and March 15 Job, taught by Rabbi Altman. Bring a Bible and RSVP at (845) 454-2570 or office@vassartemple.org

Saturday

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

Other Events

Passover Judaica Sale, Flower

Arranging Class Coming! Vassar Temple Sisterhood will hold its annual Passover Judaica sale March 16 – Apr. 5, featuring both ritual and "fun" items for the holiday. Held M-F 10am-2pm, Sun. 9am-12. The Sisterhood is also holding a class on Floral Arrangement Sun. 4/2, from 1 –3 pm, led by Marianne's Florist. Make a centerpiece for Passover! Fee \$40 includes all. Advance registration and payment required, due 3/24. Info on sale and flower arranging: judaica@vassartemple.org

Passover Wine & Products Available A wine sale for the holiday with a huge variety of Kedem and other kosher labels. Orders and payment due by 3/20. Orders will be at the temple by 3/31. Delivery assistance. The complete list/order form is available from office@vassartemple.org, (845) 454-2570, or our website www.vassartemple.org. Don't see what you're looking for? We will be happy to contact Kedem with your inquiry!

2023 PURIM

The celebration will feature a megillah reading, a family service, and a Purim spiel set to the familiar music of "Fiddler on the Roof," hybrid March 6 at 7:00pm. Everyone, dress in any favorite costume, whether in person or on Zoom! Prizes & homemade hamantaschen treats! Use a box of pasta to shake like a grogger and drown out the name of the villain Haman; later we'll deliver your boxes of pasta to a local food pantry. The Temple Brotherhood is sponsoring a vegetarian pasta dinner before at 5:30pm. No charge for the meal; financial donations welcome. RSVP by 3/2 to: Brotherhood@vassartemple.org, let us know any special dietary needs. Contact office@vassartemple.org for the Zoom link.

Contact :

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

**Healthy Self
Heal Thy Self**

Melissa Kurtz
*Jewish Spiritual Director
Kabbalistic Life Coach*

The Kabbalah of Life

We will be learning from the wisdom of the Kabbalah including:
the Four Worlds; the physical, emotional, intellectual & spiritual the Tree of Life and the 10 Sefirot (energy centers)
the Energy of the Hebrew Aleph Bet, Weekly Torah Parsha, Jewish months, holidays, and more.
~Bring awareness and mindfulness to your daily living, through meditation, breath work, energy healing and connecting to our spirituality.

Dates: Wednesdays
March 8, 15, 22 and 29
Time: 7-8:30 PM
Place: Temple Beth El, Poughkeepsie
Questions? Call Melissa at 631.786.1642

Melissa has been a student and teacher of Authentic Kabbalah for over 20 years, has learned from amazing teachers in the US and Israel, and has taught children, teens and adults. Many adults have asked "why didn't I learn this in Hebrew School?" Now is your chance to learn from our ancient traditions and wisdom.

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.chabadmidhudsonvalley.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.chabadmidhudsonvalley.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. Check website for details.

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 March 3, 10, 17, 24, 31, 6:00pm

Childcare Activity for First Fridays March 3, 6:00pm

Saturday

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

Tot Shabbat March 11, 9:00am email: assistant@cehv.org to be put on the email list.

Education:

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

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

Conversational Hebrew Wednesday, March 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



March

Candle Lighting Schedule

March 3	5:30pm
March 10	5:38pm
March 17	6:46pm
March 24	6:54pm
March 31	7:02pm



Monthly Kosher Food Delivery From Evergreen— March 21 and April 18

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 **March 21 and April 18.**

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



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 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 Rschwa9881@aol.com

Jewish Trivia

Q: Which judge from the very popular "American Idol" is, in fact Jewish?

A: Although she never publicly said she was Jewish sources have confirmed that both of Paula Abdul's parents were in fact Jewish.



At the Jan. 30th commemoration of FDR's 141st birthday held in Hyde Park, NY, PC Ralph Schwartz presented a wreath in behalf of JWV Post 625. Chief of Staff Martin Hochhauser placed a rock on FDR's headstone, in the Jewish tradition. The event was attended by representatives of West Point and the National Park Service, five local veterans' groups, elected officials, and Roosevelt family members.



Tu B'Shvat at Schomre Israel



Community Pickleball - Everyone had fun playing and learning how to play pickleball. Watch *The Voice* for our next pickleball outing!

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HVHOSPICE.ORG • 845.240.7555



International Holocaust Remembrance Day in collaboration with the FDR Library



Nancy

Thank you Nancy Fay & Kimberly Ritz for your many years serving JFedDC, PJ Library, and the whole community! We will miss you!



Kim