



THE NEW JEWISH VOICE

A PUBLICATION OF UNITED JEWISH FEDERATION

The Fifth Annual Norma and Milton Mann Lecture

BY EVA WELLER

When the Jewish Historical Society of Fairfield County's (JHSFC) 30th Anniversary was held in 2015, the organization's focus was on legacy and leadership. Who better, then, to honor with the society's prestigious Heritage Award than Norma and Milton Mann, two exemplary leaders? In keeping with their high standards and global interests, the JHSFC posthumously established its first named lecture in their honor. The lecture brings renowned experts to the community to present on topics that have wide appeal, are historically significant and impact our future.



Professor John Q. Barrett

The fifth Annual Norma and Milton Mann Lecture will be held at 11:00 am on October 30, 2022, at Temple Beth El, Stamford and will feature John Q. Barrett, the Benjamin M. Cardozo Professor of Law at St. John's University in New York City, who will deliver an address entitled "Is Justice possible? The History and Limits of International War Crime Tribunals."

Professor Barrett delivered the inaugural Mann lecture in 2017. At that time, he delivered a riveting address on the legacy of the Nuremberg trials. JHSFC is pleased to once again welcome Professor Barrett to the podium this year, when he will expand on his earlier topic.

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Chapter Two Fall Harvest Field Trip

(Courtesy of UJF) For the last three years, United Jewish Federation's (UJF) Chapter Two affinity group has been on a hiatus. Re-grouping this past April, participants eagerly expressed interest in bringing back Chapter Two. Happily, on Thursday, October 13 at 10:00 am, the group will once again be together and will meet at the Stone Barns Center for Food & Agriculture at 630 Bedford Road in Tarrytown, New York. Chapter Two is a women's group for empty nesters in Fairfield County, looking to create a community through shared interests. The "Fall Harvest Field Trip" program will offer the participants the opportunity to enjoy the company of their peers while learning about Stone Barns' mission, all in a beautiful setting.

Sharon Franklin, UJF's Managing Director of Campaign & Community Engagement, met with the Chapter Two planning committee to brainstorm how best to kick off Chapter Two's resurgence. The members included

Heidi Ganz, Debby Goldberg, Allison Greenbaum, Lorraine Kweskin, Nancy Mimoun and Arlene Rosen.

"As different ideas were discussed," noted committee member Allison Greenbaum, "I suggested visiting a farm during the holiday of Sukkot. Having visited the Stone Barns Center in the past, I thought it would be the perfect field trip for Chapter Two. I look forward to participating in this event and hope other community members will join us."

Stone Barns Center for Food & Agriculture is a non-profit farm, education and research center located in the Hudson Valley in New York. The center was created on 80 acres formerly belonging to the Rockefeller estate. Stone Barns promotes sustainable agriculture, local food, and community-supported agriculture.

The Chapter Two event will begin at the Center, where coffee and a light organic, farm-fresh breakfast will be

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Walk for Unity in Our Community

Stamford's "Walk for Unity in Our Community and Day of Action", created by United Jewish Federation's Jewish Community Relations Council in partnership with the Interfaith Council of Southwestern CT, Mayor's Multicultural Council, Stamford Stands Against Racism, and the Interfaith Social Ministry Collaborative, was held in Mill River Park on September 11. (See article and more photos on page 7.)



Dignitaries and event planners (Top row l-r): Reverend Winton Hill (African Methodist Episcopal Church), Reverend Mark Lingle (St. Francis Episcopal Church), Rabbi Daniel Cohen (Congregation Agudath Sholom), Mayor Caroline Simmons (with her son), Minister Chris Altrock (Stamford Church of Christ), Music Minister Edward Pleasant (Stamford Church of Christ), UJF President David Gordon. (Bottom row l-r): UJF CEO Diane Sloyer, Pastor Nestor Gomez (First Congregational Church), Event Chair Linda Spilka, and UJF's JCRC Director Sharon Lewis.

From UJF's Chief Executive Officer We've Got a Road Map

BY DIANE SLOYER

With the New Year comes new beginnings for Federation. For the past year, a committee led by UJF Executive Committee board member Beverly Stein embarked on a strategic plan to provide a road map for the future of UJF. The strategic task force included Kerrin Behrend, Henry Bubel, Linda Gornitsky, Susan Kostin, Chris Maroc, Risa Raich, Rhonda Schaffer-Maroon, Michael Schlessinger, Seth Tobin, UJF President David Gordon and me. Thank you to this wonderful, diverse, thoughtful, and hardworking team for caring so much about the future of Federation and our community. We worked as a whole, and in various subcommittees, beginning over a year ago with the development of the community survey.

Our work and process were guided by consultant Joy Goldstein and included a survey resulting in participation by over 1,040 members of the community. Joy conducted key informant interviews with community leaders, rabbis, and agency heads. Additionally six focus groups were conducted to broaden the input and move the plan forward.

Six overarching priorities emerged as areas of focus for the next three years. These priorities will drive and guide Federation going forward. They are:

- Expand and strengthen Federation as an organization
- Build strong name awareness and image that increases program participation and attracts volunteers
- Raise funds to address UJF local and global communal priorities
- Work to ensure a safe and secure local Jewish community



Diane Sloyer, UJF CEO

- Strengthen relationships with Israel and Global Jewry
- Develop succession planning for UJF lay leaders, volunteers, and professional staff.

At the beginning of this effort, some were concerned that the results might show that there is no future need for Federation. But, in fact, the results were the

complete opposite - thankfully. And what was clear, from all the data, was that now, more than ever, there is a need for Federation. The community impact of programs like LIFE & LEGACY, PJ Library, Communal Security, this newspaper, *The New Jewish Voice*, are just a few initiatives that would not exist...if not for Federation. And, the void that would result without these programs would be significant.

Concurrent to the process, Federation has continued to initiate some transformations. We have just relaunched a new website, have hired a new marketing director, and brought a *shaliach* (emissary) back to our area to serve the entire community and provide Israel engagement.

For the last five years we operated on a shoestring budget with only two full-time staff. I saw this as a challenge and opportunity to rebuild Federation and prove our value and worth to the community. It has been tough as we have all lived through a pandemic, wars in Israel and Ukraine and more. But together as a community we've made it through.

As is often said, "Federation is here for us all in good times and bad." I look forward to the implementation of this powerful strategic plan, the road map that has been developed by Federation, and the positive impact it will have on us all in the community.

UJF President's Message

The High Holidays - Time For Life, Time for Legacy

BY DAVID GORDON

The High Holiday season or *Yamim Nora'im* (literally Days of Awe) of Rosh Hashana and Yom Kippur are upon us. Traditionally, these holidays are for self-reflection, repentance or return (*t'shuva*), and prayer. We pray to the Almighty to write us down in the Book of Life and seal us for good in the coming year.

Also upon us is the United Jewish Federation annual campaign season. The Federation annual campaign and the High Holiday season are unconnected in one sense, but connected in another. It just so happens that the campaign falls out in the autumn because of Federation's fiscal year, so it is serendipitous that the High Holidays and the annual campaign occur simultaneously. On the other hand, there is a strong connection, as charity (*tzedaka* - literally righteousness) is a theme of the High Holidays. The giving of charity during this time of year is traditional for Jews, and in our prayer books, the giving of charity is set forth as being capable of causing the Almighty to change what otherwise might be a severe decree for an individual. It should go without saying that everyone is highly encouraged to give to the Federation annual campaign, and to give generously.

While you are in the giving mood, I have an additional ask of you. In your time of self-reflection, please consider what your life is about and what you believe is most important to you so that your contribution to this world will have an everlasting impact. In particular, please



David Gordon, UJF President

consider making a legacy commitment to Federation's Harold Grinspoon LIFE & LEGACY program. Last month, I quoted Massachusetts Governor Samuel W. McCall's book *Patriotism of the American Jew*, where the Governor, in 1922, said that the Federation is one of the greatest achievements of the American Jew (p.209).

Now I will quote him once again for relating that (in 1922) "[r]arely is a Jewish will recorded without its provision for charity..." (p.214). Governor McCall does not state why that is so; only that he believes it to be so.

One hundred years later, with an admission of some temerity, I propose that the reason for leaving charity in one's will then is the same as it is now. When we are gone, we cannot take anything with us. What we leave behind is our good name and our good deeds. If we are blessed with descendants, they certainly will not miss 10% (or even more) of the estate we leave behind. But they, and the community, will always remember the generosity of the donor in supporting the Jewish community and in the continuation of that support through a legacy gift.

So, in asking you this High Holiday season to make your pledge to Federation in its annual campaign, and to then add to that with a legacy pledge, I wish you a *Shana Tovah u'metukah* (a sweet and good New Year), with all things good. May you be inscribed in the Book of Life for years to come!

Behrend Leadership Institute is Back and Seeking Nominations

(Courtesy of UJF) United Jewish Federation (UJF) and all of our local Jewish organizations are built upon a strong foundation of diverse and passionate leaders who work every day to ensure the strength and well-being of the community. Whether it is through synagogue involvement or volunteering with a Jewish agency, our leaders make sure that our community continues to be supported and grow stronger.

After a brief hiatus because of COVID, United Jewish Federation is excited to launch the next cohort of The Behrend Institute for Leadership, a showcase program of Federation that has left a lasting impact on our community and beyond. UJF is excited to announce that it is now accepting nominations for the 2022-2023 Behrend Leadership Institute.

"Since 1996, The Behrend Leadership Institute has graduated over 300 leaders, and many have and continue to serve as leaders in our community organizations. Federation is grateful to Stephne and Kerrin Behrend for investing in our community and its future," shared UJF CEO, Diane Sloyer.

Federation is proud to extend to the community an opportunity to nominate an emerging leader in your network to take part in its leadership training initiative, The Behrend Leadership Institute: Powered by United Jewish Federation.

The Yesod curriculum, which has been developed by the Florence Melton School of Adult Jewish Learning at Hebrew University in Jerusalem, will be used for this training.

Yesod, the Hebrew word for foundation, aptly describes this vital initiative for

the Greater Stamford, New Canaan and Darien Jewish community. The efforts of the community's leaders are inextricably linked to the success of the community's Jewish agencies and synagogues. The goal is to strengthen Jewish institutions and this community by helping to develop excellent volunteer leadership.

The program will consist of eight evening sessions and will start in November 2023. In-person sessions will take place at various institutions in the Greater Stamford area. A family Shabbat dinner will be held mid-year. The sessions will be taught by esteemed educator, Jonathan Fass, based on a curriculum written by Dr. Erica Brown. This course of study, "Essentials for Jewish Leadership Today," offers insights into personal and organizational leadership

through a Jewish perspective and will cover the following topics:

- Personal Leadership Journey
- Difference between Power and Influence
- Growing from Failure
- Mentoring and Growing Others
- Nurturing Vision
- Effective Change Management
- Inspiring Communication
- Creating a Leadership Pipeline

"Investing in new leaders is the most important factor in ensuring the long-term success of our community. Graduates of the Behrend Leadership Institute have and will continue to help shape our future. By nominating an emerging leader, you will have played a pivotal role in not only

CONTINUED ON PAGE 20

Reading Partners Goes Back to School

(Courtesy of UJF) After a two-and-a-half-year hiatus due to the COVID-19 pandemic, United Jewish Federation's Herbert and Sarah M. Gibor Reading Partners will return to the Stamford Public School System and after-school programming this coming fall. As an impactful program of United Jewish Federation for over 20 years, Reading Partners works with children who are in grades K-3, and on the cusp of grade-level reading. Volunteers work individually with two children for a half hour each, one day a week. Eligible children are selected by their teachers and the school's reading specialist.

"School administrators have shared that due to the pandemic, students are falling behind in reading. They are

grateful Reading Partners will help bridge the gap, and we are grateful to be able to get 100 plus volunteers back into the schools," shared Reading Partners Director Lenore Fogel.

Reading Partner volunteers devote minimally one hour a week. They love to read and value the impact they have in helping children succeed. United Jewish Federation provides training and support, as well as materials to use with the students for both new and ongoing volunteers. Past workshops have focused on various aspects of reading and included hands-on tools and resources to implement during sessions.

This year will begin with a back-to-school workshop with Joe O'Callaghan, LCSW Department Head of Social Work

for the Stamford Public Schools. Mr. O'Callaghan will present volunteers with information on the developmental stages of children and how they have been affected by the pandemic. Reading Partners will learn how to integrate this knowledge as they return to tutoring the students in person. Ms. Fogel said, "We are so excited to return to the schools!

We have all missed the students and the joy of watching their excitement as their reading skills progress. It is an honor to have Joe O'Callaghan speak to us about how the pandemic may have impacted the children and raise our awareness."

If you would like to volunteer for Reading Partners, please contact lenore@ujf.org for more information.



Reading Partners Team Captains meet in UJF's new offices to plan the year ahead.

Jewish Senior Services Fall Gala

(Courtesy of Jewish Senior Services) Jewish Senior Services (JSS) has announced that Debby Hiller and Barbara Kauders will be awarded the Louis Lotstein Award for Distinguished Service. Bill Sims will be receiving the Arthur and Gladys Lunin Humanitarian Award. These awards will be presented at the Women's Auxiliary 2022 Fall Gala on Thursday, October 13, at the Patterson Club in Fairfield, CT. The evening is co-chaired by Cindy Epstein and Vivian Epstein.

The Louis Lotstein Award for Distinguished Service was created to recognize leaders for their long-term service to Jewish Senior Services as demonstrated by the devotion of the late Mr. Lotstein. This year's recipients, Debby Hiller and Barbara Kauders, past co-presidents of the Women's Auxiliary, have generously given their time as dedicated leaders and hands-on volunteers with JSS. From event co-chairs to active committee members, and board members, Debby and Barbara have touched the lives of the residents and family members in very significant ways. The Lotstein family has been presenting this award since 2004.

Andrew H. Banoff, President & CEO of Jewish Senior Services, shared, "Debby Hiller and Barbara Kauders have demonstrated exemplary leadership for the Women's Auxiliary and have become pillars of this important organization. They are always there to ensure that we fulfill our mission and to guide the Women's Auxiliary Board toward doing whatever we can for the benefit of the residents and clients we are privileged to serve. Most importantly, they are both just lovely people!"

Andrew continued, "Bill Sims, this year's Lunin Award recipient, is one of the formal and informal leaders of the Jewish Senior Services' Board of Directors and our community. We are privileged to have his wisdom, insight, and calm demeanor to help guide us through uncharted waters. I am personally grateful to Bill for his counsel, his friendship, and his support."

Bill Sims, the Managing Principal at HJ Sims, has had a significant impact on the community-at-large. The award was created to recognize outstanding public and community service as exemplified by the good works of Arthur and Gladys Lunin. Bill is nationally recognized for his expertise in the senior living industry where he has overseen the financing of hundreds of projects since joining the firm in 1973. Jewish Senior Services has benefited tremendously from his industry knowledge ever since this entrepreneurial business leader joined the Board of Directors in 2001. Over his tenure with JSS, Bill served as Chairperson of the Finance and Executive Committees, Treasurer, Vice President, the 20th Chairperson of the Board of Directors and is currently on the Vision 2031 and Executive Committees.

The Women's Auxiliary looks forward to the Fall Gala to officially honor these three extraordinary individuals. For more information about the evening, including reservations, please contact Lisa Becker, Development Associate, at 203-396-1000 or lbecker@jseniors.org



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Calling All Teens

(Courtesy of UJF) The Kuriansky Teen Tzedakah Corps, the flagship teen leadership and philanthropy program, is back in person for the 2022-2023 academic year. United Jewish Federation has been proud to host this program for close to 15 years thanks to the generosity of the Kuriansky family.

This year's cohort will begin in late October and is open to all 10th to 12th graders. Jonathan Fass, a local Jewish educator who currently serves as the Managing Director, Educational Technology and Strategy for the Jewish Education Project, will serve as the director of this program.

Sessions will be on Sunday evenings from 6:00 pm-8:00 pm and include dinner (location to be announced). Session dates

are October 30, November 20, December 11, January 8, February 12, March 12, and April 16. The May graduation date will be announced. The program fee is \$100 which is applied to the teens' grant distributions as part of the program. Applications and details can be found at www.ujf.org/teen.

"I am excited to bring this program back in person. The teens learn so much more when they have the ability to interact with one another. They learn fundamentals of being a Jewish leader and philanthropist, and I am grateful to the Kuriansky family for making the program possible," shared UJF CEO, Diane Sloyer.

For more information contact Taly Farber at Taly@ujf.org.

Beth El Education Opportunities

(Courtesy of Temple Beth El) Temple Beth El invites the community to three free adult education courses this fall.

Join Cantor Katie Kaplan for "Nusach: Singing Sacred Time" for a journey through sacred time and space to explore *Nusach*, the musical modes of the weekday, Shabbat, and High Holiday/Festival liturgy. Classes will be held on Tuesday, October 25, November 1 and 8 at 7:30 pm virtually on Zoom.

Join Rabbi Gerry Ginsburg in "Journeying through Our Prayer Services - 1st Semester" on Wednesday, November 2, 9, 16 and 30, December 7, 14 at 7:30 pm in-person at Temple Beth El. This course will take a look

at Shabbat - how is the Friday night Kabbalat Shabbat structured? What do the prayers mean? No prior knowledge of Hebrew required. All materials will be provided.

Take an "Adult Level 2 Hebrew Reading Crash Course" with Susan Shapiro on Thursdays, October 13, 20, 27; November 3, 10, 17; December 1, 8, 15 at 7:00 pm on Zoom. This course is designed for people who have taken the Hebrew Reading Crash Course and for those who can read Hebrew a little but want to improve their skills.

For more information, contact Steve Lander execdir@tbe.org or 203-322-6901 ext. 104.

THE NEW JEWISH VOICE

"The New Jewish Voice" (USPS #184) is published by the United Jewish Federation Inc. 2009 summer street., Stamford, CT 06905.

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Jewish 20s & 30s Events Are Back!

(Courtesy of Schoke JFS) One of the priorities of Schoke Jewish Family Service (SJFS) is to respond to the needs of overlooked populations. For many years, SJFS provided a group for young adults to get together. While attempts to continue this program were made over the last several years, it was very difficult. As the pandemic endured, the agency became aware that adults in their twenties and thirties lost many of the typical outlets for socialization and relaxation. And as working from home has become permanent, the lines between work and play have become increasingly blurry.

To give young adults more opportunities

to join in activities with like-minded peers, Schoke JFS is relaunching "Jewish Twenties and Thirties" (JTT) events. These events have the potential to create long-lasting friendships between young Jews and support a meaningful connection to their Jewish community and identity.

Schoke JFS staff members Hannah Pollack and Mark Katz, who are also part of the 20s/30s community, will host the upcoming calendar of events. Hannah and Mark are working hard to plan events with wide appeal.

Are you interested in signing up for JTT or know someone who is? Please reach out to the JTT team jtt@ctjfs.org for

more details and to be added to the JTT email list. Learn more about upcoming events on the JTT Facebook group: www.facebook.com/groups/Jewish2030.



Hannah Pollack and Mark Katz.

Chapter Two Fall Harvest Field Trip

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available for purchase. Exploration of the farm grounds and discussions of how the farm works will follow. The group will learn about the connection between healthy soil and delicious food and obtain insights into farming practices. If desired, participants can walk to the fields and see what is being harvested and what it takes to care for the land.

"I think this will be a great initial field trip for the group, especially because it is during Sukkot," said Franklin. "What better place to be together than outdoors, with opportunities to learn about innovations of farming practices that can benefit so many?"

Space for the event is limited to 20 guests.



The Stone Barns Center for Food & Agriculture.

Please sign up at www.ujf.org/farm. Participants must arrive at the Stone Barns Center by their own means. Driving details/directions will be provided upon sign up. The price of the program is \$45. For more information about this program, or to get involved with Chapter Two, please contact Sharon Franklin at sharon@ujf.org or call 203-321-1373, ext. 1004.

UPCOMING DEADLINES

November 2022

Deadline: Thursday, October 6, 2022

December 2022 / January 2023

Deadline: Monday, November 7, 2022

Email submissions to sandy@ujf.org
You should receive notification that your submission was received!

CANDLE LIGHTING TIMES

October 7 6:08 pm
October 14 5:57 pm
October 21 5:46 pm
October 28 5:37 pm

The Friendship Circle Kicks Off the New Year

(Courtesy of The Friendship Circle)

The Friendship Circle of Fairfield County is preparing to kick off its 20th year of service, assuring that people with special needs and their families experience a sense of acceptance, inclusion and friendship. The over 300 volunteers who help make this happen include both teens and adults with a desire to contribute to the community and enrich others' lives as well as their own. Over the years, as the organization has grown, its range of programming and clients served has expanded and branched out into many different areas. This year's offerings include a wide variety of activities and involve many different populations and volunteers.

Malya Shmotkin, Director of the Friendship Circle, said, "I am so excited to get the new year started. We have so many wonderful activities planned! You will see many familiar opportunities, as well as some new and exciting events. We are looking forward to welcoming back past participants and volunteers, as well as meeting all of our new friends. With *Hashem's* help, this will be our best year yet."

The "Friends at Home" program, where people with special needs visit weekly with a teen volunteer, is a favorite for both the participant and the teens. "Friends at Home" visits are tailored to the individual's interests and abilities, and the volunteers do many different activities with them. Most importantly, it is a time of friendship and bonding.

"Children's Circle" takes place twice monthly on Sunday mornings. Participants spend the morning with volunteers and participate in cooking classes, sports activities, crafts, pet therapy and other activities.



Teen Volunteers Anabelle Raz, Maya Fogel & Naama Teitel pose at Friendship Circle's Kickoff Event.



Gayle Judson and Dovi Zucker playing games at an Adult Circle event.



Nora Amsellem, Zoe Goldberg and Ali Cohen enjoy time together, part of the "Friends at Home" program.

Chanie Kamman, "Children's Circle" Coordinator said, "It is hard to tell who is enjoying the Sunday mornings more—the participants who each have a special favorite activity, or the volunteers who share the morning with them. We have one volunteer who said it is the first time she has ever looked forward to getting up early on a Sunday morning!"

"Adult Circle" meets monthly and offers adults with special needs the opportunity to socialize and enjoy each other's company. This year will include the popular Super Bowl party, cooking club, spa night and more.

There are also special vacation camps planned, as well as holiday celebrations and field trips. New for this year, participants have opportunities for adult birthday parties and sibling birthday visits. The Friendship Circle provides support to families as well, including social events for moms and dads, support groups for siblings and different care packages.

Teen volunteers complete training

each year, beginning when the teens are about to celebrate their bar and bat mitzvahs. This includes a special introductory program for them. Adult volunteers participate in community awareness events and training programs that help to educate the community about the challenges and triumphs in

the lives of people with special needs and their families.

The Friendship Circle has opportunities for the entire community. To learn how to become involved with the Friendship Circle, please contact Director Malya Shmotkin at malya@friendshipct.com.

Explore Israel Through the Screen

(Courtesy of UJF) United Jewish Federation is pleased to introduce a new series entitled "Explore Israel Through the Screen" with Federation community *shaliach* Yoav Yaron, who will explore the different sides of Israeli culture as captured in Israeli television and films.

The series will take place on Tuesdays at 7:30 pm (October 25, November 1, 8, 29 and December 6 at 7:30 pm) and Wednesdays at 12:00 pm (October 26, November 2, 9, 30 and December 7).

Topics will include: *Haredim* ("black hats") and their film industry; the new face of the Israel Defense Forces; dark and direct Israeli humor; cultural minorities; and children's TV shows.

All sessions will be at the Stamford JCC. The cost is \$10 per session or \$30 for the series. Popcorn and refreshments will be served. For more information, contact Yoav at Yoav@ujf.org. Registration can be found at www.ujf.org/screen.



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We Can All Make a Difference

BY SHARON LEWIS,
JCRC DIRECTOR

As we celebrate the High Holidays, many people concentrate on *Tikkun Olam*, the Torah imperative to improve the world. The Jewish Community Relations Council (JCRC) of United Jewish Federation has had several programs that serve that purpose and provide opportunities for community members to give back. The JCRC can always use more people to help with these endeavors --by volunteering time or other resources.

3SQUARE

The 3SQUARE program is a volunteer-driven initiative that provides elementary-school-aged children identified as "in-need" in our community with a bag of food each Friday to sustain them over the weekend. In Stamford, 52% of students are eligible for free and reduced priced meals. Stamford's rate of food insecurity amongst children is higher than the average in Connecticut. Most of these children are chronically hungry and don't have regular access to food. Federation works with school social workers to identify those in need.

The bags, designed to discreetly tuck into backpacks, contain a variety of shelf-stable and nutritious foods. Teachers and schools have reported improvements in test scores, positive behavioral gains and increased attendance with proper nutrition.

Federation receives a grant to fund this program which runs through the efforts of a team of volunteers. These volunteers meet weekly to shop, bag and deliver food to community schools. If you would like to volunteer, the team would welcome your participation! Also, 3SQUARE is seeking corporate sponsors to fund the purchase of food for these children. Feeding children is an ideal way for businesses to participate in their communities and support a very worthy cause. Can your business help us? To learn more about this charitable opportunity, please contact Sharon Lewis, slewis@ujf.org.

DIGNITY GROWS

Dignity Grows is a program that provides monthly menstrual and hygiene products to community members who cannot afford these items. The program began as an initiative in collaboration with The Jewish Federation of Greater Hartford. The project quickly grew through word of mouth as individual volunteers and organizations across the country learned about the mission of Dignity Grows. What began as a one-night effort is now a national movement with 35 chapters trying to address period poverty and hygiene inequity.

United Jewish Federation of Stamford,



Sharon Lewis

New Canaan and Darien began a Dignity Grows chapter in 2020, during the pandemic. Despite the logistical challenges presented, Federation has been able to provide 100 discreet Dignity Grows tote bags per month to two local organizations. This year, Federation received a grant to deliver an additional 50 bags per month to Stamford

high schools starting in September. The bags all have the same products each month so people know what they can expect. But the need is greater than what can currently be met. Grants from corporate or business sponsors to fund the purchase of the products are most welcome. Individuals or groups can help by stepping up to sponsor a monthly packing party.

One Dignity Grows volunteer commented, "Working with Dignity Grows provides women the things they need to take care of themselves and removes barriers from the ability to go to work, school, or wherever they need. Our work is important and fulfilling. I am fortunate to be part of such a profound purpose."

Dignity Grows provides a very important community service and could be a meaningful way to commemorate a birthday or other special occasion. Please be in contact with Sharon Lewis if you want more information. Sharon Lewis, slewis@ujf.org.

READING PARTNERS

The Herbert and Sarah M. Gibor Reading Partners program began in 1999 and is a volunteer-based reading program sponsored by the United Jewish Federation of Greater Stamford, New Canaan and Darien. Working one-on-one with young children from kindergarten through third grade in the Stamford Public School system and beyond, each volunteer devotes at least one hour a week through the school year, spending a half-hour weekly with each of two children who need a boost in reading skills. The program offers tutor training, literacy-based workshops, an extensive leadership support network and regular newsletters. Volunteers possess a love of children and the desire to nurture their curious young minds.

The COVID-19 pandemic prevented the volunteers from working for the last two years, but this year, the program is ready to go back to school. Tutors range in age from 15-90 and come with varied life experiences and backgrounds. You do not need to have any professional educational experience or tutoring background to be a Reading Partner. For more information contact: Lenore Fogel, Director of Reading Partners, lenore@ujf.org.

UJF's Regional Security Advisor Briefs Preschool Teachers

(Courtesy of UJF) Michael Shanbrom, United Jewish Federation's Secure Community Network Regional Security Advisor, spoke to teachers at Chabad Gan Yeladim Preschool during teacher orientation in late August. After a lecture about situational awareness and what to do in the event of an active shooter or other emergency, Shanbrom brought all the teachers to a classroom for a more hands-on demonstration of what he had taught.

Shanbrom has made over 50 visits to the local community since his hire and has worked with all Jewish institutions to improve safety measures, prepare for the holidays and school opening, apply for security grants and more.



Michael Shanbrom, Federation Security Advisor, speaks to Gan Yeladim teachers about classroom safety and emergency preparedness.

UJF's Jewish Community Relations Council and Jewish Federation Association of CT Invite You to Join Three Upcoming Virtual Candidate Forums

- Monday, October 3, 6:30-7:30PM: Gubernatorial Forum: Bob Stefanowski (R) and Ned Lamont.
- Wednesday, October 19, 6pm-7pm: Congressional Forum, Jim Himes (D) and Jayme Stevenson (R) Registration not yet open.
- Sunday, October 23, 7pm-8pm, Senatorial Forum: Richard Blumenthal (D) and Leora Levy (R) Registration not yet open.

Email Sharon Lewis at Slewis@ujf.org for registration information.

The Fifth Annual Norma and Milton Mann Lecture

CONTINUED FROM PAGE 1

Following World War II, the Allied powers prosecuted and convicted at Nuremberg the principal Nazi criminals who started the war and committed its enormous atrocities, including the Holocaust. Yet still today we see a landscape of international institutions and courts which perpetrate atrocities against innocents. What can international law and courts do in the 21st century to hold perpetrators accountable? Are the examples of Nuremberg and more recent tribunals reasons to be hopeful about accountability, justice, and deterrence, or are nuclear-age superpowers cloaked with impunity for their war crimes? Professor

Barrett will share his views on these pressing issues.

Professor Barrett is a renowned teacher, author and public commentator on national and international law and history topics. In addition, he serves on the board of trustees of the Franklin D. Roosevelt Presidential Library and Museum and is a board member at the Robert H. Jackson Center in Jamestown, New York. Professor Barrett's regular "Jackson List" emails reach well over 100,000 readers, including lawyers, judges, teachers, and students around the world.

The lecture is open to the public. All are welcome. Refreshments will be served at 10:30 am.

RSVP to info@jhsfc-ct.org or call 203 359-2196.

Walk for Unity in our Community and Day of Action

(Courtesy of UJF) United Jewish Federation's Jewish Community Relations JCRC Council held the second annual "Walk for Unity in Our Community and Day of Action" on September 11, coinciding with commemorating 21 years since the horrific tragedy of 9/11. To mark this solemn day, this year's walk included a day of action. After the walk, participants volunteered at several community organizations to help to improve the world. Some participants stayed at Mill River Park to work with the groundskeeper to beautify an area of the park. Others went to the Cove to work with Sound Waters. Small groups also volunteered to help at Schoke JFS, Pacific House and New Covenant House.

Chaired by Linda Spilka and coordinated by Sharon Lewis, UJF's JCRC Director, the rain did not keep participants away! Through the collaborative efforts of the Interfaith Council of Southwestern CT, Mayor's Multicultural Council, Stamford Stands Against Racism, and the Interfaith Social Ministry Collaborative, this annual

event once again brought together the community in prayer, comradery and action. Mayor Caroline Simmon addressed the crowd during the opening ceremony. She thanked and acknowledged the work and sacrifice of first responders on 9/11 and every day that they stand ready to serve. The Mayor also expressed gratitude to all for gathering for the Walk and exemplifying the positive spirit in Stamford.

All participants walked the paths in Mill River Park and got to know each other. After the Walk and prior to leaving for volunteer activities, the group created a drumming circle recognizing the intention of creating peace and unity. To learn more about the work of the JCRC, contact Sharon Lewis at slewis@ujf.org.



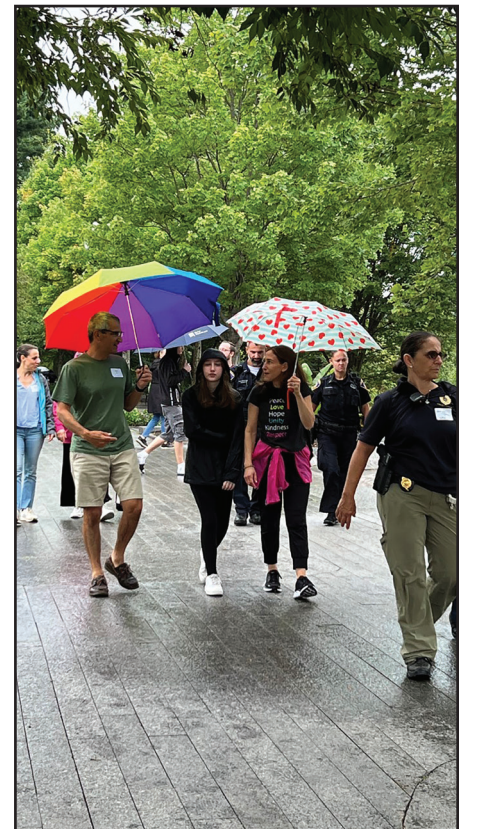
(l-r) Yoav Yaron (UJF Shaliach), Edith Samers, Joshua Esses, Rabbi Daniel Cohen, Gail Trell.



The crowd gathers to listen to the Mayor and others during the opening ceremony.



Mayor Caroline Simmons (left) with walk participants



The rain did not stop participants from making connections with each other as they walked the paths of the park.



Temple Sinai teens with teacher Erica Quamilly. (right)



(l-r) Sharon Lewis (Director JCRC), State Senator Pat Billie Miller, David Gordon (UJF President).



(l-r) Pilar Paleaz (Mayor's Multicultural Council), Kim Farber, Donna Sweidan, Lila Swartz, Sonal Patel (Mayor's Multicultural Council).

Federation Launches 2022 Annual Campaign

(Courtesy of UJF) The warm hospitality of Temple Beth El's outdoor tent was a perfect location to kick off United Jewish Federation's annual Campaign for Communal Needs. UJF President David Gordon welcomed the attendees and guest speaker Rabbi Menachem Creditor and Diane Sloyer, CEO, shared the outcomes and steps forward for UJF's strategic plan.

"Our dream should be about empowering the world to be a better place," noted Rabbi Menachem Creditor as part of his moving speech. As Rabbinic Scholar for UJF/Federation of NY, Rabbi Creditor shared his powerful perspective on the importance of Federation. The evening concluded with campaign chair Ellen Weber thanking donors for their support and making the case for the importance of the annual campaign.



Alex Podelko, Marina Sapir, and Philip Klapper.



UJF President David Gordon, Harvey Kaminski, and Ken Neuhaus.



Elissa Klapper and Helene Kaminski.



Gayle and Howard Rothman.



Joe Field and Debby Goldberg.



Schoke JFS CEO Matt Greenberg, UJF CEO Diane Sloyer, and JCC CEO Marshall Kurland.



UJF Shaliach Yoav Yaron and Hannah Pollack.



Mort Lowenthal and Brenda Smith. (PHOTOS COURTESY OF AVIVA MALLER PHOTOGRAPHY)

CONTINUED ON PAGE 17



A Sukkot Family Favorite

BY RONNIE FEIN

Sukkot is a most delicious holiday. First, it commemorates the forty years our ancestors survived in the desert after escaping slavery in Egypt. They lived in temporary shelters, of course, which is why we spend time in a sukkah to celebrate. As a people we survived, we thrived, and so we take delicious pleasure in this special occasion.

Second, Sukkot also celebrates the harvest of new produce. In the United States that means a fresh crop of apples, pears, pumpkins, nuts, figs, squash and more. We are accustomed to eating most ingredients, including fresh produce, year 'round, but eating foods during peak season is when they are the tastiest.

Finally, there is a tradition of eating stuffed foods during Sukkot, and through the years, Jewish home cooks have invented beloved classics such as stuffed cabbage, kreplach, stuffed peppers and so on. All have endured over centuries because they are so delicious.



In our family one favorite dessert we eat on Sukkot is baked stuffed apples. I always go to an orchard and buy "baking" apples from the new crop, and, in keeping with the holiday, I stuff them with dried fruits and nuts. I make stuffed baked apples many ways, using different stuffings and different sweeteners, too. In recent years I've been using date honey (silan) because of its rich, bountiful flavor. Silan is a thick, honey-like syrup made from dates (so it's perfect to replace honey for vegan diets).

It's useful beyond baked apples: I also use it for honey cake, mashed sweet potatoes and lots of other recipes.

Chag Sameach!

BAKED APPLES WITH DATE HONEY

- 4 baking apples
- 1/4 cup raisins
- 1/4 cup diced dried figs, dates or dried cranberries
- 2 teaspoons grated fresh orange peel
- 1/4 teaspoon ground cinnamon

- 1/4 cup date honey
- 1/2 cup orange juice
- 1/2 cup water
- 2 tablespoons sugar, optional

Preheat the oven to 375 degrees. Wash the apples and remove the core with an apple corer or small knife, leaving about 1/2" on the bottom. Peel the apples halfway down from the top and place them in a baking dish. Mix the raisins, figs, orange peel, cinnamon and date honey. Stuff this mixture into the apple hollows. Mix the juice and water (plus extra sugar if desired) and pour over the apples. Bake for 45 minutes, basting occasionally with the pan juices, or until the apples are tender. Serve warm or at room temperature.

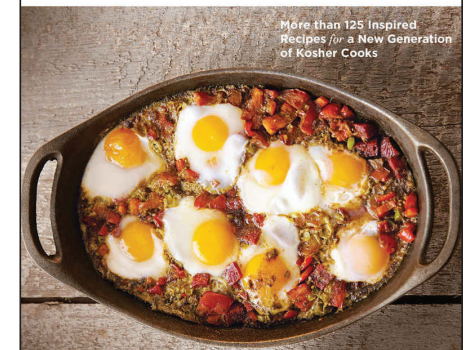
Makes 4 servings.

Ronnie Fein is a cookbook author, food writer and cooking teacher in Stamford. She is the author of *The Modern Kosher Kitchen*

and *Hip Kosher*. Visit her food blog, *Kitchen Vignettes*, at www.ronniefein.com, friend on Facebook at [RonnieVailFein](https://www.facebook.com/RonnieVailFein), Twitter at [@RonnieVFein](https://twitter.com/RonnieVFein), Instagram at [RonnieVFein](https://www.instagram.com/RonnieVFein).

THE MODERN KOSHER KITCHEN

More than 125 Inspired Recipes for a New Generation of Kosher Cooks



Sukkot and Simchat Torah with Chabad of Stamford

(Courtesy of Chabad of Stamford) Chabad of Stamford has something for everyone for Sukkot and Simchat Torah. They hope the community will join them in their various events.

On the first day of Sukkot, Monday, October 10, they will hold their annual "Sukkah Hop". Following services, join them as they start at one family's sukkah for the first course and move to another's for the second and so on. On Wednesday, October 12, they will host a family "Supper in the Sukkah" at 4:30 pm. Join them for food, special craft activities and entertainment for kids of all ages with Gan & Chabad Kids Clubs' (CKC - Hebrew school) teachers.

On Thursday, October 13, at 12:30 pm, Chabad will host its Jewish Women Connected women's luncheon in the sukkah. An annual favorite, the event offers a gourmet lunch, a thought-provoking class and great company. For teens in 8th through 12th grade, there will be a "Sushi in the Sukkah" supper at 6:30 pm. On Monday, October 17, Chabad will hold a kids' "Hakafot (dancing circles) in the Park". It will take place in Barrett Park on the corner of Burdick Street at 4:30 pm.

To find out more about their services and programs or to buy a lulav and etrog, please contact programs@stamfordchabad.org.

PJ Library & PJ OUR WAY
A Program of United Jewish Federation

Temple Sinai

United Jewish Federation invites you to

HAPPY:
Sukkot

Supper and Song
Celebration

Thursday, October 13 – 5:00pm-6:30pm

In Partnership with Temple Sinai - 458 Lakeside Drive, Stamford
(Meet in the lower parking lot/field)

Open to the entire community!

- Sukkot crafts
- Bagel dinner & make your own edible sukkah for dessert.
- Holiday music with Lizzie Swan of the Swing Set Mamas.



Sign up at www.ujf.org/sukkah
\$5 per person (\$36 family max)

For more information contact Sharon Franklin
at sharon@ujf.org or Erica Quamilly at
moraherica@templesinaistamford.org

Steak and Scotch in the Sukkah

(Courtesy of Temple Beth El) The Temple Beth El (TBE) Men's Club invites the community (age 21 and over) to "Steak and Scotch in the Sukkah" on Saturday, October 15 at 7:30 pm in the TBE sukkah. This annual event is always a fun night to celebrate the holiday

together. This event is open to all.

Men's Club members' early bird price is \$36 per person before September 30. General price is \$45 per person. RSVP and pay online at www.tinyurl.com/steak10-15. This event is sponsored by the TBE Men's Club.

Temple Beth El Annual Sukkah Hop

(Courtesy Temple Beth El) The community is invited to the Temple Beth El (TBE) annual "Sukkah Hop" on Sunday, October 16 at 12:00 noon.

Enjoy a dairy lunch in TBE's sukkah with Rabbi Hammerman, Cantor Kaplan, and the TBE staff and leadership. Free and no reservations required.



SUKKOT, SHEMINI ATZERET AND SIMCHAT TORAH HOLIDAY LISTINGS

TEMPLE BETH EL

(Conservative Egalitarian)

Rabbi Joshua Hammerman & Cantor Katie Kaplan.
Associate Rabbi, Rabbi Gerry Ginsburg
301 Roxbury Road | 203-322-6901 | www.tbe.org

Sukkot

Monday, October 10
Services at 10:00 am

Tuesday, October 11
Services at 10:00 am

Chol Hamoed Sukkot

Friday, October 14
Kabbalat Shabbat Service: 7:00 pm

Saturday, October 15
Shabbat Service: 10:00 am
ShaBaBimBam: 11:00 am

Monday, October 17
Shemini Atzeret and Yizkor: 10:00 am
Simchat Torah Celebration: 6:00 pm

Simchat Torah

Tuesday, October 18: 10:00 am

*For further information on all services,
call the Temple office at 203-322-6901, ext. 300*

TEMPLE SINAI

(Reform)

Rabbi Jay TelRav & Cantor Micah Morgovsky
458 Lakeside Dr. | 203-322-1649
www.templesinaistamford.org

Simchat Torah

Sunday, October 16
Program and Service: 5:30 pm

For further information, contact Jayne Vasco at (203) 322-1649.

CONGREGATION AGUDATH SHOLOM

(Orthodox)

Rabbi Daniel Cohen, Senior Rabbi and
Rabbi Moshe Kurtz, Assistant Rabbi
301 Strawberry Hill Rd | 203-358-2200 | www.cas-stamford.org

Sukkot

Monday, October 10
9:00 am - Noon followed by Kiddush

Tuesday, October 11
9:00 am - Noon followed by Kiddush

Friday, October 14
Kabbalat Shabbat Service 6:05 pm

Chol Hamoed Sukkot

Saturday, October 15
7, 8 and 9:00 am services

Shemini Atzeret and Yizkor

Monday, October 17
9:00 am and 10:00 am Yizkor

Simchat Torah

Monday, October 17
7:00 pm - Simchat Torah Hakafot
Tuesday, October 18
7:00 and 8:45 am Shacharit

*For further information on all services, call Agudath at 203-358-2200
or email Rabbi Cohen at rabbicohen@cas-stamford.org.*

CHABAD OF NEW CANAAN

*For information, visit www.newcanaanjewish.org or
contact Rabbi Levi Mendelow at rabbil@chabadnewcanaan.org
or call 203-972-7708*

CHABAD OF STAMFORD

Rabbi Moshe Shemtov

770 High Ridge Rd. | 203-3-CHABAD | 203-324-2223
www.stamfordchabad.org

Sukkot

Sunday, October 9
Mincha and Maariv: 6:45 pm

Monday, October 10
Shacharit: 10:00 am
Mincha and Maariv: 6:45 pm

Tuesday, October 11
Shacharit: 10:00 am
Mincha and Maariv: 6:45 pm

Shmini Atzeret & Simchat Torah

Sunday, October 16
Micha, Maariv and Israeli Hakafot: 6:45 pm
Featuring an Israel style Kiddush

Monday, October 17
Shacharit: 10:00 am
Torah Reading & Yizkor: 11:00 am
Kids Hakafot in Barrett Park: 4:30 pm
Mincha, Maariv and Hakafot: 6:45 pm

Tuesday, October 18
Shacharit, Festive Breakfast, Hakafot and
Simchat Torah Kiddush Lunch starting
at 10:00 am

YOUNG ISRAEL OF STAMFORD

(Orthodox)

Rabbi Eli Kohl

69 Oaklawn Ave. | www.youngisraelstamford.org

Outdoor Davening in a Tent

Youth Services (for youth schedule, email www.marjuivri@gmail.com)

Sukkot, Shemini Atzeret, and Simchat Torah

Shacharit indoors: 9:00 am

PLEASE CALL OR VISIT SYNAGOGUE WEBSITE FOR ADDITIONAL INFORMATION.



Connecticut

SUNDAY, OCTOBER 23, 2022

STAMFORD MARRIOTT, STAMFORD, CT

5:30 PM VIP RECEPTION | 6:00 PM COCKTAIL RECEPTION
FOLLOWED BY SIT-DOWN DINNER AND PROGRAM

THE ANSWER TO CANCER IS RESEARCH

**HONOREE:**
ALAN KALTER, Z"L

Alan Kalter for two decades was known nationally as the lovable, red-headed funny announcer on "Late Night with David Letterman". But those who knew Alan best, knew him for his charitable essence.

"He was a deeply spiritual man and dedicated to human causes and the Jewish people. He was a true mensch."
- Rabbi Joshua Hammerman

**MASTER OF CEREMONIES
& VIP RECEPTION HOST:**
RICHARD KIND

Award-Winning Actor of Stage, Screen, and Television
2021 ICRF Ribbons of Hope Gala Emcee and Honoree

**TOWER OF
HOPE
GALA****PANEL DISCUSSION:**
"MITIGATING CANCER RISKS"**NICOLE BOXER, MS**

Genetic Counselor, White Plains Hospital

FRAN GINSBURG, MD

Stamford Gynecologist and Reproductive Endocrinologist

BRADLEY GREENBAUM

Cancer Patient and Advocate

SHARA ISRAEL, MD

Internist, Stamford Health and Associate Clinical
Professor of Medicine, Columbia University



REGISTER OR SPONSOR NOW AT
ICRFONLINE.ORG/CTGALA2022

Schoke JFS Home Companion Program Helps So Many!

(Courtesy of Schoke JFS) Schoke Jewish Family Service (SJFS) celebrated the most recent graduates of its Home Companion Training Program. The fifteen new aides will go out into the community and provide seniors, including a number of centenarians – those amazing people who are 100 years or older – with companionship and care in their homes.

The Home Companion Training Program provides forty hours of class work and testing over a five-week period. The course is taught by Isrella Knopf, LMSW, Director of Home Companion, and covers the nutritional and socialization needs of an aging population as well as how to handle medical situations an aide might encounter. All aides must pass this rigorous training program before being eligible to be placed in a home.

A Home Companion provides socialization and support, meal preparation and clean up, escorting to appointments, grocery shopping, and many other caretaking duties. The Schoke

JFS Home Companion Program is among the most competitively priced in the area allowing everyone that may need this service to do so affordably.

If you need a home companion for a family member or for yourself and are interested in learning more about the Home Companion Training Program, please contact Isrella Knopf at 203-921-4161 or via email at isrellak@ctjfs.org.



Isrella Knopf with one of the Home Companion trainees.

Summertime Fun at BCHA

(Courtesy of Bi-Cultural Hebrew Academy) Bi-Cultural Hebrew Academy (BCHA) hosted its "Summer Festival" on August 28 for students entering both pre-K and kindergarten. School grounds were transformed into a summer carnival event,

as over 100 people joined BCHA for a day of fun. Children played in a bounce house, had their faces painted, enjoyed cotton candy and apple sauce, got to participate in cool science experiments, and of course, saw old friends or met new ones.



Children from pre-K and kindergarten enjoyed a Sunday afternoon at BCHA.



Face-painting was a huge hit during the summer carnival.



The grass outside of Bi-Cultural Hebrew Academy was transformed into a soapy delight during the school's summer carnival. (ALL PHOTOS CREDIT: BONNIE MARCUS)



תורה • מצוות • ציונות
BI-CULTURAL
HEBREW ACADEMY



DISCOVER BI-CULTURAL HEBREW ACADEMY!

Where academic excellence, traditional values and Jewish heritage combine to create happy, successful students!

OPEN HOUSE

LOWER SCHOOL
(PreK - 8th Grade):

Sunday, October 30th • 10 am - 12:30 pm

UPPER SCHOOL
(Grades 9-12):

Sunday, November 6th • 1:30 pm - 3:30 pm

For more information or to register, please contact Bonnie Marcus, Director of Admissions, at bmarcus@bcha-ct.org

2186 High Ridge Road, Stamford, CT 06903
Lower School (203) 329-2186 • Upper School (203) 883-8970 • bcha-ct.org



United Jewish Federation
OF STAMFORD • NEW CANAAN • DARIEN
Serving Greater Fairfield County

2022 ANNUAL CAMPAIGN FOR COMMUNAL NEEDS

COMMUNITY IMPACT

Where It's Needed Most Unlimited

Let UJF decide which of the programs on this menu your dollars will support.

The Infrastructure of UJF Unlimited

Help keep the UJF engine running so we can continue to strengthen our community.

Israel & Global Jewry Unlimited

Join UJF's commitment to maintaining the vibrancy & continuity of our global Jewish family through social welfare needs, Jewish education, & safety.

Communal Scholarship Fund Unlimited

Help provide funding to schools, camps, & more by providing scholarships to local organizations.

Jewish Community Relations Council (JCRC) \$86,000

Fund UJF's JCRC representing the Jewish community's interests & concerns to public officials & agencies, the media, & the community at large. It promotes *tikkun olam* (repair the world) through advocacy & action.

LIFE & LEGACY® \$82,000

Help assure our community's Jewish tomorrows with LIFE & LEGACY, an initiative spearheaded & funded by UJF on behalf of the community. With support from the Harold Grinspoon Foundation, UJF helps communal organizations promote legacy giving. Incentives are paid by UJF to mobilize organizations to reach their goals.

JFEST \$67,200

Help Stamford JCC bring a free, public, outdoor festival with performances & activities to life. Celebrate the tremendous growth our Jewish community has had recently!

New Jewish Voice Newspaper \$64,000

Keep UJF's community publication, New Jewish Voice, free! We keep 10,000+ readers in touch with Jewish news, activities, partner agencies, & community events. All communal organizations submit articles & photos free of charge in each issue. The paper is a central marketing piece for our community.

Communal Security \$60,000

Keep our local Jewish community safe amid a growing threat of hatred & antisemitism. Money raised will help fund UJF's Regional Security Advisor who trains & advises local agencies & institutions.

Community Shaliach (Israel Emissary) \$50,000

Help UJF host a *Shaliach* who will work throughout our community. This communal position, through a partnership with the Jewish Agency for Israel, will work with all synagogues, agencies, & schools, connecting our community to Israel. (Partially funded by private donors).

NextGen \$50,000

Connect young Jews in their mid-20s, 30s, & 40s, from all backgrounds & affiliations. UJF's NextGen program is dedicated to building a better, stronger Jewish community in Stamford, New Canaan, Darien, Israel, & throughout the world with social events, volunteer programs, educational activities, & philanthropy.

Engagement & Affinity Groups \$37,000

Provide a platform for communal engagement through our Affinity Groups. These UJF groups connect community members with similar personal or professional interests, or who are in a similar life stage. Groups include lawyers, doctors, business professionals, boomers, grandparents, empty nesters, & more.

Community Jewish Experience \$22,400

Enable Congregation Agudath Sholom to collaborate with local organizations to foster a welcoming, engaging, & thought-provoking educational & social experience, Jewish understanding, & more. Programming will include Shabbat meals & an annual retreat.

Shalom/Welcome Program \$18,000

Ensure all newcomers get a proper "*shalom*" from the UJF family. New community members get a personal visit & information to connect Jewishly. Shalom Baby welcomes new babies in the UJF family with gifts & relevant information for parents.

Yom HaShoah Commemoration \$12,000

Help UJF & the Board of Rabbis bring the community together to remember individuals & entire communities lost in the *Shoah*.

When you give to Federation, you strengthen our community.

Scan to strengthen our community or visit us at ujf.org/give



SOCIAL SERVICES & SENIOR SUPPORT

Building Support Through Connections	\$33,600
Partner with Schoke JFS to provide groups & resources programming in several areas of life, but not limited to, Healthy Relationships, Bereavement Support, & Support for Caregivers of a loved-one.	
Senior Care Navigator	\$30,250
Enable Schoke JFS to hire a social worker as Senior Care Navigator, providing a full range of geriatric care management services to Stamford, New Canaan, & Darien senior communities.	
Holocaust Survivor Emergency Fund	\$20,000
Help meet emergency needs of local Holocaust survivors. These funds raised by UJF are matched by Kavod Shef, a national organization dedicated to survivors. Funds enable Schoke JFS to support local Holocaust survivors.	
GROW YOU! Financial Education, and Employment Support	\$11,200
Work with Schoke JFS to offer financial one-on-one coaching sessions, a small group counseling program titled "Life Transitions", & quarterly virtual workshops titled "Grow You!".	

YOUTH & YOUNG ADULT

Support Services Program	\$89,600
Partner with Bi-Cultural Hebrew Academy to provide a Resource Specialist for both their Middle & Upper Schools. This will help students to succeed academically, socially, & emotionally.	
Mental Health Services & Wellness for Adolescents and Youth	\$56,000
Join Schoke JFS to expand their clinical department to provide services to youth & teens experiencing depression & anxiety.	
Community Chessed/Tikkun Olam Program	\$50,400
Enable Bi-Cultural Hebrew Academy to continue to retain a part-time program coordinator & van driver to transport students to meaningful chessed opportunities. This non-academic part of the school day instills important Jewish values.	
PJ Library & PJ Our Way Programming	\$40,000
Work with UJF to provide ongoing programming, engagement, & outreach opportunities through the PJ Library & PJ Our Way platforms.	
Mitzvah Makers	\$22,400
Join Temple Beth El's efforts to engage local middle schoolers in social action/social justice activities & projects. This program provides monthly <i>mitzvah</i> opportunities, including an educational component & a hands-on component, & partners with local organizations like UJF, Schoke JFS, JCC, and more.	
One Happy Camper	\$18,000
Support UJF to offer first-time campers attending Jewish summer camp a one-time grant up to \$1,000 through a partnership with One Happy Camper. Grants are available to first-time attendees not currently enrolled in day school.	
TS Inspire	\$15,120
Empower Temple Sinai & community teens to transition beyond <i>B'nai Mitzvah</i> . Through newly funded opportunities, participating teens will continue to connect to Temple Sinai & engage the community beyond.	
Inclusion Fair	\$9,700
Support Friendship Circle's teen volunteer-led educational inclusion fair. This year, elementary & middle-school-aged children will visit booths to learn about different special needs, giving them tools & language to become ambassadors of inclusion.	
UConn Stamford Hillel Shabbat	\$8,400
Provide Shabbat programming & meals for UConn Stamford students. Funding will help bring Storrs Hillel students to Stamford for expanded social opportunities for students on both the Stamford and Storrs campuses.	

Bits & Pieces



BY SANDY GOLOVE

To submit information to Bits and Pieces, call (203) 912-9945 or email sandy@ujf.org.

MAZEL TOV TO GROWING FAMILIES:

Aly & Brett Ackerman on the birth of a daughter, Mila Ruth Ackerman; and to the grandparents, Nancy and Jerry Kapchan.

Arline Gwanner on the birth of a great grandson.

Stephanie & Ari Landon on the birth of a son.

Ayelet & David Rand on the birth of a daughter.

Aviva & Paul Schieber on the birth of a granddaughter.

Navah & Rabbi Naftali Wolfe on the birth of a son.

MAZEL TOV ON THE MARRIAGE/ ENGAGEMENT OF:

Jodi & Richard Boxer on the marriage of their daughter, Lexi Boxer to Rabbi David Galpert.

Sharon & Malcolm Chimes on the engagement of their daughter, Lisa Chimes to Ben Romy, son of Sigi & Charlie Romy.

Deborah & Neil Metviner on the engagement of their son, Aaron Metviner to Amanda Mondre, daughter of Mila & Steven Mondre.

Leah & Peter Munk on the wedding of their daughter, Adina Munk to Eric Sachs.

Shani Cohen & Gil Orbach on the engagement of their daughter, Adira Orbach to Izy Muller, son of Joyce & David Muller.

Cindy & David Pitkoff on the marriage of their daughter, Danielle Pitkoff to Sam Liebman.

Gayle & Howard Rothman on the engagement of their son, Michael Rothman to Lydia Basque, daughter of

Meredith, & Steven Basque.

Dovi Siderson & Rivkie Elman on their engagement.

Liba & Steven Steinmetz on the marriage of their daughter, Jennifer Steinmetz to Ronen Weinstein.

Audrey & Mark Wagshul on the engagement of their daughter, Yona Wagshul to Zvi Eli Scholnick.

Nurit & Mark Wexler on the marriage of their daughter, Shira Wexler to Josh Goldhirsch; and to the grandparents, Debbie & Ben Soifer.

Rabbi David & Rivka Walk on the marriage of Yehuda Walk to Hadas Foox.

MAZEL TOV B'NAI MITZVAH:

Mia Broder: daughter of Melissa & Kenneth Broder.

Ethan Kaplan: son of Cantor Katie & Eric Kaplan.

Camilla Wisse: daughter of Rebecca Lieberman and Jacob Wisse; and to the grandparents Hadassah & Senator Joseph Lieberman.

WE MOURN THE LOSS OF:

Robert Fink: brother of Debbie Tmsky & Nancy Benjamin.

William Freed: husband of Judy Freed and father of Amihai Freed.

Carole Lynne Rosenthal Finkelstein: mother of Mark Finkelstein and Scott Finkelstein.

Rosalind Friedman: mother of Sandra Kamen and Ellen Friedman.

Kalman Held: husband of Lois Held and father of David Held, Deborah Held and Gary Held.

Murray Vogel: husband of Susan Vogel and father of Richard Vogel, Deborah Marton and Jay Vogel.

Zelda Zieselman: mother of Linda Edwards and Judi Stoogenke; and sister of Harriet Brenner Gettleman and Edna Miller.

A Message From UJF's Shaliach Welcoming a Stranger

BY YOAV YORAN

Before leaving Israel to begin my two-year journey serving as a *shaliach* (emissary) for United Jewish Federation of Greater Stamford, New Canaan, and Darien, my family and friends had a lot of questions as to what my new life and work would be like in Stamford. They asked me what my job would entail, about the city, the office, the synagogues, and the community in general.



Yoav Yoran

At one point they asked me if I would be all alone during my service. The first answer I could think of was, "Yes". I am a single *shaliach*, so yes, I am working alone.

And then I thought about it. Having met Diane Sloyer and the community on their mission to Israel in May and having had the chance to be in Stamford for *Yom HaAtzmaut* (Israel Independence Day), I knew I would be welcomed by a warm and caring community and that my work for and throughout the community would continue to introduce me to and connect me to wonderful people.

My answer to this question was that I might travel alone to Stamford, but I wouldn't be alone because we have a whole community that I have the privilege and opportunity to be part of,

and as a member of the community I would not be alone.

One of the most famous qualities for which Abraham is known is his quality of hospitality, *hachnasat orchim*/הכנסת אורחים/welcoming guests. I think the translation of *hachnasat orchim* doesn't do justice to what it is, for it is literally opening your home to a stranger and letting them be part of the most valuable thing in your life – your home and family.

Since I moved to Stamford and started meeting many of you (looking forward to meeting those of you I haven't met yet!), I have been so honored to be invited to countless meals, coffee, beers, and opportunities to get together. I feel fortunate to be part of a community which not only invests in connecting to Israel but also opens their homes and lives to a newcomer, a *shaliach*. The past few weeks were challenging with leaving my family, my friends, and my country, but without a doubt I'm grateful and ecstatic to be here to be part of this community.

You, with this unbelievable hospitality, made this transition so natural.

Let's be in touch!

Please feel free to reach out through social media or email at Yoav@ujf.org, Facebook and Instagram: UJF Shaliach.

The Hebrew Corner

A Monthly Primer by Robert Abrams, UJF Education Committee Co-Chair

What's in a Word

We all know *Rosh Chodesh*. The new month. Except it really means Head of the Month, which colloquially means the beginning of the new month. (Just as Rosh Hashana means the Head of the Year, or the beginning of the year.) But what does Chodesh truly mean? Yes, it means month, but it also means new; how and why?

Let's take a look at the root of the word; the three letters CHaf, Dalet, and Shin. The word CHah-DahSH in Hebrew means "new." So the word in modern Hebrew for news - as in reading the news or watching the news - is CHah-Dah-SHot; quite literally "news."

Now, let's take a look at the word for month - CHoh-DehSH. The plural of this word "months" is CHod-SHeeM. So, how



Robert Abrams

do the meanings of these words all relate to one another?

In terms of keeping track of time, Judaism is based on a lunar calendar, with the addition of an extra month in 9 of every 17 years to ensure that Passover occurs during the spring as instructed by the Torah (Deuteronomy 16:1). In fact, the first commandment the Jewish people receive after leaving Egypt is to mark time using the moon to mark a new month! (Very significantly in contradistinction from worshipping the Egyptian sun god Ra.)

Now, we can understand how the word for month and the word for new are related. We mark new segments of time by recognizing the arrival of each new month. In essence, every "month" is a "new" beginning.

UJF Volunteers Welcome Newcomers

(Courtesy of UJF) As part of Federation's efforts to make newcomers feel part of the community, United Jewish Federation board members and volunteers meet new-to-Stamford residents for lunch arranged by UJF Managing Director of Outreach and Engagement, Sharon Franklin.



(l-r) Barbi Shames, Nan Gordon, Arlene Rosen and Lynn Lowin.

Recent BCHA Grad Inducted into Ben Zakkai Honor Society

(Courtesy of Bi-Cultural Hebrew Academy) Emily Seligson, a recent graduate of Bi-Cultural Hebrew Academy, has been inducted into NCSY's (National Conference of Synagogue Youth) prestigious Ben Zakkai Honor Society as a candidate member.

Seligson, Regional President of NCSY and a member of National Board, will be spending next year learning at Machon Maayan in Israel, a program for post-high school young women. Upon her return from Machon Maayan, Seligson plans on attending Washington University in St. Louis.

"It is truly an honor to be recognized by an organization that has given me so much," said Seligson. "NCSY taught me how to truly love being a part of the Jewish community, and now I am beyond honored and humbled to be a part of the exclusive Ben Zakkai community."

According to the press release from the West Coast NCSY, Seligson has made a tremendous impact on the Region in the last four years. Active in the Stamford Chapter and in building friendships and connections across the Region, she has led the Regional Board in an incredibly effective year of projects and giving back – from virtual bonding events, to holiday packages, to *chesed* projects.

Seligson said she started NCSY in ninth grade to expand her social scene, but quickly realized NCSY was something more special. After every Shabbaton, she gained tons of inspiration and some amazing friends along the way.



"By the end of my freshman year I knew I wanted to get more involved," Seligson said. "By junior year I made it onto the regional board as chair of social action (*chesed*), and this past year I became Northeast Regional Board President and served on the National Board. I worked hard building programming, planning events, and talking to new NCSYers to try and give them the same opportunity to build new friendships and gain inspiration."

A positive influence on everybody she is in contact with, NCSY said that Seligson embodies a deep, genuine care and concern for all around her. This has made her an incredible friend and an even more

incredible leader.

"Dealing with COVID-19 setbacks the last two years on Regional Board, she has always led and encouraged her peers to remain positive by modeling reactions of sensitivity and understanding," said a member of the Northeast region of NCSY, also noting that Emily received a Julia and Joseph Macy Memorial Scholarship to support her year of study in Israel.

NCSY has played a pivotal role in the lives of Jewish teens across the globe. It was founded in 1954 to provide Jewish teens with an opportunity to build a strong connection to their Jewish roots through inspiration and leadership skills. According to their website, NCSY's mission is that they are the premier organization dedicated to connect, inspire and empower Jewish teens and encourage passionate Judaism through Torah and tradition.

Ahava, Feeling the Love!

(Courtesy of JCC)

Over 60 teachers from The Vogel Family Center for Early Learning, which includes the JCC Sara Walker Nursery School, Kinderplace at The J and The JCC Preschool at Greenwich Reform Synagogue, attended a workshop on this year's Jewish values theme, *Ahava* (love). Teaching children the importance of *v'ahava l'reacha kamocha* (love your neighbor as yourself,) spreading love, kindness, respect and performing *mitzvot* are fundamental



Teachers prepare for the school year ahead. (CREDIT: FRANCISCO COSTA)

principles that will be taught throughout the school year.

It's Back to School for BCHA

(Courtesy of Bi-Cultural Hebrew Academy) After a summer full of adventures, students returned to the Bi-Cultural Hebrew Academy (BCHA) campus for the beginning of the school year. The Pre-K and kindergartners got the ball rolling on August 29, as they were welcomed to BCHA with smiling teachers. A day later, the lower, middle and upper schools got the red carpet treatment during their first day of school. BCHA is delighted to welcome all of its students back to the school and is excited to get the new school year underway.



BCHA rolled out the red carpet to give its students a special welcome back during the first day of school.



An excited student eagerly starts the 2022-2023 school year at BCHA.



Mrs. Brill welcomes her third-grade class to BCHA. (ALL PHOTO CREDIT: PAUL SILVERFARB)



THE OFFICE OF THE MAYOR OF STAMFORD
Caroline Simmons

Wishes the
Jewish community a

Happy and
Healthy
New Year

New Around Town

Ithamar Kashi, CAS Leader of High Holiday Sephardic Services and Monthly Sephardic Minyan

(Courtesy of CAS) With a growing Sephardic community, Congregation Agudath Sholom (CAS) is responding to this congregational need by hiring Ithamar Kashi to lead High Holiday Sephardic services and monthly Sephardic services. Kashi, a graduate of Touro College, has been serving as a *hazzan* (cantor)



Ithamar Kashi

for the past three years. He also holds a position in his community of Kew Gardens at Congregation Ner Mordechai as an assistant *hazzan*, *ba'al tefillah* (prayer leader) and *ba'al koreh* (Torah reader). Among other interests he is an avid enthusiast of Sephardic *hazzanut*.

Dovi Siderson, CAS Teen Leader

(Courtesy of CAS) Congregation Agudath Sholom (CAS) is supercharging its youth offerings by hiring Dovi Siderson in partnership with Stamford National Conference of Synagogue Youth (NCSY). Siderson will serve as the Teen Leader for Agudath Sholom and for NCSY. Dovi Siderson was born and raised in Edmonton, a small city on the prairies of Western Canada. His small town enthusiasm and outdoorsy nature is what inspires his



Dovi Siderson

approach to and love for NCSY. Siderson kickstarted his NCSY career by co-founding the Canadian NCSY Summer trip, J.A.W (The Jewish Adventure Week) in the Canadian Rockies. He spent the last year directing NCSY and youth programming at the Adas Israel Congregation in Hamilton, Ontario.

Wendell Maxey, UJF Director of Marketing

(Courtesy of UJF) Wendell Maxey joins United Jewish Federation of Stamford, New Canaan and Darien as the Director of Marketing. He will manage UJF's social media platforms and engagement, maintain the organization's website, assist with editing *The New Jewish Voice*, and promote campaigns for UJF's programs, events, and community outreach, among other responsibilities. Maxey brings nearly 20 years of experience in media, writing, social media, communications, public relations, and marketing to his new role and most recently served as Sports Information Director at King School in North Stamford. In addition to spending eight years as an NBA writer in New York and Portland, Oregon, where his work was featured with



Wendell Maxey

ESPN.com, *USA Today*, FOX Sports, CBS Sports, and NBA.com, Maxey also spent four years living and working in Nuremberg, Germany for a professional basketball team, an international basketball agency, and the Franconian International School. Growing up the youngest of 11 children in Nebraska and Oregon, Maxey has a great appreciation for family, faith, community, and "giving back" and has worked with a number of non-profit organizations in Connecticut and New York, including the Staten Island Holocaust Center, to enhance their overall marketing, media, communications, and social media. Wendell Maxey resides with his wife, Emily, and two daughters, Piper and Stella, in New Canaan.

Noah Kalandar, CAS, "The Sixth Man"

(Courtesy of CAS) Congregation Agudath Sholom (CAS) is launching a new position "The Sixth Man" named in honor of famed N.B.A. great and Philadelphia 76ers player, Bobby Jones. Instead of sparking energy on the court, CAS's new hire, Noah Kalader, is charged with enriching the Shabbat experience for the Agudath Sholom youth and creating a fresh buzz of excitement!



Noah Kalandar

Kalandar hails from Philadelphia, and studied at Yeshivat Netiv Aryeh for two years, as well as at Yeshiva University. He recently returned from Israel where he served as a spiritual guide at Yeshivat Torat

Shraga in Jerusalem. This coming year, he will be in the *smicha* (ordination) program at Yeshiva University. In his free time, he loves to hike, camp, ski, and generally be outdoors. Fun fact about Kalandar is that in high school he was a competitive hip hop dancer. He can't wait to launch some amazing programming for the youth of the community and bring spirit and joy on as many *Shabbatot* as he can!

Federation Welcomes Newcomers of All Ages

(Courtesy of UJF) The Stamford, New Canaan, and Darien Jewish community continues to expand, and United Jewish Federation is there to embrace this growth with a warm welcome. If you know of someone who is new

to town or who recently had a baby, contact Sharon Franklin, Managing Director of Campaign and Community Engagement, at Sharon@ujf.org, or (203) 321-1373, ext. 1004, so a visit and a gift bag can be arranged.



Annie and Jeremy Watman and their baby daughter receive a "Shalom Baby" welcome bag filled with toys, bibs, and helpful information.



Art and Robin Brody recently moved to Stamford and received a warm welcome from UJF's Sharon Franklin.



Barbi Shames, pictured with her pup Arthur, moved to Harbor Point with her husband in 2022 to be closer to her daughter who lives in Stamford.

Gan Yeladim Welcomes Families Back to School

(Courtesy of Chabad of Stamford) Gan Yeladim of Stamford welcomes back the new and returning families. With the largest enrollment to date in Gan history, they began the year off on the right foot by doing mitzvahs to jumpstart their year. There were flowers to give to the moms and dads and *tzedakah* (charity) to give to the needy.



(l-r) Liam and David Giboa.



(l-r) Greg, Gabriella and Leah Miller.

Record Breaking Year for Gan Yeladim

(Courtesy of Chabad of Stamford) In Hebrew, the word *gan* means a garden. It takes nurturing, watering, caring and love for a garden to grow and thrive, and at Gan Yeladim of Stamford our garden is loved, nurtured and cared for by a stellar team of *morahs* (teachers). This year, our garden has grown and bloomed to its largest enrollment yet with the most number of children and teachers in Gan's 35-year history. Preparations for the year began in earnest over the summer.

In August, Gan Yeladim *morahs* spent a productive week learning innovative ways to help make Gan even more wonderful for all. The overriding theme was to fill the coming year with joy and wonder for all the *yeladim* (children) and bring light and joy to their environment. Developing from last year, the teachers continued their focus on "Conscious and Connected Teaching", with Esther Hecht of South Africa.

The Gan also welcomed Michael Shanbrom, United Jewish Federation Regional Security Director, who came to deliver training on safety and security.

The theme for the year ahead is *Ivdu es Hasham be Simcha*, "serve God with joy". The *morahs* shared techniques on bringing an extra level of joy and love to their classrooms, to their teaching and every component of the day, through being emotionally aware and responsive as well as adding singing, dancing and other joyful components to the day.

Regarding art, the teachers learned about "process art" through a multi-layered hands-on project. Process art is an open-ended art experience where the child is in control of what is created, meaning the child has the ability



Professional Development at Gan Yeladim.

to add details or multi layers to their piece by coming back to it over time. It instills in the children independence, self-regulation, a sense of experimentation, confidence, learning and the development of fine and gross motor skills.

For pre-K enrichment this year, the Gan is introducing a new sports program with basketball, t-ball and soccer in addition to the regular gymnastics classes with Anatoli. A new science and art program (STEAM) has also been implemented in addition to the Gan's usual array of activities ranging from music to cooking.

In addition, the Gan will be making extensive use of its new outdoor classroom that was finished at the end of last year, bringing more learning outdoors and utilizing the outdoors as a "third teacher." Families are invited to the Gan's open house and family day on Sunday, November 6 at 9:30 am for hands-on activities and experiences for kids as well as tours of the Gan. For more information about Gan Yeladim, please email wendy@stamfordchabad.org.

Women's Learning with Chabad of Stamford

(Courtesy of Chabad of Stamford) Each week at Chabad of Stamford, Leah Shemtov holds classes for women to come together to be uplifted and inspired. Classes take place on Tuesday at 10:30 am and Thursday at 11:00 am.

able to "connect to their inner spiritual self through a weekly dive into the *Tanya*." The *Tanya* is the foundational work of the Chabad movement. The book lays down the practical and mystical fundamentals of Chabad's philosophy. It deals with Jewish



"Torah & Tea" met outdoors and on Zoom this summer. (l-r) Leah Shemtov, Annie Watman, Dallice Lazarus, Sandy Speter, Cyndy Goldberg, Stephanie Finder, Rachel Beldock, Leah Munk and Lisa Linzer.

On Tuesday mornings, the "Torah & Tea" class meets in person on Leah's porch and on Zoom for a class highlighting lessons from the weekly portion of the Torah and the Jewish calendar. They also delve into topics relevant to Jewish women's lives today.

On Thursday mornings, women meet on Zoom for a weekly *Tanya* class where, in Leah's words, they are

spirituality, psychology and theology and offers advice for each individual on how to serve God in their daily life.

Women also come together several times a year for *Rosh Chodesh* women's learning. One-on-one learning is also offered by special arrangement. To join their classes or for more information, please email programs@stamfordchabad.org.

Federation Launches 2022 Annual Campaign

CONTINUED FROM PAGE 7



Rhonda Schaffer-Marion and Jeff Marion.



Molly Schrag Rafalowicz, Jason Fischel, Robin Fischel, Jessie Brand, Greg Waldstreicher.



Louise Soifer, Joyce Kaplan, Ami Soifer, Kerrin and Stephne Behrend.



Peter and Carol Lilienthal and Carl Rosen.



Rabbi Menachem Creditor and Diane Sloyer.



Sharon Franklin, Alix Field Eben, and Susan and Art Greenwald. (PHOTOS COURTESY OF AVIVA MALLER PHOTOGRAPHY)

JHSFC Honors Two Judys

(Courtesy of JHSFC) Five years ago, Judy Altmann and Judy Liebeskind ("The Two Judys") created a program called "A Bissel Yiddish". This Jewish Historical Society of Fairfield County (JHSFC) program took place the first Friday of every month. During the program Judy Altmann would read *The Forward's* "Letter to the Editor" advice column "Bintel Brief" in Yiddish. This was followed by the translation of the column into English by Altmann's niece, Annette Bohrer. Recently the Judys announced they can no longer continue with the program, since one is moving and the other is retiring. So, in early August, JHSFC honored them with a special evening.



Judy Altmann



Judy Liebeskind

Then as a special treat to the group, Roz Nesin, a member of JHSFC, read a mock letter she had written in Yiddish as if it were a real letter from the advice column "Bintel Brief". The letter, translated by Bohrer, asked for advice as to how to best continue the program "A Bissel Yiddish". The answer given was to find a way. Discussions are underway as to how to continue the group. If you are interested in "A Bissel Yiddish" group or know someone who might want to be involved, please contact JHSFC via email at info@jhsfc-ct.org or call 203-359-2196. And if you are interested in viewing "The Two Judys" evening, access the link <https://youtu.be/r6vBhQJDV4g>.

Summer Salute to the IDF Soldiers



Event participants enjoy live music and great food.

BY ROBIN FISCHEL

On the evening of August 16, over 100 people gathered in the beautiful backyard of Shushannah and Ari Yasgur to partake in beer, bbq, and music in support of Friends of the IDF (FIDF).

"Three Rabbis and a Cik" band, led by Rabbi Eli Kohl and Peretz Cik, serenaded the crowd with both Israeli and American music as IDF soldiers talked and mingled amongst the crowd. Captain Nofit, the first female combat physician to serve in the IDF paratrooper brigade, shared her inspiring story of how she was motivated as a young girl to become a doctor. She ultimately broke barriers and achieved this remarkable accomplishment. Stamford's very own active and former local soldiers, Noam Haron and David Ariyeh, shared their experiences in the IDF and how they chose the path to defend Israel, the Jewish homeland.

FIDF's mission is to offer educational, cultural, recreational, and social service programs and facilities that provide

hope, purpose, and life-changing support for the soldiers who protect Israel and Jews worldwide. For more information about the FIDF, please contact Anat Chavkin, Director of Westchester and CT at Anat.chavkin@fidf.org



(l-r) Hosts Ari and Shushannah Yasgur, Captain Nofit, event chairs Robin and Jason Fischel, and Anat Chavkin, Director of the FIDF Westchester and CT chapter. (CREDIT: BEN FOLKINSHTEYN)

Camp Scholarships Expand Participation

(Courtesy Schoke JFS) Schoke Jewish Family Service proudly sent over 50 campers to Jewish day and overnight summer camps thanks to the Zinbarg Camp Scholarship Program and its program partners: The Zinbarg Family, United Jewish Federation of Greater Stamford, New Canaan and Darien,

Jewish Federation of Greater Fairfield County, The Estate of Shirley Rappaport, and generous camp donors.



Harrison and Gabby at JCC Camp.



Tzippy at Berkshire Hills Eisenberg Camp.



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LIFE & LEGACY Honor Roll

United Jewish Federation is proud to partner with the Harold Grinspoon Foundation to bring the Stamford, New Canaan, and Darien community the Harold Grinspoon LIFE & LEGACY Program. Through communal efforts, the following individuals have made a commitment to one or more Jewish communal institutions to secure our Jewish future.

For more information, contact Lenore Fogel or Diane Sloyer at (203) 321-1373 or Lenore@ujf.org or dianesloyer@ujf.org.

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**Of Blessed Memory*

This is the list provided to UJF at time of publishing. We apologize for any names that have been omitted. Please let us know and the missing names will be added to the next issue of the paper. Names in blue have finalized their commitment at the time of publication.

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PJ Library

LIFE & LEGACY Testimonial

Each edition of the New Jewish Voice features the testimonials of community members just like you who have declared their intent to leave a legacy gift to a Jewish organization in the Stamford, New Canaan and Darien Jewish community. This program is funded by United Jewish Federation and the Harold Grinspoon Foundation.

Learn why they look to secure our Jewish future and discover your reasons to join them. Together, we can all work to guarantee the future of the Stamford Jewish community we love. For more information, contact Lenore Fogel at (203) 321-1373 or at lenore@ujf.org

NAN AND PAUL GORDON TESTIMONIAL

Nan: As a young child, I was always interested in Judaism. My parents, although Jewish, did not participate in any organized religion. We didn't belong to a synagogue, didn't participate in any traditions and I didn't receive any Jewish training. I longed for something. I even envied my next-door neighbors who went to church every Sunday.

When I became a teen, I was able to convince my parents to allow me to join a Jewish Youth Group that was affiliated with a synagogue. Through that organization, I met a few more Jewish kids and attended a number of activities that I enjoyed. Fast forward to college and I was able to join the Hillel and participate in on campus High Holiday services. It felt good. I found what I was seeking.

When Paul and I were engaged, I began attending High Holiday services with his family and I got a real taste of Jewish traditions. After we married and had children, Temple Sinai became an important part of our lives. I celebrated my own Bat Mitzvah when I was fifty. Our daughters became Bat Mitzvah, confirmed and now continue to celebrate traditions with us.

For me, living in Stamford where there is a vibrant Jewish community and an active United Jewish Federation is what I dreamed about when I was a young girl. Most importantly, UJF is open and welcoming to all that are Jewish



Paul and Nan Gordon

whether they practice in more traditional methods or don't choose to practice at all (like my parents!). I appreciate all of the educational opportunities provided by the Federation and have enjoyed being a part of the planning for those activities.

Paul: Unlike Nan, I was fortunate to have grown up with a healthy Jewish background. Once Nan enthusiastically came on board, I knew that our Jewish community would play a large and important part of our lives. I also learned how important it was to become active both in a leadership role and as a volunteer. Through those activities I learned more about the need of the many organizations which comprise our Jewish community for long-range giving by their supporters. It takes more than annual giving to assure the viability of these beloved organizations. Providing legacy gifts became the obvious way to assure that our giving continues after we are gone. Thanks to UJF, the LIFE & LEGACY program will assure this.

Behrend Leadership Institute is Back and Seeking Nominations

CONTINUED FROM PAGE 2

changing one life but impacting an entire community. Kerrin and I are grateful to be able to bring such an impactful program to

our community," shared Stephne Behrend.

To nominate candidates for the Behrend 2022-2023 cohort, contact Diane Sloyer, UJF CEO at dianesloyer@ujf.org or a community leader.

Behrend Leadership Institute Course Dates

All sessions will take place in person, Wednesday evenings, and include dinner.

November 30	March 8
December 14	April 19
January 18	May 10
February 8	June 7

Snow date if needed, March 29

Finding Common Ground



(l-r) Lorraine Kweskin, Barbara Miller, Meryl Japha, Linda Spilka, Kerrin Behrend, Sharon Franklin, Stephne Behrend, Barbi Shames, Gayle Rothman, Caryl Ferber Poser, and Peter Poser.

(Courtesy of UJF) It was a joy to have grandparents gather in mid-September for United Jewish Federation's *L'Dor V'Dor* (generation to generation) Grandparents Group fall holiday social. This UJF affinity group event allowed local grandparents to meet, share thoughts on grandparenting, and learn new holiday crafts to create with their grandchildren over the holidays. The event was hosted at the Waterstone on High Ridge Road in Stamford. For more information on this or any UJF affinity group, contact Sharon Franklin at sharon@ujf.org.



Stephne Behrend and Caryl Ferber Poser learn to make "apple honey jars", a craft they can do with their grandchildren.



United Jewish Federation
OF STAMFORD • NEW CANAAN • DARIEN
Serving Greater Fairfield County

EXPLORE ISRAEL THROUGH THE SCREEN



Join UJF community Shaliach Yoav Yaron in exploring the different sides of Israeli culture as captured in Israeli television and films.

Each session will focus on a different subset of Israeli society and will include group discussion.

Sessions include:

- Haredim (black hats) and their film industry
- Dark and direct Israeli humor
- The new face of the Israel Defense Forces
- Cultural minorities
- Children T.V. shows

Tuesday Evenings, 7:30pm:

October 25, November 1, 8, 29,
December 6

Wednesdays, 12 noon:

October 26, November 2, 9, 30,
December 7

All session will be at the JCC, 1035 Newfield Avenue.

\$10 per session | \$30 for the series

Popcorn and refreshments will be served.

Registration required at www.ujf.org/screen

For more information contact Yoav@ujf.org

Imaging Tech Goes From Defense Industry to the Hospital

Sheba Medical Center to use Elbit Systems' military thermal night-vision imaging to detect physiological processes based on energy and heat.

**BY ABIGAIL KLEIN LEICHMAN/
ISRAEL21C**

Advanced thermal imaging technologies previously used for Israeli military and security purposes will be adapted for use in heart surgery, diabetic foot treatment, surgical incision infections and respiratory monitoring at Israel's largest hospital, Sheba Medical Center in Ramat Gan.

This is the subject of a memorandum of understanding between Sheba and Opgal, a subsidiary of Elbit Systems.

Using thermal cameras originally designed for night vision, physicians can detect physiological processes based on changes in energy and heat in the body and display these changes on a digital screen.

For example, this technology can enable doctors and surgeons to accurately identify movement in blood vessels and present a clear picture of carbon dioxide being emitted by exhalation.

"The new relationship between medical excellence and excellence in the

defense industry is groundbreaking," said Prof. Eyal Zimlichman, Sheba's chief innovation and transformation officer, and head of its ARC (Accelerate, Redesign, Collaborate) Innovation Center.

"The solutions worked on by Elbit and Opgal experts and Sheba doctors are not only significant for Sheba and Israel but will have an international impact. These are global solutions to global problems, and we believe there is great potential here to change the face of medicine on an international level."

"Thermal technology, which until now has helped pilots take off and land, and soldiers on the battlefield identify threats and targets, has the potential to help medical teams worldwide to see the invisible and make more accurate diagnoses," said Tsachi Israel, CEO of Opgal. "We are the leading experts in our respective fields, working together to innovate in order to save lives and prevent suffering for many patients."

Fast-growing, Disease-free Avocados Via New Israeli Method

Guacamole lovers rejoice: cultivated avocados could transform the world market and bring down the cost of the creamy, nutritious fruit.

BY ABIGAIL KLEIN LEICHMAN/ISRAEL21C

"The seeds of innovation appear to be seedless," reports Israel's MIGAL Galilee Research Institute.

"According to game-changing research led by our very own Dr. Lior Rubinovich, it is now finally possible to grow avocado plants solely from tissue culture."

Cultivated avocados can bring a bushel full of advantages: The fruit is free of deformities, impervious to crop diseases, much faster-growing, and genetically uniform because all plants originate from the same handpicked healthy tissue.

MIGAL has founded a spinoff company, Bestree, to begin producing and marketing avocado seedling cultures, right near its home base in northern Israel.

This move makes a lot of business sense, given that avocados are gaining popularity across the globe. Some 15 million new avocado seedlings are planted worldwide each year, with increased demand from European countries as well as India, China and Japan.

Whereas traditional avocado seedlings are difficult and expensive to export due to plant protection regulations that try to keep crop diseases from spreading from country to country, cultured seedlings from sterilized tissue wouldn't be subject to the same strict rules and they would grow faster and more easily.

"Development in tissue cultures improves the quality of the avocado seedlings, their availability and their health and ensures disease-free plants," said Rubinovich.

Study Shows Viruses Can Kill Gut Bacteria of Crohn's, Bowel Disease

Researchers suggest specialized viruses can selectively kill harmful gut bacteria that cause inflammatory bowel disease and other disorders.

**BY ABIGAIL KLEIN LEICHMAN/
ISRAEL21C**

Many of the microbes that live in our gut are good for our health, while others contribute to inflammatory bowel disease or other disorders.

Until now, it hasn't been possible to target "bad" bacteria without harming the surrounding "good" bacteria. Antibiotics kill them both and tend to trigger bacterial resistance as well.

Now, in an international study published in *Cell*, researchers say common viruses called bacteriophages can specifically kill gut bacteria associated with inflammatory bowel disease.

"There are thousands of different phages, and their big advantage is that each of them specializes in attacking a different type of bacteria," explained Prof. Eran Elinav of Israel's Weizmann Institute of Science, who headed the team.

"This enabled us to harness phages to target only those gut bacteria that contribute to disease. To our knowledge, this constitutes the first 'silver bullet' approach promising a precise suppression of disease-causing gut microbes, without harming the surrounding microbiome."

After identifying the exact bacterial strains that play a role in human intestinal inflammation and implanting these bacteria into mice used for the study of inflammatory bowel disease, the researchers screened thousands of phages and selected about 40 that were most promising.

They then formulated a cocktail of five phages that were best at preventing the bacteria from fighting back.

In mice, the cocktail significantly reduced intestinal inflammation and tissue damage caused by these bacterial strains, as well as mortality stemming from the inflammatory disease.

In a laboratory system simulating the human gut, two representative phages from

the cocktail were shown to be stable when used together with antacids. In a follow-up Phase I clinical trial with 18 healthy volunteers, the phages were found to be well-tolerated.

The phage cocktail persisted and even multiplied in the human intestines over time, while causing no unwanted, off-target changes in the rest of the gut microbes.

If the phage cocktail is found to be safe and effective in larger clinical trials, it may become the basis for developing therapies for not only inflammatory bowel disease but also other disorders found to be affected by gut microbes, including obesity, diabetes, neurodegenerative disease and perhaps even cancer.

"Our vision is to eventually develop personalized therapies for a variety of disorders, in which the disease-causing strains of gut bacteria will be identified in each patient and a phage cocktail will be designed to kill only those strains," Elinav said.

The study, conducted in collaboration with Prof. Rotem Sorek of Weizmann's Molecular Genetics Department, was led by postdoctoral fellows Sara Federici, Rafael Valdés Mas and Denise Kviatkovsky from Elinav's lab, with Sharon Kredo-Russo and other researchers from BiomX, a clinical-stage microbiome company advancing novel phage therapies that target specific pathogenic bacteria, based on Weizmann Institute research under exclusive license from Yeda Research and Development Company, Weizmann's technology transfer arm.

There were also researchers from DKFZ, Heidelberg; Keio University School of Medicine, Tokyo; University of North Carolina; Tel Aviv University; Sorbonne Université, Paris; Christian-Albrechts-University of Kiel, Germany; and University Medical Center Hamburg-Eppendorf.

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THE NEW JEWISH VOICE



PJ Library Corner

BY SHARON FRANKLIN



Sharon Franklin

- Join United Jewish Federation's PJ Library on Thursday, October 13 at 5:00 pm for a "Sukkot Supper and Song Celebration," in partnership with Temple Sinai. Children of all ages along with their parents are welcome! Enjoy a bagel dinner, crafts, and holiday music with Lizzie Swan of the Swing Set Mamas and Hebrew Wizards. Make an edible sukkah for dessert. Sign up directly at www.ujf.org/sukkah.
- Did you know that every child in your family can get a subscription for a free monthly Jewish children's book? Sign up children, ages birth to eight years old, and they will receive an age-appropriate PJ Library book each month! It's easy to sign up - go to www.pjlibrary.org.
- Tweens ages 9 to 12 can sign up for the next phase of PJ Library- PJ OUR WAY. When your child is about to turn nine, PJ Our Way will send you an email inviting you to sign up your tween for a free monthly Jewish-themed chapter book they get to select themselves. Sign up for books directly at www.pjourway.org.
- Interested in joining a PJ Parent Ambassador group for some fun family social gatherings? Meet new friends in a friendly and relaxed environment- for families with kids ages birth to 8, all backgrounds and affiliations welcome.
- Grandparents can sign up for a PJ Library subscription, offering several books a year and a subscription to the

PJ Library *Proof* magazine. Sign up at <https://pjlibrary.org/grandparent-enrollment>.

For more information on any of the above, contact Sharon Franklin at Sharon@ujf.org, or (203) 321-1373, ext. 1004.

FALL SUKKOT CRAFT AND BIRD FEEDER IN ONE!

Celebrate the fall harvest festival and fulfill the Jewish value of *tz'ar ba'alei chayim* (taking care of animals). Hang feeders on trees and shrubs that are easily viewed from your sukkah or window, so you can watch the birds come and feast!

Materials: orange, 4 pieces of twine, yarn, or string, cut into 24" lengths, bird seed, soy or nut butter (Some adult help will be needed)

- With a sharp knife, cut the orange in half - scoop out the flesh (a delicious and healthy snack!).
- Pierce 4 small holes on opposite sides, about 1/2" from the top edge of each half.
- Thread one piece of twine through a hole, and out the opposite end. Repeat with the second piece of twine in the remaining holes (you'll have an "X").
- Gather the ends together and tie in a knot. Repeat with the other half.
- Spread the inside of the feeder with soy or nut butter, then fill with bird seed and hang outside from a sturdy bush, tree, or hook.



Thread the twine and fill with bird seed.

Shabbat Shalom from New Canaan

(Courtesy of UJF) The Jewish communities in Stamford's neighboring towns of New Canaan and Darien continue to rapidly grow. As United Jewish Federation engagement efforts expand to welcome and engage these families, Sharon Franklin, Federation's PJ Library Director, brought together New Canaan families for a pre-Shabbat get together on Friday, September 9.

Kids made challah and created their very own kiddush cups, while the adults had a chance to socialize. Traditional blessings over the wine and challah were made as the participants welcomed Shabbat together.

PJ Library sends free Jewish children's books to families across

the world every month. A program of the Harold Grinspoon Foundation, PJ Library is made possible through partnerships with philanthropists and local Jewish organizations. Families raising kids from birth through 9 years old with Judaism as part of their lives, are welcome to sign up. PJ Library welcomes all Jewish families, whatever your background, knowledge, or family make-up, or observance may be.

Locally, UJF sends nearly 600 Jewish books free of charge throughout Stamford, New Canaan and Darien.

If you would like to sign up for PJ Library, or host a home PJ Library program or attend one, contact Sharon Franklin at sharon@ujf.org



Families gather in a New Canaan backyard to welcome Shabbat.



Kids enjoy making their own challah.



Lighting the Shabbat candles.

PJ Library Feature Family

(Courtesy of UJF) Shira Burstein and Zinovy Pravin's family includes their nine-month-old son Shai, a fish Sid, and a host of honeybees. Shira and Zinovy keep honeybees to take care of the environment and, of course, for the honey!

WHAT IS YOUR FAMILY'S FAVORITE PJ LIBRARY BOOK?

Our favorite book is *Joseph Had a Little Overcoat*. We love this book because the illustrations and cutouts are exciting, but also because the message of being satisfied with little, or making the best out of what you have, is one we appreciate.

WHY IS PJ LIBRARY IMPORTANT IN YOUR HOME?

PJ Library is important to us because we can get swept away with everyday life and routines that don't

always include our connection to Judaism. It's a good reminder for us as parents to inject what makes us feel good as Jews into our home and give our son that same love for Judaism we have.

WHAT IS YOUR BEDTIME ROUTINE LIKE? DOES IT INCLUDE A PJ LIBRARY STORY?

Bedtime routine includes a bath first with some singing and a story with a bottle afterwards... and sometimes even a manicure! (Zin is the baby manicurist, and it's the best time to cut Shai's nails and get a story in without him trying to eat the book!) We usually have some nighttime music playing in the background on Shai's Yoto player while his essential oil diffuser is going. A personal spa! We do incorporate PJ Library books, of course.



Shira Burstein, Zinovy Pravin, and their son Shai.

WHY I CARE...

Focus on: Daniel Faizakoff

"What you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others." - Pericles, Philosopher

Daniel Faizakoff and his family moved to Stamford six years ago from the Upper West Side of Manhattan. He has been married to his wife Debra for 12 years, and they are raising three beautiful children. Their eight-year-old daughter, Lila, and their seven-year-old twin sons, Chase and Julian, all attend Bi-Cultural Hebrew Academy. Debra is a hospital administrator currently working as the Senior Regional Director for Employee Health at Westchester Medical Center. Dan is an attorney who launched his own New York City law practice 20 years ago. He is licensed in New York, New Jersey,



Daniel Faizakoff

and Connecticut and provides white glove, concierge service to clients in the tri-state region. His practice focuses on estate planning and corporate law, and in that capacity, he helps protect individuals, families and businesses and assists them in creating lasting legacies for their futures by preparing a variety of wills, trusts and contracts.

THIS IS WHY HE CARES:**DESCRIBE YOUR CURRENT AND PAST INVOLVEMENT WITH UJF AND HOW LONG YOU HAVE BEEN INVOLVED.**

I became involved two years ago in connection with the UJF's LIFE & LEGACY

program. I am also involved with UJF Cardozo Law Society as a committee member and a past event co-chair, and regularly attend programs.

HAVE YOU BEEN INVOLVED WITH OTHER JEWISH ORGANIZATIONS IN THE COMMUNITY AND ELSEWHERE?

I currently serve on the Executive Committee as a Vice-President of the Board of Directors at Congregation Agudath Sholom (CAS), having recently been elevated to this position after serving on the Board of Directors for three years. In addition, I also serve as the Chair of CAS's LIFE & LEGACY planned giving program.

WHY IS IT IMPORTANT TO GIVE BACK IN THIS WAY?

I am very grateful for the privilege and opportunity to serve my clients as an estate planner and help them forge lasting legacies for their families. It seemed a natural extension for me to share my skills and experience with my fellow community members, helping

them to create personal legacies for the many wonderful Jewish charitable organizations that exist in the Greater Stamford Community and particularly for CAS. In this way, I hope to make a lasting impact and leave my own legacy by helping to ensure our community both survives and flourishes for the benefit of my children and future generations to come.

HOW DO YOU SEE THE GREATER STAMFORD COMMUNITY BEING DIFFERENT FROM OTHER PLACES YOU HAVE LIVED?

Stamford is a very special place. It provides a very large open-sided tent for all Jews, irrespective of ideology and personal practice while maintaining a very non-judgmental, live and let live philosophy. Our mission on earth is *tikkun olam*, repairing the world, and Stamford is helping to achieve that goal by uniting Jews of all walks. I consider myself very lucky to play even a small role in this endeavor.

TEEN VOICES

Teens and Mental Health

BY ILANA GILBERT

I am here to share my voice as an adolescent in school, regarding mental health. School tends to be a very action-packed environment.

From stampedes in the hallways, to that surprise quiz announcement everyone dreads, school can be an overall anxiety-inducing place. While some scholars enjoy focusing on their studies, others do not. Some teachers do whatever they can to accommodate, while others are oblivious to the mental health restraints in their pupils. When it comes to different mental illnesses, there are some serious stigmas resulting in offensive comments. For example, my peers will just casually say, "The weather is so bipolar today". Even though they are trying to convey how the weather changes quickly, they should consider how they would feel if a person with bipolar disorder walked past as they said this. I could go on and on about how many different comments and jokes I hear like this daily. The worst part? Often, our own educators don't even stop it.

All of this is coming from my personal experience as a teenager with my own mental health challenges. Another point I would like to make clear is that many teachers of mine have been fabulous, always ensuring that we as students feel safe and calm. I go to Westhill High School and am in the Agricultural Science Program. Every Ag teacher there has been



Ilana Gilbert

nothing but kind to me, willing to talk about anything. Even if it goes into their lunch break or their free period, mental health is a number one priority to these teachers. In my opinion, everyone needs an Ag Building. Obviously not a literal AgSci program, but an outlet to calm down. Every student should have access to a trusted teacher and/or a mental health professional.

From my understanding, many schools have a mindfulness course. Essentially, this is a required class usually in place of an assembly. In this period, both students and teachers are taught tactics to stay calm, along with exercises to stay mindful of the environment around you. I remember we had one of these in my school. I thought it was quite stupid at the time since no one took it seriously. In hindsight, I regret not paying attention to that program. If my peers and I were a bit more attentive and a lot less aloof, we would have gotten some useful information that day.

One piece of advice I would give to everyone is to always check in on your friends. If you notice that a companion, or even a classmate, seems stressed or burnt out, ask them how they are doing. If they give a vague response, ask if they want to talk about it. Just knowing someone cares enough about your wellbeing to ask about it can make your day so much better. Remember, keep your head up and try your best, but also seek help when needed.

Ilana Gilbert is a student at Westhill High School's Agricultural Science Program.



United Jewish Federation's
Chapter Two Invites You To

Fall Sukkot Harvest Field trip

A Visit to Stone Barns Center for Food & Agriculture

Thursday, October 13th

Meet at 10:00 am
630 Bedford Road, Tarrytown, NY

- Learn in the Education and Design Lab.
- Visit the Door Garden.
- Hear about the work of the farmers and artisans.
- Optional walk to the field to see the harvest and produce.
- Visit the farmstand.



\$45 - Sign up at: www.ujf.org/farm (limited to 20 guests)

Committee: Heidi Ganz, Debby Goldberg, Allison Greenbaum, Lorraine Kweskin, Nancy Mimoun, & Arlene Rosen.

(Organic farm fresh Breakfast for purchase)

About Stone Barns Center is a nonprofit farm, education, and research center with a mission to catalyze an ecological food culture. The Hudson Valley campus, shared with their partner restaurant Blue Hill at Stone Barns, is a place where farmers, chefs, diners, educators, and artisans come together to push the boundaries of sustainable farming and eating.

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