



Sunday May 7, 2023

HQ @ Congregation Schomre Israel (18 Park Ave, Poughkeepsie)
 Questions contact Pam:(845) 471-9811
 or admin@jewishdutchess.org

Breakfast at 8:30pm

For more information and to register for a project visit:
www.jewishdutchess.org/events

- **Children’s Home of Poughkeepsie *#**
 - Nature trail, cleaning fallen brush & trees, wood chips to fill in some areas along the trail with the use of wheelbarrows.
 - Simple flower planting by the buildings.
 - Location: Poughkeepsie area
- **Grace Smith House *#**
 - Gardening & clean-up of the yard for the outdoor space of their housing community. Indoor activity if inclement weather .
 - Location: Poughkeepsie area
- **Pershing Ave Historical Cemetery #**
 - Clean up a historical cemetery, garbage bags will be provided to remove debris.
 - Location: 37 Pershing Ave. Poughkeepsie
- **Cereal Counts & Personal Hygiene Collection**
 - Bring new boxes of cereal & personal hygiene items (shampoo, conditioner & soap)
- **Cereal Counts**
 - Boxing up donated cereal to distribute to food pantries.
 - Location: Headquarters
- **PJ Corner**
 - Various children’s activities, including making Mother’s Day cards for Grace Smith House, a special story time, and an Israel birthday board game.
 - Location: Headquarters
- **Baking for The Lunch Box ***
 - Baking cookies for The Lunch Box appropriate for all ages.
 - Location: Temple Beth-El, 118 S. Grand Ave, Poughkeepsie
- **Crafting Corner**
 - Making cards & kids gifts for the residents of Grace Smith House, appropriate for all ages.
 - Location: Headquarters.
- **Blankets for Cancer Patients**
 - Making blankets to distribute to cancer patients, appropriate for all ages.
 - Location: Headquarters

KEY:

* - A project great for families
 # - For outdoor projects bring your favorite rake, shovel, work gloves, sunscreen, sunhat, bug spray and boots.

Thanks to collaboration with: BHA, Congregation Shir Chadash, Congregation Schomre Israel, PJ Library, The Harding Club, Temple Beth-El, & Vassar Temple.

Antisemitic Attitudes in America: Conspiracy Theories, Holocaust Education and Other Predictors of Antisemitic Belief Pt. 2

Published: 03.17.2023 from <https://www.adl.org/resources/report/antisemitic-attitudes-america-conspiracy-theories-holocaust-education-and-other>

Given these findings, researchers further probed where such attitudes and sentiments were coming from, what phenomena did they overlap with, and how did they manifest. If people agreed with more antisemitic tropes or had negative views on Israel, what else did they think, feel or know about Jews or Israel?

As will be outlined below, researchers found several overarching answers to that question. Generally speaking, respondents who agreed with more anti-Jewish tropes:

- Knew significantly less about Jews, Judaism, and Jewish history, including under-counting the number of Jews who died in the Holocaust and overestimating the proportional size of the American Jewish community

(Continued on page 4)



Do you know someone graduating from High School or College?

If so, email their name, a picture, and from which school they are graduating from?

Email: TheVoice@jewishdutchess.org by July 1st.

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WEDNESDAY, JUNE 7, 2023
 COCKTAIL HOUR STARTING AT 5:30 P.M.

THE GRANDVIEW
 (176 RINALDI BLVD., POUGHKEEPSIE, NY 12601)

The Jewish Federation of Dutchess County


GUEST SPEAKER **Avi Jorisch**




A seasoned entrepreneur and the author of five books who will share insights from his most recent book:

Thou Shalt Innovate: How Israeli Ingenuity Repairs the World


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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

JFedDC Executive Director

Karen Hochhauser
Director@JewishDutchess.org

The Voice

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

May

May 10

What can you do to reduce the impact of climate change?

with Richards Mattocks. Come learn about how our environment is changing and how you can have a positive impact.

Menu: pasta primavera, salad, ice cream

May 24

Do you know the meanings?

with Frank Dispensa Learn the origins and meanings of common phrases and sayings you use every day!

Menu: pizza, salad, cookies

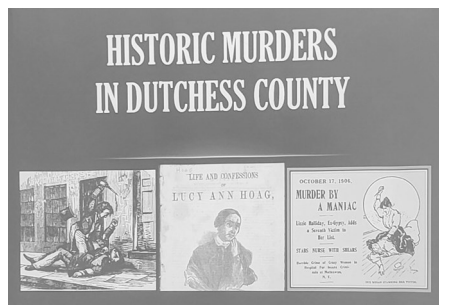
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TO REGISTER, call the office at (845) 471-9811

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



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Office for the Aging submitted by Brian Jones

The first batch of Office for the Aging Senior Picnic reminder cards is being mailed this month to older adults who live in the Towns of Amenia, Dover, Pawling, and Union Vale. Close behind are the reminder cards for the picnics covering the rest of Dutchess County. We schedule a total of 12 picnics covering every community in the county, and the full 2023 picnic schedule will be announced in early May. That's also when we'll start taking reservations, which are required.

You don't need to have received a reminder card to make a reservation; after all, there are plenty of older newcomers to Dutchess County who haven't yet gotten to know OFA. Every resident of Dutchess County over age 60 can make a reservation to attend the free picnic serving their community.

The picnics are a great way for friends to reconnect, and for new residents to get acquainted. Guests enjoy a nutritious lunch, and have their concerns heard by the Office for the Aging, several other Dutchess County Government departments, as well as local government leaders.

If you've never been to an OFA picnic and would like a look at last year's festivities, visit www.dutchessny.gov/OFApicnics. We'll soon post the 2023 schedule at that page, complete with a Google Map to each venue. Speaking of maps and travel: Once you and your friends have reserved your spots at the picnic, we strongly recommend car-pooling to get there. It makes picnic parking considerably easier for everyone.

Picnics are also a great opportunity to drop off the outdated and unneeded medications you've accumulated. The Dutchess County Sheriff's Office and STOP-DWI conduct safe medication drop-offs at every picnic. Also at every picnic is the Dutchess County Medical Reserve Corps, joined this year for the first time by the Department of Behavioral and Community Health's new RV.

Many thanks to The Pines at Poughkeepsie, AccentCare, and The Landing of Poughkeepsie for their support of the picnic program.



GRIEF SUPPORT GROUP

The Jewish Federation has formed a grief support group for members of the Jewish Community whose spouses or partners have passed away in the last three years.

If you are interested in joining call Pam at the Jewish Federation Office (845) 471-9811. Space is limited.

The group will be led by Judy Elkin LMSW, a social worker for over twenty-five years, with a practice devoted to grief and loss at the Northeast Counseling Center in Poughkeepsie. She is a graduate of Yeshiva University's Wurzweiler School of Social Work with an undergraduate degree from Vassar College.

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Israel's 75th Birthday Bash**



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for Mitzvah Day



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The Harding Club

Harding Club to Celebrate 100 Years

This year – 2023 – the Harding Club is noting its 100th Anniversary with a special celebration. For 100 years the club has served as a social, business and philanthropic connection for its members. Founded by a group of young Jewish men who faced discrimination in local athletic leagues, the club has continued to thrive and to live up to its motto: “Since 1923, a social club for men interested in camaraderie, community, philanthropy, good food, and Jewish culture.”

On June 14 members and their guests will gather to note this significant milestone. Widows of deceased members will be invited to attend. The special guest speaker will be Sherry Hall, the Site Manager for the Warren G. Harding Presidential Museum in Marian, Ohio. Judge Al Rosenblatt will serve as emcee for the event. The lives of the club’s thirteen original members will be highlighted.

Meanwhile, the club has enjoyed dinners out and interesting speakers.

Past and future speakers include

- Chris Silva, Bardavon Director
- Glenn Tanzman, HC member and Vietnam Vet, sharing his combat experiences
- Interim Poughkeepsie Mayor Marc Nelson
- Rick Soedler from the East Fishkill Historical Society
- Steve Domber speaking on local Real Estate trends
- Andrew Schmidt speaking on Guglielmo Marconi
- Tamatha Williams, our connection to the PJ Library
- Eric Goldstone, Financial Advisor, speaking on the State of the Bubble

Plans are already under way for next fall, when new members will be welcomed and interesting speakers will grace us at our meetings.

You are cordially invited to join our organization. Drop us a line. We would love to hear from you.

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

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



Happy Mother's Day
to all the mothers, aunts,
grandmothers, sisters,
nieces, mothers-to-be and
caregivers out there!

(Antisemitic Attitudes in America Continued from page 1)

- Were somewhat more likely to not have any relationships with Jewish people and/or classify their past experiences with Jews more negatively
- Were significantly less likely to think that Jews face organized hostility or danger for being Jewish, or that Jew-hatred is a serious or growing problem
- Broadly, as one of the study’s experiments demonstrated, the term “Jew” has a Whitening effect on how people perceive individuals of ambiguous race. For White Americans, seeing a Jew as “White” (i.e., like them) was associated with believing fewer anti-Jewish tropes. For people of color, there was no significant relationship between perceiving Jews as White and anti-Jewish trope belief
- Were significantly more likely to believe a range of conspiracy theories, including a conspiracy theory question designed to resemble the Great Replacement Theory

In contrast, researchers found that few of these factors had statistically significant relationships with sentiment toward Israel. Indeed, only one factor, the extent to which a respondent had a negative experience with Jews, was associated with sentiment toward Israel and, even then, it did so marginally. In fact, respondents appear willing to condemn or condone Israel and its supporters largely independent of their level of knowledge about Israel.

Taken together, these findings help draw a new, composite portrait of how people feel about Jews and Israel. This portrait illuminates both key predictors of negative attitudes towards Jews and Israel and critical avenues for future causal research.

This report is the second in a multi-part series based on ADL’s 2022 study with the National Opinion Research Center in partnership with the One8 Foundation. Future reports, to be published in the coming months, will use additional data from the survey to explore how and why anti-Jewish and anti-Israel attitudes spread, as well as in which demographic subgroups antisemitic and anti-Israel sentiments are most common.

Is Knowledge About Jews, Judaism, and Jewish History Related to One’s Level of Anti-Jewish Attitudes?

To assess the relationship between knowledge and antisemitic beliefs, the study included several knowledge self-assessment and fact-based questions about Judaism, the American Jewish community, and the Holocaust.

Researchers first asked how much respondents *thought* they knew about Jews and Judaism. People who assessed their knowledge as being higher agreed with fewer anti-Jewish tropes than respondents who assessed their level of knowledge as being lower. Specifically, respondents who said that they knew “a great deal” or “some” about Jews and Judaism agreed with 3.8 anti-Jewish tropes, compared to 5.2 tropes among those who said they knew “nothing” about Jews and Judaism.

Look for Part 3 in the next edition of The Voice

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Note deadlines listed.	June/July	May 1
Email:	August	July 1
TheVoice@JewishDutchess.org	September	August 1
if you have questions.	October	September 1



Dear Kosher Keeper,
They are most probably made in a factory that does have dairy products and want to avoid cross contamination at all costs! Better safe than sorry!
Shoshana

Rabbi's Blog by Rabbi Krasner

The Fifth Son

We all just finished the Passover holiday, days of quality time amongst family, friends, and our Father in Heaven who freed us from slavery and brought us close in His embrace.

Many of us had a lovely seder, either in our own homes or by our family and friends. And as we discussed the exodus there is one passage always comes up for interpretation and discussion: the four sons – wise, wicked, simplistic, and unsure how to ask.

When we were children ourselves, we often envisioned these four as children under their parents' roof - some older and wiser, some younger and more simplistic. When we got older, we understood how the author was referring to adults as well. We often meet all of these sons on the street - the wise who embrace Hashem and yearn for His embrace; those who scoff at everything important often to inflate their own ego; and the strangers who come over to us and wish us a quick "Good Shabbos" or a basic question. However, when looking at the direct Mitzvah of Passover in the Torah, the most accentuated "son" is the one who is unsure how to even ask. Concerning them the Haggadah points out, "You should open up to them." Some of these "sons" were not fortunate enough to be given a Torah education, while others received a tepid Jewish knowledge of rules, devoid of a Torah of life and destiny. Reach out to them with a caring heart, explain to them that their questions are always welcome and explain why we hold tight to the mitzvahs and the traditions that we follow.

Yet perhaps the most poignant is the fifth son. The son who is not at the seder at all, the son who doesn't even know that there is so much that they don't know. We see them at the office wearing a Star of David necklace yet are working on Yom Kippur; we see them in the supermarket with names such as Goldstein and Cohen but with no understanding of its worth. Invite them to your Passover seder or to a Shabbat meal; bring them to schul for a Jewish event or prayer. Open your own hearts to share the warmth of the Torah and its traditions, and you will find that those who could not ask in the past are now able to enjoy the wealth of Torah, purpose, destiny, holiness, and religion.

A common refrain that I hear from so many people from so many walks of life is one of regret. "My children and grandchildren no longer follow in the ways of our heritage. I sent them to the best secular schools, yet I neglected to give them a Torah education. I expected them to pick it up from the house, and now. If only I could go back in time, and teach them properly, and send them to a real place of Torah."

While the realization that a Torah education will not be taught through osmosis may be valid, I disagree with the whole premises of those tales of woe that I hear so often. They are all based on a regret, an emotion, that their mistakes can never be fixed, that their inactions can never be rectified. And that is very wrong. The Haggadah is stressing that there are so many children and so many paths. But saying that it is too late is never one of them. Reach out to them and teach them Torah today, no matter the age no matter the circumstances. Many of them are still thirsting for truth and direction. Pick up the phone and start teaching them. And if you do not feel sufficient in your own Torah knowledge, there are plenty of people with large hearts that you can ask or hire in your stead. Plant the seeds of Torah, nurture them with love and care, and you will see its beauty blossom and grow in future generations.

There will be another Passover next year, either locally or in Jerusalem, and you will be ready to invite all of your children to celebrate its freedom.



Rabbi Shlomo Krasner

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 Tamra Bienemann, who took time from editing our monthly newspaper *The Voice* from Illinois to answer our questions.



Tamra Bienemann

1. **What is your favorite/least favorite word?**
Favorite: *Hope*
Least Favorite: *Hate*
2. **What inspires you creatively, spiritually, or emotionally?**
Family
3. **What is your favorite song?**
"I Am Not Alone" by Kari Jobe.
4. **What profession other than your own would you like to attempt?**
I would like to be a CPA.
5. **What profession would you not like to attempt?**
Surgeon.
6. **What is your favorite Jewish food/dessert?**
Matzah Ball Soup
7. **What do you most like and dislike about yourself?**
Like: *I like my stability.*
Dislike: *My height, I wish I were a few inches taller.*
8. **What is one interesting thing that people don't know about you?**
I was offered a full-ride Division 1 college softball scholarship.
9. **If you could choose a superpower, what would it be?**
Invisibility
10. **What is your greatest achievement/something you are most proud of?**
Earning my Bachelors Degree as an adult. In fact I earned it while working at the Federation.
11. **Do you have a "bucket list" and, if so, what is on it?**
I would love to go to Israel, and it will happen one day.
12. **If there were one thing you would hope others do in the interest of our future, what would that be?**
Get along with each.
13. **What is your earliest Jewish memory?**
Working at the JFedDC office as a temp. worker.
14. **What is your most favorite Jewish memory?**
Working on The Voice every month.
15. **In what ways does or can JFedDC impact our Jewish Community?**
Continue reaching out to those in the community and receive them with open arms.
16. **If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
Well done my good and faithful servant.

*Member of the Tribe

COMMUNITY MITZVAH DAY MAY 7th
 Register at:
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Pictured to the right
 Barbara Ballinger,
 Pastor Luis Perez
 and Karen Hochhauser.

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Heartfelt Sentiments *By Simona Cohen*

I met Kim Ritz many years ago, both of us with multiple toddlers clinging to our legs. We recognized that, by the ages of our kids, we were destined to be friends. We also recognized that, by the ages of our kids and the large number of them, we had no time for friendship or much of anything else except the immediate needs of our young families. We half-heartedly exchanged numbers, knowing that both of us would be too tired and overwhelmed to initiate friendship.

A few years after first meeting Kim, I got a message from her inviting me to join a group of moms meeting up for drinks at a local restaurant. Still in the trenches of motherhood, the idea seemed a bit crazy: Leave my kids? On a weeknight? To get drinks? With “friends”? I barely knew what it was to have a friend anymore! Against my better judgment, I went out. I met Kim and a lovely group of women. We had a few things in common: We had kids, we lived in the area, and we identified as Jews. Kim, our host, and leader of the newly created “PJ Mom’s Group” explained that she was building the Jewish community in an unconventional way, not through traditional pathways in places like synagogues, volunteer organizations, or holiday events. Rather Kim was trying something more casual, she would simply invite some people she knew, and hope they would show up and get to know each other, at restaurants, cafes, or wine bars. No big obligation, no agenda, no expectations. That evening quickly evolved into a monthly gathering of “PJ Moms” that I, along with many new friends, began to look forward to, prioritize, and rely on for fun, companionship, and support. PJ Moms group moms came from many different backgrounds, we were secular, Reform, Conservative or Modern Orthodox, and we had many different approaches to celebrating holidays, practicing Judaism, and fostering our children’s Jewish identity and values. Kim respected each individual in the place she presented, yet she guided us as a group to explore a deeper connection, and always managed to weave a scholarly or spiritual thread into our gatherings.

When restaurants and schools were shuttered in the early days of the covid pandemic, Kim recognized that our need for gathering and connection was more acute than before. Zoom socializing had its limitations and we soon began gathering outside, taking turns in different mom’s backyards. The first in-person gathering was just off my driveway, on a cold April night: no hugs, we wore masks outdoors, brought our own drinks, and even our own chairs which we set up 6 feet away for one another around a smoky fire, with the noises of forest animals in the nearby woods. And despite the strangeness and the distance, it felt so good to be together. Covid had crystallized our focus on the values in our lives which mattered most, and chief among those values we found community, connection, shared experience, and collective wisdom. Kim had created a group that provided these attributes for us all. We met again and again in backyards, decks, and around fires, shining light and friendship into the surrounding darkness. We emerged from a dark, distanced time stronger through our connections, as a group that no longer needs a single leader to organize, because we are now a community. Looking back on all the years of gathering and connection, I am proud to have the opportunity to pay tribute to what Kim Ritz has done for me and PJ moms, we have all found friendship in a community that will endure.

Thank you to Kim, for being our friend!



Bar/Bat Mitzvah

Annabelle Ruth Hershfield, Temple Beth-El, May 6, 2023

Daughter of Megan and Jeremy Hershfield, Sister of Penelope, Isaiah, and Nate

Annabelle is a 7th grader at Van Wyck Junior High School. Her hobbies include art, going to musicals, cosplay, listening to music, and playing video games. Annabelle wishes to thank all of the teachers who helped her to prepare for this day. Mazel tov to Annabelle and the Hershfield family.



Alex John Sims Temple Beth-El, May 27, 2023

Son of Melinda and Erik Sims Brother of Zoey and Sydney

Alex, a 7th grader at Lagrange Middle School, enjoys playing basketball and was very excited to play on the modified basketball team at Lagrange Middle School this past winter. In addition to playing basketball, he enjoys spending time with his sisters and his dog, Jack. For his Mitzvah project, Alex has been collecting canned goods for the local food pantry. Mazel tov to Alex and the Sims family!



Farewell Kim *by Rabbi Krasner*

There is a well-known statement, “When the righteous leave a location, their leave is felt, for they are the glory and light, and now that glory and light have left with them.” This statement has been used to describe when Yaakov as well as when Naomi left Israel, and is often used when other righteous people move as well.

And while yes, Mrs. Ritz leaving PJ Library is not an exact parallel as she is not moving from Poughkeepsie proper, there is somewhat of a similar void that is obviously felt. Mrs. Ritz has dedicated a huge amount of time, energies, and sweat over to ensure that PJ Library will run as smoothly as possible. When seven years’ worth of Chanukah, Purim, Tu Bishvat, Mitzvah Day, amongst many other events run smoothly, one does not necessarily comprehend how much is put in to ensure its success. She has always made sure that the events would be in conjunction with all of the moving players, that the parents would be notified, and that the children would be both educated and have a fun time; and succeeded splendidly.

Yet one point that I found out when I was working with Mrs. Ritz, is that PJ Library was only one of a handful of areas and organizations where she worked and volunteered. I personally have a huge debt of gratitude for all that she has done to help nurture the youth of Schomre, and I appreciate the many times that I was able to call her for assistance and advice.

And as I wish her the best of success in her new endeavors, I can honestly say that the vacuum that has been created from her years of giving and service will be felt by many. Yet it is a semi-sweet moment, as she is entering new horizons, and I know that she will succeed and thrive just as she had in the past. And while she is leaving big shoes to fill, I am confident that Tamatha Williams will be able to fill those shoes and follow in her path of success. And I also know that when I need more advice and insight, I still will have Mrs. Ritz’s number.

RELIGIOUS SCHOOL

BEACON HEBREW ALLIANCE

Friday afternoons, ages 9-13 years
 Sunday mornings, ages 5-13 years
 331 Verplanck Ave, Beacon
 Contact celia@beaconhebrewalliance.org
 Led by Education Director, Celia Baczkowski -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
chabadmidhudsonvly@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 Tzivie 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!

חג השבועות Shavuot Festival of Weeks

Here's a craft from Creativejewishmom.com as found on PJLibrary's pinterest page:

You'll Need:

- colored paper
- washi tape
- wooden skewers or toothpicks
- regular clear tape
- sharp scissors or shears to cut the wooden sticks



How To:

1. Cut toothpicks or wooden skewers into roughly 2" lengths, or use toothpicks as is.
2. Cut strips of colored paper, along the length of your paper, such that the paper is about 1 1/2" wide.
3. Using clear tape, tape a toothpick to each end of the colored paper.
4. Start rolling the paper, first from one end and then from the other to create two equal scrolls.
5. Release the rolls somewhat so that paper isn't so tightly rolled, to create more volume, and then adhere from the back with a piece of tape.
6. Decorate scroll with washi tape, a regular width piece bordered by strips of thin washi tape, in this case.
7. Decorate if desired with a permanent marker, though even mine smudged a bit, so be careful.
8. Use your mini torah scrolls to make napkin rings, cupcake or cake decorations or anything else you can think of!

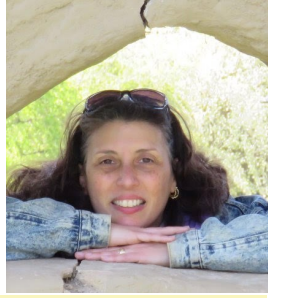


Tamatha



Congratulations,
Tamatha for stepping
into the role of
PJ Library Director

Suzanne



Shavuot—Festival of Weeks By Tamatha Williams

Shavuot, the plural of a word meaning "week" or "seven", alludes to the fact that this festival happens exactly seven weeks after Passover. We commemorate Moses and the people receiving the Torah at Mount Sinai. The word *Shavuot* means "weeks", and it marks the conclusion of the Counting of the Omer. Its date is directly linked to that of Passover; the Torah mandates the seven-week Counting of the Omer, beginning on the second day of Passover, to be immediately followed by Shavuot. This counting of days and weeks is understood to express anticipation and desire for the giving of the Torah. On Passover, the people of Israel were freed from their enslavement to Pharaoh; on Shavuot, they were given the Torah and became a nation committed to serving G-d. Today, we celebrate Shavuot by going to synagogue to hear the 10 Commandments, having festive meals of dairy foods, staying up all night to learn and reading the Book of Ruth. Shavuot combines two major religious observances. First is the grain harvest of the early summer. Second is the giving of the Torah on Mount Sinai seven weeks after the exodus from Egypt. The first determines the ritual for the holiday, which was one of the three pilgrimage festivals of ancient Israel, when Israelites were commanded to appear before God in Jerusalem, bringing offerings of the first fruits of their harvest. The second determines the significance of the holiday for Judaism, namely the entering into a covenant between G-d and Israel, exemplified by Israel's assumption of Divine law.

It is customary to decorate with flowers or greenery and to eat dairy. We want to remember that the Torah is a GIFT that we received. What are we supposed to do with the most important gift that we get? We give it to our children. We pass it down to the next generations.

Shavuot
begins Thursday, May 25 &
ends Saturday, May 27

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 Sat. May 13 at 10:30am. Rabbi Altman and her stuffed bear friends *Kachol v'Lavan* will be there to help us greet the Sabbath and to learn about the Jewish holiday of Shavuot. Tell your friends and neighbors--this short 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 FAMILY OF THE MONTH:

Family Name:
The Kurz Family

How many kids are in your family and what are their ages?

3 kids—Harry, 5, Hannah 4, Carly 5 months

How long have you been receiving PJ Library books?

5 years

What is your family's favorite PJ Library book?

Shabbat is Coming

How did you hear about PJ Library?

Family and friends

Why is PJ Library important in your home?

We love to have fun, easy ways to learn about the Jewish Holidays. With books from all three kids probably a majority of our bookshelves are PJ Library books!

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

Our family tries to do Shabbat as often as we can due in large part to our favorite PJ Library book *Shabbat is coming!*

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

PJ Library helps us explain the Jewish holidays and customs in way that is fun and easy to understand. We've even read some of the books to the kids classmates on occasion to introduce them to the major holidays.



At the Park

May 13, 2023 1:00 PM

Freedom Park

212 Skidmore Road

Pleasant Valley, NY

RSVP 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

Our Executive Director



Alyssa Kogon

On Speaking Out *By Alyssa Kogon*

My very first inclination when asked to pen this month's Board editorial was to discuss my own Jewish history here in Dutchess County for the last almost forty years (I'm 62). Having been raised in Scarsdale, where everyone was either Jewish or at least half Jewish, my adulthood in Dutchess as an overtly Jewish woman in a not very Yiddishkeit world was transforming. From being told things such as "You're not like the others. I like you." to having Stars of David and Swastikas drawn onto my children's artwork, lockers and in one case a shirt, it has not always been easy. Surely, this was a good topic.

That was my plan until I read a FaceBook post about a local young woman named Sabrina Goldfischer. I know Sabrina and her family and many of you do, too. Both Sabrina and her younger sister Gigi were valedictorians of their graduating classes at Arlington High School, no mean feat. I even interviewed Sabrina for *The Voice* while she was still in high school. Now, a graduating senior at Harvard, Sabrina has committed an act of bravery that many of us can learn from.

For her senior thesis, Sabrina chose a topic that many of us veer away from. Entitled "The Death of Discourse: Anti-Semitism at Harvard College", the piece delves into Goldfischer's time at the most famous college in the world. Majoring in Government with a Secondary in Jewish Studies, she served as President of Harvard Hillel in 2021, and currently works as the Harvard Hillel Intern for Combating Antisemitism. She dedicated one year of her life to researching the topic through an exhaustive process of interviews and self reflection on her own experience at the school. What she gleaned from this was horrifying.

While Israeli students suffered the most radical alienation, they were not alone. A student who merely took part in a trip to Israel was shocked when the Harvard newspaper, *The Crimson*, quoted a member of the school's Palestinian Solidarity Committee as suggesting if they met with the student (who had wanted to reach out to them), their physical safety might be in jeopardy. According to Goldfischer, "At Harvard, students face obstacles — social and otherwise — simply because of their nationality."

While Goldfischer's anti-Semitic experience is not unique in these volatile times, her post mortem on what is happening to Jewish students on American college campuses is verification that Jews must stand up to these social injustices. No Jewish student of any age should be afraid to identify as Jewish or as a supporter of Israel for fear of retribution by their peers, and in many cases teachers and administration, who allow this climate to prevail.

Here in Dutchess, we have already witnessed anti-Semitic hostility at several institutions of higher learning as well as in the public school system. This is happening in our own backyard. The Jewish Federation of Dutchess County is watching out and addressing these issues locally, often bringing in national organizations to help fight these dangerous behaviors as they become more and more normalized. Until then, we need more brave witnesses like Sabrina willing to put themselves in the spotlight to combat this disturbing and dangerous world wide trend.

If you would like to read Sabrina's thesis you may find it here:

<https://drive.google.com/file/d/1GwMnt9qdb-pqMJNL27NLvjO5Xe-Q3aSI/view?fbclid=IwAR2y4ytJumK-vrR6DWRv6aPZdxDNYBCK8IVEKXr-rEY5uk7HPHiSNTYNkq00>

If you would like to read Sabrina's op-ed for the Times of Israel you may find it here:

<https://blogs.timesofisrael.com/harvard-hillel-presidents-campus-fears-lessons-from-my-senior-thesis/>



Sabrina Goldfischer



Happy 100th Birthday To Me!

I recently had to do an interesting activity for a course I am taking. It was to write a speech, in a third-party voice, that would be presented to me at my "100-year-old birthday party". In essence, the speech was written by me, but told through my sister's voice, honoring me at my 100th birthday party. I tried using her "voice" and nuances in telling a few funny stories from our childhood including how life was very different growing up in a world without cell phones. We were reliant on each other for companionship and entertainment, and surprisingly, as siblings, we always seemed to get along and rarely fought. "She was a good sister in that respect, better than I would have been if I was the older sibling. Though there is that one time that I locked her in her room..."

"My sister" talked about how I was always the peacekeeper and tried making people happy (which is a whole other story), even helping her do her homework late at night to avoid any yelling in the house. She then addressed some of life's challenges that we experienced together.

"When she finally returned to the US, we were so happy to have her home. Somehow, she managed to support her three boys financially and emotionally while still doing her job in Asia and helping care for our ailing mother. People would ask her how she could do it all, and she consistently replied, 'I don't know. I don't think about it... I just do'.

Karen was dedicated to everything she did. She particularly found her role at the Jewish Federation rewarding with supporting those in need, building sustainability within the Jewish community, and creating community - not just for the Jewish members but the whole community. One of the best compliments she loved receiving was "Your mother would be so proud".

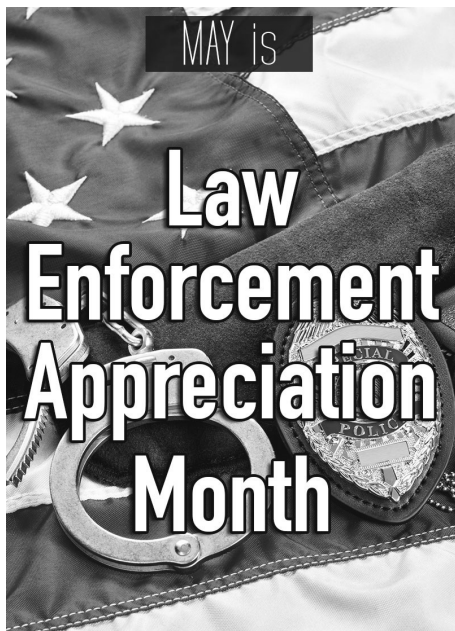
For those of you who know her, you know she is an extremely competitive, driven, caring, loyal, giving person. Her motto has always been "Family First", and I am so blessed to be a part of hers. "So Happy Birthday My Favorite and Only Sister! Here's to 100 more years in health!"

This speech was then read by one of our classmates back to us. I got to listen to my "sister's" speech about me, and even though I wrote it, it was like hearing it for the first time. The experience was slightly transformational and emotional. I felt embarrassed and humbled by the compliments. I felt the presence of those who were at the party listening and the sadness of knowing that some family members were only there in spirit.

Through this activity, we inadvertently identified our values and verbalized what was important to us. I also felt like I had experienced a full lifetime yet had so much more to do and offer, lessons learned and nuggets of insight to be shared. The question then arose in my mind whether my children (and theoretically my children's children - as we say on Passover) were interested in the wisdom and experiences that I could share with them.

In our community, I am happily surprised to find out that we have so many who are nearing that 100 year mark, give or take a few years. We should be honoring them and listening to their stories. We should soak up their words of wisdom. It is something that would be of value to all of us. Be on the lookout in future *The Voice* newspapers for a new article maybe titled "Words of Wisdom". And if you know of anyone who would like to share any wisdom, please email me at: director@jewishdutchess.org.

Ze! Gezunt, as we say in Yiddish, "Be healthy. Be Well."
Karen Hochhauser



May is Law Enforcement Appreciation Month

On behalf of JFedDC, we want to thank all of our local Law Enforcement Officers in Dutchess County.

Dutchess County Sheriff's Office, New York State Police, City of Poughkeepsie Police, City of Beacon Police, Town of Poughkeepsie, Police Town of East Fishkill Police, Town of Fishkill Police, Town of Hyde Park Police, Town of Pine Plains Police, Village of Red Hook Police, Village of Rhinebeck Police, Village of Millbrook Police, Village of Millerton Police, Village of Fishkill Police, and Village of Wappingers Falls Police

JEWISH FOOD

Connecting our Community through Food

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

Please email to: TheVoice@jewishdutchess.org.

A Very Sweet Noodle Kugel (1968)

written by Tamatha Williams, PJ Director and JFedDC Program Coordinator

In honor of Mother's Day, I am sharing a favorite recipe that I enjoyed throughout my childhood. The special woman who baked this deliciously sweet kugel for me was like a second mother. She, and this recipe will forever be in my heart.

Ingredients:

- 12 ounces extra wide egg noodles
- 1 pint sour cream
- 8 ounces cream cheese
- 1 1/2 cups (generous) sugar
- 2 tsp vanilla extract
- 4 tsp lemon juice
- 3 tbsp cold water
- 6-8 large eggs
- 2 sticks of unsalted butter

Topping:

- McCormick's Cinnamon Sugar sprinkled on top

Directions:

1. Preheat oven to 350
2. Boil noodles and drain them
3. Add butter to the pot and put the noodles on top of the butter and let sit
4. Separate yolks and whites of eggs
5. Add sugar and beat together with the yolks
6. Add sour cream, cream cheese, vanilla, and lemon juice. Beat together
7. In a separate bowl beat the egg whites stiff
8. Add cold water while beating
9. Combine creamed cheese mixture with noodles
10. Pour into greased glass baking pan 9 x11
11. Fold in egg whites
12. Sprinkle top with cinnamon sugar mixture
13. Bake at 350 for 40 minutes

Parsley, Sage and Horseradish?

How to plant a spring garden or Passover garden *Submitted by Miriam Rubin*
Part 2

How to plant. Choose a sunny location and dig a hole that's about the same depth and width as the pot. Remove the plant from the pot, shake off some of the planting medium and plant it. Shovel dirt around it, firming it with your hands. Water well. That's it. Check the tag for spacing as herbs will grow bigger. Follow the procedure for warmer-weather herbs, such as basil, cilantro, dill and rosemary. Mint and oregano are invasive. They need their own pots.



Heading into Passover, spring's also the time to plant **horseradish** which takes well to our climate. Plan ahead though, it needs about a year to form roots. If it takes, you'll have it forever.

Look for a root or starts from a nursery, order from:

JohnnysSelectedSeeds.com or get a piece from a friend's patch. Plant the crown, with a piece of attached root but no leaves. Give it its own space --- not in your garden bed --- it needs good sun and rich, soft soil, no rocks. Or few rocks. It's pretty tough, actually, and grows deep -- so dig down about a foot, digging in compost or manure. Plant the root and harvest it in spring the following year.

To prepare horseradish, wash the root and peel. Grate it with the shredding blade of the food processor, leaving it in the work bowl. Averting your eyes from the volatile oils, place the knife blade in the processor and grind the shreds. Let it sit for 3 minutes for hotter horseradish, then add a little sugar if you want, salt and apple cider vinegar to taste, making a paste. Transfer to a jar. Store refrigerated. For red horseradish, add beet juice from a can.

Want to plant more? Other plant starts or seeds to plant in spring include lettuces, arugula, spinach, radishes, leafy greens, such as chard and kale, green peas and beets.

Freelance food columnist and cookbook editor Miriam Rubin was the first woman to work in the kitchens of New York City's famed Four Seasons Restaurant. She went on to become the food editor of Weight Watchers Magazine, and her work has appeared in many other publications. Rubin's first cookbook, Grains, was published in 1995, and her second book, Tomatoes, in 2013. She edited Gil Marks' Encyclopedia of Jewish Food and edited and developed recipes for Matzo Ball Gumbo: Culinary Tales of the Jewish South. www.MiriamRubin.com

JEW IN THE NEWS.

Highlights, updates, and happenings of our Jewish business members of the community.



Congratulation to Russell Rothman, for receiving the Circle of Honor award at the Alzheimer's New Jersey's Gala. We are so proud of Russell...yishar koach!!!

Nancy Belok Honored at Vassar Haiti Project Annual Art & Soul Gala

This past Thursday, April 27th, longtime Poughkeepsie resident Nancy Belok was one of two honorees at the Vassar Haiti Project (VHP) Annual Art & Soul Gala held at the Vassar College Alumni House. Nancy was a founding member of their "Medical Advisory Board" in 2012. She invited prominent local physicians to guide the functions of their clinic in Fierville, in the mountains of Northwestern rural Haiti.

Nancy has been an enthusiastic ambassador for VHP since its inception 21 years ago. "The commitment, passion and involvement of the Vassar College students supporting this project over the years has truly been an inspiration."

Nancy graduated from Brandeis University and received her Masters from Tufts University in Boston where she lived for 25 years. She pursued an innovative career co-founding a corporate childcare consulting business while maintaining her commitment as an Instructor of the Transcendental Meditation Program.

In 1993, with her husband Adam, Nancy returned to Poughkeepsie to join her family business, ultimately serving as Owner and CEO. Their children, Sarah Rose and Zachary have been the highlight and greatest joy of her life. Inspired by her parents, Beatrice and Martin Gross, active with the Jewish Federation of Dutchess County for many years, Nancy has also devoted much time to our community, serving on boards of the Mid-Hudson Children's Museum, the Half-Moon Theater, and the Bardavon Opera House.



Sam Kogon a Jew Who Rocks

What do Billy Joel, Paul Simon and Dutchess County's own Sam Kogon have in common? They are all Jews Who Rock! While you may be more familiar with the music of Joel and Simon, Kogon is well on his way to rock n' roll stardom with a brand new video already causing a stir in the music world.

Raised in Clinton Corners, Kogon, 31, was something of a musical prodigy first picking up a violin at age 5 and forming successful bands starting in middle school while attending the Rhinebeck Central School District. Today the multi-instrumentalist, singer/songwriter has performed with Beach Boy Al Jardine and even had a featured role as a musician in Martin Scorsese's production of The Irishman. While Kogon attended college at SUNY ESF, he started playing in larger venues opening for the likes of music icon Leon Russell. Today, Kogon has several new releases receiving heavy airplay on alternative rock and college radio stations internationally. His 2022 hit single, "Barbed Wire", was featured prominently on WDST Radio in Woodstock. Filmed completely in Dutchess and Ulster County, the "Barbed Wire" video showcased Kogon's own father, local paving contractor Lou Kogon, portraying him as an older man. Parts of that video were filmed at the now defunct Sam's Swap Shop in uptown Kingston, a business that Kogon's family ran for over a century before it became a victim of gentrification.

Kogon's latest video masterpiece for his song "All I Wanna Do" was filmed in a secret location in Yonkers, New York. He used the creepy history of the Hudson Valley to create a hauntingly beautiful and impossible love story between a mortal and a house spirit. Kogon appears as a Phantom character while the story unfolds. Fun side note, a bear costume used in the shoot is famous in its own right. That costume appeared in several episodes of the David Letterman Show and was loaned to Kogon from Beyond Costumes in Yonkers. Both "Barbed Wire" and "All I Wanna Do" made their appearance on his 2022 self-titled 4-track EP, which was recorded and produced by **John Agnello** (Dinosaur Jr., Kurt Vile) and mastered by **Steve Fallone** (Arcade Fire, Angel Olsen, Big Thief).

Currently, Kogon has some new music in the works and hopes to have it out by this Summer, with some US and EU tour dates also planned for later this that time period. Keep a lookout for his new music and tour announcements at www.samkogon.com and follow him at @samkogon.

If you would like to view "All I Wanna Do" you may watch it on Youtube at <https://youtu.be/9TvPUXZyYZ0>.



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, The Letter of Sanctification 10:30am, hybrid.

Maimonides has been considered as one of the greatest Jewish philosophers and teachers of all time. What makes Maimonides and his teachings so respected and cherished throughout all of the ages? Join us as we discuss his philosophy and study his classic works together.

Introductory Hebrew Class and Conversational Hebrew Hybrid & live. Hebrew reading 6:00pm and the Conversational class will be at 11:45am and 7:00pm.

Thursday

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

Other Events:

Thursday

Yiddish Club May 18, 11:00am. This is your chance to hear and maybe even speak a *bisele mame lushun* and to learn about Yiddish culture. As will all events and programs spearheaded by Schomre Israel, this is intended to be open to all in the community. You don't need to be fluent in the language.

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

Remember: We are also collecting shampoo, conditioner and soap (liquid or bar) for our Mitzvah Day Collection

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

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.

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 hybrid. For Zoom link contact office@vassartemple.org For current in-person health protocols visit: www.vassartemple.org

Friday

Shabbat Evening Service

May 5, 19, 26, 7:30pm; May 12, 6:00pm
Teacher Appreciation Shabbat Family-friendly Service

Shavout Festival Service & Yizkor May 26, 10:30am

Saturday

New Paths Shabbat Morning Worship May 6, 10:15am, hybrid.

Shabbat Morning Service May 6, 27 10:15am.

Adult Education:

Monday

The Talmud: Modern Ideas from an Ancient Text: On Zoom alternating weeks 12:00pm. Taught by Senior Scholar Rabbi Paul Golomb, for study sheets and link pjgolomb@verizon.net.

Saturday

Torah Study No class May 20, 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.

Contact :

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

Tikkun Leil Shavuot: Close Encounters Meeting God

Thursday May 25, 8:00pm

Congregation Shir Chadash, Temple Beth El and Vassar Temple will join together for a Tikkun Leil Shavuot, a gathering to prepare oneself spiritually for Shavuot, the holiday celebrating the receiving of the Torah. The program will open with the Festival *Ma'ariv* service at 8pm, followed by dessert (including the traditional cheesecake!) and study at 8:30. During the study session, the three temples' Rabbis Glenn Jacob, Michael Fessler, and Renni Altman will share their reflections on revelation and our relationship with God. This event is open to the community and is being hosted by Temple Beth El. The program is planned to be held in person with an online option. For the on-line link, please contact any one of the sponsoring temples

CEREAL COUNTS!!!

MITZVAH NOW ~ BOXED CEREAL DRIVE

Every summer, children in our community lack access to school-based free breakfast programs. Daily breakfast has nutritional and mental health benefits for everyone!!!

BRING NEW BOXES OF CEREAL FOR OUR MITZVAH DAY-DRIVE ON SUNDAY MAY 7TH TO CONGREGATION SCHOMRE ISRAEL

OR

BRING THEM AHEAD OF TIME TO:

JFEDDC OFFICE ~ CONGREGATION SHIR CHADASH

CONGREGATION SCHOMRE ISRAEL

THE HARDING CLUB ~ TEMPLE BETH-EL ~ VASSAR TEMPLE



Hungry summers are coming...
From the box to the bowl to the belly—
It's a truckload of good morning health!

Boxes of cereal will be delivered to the following pantries:

- Dutchess Outreach Food Pantry,
- Rhinebeck Reformed Church Food Pantry
- The Morse Elementary School
- Community Action Partnership (CAP)

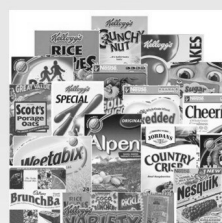
The project is a wonderful way to reduce breakfast hunger in our community.

Questions contact:

Jewish Federation Office:

Pam Mason (845) 471-9811

ADMIN@JEWISHDUTCHESS.ORG



Mitzvah Day is May 7th. See page 1 for all the details Register at: Jewishdutchess.org/events

Adult Education
Temple Beth-El
Poughkeepsie, NY

Tai Chi
Miriam Rubin, Instructor

fnmrubin@aol.com

845-297-4833

text 845-866-6832

While Tai Chi has been called Meditation in Motion, Harvard University Medical School suggests it could also be called *Medication* in Motion. Harvard further says that this gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

No equipment is needed, no special physical ability is required, and while movement is part of the discipline, it can also be done seated if need be.

Why this traditional Chinese discipline in a synagogue? In our High Holiday liturgy we acknowledge that our body is God's as well as our soul, and the Torah and the Talmud direct us to care for our body as well as our soul. Again from Harvard, "There is growing evidence that this mind-body practice has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health."

Wear comfortable clothing and shoes - looking forward to seeing you!

Miriam Rubin has been practicing Tai Chi for more than ten years. She was Temple Beth-El's Education Director for 18 years, and before that was a private piano teacher. She still helps prepare Bar and Bat Mitzvah students and teaches Hebrew in adult education settings.

8 sessions, Thursdays 11:00 am – 12:00 pm

April 20 – June 8, 2023

A \$36 donation for the course is suggested to support quality adult education at Temple Beth-El.

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, December 17, 24

Contact:

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

Vassar College Bayit

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

Weekly Services:

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

Contact :

bryanmann@vassar.edu
for current information

Bard College

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

Contact:

jboettiger@bard.edu
for current information

Congregation Emanuel of the Hudson Valley

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

Weekly Services:

Friday

Kabbalat Shabbat Service 6:00pm
Childcare Activity for First Fridays 6:00pm
Tot Shabbat May 5, June 9, July 7, August 11, September 8, 5:30pm

Saturday

Morning Minyan 10:00am.
Tot Shabbat 9:00am email: assistant@cehv.org to be put on the email list.

Education:

Rhinebeck Mediation & Torah Study Tuesday, May 2, 9, 16, 23, 30, 8:45am, via Zoom.
Hebrew Trope Wednesday, May 3, 10, 17, 24, 31, 12:00pm
Conversational Hebrew Wednesday, May 3, 10, 17, 24, 31, 4:00pm, via Zoom
Coffee Chai with the Rabbi (via Zoom) Thursday, May 4, 11, June 1, 8, 8:45am, via Zoom.
Beginner-Introduction to Judaism Conversation Class Thursday, May 4, 11, June 1, 8, 6:30pm.
Zimet Jewish Learning Adventure Sunday, May 7, 14, 9:30am, May 20 last day and school picnic
Dirty Learning May 21, 11:30am for 7th & 8th Graders

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



May

Candle Lighting Schedule

May 5	7:40pm
May 12	7:47pm
May 19	7:54pm
May 26	8:01pm



Monthly Kosher Food Delivery From Evergreen—

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.

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 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 member of Tenacious D is Jewish?

A: Tenacious D is a rock duo. Jack Black is Jewish. He has appeared in the movie *High Fidelity*, as a mean store clerk named Barry. For a good Chad Gadya visit: [Jack Black - Chad Gadya - YouTube](https://www.youtube.com/watch?v=...)



Friendship Caravan!

MAY 30, 2023

The Tzofim Friendship Caravan is celebrating over 40 years of bringing excitement, energy and friendship to North America through friendship and performance! The first Caravan came to the United States in 1973 to bring a message of hope and peace for Israel. Since that first Caravan, the program has grown to three different Caravan travelling across North America.

OPEN TO THE COMMUNITY!

Temple Beth-El
118 South Grand Avenue in Poughkeepsie

4:45pm to 5:45pm:
Interactive learning activities for kids of all ages

5:45pm-6:30pm:
Enjoy an Israeli style dinner

6:30pm:
The Tzofim Friendship Caravan Concert

The Concert is Free

Dinner:

Free for 12 and under

Ages 13-17: \$5.00

Ages 18 and over: \$10.00

RSVP for Dinner before 5/15 to
Karen Jacobs at kzjacobs21@gmail.com
or Temple Beth-El at 845.454.0570
with payment at the door

SPECIAL THANK YOU TO OUR SPONSORS



Vassar Temple Family Passover Program



Author Series in collaboration with the Poughkeepsie Public Library.
Jennifer Rosner sharing her book *Once We Were Home*



Dr. Sophie Fetthauer sharing about Jewish Refugee Musicians in Exile in Shanghai during World War II. In collaboration with Vassar College and the Consortium on Forced Migration, Displacement, and Education



The Federations of Dutchess and Orange Counties meeting with US Representative Pat Ryan

(L to R): Jeff Berkman, Stefanie Kostenblatt, Karen Hochhauser, US Representative Pat Ryan, Rabbi Emily Cobert, Michael Smith, Rabbi Douglas Kohn, Wendy Cedar

Because Cherished Memories Live Forever.

Make Today Matter!

Hudson Valley Hospice

HVHOSPICE.ORG • 845.240.7555

Do you know someone graduating from High School or College?

If so, email their name, a picture, and from which school they are graduating from?

Email by July 1st:
TheVoice@jewishdutchess.org

The Community is Invited to Join With Vassar Temple, Temple Beth-El, & Congregation Shir Chadash for

A Sabbath of Music and Worship
With Composer-in-Residence Noah Aronson & Joint Community Choir

"Noah Aronson performs with joy, passion and a rich musicality that connects with audiences, heart-to-heart and soul-to-soul."
- Anita Diamant, author of *The Red Tent*

Friday, May 19, 7:30 pm
Shabbat Evening Service at Vassar Temple
140 Hooker Avenue, Poughkeepsie

Saturday, May 20, 10 am
Shabbat Morning Service at Temple Beth-El
(Followed by Luncheon and Song Circle)
118 S. Grand Avenue, Poughkeepsie

Saturday, May 20, 7:30 pm
Concert and Havdalah at Congregation Shir Chadash
1168 Route 55, Langrangeville

Free and open to the public
RSVPs appreciated to office@vassartemple.org

This program is made possible through the support of the Jewish Federation of Dutchess County, the Irving and Gloria Schlossberg Family Fund of the Community Foundations of the Hudson Valley, the Harding Club, and generous private donors.

Mitzvah Day is May 7th see page 1 for all the details

We are collecting a few different items see page 10 for the Cereal Counts collection information and collecting Personal Hygiene Items (shampoo, conditioner and bar or liquid soap).

Register for Mitzvah Day at: Jewishdutchess.org/events

MEMORIAL DAY CEREMONY

Sunday May 28, 11am
Schomre Hadath Cemetery
67 Lagrange Ave., Poughkeepsie 12603
Presented by Jewish War Veterans Post 625

Poughkeepsie H.S. JROTC Color guard
Roy C. Ketcham H.S., Wappingers Bugler
Seating & water will be available

HONOR OUR FALLEN VETERANS