



Autumn is Here

Nicole Katzman, JFGR Executive Director

Yesterday I was walking down my driveway, under a canopy of old maple and birch trees swaying in the light breeze, to retrieve the mail. The sun was shining and the temperature approached 80 degrees. The house seems a little quiet these days with three of the kids off to school: I was enjoying the peace, but also felt a certain sense of loss, perhaps a little sadness by the sudden change, the loss of prior routine and custom. As I made my way down the drive, I glanced up for a couple seconds, and spotted a small bunch of golden yellow leaves dangling from a branch among a sea of green leaves. Aah, a familiar and welcome sight, this first hint of autumn. Rather than bemoan the passing of summer, a time for relaxation, travel, or exploration, I was comforted by the turning of the leaves, the routine, the circular nature of life. Falling leaves for me signal the coming of a magical time of year, the harvest, Thanksgiving, snuggling up in my warm wool sweater sipping tea beside my kitchen window. But most of all, autumn signals a time when the family comes together to celebrate the autumn holidays. Will it be a challenge this year? Yes, but just as the leaves turn color and drop from the trees, my family will gather.



Nicole Katzman

People in the community have different family circumstances, and varied needs. It is my sincere wish to convey that we at the Jewish Federation of Grand Rapids believe that everyone is part of our community. We are, in a way, a large extended family. We are here to help those who may be in need of support. Anything we can do, whether it be a ride to the doctor or a referral to community resources, we consider bringing people together, our mission.

The Federation wishes you all a peaceful autumn. Please contact the Federation with any questions or concerns. We are here for you.

LShalom,

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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**Jewish Federation of
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2727 Michigan Street NE
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f. 616-942-5780
info@jfgr.org
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GOAL: \$500,000

**Current:
\$88,000**

Thank you to all who have participated.

Linda

The Jewish Federation of Grand Rapids is here for our community, Israel and the world. Please make a difference and support Campaign 2021. Every gift is meaningful and can positively change the life of a local Jewish person or family in need. Todah Rabah, Thank You!

Linda Pestka
Campaign Chair

STAFF: Nicole Katzman, Executive Director, Nicole@JFGR.org ext. 207 | Evan Rossio, Campaign Director, Evan@jfgr.org, ext. 205
Arad Okanin, Administrative Support & IT Consultant, Arad@JFGR.org ext. 204
Dafna Kaufman, Film Festival, Dafna@JFGR.org ext. 217 | Julianna Schrier, Community Connector, Julianna@JFGR.org ext. 206

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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Supercharge Your New Year

By Coach John Robinson

We just completed September, a month many associate with self-care. Some think of self-care when they think of Sundays (as in Self-Care Sunday). And as we move deeper into this new year where we look at ways to improve ourselves and our communities, I associate self-care with something we should do every day. I call it SelfCare365.

Taking care of ourselves helps us have the strength and resilience to deal with the challenges life brings. It also helps bring sweetness and joy into our lives. With both, we have more potential to make our lives better and help heal the world around us.

The concept of SelfCare365 is the idea that you do something to take care of yourself every day. And in taking care of yourself, SelfCare365 is something you can do both proactively and reactively.

To practice SelfCare365, I suggest making a self-care list containing things that bring you joy, rejuvenate you, and so forth. Then, plan and do one thing from that list every day, ideally as early in the day as possible. By scheduling something from your self-care list at the beginning of the day rather than the end, it is more likely to get done, and you are less likely to be interrupted doing it.

Another great advantage of having a self-care list is that if your mood gets down, your energy gets low, or your day gets to be stressful, you can pull out your list and pick something from it to do. This will give you a much

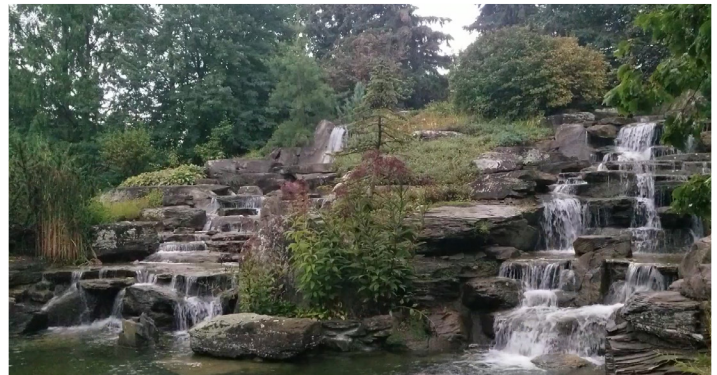
needed boost to deal with whatever is coming up.

So keep your self-care list handy. Maybe even make multiple copies. Put it where you can see it, or find it easily, or both.

So if you have any questions about how to put this into action, be sure to reach out. Meanwhile, I hope that your practice of SelfCare365 helps keep your year sweet, and sustains you throughout 5782.



Coach John Robinson



Waterfall at Fredrick Meijer Garden, photo by John Robinson.

Coach John Robinson serves in multiple ways, including as a Leadership Coach, community volunteer and poet. He invites you to reach out at info@CoachJohn.help with any questions or comments.



**The PJ Library, a program of the
Jewish Federation of Grand Rapids
now has 120 children enrolled with 83 families.
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Judith Joseph's great granddaughter, Beverly, playing with her new Torah toy.



Campaign Kickoff 2021

Join us for a celebration
of the Jewish community

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Paddock Place

1033 Lake Drive SE

Grand Rapids, MI 49506

October 7, 2021

7:00pm

RSVP to Evan@JFGR.org



Jewish Federation
OF GRAND RAPIDS



Financial Focus

What does retirement security mean to you?

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



Chad Zagel JFGR
Board Member

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it?

Here are some suggestions:

- **Build your resources.** While you're working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer's match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you'll need to save to help reach your goals.
- **Look for ways to boost retirement income.** When transitioning to retirement, you can take steps to align your income with your needs. For example, consider Social Security. You can start collecting it as early as 62, but your monthly payments will be much larger if you can wait until your "full" retirement age, typically between 66 and 67. (Payments will "max out" at age 70.) So, if you have sufficient income from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream.
- **Prepare for unexpected costs.** During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses

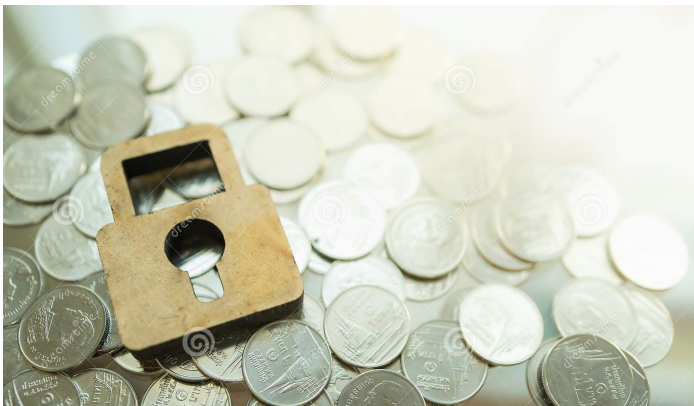
are more irregular and can't always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may want to budget for these costs as part of your emergency savings, and possibly purchase supplemental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it's about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care component.

- **Do your estate planning.** It's hard to feel totally secure in retirement if you're unsure of what might happen if you have an unexpected health event, become incapacitated or die earlier than expected. That's why you'll want to create a comprehensive estate plan – one that might include documents such as a durable power of attorney, a will and a living trust. A review of your insurance coverages and beneficiaries can also help protect your assets and ensure they are distributed the way you want. In creating your plan, you will need to work with your financial advisor and a legal professional, and possibly your tax advisor as well.

Thinking holistically about your retirement security and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.

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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Women's Tea Party: Lion of Judah and Pomegranates

*Featuring a
meet and greet
with*

Cantor David Fair

**took place on
Wednesday, August 18th
at the home of
Nicole Katzman, JFGR Executive Director**



“Sandy, I Hardly Knew Ye”

By Rob Franciosi

The drive from Farmingdale, New York to Los Angeles is 2829 miles, requiring several long days at the wheel—a fact that was lost on my eight-year-old self.

I was on my bicycle heading west from our working-class suburb—though Google maps now tells me it was northeast—to confront the nemesis who had not only just defeated my beloved New York Yankees in the World Series, but had won two of the games in a four-game sweep. Sandy Koufax.

The name then conjured a ballplayer who almost seemed like a force of nature, a pitcher whose icy demeanor made him all the more intimidating and unknowable. Other great pitchers from that era had strong personalities, like Whitey Ford, or distinct physical motions like Juan Marichal with his high leg kick. Even Bob Gibson, who at his best was comparably dominating, displayed a pent-up anger in throwing the ball, a style that revealed the man atop the mound.

But Sandy Koufax in his white Dodger uniform was different, displaying the quiet confidence of a neurosurgeon, so that you almost expected to hear over the p.a. system, “Paging Dr. Koufax, paging Dr. Koufax,” just before he resected your line-up. Had I understood then even more about the Dodger ace, I might have wondered how a nice Jewish boy from Brooklyn could become such a cold-blooded assassin.

Being a true baseball fan can be complicated, especially for an eight-year old. After all, fan is derived from fanatic, and the irrational passion that goes with being a fan is passed down through the generations. My Jewish grandparents loved the Yankees and Mickey Mantle. Period. My Italian father viewed Joe DiMaggio as not only the embodiment of all that was noble about his culture, but as a model of what was possible in this country. I can still hear him telling the story of a

neighborhood friend in Brooklyn who had been good enough to earn a tryout with the Yankees, but whose Old World father refused to grant permission. “Whatta you talk about baseball?” he had said. “You gotta go to work!”

I was never quite sure of the lesson behind this cautionary tale, other than to ignore the advice of one’s father, but today I realize that baseball

could serve as a symbol of escape—from a life of hard physical work, from too-strong ties to the Old Country, from feeling like a stranger

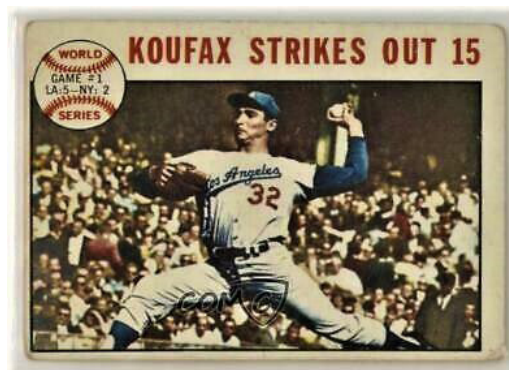
in one’s own country. But the lesson of Sandy Koufax, I now know, offered a more nuanced vision of how the children of immigrants could make their way in America.

No one in my family ever mentioned that Koufax was Jewish, as if being from the National League, and even worse, the Los Angeles (née Brooklyn) Dodgers, outweighed any sense of ethnic solidarity. And there were no Jews on the Yankees roster then. The arrival of Ron Bloomberg six years later, heralded as the Jewish Mickey Mantle, was disappointing, with his only claim to fame having been the first batter in a major league game to serve as the designated hitter.

I see now the cost of blind loyalty to a sports team, as Sandy Koufax represented the kind of ideal that tantalized every kid with a ball and glove. When only a single Cy Young award was given to the best pitcher in all of baseball, he won three in a span of four years—all unanimously. And during each of those three years he also achieved the triple crown of pitching, leading the league in wins, earned-run average, and strikeouts. Add to this three no hitters and a perfect game, and it’s easy to see why Koufax is not just considered the best Jewish



Rob Franciosi



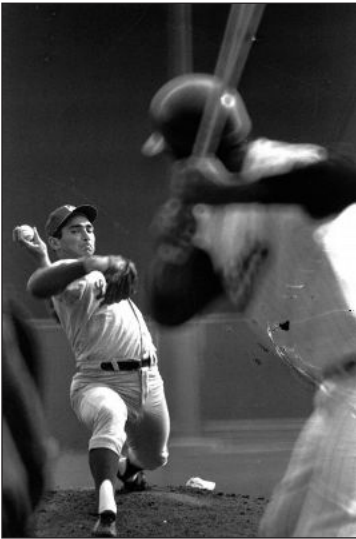
(Cont'd on page 8)



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ballplayer of all time, even better than Detroit's Hank Greenberg, but the greatest Jewish-American athlete.

Even in those innocent times, when we knew so little about the excesses and flaws of our sports heroes, Koufax stood out as singular presence, one whose legend expanded beyond the ballfield. The first game of the 1965 World Series against the Minnesota Twins was scheduled to begin on Yom Kippur and Koufax



refused to pitch. He was not really a religious man, but viewed the situation, whatever the stakes, as a simple matter of respect for the world which had nurtured him. Support from his teammates was immediate, but it was the national approval that surprised him.

Twenty years after Hitler, a Jewish ballplayer whose conscience took precedence over the biggest game of the year

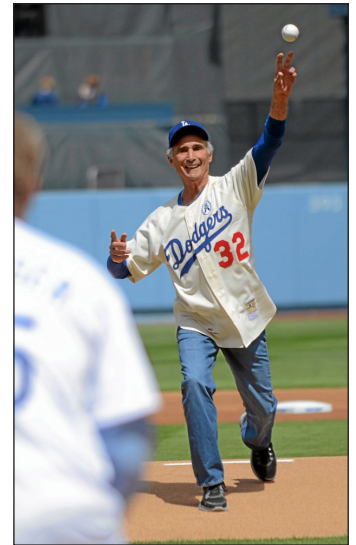
was not condemned, but celebrated, was in Martin

Luther King, Jr.'s words, judged by the content of his character. He lost the next day, putting the Dodgers in an 0-2 hole—only to pitch two shutouts in the span of four days to win yet another World Series title.

The 1966 season would be his last. Though still at the top of his game, he announced his retirement at a press conference in Los Angeles that November, yielding to the severe elbow pain that had tormented him for three years.

2829 miles away an even more baseball-mad eleven-year old hardly noticed, consumed as he was with his own pain over the sudden downfall of his last-place New York Yankees.

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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Women Unite - Hiking Club

Join us for a community women's hike on
Thursday, October 14, 2021 at 5:30pm.

Hike duration: 2 hours
All athletic abilities are welcome &
snacks will be provided.
Terrain: Well-marked forest trails. Low-intensity.

Location to meet:
Knapp Valley Forest | Meet in County Parking Lot
4255 Knapp Valley Dr NE, Grand Rapids, MI 49525

Children & dogs are welcome!

What to bring: water bottle, a good pair of
sneakers. Please RSVP to Sandi Simms
Email: sandi@simmselectronics
or via text: (616) 437-5165



Women Unite
Hiking Group



Dog Walks

Thursday, October 14 @ 5:30pm - Knapp Trail
Behind Knapp Forest Elementary School.
(Alcott Ave. NE 49525)

Thursday, Oct 21 @ 5:30pm - Knapp Trail

Thursday, Nov 4 @ 4:30pm - Roselle Park
1010 Grand River Dr NE, Ada, MI 49301
(Meet at silos.)

Thursday, Nov 18 @ 4:30pm - Roselle Park

Hike Dates:

Oct 10 @ 2pm - Aman Trail
Lake Michigan Dr, Grand Rapids, MI 49534

Oct 24 @ 2pm - Burton Park
6805 Burton St SE, Grand Rapids, MI 49546



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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 Connection to the Past, Hans Thoma (1839-1924)

By Michael Cagen

Of course I didn't answer the phone in October of 2020, since Caller ID showed it was from Germany. Wait, "where is my son? Oh, I think he's in Vegas." Yeah, let it go.

As it was a weekday, I was checking email regularly, as if I don't do that on the weekends. Anyway, there was an email supposedly from an auction house in Munich Germany, claiming to have a painting which was perhaps looted from my great grandparents' home in Landau. The email went on to list certain relatives of mine, from great grandparents to my grandparents, parents, siblings and myself. The email struck me as pretty well researched, utilizing obviously more than a simple Google search. Hey, isn't that what 'spearfishing' is all about?

Since the email referenced a voice mail which had been left for me, I checked that and heard a similar version of what had been emailed to me.

Of course, I'm waiting for the "auction house" to ask me for money...

I humored the writer with a written response, to draw out the eventual attempt at what would almost certainly be a fraud.

The "auction house" representative, "Dr. Agnes Thum", went on to explain how they had received for consignment a painting, produced in 1882 by Hans

Thoma, (1839-1924), and that "as required by German law", the so-called auction house had initiated provenance research, which reflected that my great grandfather, Herman Weiss, (1865-1950) had owned the painting at least between August 30, 1933 and September 1937, that he had offered that painting for sale at several auction houses in 1937, although there was no record of its sale. Agnes Thum went on to explain that my family isn't entitled to the return of the painting, since the current owner bought it from someone else. The Hans Thoma painting reappeared in

1943, owned then by a businessman / art collector. It appeared again in other hands in 2019 or 2020.

Agnes indicated that the owner was offering me, on behalf of my family, a percentage of the "hammer price", if I would sign a statement saying "all claims between the Heirs and Seller or any future owner with regard to the Artwork, known and unknown, shall be deemed fully and finally settled". My statement, if given, would improve the value of the artwork. Meanwhile, I'm still waiting for Agnes Thum to request \$\$ from me.

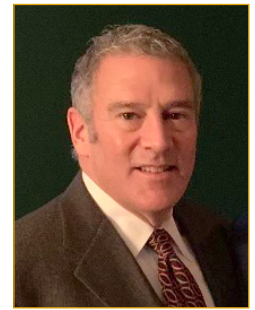


1932. My mother Ellen Cagen at 6 months with her mother Charlotte Weiss

About 30 years or so ago, film director Steven Spielberg set out to document the stories of Holocaust survivors, since they were getting quite old and given there were Holocaust deniers, he felt this was his waning opportunity to preserve their story for generations to come. To do so, he hired many folks throughout the country (or world?) to interview and film people like my grandmother, Charlotte Weiss, (1908-1999) so she could tell her story. I hadn't heard her story

before Spielberg's people set out to interview her. I was awestruck watching and listening to my grandmother on videotape, telling about the rise of Nazi Germany, about how their home in Landau was ransacked during Kristalnacht on November 10, 1938, how the Nazi's overturned bookcases, shattered glasses and collectibles, slashed furniture cushions and artwork...and threatened their lives.

I figured I'd ask others if this is a common scam or maybe (doubtfully) something legitimate. Rabbi Schadick hadn't heard



Michael Cagen



1937-08-29. My grandmother Charlotte Weiss with my mother Ellen Cagen, nee Weiss, in Bingen on Rhine.



2021-08-29
Hans Thoma Journey

(Cont'd on page 12)



(Cont'd from page 11)

about anything like this, nor had Rabbi Lewis. I tried Nicole Katzman, figuring she was from a Jewier area, thus she would know, right? Still nothing. Peg Finkelstein maybe, given her work on Jewish archives? Nope. One of the above reached out to the JFGR in Detroit or Chicago, I believe. Still nothing.



1936-08-06. Herman and Helene Weiss in Landau with their daughter, my mother, Ellen Cagen nee Weiss

When Agnes Thum sent me the contract in December 2020, she copied in Anna Rubin, whom she claimed was from the New York State Department of Financial Services, as Director of the Holocaust Claims Processing Office, as if such a thing exists.

Oh, Google says it does. Well, they do have an Anna Rubin there. Research on her showed her testifying in front of the Senate Judiciary Committee in September 2019. Now on to dialing their main number and see if an Anna Rubin calls me back. Yeah, she did. And that person was plugged in on this matter. Let's try to FaceTime with Anna to see if she looks reasonably like the Anna who testified. Yup. That happened as well.

Right, but still no other Jew I know has ever heard of an auction house in Germany seeking to compensate the heirs of artwork stolen in the Nazi era.

We (Anna Rubin and I) weren't able to get the auction house contract reviewed in the short window allowed before their catalog printing deadline. Agnes Thum in Germany stated there's no guaranty the owner would still offer compensation if they had to wait until the next season. Ah, pressure to perform. In fact, the owner of the Hans Thoma upped the fee being offered as a percentage of the hammer price, to get the matter resolved for the next season's auction.

Certain contract changes, as proposed by Anna Rubin, an attorney by training, were incorporated. The parties executed the agreement. The auction took place. Agnes Thum asked for wire transfer instructions...without asking me to wire anything to her.

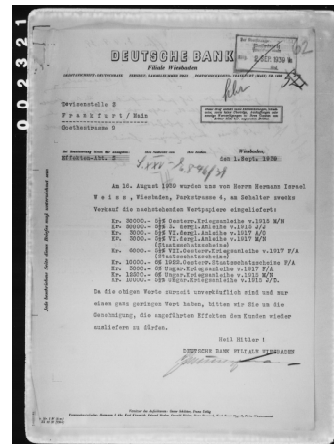
Last month, a significant credit

arrived in an account I happen to maintain with just a \$100 balance. I've since transferred those funds to a different account, theoretically, to avoid the funds getting sucked back out. The contract contains a confidentiality agreement as it pertains to the percentage split, but I can tell you the painting sold for 40,000 Euro.

Details of the provenance research undertaken by the German auction house reflected five other paintings which my ancestors put up for auction, but which weren't documented as being sold. They're now registered on LostArt.com.



1939. Great grandparents Helena and Herman Weiss, parents of Otto Weiss, in Weisbaden Germany.



1939-08-16 with hitler reference.

The provenance research shared with me contained family documents I'd never seen before, like a short will from my great grandfather, and from my grandmother from 1957, before I was born.

The research showed my ancestor's correspondence to and from Deutsche Bank, seeking to get a release of their own money to pay for replacements of what was destroyed. I

can't read German, but I'm able to read the portion of the response from Deutsche Bank, which closed each reply, by proclaiming "Heil Hitler!", followed by the bank officer's signature.

A picture of the Hans Thoma painting is above, which had been looted from their home, on the night of the broken glass.



1937. My grandfather Otto Weiss

Michael Cagen is a First Vice President – Investments, with Marcus & Millichap Real Estate Investment Services, which is a publicly traded firm with 85 offices in the US and Canada, focused on the sale of income producing property, such as apartment buildings, office buildings, retail buildings and selfstorage. In 2009, the firm closed approximately \$50 billion in sales of investment property.



Silverman Family Poppy Seed Cookies

By Evan Rossio, Campaign Director, JFGR

It's always a challenge to recreate favorite family recipes. Whether it's deciphering vague measurements, e.g., "one juice glass of sugar," or having the result taste just like Bubbe's, getting it right is often a challenge. It took me many attempts to nail this one. My late mother helped me with advice like, "they're too thick" and "not crispy enough." Persistence pays off, and somewhere my mother and grandmother are smiling.



Evan Rossio

Poppy Seed Cookies

- 4 large eggs
- 2 c sugar + sugar for topping
- 1 c vegetable oil
- 1 t baking powder
- ½ c cold water
- 1 t vanilla
- ¼ t salt
- 1/3 c poppy seeds
- ½ t cinnamon
- About 2 lbs all-purpose flour
(6-7 cups or more)

Beat eggs slightly in a mixer, then add sugar and beat to combine. Add oil, water, and vanilla and beat until mixed. Combine dry ingredients and slowly add to the mixer. Dough will be dense. Turn out onto a floured surface and briefly knead until dry enough to work with. Roll out to desired thickness (about ¼") and cut cookies using cutters. Press cookies into a bowl of sugar, and place on a baking sheet covered with parchment paper or silicone. Leave some room between them, but they will not get too much larger. Bake at 350 degrees for about 20 minutes or until the edges just begin to brown. Cool on a rack. The cookies are meant to be a bit crispy.



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Email Julianna@ifgr.org
Or call (616) 942-5553
ext. 206

Looking forward to your help!



We Need Help With:

- Driving community members to appointments.
- Delivering items to those in need.
- Assisting with in-person programs.

**VOLUNTEERS
MAKE A DIFFERENCE
SIGN UP TODAY!**



Being Prepared: Eating Healthy

By Amy VanFossen, Registered Dietitian

As a Registered Dietitian people assume that I spend most of my time creating meal plans, writing grocery shopping lists, handing out recipes, or even following people around grabbing food out of their hands. I have done those things from time to time depending on the needs of my patients/clients. Ok, not grabbing foods out of people's hands, but I have been asked to provide this service! The one thing I have done in almost every interaction is have the same conversation about two things: being prepared and all or nothing thinking.

Being prepared simply refers to having foods available to you at the times you need to eat. This doesn't mean the same thing for everyone, it's not realistic to always give the same advice because everyone has a different schedule, different diet, different budget, but the strategy is the same. When do you make "bad" decisions about what to eat? Are you too hungry or too busy? Do you just hit the drive through on the way home because you don't want to cook? You haven't been to the grocery store so you order pizza? You're traveling and didn't pack snacks and the only place to stop is a gas station? Just take a minute and think about what being prepared would look like for you. It could mean a well stocked pantry. It could mean scheduling trips to the grocery store or a weekly night of cooking to having meals ready in the fridge. It could mean keeping non perishables handy for road trips. It could mean freezing portions of meals to defrost for dinners when you don't want to cook. These are not new ideas, maybe sometimes you do these things and then get off schedule or out of the habit. When I talk with most people they can usually tell me the ideas they have to

change their habits, it's not in the knowing, it's in the doing.

This brings us to all or nothing thinking. So groceries were low and you grabbed a pizza. It's the all or nothing thinking that's the unhelpful, not the pizza. It's the "what's the point, I should just eat pizza every day, why bother trying, I'll start over Monday". This is the next part of the same conversation I have with nearly everyone. You didn't "ruin everything" by eating one pizza, hitting one drive thru, grabbing a bag of chips on the road. That's not how it works, you don't erase "healthy" eating or exercise by eating something you consider unhealthy. In the words of Ted Lasso "be a goldfish". They have a short memory. It doesn't mean you can't learn from how you feel, it means it doesn't help to beat yourself up. We are allowed to eat pizza, chips, fast food, etc and enjoy those foods when we decide we want to do that. It's when we do it out of not being prepared and view it as a mistake that it creates negativity and a downward spiral.

Think about the ways you can be prepared and avoid all or nothing thinking (that don't include asking me to come grab foods out of your hands until I start providing that service!).

Amy VanFossen is a registered dietitian. She is currently a traveling dietitian with Dietitians on Demand. She also has a background in social work and has been certified as a personal trainer.



Amy VanFossen

News from the Nosh

Thank you to the community members who have submitted recipes for our "cookbook" project. Now that the holiday season is behind us, we'd like to renew our efforts to collect content for the website. Do you have a favorite family recipe? We are also interested in collecting more vegan, Sephardic or Mizrahi recipes. Do you have any recipes from the old country?

We would like to make it easy for you. We are accepting recipes and content via www.jfgr.org by mailing to the Federation office, or by email: evan@jfgr.org. Please send us your favorite recipes.





JFGR is proud to bring FREE Yoga Classes to the community

By Adar Tal



Adar Tal

Hello!

My name is Adar Tal. I am an Israeli-American and I relocated here from Israel three years ago, with my husband Roy and our sons Nitsan and Tomer.

I have been a writer and editor for many years in newspapers and websites in Israel. After we moved here, I became more committed to my yoga practice, especially

since Covid-19 hit the world, and I decided to take a yoga teacher training here in GR.

I graduated in May 2021, and I am a registered yoga teacher, RYT-200 Yoga alliance certified. I am also certified as a 200-hour therapeutic yoga teacher with 25 hours specialization in trauma informed yoga. And recently I have completed a 20 hours Yin Yoga training that is recognized by yoga alliance as a continued education.

Since I graduated, I have been teaching group classes and private sessions, and I would love to also teach my own tribe, the Jewish community here in GR.

Yoga brought a lot of peace and gratitude into my life. For me, yoga is a gift and I enjoy passing it on to whoever wants to share this gift and get closer to their body and mind.

Starting from October 4, I will be offering 2 weekly classes through JFGR. Both classes are 60 minutes long and are open to all levels, all bodies, all people.

The classes will take place at The Grand Rapids Yoga Company, at 1119 Burton SE #300 & #400, Grand

Rapids MI 49507. To register please contact Julianna Schrier at julianna@jfgr.org or me, info below.

Monday evening – Gentle yoga flow. 7:00pm

Gentle yoga is a wonderful way to give yourself attention, mindful movement, and lots of relaxing stretches. A chance to set your own private intention for the rest of your week with self-compassion and inner power.

Thursday evening – Gentle and Yin yoga. 7:00pm

This class is designed to take you from your busy day to the weekend, to slide into the Shabbat, in the most relaxing and comforting way. We will stretch our bodies, breathe and hold calming postures that will help prepare our bodies and minds for the weekend.

I also offer private yoga sessions, either outdoors when weather permitting or at the home of my students.

For more information and any questions, I would love to hear from you, the people in the community by text at 616-560-5346 or by email – adartal@gmail.com.

Thank you for the opportunity! I can't wait to share yoga with you!

Namaste!
Adar Tal

Hello





Yoga Classes for the Community

Join registered yoga instructor Adar Tal for FREE weekly yoga sessions at The Grand Rapids Yoga Company!

Free Classes offered:

Monday Oct 4 at 7pm – Gentle yoga flow

Thursday Oct 7 at 7pm – Gentle and Yin yoga



For more information, contact Adar at adartal@gmail.com.
RSVP to julianna@jfgr.org

Located at:

1119 Burton SE #300 & #400
Grand Rapids MI 49507

Classes begin Monday, October 4 & Thursday, October 7. Each session is 60 minutes long, and open to everyone over the age of 16, regardless of experience. Bring a yoga mat if you own one! Additional mats are available to borrow.



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OF GRAND RAPIDS

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Beit Sefer B'yahad United Jewish School

1715 Fulton St E | Grand Rapids MI 49503
616.459.5976

The UJS got off to an amazing start this past Sunday! Kids were doing art projects, hands were in soil, popcorn was popping in the kitchen, powerful conversations on deep topics were being had, and so much! We also engaged in our new weekly *T'filah* led by Cantor David Fair, where we focused on the prayer "*Asher Yatsar*," where we thank God for the processes that keep our bodies working each and every day.

We're very excited to announce that every single classroom is displaying a sign that says that our school is an *LGBT Safe Zone*. This includes a single occupancy restroom that is an All-Gender restroom that we tell all our students and teachers they are free to use.

We are also excited to start doing weekly special activities: Israeli dancing, Mussar, and Mindfulness & Meditation. It is never too late to enroll your children in our engaging and active religious school. Please go to UnitedJewishSchool.org and click on "Enroll."

Moadim l'Simcha,
Cantor David Fair

CHABAD OF WESTERN MICHIGAN

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.

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*

JLI CLASSES

Experience Jewish learning like never before. JLI makes Jewish learning accessible & personally meaningful to every Jew, regardless of background or affiliation.

TUESDAY EVENINGS ON ZOOM AT 8:00PM

For more Info or for zoom information, please contact Rabbi Mordechai at 269.903.2770 or Rabbihaller@chabadwm.com

CTEEN DAY "LOAVES OF LOVE"

SUNDAY, OCTOBER 24TH | 1:00PM

Bake challah and cook chicken soup for local distribution.

At the Chabad House | for Jewish High School Teens
| RSVP to Rivka @ 616.206.9654

JLI CLASSES – "OUTSMARTING ANTISEMITISM"

How to Beat it with Purpose, Positivity and Jewish Pride.

We cannot let antisemitism define our Judaism, but we cannot ignore it either. As direct memory of the Holocaust fades, Jews around the world are wondering whether the patterns of past centuries are returning, in both the Old and New Worlds, where Jews experience more hate crimes than any other group.

Are Jewish people doomed to be stuck in this cycle forever? Is there a way to escape this history of hate?

Outsmarting Antisemitism takes this dark subject on squarely, with a sense of unabashed optimism, profound faith, and a distinctly Jewish approach.

Through illuminating source texts and captivating case studies, this course considers the sources of this ancient scourge, along with the appropriate strategies for overcoming it. It's time to find the confidence to fight hate with hope and to stand tall against antisemitism with positivity, purpose, and plenty of Jewish pride!

FOUR WEDNESDAY EVENINGS: 7:30-9:00PM | CLASSES BEGIN ON WEDNESDAY, NOVEMBER 3RD 2021

VIRTUAL OPTION ON TUESDAY EVENINGS VIA ZOOM | STARTING ON NOVEMBER 2ND AT 8:00PM

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

For more Info or to register at Chabadwm.com/JLI or contact Rabbi Mordechai at 269.903.7916 or Rabbihaller@chabad-westmichigan.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 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



CANTOR STUART'S RETIREMENT SHABBAT

Cantor Stuart Rapaport will be retiring as Cantor of Ahavas Israel after 45 years of beautiful, inspiring, and dedicated service! Please join us to recognize his final Shabbat on October 2.

Due to the unfortunate rise in Covid-19 infection rates, the luncheon in honor of Cantor Stuart Rapaport's retirement will be postponed until the Spring of 2022. We are very sorry for any inconvenience this may have caused. Please watch future announcements for the new date to be set soon. You may call or text Marisa Krishef with any questions at 616-450-6419, or email her at Marisa.Krishef@gmail.com.

SOCIAL ACTION PROJECTS:

Ahavas Israel supports the community in which we live. Be a part of it:

- The Corners of the Field garden on the Northeast side of the building grows food for the Temple Emanuel Food bank and the Baxter Community Center. Contact: Allyson Cole-Strauss, allysoncolestrauss@gmail.com, (616) 406-6536.
- We are a support congregation for the Family Promise of Grand Rapids, helping Trinity Lutheran church feed families who find safe shelter in the church about four times a year. Contact: Allyson Cole-Strauss, allysoncolestrauss@gmail.com, (616) 406-6536.
- We participate in the National Wildlife Federation Sacred Grounds program with All Souls Congregation, and have devoted a piece of our property behind the social hall to be a native plant and wildlife habitat. Contact: Diane Rayor, rayord@gmail.com, (616) 791-8929.
- We are a member of the Grand Rapids Climate

Resolution Coalition, working towards achieving community-wide carbon neutrality for Grand Rapids by 2030. Contact: David Hast, hastdj@gmail.com, (616) 791-8929.

- We support The Center for Community Transformation, to develop, rebuild, and restore the 49507 zip code of SE Grand Rapids. They are looking for academic tutors, mechanics, cooks, carpenters, event planners, accountants, and other business professionals or to volunteer and share their knowledge. Contact: Rabbi Krishef, Rabbi@AhavasIsraelGR.org, 616-949-2840.

RABBI KRISHEF'S STUDY GROUPS AND CLASSES

- Jewish mysticism/Zohar study group, Mondays, 12:00 - 1:00 p.m., Ahavas Israel. We are reading through Daniel Matt's translation and commentary of the Zohar.
- Sunday mornings, 9:00 - 10:00; Thursdays, 1:00 - 2:00 p.m.; Monthly on the third Thursday evening of the month, 7:00 - 8:00 p.m. "Foundations for a Thoughtful Judaism." Watch the weekly email for more information and specific topics.
- Introduction to Judaism, beginning Monday night, October 11, 7:00 - 8:30 p.m. Cost: \$50/members and B'nai Noah affiliates, \$75/non-members. A basic introduction to Jewish history, beliefs, rituals, holidays, and life cycle celebrations. The syllabus is available for download from AhavasIsraelGR.org under Adult Education Programs (or call the office to have it mailed/emailed to you).



Temple Emanuel was established in 1857 as a Reform synagogue. 164 years later we continue to honor the Jewish values of those who created our community. Our congregation is open to all those who wish to join us. Our worship is inclusive and filled with music and opportunities for reflection. Questions? Call us at 459-5976 or email naamah@gmail.com.

Friday, October 1

Shabbat Services at 6:00 PM.

Friday, October 8

Pink Shabbat at 6:00 PM

Wear pink as mark the occasion of Breast Cancer (and all cancers) Awareness Month

Friday, October 15

Family Shabbat at 6:00 PM

Our child-friendly siddur is perfect for all ages



TEMPLE EMANUEL

Saturday, October 16

Join us for our first ever Yoga and Meditation Shabbat at 9:30 AM

Corey Dane will lead a program of spiritual release and renewal

RSVP to the Temple office.

Sunday, October 17

Pumpkin Decorating and Coffee Bar at 11:30 AM

An event for all ages as we Fall into Fall

RSVP to the Temple office.

Friday, October 22

Shabbat Services at 6:00 PM

Saturday, October 23

Tot Shabbat at 9:30 AM

Our youngest children and grandchildren, along with parents and grandparents, are invited to spend an hour with Rabbi Schadick

Sunday, October 23 from 11:00 AM to 1:00 PM

Come Eat, Bubbelah!

Drive-Thru Deli Boxed Lunch Fundraiser

Corned Beef or Pastrami Sandwich, potato salad, cole slaw, and mandelbrot

\$25 helps us raise funds

Pre-Orders Only by October 15 to the Temple office

Friday, October 29

Shabbat Services at 6:00 PM

Saturday, October 30

Torah Study with Rabbi Schadick at 9:00 AM



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The Jewish Federation
OF GRAND RAPIDS



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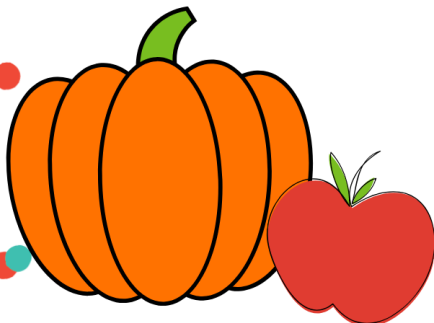
PJ Library Apple Picking

Sunday, October 10, 2021 at 1 pm

Schwaller's Country Basket

1185 9 Mile Road NW

Sparta, MI 49345



Pick your own apples and pumpkins, ride the cow train, and explore the corn maze in teams!

Tickets are free for PJ kids. For parents, the cow train is \$3 and the corn maze is \$8. RSVP to Julianna Schrier at julianna@jfgr.org.



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 Louis and Sheldon Kahn
Carol and Michael Present
- 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**

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

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.

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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Phone: 616.942.5553
www.jewishgrandrapids.org
Email: info@JFGR.org

**Next Issue's Information Deadline:
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The Shofar is delivered to nearly 700 subscribers, 12 times a year. Space is limited.
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Ways to Say Goodbye
by Ariel Schlesinger

COMING SOON

New Holocaust Memorial

at the
Frederik Meijer Gardens & Sculpture Park

Generously given by the Pestka Family

For more information visit the [jfgr](http://jfgr.org) website at
www.jewishgrandrapids.org

"Frederik Meijer Gardens & Sculpture Park is highly honored and very pleased to receive this significant and meaningful gift to acquire Ariel Schlesinger's monumental sculpture Ways to Say Goodbye. The sculpture will be dedicated in memory of Henry Pestka and the six million Jews murdered in the Holocaust and serve to promote peace. We are deeply grateful for this gift adding such an important work of art to our Permanent Collection. Our members and guests will forever benefit from this extraordinary gift."



- David Hooker, President & CEO
Frederik Meijer Gardens & Sculpture Park