

THE NEW HAMPSHIRE

# Jewish Reporter

Volume 43, Number 9 August 2023 Av-Elul 5783

Published by the  
Jewish Federation of  
New Hampshire



## BACK TO SCHOOL



Look for the  
2023 Annual  
Report  
included in  
this issue of  
the *Jewish  
Reporter*.

**Annual Meeting**  
August 13, 2023, 6pm  
*Together. In Person*

**The strength of a people, The power of a community.**

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[jewishnh.org](http://jewishnh.org)

## JFNH Welcomes Guest Speaker Simone Knego

We are excited to welcome Simone Knego as our guest speaker at this year's Annual Meeting.

SIMONE KNEGO leads an ordinary life filled with extraordinary moments. As a wife, mother to six children (and three dogs), and a serial entrepreneur, she splits her time between her family, businesses, and personal growth. She's realized that the small choices she makes every day to do good actually have the power to inspire others. In her award-winning, best-selling book, *"The Extraordinary UnOrdinary You,"* she details her journey of adopting three of her six children, her climb of

Mount Kilimanjaro, and all of the funny, scary, and inspiring stories that came along the way.

Simone was the 2018-2019 Co-Chair of the Jewish Federations of North America's National Young Leadership Cabinet. Simone is currently the Chair of the Network of Independent Communities of JFNA, a member of JFNA's Board of Trustees, a member of JFNA's JEDI Committee, and a Board Member of The Jewish Federation of Sarasota-Manatee.

Join us on August 13th at the Jewish Federation of New Hampshire's Annual Meeting to hear Simone Knego speak!



ANNUAL MEETING IS AUGUST 13, 2023 • 6 PM

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MANCHESTER, NH  
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The New Hampshire Jewish Reporter  
Jewish Federation of New Hampshire  
273 South River Rd. Unit #5  
Bedford, NH 03110  
Change Service Requested



# CONGREGATIONS

**JRF:** Jewish Reconstructionist Federation **URJ:** Union for Reform Judaism  
**USCJ:** United Synagogue of Conservative Judaism

## AMHERST

### CONGREGATION BETENU

Dena Glasgow (Rabbinic Intern)  
5 Northern Blvd., Unit 1, Amherst  
Reform, Affiliated URJ  
(603) 886-1633  
www.betenu.org  
Services: Friday night Kabbalat Shabbat services at 7:30 PM

## BETHLEHEM

### BETHLEHEM HEBREW CONGREGATION

Rabbi Donna Kirshbaum  
39 Strawberry Hill Road  
PO Box 395, Bethlehem  
Unaffiliated-Egalitarian  
(603) 869-5465  
www.bethlehemsynagogue.org  
davegoldstone1@gmail.com  
Services: Contact for Date/Time Info  
President Dave Goldstone - (516) 592-1462  
or Eileen Regen - (603) 823-7711  
Weekly Services: July through Simchat  
Torah Friday: 6:30 PM; Saturday: 10 AM

## CONCORD

### TEMPLE BETH JACOB

Rabbi Robin Nafshi  
67 Broadway, Concord  
Reform, Affiliated URJ  
(603) 228-8581  
www.tbjconcord.org  
office@tbjconcord.org  
Services: Friday night - 7 PM  
Saturday morning - 9:30 AM

## DERRY

### ETZ HAYIM SYNAGOGUE

Rabbi Peter Levy  
1½ Hood Road, Derry  
Reform, Affiliated URJ  
(603) 432-0004  
www.etzhayim.org  
office@etzhayim.org, rabbi@etzhayim.org  
Services: Fridays 7:15 PM, Sat 9:30 AM  
followed by Torah Study  
Family Service Fridays 6:30 PM (2nd Fri of  
Month)  
Please visit www.etzhayim.org/calendar  
for optional Zoom link.

## HANOVER

### THE ROHR CHABAD CENTER AT DARTMOUTH

Rabbi Moshe Gray  
19 Allen Street, Hanover  
Orthodox, Chabad  
(603) 643-9821  
www.dartmouthchabad.com  
chabad@dartmouth.edu  
Services: Friday Evening Shabbat services  
and Dinner  
Shabbat morning services  
Call for times

### KOL HA'EMEK UPPER VALLEY JEWISH COMMUNITY

Rabbi Mark Melamut  
Roth Center for Jewish Life  
5 Occom Ridge, Hanover

Nondenominational, Unaffiliated  
(603) 646-0460  
www.uvjc.org  
office@uvjc.org  
Services: Friday night Shabbat service at  
6 PM  
Saturday morning Shabbat service at  
10 AM

## KEENE

### CONGREGATION AHAVAS ACHIM

Rabbi Dan Aronson  
84 Hastings Avenue, Keene  
Reconstructionist, Affiliated JRF  
(603) 352-6747  
www.keenesynagogue.org  
rabbida@keenesynagogue.org  
office@keenesynagogue.org  
Services: Regular Friday night services at  
7 PM  
Weekly Shabbat Torah study at 9:30AM.  
Shabbat morning services on the 2nd  
Saturday of each month at 9:30AM.  
Meditation and Pirkei Avot study on the  
4th Saturday of each month at 10:30AM.  
All services are in-person and online.  
Check the website for schedule changes  
and Zoom links.

## LACONIA

### TEMPLE B'NAI ISRAEL

Rabbi Jan Katz  
210 Court Street, Laconia  
Reform, Affiliated URJ  
(603) 524-7044  
www.tbinh.org  
info@tbinh.org  
Services: Every other Friday  
night at 7:30 PM

## MANCHESTER

### CHABAD CENTER FOR JEWISH LIVING

Rabbi Levi Krinsky  
1234 River Rd., Manchester  
Orthodox, Chabad  
(603) 647-0204  
www.Lubavitchnh.com  
rabbi@lubavitchnh.com  
Services: Shabbat Services  
Saturday morning at 9:30 AM  
Sunday morning minyan at 9 AM

### TEMPLE ADATH YESHURUN

Rabbi Beth D. Davidson  
152 Prospect Street, Manchester  
Reform, Affiliated URJ  
(603) 669-5650  
www.taynh.org  
office@taynh.org  
Services: Shabbat services the first Friday  
of the month at 6 PM  
All other Friday nights at 7 PM  
with some exceptions.  
Alternating Shabbat services or Torah  
study Saturday mornings at 10 AM

### TEMPLE ISRAEL

66 Salmon Street, Manchester  
Conservative  
(603) 622-6171  
office@templeisraelmht.org  
www.templeisraelmht.org  
Services: Fridays at 7 PM

Saturdays at 10 AM  
Morning Minyans - 7:00am every  
Wednesday. At this time, we are offering  
in-person Friday and Saturday Shabbat  
services on alternating weeks.

## NASHUA

### TEMPLE BETH ABRAHAM

Rabbi Jon Spira-Savett  
Conservative  
(603) 883-8184  
www.tbanashua.org  
rabbijon@tbanashua.org  
office@tbanashua.org  
Services (generally):  
Every Friday at 8:00 pm  
Every Saturday at 10:00 am  
Evening minyan Sunday-Thursday 7:30  
pm and at the end of Shabbat  
Second Friday each month Shabbat Alive!  
6:30 pm  
Meditation every other Saturday 9:00 am  
All services on Zoom, most at the Temple  
(check website)

## NEWINGTON

### UNH & SEACOAST CHABAD JEWISH CENTER

Rabbi Berel Slavaticki  
2299 Woodbury Avenue, Newington  
603-584-4111  
Rabbi@JewishSeacoast.com  
www.JewishSeacoast.com

## NORTH CONWAY

### KEHILAT HAR LAVAN

Hazzan Marlana Fuerstman  
PO Box 474, Bartlett  
(978) 853-4900  
harlavancommunity@gmail.com  
Services: Wed. mornings 9 AM online via  
Zoom  
Enter meeting ID https://zoom.  
us/j/381930069  
Holiday service times, locations TBA

## PORTSMOUTH

### TEMPLE ISRAEL

Rabbi Kaya Stern-Kaufman  
200 State Street, Portsmouth  
Conservative, Affiliated USCJ  
(603) 436-5301  
www.templeisraelnh.org  
templeoffice@templeisraelnh.org  
Services: Friday, 6:00 PM  
Saturday, 9:30 AM  
Tues. minyan 5:30 PM  
Temple Israel has a fully licensed  
M-F preschool.

# The New Hampshire Jewish Reporter

Volume 43, Number 9

**AUGUST 2023**

**Av-Elul 5783**

*Published by the*  
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The objectives of The New Hampshire Jewish Reporter are to foster a sense of community among the Jewish people of New Hampshire by sharing ideas, information, experiences and opinions, and to promote the agencies, projects and mission of the Jewish Federation of New Hampshire.

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Please send all materials to:  
thereporter@jewishnh.org

To submit Calendar items for the print and online JFNH Calendar and E-News, go to <https://jewishnh.org/community-calendar>, click the red "Suggest an Event" button, then fill in the form with your event information.

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## Shabbat Candle Lighting Times: (Manchester)



<b>August 4</b>	<b>7:46 PM</b>
<b>August 11</b>	<b>7:36 PM</b>
<b>August 18</b>	<b>7:26 PM</b>
<b>August 25</b>	<b>7:15 PM</b>
<b>September 1</b>	<b>7:03 PM</b>



## JFNH Board Spotlight: Board Member of the Month

Meet Tracy Richmond from Bedford, New Hampshire.

### Tell us a little bit about yourself.

My family and I moved to NH nine years ago from Newton MA. While I was born and raised in Georgia, my husband, Larry, grew up in Newton and we thought we would live there forever. But after many years of skiing in Loon and falling in love with New Hampshire we realized we wanted to simplify our hectic lives and made the CRAZY leap in the summer of 2014. We NEVER looked back. I have two sons. My oldest son Caleb is 20 years

old and attends Georgetown University. Owen is my younger son and is an 18-year-old senior attending Bishop Guertin HS in Nashua. We have two dogs and love to travel.

### Why did you join the Jewish Federation of New Hampshire Board of Directors?

I was very active in Federation in Boston but for some reason was slow to engage in NH. One day Julia Preis and Judith Jolton invited me to lunch, and little did I know the rest would be history!



Watch out for those two :) But seriously- after leaving Newton and moving to an area with so few Jewish peers for my boys- I really felt the need to give them a sense of Jewish community beyond a synagogue. We joined Temple Beth Abraham in Nashua, and I am forever grateful for the amazing friendships I made there and that was expanded with JFNH.

### What committee(s) do you currently volunteer with?

I am the current Chair of the Board.

Prior to this role I have served as Co-Chair of Campaign, Chair of Momentum and Chair of the Governance Committee.

### What do you love most about JFNH?

The BEST part of JFNH to me is our dedicated Board of Directors. Each and every person is passionate about Jewish New Hampshire and most serve in several other volunteer capacities. It's amazing how much time and dedication they give to our state and to Israel. My favorite saying about JFNH is "we are small but mighty." I can't wait to do great things with our community in the coming years.

## Empowering Our Children with Books and Values for a Great School Year

Do any other parents feel that the kids going back to school is a reprieve from the craziness of the summer? A return to order, to routine, to the known. No, just me then?

This summer has been a doozy – I say writing from the first week of July. I have color-coded calendars telling me which child needs to be in which city for which camp from which hours with what in their backpacks. Child #2 will have lost most of his belongings by the end of the day.

But school – school means dropping both kids off in the same location every day. I don't need to worry about packing lunches or sunscreen or bathing suits. I suppose I still need to pay attention to whether child #2 was wearing shoes when he left the house. And he's still going to lose everything by the end of the day. C'est la vie.

Scar from Disney's *Lion King* starts hauntingly singing "Be Prepared" in the back of my mind. Fortunately, PJ Library's ready with "Be Prepared: A Back-to-School Guide" (see QR code). I re-read this guide every year for great tips about talking to kids about back-to-school anxieties, getting organized, prepping a homework station, and lunch and snack ideas. For example, sandwich kabobs: who wouldn't like a skewer of bread, cheese, and cherry tomatoes?

If you're sending your littles off to school for the first time, I highly recommend PJ Library books *Sammy Spider's First Day of School* by Sylvia Rouss or *Avi the Ambulance Goes to School* by Claudia Carlson. For kids aged 5-8 check out *A Sack Full of Feathers* by Debby Waldman, *The Adventures of Rabbi Harvey* by Steve Sheinkin, or *The Art Lesson: A Shavuot Story* by Allison

Dinah Berch

JFNH  
Program  
Coordinator



and Wayne Marks – all books that feature interesting role models, unexpected lessons, and interesting and wonderful teachers. And of course, there's *No Rules for Michael* by Sylvia Rouss (recommended for kids aged 3-4) featuring a preschool classroom that offers "a day without rules".

For PJ Our Way kids [9-13 – Not signed up? Go to PJOurWay.org or email me!], try *How to Survive Middle School* by Donna Gephart. PJ Our Way also has wonderful books about starting a new school (*Mister Lister* by Judith Pransky or *Too Far From Home* by Naomi Shmuel) and about fitting in (*The Kindness Club: Chloe on the Bright Side* by Courtney Sheinmel or *Understanding Buddy* by Marc Kornblatt). More of a podcast person? If you're listening to PJ Library's "Have I Got a Story For You" (and you really should be), look for episode 026: *The Donkey and the Garden* – all about how Rabbi Akiva's clever wife Rachel teaches him not to let anything stand in the way of learning.

Learning from everyone – *lomed mikol adam* – is one of the Jewish values that's been on my mind. I grew up knowing that Judaism values education and that my family encouraged discussion and debate. It's difficult as a parent when your kids start to have their own thoughts and beliefs that aren't in keeping with your own. But it's also very exciting.

The school year is a journey and I know my children will be different people

in the spring. We send them off with the values of *ometz* (courage), *sakranut* (curiosity), *chidush* (innovation), *da'at* (knowledge) and *ga'avah* (pride), and

hopefully a little *achrayut* (responsibility). I know they'll face challenges, and I hope we've equipped them well. Here's to a wonderful school year!

### Jewish Values for Growth



PJ Library

# Statewide Calendar of Events

**DISCLAIMER:** Events are submitted weeks in advance of publication, and are subject to change. For information on format changes, rescheduling, and so on, please contact the event's host.

To submit Calendar items for the print and online JFNH Calendar and E-News, go to <https://jewishnh.org/community-calendar>, click the red "Suggest an Event" button, then fill in the form with your event information.

## Wednesday, August 2

### Temple Beth Abraham - Sundaes on Wednesdays

6:00PM – 7:30PM, Lix Ice Cream, Litchfield  
Join us for ice cream (on us!) at 6:00PM at Lix Ice Cream, 55 Charles Bancroft Highway, Litchfield, NH. Come find our sign to get your coupon to get your ice cream! Open to all!  
Join us for Minyan at 7:00PM at a nearby field.

## Thursday, August 3

### White Mountain Jewish Film Festival – June Zero

6:00PM – 9:00PM Colonial Theatre, Bethlehem  
Tickets are sold at the door or purchased online. General Admission: \$10 / BHC and JFNH Members \$9 / Season Pass (5 Films): \$40  
The 2023 White Mountain Jewish Film Festival returns to the Colonial Theatre this summer for five more films focusing on the Jewish experience in America, Israel, and throughout the world. Film goes can again enjoy the magic of watching great theatrical presentations on the big screen of Bethlehem's historic Colonial Theatre, one of the oldest continuously operating movie theatres in the country. As always, your ticket includes our festival's famous patio parties beginning at 6PM with complimentary refreshments and an assortment of beverages. At 6:30PM the evening's guest speaker will introduce the film and then stay for a Q&A as the houselights go on at the end of each film.

Movie time – All Films: Box office opens: 5:30PM/ Patio Opens 6:00PM/ Guest Speaker: 6:30PM/ Film 7:00PM.

June Zero – In 1962, the world witnesses the execution of Adolf Eichmann in an emotional public trial. And in Israel, 3 characters are intimately involved in this historical, nation-defining event. Guest Speaker: Martin Kessel  
Patio Hosts: Sharon Heyman and Barry Zitser  
To register online: <https://www.catamountarts.org/regional-box-office/>

## Friday, August 11

### Sounds in the Sanctuary – Ariel String Quartet

5:00PM – 7:00PM, Bethlehem Hebrew Congregation, Bethlehem  
Tickets: \$20 BHC Members, \$25 General Admission: Season Pass: \$60 BHC Members, \$75 General Admission. Available at the door. Presenting our 10th Season of outstanding performances by nationally and internationally acclaimed artists.  
Program details and information: <https://bethlehemsynagogue.org/concert-series-2023>

### Pride Shabbat at Temple Israel Portsmouth

6:30PM – 7:30PM  
Please Join Temple Israel Portsmouth for a special Kabbalat Shabbat service led by Rabba Kaya Stern-Kaufman, with guest speakers, guest musicians, and Pride themes. All are welcome! Registration not required. See <https://templeisraelnh.shulcloud.com/calendar> for more info.

## Sunday, August 13

### JFNH Annual Meeting

6:00PM – 9:00PM, Bedford Event Center, Bedford  
In person at the Bedford Event Center and Livestreamed. Doors open at 6PM with registration and a dessert reception.  
Guest speaker - Simone Knego. Celebrate the Shem Tov Award Winners, meet our new Shaliach Guy Ben David, and hear about Federation's recent accomplishments and our plans for the year ahead. Learn more and register online at <https://givebutter.com/JFNHAnnualMeeting2023>.

## Wednesday, August 16

### Temple Beth Abraham - Sundaes on Wednesdays

6:00PM – 7:30PM, The Inside Scoop, Bedford  
Join us for ice cream (on us!) at The Inside Scoop, 260 Wallace Road, Bedford, NH. Come find our sign to get your coupon to get your ice cream! Open to all! Join us for Minyan at 7:00PM at a nearby field.

### Temple Israel Portsmouth Rosh Chodesh Gathering

6:30PM – 8:30PM  
Please join Temple Israel Portsmouth's Sisterhood members in welcoming the month of Elul.  
6:30PM – 7:15PM: Dairy/pareve/vegetarian potluck in the Social Hall.  
7:30PM – 8:30PM: Program in the chapel. Register online at <https://templeisraelnh.shulcloud.com/event/rosh-chodesh-gathering.html>.

## Friday, August 18

### Temple Israel Family Shabbat & BBQ on the Patio

6:00PM – 8:00PM, Temple Israel, Manchester  
Join us on the patio to celebrate Shabbat and enjoy delicious Kosher BBQ.  
RSVP required: visit our website <https://www.templeisraelmht.org> or call the office to sign up 603-622-6171.

## Saturday, August 19

### PJ Library Tot Shabbat Hop

10:00AM – 11:00AM, Kol Ha'Emek Upper Valley Jewish Community, Hanover  
PJ Library's jBaby and Early Education Initiative invite families with children 0-5 (siblings welcome) to celebrate Shabbat morning together.  
Rescheduled from June date.  
Stories, Singing, and Blessings followed by a Kiddie Kiddush. Registration required: <https://bit.ly/TotShabbatUVJC>

### Celebration of the New Year for the Animals

12:00PM – 2:00PM, Conway Area Humane Society, Conway  
The Mount Washington Valley Chavurah is inviting both adults and children to come to the Conway Area Humane Society to celebrate the New Year for the Animals. This holiday is on the Hebrew calendar but is often overlooked. It is a day to reflect on our relationships with both our domesticated animals as well as those which are necessary to support our human lifestyles.

As part of the celebration, and in furtherance of our mission, we are suggesting that you can help us help the Conway Area Humane Society by bringing either a cash donation or an item from the shelter's wish list <https://www.conwayhumane.org/give/donate/#wishlist> on that day. The Chavurah will be providing pizza and drinks after which both children and adults will have a chance to interact with the animals at the shelter or perhaps even adopt a new family member.

If you are planning on attending, please email [mwchavurah@gmail.com](mailto:mwchavurah@gmail.com) with the number of people coming so we can order the right amount of food. The final day for replying is Friday, August 18th. Remember – this is a fundraiser for the shelter so please do your best to support all that they do for our valley and our furry friends.

## Wednesday, August 23, and August 24

### 40th Annual Gail Singer Memorial Blood Drive

9:00AM – 6:00PM, Double Tree by Hilton Manchester Downtown, Manchester  
Mark your calendar for the 40th Annual Gail Singer Memorial Blood Drive! Join us this August as we celebrate 40 years of helping save lives! It takes all of us – American Red Cross employees, volunteers, and donors – to deliver lifesaving services to patients in need. Help can't wait, and we can't operate without YOU. Please register at <https://rcblood.org/46lb23x> or visit <https://www.redcrossblood.org/give.html>

## Friday, August 25

### Sounds in the Sanctuary – Nadav Lev, Classical Guitar

5:00PM – 7:00PM, Bethlehem Hebrew Congregation, Bethlehem  
Tickets \$20 BHC Members, \$25 General Admission; Season Pass \$60 BHC Members, \$75 General Admission. Tickets are available at the door or <https://www.tickets.catamountarts.org>  
Presenting our 10th Season of outstanding performances by nationally and internationally acclaimed artists. Program details and information: <https://www.bethlehemsynagogue.org/concert-series-2023>

### Seacoast Outdoor Kabbalat Shabbat Service

6:30PM – 7:00PM, Strawberry Banke, Portsmouth  
Please join Temple Israel at Strawberry Banke in Portsmouth for three summer outdoor Kabbalat Shabbat services led by Rabba Kaya Stern-Kaufman. Bring a dairy/pareve/vegetarian picnic dinner and your own lawn chair. Services will be live streamed on the Temple Israel Facebook page. In case of inclement weather, services will be held in the sanctuary and accessible via the usual Zoom link. Registration not required.

## Sunday, August 27

### Back to Shul Fest

12:00PM – 3:00PM Strawberry Banke  
Join Temple Israel Portsmouth and a few hundred of your best friends at the big field at Strawberry Banke for an afternoon of music, food, and games! Featuring live music by Jewish bluegrass sensation Jacob's Ladder, a kosher lunch, and free games and activities from face painting to card making, and (maybe even) a dunk tank! Whether you're a lifelong member of the tribe or this is your first time at a Jewish event, ALL are welcome to attend. Come celebrate over a century of Jews on the Seacoast with us. We hope to see you there! This event is rain or shine, so please plan accordingly. Register at [bit.ly/ShulFest23](https://bit.ly/ShulFest23).

## Tuesday, August 29

### Etz Hayim Synagogue Religious School Open House

6:00PM – 7:00PM, Etz Hayim Synagogue, Derry  
An Open House will be held where students and parents will meet our teachers and review the curriculum. We offer Sunday Camp for Ages 4-6 (FREE), and a Youth Education program for Ages 7-18 (Grades 2+). Visit [www.etzhayim.org/learn](https://www.etzhayim.org/learn) to learn more and to register for our Religious School. Our educational program is supported in part by a grant from The Jewish Federation of New Hampshire.

## Wednesday, August 30

### Temple Beth Abraham - Sundaes on Wednesdays

6:00PM – 7:30PM, The Big 1, Nashua  
Join us for ice cream (on us!) at 6:00PM at The Big 1, Nashua, NH. Come find our sign to get your ice cream! Open to all! Join us for Minyan at 7:00PM at a nearby field.

*The*  
**SHEPLER**  
FINANCIAL GROUP

Investment Management

(603) 624-1900  
[harry@sheplergroup.com](mailto:harry@sheplergroup.com)  
Bedford, NH 03110

See what's happening in the community at  
[www.jewishnh.org](https://www.jewishnh.org)



## Seeking Out Community in the Granite State: Spotlight on the Jewish Federation of New Hampshire

New Hampshire's stark granite mountains and quaint towns are some of the most picturesque parts of New England. For those who live nestled amidst this stunning natural beauty, connecting to their Jewish identity is an active choice they must make.

"Being Jewish in New Hampshire means you have to work hard to be Jewish because it really takes effort," explained Allyson Guertin, the executive director of the Jewish Federation of New Hampshire. Allyson grew up and is raising her family in New Hampshire, so she knows the challenges firsthand. "Nothing is handed to you — you really need to seek out opportunities to find a Jewish community," she said.

That's why when Jewish Federation of New Hampshire board member Tracy Richmond brought up the idea of the Federation becoming a Momentum Partner Organization, the board jumped on it right away.

"Momentum offered the opportunity to enhance and encourage relationships within the Jewish community, and with Is-

rael at the same time," explained Allyson. "We're really focused on programming for parents because being a parent can be a lonely and isolating experience as it is, and trying to be a Jewish parent in a place like New Hampshire can be even more alienating." There are about 10,000 Jewish people in the state of 1.3 million people, with 15 synagogues scattered across the state.

### **No matter the distance**

Tracy and Allyson were the Community Leaders for the first Momentum cohort from New Hampshire in 2022, and another cohort recently returned. "We've just hit our 12-month mark with the first group of women, and I have seen firsthand how committed these moms are to each other, to a deeper Jewish family life, and to the local Jewish community," she said.

Four moms from the trip now serve as board members for the Federation, and many have started new family traditions like lighting Shabbat candles or encouraging their daughters to celebrate their Bat Mitzvahs.

Because the Jewish Federation of New



*New Hampshire Momentum Group 2022*

Hampshire represents the whole state, rather than a small geographic metro area, the organization works to make sure they can reach people across the en-

tirety of New Hampshire, said Allyson. It also means that the women participating in the monthly "Year of Growth"

*Momentum continued on page 7*

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[www.investwithcohen.com](http://www.investwithcohen.com)



## Jewish Federation of New Hampshire Applauds Governor Sununu's Executive Order Against BDS Discrimination

Concord, NH, July 6, 2023 - The Jewish Federation of New Hampshire stands in strong support of Governor Chris Sununu's recent signing of an executive or-

der, which prohibits the Executive Branch of New Hampshire from engaging in any business with companies that support discriminatory Boycott, Divestment, and



Former NH State Representative Paul Berch and JFNH Executive Director Allyson Guertin



JFNH Executive Director Allyson Guertin, Consul General of Israel to New England Meron Reuben, and JFNH Incoming Board Chair Tracy Richmond



Consul General of Israel to New England Meron Reuben, JFNH Incoming Board Chair Tracy Richmond, Governor Chris Sununu, Israeli Ambassador to the UN Gilad Erdan, and JFNH Executive Director Allyson Guertin

A gift from the  
Jewish Federation of New Hampshire



Sign up your children ages 6 months through 11 years old and enjoy the gift of Jewish children's books and resources delivered to your home each month. Explore Jewish heritage and culture through PJ Library's high-quality stories about Jewish values, traditions, and heritage.

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Sanctions (BDS) laws. This historic move reinforces New Hampshire's commitment to combating discrimination and standing against the divisive and harmful BDS movement.

New Hampshire now joins several states across the nation that have implemented similar measures to prevent state resources from supporting discriminatory BDS practices. More than 30 states in the United States have enacted legislation or executive orders to combat BDS.

Governor Sununu's executive order represents a significant milestone in ensuring that New Hampshire remains a beacon of inclusivity, where cultural diversity and national unity are celebrated. We commend the Governor's leadership and express our gratitude to all those involved in making this executive order a reality.

The Jewish Federation of New Hampshire remains committed to fostering dialogue, understanding, and cooperation among diverse communities throughout the Granite State. We encourage individuals and organizations from all backgrounds to stand together against discrimination and work towards a future of mutual respect, peace, and shared prosperity.

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## PJ Our Way Book Review



Name: Max Guertin  
Age: 10  
Town: Bow, NH  
Name of Book: *The Lemonade Crime*  
Author: Jacqueline Davies  
Genre: Realistic fiction

**Tell us a little about the book, but don't give away the ending!**

Last summer Evan and Jessie worked very hard making two hundred and eight

dollars selling lemonade that one week ago went missing from Evan's shorts, and Scott Spencer just bought something really expensive. Evan and Jessie take him to "court" to see if he committed the lemonade crime.

**Tell us your favorite part of the book.**

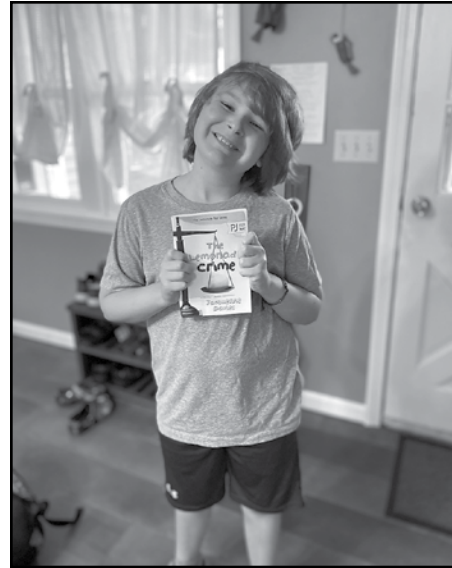
Each chapter name has a definition which is helpful because most chapter names are words I did not recognize.

**Give a recommendation. Who would like reading this book?**

I would recommend this book to anyone who likes suspense or law and order.

**Is there a Jewish connection in this book?**

The book takes place around Yom Kippur when people apologize for mistakes they have made.



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eNEWS

ANNUAL  
MEETING IS  
AUGUST 13, 2023  
6 PM

### Momentum

*continued from page 5*

meetings after the trip sometimes drive over an hour each way to participate.

"I think this speaks to how important the Momentum experience is in New Hampshire, and how much they're looking for this type of connection."



**A life-changing trip for moms – and soon, dads**

Momentum has inspired so much interest across the state that it's been a useful tool to spread the word about other Federation programs, Allyson added. A local dad reached out about organizing a MoMEntum Men's Trip, but Allyson wasn't sure it would garner enough interest – until more fathers shared that they, too, would love to go. With buy-in from eight dads and growing, Allyson and her team are now planning a MoMEntum Men's Trip for 2024.

That first trip was life-changing for Allyson, who had never been to Israel before. "I remember the first night when all the moms were dancing and embracing each other," she recalled. "It was this moment where people decided to take down their walls, leave their insecurities behind, and wrap their arms around one another."

"Watching these women walk into the Old City and see the Western Wall, or receive Jewish names for the first time, and build this connection to Israel was incredible," Allyson said. "But at the same time, they were building this even greater connection to Jewish life. One of the biggest things to come out of this trip is that we've created an opportunity for seven lifelong Jewish mom friends. And in a state like New Hampshire, to be able to say you have seven Jewish mom friends is such an accomplishment."

*Reprinted with permission from Momentum Unlimited.*




## Review your favorite PJ Our Way book for The Reporter!

**Do you have a favorite PJ Our Way book?**  
Something you just couldn't put down  
or that you think **EVERYONE** should read?


**Tell us all about it!**

Send your reviews to  
[Dinah.Berch@jewishnh.org](mailto:Dinah.Berch@jewishnh.org)  
or email for details & question prompts.

**We'll publish your review in  
upcoming issues of The Reporter  
and on Facebook!**



PJ Our Way sends FREE Jewish middle-grade books for  
kids ages 9 through 12. Sign up at [pjourway.org/enroll](http://pjourway.org/enroll)



## Launch of New Movie Club

By Zach Camenker,  
NH JFF Committee Member

The Jewish Federation and New Hampshire Jewish Film Festival are excited to announce that we are launching a new movie club this August with a 40th anniversary screening of the classic film *Yentl*, starring the inimitable Barbra Streisand!

You can join us in person at the Jewish Federation Program Room on Tuesday, August 22 at 2:00 PM for a screening of the film, followed by a post-film discussion at 4:30. Popcorn and drinks will be provided. Registration is \$5 per person.

For folks who cannot make the screening, you are able to join the

discussion free of charge through Zoom on August 22. The film can be viewed on your own time at home in advance of August 22. It is currently free to stream on Max and available to rent on Hulu, Amazon Prime, and Apple TV.

This program will be a “soft launch” for what we envision to be a year-round movie club beginning in 2024. Once a season, we hope to show a Jewish-themed film either in person at locations throughout the state, in a hybrid format much like the *Yentl* program, or virtually and from the



comfort of your home. This will allow folks from all over the state to participate while not having to travel long distances frequently, especially during the winter months.

For those not familiar with *Yentl*, it tells the story of a single father who teaches the Talmud to boys in his small Polish town while also instructing his daughter, *Yentl*, despite the fact that girls are not allowed to study scripture. After her father's death, *Yentl* assumes a male identity, enrolls in a yeshiva, and falls in love along the way.

A musical, drama, and romance all wrapped into one, the movie was an enormous success in 1983, winning two Golden Globes, an Academy Award, and major praise for Streisand, who also co-wrote the screenplay and directed the film. Streisand became the first female director to win a Golden Globe, which has since happened on only two occasions. Co-starring Mandy Patinkin, Amy Irving, and the legendary Nehemiah Persoff, this is sure to be a delightful walk down memory lane for everyone.

We hope you will join us on August 22! Stay tuned for more information on what our new initiative has in store in 2024 as well!



### NEW HAMPSHIRE JEWISH FILM FESTIVAL

# MOVIE CLUB

CELEBRATE 40TH ANNIVERSARY OF *YENTL*

Join us in person at the Jewish Federation of NH

## TUESDAY AUG 22, 2023

Film viewing at 2PM followed by post-film discussion at 4PM

Popcorn and drinks provided \$5/participant

OR

Watch the film from the comfort of your home on Max, Hulu, or Amazon Prime and then join the post-film discussion live or via Zoom.

273 S River Rd #5, Bedford, NH

603-627-7679

<https://bit.ly/JFNHFilmClub>

[info@jewishnh.org](mailto:info@jewishnh.org)



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# PLANNED GIVING

Secure the future of our Jewish community

**As you envision the future of the Jewish community that means so much to you, consider creating a planned gift with the Jewish Federation of New Hampshire that will touch the lives of generations to come.**

## ENDOWMENT AND PLANNED GIVING

By making a planned gift to a JFNH endowment fund, you can ensure that your generosity and vision will have an impact that extends far beyond your lifetime. Endowment funds that were established decades ago are still providing important support to our community today. At JFNH, we have the knowledge and expertise to help you design a planned gift that meets your needs while also endowing your personal vision for the future.

- **Unrestricted Endowment.** A gift to JFNH's Unrestricted Endowment will support the full spectrum of initiatives and programs essential to the future of our Jewish community.
- **Perpetual Annual Campaign Endowment (PACE).** You can create an endowment to perpetuate your Annual Campaign gift. This is a wonderful way to sustain your lifelong investment in the community you have helped build.
- **Restricted Endowment.** Our planned giving professionals will work with you to craft a gift that supports the work of a valued partner organization or an area of particular interest to you, such as caring for the most vulnerable, engaging people of all ages in Jewish learning, and supporting Israel.

## WAYS TO ENDOW YOUR VISION

- **Bequests:** A bequest through your will, trust, or retirement account is an easy way to create an endowment. We will work with you and your advisor to create a gift that clearly reflects and honors your intentions.
- **Retirement Plan Assets:** You may designate JFNH as a beneficiary of a qualified retirement plan such as an IRA, 401(k), or 403(b). To do so, simply contact your plan administrator and complete the appropriate beneficiary designation form. By naming JFNH as a beneficiary, you may avoid significant and often unanticipated estate and income taxes that would otherwise be paid by your heirs.
- **Life Income Gifts:** A Charitable Gift Annuity or a Charitable Remainder Trust can provide an immediate tax deduction and lifetime income for one or more beneficiaries. After the death of the last beneficiary, the remainder becomes part of an endowment fund to be used in accordance with your wishes.
- **Life Insurance:** You may purchase a life insurance policy that names JFNH as both owner and beneficiary. After your passing, JFNH will redeem the policy and the proceeds will support JFNH's endowment.

### LEARN MORE:

Contact Foundation Chair Julia Preis through the JFNH Office at 603-627-7679



THE **STRENGTH** OF A PEOPLE.  
THE **POWER** OF COMMUNITY.

## Kadimah – Moving forward in Jewish learning!

By Noreen Leibson, Principal Temple Beth Jacob, Concord NH

Temple Beth Jacob is an old but beautiful building that houses a Reform Jewish community. The synagogue has an engaging Religious School that offers active learning to children in kindergarten through 7th grade, the B-Mitzvah year. Our students are taught by highly skilled teachers who are assisted by our teens in the role of *madrichim/madrichot*.

There is so much energy in the school! Our students learn Hebrew beginning with the letters of the Alef Bet in K/1 and then learning to read in 2nd grade. From there, they apply their Hebrew skills to mastering *tefillot* (prayers). The other major part of our curriculum is Judaica where our students learn about Jewish holidays, how to Be a Mensch, and Torah stories; in the 7th grade, they learn about the Holocaust, Israel and Jews in History. Our school's foundation rests on Jewish values such as *rachamim* (compassion), *chesed* (loving kindness), and *tikkun olam*

(repairing the world). These are just three of fifteen values that are addressed in every class, including Hebrew.

Along with all they learn, our students enjoy singing with Cantor Shira, leading Shabbat services, Chanukah and Purim festivals, and ending the year with a sundae Sunday!

If your child is not yet old enough for Kadimah or is past the B-Mitzvah age, we offer a monthly pre-k program and a twice-monthly 8th – 12th grade program called Gesher. Gesher meets at noon two Sundays a month. Past topics have included: Comparative Religion, Comparative Judaism (the different denominations/expressions of Judaism), Holocaust Studies, Judaism in Art, Judaism on Death and Dying and Judaism and Sexuality.

If you are interested in learning more about Kadimah at TBJ, write Noreen Leibson, principal at principal@tbjconcord.org or call the synagogue at 603.228.8581.

Join us on this exciting journey in Judaism by moving forward in Kadimah!

## Temple Adath Yeshurun Offers Immersive, Contemporary Religious School Experience

By Rabbi Beth D. Davidson, Temple Adath Yeshurun

Temple Adath Yeshurun's Religious School is dedicated to the depths and breadth of Jewish learning. We are committed to introducing your child to the sacred texts of our tradition and the timeless language that unites us as a people. We strive to create a positive, encouraging and nurturing environment in which your child may learn, grow and further develop their Jewish Identity.

The TAY Religious School provides age-appropriate learning: textbooks that are contemporary with subject matter that is relevant to American Jewish children. We believe our teachers are obligated to help our children develop the skills they need to lead purposeful and meaningful Jewish lives. We allow our students to learn through self-exploration, to be free thinking, and to embrace the beauty that emerges from groups of students confronting the complexities of our heritage. We are dedicated to an immersive learning environment, experimentation and creativity, along with hands-on education whenever possible.

The TAY Religious School is committed to the free exchange of ideas flowing naturally between teachers and students and parents and children. To this end we try to bring our Religious School into

your home and to bring you into the classroom. We are planning more family and intergenerational learning and activities in the coming year.

The TAY Religious School believes in children socializing within their community and their involvement in communal activities, and we enthusiastically support our children to understand and realize the importance of giving Tzedakah and the doing of good deeds.

In sum, we provide your child with an education that demonstrates the beauty of Jewish living and the power of Jewish knowledge, and we are dedicated to creating a school where your child feels aware of his/her Jewish self, a part of the Jewish people, and that s/he is a unique person.

Post Covid, our school has returned to a two day a week program for grades 3-7. We meet on Sundays and Tuesdays. Our K-2 students are in school only on Sundays. Hebrew, Judaica, Tefillah and Music are taught in small classes or school wide programs. This year we also plan a once-a-month Hebrew High School program.

For more information, please feel free to contact our Education Director, Stacy Garnick, at eddirectortay@gmail.com, Religious School Chair Kelly Ruback, at kr.williams.11@gmail.com or myself, at rabbi@taynh.org.

## Temple Israel Manchester Hebrew School Registration Open

Hebrew School Registration is now open for 5784 (2023-2024) at Temple Israel Manchester for grades k-7. Classes will be held on Sunday mornings from 9:30-12. This year the K-1 class will be on Sunday morning during the same hours as their older siblings.

Our experienced, creative teachers will be leading hands-on lessons to foster lifelong learners of Torah, Jewish holidays and lifecycle events. We devel-

op in our students a strong positive Jewish identity. We feature one on one tutoring for Hebrew support. Temple Israel Manchester is a warm, welcoming, family-oriented community open to diverse families.

There will be an Open House in August, details to come by email.

To register, contact Karen Jacobs or Jennifer Beard at school@templeisraelmht.org.

See what's happening in the community at [www.jewishnh.org](http://www.jewishnh.org)

Presented by



Temple Israel  
Portsmouth, New Hampshire

In Partnership With





# Back to Shul Fest

Sunday, August 27th  
Strawbery Banke  
12:00-3:00 PM

Kosher Lunch

Crafts & Games

Live Music

Scan the QR code to register or visit [TempleIsraelNH.org](http://TempleIsraelNH.org)





## Temple Israel Portsmouth Hebrew School Emphasizes Project-Based Learning, Hebrew Through Movement

Temple Israel's Hebrew School is accepting enrollments for the 2023-24 school year! Open to grades K-7, give your child the gift of a Jewish education like no other. Our curriculum is centered around the student, with an emphasis on project-based learning and putting values into action. Your child's success is our first priority! To achieve this, we offer self-paced Hebrew instruction, a new theme every week, one-on-one tutoring on your schedule, and full Bar/Bat/Kabalat Mitzvah preparation.

Meeting Wednesday afternoons and Saturday mornings, students take part in the Shabbat service while diving deep into their heritage. We're also excited to begin offering Hebrew Through Movement in our program! HTM allows learners to experience Hebrew as a living language, giving context to the decoding & language skills they learn in the classroom. Think of it as a "mini-Ulpan"!

Our curriculum highlights: Hebrew decoding and language skills; prayers and blessings, including taking part in

Shabbat services; putting Jewish living and values into action; understanding *Tanach* as the stories of our people; Israel and its connection to us; Jewish

history and what makes us a "holy people"; holidays and how they shape who we are.

For more information... contact Head

of School, Erik Martin, at [headofschool@templeisraelnh.org](mailto:headofschool@templeisraelnh.org), call 603-436-5301 ext. 14, or visit [bit.ly/HebrewSchoolSignUp](https://bit.ly/HebrewSchoolSignUp) to register today!

## Welcome Returning and New Etz Hayim Students!

An Open House will be held on Tuesday, August 29, 2023 at 6:00 PM where students and parents will meet our teachers and review the curriculum.

Etz Hayim Synagogue Religious School, located at 1 1/2 Hood Road in Derry, NH, offers the following programs: Sunday Camp (Ages 4-6) meets from 10:00 a.m. to 12:00 p.m. one Sunday afternoon per month, beginning Sunday, September 17, 2023. Our Sunday Camp teacher uses a mix of music, crafts and games to introduce students to the Jewish calendar, prayer, Torah and Hebrew. This program is FREE.

Our Youth Education program meets every Tuesday, beginning September 5, 2023, at 6:00 p.m. for students ages 7 to 18 in grades 2+. Kitah Aleph (Grade 2) meets weekly from 6:00 to 7:15 PM. Kitah Bet (Grade 3) meets weekly from 6:00 to 8:00 PM. These classes enable students to learn the basics of Hebrew letter recognition and decoding in order to begin to learn to read.

*Etz Hayim continued on page 15*



# TOT SHABBAT HOP!

PJ Library's jBaby and Early Education Initiative invite families with children 0-5 (siblings welcome) to celebrate Shabbat morning together. Each month this summer at a different location!

Stories, Singing, and Blessings followed by a Kiddie Kiddush



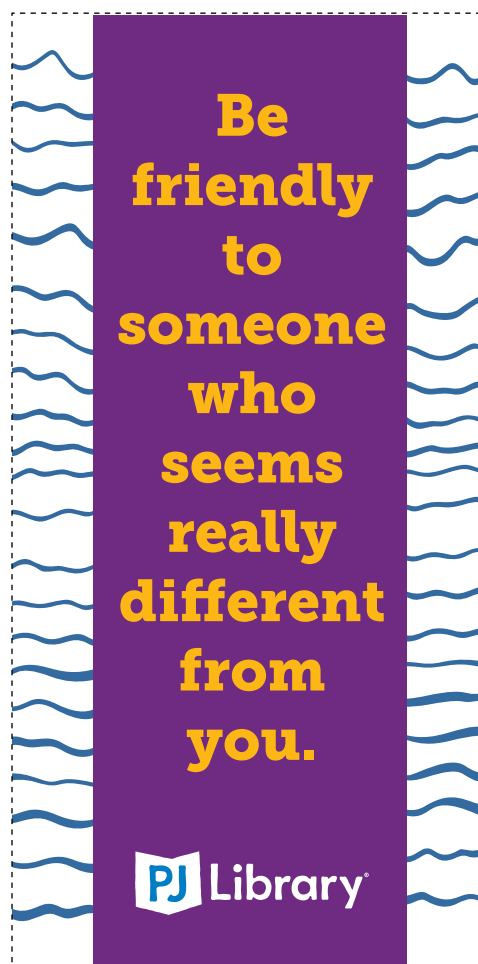
**Saturday, August 19th, 10AM**  
Roth Center for Jewish Life,  
Upper Valley Jewish Community -  
5 Occom Ridge, Hanover

**Registration Required**  
Scan QR code or  
<https://forms.gle/AoKkhA1bHwBCJbbG8>





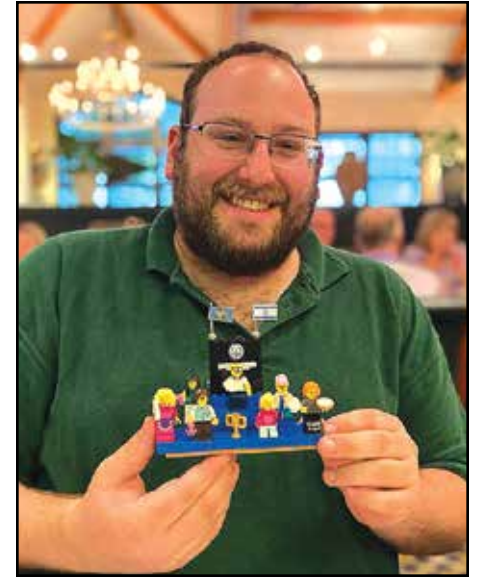

Send your kids to school with these cute lunch box notes from PJ Library!





# *In the Community*

## **Jewish Federation of New Hampshire Says Goodbye to Shaliach Ra'anana de Haas**







## Share your High Holiday Greeting

High Holiday Greetings with a donation of \$18 or above will be listed in the September Reporter. Please print your greeting *clearly* below:

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High Holiday Donation:     \$18  
Additional Donation:        \$\_\_\_\_\_  
Total Donation Enclosed: \$\_\_\_\_

\_\_\_\_\_  
(your name/family name)

**Deadline: August 10th**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Mail this form with your payment to:

Jewish Federation of New Hampshire, 273 South River Rd. Unit 5, Bedford, NH 03110

If you prefer, scan and email this form to [info@jewishnh.org](mailto:info@jewishnh.org)

OR call us at 603-627-7679 OR scan the QR code to submit your greeting and pay online.



### Payment Information:

Make check payable to "JFNH" or Mastercard/Visa # \_\_\_\_\_

Expires: \_\_\_\_\_ Security Code: \_\_\_\_\_ Your Signature: \_\_\_\_\_





## Temple Beth Abraham Celebrates Pride

By Liz Macedo, Co-Chair TBA's Tzedek Committee

On June 9th and 10th, Temple Beth Abraham in Nashua celebrated their third annual Pride Shabbat to celebrate the lives and contributions of Queer Jews. Members of the Tzedek Committee led a Kabbalat Shabbat service with prayers, songs, and reflections written by LGBTQ+ Jews. The committee also hosted a panel discussion on Shabbat afternoon about the intersection of Trans and Jewish identities. "I love being Jewish and I love being Trans," said panelist Ozzy Gold-Shapiro, to a round of snaps and claps from the crowd.

Panelists discussed their lived experience and how they see themselves reflected in Jewish history and in sacred texts, referring to the teaching of *b'tzelem Elohim*, "in the divine image" and the 8 genders recognized in Talmud, 6 of which describe genders which we might today call trans and non-binary. Audience members were able to ask questions which sparked an excellent discussion about binaries and the places they show up in our world in ways that are helpful and in ways that are limiting. In other words, while we read in Torah that Hashem created 'day' and 'night', we also know that twilight exists.

TBA consulted with Keshet, a national

non-profit organization that works for the full equality of all LGBTQ+ Jews in Jewish life, to plan the month-long celebration. In addition to Pride Shabbat, the Tzedek Committee at TBA sponsored the Nashua Pride Festival, marched in the Pride Parade, and held a community-wide training on LGBTQ+ belonging and how to create inclusive Jewish spaces. The training was developed and led by Keshet's team of educators and trainers.

Rabbi Jon Spira-Savett reflects, "I'm so proud that community members have taken the initiative to make our Pride Shabbat into a Jewish month of Pride. For me, having queer voices in our Jewish community and in prayer doesn't stop with welcoming and inclusion. The panelists told us stories about what it means to be committed to Jewish community that has new layers. Even the words I have been singing for years in prayers have new layers of meaning when I listen to LGBTQ+ composers and teachers explore them and unlock them."

The TBA Tzedek Committee's mission is to provide opportunities for learning, dialogue, and action on social justice issues, through a Jewish lens, in order to fulfill the *mitzvah* of *tikkun olam* - "repairing the world." If you're interested in learning more or attending any upcoming events, please visit the TBA website at [tbanashua.org](http://tbanashua.org).

## Etz Hayim Students

continued from page 11

Students will also learn about holiday observance, Tzedakah and Jewish living.

Kita Gimel, Dalet, B'Nai Mitzvah and Confirmation classes (Grades 4 and up) meet from 6:00 until 8:15 PM. Students start with building Hebrew reading skills, working up to leading prayer for our older students, as well as learning Jewish

ethics, history and Judaica. Students also focus on liturgical and Judaic knowledge and skills in preparation for becoming a Bar/Bat Mitzvah.

To register for Etz Hayim Synagogue's Religious School please visit <https://www.etzhayim.org/learn>.

Our educational program is supported in part by a grant from the Jewish Federation of New Hampshire.

## Congregation Betenu Welcomes New Rabbinical Intern

Congregation Betenu of Amherst, NH will be welcoming Rayden Marcum as their Rabbinical Intern. Rayden will be entering his third year as a student in the rabbinical program at Hebrew College in the fall. Rayden started helping to lead High Holiday services at age five and got hooked. He has been leading and co-leading Shabbat and High Holiday services ever since, including at the Reconstructionist congregation in which he grew up and independently for students on campus while an undergrad. He loves singing and learning new melodies, while also crafting an interesting path through liturgy. Rayden spent a year studying in Israel, on a kibbutz and at the Pardes Institute in Jerusalem; this experience was an important part of his



path to Hebrew College, serving as an introduction to the classical Jewish model of *hevruta* study. Since Hebrew College is based on this model, it provided a natural transition, one which Rayden is excited to share with congregants at Betenu when studying together.

Rayden also has significant experience in community engagement roles, particularly in, for, and about the LGBTQ+ community. He spent time working with Keshet to offer intergenerational community building programs and with a local organization in the Bay Area doing youth-oriented education. Outside of school and rabbinical work, Rayden enjoys reading, rock climbing, hiking, cooking, and baking, both for and with community.

## The NH Jewish Museum Needs Medical Attention

By Steve Soreff, MD

On November 15, 2022, the New Hampshire Jewish Museum (NHJM) opened with exhibits about the Life and Times of Dr. Bronstein and a salute to all NH Jewish Veterans and those on active duty. The NHJM is planning a fall exhibit featuring New Hampshire Jewish Contributions to Healthcare.

These contributions have two components. The first will be a chronicle of some of the amazing advances in healthcare by New Hampshire Jews including the development of the measles vaccine and the creation of child health programs. The second part will feature current innovations, procedures, and programs being done today by Jewish members in healthcare.



And this is where we need your help. If you are or know someone Jewish in New Hampshire making healthcare better, please let us know. That person could be a medical doctor, dentist, researcher, teacher, first responder, social worker, or psychologist. Stephen Soreff, MD [soreffs15@aol.com](mailto:soreffs15@aol.com) or call (603) 895-6120. Thank you.

## Help Wanted!

**Do you live in Keene, Laconia, Bethlehem, Hanover, or another NH community and want to help produce the Jewish Reporter?**

We are looking for people all over the state who are interested in writing about their local Jewish community.

**To get involved, contact [thereporter@jewishnh.org](mailto:thereporter@jewishnh.org)**



## The 26th Annual NH Jewish Food Festival Sets Yet Another Record!

The 2023 Temple B'nai Israel (TBI) New Hampshire Jewish Food Festival exceeded expectations yet again with an 8% increase in orders over last year. At the conclusion of last year's NH Jewish Food Festival, Stu Needleman, Food Festival Committee Chair, wrote, "The 2022 Food Festival went into the record books, at least until 2023, when we will try to beat our 2022 numbers. I think we will need a few more freezers and to start the cooking tomorrow to achieve that goal." Little did he know how prophetic those words would be. This year, Stu Needleman credited the addition of new cooling and freezing equipment- paid for by generous donations from the congregation - and changes to the food storage area that "improved efficiency of the cooking and baking and allowed for increased

productivity to achieve the tall task of producing hundreds of pounds of handmade product with a small group of volunteers." According to Susan Needleman, co-chair of the volunteer cooking teams, "It was great not having to schlep up and down the stairs carrying trays of food," with the implementation of the new refrigeration room that is adjacent to the kitchen.

The continued achievement of the NH Jewish Food Festival does not come about without a great deal of hard work and long hours by the entire Food Festival team which is made up of volunteers; the men and women who are members of Temple B'nai Israel. The cooking operations are co-chaired by



Susan Needleman and Rhoda Goodman who credit the "tireless Cooking Team Leaders and cooking volunteers...we couldn't make it up the hill to another successful food festival without you!"

While the cooking teams were hard at work, the operations team was busy improving the online menu presentation so that customers would find it easier to order, a new appointment scheduling system was implemented for order pickup, and a new picking system was developed to ease the labor required to retrieve products from their storage locations on pickup days. Initial reports indicate that customers were pleased with the newest innovations.

The entire team made a unanimous

decision, before items were priced on the website, to hold prices to 2022 levels, despite the increased cost of ingredients and supplies. The team felt it was the right thing to do given the current difficult economic times. They wanted as many people as possible to enjoy the home-made foods even if the Temple made less money.

Innovation, dedication, and perspiration define the characteristics of the entire TBI Food Festival team, and it is due to this special group that another record sales performance for the NH Jewish Food Festival was achieved. At Temple B'nai Israel the planning has already begun with the process of reviewing and refining for 2024. The committee looks to continue the tradition of annual improvements and providing the best Jewish cuisine in New Hampshire.

## TIP Sisterhood Hosts a Sweet Evening

On Thursday, June 22, Master Chocolatier Thomas Nash held a class and tasting with Sisterhood members and guests at Temple Israel in Portsmouth. Participants learned about the history and

techniques of chocolate-making. Then they whipped up a delicious chocolate ganache! For more information about upcoming Sisterhood events, please visit the Temple Israel website calendar.



Photo credit: Elian Tackeff

## Back to Shul Fest

By Erik Martin, Head of School, Temple Israel Portsmouth

Summer's almost over but the celebration is only just beginning. Join Temple Israel and the Seacoast Jewish community on Sunday, August 27th, 12:00pm at Strawberry Banke in Portsmouth, NH for the second annual Back to Shul Fest! This year's event is sure to have something for everyone: games, activities, scavenger hunts, prizes, kosher lunch, and live music by Jewish bluegrass sensation, "Jacob's Ladder." Shul Fest is free and open to the public. All are welcome regardless of membership or affiliation, so please invite your friends. Whether this is your very first time at a Jewish event or you've been coming to Temple Israel programs for years, Shul Fest will be sure to impress.

This is so much more than a party - it's an affirmation of our people's identity and a celebration of our culture. Jews have been a part of the New England community for centuries and have been involved in nearly every major event that has taken place here. Our people have maintained our distinctive identity by remaining true to our values, and at the same time we have added a distinctly Jewish flair to many aspects of American life. Come for a day of celebrating that wonderful harmony through music, food, games, and fellowship. As we build bridges with each other and our neighbors, we help to make our homes safer, more peaceful, and tolerant for all.

Register at [bit.ly/ShulFest23](https://bit.ly/ShulFest23). Rain or shine, we hope to see you there!



Scenes from 2022 Back to Shul Fest





## Book Review

Reviewed by Merle Carrus

### *Kunstlers in Paradise* by Cathleen Schine

Cathleen Schine takes the Covid pandemic head on in her new book, *Kunstlers in Paradise*. A trip down memory lane for many of us who during the early days of the Covid pandemic either spent time with family we don't usually get to live with or possibly ended up spending time somewhere we had not expected to be for longer than was the original plan.

That is how Julian Kunstler, the twentysomething grandson, ends up living with his grandmother, Salomea Kunstler, known to family as Mamie. Julian has suffered a severe blow when his girlfriend breaks up with him, his best friend and roommate decides to go to law school and leaves their shared apartment and the bookstore he has been working in closes its doors.

He is lost. His parents do not want him moving back in with them. He has no career ambition or direction.

When his grandmother Mamie breaks her wrist and needs a little assistance, Julian travels from New York City to Los Angeles to help. He moves into Mamie's guest house at her Venice beach

bungalow. Thinking this is a stopover while he tries to find himself, Covid changes everything. Now he is stuck living with his 93-year-old grandmother and Agatha, her live-in assistant. Though it is a wonderful way to be isolated during the pandemic, Julian feels guilty that he is not suffering as much as his parents and friends in New York.

To pass the time Mamie starts to share stories of her life. She reminisces about leaving what the Kunstler family remembers as paradise, their home in Vienna. In 1939, Hitler marched into the city. The family came to America and settled in Los Angeles. Mamie was a youngster and traveled with her mother, father and grandfather.

The book tries to compare the horrific trauma of Mamie and her family leaving Europe and settling in America, of being exiled to being unmoored during Covid. Leaving your home and not being able to return. Feeling guilty when you survive, and others do not. Mamie quotes Christopher Isherwood: "I am bitterly ashamed that I am here in safety."

Later Julian will also quote Isherwood when he meets Sophie, a fellow dog walker who lives across the street, as he walks his grandmother's dog. They meet daily to walk the dogs on opposite sides of the street, shouting to each other to converse. As they become friendlier, they meet on Sophie's lawn with masks and Julian shares the stories his grandmother is telling him.

As the story develops, we hear how Mamie and her family escaped Vienna and came to Venice, CA. How her mother found work in Hollywood. Mamie's father, a composer, was not as successful and found this new country difficult to navigate. Her grandfather was her closest friend when Mamie was a child; they strolled the beach together and talked to people they met. She talks about the movie stars they knew. Julian writes it all down and thinks he may write a play based on Mamie's story. He starts to enjoy hearing her remembrances about famous people like Greta Garbo, and the famous composer Arnold Schoenberg. Mamie went on to become a violinist.

In this crazy tapestry of family life, we see how a family left a life they thought was paradise until it was no longer a place of beauty, to go to a place that tries hard to be paradise. We see how people can make a place a paradise when they need to find happiness during a difficult time, finding themselves and creating a happy life during hardship.

Cathleen Schine is the author of the internationally best-selling novels *The Love Letter*, *Alice in Bed*, *To the Bird House*, *The Evolution of Jane*, *She is Me*, *The New Yorkers*, *The Three Weissmanns of Westport*, *Fin & Lady*, *They May Not Mean To, But They Do*, and *The Grammarians*. In addition to novels, she has written articles for *The New Yorker*, *The New York Review of Books*, *The New York Times Sunday Magazine*, and *The New York Times Book Review*, among other publications. Her essays have been included in *Best American Essays 2005*, *Fierce Pajamas*, *an Anthology of New Yorker Humor*, and *The Big New Yorker Book of Dogs*. She grew up in Westport, Connecticut and lives in Venice, California.

## Cookbook Review: Adenna Sussman's *Shabbat: Recipes and Rituals From My Table to Yours*

By Merle Carrus

Adenna Sussman has written her second solo cookbook, *Shabbat: Recipes and Rituals From My Table to Yours*. Her first cookbook, *Sababa: Fresh, Sunny Flavors From My Israeli Kitchen*, is already a favorite with so many home cooks.

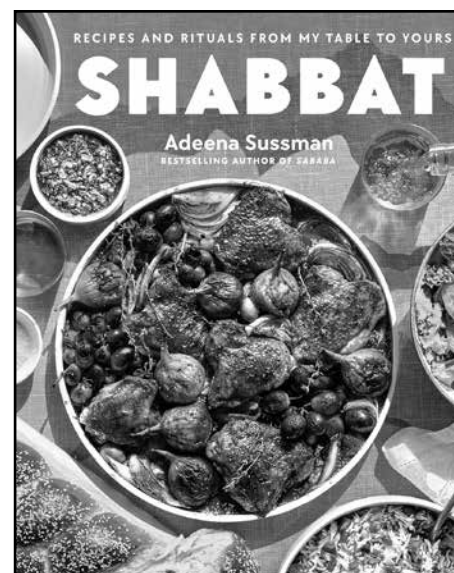
I have been cooking recipes for my guests from Adeena's first super successful cookbook, *Sababa*, for several years now. During the Covid lockdown I watched Adeena as she offered cooking demonstrations with a variety of outlets. Everything looks so simple when she is cooking and talking at the same time. Offering her experienced how-tos and suggestions on how to find the right ingredients, prepare the vegetables and how to spice each dish to taste.

Now Adeena is offering her followers recipes perfect for the Shabbat table. Shabbat is the day of rest and the perfect time for gathering with family and friends. Most Jewish holidays involve food. Shabbat is no exception. Sussman explains in her introduction to the book

that Shabbat or the weekend food in Israel is a special time, "special yet unbuttoned, lavish yet relaxed, and perfect for entertaining a crowd, no matter the size. Most of all, it's food with meaning, centered around a tradition with ancient roots and conceptualized around the ideas of rest, relaxation, and reflection, a focus that feels decidedly modern right now."

Though at one time in her life Sussman was not attached to celebrating Shabbat, she has come to realize the importance of the role of Shabbat in her current life. "It isn't lost on me that Shabbat is the north star of my kitchen identity; after all, it's been a central part of my whole life. But it took almost leaving Shabbat cooking behind to realize how much I actually needed this respite. Shabbat is a weekly opportunity to slow down, chill out, and feast along the way."

The recipes in this book are presented on beautiful plates that complement the colors and beauty of the food. The book is divided into chapters that lead the hostess from preparing the challah for



Shabbat along with other types of bread and crackers to appetizers, salads, kugels and main courses, including fish, meat and chicken along with stews or cholents and onto the finale of drinks, cocktails and desserts.

Each recipe is lovingly displayed on the page so the cook can see what the



final product will look like. There is a description of how to achieve success when cooking the dish and some of the dishes have been shared by a friend or fellow chef. Some of the dishes are

**Cookbook** continued on page 18

## Recipe: Feta, Artichoke & Pea Dip with Sumac Pita Chips

Makes 2 cups dip and 32 pita chips

Active time: 20 minutes

Total time: 35 minutes

More than almost anything else I've created lately, this dip/spread sits right in the Venn-diagram overlap of easy and delicious; I'm almost embarrassed to report just how easy. Drain a jar of marinated artichoke hearts, defrost some peas (yes, the sweet and delicious frozen kind), throw in some feta and garlic, and blend. Then, take any chopped herbs you have (though chives and mint really pop here) and use the tangy, sumac-y pita chips to scoop it up. Reimagine any leftovers as a sandwich spread or fold them into leftover pasta for an impromptu lunch.

### FOR THE PITA CHIPS:

- 1/3 cup olive oil
- 1 tablespoon ground sumac
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon kosher salt
- 4 pitas, each cut into 8 triangles

### FOR THE DIP:

- One 12-ounce jar marinated artichokes, drained, or canned and drained or frozen and defrosted\*
- 1 cup frozen peas, defrosted and drained (3/4 cup defrosted)
- One 4-ounce block (or 1 cup crumbled) feta cheese
- 1/4 cup olive oil
- 1 small garlic clove
- 3 tablespoons minced fresh chives, plus more for garnish
- 2 tablespoons finely chopped fresh mint
- 1 tablespoon finely minced seeded hot green chili pepper

### Directions:

1. Make the pita chips: Arrange two racks in the top and bottom thirds of the oven. Preheat the oven to 375°F. In



- a large bowl, combine the oil, sumac, cumin, and salt. Add the pita triangles to the bowl and toss to coat in the sumac oil. Arrange in single layers on two large rimmed baking sheets and bake until golden and crisp, switching them midway through, 13 to 14 minutes. Cool on the baking sheets.
2. While the chips are baking, make the dip: Combine the artichokes, peas, feta, olive oil, and garlic in a food processor and process until grainy-smooth, 25 to 30 seconds. Scrape down the bowl and process until almost smooth, 30 to 45 more seconds. Stir in the chives, mint, and chili. Transfer to a serving bowl and garnish with more chives. Serve the chips with the dip. The dip can be refrigerated in an airtight container for up to 5 days.

\*If you're using canned or defrosted frozen artichokes, add 1 tablespoon of your favorite Italian-style vinaigrette when blending.

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## Recipe: Seared Broccoli with Caper Vinaigrette

Serves 4 to 6

Active Time: 20 minutes

Total Time: 20 minutes

Ah, broccoli, we almost ate you every Friday night. Let me set the scene: In the minutes just before Shabbat came in, my mother would steam some broccoli, so we'd have an extra fresh vegetable to enjoy over Shabbat. We would sit schmoozing in the "living room" (where we never lived, except during this precious single hour and a half every Friday). Almost like clockwork, my mom would slap her forehead and say, "I forgot about the broccoli!" Since we didn't turn lights on and off on Shabbat and the microwave had a bulb that activated when its door was opened, the broccoli would sit in isolation until Shabbat ended. And so, no microwave broccoli in my house. Instead, grilled planks of broccoli, where the stem is as much of a treat as the florets. Steam-charring in the skillet turns the vegetable a gorgeous shade of bright green, contributing a wisp of smokiness to the proceedings. The longer I live in Israel, the more I crave salt, spice, and acid, and this zippy caper, shallot, and lemon vinaigrette checks all the boxes. The vinaigrette also works supremely well stirred into pasta or potato salad, and—of course—dolloped on steak, fish, or chicken.

### Ingredients:

- 7 tablespoons olive oil
- 2 tablespoons freshly squeezed lemon juice
- 2 tablespoons jarred capers (2 1/2 tablespoons if salt-packed), drained, lightly rinsed, and coarsely chopped
- 2 tablespoons chopped fresh parsley
- 1 tablespoon finely minced shallots
- 1/2 teaspoon finely minced hot chili pepper (seeds optional)
- 1/4 teaspoon kosher salt, plus more for seasoning
- 1/8 teaspoon freshly ground black pepper



- 1 large head broccoli (11/2 to 13/4 pounds)
- 6 tablespoons vegetable broth, chicken broth, or water

### Directions:

1. In a medium bowl, combine 4 tablespoons of the olive oil with the lemon juice, capers, parsley, shallots, chili, salt, and black pepper.
2. Use a sharp vegetable peeler to peel the tough outer layer of the broccoli stem to reveal the paler green interior. Cut broccoli through the stem into four 1-inch "steaks," some larger than others. You'll have some stray florets; use them, too.
3. Heat a 9- or 10-inch skillet over medium high heat. Just before adding the broccoli, add 1 1/2 tablespoons oil to the skillet. Add 2 steaks, season with salt, and sear until the underside is charred on the edges, 3 minutes. Flip, add 3 tablespoons of the broth, cover, and continue cooking until the underside is charred and the broccoli is bright green, 3 to 5 minutes.
4. Remove to a plate; cover with foil to keep warm. Repeat with the remaining oil, steaks, and broth. Transfer to a serving platter and spoon the vinaigrette on top.

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## WEBSITE DEVELOPMENT HELP NEEDED

I have a small book I hope to offer as a single purchase item, now in final edit. I need the following help:

- Table of Contents page #s linked to entries in the text
- Evening out word layout for a few pages
- Images and backgrounds

I'll want to meet in person.  
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## Cookbook

continued from page 17

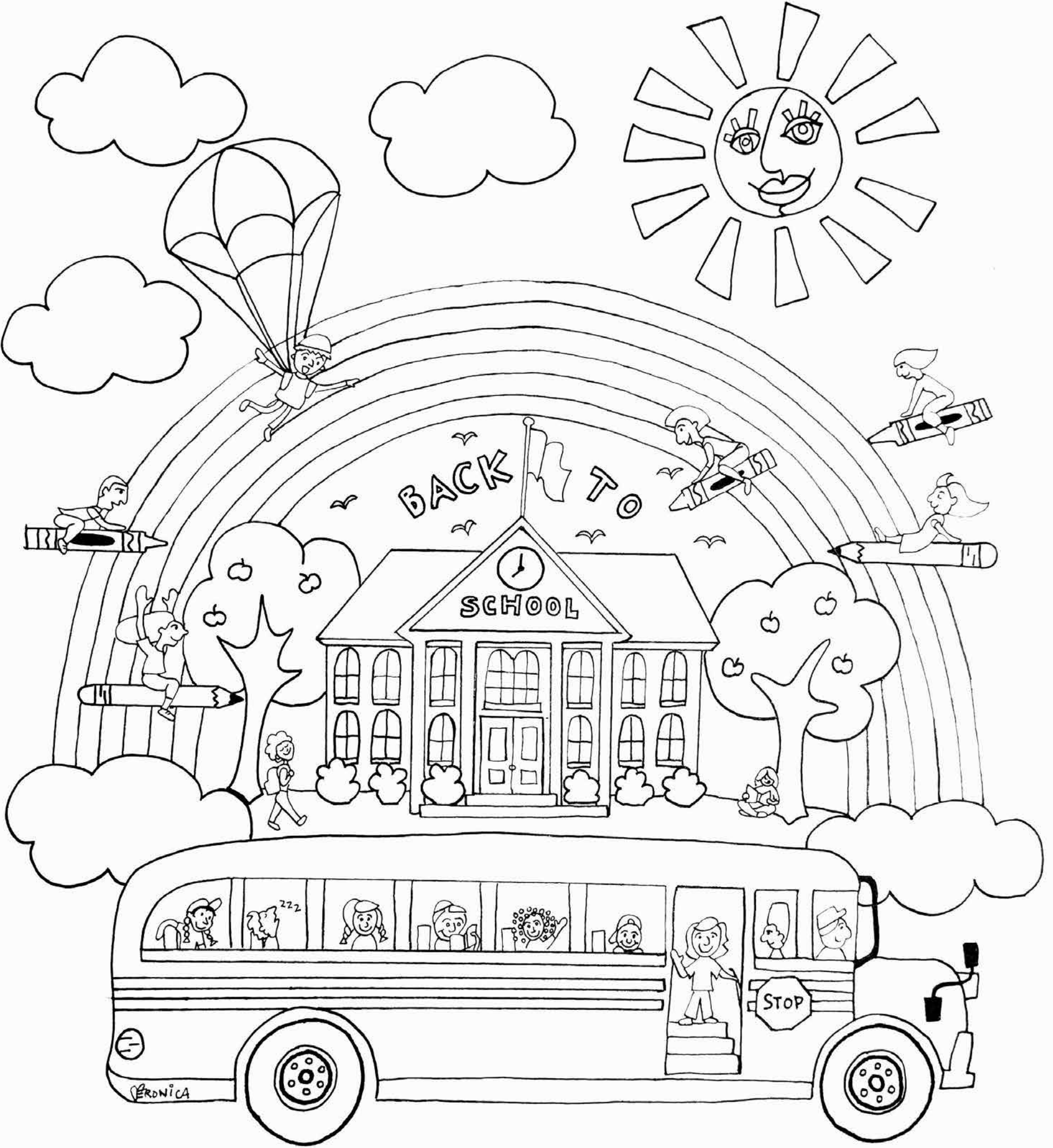
family favorites. The personal touches in the book make it a delight just to read through and look at the photographs even if you are not ready to start taking out the bowls and pots and start cooking.

*Sababa: Fresh, Sunny Flavors From My Israeli Kitchen* was named a Best Fall 2019 cookbook by *The New York Times*, *Bon Appetit*, and *Food & Wine*. Sussman

is the coauthor of 14 cookbooks, most recently *Gazoz: The Art of making Magical, Sparkling, Seasonal Drinks*. She collaborated on *Cravings: Hungry For More and Cravings: All Together* with Chrissy Teigen, both of which were New York Times Best-sellers. Adeena made aliyah, becoming an Israeli citizen in December 2018. She cooks and writes in Tel Aviv, where she lives in the shadow of the Carmel Market with her husband, Jay Shofet.



# Kids' Corner Coloring Page



Veronica Ava Conley, ©2023



## Hadassah on Health, Antisemitism and Cancer-related Skin Treatments

By Michele Bank

The community is welcome to join the Manchester Chapter of Hadassah members at the second annual walkathon for

women's health. It will be held on Sunday, October 22, 2023, at 1 PM at the Chestnut Hill Reservoir in Brookline, MA. Donations toward this fundraiser are welcome. Volunteers are also needed

to help at the walk.

In national news, Shelley Greenspan, White House Liaison to the American Jewish Community, joined Hadassah-Young Judea in a discussion on Jewish

Advocacy. Attendees included Young Judea board members and alumni, the Hadassah National Secretary as well as Hadassah members.

Ms. Greenspan spoke about her experiences as White House liaison to the American Jewish Community over the last year, particularly the recently released National Strategy to Counter Antisemitism and the process from its inception to release.

"We decided to host a roundtable at the White House and had a handful of Jewish professional leaders, who spoke with one voice — and it was really clear they wanted a national strategy to tackle antisemitism," she said. "This is the most ambitious and comprehensive plan to counter antisemitism.... This is really a whole of society effort, and I'm so grateful for partners like Hadassah when they come to me with ideas and suggestions."

As the largest Jewish women's organization in the US, Hadassah advocates to strengthen the US-Israel relationship, combat antisemitism and champion women's and public health to enhance the lives of people in Israel, the United States and worldwide. Right now, the Senate has an opportunity to take up a critical bill that recently passed the House and would establish a Special Envoy for the Abraham Accords, the landmark normalization agreements between Israel and Arab countries.

Please join Hadassah and urge your Senators to take up H.R. 3099 to continue American leadership for peace in the Middle East.

As reported in the Jerusalem Post, Researchers at the Hebrew University and Hadassah-University Medical Center in Jerusalem developed a cream to treat chemo side effects: skin toxicity with severe facial rashes.

While today's cancer treatments are highly effective in prolonging the lives of patients, more attention must be paid to their quality of life and emotional state throughout their treatment. A new study reported on the new development that will relieve skin toxicity and improve patients' feeling during the challenging period of fighting the disease. Current oncology treatments use on-target strategies that are meant to block a specific receptor on the tumor, leading to a delay in the cancer cells' growth and a regression of the disease. Since this specific receptor is also found in healthy skin cells, skin toxicity is a known side effect of targeted cancer treatment.

*Hadassah continued on page 21*

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## Dartmouth students embark on a life-changing mission to restore forgotten Jewish cemeteries in Poland as part of Hillel at Dartmouth's Project Preservation

Project Preservation is Hillel at Dartmouth's premier experiential learning program whose mission is to recover Jewish history and reclaim Jewish culture by restoring neglected Jewish cemeteries, primarily in Eastern Europe. The program, now in its 20th year, is led by Hillel at Dartmouth's Executive Director and Michael Steinberg '61 Rabbi, Seth Linfield. As explained by Rabbi Seth, "Europe's vanished Jewish communities cannot care for these orphaned cemeteries. Centuries of tombstones are not maintained. Through Project Preservation, our Hillel at Dartmouth family responds to evil by keeping a generational trust to preserve cemeteries."

Prior to the trip, students meet weekly

to study and learn with teachers like Holocaust survivor Betty Lauer of White River Junction, Vermont, and Dartmouth Professors Phyllis Deutsch and Benjamin Valentino. In June, 21 Jewish and non-Jewish students, joined by Rabbi Seth, Dartmouth faculty member Melissa Herman and Hillel Springboard Innovation Fellow Samantha Cohen, traveled to Poland.

After bearing witness to the history of the Polish Jewish community in Krakow and an intensive day at Auschwitz and Birkenau, the group began cemetery restoration in Czystichowa, a city in southern Poland. In the neglected Jewish Cemetery, the students devoted two days to removing vines and weeds, dragging logs, and cleaning gravestones. The



Mary Ford, Manu Onteeru, and Zoe McGuirk clearing the Jewish cemetery in Czystichowa.



Rising senior and next year's co-trip leader Ari Garnick in the cemetery in Czystichowa.



A cleaned gravestone in the Jewish cemetery in Czystichowa.

students discovered fallen gravestones that had been hidden by decades of dirt, debris, and overgrowth and documented the names and other information on the inscriptions. The students were joined in their work by Polish high school students. The students also took part in a regional ceremony at the cemetery recognizing the recent discovery of mass graves of Nazi victims. Speakers included dignitaries from Israel and Poland.

Following Shabbat in Warsaw with Poland Hillel, the group got to work in the Łódź cemetery, the biggest Jewish cemetery in Europe. The students cleared three rows of grass, ivy, and moss. At the conclusion, the participants conducted a memorial service including the Mourner's Kaddish.

Rising sophomore Eddi Aronson reflected that she found the work in the cemetery "to be the biggest surprise of our trip. While it mainly seemed physical from a distance, it ended up having a complex emotional component that will stay with me. This mission granted me further understanding of the consequences of acting beyond humanity. I have tried for many years to understand the Holocaust. It is more important to remember and prevent it. This project prompted me to take greater responsibility for the potential I have to protect those who are unjustly persecuted. In particular, it has increased my awareness of my agency as a Jew to both educate others and learn more from my own culture."

### Hadassah

continued from page 20

In certain cancers such as colon cancer and head-and-neck cancer, the treatment protocol focuses on blocking a specific receptor for the EGFR pathway, which is critical for the growth and function of those cancerous cells. However, it is also important for preserving healthy skin cells. The result is that while the targeted therapy can be effective in treating the cancer, 90% of the patients will develop skin toxicity with severe facial rashes. Besides suffering from the disease and the discomfort caused by the rash, it can influence the patients' emotional well-being

and may even impact their willingness to continue treatment.

The rashes caused by skin toxicity vary in location and appearance, but one of the most prominent features is severe facial rashes that significantly damage the patients' quality of life – not only from the aesthetic point of view, but also emotionally. The location of the rashes on the face is like "coming out" to the entire world with an announcement that the person has cancer. Until now, no efficient treatment has been available for these severe rashes.

The new study was based on human skin in the lab and on mice. It succeeded

in finding a way to help patients and prevent the rashes: a new cream whose active component is a drug that blocks the pathway of the cancer treatment drug to the EGFR receptor, thus preventing damage to the healthy skin cells but not impeding the cancer treatment.

The novel approach they developed will enable treatment of the cancer while neutralizing damage to the skin, thus preventing skin toxicity and the ensuing rashes, the team said.

For additional information about the walkathon, virtual programming, or membership, please contact: Michele.bank@gmail.com

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Congratulations Risa! – Vivian and Thomas Prunier  
Rabbi Beth D. Davidson

## Simcha

### Ezra De Sola Conley

Jewish Federation of New Hampshire would like to wish Mazal Tov to Nicholas, Veronica and Zaharina on the birth of Ezra De Sola Conley, born 7/11/2023 in Dover, NH.



### Simchas

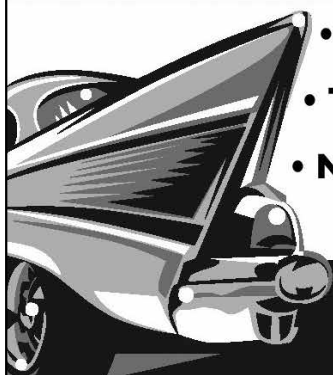
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### How to submit an obituary

The Reporter publishes obituaries for any member of the community, past or present, for a \$36 fee. Please send obituaries and one photo, if desired, as a separate jpg attachment to [thereporter@jewishnh.org](mailto:thereporter@jewishnh.org) or to the office along with payment at: JFNH, 273 South River Road, Unit #5, Bedford, NH 03110.

When submitting a Letter to the Editor, please include your name, town of residence, and contact information. Letters to the Editor must be under 300 words in length to be considered for publication. Send your letter by email to the [reporter@jewishnh.org](mailto:reporter@jewishnh.org) with "letter to the editor" in the subject line.

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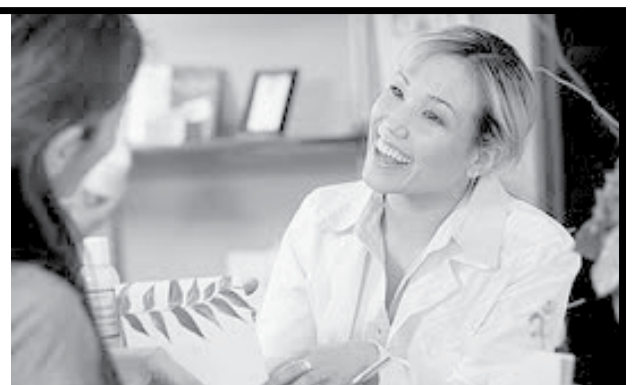


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