

OUR COMMUNITY Newsletter

September 2021 | Elul 5781 - Tishrei 5782



Jewish Federation
OF ST. JOSEPH VALLEY

Shana Tova Umetukah!



Farewell Camp Ideal

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Tributes to Anita & Stu

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Success of South Bend's Urban Youth

pg. 7

Minute With Moshe

Shalom Haverim!

The Hebrew month of Elul begins today as I write this article. It's traditionally a time of spiritual preparation before the upcoming High Holidays. We are given a fresh opportunity to shape our narrative, reflect on the past year and prepare for the new year ahead with prayer, hope, introspection, and reflection.

“As long as the candle is still burning, it is still possible to accomplish and to mend.”

—Rabbi Yisrael Salanter

Embarking on our transformative journey to become the “Best Little Jewish Town in America,” we need to embrace our fragility, ask for clarity, and commit to change.

My experience in creating healthy communities is informed by the sage wisdom of my father. “Moshe,” he would say, “you have to give the process the dignity it deserves.” This dignity of the process invites everyone to participate, everyone to contribute their unique vision.

A famous Hasidic story relates that the disciples of a famous Rebbe, as they walked home in the evening, were in the habit of mentally reviewing the material that they had learned that day with the Master. Wonder of wonders, each student gave a unique account of the day's lessons. No two students presented the same summary; each was special and irreplaceable.

I like to think of the call of the Shofar in the same light. Each one of us hears a different shofar. Some hear the cry, some hear the sigh, some hear the clarion call, and some hear it all.

For me, the important thing is that we hear each other. The Hineni Group, a new forum composed of community leaders, is the place where we will make every effort to hear and understand each

other to grow, enrich, and strengthen our community in the New Year.

Separately, if you have something to add to the greater story I invite you to complete our community survey. This in depth survey explores both our community's current and future needs. Visit TheJewishFed.org/2021Survey to participate!

We cannot build a better community without listening to the needs of the community. We need the community to take these opportunities to make themselves heard. Like the mighty shofar, let your voice be heard!

May you and your families all be blessed with sweetness and health, and may we all be inscribed and sealed in the Book of Life.



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



An Amazing Summer with Camp Ideal!

To be welcomed into the community in such a way warmed our hearts, as we never could have imagined the support we would have running Camp Ideal for our first summer. By now you have most likely heard everything about Camp, whether in my previous writings here in the *OCN* or from friends and family who participated in becoming a part of our Camp family. None of it would have been possible without the support from the community. From spreading the word to others to spending mornings and afternoons to help Camp run smoothly, we have so many people to thank for the success of this summer.

Each week, multiple workshops were run by community members, passing along their knowledge to the campers and volunteering their time both at Camp and preparing prior to. We would like to thank Marleen Hollenkamp, Yehudit Newman, Marnie Heyn, Lillian Moss, Donna Fulmer, and Nate Radin for all they did to make Camp possible.

The few trips we went on this summer were intended to connect the communities of Benton Harbor and South Bend and were also made possible by individuals

who opened their doors and hearts to campers. These included Water Street Glassworks in Benton Harbor and its director Lynne Clayton, the family bee farm of Marv and Lillian Moss, and the Michiana Jewish Historical Society. Campers had the opportunity to see what community members and their families do in the area thanks to your open hearts.

Finally, the cherry on top of Camp Ideal this summer was the Shi'shuk stand, our weekly market prepared and run by the campers. From preparing the dough and baking our weekly challahs in the Federation's kosher kitchen to helping campers' package all the amazing products they created, there were so many people involved that made this possible through their volunteered time. We would like to specially thank Kim Cossman, Julie and David Ravitch, Tonya Rhodes, Abi Yoder, Sarah Snyder, Bob Feferman, and Fatimah Alhadad. In addition to volunteers, we had endless support from the Federation staff and all those who came out Fridays to enjoy Shi'shuk.

And on that note, I would like to share that the Camp Ideal spirit does not end here! We have so much in the works for the 2021-2022 including a Winter Camp, youth activities for all ages, and continued Shi'Shuk programs! Also, we will have holiday programs coming up, including Rosh Hashanah apple picking and Shi'shuk, and a Sukkah build for families with more details to come soon! I am so excited to be on staff as Program Director moving forward, and I know I can count on all of you to make this year one to remember.



Dan Ravitch
Programming Director
574-233-1164 x1819
Camp@TheJewishFed.org



Shirlee Greenwald
Israeli Emissary
574-233-1164 x1807
Israel@TheJewishFed.org

HOW DO YOU ENVISION OUR COMMUNITY

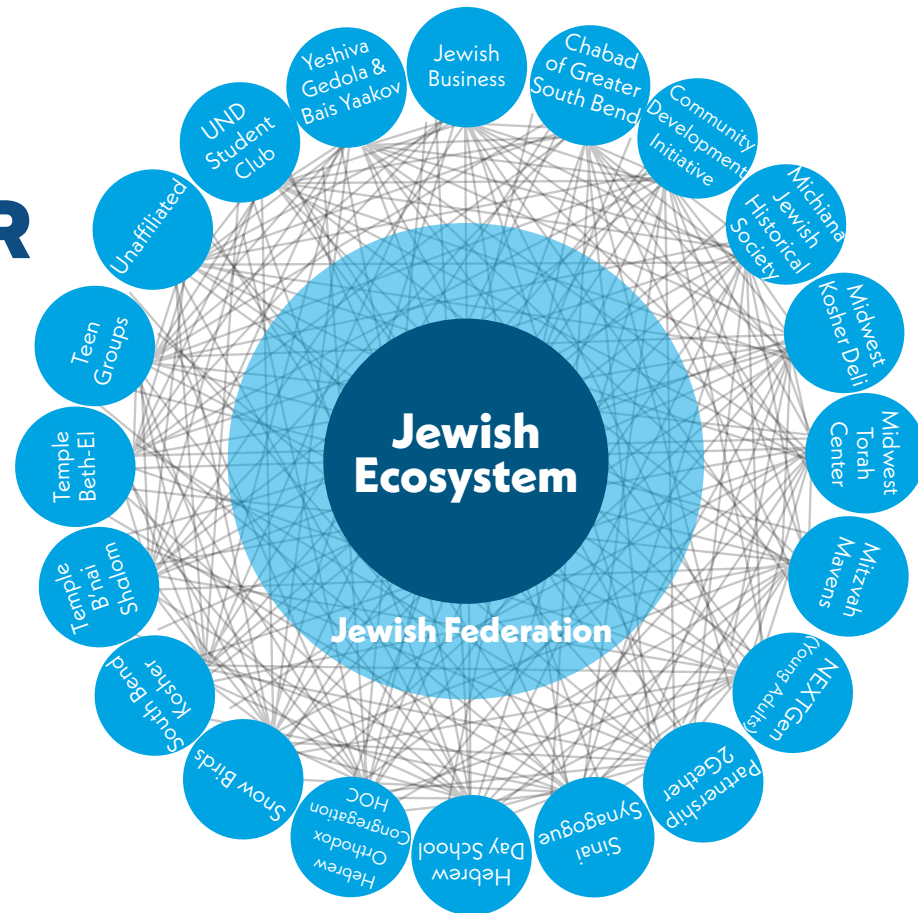
What is a Jewish Ecosystem?

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





Tributes to Anita and Stu Fishman from Our Shlichim

Tribute from Lea Lehavi

It's so strange for me as an Israeli, as Lea, to have another place outside Israel I can feel at home. To my surprise, South Bend is that place. It wasn't just another job or a place I volunteered for a year. Although many of you helped to create that, the Fishmans were a big part of this feeling.

Their open home, love and devotion to Israel, to my programs and to me was a rock of strength: a love fountain of my year in South Bend. They were so much more than a host family- they became family.

It's interesting to know that in Hebrew the word to define spirit and wind is the same- Ruach (רוח). Spirit is something real, just like the wind. When I think of my beloved Anita & Stu I think of a quote by Chaim Nachman Bialik: "One cannot see the wind, but it is what leads the ship." Anita & Stu were the wind, the spirit that helped lead the Shaliach and the community. May they rest in peace, may we continue their heritage of love, kindness, Judaism, and support for Israel.

Tribute from Reut Oz

My name is Reut Oz. I was the Israeli shlichah to the Jewish Federation of St. Joseph Valley. I arrived in August 2013 and left 12 months later with a heart full of love and memories of this Midwestern town.

After I was accepted to be a shlichah in South Bend, I received a "no subject"

email. I got excited, because c'mon – I rarely got emails at the age of 21 and was anxiously waiting to get one from South Bend. I opened it to discover a large font all-caps red letters message saying how much they are excited to welcome me in South Bend, explaining some grammar mistakes and ending it with "hugs, Anita."

Little did I know how much these hugs would mean to me, how many grammar mistakes I would make and get corrected time and time again. Little did I know that this "one half of the host families" will become so much more than just a host family. Anita and Stu Fishman, two halves of one of my host families in South Bend, were dear to my heart, and to the hearts of so many others.

A couple of days before I arrived in South Bend, I got another red-lettered, all caps large fonted "no subject" email. I was informed by Anita that she and Stu will welcome me at the South Bend airport. I will be able to recognize them because, "I will have a bouquet of flowers for you and Stu will have a smile on his face!" Since that day, Anita always had "a bouquet of flowers" for me (whether it was flowers, chocolate or good 'ole Israeli beer) and Stu, well, he always had a smile for me.

Stu and Anita's home quickly became a place I felt comfortable in, a solid rock of sense of belonging and connection. When it was cold outside, I was invited in. When it was cold inside, I was offered a hug, a couch and a binge of my selection. When I needed a kick in the b**t, I sure did get one. And when I needed family, there they were, with no hesitation, prepared to give me all the love I could get. I was honored

to be their Israeli granddaughter. I'm honored to call them my Saba and Savta. I'm heart-broken to say goodbye. With great love, Reut Oz.

Tribute from Yuval Shaham

I can't believe I'm writing this article. Anita and Stu Fishman were and will always be my family. They were the heart and soul of every Shaliach in this community. I can write a full article about each one of them. Our memories will stay forever.

Without Anita and Stu, the Shlichut in South Bend would not have been the same. They were the people that welcomed me from the first second, showed me the city, introduced me to people and helped me all year long just to feel at home away from home. This was huge for a young man coming here from so far away.

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.

Anita and Stu - I love you forever.

Tribute from Karin Wasserman

Before I arrived in South Bend in 2018, Anita wrote on my Facebook wall, instead of FB messenger, asking what I want to eat when I arrive. I found it hilarious and it represents how she really took care of us like a real Savta. I also remember how Anita and Stu waited for me at the airport with a bouquet.

I enjoyed spending time with them and especially helping Anita baking latkes and other goodies. I remember Stu explaining the rules of baseball and Anita telling him, "Don't you see she's bored?"

I also was honored to be taken to Sinai Temple in Michigan City where Anita grew up. They were so proud to show me the place and Anita's pictures there. It was a thrilling experience for us. I was honored to invite them to light the torch on Israel's Independence Day in 2019. Bob Feferman and I were excited to thank them in front of the entire community.

I have many fond memories of them. They were kind, caring, and generous people. I would always carry them in my heart. May their memory be for a blessing.

Caring Connections

September is busy! JFS is gearing up for the fall Holy Days. We have New Year gifts for our Pantry recipients as well as our isolated seniors for Rosh Hashannah, and spiritual preparation for Yom Kippur. Sign up for our holiday Sukkot Lunch in the Sukkah, scheduled for September 26, which will feature a full meal from our own Kosher Kitchen. Sign up online or call the Federation at 574-233-1164.

A new group is starting this month on Zoom, to provide social connections for people who are not ready to venture out into the real world. Chair Chat will be available on the 4th Thursday of the month.

Lunch 'N' Learn will resume next month with a presentation on Cyber-Security in October and SHIP navigation of Medicare Open Enrollment in November.

Come find Friends of JFS Greater St Joseph Valley on Facebook; see you there!

Forgiveness is Powerful

It can be given, offered, and perhaps most importantly, requested. Why do I need forgiveness in my life?

For starters, I am not perfect. I am a wife, a mother, a sister, an employee and a boss. I am not perfect at any of these things. I strive to be a good person, but I fall short. I may give a quick answer when more thought was needed. Maybe I'm distracted. I can misread situations. I forget to explain what I'm thinking. Or I do explain, but the explanation is hurtful in some way. So, I ask for forgiveness.

Then there is granting forgiveness. If someone asks for forgiveness, you must decide whether or not to grant it. Maybe to you, the transgression was trivial; easy-peasy to forgive. But what if they hurt you on purpose? What if they say they are sorry, but you think they aren't sincere? That makes it harder to grant. And what about the case where the person who hurt you does not ask for forgiveness? They don't think they did anything wrong, or they know it was wrong but they don't care. What if the misdeed was gigantic? And what if the person harmed wasn't you, but someone else? Or they are out of touch, far away, or even deceased?

What happens to you when

you hold onto to someone else's misdeed? This is not a good feeling. Research shows that holding onto a feeling of having been wronged is hard on your emotional well-being and that forgiving others of serious wrongs is freeing. Advocates for well-being recommend that you forgive but don't forget. I'm finding more questions than answers when it comes to the complexity of forgiveness.

One way to help us forgive without forgetting is to look at the person who committed the misdeed, and try to figure out what led to their actions. An abuser, for example, may have him or herself been a victim of abuse. Children learn what they live. A person's innate abilities may play a role in their behavior. The person may have a mental health disorder, or a built-in difficult temperament.

The parent-child dynamic is fraught with opportunities for harm and for good. Most of us who are parents can relate to the idea that we try our best, yet often fall short. And who hasn't experienced harm from their own parent? We may need to reflect: Were they trying their best? Were they acting in the only way they knew? If they were, forgiveness is easy.

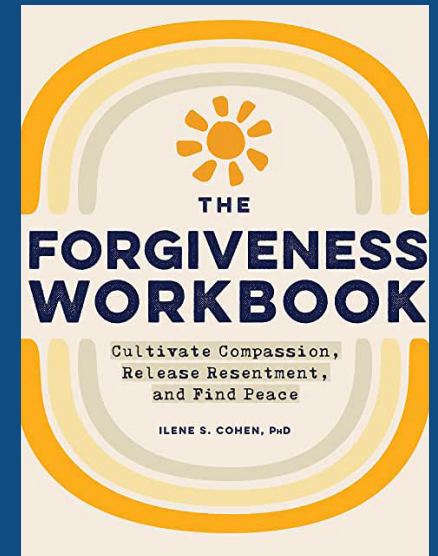
When a person harms another deliberately, and with malice, forgiveness will not be easy. This causes trauma, and counseling may be needed to help you get to a place of comfort in being able to forgive. In this case, forgiveness lets us give up old emotions such as anger and jealousy, which may eat at our souls. Please see the recommended workbook to help you work through complicated forgiveness.

As I reflect every Yom Kippur, I ask forgiveness from my husband, my children, my family and friends, and my work community, for my imperfections. I will try to do better. In a reciprocal manner, I forgive others. And to my parents, of blessed memory, I say, "I was the best daughter I knew how to be. Forgive me for my limitations. And I forgive you for your imperfections, as I know you did the best you knew how."



Sandy Levine, MA

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





What's Cooking in the Kosher Kitchen?

There has been a lot of media coverage on Simon Biles decision to step away from certain parts of the Olympics. When I first heard about it, I instantly felt a connection and an understanding of her situation.

Around Passover time, I gave birth to a little girl (shout out to the amazing Dr. Ilana Kirsch). Two weeks later, my dear sister in law, all of 30 years old, passed away. To say that I was not in the best head space, would be an understatement.

I struggled with the decision of what to do about coming back to work as Program Director. I have enjoyed creating programs for our community that are not only enjoyable, but create connections that hopefully will last a lifetime. At the same time, I didn't feel like I could commit to the hours needed to get the job done properly.

Moshe and I had been discussing opening the Federation kitchen again, with a kosher supervision that would be accepted by all. The more we discussed it, I realized that this could be the perfect opportunity for me to transition into a much needed role that would be more flexible for my situation.

Thankfully, we were able to make this a reality. I am so excited to begin brainstorming amazing programming, involving our kitchen and the new Program Director Dan Ravitch. I see the kitchen as the central hub to any home and I think we can make it the hub of the Federation too!



We've already begun to taste the "fruits" of the kitchen, with the delicious challah and other yummy treats offered by the campers of Camp Ideal. I look forward to continuing to offer delicious foods for future programs and events. Turning lemons into lemonade is now my official job and I couldn't be more excited!



Moshe Kruger and members of the Community Relations Committee donate books to the 3R's program.

The Jewish Federation of St. Joseph Valley Partners in the Success of South Bend's Urban Youth

When we asked the students of the 3R's Summer Youth Academy if they were ready to return to school, we received a collective "no" response. But when we asked both the students and parents if they were PREPARED to return to school, we received a resounding, "Yes." The 3R's stand for Read, Rise and Recalibrate.

the frustrations of the pandemic. Children were impacted in ways adults/parents may not have realized. We at 3R Academy understood that if this mental component wasn't dealt with, children would go to school with behavior issues that might result in greater instances of suspensions or expulsions.

Many of these titles were recommendations of SBSCSB librarians and all were well received by the children of the program. The books were: Patron Saints of Nothing by Randy Ribay, The Skin I'm In by Sharon Flake, I Can Be Anything! Don't Tell Me I Can't By Diane Dillon, I Am Enough by Grace Byers, and Hidden Figures by Margot Lee Shetterly and Laura Freeman. When reading the book Hidden Figures, four of the students renamed themselves after the 4 main characters in the book and visualized themselves changing the trajectory of the world by using their skills and courage to never to give up, despite the opposition they may face. Each day, these students hungered to read. This is one of the gems of this program.



The program was open to any child in the Michiana region and was financially supported primarily by the South Bend Community School Corporation. However, we had many other partners to help assure its success. We are appreciative of our village that made room for our children to thrive in this safe environment where they could dream big, realize their potential, and accomplish what seemed impossible only 7 weeks before. These partners included: South Bend Community School Corporation, Kingdom Life Christian Cathedral, the Jewish Federation of St. Joseph Valley, Kintae Lark, Soulful Kitchen, Heart at Home, LLC., 3R Staff, and Embodied Therapeutic Services.

The 3R Academy left a place in the hearts of the instructors for each of the children that were served. They initially thought they might be able to help these children, but at the end of the program they KNEW they could help them. Thank you, Jewish Federation of St. Joseph Valley for helping us to build the confidence in these students so that they will be successful now and for years to come. We look forward to our continued partnership.

The 3R Summer Youth Academy began on June 21st and ended on August 6, 2021. It included 7 weeks of intense, yet fun ways to work on the lost academic skills, and social, mental and emotional skills frayed due to issues of the pandemic during the 2020-2021 school year. Our hope was to prepare students to go back to the classroom, whole, focused and ready to learn for the 2021-2022 school year.

The program hoped to prepare children to get re-energized and re-focused for in-school learning by using techniques to enhance reading comprehension and vocabulary skills for youth grades 1 through 8. In addition, it also addressed restoring mental fitness that was simply lost during the 2020 school year due to

We are especially appreciative to the Jewish Federation of St. Joseph Valley which stepped up and heeded the call without hesitation to partner with 3R Academy to contribute the literary reading materials for the program.

Tina M. Patton
Community Contributor

Rosh Hashanah Youth Program

September 5, 9:30 AM - 3:30 PM

Join our Camp staff for a special program just in time for the holidays!

- Apple Picking Fieldtrip
- Special Apple Challah & Honey Cake

\$20 PER CHILD

BROWNIE COOKIES

From Our Community Table

Many years ago, I was teaching a junior high home economics class and brought in one of my favorite cookbooks as it contained the recipe that we were going to prepare. A student was looking at the cookbook and commented on the checks that I had marked by various recipes. Yes, I write in my cookbooks. I know that some of you may consider that to be scandalous behavior. Sometimes I write comments or adjustments made to the recipe, but usually just a check to indicate that I've tried the recipe. If it's really good it gets a check plus. In any event, my student was surprised that I had tried so many of the recipes in the book. I told her that I like to try new things. She told me, with all of the wisdom of a 13 year old, that eventually I would stop trying new recipes and just make the things that my family liked best over and over again.

She was wrong. While there are some recipes that I make more often, I am still on the hunt for something new, something better, or something different. That's why I have four favorite recipes for cabbage soup and not just one. There is so much out there in the world of recipes. I don't want to miss anything.

Now, on to the chocolate cookies. Two months ago I shared an amazing carrot salad recipe instead of the new chocolate cookie recipe. I'm sure that some of you have been waiting with baited breath for two months for this cookie recipe. But first, a bit of back story. I came across

the first perfect chocolate cookie recipe a long time ago. Freshly baked these cookies are almost like liquid on the inside. They are so soft. But it was a recipe that I made rarely because it used a lot of unsweetened baking chocolate, had more margarine that I like to use, and the dough had to chill for three hours. Good kosher pareve baking chocolate is a bit harder to get and also expensive. I tend to be a bit stingy with it. So the cookies, despite being truly excellent, weren't something that I made very often.

Then I came across a similar recipe. This recipe contained even more baking chocolate, but had considerably less margarine and only had to chill for one hour. The cookies were great. But it was still not a recipe that I would make often.

Now I came across a new cookie recipe that uses only chocolate chips. These cookies have that same melt-in-your-mouth quality! The dough does not need to chill at all, though the recipe does suggest letting it rest for 20 minutes. This is a recipe that I have no hesitation about making when I want a perfect chocolate cookie.



Deena Abraham
Community Contributor

INGREDIENTS

- 4 Tbsp. butter or margarine
- 12 oz. semi-sweet chocolate chips
- 2 eggs
- 1 egg yolk
- ½ c. white sugar
- ¼ c. brown sugar
- 2 tsp. vanilla extract
- 1/3 c. flour
- ¼ tsp. salt
- ¼ tsp. baking powder

INSTRUCTIONS

Melt the butter or margarine and chocolate chips over a double boiler. (If I don't feel like using a double boiler, I will melt the ingredients in a pot over a very low flame and stir the contents very often. That's what I did with this recipe. I know it's kind of cheating, but it works.)

Use a mixer to beat the eggs, egg yolk, sugars, and vanilla. Fold in the melted chocolate mixture until well combined.

Mix in the flour, salt, and baking powder.

Allow the dough to rest in the fridge for 20 minutes.

Use a one ounce scoop to form cookies. Place on a parchment paper lined baking sheet and bake at 350 for 10-12 minutes.

Federation Book Club

The *Collector's Apprentice*, by B. A. Shapiro is described by Amazon as Shapiro's "unforgettable tale about the lengths to which people will go for their obsession, whether it be art, money, love, or vengeance." My suggestion to readers is to pay attention to the title and think not only about the apprentice, but about who is considered the collector/mentor. If you'd like being immersed in a 1920s fictional world of Gertrude Stein, art, artists, and charlatans, you will enjoy this book.

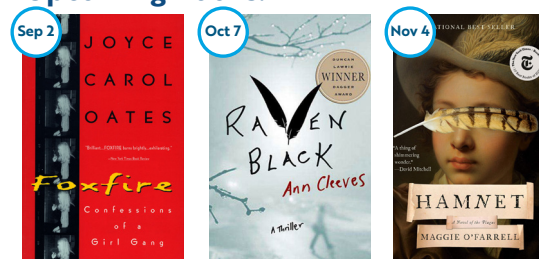
Next up is *Firefox: Confessions of a Girl Gang*, by Joyce Carol Oates. Here is the secret history of a sisterhood of blood, a haven from a world of male oppressors, marked by a liberating fury that burns too hot to last. Above all, it is the story of Legs Sadovsky, with her lean, on-the-edge, icy beauty, whose nerve, muscle, hate, and hurt make her the spark of Foxfire: its guiding spirit, its burning core.

The Federation Book Club meets via Zoom at 4 PM for 1-2 hours on the first Thursdays of every month. We choose books of global and/or page-turning interest.

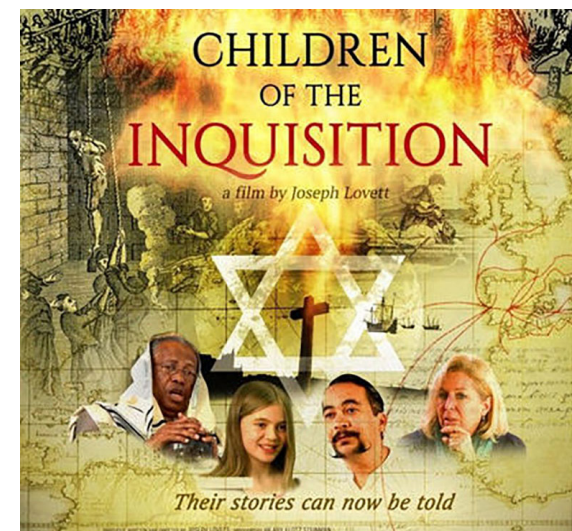
Beth Buechler

Community Contributor

Upcoming Books:



The Kurt and Tessye Simon Foundation of Temple Beth-El Presents



Children of the Inquisition: Their Stories Can Now Be Told

This film takes us on a journey unearthing 500 years of hidden history. The film reveals what happened to the families forced to convert to Catholicism or flee during the Spanish and Portuguese Inquisitions. Through the eyes of the refugees' contemporary descendants, many of whom are just discovering their Jewish roots, we learn how their ancestors shaped history and how their perilous stories shaped their identities.

You will be able to stream the film from 5:00 p.m. on Tuesday, September 28th, to 5:00 p.m. on Friday, October 1st. Then, on Sunday, October 3rd, at 10:30 a.m., the Simon Foundation will host a Zoom discussion featuring Dr. Thomas Burman, Director of the Notre Dame Medieval Institute, producer/writer/director Joe Lovett, and others involved in the project. Contact Temple at temple@tbesb.org or call 574.234.4402 to sign up to receive the link for the film and panel discussion.



Get into the holiday spirit with this special Rosh Hashanah Challah Workshop!

Visit the [JewishFed.org/Events](https://www.jewishfed.org/events) to register.





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

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

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

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

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

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



MICHIANA JEWISH FILM FESTIVAL

CALL FOR VOLUNTEERS!

Help us select films for the 2022 Film Fest slate!

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



Jewish Family Treasures Roadshow

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

Bring your Judaica to the Federation and have it photographed by the Michiana Jewish Historical Society to include them in its Archive.
(One Item Per family)

More info to come.



STAFF

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

Emily Benedix
Director of Operations
EmilyB@TheJewishFed.org
574-233-1164 x1801

Dan Cossman
Facilities Associate
DCossman@TheJewishFed.org
574-233-1164 x1810

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

Shirlee Greenwald
Israeli Emissary
Israel@TheJewishFed.org
574-233-1164 x1807

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

Shani Kramer
Mashgiach & Kitchen Manager
SKramer@TheJewishFed.org
574-233-1164

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

Laurie Radin
JFS Associate
LRadin@TheJewishFed.org
574-233-1164 x1804

Dan Ravitch
Program Director
Camp@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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President Elect

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Steve Corbett



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

<<First Name>> <<Last Name>>
<<Street Address>>
<<City>> <<State>> <<ZIP>>

Elul - Tishrei

September

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 9:10–10:00 AM Zumba 7:00–9:00 PM Challah Workshop	3 7:56 	4
5 9:30–3:30 PM Camp Ideal Apple Picking 2:30–3:30 PM Rosh Hashanah Shi'Shuk Market	6 Labor Day 7:51 	7 Federation Closed Rosh Hashanah 8:50 	8	9 9:10–10:00 AM Zumba	10 7:45 	11
12	13 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition	14 3:00–4:20 PM FLI Inter. German	15 9:10–10:00 AM Zumba 1:00–1:50 PM FLI Inter. Hebrew 7:36 	16 Federation Closed Yom Kippur	17 7:32 	18
19	20 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition 7:27 	21 Federation Closed 8:25 	22	23 7:00–9:00 PM Fiesta in the Sukkah	24 Sukkot 7:20 	25
26 12:00 - 1:00 PM JFS Sukkot Lunch Sukkot	27 9:30–10:50 AM FLI Computers 1.5 1:00–1:50 PM FLI Mystical Tradition 7:15 	28 Federation Closed Shemini Atzeret 8:12 	29 Simchat Torah	30	1 7:08 	