

# OUR COMMUNITY Newsletter

March 2022 | Adar - Adar II 5782



Jewish Federation  
OF ST. JOSEPH VALLEY



**Refugee Resettlement  
Update**

pg. 4



**Hybrid Purim  
Carnival**

Magic Show | Cookie Decorating  
Mishloach Manot | Crafts & Games

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## Minute With Moshe

### Innovation - A Team Sport: Part II

In our last episode of Minute with Moshe, we talked about innovation as a team sport.

The obvious question remains—how do we spark innovation and build team spirit?

The answer is equally apparent. Innovation depends on thinking creatively about our Jewish future in Michiana.

Yes, the “front end” of innovation is creativity – your ideas, your dreams, your visions. With a beautiful 28-acre campus, we have the capacity to build on our successes to create a more vibrant Jewish community. One that you, your children, and grandchildren would want to be a part of. Why? Because we have been listening to your needs, your stories, your concerns, and what you value in a community.

Our Townhalls held in February and the Hineni Listening Groups underscore the community’s interest in having a voice in making Jewish life in Michiana meaningful,

relevant, and an exhilarating life adventure. Your input has been essential to our ongoing efforts to prioritize community building and programming that is sustainable, personal, and authentic.

It seems to me we can embrace this Jewish narrative. To help us fulfill the promise of our community potential, the Federation is establishing a BIG IDEA bank. I invite community members to make deposits into the bank by contributing their creative ideas. No forms to fill out or rules to follow. Just send us an email with your idea to [BIGIDEAS@thejewishfed.org](mailto:BIGIDEAS@thejewishfed.org).

I hope the bank will be inundated with bold and imaginative deposits. No idea is too big; no idea is too small. All ideas are welcomed! The Talmud discusses a particular thief named Ben Drosay. It seems that he sometimes hurriedly ate food that was only partially cooked due to the hazards and exigencies of his profession.

Without going into the details of the Talmudic discussion, suffice it to say that our Sages reached the conclusion that even food that is only partially cooked may be considered “cooked.”

The take-away for our discussion is clear. Even ideas that today seem “half-baked” may hold the promise and potential of future value. Together, we can prepare a community repast that will nourish us all with a deep, fulfilling Jewish life.

Our 2022 campaign theme is **Here for Good**, an opportunity for each of us, in our own way, to contribute to this goal through our best efforts and generous giving. Here for good, is a two-way commitment. The Federation will wrap its loving arms around all who come.



**Moshe Kruger**

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★ COMING SOON ★



12th ANNUAL MICHIANA  
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February 6 sledding with the Jewish Federation of Northwest Indiana.

## Double the Adar, Double the Joy

When Adar begins, we increase our joy. These are the words you would hear the entire country of Israel singing as Purim approaches in the month of Adar. These words come from the Babylonian Talmud, and it is more than just a saying to some; it is a guide in how to live these days. It is a reminder to Jews that we must celebrate our lives!

**“Just as when Av begins one decreases rejoicing, so too when the month of Adar begins, one increases rejoicing.”**

**- Taanit 29a:18**

Personally, I have always found it easier to remember how to mourn than how to celebrate. Fasting, wearing specific clothing, coming together with others in prayer and reflection; my Jewish upbringing was great at teaching me how to be a sad Jew. Celebration takes a bit more creativity, and a lot of work. And when the weather outside is cold and wet, it makes it all the more difficult to put the effort into doing what brings us true joy.

That is why these popular Purim song lyrics are not a suggestion, they are sung as fact. Just as Jews feel the obligation to mourn on Tisha B'Av, we should feel the same obligation to do what brings us joy in Adar.

We should make that extra effort to do what we love; to join that club, to travel to that place, and to fulfil that Mitzvah you always plan to fulfill but don't find time for.



In Federation Programmer land, that means getting out into the community. This month, I continue giving Holocaust based presentations in middle schools in the area. The response has been overwhelmingly positive thus far from students and staff. I am also continuing SaBaBaH programming and hope to do something special planned by the teens as an after party to our Purim Program. Finally, I will get a chance to present Purim to the greater community through a youth program at the Mishawaka-Penn-Harris Public Library. I have also invited a special speaker to speak to our Lunch n' Learn participants about finding happiness through the lens of the Jewish perspective on mental health and blessings.

## March Programs

**Lunch “N” Learn: What is your Mi Shaberach?**

Virtual, March 9, 12-1:00 PM

**Purim Carnival**

Hybrid, March 13, 1:00-4:00 PM

**SaBaBaH After Party**

March 13, 6:00- 7:30 PM

**NEXTGen Cocktail Hour**

March 23, 7:00- 9:00 PM

Keeping busy has never been so much fun, and while this year we are blessed with a double portion of Adar, let's hope that it does not include a double portion of winter!



**Dan Ravitch**

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## Welcoming the Afghan Refugees to Our Community

As we know, in the book of Deuteronomy 10:19, the Torah commands us, “And you are to love those who are strangers, for you yourselves were strangers in Egypt.”

With that commandment in mind, we can be very proud of our Michiana Jewish community for the extraordinary generosity we showed in donating funds to help in the absorption of Afghan refugees into our community.

It was in early December that we began our mission with the goal of raising \$5,000 to assist the two organizations that are leading the local effort in Afghan refugee resettlement: Catholic Charities and the United Religious Community (URC). This effort is co-sponsored by the Jewish Federation, Sinai Synagogue, and Temple Beth-El.

As I write this article in early February, we have now raised more than \$18,000 from Jewish Michiana for this cause!

This sum includes a donation of \$1,500 to the URC from the board of Temple Beth-El’s Kurt and Tessye Simon Fund for Holocaust Remembrance. And thanks to the generosity of many donors, our Jewish Federation has raised over \$17,000!

Those involved in coordinating the effort include Marzy Bauer, Chair of Temple Beth-El’s Tzedek Seekers, Joe Bauer, Chair of Temple Beth-El’s Kurt and Tessye Simon Fund for Holocaust Remembrance, Barb Lerman, Chair of the Federation’s Community Relations Committee, and myself.

John Pinter, Executive Director of the United Religious Communities (URC) wrote: “We have been tremendously overwhelmed by the engagement of many congregations, traditions and individual people of faith helping out, and have been so blessed to have the engagement of The Jewish Federation of St. Joseph Valley and its member houses of worship. Please pass along our gratitude to all reading this note! We are grateful and blessed.”

Dan Florin of Catholic Charities wrote, “We are so thankful to the Jewish Federation

to volunteer as drivers to help the refugees with shopping and other appointments. Please watch our upcoming Federation e-mail blasts to sign up for these volunteer opportunities.

Beyond these efforts, we can also welcome the refugees into our homes. Last month, Barb and Dave Lerman hosted an Afghan family of ten for a dinner in their home. The stories they shared of how they escaped Afghanistan in the last days before the takeover of the Taliban were straight out of the horrific news reports that we saw on television.

The motivation to help the Afghan refugees comes from both our Jewish values and our historical memory. There is no doubt that members of our community remember the stories of our grandparents who came to America as refugees to escape persecution in Europe. That is why it is both an honor and a privilege to assist the Afghan refugees, because we too were once strangers in a new land.



**Catholic Charities**  
Diocese of Fort Wayne-South Bend

of St. Joseph Valley for their continued support of our refugee program. Both of our faiths believe in welcoming the stranger, and it has been an honor to live out this mission together with the Jewish community.”

The effort to welcome our new neighbors will not end with this fundraiser. Shirlee Greenwald, our Federation’s Israel Program Director, initiated a meeting with Hayder Al Kaledar, Coordinator of Refugee Resettlement for the URC, to ask what else we can do to help. Indeed, there is much more to do.

To that end, we will be asking for members of our community



### Bob Feferman

Community Relations Director  
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## Caring Connections

March has the Vernal Equinox, which means Spring is starting! Is it a coincidence that March is National Umbrella Month? It's time to start thinking about the garden, if we want to start some seeds indoors. Get inspired to grow your own food and buy locally.

Also in March, we'll be celebrating Purim. Purim equals fun, merriment and contemplation, as I ponder my inner Vashti and my inner Esther. Both were brave women who stood up for their ideals. Who will I channel today? Perhaps it is Vashti, as I prepare for my second retirement. A transition in JFS leadership is in the works!

### Laughter

I am a laugher. I have "ruined" numerous family pictures by laughing so hard that I'm falling down. I couldn't tell you what was funny. But I love my family and I love that they make me laugh.

Now is a good time to laugh. We can laugh at funny movies and TV shows, jokes and comedians. But it is healthy to laugh during tough times. Laughter helps to ease tension and nervousness by decreasing cortisol levels, which are the harbingers of stress.

Laughter changes your state of being, in a way that improves both your physical and your mental health. According to the Mayo Clinic, in the short term, laughter stimulates the organs by improving your oxygen intake, and it then increases secretion of endorphins. A hearty laugh revs and then cools the stress response, leading to a decrease in heart rate and blood pressure, resulting in relaxation. It soothes tension by stimulating circulation and aiding in muscle relaxation. In the long term, Mayo Clinic staff report that laughter improves the immune system and relieves pain. It increases personal satisfaction while making it easier to tolerate difficulties. Laughter improves mood. It actually makes you feel happier.

One way to increase laughter and happiness is to pin a smile on your face, even when you don't feel like smiling. Your brain doesn't know that it's fake! There is even a practice of yoga that focuses on laughter. Laughter Yoga was invented in 1995 by an Indian doctor. It has now spread to over 6000 Laughter



### Sandy Levine, MA

Jewish Family Services Director  
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Clubs around the world. You can find Laugh Yoga on YouTube. It uses clapping, dynamic breathing and vocalizations such as, "Ho, ho, ha." Try it out at: [laughteryoga.org](http://laughteryoga.org)

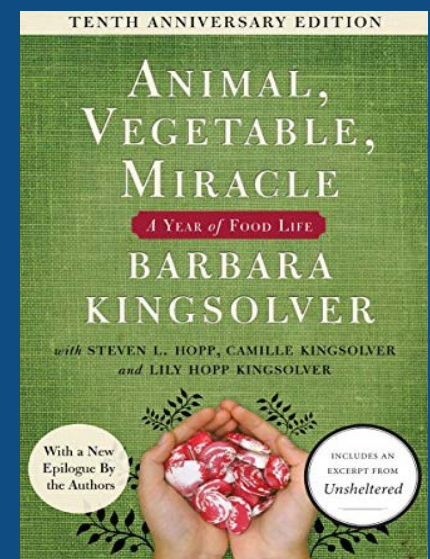
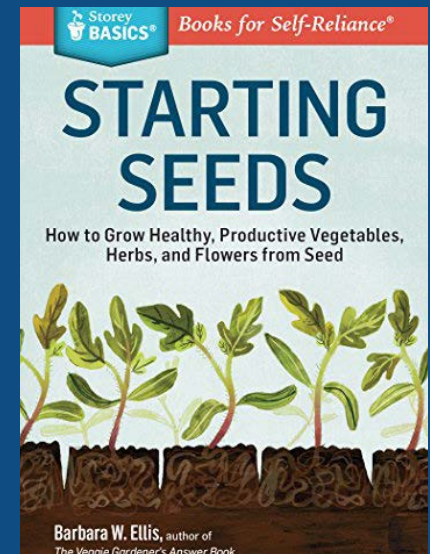
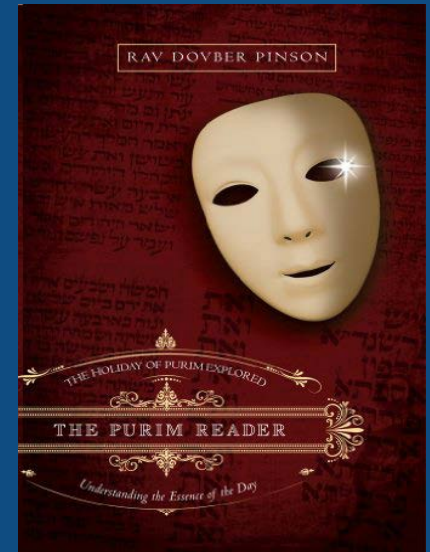
According to Dr. Kataria, there are five benefits to this practice:

- **Good mood and more laughter:** Laughter Yoga helps to change your mood within minutes by releasing certain chemicals from your brain cells called endorphins. You will remain cheerful and in a good mood throughout the day and will laugh more than you normally do. It alleviates depression and is a great tool for mental health and mental wellness.
- **Healthy Exercise to Beat Stress:** Laughter Yoga is like an aerobic exercise (cardio workout) which brings more oxygen to the body and brain thereby making one feel more energetic and relaxed.
- **Health Benefits:** Laughter Yoga reduces stress and strengthens the immune system. You will not fall sick easily and if you have some chronic health conditions, you will heal faster. It is ideally suited for seniors and elderly people.
- **Quality of Life:** Laughter is a positive energy which helps people to connect with other people quickly and improves relationships. If you laugh more, you will attract many friends.
- **Positive Attitude in Challenging Times:** Everyone can laugh when life is good, but how does one laugh when faced with challenges? Laughter helps to create a positive mental state to deal with negative situations and negative people. It gives hope and optimism to cope with difficult times.

Another way to increase laughter is to look for what is funny in ordinary life. One important thing about spontaneous laughter: poke fun at yourself, not others!



**B'TZELEM**  
Jewish Family Services  
Recommends





## Between Community and Joy

In Israel, Adar brings with it the beginning of the spring. Flowers start to bloom, and it seems like all the land dresses up for Purim. My father and I would walk in the woods hunting for mushrooms. With every daffodil we knew winter was over, yet soon enough summer would cast us back to the air-conditioned buildings.

Every year around this time, Dan and I start planning our famous Purim party. We asked Olga and Benny from the apartment below for permission and Benny would strongly deny giving it, with a smile. Next, we picked out a theme. Our last theme was 'Shawshank Purim' (get it?). Ironically enough, just days before the lockdown – our house was turned into a colorful multi-universal prison that could not contain the joy behind its bars.

“Laughter is the closest distance between two people.” Victor Borge

According to Jewish law we must be happy in the month of Adar. Ingenious, is it not? Purim comes to remind us that between death and life there is actual living. Amongst four of the mitzvot of Purim, half are directed to others ('social' mitzvot if you will) - an unprecedented ratio of any other Jewish holiday. Why? Is tradition trying to link joy and community? I think it is, and there were many others, wiser than me, who have argued this point.

I never officially celebrated Purim in the US before. Last year we caught the reading of the Megillah on the road. I am guessing spring is too much to ask for where we are at, but there is no reason we cannot make it a little bit warmer for each other by reclaiming the value of community and doing something nice.

I do not know how big the tradition of Mishloach Manot is here, delivering baskets of festive goodies to one another around the holiday. In Israel it's a big thing – I remember getting one while on guard duty in the army. It took away immediately all thoughts of "shvizut" (low morale).

On March 13th, among other awesome programs, we will have a communal Mishloach Manot set up, that I encourage you all to participate in! We have recreated the traditional Federation Purim Celebration to be accessible for all, with hybrid options for most of the day, and we will provide a safe social event in the building.

It is our duty as Jews to find the joy in Adar, and if costume parties and Purim activities is your way to do so, we have you covered.



**Shirlee Greenwald**  
Israel Program Director  
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The Federation is Pleased to Welcome This New Shul to Our Community!



## The Liberal Jewish Fellowship

Serious Progressive Judaism for Serious Progressive Jews

**Saturday, April 16, 10:45 a.m.:**  
Shabat Pesah service and brunch

**Friday, April 22, 5:15 p.m.:**  
Pesah service with Yizkor

**Saturday, April 30, 10:45 a.m.:**  
Shabat Service and potluck

**Saturday, May 14, 10:45 a.m.:**  
Shabat service and brunch

**Saturday, May 28, 10:45 a.m.:**  
Shabat service and potluck

**Saturday, June 4, 7:15 p.m.:**  
LJF *Lehrhaus*

*The LJF aspires to hold space for all people. All who would join us in peace are most welcome.*

425 Cushing Street, South Bend, IN 46616 | 574-227-4464 | ljfellowship.org

# 2022 PURIM CARNIVAL

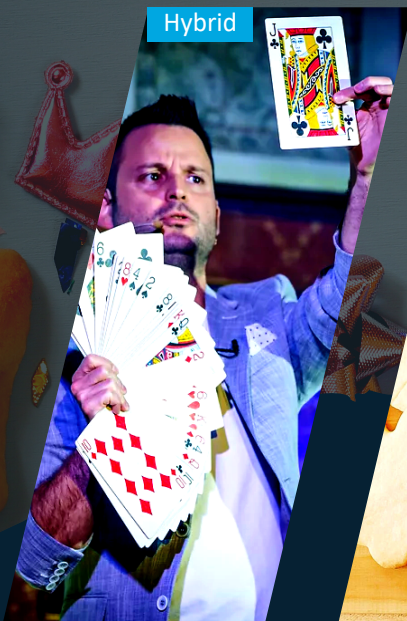


Jewish Federation  
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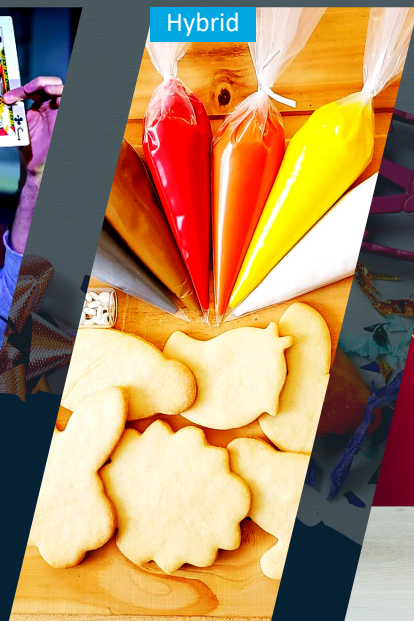
Join our community to celebrate the joy that comes from Purim with friends, games, food, and magic.

**Virtual Kits can be picked up Sunday March 13th  
between 10:00 AM and 1:00 PM**



## MENTALIST MAGICIAN WORKSHOP

Ron Loapatin, one of Israel's Leading Mentalists (Magician) will be leading us in a Magic Workshop.



## SHAKER COOKIE DECORATING

Judy Cohen, Owner of Sassy Cake Decorating will be leading us in a Purim Cookie Decorating Workshop.



## MISHLOACH MANOT

Create your own goody bag at home and bring it in to share with your community! This is a bring one to take one activity.



## PUR-ROOMS

Come join in the fun with art projects, games, and prizes!

## OTHER ACTIVITIES

- Photo Booth
- Make Your Own Groggers
- Mishloach Manot Making for JFS
- Snacks & Drinks

**13 MARCH 2022  
1:00PM - 4:00PM**

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SOUTH BEND IN 46615

Event Ticket: \$20

Virtual Purim in a Box: \$25

Covers enough for up to 3 children

**REGISTRATION:  
574-233-1164**



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[TheJewishFed.org/Purim](https://TheJewishFed.org/Purim)

# POTATO SCHNITZEL

From Our Community Table



Several years ago before Pesach I read an article with recipes written by cookbook author Norene Gilletz, OBM. Being a fan of her cookbooks and recipes, I was excited to see what recipes for Pesach she had to offer. As was always the case, she did not disappoint.

One of the recipes was for “Potato Schnitzel”, which was basically chicken breasts breaded in seasoned mashed potato flakes. I made the recipe and we all loved the chicken. Since the recipe is gluten-free, I make it often during the year. I find that there are a number of recipes that started out as dishes I made only for Pesach but now make all year long. Some will not agree with me, but I find that many of my Pesach recipes are very tasty and worthy of being made more often than during one week of the year.

The only major change that I make in the schnitzel recipe is that I like to cut the breast into strips and make chicken fingers. I find frying breasts tricky. You have to pound them pretty thin to ensure that they cook evenly. If you don’t pound them thin, it is really hard to know when they are completely cooked and not overcooked. It seems like I never get

the breasts pounded quite thin enough. And, anyway, we like chicken fingers. I’ve never tried baking this recipe instead of frying. If you try that and it works well, please let me know.

This recipe calls for the use of potato pancake mix. The flavors of the added seasonings are what really lend this recipe an amazing taste. I try to keep a couple of boxes in the pantry so I have it on hand when I want to make this recipe. I have made a larger amount of the recipe and added some regular mashed potato flakes to the potato pancake mix rather than using an additional box of the potato pancake mix. As long as the majority of the “breading” is potato pancake mix, the flavor will be absolutely delicious.



**Deena Abraham**  
Community Contributor

## INGREDIENTS

- 2 lb. boneless chicken breasts
- 2 Tbsp. dried parsley flakes
- 1/2 tsp. paprika
- 1/2 tsp. garlic powder
- 1 1/2–2 c. dry potato pancake mix
- Salt, to taste
- Pepper, to taste
- 3 eggs, lightly beaten
- Oil for frying

## INSTRUCTIONS

Pound each chicken breast with a mallet until ¼” thick. (Or, if you want to make chicken fingers, cut each breast into strips no thicker than ½” thick).

In a bowl, combine parsley flakes, paprika, garlic powder, potato pancake mix, salt and pepper. Place eggs in another bowl and beat well. Pour enough oil in a skillet to generously cover the bottom. Heat the oil.

Dip the chicken into the egg mixture and then dip into the potato flake mixture. Place chicken in the skillet and cook on both sides, turning once, until both sides are golden brown and chicken is cooked through. This will need to be done in batches.



## The Dressmakers of Auschwitz by Lucy Adlington

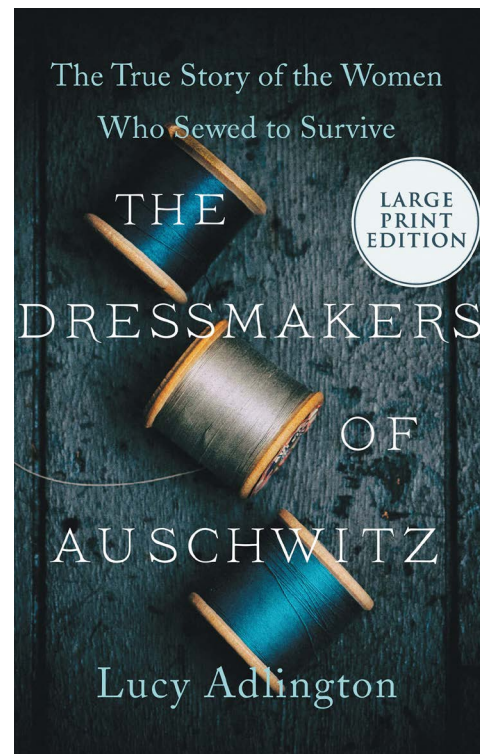
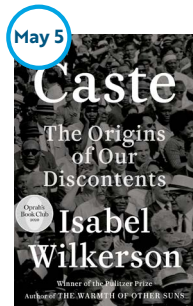
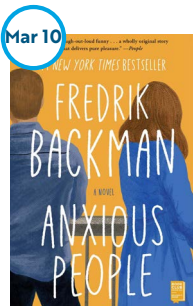
Our members' heartfelt comments, as follows, came in this order: "So painful to read," "Good litany on how a society devolves," "A mindset—the avarice, balls and parties needing the fancy gowns to go socialize amidst a time of torture and death," and then more of a discussion of today's politics and of how the book needed more editing. Someone pointed out several grammatical errors, possibly typos, and a very slow beginning. An Amazon reviewer said the book is divided into three parts—the build-up of the Nazi occupation, the women becoming the sewing workshop at Auschwitz, and the survivors' lives after the war. This reviewer made a point about having picked up the book thinking it to be a novel. As a reader of fiction only, she was surprised at how much it engaged her.

Our members felt the build-up section, possibly the first 200 pages, took too long, but for historians, the elements of research that went into this fascinating study of an aspect of the Holocaust (who would have thought fashion to matter at a time like that?) this book should become a classic. With textiles being such a huge part of the European economy, while 80% of department stores had been owned by Jewish people, how would the Nazis reconcile that?

Enslaving skilled tailors and fashion engineers, that's how.

Yes, this was painful to read, but needs to be read, not only to honor these incredible women, but also to the way love can be a powerful antidote to unfathomable and unspeakable atrocities.

### Upcoming Books:



**Beth Buechler**  
Community Contributor



# יזכור

# YOM HASHOAH

6:30 PM, Thursday, April 28 at the St Joseph County Public Library



**Jane Neff Rollins**

Following the ceremony we will hear from Jane Neff Rollins professional genealogist. Her focus is on genealogy and connecting relationships severed during the Holocaust.



Kurt & Tessye Simon Fund  
for Holocaust Remembrance



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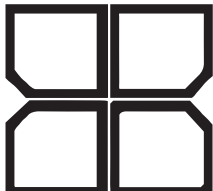
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# Advanced Care Planning

Thanks to Temple Beth-El's Kurt and Tessye Simon Foundation, Dr. Mark Sandock and Steve Chupp, Coordination for Honoring Choices, will be presenting a discussion about the importance of developing an Advance Care Plan, including advanced directives and designating an advocate for your wishes.

If you are not a member of Temple Beth-El and would like to receive the Zoom link, please email [temple@tbe-sb.org](mailto:temple@tbe-sb.org) and request the link by Thursday, March 10.

**Sunday March 13th**  
**10:30 AM on Zoom**



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We can't wait to welcome everyone back to Camp Ideal. 2022 camp registration is now open. Visit [TheJewishFed.org/Camp](https://TheJewishFed.org/Camp) to register and apply for our 2022 camp scholarship!

<<First Name>> <<Last Name>>  
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Adar - Adar II

# March

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>1:00–2:00 PM</b> Computers 1.5 <b>5:30–7:00 PM</b> Adult Hebrew	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>6</b> <b>9:15–10:00 AM</b> Women's Zumba	<b>7</b> <b>6:30–7:30 PM</b> Cub Scouts <b>7:00–9:00 PM</b> D&D: Jews & Dragons	<b>8</b> <b>9:15–10:00 AM</b> Women's Zumba <b>1:00–2:00 PM</b> Computers 1.5 <b>5:30–7:00 PM</b> Adult Hebrew	<b>9</b> <b>9:15–10:00 AM</b> Women's Zumba <b>12:00–1:00 PM</b> Virtual: Lunch "N" Learn: What is your Mi Sheberach	<b>10</b> <b>9:15–10:00 AM</b> Women's Zumba <b>10:00–11:00 AM</b> Lessons of the Holocaust <b>4:00–5:00 PM</b> Book Club	<b>11</b>	<b>12</b>
<b>13</b> <b>9:15–10:00 AM</b> Women's Zumba <b>10:30–11:30 AM</b> Temple Beth-El: Advance Care Planning <b>1:00–4:00 PM</b> Purim Carnival <b>5:00–7:00 PM</b> SaBaBaH Program	<b>14</b> <b>6:30–7:30 PM</b> Cub Scouts <b>7:00–9:00 PM</b> D&D: Jews & Dragons	<b>15</b> <b>9:15–10:00 AM</b> Women's Zumba <b>1:00–2:00 PM</b> Computers 1.5 <b>5:30–7:00 PM</b> Adult Hebrew	<b>16</b> <b>9:15–10:00 AM</b> Women's Zumba	<b>17</b> <b>PURIM!!!!</b> <b>9:15–10:00 AM</b> Women's Zumba <b>10:00–11:00 AM</b> Lessons of the Holocaust	<b>18</b>	<b>19</b>
<b>20</b> <b>9:15–10:00 AM</b> Women's Zumba	<b>21</b> <b>6:30–7:30 PM</b> Cub Scouts <b>7:00–9:00 PM</b> D&D: Jews & Dragons	<b>22</b> <b>9:15–10:00 AM</b> Women's Zumba <b>1:00–2:00 PM</b> Computers 1.5 <b>5:30–7:00 PM</b> Adult Hebrew	<b>23</b> <b>9:15–10:00 AM</b> Women's Zumba <b>7:00 - 9:00 PM</b> NEXTGen: Cocktail & Trivia	<b>24</b> <b>9:15–10:00 AM</b> Women's Zumba <b>10:00–11:00 AM</b> Lessons of the Holocaust	<b>25</b>	<b>26</b>
<b>27</b> <b>9:15–10:00 AM</b> Women's Zumba <b>6:00–7:30 PM</b> Cub Scouts	<b>28</b>	 <p><b>Join Forever Learning at the Federation!</b> Through our partnership with Forever Learning Institute (FLI), we have been able to offer a wide variety of classes set up in semesters that average 8 weeks. We welcome volunteers from the South Bend, Mishawaka area to lead classes. <b>Spring Classes:</b> - Computers 1.5 on Tuesdays with Ben Davis starting March 8 - Lessons of the Holocaust with Sid Shroyer starting March 10 Visit <a href="http://TheJewishFed.org/ForeverLearning">TheJewishFed.org/ForeverLearning</a> to register &amp; learn more!</p>				



Visit [TheJewishFed.org/Events](http://TheJewishFed.org/Events) to register. Have an event to add to our calendar? Call 574-233-1164 or email [AStenberg@TheJewishFed.org](mailto:AStenberg@TheJewishFed.org)