

“Never Again IS Now”
2021 Teachers Conference

L’dor v’dor

Passing the Lessons of the Holocaust
from Generation to Generation



A Virtual Conference
Tuesday, November 2, 2021
8:00 a.m. to 3:00 p.m.

Session Presentations by:
3GNY
Echos and Reflections
U.S. Holocaust Museum
FDR Library Morgenthau Scholar

For information and to register contact:
jeffrey.urbin@nara.gov

There is NO COST to participate and
professional development credit attendance certificates are available.

This program is made possible by:

United Against Hate March

“In recent years, American Jews have faced increased threats of violence and harassment both online and offline. According to the Anti-Defamation League’s (ADL) annual Audit of Antisemitic Incidents, 2019 and 2020 were, respectively, the highest and third-highest years on record for cases of harassment, vandalism, and assault against Jews in the United States since tracking began in 1979.” When addressing all types of hate crimes, the FBI reported that there were 8,263 criminal incidents in 2020 - the highest recorded number of hate crimes in two decades.


These are serious statistics, though anti-Semitism and hate are nothing new. Throughout history, members of the Jewish community have been attacked and persecuted: The Spanish Inquisition in the 1400s, The Russian Pogroms in the 1800s, and of course The Holocaust.

While we cannot change the world in a day, we can focus on what impact we can make here in Dutchess County. When speaking with the ADL and the Secure Community Network (SCN), their messaging was very clear:

Elected Officials and Law Enforcement need to be outwardly vocal and visible in their admonishment of hate. This is regardless of which political party they, or you, are a member.

On Sunday, October 3, Dutchess County rose to the call. The Dutchess County Commission on Human Rights, the Dutchess County African-American Clergy Association, the All For One organization and JFedDC came together for a United Against Hate march.

Elective officials present included Congressman Sean Patrick Maloney, NYS Senator Sue Serino, NYS Assemblymember Jonathan Jacobsen, County Executive Molinaro, and Mayor Rob Rolison. Law enforcement representatives included NY State Troopers, Acting Sheriff Kirk Imperati, City of Pok Chief Pape and Captain Rich Wilson. In addition, ND NAACP President Gilbert West and Emma Varghese, a student leader from Arlington High School’s Equity Association, a school who received ADL’s “No Place For Hate” certification.



Chanukah Ads will be in the December issue. Support The Voice with Holiday Greetings. See page 2 for greetings and how to order. Due date: November 8.



As part of the visual presence, “Hate Has No Home Here” signs were given to those who attended. Additional signs are now available at JFedDC for anyone who is interested.

The march was not the finish line but a continuation of the work we are doing with the community. We are currently working with the DC Human Rights Commission to address Hate Crimes/Hate Speech in a community panel forum, currently targeted for December. Lastly, as a reminder, if you experience any forms of anti-Semitism, please let us know.

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Lunch & Learn North

The Modern Politics of Herod the Great with Dr. Bruce Chilton of Bard College, IAT

Herod the Great and the Politics that Divide Us



Herod the Great founded a dynasty that ruled in the ancient lands of Israel until the end of the first century. That period defined the emergence of Judaism and Christianity as they are known today. Our series will explore how living issues of political concern and division can be traced back to Judea’s last royal family. The dynasty of Herod has been detailed in “The Herod. Murder, Politics, and the Art of Succession”, which is available to participants at a reduced price. As discussion unfolds, experts on today’s politics will join us, so that we can explore the enduring principles of good government.

Sunday, November 14, 1:00pm:
How Rome made Herod into the King of the Jews
An exploration of the interface of religion and politics.

Sunday, December 12, 1:00pm:
The Slaughter of the Innocents
An analysis of the uses of forced emigration and genocide.

Rhinebeck Reformed Church
6368 Mill Street, Rhinebeck, NY 12572

Online & Limited in-person space
RSVP required at
<https://jewishdutchess.org/events>

Planned Giving Roundtable “Zoom At Noon”

Thursday, November 18th, 2021

Co-Sponsored by Rotary District 7210 and JFedDC with participation by Community Foundation of the Hudson Valley and Fidelity Charitable

- Are you familiar with Planned Giving?
- Do you know how it can benefit you while supporting the community?

Join us as we hear from prominent professionals regarding success stories of individuals, families, and businesses who benefited from strategic tax planning while also supporting social action programming with regional non-profit organizations.

Speakers:

- Martin Charwat, JD, CFP
- Eugene Fleishman, CPA at G.K.G. CPA’s
- Bonnie Orr, CPA at JGS CPA P.C.
- Sally Cross, CFRE, President. & CEO Community Foundations of the Hudson Valley
- Antony Marmo, Immediate Past Rotary 7210 District Governor
- Fidelity Charitable Gift Trust Advisor

Register: www.jewishdutchess.org/events

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LEARN & LUNCH BUNCH

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

Fall Location
 Congregation Schomre Israel
 18 Park Ave
 Poughkeepsie NY

SCHEDULE

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



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Jewish Federation of Dutchess County

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The Voice

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WEDNESDAY PROGRAMS Join us!

NEW MEETING LOCATION

We will be meeting at 11:30 am at
 Congregation Schomre Israel, 18 Park Ave, Poughkeepsie
 We will have coffee and dessert.
 Please do not bring outside food into the temple.

November

November 10 "Do You Know the Origins?" with Frank Dispensa
 Frank will show us common sayings. See if you know how they originated.

November 24 Elder Financial Exploitation with Monique Brennan

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



Miles of HOPE Breast Cancer Foundation
www.milesofhope.org

**Following up from our article in the October Voice:
 8 Ways to Effectively Cut Your Risk of Breast Cancer**

Drink Moderately If at All

Even though one alcoholic drink daily is considered a safe limit for women in terms of their general health, drinking at this level could still put you at increased risk of cancerous changes in your breasts. That is certainly what researchers at Harvard University found, with their work showing that women who drank between three and six alcoholic drinks weekly increased their likelihood of breast cancer by 15%. With this knowledge you may want to make sure you stick well within the alcohol recommendations and avoid it altogether if other factors place you at increased risk of cancer.

Lead an Active Lifestyle

Keeping physically active doesn't just help you to lose excess pounds and keep your heart in good shape, but it can also reduce your chances of breast tumors. Indeed, a meta-analysis, which reviews the findings of previous studies, found that for each 4 hours of walking or 1 hour of running each week, women could lower their breast cancer risk by 3%. As current recommendations for physical activity advise that you need to take part in at least 150 minutes of aerobic exercise each week, following these could help to reduce your likelihood of breast cancer, though further activity on top of this would offer additional risk reduction.

(Continued on page 11)

2021 Holiday Greetings

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

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

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

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

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

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

2021 Holiday Greetings

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

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

Your name(s) on the Greeting: _____

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

Passover Greetings

Small—A: Peace to you this Passover!

Medium—C: Happy Passover!

Small—B: HAPPY PASSOVER!

Medium—D: May you be blessed with peace, prosperity, and joy this Passover!

Large—E: Passover Blessings

Large—F: CHAG PESACH MICH!

Rosh Hashanah Greetings

Small—A: May the sounds of the Shofar welcome in a New Year of health and happiness!

Small—B: Have a Sweet New Year!

Medium—D: L'Shanah Tovah

Large—E: Best Wishes For a Happy & Healthy New Year!

Large—F: L'Shanah Tovah Have a sweet year! Happy New Year!

Chanukah Greetings

Small—A: Peace to all!

Medium—C: Wishing you peace in this season of miracles!

Small—B: Hanukkah Blessings

Medium—D: Happy Hanukkah

Large—E: Happy Hanukkah!

Large—F: May your Hanukkah shine bright with happiness!

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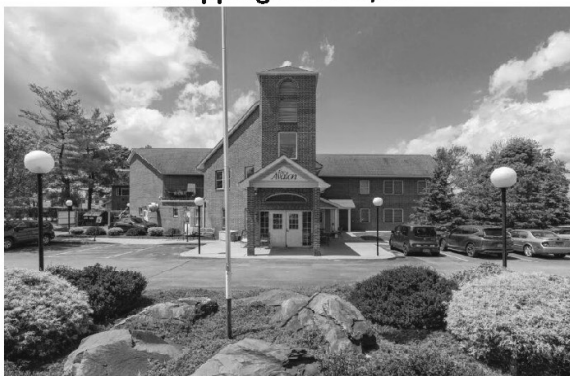


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SAVE THE DECEMBER DATES:

- 12/5 Community Chanukkah Event
- 12/9 Hate Crime Panel
- 12/16 Movie Night In December Annual Meeting

Check email for more details on these events



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Happy
Thanksgiving

The Harding Club

There are many things to report this month, but most important is the fact that it is never too late to join the Harding Club.



The club is not only a social club, but it also is very active in the community delivering food and clothing and school supplies to needy children and providing financial support to the PJ Library, the Jewish Federation, and many other worthy local organizations.

Harding Club is celebrating its 99th Anniversary this year. Contact information and connections for prospective members are found near the bottom of this article.

And now, for the news....

Due to the continuing pandemic, the Harding Club Board of Governors has decided to continue having Zoom meetings. The hope is that by the beginning of 2022 in-person meetings will resume and we will again be safely gathering at a local restaurant for a delicious dinner followed by an interesting speaker. Via Zoom, the lineup of interesting speakers continues (see below), but all of our members miss the camaraderie of meeting in person.

Here is an example of a new and wonderful program that the Harding Club has begun. It is called Catching Kids Caring, and our member Randy Ross is its inspiration. Harding Club will give a \$25 Barnes and Noble gift certificate each month to a student, nominated by his/her school principal, who has been helpful to a classmate or to someone else. Currently we are working with the Morse School and the Myers Corners Road School. Two students at the Myers Corners School were recently awarded certificates after they helped a fellow student who had fallen down the stairs.

The Harding Club has recently enjoyed a wide range of speakers via Zoom, including:

- County Historian Will Tatum spoke on the Prohibition Era in Dutchess County
- Muriel Horowitz spoke about the Dutchess County Interfaith Council
- Doctors Harvey and Matthew Letterman spoke on the BRCA Gene and Reproductive Screening, an issue that inordinately affects Jews

Here is a short list of a few upcoming programs:

- A visual extravaganza of photos taken by members of our Photography Club
- Craig Marshall, Town of Clinton Historian, speaking on "Vietnam: A Seabee's Different Experience"
- Member Irv Miller speaking on "Building a Family Tree"

Below is information for you to use as you investigate membership opportunities. Check us out. We look forward to telling you more about our club.

The Harding Club:

Since 1923, a social club for men interested in camaraderie, community, philanthropy, good food, and Jewish culture.

Website: <http://Harding.jigsy.com/>

Email: hardingclub1923@gmail.com

Alan Fox, Harding Club Immediate Past President

Mike Elkin, Harding Club President



Be sure to look for our advertisers in this month's *The Voice*:

Page 3 Lewis & Greer, The Landing, Principal Financial Services, David Feinstein Berkshire Hathaway Home Services, National Gilman & Ciocia, Optique Elegance, Michael Torson Memorial Funeral Home, and The Avalon

Page 5: Berkshire Hathaway Home Services Hudson Valley Properties

Page 9: Price Chopper

Page 12: Hudson Valley Hospice

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VOICE DEADLINES	ISSUE	DEADLINE
Note deadlines listed. Email: TheVoice@JewishDutchess.org if you have questions.	December	November 1
	January	December 1
	February	January 1

The words 'Thank you' take seconds to say, but mean so much.



**Begins sundown on
November 28**

NexGen Spotlight

You Can Go Home Again

By Alyssa Kogon



David Feinstein is a real estate agent for Berkshire Hathaway Home Services servicing the Hudson Valley Region. He is also a husband, dad to two small children, and living proof that you can go home again.

The handsome 32 year old graduated from Lourdes High School, despite his Jewish roots. He lived a typical suburban lifestyle growing up with his sister, Mary. Mom, Margaret, served as a remedial reading teacher in Beacon Schools and dad, Stuart, was a medical doctor specializing in infectious diseases. The family went to temple only occasionally but did celebrate the holidays.

Majoring in finance and economics at Manhattan College in Riverdale, Feinstein did not partake in Hillel but enjoyed his experience. For ten years he lived in Manhattan working in digital advertising. But when he met his wife Lauren Domber, who he dated for a week in Junior High in Dutchess County, it was love at second sight.

The couple, both from Poughkeepsie, reunited while living in the city after coming across each other online. Lauren came from a much more observant family. Once their son Issac, now 6, was born the new family moved towards a more religious upbringing for their child. While Lauren finished her schooling as a Physician's Assistant, the Feinsteins moved around from apartment to apartment.

When the pandemic hit, Lauren had finished school and was pregnant again. With the perfect storm to leave their urban digs, the Feinsteins decided to build a new home in Lagrangeville and move back to their former county. Fifteen month old Noah and his big brother really enjoy the space and the yard the move has

(Continued on page 5)

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



Dear Celebrating,

What to do when ships collide? Or is it more like ships passing in the night? This year we have a double blessing, one holiday flows into another. What a perfect time to add latkes to your festive meal. As Thanksgiving is winding down, dreidels are spinning up! If combining goodies into one meal isn't for you, try decorating for both. Display a ceramic horn of plenty in the window next to the chanukiah. Look up the history of both holidays to discuss and compare at your holiday meal, share the joys both have to offer. Besides, you can always use gravy instead of applesauce for your latkes this year!!!

Shoshana

Rabbi's Blog by Rabbi Jon Haddon

A Little Forgiveness, Please

We just celebrated Rosh Hashanah and Yom Kipur. Rosh Hashana is Yom Hadin—Judgment Day, a day when G-d judges all of humanity. Who among has not felt, during the past several months, somewhat incarcerated in their own home? And the effects of that pause in our lives still reverberate—in empty sports stadiums, hundreds, instead of thousands at the Olympics, a darkened Broadway, half-empty restaurants, diminished air traffic, masked faces, unemployment, religious services on Zoom, and much anxiety even with a rate of infection as low as it is here in New York State. Thank G-d, things are much better lately, but none of us knows, for how long.



Rabbi Jon Haddon

We all know that this is a time of forgiveness. We are encouraged to forgive others for the sins that they have committed against us. That's the directive we encounter year after year. But do we succeed? Do we forgive others for their sins? Let me put it another way. Think of the person whom you do not like. We all probably have a few people like that in our lives. I know I do. How did you think of this person since last Rosh Hashanah? Is this person still on your no-fly list? Did you forgive this person? I bet some of you did, but I also bet a much larger percentage did not, myself included. How do I know? Because forgiveness is one of the most difficult things in the world to grant. People generally don't want the sinners of this world to be forgiven. We want them punished. We want justice. Were we to forgive, it might seem that we didn't care about justice. And that grates against us. It doesn't seem fair. And that's why it is so hard to forgive. If you haven't forgiven that person or people or whomever it is you've got issues with, I don't blame you. I only want to acknowledge the challenge forgiveness presents, and how we, by and large, resist its fulfillment.

But if I told you there were people in this world who do not deserve forgiveness, I bet many of you would agree with me. I would agree with me. But guess who may just disagree? G-d. The Talmud discusses three Jewish kings who were so bad, they were denied entry into the World to Come. One was Menasheh ben Hizkiyahu, a seventh century BCE ruler. The Bible describes Menasheh as having put to death so many innocent people that he filled Jerusalem with blood from one end of the city to another (II Kings 21:16). And yet, one of the rabbis, Rabbi Judah, in the 2nd century CE, comes to his defense claiming, that Menashe did teshuvah and his years of repentance far exceeded his years of sin. When it came time for Menashe to leave this world, the *middat hadin*, the Angel of Justice, blocked his entry into the World to Come. In other words, justice demanded that a man with a history of such grave sins, be thrown into the dustbin of history, there to decompose and be forgotten. No way could someone with so much blood on his hands make his way into eternity. But G-d disagreed, Rabbi Judah claimed. G-d dug a tunnel by which Menashe could secretly slip into the World to Come right under the nose of the angel. Think about that—G-d allowing compassion to override justice. Did Menashe really deserve entry into eternity? I don't think I'm that forgiving. But according to Rabbi Judah at least, G-d is.

Let's be real. We are all essentially imperfect beings. We have selective memories, we stretch the truth, we fall victim to jealousy, we may be selfish, we are not above the unkind word, we get stuck in bad habits, we let our tempers get the best of us, and our prejudices sometimes expose the worst of us. How do we live with ourselves? We have the power to reflect, we have the power to regroup, we have the power to repent, and we thus have the power to forgive others as we do ourselves. If G-d could do it, so can we.

Chanukah Holiday Greetings are due no later than November 8
Look at page 2 to see the greeting and instructions on order your greeting.

(NextGen Spotlight Continued from page 4)

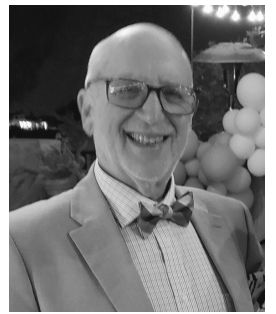
offered. Lauren is employed by Orthopedic Associates.

Home life now is more centered on being observant. Shabbat is celebrated each week. The children are enrolled at PJ Library, and Isaac recently began religious school at Vassar Temple.

David decided it was time to focus on a new career as he did not relish a long commute back into Manhattan daily. He earned his real estate license in April and joined Berkshire Hathaway where he focuses on both commercial and residential properties. He is especially excited to be back in Dutchess County as it becomes a popular destination for young families like his own as well as new businesses looking to move into the suddenly burgeoning area. If you would like to contact David Feinstein for your real estate needs you may reach out to him at (845)325-8085.

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, John Weisman took time from sitting on multiple HOA Boards and going into the pool (as it is 97 degrees in Florida) to speak with us.



John Weisman

1. **What is your favorite/least favorite word?**
Favorite: *Yes dear.*
Least Favorite: *It's not my job.*
2. **What inspires you creatively, spiritually, or emotionally?**
To try to be different than everyone else; a little more spiritually forgiving.
3. **What is your favorite song?**
In The Still Of The Night by The Five Satins.
4. **What profession other than your own would you like to attempt?**
I'd like to own a car dealership and provide superior service.
5. **What profession would you not like to attempt?**
Surgeon.
6. **What is your favorite Jewish food/dessert?**
Pastrami from Katz's Deli.
7. **What do you most like and dislike about yourself?**
Like: *The fact that I am a "Let's get it done" person and I like to do a lot of different things at one time.*
Dislike: *Having to say no.*
8. **What is one interesting thing that people don't know about you?**
I'm really warm and fuzzy.
9. **If you could choose a superpower, what would it be?**
Bringing back the art of effective compromise.
10. **What is your greatest achievement/something you are most proud of?**
The level in which I rose in my industry. In my second career, I grew my sector from revenue of \$7 million to \$55 million.
11. **Do you have a "bucket list" and, if so, what is on it?**
Try to stay as healthy as possible for as long as possible.
12. **If there were one thing you would hope others do in the interest of our future, what would that be?**
Learn how to compromise.
13. **What is your earliest Jewish memory?**
Sitting in the balcony of Bridge Street of Schomre Hadath with all the women.
14. **What is your most favorite Jewish memory?**
My children's bat mitzvahs.
15. **In what ways does or can JFedDC impact our Jewish Community?**
I think as of late they've brought more attention to Jewish issues and got ten more involved in the community.
16. **What is your most and least favorite part of being Jewish?**
Most: *It makes me different, which is good. No matter where I go when you meet another Jewish person, you have something in common. That's a cool thing.*
Least: *There really isn't one.*
17. **If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
You got here too early.
18. **What question do you wish we asked and what would be the answer?**
Q: *To what do I owe my success?*
A: *My wife. She's a tough cookie to keep up with and a great role model.*

**Member of the Tribe*



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Berkshire Hathaway HomeServices
Hudson Valley Properties
 1100 Route 55, Suite 301
 LaGrangeville, NY 12540
 sdomber@bhshudsonvalley.com
 845.905.8748

Good to know.™
bhshudsonvalley.com

Tikvas Devorah Chana / PJ Library Event: Make Your Own Pizza

Sunday, November 14, 5:30pm

A little background: Tikvas Devorah Chana at Schomre Israel in conjunction with PJ Library is proud to continue to offer to the Jewish Community of Poughkeepsie Jewish educational events. Each event is a hands-on learning experience, focusing both on the rich heritage of the holidays and mitzvot, as well as encouraging the artistic flair and talents amongst our children and youth. We hope each event will be a fun and wholesome learning experience. We are encouraging parents and grandparents to come with their children.

All events are free and open to the public. However, as there are often materials that will need to be supplied, we are requesting that everyone register at least 5 days before each event by calling the synagogue at (845) 454-2890 or by emailing Rabbi Krasner at rabbishlomok@gmail.com

Shabbat Y'Ladim (Children's Shabbat)

All children from tots to first grade are invited to join Rabbi Altman at Vassar Temple on **Saturday, November 13 at 10:30am** to celebrate Hannukah. Together we'll explore themes of gratitude for this special time on the Jewish calendar. Our stuffed bear friends *Kachol v'Lavan* will be there to take part in the singing, stories, and a brief, child friendly service. Tell your friends and neighbors--this event is free and open to the whole community. We plan to meet inside the Temple under the health and safety guidelines in place at that time. For further information and updates, please contact office@vassartemple.org or call the Temple (845) 454-2570.

Generation Gratitude in the Neighborhood with Mindful Yoga with Liz is a great opportunity to meet other young PJ Library Families and check out local places near you where young families hang out! We will meet up monthly from November-December on Sundays for 3 **sensory, gratitude moments** together (examples-PJL Stories-Mindful Eating at Local Eatery and Movement with Mindful Yoga with Liz). One virtual parent class will also be offered so parents can get to know each other better, and enjoy some self care relaxation with Mindful Yoga with Liz.

If you are interested please let us know so we can send you further details! This is your 2nd year of the program and we are excited to offer it in-person, **OUTDOORS**, and in your neighborhood! Please RSVP at pjlibrary@jewishdutchess.org



Tiny Temple learns about Sukkot at Vassar Temple.



PJ Library Sukkot Program held jointly with Temple Beth-El's Tot Program





MINDFUL YOGA
WITH LIZ
CHILDREN, TEEN, ADULT AND FAMILY YOGA

PJ LIBRARY PRESENTS



PJ Library

The Jewish Federation of Dutchess County

Gratitude IN THE NEIGHBORHOOD



WHAT A WONDERFUL WORLD
as sung by Louis Armstrong

Fall Semester
2:00-3:00 pm meetup time
One virtual meetup on 11/10

11/07 DECADENT DONUTS & WARM SMILES AT GLAZED OVER DONUTS

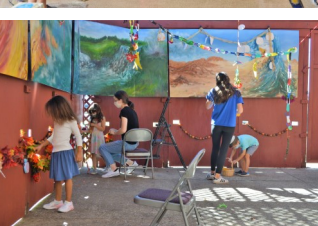
11/14 COCOA & CONVERSATION AT THE CRAFTED KUP

11/21 BESTIES AND BOOKS AT BREAD ALONE

12/05 MINDFUL MOVEMENT @ MINDFUL YOGA W/LIZ

RSVP TODAY TO [PJLIBRARY@JEWISHDUTCHESS.ORG](mailto:pjlibrary@jewishdutchess.org)

Temple Beth-El's new Hybrid Religious School is in full swing, both in-person & on Zoom!



PJ Library is a program of the Harold Grinspoon Foundation and made possible through gifts from the Jewish Federations of Dutchess, The Harding Club, and the generous support of PJ Library donors. To make a donation online go to: www.JewishDutchess.org

Thank you!

RELIGIOUS SCHOOL

CHABAD MID-HUDSON VALLEY

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

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

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

We engage in a Sharing Shabbat Program. As our tradition instructs us, Shabbat is a day for prayer, rest, and study. We have an intergenerational program of learning. Our adults can study Torah with our Rabbi while our children learn about Jewish holidays, values, customs, history, and our relationship to God--all at appropriate grade levels. Our students learn the ethical teachings of Reform Judaism and its commitment to social justice. Our learning is experiential and highly participatory. We utilize crafts, stories, award-winning textbooks, technology, and music to teach. We have trips and events outside the classroom that enhance our learning. Mostly, we aim to imbue our students with a love of Judaism!

Bi-monthly Saturdays, 9:15am followed by Torah Service, 10:30am For info contact Cantor Gail Hirschenfang: polishfang@optonline.net

TEMPLE BETH-EL

The Temple Beth-El Education programs for kids Pre-K through High School provide an engaging learning environment. Students explore Jewish tradition, history, and culture through art, music, movement, and text.

Classes have resumed in person, with a hybrid option. Please contact Rabbi Miriam Hyman for the current school schedule at (845) 454-0570 or education@tbeny.org

VASSAR TEMPLE

Vassar Temple provides a program of Jewish education within the Reform Movement's guidelines, which deepens a student's Jewish experience and knowledge in an accepting and stimulating learning environment. Our philosophy of Jewish learning is based on the quotation from Pirke Avot, "The world depends on three things: on Torah, on worship and on deeds of loving kindness." 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. Synagogue membership is not required to attend any of the school programs, and new enrollments are welcome throughout the year. The religious school and Hebrew School at Vassar Temple are directed by our Rabbi Renni S Altman, D.D. For more information, please contact her at rsdirector@vassartemple.org (845) 454-2570.

חנוכה or חַנּוּכָּה
**Hanukkah or Chanukah
 dedication**

Here's an edible menorah craft from PJ Library to help shine light in your home this Hanukkah:



Supplies:

- One box of cake mix (any flavor)
- One can of a carbonated beverage of your choice
- Birthday candles
- One container of premade frosting (or two if you'd like)
- Sprinkles, candies, gel frosting, and other cake decorating novelties

Directions:

- Follow the instructions to make *shortcut* cupcakes
- Preheat the oven according to the directions on the cake mix package
- Coat a cupcake tin with non-stick cooking spray
- In a bowl combine your boxed cake mix and your carbonated beverage
- Mix until well combined and all lumps are gone
- Fill each cupcake 3/4 full with your mixture
- Pop your cakes in the oven.
- Follow the instructions for the original baking time adding 3-5 minutes
- Once cooled, frost each cupcake.
- Embellish and decorate each one so that it is unique.
- Add candles and light your menorah.

Eat, share, and enjoy your cupcakes!!

PJ Library
 Bring Jewish stories home



By Suzanne Turrisi, PJ Library Assistant Director

Dedication is "the act of consecrating an altar, temple, church, or other sacred building."-Wikipedia. It can also mean: "a feeling of very strong support for or loyalty to someone or something"

Dedication is selfless devotion. At this time of year, we are reminded that the days are short, and the nights long! We use a shamesh, or helper candle, to light all the other candles. Perhaps you can be the light or shamesh, to help someone else find theirs in the darkness! Dedicate yourself to someone or something and help them shine!



Happy Hanukkah

Lighting the Hanukkah menorah

Light the Shamash, the helper candle, first. Then say two blessings – one for lighting the candles, and one for miracles.



Use the Shamash to light the other candles, starting with the newest candle, on the left.



The candles are placed in the menorah from right to left, with one more candle added each night.

Baruch ata Adonai, Eloheinu melech ha'olam, asher kideshanu bemitzvotav vetzivanu lehadlik ner shel Hanukkah

Dear God, Creator of our world, thank You for giving us rules that make our lives special and for teaching us to light these Hanukkah candles.

ברוך אתה יי-א-להינו מלך העולם שפעה נסים לאבותינו בימים ההם כפינו קרה

Amen

Baruch ata Adonai, Eloheinu melech ha'olam, shehecheyanu vekiyemanu vehigi'anu lazman hazeh.

Dear God, Creator of our world, thank you for performing miracles for our ancestors, long ago and now.

ברוך אתה יי-א-להינו מלך העולם שפעה נסים לאבותינו בימים ההם כפינו קרה

Amen

If it's the first night of Hanukkah, add a third blessing for celebrating.

Baruch ata Adonai, Eloheinu melech ha'olam, shehecheyanu vekiyemanu vehigi'anu lazman hazeh.

Dear God, Creator of our world, thank you for keeping us alive so we can celebrate this important moment.

ברוך אתה יי-א-להינו מלך העולם שפעה נסים לאבותינו בימים ההם כפינו קרה

Amen



To learn more go to pjlibrary.org/hanukkah

PJ LIBRARY FAMILY OF THE MONTH:

Family Name:
 The Reckess/Reckess-Sherlock

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

1 child, 7 years old

How long have you been receiving PJ Library books?

7 years

What is your family's favorite PJ Library book?

Eat, Coat, Eat

How did you hear about PJ Library?

Word of mouth

Why is PJ Library important in your home?

PJ Library helps us feel connected, both to our local community and to our cultural heritage. This has been especially valuable during times of transition, like this year.

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

Ari says, "It helped us learn Havdallah!" (referring to a scratch 'n sniff flip book with the Havdallah prayers in it, which we used for a while until we could remember them by heart)

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

It's always fun to get a new book or project/activity in the mail, and they are a good reinforcement of, or introduction to, important values and concepts. PJ Library has also been a source of community and connection, for which I am very grateful.



Ever wonder how to become a mensch? Come join PJ Our Way and find out! Our first mensch club was pumpkin picking! We had a great time feeding the farm animals, having apple cider donuts, and discovering how to be a mensch! Join us next time on November 11, 11:00am when we go bowling, and share our next mensch adventure! Submitted by Suzanne Turrisi



Please check out all of our PJ Library November 2021 Events on our Facebook Page: "PJ Library Mid-Hudson Valley" and in our bi-monthly PJ Library and PJ OurWay E-News and Mid-Month Update emails! **Want to sign up your children or grandchildren for PJ Library or PJ OurWay chapter books? Please fill out a quick form to start receiving engaging, Jewish FREE books in your mailbox every month!** Sign up for PJ Library (ages 0-8 years old): www.pjlibrary.org Sign up of PJ OurWay (ages 9-12 years old): www.pjourway.org Got Questions? New to the community or looking to make connections with other families? Interested in a Grandparent's Circle? Want to start a Parent's Night In or a monthly playgroup? **We can help! Email: pjlibrary@jewishdutchess.org Join our PJ Library Mom's What's app Group or our Mid-Hudson Valley PJ Library Families FB Group via Email: pjlibrary@jewishdutchess.org**

The Federation Board's Voice



Our Values

What is more fundamental to our Jewish way of life than the values we all share? Our values are what unites us, what has enabled us to survive as a vibrant people. As we embark on 5782, I am finding that this is a good time to take a few minutes to review some of those values and to consider how we instill them in our children and our grandchildren.

Betsy Kopstein-Stuts

When I was growing up, it was always made abundantly clear to me how important it was to respect my elders: my parents and their parents, my grandparents. Now that I find myself a grandparent, I have become very aware of the other side of that coin: the need to earn that respect and to honestly take responsibility for my actions. Sometime it is not so easy to allow one's children – or grandchildren – to make their own choices, and maybe even to make their own mistakes. Like so many things, this is a two-way street that must be traveled with great care and an abundance of mutual respect.

Nothing is more Jewish than the principle of Tikkun Olam. While it is understood that we as individuals cannot accomplish all of what needs to be done, neither are we permitted to refrain from doing our part. This goes beyond contemplation: it demands action in every aspect of our lives. It means supporting Jewish enterprises just as much as it means exposing our children to basic Jewish values at home.

Of course, there is much more that can be said. However, what I want to leave you with is this: in order to protect these things that we hold dear, things that are essentially Jewish, we also must support those Jewish organizations that perpetuate them like the Jewish Federation of Dutchess County (JFedDC). Never was it more important that we unite to support this organization than it is now. I know that I can count on you to help both as a volunteer and with your generous financial contributions.

Sincerely yours,
Betsy Kopstein – Stuts, Past President of JFedDC.

Our Executive Director



In our household we have a saying, "I will always love you, but sometimes I don't like you very much". This statement is truly tested when you have teenagers. The good news is that teenagers, hopefully, grow up to be young, mature, wonderful adults who contribute back to society. It is also fun when they start engaging you in your own world.

Now here is a confession - I absolutely love the fact that (at least) one of my sons falls into that category. I love that he reads *The Voice*. I find it so wonderful and entertaining when he gives me his insight, comments, feedback, and criticism of the paper and specific articles. Truly, it tickles me pink (and I know he may be reading this now). I am thankful for him and I am thankful for all of you who help our organization. Whether you are providing input, financial support, donated time, holiday greetings, attending events, or other ways...each and every way is appreciated. With Thanksgiving approaching, on behalf of the Jewish Federation Board and Staff, we want to say "Thank You and we are grateful for you."

With Gratitude,
Karen Hochhauser

**JFedDC is looking for a
Program Engagement Coordinator**
(new part-time position)
Call (845) 471-9811 for more details

JEWISH FOOD

Connecting our Community through food

Send us your favorite Kosher recipe so we can share it.
Please email to: TheVoice@jewishdutchess.org.

We all have that special teacher who impacted our lives. Here is to Mrs. Bender. (Feel free to exchange nuts and raisins for chocolate chips depending on your audience.)

Pumpkin Chocolate Chip Bread

Ingredients:

- 2 cups of sugar
- 1 can pumpkin (15 oz.)
- 2 pkg of vanilla pudding*
- 4 egg whites
- 1/2 cup vegetable oil
- 3 cups flour
- 2 heaping tsp. cinnamon
- 1/4 tsp. ground cloves
- 1 tsp. baking soda
- 1 1/4 tsp. fine salt
- 1 1/2—2 cups semi-sweet chocolate chips

Directions:

1. Preheat oven to 350° F
2. Spray 2 8.4 loaf pans with cooking spray
3. In a large bowl combine wet ingredients and mix well
4. In a medium bowl whisk together the dry ingredients
5. Combine wet and dry ingredients and mix well
6. Add chocolate chips
7. Divide into 2 pans
8. Bake for 1 hour.

Optional:

The recipe can be made into cupcakes.

Follow steps but pour ingredients into cupcake liners and bake for 20 minute. Check frequently by inserting a toothpick. When the toothpick comes out clean, they are done.

* to make parve, exclude the pudding



Thank you to the businesses, individual and sponsors who made donations to the JFedDC Federation Celebration.

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Happy Chanukah!



3⁵⁹ lb.
with AdvantEdge Card
Empire Kosher Whole Frozen Turkey
Kosher



3⁹⁹ lb.
with AdvantEdge Card
Empire Kosher Fresh Turkey
Kosher



8⁹⁹
with AdvantEdge Card
Meal Mart Ground Beef
16 oz. or 16 oz. Beef For Stew \$9.99



13⁹⁹ lb.
Meal Mart 1st Cut Brisket
Kosher



6⁷⁹
with AdvantEdge Card
PICS Cold Smoked Atlantic Salmon
4 oz. All Varieties



3⁴⁹ lb.
with AdvantEdge Card
Empire Kosher Roasting Chicken
2 Lb. Frozen Boneless Chicken Breasts \$16.99 (with AdvantEdge Card)



13⁹⁹
with AdvantEdge Card
Meal Mart Stuffed Cabbage
39 oz. or 33 oz. Meatballs in Marinara Sauce \$12.99



5/\$5
with AdvantEdge Card
Streit's Egg Noodles
12 oz. • Select Varieties or Bows 8 oz.



2⁴⁹
with AdvantEdge Card
Breakstone's Whipped Butter
8 oz. Tub Salted



2/\$4
with AdvantEdge Card
Osem Toasted Couscous
8.8 oz. or Manischewitz Broth All Varieties of Chicken, Beef or Vegetable 17 oz.



2/\$5
with AdvantEdge Card
Gefen Whole Chestnuts
5.2 oz. Roasted & Peeled



4/\$1
with AdvantEdge Card
Streit's Chocolate Coins
.5 oz. Bag Dark or Milk Chocolate



2/\$4
with AdvantEdge Card
Farmers Horseradish
8.5 oz. White



3⁹⁹
with AdvantEdge Card
Osem Chicken Consomme
14.1 oz.



2/\$4
with AdvantEdge Card
Elite Chocolate Bars
3.5 oz. • Milk Chocolate or Bittersweet



85¢
with AdvantEdge Card
Streit's Chanukah Candles
44 Ct.



2/\$7
with AdvantEdge Card
Golden Blintzes 6 Pack
13 oz. Select Varieties



2/\$4
with AdvantEdge Card
Lipton Koshers Soup Secrets Noodle Soup Mix
4.09 oz.



5/\$3
with AdvantEdge Card
Kedem Tea Biscuits
4.2 oz. Select Varieties Where Available



Celebrating the Festival of Lights



2/\$6
with AdvantEdge Card
Golden Pancakes
10.6 oz. Select Varieties



2/\$4
with AdvantEdge Card
PICS Apple Sauce
23-24 oz. Jar All Varieties



4/\$5
with AdvantEdge Card
Streit's Potato Pancake Mix
6 oz. • Regular, Low Sodium or Vegetable




1²⁹ lb.
with AdvantEdge Card
Market 32 New York State Grown Apples
U.S. #1 • 2 1/4" Minimum All Varieties




2/\$7 AdvantEdge Retail
-1⁰⁰ Coupon Savings
2/\$6
with AdvantEdge Card & Coupon Below
Kedem Sparkling Juice
25.4 oz. • Select Varieties

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0073490-600075




Offers effective Sunday, October 31 thru Saturday, December 11, 2021 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:

Sunday

Talmud Studies with Rabbi Krasner
Sunday morning after Shacharis, continuing with the 5th chapter of Brachos. Session is live and in-person.

Monday

Hebrew through the Vision of the Siddur 10:00am. We will learn to read and understand various prayers. Time will also be spent on some aspects of conversational Hebrew. We will be social distancing, and masks must be worn at all times.

Tuesday

The Book of Daniel Part III 10:30am. A personal journey of dedication, yearning, and vision. Class is live and on Zoom.

Thursday

NEW 3 Consecutive Mini-Series beginning 7:00pm. Live and on Zoom. The 1st set of classes will address prayer. Do you feel lost in prayers? Do you come into the synagogue and struggle to understand what is going on? In this class we will gain an understanding of the structure of the siddur and what goes on in shul. Future classes will be about leading the davening and learning how to read Torah

Other Events:

Sunday

4K Club (Kvetching, Kibitzing, Kvelling and Koffee) November 21, 9:45am.

Hands-on-Judaism November 7, 10:00am The Song of the Parsha. Have you ever been curious about the tune that is used for the Torah reading? Where does it come from? What is its purpose and why is it used? Join us to find out.

Chanukah Dinner December 5, 5:00pm. Reservations by November 1, Cost is \$36 for adults, \$15 for children 3-12. Contact (845) 454-2890 or schomre1@aol.com.

Thursday

Hands-on-Judaism November 4, 6:00pm The Song of the Parsha. Have you ever been curious about the tune that is used for the Torah reading? Where does it come from? What is its purpose and why is it used? Join us to find out.

Yiddish Club November 18 11:00am, A chance to share and enjoy the Yiddish language and culture and to learn more. Open to the entire community.

Friday

Rosh Chodesh Kislev Breakfast Nov. 5, following morning services.

Saturday

Movie Night November 20, after the conclusion of Shabbat, double feature: *I Wish Upon a Weinstein* and *The Simpsons Go To Israel*. Suggested donation \$5 but not required.

Schomre Israel Sisterhood will be baking and selling Hamentashen this Purim. The cost will be \$16 per dozen. All orders must be prepaid by March 1. Pick up on March 6. Purim is March 17.

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 Daniel Polish
Cantor Gail Hirschenfang
Website: www.shir-chadash.org
Email: info@shir-chadash.org

Weekly Services:

Fridays: 7:30pm
Saturday: 9:15am (bimonthly children's religious school)
10:30am (bimonthly Torah service)

Adult Education:

Saturday

Torah Study November 6, 20 9:15am. An informal discussion about the Torah portion of the week with Rabbi Polish.

Other Events:

Rosh Chodesh Reading Group

Those interested in reading are invited to the Rosh Chodesh reading group (now done virtually) - interesting and provocative discussions, **dates & times TBD**. Participants meet to discuss memoirs, fiction, poetry, and drama in a variety of works that offer Jewish themes and a variety of perspectives of interest. Have a topic suggestion? Please let us know!

DETAILS: For more info, contact Sandy Lash: (845) 232-1029 or email: info@shir-chadash.org.

Sunday

Joint Thanksgiving Service—Shir Chadash & Presbyterian Friends (TBD)

Friday

Chanukah Celebration December 3, 7:30pm, a special family oriented service and celebration. Help "Light Up The Night" by bringing your favorite menorah to the service. Service led by Rabbi Daniel F. Polish & Cantor Gail Hirschenfang. All are welcome. For more info, call (845) 232-1029 or email info@shir-chadash.org

Contact :

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

Temple Beth El

(Conservative)
118 S Grand Ave, Poughkeepsie
(845) 454-0570
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 to get involved at (845) 216-7563.

Monday

Board Meeting 7:30pm.
Temple Beth-El Board of Trustees meeting.

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:

Friday

Shabbat Evening Service
November 5, 12 (Brotherhood Service), 19, 7:30pm. November 26 (Family Friendly) 6:00pm.

Saturday

New Paths Shabbat Morning Worship
November 6, 20, 10:15am.
Shabbat Morning Service 10:00am

Adult Education:

Thursday

The Talmud: Modern Ideas from an Ancient Text November 4, 18, 12:00pm. Taught by Senior Scholar Rabbi Paul Golomb. Information and study sheets: pjgolomb@verizon.net.

Saturday

Torah Study 9:00.

Examine passages from the week's Torah portion or haftorah. Led by Rabbi Renni S Altman, D.D.

New attendees should contact: rabbi@vassartemple.org to be placed on the class email and to receive study sheets.

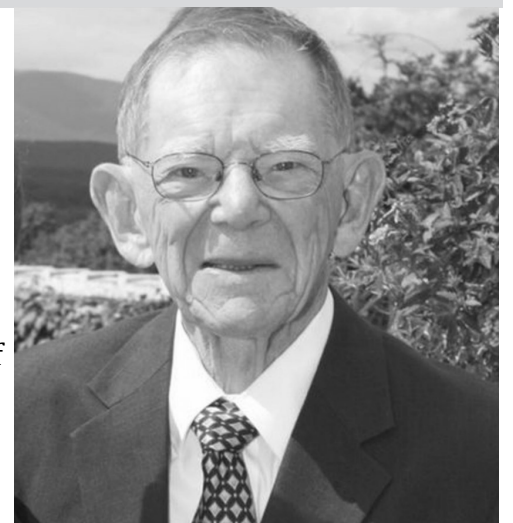
Contact :

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

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

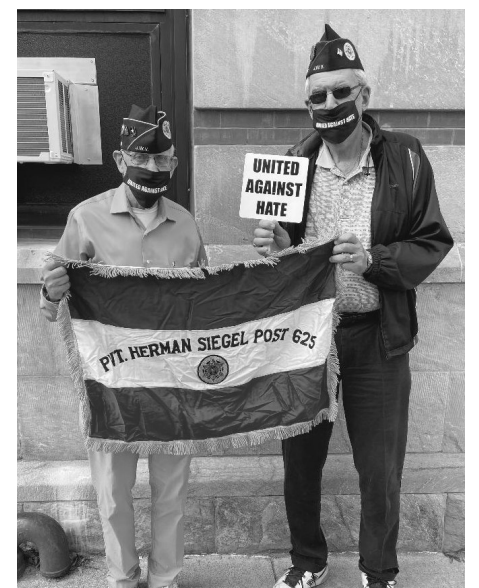
The Trustees of the FDR Library and Museum and the Roosevelt Institute have awarded the *Franklin and Eleanor Roosevelt Hudson Valley Vision Award* to **Bernard Handel**.

He was recognized for his efforts to improve the future of the Hudson Valley that has resulted in new innovations, creative solutions and an enhanced quality of life for all.



JEWISH WAR VETERANS MARK 125TH ANNIVERSARY

New York State Assemblywoman Didi Barrett, Chair of the NYS Assembly's Veterans Affairs Committee, sponsored a resolution commending the Jewish War Veterans of the United States of America on their 125th Anniversary and paid tribute to its members for their outstanding contributions to our nation. The proclamation was adopted June 8, 2021, and our local Post #625 will accept the proclamation from her as soon as a presentation can be safely arranged. JWV is the oldest continuously active veterans' organization in America, founded in 1896 by Jewish veterans of the Civil War to counteract the public misconception that Jews did not fight for their country. JWV advocates for the rights and benefits of all military personnel and veterans, fights antisemitism and racism, shares comradeship, and conducts service programs to support members of our military and those who have served. JWV WANTS YOU! All persons of the Jewish faith who have served in any branch of the military are cordially invited to join our Post. We also accept immediate family members of veterans as Patron Members. For information contact Ralph Schwartz rschwa9881@aol.com (845) 849-0025 or Ron Markowitz ronmarko@Prodigy.net (845) 473-0178.



Martin Hochhauser and Rob Rubin of JWV Post 625 participating in the United Against Hate march.

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

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;
 Cantor Ellen Gersh
 Education Director, Ashley Baker
 Website:
www.beaconhebrewalliance.org
 Email:
411@beaconhebrewalliance.org

Weekly Services:

Fridays, 7:30pm
 Saturdays: 9:30am alternating weeks

Candle Lighting Nightly during Hanukah

Contact:

411@beaconhebrewalliance.org
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 10:00am (twice monthly)
 Call for schedules.

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



The Jewish War Veterans of the United States, Post 625

Invites you to attend our meeting. It will be via Zoom. It will begin on Sunday, TBD at 9:30am. A half hour schmooze will begin at 9am.

We welcome new members who have served in any branch, either regular military, Guard or Reserve, during wartime or peace. There is also a membership for non-veterans who would like to join to show their support.

For further information about the post and Zoom ID, please contact Post Commander Schwartz at (845) 849-0025.

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

Family Kabbalat Shabbat

November 5, December 3 (Chanukah Candle lighting & Storytelling), 6:00pm.
Kabbalat Shabbat Service November 12, 19, 26, December 10, 17, 24, 31 7:30pm.

Saturday

Morning Minyan November 6, 13, 20, 27, December 4, 11, 18, 25, 10:00 am.
Tot Shabbat November 20, December 18, 9:00 am

Education:

Rhinebeck Meditation & Torah Study

Tuesday, November 2, 9, 16, 30, December 7, 14, 28, 8:45 am

Hebrew Trope Wednesday, November 3, 10, 17, December 1, 8, 15, 29, 12:30pm

Conversational Hebrew Wednesday, November 3, 10, 17, December 1, 8, 15, 29 4pm

Contact: templemanuel@hvc.rr.com
for all events and current information
or visit the website www.CEHV.org

November

Candle Lighting Schedule

November 5	5:27pm
November 12	4:20pm
November 19	4:14pm
November 26	4:10pm

(Here's to your health **8 Ways to Effectively Cut Your Risk of Breast Cancer Pt. 2**
 Continued from page 2)

Strongly Consider Breastfeeding

If you are still to have children, you may not be aware, but choosing to breastfeed them may reduce your chances of later developing breast cancer. This is backed up by research that shows you can reduce your likelihood of breast cancer by more than a quarter when you breastfeed. It is likely that the protective effect of breastfeeding is down to its positive influence on the hormones linked to breast cancer.

Take HRT with Caution

Although menopausal symptoms are unpleasant, the benefits of taking hormone replacement therapy may not outweigh the risks. This certainly appears to be the case for versions of HRT that combine estrogen and progesterone, as a long-term health study of women found that those taking this combination of hormones were 24% more likely to develop a cancerous tumor in their breast.

The impact of HRT on overall hormone levels in your body is likely to explain these findings. As HRT may also increase your risk of a blood clot or stroke, you should carefully consider your decision and discuss the potential risks with your doctor before proceeding.

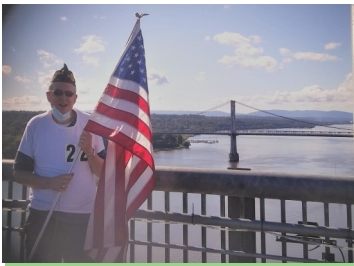
Get Enough Vitamin D

While the link between vitamin D and breast cancer is still an emerging area of research, there is convincing evidence that higher intakes of vitamin D may protect against breast cancer. This is relevant, as increasing numbers of us are not meeting our daily requirements for vitamin D and cases of vitamin D deficiency are rising. The best source of the vitamin remains its production within our skin when exposed to sunlight. However, this production virtually stops when using sunscreen, so allowing yourself 5 or 10 minutes of sun exposure each day before applying sun block is a good idea. Alternatively, increase your intake of foods rich in vitamin D, such as oily fish, eggs and fortified foods, such as milk and breakfast cereals, and consider a supplement, as it is difficult to meet your vitamin D needs through dietary sources alone.

Consider Including Soya in Your Diet

It is true that the advice on whether to eat soya to protect against breast cancer is not consistent, with some sources promoting its consumption, while others advising against it. This confusion stems from the fact that while lower rates of breast cancer among Asian populations is often attributed to the importance placed on soya in their diet, soya contains phytoestrogens, which have a mild estrogenic effect, raising concerns that soya may trigger cancerous changes. However, analyzing the results of previous studies showed that soya does not adversely affect your risk of breast cancer and certainly among Asian populations offers a degree of protection. If you decide to up your soya intake, you can do so by switching to soya milk and yogurts, using tofu to replace meat in dishes, and adding soya beans to salads, soups and stews.

For more information about Miles of Hope and their services visit: www.milesofhope.org



Rob Rubin, Presiding Officer of JWV Post 625, participated in the "Out Of The Darkness Suicide Prevention Walk" on the Walkway Over the Hudson. An average of 22 veterans each day commit suicide.



Congregation Shir Chadash builds and decorates its Sukkah! Members met on Sunday, September 19 prior to the start of the festival. Participants included the Freedman family, Glasser family, Karten family, Kaswer family, Mee family, Mullins family, Rochelle Bellach, Leah Polish, Cantor Gail Hirschenfang and Rabbi Daniel Polish. Temple members were invited to 'drive by' during Sukkot and have a meal in the temple Sukkah.



Shir Chadash Sukkah construction 'artists'- Mana Watsky and Paul Levine

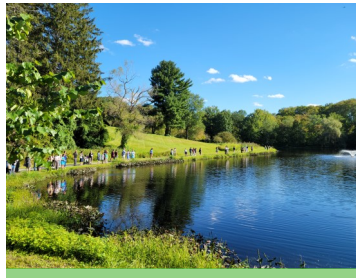


Do you live in Dutchess County?

We would love to connect with you.

Contact JFedDC at:
(845) 471-9811
www.jewishdutchess.org

For programming and updates scan below



Vassar Temple is joined by area college students for tashlich.

Schomre Israel Sukkah construction crew at work.

Holly and Jane are giving Shofar blowing their all!

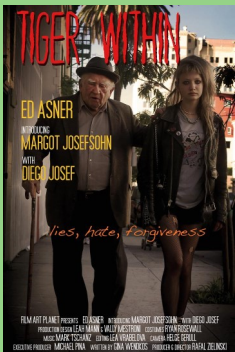


United Against Hate March



The Jewish Federation of Dutchess County is actively seeking to expand its Board of Trustees. Please contact us at (845) 471-9811 to explore this wonderful way to enrich the Jewish Community, Dutchess County, and your personal life.

Movie Night In:
Thursday, November 18, at 7:00PM
Tiger Within



A story featuring an unlikely friendship between a homeless teen and a Holocaust survivor; sparking larger questions of fear, forgiveness, healing and world peace; starring multiple Emmy Award-winning actor, Ed Asner.

Register for virtual event at:
www.jewishdutchess.org/events
In collaboration with:



ZIMET LEGACY AUCTION

For the safety of the community, we have decided to delay the Zimet Legacy Auction until Spring when we can all come together safely.



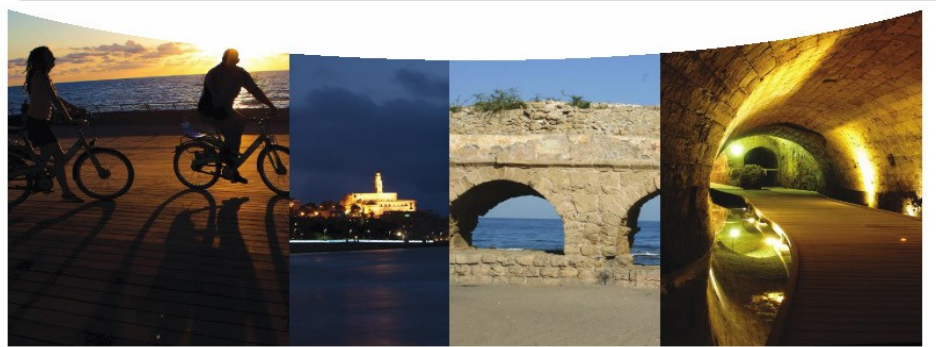
Community Trip to Israel

Experience Israel with our personal touch
Shatour Israel Experience Ltd.

Organized by Jewish Federation of Dutchess County
In association with The Society for the Protection of Nature in Israel (SPNI)

October 23rd—November 1st, 2022

Tour highlights	Jerusalem, Golan Heights, Tel Aviv, Dead Sea, Acre, Caesarea, Hula Valley
Duration	10 days, 9 nights
Activity level	Moderate
Touring style	Fully guided tour
Hotel level	4 star level



If you are interested in joining us or would like more information, please call the office at (845) 471-9811 or email admin@jewishdutchess.org

Hospice is...

In your home
In your nursing home or hospital
Wherever you need us



Ask us if it's time
HVHospice.org / (845) 240-7555