



Minute With Moshe

What will it take to become the best little Jewish town in America?

Dreaming, boldly. Nuturing mutual trust. Giving free reign to imagination. Grappling with the nuts and bolts of a detailed plan.

As we slowly come out of our COVID-19 hibernation, we have an opportunity to once again reengage in Jewish life for mutual support, spiritual searching, Jewish learning, and cultural activities. We are blessed to have a diverse community with many ways to express our unique Jewish identities.

In my view, our diversity brings strength. Our Jewish ecosystem is dynamic and growing. I'm pleased to report that the Snowbird

Community and Bais Yaakov High School have recently been added to our community matrix.

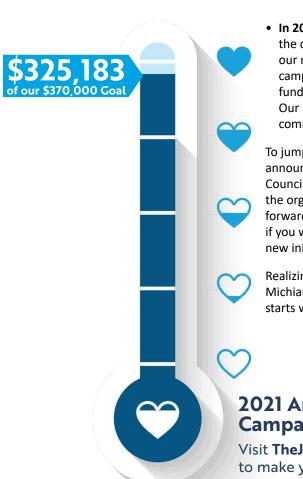
Along with the professional staff of the Federation, I invite you to become part of this process to plan and build the best little Jewish town in America.

The first step is identifying and prioritizing our choices to grow, enrich, and strengthen our community. In creating a community roadmap, we'll need both insight and foresight-insight about the present to identify underlying connections and interactions and foresight to identify the emerging conditions, issues, and opportunities.

My proposal entails executing our community development timeline over three years in coordination with the entire Jewish community:

- In Year One: we'll brainstorm, use community survey feedback, parlor meetings, and town halls to identify the dreams our community wants to turn into realities.
- In 2022, we'll review the findings and present proposed solutions to take the next steps forward on our timeline. We'll look carefully at our dreams and refine the most promising strategies for success.

Dreaming, boldly. Nurturing mutual trust. Giving free reign to imagination. Grappling with the nuts and bolts of a detailed plan.



• In 2023, we'll be well-positioned to engage the community in a capital campaign for our most significant goals. Our last capital campaign was in 2000 when we raised funds to erect the new community center. Our beautiful center demonstrates that community dreams can really come true!

To jumpstart this process, I'm pleased to announce the creation of a Community Council and Planning Forum that will provide the organizational framework moving forward. Email MKruger@TheJewishFed.org if you would like to be involved with these new initiatives.

Realizing a bright future for our Michiana Jewish community starts with you!



Prayer is no panacea, no substitute for action. It is, rather, like a beam thrown from a flashlight before us into the darkness. It is in this light that we who grope, stumble, and climb, discover where we stand, what surrounds us, and the course which we should choose.

-Abraham Joshua Heschel



Moshe Kruger Executive Director 574-233-1164 x1802 MKruger@TheJewishFed.org

2021 Annual Campaign

Visit TheJewishFed.org/Donate to make your contribution.

HOW DO YOU ENVISION OUR COMMUNITY

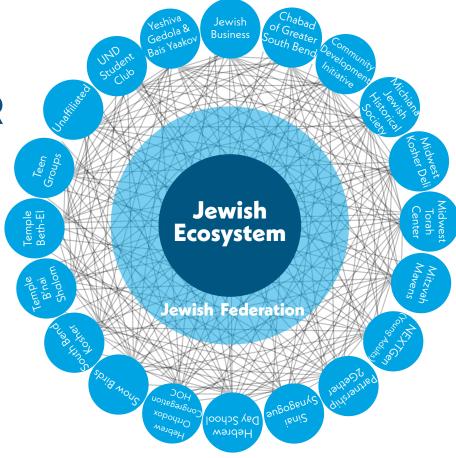
What is a Jewish Ecosystem?

A community of interacting Jewish individuals, organizations and their environment.

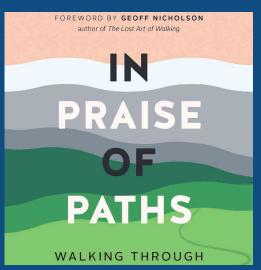
Send us an example of what you think our Jewish ecosystem looks like.

Email: MKruger@TheJewishFed.org

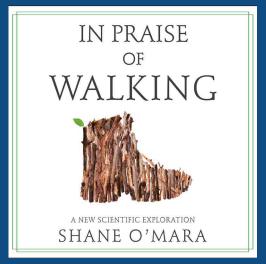
Mail: 3202 Shalom Way South Bend, IN 46515



JEWISH FAMILY SERVICES RECOMMENDATIONS:



In Praise of Paths : Walking through Time and Nature by Torbjørn Ekelund



In Praise of Walking: A New Scientific Exploration by Shane O'Mara



Shtisel: The Haredi family living in an Ultra Orthodox neighborhood in Jerusalem is back for a third season on Netflix. Watch them all!

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Caring Connections

Summer arrives with the month of June. Long warm days and for some lucky folks, time off. June is a great time to reclaim your fitness. Walking is one of the healthiest activities you can do, and it's free. If you can walk in nature, that's all the better. The safest place to be during these COVID times is either at home, or outside and distanced from others.

Speaking of COVID, here's a gentle reminder to get your vaccinations if you haven't already done so. Need a ride? JFS can help with transportation! Not sure if you trust the vaccine? Contact Sandy to obtain a copy of the video presentation by our own health panel with professionals from Temple Beth-el, Sinai and Hebrew Orthodox Synagogues.

Lunch 'N' Learn is taking a summer hiatus. Instead, we are planning an intergenerational outdoor picnic to enhance socialization. COVID safety protocols will be in place. We hope for grandparents and grandchildren to enjoy each other's company. We will also strive to match children who don't have grandparents, or whose grandparents are far away, with seniors who either don't have grandchildren, or whose grandchildren are

far away.





Shirlee Greenwald

Our New Israeli Emissary

Shalom! I am very excited to be here as your new Israeli Outreach emissary! My name is Shirlee Greenwald. I joined my husband, one of your own, Daniel Ravitch, on this adventure. If you had asked me six years ago, I would not have been open to the idea of living outside of Israel. It is a big part of my identity, and back then, it completely overlapped with my Judaism. I am lucky that my circumstances have broadened my horizons, and I was introduced to the fascinating world of Judaism as peoplehood. I cannot wait to continue my journey with you.

Please allow me to share with you the sequence of events that brought me to your doorstep.

When I was 15, I decided to join the military boarding school at "HaRiali" in Haifa. Ben Gurion founded it in 1953, and its goal was to train youth to become commanders in the IDF and future leaders in Israeli society. One day I asked my father whether he is more Jewish or more Israeli? To my surprise, my dad, who immigrated to Israel by the skin of his teeth from the Soviet Union, served in every major Israeli war - said in an almost angry tone: "First and foremost Jewish, there is no value in Israel without this understanding" - I did not relate, I was Jewish by default, but a Zionist by choice.

After the army, I flew to Nevada to visit my brother, who moved to the US when I was eight years old. Being a Zionist, fresh from the IDF, and him coming from the same background yet deciding to live abroad brought up many debates. During one such discussion, he pointed out the difference between ancient Greece and Rome. A Greek was anyone who shared the same language. heritage, and culture, without dependence on one's territory. A Roman was anyone who had lived inside the great empire's borders. He asked me - What kind of Jew do you want to be? The former or the latter? I always come back to this argument as the turning point of my perception.

Then I met Dan, and he introduced me to another side of Judaism. I remember the first time being in a conservative synagogue, not sitting in "Ezrat Nashim," being able to listen, admiring the fact that the prayer is in Hebrew and everyone knows it except the only native Hebrew speaker in the room... I started to actively invest more time in my Jewish identity: doing Kiddush, reading the Parasha from time to time, and reading about the holidays. Having lived in the Soviet Union, where religious practice was banned, my family raised me with little to no religious tradition.

While studying for my bachelor's degree in Middle Eastern Studies at the Hebrew University, I came across an opportunity that changed my path. I flew on a Hillel delegation to Belarus. The delegation involved Russian-speaking Jews from nine different countries. Its goal was to restore an ancient Jewish cemetery at Mir, the original site of one of the most important Yeshivas.

On the plane ride home, I decided to resign from my job in hi-tech after six years and search for a value-driven position. I began working for the Jerusalem municipality as a program developer with great satisfaction. There I decided to keep developing my own Jewish identity, to do Shlichut.

As you all know, 2020 was full of, let's say, surprises... despite those surprises Dan and I still wanted to do Shlichut. We decided to fly to the US anyway in order not to pause our lives (We plan on studying for our master's degree here), and we were offered this wonderful opportunity to do exactly what we dreamed of doing here at the Federation. I couldn't be more thankful!

Shirlee Greenwald
Israeli Emissary
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Kitchen greetings, dear readers. I have found a wonderful recipe that I am excited to share with you, today. Muhammara! Muhammara is popular and much-loved dish across the Middle East. As is the case with recipes of this type, many regions claim it as their own, and there exist almost as many variations of the recipe as there are people who prepare it.

I have crossed paths with this recipe several times over the years, but it wasn't until I saw it in Sumac, Recipes and Stories from Syria, by Anas Atassi, that I became inspired enough to try it. In the author's notes, Atassi describes his love for muhammara (pronounced with an assertive, guttural "h" and distinct pronunciations of the 3 "a's) as all-encompassing and lets us in on his secret to making a truly spectacular muhammara. It's the red pepper paste, according to Atassi, made with slowroasted fresh and dried red peppers that concentrate the pepper's flavors to Mediterranean umami perfection. However, if you are unable to find this very flavorful-but-not-spicy red pepper paste, do not despair--a good quality tomato paste will achieve a very close approximation. Atassi also suggests mixing muhammara and hummus together...something I would not have thought to do on my own—but am now thinking I might give a try!

While the muhammara recipe, itself, looked wonderful, it was the photograph that really captured my interest. Vibrant color, gorgeous texture, a simplistic elegance of a dish that visually beckons with the promise

of flavor and a gathering of friends around a sharing table.

This recipe is an unexpectedly delicious find. And beautiful. It works as part of a mezze, as a dip on its own with breads, crackers, and vegetables, or as a pesto or condiment for grilled fish or meats. It is a perfect addition to a luxe little picnic and makes a lovely hostess gift when packaged in an attractive glass jar.

One final note...when trying a recipe that is unfamiliar, I often seek other examples to learn how similar (or different) the chef's interpretations are. I did that here, finding examples from chefs I know, and ones I do not, and in doing so, wound up cobbling together an entirely new variation that includes all the things I "found" along the way that I thought would make this dish "sing" for me. These "additions" appear in one of two ways. You will see them listed (in parentheses) or listed as "optional." If you disregard all those, what you will have is the original recipe as it appears in the book.

Well, dear readers, this concludes another delectable entry in our community cooking journal. If you have recipes you would like to talk about and share, we would love to help make that happen. As you know, we are always interested in hearing about your cooking stories and adventures, here at Our Community Table.

Cristyne Porile

Community Contributor

INGREDIENTS

5 ½ oz roasted red peppers from a jar, rinsed and patted dry or 3 large, red bell peppers, roasted, seeded, and peeled

1 teaspoon Turkish red pepper paste or tomato paste

1 hot red chili pepper or 1 Tablespoon dried Aleppo chili flakes

2/3 cup toasted walnut pieces

½ cup breadcrumbs

1 small clove of garlic, peeled and crushed

2 Tablespoons olive oil

1 Tablespoon pomegranate molasses

Juice of ½ lemon

Salt to taste (I used ½ teaspoon sea salt)

1 ½ teaspoons cumin (optional)

INSTRUCTIONS

Place all ingredients together in a food processor. Blend until well combined but do not make this too smooth. This dip should be somewhat smooth and thick but should still retain a little bit of texture from the walnuts.

Once blended, taste and adjust flavors to your liking.

Refrigerate until ready to use

To serve, bring to room temperature and place in a shallow bowl or onto a plate or small platter. Garnish with additional olive oil, pomegranate molasses, chopped parsley and a few additional walnut pieces.

Can be served with pita or other breads and crackers as well as vegetable crudités. Can also be used as a condiment alongside grilled fish or meats/kabobs.

Celebrate Movement & the New Season

There are a lot of ways to move our bodies that are oh so good for us. Summer is the perfect time to get moving. Movement does many things for us. It improves our physical fitness, our mental awareness, our emotional state, and it prevents illness. Movement helps us to metabolize calories. And a good work-out during the day will improve night-time sleep.

Movement is important from very early in life. Newborns develop their sense of being in the world with movement, and they find routine movement to be soothing. As children grow, movement helps them to regulate their behavior. For kiddos with Attention Deficits/Hyperactivity, planned movement intervals can be one of the keys to success.

As adults, we get used to sitting. We sit at work, and we sit at home. It can be hard to get started, especially when we've been sedentary for a while. Motivation improves with nice weather, especially for outdoor movement. Once you start, it gets easier to

keep going. Walking requires nothing more than a decent pair of shoes and the idea to walk. If you're out of shape, that first walk might be very short. Each day, you can walk a little further, and before you know it, you can walk a mile.

Exercise keeps us young. Research that shows that walking reduces our risk of developing Alzheimer's Disease. It also slows the progression of mental decline in people who already have a cognitive impairment, according to MD Edge.

It may be easier to stick to a movement program if you partner with a buddy and sign up for a class. Someone else is counting on us! Many of us tend to neglect ourselves in order to care for others. The buddy system allows us to care for someone else, while they can care for us.

Many kinds of movement are healthful. Yoga, tai chi, walking, stretching, lifting weights and swimming are just a few examples of movement you can do by yourself. Need a guide? You can sign up for online courses, for free or for a small fee. YouTube has yoga and other exercises for free. Silver Sneakers (see if you are eligible at SilverSneakers.com) is free and offers a variety of classes. The Daily Om has courses for a small fee.

If you haven't moved in years, do talk to your doctor before you embark on an exercise program. Start small and let "baby steps" be your mantra.

Best of all, come to the Jewish Federation this summer for gardening, hiking, basketball and softball. Our hiking trails are being

re-opened for the first time in years.
I can't wait! See you there.

Sandy Levine, MA

Jewish Family Services Director 574-233-1164 x1806 SandyL@TheJewishFed.org



Many people don't know just how much our Federation has to offer. 2021 is the year you rediscover your Federation!

- 1. Kurt & Tessey Simon Community Center
- 2. Butterfly Garden
- 3. Holocaust Memorial Garden
- 4. Community Garden
- 5. Community Pavilion
- 6. Children's Playground & Gaga Pit
- 7. Basketball Court
- 8. Baseball Field
- 9. Hiking Trails



Understanding Israel-Palestine

Looking at the Big Picture

As I write this article, the latest round of the tragic conflict between Israelis and Palestinians is still in full force. Unfortunately, many commentators in the western media have not been helpful in explaining these complex events. That's why it is important to take a step back and look at the big picture to understand the missing context.

Let's begin with the immediate cause of the recent round of fighting. Call it the view from 10.000 feet.

Some commentators have concluded that the violence incited by Hamas- and the more than 3,000 rockets they fired from Gaza- is all about a land dispute in an Arab neighborhood of Jerusalem called Sheikh Jarrah. This claim has no basis in reality. But don't take my word for it.

In a powerful oped in the Times of Israel, Palestinian activist Bassam Eid wrote, "As a Palestinian living in Jerusalem, I am frustrated and angry — and I can only blame Hamas. The fanatics who rule over Gaza with an iron fist cannot resist the opportunity to stir up anti-Jewish violence for their own political gain. If innocent Jews and Muslims die in the process, all the better for them."

And then there is the view from 30,000 feet that takes us back to 1993.

This view is equally important because it addresses the false claim that Israel is not

interested in peace through the two-state solution, and that any eruption of violence is about Palestinian frustrations over dreams of achieving their own state.

It's important to remember that in 1993 Israel signed onto the Oslo Accords that created the Palestinian Authority. As a result, Israel withdrew from the major cities of the West Bank, and today a majority of Palestinians in the West Bank live under control of the Palestinian Authority, not Israel.

The Oslo Accords created the groundwork for the peace plan presented by President Bill Clinton in December 2000 known as the "Clinton Parameters."

Under the Clinton plan, Israel agreed to a peace deal that would have created a Palestinian state in at least 94% of the West Bank and a shared Jerusalem as capital of the two states. Israel would have swapped land for the other 6% of the West Bank where most Israeli settlers live.

Tragically, the Palestinians not only rejected the plan, their leader Yasser Arafat helped to start the Second Intifada which led to more than 140 suicide bombings that killed over 1,000 Israeli civilians.

It's also important to remember that in 2005, Israeli Prime Minister Ariel Sharon unilaterally withdrew Israel from the Gaza Strip. Since then, Hamas and Islamic Jihad in Gaza have fired more than 15,000 rockets at Israeli civilians including the more than 3,000 rockets fired in this round of fighting.

Yet, in spite of all this, Israel did not end its effort to achieve peace through the two-state solution. In 2008, Israeli Prime Minister Ehud Olmert offered another generous proposal for peace that was rejected by Palestinian leader Mahmoud Abbas.

In 2009, Jackson Diehl wrote in the Washington Post, "Setting aside Hamas and its insistence that Israel must be liquidated, Abbas -- usually described as the most moderate of Palestinian leaders -- last year helped doom Netanyahu's predecessor, Ehud Olmert, by rejecting a generous outline for Palestinian statehood."

By 2008, Israelis came to see a reality not understood by many in the west. The Palestinians rejected two generous offers for peace through the two-state solution, and what Israelis got in return was not landfor-peace, but land for rockets and suicide bombers.

After the hopes raised by the 1993 Oslo Accords, this reality came as a shock to the Israeli public. It has brought a majority of Israelis to come to the conclusion that there is no serious partner for peace on the Palestinian side.

Where are we today?

In regard to the West Bank, since 2008 there has actually been good cooperation between Israel and the security forces of the

Palestinian Authority. The reason is simple: neither side wants to see a Hamas takeover of the West Bank.

In addition, each week more than 250,000 Palestinians from the West Bank come into Israel to work and for humanitarian purposes, including treatment at Israeli hospitals.

Gaza is another story.

When Hamas threw out the Palestinian Authority in 2007 and took over control of Gaza, it turned Gaza into an enemy territory by firing thousands of rockets at Israeli civilians and digging terror tunnels under the Israeli border. Hamas is openly dedicated to the destruction of Israel and has absolutely no interest in peace through the two-state solution. To make things worse, Hamas receives weapon funding and training from Iran.

Since 2007, Israel put in place a naval blockade to prevent the smuggling of weapons into Gaza. And to be clear, this is a naval blockade and not a siege, because every day there are tons of food, clothing and humanitarian goods that come into Gaza through the Israeli border crossings.

Where do we go from here?

The tragedy of this conflict is that there could have been peace through the two-state solution and the suffering of both sides could have been avoided. The Palestinians rejected four such opportunities in 1947, 1949-1967, 2000 and 2008.

Until the Palestinians- at least those in the West Bank- come to realize that they too need to compromise, the best hope for the future is through a concept that Israeli philosopher Micah Goodman calls, "shrinking the conflict."

In an oped in the New York Times he wrote, "This third way, of shrinking the Israeli-Palestinian conflict, wouldn't solve or end the conflict — a hope that doesn't look realistic. It would contain it, it would lessen it". Any progress towards peace is a good thing.

In the meantime, let us reject those who seek to demonize Israel and polarize our American-Jewish community. Instead, let us ask ourselves what we can do to help "shrink the conflict."

News Update:

As of 5/21 Israel & Hamas have agreed to a ceasefire brokered by Egypt.

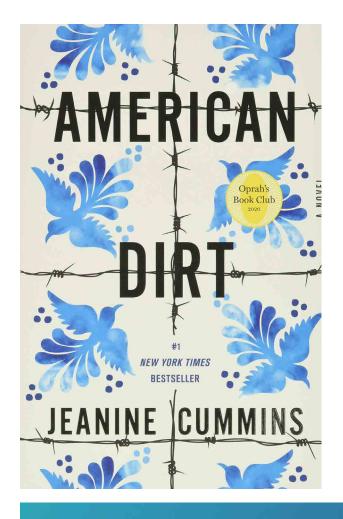




ANNUAL MEETING

Dear Membership,

Please join us virtually on Thursday, June 17 at 7:00 PM for our Annual Meeting. Due to COVID our Annual Meeting will be hosted on a virtual platform. Visit **TheJewishFed.org/Events** or call **574-233-1164** to register and receive the Zoom link.



Federation Book Club

American Dirt by Jeanine Cummins is a fast-paced thriller of a mother and son hiding to survive the massacre of the rest of their family. After escaping Acapulco, they tackle the long trek across the desert with the goal of arriving on American dirt. Peril after peril ensue, and one of our readers admitted to reading ahead to the ends of each chapter just to see if things would be OK there. But were they?

Every three months, we use the first portion of the session to suggest and select our choices, next time in July. Next month's choice is The Hand That First Held Mine—a dual novel of motherhood by the best-selling author of HAMNET.

The Federation Book Club meets via Zoom at 4 PM for an hour or more on the first Thursday of the month. We choose books of either global or page-turning interest, and do not meet for the purpose of promoting our businesses, or those of our friends. Visit **TheJewishFed.org/Events** to sign up!

The Federation contact person will forward your email address to the organizer who will invite you to join our sessions via Zoom.

Beth Buechler

Community Contributor

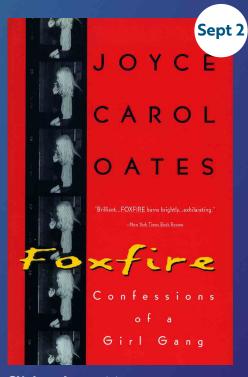
Upcoming Books:



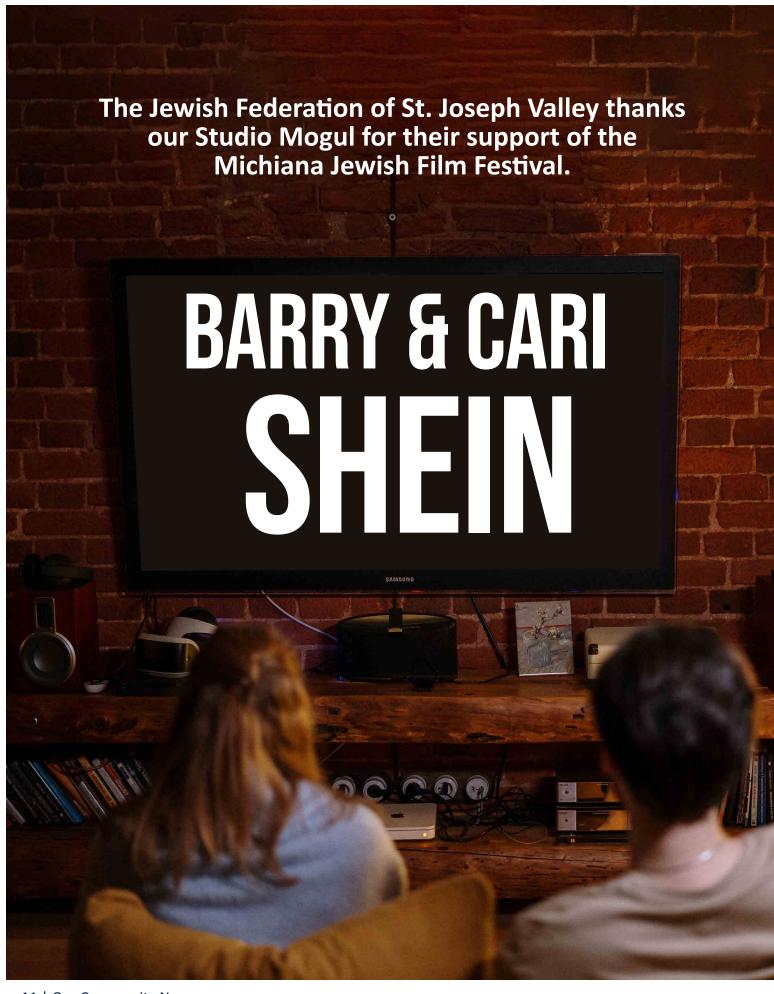
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WHAT IS MESHI?



MESHI TRANSFORMS THE LIVES OF CHILDREN WITH NEUROLOGICAL, MUSCULAR AND **NERVOUS SYSTEM DISORDERS** THROUGH **CUTTING EDGE REHABILITATIVE THERAPY AND** IMMENSE AMOUNTS OF LOVE.

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For more information, contact simcha@meshicenter.org or 347-439-7031 American Friends of Meshi 7711 San Mateo Drive, Boca Raton, FL 33433 www.meshicenter.org

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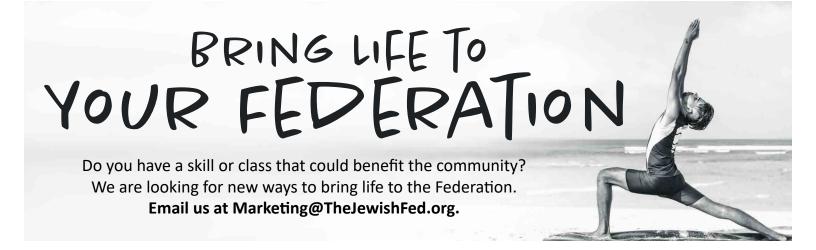
To Rowan & Amanda Kelley on the birth of their daughter!

In Memory of:

Barbara Pomeranz Chana Weiss June Glazer Liane Peska Kabel Rabbi Morley Feinstein Yehoshua Shemesh

In Honor of:

Barb & Dave Lerman's 60th Anniversary Please send donations to Meshicenter.org





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00–2:00 Garden Volunteer Hours	31	1	2	3	8:55	5
12:00–2:00 Garden Volunteer Hours 4:00–5:00 PM Symphony Orchestra To Go	7	8	9	10	8:59	12
12:00–2:00 Garden Volunteer Hours	14	15	Camp Ideal	7:00–8:00 PM Annual Meeting	9:02	19
12:00–2:00 Garden Volunteer Hours	21	22	12:00–1:30 PM Intergenerational Lunch with Camp Ideal Camp Ideal	12:00–1:00 PM COVID Support Group	9:03	26
12:00–2:00 Garden Volunteer Hours 2:00–4:00 PM NEXTGen Hike	28	29	30	J	2	3
			Camp Ideal		44	
					9:04	



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