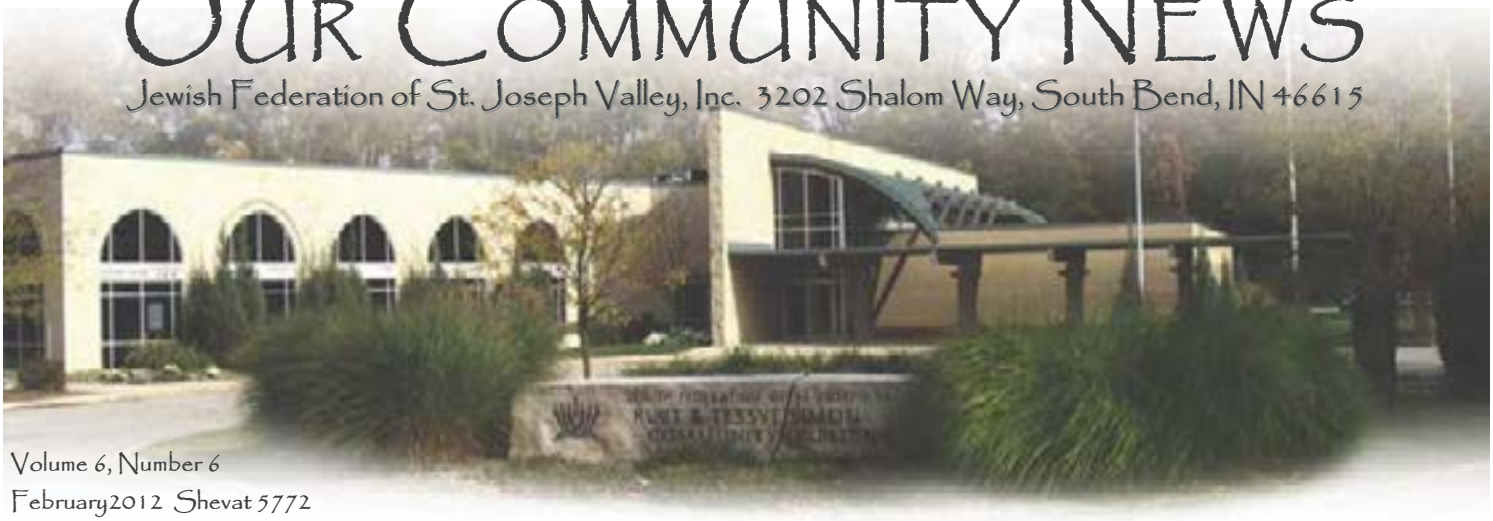
Our Community News

Jewish Federation of St. Joseph Valley, Inc. 3202 Shalom Way, South Bend, IN 46615

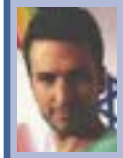


Volume 6, Number 6
February2012 Shevat 5772

Israeli soldiers to speak in South Bend on February 26

In communities across the U.S., **StandWithUs** presents a program in which young IDF soldiers share their points of view and build bridges. Two soldiers will be visiting us in South Bend on **Sunday, February 26** to share their stories. (*See Page 12 for locations.*)

Itzik Yushuvaev. Itzik is an alumnus of The StandWithUs Fellowship of 2009 at Bar Ilan University During his studies at Bar Ilan he was active in the Student Union ,took part in debate, and was a part of the European Students Union, representing Israel. He has a BA in Political Science and Communications. Working on his MBA at Bar Ilan, he is currently the head social involvement at the National Union of Israeli Students. Itzik served in the IDF 92nd Battalion of the Shimshon unit and served during the second Intifada.



Jossi Herzog. Jossi is currently pursuing a LLB Law degree at Tel Aviv University and has been involved in various missions representing Israel and dealing with Israel Education including serving as the LGBT contact at the Israeli consulate in Los Angeles, speaking on behalf of StandWithUs and being active in the student body at Lester University in the UK. Jossi served in the CoGat Unit of the IDF.

Help us close the 2012 Campaign on February 15!

The 2012 Federation Annual Campaign will be history on February 15, 2012. Ron Cohen and Linda Mintz are determined to set the precedent of an early campaign closing date so the Federation staff can concentrate on its other important programs and services. Federation Treasurer Mara Boettcher is all for the early closing date so that the budgeting process can proceed in a timely fashion. "We often started a new year without a budget in place because of a lingering campaign closing. "

As we go to press at the end of January, 2012, our Campaign total stands at **$508,387.** An impressive number but still quite shy of our goal of $600,000. An alphabetical list of donors may be found on pages 8-9. If your name is missing, we haven't received your pledge or you have asked to be listed as an anony-

*Please turn to **Campaign** on Page 8*

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Jewish Federation of St. Joseph Valley
3202 Shalom Way
South Bend, IN 46615
Phone: 574-233-1164
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Our Community News is published monthly by the Jewish Federation of St. Joseph Valley for the Jewish community in Michiana.

Chai Lights: Around and About the Community

Babies.

Welcome Margaret Sylvia (Maggie), born to Laura (Pippenger) and David Pflum. Mazel tov to grandparents Charlene and Gary Pippenger!

Mazel tov to grandparents Carol and Craig Kapson as they welcome Parker Brihm, son of Heather and David Kapson.

Congratulations to Sheila (Lerman) and Moe Glenner who welcomed a baby girl, Eliana Penina. Mazel tov to grandparents Barbara and David Lerman.

Chaya and Aaron Segal proudly welcome Ariel Baruch. Mazel tov to the whole family!

Wedding.

Colin Pier and Joshua Silver were married at Sinai Synagogue on Sunday, January 15. Mazel tov to the entire Pier and Silver families!

Bar Mitzvahs.

Mazel Tov to Ben Siroka and his parents Rabbi Eric and Debra Siroka, who celebrated becoming a Bar Mitzvah in January at Temple Beth-El.

Mazel Tov to Ari Bulman and his parents Rabbi Meir and Devorah Bulman, who became a Bar Mitzvah in January at Hebrew Orthodox Congregation.

CRC.

On Tuesday, January 17, Executive Vice President, Debby Grant, CRC Chair, Bob Feferman, and Shlicha, Yael Farber traveled to Indianapolis to participate in the hearing on SB231, the Iran Contract Legislation Bill. They were joined by Executive Director, Michael Steinberg, CRC Chair, Michael Sparber and Shlicha, Naomi Taubin of the Jewish Federation of Northwest Indiana. Thank you to David Ibsen of United Against a Nuclear Iran (UANI), David Sklar and Marcia Goldstone of the Indianapolis Jewish Community Relations Council for all of their dedicated work on this bill!

Midwest Kosher Deli will open their doors for business on Sunday, January 29. See the new store at 560 W. Ireland, Suite 101, in South Bend (next to Verizon and Big League Barbers in the Lowes/ Wal-Mart shopping center). Their deli will serve up all of your favorite sandwiches, and salads, plus all kinds of great specials! Their grocery will stock all of your kosher staples and necessities with weekly specials, in addition to many extras and specialty items.

MKD WANTS TO HEAR FROM YOU! Let them know which items you buy on a regular basis, anything that's hard to find elsewhere, what you would like served in the deli, and anything else! Contact managers Yoni Rennert or Jill Fowler at mwkosher@gmail.com or call their store at 574-855-1791. WELCOME!

The mission of the Jewish Federation of St. Joseph Valley is to serve the Jewish people—locally, in Israel, and throughout the world-through coordinated fund raising, community-wide programming, services, and educational activities.

Jewish Federation Events

Jewish Federation Book Club

The Traditional Book Club and the Contemporary Book Club will meet at noon on Monday, February 6 to discuss **The Little Bride** by Anna Solomon, a Jewish American immigrant story set in the frontier landscape of South Dakota.

Please bring a lunch for yourself if you would like. Call Valerie at the Federation office for more information.

In the Bankoff Gallery

Beyond Our Lenses

Local Community Photo Show

On display through February 24
Monday-Friday, 9 AM to 4 PM

Featuring Todd Hoover, Sarah Lotter, Peri Arnold, and Emily Hahnenberg

2012 Piser Jewish Adult Education Series

Sunday, February 12
10:30 AM

Tyron Goldschmidt
Maimonides on the Nature and Existence of God

Tyron Goldschmidt recently completed a PhD in Philosophy at King's College London. Originally from South Africa, he also studied at the University of the Witwatersrand, the University of Cambridge, and the University of North Carolina at Chapel Hill. His main interests are in metaphysics, philosophy of religion and philosophy of mind, and his current research is in philosophy of religion and the history of philosophy.

A light brunch will be served. Reservations requested: 574-233-1164.

Sponsored by the Muriel & Myer Piser Adult

ADULTS' NIGHT OUT!

Saturday, March 10, 2012
8 PM

Jewish Federation of St. Joseph Valley
3202 Shalom Way, South Bend

Comedian *Benji Lovitt's show spans the entire "Israel journey," from the initial feelings of euphoria when arriving on your first trip ("Omig-d! Everybody's Jewish!!!"), to the complicated and sometimes frustrating emotions that only a new immigrant could understand ("I don't know how to read my bills but if I don't open them, they don't exist.").*

Purchase your tickets online at www.thejewishfed.org or call the office at 574-233-1164.

Tickets $15/person
includes kosher open bar and snacks

Questions? Contact us at receptionist@thejewishfed.org

Benji Lovitt

"Because the Middle East is funny!"

"Benji had us laughing the whole time. Many of the people in the room had spent time in Israel, so they were able to connect with what he was saying and laugh about their own experiences through Benji's hilarious stories."

Jewish Family Services

Community Lunches & Lunch 'N' Learn Series

Our Lunch 'N' Learn Series meets on the first Wednesday of each month. Everyone in the community is invited to join us. We meet from 12:00 – 1:00 PM with speaker and lunch taking place simultaneously. The cost of the lunch is a suggested donation of $5.00. Reservations are requested so we have enough food for everyone. Here are upcoming sessions:

Wednesday, February 8, 2012
TuB'Shevat Israel's National Arbor Day
February needs a cheery holiday like Tu B'Shevat to remind us that spring is coming — even when all we see is cold and snow!

Chris Robinson will join us again to play happy music.

Wednesday, February 22, 2012
Mary Pruess, President of WNIT : WNIT—Delivering on the Promise

Mary Pruess serves as President and General Manager of WNIT Public Television. WNIT's broadcast viewing area covers 22 counties in northern Indiana and southwestern Michigan. Mary also serves on several boards, including the Families First of Elkhart County governance committee and the National Educational Telecommunications Association, is President of the Small Station Association Board, and President of the Indiana Public Broadcasting Stations Board of Directors. She also served on the CSG Review Panel for the Corporation for Public Broadcasting. Mary has worked in public broadcasting at television and radio stations in Norfolk, Virginia, Houston, Texas and Phoenix, Arizona as well as Deputy Director of a television research company specializing in public broadcasting. She has served on numerous boards and advisory committees in her career, which began at KICR radio at the University of Iowa. She has been with WNIT since 2002.

Tuesday, March 6, 2012
Community Purim Lunch and
Lunch and Learn with Rabbi Leapman

On Wednesday, March 6, at 12:00 at the Federation, Rabbi Steve Leapman , a Mental Health Counselor and Clinical Addictions Counselor with Samaritan Counseling Center, will be our guest speaker as we enter the months of our spring holidays -- Purim and Passover. With both holidays, we are commanded to drink certain amounts of wine for these special days. Come learn with Rabbi Leapman as he speaks about: **Shushan's Not-So-Shining Saga or More About Mordechai.** His presentation will explore "a variety of family and addictions' related concerns thriving and overlooked just below the surface of a story which is central to our history, faith, and culture." You will not want to miss this innovative and important presentation.

Lots of hamantaschen to eat and entertainment as well! Lunch begins at 12:00 PM and is $5.00 per person.

Reservations for Lunch 'N' Learn sessions are requested one week prior to the event. Please call 574- 233-1164 to make your reservation.

What We Learned: About Osteoporosis

In January 2012, the Jewish Federation was extremely fortunate to have , Dr. Candace Corson speak on the topic of **Osteoporosis: Prevention and Improvement: What Everyone Deserves to Know.** Some very interesting and important pieces of information to know are:

1. **Importance of Vitamin D.** Recent medical knowledge has uncovered an enormously important role for **Vitamin D** that is ironically not a vitamin, but a hormone. **Vitamin D**, also called the **"Sunshine** Hormone," operates in at least 200 genes. Bone health is dependent on this hormone. Supplementation of "Vitamin D/ Sunshine Hormone" is important in the South Bend/ Michiana region as this area receives sunshine (so necessary for **Vitamin D/Sunshine Hormone** growth) only six out of the 12 months of the year. Furthermore, as more people work in doors and as more people are careful about sunscreen application, fewer of us are getting the adequate/daily intake of Vitamin D that is needed.
2. **So why is this Sunshine Hormone so important? It supports the body's intrinsic mechanism for:**

a. Immune regulation including cancer surveillance
b. Maintaining brain function and cognitive/ emotional health
c. Bone formation, and
d. Maintaining cardio-vascular health such as regulating blood pressure and hypertension

Continued on Page 5

Osteoporosis *(Continued from page 4)*

3. If a person has osteoporosis or an auto-immune dis ease such as: Multiple sclerosis, rheumatoid arthri tis, diabetes—that person should be checked for **ce liac disease (TTG blood-serum test)** as the celiac disease (which is highly treatable) might be the un derlying cause of the auto-immune disease.
4. Remember our grandmother's advice….**Eat Your Fruit and Vegetables!!** A diet rich in raw-food and plants is a **"Nutrition as Protection"** plan towards preventing osteoporosis. Fruits and vegetables are "chock-full" of minerals that are crucial to bone for mation and development.

As you can see, our **Lunch 'n' Learn program** is filled with the latest information and knowledge on how to live the most healthy and balanced life possible. The lunch-series runs from October to June of each year and is located at the Jewish Federation, the 1st Wednesday of each month unless otherwise noted. The lunch lasts for 1 hour (12:00-1:00 PM). Our next lunch is **February 22nd**, where we will hear from **Mary Pruess, President of WNIT** where she will be speaking about **WNIT – Delivering on the Promise**. Hope to see you there!

Tanglewood Monthly Program

Please join us at 12:30 PM, on Monday, February 20 as we meet in the Market Place Room of Tanglewood to discuss the holiday of Purim. Purim is such a joyous holiday with many customs and rituals. Come learn with Rabbi Siroka from Temple Beth-El, as to what makes this holiday so special! Hamantaschen (a traditional Purim cookie) will be served.

Please contact Lizzie Fagen, at 574-233-1164 or email her at lfagen@thejewishfed.org. if you would like to participate.

Senior Activity Group Schedule

In order to best serve our community members, the Senior Activity Group meets on Thursdays, at the Tanglewood Trace Retirement Center, 530 W. Tanglewood Lane, Mishawaka. The program hours are 12:30–2:30 PM with one activity (unless otherwise noted), an extended coffee break with discussion and socialization, and an easy exercise session.

FEBRUARY 2012 DATES

February 2

12:30—1:30 PM	Art with Todd Hoover
1:30—1:45 PM	Coffee Break
1:45—2:30PM	Exercise with Suzanne

February 9

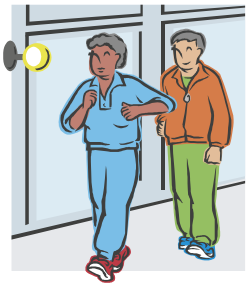
12:30—1:30 PM	Don Lerman playing "Big Band" on saxophone!
1:30—1:45PM	Coffee Break

February 16

12:30—1:30 PM	Music with Chris Robinson
1:30—1:45 PM	Coffee Break
1:45—2:30 PM	Exercise with Suzanne

There will be no Senior Activity Group on February 23

The cost of this program has been generously underwritten by the Ronald S. and Nancy Plotkin Cohen Endowment Fund of the Jewish Federation.



TribeFest is an entertaining, interactive and educational celebration that will draw over 1,500 Jewish young adults **(ages 22-45)** from across North America. TribeFest will reflect the vibrant setting of its host city, Las Vegas, offering meaningful, fun, and top-quality content. Through presentations by dynamic leaders in politics, entertainment, music, art, food, religion and other aspects of Jewish life, TribeFest will offer attendees many ways to connect to their own Judaism and how they see themselves as part of the community.

Our Federation is offering a generous subsidy for participants from our area. Please contact Debby Grant or Valerie Silver right away for more information. We hope you can join us! Visit www.tribefest.org for all of the information and registration!

From the desk of the Israeli Shlicah

Second Year Insights *by Yael Farber*

Wasn't the second year supposed to be easier?

You would think that during the second year, everything would be easier – at least that is what I thought. And, in some ways, it is easier. I know almost everyone and I don't feel like I'm playing a huge Memory Game and thinking to myself, *What's his/her name again?* I also know the job and have done everything at least once and, when you know the job, everything takes less time. Obviously experience helps, as well, by knowing what works and what doesn't, and what would be the best time to hold an event. On the other hand, experience also sets a lot of challenges and it's really hard to reinvent yourself and try to be original. And, just between you and me, it's also not as exciting to do something you've already done (though it does feel so much better to know what you're doing).

Luckily this year, I've already had a chance to do things I've never done in my first year here. First, traveling to Bloomington to meet with students, and bringing in Israeli delegations to our community is something I didn't do at all last year and, this year, I've already had the privilege to bring two delegations to our community (Aharai and The Israeli Family Project). There are already more visitors from Israel planned for the near future. On February 26, two Israeli students who had an interesting and difficult service in the IDF will visit and tell of their experiences. They are coming as part of a tour organized by Stand With Us and, the goal of it is to give names and faces to the IDF soldiers to let people hear firsthand the truth – especially now when there is a huge initiative to turn people against Israel, IDF, and IDF soldiers. This includes very harsh allegations such as war crimes. So, this is your chance to come and ask hard questions, to listen and decide for yourself, without the media's filter. From my personal experience as a former combatant in the border patrol during the Second Intifada, I can testify that the reality is very complex and there is no black-and-white. But I believe wholeheartedly that the IDF does the best it can to protect its humanity – even when our enemy uses methods that challenges it.

More Israeli guests are scheduled to come this year: comedian Benji Lovitt (Saturday, March 10); *Jerusalem Post* journalist Gil Hoffman (Tuesday, April 24); and the Israeli Scouts Caravan (Summer 2012). I hope you all will join us for these events. Come and learn more surprising and interesting facts about Israel.

"Do I make a difference?" and ongoing challenges

When I finished the last year, I ended it with a very good feeling. We've managed to give SaBaBaH a good foundation and we had an active core of teens. Some events even included more than 20 teens. I've also organized a couple of community-wide events that were successful and had a good attendance. On top of that, we've also started a young adult group that met a couple of times. I don't mean to show off, but these are a few of the things that have made me really proud. I feel I have accomplished meaningful tasks, but when the second year started, I noticed I'm not continuing from the same spot. I need to reengage our community as some people have moved on and things have changed. Suddenly I find myself at last year's starting point. I know it's not all up to me – some people leave or move on to college, but I can't help but think, "Do I make a difference?"

At the same time, another ongoing challenge we are all confronted with is the fact we're a small community with only four synagogues in our region. It's really hard to prevent scheduling conflicts. On one hand, the Federation is supposed to serve as a unifying and inclusive body between the synagogues (a cause I really care about). On the other hand, each synagogue is very independent and offers a very rich and diverse set of programming. So, where does the Federation fit? Is there a void that the Federation can fill by offering more programs? I hope that you feel the same as me and that, even if sometimes we have challenges, it is worthwhile to overcome them. The way I see it, as Jews we are all part of Klal Yisrael, and we should know how to work together – or at least, get to know each other --through Federation programs.

People were right

People were right last winter when they told me that "It's going to be a really hard winter."

CAMP IDEAL

Call Yael Farber if you are interested in a position on the 2012 Camp Ideal Staff. We are hiring for the following positions:

Camp Assistant Director
Camp Counselors
Chugim (Specialists) Directors

CAMP STAFF DATES June 15 through July 23
Orientation Week begins June 19

Camp Sessions:

Week 1: June 25
Week 2: July 2
Week 3: July 9
Week 4: July 16

SaBaBaH is inviting YOU!

Volunteers Needed!

Please join us for preparing & serving a meal at Broadway Christian Church's Sunday Meal
1412 Carroll St. South Bend

When: Sunday, February 5, 2012
Time: 9:45 AM – 2:00 PM
(You'll be home in time for the Super Bowl!)
Please RSVP to Yael Farber
yael@thejewishfed.org or 574-233-1164

In partnership with Temple Beth-El's 9th and 10th graders and Sinai Synagogue's TAMID program

It's Tubing Time Again!

(Or at least we hope it is, if we have enough snow!)

Sunday, February 26, 2012
12:30-3:30 PM @ Wilson Park
2605 Clover Road, Mishawaka

Open to ages 5th Grade and up

Tubing alone is fun, but tubing with friends is so much better!

Cost: $3, Please RSVP to Yael @ 233-1164 or on Facebook!

In partnership with NCSY

2012 Jewish Federation Annual Campaign Donor Honor Roll

Campaign *(Continued from page 1)*

mous donor.

If it is important to you to live in a vibrant, caring, organized Jewish community then it is up to you to make sure we are able to continue doing the good that we are able to do with your dollars. Your commitment to our collective Jewish community is doing a world of good and is making a significant difference in the lives of so many people. We apologize if you have not yet received a personal phone call and hope you will consider calling the Jewish Federation 574-233-1164 or going online at www.thejewishfed.org to make your pledge to the 2012 Annual Campaign (payment not due until December, 2012). A very special THANK YOU to the more than 50 volunteers who have worked so hard! We are almost there and with your help we will reach our goal of $600,000.

Don't forget about online payments!

The online payment system offers a few different payment methods using both credit cards and a bill by mail option. Users may choose to pay immediately with a credit card either once or over time using recurring payments which will automatically be run each month in the amount the user specifies. While both the Federation and the online payment system accepts Visa and MasterCard, the online payment system also allows for American Express payments – an option many of the users have taken advantage of..

With one year of successful online transactions under our belt, we hope our members will utilize this great payment system with confidence. We are happy to assist anyone with their online transactions by calling the office at 574-233-1164 .

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Eileen Weingarten
Dr. Harvey Weingarten
Leonard Weingarten
Shirley Weingarten
Pearl Weinhouse
Mrs. Marie Weiss
Dr. Richard Weiss
David and Rose Wenger
Donald Wertheimer
Zabe Williams
Barbara Wind
Dr. Joseph Wind
Dr. Sandra Winicur
Shirlee Wishinsky
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- Janet B. Berman Lion of Judah Endowment
- William Frank Philanthropic Fund
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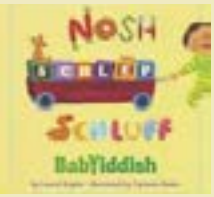
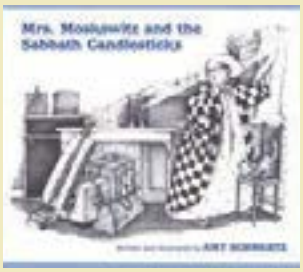
The PJ Library



For Ages 6 months to 2 years
Nosh, Schlep, Schluff: Bab Yiddish
By Laurel Snyder
Illustrated By Tiphanie Beeke
Little ones are introduced to the delightful sounds of Yiddish in this board book, while parents learn or some commonly-used Yiddishisms

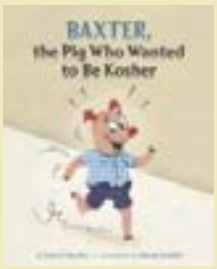
For Ages 2 to 3
Joseph Has a Little Overcoat
By Simms Taback
Illustrated by Simms Taback
In this beloved Jewish folktale, Joseph's old and tattered coat is recycled and takes the form of increasingly small articles of clothing.

For Ages 3 to 4
Sammy Spider's First Purim
By Sylvia Rouss
Illustrated by Katherine Kahn
The Shapiro family is getting ready for Purim. Young Josh is making a grogger to take to the celebration at the synagogue. Sammy Spider wants to come, but his mother tells him, "Spiders don't celebrate holidays; spiders spin webs." Sammy's can't help himself and gets caught in Josh's grogger. Will Sammy escape and get home to his mother?



For Ages 4 to 5
Mrs. Moskowitz and the Sabbath Candlesticks
Written & Illustrated by Amy Schwartz
An elderly woman is unable to enjoy her new residence until her rediscovery of a pair of memory-filled Sabbath candlesticks turns an apartment into a home.

For Ages 5 to 6
Cakes and Miracles
By Barbara Diamond Goldin
Illustrated by Jaime Zollars
Hershel's blindness doesn't keep him living life. He helps his mother by doing chores, but wishes he could do even more for her. When an angel appears in Hershel's dream and encourages him to make what he sees when he closes his eyes, the boy sneaks into the kitchen, transforming his mother's cookie dough into beautiful hamantaschen that can be sold to raise money for the family.



For Ages 6 to 7
Baxter, The Pig Who Wanted to Be Kosher
Written and Illustrated by Laurel Snyder
Upon hearing of the joys and sweetness of Shabbat and, especially, of Shabbat dinner, Baxter the Pig sets out to understand what it means to be kosher.

For more information about the PJ Library program, please contact Debra Barton Grant at dbartongrant@thejewishfed.org or 574-233-1164.

PJ Library's Babies, Tots, & Blocks Play Dates

Babies, Tots and Blocks meets on the 2nd Monday of each month from 9:30 AM -11:00 AM.

<u>Mark these 2012 play dates on your calendar</u>:
Monday, February 13 at 9:30—11:00 AM
Monday, March 12 at 9:30—11:00 AM
Monday, April 16 at 9:30—11:00 AM
Monday, May 14 at 9:30—11:00 AM
Monday, June 11 at 9:30—11:00 AM

Babies, Tots and Blocks provides age appropriate play for children 0 to age 5 under the direction of Lizzie Fagen. Please call Lizzie at 574-233-1164 if you have any questions or suggestions for the group.

Outdoor Adventure. Basketball. Ceramics. Canoeing. Everything from organic farming to campfires, music and dance, your child can experience all this and more at Jewish overnight summer camp. With more than 150 participating camps — traditional and specialty — across North America, there's sure to be a place that's ideal for your child.

If your child has never been to Jewish overnight summer camp, you may be eligible for a $1000 grant. Learn more and apply for your grant today at www.onehappycamper.org

Memorial Contributions to Jewish Federation Designated Funds

We welcome contributions to our various funds listed below. Individual acknowledgment cards are sent for each contribution.

The Jewish Federation expresses its sincere appreciation for these contributions:

From the following contributors:

Cheryl and Ray Waldman
Ina and Irv Rosenberg
Helene and Bernie Katz
Beverly & Peri Arnold
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Betty Signer
Minette and Irv Brown
Leslie and Bill Gitlin
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Babs and Mel Waks
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Helene Dermer Hartung
Debbie and Bob Rosenfeld
Shirley Berebitsky
Cooky Alpern
The Board and Staff of the Jewish Federation of St. Joseph Valley

To the following funds:

Jewish Family Services and Kosher Food Pantry
Jewish Welfare Fund/Annual Federation Campaign
Jewish Women's Endowment Fund
Okon Family Endowment Fund for Holocaust Education
Ronald S. & Nancy Plotkin Cohen Endowment Fund
Rabbi Michael A. Signer Memorial Unity Garden of Eden

Congratulations and best Wishes to:

Sara and Abe Marcus on the engagement of their daughter, Sharna to Lior Chacham
Craig and Carol Kapson on birth of grandson Parker Kapson

Get Well /Thinking of You to: Donald Medow, Mona Medow, Ruth Shandling

Happy Birthday Greetings to: Bob Silver, Bud Raab, Eli Glazer

In Appreciation to: Bonny Hoover, Ilana Kirsch

In memory of:

Sam Goldberg, Ruth Barton, Louis and Gertrude Cohen
Gertrude Stein, Sidney Slein, Harry & Blanche Rosenberg
Joy Gottleib, Robert Alpert, Lenny Minkoff
Fryda Gurwitz, Jeanne Vanderburg

Save the date: Journalist Gil Hoffman to speak in April

The Jewish Federation of St. Joseph Valley will host Jerusalem Post journalist Gil Hoffman for Yom HaZikaron on April 24, 2012.

Gil Hoffman is the chief political correspondent and analyst for The Jerusalem Post. He has interviewed every major figure across the Israeli political spectrum, has been interviewed by top media on six continents, and is a regular analyst on CNN, Al-Jazeera, and other news outlets.

Called "the most optimistic man in Israel" by Israel Television, Hoffman's writing and TV appearances provide a behind-the-scenes look at the intrigue and humor in the Israeli political arena.

Hoffman, who was raised in Chicago, graduated Magna Cum Laude from Northwestern University's School of Journalism and wrote for The Miami Herald and Arizona Republic before moving to Israel. A reserve soldier in the IDF's Spokesperson Unit, he has lectured in seven countries and 36 US states. He lives in Jerusalem with his wife and two children. We are honored to have him join us as we commemorate Israel's memorial day.

More information about this event will be advertised soon!

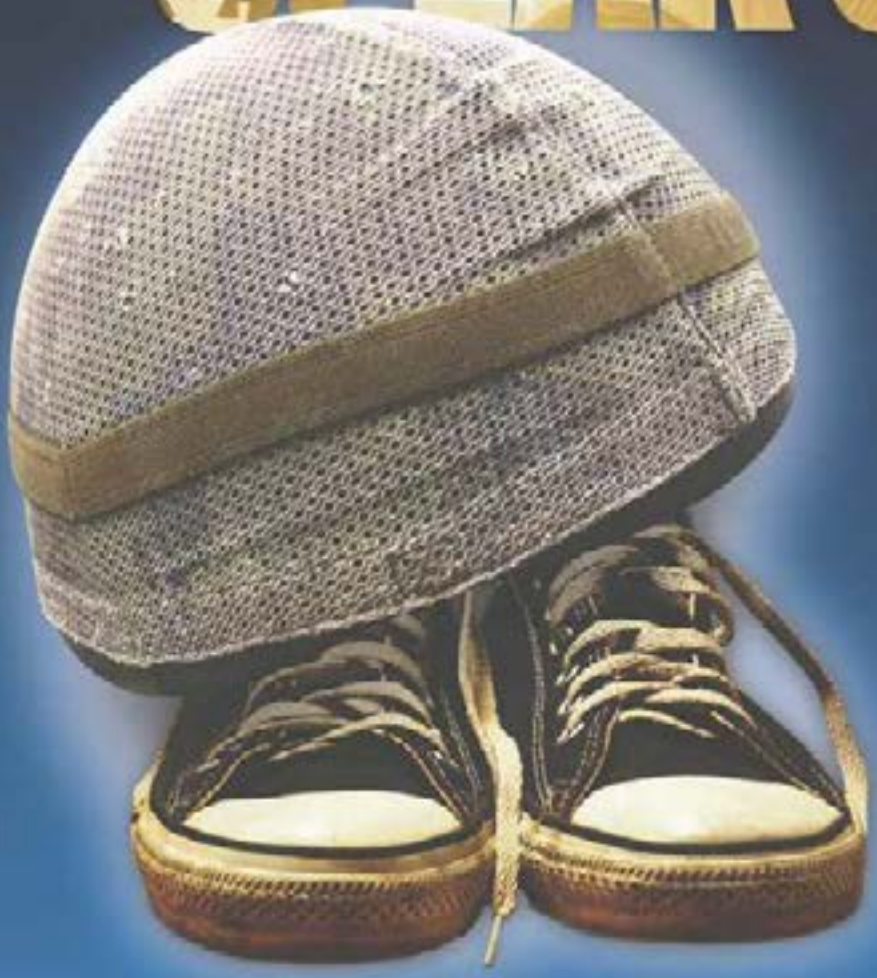
Michiana Jewish Cuba Mission travelers asking for your help

26 community members will be traveling to Cuba at the end of February on a humanitarian aid mission. They will visit Jewish communities in Havana, Cienfuegos, and Santa Clara.

Travelers will be taking medical and personal aid supplies, and they are asking for the community's assistance. Well-labeled used, new, and sample prescription medications are most-needed, as well as monetary donations are also needed to pay for extra luggage fees incurred by brining aid supplies. If you can supply anything, please bring your donations to the Federation office to be dispersed by the group to medical officials in Cuba. For a complete list of needs, visit www.thejewishfed.org/travel, or call our office at 574-233-1164.

Check out our web site www.thejewishfed.org and our April *Our Community News* for photos and details from their trip. You can make help us make a difference!

ISRAELI SOLDIERS SPEAK OUT



Join us on Sunday, February 26, 2012 for one of their presentations

10:15 AM
At Temple Beth-El
305 W. Madison St., South Bend

3:00 PM at the home of Barbara & David Lerman

Hosted by Hebrew Orthodox Sisterhood

Call the Jewish Federation for the Lerman's address.

REAL SOLDIERS. REAL LIVES. REAL PEOPLE.

Israeli Solders Speak Out is an innovative program featuring a diverse group of reserve duty Israeli college students. Their mission is to educate, inform, and delve into conversation about the Israeli-Arab conflict by putting a human face to the IDF uniform. Meet these citizen soldiers with combat experience who served in the IDF during missions in Gaza and Lebanon. Come hear their stories from the front lines that you won't find in the headlines.

StandWithUs

Jewish Federation OF ST. JOSEPH VALLEY

Michiana Jewish Historical Society

Tracking Jewish-Owned Businesses and Professional Practices, Past & Present

The Michiana Jewish Historical Society has collected this list of more than 100 Jewish-owned businesses and professional practices since November, 2011. However, our information for the vast majority of this list is incomplete. We need accurate business names, addresses/approximate locations, years of operation, and names of the owners. Please mail or email any information you've got. to c/o Jewish Federation, 3202 Shalom Way, South Bend, IN 46615 or to mbg.mjhs@gmail.com. And send us more names of businesses that you remember!

Al Smith's Record Bar
Al's Butcher Shop
Al's Tackle Shop
American Door Company
Armo Theater
Auto Salvage
Baer, Fred
Baer's Home Outfitters
Ben Medow Autos
Ben's Grill
Berman Coal Company
Berman Feed Store
Berman, Ralph - DDS
Borr's Jewelry / Pawn Shop
Breskins Wallpaper & Paint
Brook Auto
Buttons & Bows
CK Food Store
Colony Cleaners
Cone-Crete Products
Crowe Chizek
Don Medow Pontiac
Essi's Cotton Shop
Feferman Motors
Feldman, Max - MD
Firestein, Ben - MD
Firestein, Ray - MD
Fizdale, Norman - OD
Fox Wholesale Meats
Frances Shop
Frank's Mens Store
Freeman Spicer
Fromm, Alfred - DDS
Gilbert's Clothing Store
Gilbros Shoe Store
Greenblatts
Green's Dress Shop
Jacobowitz Grocery Store
Artson Grocery Store
Harlan's Dress Shop
Harold Medow Car Dealership
Holtzman, Norman - MD
Imperial House
Jordan Auto
Karlin Drug Store
Karlin Drug Store
Kay Equipment
Kay Equipment
Landau Insurance Agency
Lee Opticians
Levy Ward
Lewis Liquor Store
Liebermuth
Liss, Emanuel, - MD
Little Folk's Shop
Marv Borr Toyota
Max Adlers
Michiana Wholesale
Mid City Supply
Milady Store
Milt's Grill
Mishawaka News Agency
Mooren Brothers Fruits
Jacob's Grocery Store
New & Moss
Newman Altman
Newmans
Nifty Dress Shop
OK Cash Grocery
Piser General Merchandise
Plaut's Dry Goods
Plotkins Grocery
Progressive Bakery
Radio Furniture Mart
Ries Furniture
River Park Theater
Robertsons Department Store
Rosenbaum's Pawn Shop
Rosenfeld Grocery
Rosenfeld, Isadore
Roth Grocery
Rubin's Cleaners
Sample Street Grocery
Sandock Furniture
Schiffers Drugs
Shapiro's Paint Store
Sherlands Womens Store
Sherman Cleaners
Simon Brothers
Smith, Irving
Sofan's Butcher Shop
South Bend Freight
South Bend Parking
Star Store
Steel Warehouse
Sunnymede Food Market
Super Auto Salvage
Swank Dry Cleaners
Tenofsky Salvage
Tucker Freight
Weisbergers
Weiss Deli
Weiss, Eugene - MD
William's Paint Co. & $2 Bills
Worths
Ziker Cleaners
Zonenberg's Butcher Shop

Piser General Merchandise

Robertson's Department Store

Est Gezunterhait (Eat in Good Health)

Crockpot meals *by Deena Abraham*

One day not too long ago I got a call from Ruthie Isaacs-Holzer. Ruthie asked me to run a column featuring recipes prepared in a slow cooker (crock pot) that can be started before work and be ready at supper time. So, that is the theme of this months column.

The only problem here is that I have only once utilized my crock pot for such a purpose. It was a Sunday. I don't work on Sunday. But, I was going to be out of the house for the bulk of the day. So I prepared something in the crock pot and it was ready when I wanted to serve supper. It was good, too. But I have no idea what happened to the recipe.

My crock pot is an essential part of my Shabbos preparations. I make a cholent almost every week of the year. But, I can't imagine Ruthie wants cholent recipes to serve for prepared in advance week night suppers. I do sometimes make an unstuffed cabbage recipe in my crock pot instead of a cholent. It is really good! I can't share the recipe with you, though, since I haven't worked out an exact amounts yet. If you want that recipe, I'll have to get back to you when I figure out the measurements for what I do when I make it.

After Ruthie called, the first slow cooker recipe that came to mind, other then cholent and my non-specific unstuffed cabbage, was Phyllis Rubin's Oriental Chicken. I have heard many rave reviews about this recipe. When I was editing a Hebrew Orthodox cookbook in the late 1990's, Phyllis submitted a number of great recipes. (Her Chocolate Chip Cookie Sticks are simply THE BEST.) So if you want to start supper early in the day and have it ready for later, you might want to give this recipe a try. If desired, this chicken can be served over rice. The chicken can be garnished with almonds. The liquid from the pot can be spooned over the chicken before serving or can be thickened, if desired.

SLOW COOKED
ORIENTAL CHICKEN

from the recipe files of Phyllis Rubin

1 (3 1/2 - 4 lb.) chicken, cut up
2 Tbsp. oil
1/3 c. soy sauce
2 Tbsp. brown sugar
2 Tbsp. water
1 clove minced garlic
1 tsp. ginger

In a large skillet over medium heat, brown the chicken in the oil on both sides. Transfer the chicken to a slow cooker. Combine the remaining ingredients and pour over the chicken. Cover and cook on high for one hour. Reduce to low and continue to cook for an additional 4-5 hours, or longer, until the meat juices run clear.

"Something old, something new" was probably never said about chicken - until now. Here is a new slow cooker method to prepare one of the classic chicken recipes. Though the recipe calls for using chicken breasts, I imagine that any chicken pieces would work in the recipe. Cooking time might need to be adjusted a bit, but considering the long cook time that might not be true.

SLOW COOKED
CRANBERRY CHICKEN

4 skinless, boneless chicken breast halves
1 (16 oz.) bottle French salad dressing
1 (14 oz.) can whole berry cranberry sauce
1 envelope onion soup mix

Place the chicken breasts in a slow cooker. Pour the salad dressing, cranberry sauce, and onion soup mix over the chicken. Cover and cook on low 4 to 6 hours.

If you have some good recipes that you make in a crock pot, send them my way. We can always feature more slow cooked recipes in the future. You can send recipes of any sort, any time. Just send them to me at dsabraham@ameritech.net or give me a call at 287-8872. If you prefer, you can send recipes to me at 2926 Erskine Blvd, South Bend, 46614.

Yoga Classes Forming

For Adults and Children

If you are interested in taking a Yoga Class here is your chance to choose a time that works for you!

Contact Mer Kaplan by email: merskaplan@gmail.com or by phone 541-359-7304 or to let her know your preference — for yourself or your children.

NCSY

NCSY LOUNGE NIGHT, February. 1st from 7 to 9 PM. As always, we have 2 floors of electronic games, pool, ping-pong, food, snacks and divrei Torah! This is the premier place to be and you should be part of the action! So come, chill with your friends, enjoy an impromptu magic show and come early for the pizza! If you are between 10-18, then this is the place to be. See you at the Lounge!

NCSY Yarchai Kallah, February 17-20. The NCSY Yarchai Kallah is a time when teens from throughout the Midwest converge on Chicago and engage in learning about Judaism. While fun events are certainly part of this convention, the main thrust is exposure to in-depth learning. Many fascinating subjects are covered and the staff is always ready to address your needs and desires. No topic is off limits. This year the yarchai kallah will take place from February 17th-20th. If this program interests you, please contact Rabbi Nebel at 574-360-3382 and/or at Rabbinebel@Midwesttorah.org

NCSY & SaBaBaH Hit the Slopes on Sunday, February 26 from 1 to 3 PM. *Come make this event a spectacular hit! We* are going to Wilson Park and hitting the slopes. If you are between 10-18, you are welcome to join us for all the fun that tubing brings. Be part of the chain of people who fly down the hill or go solo. We will be there from 1-3 PM and snacks will be provided. It only costs $3! Call Rabbi Nebel at the Torah Center or Yael Farber at the Federation for more information.

NCSY PIZZA & PARSHA. On February 5th, 12th, and 19th, Sr NCSYers and their friends (14-18) will meet for Pizza & Parsha at New York Boys Pizzeria. It begins at 12:30 PM and if you are amongst the lucky ones, you may actually be there during a live taping of "The Lindow Show" and be featured on YouTube! So now besides learning Torah and enjoying friends and pizza, you too could be famous. See you at Pizza & Parsha!

Girl's Choir

A choir for girls ages 12 to 18, specializing in Israeli and general Jewish music, meets on Sundays from 4 - 6, PM.

For information on meeting location, please contact Amiya Tor at 574-303-8394.

Midwest Torah Center

Shabbaton February 3rd & 4th. This month Shabbaton's theme will be *Shabbat.* Our themed weekends are drawing more and more so plan on joining us. Friday night's lecture given at 8pm by Rabbi Lindow is titled: *The Secrets of Zmirot.* Shabbat morning at 11:45am Rabbi Nebel will present *Kiddush Clubs and the Splitting of the Red Sea.* For our full schedule, visit our website midwesttorah.org or call us at 574-234-9092.

"Irish" Jewish Social reopens. The Torah Center is returning to the Notre Dame campus! Rabbi Nebel brings pizza and pop and exciting, sometimes controversial, topics to the students on campus. This program is for Jewish undergrad as well as grad students. It takes place on Mondays from 12-1 PM.

***The Vulnerability of G-d* on Sunday, February 12 at 5:30 PM.** Rabbi Kuppel Lindow presents ways to "force" G-d's hand. Topics to be covered will be: *How can we get G-d to answer our prayers?;* How can we bring the Messiah?; How can one have all his sins forgiven? What does it mean to be a "Jew in your heart"?

It is well known, that people have a ***weakness*** *for our lecture buffets. Come and enjoy.*

Bais Yaakov of Indiana

Bais Yaakov of Indiana presents its Fourteenth Annual Musical Production For Women and Girls

BEHIND THE SCENES

The Purim Story

Come and join us for a lively evening of entertainment featuring drama, song, and dance

Tuesday evening, the twenty-eighth of Shevat,
The twenty-first of February, 2012

6:30 in the evening (doors open at 5:45 PM)
Battell Community Center,
904 E. Main Street, Mishawaka

Ticket Prices: Adult: $14 (in advance);$16 (at the door); Child: $10

For tickets, sponsorships, or questions, please call Ita Goldberg at 288-2069 or Shifra Pollack at 232-2026

Directors: Mrs. Razel Lerman & Mrs. Fowler
Producer: Mrs. R. Kenzer

Temple Beth-El

Here's what's happening at Temple Beth-El:

♦Friday, February 3, 5:30 PM – 1st Friday Shabbat celebrating February birthdays & anniversaries

♦Monday, February 6, 5:30 PM. or Wednesday, February 8 11:00 AM – Temple wide book read *Wherever you Go: A Novel* by Joan Leegant

♦Friday, February 10, 5:30 PM – Community Shabbat service & dinner honoring educators in the community

♦Sunday, February 26, 10 AM– Holiday Happenings, a monthly program for young Jewish children & their families, led by Anna Soloveychik. AND Israeli Soldiers Speak Out (see pg 12 for more information)

♦Monday, February 27, 5:30 PM – Women's Torah Study

Sinai Synagogue

"To Life" Sinai started holding a new Sunday evening class on January 22nd for 8 weeks but you can still join! (Note: There will not be class on Super Bowl Sunday, February 5th.) The topic will be "To Life!" A look at the afterlife and how Jewish views have differed over the centuries. Rabbi Leapman will lead the discuss on the book "What Happens After I Die?" by Rabbis Rifat Sonsino & Daneil B Syme. Copies of the book will be provided for 10-12 participants and returned at the end of session or may be purchased via the Internet. If you are planning on attending, please RSVP to the Sinai office.

Pirkei in the Pub. The monthly meeting of Pirkei in the Pub will be on Monday evening, February 13, 7:00 PM at Fiddler's Hearth.

FEAST. Saturday, February 25 will be the annual FEAST Teacher Appreciation Day. A special lunch will be held to honor this year's FEAST teachers.

The **35th Annual Sinai Synagogue Spaghetti Dinner** will be held on March 25th from Noon to 6:00 PM. Menu consists of Soup, Salad, Bread, Spaghetti with Meat Sauce, and Beverage. All you can eat! Adult tickets are $7.00 and Children tickets are $3.00. Tickets are available at the door or call the Sinai Office at 574-234-8584 for more information.

Hebrew Orthodox Congregation

Some Torah learning opportunities at HOC:

- Tuesday night Torah class for Women, 8:00 PM Chumash In-Depth, taught by Rabbi Meir Bulman
- Thursday night Chumash class for Men, 9:00 PM Weekly parsha, taught by Rabbi Shelomo Nussbaum
- Sunday, 9:00 AM: Talmud study group, Mesechta Brochos, taught by Rabbi Dovid Abraham
- Monday through Friday, 6:00 AM: Talmud Daf Yomi,Mesechta Arachin, taught by Rabbi Meir Bulman
- Monday through Friday, 6:20 AM: Talmud study, Mesechta Kiddushin, taught by Rabbi Ephraim Goldstein.
- Sunday through Thursday, 8:00 PM: Study Partners, Rabbi Raphael Pollack, coordinator.

Events of Jewish Interest at DeBartolo

DEBARTOLO PERFORMING ARTS CENTER

Thursday, February 9 at 7pm
TRAVELING LIGHT
National Theatre Live
DeBartolo Theater

In a Jewish shtetl in Eastern Europe circa 1900, the young Motl Mendl is entranced by the flickering silent images on his father's cinematograph. Bankrolled by Jacob, the ebullient local timber merchant, and inspired by Anna, the girl sent to help him make moving pictures of their village, he stumbles on a revolutionary way of story-telling.

Forty years on, Motl – now a famed American film director – looks back on his early life and confronts the cost of fulfilling his dreams. Following Vincent in Brixton and The Reporter, Nicholas Wright's new play (directed by Nichaols Hytner) is a funny and fascinating tribute to the Eastern European immigrants who became major players in Hollywood's golden age. The award-winning Antony Sher – whose previous work with the National Theatre includes Primo and Stanley – returns to play Jacob.

Tickets are now on sale online at performingarts.edu or by calling our Ticket Office at (574) 631-2800.

COMING THIS SPRING: IRANIUM, a timely and powerful documentary presenting the danger posed to the free world by a nuclear Iran. It exposes the radical Islamic ideology guiding Iran's leaders, and the devastation it causes. Sponsored by the Community Relations Committee and shown at the DeBartolo Performing Arts Center at the University of Notre Dame.

Learn more about the film at **www.iraniumthemovie.com.**

Jewish Federation Community Calendar

February 2012—Shevat 5772

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8 SHEVAT 1 PM Maj Groups	**2** 9 SHEVAT **12:30 PM Senior Activity Group @ Tanglewood** 1-4 PM Card Group	**3** 10 SHEVAT	**4** 11 SHEVAT *Beshallach* SHABBAT SHIRAH
5 12 SHEVAT **9:45 AM SaBaBaH Serves Sunday Meal at Broadway Christian Church**	**6** 13 SHEVAT **12 Noon Book Club: The Little Bride** **9:30 AM Babies, Tots And Blocks**	**7** 14 SHEVAT **12:30 PM Russian Club** **1 PM Maj Group**	**8** 15 SHEVAT 11:30 AM Tai Chi **12 Noon Tu B'Shevat Community Lunch** 1 PM Maj Groups 5:30 PM Tai Chi	**9** 16 SHEVAT **12:30 PM Senior Activity Group @ Tanglewood** 1-4 PM Card Group	**10** 17 SHEVAT	**11** 18 SHEVAT *Yitro*
12 19 SHEVAT **10:30 AM Adult Education Series: Maimonides with Tyron Goldschmidt**	**13** 20 SHEVAT **OCN March Deadline** **12:30 PM Tanglewood Monthly Program**	**14** 21 SHEVAT **12:30 PM Russian Club** 1 PM Maj Group	**15** 22 SHEVAT 11:30 AM Tai Chi 1:30 PM Mich. Jewish Historical Society Family Tree Mtg. 1 PM Maj Groups 5:30 pm Tai Chi	**16** 23 SHEVAT **12:30 PM Senior Activity Group @ Tanglewood** 1—4 PM Card Group	**17** 24 SHEVAT	**18** 25 SHEVAT *Mishpatim* SHABBAT SHEKALIM
19 27 SHEVAT	**20** 28 SHEVAT PRESIDENTS DAY	**21** 28 SHEVAT **12:30 PM Russian Club** 1 PM Maj Group Jewish Cuba Mission through February 29th	**22** 29 SHEVAT 11:30 AM Tai Chi 1 PM Maj Groups **12 Noon Lunch 'N' Learn with Mary Pruess of WNIT** 5:30 PM Tai Chi	**23** 30 SHEVAT ROSH CHODESH	**24** 1 ADAR ROSH CHODESH	**25** 2 ADAR *Teruman*
26 3 ADAR **10:15 AM Israeli Soldiers at Temple Beth-El** **1:30 PM SaBaBah and NCSY Tubing** **3 PM Israeli Soldiers at home of Barb and Dave Lerman**	**27** 6 SHEVAT	**28** 5 ADAR **12:30 PM Russian Club** 1 PM Maj Group	**29** 6 ADAR 1 PM Maj Groups	**MARCH 1** 7 ADAR	**2** 8 ADAR	**3** 9 ADAR Tetzaveh SHABBAT ZACHOR

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Looking ahead to upcoming events....

CELEBRATE PURIM WITH US:

Sunday, March 4, 2012
Purim Carnival
12:30 PM—3 PM
Fun for the whole family!

Tuesday, March 6, 2012
Purim Community Lunch
12:00 Noon
Lunch 'N' Learn with Rabbi Steven Leapman

Adults' Night Out
Saturday, March 10, 2012
Comedy Night
with Benji Lovitt
8:00 PM
A fun night out for adults: a comedian & old/new friends—what more could you want?!?!

Mark Your Calendars

March 2012
***Iranium*—The Movie**
DeBartolo at Notre Dame

Thursday, March 22, 2012
7:30 PM
A Conversation with Bishop Kevin Rhodes
(Catholic-Jewish Dialogue)
Chaired by Barbara Lerman

Michiana Jewish Film Festival
May 14-17, 2012