

OUR COMMUNITY
Newsletter

October 2021 | Tishrei - Cheshvan 5782



Jewish Federation
OF ST. JOSEPH VALLEY

YOU'RE INVITED

**FALL
FEST**

OCTOBER 24, 4 - 6 PM

LEARN MORE ON PAGE 5

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Minute With Moshe

Shalom Haverim!

The High Holidays came early this year. A time of immense introspection about the year that was and the year that will be. For many Jews, the concept of teshuvah – repentance – includes not just making a personal accounting of past behavior but also asking ourselves what we must do in the future. In this Minute with Moshe, as we begin the new year, I ask that we examine our commitments to the Jewish community from two perspectives.

1. We know our lives are precarious, so we build communities that support the young, old, infirm, the immigrant, and the stranger. When we stumble or fall, the community is there to lift our loved ones and us from tragedy and despair.
2. We also engage in community building to enrich Jewish life based on cherished values of B'tzelem Elokim, we are made in the divine image, K'hillah, community, and V'ahavta l'rekha, loving your neighbor.

Tzedakah, planned giving is also fundamental to an authentic Jewish life and ties a tight knot between the two perspectives of building community. In examining our commitments to the Jewish community, a thoughtful program of Tzedakah sustains the Jewish Federation for today, tomorrow, and the future, maximizing the impact of your giving.

Several gift planning tools can provide significant support for the Federation beyond what would be possible with a check and offer tax benefits to you. Because the Federation is a tax-exempt charity, certain assets that would be subject to significant income tax could be given in a way that helps minimize tax and maximize your gift. With this in mind, I invite you to join the Legacy Society.

In thinking about what would be a meaningful planned giving, you may wish to consider the advantages of utilizing one or more of the methods in the below ad with your financial advisor

A key element of our Jewish tradition is sharing our customs and values from one generation to another. The Jewish Federation is your local partner in ensuring that your commitment to the Jewish people is implemented most effectively. The Legacy Society is a critical way to ensure ongoing support for the Jewish community and that your values continue to be honored today and in the future.

I'll be very pleased to personally answer any questions that you might have about the Legacy Society and other innovative gifting to your Federation.



Moshe Kruger
Executive Director
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What Will Your Jewish Legacy Be? How Will You Assure Jewish Tomorrows?

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With a legacy gift, your impact can continue beyond your lifetime. In a hundred years you can still be changing lives. Call 574-233-1164 today!





The perfect book for your little Mensch!

TheJewishFed.org/PJLibrary



PJ Library

Transitioning into the roll of Program Director has unlocked a world of possibilities as focus changes from our children to the entire Jewish Federation community. With so many programs in the works, including continued Shi'shuk market days, a Yiddish Film night, and an entire Fall Festival, it was hard to choose just one topic to speak about this month. I decided to speak to you about a program that has

Grinspoon Foundation and donations made to the Federation. This year, thanks to grant the Federation received from the Harold Grinspoon Foundation, we were able to increase our participant group, providing free Jewish books to children in our community who may have no other access to Jewish history and culture. In the coming years be on a lookout for a community PJ Library fundraiser.

time you visit the Federation check out the book cart where you can find a large collection of books available for you and your family to take home. A donation box will be nearby for you to donate what you see fit toward future PJ Library subscribers. Are your kids too old? Maybe PJ Our Way better suits you.

As always, my door is always open. Feel free to stop by or call to speak to Shirlee or me about programs throughout the year, or that you would like to see run in the future!

Over 100 children in our community receive free Jewish themed books every month!

been running long before I came onto the scene, our PJ Library. You may already be privy to the project, but did you know that over 100 children in our community are receiving free Jewish themed books every month? This is not including the dozens more between the ages of 9 and 11 that are part of the PJ Our Way program that provide nearing bar/bat mitzvah kids a choice in book each month as they explore their own Jewish identity.

PJ Library is funded by both the Harold

Visit TheJewishFed.org/PJLibrary and learn more about the program and see if your children are eligible. Do your grandchildren visit and want to hear a new story before bed? There is even a grandparent PJ Library program completely free of charge. We will soon begin with PJ library events such as book readings and meet the Author programs at the Federation which will be open to all children where books will be available for trade and purchase. Finally, next



Dan Ravitch

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AJC's 2020 Survey on Antisemitism
Thursday October 7 at 7:00 PM.
Click to RSVP!

AJC's 2020 Survey on Antisemitism

In Person, October 7 at 7:00 PM

According to a recent report released by the FBI, in 2020 hate crimes in America reached the highest level in a decade. Hate crimes targeting the American-Jewish community made up nearly 60 percent of all religion-based hate crimes. To learn more about the situation, our community will host Sarah van Loon to provide an "In-Depth Analysis of the AJC's 2020 Survey on Antisemitism in America" on Thursday, October 7th at 7:00 PM, in-person at the Federation.

Sarah van Loon, Chicago Regional Director for the American Jewish Committee (AJC) will be our keynote speaker. In her presentation, Sarah will discuss the report's findings and what they mean for efforts to combat antisemitism both locally in the Midwest and across America as a whole.



In October 2020, the AJC released its first-ever "State of Antisemitism in America" Report. The AJC conducted parallel surveys of American Jews and the general public about antisemitism in the U.S. The report found shocking gaps

between Jews and non-Jews in America on the nature and scope of Jew-hatred, as well as a disturbing lack of awareness among Americans about contemporary antisemitism.

Over the past several years, our Jewish community has become quite familiar with the excellent work of the American Jewish Committee (AJC). In the spring of 2019, the AJC hosted South Bend Mayor Pete Buttigieg for an eye-opening trip to Israel through Project Interchange. More recently, the AJC was instrumental in helping the University of Notre Dame Jewish Club with important resources for "Antisemitism Week" on the Notre Dame campus last spring.

Our guest speaker is uniquely qualified for her position.

Sarah van Loon was appointed as the new AJC Chicago Regional Director in August 2021. Sarah began work with the AJC in 2020 as the Director of Advancement

& Engagement for the Chicago office, where she focused on growing the broader Midwest region's resources and leadership ranks. Before that, she served as the

Director of the Sustaining Fellows at the Art Institute of Chicago.

In 2017, Sarah was named one of Chicago's "Jewish 36 Under 36" emerging leaders by JUF and Oy!Chicago. Sarah holds a master's degree in Jewish Professional Studies from the Spertus Institute for Jewish Learning and Leadership, and a bachelor's degree from North Park University.

This event is sponsored by the Federation's Community Relations Committee (CRC) chaired by Barb Lerman. RSVP's are required for the event. Per our Federation policy, masks will be required for all those attending the event.



Visit TheJewishFed.org/Events to register or call the Federation at (574) 233-1164 for assistance.



Bob Feferman

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**FALL
FEST**

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SOMETHING FOR EVERYONE

FREE ADMISSION!

JOIN US OCTOBER 24, 4-6PM TO
KICKOFF OUR 2022 ANNUAL CAMPAIGN

FOR THE KIDS

CARNIVAL | HAY RIDES | PETTING ZOO
FACE PAINTING | PUMPKINS

FOR THE ADULTS

YARD GAMES | BEER GARDEN | FOOD
LIVE MUSIC | COMMUNITY DISPLAY

**Discounted carnival tickets are available for preorder.
Click to learn more!**



Jewish Federation
OF ST. JOSEPH VALLEY



Community Leadership Spotlight

Mona Medow was born and raised in South Bend, Indiana. As a teenager she was a leader in B'nai B'rith Youth Organization (BBYO). Mona graduated from Indiana University with a degree in Special Education. While raising two daughters, Mona sold cars at her family's car dealership, Don Medow Motors, and managed the finance department. She then transitioned into a managerial role at the South Bend Dental Center where her husband, Chuck was a founding partner.

In 2007, Mona retired to focus on community volunteering and philanthropic endeavors, primarily at The Boys and Girls Club and The Jewish Federation. Mona has also been involved with The Jewish Women's Endowment Fund for many years. She served on the board of The Federation from 2015 through 2020 and was heavily involved in annual campaign. Mona returned to the board as Vice President in 2021.

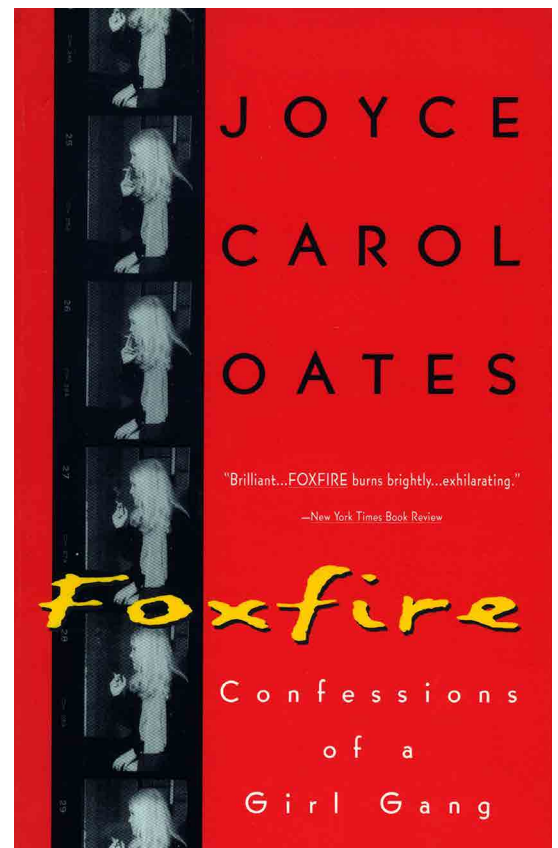
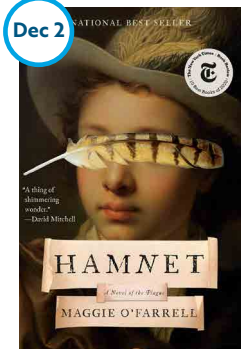
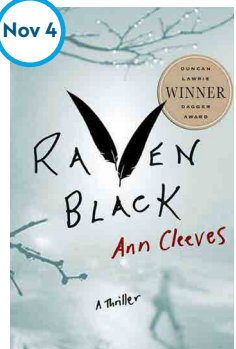
Mona's personal interests include baking, outdoor activities (e.g., biking, hiking, paddle boarding and snow shoeing) at her home in South Haven, MI. By serving on the board Mona hopes to inspire the younger generation to become involved.

Federation Book Club

Joyce Carol Oates is an prolific writer, up there with Stephen King. With so many novels to choose from, one of us picked Foxfire, published in 1994. This memoir-style novel is slow to start, but loaded with unforgettable characters, compelling plot, and timely feminist/universal themes even thirty years later. The writing, while rough and violent at times, is not to be missed. I suggest actual reading since the audio version is very poorly abridged, a corruption of Oates's exquisite prose. The novel, said one of our members, "builds, like a musical composition, to a crescendo."

And, speaking of Stephen King, we finally agreed to take him on in January with the book Billy Summers. This is his most recent crime novel, not based on supernatural themes.

Upcoming Books:



Beth Buechler

Community Contributor

ga 2021 **what's next?**

October 3-5, 2021

Washington, D.C. + streamed globally

Register at GeneralAssembly.org today!

Caring Connections

As we wind down from the fall holidays, JFS says Thank You for supporting our Food Pantry. We were able to provide 40 gift bags for the holidays! Now, JFS is getting practical. Did you know that Jewish people and organizations are targeted by scammers? And when they succeed, the money may be used for truly nefarious purposes. To combat this dilemma, JFS is sponsoring a Lunch 'n' Learn Zoom webinar on Cyber Security. Grant Mendenhall, the security expert for the Jewish Federation of Indianapolis, will present information along with an expert from the FBI! This event is scheduled for Wednesday, October 27th at noon. If you live in the area, a Kosher lunch will be delivered to your porch on Tuesday afternoon, the day before the event. Visit TheJewishFed.org/Events, or call 574-233-1164 to make your reservation.

October is Breast Cancer Awareness month. Schedule your mammogram if you are due! Consider genetic testing to find out if you have a Jewish proclivity towards cancer.

Come find Friends of JFS Greater St Joseph Valley on Facebook! We post wellness information and keep you up to date on Federation events.

Upcoming JFS Programs:

Lunch 'n' Learn, October 27 at 12:00 PM
Zoom webinar on Cyber Security

Chair Chat, October 28 at 12:00 PM
For individuals who are isolated but would like to socialize.

Visit TheJewishFed.org/Events to RSVP!

Lost and Found

The past year-and-a-half imposed loss on many of us. We lost togetherness as we learned to "social-distance." No hugging allowed. We lost travel. Shopping became a personal battleground. Would we find toilet paper and sanitizing wipes? Would someone else snap it all up before we could get to it? And we lost civility as our country became very divided. Some of us became ill, losing physical health. Many of us struggled with mental health as we became more secluded.

For me, it was a time of great



Sandy Levine, MA

Jewish Family Services Director
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personal loss. I ended a 30+ year career in Developmental Disabilities after my organization changed hands and went under new management. I was ill-prepared for a retirement without travel and family visits. My beloved Aunt Jean, of blessed memory, died of old age, on the same day that my Daddy was diagnosed with COVID. He had no symptoms and everyone thought he was going to beat it. One week later, he succumbed, unable to exchange oxygen. Both funerals were bleak.

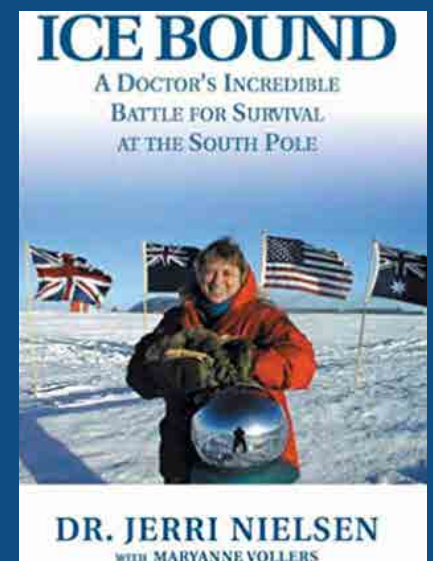
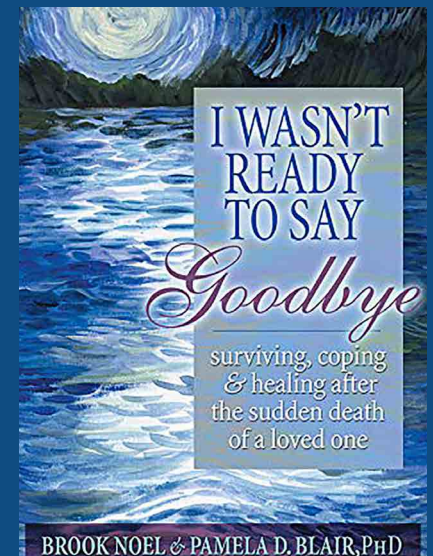
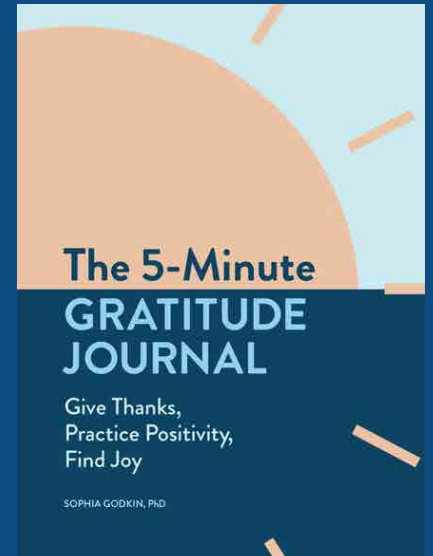
But to be fair, let's look at what's been found. We have learned new ways to socialize. Thank Hashem for Zoom! My family has a regular Sunday "happy hour". We see each other more than ever before! We found delivery services for many kinds of things, including groceries. When we couldn't have parties, we hosted Car Parades. Couldn't get to the gym? We found exercise classes online. Many of us became more independent. I have developed my art and writing skills, and my problem-solving abilities. My best personal find is the renewed connection with my husband, who has been my stalwart support over the past year of isolation.

Now, many people are happily resuming their lives, seeing their children and grandchildren, traveling, and hugging one another, confident in their vaccinated status. I embrace these changes with trepidation because I am fearful of yet more loss. But hope wins out. I am moving forward with both unveilings this month, which will hopefully be in-person and safe, whatever it takes to make it so.

The first Rosh Hashanah in isolation, with more time and no outside work, I found my path to spiritual wholeness by sending a box of baked goods: challah and honey cake, honey bears and chocolate, to my children. This past year, I had a 5-hour Zoom with them to teach them how to bake challah. I have a profound gratitude that my girls wanted to learn! I even found a new, fulfilling career path. Thank you, Jewish Federation! Hineni!



B'TZELEM
Jewish Family Services
Recommends





NEIMAN MARCUS GRANOLA

From Our Community Table

You may have noticed that granola's been having a bit of a revival lately, and for very delicious reasons! It used to be that you had to make it yourself, receive it from a very natural friend, or find it in one of "those" health food stores. But not any longer! These days, granola's gone main-stream and can be spotted on store shelves everywhere in great variety and abundance, many of which are really, really, good. But not as good as the one you're going to make yourself...with this little jewel of a recipe.

Today's recipe is a fabulous, dressy little granola found in the Neiman Marcus cookbook, [Taste](#). I have made this granola many, many times; it's truly a family favorite. And I know I say this about almost every recipe...but only because it's true. In our house, we like to sprinkle it on yogurt or to use it as a layer in a yogurt and mixed berry parfait. It is wonderful as an ice cream topping or baked into cookies. In its savory form, it is lovely atop a gorgeous, rich, puréed soup, or as an added texture on roasted vegetables, particularly squash.

Dress it up, dress it down, gift it to friends...make it Paleo by eliminating oats and increasing the amounts and varieties of nuts, adding some cacao nibs, a bit of citrus peel, and perhaps spicing it with Quatre Epices for a bit of unexpected flair... make it Mediterranean substituting silan (date syrup) for the honey and mixing in chopped dates (I once tried dried figs, but found them to be much too moist), apricots, pistachios, and a bit of cardamom, or tropical with macadamia nuts and chopped dried pineapple and mango bits, or even...as is all the Autumn craze...

pumpkin spiced with pecans, pepitas and maple syrup! I've made savory versions as well using unsweetened coconut, olive oil, garam masala, golden raisins, cashews, and coriander, among other things. That having been said, the original version is still my favorite...but as with any, use the recipe as your guide to make a granola that you enjoy. There is truly no end to the taste combinations and varieties a little creativity and some enthusiastic taste buds may yield.

Granola is having its moment. And for good reason. Despite its earthy, hippie-lite, very outdoorsy beginnings, granola has become a surprisingly elevated offering in the food world that even a Glamping girl like me can appreciate.

I hope you will give this recipe a try in your own homes...and if you come up with any wonderful variations, I do hope you will share with the group. I am always interested to hear what's going on in your kitchens...and am happy to share what I have found, here, at Our Community Table.

Possible Variation::

Middle Eastern Vibe—use date syrup (silan) in place of honey and for the fruits and nuts, add chopped dried dates, raisins, apricots pistachio nuts, macadamia nuts and a bit of cardamom in the spice blend.

Cristyne Porile
Community Contributor

INGREDIENTS

- 4 cups old-fashioned rolled oats (not instant)
- 2 cups sweetened shredded coconut (I like the Baker's brand)
- 2 cups slivered almonds
- 1 1/2 teaspoons ground cinnamon
- 1/2 cup honey
- 1/2 cup light brown sugar
- 1/2 cup vegetable oil (plus a little more if needed)
- 1 teaspoon vanilla extract
- 3 cups mixed dried fruits, such as raisins, cranberries, cherries, chopped apricots
- 1-2 cups unsalted cashews, pistachios, macadamia or other nuts(optional)

INSTRUCTIONS

- Preheat oven to 300 degrees Fahrenheit.
- Spray two 11 by 17-inch rimmed baking sheets with nonstick spray (or line with parchment paper).
- Place oats, coconut, slivered almonds, and cinnamon in a large bowl and toss to combine.
- In a separate bowl, whisk together the honey, brown sugar, oil, and vanilla.
- Pour the liquid mixture over dry oat mixture and mix until thoroughly coated.
- Spread mixture onto prepared baking sheets and bake for 20-25 minutes or until light golden brown, stirring the granola every 5 to 7 minutes.
- Depending on your oven, this may need extra baking time to brown.
- Remove from oven and let cool for 5 minutes. Then, transfer to a large, clean bowl and mix in the dried fruits and nuts of your choice. The mixture should clump together lightly.
- Once completely cooled, store in an airtight container at room temperature, freeze for longer storage, or package as gifts for very special friends!



America's First Female Rabbi Presented by the Kurt and Tessye Simon Foundation

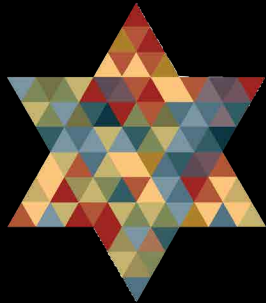
On **Friday October 8, at 5:30 pm, via ZOOM ONLY**, following a brief Kabbalat Shabbat, Rabbi Sally Priesand, America's first female rabbi, ordained in June, 1972, by Hebrew Union College-Jewish Institute of Religion in Cincinnati, Ohio, will speak to us.

The Women's Rabbinic Network has deemed this year Journey to 50, as it leads up to the 50th anniversary of Rabbi Priesand's ordination, which will take place in June 2022. From 1981-2006, Rabbi Priesand served as Rabbi of Monmouth Reform Temple, becoming Rabbi Emerita upon her retirement.

In 2007, Rabbi Priesand invited her female rabbinic colleagues of all denominations to join her in donating their professional and personal papers to the American Jewish Archives in Cincinnati, Ohio, in order to document the history of women in the rabbinate.

In 2010, in honor of its 125th anniversary, *Good Housekeeping* Magazine named her one of 125 women who changed our lives and our world. A native of Cleveland, Ohio, Rabbi Priesand lives in Ocean Township, New Jersey, with her Boston Terrier Zeke. Her hobbies include photography and abstract watercolor.

If you are not a member of Temple Beth-El, please email Temple Beth-El by Wednesday, October 6 - temple@tbe-sb.org - to receive the Zoom link.



MICHIANA JEWISH FILM FESTIVAL

CALL FOR VOLUNTEERS!

Help us select films for
the 2022 Film Fest slate!

Sign up at
TheJewishFed.org/Volunteer
or call 574-233-1164.



Jewish Family Treasures Roadshow

October 17, 2021
From 1:00 - 3:00 PM

Bring your Judaica treasures to the Federation
and have it photographed by the Michiana Jewish
Historical Society to include them in its Archive.

(One Item Per family)

More info to come.



HIKE FOR UNITY

October 10 at 2PM | St. Patrick's Park

Join other community young professionals for an afternoon networking and getting to know one another. Register online at TheJewishFed.org/Events.



Jewish Federation
OF ST. JOSEPH VALLEY



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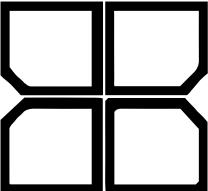


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Mazel Tov:

Schneur & Sari Gansburg on
the birth of their son!



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OF ST. JOSEPH VALLEY
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SOUTH BEND, IN 46615

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Tishrei - Cheshvan

October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition	5 9:10–10:00 AM Zumba 3:00–4:20 PM FLI Inter. German 5:30–7:00 PM Operation Wedding	6 9:10–10:00 AM Zumba 10:00–11:00 AM FLI Lessons of the Holocaust	7 9:10–10:00 AM Zumba 4:00–5:00 PM Tai Chi 7:00–8:00 PM AJC Report on Antisemitism	8	9
10 2:00–4:00 PM NEXTGen Hike for Unity	11 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition	12 9:10–10:00 AM Zumba 3:00–4:20 PM FLI Inter. German	13 9:10–10:00 AM Zumba 10:00–11:00 AM FLI Lessons of the Holocaust	14 9:10–10:00 AM Zumba 4:00–5:00 PM Tai Chi	15	16
17	18 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition	19 9:10–10:00 AM Zumba 3:00–4:20 PM FLI Inter. German	20 9:10–10:00 AM Zumba 10:00–11:00 AM FLI Lessons of the Holocaust	21 9:10–10:00 AM Zumba 4:00–5:00 PM Tai Chi	22	23
24 4:00–6:00 PM Fall Festival	25 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition	26 9:10–10:00 AM Zumba 3:00–4:20 PM FLI Inter. German	27 9:10–10:00 AM Zumba 10:00–11:00 AM FLI Lessons of the Holocaust 12:00–1:00 AM Cyber Security Webinar	28 9:10–10:00 AM Zumba 12:00–1:00 PM JFS Chair Chat 4:00–5:00 PM Tai Chi	29	30
31 6:00–8:30 PM Yiddish Film Night 4:00–6:00 PM Fall Fest Rain Date						

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