

# OUR COMMUNITY Newsletter

August 2022 | Av - Elul 5782



Jewish Federation  
OF ST. JOSEPH VALLEY





## Minute With Moshe

### A Place Called Happiness

Many of us planned summer trips a long time ago. If you're like me, you planned a trip to Happiness. No, it's not on a map. But Happiness is here on our campus all summer long. It's called Camp Ideal.

Smiles outnumber trees at Camp Ideal. They're infectious and good for the soul. Like everything else at the Federation, we treat them like seeds that need to be nurtured, to grow.

This has as been one of the most well attended camp seasons in years. We had 75 children registered for Camp Ideal this summer.

But, we couldn't do this important work without our amazing staff and generous volunteers – our counselors, counselors-in-training, Federation staff, volunteers and medical advisory team. We couldn't do this without them.

The smile? It's actually for you. Because without you, Camp Ideal

is simply not possible. You support this place that nurtures the physical, mental, emotional, social and spiritual wellness and growth of our campers and staff. The smiles say it all.

But there is more to be happy about this summer. We seem to be on a roll at your Federation.

Recently, the 1st Source Bank's Foundation approved our grant proposal for a low ropes course here at the Federation. It's the only low ropes course in the city of South Bend. And we're thankful to 1st Source for making it possible.

And as you know by now, the Rotary Club of Downtown South Bend recently approved a planning grant for our Holocaust Remembrance Garden. We are already working on the Garden plan and I am confident that we will find benefactors to help us with the construction.

And we've reached our goal for the Annual Campaign this year. That's remarkable since the campaign is abbreviated since we've adjusted our fiscal year to end on August 31st. So, if you can see it in your heart, please help us finish the campaign on a high note in August. I promise, we use our annual funds wisely. We always have.

Yes, there is always more work to do. We continue planting seeds. But I'm smiling as I write this letter. Working together, we've already accomplished new and exciting things for our community. And based on all of this progress, I know that the future is bright.

May God strengthen our common bonds and teach us to celebrate our uniqueness.



**Moshe Kruger**

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HELP US BE  
*here for*

**GOOD**

2022 CAMPAIGN PROGRESS  
RAISED: \$390,430 | GOAL: \$385,000

VISIT [THEJEWISHFED.ORG/HEREFORGOOD](https://www.thejewishfed.org/hereforgood) TO MAKE YOUR DONATION!



## Partnership 2Gether

Over the period of Covid, Partnership Together (P2G) provided us with many meaningful virtual programs that connected our local Jewish community in northern Indiana with our friends in Western Galilee in Israel. This June, we were so happy to be back live and in person to meet our friends in Western Galilee as part of the Temple Israel tour of Israel led by Rabbi Shoshana Feferman.

In our visit to the region, the staff of P2G for Western Galilee, headed by Director Jonny Whine together with veteran staff members Avital Ben-Dror and Heidi Beinisch, organized a wonderful afternoon for us in this amazing area of Israel.

As we know, Western Galilee is a highly diverse region of Israel where the population is comprised of a mix of Arabs, Druze and Jews. Its public institutions- especially Galilee Medical Center- reflect this incredible diversity. They are a model for what peace could look like one day in the Middle East.

Yet, in spite of the ethnic diversity of the region, these different groups need more opportunities to interact. That is where the Akko Center for Arts and Technology (ACAT) helps to fill the void. Thanks to the P2G staff, we had a fascinating visit to see this cutting edge program.

According to its website, "ACAT promotes a shared society in the North of Israel by providing professional vocational training programs in various fields...Adults and

youth, Jews and Arabs are exposed to high-level, professional and educational opportunities and to a place for dreams to come true."

In the beautiful ACAT center, Arab and Jewish children come together to learn photography and 3-D Printing. Adults can learn a variety of professional skills including Accounting, Bookkeeping, Tourism Management and even Manicure and Pedicure.

Later in the day, we were treated to an amazing dinner program organized by the P2G staff in the beautiful Partnership center located on the shores of the Mediterranean near Rosh HaNikra, just a few miles south of the border with Lebanon.

Thanks to the generosity of the Jewish Federation of Northwest Indiana, the Temple Israel tour group enjoyed a wonderful dinner program with friends from Western Galilee. The activities organized by the P2G staff included the program, "Israel in the Living Room" a virtual program that was recently co-sponsored by P2G and the Jewish Federation of St. Joseph Valley, with participation from members of Jewish community in South Bend.

Based on the idea of guided conversations between American-Jews and Israelis on themes of

mutual interest, the purpose of Israel in the Living Room is to build relationships between our two communities. Here we were having the privilege of doing it in live and in person.

At our table, Shoshana and I interacted with our friend Tania Ronen, a longtime resident of Western Galilee. Through our conversation we made an amazing discovery.

Just earlier in the day, our group had toured the British detention camp at Atlit, south of Haifa, where the British detained "illegal immigrants" who the Haganah tried to smuggle into Palestine before Israel achieved statehood in 1948. We learned that Tania's mother, a survivor of the Holocaust, was amongst those who were detained at Atlit. It was a very moving experience to hear her story that made history come alive.

This is what Partnership Together is all about. It is through these personal encounters between American-Jews and Israelis- whether virtual or in person- that we learn about the history of our people, the things we have in common, and make lasting friendships. It is Partnership Together in action building Jewish peoplehood.



### Bob Feferman

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**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.

## Community Connections

### Just Do It

In Pirkei Avot-The Ethics of our Fathers, we find the dictum of “Shammai said, “Emor m’at v’aseh harbeh” which means “Say little and do much.” Today’s colloquialism, made famous by Nike, would be “Just do it!”

We all like to talk about what we are going to do or what we need to do, but invariably, something else more important needs to be done, so we have to put that project/activity on the back burner. The question is why do we procrastinate? And while the motto is “procrastinators – the leaders of tomorrow,” it still begs the question: what is stopping us? Why not just do it?

The religious answer is it’s because of one’s “yetzer hara” (evil inclination). It is what convinces us to hit the snooze button, skip the exercise routine, eat the Oreos, etc. And while our yetzer tov – good inclination -- is just as powerful as the yetzer hara and usually will win, every so often, we like to indulge ourselves and be the “bad boy.” As Hashem said to Kayin (Cain) in Genesis 4:7, “If you did your best, then you should be happy; if you did not do your best, then sin is at your doorstep, but you can rule over it.” The struggle between doing what we know we should do and not doing it is set up from the beginning. We are informed of the principle of free will. We have the power to do it so just do it!

Fast forward to today. Psychology has exposed a lot about why we act the way we do. While there are certainly arguments in the field, there seems to be a consensus that our action or inaction may be a result of things that we no longer

remember. When “x” happens in the present, it triggers a reaction within us whose original cause may have occurred years in the past, but when asked why we are getting excited, depressed, or angry, we are at a loss as to how to explain the reaction.

Recently I picked up a book called The Emotion Code. The author discusses what he calls “trapped emotions.” His contention is that through our life experiences, certain emotions may be trapped and cause both physical and mental problems. He further claims that the subconscious, which knows exactly what and where the emotion parked itself, will let the person know where it is and whether or not one is ready to release the emotion. If it is released the problem goes away, sometimes instantaneously.

While I was initially skeptical, I was amazed to find an article in Psychology Today, which I posted on the JFS Facebook page. While the article’s author couldn’t really explain how or why it worked, she was amazed at the results.

Now, while I’m not going to dismiss the fight between the yetzer hara and yetzer tov, I believe that this theory of the emotion code could help us to understand why the yetzer hara will sometimes win, even though we know it shouldn’t have. It may be the key to understanding oneself and help to realign our priorities.



**Rabbi Fred Nebel**

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## Farewell From Esther Frankel: JFS Intern

As I conclude my internship at Jewish Family Services, I would like to express my appreciation to the wonderful federation and JFS. I feel privileged to have had the opportunity to work with the Jewish Family Services population. I am grateful for the excellent training that Sandy Levine provided me. Rabbi Nebel gave me guidance and support throughout my internship. It was a pleasure getting to know and working with the fabulous Jewish Federation staff over the last seven

months. I am so thankful to Moshe Kruger for his dedication to the Federation and for allowing me to be a part of it. My internship at the Federation has been a wonderful learning experience for me and will be of great help to me in my future endeavors. I will miss the team and the meaningful associations I had formed with them over the past couple of months. I look forward to hearing wonderful news from Jewish Family Services.



# A Childhood at Camp Ideal



## A Childhood at Camp Ideal

Hi, I'm Eliana Wulfsohn, and I've been going to Camp Ideal for what feels like my whole life. This is my second summer as a CIT (counselor in training), and my 10th summer overall. The first thing I think of when I think of summer is Camp Ideal and it's always been like that, which is why it has made this year very bittersweet.

As fun as it has been and will continue to be, this camp has always been a "for certain" thing that I can look forward to every summer, but after this year it will turn into an "if I have the time" thing among other things I would also like to do. For example, I have a chance to possibly go on a trip next summer which would severely limit my chance to be here, at camp, with all of the friends that I've made

over the years. That is one thing that is truly amazing about this camp, it's so easy to make friends and just have fun with them. Summer here would always provide a chance to get closer to people I already knew, and to get to know them better.

I have made so many bonds, with great memories, that I definitely hope will last for years. The majority of my best memories at camp have happened within the past two years. There have been so many different learning opportunities and experiences while being a CIT here, one of many being that last year, in the summer of 2021, I was given the opportunity to plan the day and be a team captain for Maccabia Day. This is a very big day at Camp Ideal that is looked forward to by campers in the weeks prior.

Also over this year and last, along with being able to plan Maccabia Day, I have not only learned how to, but have planned multiple of my own individual activities and even got to lead them.

This is also huge for me because if you knew me even as little as less than two years ago, you would remember me as being shy and somebody who would not be able to get up in front of a group to talk, let alone lead an entire group of campers in an activity.

I do honestly owe my ability to now be okay with doing that and not feeling as anxious doing so, to the camp staff and my other CITs. I definitely will miss all of them a lot when I leave.

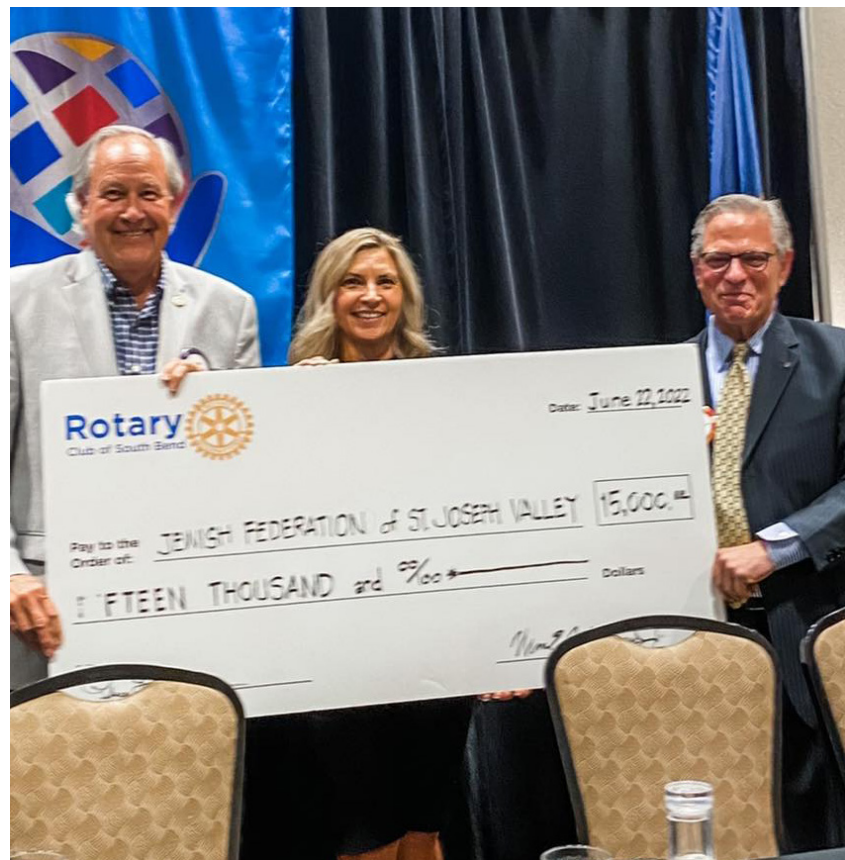
## Rotary Club of South Bend



The Jewish Federation received \$15,000 from the Rotary SB Philanthropic Fund to support and enhance our Holocaust Reflection Garden. The Federation is excited to partner with Rotary and other funders to develop this sacred space to tell the story of the Holocaust, one of the greatest humanitarian crises of the twentieth century.

The project has education as a critical component. The Holocaust Reflection Garden will educate and expose students and adults to what happens when people fail to stand up to what they know is wrong, and educate them about the dangers of prejudice, intolerance, stereotyping, and hate.

The profound experience of a local Holocaust Education and Reflection Garden will build a stronger and more resilient community. And it will complement the vital work of our Holocaust Speakers Bureau.



# A Book By Beth Buechler



Adults and inquisitive children of all ages will enjoy sharing this humorous and informative birth story set in Maine.

<http://mybook.to/VeryLittleBaby>

What began as an elementary school talent show event based on a short story with a much longer title, *Very Little Baby*, by Beth Buechler, became available on June 15, 2022, in eBook format on Amazon. The author is planning to launch the for-print version of *Very Little Baby* by September 1, 2022.

For more information on upcoming book projects, visit the author's website at:

<https://bethbuechler.com>



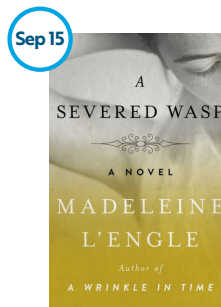
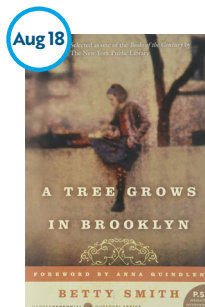
## Vladimir, by Julia May Jonas

Only two out of five of us enjoyed this book, myself finding it hilariously dark. One reviewer on Amazon mentioned “the ridiculous cover,” but to me, the book cover was a clue to the tone of the book: a biting and sarcastic look at our times. I wrote elsewhere that this is the work of a playwright who was obviously raised on *Who’s Afraid of Virginia Woolf*. This novel a work of literary fiction following the careers and lives of a toxic, elderly, academic couple who selfishly proceed to destroy a younger upcoming couple’s lives.

Our readers greatly disliked the characters. Fair enough. I never “liked” Humbert Humbert, but enjoyed and was rivetted by the novel, *Lolita*, by another *Vladimir*, namely, Nabokov. I’m a huge fan of unreliable narrators—despite their offensive behavior, world views, and rationalizing narration.

*Vladimir*, the novel, hits on so many timely themes I can’t name them all. First, the “Me, Too” movement. It covers life in Academia, aging, free love, consequences of “immoral” behavior—whether one ought to reflect or not to reflect on oneself—and how we use technology.

### Upcoming Books:



## Our Leaders of Tomorrow

We sang them in, we sang them out. Camp Ideal came to an end last week, and the lack of singing voices and running campers is noticeable to say the least. With the largest camp turnout in recent memory, our Camp Ideal family continues to grow, allowing for bigger and grander programs and a growing Tsevet (camp staff). Speaking of grandeur, did anyone hear about our firework show to conclude our first Maccabia of the summer with a bang? What about our medieval themed Yom Gaga, with an entire day dedicated to a camp sport favorite? But none of this would be possible without the counselors we had these past 8 weeks, and they deserve much more praise than my words can offer.

The Camp Ideal staff worked long, strenuous hours to ensure this summer was one to remember. We had four new counselors from varied backgrounds, each with their own skillset that they brought with them. Together, we trained and prepared for whatever circumstances would come our way. We built a summer program that we could be proud of and executed the plan while navigating the unforeseen. All in all, these young people

gave their entire summer, all their strength, and all their heart, in order to make this year's Camp Ideal one to be proud of.

Though school begins again soon, our work with the youth of this community does not stop here. We will see everyone again for Camp reunions and programming that is already in the works. Last year's Rosh Hashana apple picking trip brought around 30 campers back together for the holiday season, and we intend to keep our family close this year as well. Some of our counselors are also part of our SaBaBaH teen group and have been planning ways of raising money to help get our highschoolers to Israel in this upcoming year. Programs are picking up around here, and not just for the kids! The NEXTGen South Bend Cubs game is around the corner, our successful Kosher Date Night is back this month, there is something for everyone!

I cannot express how thankful I am for the team I get to work with at the Federation, whether it is over the summer or year-round. Thank you to everyone who makes our community better by giving from themselves to others. I am so proud to be a part of this family.



### Dan Ravitch

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## August Programs

### Lunch N Learn

August 3 at 12:00 pm

### NextGen Ball Game

August 16 at 6:30 PM

### Date night

August 30 at 7:00 pm

### Mahjong

Monday & Wednesdays  
1:00 - 4:00 PM

Visit [TheJewishFed.org/Events](http://TheJewishFed.org/Events) to learn more or RSVP!

Join us for a

# NEXTGEN SOUTH BEND CUBS GAME

Thursday, August 16

Kosher boxed dinners

served at 6:30pm

Game Starts at 7:05 PM

Scan to register



Deadline Aug. 1



\$20 per person

Your ticket includes a hat & kosher boxed dinner with reserved tables in the picnic garden!

or \$15 for ticket only

[TheJewishFed.org/Cubs](http://TheJewishFed.org/Cubs)



**NEXTGen**  
Jewish Federation of St. Joseph Valley



## INGREDIENTS

- 4 green onions (both the green and the white parts), chopped
- ½ cup canola oil
- 6 Tablespoons (scant 1/3 cup) Rice Vinegar (I use the seasoned but unseasoned is fine)
- 3 Tablespoons light brown sugar
- 1 can rice noodles, (@ 3 ounces/ LaChoy brand is good for this)
- 1 package slivered almonds (@ 1 cup), toasted if you prefer, but not necessary to toast
- 1 jar (6-8 ounces) roasted sunflower seeds, salted or not
- 1 large head iceberg lettuce, washed, dried, cored and chopped

## INSTRUCTIONS

- Mix together all ingredients except the lettuce.
- Pour the dressing over the lettuce and let rest for 5-10 minutes before serving.
- This can be made into a more substantial salad with the addition of grilled chicken slices or a piece of oven-roasted salmon on top.
- This salad is best consumed the day it is made as after several hours, the rice noodles become very soggy.
- To prepare ahead of time for travel or picnics, combine onions, oil, vinegar, sugar, almonds, and sunflower seeds in a large mason jar. Do not add the Chinese noodles!! Place lid securely on and shake to blend. Set aside.
- Wash and dry the lettuce. Remove the core and chop the leaves into 1-inch pieces (or slightly smaller). Place chopped lettuce into a bag or covered bowl in the refrigerator until ready to use.
- When ready, place lettuce into serving bowl, give mason jar a good shake and pour dressing over the lettuce, add the can of rice noodles, and toss to combine.

# COUSIN LOIS'S CRUNCH SALAD

A family favorite from our family summers in South Haven

## Our Community Table

Summertime greetings OCT readers! As I write this article, it is a delightful 83 degrees, the sun is shining brightly, and there is the slightest whisper of a breeze gently caressing the leaves in the garden. I love summer! Some of my favorite summertime memories revolve around family trips to the lake. Every summer, my family, extended family, and even a few close family friends who rotated in on occasion, would spend two sun-drenched, glorious weeks together in South Haven, Michigan. Some owned places, most rented units very nearby—lakefront—the beach just a few short steps from our doors. It was an idyllic way to spend the summer holiday. Each morning, the women of the family, young and old, would go together for what seemed like a very, very, very long and talkative walk. This walk would always end at Bundy's, a local bakery, where we gleefully selected provisions of sugar sparkled breads and fat muffins bursting with fruits, all fresh from the oven, to bring back for the rest of the clan. Then, after a most generous slathering of sunscreen, or as Alicia used to un-affectionately call it, sun scream, it was off to the beach or to whatever was planned for the day. And every evening, we'd gather for the family meal. I loved dinners at cousins Lois and Helene's best. First cousins of my mother, these two are wonderful cooks, skillful entertainers, and are altogether glamorous and fabulous. Their husbands were equally amusing individuals, one of whom had mastered the art of speaking "Kcab Klat", or "back talk". He and my

father would delight in annoying literally everyone with their weird speaking skills—mainly in English but occasionally in Yiddish. The food for these family feasts was always abundant, items off the grill, or a pasta or pizza of some type or other, a side dish here, a side dish there, and of course, "the salad." Cousin Lois was forever trying to figure out a local restaurant's (I think it was called The Vineyard) "secret dressing." She decided that Good Seasons brand packet dressing with a slightly altered vinegar to olive oil ratio and a healthy dose of grated Parmesan added to the dressing, along with loads of shredded mozzarella on the tomatoes and greens came closest, but just to be sure, let's try it one more time... And while I could probably make her "Vineyard" dressing salad in my sleep we had it so often, my favorite was always her crunch salad. There was just something about the slightly sweet-tart nature of the dressing, the crunch of the sunflower seeds, slivered almonds and Chinese toasted rice noodles, and the watery, fresh crispness of the iceberg lettuce that I loved. We all did. It is an ideal recipe for summer as it is simple to make, easy to travel with, and will not spoil in the summer's heat. And speaking of summer, I hope you are all doing something wonderful...if I close my eyes I can almost hear my younger cousins squabbling....I mean, the waves roaring up to the shore. Happy Summer, friends!

**Cristyne Porile**  
Community Contributor





## Family Tree Community Update

Back in 2008, a group was formed to work on a project of great historical significance to our community. The Michiana Jewish Historical Society's Family Tree Group formed to create a database with family tree information about both former and current members of the Jewish community in the greater South Bend area. As of this writing, we have 10,626 names in the database.

This information is a great resource for people researching their family history. In fact, many times over the years the Family Tree Group has been able to offer assistance to people from other cities that are doing genealogical research about relatives who used to live in this area.

Our goal remains the same. We hope to obtain information to create family trees for as many former and current community members as possible. This information is only shared with members of the family for whom the tree was created.

Do we have information about your family? If not, we would love to have it. Please visit [MichianaJewish.org](http://MichianaJewish.org) and click on Our Projects. Select Family Tree to get started by entering basic information about your family. Or, call 574-245-5850 for assistance in getting your family tree started.

# Kosher Date Night

Tuesday, August 30

at The Jewish Federation

Dinner and games - \$40/couple

Dessert only option - \$15/couple

7:00 - 9:00 PM

[TheJewishFed.org/DateNight](http://TheJewishFed.org/DateNight)

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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

August 6 at 10:45 AM  
August 20 at 10:45 AM

*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](http://ljfellowship.org)

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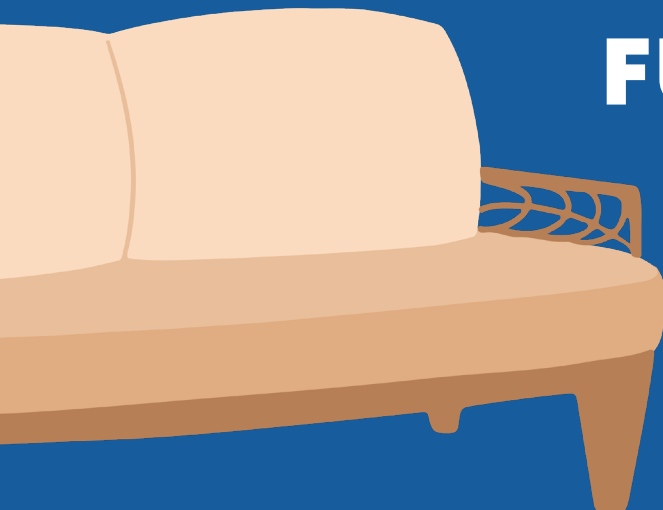
### In Honor of:

Esther Frankel

# FURNITURE NEEDED

We are in need of lightly used furniture to help update the Schlichim apartment. If you have something that could be of use, please email [info@TheJewishFed.org](mailto:info@TheJewishFed.org).

**Thank you!**



<<First Name>> <<Last Name>>  
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AV - Elul

# AUGUST

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 12:00–1:00 PM Lunch N Learn 6:30–7:30 PM Bagels & Dragons	4	5	6
7	8	9	10 1:00–4:00 PM Mahjong 6:30–7:30 PM Bagels & Dragons	11	12	13
14	15 1:00–4:00 PM Mahjong	16 6:30–9:00 PM NEXTGen Ball Game	17 6:30–7:30 PM Bagels & Dragons	18	19	20
21	22 1:00–4:00 PM Mahjong	23	24 1:00–4:00 PM Mahjong 6:30–7:30 PM Bagels & Dragons	25	26	27
28	29 1:00–4:00 PM Mahjong	30 7:00–9:00 PM Date Night	31 1:00–4:00 PM Mahjong 6:30–7:30 PM Bagels & Dragons			