

OUR COMMUNITY Newsletter

July 2022 | Tammuz - Av 5782



Jewish Federation
OF ST. JOSEPH VALLEY



Jews & Canoes

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Intergenerational Lunch

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Books for Kids

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stay



close

Minute With Moshe

Recently, I've talked about planting seeds. The symbolism is important. Seeds sprout seedlings. Seedlings grow into trees. Trees become forests. And forests form habitat for other life.

Woodlands are strong because thousands of tree roots intertwine and overlap. When a mature tree falls, there are hundreds of others to take its place.

The formation of groups make trees stronger than any individual tree exposed in a field. It's this grouping that nurtures other life in their community, and this is true for our Jewish community as well.

So, for those of you who know why geese fly in formation, forgive me. I want to tell you more about these remarkable birds because so many of God's creatures wouldn't survive the journey without the strength of community.

Geese in flight achieve their goal by working together. The strongest takes the point. The rest fall in perfect formation so that their work is eased by the draft of each bird they follow. The last bird in line, benefits the most. Soon, he or she will rotate into taking the lead.

By working together, geese ensure a long journey – a prosperous one. Without their formation, they'd

land short of their goal where life is less hospitable.

In this issue, I want to thank all of our board members for the hard work they do. Lest we forget, these volunteers give to us the one thing we can never give back – their time. For their wisdom and their hard work, and especially for their time, I am forever grateful.

As the lead, Michael Kirsch, our President is well-deserving of rest. His valuable counsel and support has been critical to the Federation for the past three years.

Now, as we welcome Alon Shemesh as our new President, we emerge from the Pandemic at a pivotal moment in the history of the Federation. It's time that we plan for the future

Yes, the world we live in is more complex and unclear than ever before. But, as we know from Exodus 20:18, "Moses approached the thick cloud (arafel) because that is where God is." The passage tells us not to fear what we cannot fully understand, but to get close to it. For that, is where truth lies.

What is the 'truth' for our local Jewish conversation as we plan for the future? I dare say that the truth means exploring

interdependence as a greater value than independence. There is more we can do together, than we can ever accomplish on our own.

In nature, this observation is a given. Animals form dens, and flocks and packs. Together they are strong. Together they protect and ensure a bright future.

Thus, it's natural for our Jewish community to gather in formation – to ensure a bright future. To nurture and protect.

And much like the two geese who escort an injured bird to a safe place on the ground where he can rest until reuniting with others in the flock, our Federation leaves no one behind. This too, we can be proud of.

So, forgive me this invitation. I need you. We all need you. Please join us in the conversation about a bright and significant future. It's exciting. But we can only make it happen by working together in formation.

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



Moshe Kruger

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JEWES

& Canoes

SUNDAY, JULY 24

\$18 PER ADULT
\$10 PER CHILD

Fee includes picnic lunch!



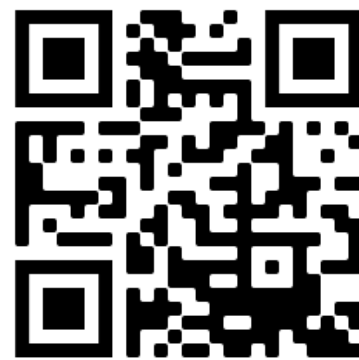
Meet at 9:00 AM

Ferrettie/Baugo Creek County Park
57057 Ash Road
Osceola, IN 46561



Picnic at 11:00 AM

Pack your own lunch or enjoy the
Kosher picnic included in your fee!



**Scan QR code to
register by July 17!**

Visit TheJewishFed.org/Canoes or scan QR code to register and learn more. Kids must be accompanied by a parent or guardian.



Jewish Federation
OF ST. JOSEPH VALLEY

Organized by the NEXTGen Committee, available
to the whole community. Anyone can attend!



B'TZELEM Jewish Family Services

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.

SHIP- Learning How to Navigate Medicare

During our recent Flea Market, I was having a conversation with one of our vendors about Social Security. I asked her what she expected to receive. The response was "About 75% of my average paycheck." When I told her that it was only 40% of the average amount over her working years, she was taken aback. But indeed, that is the case, as printed on the form from the Social Security office.

People often say, "I can't live on my Social Security check. I need more money." Truth is they are correct because the system is not meant to be the sole support. It is expected that one has savings and that this check, to which you paid in, was only meant to be a supplement. What really needs to be done when you are young is to amass enough funds to live out your retirement years with ease. One finance guru suggests that one should invest at least as much money as one pays in taxes. As to what types of investments one should make will depend upon one's risk comfort level and trusted financial advisor.

Speaking of retirement, presently I am training to be a SHIP counselor so that I can help our seniors navigate the Medicare/Medicaid system. There is a lot of information to digest. When you should sign up, what happens if you sign up late, whether or not your present insurance counts towards Medicare credit, parts A,B,D, etc. And that was only the first class! It's definitely a lot to learn, but if you plan

to sign up, know your options! (When I finish this course, if there is interest, I could present a short class explaining the system.)

Personally, my biggest takeaway so far is the importance of educating oneself and learning your options before you celebrate your 65th birthday. It's easy to listen to people tell you of their experiences or what happened to their friends. Or to go to social media and see what people are saying. But when I was in Yeshiva, I learned that going to original sources is the best way to learn, do research, and arrive at a proper understanding of the subject at hand, whether it be Social Security rules or anything else. The more information that one has, the better one will be able to make a decision.

Jewish Family Services (JFS) is a human services agency operating within the Jewish Federation that provides crucial aid and support to the Jewish community. Our mission is to strengthen and preserve life in the Jewish community through every stage of the life cycle. JFS provides a breadth of services and referrals for services we cannot manage, with the goal of helping people in difficult times get back on their own feet.



Rabbi Fred Nebel

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HELP US BE
here for

GOOD

**2022 CAMPAIGN PROGRESS
RAISED:\$307,486 | GOAL:\$380,000**

VISIT THEJEWISHFED.ORG/HEREFORGOOD TO MAKE YOUR DONATION!

My Year at the Federation in Perspective

Last week, I was walking the trails of the woods behind the Federation, helping Dan get ready for camp, when I picked a white head of what was once a dandelion. In Israel, this white-headed flower has been given the nickname 'Saba' [Grandpa], and kids make a wish before they blow on its seeds. This moment of anticipation for the summer made me realize, it has been a year since I began my work here.

We have been here through the summer, the changes of the leaves, the snow and the blossoms – a standard circle for you folks, but a first for me. And even though I am sure it would be a very amusing column if I described the first time I shoveled snow, believe me there was no greater achievements than me not sliding into a street sign on a stormy day – like the Federation's first Date Night.

So how to measure success? What should I write about? Do I start with last year's

camp? Camp Ideal's profit margin? The unheard-of number of kids? Or my personal favorite, the number of kids extending their participation? Should I talk about the ShiShuk project that started at camp and continued throughout the year? About its educational value? Its donations? Or is it the Fall Fest when we ran out of parking spaces? Or maybe the Holocaust Education Speaker's Bureau first year in which we went to schools and gave dozens of presentations? Or the weekly programs that we don't talk about, like BnD (Bagels and Dragons) and Hebrew for adults? This year deserves more than a 400-word article in the OCN, yet all I could come up with is this incomplete, superficial and scattered list.

There is only one question from above that I want to ask myself – How do I measure this years success? I think by traffic. By filling

these, not-that-long-ago, empty walls with the laughter of children and mundane conversations. Reviving our community from the trauma of Covid. Knowing that there is still a lot of work to be done. I think kids make a wish before blowing a white dandelion head in hopes the wind will carry their wish wherever it needs to go. If I were to make a wish, I would have asked that we would never treat community and culture as privileges again. For they are what makes us human.



Shirlee Greenwald
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INTERGENERATIONAL LUNCH

Wednesday, July 27 | 12:00 PM - 1:00 PM



Come share stories & a meal with our
Camp Ideal kiddos! Registration required.

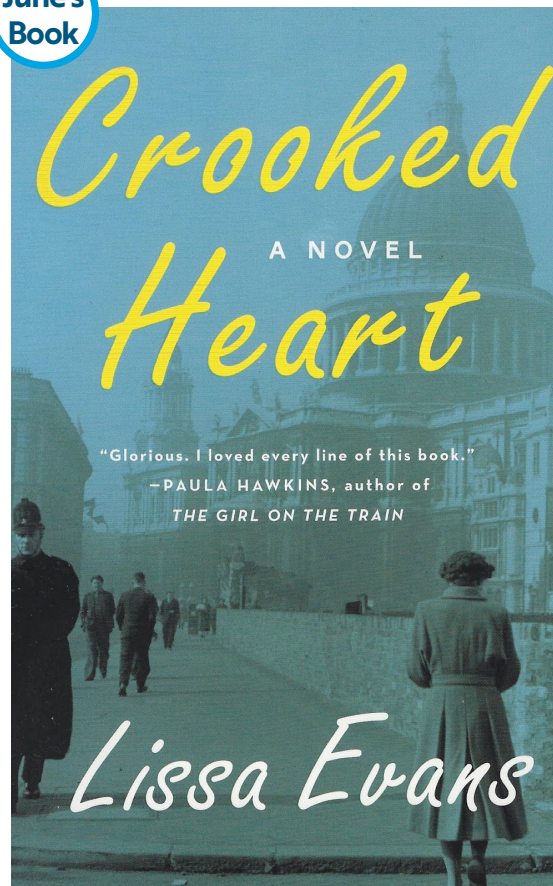
Crooked Heart, by Lissa Evans

No one found fault with the historical accuracies of WWII in Lissa Evans portrayal of a young evacuee and the woman who takes him in. One of our readers succinctly put it that the novel is “about World War II without overwhelming us with its horrors,” and another enjoyed how the metaphors, analogies, and items used in the book were timely for the period. Although some mysteries of the book were left “unresolved,” those were related to the minor characters. Unusual fallout shelters scenes include people sitting in the dark for hours, friends and strangers alike entertaining—one of them taking orders from the others pretending to be a waiter from a restaurant. It made us wonder how long it takes for cultures to become inured to war and life changing radically at any given moment.

“Crooked Hearts” might make a more appropriate title, in the plural, since widespread scamming became a natural way of life in this novel. We all enjoyed the “well-done” characters, and the author’s satirical humor including letters of “advice” sent to Prime Minister Winston Churchill by an elderly woman.

The Federation Book Club meets via Zoom at 4 PM for 1-2 hours on the third Thursday of every month. We choose books of global and/or page-turning interest. We do not meet to promote books written by ourselves or friends.

June's Book



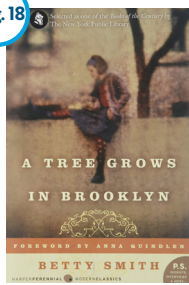
Beth Buechler
Community Contributor

Upcoming Books:

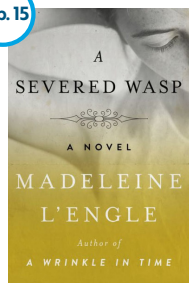
July 21



Aug. 18



Sep. 15



Another Chapter of the CRC's "Books for Kids" Project.

Last month, the Community Relations Committee (CRC) of the Jewish Federation, under the leadership of Chair Barbara Lerman, wrote another chapter in its "Books for Kids" project. Over the past two years, CRC has provided books for a variety of mentoring programs. Thank you Barbara and Dave Lerman for hosting the Riley High School Girls Basketball team, and their coaches and families, in your home. You provided an opportunity to present the team members with copies of Covey's "Seven Habits of Highly Effective Teens" along with an inspiring talk by CRC member Elisheva Lerman on goal setting and running marathons. Our thanks and appreciation to Coach Michael Poole and the opportunity to help support your team. If you would like to help support this ongoing project, please contact Bob Feferman.



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Our Leaders of Tomorrow

Shirlee, my co-worker, and co-lifer, shared her article with me about the past year we have spent working with the Federation and the growth we have seen since. One place of growth that I am proud to write about this month is our youth leadership programs. SaBaBaH has been around since I was a kid, and at 12 members strong, I already see the potential these young people have in our community or any Jewish community they find themselves in one day. Some of these teens are now staff members at Camp Ideal. Another just finished their Eagle Scout project by blazing a new trail in the forest and building benches for the community to enjoy our little slice of nature.

There is another youth initiative in development, and by the time you read this, the members will be a month into their training! Hadracha, meaning leadership in Hebrew, is the name given to our new and improved CIT (Counselor in Training) program at Camp Ideal. It allows for children from 8th to 10th grade to explore their Jewish identity through

action. By learning skills like teamwork, public speaking, time management, and social action, our Hadracha campers will develop their own style of leadership and use it to create positive programming at Camp! They will also be involved in constructing new elements of Camp Ideal for future campers to enjoy!

This summer, we have 74 campers signed up for Camp Ideal. If you have stopped by at one of our Friday ShiShuks this month, you will have seen their smiling faces. They may be playing Gaga or singing the Camp song. They could be the ones selling you your Shabbat Challah or bundling fresh cut flowers for your Shabbos table. But whatever they are doing, they are also building lifelong friendships and discovering their own voice and identity. Leaders are made, not born, and we are putting in the effort to ensure our youth have every chance to grow as individuals and as leaders. Thank you for giving your children this chance, thank you for helping us grow Camp Ideal into “the” place to be this summer, and thank you for your faith that together we can build a better community.



Dan Ravitch

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July Programs

Camp Ideal

Second Session starts July 11!

ShiShuk Market

Fridays in July 3:00 - 4:30 PM

Intergenerational Lunch

July 20, 12:00 - 2:00 PM

Jews & Canoes

July 24, 9:00 - 12:00 PM

Mahjong

Monday & Wednesdays
1:00 - 4:00 PM

Visit TheJewishFed.org/Events to learn more or RSVP!

Join us for a **SOUTH BEND CUBS** game

Tuesday, August 16
Kosher buffet begins at 6:30pm
Game starts at 7:05pm



Scan to register
or visit TheJewishFed.org/Cubs



Event for young adults and their families

\$25 Adults

\$18 Children

Includes ticket, hat and kosher buffet
with reserved tables in the picnic garden

TheJewishFed.org/Cubs



Jewish Studies at Notre Dame

An Interview with Professor Abraham Winitzer

Living next to the University of Notre Dame, we often take for granted the many amazing academic resources it provides, not only for its students, but for the wider Michiana community. Yet, how many of us knew that amongst the faculty of this very Catholic academic institution are not one or two, but three professors offering courses in Jewish studies in the Department of Theology?

Many of us have fond memories of the late Rabbi Michael Signer (Z"l) who served as Professor of Jewish Thought and Culture at Notre Dame from 1992 until 2009. Thanks to Rabbi Signer's important legacy, Jewish Studies continues to flourish at Notre Dame.

That's why it was my pleasure to have an eye-opening conversation with Dr. Abraham Winitzer, Jordan H. Kapson Associate Professor of Jewish Studies at the University of Notre Dame. He is a member of the Department of Theology.

Professor Winitzer, or Avi as he likes to be called, specializes in ancient Near Eastern languages (primarily Akkadian, Aramaic, and Hebrew). According to the biography on his webpage, "...his interests deal broadly with the cultural and intellectual history of the ancient Near East, and the place of these branches of history in the literature from this region."

Born and raised in Haifa, Israel, Winitzer came to America as a teenager. He completed his B.A. and two Masters Degrees at Brandeis University and then went on to Harvard where he completed another MA and a Ph.D. in Near Eastern Languages and Civilizations, in Assyriology, or the study of Ancient Mesopotamia.

At Notre Dame, Professor Winitzer teaches courses at the undergraduate level, including an Introduction to Biblical Hebrew and advanced classes including Modern Academic Hebrew.

At the graduate level, Winitzer teaches a Hebrew Bible Seminar and courses on Myth and Mythology, and Science and Philosophy in the Ancient Near East, the Intellectual History of the Ancient Near East and the History of Science and Philosophy in the Ancient Near East.

His Jewish Studies colleagues in the Department of Theology are Professor Jeremy Brown and Professor Tzvi Novick. Winitzer says of Brown and Novick, "They are two of the best in the nation in their respective fields."

Novick specializes in the Second Temple and Rabbinic Judaism. Brown focuses on Medieval Judaism, Kabbalah and Maimonides.

As a member of the Faculty of Theology at Notre Dame,

Winitzer explained that although there are three professors who are considered to be part of the Jewish studies course offerings of the Department of Theology, Notre Dame does not offer a separate major or minor degree in Jewish Studies.

Nevertheless, the course offerings of the three professors certainly provide both undergrad and graduate students with important intellectual background that promotes understanding of Judaism and helps them to understand the connections between Christianity and Judaism.

The Jewish Studies course offerings are credit to the character of the University of Notre Dame. While it is certainly a very Catholic university, Notre Dame also promotes understanding of other religions, especially Judaism. As Professor Winitzer said, "He feels incredibly welcome at Notre Dame".

In the future, our Federation looks forward to providing our Michiana Jewish community with opportunities to learn from these three eminent scholars.



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CHUMMUS!

From Our Community Table



This month I am writing about something controversial. (How's that for an opening sentence?) If you are wondering how a recipe column can be controversial, just bear with me and you will see. This month's featured recipe is an amazing recipe for chummus.

The first thing we may argue about is the spelling and pronunciation of the name of the dish. I spell it "chummus" and pronounce it with a guttural "ch" sound. This is how I was raised to say it. This is how it would be referred to in Israel and the rest of the Middle East. In your typical American grocery store you can find "hummus" without the "c" in the beginning. This makes sense because your typical American can't pronounce a guttural "ch" sound. So, it may be a bit controversial. I think we just need to say that both names are acceptable.

Since chummus has become so popular there are always new flavor options popping up. I am kind of a purist as far as chummus goes. I will admit to enjoying a good roasted garlic chummus or one that has a lot of lemon. Aside from that, I am perfectly happy staying with the plain version. Dare we venture into the controversial territory of some of the specialty flavors like chocolate or pumpkin spice? I think not. I have not and do not plan on ever purchasing those. And, yes, I kind of view those flavor options as being a travesty. But, if you like them we can

agree to disagree. You go on eating your chocolate chummus while I gag and look the other way.

In all seriousness, though, there is nothing like good homemade chummus. As is the case with most foods, the best versions come from our own kitchens. And, the recipe below is the best chummus recipe that I've ever had. I got this recipe many years ago from Dena Gewirtz. When I make it my family gets very excited. The recipe makes a lot of chummus. But, I find that it is so well liked that it doesn't last any longer than a smaller, store bought container.

Notes: I have probably used more garlic than the recipe calls for. We really like garlic. Also, don't skimp on the olive oil. There is a lot of oil in chummus. But, if you use less the chummus will not taste as good. I've tried other recipes with less oil and I truly think that this is the crucial difference between chummus that is average and chummus that is amazing. Finally, prepared techina is not a product that can easily be found in any grocery store. But, it is a fairly common product in kosher specialty stores. The cans of techina that some stores carry are not the same thing. That is not "prepared" or ready to use.

Deena Abraham
Community Contributor

INGREDIENTS

From the recipe files of Dena Gewirtz
1 (28 oz.) can chickpeas
3 garlic cloves, minced
2/3 c. olive oil
1 (7 oz.) container prepared techina
2 Tbsp. lemon juice
1 tsp. salt
¼ tsp. pepper
1 tsp. cumin
½ tsp. paprika

INSTRUCTIONS

Drain the chickpeas. Rinse them and drain again. Combine all ingredients and puree in a food processor, using the knife blade, until well blended. Refrigerate. This recipe yields one quart of chummus.

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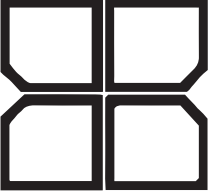
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The Federation is Pleased to Welcome This New Shul to Our Community!



The Liberal Jewish Fellowship
Serious Progressive Judaism for Serious Progressive Jews

July 9 at 10:45 AM
July 23 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

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In Memory of:

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In Honor of:

Lorraine Davis' birthday

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.



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

Tammuz - Av
July

Visit 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
Camp Ideal In Session						
3	4	5 9:15–10:00 AM Women's Zumba	6 9:15–10:00 AM Women's Zumba 1:00–4:00 PM Mahjong 6:30–7:30 PM Bagels & Dragons	7 9:15–10:00 AM Women's Zumba	8	9
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24 9:00–12:00 PM Jews & Canoes 9:15–10:00 AM Women's Zumba	25 1:00–4:00 PM Mahjong 9:15–10:00 AM Women's Zumba	26 9:15–10:00 AM Women's Zumba	27 9:15–10:00 AM Women's Zumba 12:00–2:00 PM Inter-Gen Lunch 1:00–4:00 PM Mahjong 6:30–7:30 PM Bagels & Dragons	28 9:15–10:00 AM Women's Zumba	29 3:00–4:30 AM ShiShuk Market	30
31 9:15–10:00 AM Women's Zumba	Camp Ideal In Session					