

# OUR COMMUNITY Newsletter

January 2022 | Tevet - Shevat 5782



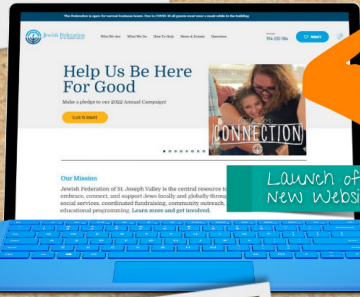
Jewish Federation  
OF ST. JOSEPH VALLEY



Tu B'Shvat Kit & Youth Activity



VISIONS & VOICES



Launch of Our New Website



Farewell Chen Nissan



Summer Concert Series  
South Bend Symphony  
South Bend Lyric Opera  
The Danny Lerman Band



NEXTGen at Four Winds Field



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**Hebrew Education**  
pg.



Rosh Hashanah Apple Picking



buzzing with life



Fall Festival Campaign Kickoff!



Hanukkah





Emily Benedix with Kurt Simon and Mary Lou Gordon at Kurt Simon's 90th Birthday



## FEDERATION'S 2022 GOALS:

**\$385,000 IN CAMPAIGN DONATIONS**

**HINENI & COMMUNITY LISTENING FORUMS**  
Heal & Build our Community for Today and our Jewish Future.

**PROGRAMS & SERVICES**  
Align with Fed mission to educate, excite, enlighten, energize, enrich, and entertain.

**2022 GOAL**  
**\$385,000**

**CURRENT**  
**\$157,606**

HELP US BE HERE FOR GOOD

## Minute With Moshe

This new year's edition of Minute with Moshe begins with exciting news. Emily Benedix, who has been part of the Federation family for close to 10 years, says lehitraot, goodbye, for now. We're thrilled for Emily as she goes down the road 90 miles to Munster to become the new Executive Director of the Jewish Federation of North Western Indiana.

We look forward to seeing Emily's success and collaborating with her to leverage potential synergies and shared resources to uplift our respective communities. On behalf of the entire Michiana Jewish community and all the executive directors you have supported dating back to Debby Barton Grant, Emily, we thank you and wish you continued success.

As Director of Operations, Emily touched every aspect of this organization. While we cannot replace her, I want to share with you three important steps that we are taking to ensure that the Federation can build on her legacy of dedication and excellence:

Starting in January, we will be outsourcing our financial

management to Kruggel Lawton, a South Bend-based accounting firm. Working with Kruggel Lawton will help us institutionalize best practices quickly and effectively and ensure that we continue to comply with all of the Federal and State reporting requirements.



Dan Cossman

Dan Cossman, a four-year veteran of our Federation, has been tapped to be the new Operations Manager. Dan has worked closely with Emily and brings a team-oriented, results-driven approach to his new responsibilities.

To assist Dan, we will be hiring a part-time Facilities Associate.

I am confident that these new arrangements represent a cost-effective, flexible and sturdy solution for our Federation.

In 2022, our ability to perform as a small but mighty team will be among the key metrics I'll be focusing on to ensure we meet our organizational goals.



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

Call 574-233-1164 or visit [TheJewishFed.org/Donate](https://TheJewishFed.org/Donate) to make your pledge today!





## Planting a Tree to Honor Anita and Stu Fishman

As the Jewish world celebrates the holiday of Tu BiShvat this month, it is the perfect time to announce a new Federation project: planting a tree in memory of Anita and Stu Fishman to honor them for all they did for our community.

Although here in South Bend it will be too cold to plant the tree, it is appropriate that we use Tu BiShvat, “the new year of the trees,” to begin the project. The plans are to hold a dedication ceremony in the springtime when we plant the tree in front of the Federation building. We call on members of our community to support this project.

Among their many contributions to our Jewish community, Anita and Stu had been a host family for many of our Federation shlichim including Lea Lehavi, Reut Oz, Raz Revah and Yuval Shaham who brought the idea of the project to us.

Lea Lehavi wrote, “The Fishmans were a pillar in the Shaliach’s life and in all of the Israeli programs and other Federation initiatives. They were an example of excellence to Jewish community life, and I think the idea of planting a tree in their memory is a wonderful way to honor their legacy of Israel, Judaism & community life.”

Yuval Shaham wrote, “They loved our Jewish Community in South Bend and the community loved them back. I fell in love with this community mainly because I saw their dedication to togetherness and Judaism.”

Beyond their role as a host family for Federation shlichim, Anita and Stu were involved in many facets of our community life.

Both Anita and Stu were recipients of Temple Beth-El’s Distinguished Service Award. Stu was a past president of Temple Beth-El and active in the Temple Brotherhood. Anita was active in Temple Sisterhood and received Temple’s Woman of the Year award in 1972.

Planting a tree to honor the memory of Anita and Stu Fishman will be a fitting reminder to all of us of the importance of service to our community.

Many of us are familiar with the Talmudic story of Honi who encountered a man planting a Carob tree. Honi asked the man, “How long will it take to bear fruit?” “About 70 years,” the man replied. “So you

think you will live long enough to taste its fruits?” The man explained, “As my forefathers planted them for me, so I plant for my children.”

Through their shining example of service to our Jewish community, Anita and Stu Fishman planted the seeds of a strong Jewish community. The planting of a tree in their memory is both a fitting honor and a reminder for all of us to continue their legacy.

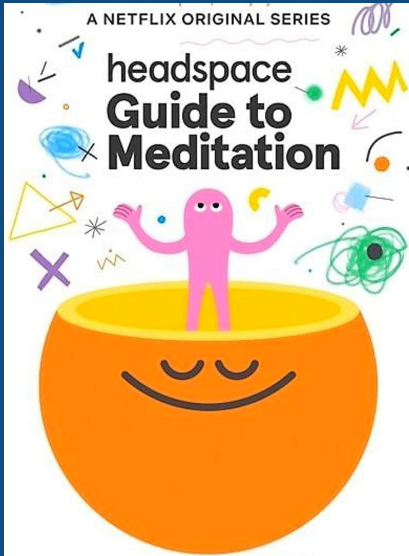
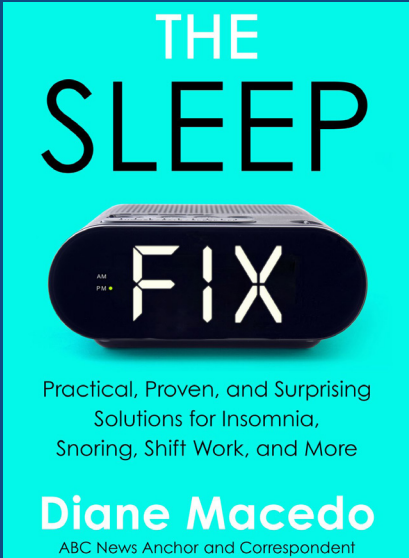
If you would like to make a donation for this project [click here](#), or send a check payable to the Jewish Federation of St. Joseph Valley. In the memo line, please write: “A Tree for Anita and Stu.” If you have any questions, please contact Bob Feferman.



### Bob Feferman

Community Relations Director  
574-233-1164 x1815  
RFeferman@TheJewishFed.org

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## Caring Connections

It may feel, with the long nights and short days, that we are in the depths of winter. In fact, we are just past the winter solstice, the shortest day of the year. JFS recommends using full-spectrum light bulbs to help us get enough light during the day to fight the doldrums. At night, we can cocoon and get plenty of sleep. January's **Virtual Lunch 'n' Learn, on January 12th at noon, will be all about improving sleep. You can visit [TheJewishFed.org/Events](https://TheJewishFed.org/Events) to RSVP.** Good sleep is essential to good health. Good sleep gives our bodies time to heal and recover from all the stresses of the day. Poor sleep contributes to heart disease and even weight gain. Rabbi Lazurus will be our guide to Better ZZZs. Lunch is BYOL (Bring Your Own Lunch).

We want to wish a huge welcome to Esther Frankel, who has joined the Federation as our new JFS intern. Esther is an MSW student at Yeshiva University.

### Winter

Winter is upon us. We have a few months to go when we expect cold, snow, and ice. Some animals are very smart – they hibernate at this time of year. We go about our daily affairs as if every day is the same as every other. But the days are short, and the nights are long, and it can feel like it is going to last forever. So here are a few glimmers of hope.

We can take the winter and own it. “If you chose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.” Take a snowflake. One single snowflake, different from every other snowflake. It is a teensy crystal gem of a thing, and beautiful upon examination. Add one to another, and keep on adding, and there you have it: a world of pristine white. You can make snow angels, take a child out to play, slide down a hill. If that is all too much, too outdoorsy, then I recommend catching up on a good book

or binge-watching a favorite TV show. Do you have to go to work? Work remotely if possible. Slowly simmer a pot of soup at the same time!

And take some time out for Tu B'Shevat. This festival of fruit trees falls on Monday, January 17. The trees in Israel begin to come out of dormancy, and we can have the hope of Spring in the midst of winter. In addition, there is a suggestion by Chabad that one way to recognize Tu B'Shevat is to try a renewed focus on health and healthy eating. Many fruits from trees have healing properties. Apples, grapes, figs, dates, carob: all have health benefits of vitamins, fiber, antioxidants, and flavonoids. Did you know that a grapevine counts as a tree, Jewishly speaking?

January has other days of note. The secular new year, for example, is also known as National Hangover Day (Really!), and Catholics note it as World Day of Peace. January is the month for Cervical Health Awareness, and for Thyroid Awareness. It is the month for Bath Safety, and Soup! January 6th is Apple Tree Day, with a suggestion for imbibing hot cider. You could indulge in Mulligatawny Soup, which combines curried chicken with vegetables and apple chunks. January 8th is National Bubble Bath Day. That is a great winter activity! Many foods are celebrated in January. Popcorn, Irish Coffee, curried chicken, peanut butter, pie, and fig newtons are only a few of them. So have a bowl of Mulligawnty soup (for the recipe, email Sandy at [SandyL@thejewishfed.org](mailto:SandyL@thejewishfed.org)) with some hot cider and apple pie, and then take a hot bubble bath while reading a book on home organization. Then plan to declutter your home on January 14th, which is Organize Your Home Day. Finally, towards the end of the month, International Holocaust Remembrance Day is January 27th, never forget.



**Sandy Levine, MA**  
 Jewish Family Services Director  
 574-233-1164 x1806  
[SandyL@TheJewishFed.org](mailto:SandyL@TheJewishFed.org)



## Youth Leadership Opportunities in 2022!

With 2021 behind us, we begin a new calendar year with hope for a greater and more connected new year.

There is so much in store for our community this year. I have had the privilege of hearing from many voices in the community and believe that together with the programming team, we have come up with great programs for 2022 that offer something for everyone. As the cold keeps us indoors, we will also continue to offer online or hybrid options for many



Youth Hanukkah Program

programs that allow for it. PJ Library story readings every few weeks for toddlers and infants, Camp Ideal monthly programs, NEXTGen young adult socials and outings, Lunch & Learn and Senior Socials, all these and more are already filling my calendar for 2022! Not to mention the big events

such as Purim, Yom Ha'atzmaut, or Yom HaShoah.

I am particularly excited to begin working with our SaBaBaH (high school) aged kids in the 2022 year. SaBaBaH stands for South Bend Benton Harbor and is the name that was given to this group back when I was in high school. SaBaBaH also means "Cool" in Hebrew, a slang term still used often today in Israel. The activities we did with SaBaBaH then brought me together with other Jewish kids my age for simple social gatherings, youth group conventions around the Midwest, and even the occasional special trip. While the group was never a huge group of people, and I felt growing up that my summer camp, CYJ Midwest, had a greater impact on my Jewish identity on a grand scale, it was SaBaBaH that showed me I could be Jewish at home and still feel connected to something bigger. It is where I learned about Israel through the Shlichim, the Israeli staff members, and it gave me the connections that I would one day travel to Israel with!



### Dan Ravitch

Programming Director  
574-233-1164 x1819  
DRavitch@TheJewishFed.org

Now that I have the opportunity to help run this program, I hope to bring things back, bigger than ever, and help our teens make a connection with other Jews in the area, a connection with Israel, and a connection with their own Jewish Identity. I plan to begin a youth leadership program, providing tools teens can use to excel now and in their future academic endeavors. Teens will work together to create their own programs, with guidance, including both fun social events and social impact opportunities in Michiana. Yes, there will be pizza, and yes there will be laser tag, but we will also strive to build something together, and provide a unique experience for those who represent our future.

Whether you celebrate the New Year with firecrackers, eggnog, or pilmeni (Russian dumplings); Happy New Year, S'novim Godom, and let us all be blessed in the year to come.

# YOUTH LEADERSHIP DEVELOPMENT!

- Servant Leadership
- Community Enrichment
- Jewish Education
- Team Building
- Israel 101

[THEJEWISHFED.ORG/EVENTS](https://www.thejewishfed.org/events)

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## Farewell My Friends

As many of you have heard, as of the start of the new year I will be leaving my post at the Federation as the Director of Operations. Or at least OUR Federation, as I join Northwest Indiana's Federation as their Executive Director in January.

For almost 10 years I have proudly been part of the Federation family, and in that time, I have gone from Karen Dwyer's assistant to Director of Operations. I've worked with so many of you as volunteers and lay leadership, partners, and some of the greatest coworkers an individual could ask for. Whether working on Campaign, Film Festival, on our board or committees, or just greeting you as you enter the building, I have been blessed to consider all of you friends and this community my Jewish family.

The best thing about Northwest Indiana is that it's right next door. I look forward to taking all I've learned here and giving their community my all. I'm also optimistic that this will offer more opportunities to partner St. Joe Valley with Northwest Indiana. Not just for the shared resources, but the strong friendships and experiences to be shared.

I can not quantify the number of opportunities I've been given or the moments of personal growth I've experienced since joining the staff in 2012. I also cannot describe how grateful I am, and will always be for the friendships, confidence, and support this community has given me. I will forever consider myself blessed to have our Federation be my first Federation and will always consider this home.

★ COMING SOON ★



12th ANNUAL MICHIANA  
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[TheJewishFed.org/FilmFest](http://TheJewishFed.org/FilmFest)



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## Modern Hebrew

The story of the Hebrew language spans thousands of years in which Hebrew underwent incarnations (Yiddish, Ladino, etc.) and upheavals. It not only survived but was enriched by contact with different cultures and languages, experienced changing relations between speech and writing, and most importantly, went through an unprecedented revolution. After a dormant period of over 1500 years in which Hebrew ceased to be used and almost entirely perished as a spoken language, it was suddenly resurrected, was renewed and returned to be of use not only by a few but by about 9 million people today.

Many interesting facts are hidden around the story of the revival of Hebrew – Here are five fun facts:

**The name Ivrit** - The name of the Hebrew language – 'Ivrit' is known only from the days of the Second Temple. In the

Torah the language is called Yehudit - the language of the Kingdom of Judah (Yehudah).

**Modern Hebrew** - Modern Hebrew includes words from all periods of Judaism: biblical time, era of sages, medieval times, and modern times. In most Hebrew texts the percentage of biblical words is the highest - usually over 60%.

**Eliezer Ben-Yehuda** - Eliezer Ben-Yehuda is known for being the driving force behind the revival of the Hebrew language in the modern era. In fact, 130 years ago, it was only spoken by Eliezer and his son Itamar. Itamar is known for being the inventor of the Hebrew word for dreidel - 'Svivon' at only 5 years old.

**Hayim Nahman Bialik** - Hayim Nahman Bialik is the national poet of Israel. His contribution to modern Hebrew is less known even though he invented 300 new words, whereas Eliezer Ben-Yehuda only invented 250.

**A political enterprise** - In the past, Israel's politicians were involved not only in politics but also in language renewal.

For example, Moshe Sharett invented the words: יעול (Ye'ul: efficiency), מידע (Meyda: information); Yitzhak Ben-Zvi invented the word מסוק (Masok: helicopter); and David Remez the words תעסוקה (Ta'asuka: employment) and תחברה (Tachbura: transportation)

On a personal note, when my parents immigrated 50 years ago, they were determined to speak only Hebrew out of love and respect for the Zionist enterprise they took part in. They rooted in us, their kids, the love for Hebrew, our new mother tongue. I was lucky to grow up in a house where the language was more than just a means for communication, but a form of art I cannot wait to share with you in the coming year!



**Shirlee Greenwald**

Israel Program Director  
574-233-1164 x1807  
Israel@TheJewishFed.org

**CLASS  
STARTS  
JANUARY 4**

# ADULT HEBREW LANGUAGE COURSE

**IN PERSON, TUESDAYS 5:30 - 7:00 PM**

A great class for those who want to improve their Hebrew skills.

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





# RAMEN SHAKSHUKA

## From Our Community Table



In general, I tend to take food traditions pretty seriously. If there is a certain way that something is supposed to be prepared and has been made for decades or centuries or longer – that’s how I want to make it. While I don’t mind the concepts of fusion or mashups, it isn’t something that I usually produce in my kitchen.

At the same time, I am always on the lookout for new recipes. Even if I like a recipe that I have, I know that there might be an even better version out there. So, I read a lot of cookbooks and peruse a few tried and true sources online. Kosher cookbooks are easy recipe sources as any of the recipes will be appropriate for my kosher home. Vegetarian or vegan cookbooks are good in the same way. But I’ll read just about any cookbook that seems to appeal. You never know where those amazing recipes may be located. And, yes, there have been cookbooks that I’ve read that really had nothing to offer me. Recently I read a cookbook that seemed to include bacon in the vast majority of recipes, even desserts. Needless to say, I didn’t come away with any new ideas for myself from that cookbook. But, my search always continues.

In recent years I signed up to get e-mails from Kosher.com. This has become a good source of recipes, as well. I’ve added some new favorites to my repertoire with recipes from those e-mails. One recipe that I decided to try definitely strays from the tradition path. It was a recipe for shakshuka that deviated from the standard preparation method. Shakshuka is a dish that is very popular in Israel and North

Africa. Basically, it is eggs that are poached in a tomato based sauce. It is commonly served for breakfast or brunch.

When I read the recipe that called for shakshuka with Ramen noodles I’m really not sure why it appealed to me. Maybe because the addition of the pasta made it into a full meal in and of itself? I was slightly intrigued. One night, my husband and I were going to a dinner and I had to figure out what to leave for supper for my two children who were home at the time. There were some miscellaneous leftover items, but I needed something to pull it all together. So I made the shakshuka with Ramen noodles. Anything with eggs is always popular with my crew.

The response of my children was overwhelmingly positive. I honestly can’t recall the last time they lavished so much praise on a recipe. It was requested repeatedly. I made it again when more of the children were home and got a similar response. There is a little part of me that still leans to the traditional side and feels that this mashup version is somehow disrespectful to the true recipe. But in this day and age where combining ideas for food preparation from different cultures is so common I suppose I should just accept that this is okay. Fusion of flavors is creative and often delicious.



**Deena Abraham**  
Community Contributor

### INGREDIENTS

- 2 c. marinara sauce (I like the tomato basil marinara from Trader Joe’s)
- 1 tsp. sriracha
- 1 1/2 c. water
- 2 (3-ounce) packages ramen noodles, flavoring packets discarded
- 6 eggs
- 2 scallions, sliced
- 1 teaspoon toasted sesame seeds

### INSTRUCTIONS

In a skillet, bring marinara sauce, sriracha, and water to a simmer. Add ramen noodles; cook until noodles start to soften, about two minutes. Flip noodles; continue to cook until the block of ramen loosens, another two minutes. (Don’t worry if they are not cooked through; they will continue to cook along with the eggs.)

With a spoon, make a well in the sauce. Crack an egg into a small bowl; gently slide it into the well. Repeat, one by one, making wells and sliding in remaining eggs. Cover the skillet; cook until egg whites are set, four to five minutes. Garnish with scallions and sesame seeds. Serve immediately.

Note: I have crammed a couple of extra eggs into the skillet. I’ve also omitted the scallions and sesame seeds.

\*Recipe from Kosher.com



## Hamnet by Maggie O'Farrell

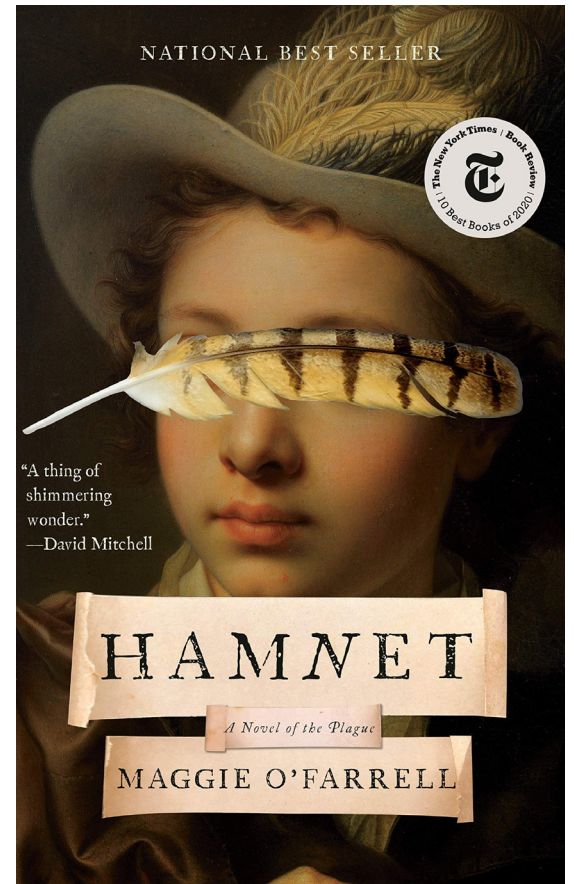
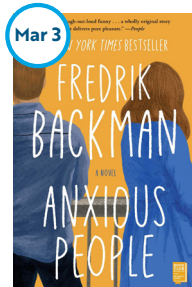
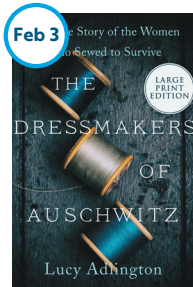
The title is no typo, despite autocorrect's multiple attempts to change it. The names "Hamnet" and "Hamlet," interchangeable, are brilliantly used by O'Farrell via her playwright character. Although the inciting incident of the play is the father's ghost haunting the son, in this case, toward the end of the novel, there is a literary and meaningful reversal.

Our members described O'Farrell's writing as a "beautiful tapestry," "evocative, expressive of 16th century passions and belief systems," and of "breaking from the usual parallelism, its language building to a crescendo—powerful and symphonic." We found Hamnet impossible to put down, and were grateful for the recommendation.

The video here ([youtube.com/watch?v=VvTmxOrZhk](https://www.youtube.com/watch?v=VvTmxOrZhk)) is from the British Library series. While explaining her research, Maggie O'Farrell also describes her decisions made while writing this novel, and how she accidentally/providentially published her book involving the black plague precisely at the beginning of the Covid pandemic.

The Federation Book Club meets via Zoom at 4 PM for 1-2 hours on the first Thursday of every month. Visit [TheJewishFed.org/Events](https://TheJewishFed.org/Events) to sign up.

### Upcoming Books:



### Beth Buechler

Community Contributor

С НОВЫМ ГОДОМ  
Lessons in  
**Jewish Diversity**  
NOVI GOD CELEBRATION

Join us in person for a cultural program with food, durak card game and a toast to the new year. Join us and learn more about this secular, Russian holiday.

**Join us January 2 at 6:00 PM.**

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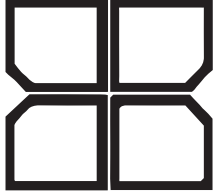

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- Enjoy a visit to our Partnership region in Western Galilee
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- Explore the Western Wall tunnels in Jerusalem, and visit Yad Vashem, and much more!

For more details contact Rabbi Shoshana Feferman at [rfefe@comcast.net](mailto:rfefe@comcast.net)!



## STAFF

### Sheri Alpert

Administrative Associate  
SheriA@TheJewishFed.org  
574-233-1164 x1820

### Dan Cossman

Operations Manager  
DCossman@TheJewishFed.org  
574-233-1164 x1801

### Bob Feferman

CRC Director  
RFeferman@TheJewishFed.org  
574-233-1164 x1815

### Shirlee Greenwald

Israel Program Director  
Israel@TheJewishFed.org  
574-233-1164 x1807

### Nancy Kennedy

JFS Associate  
JewishFamilyServicesBH@TheJewishFed.org  
574-233-1164 x1020

### Sandy Levine

JFS Director  
SandyL@TheJewishFed.org  
574-233-1164 x1806

### Dan Ravitch

Program Director  
DRavitch@TheJewishFed.org  
574-233-1164 x1819

### Allen Stenberg

Director of Community Engagement  
Astenberg@TheJewishFed.org  
574-233-1164 x1811

### Karen L. Dwyer

OCN Editor Emeritus

## EXECUTIVE COMMITTEE

### Michael Kirsch

President

### Moshe Kruger

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

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Jewish Federation  
OF ST. JOSEPH VALLEY  
3202 SHALOM WAY  
SOUTH BEND, IN 46615



<<First Name>> <<Last Name>>  
<<Street Address>>  
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Tevet - Shevat

# January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 6:00–8:00 PM Lessons in Jewish Diversity: Novi God	3 6:00–7:30 PM Cub Scouts 7:00–9:00 PM D&D: Jews & Dragons	4 5:30–7:00 PM Adult Hebrew	5	6	7	8
9 9:00–10:15 AM Women's Zumba	10 6:00–7:30 PM Cub Scouts 7:00–9:00 PM D&D: Jews & Dragons	11 5:30–7:00 PM Adult Hebrew	12 12:00–1:00 PM Virtual: Lunch "N" Learn: Better Sleep	13 12:00–1:00 PM Virtual: PJ Library Story Time	14	15
16 9:00–10:15 AM Women's Zumba 4:00–6:00 PM SaBaBaH Youth Leadership	17 7:00–9:00 PM D&D: Jews & Dragons	18 5:30–7:00 PM Adult Hebrew	19	20	21	22
23 9:00–10:15 AM Women's Zumba	24 6:00–7:30 PM Cub Scouts	25 5:30–7:00 PM Adult Hebrew	26	27 8:00–9:00 PM PJ Library Story Time at Midwest Torah Center	28	29
30 9:00–10:15 AM Women's Zumba	31 6:00–7:30 PM Cub Scouts					

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)