



## A Message from Nicole

Nicole Katzman, JFGR Executive Director



Nicole Katzman

Some images we see are forever etched into our memories. For the past month, the media has flooded our news feeds with images of war, showing the suffering of innocent men, women and children. Putin has raged a merciless war on the people of Ukraine and sadly there is no end in sight. We are spectators, attempting to live our daily lives but know that there are threats and darkness that loom over all of us.

During the month of April, we welcome the holiday of Passover which commemorates when G-d freed the Israelites from slavery in Egypt. The Israelites suffered under Pharaoh and Moses's regime. Moses led them out of the darkness and into freedom. Later, Moses receives the Ten Commandments, on Mt. Sinai from G-d and a new order is restored. We celebrate Passover every year, to remind us that we were once slaves, now we are free, living in America, a place where we can practice Judaism openly and not in fear.

It is my hope that the Ukrainian crisis ends quickly and much like Moses, Volodymyr Zelensky is able to lead his people and prevail over evil. We must all face evil and destroy it.

What can we do as a community? We can work together, to spread kindness, love and compassion. We can pray together for the people of Ukraine, for our world and for future generations, we can love each other and look beyond personal differences. We can spread light and joy.

*Come, let us go to the mountain of the Lord, that we may walk the paths of the Most High. And we shall beat our swords into plowshares and our spears into pruning hooks. Nation shall not lift up sword against nation; neither shall they learn war any more.*

If you are looking for a way to make a difference, please visit [www.jewishgrandrapids.org](http://www.jewishgrandrapids.org) and give tzedakah to the crisis in Ukraine. These dollars go directly to help support Jewish refugees. To date, over \$20 million dollars has been raised through the Jewish Federation of North America.

Wishing you and your family a Happy and Healthy Passover.

L'Shalom,

**Like us on Facebook, follow us on Instagram at [jewishgrandrapids](https://www.facebook.com/jewishgrandrapids) and on Twitter @JewishFedGR**

**Our Mission:**

Jewish Federation of Grand Rapids unites the local Jewish community to sustain and strengthen Jews locally, in Israel and around the world.

This mission is accomplished by providing services to the community and through fundraising and allocation efforts.

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**Campaign Update**  
from **Linda Pestka,**  
**Campaign Chair & Board Member**



As Campaign 2021 winds to a close, we have been working feverishly reaching out to donors to get to our goal of \$500,000. Our hard work has paid off! As of publication date, we have exceeded our goal and still have donations coming in during the final weeks of Campaign.

I'm proud of our culture of giving in West Michigan. This is truly a communal campaign, and we have done our best to reach out to as many people in the community as possible. We have tried to increase participation by making it easy to donate, whether by online platform, in person, or by mail. Our donor count is at 324 and rising. We are continuing to focus not only on our annual donors, but developing our next generation donors as well.

As Campaign 2021 Chair, I would like to thank you for your generosity. Jewish Federation's annual Campaign serves Jewish West Michigan and the global community, and our work is more important than ever. In a year filled with challenges and barriers not seen in generations, our community was able to stay together and raise more money than we did a year ago, ensuring that people who are hurting and need our help will get the care and support they desperately need and deserve.

It has been an honor and privilege to serve as your Campaign Chair. The future of Jewish Federation of Grand Rapids is bright, and with your generous support we will continue to work together to build a Jewish community of which we can be proud.

STAFF: Nicole Katzman, Executive Director, Nicole@JFGR.org ext. 207 | Evan Rossio, Campaign Director, Evan@jfgr.org, ext. 205  
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*Please cut out this pledge card, fill it in and send it to the Federation office.*



**I'd like to support my community and make a gift to Campaign 2021!**

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## Happy 90th Birthday to Marilyn Leven

JFGR is thrilled to honor Marilyn Leven on her 90th birthday, which was celebrated on March 15, 2022. Marilyn married her childhood sweetheart in 1953. They each earned their degrees from the University of Michigan and raised three beautiful children; Marc, Dan and Cindy. Today, they are proud grandparents of five grandchildren and five great grandchildren.

Marilyn is an active supporter of Temple Emanuel, Congregation Ahavas Israel and the Jewish Federation of Grand Rapids, University of Michigan, Grand Valley State University and Michigan State University. Marilyn and Norm endowed the "Scholars Fund" at the Grand Rapids Community Foundation and



provided special funding to the Ahavas Israel cemetery.

In addition to Marilyn's philanthropy, she is an avid volunteer and was the first female president of Temple Emanuel. She has taken leadership roles at the American Cancer Society, United Way, American Heart Association, University of Michigan, Goodwill Industries, Jewish Federation, Temple Emanuel, The Grand Rapids Community Foundation, the Grand Valley State University Foundation and the PGA West Education Fund.

The Marilyn and Norman J. Leven Family Charitable Foundation was established in 1985.

Marilyn has accomplished a lot in her 90 years!

## Women's Philanthropy: Your place to inspire, help and connect.

### WHO WE ARE

Women philanthropists are the change makers and community shapers of the world. We are sisters and daughters, mothers and friends, compassionate and committed women at every stage of life and career. Federation's Women's Philanthropy engages Jewish women in the fulfilling work of making the world a better place. In every community, we are building and supporting Jewish life for today and for generations to come.

### WOMEN IN ACTION

Through our donations and our hands-on community service, we fight domestic violence, improve women's health and nutrition, provide shelter to vulnerable children, protect at-risk seniors and so much more. During the COVID crisis, **we've helped meet increased needs in our communities.** We support Israel with our dollars and our presence. Federation inspires and empowers women to become leaders and decision-makers. Our collective philanthropy enriches our own lives while improving the lives of others.



We welcome you to the Jewish Federation of Grand Rapids Women's Philanthropy. There's a place for you here, no matter where life and career have taken you. Add your voice to this amazing community of women. Our collective philanthropy is purposeful and effective.

For more information, contact Evan Rossio,

Campaign Director at [evan@jfgfr.org](mailto:evan@jfgfr.org)



# *Save the Date*

ON THURSDAY, JUNE 30, 2022

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## Grand Rapids Teens Represent at International NYC Shabbaton

Seven teens from Grand Rapids traveled to New York at the end of February for the 14th annual CTeen Shabbaton, an international gathering of close to 3,000 Jewish teens. Our teens were treated to a thrilling, non-stop program with a trip to the Statue of Liberty, shopping in Manhattan, delicious Shabbat meals, talks by renowned speakers, and a highly-anticipated closing ceremony.

The highlight of CTeen’s International Shabbaton is Saturday Night’s havdalah ceremony and concert in Times Square. This year featured a guest performance by Jewish music sensation Berri Weber.

Times Square came alive with Jewish messages, as the billboards of American Eagle, Express, and Clear Channel were overtaken by CTeen’s customized videos. In the spirit of this year’s “Whenever, Wherever” theme, images of teens doing mitzvot were broadcasted across Time Square.

With over 600 chapters around the world, CTeen is the world’s fastest-growing teen network. Teens traveled from as far as Morocco and Argentina for last month’s International experience. With immersive Jewish experiences focused on social, educational, and humanitarian elements, CTeen is also a way for local Jews to stay connected to each other and their heritage year-round.

Rabbi Moshe Kotlarsky, chairman of CTeen International, chooses to make such a great investment in CTeen because he recognizes the untapped potential of the teenage years. “The power of our youth is not

be underestimated,” he says.

The feelings of Jewish pride and sense of being a part of something bigger are priceless and will be with the teens for the rest of their lives.

To learn more about CTeen, follow us on Instagram @ CTEENGR or contact Rivka at 616.206.9654.



Front row: Stav Okanin, Rotem Andegeko, Lindsey Katzman  
Middle row: Eden Hostetter, Molly Johns, Eva Alfonso, Shany Migdal  
Back row: Menucha Weingarten, Rivka Weingarten



### Download the JFGR App Today!

The Jewish Federation of Grand Rapids is excited to introduce our new app. Now you can stay connected and up-to-date on everything Federation from your iPhone or iPad. Programming, news, social services, and volunteering opportunities are now just a click away.

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Jewish Federation Grand Rapids

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Years Old

CATEGORY



Reference

DEVELOPER



Arad Okanin

LANGUAGE

EN

English



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Sunday, April 10<sup>th</sup>, 2022  
at 9 PM EDT

Register for the Zoom Webinar: [jfgr.org](http://jfgr.org)



Bestselling author of *The World is Flat* and *New York Times* foreign affairs columnist Tom Friedman is renowned for his direct reporting and accessible analysis of complex issues shaping the world. According to *Foreign Policy* magazine, "Friedman doesn't just report on events; he helps shape them." Winner of three Pulitzer Prizes, he has covered the monumental stories from around the globe for *The New York Times* since 1981. *Vanity Fair* called him "the country's best newspaper columnist."

In his latest bestseller, *Thank You for Being Late: An Optimist's Guide to Thriving in the Age of Accelerations*, Friedman offers a blueprint for overcoming the stresses and challenges of a world being transformed by technology, globalization, and climate change.

## News from the Nosh



We are officially  
under construction!

Thank you for continuing  
to submit recipes. We are  
looking for the following  
categories: appetizers, mains,  
desserts, Passover & holiday,  
Vegan/Vegetarian, sides, and  
international (e.g. Russian,  
Sephardic, Mizrahi, "old  
country" etc.)

A reminder that we are  
accepting recipes and content  
via [www.JFGR.org](http://www.JFGR.org), mailing  
to the Federation office, or by  
email: [evan@jfgr.org](mailto:evan@jfgr.org).

Keep them coming!



## JFGR Men's Outdoor Group

Get together outdoors each Wednesday morning! Meet new people, hang out with old friends, get fresh air and exercise. We can tailor our outings to fit you.

**Join us for our first hike!**

**Wednesday, April 6, 9:00am**

North Country Trail  
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Two hour hike, lunch after

For questions and carpool  
arrangements, email Jim Siegel  
[jims@siegeljewelers.com](mailto:jims@siegeljewelers.com)

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- ◆ Promote a Just Society Through Social Action
- ◆ Provide Jewish Arts & Cultural Programming
- ◆ Offer Aid and Education Overseas

*Support Campaign 2021 and make your gift today visit*

<https://www.jewishgrandrapids.org/> or call 616-942-5553 to make your gift



# Senior Schmooze is back!

Thanks to the Louis & Louise Weiner Fund, Senior Schmooze will return on select dates this Spring.

## Delivery Dates:

April 8

May 13

Senior Schmooze is a program of the Jewish Federation of Grand Rapids for our retired community members (65 and up). Sign up to have a KOSHER Shabbat meal delivered straight to your door! Meals will include fresh challah, matzo ball soup, a cookie and other tasty treats.

Catered by Taste of Israel's Michal Ravid



Visit [jfgr.org](http://jfgr.org) or contact Julianna Schrier at [julianna@jfgr.org](mailto:julianna@jfgr.org) or call (616) 942-5553 to RSVP

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## Financial Focus

# What should you do with a tax refund?

By Chad Zagel, CFP®, AAMS®, JFGR Board Member



Chad Zagel JFGR  
Board Member

Are you expecting a tax refund this year? If so, what will you do with it?

Of course, the answer largely depends on the size of your refund. For the 2020 tax year, the average refund was about \$2,800, according to the Internal Revenue Service. But whether your refund this year will be about that size, smaller or larger, you can find ways to benefit from the money.

Here are some possibilities:

- **Contribute to your IRA.** You've got until April 18 to fully fund your IRA for the 2021 tax year. But if you've already reached the maximum for 2021, you could use some, or all, of your refund for your 2022 contribution. Assuming you did get around \$2,800, you'd be almost halfway to the \$6,000 annual contribution limit. (If you're 50 or older, you can contribute up to \$7,000.)
- **Invest in a 529 plan.** If you have children or grandchildren, you might want to invest your refund in a 529 education savings plan. A 529 plan's earnings can grow federal income-tax free, and withdrawals are federal income-tax free provided the money is used for qualified education expenses. If you invest in your own state's plan, you might get a tax deduction or credit. A 529 plan can be used to pay for college, vocational training and even some K-12 expenses in some states. Plus, if you name one child as a beneficiary, and that child's educational journey does not require the funds from a 529

plan, you may change the beneficiary to another eligible family member of the original beneficiary.

- **Add to the "cash" part of your portfolio.** It's generally a smart move to keep at least a portion of your overall investment portfolio in cash or cash equivalents, because the presence of cash can help you in two ways. First, since its value won't change, it can help cushion, at least to a degree, the effects of market volatility on your portfolio. And second, by having cash available, you'll be ready to take advantage of attractive investment opportunities when they arise.
- **Boost your emergency fund.** You could use your tax refund to start or supplement an emergency fund. Ideally, this fund should contain three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. (If you're already retired, you might need this fund to cover a full year's worth of expenses.) Without such a fund, you might be forced to dip into long-term investments to pay for costly housing or auto repairs or large medical bills.
- **Reduce your debt load.** It's not always easy to minimize your debt load, even if you're careful about your spending habits. But the lower your debt payments, the more money you'll have available to invest for your future. So, you may want to consider using some of your tax refund to pay off some debts, or at least reduce them, starting with those that carry the highest interest rate.



*Chad Zagel, CFP®, AAMS®, is a Financial Advisor with Edward Jones, a University of Michigan graduate, and in his free time, Chad enjoys spending time with his family and volunteering.*

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to schedule your ride.

All rides need 24 hour advance notice.

Hours of service: 8am to 8pm

Thank you to the generosity  
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May 14 @ 7pm & May 15 @ 4pm

"Astonishing" — New York Times Bestselling Author Dave Eggers

Peter Ferry's

# Old Heart

A Bittersweet Love Story.

After emerging from four years of hiding when the allies liberate Southern Holland in 1944, Jewish translator Sarah van Praag and African American Army Lieutenant Tom Johnson worked together smuggling food to starving Dutch in the north still occupied by Nazi forces. These two young people from completely different walks of life fall in love only to separate after the war. Sixty years later Tom is being forced to move to an assisted living facility in his hometown of Detroit by his children. He secretly decides to skip town and return to the Netherlands hoping to rediscover his first love.

TICKETS: [redfordtheatre.com](http://redfordtheatre.com)  
TRAILER: [vimeo.com/590676645](https://vimeo.com/590676645)



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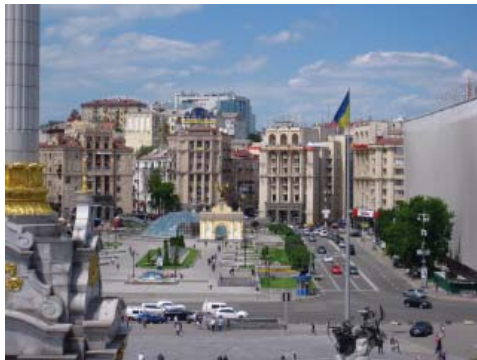
## Bloodlands

By Rob Franciosi



Rob Franciosi

William Brawer, my maternal great-grandfather, was born in a village just outside the Galician town of Rohatyn. An acquaintance has devoted herself to preserving the history of that shtetl—erecting a memorial, creating a vast digital archive, retrieving matzevot unearthed during construction projects. She and her husband, both from California, even relocated to the nearby city of Lviv, and my wife has regularly lobbied for a visit to Rohatyn. “We’ll be so close,” she said a few months ago about my upcoming work in Poland. “You really need to go back to Ukraine.”



Like millions of American Jews with Ashkenazi roots, I can link my family to the troubled lands that now fill our newsfeeds each morning, though the complex borders of eastern and central Europe can frustrate those seeking ancestral connections.

For many years I accepted what the Ellis Island and census records said, that my great-grandfather was from Austria, and even imagined him waltzing in Vienna. In fact, over his eighty-four years Pomonieta changed hands five times: surrendered from the Austrian empire to Poland after the First World War, overrun by the Soviets as part of its 1939 non-aggression pact with Nazi Germany, conquered by Hitler’s forces in 1941, and then “liberated” by Stalin’s army in 1944—a brutal shot-gun marriage endured for five decades. With the collapse of the Soviet Union, that small village an hour from Lviv at last became part of an independent Ukraine. At the time of this writing in mid-March, Pomonieta, about one hundred miles from the Polish border, remains under Ukrainian control, though missiles have rained down near Lviv.



Each day I read news of the conflict. And each day I remember my visit

to Kyiv in 2016. That trip across Eastern Europe, sponsored by the Holocaust Education Foundation, attracted me for two reasons: we would work in neglected Jewish cemeteries and we would visit the Ukrainian capital. I had read a great deal about what was perpetrated at Babi Yar, the ravine in Kyiv where in September 1941 over 30,000 Jews were murdered in two days, but never expected to stand there.

As soon as we arrived in Kyiv, however, I noted the complex and conflicted relationships faced by those seeking traces of Jewish life. Concerned mostly with the past, we were faced with a city scarred by reminders of recent history in the making. Independence Square had always been a gathering place for celebrations, like our Times Square, but in 2013-14 it was the site of anti-government protests after the country’s leaders, under pressure from Russia, rejected a widely supported pact between Ukraine and the European Union. Shooting erupted on February 18 and nearly 100 protesters and 13 police were killed. These events, known as the Revolution of Dignity, toppled the government and reasserted the Ukrainian desire for European democracy instead of Russian autocracy.

The emergence of a new Ukraine, however, one hoping beyond hope to join NATO, was met with early manifestations of what we are now witnessing. Within



weeks of the overthrow of the Russian-backed government in Kyiv, Vladimir Putin sent troops to Crimea and began supporting

separatists in the east. The conflict between them and the Ukrainian army was still raging when we arrived in the summer of 2016.

On our visit to Independence Square, we viewed memorials to those who died during the February revolution. Further up a hill that frames the square was a long wall of photographs in tribute to fallen

(Cont’d on page 13)



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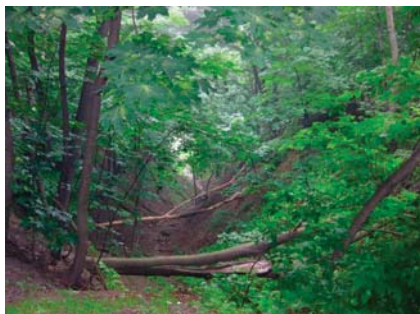
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MAKING SENSE OF INVESTING



(Cont'd from page 11)



soldiers on the Ukraine-Russia border. There were hundreds—as well room for many, many more. Looking at the mostly young faces on that wall, none of us could have imagined that

they represented just the first rippling of the deadly wave that now engulfs their countrymen.

And while our quest for Jewish history remained central to our travels, encounters at museums and sites in Kyiv reminded us that Jewish life there had not existed in a vacuum. Signs of the country's tragic past were everywhere. We visited the powerful museum to the Holodomor, the deliberate famine ordered by Joseph Stalin which took the lives of some three million Ukrainians. We also contemplated the gigantic Motherland Monument, fifty feet taller than the Statue of Liberty, whose sword-bearing figure holds a shield emblazoned with the communist hammer and sickle—a “gift” from the Breshnev era which many have called to be dismantled.

At Babi Yar the story was doubly tragic, as for decades the fate of the murdered Jews had been erased, with



an enormous Soviet-era statue memorializing only the “victims of fascism.” A menorah-shaped monument near the site was erected in 1991, fifty years after the massacre, but what some have termed

a high-tech Holocaust Disneyland is now being built nearby—and according to Ukrainian reports, several Russian missiles have struck the area.

Thinking about Babi Yar, and of Ukraine's desperate plight, I keep returning to one realization: the land now being fought over, what historian Timothy Snyder terms Europe's bloodlands, was both home and hell for the Jews who lived there. Decades before Hitler, many thousands had been murdered by Ukrainian nationalists in waves of pogroms between the 1880s and the 1920s, victims of the persistent violence that convinced those like my great-grandfather to seek a better life, a safer life, in America. As for the genocidal complicity of their Ukrainian neighbors in small cities and towns during the Holocaust, that remains another blood-soaked stain on Jewish memory of these strife-ridden lands.

The dual catastrophe of Hitler and Stalin, however, could not extinguish Ukrainian longings for autonomy and freedom. Nor could the darkness of the twentieth century snuff out Jewish life in a land where it had flourished for a thousand years. Before the war—the current war—an estimated 350,000 to 400,000 Jews resided in Ukraine, the fifth largest community in the Jewish world, though many have fled to Israel and other places of refuge. Who knows how many will return.

At least the election—and heroic leadership—of Jewish president Volodmyer Zelensky offers a glimmer in the darkness. Will the world continue to support a free Ukraine, one capable of facing its troubled past while striving for a brighter future? Time may tell, but history will judge.

*Rob Franciosi is a professor of English and Honors at GVSU where he teaches courses on the Holocaust and American Literature. Rob welcomes questions or comments about his article. You may contact him at [francior@gvsu.edu](mailto:francior@gvsu.edu)*



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***The 24<sup>th</sup> Annual Grand Rapids Jewish Film Festival!***  
***April 24<sup>th</sup> – 28<sup>th</sup> 2022***

***Welcome back!***

We look forward to gathering again in our living rooms to share and celebrate the stories, writers, directors, cinematographers and actors from around the Jewish world with a new collection of 5 outstanding feature films selected by our dedicated Film Festival committee.

All films will be accessible using the premier streaming platform JWatch which is run by The Berman Center/ Detroit JCC. To allow plenty of time and minimize technical issues, tickets and passes will be available for purchase starting a week prior (April 17<sup>th</sup>) on the Federation's website: [The 2022 Grand Rapids Film Festival](https://www.jfgr.org) 

***Film Synopses & Trailers***

***Image of Victory***

**Drama/ 128 min/ Israel / 2021**

A powerful drama based on the Battle of Nitzanim – a little-known story during Israel's War of Independence—when young, outnumbered kibbutz members were pressured to hold the line against approaching Egyptian forces. The film, told from both sides of the story, focuses on two real figures: an idealistic Egyptian filmmaker, Mohamed Hassanein Heikal, sent to obtain an image of victory for King Farouq and an idealistic Israeli radio operator, Mira Ben Ari, fighting for the survival of her besieged kibbutz.



***Rose***

**Drama/ 102 min/ France/2021**

In this warm-hearted, life-affirming film, Rose (the legendary French actress Françoise Fabian), is a recent widow whose sorrow gives way to a deep thirst for life. When a chance attendance at a dinner-party re-ignites her joie-de-vivre, Rose's children are unsure how to deal with this new vivacious version of their 78-year-old mother. The film is based on director Aurélie Saada's own Tunisian Jewish family's experience.



***View Trailers of all movies by signing into the JFGR website: [jfgr.org](https://www.jfgr.org)***



### Neighbours

Drama/ 124 min/ Switzerland, France/2021

It's the 1980s, and charming little Sero lives with his family in a Kurdish community near the Syrian/Turkish border. He's very fond of his lovely Jewish neighbors and perplexed when a new Syrian teacher propagates Assad's fiery nationalism and anti-Semitism. The film's writer and director, Mano Khalil, a Kurdish refugee now living in Switzerland, takes us back to his former homeland, where Kurdish Jews once lived in harmony with their Muslim neighbors.



### Plan A

Drama /Israeli-German co-production/ 110 min / 2021

Based on a true story of the underground group Nakam (Hebrew for Vengeance). The film tells the unimaginable — and untold — tale of 45 young Holocaust survivors who, in 1945, planned a bold, dangerous and secret-operation to kill millions of Germans and Nazis by poisoning Germany's water mains in revenge for the murder of millions of Jews. Starring Michael Aloni, more known as "Shtisel".



### Love and Mazal Tov

Romance / 90 min/ Germany/ 2020

In this warm-hearted and witty romcom by the multiple award-winning director Wolfgang Murnberger, Daniel pretends to be Jewish to impress Anne. His initially small con turns into an unmanageable web of white lies that Daniel can't get out of. Will Anne still love him when she learns that he is not Jewish at all?



### Tickets and more information

Please visit our Film Festival page on the Federation's website: [jfgr.org](http://jfgr.org)

### Your 2022 Film Festival Committee

Jeff Bootzin, Sheila Frank, Michele Kanig,  
Dafna Kaufman (Chair),  
Beverly Niedelson, Marisa Krishef, Michal Ravid,  
Mort Zukerman

**All sponsors will be receiving a free Festival Pass, a special Festival gift and will be listed on our publicity materials.**



### Yes! I would like to be a Film Festival Sponsor

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

- Film Festival Director (\$500)
- Film Festival Producer (\$250)
- Film Festival Actor (\$100)

- Film Festival Fan (Please indicate dollar amount)
- Festival Pass (\$36)

Mail this form and your check to:  
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## THE MORNING ROUTINE: Building a Happier, More Positive Life

By Coach John Robinson

Times have been challenging for many of us lately. Even in the best of times, it can be helpful to have good routines and habits to help us live our best lives. Here's the morning routine I am building to get more out of life and cope with the challenging times we are living in.

Best ways to start the day

1. Power Hour
2. Meditation & prayer
3. Laughter
4. Movement

Power Hour

I am reinvigorating my Power Hour. A Power Hour is a timeframe dedicated to achieving your dreams and goals. Ideally, it happens as early in the day as possible. I have been working on my dreams and goals but had gotten away from being as diligent about doing it to start my day.

I'm building my Power Hour back in. So far it is helping build up my momentum and good feelings for myself, just as it has for me before and for the people I coach. (For more on Power Hours, reach out with any questions or you might also like checking out the book that inspired this for me <https://bit.ly/3IgiUMn>.)

Meditation & Prayer

I am working to fit in meditation in my mornings. Prayer is a great practice as well. I have heard that our brains are wired for negativity (see <https://snip.ly/qsieuv/>) and I have had facilitator training about how the ego works. Meditation and prayer give me a chance to recharge.

Meditation and prayer also give me a chance to reconnect with my true self and my sense of the divine. Strengthening that connection helps insulate me from fear and keeps me grounded more throughout the

day. I believe, and have heard, that the more I do this, the stronger that insulation and grounding is. (One of my favorite meditations is Meeting Fear from the app Insight Timer, <https://snip.ly/mxexv3/>.)

Laughter  
I try to start each day

with a good laugh. One of my mentors helped me with this. Laughter helps support the brain and the body (see <https://snip.ly/3r256e/>). So to help make sure I get laughter in, I have started saving clips that I can play in the mornings. Mostly these clips are stand-up comedy routines.

You might prefer something else. You might even like laughter yoga (<https://snip.ly/3bmuug/>).  
Movement

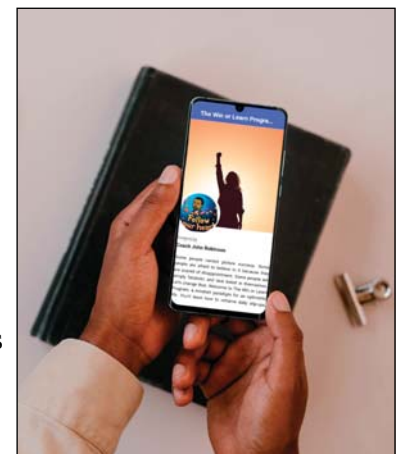
I also have ramped up starting the day with movement. This was partially inspired by my recent physical, but also with guidance previously from one of my mentors. Movement helps us with morning anxiety and cortisol spikes ([/https://snip.ly/9n06et](https://snip.ly/9n06et)). I also find it helps me feel more mindful, confident and grounded during the day.

So these are some of the things that I am building into my morning

FREE Gift: Do you have trouble imagining success getting through the storms? Are you afraid to believe in it because you are scared of disappointment? Do you feel fatalistic or lack belief in yourself? Let's change that. Here's a FREE gift, access to The Win or Learn Program. It is a 2-week mindset paradigm for an optimistic life. It will help you reframe daily slip-ups, reflect on goal success and recognise stresses that stop you from winning. Get your access today at [bit.ly/WinOrLearn2022](https://bit.ly/WinOrLearn2022).



Coach John Robinson



*Feeling stuck? Want to improve your health, wealth or relationships? Coach John serves as an Executive & Personal Leadership Coach. He takes a stand for passionate people with a dream, to help them feel supercharged and ready to launch to the next phase, even when they feel lost or unsure. Your dreams absolutely can come true! Reach out at [info@CoachJohn.help](mailto:info@CoachJohn.help) with questions or comments.*



# FOUNDATION FOR JEWISH CAMP one happy camper

If your child is enrolled in PJ Library and attending an overnight summer camp for the first time, you may be eligible for up to \$1,000 in scholarships! Visit [onehappycamper.org](http://onehappycamper.org) for more information on eligibility, award details, and how to apply. Check out the [PJ Goes to Camp](http://PJ Goes to Camp) page on [pjlibrary.org](http://pjlibrary.org) for additional details.



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Grand Rapids, MI 49546



Stephanie's clients know that they are her top priority. She has lived in Ada and East Grand Rapids over the past 27 years and is your local expert willing to share her knowledge and expertise about the Greater Grand Rapids area. Her professionalism, attention to detail, and pride in her work ensures each client receives the height of service. Stephanie prides herself on being efficient, knowledgeable, and responsible while going above and beyond any expectations her clients have. She was selected as one of *Grand Rapids Magazine's* **REAL ESTATE ALL STARS** for 2019 which recognizes the top 5% of real estate agents in the greater Grand Rapids area. Stephanie helps both buyers and sellers achieve their real estate goals and specializes in everything from modest living spaces to luxury homes. Call Stephanie today and let her help you make your real estate goals a reality.



## Sephardic Charoset

By Evan Rossio, Campaign Director, JFGR

There are as many variations of this Passover staple as there are families, and this delicious version with a Sephardic twist symbolizes the mortar used by Jewish slaves when building cities and pyramids for their Egyptian masters.



Evan Rossio

### Sephardic Charoset

4 apples, peeled, cored, and quartered  
1 lb pitted dates, halved  
½ lb dried figs, coarsely chopped  
½ c dried cherries  
½ c raisins  
½ lb dried apricots, halved  
2 T cinnamon  
1 t ground cloves

¼ c sugar  
1 c Kosher wine (blackberry or concord grape)  
½ c lightly toasted almonds, chopped  
½ c lightly toasted pistachios, chopped  
½ c lightly toasted walnuts, chopped  
½ c lightly toasted pine nuts, chopped  
lemon zest

1. Cut apples into quarters and place in a large processor; pulse until chunky. Add dates, figs, apricots, cherries, raisins, cinnamon and cloves and pulse-process the mixture to medium-fine. Transfer to a large bowl.
2. Stir in the chopped toasted nuts and the lemon zest and taste for seasoning, adding more cinnamon if necessary. Add enough wine to bind the mixture.
3. Chill overnight to meld flavors.
4. Serve at room temperature for the best flavor.



*This recipe makes enough for the entire week, and can easily be halved.*



The PJ Library, a program of the  
Jewish Federation of Grand Rapids  
now has 120 children enrolled with 83 families.  
To enroll your child, visit [www.pjlibrary.org](http://www.pjlibrary.org).  
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Judith Joseph's great granddaughter,  
Beverly, playing with her new Torah toy.



## CHABAD OF WESTERN MICHIGAN

### CHABAD OF WESTERN MICHIGAN

WEBSITE: [WWW.CHABADWM.COM](http://WWW.CHABADWM.COM) | FACEBOOK & INSTAGRAM:

@CHABADWM | PHONE: 616-957-0770 |

EMAIL: [CHABADWESTERNMICHIGAN@GMAIL.COM](mailto:CHABADWESTERNMICHIGAN@GMAIL.COM)

All events are subject to change. Please stay safe and reach out if there is anything we can do for you.

**CHECK FACEBOOK @CHABADWM FOR VIRTUAL ZOOM LINKS AND PASSWORDS OR TEXT RIVKA AT 616.206.9654!**

### WEEKLY VIRTUAL TORAH & TEA

For the connection we all need right now.

A Torah Study for ladies with Nechamy.

**MONDAY EVENINGS ON ZOOM AT 8:00PM**

Meeting ID: 966 6623 3600 Password: jwc

### VIRTUAL TORAH CLASSES

**TUESDAY EVENINGS ON ZOOM AT 7:30PM**

For more Info or for zoom information, please contact

Rabbi Mordechai at 269.903.2770 or [Rabbihaller@chabadwestmichigan.com](mailto:Rabbihaller@chabadwestmichigan.com)

### MODEL MATZAH BAKERY

**SUNDAY, MARCH 27<sup>TH</sup> | 12:00PM | At Chabad**

It's MATZAH Time! Grind your own wheat and bake your own Matzah!

At the Model Matzah Factory

RSVP at [www.chabadwm.com/matzahbakery](http://www.chabadwm.com/matzahbakery)

For more information please call 616-375-9404

### JEWISH WOMEN'S CIRCLE:

The Jewish Women's Circle brings together Jewish women of all ages and backgrounds to learn, laugh, experience and rejuvenate the mind, body and soul.

**PASSOVER COOKING WITH THE PRO**

**MONDAY, MARCH 28<sup>TH</sup> | 7:00PM**

Join us for an enriching and entertaining evening of quick, Kosher and delicious holiday cooking with Michal Ravid of Tahyeem- Middle Eastern Israeli Cuisine

For more information or to RSVP to [Nechamy8@gmail.com](mailto:Nechamy8@gmail.com)

### CTEEN GRAND RAPIDS UPCOMING EVENTS:

CTeen is a part of the fastest growing teen network in the world! It's the place for ALL Jewish high school teens!

For more information about CTeen or to RSVP, contact Rivka at 616.206.9654 or [Rivkahweingarten@gmail.com](mailto:Rivkahweingarten@gmail.com).

**WEEKLY VIRTUAL CTEEN LOUNGE NIGHT:**

**SUNDAY EVENINGS ON ZOOM AT 8:00PM**

Meeting ID: 970 8155 3747 Password: 7Fqhvfln or text Rivka for the link.

**CTEEN & CTEEN JUNIOR: ESCAPE FROM EGYPT**

**MONDAY, APRIL 18<sup>TH</sup> | 7:00PM | RSVP by April 4<sup>th</sup>**

*Embark on a live and interactive escape room adventure!*

**CTEEN DAY: COOKIES FOR COPS**

**SUNDAY, MAY 15<sup>TH</sup> | 1:00PM**

*Lets thank the cops at the GRPD for protecting us!*

### CTEEN JUNIOR UPCOMING EVENTS:

For Jewish teens Grades 6-8. To RSVP or for more info contact Rivka at 616.206.9654

**CTEEN & CTEEN JUNIOR: ESCAPE FROM EGYPT**

**MONDAY, APRIL 18<sup>TH</sup> | 7:00PM | RSVP by April 4<sup>th</sup>**

*Embark on a live and interactive escape room adventure!*

**CTEEN JUNIOR: PAINT NIGHT**

**SUNDAY, MAY 15<sup>TH</sup> | 4:00PM**

*Explore your creativity and join us for a fun afternoon!*

### NEW 6 WEEK JLI COURSE

Experience Jewish Learning Like Never Before. JLI makes Jewish learning accessible & personally meaningful to every Jew, regardless of background or affiliation.

**Beyond Right. The values that shape Judaism's civil code.**

This course—approved for legal credits—combines the study of Jewish values with the exploration of practical and relevant halachic questions. In the six lessons of this course we discuss fundamental Jewish values such as *lifnim mishuras hadin*, *arvus*, and *teshuvah*—and demonstrate how these values guide and shape Jewish civil law. The goal of this course is to teach students the true meaning of Jewish values and what makes Jewish civil law uniquely Jewish.

**SIX WEDNESDAY EVENINGS: 7:30-9:00PM | CLASSES**

**BEGINNING ON WEDNESDAY, MAY 18TH, 2022**

**VIRTUAL OPTION ON TUESDAY EVENINGS VIA ZOOM | STARTING ON MAY 17TH, 2022 AT 7:30PM**

Fee: \$99 (textbook included) | \$180 Sponsor

For more Info or to register go to [Chabadwm.com/JLI](http://Chabadwm.com/JLI) or contact Rabbi Mordechai at 269.903.7916 or [Rabbihaller@chabadwestmichigan.com](mailto:Rabbihaller@chabadwestmichigan.com)

### GAN ISRAEL DAY CAMP

Sign your child up for A Jewish summer experience of a lifetime!

Camp Gan Israel is designed to make your child's summer vacation fun, stimulating and entertaining!

The Camp Gan Israel experience is a unique combination of Jewish pride and fun!

**DATES: JUNE 20<sup>TH</sup> - JULY 1<sup>ST</sup> 2022 | 9:00AM - 3:30PM**

**Kiddy Camp: Ages 3-5 | Main Division: Ages 6-10 | Pre - Teen Division: Ages 11-12**

**THE EARLY BIRD SPECIAL ENDS ON MAY 1ST 2022!**

For more info, please contact Rivka at 616.206.9654 or email us at [campganisraelgr@gmail.com](mailto:campganisraelgr@gmail.com)

### GAN YILADIM PRESCHOOL – KINDERGARTEN

Gan Yiladim is a licensed preschool for Jewish children ages 2-5 open to the entire Jewish community, regardless of background or affiliation.

Gan Yiladim has been serving the Grand Rapids and nearby Jewish communities, offering a joyful and enriching educational experience to our students while fostering a love for their Jewish heritage.

We take the best of both worlds – secular and Judaic – and blend them into a program that is at once rich, fulfilling, and stimulating.

The Gan believes in nurturing children with the SPICES of life - focusing on their Social, Physical, Intellectual, Creative, Emotional and Spiritual development.

Our students are given tools to find expression in art, music, dance and drama. Through teamwork and friendship-building, the children learn skills for life as they explore and play in a loving and nurturing environment, guided by



experienced and dedicated staff.  
For more information or to schedule a tour call Sarah at 616.375.9404

JText ~ Jewish Trivia for Teens!  
**EVERY MONDAY & THURSDAY AT 7:00PM.**  
Be the 7th to answer correctly and win a \$20 AMAZON GIFT CARD straight to your phone!  
Are you a Jewish teen in grades 6-12 that lives in West Michigan and would like to join?!

Text "CTEENGR" to 616-207-1218 to be let in on the fun!  
  
Jewish Trivia Game for Adults in Western Michigan!!  
It's fun, it's quick, it will stimulate your mind- and the best part is?  
YOU ARE COMPETING TOGETHER WITH OUR COMMUNITY AND FRIENDS!  
The 7th player to answer correctly will win a FREE bottle of Kosher wine!  
**Every SUNDAY & WEDNESDAY AT 7:00PM SHARP** you will receive a TRIVIA question via text message!  
Reply with the number you think is correct. The 7th participant to answer correctly wins!  
It is amazing watching our community unite together to play, connect, and learn.  
**To Join: text "CHABADWM" to 616-207-1218**



**MEKHIRAT HAMETZ - SELLING HAMETZ**  
If possible, all *hametz* -- leavened products, foods not acceptable during Pesah, or materials containing such unacceptable food -- should be destroyed or given away before the holiday begins. Should this be impossible, the *hametz* may be stored in such a way that we are sure not to use it during the holiday and its actual ownership is transferred to a non-Jew until the holiday ends. Please return the *mekhirat hametz* form for the sale of leavened products (which can be found in the Voice or downloaded from AhavasIsraelGR.org) to Congregation Ahavas Israel NO LATER THAN 12:00 noon on Friday, April 15. It is customary to make a donation to a Ma'ot Hittim fund at the time of *mekhirat hametz* to help others fulfill the mitzvah of Pesah.

**GUIDE TO PASSOVER**  
You can find a link to the Rabbinical Assembly Pesah Guide on our website under "Religious Life." If you would like it emailed or mailed to you, please contact the synagogue office.  
**Would you like home hospitality for a Seder?** Contact Rabbi Krishef.

**AHAVAS ISRAEL BOOK GROUP**  
**May 18, 2022 - The Dovekeepers**, by Alice Hoffman (fiction)  
It's not easy to make characters living in 70 C.E., fighting the Romans on Masada, breathe on the page, but Alice Hoffman's masterpiece succeeds. Two women and five children survived the massacre, according to first-century Jewish historian Josephus. Hoffman builds upon his ancient account, using it as a starting point to tell the stories of four women whose divergent paths brought them to Masada.  
<https://www.jewishbookcouncil.org/book/the-dovekeepers>



Temple Emanuel was established in 1857. We are a member of Union for Reform Judaism and the 5<sup>th</sup> oldest Reform Congregation in the United States. We welcome all those who are seeking to be part of a vibrant Jewish community in West Michigan.

We are very excited to announce two very special upcoming events. The first is our Second Night Seder on Saturday evening, April 16 at 6:00 PM. This is a Seder for all ages filled with music and meaningful readings from the Haggadah. Jim Siegel is our chef. The menu includes individual Seder plates, Red Sea Gefilte Fish, Matzah Ball

Join Chabad House of Western Michigan's

# Gan Israel DAY CAMP

**JUNE 20TH - JULY 1ST 2022**  
9:00AM - 3:30 PM

**Kiddy Camp:** Ages 3-5  
**Main Division:** Ages 6-10  
**Pre-Teen Division:** Ages 11-12

**COVID-19 SAFETY**  
**WARM & CARING STAFF**  
**ART, SCIENCE & BAKING**  
**SPECIALTY ELECTIVES**  
**EXCITING TRIPS**  
**JEWISH PRIDE AND MUCH MORE!**

Early bird discount until May 1st!

FOR MORE INFORMATION AND TO REGISTER, VISIT OUR WEBSITE AT [CHABADWM.COM/CAMP](http://CHABADWM.COM/CAMP) OR CALL RIVKA AT 616.206.9654



## TEMPLE EMANUEL

Soup, Roast Lamb OR a Vegan Option, Oven Roasted Potatoes and a Vegetable, and a Homemade Dessert. The cost for non-members is \$30 and \$18 for children under the age of 18. RSVP required by Friday, April 8. Call the office at 459-5976 to sign up.

Just a few days after Yom HaShoah, on Sunday, May 1, we welcome TM Garrett to Temple. TM speaks all over the country about his life as a former Neo-Nazi and KKK leader. He will talk with us about his journey from white supremacist to peace activist. He will also share his insights about contemporary right-wing extremism and anti-Semitism. This event is underwritten by the Joseph and Mary Stevens Holocaust Education Fund. The community is invited to join us for bagels and coffee at 9:30 AM. TM will begin his presentation at 10:00 AM. We ask all those interested in attending to please contact our office at 459-5976.

### April Events

#### Friday, April 1

Shabbat Services at 6:00 PM  
Led by Rabbi Schadick and Kathy Osborn  
Begin Spring Break at Temple Emanuel

#### Saturday, April 2

The Haggadah: A Closer Look  
Special Shabbat Morning Study at 10:00 AM  
Join Rabbi Schadick for an in-depth discussion of selected passages from the Haggadah.  
Introduction to Judaism at 11:30 AM led by Rabbi Schadick

#### Friday, April 8

Celebrate Shabbat with us at 6:00 PM  
Services led by Rabbi Schadick and Kathy Osborn

#### Saturday, April 9

The Haggadah: A Closer Look  
Special Shabbat Morning Study at 10:00 AM  
Join Rabbi Schadick for an in-depth discussion of selected passages from the Haggadah.  
Introduction to Judaism at 11:30 AM

#### Friday, April 15

First Night of Passover/First Seder  
No Erev-Shabbat Service

#### Saturday, April 16

Community Second Night Seder at 6:00 PM  
Join us for a wonderfully musical and family friendly night of celebration.  
Led by Rabbi Schadick and Cantor Fair

#### Friday, April 22

Shabbat Services at 6:00 PM  
We mark the end of Passover together with special Yizkor prayers for our beloved departed. Reform Jews celebrate 7 days of Passover.  
Led By Rabbi Schadick and Cantor Fair

#### Saturday, April 23

Our youngest children and grandchildren are invited to join Rabbi Schadick for Tot Shabbat at 10:00 AM. Come for an age-appropriate celebration of the Sabbath including stories, songs, crafts, and lots of fun. Meet in the Titcher Family Multi-Purpose Room.

# The After Party

Join GR area's young Jews for services and let's go out afterward!



Drinks, food, and Jewish conversation with Cantor David and young Jews in their 20s, 30s, and 40s

APRIL 29

Contact Shelby at 616-914-7728 or shelby.denhof@gmail.com to RSVP

6 PM AT TEMPLE EMANUEL  
7:30 PM AT 7 MONKS

Join certified yoga and mindfulness teacher Corey Dane at 10:00 AM for his next Yoga and Meditation Shabbat. The class will explore the themes of Passover on this traditional 8<sup>th</sup> day. Those joining the class are asked to enter the building through the front door of the Temple. Doors are locked at 10:05 AM. Vaccination required for participation.

#### Friday, April 29

Family Shabbat Services at 6:00 PM  
This service is geared for families and children of all ages. Welcome in Shabbat with lots of music and an age-appropriate liturgy.  
Led by Rabbi Schadick and Cantor Fair

#### Saturday, April 30

We celebrate the Bat Mitzvah of Jaclyn Charbauski at 10:00 AM. Mazel Tov to her and her entire family.



## Thank you for supporting the Grand Rapids Jewish Community

- JFGR General Endowment/L'Dor Vador Fund
- Julian and Judith Joseph Endowment Fund
- Louis & Louise Weiner Fund
- Jerry & Judy Subar Endowment Fund
- Charles and Maxine Shapiro Endowment Fund
- Woman of Valor Endowment Fund
- Leven Family Endowment Fund
- David & Susan Samrick Youth Scholarship Fund
- Lois and Sheldon Kahn Health Help Fund
- Donna G. Boorstein Memorial Fund
- Sam and Jane Kravitz Social Services Fund
- Fox Family Fund
- The Finkelstein Brothers Fund
- In honor of Kay Finkelsteins's Birthday*  
Peg & Mort Finkelstein
- Henry Pestka Memorial Fund



Life cycle times, both happy and sad, are traditional times to make donations to Jewish causes. You can make a donation of \$10 or more to the Jewish Federation of Grand Rapids in honor or in memory of members of our community.

We then will acknowledge that donation with a card to that individual or family. This is a wonderful way to send your good wishes and be able to fulfill the mitzvah of tzedakah.

Please be sure to indicate what the occasion is and who is to receive the card. Please specify which of the following funds you would like your donation to be credited to:

**Woman of Valor Fund** To honor the women in our lives who have made a difference personally, locally or nationally.

**Federation General Endowment/L'Dor Vador Fund** To help ensure the continued work of the Jewish Federation of Grand Rapids for now and the future.

**Julian and Judith Joseph Fund** To provide for local programming and events through the Jewish Federation of Grand Rapids.

**David and Susan Samrick Youth Scholarship Fund** To provide scholarships to Jewish sleep away camps and experiences.

**Charles and Maxine Shapiro Fund** To help ensure long-term aid to Israel and Jews around the world.

**Louis and Louise Weiner Fund** To help ensure local programming for seniors in the Grand Rapids Jewish community.

**Jerry and Judy Subar Fund** To help ensure funding for overseas Jewish communities' needs.

**Leven Family Fund** To establish and provide Jewish facilities, and support for cooperative programming among the congregations that support Jewish education for our youth.

**Sam and Jane Kravitz Social Services Fund** To support Jewish social services in Grand Rapids.

**Donna G. Boorstein Memorial Fund** To help ensure funding for Jewish arts, culture and history in Greater Grand Rapids.

**Lois and Sheldon Kahn Health Help Fund** To support health services for Jewish community members not covered by other financial resources.

**Fox Family Fund** To ensure that the PJ Library, a program of the Harold Grinspoon Foundation, for children ages 6 weeks- 12 years old, remains in the Western Michigan community and to provide high-quality educational children's programs.

**The Finkelstein Brothers Fund** Mort, Raleigh and Edward's commitment to educate the residents of Michigan about the Jewish families that settled in West Michigan during the mid 1800s through community events and educational programs.

**Henry Pestka Holocaust Memorial Fund** To make certain that the Holocaust is an essential part of the human story forever through educational programs and events that teach awareness, compassion and to ensure these inhumane acts against humanity never happen again.

### JFGR Endowment Fund Donation Form

Donation from: Name \_\_\_\_\_

Fund (pick from list) \_\_\_\_\_

Donor Address \_\_\_\_\_

In honor of \_\_\_\_\_

Donor City/St/Zip \_\_\_\_\_

In memory of \_\_\_\_\_

Send card to: Name \_\_\_\_\_

Notes: \_\_\_\_\_

Send card to address \_\_\_\_\_

Send your donation and this form to:

Send card to City/St/Zip \_\_\_\_\_

2727 Michigan NE, Grand Rapids, MI 49506

## The Shofar

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Jewish Federation of Grand Rapids  
2727 Michigan NE  
Grand Rapids, MI 49506-1240

Send article text to: [info@JFGR.org](mailto:info@JFGR.org)  
Phone: 616.942.5553  
[www.jewishgrandrapids.org](http://www.jewishgrandrapids.org)  
Email: [info@JFGR.org](mailto:info@JFGR.org)

**Next Issue's Information Deadline:**  
**April 15, 2022**

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