



A Message from the Board Chair

David Alfonso, JFGR Board Chair



David Alfonso, MD

As I write this article for the *Shofar*, we are nearing the end of the calendar year 2022, as well as my final six months as Board Chairman. I wanted to take the opportunity to look back on this past year and reflect on all that we were able to accomplish as a community.

First and foremost, we had one of our most successful campaigns in years. We were able to raise over \$500,000 dollars for our community as well as for Jewish causes all over the world. It had been many years since we reached that milestone and when one considers that we are a small community, that number becomes more meaningful. We are still in the midst of this year's campaign Imagine, and if you haven't already pledged, please consider doing so before the deadline of March 31.

In addition, we had an incredible event at the Meijer Sculpture Park when we gathered to dedicate the sculpture *Ways to Say Goodbye* by Ariel Schlesinger. This was an incredibly meaningful event that was made possible by the generosity of Linda and Steve Pestka in honor of their late father Henry Pestka. The evening was beautiful and well attended by members of the Jewish community as well as many people from the larger community. As a complement to the sculpture, we also went live with the West Michigan Holocaust Survivor Website, this was made possible due to the generosity of the Finkelstein family. The website is a great resource to learn more about the survivors that settled in West Michigan and contributed to help build the Jewish community. I would encourage anyone who hasn't been to see the sculpture or visited the website to do so and I know you will feel the pride that I do that we were able to accomplish these meaningful endeavors this year.

As a final note, I wanted to take a moment to recognize the incredible leadership and service of your Federation Staff. I have had the pleasure to work with them closely over the past few years and they are incredibly dedicated and help make our community a great place to live. Thank you, Nicole, Evan and Arad. I look forward to an exciting and fulfilling 2023 with all of you and may we have continued health and happiness in the upcoming year.

David

Like us on Facebook, follow us on Instagram at [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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I M A G I N E

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Arad Okanin, Administrative Support & IT Consultant, Arad@JFGR.org ext. 204
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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!

Jewish Federation of Grand Rapids
2727 Michigan St NE
Grand Rapids, MI 49506
(616) 942-5553 email: info@jfgr.org
www.jfgr.org

I HEREBY PLEDGE A GIFT TO SUPPORT THE COMMUNITY IN
THE SUM OF: \$ _____

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Donor's Signature

Method of Payment: Check Stock (Please Identify)

Please charge my: Mastercard Visa
 Discover American Express

Card Number

Expiration Date

Security Code



IMAGINE. Campaign 2022 Update



\$465,000

When you give to Campaign 2022-2023 “Imagine,” your dollars go to building a strong Jewish community right here in West Michigan, one defined by tolerance, compassion, and dignity.

Your gift allows us to meet these key challenges:

- Food and financial insecurity
- Isolation, loneliness, and mental health
- Challenges facing Jewish communities internationally

- Rise in anti-Semitism
- Insufficient funding for Jewish experiences and institutions

It takes ONE gift to power ONE community to make a countless impact.

There are many ways to give, including legacy gifts (endowments and donor-advised funds) that are gifts of permanence that support our annual campaigns, operations, and community programs. Your generosity and foresight will ensure a strong healthy Jewish future. The JFGR staff would be happy to give you more details about these gift options.

I wish you a happy, healthy, prosperous, and peaceful New Year.



Linda Pestka
Campaign Chair

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@jfgr.org



Community Endowment Update



Claude Titche, III

*by Claude Titche
JFGR Treasurer*

The Endowment Committee of the Jewish Federation of Grand Rapids (JFGR) has been meeting for approximately two years discussing a possible change in investment advisors for the

endowment funds. The committee consists of members of the following organizations: Congregation Ahavas Israel, Jewish Federation of Grand Rapids, Temple Emanuel and the United Jewish School.

The committee requested proposals from six firms and had interviews with three firms and made the unanimous decision to hire Granite Group Advisors of Stamford, CT, as investment advisor for the JFGR Endowment. The assets are all owned in the name of the JFGR Endowment account and are held in an account at RBC Capital Markets LLC to provide protection for the underlying assets. There is total insurance of \$100,000,000. The current value of Endowment assets as of 11/30/22 was \$8,910,321. This balance is down from our high value of approximately \$11,020,847 along with the entire market. The investment policy statement that the Committee has managed our investments will continue to be followed but may be adjusted based on additional knowledge and experiences. If you follow the stock market the returns the Endowment generates will never be as high or low as what is reported in the news. The

Endowment assets are invested in a manner to generate long term returns with lower risk. The assets, when fully invested will be 50% in equities (stock) and 50% in debt (cash and bonds).

The Endowment funds are long term investments that have been contributed by community members to the various organizations. The goal of the Endowment Committee is to generate returns that exceed the 5% payout ratio to the organizations. Each fund has the option to request a distribution of 5% of the rolling average value of the fund over a five year period. This payout can be used by the organizations to fund programs, services, assist with balancing budgets or rolled over to provide additional funds invested.

The Endowment Committee would like to thank Chad Zagel of Edward Jones who was the advisor for the funds for his many years of advice and exceptional service.

If you have questions relative to the operations of the Endowment Committee or would be interested in becoming a member please contact me at ctitche@beenegarter.com

Claude Titche, III
Of Counsel
Endowment Committee Chair

Men's Hiking Update



This picture is from the Men's hike on December 7th, 2022, on the North Country Trail near Middleville. Hikers have not missed a week since the 1st of April. Hikers meet at Congregation Ahavas Israel at 8:00am, drive to a hiking location, hike 1 to 2 hours, go out for brunch and return to Ahavas.

If you are interested in participating, contact Jim Siegel at jims@siegeljewelers.com



SAVE THE DATE

BABKA BOOK CLUB

New to Federation!
Come for the babka; stay for the book.

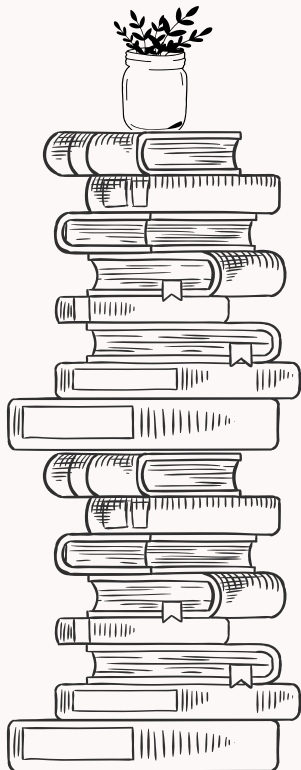
NEXT MEETING:

JANUARY 18, 2023

5:00 - 6:30PM

Temple Emanuel
1715 Fulton St E, Grand Rapids, MI 49503

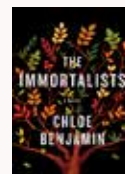
RSVP AT JFGR.ORG



BABKA BOOK CLUB

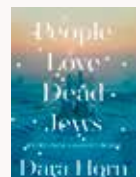
BOOK SCHEDULE

BOOKS WILL BE AVAILABLE ON THE
BOOK CLUB TABLE AT SCHULER BOOKS
ONE MONTH BEFORE EACH MEETING.



January 18, 2023
The Immortalists, by Chloe Benjamin

March 15, 2023
People Love Dead Jews: Reports from a Haunted Present, by Dara Horn



May 17, 2023
On Division, by Goldie Goldbloom



July 19, 2023
Margot, by Jillian Cantor





*Have you ever dreamed of
designing your own jewelry?*



Join us on Tuesday, January 31, 2023, 6-8pm
for a class on jewelry making
by Susan Ausman.

*Free and open to the community,
everyone is welcomed to attend.*

Light refreshment will be served.

Temple Emanuel

1715 Fulton St E
Grand Rapids, MI

RSVP to Nicole Katzman
at nicole@jfgr.org

or call 616-942-5553 ext. 207

JFGR Men's Outdoor Group

Get together every Wednesday morning! Meet new people, hang out with old friends, get fresh air and exercise.

Hikers meet at Congregation Ahavas Israel at 8:00am, drive to a hiking location, hike 1 to 2 hours, go out for brunch and return to Ahavas. We alternate close and farther locations. If we are close, we are done by 11:30am, if further we are back by 1:00pm.

If you are interested in participating, contact Jim Siegel at jims@siegeljewelers.com



The Jewish Federation®
OF GRAND RAPIDS

Join us on January 12, 2023

for
Senior Lunch Bunch

(age 65 and older)

11:45 am

Mikado Suski

3971 28th St SE
Grand Rapids, MI

\$10.00 per person

pay at the door

Lunch Bunch will be meeting every other month!
RSVP to Evan at evan@jfgr.org or call 616.942.5553 x 205





Chad Zagel, JFGR Board member, received an award at the December 7, 2022 Federation Board meeting, for his dedication and service.

Chad has managed the Jewish Federation of Grand Rapids community endowment funds for the past decade. We are most grateful to Chad for his outstanding leadership.

Yasher Koach!




JOHNSEN WIKANDER
616-233-9160
www.westmichigandivorce.com

David and Susan Samrick Youth Scholarship Fund

Your child may qualify for a camp scholarship through the David and Susan Samrick Youth Scholarship Fund of the Jewish Federation of Grand Rapids. Applications are available on our website at www.jfgr.org, or by request by emailing nicole@jfgr.org or calling 616-942-5553.

Your completed application must be received by March 15, 2023.

All applications will be reviewed by a scholarship committee and kept confidential.



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 for more information on eligibility, award details, and how to apply. Check out the **PJ Goes to Camp** page on pjlibrary.org for additional details.





THE AFRO-SEMITIC EXPERIENCE

Celebrate Dr. Martin Luther King Jr's birthday weekend through music!

With their ability to get an audience on its feet, the Afro-Semitic Experience merges musical roots, Jewish and Afro-diasporic melodies and grooves, combining the core concepts of àse and shalom—power, action, unity, and peace.

Their concerts are celebrations where they play great music, tell stories, and offer a positive and meaningful message:

Unity in the Community

This program is brought to you free of charge, thanks to the Leah Dennen Enrichment Fund.

To register for the Saturday concert visit www.gvsu.edu/interfaith/asetemple



Saturday, January 14 at 7 p.m.

Temple Emanuel
1715 Fulton St E,
Grand Rapids, MI 49503

The membership of Temple Emanuel extends a warm welcome to the entire West Michigan community to join.

We'll sing and dance and enjoy their spectacular showcase concert!





Partnership2gether(P2G) News: Remember the Days of Pen Pals?

by Sandi Simms & Marni Vyn

Those sweet memories of handwritten letters and handmade cards seem to belong to the past. The exchanging of written words has a power to connect in a way that much of the world seems to have forgotten, which makes this exchange all that more meaningful.

It began with a handful of families who live in Kibbutz Ein Dor, our cousin community in Israel, who sent handmade Rosh Hashanah letters and cards to Grand Rapids, which we distributed to families in the community. Many of the families who received a card have reciprocated over email with the family whose card they had received. This was the first gesture by both communities to start a process of building relationships that over time could become friendships.

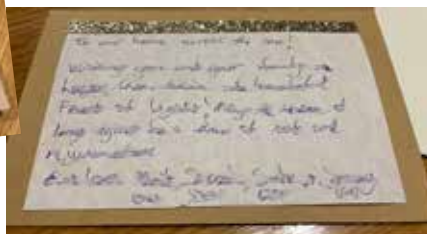
This month we invited some community members to create Chanukah cards for families in Kibbutz Ein Dor that will be distributed to families there by the Israeli

P2G committee. It may seem like a small thing to make a card, but it's one meaningful small thing after another that creates authentic connections and an uplifting energy which can be rejuvenating for both sides of a new relationship or venture.

We will continue to share news and plans between our Jewish community and the community in Kibbutz Ein Dor. Please contact Marni Vyn (marnivyn@yahoo.com) or Sandi Simms (sandi@simmselectronics.com) if you would like to know more about our Ein Dor/Grand Rapids partnership.

Sandi Simms is a board member of Jewish Federation of Grand Rapids and co-chair of the Partnership2gether Grand Rapids/ Ein Dor committee with Marni Vyn.

Marni Vyn is the past Board Chair and a current Officer of the Jewish Federation of Grand Rapids. She co-leads the Partnership2Gether program in Grand Rapids with Sandi Simms.




These are a few of the cards Ein Dor sent to us for Rosh Hashanah and us to them for Chanukah. The details have been smudged to respect the sharing of information between two families or individuals.



REMEMBRANCE IN ACTION

Documentary Screening, Panel Discussion, and Art Exhibition

 **Thursday**
January 26
7:00PM - 9:00PM

 **Cook-DeVos
Center for
Health Sciences**
301 Michigan St NE
Grand Rapids, MI
49503

Join the Kaufman Interfaith Institute, WGUV Public Media, and the Jewish Federation of Grand Rapids as we honor International Holocaust Remembrance Week with a multifaceted event showcasing the history and resilience of the Jewish community.

Light refreshments will be served following the screening and panel discussion.

 **RSVP Below**



For more information, please visit:
www.gvsu.edu/interfaith/remember
or contact us at:
interfaith@gvsu.edu





On November 30, 2022, The Jewish Federation of Grand Rapids in partnership with WGUV Public Media, PBS & Celebration Cinema, hosted The U.S. & Holocaust screening by Ken Burns. The film was followed by a panel discussion that was facilitated by host Kylie Ambu, Inclusion Reporter, WGUV-PBS, featuring Linda Pestka, Steve Pestka, children of Henry Pestka, Holocaust survivor, and Rob Franciosi, Professor of English & Honors at Grand Valley State University.

Special thanks to David Alfonso, JFGR Board Chair, James Rademaker, General manager at WGUV-PBS, and to Lisa Javery & Keith Javery for making the event a huge success.





KEEP MICHIGAN SMILING



Mark L. Jesin, DDS



A.J. Lytle, DDS

At **Advanced Oral Surgery & Dental Implant Studio**, patients achieve healthier, happier smiles. We operate in-house as both a surgical office and dental lab, bringing patients expedited care and personalized results. We are passionate about delivering a phenomenal patient experience and use advanced technology in all facets of surgery, including dental implant surgery under computer guidance, full mouth smile reconstructions, wisdom teeth removal, and many other procedures. If you have any oral surgery needs, our board-certified oral surgeons are here for you and dedicated to your smile and oral health.

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🌐 www.tahyeem.com



Financial Focus

Advice Can Help When Making Charitable Gifts

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



Chad Zagel JFGR
Board Member

Now that it's the holiday season, gifts are probably on your mind – and you might intend for some of those gifts to go to charities. Although your intentions are good, you could be shortchanging both your recipients and yourself with your method of giving. But with some guidance, you can make choices that work well for you and those charitable groups you support.

Of course, you could simply give money to these groups. However, by donating other types of assets, can you increase the value of your gift and gain greater tax benefits, too?

It's certainly possible, but your ability to gain any tax advantages depends somewhat on whether or not you can itemize deductions on your tax return. Due to legislation passed a few years ago that significantly increased the standard deduction, many people may no longer be itemizing. But if you still itemize, you can generally deduct up to 60% of your adjusted gross income for cash donations to IRS-qualified charities.

Another contribution strategy involves donating other assets, such as stocks. You could donate stocks directly to a charitable group, but you might gain more benefits by making an irrevocable contribution to a donor-advised fund (DAF). Again, assuming you can itemize, you can deduct the full fair-market value of the asset, up to 30 percent of your adjusted gross income, and your contributions can be invested in mutual funds or similar vehicles. The contributions have the opportunity for growth, and distributions to the charity are tax-free. You can then decide, on your own timetable, which IRS-qualified charitable groups you would like to receive the money. Furthermore, if you donate stocks that have risen in value, you won't incur potential capital gains taxes that you would have when you eventually sold the stocks. These taxes can be considerable, especially if you've held the stocks for a long time. (You'll want to consult with your tax advisor on how charitable gifts

can affect your taxes, especially if you're thinking of using a donor-advised fund.)

These charitable donation methods are not secrets, and they are available to many people – you don't have to be wealthy to employ them. Yet, here's an interesting statistic:

Those who work with a financial advisor on charitable strategies are more than three times as likely to donate non-cash assets such as stocks than those who contribute to charities but don't work with an advisor, according to an August 2022 survey from financial services firm Edward Jones and Morning Consult, a global data intelligence company. These findings suggest that many more people could be taking advantage of tax-smart charitable giving moves – if only they had some help or guidance.

Also, by getting some professional financial assistance, you may find it easier to implement your charitable giving decisions within your overall financial strategy, which is designed to help you meet all your important long-term goals, such as achieving a comfortable retirement.

Your instinct to help support charitable groups is a worthy one – and by getting some help, you can turn this impulse into actions that may work to everyone's benefit.

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.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

Do You Need a Ride?

**Doctors appointment, grocery store or pharmacy?
Let us take you where you want to go.**

Contact Nicole at 616.942.5553 x207
or Nicole@JFGR.org to schedule your ride.
All rides need 24 hour advance notice.

Hours of service: 8am to 8pm

Thank you to the generosity of
the Ravitz Foundation for this
service to the Grand Rapids
Jewish community.






The West Michigan Holocaust Partnership presents
**The Henry Pestka
 Art & Poetry Contest**
 2022-2023: Never Forget
 For Grades 6-12

WGVI.ORG/PESTKA

WGVI Public Media | Grand Valley State University | FREDERIK MEIJER Gardens & Sculpture Park | The Jewish Federation | ADL | EGRPS | THE TPS JTS TEACHERS NETWORK

The Pestka Family, in memory of their father and grandfather, Henry Pestka, a Holocaust survivor, is proud to bring Holocaust awareness and education to West Michigan students in grades 6-12 through an art and poetry contest. This contest is designed for students who have completed the Michigan state requirement on Holocaust education and enables them the opportunity to process and reflect on the concepts they learned through writing or art.

PRIZES

FOR EACH GRADE

- 1st Place \$150
- 2nd Place \$100
- 3rd Place \$50

The top 10 finalists in each grade will have their work displayed, and be invited to attend and be recognized at an event in April 2023. Finalists who attend the event will also receive a gift.

THIS YEAR'S THEME

Never Forget



Entries may be prose, poetry, or art.

**Entries accepted October 3, 2022
through February 10, 2023.**

Open to 6th-12th grade students living in a West or Southwest Michigan County.

Finalists will be notified in early March of 2023.

Learn More




Teaching the Holocaust
A GUIDE FOR MICHIGAN EDUCATORS

WGVI Public Media Education

CONTEST

- Guidelines
- Rationale
- Lessons
- Field Trip
- Resources

This collection of lessons and resources is designed to prepare and support educators in teaching curriculum related to the Holocaust. Students are encouraged to use this content as the foundation for their projects.

The Henry Pestka Art and Poetry Contest is coordinated by The West Michigan Holocaust Partnership, which consists of: ADL Michigan, East Grand Rapids Public Schools, Frederik Meijer Gardens and Sculpture Park, GVSU, The Jewish Federation of Grand Rapids, and WGVI Public Media. The Partnership collaborated to curate a collection of resources and aligned the contest to support educators and students in meeting Michigan State Holocaust and Genocide Education Standards. Members of The Partnership with proximity to student entries, including EGRPS faculty and staff, will not be permitted to judge entries.



On December 11, 2022, the Jewish Federation of Grand Rapids and members of Shir Shalom Choir partnered with Frederick Meijer Gardens & Sculpture Park for the *Celebrating Hanukkah Exhibition*. Amy Ostrow facilitated a discussion on the history and traditions of Hanukkah. There were 90 people in attendance.



Pictured: Cathy Osborne, Amy Ostrow, Tom Hales and Phil Pletcher.

תיקון עולם **TIKKUN OLAM**
HINENI דור לדור Repair the World
Generation to Generation **היניני DOR L'DOR**
TOGETHER Stronger Forever **ביחד**
אהבה Securing our Future **LOVING**



Keith Javery, DO

Powerlifting

by Keith Javery, DO

Professionally, I am an Interventional Pain Medicine specialist. For over 30 years I have devoted my career for people who suffer from chronic pain. All types of people with all types of pain.

Pain emanating of, and from the spine represents the majority of chronic pain syndrome I treat. However, there isn't an anatomic structure on the human body that hasn't required my professional help for those suffering from chronic pain from the less traditional, and non-spinal pain generators.

I, like many of my fellow Jews and people of other faiths, believe we are made in G-d's image. However, being a "image" means we are not made like God, but an image of God, gods, facsimile, edited version, or other similar corollary adjective. As a result of being an "image" unfortunately, our bodies do break down. And when we break down, we often suffer pain. There are many definitions of the word pain. But in its simplest form, pain is the transmission of signals that represent either real or potential damage to the organism. Pain is vital to be able to survive. Without it, we would have no warning of disease, worsening conditions, fractures, tumors, heart failure, or even just putting our hand on a hot stove. Unfortunately, chronic pain, pain that persists for at least three months or longer, after typical healing should have occurred serves no purpose, other than producing suffering on multiple levels, including physical suffering, emotional anguish, financial distress, and spiritual agony. If chronic pain continues for too long.

Yes, it has also been said that pain sets the parameters for the definition of our own mortality and human frailty.

Unfortunately, I have witnessed the strongest of persons become consumed by chronic relenting pain. Whether it's exquisitely, severe or moderately tolerable for a while, given a long enough timeline, chronic pain, not properly addressed or treated usually leads to degradation on multiple levels of existence.

But the bright spot is that for the vast majority of people suffering from all sorts of chronic pain syndromes can be successfully treated. Allowing reduced pain, enhanced daily functions and overall improvement in quality of life matters.

I am a healer and physician, yet I am also a student. My "teachers" are also my patients. I have learned

many things from my patients over the years. One of them is that while we are frail and that health is the most important aspect of living that we have, we simultaneously have the option of mitigating our frailty and maximizing our health. Of course, there are the tried, and true tonics of health, such as a healthy varied natural diet (if it didn't live or grow out of the ground, try to avoid it), quality sleep, hydration, spiritual and emotional health, and of course, physical strength and stamina. The problem is that once a chronic pain syndrome cycle starts and last too long, it's hard for many people to rebound from that... But not impossible

Learning these lessons from my patients, both positive examples and negative ones, is why I endeavor in the sport of powerlifting. Over the years I have always been physically active, from high school track and cross country, college track and cross country, post college road cycling competition. But for almost 3 decades I love to lift weights.

Powerlifting to most is enigmatic. It's more what it's not than what it is. It's not "strongman" contests, not "bodybuilding", it's not "CrossFit". Powerlifting is a competition of 3 specific types of weightlifting events- in order, the squat (lifting a barbell with weights across the upper back and 'squatting'), Benchpress (pushing a barbell from chest to full arm extension), and deadlifting (literally bending over and lifting a weighted barbell from floor to legs straightened). My 'speciality' is the Benchpress. Though traditional Powerlifting competition is based on the total weight each contestant can lift with the best lift of the three lifts added together for the highest aggregate weight lifted. Though I choose to limit my competition to Benchpress only given that I have previous injuries that preclude me from competing at the scale that is needed in modern competition.

I started Powerlifting over three years ago, after I had been weightlifting regularly for almost 28 years. My wife notes that I am 'goal oriented'.

I agree. My first competition I almost "disqualified" due to nervousness. Powerlifting isn't what most of us/I thought it was- lift as much weight as possible. No...Powerlifting has very strict rules and commands during the competition. I used to think my best "PR" was a Benchpress of 405 lbs in 2014. But though that





lift was witnessed and on video, I am certain that lift would have been disqualified for lack of pause at the start, at the chest, and at the top. Plus the movement of my glutes and foot position. I was proud of that 405lb lift at age 52, but I think it wouldn't have been a clean lift at a sanctioned and judged meet. Everyone gets a maximum of 3 attempts per lift, and I DQ'd at the first 2 of 3 lifts, but the last attempt on my very first competition in Chicago IL., I benchpressed cleanly and was able to win my age and weight class (age 55-59, 100Kg body weight) for that event. In fact, over the past 3 years of competing, I have been able to set the Michigan State Benchpress record for my category, and I have placed first for the prior 2 National Powerlifting Championships (2020, 2021). In addition, for the fourth time in a row, I was able to again break my Michigan record in Men's Benchpress for 2022, and in September lifted 155Kg (342lbs) which also won me first place and qualified me for the World Powerlifting Championships held in Orange Beach Alabama in October. Though I lifted 5 kgs less than my best of 342lbs, my lift of 150Kg(331lbs), was enough to win Gold/First place in my age and weight class at Worlds! I was/am 59 years of age and weighed 214 lbs.

This sport for me has a 'zen like' effect for me. It is absolutely objective. What and how I perform is the result of innumerable variables, most of which everyone I know must manage too. My wife, my kids, family, friends and obligations of all types. Then there are the inescapable factors of age related issues, of which is one of my motivators for lifting. I tell my patients, my family, and anyone who asks, that I believe physical fitness is truly the "fountain of youth". The famous Spanish explorer Ponce de Leon, who



never found it (but maybe came close when he was in Florida?!), and innumerable internet, and many mass media advertisers have their own versions of this "youth serum", "anti-aging" methods. I remain convinced nothing stops our internal clocks, but it is imperative for me that I set a goal, work to that goal, and either triumph or keep coming back-is my own "tonic" for my body, mind and yes, my soul as well. I have many interests and many obligations. Who doesn't?!?! But it is the simple aspect of how many pounds (Kilos) can I push and pull that keeps me grounded and so far, keeps me healthy, mind, body and soul. All I know is that when I can't lift and compete I literally feel down, depressed and generally not good. When I lift and when I lift well, I do get a level of achievement that is spiritual to my core. Much like the feeling I get when I get a kind note, or a sincere gesture of appreciation that my physician skills helped a patient improve their life by reducing their pain and suffering.

So yes, when appropriate and if asked, I offer my advice on staying physically active. No, it doesn't require setting records, but it does require that you give all you can! If that's a 2 minute upright walk in a day...gold medal! Or is that is a benchpress of more than twice your body weight (likely record setting!)? Either way, doing something that tests our own individual limits so long as it also inspires our bodies and our souls!



Keith Javery, DO is President and Chief Medical Officer of Javery Pain Institute and a Quadruple Board Certified Interventional Pain Specialist.



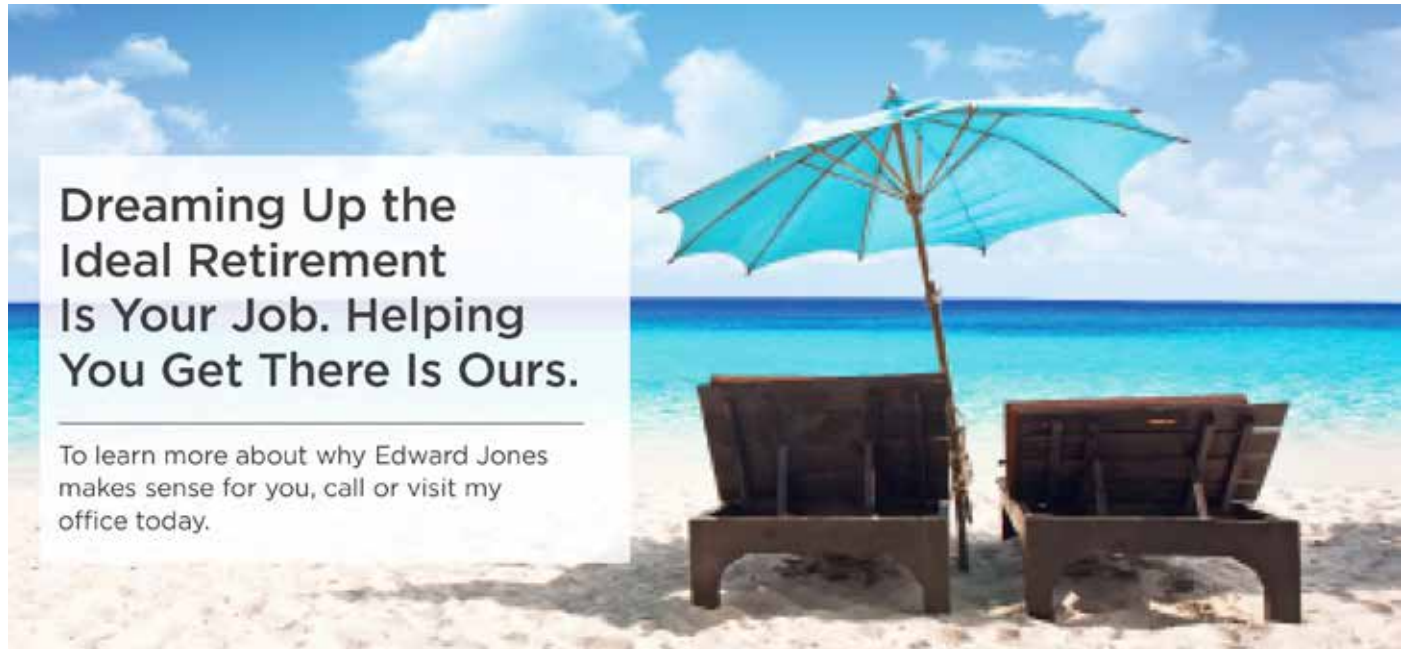
The PJ Library, a program of the Jewish Federation of Grand Rapids now has 120 children enrolled with 83 families. To enroll your child, visit www.pjlibrary.org. FREE JEWISH CHILDREN'S BOOKS



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Judith Joseph's great granddaughter, Beverly, playing with her new Torah toy.



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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.



A Valiant Victor

By Rob Franciosi



Rob Franciosi

Alumni and fans of the University of Michigan will do a lot of cheering this holiday season, whatever the football team's fate in the national playoffs. For a quasi-interested observer, who roots for another Big Ten team, it's rather easy to mark when moments of ecstasy fully grip the U of M faithful: they are always punctuated by the stirring brass of "Hail to the Victors."

It's a great fight song, maybe the best in college football, but I had never read the lyrics before setting out to write this piece. Yeah, I knew there were a lot of "hails" in it, but the song always seemed opaque, perhaps caused by the Latinate construction of the opening verse: "Hail! to the victors valiant." I should also declare that massive crowds of people shouting "Hail!" in unison make me rather uneasy.

But I'm glad to learn finally the phrase "victors valiant," because unlike the song's second line, with its emphasis on conquest—"Hail! to the conquer'ing heroes"—the first invites thoughts beyond the grid iron. Valor may be most often ascribed to soldiers in combat, but the word has wider implications, conveying in Webster's terms a "strength of mind or spirit that enables a person to encounter danger with firmness."

Throughout the six hours of *The U.S. and the Holocaust* Ken Burns and company brought a host of villains before us. Hitler, of course, but also such Americans as Breckenridge Long, the State Department obstructionist, Father James Coughlin, the mad dog radio priest from Royal Oak, and perhaps worst of all, Charles Lindbergh, the famed aviator whose support for isolationism made him seem a Nazi dupe, if not an outright anti-Semite.

Although I am wary of attempts to seek optimism amidst Holocaust despair, the sentiment too often ascribed to Anne Frank, a search for the valiant, those who confronted



Nazi evil yet remained steadfast, is a precious part of this history.

The reality of life during the Nazi terror is that Jews who survived were,

in nearly all cases, helped by someone, somewhere, at

some crucial point. And while the Burns documentary perhaps focuses a bit too much on what Americans did not do, it does include segments on rescuers like Varian Fry and John Pehle, though neither man put himself in harm's way. Diplomats, emissaries, and government officials seldom do.

Which makes the story of Raoul Wallenberg all the more inspiring.

His rescue efforts as a Swedish diplomat, the subject of many books and films, brought numerous posthumous honors. The street next to the U. S. Holocaust Memorial Museum was renamed Raoul Wallenberg Plaza. A dozen years earlier in 1981 Congress awarded him honorary American citizenship, only the second recipient in its history, joining him with Winston Churchill. Yet how many among the 100,000 who fill the Big House on Saturdays in October could name this exemplary man as a University of Michigan alumnus? Or know that there is Wallenberg Endowment to support University of Michigan students inspired by this great humanitarian?

He graduated with honors in 1935, earning a degree in architecture. Though from a wealthy family, Wallenberg resisted the trappings of his privilege; indeed, he chose Michigan over Ivy League institutions because of its place as a major *public* university. During his years attending the university he lived in modest apartments, ate breakfast each day at the Union, and even spent vacations hitchhiking across the United States and Mexico.



I would be the last to argue that a university education made Wallenberg the person he became. There were too many Nazi murderers with PhDs, MDs, and JDs for me to ever have complete faith in higher education's ennobling influences. But I'm tempted to believe that Wallenberg's encounter with ordinary Americans during the Great Depression, whether in Ann Arbor or on the nation's highways, must have strengthened the empathy that was fundamental to his character.

(Cont'd on page 20)



(Cont'd from page 19)

You can read about Raoul Wallenberg on your own, or perhaps watch the 1990 film *Good Evening, Mr. Wallenberg*, and learn how in Budapest he saved at least 4000 Jews through a combination of courage and what can only be termed chutzpah. With almost no authority to do so, Wallenberg issued thousands of official looking papers that declared the holders under the protection of the Swedish government. He housed these Jews in apartment that he then claimed as Swedish territory.

And in one memorable episode, he climbed atop a train destined for Auschwitz, passed documents through the windows to recipients inside and then demanded their immediate release. All while Hungarian fascist guards threatened him with their rifles and even fired warning shots, though there's some evidence that the guards were so impressed by Wallenberg's calm courage they deliberately aimed high.



But like so many Holocaust stories, Wallenberg's does not have a satisfying ending. After the Red Army had encircled Budapest, he was summoned in January

1945 to a meeting with the Russian general—then disappeared into the Stalinist night.

Here's wishing that in the coming days all you Wolverine supporters get to sing many choruses of "Hail to the Victors." When you cheer the exploits on the field, and the "victors valiant" phrase is chanted, I hope some of you take a moment to remember this adopted son of Michigan, someone who also attended games on Saturday afternoons, someone whose valor will be remembered long after the latest contest ends and the final whistle blows.



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

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Leadership Lessons for Life: New Year, New Vision

By Coach John Robinson



Coach John Robinson

Do you feel lost in your life? Are you looking for a way to move your life to the next level? Take a look at your Dream Blueprint.

With my success clients, one of the earliest things we work on is a Dream Blueprint, a vision for their life. Once we create it, I recommend reviewing and updating it at least once a year. Some good times to this are at the new year and after big life events. Consider now as a chance to create or revise your Dream Blueprint.

It helps to give yourself some time to dive into this. A quiet and physical space can set the stage for a rewarding vision. You may want paper, markers, magazines to clip, glue to paste and so forth. Some people like to create a vision board. You can do so with physical materials and you may also do so electronically. Some people like to use an app. You can find one by searching for “vision board app.”

Think about different aspects of your life such as health, finance, and mental well-being. Consider what your ideal life would be like. List the things you want to do, no matter what the outcome or specific metrics.

For example, I want to coach people to reach their full potential. Whether I am coaching one person or a multitude, I know I will be happy coaching.

Give yourself a vision that has a balance of challenge and comfort. With the right balance of challenge, you get stimulus for growth. You also get an opportunity to feel accomplished and successful. To keep moving towards your full potential, to your best life, don't seek only comfort. Seek the right amount of challenge that will keep you stimulated, satisfied and growing.

Look to create a sense of purpose, a legacy of service to others. Giving back to others is a great way to feel a sense of happiness in your life. And a sense of purpose gives you energy and motivation. It helps you feel inspired in your life and strengthens you to overcome challenges in your life.

The most important thing with all of this is to begin. Don't feel like you have to have the perfect Dream Blueprint. Outline what you know now and add to it later as more comes clear to you. Allow it to grow as you grow. Finally, keep it in front of you as you go through your day.

If you're one of my success clients, you can use one of your monthly sessions included in your plan to support you in doing this work. And if you aren't one of my success clients, reach out and I'll try to give you some support via email, phone or text. I'm rooting for you as you Follow Your Heart, Live Your Best Life and Change the World.

Leadership Coach John helps warrior leaders take command of their personal and professional lives, and create a life they love including a legacy of service to others. Your dreams absolutely can come true.

If you have feedback on this article, or a request for a future article, please reach out at info@CoachJohn.help.

“The warrior in all of us is desperately searching for something heroic, transcendent, or self-sacrificing.”

**VOLUNTEERS
NEEDED**

Jewish Federation
OF GRAND RAPIDS

<p>INTERESTED IN JOINING US?</p> <p>Email: Nicole@jfrg.org or call 616-942-5553 ext.207</p> <p>Looking forward to your help!</p>	<p>WE NEED HELP WITH:</p> <ul style="list-style-type: none">• Driving community members to appointments.• Delivering items to those in need.• Assisting with in-person programs
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Mujadara

By Evan Rossio, Campaign Director, JFGR



Evan Rossio

In my capacity as Campaign Director for JFGR, I have been given the opportunity to join the board of the Kent County Emergency Food & Shelter Program (EFSP). The Jewish Federation has been a representative on the National Board of EFSP since its inception in 1983. In its 39-year history, the EFSP has distributed close to \$6 billion to 14,000 human service organizations in more than 2500 communities across the country through this collaborative effort between the private and public sectors.

The local EFSP board determines how funds are allocated, and the money is used to provide food in the form of meals and groceries, lodging in hotels and shelters, temporary rent and utility assistance, and equipment necessary to feed or shelter people.

As food prices continue to skyrocket and many people struggle in today's economy, food insecurity is on the rise. Food insecurity is defined as the lack of regular access to enough

safe and nutritious food for normal growth and development and an active and healthy life. This might be due to the unavailability of food or the lack of resources to obtain food. My hope is that JFGR will take a more active role in combating food insecurity, and that the members of our

Jewish community continue to support the food bank at Temple Emanuel, and organizations like Feeding America and others whose mission is to eradicate hunger and provide shelter.

In the spirit of this role, JFGR will occasionally highlight affordable recipes in the Shofar, and we have plans to create a category of Budget Meals on our website, www.thenoshgr.com. Feel free to upload recipes of your own on The Nosh, and thank you in advance for your continued support of this important effort.

Mujadara

For the Lentils

1 cup whole brown lentils, sorted and rinsed
1/4 cup canola or grapeseed oil
4 cups diced yellow onion (1/2-inch)
1 cup long grain white rice
Salt and Pepper to taste
Extra-virgin olive oil, for drizzling

For the Lentils

Place lentils in a small saucepan with 2 cups of water. Bring to boil over high heat. Reduce heat and simmer until lentils are par-cooked, 10-15 minutes. Remove from heat. Be careful not to overcook here; the idea is to par-cook the lentils.

In a large, heavy sauté or sauce pan (with a lid), heat the canola or grapeseed oil over medium high heat. Add the onions and cook until deep golden brown, about 20 minutes, stirring frequently to avoid burning. Sprinkle with a pinch of salt as the onions cook.

Take the onions off the heat and add 2 cups of water. Place back on the heat and boil, over high heat, for five minutes. The liquid will take on the deep golden color of the onions and the onions will continue to soften. Add the rice and par-cooked lentils to the onion mixture. Cover and bring to a boil. Sprinkle with a pinch of salt and pepper. Reduce heat to low and cook until the liquid

For Fried Onions

1 large onion, cut into very thin rounds
Canola oil for frying
Salt to taste

has been absorbed and the rice and lentils are cooked through. The texture of the rice and lentils is somewhat al dente. Take care not to overcook or the mixture will become mushy. Remove from heat and season to taste with salt and pepper. Serve hot, warm, or room temperature drizzled with olive oil.

For Fried Onions

For fried onion garnish, heat canola oil over high heat in a small saucepan (the small saucepan reduces the amount of oil needed for depth). When a small piece of onion dropped into the oil floats to the top and bubbles vigorously, the oil is ready. Fry the onion rings in batches until golden brown, reducing heat as needed to prevent burning. Remove and drain on paper towels and sprinkle with salt. Place the onions on top of the mujadara on a serving platter or individual plates.





CHABAD OF WESTERN MICHIGAN

CHABAD OF WESTERN MICHIGAN

Chabad House of Western Michigan is dedicated to serving Jews of all ages with Ahavat Yisroel regardless of religious background or affiliation.

WEBSITE: WWW.CHABADWM.COM | **FACEBOOK & INSTAGRAM:** @CHABADWM | **PHONE:** 616-957-0770 | **EMAIL:** CHABADWESTERNMICHIGAN@GMAIL.COM

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

WEEKDAY MORNING SERVICE MINYAN

MONDAY & THURSDAY (+ ROSH CHODESH) | 7:15AM

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 269.903.7916 or Rabbihaller@chabadwestmichigan.com

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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 teens!
For more information about CTeen or to RSVP, contact Rivka at 616.206.9654 or Rivkahweingarten@gmail.com.

WEEKLY VIRTUAL CTEEN LOUNGE NIGHT:

SUNDAY EVENINGS ON ZOOM AT 8:00PM
Meeting ID: 938 3001 6601 Password: 180 or text Rivka for the link.

CTEEN EMOJI DAY

SUNDAY, JANUARY 22ND | 1:00-3:00PM
Warm up the winter days for a sick child while we make emoji pillows.

CTEEN INTERNATIONAL NYC SHABBATON:

THURSDAY, FEBRUARY 23RD – SUNDAY, FEBRUARY 26TH
Meet thousands of Jewish teens from around the world for an unforgettable weekend together in NYC! Register online at www.cteen.com/shabbaton | Contact Rivka for more info and a discount code!

NEW SIX-WEEK JLI COURSE

"Book Smart" - Course through Judaism's Most Important Titles, and the Authors Who Inscribed Them
A panoramic overview of 3000 years of Jewish learning, this

course introduces you to the works that earned us the title "The People of The Book." You will experience the different genres that shape Jewish life, including Tanach, Midrash, Talmud, Halachah, Philosophy, Kabbalah, Musar, Chasidism, and meet the influential personalities who drove thirty centuries of Jewish scholarship. Whether you're meeting these texts for the first time or as a seasoned scholar, this course will inform and enrich all your Jewish learning.

Virtual: Six Tuesday's, beginning on January 24th 2023

In Person: Six Wednesday's, beginning on January 25th 2023

For more information contact Rabbi Mordechai at 269.903.7916 or Rabbihaller@chabadwestmichigan.com

JEWISH WOMEN'S CIRCLE

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

MONDAY, JANUARY 30TH | 7:00PM

Enjoy a ladies night out with delicious variety of salads while making beautiful succulent centerpieces and learn about the holiday of Tu B'Shvat - the new year for the trees.

Suggested Donation \$18 | RSVP at www.chabadwm.com/JWC

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!

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

Register your child online at www.chabadwm.com/camp

THE EARLY BIRD SPECIAL ENDS ON MAY 1ST, 2023!

For more info, please contact Rivka at 616.206.9654 or email us at campganisraelgr@gmail.com.

JEW-Q

Chabad of Western Michigan is excited to bring *JewQ* - the International Torah Championship for Jewish children in grades 3-7.

It's fun, exciting, and you'll learn lots about being Jewish!

For more info and to register your child go to www.chabadwm.com/wmjewq or message us at 616-813-4827.

JTEXT ~ JEWISH TRIVIA FOR TEENS!

EVERY MONDAY & THURSDAY AT 7:00PM.

Be the 7th to answer correctly and win a \$20 AMAZON GIFT CARD to your email! 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!

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correctly will win a FREE bottle of Kosher wine to be picked up at

Chabad! 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



FEBRUARY 5, 5:30, JOINT TU BISHVAT SEDER
with Temple Emanuel

Congregation Ahavas Israel and Temple Emanuel are joining together to celebrate Tu B'Shevat, the New Year for trees, Sunday, February 5, 2023 at 5:30 at Temple Emanuel. Join us for a Seder and light dinner, \$10/person. Watch your email for details on registration.

AHAVAS ISRAEL BOOK GROUP

We have been invited by Congregation of Moses to join a book group conversation on Zoom with Rabbi Dr. Haviva Ner-David on **January 24th 10:00 a.m.** "Dreaming Against the Current, A Rabbi's Soul Journey." She also wrote "Life on the Fringes" and three other book, including a novel. To receive the zoom link, register for the group at https://congregationofmoses.org/event_signup/?EID=9891.

WEDNESDAY, FEBRUARY 15, 2023, 7:00 P.M.
ILANA KURSHAN, IF ALL THE SEAS WERE INK

Ilana Kurshan's memoir is impressive for many reasons. On its face the story is about a woman—the author—and how she recovered from her divorce through daf yomi, the daily practice of studying the Talmud, which took over seven years to complete. But Kurshan's divorce is neither the focus of her book nor the main story of her life. Rather, the book's topics range widely, from Kurshan's childhood to her aliyah to Israel, to parenthood. Organized in a loosely chronological fashion, it is arranged by Talmud tractates. The power of this memoir arises from the expert connections Kurshan draws between her personal story and the talmudic anecdotes.

Evident from the beginning is Kurshan's expertise in the Talmud, rabbinic Judaism, midrash, and Jewish topics more generally. Perhaps due to the nature of daf yomi, which is less deep dive and more high-level, she strikes the right balance between explanation, detail, and depth in her retelling of talmudic stories. This is

helpful because the Talmud is, frankly, complicated, and the numerous stories occasionally make the memoir a touch too dense. Fortunately, for the majority of the book, Kurshan's skilled writing makes the stories accessible and also animates the rabbis and their debates for a modern audience.

Kurshan's passion for the written word is a key feature of her inner self. She is not only an expert in rabbinic literature; she also weaves secular literature and poetry throughout the book. The literary quotations add emotional richness to the memoir.

Due to Kurshan's deft explanations of Talmudic personalities and principles, even readers without a background in Jewish topics will enjoy this insightful memoir. Readers will be inspired by Kurshan's resilience and renewal, with the Talmud by her side.

NEW COURSE: DR. BINYAMIN MEHLER - THE KORBANOT SERVICE

When: Tuesday January 10, 17 and 24 between 3-4:30 pm.
The course will be offered by Zoom. The recording will be available for those who wish to register but cannot attend live. Advance registration required by Monday, January 9. Contact binyaminbenhaim@gmail.com to register.

For those who have never studied with Dr. Mehler – you will be entertained, you will be astonished, you will be challenged, and you will learn!

This seminar will be an exploration of a part of the morning service no longer included in the Sim Shalom. The Sim Shalom begins the morning service with the morning blessings followed by "Rabbinic texts." After the morning blessings in the traditional siddur comes the "Korbanot" section containing 19 paragraphs mostly biblical paragraphs describing the various offerings (e.g. sin offerings, thanksgiving offerings) and a recipe for the incense.

"For me, the most esoteric parts of the morning service are the most meaningful. We read the recipe for incense that has not been burned in 2000 years, details of services abandoned for centuries, whose memory was rescued from oblivion by the heroic efforts of teachers who believed that if the incense could not be smelled, at least the recipe could be recited. If the meal could not be eaten, at least its preparation could be recalled, reminding us always of how much we have lost; of our hunger." – Dr. Mehler, 4/5/2011.

Dr. Mehler will explore the meaning of these esoteric texts and why the reading of the Tamid and Ketoret (recipe for the incense) was so much more important to read than Psalms 30, which we would never think to skip.

(Continued on pg 26)

WHERE DOES MY MONEY GO?



Supporting those in need
in our Community



Jewish Life & Learning



Israel & Our
Global Family

THE JEWISH FEDERATION OF GRAND RAPIDS IS HERE FOR OUR COMMUNITY, ISRAEL & THE WORLD.



TEMPLE EMANUEL

Temple Emanuel was founded in 1857. We are the oldest Reform synagogue in the United States. We invite those who are looking for a vibrant Reform congregation in West Michigan to come and be a part of our community. We look forward to welcoming all those who are seeking a contemporary approach to Jewish life to our beautiful campus.

JEANS in JANUARY-We are asking members of the Jewish community to help us with our Winter Mitzvah Project. We are collecting gently used jeans of all sizes to donate to Baxter Community Center. Drop them off at the Temple during regular business hours.

We celebrate Dr. Martin Luther King Jr's birthday with music on Saturday evening, January 14 at 7:00 PM. We welcome the Afro-Semitic Experience to our congregation. We invite the entire community to join us. Six wonderful musicians merge musical roots, Jewish and Afro-diasporic melodies and grooves, combining the core concepts of power, action, unity, and peace. We ask for registration at www.gvsu.edu/interfaith/asetemple.

Our 12-week Introduction to Judaism Class begins on January 7 at 11:30 AM and continues throughout the winter and early spring. The cost is \$120 for non-members of Temple Emanuel. Contact Cathy@grtemple.org to register and for more information.

SUNDAY, JANUARY 1

BINGO with the Rabbi at 1:00
Fun for all ages. Snacks and Prizes included
Contact Cathy@grtemple.org to register

FRIDAY, JANUARY 6

Family Shabbat Service at 6:00 PM
Liturgy for children of all ages and their parents and grandparents

SATURDAY, JANUARY 7

Torah Study at 10:00 AM
Introduction to Judaism Class at 11:30 AM

FRIDAY, JANUARY 13

Shabbat Service at 6:00 PM

SATURDAY, JANUARY 14

Torah Study at 10:00 AM

TUESDAY, JANUARY 17

A Chili Men's Night at 6:00 PM
Join men of all ages for good food and heartfelt conversation
Contact Cathy@grtemple.org to sign-up

FRIDAY, JANUARY 20
Shabbat Services at 6:00 PM

SATURDAY, JANUARY 21
Torah Study at 10:00 AM
Introduction to Judaism at 11:30 AM

FRIDAY, JANUARY 27
Shabbat Services at 6:00 PM

SATURDAY, JANUARY 28
Tot Shabbat at 10:00 AM
Contact Cathy@grtemple.org to register
Introduction to Judaism at 11:30 AM

SUNDAY, JANUARY 29

Your Opinion Matters
Join Jim Siegel for a homemade breakfast and a great discussion
Topic: Anti-Semitism: What About a New Approach?
Contact jims@siegeljewelers.com to register

Thank You!

Peg & Jeff Padnos
Morton Abish
Judy Jospheh
Roberta & Michael Jacobson
Jon Subar
Dafna & Greg Kaufman
Mary & Rick Stevens
Patricia & Manfred Weller
Jaclyn Dennen & Mike Meyer
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The Jewish Federation

Jewish Federation Grand Rapids
Arad Okanin

OPEN

AGE 4+ Years Old	CATEGORY Reference	DEVELOPER Arad Okanin	LANGUAGE EN English
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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

In memory of Toby, my good friend.

Patricia Weller

In memory of Toby Dolinka

Gary Moore

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

Henry Pestka Memorial Fund

In memory of Toby Dolinka

Linda Pestka

In honor & remembrance of a special man, Henry

Pestka. Never Forget

Sharon Sikkema

In Memory of Eugene Gotlieb

Linda Pestka

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.

*Make a tribute gift to
Thank, Honor, Memorialize
friends and loved ones.*

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 _____

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