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THE NEW JEWISH VOICE

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Ensuring The Jewish Future

(Courtesy of UJF) United Jewish Federation of Greater Stamford, New Canaan and Darien invites the community to the kickoff of its “Annual Campaign for Communal Needs” at an inspirational evening with guest speaker Rabbi Menachem Creditor. Federation’s campaign launch, “Ensuring the Jewish Future” will be held on Wednesday, September 14 at 6:30 pm at Temple Beth-El, 350 Roxbury Road, in the outdoor tent. Rabbi Creditor serves as the Scholar-



Rabbi Menachem Creditor

in-Residence at UJA-Federation New York. He was named by *Newsweek* as one of the 50 most influential rabbis in America.

Over the last year, many exciting changes have occurred at UJF. Federation has settled into a new home on Summer Street, finishing touches were made to its Strategic Plan,

touches were made to its Strategic Plan,

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Walk for Unity & Day of Action

(Courtesy of UJF) The second annual “Walk for Unity in Our Community” will be September 11 at Mill River Park, 1:00 pm – 3:00 pm, and will include volunteer activities as part of a “Day of Action.” The “Walk for Unity” began last year and was hosted by the United Jewish Federation of Stamford, New Canaan, and Darien Jewish Community Relations Council, the Mayor’s Multicultural Council and the Interfaith Council of Southwest Connecticut. The event was designed to build relationships between the diverse faith and cultural communities of Stamford. This year, the Interfaith Social Ministry Collaborative (SMC) joined the

effort when they realized they were planning a “Day of Action” on the same day. Thus, this year’s event is called “Walk for Unity in Our Community & Day of Action”, and the SMC has joined as a partner. We are also happy to welcome “Stamford Stands Against Racism” as a host this year.

Linda Spilka, Chair of this year’s event, said, “This year’s ‘Walk for Unity in Our Community’ is a beautiful extension of the event we began last year. This year, with the event occurring on September 11, we can reflect even more poignantly on the

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Kesher Beth El: Two Synagogues, One Learning Community

(Courtesy of Temple Beth El) This fall, the students of Temple Beth El (TBE) in Stamford and Congregation Beth El (CBE) in Norwalk will join together in a new religious school –*Kesher*– the Hebrew word for connections. The school’s mission is to teach and inspire

students to love Judaism as a source of wisdom and a way of life, within a large pluralistic and inclusive community. It is a joint venture shared equally between the two synagogues and supervised by the two respective rabbis and a parents committee from both synagogues. The

children and their families are excited to be learning and celebrating with each other and building Jewish friendships that will last a lifetime.

Kesher Beth El builds on many of the principles developed by those who worked on this collaborative effort

this past year. The school will employ the shared teachers and curricula that have been used in both schools. The K-7 school will meet on Sundays from 9:00 am to 12:00 pm, with small group

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Adventure and Fun at The J

Day Camps@The J campers gathered for a summer of adventure and fun at the Stamford Jewish Community Center. Campers enjoyed activities like boating, archery, zip-lining, and water fun.



UJF President's Message

The Remarkable Jewish People

BY DAVID GORDON

I am writing this column on Tisha B'Av (the 9th day of the month of Av), seven weeks before Rosh Hashana. Tisha B'Av is traditionally the saddest day on the Hebrew calendar. Historically, it commemorates the destruction of the first and second Holy Temples



David Gordon, UJF President

in Jerusalem, as well as numerous other catastrophes of the Jewish people such as the expulsion from Spain in 1492, which was knowingly timed by the Spanish monarchs to occur on Tisha B'Av. Personally, while I can cognitively mourn for the destruction of the Temples and the close connection to the Almighty that the Temples represented, I suspect that Jewish practice would have evolved significantly in the past 2000 years even with the Temples still standing. For example, I do not believe that we would still be sacrificing animals on a holy

altar. But that is speculation. What is not speculation is that the destruction of the Temples resulted in a diaspora, and that diaspora has had different leading centers of Jewish life for the last two millennia, including, most recently, the United States.

It was not always clear that the United States would become a center of Jewish life in the diaspora. While Jews were critical in the financing of Columbus's voyage to the "New World" as they were being expelled, and numerous Jews were on Columbus's ships, the first sizable group of Jews to reach what is now the United States came from Brazil in 1654, fleeing the Spanish (Portuguese) Inquisition, as Portugal had just taken over Brazil from the Dutch. But Peter Stuyvesant, the Governor of New Netherland (now New York), wanted to deny this group of 27 Jews the ability to stay in New Netherland. He requested permission from the home

government in Holland for that denial. The Governor was informed that the Jews were to be allowed to reside in New Netherland "provided the poor among them shall be supported by their own nation". The rest, as they say, is history.

That said, the history of the Jews in the United States has had many ups and downs. But one thing that has been steady over time is that we, the Jews of the United States, have supported the poor amongst us. In 1922, Samuel W. McCall, Governor of Massachusetts (1916-19) and U.S. Representative (1893-1913) wrote with obvious admiration in his book *Patriotism of the American Jew*: "It can be said on good authority that over two thousand Jewish charitable organizations are actively, continuously at work – many of them with widespread branches, lodges and agencies; and this computation does not include purely local friendly functioning associations found in nearly every community... The bounty is so generous and the givers so numerous that, obviously, there must

be overlapping, [and] duplication... So came about the Federation of Charities--- one of the greatest achievements of the American Jews..."

Yes. The Jewish Federation of Charities – a precursor of our own United Jewish Federation, recognized in 1922 by Governor McCall as one of the greatest achievements of the American Jews. Remarkable!

Tisha B'Av is behind us. Rosh Hashana is coming. The Jewish people over the last two millennia have instituted charity as one of the substitutes for animal sacrifice. We, Federation, "one of the great achievements of the American Jews," will be reaching out to you soon. We hope that you will make this year's bounty (donations) generous and include yourself among the increasingly numerous givers.

Together, as part of a remarkable Jewish people, we will make this a Shana Tova! Thank you!

From UJF's Chief Executive Officer

What Is Community?

BY DIANE SLOYER

I am sure if I asked "What is Community" to ten different people, I would get twelve different answers. I acknowledge community is personal and what it means to each of us varies. Community, in my



Diane Sloyer, UJF CEO

opinion, should unite us and challenge us to do better. How can we come together to make us stronger and thus ensure a strong Jewish Community for generations to come?

I don't have the answers, although I wish I did! It is something I think about all the time. Sometimes I think we, myself included, are our own worst enemy. How can we work together, within our UJF community of Stamford, New Canaan, and Darien, and strengthen our institutions and be more welcoming and embrace diversity, even when we don't always agree? Why do we always look elsewhere when we can work within to try and make things better? Is the grass always greener? Maybe, but what do we lose by being disgruntled and looking elsewhere?

I believe we lose community, imperfect, and all.

My feelings about community are what draw me to Federation where I believe we serve a crucial role. Our strategic plan embraces community and diversity and will

set Federation on course for the next 3-5 plus years.

We cannot do it without you. Don't just be a by-stander, we need you! Please reach out to get involved with a UJF committee or see if the board is the right fit for you. Our community will benefit and so will you! And if not Federation, I encourage you to find another Jewish organization to share your skills and talents to help make our Jewish community stronger. We are never going to be perfect, but with your help, we can be better!

With the Jewish year of 5783 upon us, I pray for peace, health, and joy for us all and hope we can all rise to the challenge of building a strong, diverse, and inclusive Jewish community. Shana Tova!

Meet UJF's New Israeli Shaliach

BY YOAV YARON

Shalom!

My name is Yoav Yaron and I'm going to be your United Jewish Federation community shaliach (emissary) for the next two years. I am very excited to come back to the greater Stamford area! I briefly visited this past May as part of the "Israel At Your Doorstep" delegation, and during that time I met some of you and can't wait to see you all again.

I'm 30 years old and was born in Gush-Katif (in the Gaza Strip). I'm the youngest out of five from a family that is originally from a kibbutz (near Tiberias). I was brought up in the kibbutz education system and went to school in Kibbutz Yavne. In 2014 I had the privilege of being part of the Israel Defense Force (IDF) camp counselor delegation to Jewish summer camps in North America and was hired to work for JCC Interlaken in the north woods of Wisconsin. That was the first time that I encountered the different Jewish movements and loved the diversity. The following summer I returned to work for Interlaken and found out that I want to work more in the field of informal education with worldwide Jewry and Israelis.

For the past seven years I lived in Jerusalem and graduated from Hebrew



Yoav Yaron, UJF's Community Shaliach. (Yes, Yoav loves coffee, so please reach out and meet him for coffee!)

University in the field of comparative literature and Jewish studies, focusing on Russian literature and Rabbinical literature. Following my degree, I started working for the Jewish Agency for Israel and also completed an M.A. with the Ruderman Foundation in Haifa University focusing on North American Jewry.

Beyond my studies, I have lots of varied interests which I hope to incorporate into

my work in the community. I learned from my mom who learned from her dad the love and appreciation for nature. I love bird watching, hikes and exploring and learning new things. I also enjoy Jewish learning, beer brewing (and drinking), bowling, cooking, baking and going to the theater.

It will be hard to be away from family and friends, but I am resolute in my mission as an emissary, bringing Israel to the Stamford, New Canaan, and Darien community. I look forward to being part of such a warm, loving, and hospitable community. I can't think of something better than being part of your community, and I'm truly thankful for your hospitality and wish that we'll do great things together. You can reach me at yoav@ujf.org or call (203) 321-1373 ext. 1003.

JHSFC Presents “It Happened Here!”

(Courtesy of JHSFC) The Jewish Historical Society is pleased to present the “It Happened Here!” exhibit opening reception at 2:00 pm on September 18 at the Ferguson Library downtown Stamford, featuring selected images from the JHSFC archives and photos from primary sources. The display, consisting of eight theme-based panels, explores belonging and creating “home” and community through individual experiences. How have people engaged with, and contributed to, the broader community? The story begins here in Stamford and Fairfield County in the 1700s through the lenses of immigration, World Wars I and II, women making history, and arts and culture, to name a few. Indeed, many actors, writers, and musicians called Stamford home.



Benny Goodman
(PHOTO CREDIT: BENNY GOODMAN.COM)



Gilda Radner
(PHOTO CREDIT: LIBRARY OF CONGRESS)

One of seven original cast members of *Saturday Night Live*, Gilda Radner portrayed hilarious caricatures of personalities and had a one-woman show on Broadway. She was also awarded an Emmy in 1978. Radner and Gene Wilder were North Stamford residents when her stage IV ovarian cancer was detected in 1986. Radner wanted lessons from her experience to benefit cancer patients. Acting on her wishes, Wilder established ovarian cancer research programs.

To learn what Benny Goodman and Gilda Radner have in common, attend the September 18 exhibit opening to learn more. This exhibit is partially funded by a

grant from the Stamford Arts & Culture Commission. Light refreshments will be served. To learn more about The Jewish Historical Society of Fairfield County, please visit: <http://jhsfc-ct.org/> or call: 203-359-2196.

Ensuring The Jewish Future

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and work to redesign the UJF website was completed with a launch planned for early September. The kickoff will be an opportunity to review the many impacts UJF has had on the local and global Jewish communities over the last year and opportunities for the future.

The evening’s guest speaker, Rabbi Menachem Creditor, is a published author, musician, teacher and activist who has spent time working locally, in Ghana, and in the White House to amplify the prophetic Jewish voice in the world. He is a frequent speaker on Jewish leadership and literacy in communities around the United States and Israel. “Rabbi Creditor led the launch session of our last Behrend Institute for Leadership before COVID. He was a favorite amongst the cohort and we are excited to have him back in Stamford,”

shared UJF CEO Diane Sloyer.

Ellen Weber, Campaign Chair and past UJF President stated, “Rabbi Creditor will provide a unique perspective on the importance of the work of Federation. He has the personal insight, given his work with UJA/Federation in New York and with his Rabbinic training, to speak about the holiness of our work. And with so much uncertainty in the global Jewish world, the work of Federation is crucial. I hope you will join us in being inspired”.

The event will begin with dinner at 6:30 pm, followed by the program at 7:30 pm and will conclude with dessert. The Couvert is \$54 per person with a NextGen price of \$36 per person. Sponsorships are available at \$360 and include two tickets. Register at www.ujf.org/launch22. Please reach out to Dianesloyer@ujf.org, (203) 321-1373, ext. 1000 with any questions.

CANDLE LIGHTING TIMES

September 2	7:07 pm
September 9	6:55 pm
September 16	6:44 pm
September 23	6:32 pm
September 30	6:20 pm

Help New Immigrants Learn English



(Courtesy of Schoke JFS) Are you a former teacher or a compassionate soul with a patient demeanor? Volunteer to have a meal with meaning by helping new immigrants learn English. The “English Café” is a volunteer opportunity to have lunch with Ukrainian refugees and immigrants who need to practice

speaking and listening to English in a safe and comfortable environment. Join us for a light dinner and conversation, every other Wednesday from 4:30 to 5:30 pm at the Schoke Jewish Family Service office at 196 Greyrock Place, Stamford, CT.

To become a volunteer, contact Marina Sapir at msapir@ctjfs.org or 203-921-4161.

UPCOMING DEADLINES

October 2022 – Sukkot / Shemini Atzeret Issue

Deadline: Friday, September 2, 2022

November 2022

Deadline: Monday, October 3, 2022

Email submissions to sandy@ujf.org

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Scholar-in-Residence Weekend at Congregation Agudath Sholom

(Courtesy of Congregation Agudath Sholom) Congregation Agudath Sholom is thrilled to welcome Rabbi Mark Wildes, founder and director of Manhattan Jewish Experience, a Jewish outreach and educational program, as Scholar-in-Residence on Shabbat, September 17 and 18. Rabbi Wildes's style is dynamic and captivating, and he will address issues related to Jewish spiritual growth and personal renewal. One



Rabbi Mark Wildes

of the highlights will be a conversation between Rabbi Wildes and Rabbi Daniel Cohen on High Holiday preparation, based on Rabbi Wildes's new book *The 40 Day Challenge*. The weekend is free and open to the entire community. For more information, contact Rabbi Cohen at rabbicohen@cas-stamford.org

Rabbi Wildes is the author of *Beyond The Instant: Jewish Wisdom for Lasting Happiness in a Fast Paced Social Media World* (Skyhorse Publishing, 2018) and *The 40 Day Challenge: Daily Jewish Insights To Prepare For The High*

Holidays (Kodesh Press).

Wildes earned a B.A. in psychology from Yeshiva University, a law degree from the Cardozo School of Law, a Master's degree in International Affairs from Columbia University and rabbinic ordination from the Rabbi Isaac Elchanan Theological Seminary of Yeshiva University.

After serving in rabbinic and outreach positions at Congregations Ohab Zedek and Kehilath Jeshurun and teaching at Ramaz and Stern College, Wildes established Manhattan Jewish Experience, dedicated to engaging the tens of thousands of NYC's unaffiliated young Jewish professionals. Wildes also teaches an outreach-training seminar at RIETS, Yeshiva University's rabbinical school, training new leaders for the future. He, his wife Jill and their four children live on the Upper West Side of Manhattan.

Youth Programs at Chabad of Stamford

(Courtesy of Chabad of Stamford) Chabad's popular youth programming has something for every age group. For its birth to three, "Tiny Treasures Mommy & Me" classes will be offered on Thursdays at 9:30 am starting on September 22 with a special holiday class. "Tiny Treasures" aims to enrich each child with the beauty and brilliance of Shabbat and includes making challah, singing, story time, crafts and more. The regular fall semester starts on Thursday, October 27 at 9:30 am.

For youth in kindergarten through 7th grade, Chabad offers a unique Hebrew school, "Chabad Kids Club" (CKC). This afterschool program includes Hebrew school, Judaic homework help, fun lessons with awesome games and prizes. The classes run every Tuesday from 4:00-6:00 pm starting with the Holiday Fair on Tuesday, September 13. At CKC, Chabad works to instill Jewish pride and create spiritual connections that last a lifetime. CKC includes the "P.O.G.S." program, (Parsha and Other Great Stuff) a weekly science and cooking club geared for those in K-2nd grades running from 4:00-5:00 pm on Tuesdays. Once a month, its "Chai

Five Club" (for youth in 3rd through 7th grade) meets on Tuesdays between 5:00- 6:30 pm to find exciting ways to help people's lives in the community. Events include challah baking, visiting seniors and other fun and meaningful mitzvah projects.

A monthly Bat Mitzvah Club is also held which is a fun, interactive and thought-provoking experience for girls in 6th-8th grade. Chabad's "Bat Mitzvah and Beyond" classes are on Sunday afternoons from 5:00-6:30 pm and include dinner. The first session will be on Sunday, October 23.

Finally, for high schoolers, Chabad of Stamford runs a "Cteen" program which meets several times a year. Its popular "Sushi in the Sukkah" event will be on Thursday, October 13 at 6:30 pm. Chabad welcomes all teens who need to fulfill community service hours for their high schools to find out about their various volunteer opportunities.

Chabad of Stamford invites anyone considering its K-7th grade programs to join them Tuesday, September 13 at 4:00 pm for its CKC launch and holiday fair at Chabad of Stamford on 770 High Ridge Road.

For more information and to sign up contact programs@stamfordchabad.org.

THE NEW JEWISH VOICE

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Walk for Unity & Day of Action

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importance of unity and peace. The addition of volunteer activities that allows us to improve our world is particularly fitting."

The anniversary of September 11 will be acknowledged at the event, but the intention of the event will be to help repair the brokenness of the world. To do this, participants will have an opportunity to walk with each other around the park, meet people from different backgrounds and share thoughts and ideas. Participants can then enjoy a self-provided picnic at the park. At approximately 2:00 pm, those who have pre-registered for volunteer activities will begin to do their work. Some of the volunteer opportunities are not at Mill River Park, and those participants will leave the park to do their work and may choose to return. The event will end at 3:00 pm.

There is no cost for this event. If you are interested in attending, please register at ujf.org/UnityandAction or contact Sharon Lewis, Director of the Jewish Community Relations Council at slewis@ujf.org.

Keshet Beth El: Two Synagogues, One Learning Community

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Hebrew learning during the week on Zoom. Some Sundays the school will meet at CBE and then other Sundays at TBE. The school's director will be Lisa Gittelman-Udi, current Director of Congregational Learning at Temple Beth El for the past 9 years.

The new combined Jewish Learning Center will create a stronger educational program for both synagogues and provide students and families with the opportunity to enhance their Jewish experiences by getting to know students and families from another Jewish community.

The new logo for the Keshet Beth El Learning Center includes an image of a tree. A tree is a wonderful metaphor for this educational program. It represents some of the core Jewish values that Keshet Beth El hopes to share with its students and families including: building community, the ability to adapt to growth and change, interconnection (like the root systems of trees), and independence.

Lisa Gittelman-Udi, Director of the new program, stated, "We are working together to develop and implement a visionary, collaborative educational model that meets the needs of the children and families of both congregations. We hope to create a strong program that will provide our students with a larger Jewish social network. This is a wonderful opportunity for our students to enhance their Jewish experiences by getting to know students from another community."

"Our two congregations not only share the same name, but very similar visions of an inclusive, authentic Judaism. Now inclusivity can be geographic as well as demographic, as we bridge communities throughout Lower Fairfield County. I look forward to an exciting future for this joint venture," Rabbi Joshua Hammerman of TBE stated.

For further information on the school please contact: Lisa Gittelman Udi at 860-830-9942, or e-mail; eddir@tbe.org.

Arts and Culture at the Stamford JCC

(Courtesy of the JCC) Whether you enjoy thriller movies, abstract art or conversations about food, The JCC Center for Arts & Culture is where you will find robust and diverse offerings that will satisfy everyone's appetite.

"Intended to engage, entertain and educate, The Center for Arts & Culture at the JCC is proud to roll out a year of select programs specifically designed so there is something for everyone," relays Nancy Schiffman, Director of Arts & Culture. "The JCC is committed to serving adults of all ages and diverse interests."

This year's Jewish Film Festival of Fairfield County, scheduled from Thursday, October 13 through Sunday, November 20, will feature award-winning, thought-provoking, and conversation-starting films.

"The line-up reflects a variety of genres and themes, from opening night's drama thriller, *The Man in the Basement* to documentary, *Filmmakers for the Prosecution*, detailing the critical role Hollywood filmmakers played in the Nuremberg Trials, to closing night's clever told story, *Persian Lessons*. There's something for everyone," echos Jennifer Kaufman, Festival co-chair.

Lisa Popper, another Festival co-chair says, "The Festival continues to follow a hybrid model, where audiences can join us in-person or watch online from home and enjoy a mix of in-person and Zoom Q&As, featuring filmmakers, producers and expert speakers."

"We look forward to having audiences come out and join us, as there is nothing like seeing a film on the big screen together as a community," adds Debbie Lee, another Festival co-chair.

Authors presenting as part of the

JCC Book & Author Conversations were hand-selected and reflect the varied interests of our community.

"We are excited to be hosting prominent personalities like: Martin Indyk, diplomat and foreign relations analyst; Ira Rosen, producer of *60 Minutes*; *New York Times* best-selling author Meg Waite Clayton; and David Page, creator of *Diners, Drive-ins & Dives*, to name a few," reports Lorraine Kweskin, committee member.

Topics run the gamut from the first Jewish Supreme Court Justice to a Jewish Olympic Gold medalist and NBA star; from overlapping family histories – one Jewish and one African American - to the romance between a Jewish refugee and club owner in Shanghai; and from a how-to guide for small businesses to African Jewish cooking and a cooking demo of Jewish comfort foods in the new, soon-to-be-completed JCC Culinary Studio.

The Manger Gallery@The J promises to aesthetically transform the front entrance of the JCC and delight the senses of all who pass through. It showcases professional artists working in a variety of genres and mediums, featuring rotating exhibits and Wine & Art Reception, free to the community. Artists featured this year are Bracha Silber, Nathan Gregoire, Yuko Ike, Jaffa Gross; Lina Morielli, and Sarah King along with her young JCC student artists.

Among other offerings are "JTalks," a speaker series featuring highly accomplished individuals who have contributed to the growth and richness of our lives, championed initiatives, or groundbreaking ventures.

For more information contact Nancy Schiffman at nschiffman@stamfordjcc.org.

"Women in White"

(Courtesy of Congregation Agudath Sholom) All women in the community are invited to "Women in White", a fundraising experience in honor of The Minnie Manger - Marcia Lieberman Mikvah, on Sunday, September 11, at 7:00 pm at a private home in Stamford. The event

will feature speaker Rivky Slonim, education director at the Rohr Chabad Center for Jewish Student Life and a lecturer on Jewish Medical Ethics at Binghamton University. A light reception will follow. The event fee is \$54. Please RSVP at www.stamfordmikvah.org

Millstone Scholars Program for 7th and 8th Graders

(Courtesy of Congregation Agudath Sholom) Congregation Agudath Sholom is honored to host the Millstone Scholars Program this fall. The Millstone Scholars program is an in-person selective, new educational and leadership initiative of the Tikvah Fund. This program is designed for and opened to public school and private school (non-Jewish day school) 7th and 8th grade students.

A pilot cohort will launch on September 18. Millstone Scholars is a one-year honors program in which participants meet weekly in their communities and participate in on-line seminars with significant thinkers and leaders around topics such as Zionism

and Israel, Jewish thought, and the nexus between those ideas and American democracy.

The purpose of the program is to forge the next generation of American Jews who will step into high school and onto college campuses as young people confident in their identities and in the robustness of their heritage. For student nominations or referrals to prospective families, and any other questions, please contact Rabbi Dr. Abraham Unger, Director of Regional Education, at aunger@tikvahfund.org or Rabbi Daniel Cohen rabbicohen@cas-stamford.org. You can also visit <https://tikvahfund.org/millstone/home>.



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Friendship Circle Moms Enjoy a Shabbat Away

(Courtesy of Friendship Circle) On the weekend of June 10, twenty Friendship Circle moms joined together for a weekend of rest and relaxation, speakers and workshops for the first Shabbat retreat since before 2018.

Chanie Kamman, Friendship Circle Family Coordinator, said "It was so exciting to have a Shabbat together again! There is nothing better than having fun, learning and sharing experiences in person."

The weekend started out with some pampering at the Oasis Day Spa, and then continued in the beautiful grounds of Tarrytown House and Estate. The moms came from the entire Fairfield County and surrounding areas to participate.

The women were greeted with a welcome box upon arrival. The box contained items to nourish both body and soul. Treats included spa items, snacks, and different stories and prayers. Moms were able to choose spa treatments or mani/pedis and afterwards were served a buffet lunch.

Mrs. Vivi Deren was the guest speaker at lunch and spoke on the topic "Spa for the Soul". After lunch, the moms checked into the hotel and then participated in two different workshops. The first was a challah bake, and afterwards the moms made flower arrangements. Stacey Palker, who is a Friendship Circle mom, led the flower workshop.



(l-r) Naomi Fiorito, Lindsey Berger, and Melanie Klement.

Dads and families surprised the moms before Shabbat with a special video in their honor. Orlee, a mom, said, "The retreat ended up being much more than fun for me. It ended up being incredibly meaningful and life-changing."

A highlight of Shabbat dinner was

eating the challot baked only a few hours earlier. After dinner, the moms hung out with each other and soaked in every minute of laughter, and tears, together with like-minded women. Mrs. Goldie Plotkin and Mrs. Chani Shmotkin, both moms of individuals with special needs, joined the group for the weekend and contributed tremendously with inspiration and joy.

Moms began Shabbat morning with hand-delivered breakfast in bed. Afterwards, the participants played games, joined in different discussion groups, and were treated to charcuterie boards and a mixology class. After a packed afternoon, the day ended with a Havdalah ceremony and treats to take home to the families. Jessica, another mom, said, "I came home feeling so recharged and refreshed and INSPIRED from our amazing weekend."

To learn more about the Friendship Circle, please contact Director Malya Shmotkin at malya@friendshpct.com.

History Day Winner Researches Little-Known Jewish Heroine

BY JOAN KRANZ

Does the name Sigrid Schultz sound familiar? Perhaps not.

Schultz, one of the few American women correspondents in the 1930s and '40s, changed her name to develop friendships with important Nazis and secure vital information for the Americans.

Riley Then, winner of the 2022 Jewish Historical Society of Fairfield County (JHSFC) History Day contest, became interested in researching Sigrid's story because Sigrid was relatively unknown to so many people. Riley wanted to share the story in order to leave people informed and inspired. After all, Sigrid was successfully able to trick Hitler and his men into confiding in her until she was forced to flee Germany in 1941 after Goering became enraged over her ongoing writing about concentration camps.

One of the problems Riley encountered during her research was finding primary sources relating to her subject. Sigrid Schultz (Simmons) had often used several pseudonyms. Teachers Matthew Cieslowski and Steve O'Reilly not only introduced her to the History Day competition, but also continued to support her research and "encouraged me to push myself to my fullest potential," said Riley.

Reading, movies and time spent with friends and family are Riley's favorite



American Studies teachers Steve O'Reilly (left) and Matthew Cieslowski (right) with student Riley Then (center).

activities outside of school. Her future plans involve helping people in some way.

To find out more information about Sigrid Schultz's life, read Riley Then's entire essay on the JHSFC website (jhsfc-ct.org). The Jewish Historical Society of Fairfield County is a nonprofit, secular, educational organization established in Stamford in 1983, whose mission is to "preserve and archive the past, and tell its story." To learn more about JHSFC, please visit the website <https://jhsfc-ct.org/> or call 203-359-2196.

Check out the value of National History Day contests, and the rules for the 2023 contest, at ([nhd.org](https://www.historydayct.org)) and (<https://www.historydayct.org>).

Bi-Cultural Hebrew Academy Hosts Annual Dinner



Rabbi Tzvi Bernstein (Head of School), with dinner honorees Jake Sherman, Rachel Haron (Associate Head of School), Adam Rafalowicz, Gladys Teitel, Glenn Karow, and Greg Teitel during this year's Bi-Cultural Hebrew Academy's annual dinner celebration. (CREDIT: BEN FOLKINSHTYEN)



Dinner and Journal Chairs; Howard Wolfe, Dr. Paul Berger (President, Board of Trustees), Rabbi Tzvi Bernstein, David Zizmor, Navah Zizmor, Lenore Fogel, Ilan Fogel and Jodi Hadge. Missing from photo, Co-Journal Chairs, Risa and Steven Raich. (CREDIT: BEN FOLKINSHTYEN)



Diana Binger and Lauren Hass listen to Rabbi Tzvi Bernstein's tribute about their father, Alan Kalter, z"l during this year's BCHA annual dinner celebration. (CREDIT: BEN FOLKINSHTYEN)

(Courtesy of Bi-Cultural) Bi-Cultural Hebrew Academy ended May by hosting its annual celebration dinner. At this year's dinner, the Bi-Cultural family was reunited at this long-awaited in-person event in conjunction with the celebration of the reunification of Jerusalem and marking Memorial

Day. During the event, BCHA honored Guests of Honor Gladys and Greg Teitel; Community Service Award recipients Glenn Karow, Adam Rafalowicz and Six Thirteen Restaurant; Alumni Award recipient Jake Sherman; and Walter Shuchatowitz Award for Excellence in Education recipient Rachel Haron.

Celebration Dinner Co-Chairs, Lenore and Ilan Fogel and Navah and David Zizmor were key components for the great turnout at this elegant and spirited gathering.

Thanks to the remarkable efforts of Journal Co-Chairs, Jodi Hadge, Risa and Steven Raich, and Howard Wolfe, the

dinner raised substantial funds to help provide a BCHA education to students in Pre-K through 12th grade. This year's dinner celebrated the diversity of resources that BCHA brings to the many interests of the parent community, --משהו מיוחד לכל אחד-- which means "Something Special for Everyone."

Chabad of Stamford's Men's Summer BBQ



(Courtesy of Chabad of Stamford) Rabbi Shimon Freundlich from Chabad of Beijing, China, joined as guest of honor at Chabad of Stamford's men's summer BBQ. Rabbi Freundlich gave a fascinating talk about how Chabad started in China and what life is like there. Men from all over Stamford put on tefillin, schmoozed and enjoyed a delicious BBQ.

There's No Place Like Home



(l-r) Shelley Senker, Alan Freeman, Ed Smith, John Graubard, Connie Freeman, Jeff Lewis, Eddie Senker.

(Courtesy of UJF) In early August, United Jewish Federation welcomed the community into its new home on Summer Street. Friends of UJF enjoyed refreshments and toured the new UJF offices.

Families Get Ready for Shabbat

(Courtesy of Chabad of Stamford) This summer, families join Chabad of Stamford for a fun family pre-Shabbat party. Together, they enjoyed challah baking, Shabbat treats and music.



(l-r) Eliana Katz, Noa Rosenfeld, Bara Katz and Morah Leah Shemtov. (In the background, Yoni Lefkovitch)



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For more information: Sharon Lewis, Slewis@ujf.org 203-321-1373

Sunday, September 11, 2022
1:00pm – 3:00pm
Mill River Park, Stamford

Please join us for this special day where we will build stronger ties within and between the diverse faith and cultural communities in Stamford, New Canaan & Darien and participate in volunteer activities to make the world a safer, happier and cleaner place to live and work.

Pre-registration required. • UJF.org/UnityandAction

Bi-Cultural Excels in AP Exams



Members of the Bi-Cultural Hebrew Academy Upper School class of 2022 (Bottom row l-r) Shira Haron, Emily Seligson, Yehudit Hochman, Jaime Zaritsky, Ally Abrams, Alison Mandel, and Julianne Katz. (Top row l-r) Daniel Janush, Jake Rosner, Josh Marcus, Noam Bellin-Schonfeld, and Avi Gordon.

(Courtesy of Bi-Cultural) The Upper School at Bi-Cultural Hebrew Academy has posted some impressive results regarding its Advanced Placement (AP) exam scores. The school has surpassed both the State of Connecticut and national averages in terms of percentage scores of three or higher.

While less than 66% of AP exam scores are three or higher, BCHA had a perfect 100% of scores in this range. Additionally, 86% of BCHA students received top scores of four

or five, compared to only 39% nationally.

"I am incredibly proud of our school for this achievement, and in particular, I credit the students, for their strong work ethic; the teachers, for their commitment to student learning; and the BCHA environment, which fosters collaboration and encourages every student to be and become their very best," said Rabbi Shimmy Trencher, Principal of the Bi-Cultural Hebrew Academy Upper School.

Chabad of Stamford's JWC Summer Soiree



Attendees enjoyed a beautiful summer evening at Chabad's Supper Soiree.

(Courtesy of Chabad of Stamford) This past July, over 120 women joined Chabad of Stamford to connect, enjoy and celebrate Jewish Women Connected (JWC) at Chabad's annual JWC "Summer Soiree". "Eshes Chayil" (Woman of Valor) award recipient was Rachel Maryles. The event was held at a stunning private setting in Pound Ridge.

The women enjoyed an evening of delicious food, vendors, crafts and cocktails prepared by "Georgie the Mixologist" who entertained them with his dry ice infused signature cocktails. The attendees were encouraged to express their creativity by making their own cosmetic 'scrubs' with essential oils and salts to take home or give to others. New friendships were made

building on the theme of the evening of friendship, connection, and community.

Leah Shemtov, Co-Director of Chabad of Stamford, used the soiree as a call to action for each of the women there to connect with one new person during the evening and another after the event. She explained that "the meeting of two people at the soiree should benefit a third in some way after it. So, each woman at the event should go out and do something good for another!" In this way, she encouraged the women to create "a ripple effect of goodness going forth from the soiree into the community".

For more information on Chabad's JWC events, please contact programs@stamfordchabad.org.

Summer at Gan Yeladim

(Courtesy of Gan Yeladim) This summer saw record enrollment for Gan Yeladim's summer camp with many new and regular features making it a magical summer for all the children. For the first time, the Gan children were able to fully use their newly built outdoor classroom. They also had the opportunity to grow their own vegetables from seed to harvest in the garden.

During the summer camp, the children also enjoyed twice weekly swim lessons, ceramics classes, gymnastics, music, cooking, basketball, t-ball and soccer. Special "touch a truck" visits from the police department and the local fire department thrilled the kids. The camp was fortunate enough to have several of its alumni return to help as counselors or counselors-in-training, building on what they had experienced as campers at the Gan years ago. To find



Gan Yeladim's campers enjoy water play at summer camp. From left to right, Bara Katz, Shai Kutas and Evan Jacob are watched over by Nate Sigman (background), a Gan alum working this summer as a camp counselor.

out more about Gan Yeladim, contact wendy@stamfordchabad.org.

Chabad Hosts Ukraine Rabbi

(Courtesy of Chabad of Stamford) In honor of Gimmel Tammuz (the yahrzeit of the Lubavitcher Rebbe) Chabad of Stamford hosted an evening with Rabbi Yisroel Silberstein, Chief Rabbi of Chernihiv, Ukraine. Attendees heard firsthand how an American couple ended up in Ukraine, miraculously escaped and continues to serve the Jewish community there.

Rabbi Silberstein established a Chabad House in Chernihiv where for many years he organized social services for the Jewish community, often taking in children from broken homes and establishing a meaningful Jewish life there. He recounted how his family housed refugees from the war in their basement. Now that he has



escaped from Ukraine, he raises money for Jews still living there to provide for their physical and spiritual needs.



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UJF's BEN Summer Social Under the Stars



Jewish Boomer singles meet new friends while enjoying a beautiful night under the stars. (l-r) Leslie Zimmer, Ariel Kohane, Rob Lesser, Elise Lerner, and Martin Kivell.

(Courtesy of UJF) On Thursday evening, August 11, United Jewish Federation's BEN affinity group (Boomer Engagement Network) held a "Backyard Summer Social" at a private home in Stamford. Jewish singles, ages 45 and up from Connecticut, Westchester, and New York City gathered to enjoy a night under the stars which offered light fare and a chance



Allison Greenbaum talks to Jodi Hodge and David Weinstock about which astrological signs are their best match.



Lee Medoff, Sandy Weiner, and Jonathan Victor mingle at UJF's Summer Backyard Social.

to see friends and meet new people in a fun and casual environment. Allison Greenbaum, an astrology expert, spoke with guests about their astrological signs and which sign is their potential best match.

If you are interested in UJF's BEN group, or know someone who might enjoy attending upcoming events, contact Sharon Franklin at sharon@ujf.org.

New Canaan Chabad House Expands

BY JERRY FENSTERSTOCK

As the New Canaan Jewish Community continues to grow, the Chabad House has begun a project of renovation and expansion to meet the needs of the growing community.

The Chabad House is expected to be ready for the High Holidays and will serve as the home of Rabbi Levi and Michal Mendelow, the Chabad emissaries to New Canaan.

The concept of a Chabad House was developed by the Lubavitcher Rebbe, Rabbi Menachem Mendel Schneerson of righteous memory, and usually refers to the home of a Chabad family of *Shluchim* (emissaries), where they promote Jewish values through home hospitality, often in communities which previously had very little infrastructure.

"Since moving to New Canaan, the Mendelow family has opened their home to the community for Shabbat meals, Passover Seders, Torah classes and other Jewish events," said Claude Bernstein, chairman of the steering committee for the expansion. "Our community has embraced the work of



The Chabad House under construction.

the Mendelows and of Chabad and are proud to support their activities."

The Chabad House expansion committee is led by Claude Bernstein, Jerry Fensterstock and Arnold Karp.

The property borders the New Canaan YMCA, which has generously allowed Chabad to use its facilities for many of their programs.

"The Rebbe often emphasized that every Jewish home should be a

CONTINUED ON PAGE 24

Shanah Tovah

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Harvey Kaminski, President

To learn more, visit www.cas-stamford.org
or contact Rabbi Cohen (rabbicohen@cas-stamford.org)

BCHA Welcomes Camp Gan Israel to its Stamford Campus



It's all fun and games for the younger campers.

(Courtesy of Bi-Cultural Hebrew Academy) This summer, Bi-Cultural Hebrew Academy (BCHA) of Connecticut had the opportunity and the ability to render assistance to the Chabad of Greenwich in their time of need.

Camp Gan Israel of Greenwich found out in late spring that their camp, in its 25th year, needed a facility to host its wildly popular summer program. When they needed a friend, the BCHA community didn't hesitate to extend its hand in support.

"When it comes to the Jewish community, the Rabbis teach us כל ישראל ערבים זה בזה, which means, in a communal sense, we are all connected one to the other and in a Mitzvah context, we are responsible to help each other in need," said Rabbi Tzvi Bernstein, Head of School at Bi-Cultural Hebrew Academy. "It was therefore an expression of this value for us to help the Greenwich Chabad and the children in our community whom they serve, by accommodating Camp Gan Israel this summer. For their part, they assumed the financial cost of this accommodation."

For many years, Camp Gan Israel has used Carmel Academy in Greenwich as its home base. However, with the venue unavailable to the summer camp

this year, directors Rabbi Yossi and Maryashie Deren needed to pivot and find a new location for the camp this summer.

"Our coming to Bi-Cultural this summer was truly heartwarming," said Rabbi Boruch Ceitlin, on-site director at Camp Gan Israel. "It showed how another Jewish organization was there for us. They're in this with us. They really were doing everything they could to make our camp work. And it was an incredible feeling of acceptance. We are so grateful to Rabbi Tzvi Bernstein and the whole Bi-Cultural staff for welcoming us in and doing it in such a nice way. They are really going out of their way for us. They are reworking their summer activities to accommodate us and make sure that 250 Jewish kids have a summer camp for 2022. Thanks to them, our camp is not only functioning, but thriving."

"Moving all our stuff to a new campus wasn't easy," Rabbi Boruch said. "We were here around the clock setting up to make sure things were set up and ready to go. We had a few community members that helped us out by taking time out of their week to volunteer and help us in the move. Their heart was with Chabad, the camp, and the kids having a good time."



Campers enjoy outdoor activities.



Popcorn and cotton candy are a favorite of Camp Gan Israel of Greenwich which took place at BCHA.

Young Family Engagement at Temple Sinai

(Courtesy of Temple Sinai) Families with young children are the future of religious institutions, and in the past few years, Temple Sinai has seen exceptional growth in this demographic. Erica Quamly, Temple Sinai Religious School and Youth Director, has placed considerable emphasis on developing programs to serve this cohort.

While some activities are directly related to Jewish holidays, others are geared towards creating social connections. The goal is to grow and strengthen the bonds between young families, engage young children, and leave everyone feeling included in the Temple community all while having lots of fun.

Under *Morah* (teacher) Erica's leadership, member and non-member families with children up to age 5 come together for semi-monthly Shabbat services as well as holiday-themed programs. In the past year these families enjoyed a Purim playdate at Honey Joe's Family Coffee Shop as well as a spirited family Chanukah program.



Katherine Magyarody and Mark Frank help children make donuts at a toddler and parent baking class.

A new program beginning this year will be the "Family Fun Circle." Hosted by Joanna Frank, a congregant and parent of young children, the "Family Fun Circle" will function like a youth group for young families. This program is designed to engage families with children through elementary school. They will meet once a month for a fun activity based on the

CONTINUED ON PAGE 26

United Jewish Federation's Rothschild Society Invites You To:



A Conversation with **Rich Cohen**

*"The Adventures of Herbie:
The Greatest Negotiator in the World"*

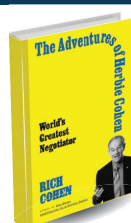
Tuesday, September 20th
6:30pm Networking, Light Dinner, & Drinks
7:15pm Speaker

Serendipity Labs, 700 Canal Street, 1st Floor, Stamford

Co-Chairs: Stephen Bedik, Claudia Kraut, Micky Reich, & Laurie Vormawah

\$36 per person. Register at www.ujf.org/herbie

For more information contact Sharon Franklin at sharon@ujf.org



New York Times bestselling author Rich Cohen tells the story of Herbie: the king of Bensonhurst, the world's best negotiator—and Cohen's wise, wisecracking father, who wrote the bestselling business classic "You Can Negotiate Anything."

He is a contributing editor at Vanity Fair and Rolling Stone. Cohen is co-creator, with Martin Scorsese, Mick Jagger and Terence Winter, of the HBO series Vinyl.





OUR JEWISH COMMUNITY HAS MANY FREE OPPORTUNITIES TO JOIN IN CELEBRATING THE UPCOMING JEWISH HOLIDAYS.

*The following was shared with UJF for publication.
Please call or visit the websites of synagogues
directly for additional information.*



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)

Rosh Hashana | **Sunday-Tuesday, September 25-27**
Shacharit: 8:30 am
Shofar Service: 10:45 am

Yom Kippur | **Tuesday-Wednesday, October 4-5**
Kol Nidre: 6:20 pm
Shacharit: 9:00 am
Yizkor: 11:00 am
Mincha: 5:15 pm
Neillah: 6:15 pm

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Rosh Hashana | **Tuesday, September 27: 8:45 am - 1 pm.**
Registration required

Yom Kippur | **Wednesday, October 5**
Mincha: 4:15 pm
Yizkor: 5:45 pm
Neilah: 6:13 pm
Shofar: 7:13 pm

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

CHABAD AT HARBOR POINT

Rabbi Yisrael Deren

101 Park Place, Washington Blvd. and Pacific Street, Unit 110

Rosh Hashana | **Sunday, September 25: 7:15 pm**
Monday, September 26: 10:00 am
and 7:15 pm
Tuesday, September 27: 10:00 am followed
by Kiddush lunch

Yom Kippur | **Tuesday, October 4: 6:30 pm**
Wednesday, October 5: 10:00 am

*If you have any questions or want to hear the Shofar, contact Levi
Deren at Levideren@gmail.com or call 203-912-7708. For the complete
listing, locations and reservations visit www.newcanaanjewish.org*

CONGREGATION AGUDATH SHOLOM

(Modern Orthodox)

Rabbi Daniel Cohen & Assistant Rabbi Moshe Kurtz

301 Strawberry Hill Ave. | 203-358-2200 | www.agudathshlom.org

Rosh Hashana | **Monday, September 26** at Atria
(77 Third Street) at 4:00 pm with Shofar
Blowing. Led by Rabbi Daniel Cohen of
Congregation Agudath Sholom.

Yom Kippur | Yizkor Service with Rabbi Daniel Cohen:
4:00 pm

*Reservations Required. To register contact Rabbi Cohen at
rabbicohen@cas-stamford.org*

CHABAD OF STAMFORD

Rabbi Moshe Shemtov

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

www.stamfordchabad.org

Rosh Hashana | **Sunday, September 25**
Mincha and Maariv: 6:30 pm with
communal Rosh Hashana dinner: 7:30 pm

Monday, September 26
Shacharit: 9:00 am
Tashlich and Shofar: 5:00 pm
Mincha and Maariv: 6:30 pm

Tuesday, September 27
Shacharit: 9:00 am
Mincha and Maariv: 6:30 pm

Yom Kippur | **Tuesday, October 4**
Mikha: 3:30 pm
Candle lighting & Fast begins: 6:13 pm
Kol Nidrei: 6:15 pm

Wednesday, October 5
Shacharit: 9:00 am
Torah reading & Yizkor: 11:00 am
Mincha and Neilah: 5:00 pm
Shofar, Maariv and Breakfast: 7:10 pm

TEMPLE SINAI

(Reform)

Rabbi Jay TelRav and Cantor Micah Morgovsky

458 Lakeside Dr. | 203-322-1649

www.templestamford.org

Selichot | **Saturday, September 17**
Program, Service with Rabbi TelRav and
Cantor Morgovsky: 7:30 pm

Sunday, September 18
Cemetery Memorial Service - Fairfield
Memorial Park, Oaklawn Avenue: 10:30 am

Rosh Hashana* | **Sunday, September 25: 7:30**
Monday, September 26 *
Morning Main Service: 9:30 am
Children's Service (Pre-K and younger): 1:30 pm
Family Service: 2:00 pm
Tashlich Service: 3:00 pm

Tuesday, September 27 *
Morning Service: 8:30 am
Kiddush Brunch: 10:00 am

Yom Kippur | **Tuesday, October 4 ***
Kol Nidre Service: 7:30 pm

Wednesday, October 5 *
Morning Main Service: 9:30 am
Children's Service (Pre-K and
younger): 1:30 pm
Family Service: 2:00 pm
Afternoon Service: 3:30 pm
Yizkor/N'ilah Services: 4:30 pm

** We gladly welcome first time attendees to join any of our High Holy
Day Services. Please contact Jayne Vasco in the Temple Office for more
information regarding tickets.*

CHABAD OF NEW CANAAN

Rabbi Levi Mendelow

www.newcanaanjewish.org

Rosh Hashana | **Sunday, Monday, Tuesday:**
September 25, 26, 27

Yom Kippur | **Tuesday, October 4 and**
Wednesday, October 5

*For the complete listing, locations and reservations visit
www.newcanaanjewish.org*



A Perfect Dish for Break-the-Fast

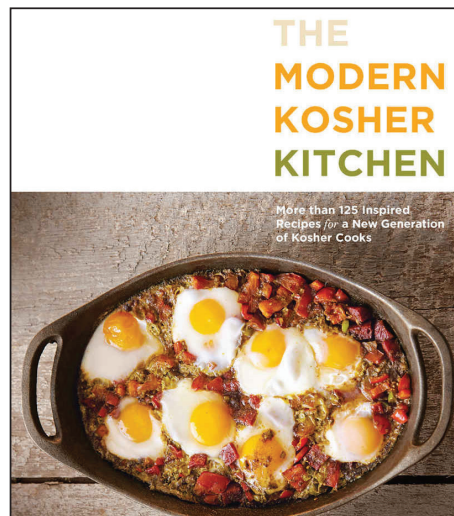
BY RONNIE FEIN

Because my daughter has a life-threatening allergy to fish, we don't have a traditional smoked-salmon/whitefish/herring spread for our annual Yom Kippur break-the-fast. It's always a vegetarian/dairy meal. There are always a few favorites: mujadarah, spinach pie and noodle kugel for sure.

Every year I add one or two new dishes too. Last year it was Roasted Eggplant, Tomato and Mushroom Gratin. It turned out to be a big winner – for so many reasons!

First and foremost this dish is a scrumptious mélange of cooked eggplant, savory tomato sauce and oozy-melting cheese. I've made it many times and a few years ago decided to roast the eggplant slices instead of breading and frying them. Perfect! No more mess, no more fried food smell and no more heavy, soggy food. Roasted Eggplant, Tomato and Mushroom Gratin is light but filling, and the texture is fresh-tender.

There's another benefit: you can make this ahead and refrigerate it for 1-2 days, then pop it into the oven before serving.



And if you need any more reason – this dish is much less expensive than smoked fish, a not unimportant factor these days when food and particularly fish-appetizing items cost so much.*

In addition to the suggestions mentioned above, eggplant gratin would pair well with other savory dishes such as kasha varnishkes (I make this dish using bulgur wheat instead of buckwheat), spinach gnocchi and all sorts of salads. Check out my website for recipes for these

and many other suitable dishes.

May you have an easy fast.

*My book, *The Modern Kosher Kitchen*, devotes an entire chapter to budget kosher meals.

ROASTED EGGPLANT, TOMATO, MUSHROOM GRATIN

1 medium eggplant
4 tablespoons olive oil
salt and freshly ground black pepper to taste

2-3 tomatoes, sliced (or about 2 dozen cherry tomatoes cut in half)

4-6 ounces mushrooms, sliced
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh parsley
1 cup grated Mozzarella cheese
3 tablespoons grated Parmesan cheese

Preheat the oven to 425 degrees. Cut the eggplant into slices about 3/8- inch thick. Brush the slices lightly, using about 3-4 tablespoons of the olive oil. Place the slices on a baking sheet and sprinkle with salt and pepper. Roast for 16-18 minutes or until the eggplant is softened and slightly browned, turning the slices once. Reduce the oven heat to 375 degrees. Use any remaining olive oil to place a film of oil in

a baking dish and place the eggplant slices in the baking dish. Cover with the tomato slices and mushrooms. Scatter the top with the basil, parsley, Mozzarella and Parmesan cheeses. Bake for about 25 minutes or until the top is golden brown.

Makes 4-6 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)



Roasted eggplant, tomato and mushroom gratin.



**Jewish Federation Association
of Connecticut (JFACT)**

The Jewish Federation Association of Connecticut (JFACT) wishes you and your family a New Year filled with health and happiness, laughter and love, justice and empathy, good times and good deeds, prosperity and peace.

L'shana tova u'metuka!



Michael Bloom, Executive Director

Lindy Gold, President

*May the year 5783
bring peace and harmony
to the community of Stamford
and the family of Israel*



**JCC
Stamford**

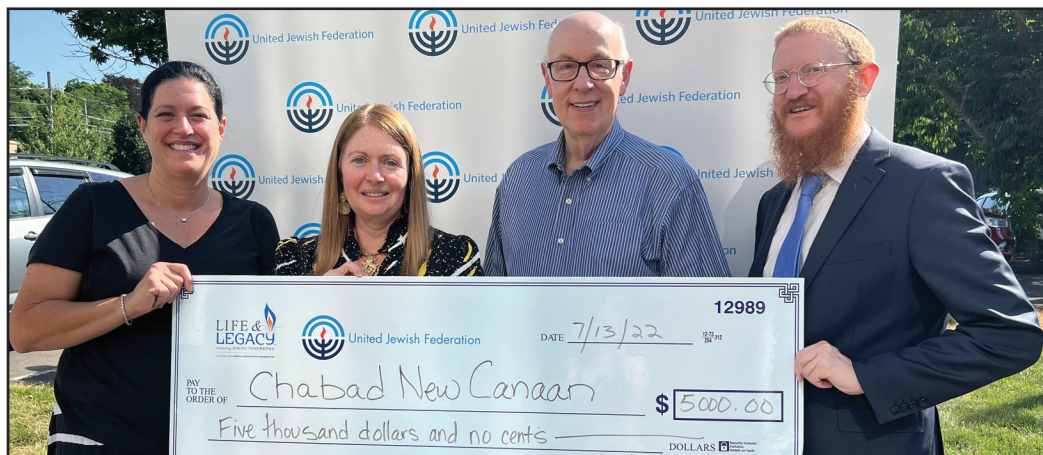
www.stamfordjcc.org

Blake Bueckman,
President

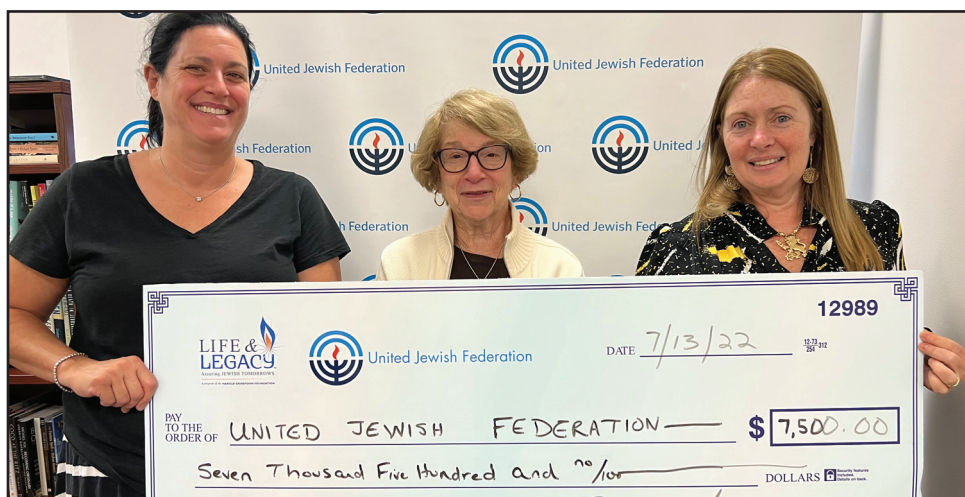
Marshall Kurland,
Chief Executive Officer



UJF CEO Diane Sloyer and UJF LIFE & LEGACY Coordinator Lenore Fogel present a check to Daniel Faizakoff, Congregation Agudath Sholom LIFE & LEGACY Chair.



Rabbi Levi Mendelow of Chabad of New Canaan Jewish Center (far right) and Jerry Fensterstock, Reporting Chair, receive an incentive check from Lenore Fogel and Diane Sloyer.



UJF board member and LIFE & LEGACY Chair Edith Samers accepts a check for UJF from Lenore Fogel and Diane Sloyer.



Lenore Fogel and Diane Sloyer present a check to Temple Sinai Cantor Micah Morgovsky and LIFE & LEGACY Chair Michael Stone.



Lenore Fogel, UJF Coordinator of LIFE & LEGACY, presents a check to Leah Shemtov, Co-Director of Chabad of Stamford.

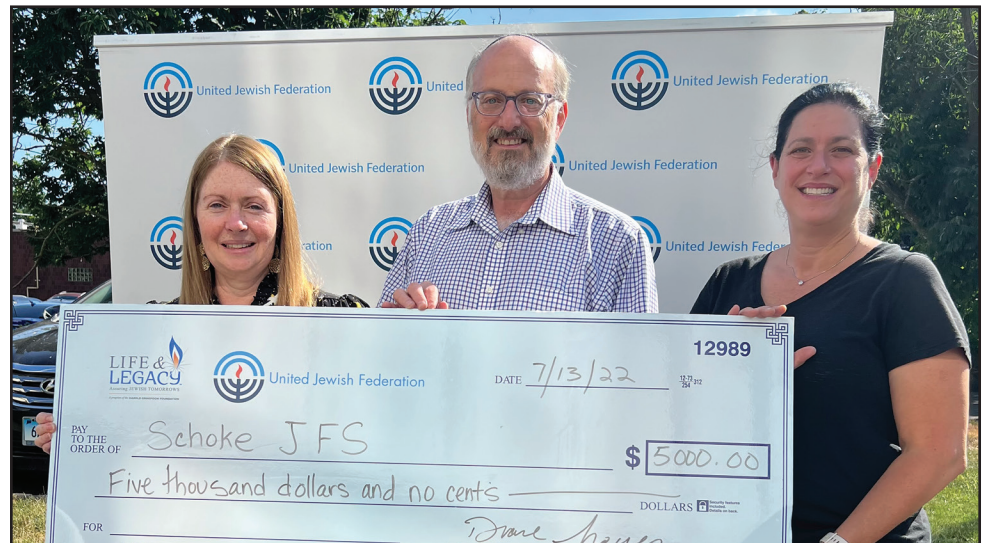


Diane Sloyer and Lenore Fogel present a check to Temple Beth El LIFE & LEGACY president and LIFE & LEGACY co-chair Carl Weinberg.

UNITED JEWISH FEDERATION INCENTIVIZES COMMUNAL ENDOWMENT EFFORTS



Diane Sloyer and Lenore Fogel present a check to Young Israel of Stamford LIFE & LEGACY Chair Greg Teitel and President Stephen Davidson.



Diane Sloyer and Lenore Fogel present a check to Schoke JFS CEO Matt Greenberg.

BY LENORE FOGEL

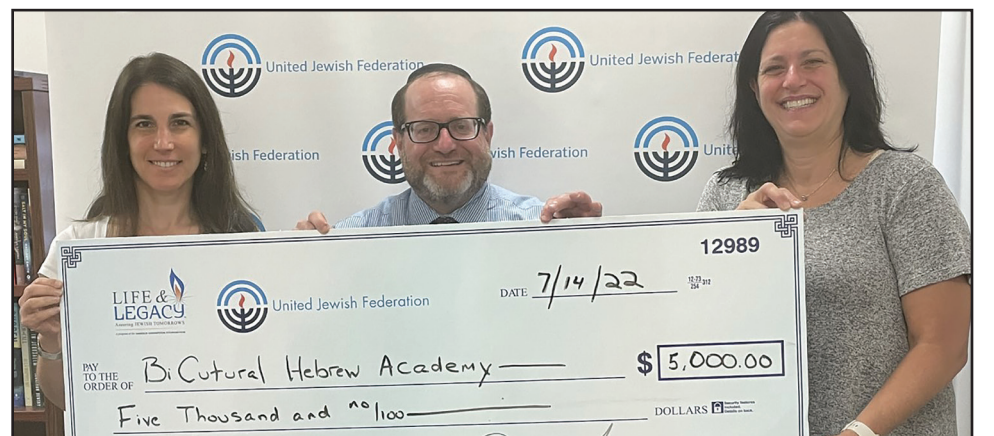
United Jewish Federation of Stamford, New Canaan, and Darien concluded a successful Year Two of the Harold Grinspoon LIFE & LEGACY program, with the distribution of incentive grants to all the participating organizations. The LIFE & LEGACY program exists to help ensure the future of the Jewish community by building organizational endowment funds. UJF initiated and continues to fund this crucial program with the support of the Harold Grinspoon Foundation. Each partner organization benefits from access to training, resources, and programming, as well as the financial grants.

It is often a challenge for communal organizations to think about the future, while working to ensure the present. With this understanding, United Jewish Federation offered an incentive grant

to each partnering agency who met the legacy giving goal. The grant money can be used now, for anything that is needed. Across the entire community, \$60,000 in incentive grants were distributed. Friendship Circle Director Malya Shmotkin said, "We are so thankful to United Jewish Federation for spearheading the LIFE & LEGACY initiative in our community. It is such a good feeling to look at our legacy donor list and see over 50 participants for the Friendship Circle and many other community organizations. The incentive grant is a welcome bonus. We plan to use that money to provide additional programming for our Friendship Circle community in the year ahead." To become involved in the LIFE & LEGACY initiative, please contact lenore@ujf.org for more information.



Director of Friendship Circle Malya Shmotkin receives a check from Lenore Fogel and Diane Sloyer.



Lenore Fogel presents an incentive check to Bi-Cultural Hebrew Academy Development Director Rachel Cohen and Head of School Rabbi Tzvi Bernstein.



LIFE & LEGACY co-chair Jeff Cohen, Steve Lander, Executive Director, and past



Marshall Kurland, Stamford Jewish Community Center CEO, receives a check from Lenore Fogel.



Become Your Best Self This New Year

(Courtesy of Agudath Sholom) Our cars are taken care of on a regular basis, we balance our bank accounts monthly, but what do we do for ourselves? The High Holidays are the perfect time for an alignment of the soul. Rabbi Daniel Cohen, spiritual leader of Congregation Agudath Sholom, is happy to arrange a Zoom or in-

person 30-minute spiritual consultation in advance of the holidays to help you chart the path for a year of exponential and eternal growth and impact. The consultation is free and open to the entire community. Sign up for a consultation via www.cas-stamford.org. For more information, contact Rabbi Cohen at rabbicohen@cas-stamford.org.

Schoke JFS Prepares for Rosh Hashana Food Drive

(Courtesy of Schoke JFS) Schoke JFS needs your help with the Freedberg Family Kosher Food Pantry Rosh Hashana food drive. The items needed to fill the shelves of the pantry are kosher chicken, grape juice (8 oz bottles), honey, and Trader Joe's reusable bags. Please drop off by September 1 directly to the Schoke JFS office at: 196 Greyrock Place, Stamford, CT 06901, Monday - Friday from 9:00 am - 4:00 pm. If you have any questions, contact Jen Bernstein at jbernstein@ctjfs.org or 203-921-4161.



Jewish Women Connect for the High Holidays

(Courtesy of Chabad of Stamford) Chabad's Jewish Women Connected (JWC) brings women together to celebrate, learn, explore and connect. Each year, Chabad hosts various events in honor of the holidays which are open to all women in the community. This year, JWC kicks off the holiday season with its "Rosh Hashana Ready" program on Wednesday, September 21 at 8:00 pm. Join them to prepare delicious dishes to bring home and share with family and friends in honor of the new year.

On Erev Yom Kippur, JWC will host a Torah and Tea class in combination with its annual "Tzu Betten Lekach". This

is a beautiful custom where one asks for and receives sweet *lekach* (cake), and has come to symbolize the sweet new year we anticipate. Join Rabbi Moshe and Leah outdoors at 10 Brandt Street on Tuesday, October 4 at 11:00 am. This event is open to all.

Finally, on Sukkot, JWC will host its annual favorite, "Lunch in the Sukkah", where women gather in a relaxed outdoor setting among nature, within the walls of the sukkah, to enjoy a delicious lunch and a thought-provoking class. This year's JWC lunch will be on Thursday, October 13 at 12 pm. For more information, please contact programs@stamfordchabad.org.

Holidays with Chabad of Stamford

(Courtesy of Chabad of Stamford) The year 5783 on the Jewish calendar represents the special year of *Hakhel*, a year representing Jewish unity. In Temple times, the year following the *Shmita* (sabbatical year) was called *Hakhel*, when the entire Jewish nation, men, women and children, would gather to hear the Torah being read by the king.

For Rabbi Moshe Shemtov, Co-Director of Chabad of Stamford, "While we do not have the Temple in Jerusalem and the opportunity for the *Hakhel* gathering, we do have the chance to gather together as a community. Nowhere during the year is this more important than during the High Holidays."

With this in mind, Chabad of Stamford has always had a special focus on events that give the community the

opportunity to connect and gather. This year, Chabad of Stamford will host a communal Rosh Hashana dinner and two special Tashlich and Shofar events, one on Monday, September 26 at 5:15 pm and another on Sunday October 2, lakeside, at a private home in Stamford.

In addition, Chabad's women's lunch in the sukkah, "Sukkah Hop", and family supper in the sukkah events draw many individuals and families as do their Israeli-style *hakafot* (circles) that are renowned for their festive spirit. This year there will be a special kids' *hakafot* at Barrett Park for the third year running on Monday, October 17 at 4:30 pm. No membership is required for any of Chabad's events, but RSVPs are needed. To find out more, contact programs@stamfordchabad.org.

CONGREGATION

Shir Ami



We welcome you to join Shir Ami and Rabbi David E. Levy for our inspiring in-person High Holiday Services

- ✧ With our uplifting musicians, choir, and cantorial soloist ✧
- ✧ Community gathering that is both intimate and safe ✧

ALL ARE WELCOME - reservations required.

COVID safety protocols will be required / subject to change based on COVID conditions at the time.

Live-stream will be available for those unable to attend in-person.

2022 ~ HIGH HOLIDAYS ~ 5783 SCHEDULE OF SERVICES

✧ ROSH HASHANAH ✧

Erev RH	Sunday, September 25th	7:00 pm
RH Morning	Monday, September 26th	10:00 am
RH Outdoor Gathering	Monday, September 26th	Noon

✧ YOM KIPPUR ✧

Kol Nidre	Tuesday, October 4th	7:00 pm
YK Morning	Wednesday, October 5th	10:00 am
Interlude (sharing)	Wednesday, October 5th	2:00 pm
YK Afternoon	Wednesday, October 5th	3:30 pm
Yizkor-Concluding	Wednesday, October 5th	4:15 pm
Havdalah/Break Fast	Wednesday, October 5th	5:00 pm

MEMBERS - free ✧ GUESTS - \$125 in-person/\$54 virtual per person
You may register on our home page at www.congregationshirami.org | 203.900.7976

✧ ✧ ✧

May the sound of the shofar stir us to create a more just world with health and peace for all

United Jewish Federation's
L'Dor V'Dor Grandparents Group

Invites You To:

A Fall Holiday Social

Tuesday, September 13th

7:00pm-8:30pm

Couvert: \$18, Sponsorship, \$50

The Watermark on High Ridge, 215 High Ridge Road, Stamford

- Enjoy meeting other grandparents in the community.
- Apple & Honey tasting.
- Learn how to make a holiday craft you can do with your grandchildren later in person or virtually. (2 tracks- for grandchildren 2-6, and 7 & up)

Committee: Meryl Japha, Lorraine Kweskin, Lynn Lowin, Barbara Miller, Caryl Ferber Poser, and Linda Spilka

Sign up at www.ujf.org/grandparent

For more information contact Sharon Franklin at sharon@ujf.org or call 203-321-1373 ext. 1004
UJF's Grandparents Group is open to the community. All backgrounds and affiliations are welcome!




Shana Tova!
May this be a sweet year for us.
John Graubard



We wish our entire
Jewish community
a beautiful, healthful,
and meaningful New Year.
Edith Samers and Edward Smith



May the New Year bring you
good health, peace, love, and joy.
Shana Tova!
Sandy and Fred Golove

**BEST WISHES FOR A HAPPY,
HEALTHY AND SWEET NEW YEAR.**
Ellen and Richard Weber




**Wishing the
entire community
a good, sweet and
healthy New Year!**
Meryl and David Gordon



Shana Tova!
May the New Year be one of
good health and joy.
Nancy and Gadi Mimoun



May your year be sealed with good health,
love, peace, happiness, and fulfillment.
***A very Happy
Rosh Hashanah
from our home to yours.***
Linda Hurwitz and Richard Fine

MAY OUR WORLD TURN TOWARD LOVE AND PEACE.
And may you and your family enjoy the
blessings of Good Health, Joy and
Fulfillment in the New Year!
Shana Tova
Sue Sieman Plutzer



Shana Tova!
to my friends,
both old and new,
and those of you
I have not yet met...
SUSAN KOSTIN



**May your year be sealed
with peace, happiness, and
good health.**
Wendy & Jordan Handler



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:

Natalie & Neal Behrend on the birth of a son Ari Victor Behrend; and to the grandparents, **Stephne & Kerrin Behrend** and **Ella & Alex Kamenetsky**.

Rebecca Benson & Aryeh Kobrinsky on the birth of a son Amitai Jack; and to the grandparents **Mary Lee Grisanti & Jeff Benson**.

Mushkie & Seth Berman on the birth of a son; and to the grandparents, **Lynn & Harvey Berman** and **Libby & Yitzchok Wolf**.

Hannah & Daniel Blonshteyn on the birth of a son, Zachary Grayson Blonshteyn.

Shira & David Gilboa on the birth of a daughter, Emilia Nessa Gilboa.

Cynthia Gordon & Doron Ginat on the birth of a daughter.

Amanda & Bobby Haggerty on the birth of a son, Max Dustin Haggerty; and to the grandparents, **Susan & Mark Peyser** and **Barbara & Robert Haggerty**.

Hofit & Ari Indyk on the birth of a daughter, Lielle Indyk; and to the grandmother, **Diane Indyk** and grandfather **Robert Indyk**.

Keren & Dave Jonas on the birth of a daughter; and to the grandparents, **Debbie & Neil Gershon**.

Stacy & Philip Kaminski on the birth of a daughter, Eden Rose Kaminski; and to the grandparents, **Helene & Harvey Kaminski**.

Naama & Zach Kfare on the birth of a son; and to the grandmother, **Sherry Kfare**.

Neha & Howard Locker on the birth of a daughter, Serena Aalya Locker; and to the grandparents, **Ilene & Jim Locker**.

Jillian & Michael Paull on the birth of a son, Yirmiya Dov (Jeremiah) Paull; and to the grandparents, **Irma & Allan Paull**; and to great grandmother, **Estelle Fruchtmann**.

Alison & Nate Pava on the birth of a son, Eliot Mac Pava.

Amy Pollack & Dovid Green on the birth of a son.

Rachel & Sol Redlich on the birth of a son; and to the grandparents, **Fran & Harold Biller** and **Faiga & Meir Redlich**.

Gary Schepero on the birth of a grandson, Jack Davis Schepero.

Aylee Schneider & Nadav Shachmon on the birth of a son, Tal Michael Shachmon-Schneider.

Danielle & Robbie Schrag on the birth of a daughter; and to the grandparents **Howard Schrag** and **Rob Tomczyk**.

Amy & Paul Springer on the birth of a

son, Landon James Springer; and to the grandparents, **Eileen & Fred Springer** and **Bonnie & Steve Levinger**.

Eve & Charles Taben on the birth of a grandson, James Jett Conlee.

Melanie & Laurie Vorm on the birth of a daughter, Lyla Noa Mazal Vorm.

Annie & Jeremy Watman on the birth of a daughter, Selah Zohar Watman.

Shelly Welfeld on the birth of a granddaughter, Mia Naomi Weiser.

MAZEL TOV TO ENGAGEMENT/WEDDING:

Janet & Andrew Bein on the marriage of their son, Warren Bein to **Gabriella Pereira-Feron**.

Amy & Jim Benjamin on the engagement of their daughter, Sarah Hope Benjamin to **Brian Teitel**, son of **Diana & Jeff Teitel**.

Amy & Henry Bubel on the marriage of their daughter, Alissa Jane Bubel to **Jared Bush**.

Diane & Rabbi Daniel Cohen on the engagement of their daughter, Tamar Cohen to **Feivel Segelov**, son of **Leah & David Segelov**.

Judy & Howard Goldstein on the marriage of their son **Jake Goldstein** to **Daniella Bock**, daughter of **Aviva & Simon Bock**.

Paulette & Lawrence Hutzler on the engagement of their daughter, Lorraine Hutzler to **James Marcus**, son of **Joanne & Samuel Marcus**.

Meryl & Ron Japha on the marriage of their son, Alex Paul Japha to **Elizabeth Shulman**.

Stephanie & Bob Sherman on the engagement of their daughter, Kate Sherman to **Justin Diamond**, son of **Carol & Jeff Diamond**.

Danielle & Steven Thau on the marriage of their daughter, Francesca Thau to **Daniel Goldstein**.

Rachel Edery & Garrett Visi on their marriage.

MAZEL TOV TO OTHER:

Dinah Miller Marlowe & Seth Marlowe on their son **Noah Marlowe's** appointment as incoming Orthodox rabbi at Harvard Hillel.

Cindy & Mark Sander on their son **Andrew Sander's** graduation Magna Cum Laude from Duke University; and to the grandparents, **Carol & Willy Sander**.

MAZEL TOV TO B'NAI MITZVAH:

Benjamin Davidson: son of **Amy & Aron Davidson**.

Ethan Kaplan: son of **Cantor Katie & Eric Kaplan**.

Emily Klein: daughter of **Danielle & Jeffrey Klein**.

Sophia Kramer: daughter of **Jennifer & Patrick Kramer**.

Ethan Lapine: son of **Holly & Noah Lapine**.
Joshua Schwartz: son of **Rena Gelb & Tzvi Schwartz**.

WE MOURN THE LOSS OF:

Marshall Ackerman: father of **Jeffrey Ackerman**; brother of **Richard Ackerman**; sister of **Phyllis**; and long-time partner of **Carol Sadler**.

Susan Caplan: mother of **Caren Miller**.

Arnold Cohen: husband of **Kay Cohen**; and father of **Eliot Cohen** and **Steven Cohen**.

Marie DeNardo: mother-in-law of **Deborah DeNardo**.

Bruce Dennis: husband of **Barbara Shapiro** and father of **Jason Dennis**.

Robert Charles Fink: brother of **Nancy Benjamin**, **Debra Tomskey**, **Scott Fink** and **Martha Kahn**.

James Finkelstein: brother of **Susan Kostin**.

Allen Gartner: uncle of **Cantor Katie Kaplan**.

Patty Genuario: mother of **Elisabeth Giles**.

Malcolm (Mickey) Grogins: father of **David Grogins**, **Deborah Metviner** and **Saraa Adelson**.

Ruth Hurowitz: sister of **Abigail Kirsch** and **Ed Greenberg**.

Judith Jelen: wife of **David Jelen**; and mother of **Emily**, **Matt**, **PJ** and **Sam Jelen**; daughter of **Ruth & Daniel Rosenfelder**; and sister of **Gaby Hirsch**, **Jo Rosenfelder** and **Nicola Rosenfelder**.

Hannah Kaplan: mother of **Howard Kaplan**, **Joel Kaplan** and **Sharon Kaplan Mantel**.

Miriam Kavanagh: grandmother of **Ben Susman**.

Norine Krasnogor: mother of **Julie Daniel**, **Elyse Krasnogor Lehw** and **Janie Krasnogor**; and sister of **Joyce Zimberg**.

Sallie Kuh: mother of **Jessica Kuh**.

Arnold Plotzky: father of **Mark Plotzky**.

Sylvia Rosovsky: mother of **Jack Rosovsky** and **Mark Rosovsky**.

Rita Rubin: mother of **David Rubin**.

Eli Schwartz: father of **Yoni Schwartz**.

Pashk Totaj: father of **Mark Totaj**.

Rita Wolfson: cousin of **Barbara Aronica-Buck**.

Welcoming Newcomers and Expanding Families



Shira and David Gilboa welcomed a baby girl into their family.



Zoey Chiel and her newborn receive a baby welcome bag.



Cynthia Gordon, her son, and new baby daughter receive gifts and helpful information from UJF.



Josh and Chani Rosenfeld receive a Shalom/Welcome visit from UJF.

(Courtesy of UJF) The Stamford, New Canaan, and Darien community continues to expand with newcomers and new babies. Sharon Franklin, UJF's Managing Director of Community Engagement, offers them a friendly hello and delivers a welcome gift.

The Hebrew Corner

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

Honor, respect, glory. The root of these words in Hebrew are the three letters Chaf, Vet, and Dalet. The word is normally pronounced Cah-VohD. And there is an interesting connection between the word Cah-VohD and a very similar Hebrew word using the same root letters. This word, however, is pronounced Cah-VayD, and it means heavy.

What could possibly be the connection between these two words - Cah-VayD and Cah-VohD, heavy and honor? The answer is that in order to deserve honor, a person must



Robert Abrams

behave honorably. And that certainly makes sense. But behaving honorably 24 hours each day, seven days a week, is an extremely heavy burden. And that is the connection. It is indeed an extremely heavy burden to bear in

order to gain, and in order to maintain, the ongoing continuous respect of one's fellow human beings.

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.

Anonymous (30)
[Adrienne & Michael Alexander](#)
 David Amsellem
 Alice & David Andersen
[Jeri Appel](#)
[Mark Appel](#)
 Ricky Snow Arbron
 Suellyn Bache
 Monica Becker & Edieal Pinker
[Rachel Tyd & Robert Beldock](#)
[Gayle & Mitchell Bell](#)
 Debra & Michael Berg
[Dina & Paul Berger](#)
 Devra Jaffe- Berkowitz & Parry Berkowitz
 Berkun Family
 Darona & Rabbi Tzvi Bernstein
 Melody & Claude Bernstein
 Bruce Blasnik
 Judith Block
 Ilana Springer Borkenstein & Daniel Borkenstein
 Jodi & Richard Boxer
[Amy & Henry Bubel](#)
 Blake & Daniel Bueckman
 Judy & Jeff Cahn
 Kate & Peretz Cik
 Roberta & Alan Cohen
[Andrea & David M. Cohen](#)
 Diane & Rabbi Daniel Cohen
 Malerie Yolen-Cohen & Jeff Cohen
 Judy & David S.* Cohen
 Mimi Cohen
 Rachel & Ephraim Cohen
 Saul Cohen*
 Marsha Colten
 Tracy & Nahum Daniels
 Janice Steinberg & Stephen Davidson
 Andrea Dener
 Elayne Dener
 Rabbi Yisrael Deren
[Helen & Marty Donner](#)
 Fran & Bob Dorf
 Shoshana Dweck
 Heather & Glenn Dynner
[Debra & Dan Faizakoff](#)
 Michelle Fanwick
 Esta & Jay Feinsod
 Sharon & Michael Feldstein
 Peggy & Jerry Fensterstock
 Linda Hurwitz & Richard Fine
 Robin & Jason Fischel
 Gail Berman & David Fogel
 Stephanie & Howard Fogel
 Lenore & Ilan Fogel
 Miriam Lavinsky & Morton Folb*
 Sharon Franklin
 Julia and Eli Freedberg
[Connie & Alan Freeman](#)
 Maxine and Jay Freilich
 Susan Frieden
 Rachel & Keith Friedman
 Marc Friedman
 Donna & Edward Fuhrman
[Nancy & Mark Funt](#)
 Lesley & Dennis Gehr
 Gary Gepner
 Carole Gladstone
 Herbert Gladstone*
 Sylvia & Herb Gladstone*

Leslie Glenn
 Robin Frederick & Michael Gold
[Abby Goldberg](#)
 Cyndy & Eric Goldberg
 Marilyn & Irving Goldblum
 Alicia & Jason Goldstein
 Caryl & Melvin Goldstein*
 Sharon & Bruce Goldstein
 Meryl & David Gordon
 Nan & Paul Gordon
[Linda Gornitsky](#)
 Lorelee & Philip Granowitz
 Shira & Ethan Green
 Allison & Frederic Greenbaum
 Sharon & Larry Greenberg
 Susan & Edward Greenberg
 Pam Ehrenkranz & Matt Greenberg
 Rhonda Greif
[Grecia & Ron* Gross](#)
 Jeremy Hager
 Kayla and Leon Hanna
 Scott Handelman
 Wynd Harris
 Jacqueline Herman
[Shara & Rabbi David Israel](#)
[Sari & Alan Jaffe](#)
 Meryl & Ron Japha
 Anne Liss Johnson
[Sadie & Michael Kadish](#)
 Judith & Grant Kallen
 Peggy Kalter
[Helene & Harvey Kaminski](#)
 Chanie Kamman
 Roni & Jan Kaplowitz
 Jason Kaplowitz
 Lisa & Arnold Karp
 Jeannie Kasindorf
 Jessica & Ilan Katz
 Joy & Larry Katz
 Judith and Sheldon Katz
 Betsy & Peter Kempner
 Madelyne Kirch
 Liz & Marc Kitay
 Elissa & Philip Klapper
 Sally Kleinman
 Harris Kligman
[Susan Kostin](#)
 Arthur Kramer*
 Claudia Kraut
[Norma Kraut](#)
[Jeannie & Brian Kriftcher](#)
 Carol & Allen Krim
 Elizabeth & Scott Krowitz
 Nina Kuch
 Svetlana Kunin
 Jackie & Marshall Kurland
 Lorraine & David Kveskin
 Helen & Ed Kveskin
 Lieba & Steve Lander
 Hannah & Ilan Lastoff
 Dallice and Ian Lazarus
 Shelley Leibowitz
 Lois Stark & Gary Lessen
 Elizabeth Libner
 R. & J. Licht
[Ronnie & Gary Lilien](#)
 Vered & Mark Links
 Lisa & Seth Linzer
 Pamela Feldstein & David Loewenberg

[Eleanor & Mort Lowenthal](#)
[Stu Madison](#)
 Lisa & Jeff Manheim
 Norma & Milton Mann*
 Susan & Len Mark
[Chris Maroc](#)
 Melanie Massell
[Sandra Mehl*](#)
 Michal & Rabbi Levi Mendelow
 Janice & Jake Meyer
[Nancy Zinbarg Mimoun](#)
[Bennet Moskowitz](#)
 Marguerite & Kenneth Neuhaus
 Becky & Omer Neumeier
 Rose* & Bruce Newman
 Marsha & Louis Panzer
[Leah & Doni Perl](#)
 Robin Evans & Jeffrey Perry
 Dr. Shay Pilnik
 Michele & Scott Piskin
 Caryl Ferber Poser & Peter Poser
 Tanya Barton- Radin and David Radin
 Enid Randall*
 Bonita & Stephen Rappoport
 Judith & Robert Raymond
 Lisa & Harry Rich
 Judy & Adam Rin
 Jamie & Toby Ring
[Betty & Dan* Roberts](#)
 Sonia & Brian Roitman
 Romanowitz Family
 Arlene & Carl Rosen
 Julie & Remi Rosenberg
 Natalie & Mark Rosovsky
 Irma Ross
 Sandra Ross
 Sally & Jim Rothkopf
[Ruth Rothseid](#)
 Terry Newman & David Rubin
 Linda & Leonard Russ
 Bonnie Russo
[Edith Samers](#)
[Renee Samson*](#)
 Sharyn & Richard Sarner
 Sharon L. and Charles H. Saul
 Leah Schechter
 Hilde Scheraga*
 Jayne & Bud Schiff
 Judy Schneiderman
[Nancy Schiffman](#)
 Chaya Segal
 Debbie Katz Shapiro & Leon Shapiro
 Carol Ruth & Herman Shepherd*
 Monica Smyth & Michael Schlessinger
 Elayne & James Schoke*
 Daniel Schwartz
 Chaya & Levi Segal
[Betsey & Arthur Selkowitz](#)
 Myrna & George Sessa
[Diane & Steve Shaby](#)
 Jessica & Laurence Sheinman

Leah & Rabbi Moshe Shemtov
 Marsha Kaiser Shendell
 Stephanie & Bob Sherman
 Malya Shmotkin
 Ronnie Ness Sichel & Steven Sichel
 Miriam Landsberg-Silverman & Eliezer Silverman
 Paula Simon
 Marty Skrelunas
[Diane & Elliot Sloyer](#)
 Michal Fox Smart
 Brenda & Bruce* Smith
 Ed Smith
 Greta Solomon
 Miriam & Steve Sosnick
[Sandy & Moshe Speter](#)
[Ed Spilka](#)
 Cantor Micah Morgovsky & Rabbi Benjamin Spratt
[Eileen & Fred Springer](#)
[Beverly & David Stein](#)
[Betsy & Michael Stone](#)
 Gladys & Greg Teitel
 Julie & Rabbi Jay TelRav
[The Estate of Sheila Carmine*](#)
[The Estate of Thomas Gilmartin*](#)
[The Estate of Ronald Gross*](#)
 Rebecca Tipermas
 Gail & Steven Trel
 Pamela & Richard Vogel
 Phyllis & Harvey Walzer
 Annie & Jeremy Watman
 David Wayne
 Ellen & Richard Weber
 Linda Gornitsky & Harvey Weber
 Dana & Carl Weinberg
 Marian Weinberg
 Leon Weisburgh
 Janet Welkovich
[Barbara & Ken White](#)
 Leigh Wilson
 Robyn & Mark Winarksy
 Dana Horowitz & Peter Wolly
 Neda Khaghan & Robert Yaghoubian
 Rita & Abe Yellen
 Marcia Gordon & Seth Young
 Sheryl & Dan Young
 Lauren & Joe Zalis
 Joan Zinbarg*
 Renee Zinn
 Navah & David Zizmor
 Shira & Mitchell Zucker

**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.*



DON'T FORGET TO USE THE COMMUNITY CALENDAR.

THE CALENDAR CONTINUES
TO BE IMPORTANT
TO AVOID CONFLICTS.

WWW.UJF.ORG

QUESTIONS? EMAIL TALY@UJF.ORG

May you be inscribed
in the book of

LIFE & LEGACY



*This is a time of self reflection. We examine our actions.
We think about the meaning of our life.*

If the meaning of your life includes:

- Repairing the world
- Helping others around you
- Caring for the vulnerable
- Building the community
- Connecting to our people...

Please consider:

- Leaving a gift in your will
- Naming as a beneficiary of an insurance policy
- Designating a percentage of your IRA
- Donating Stock



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

For more information about joining UJF's Nir Tamid Society, contact Lenore Fogel at lenore@ujf.org

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.

GREG AND GLADYS TEITEL TESTIMONIAL

When we moved to Stamford in 2003, we could never have imagined how integral to our lives the Stamford Community would become. The myriad community organizations and institutions, lay leaders and educators who have influenced our family are too numerous to count. We have worked hard to give back and find ways to make contributions that are meaningful. When we learned about the LIFE & LEGACY program through UJF, it seemed like the ultimate opportunity to ensure the future of our beloved Stamford Community.



The Teitel family

Wherever our children choose to make their lives as grownups, it is important to us that the vibrant community that was gifted to us will continue to grow and be a gift to future generations.

CLAUDIA KRAUT TESTIMONIAL

I was raised in a Federation Family. I was taught, first hand, the value of the Jewish Community, both local and global. As a teenager attending Jewish after school programs in Stamford, and as a graduate student in Tel Aviv during a war, I benefitted from the generosity of Federation programs. I've seen the value Federation provides globally. I hope my children carry on this important work, and I'm proud to provide for Federation and the greater Jewish community in my Legacy gift.



Claudia Kraut



B"H

ROSH HASHNAH 5783

SHANA TOVA FROM

CHABAD OF STAMFORD, GAN YELADIM
AND RABBI MOSHE & LEAH SHEMTOV



Shana Tova!

**Best wishes for health,
happiness, and joy in the
New Year 5783**

Diane and Elliot Sloyer and Family

Shana Tova

U'metukah to Stamford!

From Claudia Kraut



Ensuring The Jewish Future

Join United Jewish Federation
**for an inspirational evening with
Guest Speaker Rabbi Menachem Creditor,**
Rabbinic Scholar
for UJA-Federation of New York.

Learn about the 2022
Campaign for Communal Needs
and how the recently completed
strategic plan will guide Federation
in the future.

Join UJF for an Evening of Inspiration

Wednesday, September 14th
6:30pm Dinner
7:30pm Program

Temple Beth El
350 Roxbury Road,
Stamford, CT 06902

\$54 pp, \$36 NextGen
\$360 sponsorship

Ellen Weber, Campaign Chair
David Gordon, President
Michael Schessinger, Vice President
Diane Sloyer, CEO
Committee in Formation

Register at www.ujf.org/launch22



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



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

**The Board of Directors and Staff of
United Jewish Federation of Greater
Stamford, New Canaan, and Darien
Wish you and your family a New Year
filled with Health, Peace, and Joy.**

Shana Tova,
David Gordon
President

Diane Sloyer
Chief Executive Officer



The Plastic Alternative that Dissolves Safely in Water

An Israeli mom was motivated to find a solution for the 91 percent of plastic that does not get recycled at the end of its life.

BY DIANA BLETTER/ISRAEL21C

It looks like a plastic bag. It acts like a plastic bag. But it dissolves completely in water — unlike a plastic bag.

This plastic alternative is the brainchild of Sharon Barak, chief technology officer of the startup Solutum, which recently won the third annual startup competition at Tel Aviv University's Collier School of Management.

The company has already raised \$11.5 million from Herzliya's JAL Ventures, Rhodium, Zora Ventures, and angel investors and is now raising another round of money for its biodegradable invention.

Barak said that she always knew "the planet wasn't heading in the right direction." She believes that "everyone knows about the problem of plastic. After climate change, plastic is the second worst thing ruining our planet."

But after becoming a mother, she said, "the issue has become even more important and more real."

As the mother of two sons, one and three years old, she now asks herself, "What is their life going to be like? Will there even be a planet?"

The need for a solution to the 350 million tons of plastic on Earth became more personal. More urgent.

"I knew I had to do something," Barak said.

JUST ONE TIME

Working as a chemical engineer in the research and development department at a plastic company for several years, she became aware of the benefits of plastic, but saw that people "don't use it responsibly."

She said that "half of all plastic is used only once. One time!"

Recycling can be a "good solution," she said, yet there still remains the problem of transporting the plastics to be recycled and the process of recycling itself that creates more pollution.

And the distressing statistic, Barak added, is that despite green efforts around the world, only 9 percent of all plastics get recycled.

"We have to find a solution for the other 91 percent," she said. "I wanted to solve the end-of-life problem for plastic."

Barak began to research how biodegradable materials decompose in nature.

She thought of the way sugar dissolves in

water. When you stir the sugar with a spoon, it dissolves even faster. So she came up with the idea of developing a natural material that would dissolve like sugar in water.

ECOFRIENDLY

In 2017, she founded Solutum, aiming to make biodegradable products that are environmentally friendly.

No elaborate process and no chemicals are needed to decompose the material. Once consumers have used the product made with Solutum, she said, they simply "throw it down the drain."

Production is scaling up at Solutum's South Tel Aviv factory.

Solutum's employees — about 20 people of all religions and ages, from 20 to 70-plus — manufacture the products from 100% environmentally friendly raw material.

They use regular machinery that is used in making plastic, thereby "reducing costs and meeting manufacturers' requirements."

Barak said they have orders from the large international company Colgate as well as from smaller companies.

The company will begin production and sales operations in the United States in the



Solutum's plastic alternative dissolves in water. (PHOTO COURTESY OF SOLUTUM)

coming months. Barak is reluctant to reveal where, but the company plans to use existing factories.

Her next challenge is trying to convince someone to invent biodegradable ink so that when a plastic bag decomposes, the small amount of ink used for its brand logo will disappear too.

THIRD TIME A CHARM

Barak told ISRAEL21c that she hopes that Solutum's products can replace plastic,

CONTINUED ON PAGE 24



United Jewish Federation OF STAMFORD • NEW CANAAN • DARIEN



NextGen invites you to a Pre-Rosh Hashana Challah Bake

In what we promise will be
a royally fun night out,
learn how to braid your very
own 20-strand round challah
(as per pic) just in time
for Rosh Hashana

with Israeli Instagram sensation
and challah braiding artist
The Challah Prince
(Idan Chabasov)

Sunday, Sept 18 | 7.30pm
Temple Beth El
Light bites and drinks provided

Early Bird Special - \$18 before Sept 2nd, \$25 thereafter (no walk-ins). Sponsorship opportunities from \$180 available
RSVP www.ujf.org/challahprince

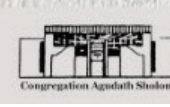
For more information contact Melanie Vorm, Director, NextGen: melanie@ujf.org

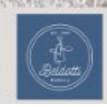


In partnership with:
(Still in formation)







Over-the-phone Voice Analysis Detects Atrial Fibrillation

An Israeli startup is using over-the-phone voice analysis to detect atrial fibrillation, a common heart condition that is hard to find on a standard screening ECG.

BY ABIGAIL KLEIN LEICHMAN/
ISRAEL21C

Atrial fibrillation (A-fib) is an abnormal heart rhythm that increases the risk of stroke fivefold and of heart disease threefold. A-fib may also lead to complications such as kidney failure and dementia.

Globally, one out of four people above the age of 65 will develop A-fib, leading to calls for screening everyone from their mid-60s. Currently, screening is very limited and generally is done with an electrocardiogram (ECG).

However, although A-fib is treatable it is often asymptomatic and can be difficult to spot on an ECG reading – like finding a needle in a haystack, says James Amihood, CEO of Cardiokol.

“The mother of one of our founders had a stroke due to A-fib and he couldn’t believe that the detection capability is so low — less than 10 percent,” says Amihood, speaking with ISRAEL21C from the five-year-old company’s headquarters in Israel’s Airport City.

“He realized that there is an unmet need for a cost-effective way to monitor senior patients more frequently. And it must be age-friendly

because older people don’t like wearables.”

Voice analysis was the answer that Cardiokol’s founders came up with (kol is Hebrew for “voice”).

“What is easier than talking?” Amihood points out.

Launched a few months ago, Cardiokol’s software extracts and identifies vocal parameters associated with an irregular heartbeat.

Integrated into the apps of telehealth providers, HMOs or health insurers, the software uses signal processing and artificial intelligence to detect vocal biomarkers of A-fib simply from listening to the person saying “aah” for a few seconds during a twice daily phone call or while chatting with a digital voice assistant.

The patented technology works with any voice-user interface such as a landline, smartphone or smart speaker.

The technology doesn’t raise privacy issues, as Cardiokol analyzes only anonymous voice recordings and “raises a flag if this person is suspected of having A-fib,” says Amihood. “We’re not diagnostic, we are adjunctive.”



The team at Cardiokol. (PHOTO COURTESY OF CARDIOKOL)

AVAILABLE BY PRESCRIPTION

With regulatory approval for use in Europe and Israel so far, Cardiokol’s software is available by prescription in Israel. Additional commercial agreements with pharma companies are in process.

The company did clinical trials involving 700 patients and soon will start further trials in Europe and later on in the United States. Investors include Bayer and its G4A

Partnerships Program, and the insurer AXA.

Privately owned, Cardiokol has some heavyweight talent behind it.

The founders – Alon Goren, Yirmi Hauptman, Eli Attar and Pini Sabach – all have decades of experience in technology and entrepreneurship. They identified early research into vocal biomarkers and developed their unique technology inhouse with

CONTINUED ON PAGE 27



ISRAEL 2023: CHOOSE YOUR OWN ADVENTURE

MARCH 9 - 16, 2023

The Jewish Federations of Greater Hartford & Greater New Haven are planning a community trip to Israel! 100 community members have already signed up... don't miss out! Choose from 5 flexible tracks each day, including: **First-Time Visitors to Israel • Geopolitics and Coexistence • Arts & Culture • Food & Wine • Technology & Innovation**

PRICING

- Adult \$4,750 (ends November 1, 2022)
- Youth (ages 10-17) or triple occupancy \$650 reduced cost
- Single room \$1,465 additional

INCLUDED

- 7 nights in 5-star accommodations in Jerusalem, Tel Aviv & Northern Israel
- Breakfast buffet, most lunches & dinners
- Licensed, English speaking tour guides
- Deluxe bus with AC & Wi-Fi
- Program activities & entrance fees
- Concierge assistance & hospitality desk

NOT INCLUDED

- International flights (airfare)
- Tips & gratuities
- Travel insurance
- Optional Morocco adventure

DEADLINES

Registration closes November 30. \$500 per person deposit due on registration. Trip deposit is refundable through October 1.

FOR MORE INFORMATION & TO REGISTER, VISIT:
israel-adventure-2023.eventmagix.com

For more information, contact Diane Sloyer @ Dianesloyer@ujf.org, (203) 321-1373, ext. 1000.



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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

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A Universal Antiviral Drug is Being Developed in Jerusalem

ViroBlock's drug platform generates drugs targeting proteins common to Covid-19, Zika, West Nile and hepatitis and their variants.

BY BRIAN BLUM/ISRAEL21C

Antiviral therapies against Covid-19, such as Pfizer's Paxlovid and Merck's Lagevrio, reduce the rates of hospitalization and death by nearly 90 percent among high-risk patients.

But the SARS-CoV-2-virus rapidly mutates, and that means new antivirals must be developed constantly and quickly to stay ahead of the Covid curve.

ViroBlock, a Jerusalem-based startup, has developed a new drug platform for rapidly generating antiviral drugs that target proteins common to all Covid-19 variants and other viruses, including influenza, Zika, West Nile and hepatitis.

The platform targets the E (for "envelope") protein in a virus, which are 95% alike, no matter the virus. The spike proteins on the SARS-CoV-1 and SARS-CoV-2 viruses, on the other hand, are only 75% identical.

This means that ViroBlock drugs would likely remain effective even when a virus mutates – an issue that rears its viral head annually when pharma

companies try to outguess the direction of the next year's flu.

ViroBlock also inhibits a separate protein, 3a, present in most viruses.

"With our proprietary technology, ViroBlock can identify targets in a new viral threat or variant, develop inhibitors against it, and determine the resistance potential of the virus against the new drug, all at an unprecedented pace," says ViroBlock CEO Isaiah (Shy) Arkin, a professor of biological chemistry at the Hebrew University of Jerusalem.

Today, he adds, "scientists must develop new agents and a customized approach to target every new virus, without the ability to predict how that virus will develop resistance."

The next phase of ViroBlock's clinical trials will test the efficacy of its novel antiviral approach on humans. The company also has drugs in the pipeline currently being tested that could be effective against other viruses.

ViroBlock was founded in 2020 through Yisum, the Hebrew University technology transfer company.

The Plastic Alternative that Dissolves Safely in Water

CONTINUED FROM PAGE 22

"which is polluting our surroundings, causing devastating harm to nature."

The plastic that eventually reaches the sea "kills more than 1 million marine animals a year," Barak said. "This plastic also comes back to us in the food and water, causing major health problems in people."

She is committed to her work, yet

she admits that originally she started the company to enter a startup competition, which she lost.

She tried again — and didn't win that time either. On the third try, she finally won.

"Just because someone thinks you're not a winner, you should never give up," Barak said. "Keep trying because eventually you'll find someone who will think you're a winner."

New Canaan Chabad House Expands

CONTINUED FROM PAGE 10

Chabad House," said Rabbi Mendelow. "In the Rebbe's vision, when any Jewish family commits themselves to a home based on the Jewish values of Torah, prayer and kindness and opens their home with hospitality to promote those values, their home becomes a Chabad House. As we grow our Chabad House, we encourage the community to grow their Chabad Houses too!"



Rabbi Levi Mendelow, Arnold Karp and Claude Bernstein.

PJ Library Feature Family

(Courtesy of UJF) Toby and Jamie Ring moved to Stamford in 2018 from Riverdale, NY. They have two children - Noa (five), who is starting kindergarten at Mount Kisco Elementary School, and Eitan (two), who is a student at Gan Yeladim Preschool in Stamford. Toby teaches 6th grade social studies in Harrison, NY, and Jamie is an elementary school orchestra teacher in the Bedford School district. Outside of school they love to play board games, go for runs, cook, play music, read books, and find parks to explore.

What is your family's favorite PJ Library book(s)?

Found is a classic in our family because of the great illustrations and hidden nuggets for the parents to discover. Our kids also love *I Know an Old Lady Who Swallowed a Dreidel* which we read daily until Eitan ripped it! Finally, *The Purim*



Noa, Toby, Eitan and Jamie Ring.

Superhero is a year-round read for us. Noa connects with the process of making her own Purim costumes, and Eitan loves to point out the superheroes he sees.

Why is PJ Library important in your home?

Our kids always get so excited when they see the PJ library books in the mailbox. They love unwrapping them and feel like each one is a special gift just for them that we must read immediately.

What is your bedtime routine like? Does it include a PJ Library story?

Each night, each kid gets to pick a story that we all read together - often a PJ Library book. Then it is pjs, jump on the bed, bathroom, brush teeth, and finally we put on a sleep music playlist that we have been using since Noa was born.

PJ Our Way Tweens Plan for the Future



(l-r) Yoni Weiser, Eli Weiser, Evie Nerenberg, Aaron Palker, Iila Faizakoff, Jasmine Wexler, Elliot Nerenberg, and Sophie Palker.

(Courtesy of UJF) What's the next step after PJ Library? PJ Our Way! Each month, PJ Our Way tweens can select a book from a choice of four Jewish-themed chapter books, which are then mailed directly to them for their enjoyment. Children can sign up for a PJ Our Way subscription right before their 9th birthday, receiving books through their 12th year.

Besides book subscriptions, tweens can enjoy in-person local programming, coordinated by United Jewish Federation's Sharon Franklin. In August, PJ Our Way tweens attended a planning meetup at Gopher Ice Cream. While enjoying a cold treat, participants brainstormed program

options. Three ideas were selected for the 2022-2023 year.

"I liked having a say in what programs we'd be doing and working together with other kids," said Yoni Weisser, a PJ Our Way subscriber and avid reader.

Planning is under way for the first program, which will be held at a trampoline park this fall.

PJ Our Way books are provided by the Harold Grinspoon Foundation. If you would like more information about PJ Our Way programming, or subscriptions, contact Sharon Franklin at Sharon@ujf.org. You can sign up for a subscription at www.pjourway.org.

Bagels, Babies and Bonding

(Courtesy of UJF) United Jewish Federation's PJ Library partnered with Temple Beth El on Sunday, July 24 for a "Bagel Babies" program, which was open to all in the community. Families gathered in the shade next to Emmet's Playground to enjoy iced coffee, bagels and cream cheese, and conversation.

The event offered parents with babies and young children a chance to meet and make new friends, as well as share experiences and wisdom about parenting.

Older siblings had a chance to play on Temple Beth El's Emmet's Playground, which was built in October of 2020 to honor the memory of Emmet Manheim, who passed away at the age of 10.

"It was wonderful for Jeff and me to meet other parents with babies the same age as Oz, particularly at Emmet's Playground, which was built in memory of Oz's big brother. Bagels and iced coffee were just icing on the cake," commented Lisa Manheim.

UJF's PJ Library offers families with babies from age birth to two an opportunity to meet others in the community at casual and fun monthly get-togethers planned by Parent Ambassador Lielle Sugar. For more information about joining the baby group, or to learn more about UJF's PJ Library programming and books, contact Sharon Franklin at Sharon@ujf.org.



(l-r) Mark Frank and daughter, Jeff and Lielle Sugar and family, Jeff and Lisa Manheim and son



(l-r) Joanna Frank and Lisa Manheim chat over bagels and coffee.



Making new friends at the Bagels and Babies program.



A Program of United Jewish Federation

United Jewish Federation's
PJ Library Invites Your Family To:




KIDS GIVE BACK

A Walk, Bike, Trike, Scooter, & Stroller-a-thon for Charity
Sunday, September 11th, 3:00pm - 4:30pm
 350 Roxbury Road, back parking lot (indoors if rains)

Co-Chairs:
Jessica Berger & Robin Fischel

For Families with kids under to 12 (siblings welcome). Open to the community & all backgrounds welcome!

- Raise money for food insecure kids in UJF's sister city Afula in Israel through the Sandwich Packers program.
- Bring items and help pack Care bags for families in a local shelter.

\$5 per family. Sign up at www.ujf.org/giveback. For more information contact Sharon Franklin at sharon@ujf.org.

PJ Library Corner

BY SHARON FRANKLIN

• Join United Jewish Federation's PJ Library on September 11 at 3:00 pm for PJ Library Gives Back: A Walk, Bike, Trike, Scooter, & Stroller-a-thon for Charity. Kids can raise money for Sandwich Packers, a program of the JCC in our sister city Afula, Israel. This program provides packed lunches for food-insecure school children. The event will be held at Temple Beth El, 350 Roxbury Road, in the back parking lot. It will be held indoors if it rains. For more information, contact Sharon Franklin at sharon@ujf.org. To sign up, go to www.ujf.org/giveback.

• Did you know that every child in your family can get a subscription for a free monthly Jewish children's book? Stamford is a one book per child community, allowing all your children, ages birth to eight years old, to receive an age-appropriate PJ Library book each month! It's easy to sign up- go to www.pjlibrary.org or contact Sharon Franklin at sharon@ujf.org.

• Have a child turning nine? Sign up for the next phase of PJ Library - PJ OUR WAY. Be on the lookout in your email inboxes for a message from PJ Our Way inviting you to sign up your almost 9-year-old child for a free chapter book each month, making signing up for the next chapter of PJ so much easier! Or sign up for books 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. Contact Sharon Franklin at sharon@ujf.org to connect.

EASY CANDY APPLE POPS FOR THE NEW YEAR:

Looking for a sweet treat to start your new year? Grab a few friends and make these apple pops together. The best part about these pops? There are so many ways to make them! Have fun customizing your pops and trying out different dip and



Sharon Franklin

topping combinations.

Ingredients: Apples (try using different varieties of apples)

LOLLIPOP STICKS DIPS:

- Chocolate Frosting or Melted Chocolate
- Honey
- Vanilla Frosting
- Caramel Sauce

TOPPINGS IDEAS:

- Cereal
- M&M's
- Chocolate chips
- Sprinkles
- Shredded Coconut
- Cookie Crumbles
- Marshmallows

DIRECTIONS:

1. Slice an apple into six wedges – don't forget to cut out the core! Use an apple slicer if you've got one to make this part go faster.
2. Poke a lollipop stick into the base of an apple wedge. Now you've got the basis of your pop.
3. Dip the apple pop into one of your dips like chocolate, honey, or frosting.
4. Sprinkle the toppings on to the dipped apple.
5. Make a plate full with different dip / topping combinations, or pre-slice and pre-pierce your apple pops, and then invite your friends over for a Rosh Hashanah Apple Pop Party!



Candy apple pops.

Young Family Engagement at Temple Sinai

CONTINUED FROM PAGE 11

group members' interests, developmental levels, and availability. Some of the possibilities include apple and pumpkin picking, a playground playdate, or sharing a Shabbat dinner.

To help families decide if membership at Temple Sinai is right for them, the synagogue welcomes all first-time, non-members families to attend services as Temple Sinai's guests. Those families with the youngest children may want to attend the primary services on High

Holiday mornings while taking advantage of the free, high-quality childcare which is offered during this time for children up to age 5. During this same time, multi-faceted children's programming is available for children 5 to 13.

Connecting young families in synagogue life, both Judaically and socially, is a crucial element to creating and sustaining a thriving Temple community. Morah Erica works each day to ensure that Temple Sinai's programming reflects this philosophy.

Popsicles in the Park Pop Up

(Courtesy of UJF) United Jewish Federation's PJ Library held a summer series "Popsicles in the Park" engaging young families throughout the community. Children gathered to play on the playground, enjoyed popsicles, met new friends, and heard a story at both Barrett and Chestnut Hill parks in Stamford.

For more information about UJF's upcoming fall PJ Library programming or to sign up for a subscription, contact Sharon Franklin at sharon@ujf.org



PJ Library families met up at UJF's August Popsicles in the Park program.

PJ Library Regional Professionals Meet in the Middle

(Courtesy of UJF) On Tuesday, August 2, Harold Grinspoon Foundation's PJ Library Engagement Officer Lori Stiefel held a regional meeting in New Haven to discuss best practices for engaging families and providing quality programming. Participants included PJ Library professionals from across Connecticut and Southern Massachusetts. "I learned some great new tips on engagement and creating fun family-friendly experiences for our PJ community in Stamford, New Canaan, and Darien. I look forward to implementing some of these ideas for upcoming programming," commented UJF's Sharon Franklin.



Regional PJ Library professionals. Top row (l-r): Lori Stiefel (Harold Grinspoon Foundation), Deb Krivoy (Western MA), Kayla Bisbee (New Haven), Andrea Deck (HGF), Megan Pepoli (HGF), Sharon Franklin (Stamford, New Canaan, and Darien), and Seth Marion (Upper Fairfield). Bottom row left to right: Sara Beitman (Upper Fairfield), Molly Meader (Berkshires), and Barbara Bentley Wolfe (Eastern CT).

TEEN VOICES

It Was the Summer of '21

BY DAVID KLEIN

I was born with a deep connection to Israel, passed on through my parents, grandparents, and early childhood education. I have also been blessed to have traveled there many times in my life. One experience that really stands out to me was my trip to Israel in the summer of 2021. As everyone knows, 2020 and 2021 were difficult for everyone, especially teens, due to the pandemic. After a long and difficult few years of the pandemic isolation, I was lucky enough to visit Israel with my sleepaway camp, NJY Teen Camps. When travel was uncertain, and Israel was closed to tourists, our group was given special permission by the Israeli health ministry to enter and tour Israel. I was finally able to go with my camp friends that I had not seen in over two years.

I have been to Israel before, but this time it was really special, and we felt so grateful to be able to travel and be with our friends after months of isolation. After much paperwork, tests, and uncertainty, we finally arrived. It is always a good feeling to land in Israel, and this time was even more meaningful and special. On this trip, despite the numerous COVID rules and limitations, we were able to fully enjoy this amazing journey.

Just like on my prior trips to Israel, we got to sightsee, learn about the country,



David Klein

eat good food, and enjoy being with friends. On this trip, we were also given the opportunity to do community service. We helped rebuild a kibbutz that was burnt in a fire, and we packaged fruits and vegetables for underprivileged families. It felt good to give back and be helpful. Another part of Israeli life, that

we often see in the news, are sirens and rockets. This time in Israel, I experienced it firsthand. While we were traveling in Northern Israel, we woke to the sound of sirens and a rocket in the middle of the night. I had to run down to a bomb shelter with my friends as fast as I could. The rockets were intercepted, and we were able to safely continue our wonderful trip. Although this part was not a pleasant experience, it made me feel closer to Israel and fully appreciate the realities and perseverance of the Israeli people.

I will never forget the summer of 2021. It was a privilege to be among the first tourists to come back to Israel after the pandemic. These experiences helped further my connection with Israel that I will carry with me forever.

David, who is 17 years old, is a senior at Westhill High School. He has one older sister and a dog. His hobbies include soccer, golf, video games, reading and cooking. David also works at a soccer shop in Greenwich.

Over-the-phone Voice Analysis Detects Atrial Fibrillation

CONTINUED FROM PAGE 23

consultants from the industry.

"We do a mixture of telecommunications and telehealth, so we have people from both sectors," says Amihood.

The company's advisory board includes, among others, Prof. Natan Bornstein, former vice president of the World Stroke Association and chief of the stroke unit at Jerusalem's Shaare Zedek Medical Center; and medical physicist Amir Beker, founder and chairman at Biological Signal Processing (BSB) in the field of ECG.

"Our proprietary algorithms are based on neural networks models that were established with our growing clinical database of atrial fibrillation and normal heart rhythm vocal recordings with matched ECG patient recordings," says Amihood.

Now beginning a Series A funding round, the 15-employee company has won several competitions. In June, Cardiokol was one of three Israeli startups to win awards at the international Oracle Startup

Idol competition, cited for having "the most innovative solution."

THE SKY'S THE LIMIT

The second iteration of Cardiokol's technology, now at the proof-of-concept stage, will extract voice biomarkers from normal phone conversation, rather than from the patient's "aah."

It will monitor whenever a person is on the phone, and if an A-fib episode occurs during the call the application will detect it.

Amihood says no other company is monitoring remotely for A-fib using voice analysis.

"Timely detection and management of such arrhythmia as A-fib can prevent over 70% of related strokes and other chronic, high-cost complications," he says.

A-fib is just the first use case for this low-cost telehealth solution.

"We can find additional cardiac indications in the same way," says Amihood. "The vision is that just by speaking, we will be able to detect multiple indications."

WHY I CARE

Focus on: Sharon and Simeon Wohlberg

"You make a living by what you get. You make a life by what you give." ~Winston Churchill

Sharon and Simeon Wohlberg moved to Stamford 29 years ago from the Upper East Side of New York. Their four children, Jason 28, Zachary 26, Nicole 24, and Joshua 19, are graduates of Bi-Cultural Hebrew Academy. Sharon and Simeon were ecstatic to add Phyllis, Zach's wife, to their growing family as well. Simeon is a managing member of Uptick Capital, a financial advisory firm. Sharon is better known as Morah Sharon at Chabad Gan Yeladim Preschool.

Sharon and Simeon are a shining example of what it means to be a true community couple. They have given back throughout the years to their synagogue and day school. They are welcoming, kind, and active in philanthropy.

HERE'S WHY THEY CARE:
Describe your past and current involvement with UJF.

We have been involved in Federation activities since moving to Stamford and have been donors as well. In addition, Simeon served on Federation's board and on the allocations committee twice.

Have you been involved with other Jewish organizations in the community or elsewhere?



Simeon and Sharon Wohlberg

Sharon was a PTA President at Chabad and Gan Yeladim Preschool. She was also a board member at Bi-Cultural Hebrew Academy, and the head of the Welcoming Committee at Congregation Agudath Sholom for 15 years. Simeon is a past President of Agudath Sholom and served on the board and executive board for almost 20 years.

Why is it important for you to give back in this way? And how do you think the community benefits from your efforts?

In our opinion, when we moved here, we were blessed with a community built on the backs of others. We felt, and still feel, that it's our responsibility to take the torch, run with it and then pass it to the next generation.

In your opinion, why should others get involved in UJF...with their community?

UJF is an invaluable organization in the greater Stamford community. They have the pulse of all the Jewish institutions in town and are at the forefront of any activism needed, whether it's Ukraine, Community Security, or needs in Israel. We all give to our "favorite" charities, but Federation has tentacles in places we can't see, and we are all the better for having them here.



United Jewish Federation
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United Jewish Federation's
Cardozo Law Society Invites You To:

Good Spirits

**A Happy Hour & Networking
Meet Up for Legal Professionals**

Thursday, September 29, 6:30pm-8:30pm

Enjoy Networking, Light Fare, & Drinks

613 (in the back tent), 108 Prospect Street, Stamford

**Co-Chairs: Ben Folkinshteyn, Howland Gordon,
Rob Hoff, & Cathy Satz**

\$36 Per Person/ \$72 sponsorship

Sign up at www.ujf.org/happy

For more information contact Sharon Franklin at Sharon@ujf.org

The Cardozo Society is an affinity group of the United Jewish serving greater Fairfield County and comprised of members of the legal community providing educational, leadership, and networking opportunities.



United Jewish Federation
The New Jewish Voice
2009 Summer Street, Suite 301
Stamford, CT 06905

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**I hope my children & I feel
safe as we build a new
home outside of Ukraine**

Oksana, age 30, Ukrainian refugee

Dear New Year,

This past year has been...a lot.

From emerging out of a global pandemic, watching our kids back at camp and back at school, to a war in Ukraine. There have been a lot of emotions.

And at this very moment, our brothers and sisters around the world are holding both fear and hope in their hearts. People like Eddie and his elderly mother, after fleeing Ukraine, were welcomed with food, shelter, and compassion across the border in Poland – through the support of the Federation.

Across waters in Ethiopia, thousands are hoping that the promise of Aliyah will, at last, be fulfilled. Like Yaliganesh who's dreamed for 20 years of rejoining her family. Today that dream has come true. The Addis family is finally reunited – together in their true homeland – Israel.

So, when I think about the new year, I think about Eddie and Yaliganesh and the countless other people who don't have it quite as good as me. I think about those that are hungry, or sick, or scared. I think about those looking for a friend or a community.

When I think about this new year, I hope for peace and comfort for all.

**With hope,
Your Global Jewish Family**

While we don't know all of the things that this new year will bring, we do know this: Jewish Federations will be there, as we always are for our community and the millions of people around the world. We'll be there because that's what we do - we work day in and day out to build and ensure vibrant and flourishing Jewish life everywhere.

Wishing you a peaceful, happy, and safe 5783. Shana Tova!

To support the ongoing work of Federation visit www.ujf.org/give



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Serving Greater Fairfield County