

OUR COMMUNITY Newsletter

April 2023 | Nisan - Iyar 5783



Jewish Federation
OF ST. JOSEPH VALLEY



Positively Purim!

Kids and parents came in costume, shared a smile and made the most of an energetic afternoon at our annual Purim Carnival.



Minute With Moshe

Egypt as a state of mind - and moving beyond!

I've been reflecting upon the men and women who came before us – their wishes and dreams. They dedicated themselves to bringing new possibilities to life in order for our Jewish community to realize its full potential. Now it's time for a new generation of leaders to prepare the groundwork for transformational change.

We've witnessed, through FED Talks, the testimony of other leaders who've met at the crossroads and chosen a path to assure a brighter future. And like other Jewish communities, we are also at a crossroads.

Temple Beth-El and Sinai Synagogue, two historic and enduring fixtures in our community, will play a pivotal role in determining our path. Today, they tackle complex questions, including membership and financial issues of a critical nature.

Efforts to grapple with declining membership, shrinking revenue, and leadership need more than simple answers. These issues are reshaping the American Jewish landscape -- especially in smaller Jewish communities like ours.

According to a 2020 Pew Research Survey on Jews in the U.S., outside of our Orthodox community, we're witnessing hard truths that hamper the ability to build and sustain Jewish life. In light of the challenges to planning for the future, Jewish leaders are receiving a wake-up call about the purposes, priorities, structure, and, ultimately, the necessity of each of our institutions. It's true here in our own St. Joseph Valley region.

Today, as never before, we're focused on synthesizing and welcoming diverse perspectives. Only through shared understanding and collaboration will we move toward the goal of adapting and revitalizing this place we call home.

The responsibility I feel to define our destiny and choose a path is shared by many in our community. We collectively seek a future fueled by the things that matter most to us – Jewish life that is relevant, compelling, joyous, meaningful, welcoming, comforting, and challenging with infinite options. It's a drive I feel strongly about – something we owe ourselves and our past leaders. A decision. If not now, when? If not us, who?

The experiences of the Youngstown community shared at FED Talk #2 may offer us a starting point for thinking our way forward. While no two communities are the same, Youngstown leaders showed how a small Midwestern Jewish community can make a bold, innovative change to ensure a bright collective future. They met at the crossroads. They took action to preserve and grow their Jewish community.

As for our community, I'm convinced that our future lies less with a singular definitive answer than with a willingness to embrace diversity. It's the only way to craft good solutions and solve thorny problems.

In my hundreds of conversations with community members, a groundswell of support exists to develop a narrative of progress that will presage the start of a new era –

an era that is structurally different from how we are presently organized. This is the beginning. This is where we choose a path at the fork in the road.

Let's embrace our diversity and our abilities to create a stronger kehillah kedoshah, a sacred community for current and future generations in St. Joseph Valley.

Soon we'll be sitting around the Seder table, once again pondering the eternal questions. Why is this night different from every other night? How is our particular period, our particular community, our unique challenges, different from other times and places? Throughout the night, the authors of the Haggadah prod us to formulate and reformulate our personal and collective stories.

The Hasidic masters encouraged us to think about Egypt not only as a geographic locale, but as a state of narrow horizons, of constricted imagination. This kind of emotional or spiritual slavery has been called the "tyranny of the ordinary."

Pesach offers us the promise, as individuals and as a collective, that we can move beyond.

Chag Sameach!



Moshe Kruger

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SPRING ART EXHIBIT OPENING & RECEPTION

OUT OF THE NARROWS The Art of the Passover Seder

SUNDAY, APRIL 16, 1-3 PM
AT THE JEWISH FEDERATION

Brought to you with support from

The Kurt & Tessye
Simon Foundation of

 Temple
Beth-El
South Bend, Indiana

 Jewish Federation
OF ST. JOSEPH VALLEY
Fine Arts Committee



Jewish Artists
Collective Chicago





POSITIVELY PURIM

AS SEEN AT OUR ANNUAL PURIM CARNIVAL ON MARCH 5TH AT THE JEWISH FEDERATION



with support from Okon Family Fund for Holocaust Education



YOM HASHOAH

Holocaust Remembrance Ceremony

Sunday, April 16 at 3 PM
at the Jewish Federation

featuring **Discovery Middle School** student artwork & reflections, followed by a student-led interview with author **Danica Davidson** (*I Will Protect You: A True Story of the Twins Who Survived Auschwitz*).

For more info visit TheJewishFed.org/Yom



B'TZELEM Jewish Family Services

WHAT WE DO

We serve Jewish individuals and their families within the larger community by providing social services, referrals and educational programming.

WHAT WE CAN HELP WITH JFS FOOD PANTRY

Assistance through providing food and gas cards.

FINANCIAL ASSISTANCE

Limited funds for unexpected financial needs in the form of interest-free loans or gifts, following an application process.

ASSESSMENT & REFERRAL SERVICES

Jewish Family Service provides case management services to individuals experiencing life transitions, emergency situations, and more.

WELLNESS CHECKS & SENIOR SERVICES

To connect with older adults and assess basic needs as well as provide a friendly point of contact and assistance with necessities.

TRANSPORTATION

Individual rides to medical and social service appointments.

SHIP NAVIGATION FOR MEDICARE

Trained staff provide state health insurance program advice.

VOLUNTEER OPPORTUNITY

Volunteer to give back and help others in the community.

CONFIDENTIALITY WITHIN JEWISH FAMILY SERVICES

The trust between our clients and JFS is the basis for our success. All transactions and discussions are protected by the highest professional ethical standards of client confidentiality.

COACHING

Community Connections

The Ultimate in Experiential Judaism

We all know of the clean-up leading into Passover. Anybody viewing it from the outside would call it spring cleaning with a search and destroy mission. No cheerio is safe during this time!

The process of cleaning has spiritual elements in that chametz is likened to our yetzer hara – base inclinations – of which we must rid ourselves and humble ourselves to see beyond ourselves. We, as a people, unite in this mission to get back to our roots.

Finally, after all of the preparations, we sit down to begin our seder. Unlike every other holiday though, before we start our festive meal with all of its trimmings, we begin by retelling the story of Abraham and his father Terach and of our sojourn into Egypt. As the halacha (Jewish law) states, we start with our ignoble beginnings and end with praise of Hashem, thankful for Hashem saving us, giving us His Torah, and bringing us to Israel, our homeland.

As we approach the meal, before we start on our matza ball soup, we must first have our matza, reminding us of how the Egyptians rushed us out (so much so that the dough didn't have time to rise), maror (bitter herbs) reminding us of the ultimate bitterness of the experience, and finally the Hillel sandwich. Only then can we truly act like free people and enjoy our meal.

Clearly, it is not enough to retell the story; the Rabbis wanted us to have a sense of what it was like, thus the demand to eat both matza and the maror. Not to mention the vegetable at the beginning of the seder dipped in salt water, reminiscent of our tears.

History is important but making it real and relevant is of the greatest import. It brings the experience and story to life and is one of the most experiential holidays that we celebrate.

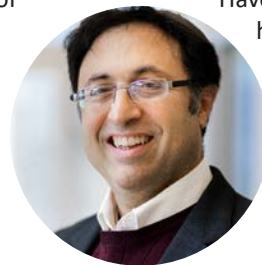
After we conclude the seder, we are supposed to continue speaking about what happened in Egypt and the ultimate redemption, until sleep overtakes us. The truth is that after four cups of wine, plenty of carbohydrates and the late hour, it will not take long to fall asleep. But it is a departure from the norm. Why would the Rabbis instruct us to behave in this manner?

Recently, I began my course called "A Bird's-Eye View of Jewish History." It is an eight-week course, but I have found that to cover 4000 years of history in eight hours is very difficult. There is so much to present and try to link together to bring history to life. The further that I get into the course, the more that I realize what I need to impart to make the audience truly understand what happened.

I believe that the Rabbis were trying to impart that same understanding. They knew that the more we talked about our time in Egypt and exodus, the more there was to tell. How did we end up in that situation after being invited to dwell in the land? Why were the Egyptians afraid of us after 100 years of being citizens?

So, as we all sit with our family and friends this Passover, I invite you to try this experiment. Take any part of the seder that interests you and discuss it. There is a lot of information online that can help bring the seder to life and make you feel like you're in the moment. It may be the best seder yet.

Have a chag kasher v'sameach- a happy and healthy Passover.



Rabbi Fred Nebel

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ETHICS OF OUR FATHERS

Discover the historical origins & ethical teachings that all modern forms of Judaism are based on.

Tuesdays at 7 PM, April 18-June 13,
Taught by Rabbi Kuppel Lindow

Class fee: \$50 includes workbook | Register at TheJewishFed.org/Ethics



Proud of Israel at 75

This month we will celebrate an important milestone in the history of the Jewish people: the 75th anniversary of the birth of the State of Israel. With so much attention focused on the political turmoil in Israel, we must not ignore the significance of this historic event. That's why it's important to take time to appreciate all that Israel has accomplished, and what it represents for the Jewish people. My personal experiences may help provide some perspective.

This year we will also mark another important date: the 50th anniversary of Israel's 1973 Yom Kippur War.

On October 6th, 1973, I was a student on overseas study at the Hebrew University in Jerusalem. It was Yom Kippur, and we were in our dormitories when at 2:00 PM in the afternoon, the air raid sirens went off. As we soon learned, Israel was under a simultaneous surprise attack from both Egypt and Syria.

After spending some time in a bomb shelter, we went to the balcony to watch our fellow Israeli students run off to join their reserve army units. Although we did not know it, during the first days of the war Israel was once again fighting for its very survival, just as it did in 1948 and 1967.

For years I marveled at these young Israelis and their fierce determination to defend their country. Even after I made Aliya in 1975 and served in the IDF, I clearly understood this sense of dedication to defend Israel, yet I had trouble explaining the source of that inner strength.

That was until about ten years ago when Shoshana and I attended an AIPAC Policy Conference, where we heard then-Senator Joe Biden speak.

Biden told the story of his trip to Israel in 1973 as a young Senator. It was just after the Yom Kippur War, and he met with Israeli Prime Minister Golda Meir. Biden describes his meeting with Golda Meir as follows:

Golda showed him various maps and explained to him why Israel's military situation was not good. Biden said the meeting was very depressing. Then Golda said to him, "Senator, you look so worried." She said, "Don't worry; we have a secret weapon in our conflict with the Arabs." Golda paused for a moment and then said: "You see, we have no place else to go."

In her sermon for last Rosh Hashanah given at Temple Israel, Shoshana retold this story and commented: "I think that Golda's one sentence says it all. It's the secret to Israel's survival and success. We have no place else to go. Now, for many American Jews, Golda's statement may not make sense. If you are lucky enough to be among the descendants of Jewish immigrants who came to this country before World War II, then you have been blessed. After all, America has been very good for American Jews."

"However, let us also remember that during the 1930's, just when the Jews of Europe needed a safe haven, the world had closed its doors to Jewish immigration. Sadly, this included America."

My Israeli cousins, the children of a Holocaust survivor, understand this in a way that American Jews may never comprehend.

Shoshana and her family, who came to Israel in 1951 as refugees from Iraq, understand this reality. For a majority of the 850,000 Jews who left their homes in the Arab world after 1948 due to rising antisemitism, Israel was the only place to go.

And had they not come to Israel, the Jews of the Arab world would have become the helpless victims of al-Qaeda, ISIS and other extremists.

To make that point, author Ari Shavit has called Israel, "a home for the homeless people." Today, Israel continues to fill that role with Jewish immigrants from Ethiopia and Ukraine.

Yet the understanding that "we have no place else to go" has also motivated Israeli innovation in many areas. What do you do if you live in a land without natural resources? You innovate!

The Israelis that I know never took pride in military victories, but they do take great pride in the fact that Israel has become known as the "Start-Up Nation." Israel's amazing achievements in desert agriculture, hi-tech, water technology



and medicine are accomplishments that we should all be proud of.

And Israelis take great pride in their democracy, as we recently saw when hundreds of thousands of Israelis took to the streets to uphold their democracy.

Finally, there is another aspect to Israel at 75 that we must not overlook. The rebirth of the modern Jewish state in the Land of Israel has given Jews from all over the world the opportunity to reconnect with our roots in our ancient homeland.

The amazing program called "Birthright" is just one example. Since its founding in 1999, Birthright has brought more than 750,000 young Jews to Israel. And each year, thousands of young Jewish Americans study in Israel in Yeshivot and seminaries.

For those of us who have been to the Kotel, the Western Wall in Jerusalem, we know that intense feeling of connection to our Jewish roots. I have prayed at the Kotel countless times, yet I am always moved by my prayers there. For Shoshana and me, the high point of that experience was the Bar Mitzvah of our grandson at the Kotel last year (pictured above).

So, as we celebrate Israel at 75, let us remember all those who sacrificed to defend Israel and guarantee its survival. Let us take pride in Israel and its many accomplishments. And let us appreciate Israel, the nation-state of the Jewish people, for the opportunity it provides to strengthen our sense of Jewish peoplehood.



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HONOR ISRAEL'S FALLEN & CELEBRATE 75 YEARS OF INDEPENDENCE

YOM HAATZMAUT

**SUNDAY, APRIL 30, 11-2 PM
AT THE JEWISH FEDERATION**

with support from




FEATURING COMEDIAN AVI LIBERMAN




DON'T MISS A DELICIOUS ISRAELI LUNCH!

Reflections on leaving Temple Beth-El's Home

I had the opportunity to share a d'var Torah on parashah Vayetze earlier this year, around the same time that the congregation of Temple Beth-El voted to sell its building, its home of 70+ years.

In the Torah, Jacob is fleeing from danger and confusion he encountered when he left home. In search of his ancestral family, a young Jacob arrives at "a certain place." The physical and emotional stress of his flight has exhausted him, and he retreats into sleep, there to be confronted by a strange dream. A sulam or ladder appears to him, and "angels of G-d were going up and down on it. And G-d was standing beside him." (28:12) Then Jacob wakes up and with a wonderful expression of awe, proclaims, "Truly, G-d is in this place, and I did not know it! (Gen. 28:16-17). He goes on to "name the place Beth-El." (Gen. 28:19)

It shouldn't be surprising that in his quest for a spiritual experience, Jacob dreams of a ladder. I think one reason this passage in the Torah resonates is because of what a ladder does – it connects. Jacob is bereft – he has been forced to leave his family and his land of birth, he's all alone and

frightened. Then he sees a ladder and finds G-d beside him.

We have all stood where Jacob was. We're all looking to connect with something – whether spiritually or humanly. Perhaps each of us has a ladder like Jacob's that is just waiting for us to grab its nearest rung.

I don't know why nearly 120 years ago, our founding fathers named this congregation Beth-El. Our congregation is, like Jacob, coming to a different place. We are being asked to dream. What should our dream be about? How do we reconstruct a sacred community in a different place, both physically and mentally? What kind of ladder do we need to build to move us to the place where we can be assured of a fulfilling Jewish future?

Our congregation and community are the result of the collective dreams of those who came before us. My dream is that our congregation will continue to be more than a building, that it will always be a sacred community. As we look to the future, we must not lose sight of what a congregation needs to be: a place of study and learning, a place of welcoming, a place of caring, a place of worship.

My dream is that in all our important concerns about budgets and buildings, we don't lose the dream of Torah, worship and gemilut hasadim (acts of loving kindness) and ladders to heaven, so that, our Beth-El, like Jacob's, can be—and always will be—a place where Heaven and Earth can touch.

Marzy Bauer

Community Contributor



Marzy & Joe Bauer at Temple Beth-El, circa March 1992 (Photo courtesy of Michiana Jewish Historical Society)

Commemoration & Celebration

The month of April at the Federation is where the “Yoms” take center stage. Yom Hashoah, Yom Hazikaron, and Yom Haatzmaut connect us to the collective Jewish world through its history and its struggle for liberty and freedom. This year, we invite you once again to come together to share and learn of our “Shituf Goral,” our shared fate. At its core, Judaism is based on this concept that the fate of all Jews is intertwined, and while Israel may be on the other side of the world for us, we cannot elude the connection we share as a people, as Am Yisrael, the People of Israel.

Shirlee and I, along with Sid Shroyer, Terry Tulchinsky, and Bob Feferman, have been hard at work to provide Holocaust education supplements to public and private schools. So far, we have served 14 schools with hours of lessons in front of hundreds of students. Working with the Holocaust Education Speaker’s Bureau has been eye-opening for us, learning how little the average student learns in a secular school setting. Questions like, “Was Hitler even real?” is not something we expected to face. But with the support of the superintendent of South Bend schools, we have become mandatory guest speakers for all 7th grade classes! We continue to reach out and have done work with schools in the PHM district and southwest Michigan schools.

This leads us to our Yom Hashoah program this year, where we invited one of our favorite schools, Discovery Middle School, to present their reflections on what they have learned about the Holocaust through a class art project. The top pairs in the class will present to our community, and in addition, light candles with other honorees in memory of those who perished. This will be followed by a student-led interview of Danica Davidson, a local author of the book, “I Will Protect You,” the story of Eva Mozes Kor, of blessed memory. The book is available for purchase from the Federation when you register for the event. Please come with questions!

**“A spring day will come
The Cyclamen will flower
The red Anemone
on the hills and the slopes
He who walks the path
that we walked
Will not forget us
Bab-El-Wad”**

The words of the song Bab-El-Wad, the Arabic name for the Shaar HaGai, were written in 1948 by Haim Guri, a Palmach fighter, who himself participated in the War of Independence. Guri helped with not only paving the path to Jerusalem, but the path of how we commemorate our fallen in Israel. If you have deja vu, it’s because Shirlee spoke about this once before (April OCN of 2022), where she took a quote from Natan Yonatan’s poem, and gave a whole shpiel about the polarity of a land flowing with milk and honey vs a land that consumes its inhabitants, and how this bittersweet reality results in Memorial Day being back-to-back with Independence Day. This emotional roller coaster is something we will try to mimic with our 75th celebration.

The day will begin in conversation with IDF veteran Michael Aaronson from our partnership region. Michael served in the Special Forces between 1972-1975, took part in many commando operations, and was wounded in combat during the Yom Kippur War. We will finish the Yom HaZikaron section with our traditional Israeli lunch. Following lunch will be a performance from the Israeli American comedian Avi Liberman. Avi has performed stand-up comedy on CBS’s “Late Late Show,” on Comedy Central’s “Premium Blend” and many more, and since 2001, has arranged widely acclaimed stand-up comedy tours in Israel to help boost morale, while donating all of the proceeds to charity.

We hope to see your support at our Yom events. Am Yisrael Chai!



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April Programs

Camp Ideal Informational Zoom
Monday, April 10 at 7:00-8:00 PM

Spring Art Exhibit Opening & Reception
Out of the Narrows - The Art of the
Passover Seder
Sunday, April 16 at 1:00-3:00 PM

Yom Hashoah Ceremony & Speaker
Sunday, April 16 at 3:00-4:30 PM

Ethics of Our Fathers Class
Tuesday, April 18 at 7:00 PM
Every Tuesday for 8 weeks

NEXTGen Spring Hike at Potato Creek
Sunday, April 23 at 11:00 AM

Yom Haatzmaut Lunch & Speakers
Sunday, April 30 at 11:00 AM - 2:00 PM

Visit TheJewishFed.org/Events to
learn more or RSVP!



NEXTGen
FOR A YOUNG, VIBRANT JEWISH MICHIGANA

Nature
Trail Hike
at Potato Creek
Sunday, April 23rd @ 11 AM

Meet at the Nature Center
for a group hike with other
young adults.

Admission per vehicle is \$7,
paid at the gate.

RSVP online at
TheJewishFed.org/NEXTGen

CAMP IDEAL

Session I: June 12-30
Session II: July 10-28

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Hadracha (Counselors-in-Training) Grades 8-10

\$600 per session
\$225 per week
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Horse, by Geraldine Brooks

Whenever historical fiction includes an afterward with clarification on names, dates and events, this group is grateful. Geraldine Brooks provided that with Horse. Her style of back-and-forth chapters between contemporary times and history works smoothly—the transitions are clear and smooth.

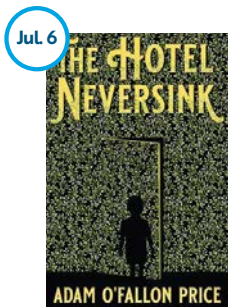
Our group described the novel as a “literary tapestry, weaving themes together.” It brings archeology to horse racing, shows how a work of representational art helped discover a phenomenal racehorse who left a legacy of famous thoroughbreds. It threads through the lives of famous and not-so-famous quality artists and connects this all to an emancipated father of an enslaved young boy.

The book’s main theme is racism, showing how our country hasn’t changed enough from its past, even up to 2017, from its worst behaviors of privilege, supremacy, and hatred.

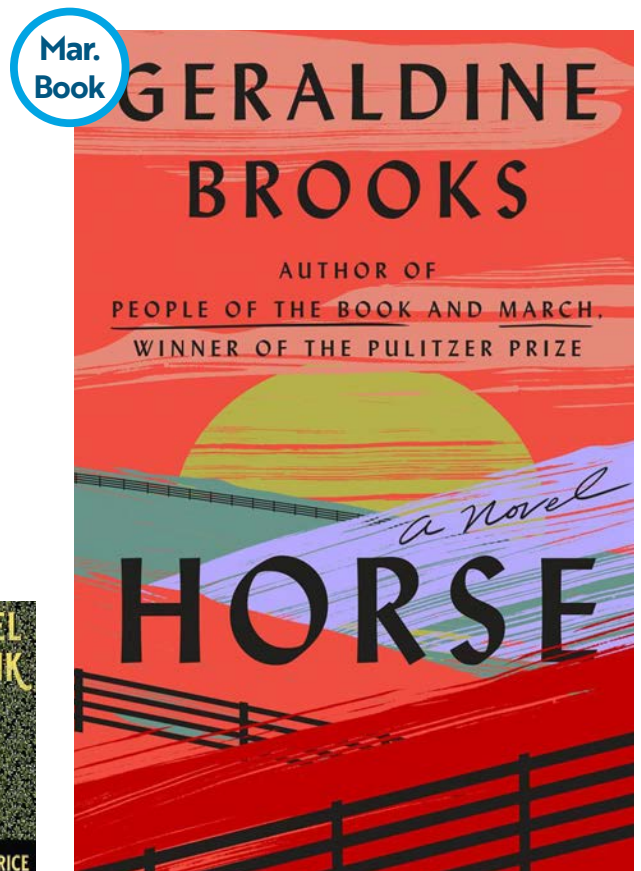
So where does the horse fit in? We begin with a skeleton, a portrait, and extremely intelligent people to uncover the truth of Darby/Lexington, and what ultimately brought him down.

The Federation Book Club meets via Zoom at 4:00 PM on the first Thursdays of every month. **Note: we are skipping April; our next session is May 4.**

Beth Buechler
Community Contributor



Upcoming Books
(subject to change)





FUSILLI PASTA SALAD

From Our Community Table

Greetings readers! As I was thinking about what recipe to share with you this month, I began to search through my books for a recipe I used to make often, but that for some reason hadn't been added to my active recipe files. I went through several of the books that I thought it had come from, and in doing so, stumbled across a recipe I had all but forgotten about but used to love.

I remember the first time I made this recipe. I was a young bride with an unsophisticated palate, and at the time, found most of these ingredients to be a bit exotic. Fortunately, one of my more food-adventurous friends, Heather, and her husband were over for the evening, and as we looked through my cache of cookbooks, Heather spied this recipe and thought we should try it out.

It's funny, when I think back on this day, I can remember watching Heather pitting and slicing the olives. Back then, pitting olives and cutting them in half seemed like challenging work! And just all of it...thinly slicing the spinach, boiling the noodles to just the right al dente bite...it all seemed slightly challenging. But Heather and I persevered...and were delighted with the result.

This pasta salad has just the right balance of flavors. A corkscrew spinach pasta tossed with sundried tomatoes, feta, purple onion, and Kalamata olives—brought together with a kiss of garlic in a slightly acidic oil and vinegar dressing, and rounded out with a healthy amount of finely sliced spinach leaves that slightly wilt as the dressing takes hold. It is absolutely

delicious. This pasta salad is a wonderful choice for a spring or summer main dish, as a side pasta, or as a potluck or picnic food, as it has an elegant look to it and doesn't require the refrigeration that a pasta salad with meat or mayonnaise would.

So, thank you Our Community Table readers for bringing this recipe back to me. Without a reason to search for the recipe I had originally wanted to share with you, I would probably not have rediscovered

this old favorite. And now, I can hardly wait to make this again...possibly even with Heather!

I hope you will find that this becomes a favorite of yours. And when I do find the recipe that I originally had in mind, I will share that with you too...right here at our community table.

Cristyne Porile
Community Contributor

Family Favorite Fusilli Pasta Salad

From the Colorado Jr. League
Cookbook Crème de Colorado

Serves 8

INGREDIENTS

- ¾ pound Feta cheese (I prefer sheep's milk Feta)
- 1 pound spinach fusilli, (or any fusilli pasta, does not need to be spinach), cooked al dente, drained, and cooled to room temperature
- ¼ cup chopped red onion
- ½ cup drained and chopped sundried tomatoes
- 1 cup Kalamata olives, pitted
- 3 cups thinly sliced spinach

Dressing:

- ½ cup extra-virgin olive oil
- 3 Tablespoons red wine vinegar
- 1 clove garlic, crushed
- ½ teaspoon salt
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. In a large bowl, crumble the feta cheese over the drained and cooled pasta. Add the red onion, sundried tomatoes, olives, and spinach and gently toss.
2. Combine the dressing ingredients and mix well.
3. Pour dressing over pasta, toss well and serve.
4. This salad can be made a day ahead. Do not substitute for any of the ingredients. The unique combination of flavors is worth the extra effort required to locate these items in a deli or specialty market.
5. To make into a more complete meal, serve with a fillet of salmon or any protein of your choice.



13th ANNUAL MICHIANA JEWISH FILM FESTIVAL

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DEBARTOLO PERFORMING ARTS CENTER

Farewell, Mr. Haffmann

MONDAY, MAY 15, 6:30 PM

Karaoke

TUESDAY, MAY 16, 5:30 PM

Four Winters

TUESDAY, MAY 16, 8:00 PM

Matchmaking

VIRTUAL, MAY 19-22

My Neighbor Adolf

WEDNESDAY, MAY 17, 5:30 PM

Hummus Full Trailer

WEDNESDAY, MAY 17, 8:00 PM

SHTTL

THURSDAY, MAY 18, 6:30 PM

Reckonings

VIRTUAL, MAY 19-22

Visit MichianaJewishFilmFestival.com for film trailers & descriptions.

Fighting the Good Fight in Ukraine

Aaron Mishler, City Councilman for Elkhart, recently volunteered in Ukraine and shares his experience.

Some of you know me as a City Councilman in Elkhart, or maybe we met through our children at Camp Ideal. Not a lot of folks know that I work as a Registered Nurse, and volunteer for disaster response work nationally and internationally, doing what I like to call "fighting the good fight." This has taken me from Liberia with Ebola to Haiti, to this past month, where I volunteered to work as a nurse in free clinics throughout Ukraine.

The 18-day trip took us from Krakow, Poland, and a 12-hour train ride to Kyiv. Along the way, you noticed a slow buildup of military equipment outside, sandbag walls, trench works, hedgehog antitank devices, and concrete bunkers adorned with the fluttering blue and yellow Ukrainian flag.



We were a team of three providers (two doctors and a PA) two logistical personnel, another nurse, and translators to assist with the care. The first morning before clinic, we were greeted by an air raid siren, and an explosion that shook the hotel as Ukrainian defenses shot down a Russian missile nearby.

We proceeded to our first clinic, treating nearly 60 Ukrainians who hadn't had access to proper care for months. With much of the medical infrastructure dedicated to the war effort, primary care fell along the wayside. Patients presented with untreated diabetes, blood pressure in the 200's and other untreated ailments.

Following two days in Kyiv, we headed south, working in small villages that had taken refugees from the eastern portion of the country. Many of the villages still having large bronze statues of soviet statues in rusted parks, memories of a bygone error.

Here we had our first group of children, a family whose home had been destroyed by a Russian missile strike in Mariupol, and whose middle child was dealing with the trauma by refusing to eat.

But through all this trauma and grief, incredible strength kept them going, even here, sleeping on cots in crowded rooms. No one was slouched or demoralized, a babushka cursed the Russians who had taken her granddaughters life, but defiantly insisted that we take two oranges from her.

Even in the recently liberated village of Yevgenovka that spent six months under Russian occupation, where the Russians had stolen everything from appliances to toilet seats and committed unspeakable acts against civilians - their spirit remained unbroken.

In total, our team worked 657 hours, treated 361 patients, came within twenty miles of the front lines, and heard the small arms fire of Ukrainian troops firing at Russian Kamikaze drones in Odessa. Most importantly we made a difference, we made a difference to those 362 patients, to that family who had lost their home, and the grandmother who had lost so much more. We fought the good fight.

Slava Ukraini, Heroiam slava.



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In Memory of:

Larry Cohen
Edith Schulman

Who Contributed To:

JFS Food Pantry
Jewish Federation of St. Joseph Valley

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CORRECTION

In past issues, we made the mistake of misnaming **Jeremy Davis** as Jeffrey Davis.

To those family and friends who are grieving for the passing of Jeremy, we are deeply & sincerely sorry for any pain our mistake may have caused.

May the memory of Jeremy Davis be a blessing to all who knew and loved him.

SAVE THE DATE FOR

Mother's Day
Brunch

SUNDAY, MAY 14, 10:30 AM



Jewish Federation
OF ST. JOSEPH VALLEY

featuring

SOUTH BEND
SYMPHONY
ORCHESTRA
STRING QUARTET

& soloist Emanuel-Cristian Caraman,
acclaimed tenor, South Bend Lyric Opera

April
 Nisan - Iyar 5783

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Temple Beth-El
South Bend, Indiana

The Jewish Federation warmly welcomes Temple Beth-El on April 14 at 5:30 PM for Kabbalat Shabbat in the Community Room

1
Parshat Tsav - Shabbat Hagadol
Havdalah 8:52 PM

2

3
9:15–10:00 AM Women's Zumba
1:00–4:00 PM Mahjong

4
Search for Chametz
9:15–10:00 AM Women's Zumba

5
Passover Begins
1:00–4:00 PM Mahjong
7:56 PM

6
Passover
Federation Closed
8:57 PM

7
Passover
Federation Closed
7:58 PM

8
Passover
Shabbat chol Hamoad
Havdalah 9:00 PM

9
Passover

10
Passover
9:15–10:00 AM Women's Zumba
1:00–4:00 PM Mahjong
7:00 PM Camp Ideal Zoom

11
Passover
9:15–10:00 AM Women's Zumba
8:03 PM

12
Passover
Federation Closed
9:03 PM

13
Passover
Federation Closed

14
Camp Ideal Early Registration Deadline
5:30 PM Temple Beth-El Kabbalat Shabbat
8:06 PM

15
Shemini Havdalah 9:08 PM

16
1:00 PM Spring Art Exhibit Opening Reception
3:00 PM Yom Hashoah Ceremony

17
9:15–10:00 AM Women's Zumba
1:00–4:00 PM Mahjong

18
Yom Hashoah
9:15–10:00 AM Women's Zumba
7:00 PM Ethics of Our Fathers with Rabbi Lindow

19
1:00–4:00 PM Mahjong

20
10:00 AM Jewish History with Rabbi Nebel

21
Rosh Chodesh Iyar
8:14 PM

22
Tazria Metzora Havdalah 9:15 PM

23
11:00 AM NEXTGen Hike
30
11:00 AM Yom Haatzmaut Program

24
9:15–10:00 AM Women's Zumba
1:00–4:00 PM Mahjong

25
Yom Hazikaron
9:15–10:00 AM Women's Zumba
7:00 PM Ethics of Our Fathers with Rabbi Lindow

26
Yom Haatzmaut
1:00–4:00 PM Mahjong

27
10:00 AM Jewish History with Rabbi Nebel

28
8:21 PM

29
Acharai Mot - Kedoshim Havdalah 9:15 PM

Visit TheJewishFed.org/Events to register. Have an event to add to our calendar? Call 574-233-1164.