


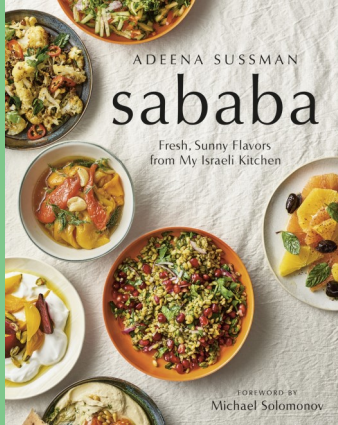
A Taste of Israel: Cookbook Launch & Tasting with Chef Adeena Sussman



Adeena has co-authored eleven cookbooks, including the New York Times #1 bestseller *Cravings*—and its New York Times bestselling follow-up, *Hungry for More*—with Chrissy Teigen. She is also the author of Short Stack Editions' *Tahini*. She has written about Israeli food for *Food & Wine*, *The Wall Street Journal*, *Epicurious*, & others.

Chef Sussman will tantalize our taste buds with a special menu, personalized book signing, and an unforgettable culinary and social experience.

Date: Sunday, September 22
Time: 5:30pm
Location: Heritage Restaurant, 1379 US 9, Wappingers Falls
Cost: \$95 includes tasting, glass of wine, and personally signed book (\$35 value)



*"The pages of this book ooze with [Adeena's] passion for the romance and beauty of Israeli cuisine. The recipes are soulful, elemental, and stunningly delicious."
 —from the foreword by Michael Solomonov*

Celebrating our Community Collaboration and Programming between JFedDC and the Rhinebeck Reformed Church




Sunday SEPTEMBER 8: "Reporting From The Most Reported Place On Earth: How an American journalist tells the complex story that is Israel" with *Yardena Schwartz*, an award-winning journalist based in Tel Aviv. Her works have appeared in *Time*, *Newsweek*, *The Jerusalem Post*, *The Forward*, and multiple other news outlets.



Sunday, SEPTEMBER 15: Lunch & Learn Series "The Rise of Hate - the Jewish and Christian Response" with *Dr. Bruce Chilton* of Bard College. Dr. Chilton is a scholar of early Christianity and Judaism. He has taught at Cambridge and Yale and has authored many books.



Both events held at the Rhinebeck Reformed Church
 6368 Mill Street, Rhinebeck, NY 12572
Space is limited. RSVP required at
<https://jewishdutchess.org/events>



Save the Date
"THE HIT AFTER THE HOLIDAYS"
2nd Annual JFedDC
Wiffle Ball Tournament & BBQ
Sunday October 27
Start forming your teams now!
More information will be in the October edition of
The Voice and on www.JewishDutchess.org/events



Save the Date:
November 5, 6:00pm
Faith & Film Series:
The Presence of Their Absence
Screening and Discussion with Film Producer Donna Kanter
Joint event with Rhinebeck Reformed Church and Bard College. For details:
www.JewishDutchess.org/events

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Jewish Federation of Dutchess County
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Happy New Year
from the JFedDC
Staff & Board



We thank you for your continued support. This holiday season, please consider starting the New Year with a donation to help us to continue and expand our programming and services to the community. L'Shanah Tovah.

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Jewish Federation of Dutchess County
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JFDC Executive Director
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The Voice

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The Voice is published by the Jewish Federation of Dutchess County. Your donation of \$36 or more helps defray the cost of this community paper.

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LEARN & LUNCH BUNCH

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

WEDNESDAY PROGRAMS and MENUS

September

September 4 **How to Be a Philanthropist, and Did You Know You Could Be One? with Sue Diamond**
 Menu: spaghetti and meatballs, coffee/tea, dessert

September 11 **Challah Baking with Hindy Borenstein**
 Menu: assorted wraps, coffee/tea, dessert.

September 18 **Geriatric Care Management with Marion Powers**
 Menu: bagel, schmear, coffee/tea, dessert.

September 25 **Off for the Holidays**

REGISTRATION STRONGLY REQUESTED BY MONDAY EACH WEEK FOR FOOD AND ACTIVITY PLANNING PURPOSES
 RSVP to the Jewish Federation office (845) 471-9811.
 Learn & Lunch Bunch activities are open to the public.

Jewish War Veterans Install Officers

NYS Past Department Commander Jerry Alperstein presided over a recent ceremony to install the incoming officers of Private Herman Siegel Post 625 Jewish War Veterans of the United States.

Alperstein lauded the post for being one of the most active in the state. The keynote speaker was Yvette Rodriguez-Cacho, Chief of Volunteer Services for the Veterans Administration Health Care System at Castle Point and Montrose. After expressing her deep appreciation for the work of volunteers at the V.A., she outlined many new and improved programs the V.A. provides to veterans in our local area. Both Mr. Alperstein and Ms Rodriguez-Cacho were presented Certificates of Appreciation by Post Commander Ron Markowitz in recognition of their years of service to all veterans.

The following are entering office for the new year: Commander Ron Markowitz, Sr. Vice Commander Ralph Schwartz, Jr., Vice Commander Dr. Irving Baum, Chief of Staff Martin Hochhauser, Adjutant Peter Albenda, Quartermaster Eli Sloves, Officer of the Day Frank Herber, Judge Advocate Ed Lester, Chaplain Robert L. Morrison, Presiding Officer Rob Rubin, Post Physician Dr. Leon Krakower, Service Officer Alec Pandaleon, Historian Eli Gorin. Post 625 meets monthly and always welcomes new members who have served in the active military, Guard, or Reserve in war or peace. Non-veterans who wish to support the post are also welcome. For more information, please contact Ron Markowitz: ronmarko@prodigy.net.



Mr. Jerry Alperstein and Ms. Yvette Rodriguez-Cacho receiving their certificates from Post Commander Ron Markowitz

WHERE
 118 South Grand Ave
 Poughkeepsie, NY
 (Temple Beth-El)

SCHEDULE

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

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

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



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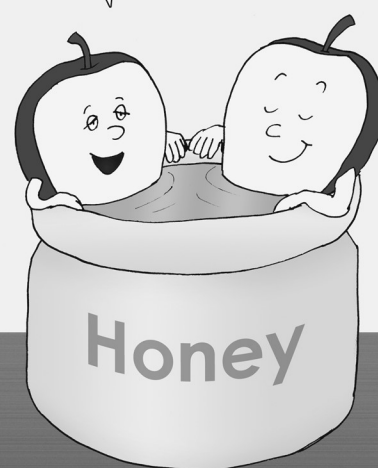
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 (845) 485-4175 Fax

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Mazel Tov Memories

Send us information about what you are celebrating: birthdays, engagements, weddings, anniversaries, and simchas. We at the JFedDC want to celebrate with you and share the nachas. Send your information to thevoice@jewishdutchess.org

Ah! It's that time of year again!



A special thank you to our 2019 Corporate Sponsors

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Adult Education

Educational Opportunities Abound at Congregation Schomre Israel

Know Your Book with Rabbi Langer Tuesdays, 10:30am.

Classes with Rabbi Langer Thursday, 7:00pm.

Classes are free. All are welcome. View website at www.schomreisrael.org for recordings of previous classes. For information on cancellations and class schedules, visit www.schomreisrael.org or call (845) 454-2890.

Weekly Adult Study Groups at Vassar Temple

The Talmud: Modern Ideas from an Ancient Text Thursday, September 12, 12:00-1:30pm, taught by Senior Scholar Rabbi Paul Golomb. Questions about the Talmud class? Contact Rabbi Golomb at pjgolomb@verizon.net.

Torah Study Saturdays, 9:00am with Rabbi Renai Altman, DD. Examine passages from the week's Torah portion or haftarah.

Learner's Service Saturday, September 7, 21, 10:15-11:45am. Learn more about our service. Teaching and discussion while going through an actual service, including reading of the Torah, with Rabbi Altman.

All are invited. Come learn and join in the lively discussions at both classes. No charge to attend. No previous training required. For more info or if you have questions, contact rabbi@vassartemple.org or (845) 454-2570.

Higher and Higher: Come Grow with Temple Beth-El

Metaphors for the High Holiday Experience with Rabbi Daniel Victor, Thursday, September 5, 9:30am at The Crafted Kup. Three pre-high holiday conversations, and then transition into the year's topic on October 24, "What is Conservative Judaism, anyway? You can purchase a coffee and meet with us in the back room at 44 Raymond Ave, Poughkeepsie.

Adult Discovery Course Wednesday, 8:00pm. Temple Beth-El continues this class which for many will conclude with a formal commitment by the student to embrace Jewish life. Classes are on specific Wednesdays and run approximately every two weeks through September. For more info, contact Rabbi Daniel Victor rebvictor@tbeny.org or call (845) 454-0571.

All welcome. Details at Temple Beth-El www.tbeny.org, or call (845) 454-0570, or email info@tbeny.org.

Chabad Center Classes

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

Please visit our website www.chabadmidhudsonvalley.com.

Congregation Shir Chadash

Torah Study: Saturday, September 7, 21, 9:15 AM. An informal discussion about the Torah portion of the week with Rabbi Polish while enjoying a light breakfast. Everyone has a chance to participate. No Hebrew expertise or knowledge is needed - just an inquisitive mind, a curiosity about our tradition, and a willingness to share your thoughts. All are welcomed to attend.

For more information call (845) 232-1029, email info@shir-chadash.org, or website www.shir-chadash.org.

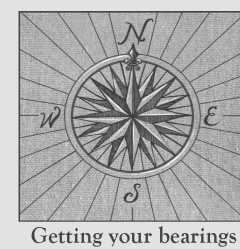
A special holiday thank you to all of our members, business partners, Congregations, and organizations for their support of the JFedDC!

Rosh Chodesh Reading Group by Congregation Shir Chadash

Those interested in reading are invited to the Rosh Chodesh reading group -- a potluck brunch and discussion group held every month. 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

Date and locations to be decided. For location, to RSVP, or for more info, contact Sandy Lash: (845)232-1029 or email: info@shir-chadash.org.



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High Holiday Schedules

Congregation Shir Chadash
High Holy Days: Days of Awe
Schedule of Services 2019/5780
Led by: Rabbi Daniel F. Polish
Musical Accompaniment: Piano, Choir, Cello

Rosh Hashanah
 Sunday, September 29 8:00pm *Rosh Hashanah* Evening Service
 Monday, September 30 10:00am *Rosh Hashanah* Morning Service
 3:00pm *Family Celebration Service**

Yom Kippur
 Tuesday, October 8 8:00pm *Kol Nidre* Service with cello
 Wednesday, October 9 10:00a *Yom Kippur* Morning Service
 12:30pm *Panel Discussion*
 2:00pm *Family Service**
 3:00pm *Afternoon/Memorial/Concluding Services**

***No tickets are required for our afternoon Rosh Hashanah & Yom Kippur Family Services & Yom Kippur Afternoon/Memorial/Concluding Services**
Community Break Fast following Yom Kippur Concluding Services
Ample Parking & Child Care available on Yom Kippur afternoon

Located at: 1168 Route 55 (corner of Stringham Road)
Lagrangeville, New York
For more information: (845) 232-1029 or www.shir-chadash.org

Congregation Emanuel of the Hudson Valley
243 Albany Ave, Kingston

Erev Rosh Hashanah
 Sunday, September 29 7:30PM

Rosh Hashanah
 Monday September 30 9:30AM
 2:00PM Dialogue with Rabbi Yael
 3:30PM Tashlich Service at congregant's home. Contact office for address.

Childcare provided 9:30AM—12:30PM for PK—Elementary grades.
 10:00AM-11:00AM a service geared for toddlers to early elementary grades. Parents are encouraged to accompany their children.

Rosh Hashanah Day 2
 Tuesday, October 1 10:00AM Guided meditation and hike, meet at Poet's Walk Park, 776 River Road, Red Hook

Chabad Lubavitch Center 2019/5780
 63 Vassar Rd, Poughkeepsie
 (845) 463-3801

Rosh Hashanah
 Sunday, September 29 6:30PM Evening Service
 7:30PM Community Dinner RSVP:
 Suggested donation \$18, children \$10

Monday, September 30 10:00AM Morning Service
 11:00AM Interactive Children's Program
 12:00PM Shofar Blowing
 5:30PM Tashlich Service, Large Kiddush buffet following the Service

Tuesday, October 1 10:00AM Morning Service
 11:00AM Interactive Children's Program
 12:00PM Shofar Blowing
 5:30PM Tashlich Service, Large Kiddush buffet following the Service

Yom Kippur
 Tuesday, October 8 6:00PM Kol Nidrei
 Wednesday, October 9 10:00AM Morning Service
 11:30AM Interactive Children's Service
 12:00PM Yizkor Memorial Service
 5:00PM Mincha & Neilah
 7:06PM Final Shofar Blowing, followed by a delicious break fast buffet

Congregation Beth David of Amenia
 3344 East Main Street
 Rabbi Jon Haddon

Erev Rosh Hashanah
 Sunday, September 29 7:00PM

Rosh Hashanah
 Monday, September 30 10:00AM
 1:00 PM Tashlich (Wassaic)
 7:30PM Kol Nidre

Tuesday, October 8
Yom Kippur
 Wednesday, October 9 10:00AM
 3:00PM Afternoon Service
 4:30PM Yizkor and Dedication of Memorial Board
 5:30PM Neilah followed by a Break-fast

Temple Beth-El High Holidays Schedule 2018 / 5780

SELICHOT
 Saturday, September 21 8:00PM Community Program and Service

ROSH HASHANAH
 Sunday, September 29 8:00PM Evening Ma'ariv Service
 Monday, September 30 8:45AM Morning Shacharit Service
 9:00AM *Awakening Through Movement*
 10:00AM Torah Processional with a Blessing of the Children
 10:45AM Family Service & Multi-generational Activities
 12:10PM Healing Service with shofar blowing
 12:15PM Afternoon Musaf Service with shofar blowing
 1:15PM Tashlich (tossing of sins)
 6:30PM Shortened Evening Ma'ariv Service for 2nd Day

Rosh Hashanah Day2:
 Tuesday, October 1 8:45AM Morning Shacharit Service
 9:15AM Alternative Offerings: High Holiday Torah Study or *Awakening through Movement*
 10:00AM Torah Processional, Shofar Service & Torah Reading
 10:30AM Activity Room for families
 12:10PM Traditional Text Study
 12:15PM Afternoon Musaf Service with shofar blowing
 Sunday, October 6 9:00AM Cemetery Memorial Service
 11:30AM Shofar Over Hudson, Waryas Park

YOM KIPPUR:
 Tuesday, October 8 6:10PM Kol Nidre Service
 8:30PM Post Kol Nidre Meditation and Chanting
 Wednesday, October 9 8:30AM Morning Shacharit Service
 9:30AM *Awakening through Movement*
 9:45AM Torah Service
 10:00AM Family Service & Tot Activities
 11:00AM Service with Yizkor
 12:25PM Afternoon Musaf Service
 4:10PM Evening Mincha Service
 5:30PM Ne'elah Service
 6:40PM Havdalah & Shofar

SUKKOT
 Sunday, October 13 6:30PM A 60 Minute Evening Ma'ariv Service
 Monday, October 14 9:30AM Morning Shacharit Service
 8:00PM Evening Ma'ariv Service
 9:30AM Morning Shacharit Service

Tuesday, October 15
SHEMINI ATZERET
 Sunday, October 20 6:30PM A 60 Minute Evening Ma'ariv Service with Yizkor
 Monday, October 21 9:30AM Morning Shacharit Service with Yizkor
SIMCHAT TORAH
 Monday, October 21 6:00PM Evening Ma'ariv Services & Festivities
 Tuesday, October 22 9:30AM Morning Shacharit Services & Festivities

Vassar Temple HHD Schedule 5780/2019

All are invited to all High Holy Day services at our inclusive, welcoming Reform congregation. Please call (845) 454-2570 for reservations as seating is limited. Professional security. Donations appreciated.

Selichot Saturday, September 21
 7:30PM Dessert Reception, Havdalah, Arnold Award presentation, Selichot Program
 9:00PM Selichot Service

Erev Rosh Hashanah Sunday, September 29
 7:30PM Evening Service

Rosh Hashanah Monday, September 30
 9:00AM Tiny Temple Service—Tots through age 6
 10:00AM Morning Service
 2:00PM Family Service
 4:00PM Tashlich @ Sunset Lake on Vassar College campus (BYO breadcrumbs)

Rosh Hashanah Day2: Tuesday, October 1
 10:00AM Morning Service

Shabbat Shuvah: Friday, October 4
 7:30PM Shabbat Shuvah Service

Memorial Service: Sunday, October 6
 1:00PM @ Lagrange Avenue Cemetery


































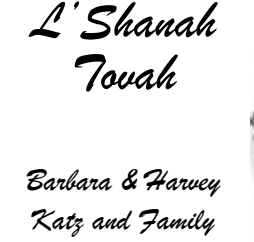



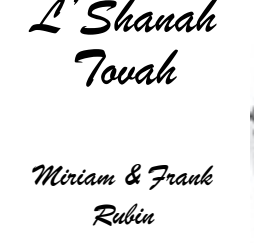

Kol Nidre: Tuesday, October 8
 7:30PM Evening Service

Yom Kippur: Wednesday, October 9
 10:00AM Morning Service
 1:00PM High Holy Day Study
 2:00PM Family Service
 3:00PM Afternoon Service
 5:00PM Yizkor Service
 5:30PM Ne'ilah service
 6:45PM Break the Fast

Simchat Torah:
 Sunday, October 20 6:00PM Dinner 7:00PM Family Friend Service
 Monday, October 21 10:00AM Simchat Torah/Shmini Azeret/Yizkor Service



Personal Holiday Greetings

<p>Happy Rosh Hashanah</p>  <p>Betty & Hyman Kaplan</p>	<p>Happy Rosh Hashanah</p>  <p>Betsy Kopstein-Stuts & George Stuts</p>	<p>Happy Rosh Hashanah</p>  <p>Lauren & Michael Muffs</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Jane, Ethan, Erin, Amalia & Maxwell Timm</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Ellen, Victor, Stern and Family</p>
<p>Happy Rosh Hashanah</p>  <p>Jane, Jonathan, & Steven Dworkin</p>	<p>Happy Rosh Hashanah</p>  <p>Judy & Alan Fox</p>	<p>Happy Rosh Hashanah</p>  <p>Ann & Jeffrey Gross</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Elaine & Aaron Blum and Family</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Rose, Brion, & Joshua Shapiro</p>
<p>Happy Rosh Hashanah</p>  <p>Sharon & Ha Warren</p>	<p>Happy Rosh Hashanah</p>  <p>Linda Skolnik</p>	<p>Happy Rosh Hashanah</p>  <p>Rabbi Miriam Hyman Rabbi Michael Fessler And Family</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Amy, Steve, Lindsay & Hannah Efron</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Phyllis & David Miller</p>
<p>Happy Rosh Hashanah</p>  <p>The Elias' Marina & Tye</p>	<p>Happy Rosh Hashanah</p>  <p>Ruth & Donald Klein and Family</p>	<p>Happy Rosh Hashanah</p>  <p>Linda & Eric Perfecto and Family</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Karen & Jack Fein</p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Sharon & Howard Lynne</p>
<p>Happy Rosh Hashanah</p>  <p>Nancy & Sandy Bernstein</p>	<p>Happy Rosh Hashanah</p>  <p>Elanor & Marty Korfman</p>	<p>Happy Rosh Hashanah</p>  <p>Bob Ulrich</p>	<p><i>L' Shanah Tovah</i></p>  <p><i>Dana & Ira Efron</i></p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Roberta & Len Grosman</p>
<p>Happy Rosh Hashanah</p>  <p>Helen Bernstein and Family</p>	<p>Happy Rosh Hashanah</p>  <p>Bradley Sohn</p>	<p>Happy Rosh Hashanah</p>  <p>Debbie & Arnold Most</p>	<p><i>L' Shanah Tovah</i></p>  <p><i>Miriam, Eric, Callie, & Liza Goldstone</i></p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Grete & Marty Finkelstein</p>
<p>Happy Rosh Hashanah</p>  <p>Brenda & Ted Baker and Family</p>	<p>Happy Rosh Hashanah</p>  <p>Leona & Irvin Miller</p>	<p>Happy Rosh Hashanah</p>  <p>Mary & Jonah Ritter</p>	<p><i>L' Shanah Tovah</i></p>  <p><i>Barbara & Harvey Katz and Family</i></p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>The Bressman Family</p>
			<p><i>L' Shanah Tovah</i></p>  <p><i>The Reckess Family</i></p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Jill & Ira Aurerbach</p>
			<p><i>L' Shanah Tovah</i></p>  <p><i>Miriam & Frank Rubin</i></p>	<p>May the sounds of the Shofar welcome in a new year of health and happiness</p>  <p>Delores "Dee" Jaeger Allt and Daughter Lisa Allt</p>

**Happy New Year!
Rosh Hashanah
September 29– October 1**



The ROMEOs
(Retired Older Men Eating Out)
Best wishes for a peaceful and healthy New Year 5780

Peter Albenda	Marty Finkelstein	Lou Newman
Ted Baker	Jerry Goldberg	Frank Rubin
Mitch Barden	Eli Gorin	Ralph Schwartz
Shelly Baskin	Martin Hochhauser	Dave Shron
Richard Berman	Gary Mayer	Eli Sloves
Herman Chertock	Bob Morrison	Victor Stern
Stu Chimkin		

And in memory of all departed members

The **Rhinebeck Chamber Music Society** is presenting an afternoon of Klezmer Music at 2:00pm on October 13, 2019 with a New York Style Deli Buffet. The **Zisl Slepovitch Trio** will perform at a house concert at NOJO Farm in Rhinebeck. Tickets are limited and \$100 each. Purchase tickets online at www.rcmsmusic.org or mail a check to RCMS, P.O. Box 465, Rhinebeck NY 12572. Please note "Klezmer Concert" on the check.

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Articles and Letters to the Editor Policy

The Voice welcomes articles and letters to the editor. Letters must not exceed 300 words and must be dated and signed with current address and daytime telephone number. *The Voice* reserves the right to edit letters. Email submissions to theVoice@JewishDutchess.org

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

VOICE DEADLINES	ISSUE	DEADLINE
Note deadlines listed.	October	September 1
TheVoice@JewishDutchess.org	November	October 1
if you have questions.	December	November 1

Rabbi's Blog

Happy New Year
By Rabbi Yakov Bornsteirn



Rabbi Yakov & Hindy Bornsteirn

As Jews, we are once again preparing ourselves for the holiest days of the year- the "Days of Awe", which extend from Rosh Hashanah through Yom Kippur and are then followed by "The Season of our Rejoicing", the joyous days of Sukkot and Simchat Torah.

Most Jews, even if just minimally observant throughout the year, feel some arousal from within during this time to somehow "connect" with their Jewish roots. This is because Jewish holidays, unlike secular (or man-made) holidays, are not just days where we get together (or even just attend Services) to commemorate special events. While Rosh Hashanah marks the Creation of the World, and specifically the Creation of Man, it is much more than that.

The 48 hours of Rosh Hashanah (and the holy days following), can be compared to entering an area of high voltage "spiritual electricity", where the Jew's "spiritual batteries" are recharged and he receives a flow (or current) of new energy from the main generator. The special unique bond that exists between a Jew and G-d is strongly dominant at this time. As Chassidic teachings tell us: every Jew is bound with an unbreakable bond with G-d, for "Israel and G-d are one". That bond can be concealed and even appear to be asleep. It is however, merely dormant. It can never be broken, as the famed Rabbi Schneur Zalmen of Liadi, the first Chabad Rebbe said: "A Jew, not he wants, nor is he able to (truly, ed. note) disconnect himself from G-d". The Lubavitcher Rebbe once said that there is no Jew in the world that doesn't experience a feeling of Teshuva (a desire to be closer to G-d), even if just for a fleeting moment, during the 48 hours of Rosh Hashanah.

Feelings, however deep and "Divinely inspired", are not enough. They are just the beginning. They need to serve as a catalyst, or impetus, for true spiritual growth. As mentioned before, Rosh Hashanah, if translated correctly, means "the head of the year" (not the new year). The head is the nerve center for everything that goes on in the body. Yet the energy from the brain must be allowed to flow into the other organs in order to have a healthy, functioning body. If there is a blockage, G-d forbid, somewhere in the body, then the life force of the brain does not reach its intended place and there is no blood or life flow to that particular organ

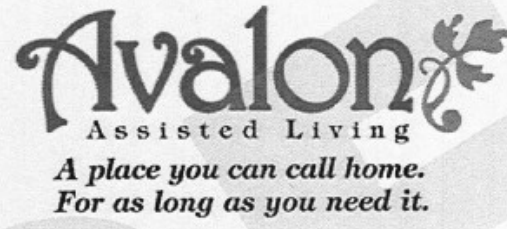
In the same way, Rosh Hashanah, is the "spiritual nerve center" for the Jew. It is a day of inspiration, where each one of us seeks to reconnect with G-d and with the G-dly soul found within each and every one of us. However, for those spiritual feelings to be actualized, they must be carried through into the rest of the days of the year, through concrete actions that will take those "Jewish feelings" out of the "head" and into the rest of the body, so that we be truly "spiritually healthy", living, and vibrant Jews - not only during these holy days, but all year. This can be accomplished through living a true Jewish life not only on Shabbat and Jewish holidays, but 365 days of the year, through practical observance of Mitzvot in our everyday life.

On behalf of my wife and family, I wish you all and the entire Klal Yisrael, a truly healthy and happy New Year!



Dear Horseradish,

Red or white, too bad there isn't a rosè! It depends on what you are serving. If it is gefilte fish, obviously, either is acceptable. It depends on how hot you can take it. I've always found the red not only is more traditional but milder. The white is definitely stronger! If you are serving something else, it will depend upon the dish. You can always use it either in a sauce or, if you are really ambitious, use one to make a cheese spread. Just warn your guests ahead of time, and have plenty of napkins available for eye dabbing and nose blowing!



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Temple Beth-El to Sound Shofar Over the Hudson

All members of the community are invited to attend Temple Beth-El's annual *Shofar Over the Hudson* event Sunday, October 6 at 11:30AM outside the Children's Museum pavilion at the north end of Waryas Park, Poughkeepsie. Children's activities will begin at 10:30 AM in the pavilion.

The event will include music and dancing. Everyone is encouraged to bring a kosher dairy lunch to enjoy following the conclusion of the program. Temple Beth-El will provide honey cake muffins made by Blanche Bergman. Bring lawn chairs or folding chairs.

Additionally, the annual bicycle ride to *Shofar Over the Hudson* will depart from the Dutchess Rail Trail entrance behind Gold's Gym on Titusville Road at 10:00AM.

Most Jews typically experience the sounding of the shofar within the four walls of a synagogue. Combining the sound of the shofar with the beauty of the Hudson Valley provides for a unique spiritual experience.

Shofar Over the Hudson is open to the public. There is no charge to attend. Please join us - and bring your friends and your shofar- for what has become a meaningful annual event. For info, call Temple Beth-El (845)454-0570 or Steven Koch at (845) 489-6500 saksteve@optonline.net.



You have probably had occasion to appreciate the legacy of the people, many of whom you never met, who cared enough about the future to ensure that the organizations dear to your heart are here for you today.



Now it's your turn to do the same thing for those who follow in your footsteps. Together, let's begin that important conversation on how you can leave a legacy at the JFedDC.

Inside the Jewish Studio
By Karen Hochhauser

This questionnaire originated in the French series, *Bouillon de Culture*, better known as the closing questions asked by James Lipton on the celebrity interview TV show, *Inside the Actor's Studio*. The questions are re-adapted for this column.

Each month, we ask a MOT* these questions and feature the answers.

This month, our special guest is Dr. Stephanie Saltzberg, who found time from practicing Vascular Surgery at Albany Med Vascular and relaunching its Poughkeepsie office to take a break from helping people to join us in answering our questions...

1. **What is your favorite word?**
Fantabulous
2. **What is your least favorite word?**
My least favorite word is something you can't put in your paper.
3. **What turns you on creatively, spiritually, or emotionally?**
Music
4. **What turns you off?**
Close-mindedness
5. **What is your favorite curse word?**
I think everyone knows what my favorite curse word is . . .
6. **What sound or noise do you love?**
Waterfall noises
7. **What sound or noise do you hate?**
Nails on a chalkboard and children fighting
8. **What profession other than your own would you like to attempt?**
An International Spy
9. **What profession other than your own would you not like to attempt?**
A pilot on a big airplane because that would be taking a lot of people's lives in my hand [..... & then I reminded her that she is a surgeon - hahaha]
10. **What are you really good at & really bad at?**
Good: Long distance running Bad: Cooking and grocery shopping
11. **What is one interesting thing that people don't know about you?**
I took 13 years of classical piano lessons and can still play it, though I choose not to.
12. **If you could choose a superpower, what would it be?**
To extend time so I could accomplish everything I need to do in a day
13. **If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**
You can relax now.



Dr. Stephanie Saltzberg

* Member of the Tribe

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laughter
stories
songs
life

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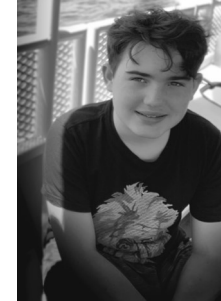
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Bar Mitzvah

Dylan Cohen, Temple Beth-El on September 14 2019.
Son of Bert Cohen and Christine Doyle



Dylan is an 8th grader at Union Vale Middle School. He has been an active student at Temple Beth-El for 7 years – which is almost as long as he has been playing the violin. When not telling jokes or playing pranks on his friends and family, he enjoys swimming, baking, cooking, and building smart home projects.

For his Bar Mitzvah project, Dylan is raising money for a local Hudson Valley nursing home through bake sales. This nursing home holds a special place in his heart as his cherished aunt spent her remaining years there.

Leading up to his Bar Mitzvah at TBE, he will be traveling to Israel for two weeks to meet his extended family and to explore the country by car, foot, camel, and ATV. His trip includes a ceremonial bar mitzvah honor at the Western Wall in Jerusalem.

Tiny Temple Celebrates Rosh Hashanah

Children (toddler through first grade), parents, and grandparents; come gather to celebrate Rosh Hashanah, the Jewish New Year, and birthday of the world. Rabbi Altman and Cantor Goldmann will tell a holiday story and lead us in song. We will march with the Torah, hear the sounding of the shofar, and celebrate with apples and honey for a sweet New Year!

DETAILS

Monday, September 30, 9:00-9:30am, Vassar Temple Social Hall. For more info, or if you would like to RSVP, please contact Tinytemple@vassartemple.org.

"What School Begins with an Interactive Scavenger Hunt?" Congregation Shir Chadash's Religious School 2019-2020 Does!"

A religious school that is fun? Yes! Parents and children will kick off the 2019-2020 Religious School year at Shir Chadash with a scavenger hunt. This re-imagined, inter-generational school is totally different, and Shir Chadash would like you and your family to experience it. Parents and children will start the year visiting various stations to complete tasks and earn prizes while learning.

Come check it out on Sept. 7 & 21 9:00am at their location inside Freedom Plains United Presbyterian Church, Rte 55 & Stringham Rd., Lagrangeville, NY. By the way, did we mention that the first month is free with no obligation? That's right; bring your children to the Sept. 7 and 21 classes FREE. Questions? Call Sue Marcoe at (845) 723-4045.

Jewish Early Childhood Programs at Temple Beth-El

Experience Joyful Judaism with: Age appropriate classes ● Arts ● Cooking ● Crafts Dance ● Drama ● Hebrew Readiness ● Holidays Music ● Shabbat ● Stories ● Yoga

Family Programming: Community Friday Evening Dinners ● Monthly Tot Shabbat ● Holidays ● Celebrations

Register Today! Contact Rabbi Miriam Hyman at: education@tbeny.org or (845) 454-0570





PJ Library & PJ OUR WAY

PJ Library Mid-Hudson Valley Fall Programs

*Friday September 6: Shabbat Dinner Picnic with Temple Beth El at Greenvale Park 5:00 pm

*September 21: Arlington Street Fair

- Tabling at Arlington Street Fair

*Wednesday 10/2: from 3:30-4 Tashlich Walk at Long Dock Park in Beacon, story, songs, and a tashlich ritual for kids

*Sunday, Oct 6 :Shofar Over The Hudson with TBE

*Sunday Oct. 20 :Sukkot Party with Vassar Temple Tiny Temple 10 am

*Monday, Oct 21: Simchat Torah Story Time at Temple Beth El 5:30 pm

- Sunday October 27: JfedDC HIT AFTER THE HOLIDAYS Wiffle Ball Tournament *Kid Zone*.
- Look for details and events in your neighborhood at PJ Library Mid-Hudson Valley on Facebook



The Harding Club



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

The programs focus on G-d & Prayer, Jewish History, and the concepts of Tzedakah, G'milut Chasadim and Tikun Olum. No charge for pre-school children. Open registration. Tots classes through b'nai mitzvah classes are offered. Classes meet two Saturdays a month, at 9:00am.

For information, contact (845) 723-4045, info@shir-chadash.org or www.shir-chadash.org

TEMPLE BETH-EL

At Temple Beth-El, education is something truly celebrated! From kindergarten through the last year of high school, Temple Beth-El instills a love of Judaism and a lifelong hunger for Jewish learning.

Tuesday,
 Ivrit (Hebrew) School
 4:30-6:30pm, grades 3-7

Wednesday,
 Gesher Youth Program
 6:30-8:30pm, grades 8-12

Saturday, B'Nai Mitzvah Class
 9:30am-12:30pm, grade 7

Sunday, Judaic Studies
 9:30am-12:30pm, grades PreK-6

For information, contact (845) 454-0570 or education@tbeny.org

VASSAR TEMPLE

Vassar Temple provides a program of Jewish education within the Reform Movement's guidelines, which deepens a student's Jewish experience and knowledge in an accepting and stimulating learning environment. Our philosophy of Jewish learning is based on the quotation from Pirke Avot, "The world depends on three things: on Torah, on worship and on deeds of loving kindness." Temple membership not required.

Sunday Religious School
 Sundays, 9:00am-12:00pm, grades K-7

Hebrew Language School
 Wednesdays, 4:30pm-6:30pm, grades 4-7

Gesher Program
 Wednesdays, 6:30pm-8:30pm,
 grades 8-12

Innovative individualized Hebrew language instruction and bar/bat mitzvah preparation.

For info contact Rabbi Renni Altman, Director (845) 454-2570 or rsdirector@vassartemple.org

תשובה
Teshuva
repentance

Tashlich, which literally translates to “casting off,” is a ceremony performed on the afternoon of the first day of Rosh Hashanah. During this ceremony, Jews symbolically cast off the sins of the previous year by tossing pebbles or bread crumbs into flowing water. Kids can easily grasp the ideas of wanting to do better and saying “sorry,” so including them in a simple, age-appropriate *tashlich* ceremony is a great way to build understanding about the ritual while building a fun, family tradition.

Here is an activity for the youngest kids: Use bath crayons to write or draw things you are sorry about in the tub and then wash them away. If your kids are too young to verbalize or recognize things that they are sorry for, you can do the writing or drawing for them and then let them wash away the writing. (from www.pjlibrary.org)



Has PJ Library helped anyone you know?
If so, consider making a donation to help keep the program going and to help us do more for the children in our community.
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שנה טובה!



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“Rosh Hashanah and Yom Kippur, also known as the High Holidays, are right around the corner. *Rosh Hashanah* is the Jewish new year. This means celebrations, happiness, and reflecting on the past year and setting goals for the coming one. For families, there are so many wonderful traditions to engage in--dipping apples in honey, braiding and tasting round challah, making cards, and listening to the blast of the shofar. One of the themes of the High Holidays is forgiveness (and repentance or *teshuvah*)– of others and of one’s self. From the beginning to the end of the holidays, people are encouraged to think about affecting positive change as individuals and as a community by making amends with others.”
<https://pjlibrary.org/beyond-books/pjblog>

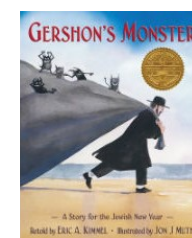
The concept of forgiveness is tricky for kids to understand, but PJ Library and PJ OurWay offer many developmentally appropriate books to give kids some insight and to help parents find a beginning place for this important understanding.

Oh No, George!
Written by Chris Haughton Illustrated by Chris Haughton
Ages: 3 to 4 Years



George is a dog who means well. He really does. But he keeps making mistakes. Soon George learns how to take responsibility for his behavior, make amends, and try to do better the next time. (Emphasis on TRY.)

Gershon's Monster
Written by Eric A. Kimmel, Illustrated by Jon J. Muth, Ages: 6 to 7 Years, 8+ Years



Instead of dealing with his mistakes, Gershon the baker sweeps them into the cellar. In this retelling of a Hasidic legend, Gershon eventually discovers a better way of living.

Under the Domim Tree
By: Gila Almagor Ages: 11 Historical Fiction
Can you imagine living in a youth village with no parents telling you what to do all the time? Aviya, Yola, and Mira do, but it's not as easy as you might think...This is a powerful and emotional story about three girls who live together after World War II. It is a story of hope and friendship and the power of forgiveness.



For this and more information on the holidays and more books, go to www.pjlibrary.org/books or www.pjourway.org

Join us at one of our local Rosh Hashanah or Yom Kippur programs throughout the PJ Library Mid-Hudson Valley area where we will explore the themes of the holidays together with story, crafts, and song. Check out what is happening on Facebook at PJ Library Mid-Hudson Valley under events.

Exciting News! This September Get Together Grants for families return! Go to www.pjlibrary.org/gettogether for details to plan a get-together with friends today!

Your PJ Library Mid-Hudson Valley Team,

Melinda Margulies, Kimberly Ritz, and Bekah Starr

Not a part of PJ Library yet?
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PJ Library is a program of the Harold Grinspoon Foundation and made possible through gifts from the Jewish Federations of Dutchess and Ulster Counties, The Harding Club, and the generous support of PJ Library donors. To make a donation online, go to www.JewishDutchess.org
Thank you!

Special Rosh Hashana Gift for you....

As Rosh Hashana is quickly approaching, my gift to you is something near and dear to my family and me. Every year, we make my mother's Apple Coffee Cake Recipe. It is a family tradition and one we bake repeatedly throughout the year because it is part of my mother's legacy, but also because it is just...THE BEST APPLE CAKE EVER!

Ingredients:

- 6 apples, pared, cored, and sliced
- 5 tablespoons sugar plus
- 2 cups sugar
- 5 teaspoons cinnamon
- 3 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup oil
- 4 eggs
- 1 tablespoon vanilla
- 1/4 cup orange juice

Directions:

Preheat oven to 375 degrees. Combine apples, five tablespoons of sugar, and the cinnamon and set aside. Sift flour, remaining sugar, baking powder, and salt into a bowl. Make a well in the center and pour in the oil, eggs, orange juice, and vanilla. Blend well. Spoon 1/3 of the batter into a greased 9" or 10" angel food pan. Top with a ring of half the apple mixture, drained of excess moisture, taking care not to allow the apple mixture to touch the side of the pan. Spoon another 1/3 of the batter over the apples. Make a ring of the remaining apples. Top with remaining batter. Baked 1 -1/4 hours, or until done. Cover top with foil if it browns too soon. Allow to cool in pan before turning out onto serving plate. Other fresh fruit such as peaches, pears, or blueberries may be substituted for the apples.



L'Shanah Tovah

Gail & Samuel Simon

Happy New Year!

Frieda & Ed Gershuny

Happy New Year!

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Our Executive Director



As summer is nearing the end and a New Year is approaching, I feel a little melancholy knowing that soon I will no longer be waking up to the sun, feeling the warmth as I walk outside, and in particular, being in my "happy place", my porch garden. This year I feel truly grateful. Though I had various plants, for reasons beyond me, my cherry tomatoes grew over 7 feet tall. I loved going out, walking along the plants, watching the tomatoes ripen, and (confession time) when my son and I went to pick them, they rarely made it back into the house.

This experience definitely put a few things in perspective. I have a completely renewed respect for farmers and am fully cognizant of how most people, including myself, take for granted being able to walk into a store and purchase a container of tomatoes whenever wanted. In my little garden, so much time and a little luck was needed (e.g. no insects and proper watering) just to make a few treasured tomatoes. All of this reinforced my appreciation of the power of nature and where we live.

I also feel blessed with our special community. With this summer's Film Festival & Jewish Jubilation@The Renegades, the community gathered to support our efforts and have some fun. This month, we have more to offer with an international journalist speaking about reporting in the Middle East, important dialogues about "The Rise of Hate - The Jewish and Christian Response" (both events part of the Community Collaboration with the Rhinebeck Reformed Church), and a very special Cookbook Launch and Tasting. (See our website for details of all the above and more). We ask that you come join us. We also ask that in the spirit of the New Year, please support us financially so that we can continue to expand our program offering. The choice is yours: direct pledge for a particular program or campaign, Required Minimum Distribution, Stock Donations, or Legacy programs - every little and big bit helps.

Shana Tova! Karen Hochhauser

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Wishing You A Sweet New Year

L'Shana Tova Tikatevu 2019-5780



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<p>2⁹⁹ with AdvantEdge Card Breakstone's Whipped Butter 8 oz. Tub Salted or Unsalted</p>	<p>2/\$3 with AdvantEdge Card Manischewitz Matzo Ball & Soup Mix 4.5-5 oz. • Select Varieties Where Available</p>	<p>3⁹⁹ with AdvantEdge Card Osem Consomme 14.1 oz. Where Available</p>	<p>2⁹⁹ with AdvantEdge Card Welch's Manischewitz or Kedem Grape Juice 64 oz. • Select Varieties</p>
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25.4 oz.
Select Varieties

Void if sold or transferred. Consumer pays CRV and sales tax. Misuse constitutes fraud. RETAILER: We will reimburse the face value plus 8¢ handling provided you comply with our coupon redemption policy, available upon request. Submission of coupons signifies compliance. Send to: MAPS BY PRICE CHOPPER, PO Box 407, MPS DEPT. 989, Cinnaminson, NJ 08077. MAY NOT BE DOUBLED OR TRIPLED.

0073490-123245

MAPS BY PRICE CHOPPER

COUPON
Expires 10/12/2019
CLU #1027

BUY 1
Osem Consomme
14.1 oz. • Soup & Seasoning Mix

GET 1
Osem Toasted Couscous
8.8 oz.

FREE

Limit 1 Price Chopper coupon per customer, per offer, per day, may be combined with one manufacturer coupon per product purchased, unless prohibited. Void if copied or altered. Offer effective Sunday, September 1 thru Saturday, October 12, 2019 in our Market 32, Price Chopper and Market Bistro stores.

MAPS BY PRICE CHOPPER

COUPON
Expires 10/12/2019
CLU #1026

BUY 1
Osem Mini Mandel
14.1 oz.

GET 1
Osem Bamba Snack
1 oz.

FREE

Limit 1 Price Chopper coupon per customer, per offer, per day, may be combined with one manufacturer coupon per product purchased, unless prohibited. Void if copied or altered. Offer effective Sunday, September 1 thru Saturday, October 12, 2019 in our Market 32, Price Chopper and Market Bistro stores.



Offers effective Sunday, September 1 thru Saturday, October 12, 2019 in all Market 32, Price Chopper and Market Bistro stores located in CT, MA, NH, NY, PA & VT. Not all items are available in all stores.



**TEMPLE BETH-EL WISHES YOU AND YOUR FAMILY A SHANAH TOVAH
COME EXPERIENCE THE HOLIDAYS WITH US!***



Senior Clergy
Rabbi Daniel Victor
Prayer Leader and Education Director
Rabbi Miriam Hyman

Highlights Include:

Shofar Over the Hudson

Sunday, October 6th 11:30am - 12:30pm

Waryas Park, Children's Museum Pavilion

All are invited to share in this occasion.

Bring your shofar!



Guest High Holiday Clergy
Rabbi Michael Fessler

* **COMPLIMENTARY HIGH HOLIDAY TICKETS AVAILABLE FOR NEWCOMERS TO THE COMMUNITY OR TO SYNAGOGUE LIFE AND FOR FULL-TIME STUDENTS. CALL TEMPLE BETH-EL OFFICE FOR DETAILS.**



118 SOUTH GRAND AVENUE, POUGHKEEPSIE, NY 12603

For Holiday Participation Information: (845) 454-0570

WWW.TBENY.ORG

Affiliated with The United Synagogue of Conservative Judaism

- Join us for our **COMMUNITY SELICHOT PROGRAM AND SERVICE - September 21st 8pm at Temple Beth-El**
- Traditional and alternative High Holiday offerings by **Rabbi Daniel Victor, Rabbi Miriam Hyman, guest high holiday clergy Rabbi Michael Fessler, and others from our community**

**Whoever You Are
Whatever Your Family Makeup
Congregation Shir Chadash Welcomes You!**

**Join us for
High Holiday
Services**

(Suggested donation: \$118) or
First year membership
only \$36/month

Experience the joys of
our Vibrant
Reform Congregation
led by

**RABBI
DANIEL POLISH**
with Choral Music

ROSH HASHANAH

Sun., Sept. 29th, 8 pm: Evening Service
Mon., Sept. 30th, 10 am: Morning Service
3 pm: Family Celebration Service *

YOM KIPPUR

Tue., Oct. 8th, 8 pm: Kol Nidre Service with cello
Wed., Oct. 9th, 10 am: Yom Kippur Morning Service;
12:30 pm: Panel Discussion;
2 pm: Family Service *

3 pm: Memorial/Concluding Service *

* Free Admission to our afternoon services,
including Rosh Hashanah & Yom Kippur Family Services
and Yom Kippur Memorial / Concluding Service

COMMUNITY BREAK FAST

Following Yom Kippur Concluding Service
Child Care available on Yom Kippur afternoon

845-232-1029 • Shir-Chadash.org




At the Shir Chadash Location

FREEDOM PLAINS UNITED PRESBYTERIAN CHURCH
RT. 55 & STRINGHAM RD • LAGRANGEVILLE, NY


Ample Parking!

Congregation  Shir Chadash




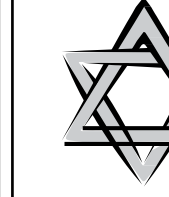
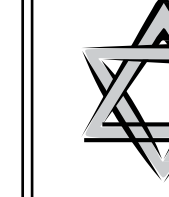




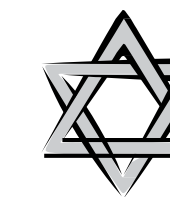
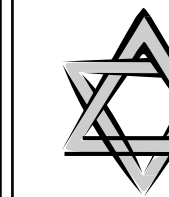
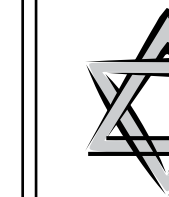





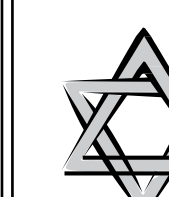
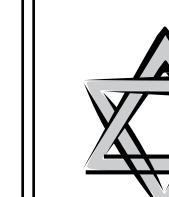


Personal Holiday Greetings

 May the sounds of the Shofar welcome in a new year of health and happiness Evelyn & Oscar Weiss	 May the sounds of the Shofar welcome in a new year of health and happiness Miriam & Burt Gold and Family	 May the sounds of the Shofar welcome in a new year of health and happiness Team Silbergleit
<i>L' Shanah Tovah</i> Deanie Gordon and the Israel, Levine & Gordon Families	<i>L' Shanah Tovah</i> Mrs. Miriam & Murray Lacher	<i>L' Shanah Tovah</i> Jane & Steven Idell
<i>L' Shanah Tovah</i> The Quackenbush Family	<i>L' Shanah Tovah</i> Irene & Eric Brooks and Family	<i>L' Shanah Tovah</i> Roni & Charles Stein
<i>L' Shanah Tovah</i> Rochelle & Carl Sorgen	<i>L' Shanah Tovah</i> Rabbi Ellen & Judge Jonah Triebwasser	<i>L' Shanah Tovah</i> The Hankin Family

*L' Shanah
Tovah*
Amy & Richard
Schwed



Have a Sweet New Year!  Lou Newman	Have a Sweet New Year!  Friedland Family	Have a Sweet New Year!  Anita & Edward Lester	Have a Sweet New Year!  Suzanne Horn
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Happy Rosh Hashanah  Pam & Sol Resnikoff	Happy Rosh Hashanah  Geri & Maurice Bromberg	Happy Rosh Hashanah  The Gorin Family	Happy Rosh Hashanah  The Breslow/ Glassman Families	Happy Rosh Hashanah  Beth & Les Richardson	Have a Sweet New Year!  Elyse & Neil Mansfield	Have a Sweet New Year!  Ellen, Barry & Matt Rosenberg
Happy Rosh Hashanah  Shirley & Bernard Handel	Happy Rosh Hashanah  Muriel & Matt Lampell	Happy Rosh Hashanah  Lori, Elliot, Bradley, Adam & Jenna Levine	Happy Rosh Hashanah  Elaine Lipshutz	Happy Rosh Hashanah  Adreinne London & Dr. Robert Roeshman, D.O.	Happy Rosh Hashanah  Barbara & Irwin Lifshey	Happy Rosh Hashanah  Sandy & Lee Corwin
Happy Rosh Hashanah  Blanche & Lou Bergman	Happy Rosh Hashanah  Ellen & Lawrence Danziger	Happy Rosh Hashanah  Judy & Herb Dyml	Happy Rosh Hashanah  Judy Elkin & Gene Feishman and Family	Happy Rosh Hashanah  The Hentel Family	Happy Rosh Hashanah  Candy & Lou Lewis	Happy Rosh Hashanah  Roz & Dan Ashley

New Paths Morning Worship

Join us in the informal, intimate setting of Vassar Temple's East Chapel. The moving liturgy of the *New Paths* prayer book includes both traditional and contemporary writings, mostly in English. You may bring supplemental materials to share. We take the time to let the service get through to us, rather than us get through the service.

Each service, whether lay-led or rabbi-led, provides a unique and thoughtful experience. A brief mini Kiddush follows.

DETAILS
Saturday, September 14, 10:00am.
For info, contact: Marian Schwartz: mschwa9882@aol.com, Rabbi Altman: rabbi@vassartemple.org, or call the Temple office at (845) 454-2570.

Mums the word at Vassar Temple!

Welcome High Holidays to your home with mums!

Vassar Temple will be selling chrysanthemum plants for the High holidays @ \$10 each for a 9-inch pot. Locally grown.

Reserve now. E-mail Polly Lewis at Bella6034@yahoo.com. Send your check made out to Vassar Temple with "Mums" on the memo line to Vassar Temple, 140 Hooker Ave., Poughkeepsie, NY 12601. Date to be announced for September pick up. Questions? (845) 476-9778.

Vassar Temple Invites the Community to High Holiday Services

Vassar Temple, a welcoming inclusive Reform congregation, opens all its High Holy Day services to the community at no charge. However, since seating is limited, reservations will be taken on a "first come - first served" basis. Rosh Hashanah starts Sept. 29, so call the temple at (845) 454-2570 or e-mail office@vassartemple.org to reserve your seats soon!

Reservations for free babysitting during Rosh Hashanah first day morning services and Yom Kippur morning services are necessary and should also be made at that time. Let us know in advance if you need a large print prayer book, wheelchair, or other special accommodations.

Donations from non-members who attend services are suggested and will be greatly appreciated in order to help defray expenses and support the work of the temple. All services will be led by the Temple's Rabbi Renni Altman and Cantor Elizabeth Goldmann.

The High Holy Day service schedule and further information about Vassar Temple is available at www.vassartemple.org. Following light refreshments after the conclusion of Yom Kippur services Oct. 9, a traditional homemade dairy break-the-fast meal, for which there is a nominal fee, will be held. Paid reservations from those wishing to attend the meal are due by Oct. 4.

Professional security will be provided during High Holy Day services. Come to share our holy space for the purpose of prayer and community, and please consider making a donation in order to maintain our house of worship which is open to all.

JEWISH WAR VETERANS POST 625

Private Herman Siegel Post 625 of the Jewish War Veterans of the United States holds regular monthly meetings.

All persons of the Jewish faith who have served in the armed forces and others of the Jewish faith are cordially invited to attend and participate. 9:00am is an informal coffee and cake "schmooze." Congregation Schomre Israel is strictly kosher, so no outside food may be brought in. We look forward to seeing you there.

DETAILS
Sunday: 1st Sunday of each month at 9:30am. 18 Park Avenue,
Questions? Contact Rob Rubin, Presiding Officer: qbee5@optonline.net

New 2G Group in Poughkeepsie

We are a small group of children born to Holocaust Survivors (2G-Second Generation) from the Poughkeepsie area. We meet once a month in Temple Beth-El and share stories of our parents, ourselves, and our grown-up children in the hope of keeping the memories of our families and learning from each other. We are also looking at how the trauma our parents experienced affected our lives and what we have handed down to our children. If you are interested in participating, please write to us at grunfeld@vassar.edu

Ladies Eating at Hadassah (LEAH)

Hope that you have been enjoying your summer. The LEAH's are having their next luncheon. We will be ordering off the menu, and separate checks will be provided. We ask for a minimum \$3 donation for Hadassah.

DETAILS
Friday, September 20th 12:00pm, Jason Patricks, 1112 Dutchess Turnpike, Poughkeepsie. RSVP are a must by September 13th. Please contact Grete at (845) 297-0775 or grete15@optonline.net or Judy at (845) 462-6310 or judydym@gmail.com.

Join us for a Hadassah Card, Game, and Dessert Party

Please make up tables for Mah Jongg, Bridge, Canasta.

DETAILS
Thursday, September 5, 1:00-4:00pm. Temple Beth El 118 S. Grand Ave. Poughkeepsie \$18 per person. For all details and to register, call Barbara Cohen (914) 475-3263 before Aug. 25.



Mah Jongg Mondays

Beth David in Amenia is hosting Mah Jongg from 1:00pm-4:00pm, \$10 contribution. There are snacks provided as well as sets and tables.

If you are interested in joining a women's Chevre to meet and socialize with others in Beacon, please call the JFedDC office at 845-471-9811 and let us know.

BRING THE FAMILY TO SUNSET LAKE

B.Y.O. breadcrumbs and join members of Vassar Temple in symbolically casting your sins upon the waters at a brief family-friendly tashlich ceremony. There will be shelter in case of inclement weather and refreshments will be served.

DETAILS
Monday, September 30, 4:00pm at Sunset Lake on the grounds of Vassar College. For more info, call Vassar Temple at (845) 454-2570.

Save the date!

Vassar Temple will be holding a Gala on November 2, 2019 from 6:00pm-10:00pm at Mill Creek Caterers, Hopewell Junction in memory and appreciation of a lifetime of giving by Mary Moody.

Mary was an inspiration to the inter-faith community as a leading figure in the annual CROP Walk against Hunger. Her lasting gifts to the community go far beyond that single event and provide a model for social action for the future. It is our privilege to honor her legacy as we celebrate our ongoing commitment to *tikkun olam*, healing the world.

For more information, please contact gala@vassartemple.org or call the temple (845) 454-2570.

David Hecht to be Honored at Selichot Program

Join Vassar Temple in honoring David Hecht, this year's Arnold Award recipient, during the Selichot program to be held in our social hall Sat. Sept. 21 at 7:30pm. A temple member for 30 years, David will be honored for his many contributions to our religious life, from sounding the shofar at the New Year, to arranging for the restoration of all of our Torahs, to the mammoth task of chairing the High Holy Day Committee. Following the Selichot program, at about 9:00pm, all are welcome to attend a moving Selichot service, designed to help us spiritually prepare for the upcoming Holy Days, which will be led by Rabbi Altman and Cantor Goldmann in the main sanctuary upstairs.



L'Shanah Tovah
From Your Friends at
Marianne's Floral
Garden

Happy New Year!

East Fishkill Eye Associates
Debbie Roodner OD,
Vicki Chenarides OD

Best Wishes
for a Happy & Healthy
New Year!

Lorraine Paten, DDS
Louise Dewhirst, DDS
Michael S. Schwartz, DDS

Best Wishes
for a Happy & Healthy
New Year!

Wim. Miller & Son
Funeral Home Inc.

Happy New Year!

Avalon Assisted Living and
Wellness Center
in Wappingers Falls

Have a
Sweet
New
Year!

Mark Pastreich
Eagle-Riverview
Group, Inc.

Happy Rosh Hashanah

Debra M. Salon
33 Collegeview Ave
Poughkeepsie NY
(845) 471-0158

Happy Rosh Hashanah

The Three
Arts Bookshop

Happy Rosh Hashanah

Brown
Chiropractic

Local

Sunday

Bagels, Lox, Torah (Tefillin too!) 9:00am led by Rabbi Yacov Borenstein. Morning minyan will follow Torah discussion on the coming week's Torah portion, upcoming holiday, or topic of Jewish interest.

Temple Beth-El Serves at Lunchbox September 8, call Nancy Judson (845) 216-7563 to help in this mitzvah.

Temple Beth-El Evening Service September 8, 15, 9:30-11:00am. Rabbi Victor offers adult learning in preparation for High Holidays. Contact Rabbi Victor at rabbiv@tbeny.org.

Monday

Congregation Schomre Israel Chair Yoga with Toni Farkas 11:30am. \$5 per session. All welcome.

Temple Beth-El Board Meeting September 9, 7:30pm. Temple Beth-El Board of Trustees meeting.

Wednesday

Learn & Lunch Bunch Wednesdays, 11:00am-1:30pm. 118 So. Grand Ave, Poughkeepsie. Please RSVP each week by Monday so that we can prepare appropriate amounts of food. For information, menu, and program schedule; see page 2 of *The Voice* or contact (845) 471-9811.

Thursday

Temple Beth-El Hadassah Card Party September 5, 1:00pm

Friday

Congregation Shir Chadash Kabbalat Shabbat Service September 6, 13, 20, 27, 7:30pm. Evening service followed by community oneg. All are welcome.

Vassar Temple Shabbat September 6, 13, 20, 27, 7:30pm September 13 6:00pm. Shabbat Happy Hour.

Temple Beth-El Evening Service each week, 8:00pm. Conservative, egalitarian service. All welcome.

Saturday

Congregation Shir Chadash Sharing Shabbat and Religious School Programs September 7, 21, 9:00-13:30am. See page 8 for more information.

Congregation Shir Chadash Tot Program September 7, 21, 9:00-10:30am. Children ages 3-5, accompanied by an adult, learn through crafts, food, and games. Open to all families and free of charge.

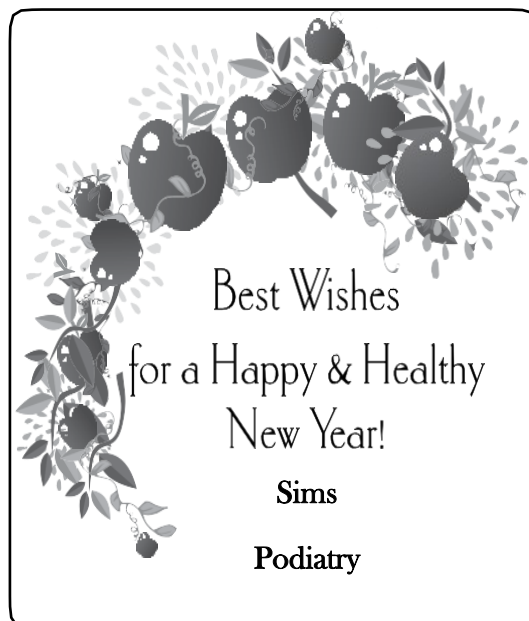
Congregation Shir Chadash Morning Torah Service September 7, 21, 10:45-11:30am. Led by Rabbi Daniel F. Polish & Cantor Gail Hirschenfang. Bagels, coffee, etc. prior to service. All welcome!

Vassar Temple New Paths Shabbat Morning Worship September 14, 10:00am.

Temple Beth-El Shabbat Morning Service every week, 9:30am. Lively, inclusive, Conservative, egalitarian Shabbat.

Temple Beth-El Community SELICHOT Program and Service September 21, 8:00pm.

Remember to support our local businesses that advertise in *The Voice*



Out of Area

Congregation Emanuel of the Hudson Valley Events
243 Albany Ave, Kingston, NY 12401 (845) 338-4271 www.templemanuelkingston.org.
All services held in our chapel are available to live stream. Visit our website: www.cehv.org and click on the live stream link on the homepage. You can also view archived services and classes.

Kabbalat Shabbat Evening Service First Friday evening September 6, at 6:00pm at The Amsterdam, 1432, 6380 Mill St, Rhinebeck., September 13, all other Fridays at 7:30pm with an oneg following.

Musical Kabbalat Shabbat is the second Friday of the month.

Shabbat Service with Zemer Choir Participation is the fourth Friday of the month.

Tot Shabbat September 21, 9:30am at Congregation Emanuel, 243 Albany Ave, Kingston. Introduce your tot to Shabbat through interactive music with Rabbi Romer and her guitar.

Religious School Saturdays, September—May, 9:30am –12:30pm. Call Samara Genee (845) 338-4271 x110 for more information.

Saturday Morning Service 10:00am September-June, for an uplifting morning communal prayer, meditation, and Torah study.

Ongoing Adult Education with the Rabbi Hebrew Trope (Wednesdays 12:30pm); Torah Study, Intro to Judaism (2nd and 3rd Wednesdays 6:00pm); Beginner-Intermediate conversational Modern Hebrew (Wednesdays 4pm); Meditation and Parashat Shvah, Kabbalah, Private Conversation Tutorials, Adult B'nai Mitzvah (1st and 2nd Thursdays of the month 9:30am). Runs October-June.

Adult Education Thursday, September 12, 19, October 17, 24, 7:00pm-8:30pm. "Otherved: The (De) Construction of Jewish Identity" led by CEHV member Ben Schulman.

Lunch with Rabbi Romer & Guests September 10, 12:00pm. First Tuesday of the month at 12:00pm. Join Rabbi Romer for a hot luncheon with discussion following.

Rhinebeck Meditation & Torah Study Meets Tuesdays (no classes, September 24) 8:45am followed by 9:15am Torah Study. Led by Rabbi Yael Romer.

Confirmation Class with Rabbi Romer Meeting first Wednesday, Shabbat dinner the second Friday, community service TBD monthly on either the second or fourth Thursday. Religious School registration required.

Rosh Chodesh 3rd Tuesday of the month, October-June, 6:45pm - refreshments, 7:00pm - Rosh Chodesh Group Meeting. Our Rosh Chodesh group is a women's gathering exploring our female voices in Jewish Traditions.

Selichot Saturday, 21, 7:00-8:00pm at Congregation Emanuel of the Hudson Valley.

Calendar

September

REGULAR SCHEDULE OF SERVICES

Beacon Hebrew Alliance (Conservative)
331 Verplanck Avenue, Beacon (845) 831-2012
Rabbi Brent Spodek; Cantor Ellen Gersh; Education Director, Ashley Baker
Website: www.beaconhebrewalliance.org
Email: 411@beaconhebrewalliance.org
Services: Fridays, 7:30pm and alternating Saturdays at 9:30am. Visit website for information about services, religious school, and community events

Chabad of Mid-Hudson Valley
63 Vassar Road, Poughkeepsie (845) 463-5801
Rabbi Yacov Borenstein
Website: www.chabadmidhudsonvalley.com
Email: ChabadMidhudsonVlv@prodigy.net
Services: Fridays, call for time and Saturdays at 10:00am

Congregation Beth David (Reform)
East Main Street, Amenia (845) 373-8264
Rabbi Jon Haddon
Website: www.CongBethDavid.org
Email: JonRab33@gmail.com
Services: usually Saturdays, 10:00am twice monthly except January and February; call for schedules

Congregation Schomre Israel (Orthodox)
18 Park Avenue, Poughkeepsie (845) 454-2890
Rabbi Eliezer Langer
Website: www.schomreIsrael.org
Email: SchomreI@aol.com
Services: Monday-Thursday, 7:00am, Sunday, 8:00am, Saturday, 9:00am Sunday-Thursday 7:00pm
Shabbat Services vary depending on sundown

Congregation Shir Chadash (Reform)
Interim: Freedom Plains Presbyterian Church, Lagrange (845) 232-1029
Rabbi Daniel Polish, Cantor Gail Hirschenfang Website: www.shir-chadash.org
Email: info@shir-chadash.org
Services: Friday, 7:30pm; bimonthly Saturday children's religious school, 9:00am, Torah study, 9:15

Pardess Center for Jewish Life
(845) 440-7592
Rabbi Zalman Sandhaus
Website: www.MyPardess.org
Email: info@MyPardess.org

The Rhinebeck Jewish Center
102 Montgomery Street, Rhinebeck (845) 876-7666
Rabbi Hanoch Hecht and Rebbitzin Tzivie Hecht Website: www.RhinebeckJewishCenter.com
Email: RSVP@RhinebeckJewishCenter.com
Friday services call for time; Saturday services, 9:30am

Temple Beth El (Conservative)
118 So Grand Avenue, Poughkeepsie (845) 454-0570
Rabbi Daniel Victor, Rosh Tefilah Rabbi Miriam Hyman
Email: info@tbeny.org
Website: www.tbeny.org
Services: Friday, 8:00pm, Saturday Shabbat service at 9:30am, weekdays, 7:30am daily

Vassar College Bayit
51 Collegeview Avenue, Poughkeepsie (845) 451-3920
Liz Aeschlimann, Rose and Irving Rachlin Director of Jewish Student Life at Vassar College
Email: eaeschlimann@vassar.edu
Services: Friday, 6:00pm service, 7:00pm dinner when school is in session

Vassar Temple (Reform)
140 Hooker Avenue, Poughkeepsie (845) 454-2570
Rabbi Renni Altman Website: www.vassartemple.org
Email: Office@VassarTemple.org or rabbiv@vassartemple.org
Services: Friday, 7:30pm unless otherwise noted, Torah study Saturday, 9:00am. New Paths 1st and 3rd Saturday every month, 10:00am unless otherwise noted.

September Candle Lighting

September 67:03pm
September 13.....6:51pm
September 20.....6:39pm
September 27.....6:27pm


Want to share your thoughts about *The Voice*? Have an idea you'd like to see in print?

We're listening.

Email us at

TheVoice@JewishDutchess.org

Happy Rosh Hashanah




Rebecca Edwards
Dutchess County
Legislature,
District 6




May the sounds of the Shofar
welcome in a new year of
health and happiness

County Legislator
Will Truitt



May the sounds of the Shofar
welcome in a new year of
health and happiness


Senator
Sue Serino



Best Wishes
for a Happy & Healthy
New Year!

Marc
Molinaro

Happy New Year!



The Family and Staff
at Torsone Funeral Home


Have a
Sweet
New
Year!



Rabbi Jonathan Kliger
& Woodstock
Jewish Congregation




Shanah Tovah
Happy New Year from the JFedDC!



May the sounds of the Shofar wel-
come in a new year of health and
happiness

Sisterhood
Schomre Israel



May the sounds of the Shofar wel-
come in a new year of health and
happiness

Congregation
Schomre Israel

A Happy and Sweet New Year!
from
Vassar Temple Sisterhood

Visit our Judaica Shoppe for all your holiday & gift needs!

140 Hooker Ave., Poughkeepsie, NY 12601 • www.vassartemple.org • 845-454-2570



**Happy New Year To All
From
The Harding Club**

Join us and enjoy good fellowship, great meals, and excellent speakers.
We meet twice a month!
Visit our Website at: <http://harding.jigsy.com>

**Warm New Year Greetings from
Vassar Temple**



An inclusive Reform congregation engaged in
worship, learning, & the pursuit of justice

Outstanding Religious School
and Hebrew School, Open to All
- *New Member Specials* -

Join us on the High Holy Days
No ticket charge ~ Donation Appreciated
Seating is limited
Call or e-mail for reservations
Service Schedule is on our website

140 Hooker Ave., Poughkeepsie
845-454-2570
office@vassartemple.org
www.vassartemple.org





**A Modern Orthodox Congregation
Where Generations Come Together**

**Congregation
Schomre Israel**

invites your family to join our family for
ROSH HASHANAH
&
YOM KIPPUR

Vibrant and Inspiring Prayer Services

Continuing education
Weekly Shabbat Kiddush
Yom Tov dinners • Active Sisterhood
ANNUAL DUES ARE \$500

For non-members, High Holiday Fee is \$100 per person.
18 Park Avenue, Poughkeepsie, NY - 845.454.2890
Website: www.schomreisrael.org
E-mail: schomre1@aol.com