

OUR COMMUNITY Newsletter

February 2022 | Shevat - Adar 5782



Jewish Federation
OF ST. JOSEPH VALLEY

Winter Camp Highlights:



Building Bridges and Making Forts



Claynuage with Guest Instructor Hinda



Tel Aviv Dance Party



Selling Challah at Shi'Shuk Market



SaBaBaH Teen Sledding

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Kosher Date Night

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SlidingDors & the Second Generation

pg. 6

Minute With Moshe

Innovation – A Team Sport

Innovation means different things to different people. As a community-based, mission-driven organization, the Federation's mindset for innovation is to create something new or different that delivers value to our world and community. Our key criteria: we are not innovating if we are not bettering the lives of our community members.

How do we ignite innovation to benefit our community? I like to think of innovation as a team sport. My definition of team sport is getting more community members engaged. Studies show diverse perspectives help organizations come up with winning innovations.

Often, what proves to be the most challenging part of my conversations with community members is coaxing the innovative talent from those who self-identify as "not creative." Most of the

time, it's not that we are not creative; it's that those particular muscles haven't been exercised.

Many readers may agree, the last substantial innovation involving our community was over 20 years ago when we broke ground for the Federation's community center. It's not surprising that we're a bit out of shape.

For our part, your Fed Team is working hard to up our game. Over the last two years, during the tumult of the pandemic, we've been training for change. Our robust regimen included working through how we organize, solve problems, and re-imagining just about everything. When we look in the mirror, the results look pretty good – but there's still lots of room for improvement.

So, let's make a New Year resolution to get in shape and flex our innovative muscles. We're

offering "team workouts" in a series of Zoom meetings on Monday evenings, and we hope you will consider attending one or more of them. [Please join me in one or more Zoom town-halls I'll be hosting on Monday evenings, February 7, 14, 21, 28, at 6:30 PM.](#)

Do you prefer a solo workout? We've got you covered. Call or e-mail me and I will be delighted to hear your thoughts and brainstorm as to how we can better serve individuals, families, and institutions in our Jewish community.

Let's stretch our civic muscles. Together we can up our game. Everyone wins!



Moshe Kruger

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★ COMING SOON ★



12th ANNUAL MICHIANA
JEWISH FILM FESTIVAL

Join us May 9 - 12!

TheJewishFed.org/FilmFest



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Caring Connections

What is Jewish Family Services?

JFS is here to help families with a variety of needs to further their health and wellness. We offer a Virtual Food Pantry, providing groceries and gas to families who qualify for assistance. JFS also offers transportation to health appointments and shopping for those who do not drive. We do wellness checks for seniors, and we offer seniors assistance with errands. Some difficulties may be assisted by lifestyle coaching and problem-solving, while most will be assisted through referral to outside agencies.

The C-word

There are several words that qualify as the C-word, especially now that we are dealing with Covid. But for me, it mainly stands for Cancer. I remember very vividly when I learned the first time that a loved one had it. I know exactly where I was, and the date is burned into my brain, back in January of 1999. This memory is sharp because this news is traumatizing.

What is cancer? There are more than 100 different diseases that collectively are called cancer. It's a disease of abnormal cells growing and dividing more than they should, while destroying healthy tissue. Many of these diseases have treatments and cures. Here is a list from the Mayo Clinic of signs and symptoms to notice:

- Fatigue
- Lump or area of thickening that can be felt under the skin
- Weight changes, including unintended loss or gain
- Skin changes, such as yellowing, darkening or redness of the skin, sores that won't heal, or changes to existing moles
- Changes in bowel or bladder habits
- Persistent cough or trouble breathing
- Difficulty swallowing
- Hoarseness
- Persistent indigestion or discomfort after eating
- Persistent, unexplained muscle or joint pain
- Persistent, unexplained fevers or night sweats
- Unexplained bleeding or bruising

February is National Cancer Awareness month. It is a suitable time to become aware of your



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own risk factors. Age, genetics, history of tobacco use, alcohol use, obesity and environment all play a role. There is nothing we can do about age, but it does help to be aware of genetics and family history. Those of us who are of Ashkenazic descent are at greater risk for several cancer types, including pancreatic, ovarian, colorectal cancers, and melanoma. One in forty Ashkenazic women will have a genetic mutation in the genes responsible for breast cancer. (In the general population, it's one in 400.) If you know you have this mutation, you can take preventive action. I recently used J-Screen to find out my genetic risk, and as a result, I'm following a more frequent protocol for colonoscopies. Women with average risk should start annual mammography at age 40, according to the American Cancer Society.

When you find yourself or a family member with a cancer diagnosis, be aware of the resources available. The American Cancer Society offers practical help and support, along with the following Jewish organizations:

J Screen – offers genetic testing for cancers with high Jewish prevalence.

Chai 4 Ever - offers support to families when the parent receives a diagnosis of illness.

Sharsharet - offers support for Breast Cancer and Ovarian Cancers. There is support for caregivers as well as patients. They even offer art therapy.

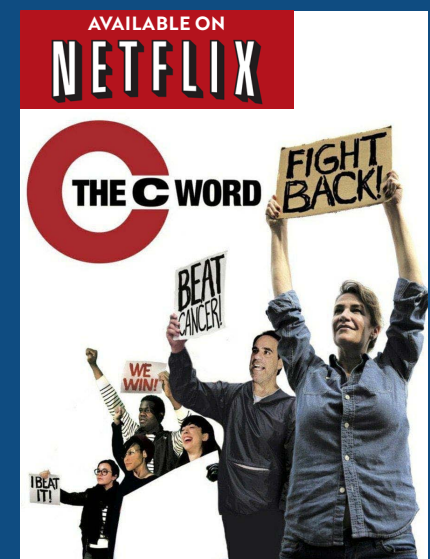
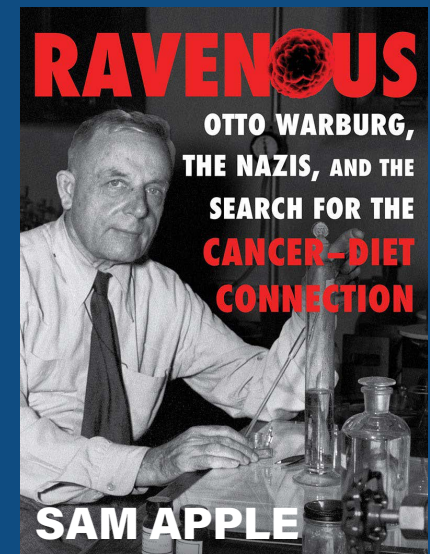
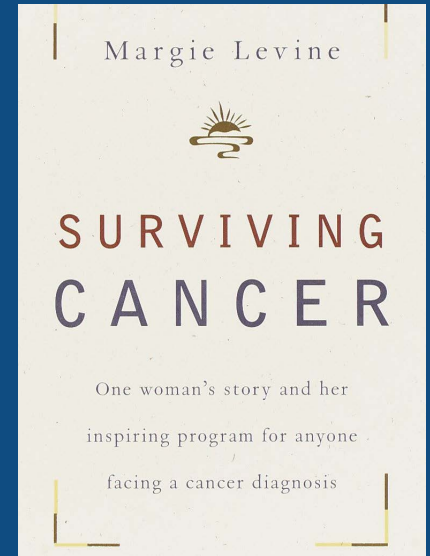
Survivornet - offers information that is fully vetted by experts.

A Local Rabbi - for community support and prayers for healing.

People who experience a cancer journey, whether as a patient or as a person who loves a patient, will have anxiety. Most will emerge victorious, earning the title of Survivor. It may not come with a million dollars, but it is more precious than money.



B'TZELEM
Jewish Family Services
Recommends



What Makes an Educator?!

What makes an educator? An argument could be made that anyone can be an educator, or implying that anyone could be an educator, or that if one approaches a situation with the intention of teaching, then they are an educator. A more important question then would be what makes an educator successful? How do we gauge the success of an educator? I spent much of my time at Hebrew University trying to answer this question. Examples were varied and numerous.



Winter Campers take a trip to Saint Patrick's County Park

First and foremost, I found it important for teachers to know their students. Not just their name, but how they learn and what their strengths and weaknesses are. Yochanan Ben-Zachai had this quality, and it is seen best in "Mishna Avot," where he described his students individually and thoroughly. Another set of examples I discovered was that of Plotinus. This philosopher of Neoplatonism was skilled in many professions, and played the part of accountant, politician, teacher, and

father to orphans. I believe that having proficiency in many subjects is the only way a teacher can be successful. Also, Plotinus was described by his students as knowing how to focus on the subject he was teaching. This quality is key to proper education in an era where distractions are extensive.

Vast knowledge, focus, and connection to one's students are all necessary. One final example to bring this all together fits well with the holiday Tu B'Shevat, which we recently celebrated:

"When he had brought us to a proper frame of mind and prepared us well to accept the words of truth, only then, as into soft, well-tilled soil, ready to push forth what would come from the seeds, he began to plant lavishly"
—Satran, 2018

Origen, the great scholar of Alexandria, had a teaching style described here as first focusing on philosophy and only then teaching religion. This is where I found my inspiration to educate. It all made sense to me. In an informal education setting such as Jewish summer camp, having the proper opening to an activity is what provided me as a camper the ability to open my mind to what I was about to learn.

February Programs

SaBaBaH Sledding (Grades 8 - 12)
February 6, 12-4:00 PM

Virtual Fall Prevention Lunch "N" Learn
February 10, 12-1:00 PM

PJ Library Activity
February 13, 12-1:00 PM

Date Night
February 17, 7-9:00 PM

Youth Sledding (Grades K - 7)
February 20, 2-3:30 PM

The SaBaBaH program we have been working on, the youth programs we run, everything begins with proper preparation, determination, and focus. Only then can the success of our programs be ensured. Though it will not be me who gauges my success, and time will only tell, I believe we have a greater chance of success in educating the future of our Jewish community.



Dan Ravitch

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SABABAH SLEDDING & SACHLAV

FEBRUARY 6, 10:00 TO 4:00 PM

Drop your 8-12 graders off at the Federation at 10:00 AM for a sledding trip to the Jewish Federation of Northwestern Indiana. \$5 covers trip & sachlav!

Visit TheJewishFed.org/Events to register!

*Sachlav is a warm winter drink popular in Israel.

Preparing the Next Generation of Community Leaders

A lifetime ago, during the selection process for the military boarding school of command in Haifa, I was required to draw a dot in a circle. The circle represented my class, and the dot represented me.

Fifteen years later, I still ask this question in every social group I find myself in, wondering what is my place in this group? Am I in the center? The margins? In between?

I consider myself lucky to have been a part of an institution that strives to shape the minds of future leaders by confronting them with questions like these, where the goal was not to lead you to a certain answer – but to encourage you to keep questioning. Thus, throughout my humble experience being in positions of leadership, I noticed how much those tools helped me lead like a person I would have wanted to follow. That being said, I am not sure if the

people I oversaw will unanimously agree with this statement.

When Dan and I were asked to lead Camp Ideal last summer, we had no doubt that we wanted to use it as a platform for youth leadership, targeting the Counselor-In-Training (CIT) program. Even though

“The function of leadership is to produce more leaders, not more followers” -Ralph Nader

the program itself did not come to be, the seeds were planted, and by Winter Camp we had a nice group to coach. We decided to call them by the Hebrew name of “Hadracha” which roughly translates to “instruction,” a term that holds the responsibility and power they are given (feel free to recite the Spiderman quote).

The program was conducted on three levels. The first level focused

on group dynamic and occurred during an hour away from the rest of camp. The second level was to establish their role amongst campers, and the third was focused on building technical skills, like how to plan an activity. With a lot of room to make mistakes, and support from our five counselors, I am more than proud that

all of my CITs felt like they had gone through a process, in as little as five days.

With a successful Beta test behind us, I look forward to the summer, to continue the program. In the meanwhile, Dan and I will create more youth leadership programs (SaBaBaH – I’m looking at you!).



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KOSHER DATE NIGHT

Thursday, February 17 at 7:00 PM
\$40 per couple

Three course meal & two drink tickets
*Reserve a table for two. Space is limited to the first 15 couples visit **TheJewishFed.org/Events** or call **574-233-1164** to purchase tickets.*



**Both parve & dairy options available*



SlidingDors Reflections:

"This group has been instrumental in pulling 2nd generations (2G) together to share our past experiences as 2Gs. We do share life experiences that are more common to children of survivors. I am always open to learning more and this group has been well worth my time."

—Karen Perna

"My experience of being a 2G had been mostly and unfortunately negative and tragic. I had often thought the Nazi's depravity was the darkest of storm clouds hovering over my family of origin's home. I did my best to compartmentalize how much the Holocaust was still affecting my life. The programs associated with SlidingDors to include Classrooms Without Borders and other Holocaust programs has given me another perspective, a more hopeful & positive personal outlook and attitude about being a 2G. Knowing others who shared this experience with the similarities & differences has enabled me to revisit Holocaust studies with a renewed interest."

—Michelle Eli

"Participating in SlidingDors and the South Bend 2G group has connected me with 2Gs Internationally and locally. Some of us have similar experiences and others learned many years later of their parent's backgrounds. We all shared the trickle down of our parent's challenges adapting to life as a survivor. Often the guilt of being spared. As a group we peeled back the layers and made discoveries about ourselves. Growing up and even now in adulthood, I have known very few children of survivors. We have bonded in our uniqueness. Thank you to Cristyne for partnering with me. She has been a pleasure to work with and the success of our local group would not have been possible without her."

—Elli Price

"SlidingDors allows a 2nd generation child of a Holocaust escapee to honor their never to be forgotten journey."

—Terry Tulchinsky



SlidingDors: A Meaningful Connection for the Second Generation

If you wonder what the Partnership2gether (P2G) program with Western Galilee means for our community, there are many great examples that we have seen over the years. We have hosted visitors and delegations, and many of our community members have visited Western Galilee. Lasting friendships have been created and P2G has become a tangible expression of Jewish people-hood. One shining example that has gone unnoticed is a unique program called, "SlidingDors."



According to the backgrounder, "SlidingDors connects US, Hungarian and Israeli second-generation Holocaust survivors to discuss and share their unique Jewish identity in their own communities and with other P2G communities."

South Bend is one of 14 participating American communities, joined by chapters in Budapest and the Western Galilee. Altogether, there are more than 115 participants internationally.

Here in our community, the program is co-chaired by Cristyne Porile and Elli Price. It includes nine other second-generation children of Holocaust survivors. The group holds monthly meetings and connects with other P2G communities, both here in the U.S., Hungary, and Israel, with bi-monthly meetings.

Cristyne said, "This project came to us through the Jewish Agency's Partnership program. We reviewed it and thought that it might be of interest for our local 2G community. And it really has been wonderful. This program has provided meaningful friendships and connections for our second generation (2G's) Holocaust survivors."

Although Cristyne is not a child of survivors, she learned a lot about what it means to be a second-generation survivor through developing this program with her co-chair, Elli. The concept of intergenerational trauma was new to her as were the large numbers of thought processes and life experiences, all but invisible to those of us who are not 2G, but all widely known and immediately recognized by this group.

Elli Price is the daughter of survivors. She wrote, "Participating in SlidingDors and the South Bend 2G group has connected me with 2G's internationally and locally. Some of us have similar experiences and others learned many years later of their parent's backgrounds. We all shared the trickle down of our parent's challenges adapting to life as a survivor."

The group receives invaluable guidance and support from the Partnership2gether staff in the US, Hungary, and Israel. Guiding questions for meetings were developed in close collaboration between facilitators in all the communities. The focus of one session was based on the question: "Look at this list of different, significant moments of your lives and pick one which was influenced by the fact that you are a second generation."

The name of the program, "Sliding Dors," is an intentional riff of a movie of a similar name. The creators cleverly used the sound of the word "Dor", to symbolize a literal "door" or pathway in its English meaning while blurring it with its Hebrew meaning, that of "generation(s)".

The concept was to not only connect 2G's locally and from around the world in a meaningful way, which all by itself would have been worth it, but to additionally learn if there were any significant differences in the 2G experience based on which "door" the family walked through, which would be present due to the international component.

After the war, did the survivor return to his or her original home; did he or she travel to America, or did that person make their new life in Israel? What would the similarities and differences look like in the experiences of these future generations (the Dors) depending on the choice of door?

After completing its first year, SlidingDors is happy to announce that it will be beginning its second year of meetings and explorations, both local and international.

SlidingDors is a great example of how a grass roots effort carried out by volunteers in our community can become reality. Our community and the participants owe our thanks and sincere appreciation to Cristyne Porile and Elli Price for their time and effort in facilitating this amazing program.

If you are interested in joining this program please email Bob Feferman at RFeferman@TheJewishFed.org!



Bob Feferman

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Billy Summers by Stephen King

Not everyone reads horror, so the Federation Book Club agreed to read Stephen King's Billy Summers—one of his crime novels. Billy Summers is at least as much about the redemptive qualities of the writing process as it is about crime. Our non-readers of Stephen King (all but me) were shocked at their enjoyment of the novel including its aspects of plot and character development, memoir-within-the-novel, authenticity of war scenes, and at the speed at which they read through a 514-page book.

They said, "I loved it, didn't want it to end," "King makes us like this guy we're not supposed to like, made us sympathetic," "Billy Summers shows the good/bad, yin/yang residing in one person," "Complex character, redemptive relationship," and so on.

I enjoyed reminding them that Stephen King wrote the novella, Rita Hayworth and the Shawshank Redemption, on which the 1994 film, "The Shawshank Redemption," is based.

No, Stephen King is not all "gruesome, macabre, weird, Halloween," as one of our readers had expected. Though, he successfully entertains millions with his horror. In Danse Macabre, he clearly explains why people enjoy scary books. His book, On Writing, is mainly autobiographical, a candid version of his own story and points on the craft of writing. His instruction is equally as unforgettable as his characters.

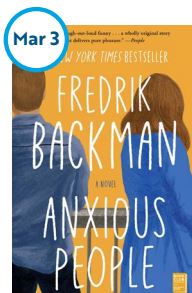
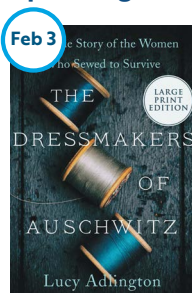
Read Billy Summers and you'll never forget the title character, Alice Maxwell, or their friend Bucky.



Beth Buechler

Community Contributor

Upcoming Books:





BEATTY'S CHOCOLATE CAKE

From Our Community Table

Greetings, dear readers! Last December, for the first time in a long time, all the members of my immediate family were in the same town, on the same day, at the same time as my sister's birthday. As any good family would, we have time honored traditions to celebrate our birthday girl. We call her. We sing to her. And our mother inevitably buys my favorite birthday cake for my sister's birthday because she "could have sworn my sister was the one who liked the strawberry cream cake" (my sister hates the strawberry cream cake). It has always been and shall always be the chocolate she prefers.

This past December, as we joyfully assembled at our parent's house for my sister's "day," we broke with tradition and had a chocolate cake. Chocolate cupcakes, to be precise, decadently crowned with chocolate buttercream and made with the greatest of care for the sister I adore.

There we all were, lovingly gazing at the birthday girl as her moment arrived. The birthday song was sung, the candles wished upon, and then, things got interesting. As I was enjoying my cupcake and the company of my family, the birthday girl was busy chopping her cupcake in half and proceeding to eat it "sandwich style" with the bottom half of the cupcake inelegantly smashed over the carefully iced top. How is it that though she grows older, her manners remain the same? With impassioned zeal, she explained that this is how "everybody" eats their cupcakes

these days. Fingers flying to prove her point, my sister googled cupcake eating methods – and found, according to wikiHow, at least four. The first method, called "traditional", recommends eating the cupcake as is. Method two, "our birthday special", instructs one to break or cut the cupcake in half and "sandwich" the frosting in the center by flipping the now removed bottom over the top. Method three employs the use of a fork or spoon, while method four recommends the addition of jams and spreads as accompaniment. While we all agreed that methods one and three were most acceptable, we were a family divided when it came to methods two and four. Never one to live a life unexamined, my youngest daughter sprang from the table to rummage through my parent's refrigerator (not an adventure for the faint of heart) and returned with a wild forest fruit jam. To the delight of some and the mild annoyance of others, we each tasted our chocolate cupcakes with the fruit jam and discovered... it was delicious. And in a most ironic turn of events, we had somehow managed to turn my sister's birthday cake into a fruity delight after all. Old traditions die hard.

From the Book:
Barefoot Contessa At Home

Cristyne Porile
Community Contributor

FOR THE CAKE

1¾ cups all-purpose flour
2 cups sugar
¾ cups good cocoa powder, such as Valrhona
2 teaspoons baking soda
1 teaspoon baking powder
1 teaspoon kosher salt
1 cup buttermilk, shaken
½ cup vegetable oil
2 extra-large eggs, at room temperature
1 teaspoon pure vanilla extract
1 cup freshly brewed hot coffee
Chocolate Buttercream Frosting (below)

INSTRUCTIONS

Preheat the oven to 350 °F. Butter two 8-inch round cake pans (for cupcakes, see note). Line with parchment paper, then butter and flour the pans.

Sift the flour, sugar, cocoa, baking soda, baking powder, and salt into the bowl of an electric mixer fitted with the paddle attachment and mix on low speed until combined. In another bowl, combine the buttermilk, oil, eggs, and vanilla. With the mixer on low speed, slowly add the wet ingredients to the dry ones. With mixer still on low, add the coffee and stir just to combine, scraping the bottom of the bowl with a rubber spatula. Pour the batter evenly into the prepared pans and bake for 35 to 40 minutes, until a cake tester comes out clean. Cool in the pans for 30 minutes, then turn them out onto a cooling rack and cool completely. (Not to worry; the top will sink a little in the center.)

Place one layer, flat side up, on a flat plate or cake pedestal. With a knife or offset spatula, spread a thin layer of buttercream on the top only. Place the second layer on top, flat side up, and spread the frosting evenly first on the sides and then on the top of the cake. Cut in wedges and serve at room temperature.

Note: For cupcakes, reduce bake time to 25-30 minutes.

CHOCOLATE BUTTERCREAM

6 ounces good semisweet chocolate—but not standard chocolate chips (see note)
½ pound (2 sticks) unsalted butter, at room temperature
1 extra-large egg yolk, at room temperature
1 teaspoon pure vanilla extract
1¼ cups sifted confectioners' sugar
1 tablespoon instant coffee granules, such as Nescafe

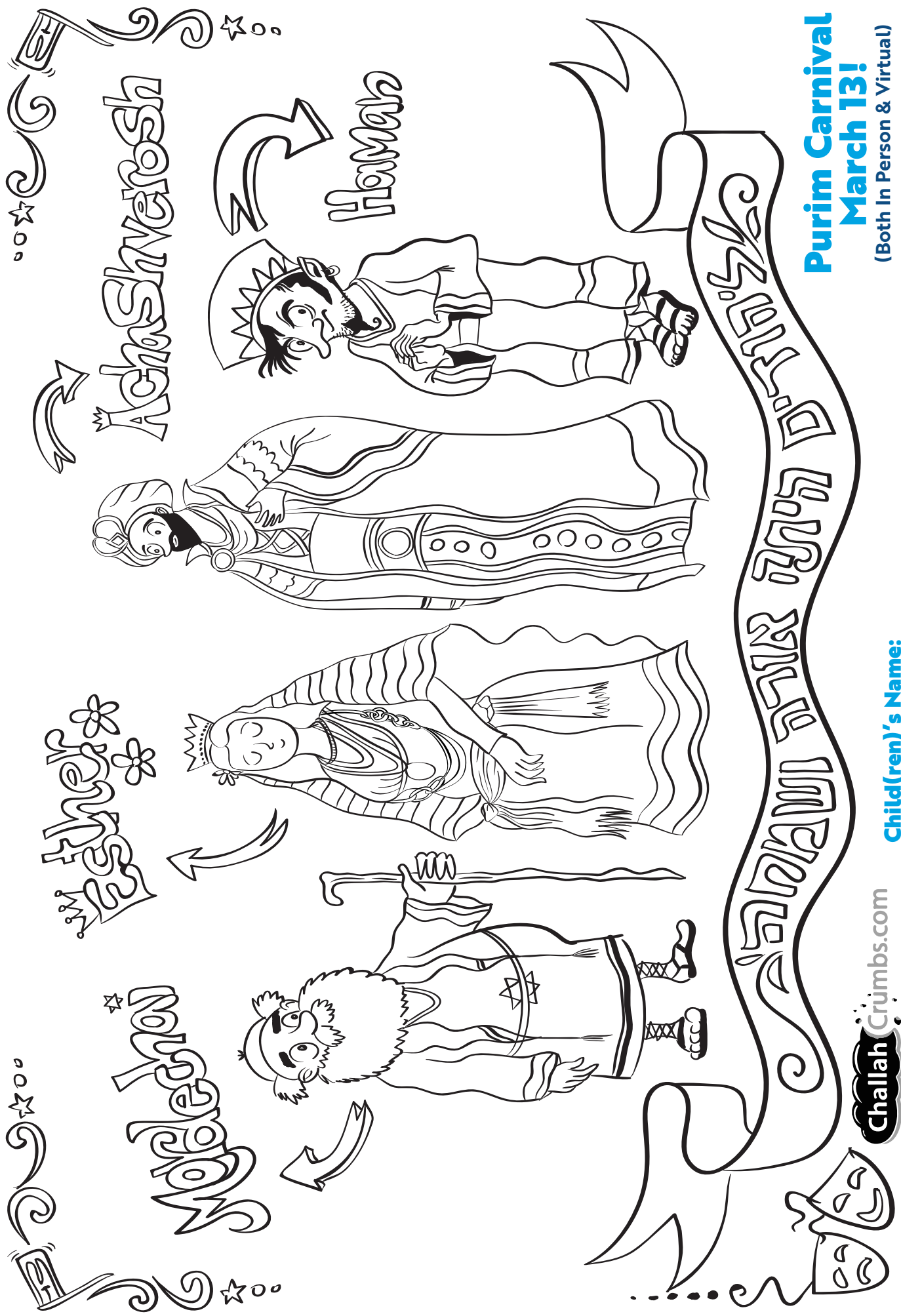
INSTRUCTIONS

Chop the chocolate and place it in a heatproof bowl over a pan over simmering water. Stir until just melted and set aside until cooled to room temperature.

Beat the butter in the bowl of an electric mixer fitted with the paddle attachment on medium-high speed until light yellow and fluffy, about 3 minutes. Add the egg yolk and vanilla and continue beating for 3 minutes. Turn the mixer to low, gradually add the confectioners' sugar, then beat at medium speed, scraping down the bowl as necessary, until smooth and creamy. Dissolve the coffee in 2 teaspoons of the hottest tap water. On low speed, add the chocolate and coffee to the butter mixture and mix until blended. Don't whip! Spread immediately on the cooled cake.

Note: I use Valrhona Le Noir 56% Cacao Semisweet Chocolate. You can also use a good bittersweet chocolate but don't use chocolate chips because they have stabilizers in them and won't melt or blend as well in the frosting.

Coloring Contest: Color and mail to 3202 Shalom Way, South Bend, IN 46615 or email Feedback@TheJewishFed.org before February 28 for the chance to win a PJ Library Purim prize pack and a \$25 gift card!



**Purim Carnival
March 13!**

(Both In Person & Virtual!)

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*Please join us for our inaugural service, Shabat Pesah, April 16, 2022, at 10:45 a.m.
Brunch will follow at noon.*

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- No suits and ties
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Helping the Stranger is in our DNA

The Torah repeatedly instructs us to tell our children about the Exodus. The story resides firmly at the core of our Jewish identity. We must teach them to know what it feels like to be a stranger; this is essential part of who we are and forms the basis of our moral obligation today. [Click here to donate today!](#)

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Shevat - Adar

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:30–7:00 PM Adult Hebrew 8:00 PM Midwest Torah Cen. Transformative Enlightenment Years of Europe, 1650-1914	2	3	4	5
6 9:15–10:00 AM Women's Zumba 10:00–4:00 PM SaBaBaH Sledding	7 6:00–7:30 PM Cub Scouts 7:00–9:00 PM D&D: Jews & Dragons	8 5:30–7:00 PM Adult Hebrew	9	10 12:00–1:00 PM Virtual: Lunch "N" Learn: Fall Prevention	11	12
13 12:00–1:00 PM Virtual PJ Library: Ahava (Love)	14 6:00–7:30 PM Cub Scouts 7:00–9:00 PM D&D: Jews & Dragons	15 5:30–7:00 PM Adult Hebrew 8:00 PM Midwest Torah Cen. Transformative Enlightenment Years of Europe, 1650-1914	16	17 7:00–9:00 PM Date Night at the Federation 	18	19
20 9:15–10:00 AM Women's Zumba 2:00–3:30 PM Youth Sledding	21 7:00–9:00 PM D&D: Jews & Dragons	22 9:15–10:00 AM Women's Zumba 5:30–7:00 PM Adult Hebrew	23	24 9:15–10:00 AM Women's Zumba	25	26
27	28 6:00–7:30 PM Cub Scouts	<div style="background-color: #0056b3; color: white; padding: 10px;"> <h2>Save The Date:</h2> <ul style="list-style-type: none"> Purim Carnival, March 13 Yom Hashoah, April 28 Yom Haatzmaut, May 1 Film Festival, May 9 - 12 Camp Ideal, June 13 - July 29 Jews & Canoes, July 17 Fall Festival (Proposed), September 18 Menorah Lighting, December 18 Winter Camp, December 26 - 30 </div>				

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