



SUMMER CAMP

**My MOMentum Experience as part of the November 2021
Healthcare Heroes Group**

By *David Rubin-Baker*

It wasn't my first trip to Israel. It wasn't even my second trip. It was my fifth trip to Israel, and even though I was absolutely delighted that I was selected to participate in a MOMentum trip, I didn't expect the life-changing, perspective-shifting, Jewish-identity-affirming journey that took place during the eight days I spent in Israel this past November. It was my own pre-Hanukkah mini-miracle. Much in the way a tiny bit of oil could create light for eight days, I'm certain that my eight days in Israel fueled an internal Jewish light that will grow even stronger over time.

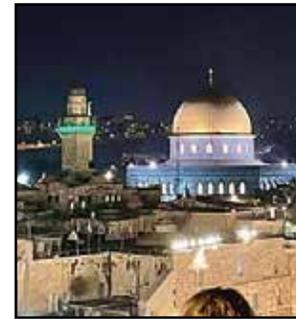
MOMentum's mission is "to inspire women to transform themselves, transform their families, their communities, and the world." Their flagship program,

the MOMentum Year-Long Journey, brings a small group of mothers (a "cohort") from a North American community to experience Israel together. This cohort meets prior to the trip and takes part in a post-trip yearlong learning program. As I've discovered, this cohort has the potential to become a sisterhood. This May, after multiple delays due to Covid, I'm especially delighted to hear that New Hampshire's first trip (hopefully of many!) will happen. These women are in for an experience far more impactful than they might imagine. How do I know? Because I felt that way, and heard that sentiment repeatedly, from countless women on my trip.

My trip cohort was the "November 2021 Healthcare Heroes Group." We were made up of 74 North American participants (from the US and Canada),



eight Community Leaders, and were joined in Israel by 10 Israeli women who also work in healthcare. All of us were nominated in recognition of a contribution we made during the Covid-19 pandemic. There were physicians and nurses, dentists, physical therapists, occupational therapists, a woman who ran a foundation that served hospitalized children, psychologists, and more. This group of women was made up of some truly in-



credible human beings. Every time I found myself in a conversation with a new person from the group, my faith in humanity and the Jewish people was strengthened. Each had their own private story of how their lives were impacted by Covid and how they served their patients despite challenging circumstances. Now that we

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jewishnh.org	

Why I Give to JFNH

By *David Goldstone, JFNH Vice Chair*

As a native New Yorker, our family joined with other Jewish families from metropolitan areas, all over the northeast, seeking relief from the stifling conditions of the cities. Those who suffered from asthma, hay fever, and other respiratory ailments found summers in the cities intolerable, and we sought the relief that New Hampshire's mountains, lakes, and seacoast could offer.

At first our Jewish ancestors had to contend with antisemitism that existed in these New England resort areas. The town of Bethlehem, with its famously pollen-free air, became a haven for Jewish people from the city, and has maintained a presence in the community for over

100 years — with classical and popular musical performances held in its sanctuary — and Jewish film festivals held at the local theater, attracting Jewish film fans living amongst the mountain notches and lakes throughout Grafton, Coos, and Carroll counties.



David Goldstone

I was first introduced to the Jewish Federation of New Hampshire when then-Federation Chair Jeff Crocker attended our Sounds in the Sanctuary classical music concert in Bethlehem. Jeff invited me to join the Board, and my eyes were opened to the rest of Jewish New Hampshire. I was transformed from Brooklynite to New Hampshireite — but always an Israelite, because in this beautiful state, Am Yisrael Chai. Since then, our Jewish federation has expanded its reach from

the Manchester area to the entire state of New Hampshire, finding Jewish people like me from up in the mountains down to river valleys, the lakes and the ocean.

When I first asked what was required to become a member of the JFNH board, I was told to "give" any amount. Any amount, large or small, would make me part of this Federation. As important as donations are to JFNH, what is most important is what it does for all of us who live, work, play, or visit this special place. Even if you are "hidden" in a cabin in the woods, along the river, on a mountaintop, in a college dormitory, a mansion, or a two-bedroom apartment in Portsmouth, you are part of Jewish New Hampshire. JFNH represents you, supports you, and stands up for you and for the culture of our people.

I am proud to be a part of an organization
Why I Give continued on page 4

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Jewish Federation of New Hampshire
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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
Please check the website for the Shabbat Morning schedule

DURHAM

UNH & SEACOAST CHABAD JEWISH CENTER

Rabbi Berel Slavaticki
72-1 Main Street, Durham
(603) 205-6598
Rabbi@JewishSeacoast.com
www.JewishSeacoast.com

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
rabbi.ahavas.achim@gmail.com
secretary.ahavas.achim@gmail.com
Services: Regular Friday night services at 7 PM
Monthly Shabbat morning services at 10 AM
Check the website for time variations

LACONIA

TEMPLE B'NAI ISRAEL

Rabbi Dan Danson
210 Court Street, Laconia
Reform, Affiliated URJ
(603) 524-7044
www.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
templeadathy@comcast.net
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

Rabbi Gary Atkins (Interim)
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. Masks are required.

NASHUA

TEMPLE BETH ABRAHAM

Rabbi Jon Spira-Savett
4 Raymond Street, Nashua
Conservative, unaffiliated
(603) 883-8184
www.tbanashua.org
rabbi@tbanashua.org
office@tbanashua.org
Services: Friday services 8:00 p.m., Shabbat Alive! first Friday of the month 6:30 p.m., online Saturday service 10 am, evening services daily at 7:30 p.m. except Saturday 45 minutes after sunset.

NORTH CONWAY

KEHILAT HAR LAVAN

Hazzan Marlena 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, 6:15 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 42, Number 5

FEBRUARY 2022
Shevat-Adar 5782

Published by the
Jewish Federation of New Hampshire

273 South River Rd. Unit #5
Bedford, NH 03110
Tel: (603) 627-7679

Editor: **Nicholas Conley**
Layout and Design: **Tim Gregory**

Advertising Sales:
603-627-7679
info@jewishnh.org

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.

The New Hampshire Jewish Reporter is published monthly ten times per year, with a deadline for submissions of the 10th of the month before publication. There are no January or June issues. All items, including calendar events, for the December-January or May-June newspaper must be submitted by Nov. 10 or April 10, respectively.

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.

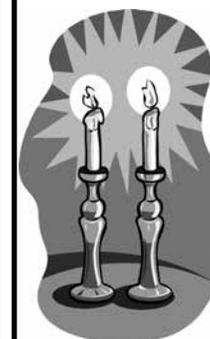
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The New Hampshire Jewish Reporter is overseen by the JFNH Publications Committee, Merle Carrus, chairperson.

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Shabbat Candle Lighting Times: (Manchester)



February 4	4:45 PM
February 11	4:54 PM
February 18	5:03 PM
February 25	5:12 PM

What Is the JFNH Foundation and How Can You Use It to Ensure Your Legacy?

By Norm Kushner

Each year, the Jewish Federation of New Hampshire publishes an Annual Report. Within this, you can find one page that summarizes the performance of the JFNH Foundation's Trust Funds. Most readers probably give it a cursory look, and do not give much thought to how Foundation's Trust affects JFNH, and Jewish life in New Hampshire.

The JFNH Foundation was created as a tool to assist the JFNH to provide services, programming, and special funding. Created originally by the Jewish Federation of Manchester, the Foundation Trust acquired the Trust Funds of the Manchester Jewish Community Center upon its cessation of operation, and was renamed the Jewish Federation of New Hampshire Foundation when the Manchester Federation expanded to become JFNH.

The primary purpose of the Foundation's Trust is to benefit the Jewish community of New Hampshire. But how does this impact the typical New Hampshire Jew? The Foundation Trust is comprised of four types of funds:

1. Donor Designated Funds – These are funds for which the annual proceeds are designated to a specific use within

the JFNH portfolio of programs.

2. Donor Directed Funds – These are funds for which the donor makes an annual or periodic directive for the use of the annual proceeds.

3. PACE (Perpetual Annual Campaign Endowment Funds) – These are funds created to provide a perpetual gift to the annual Campaign of JFNH.

4. General Trust Funds – These are funds created for general use of the annual proceeds for the benefit of the JFNH.

The distribution rate from all established funds within the Trust is determined annually by the Trustees of the Foundation predicated upon market performance, on a three-year rolling basis. Currently, the Foundation Trust provides significant funding to the annual JFNH Operating Budget.

So, you may be asking yourself: "Where do I come into play in all of this?"

If you are a parent or grandparent, you probably are interested in the Jewish continuity of your children or grandchildren, and JFNH provides the programming to provide Jewish continuity to youth, seniors, and adults. PJ Library is a program designed for younger children that provides Jewish-oriented books, based upon age, that tell the stories of Jewish life. Meanwhile, the JFNH Campership

Program provides funding for first time campers to attend Jewish camps during the summer. The JFNH Israel Experience provides funds that assist teens in participating in Israeli summer teen trips. The Shlichah Program touches every portion of the state with a visiting Israeli providing programming and education to all of New Hampshire's Jewish youth. These are just a few of the programs JFNH provide to provide Jewish continuity to our greatest assets — our youth.

JFNH programming doesn't stop with our youth, either. The NH Jewish Film Festival, Seniors Forever Young, and our statewide newspaper, *The Reporter*, all work together to provide entertainment, social interaction, and information about all things Jewish in New Hampshire.

The JFNH Annual Campaign does not currently provide the financial resources JFNH needs to provide all these programs and services. This is where the Foundation Trust comes into play, as the Foundation provides funding for the periodic shortfalls in revenue, ensuring that this programming can continue.

How can you help? That is the legacy portion of this piece. All of us want to live on forever, but unfortunately, medical science has not yet discovered a solution. However, you can ensure a legacy

that will live in perpetuity by establishing a Fund within the JFNH Foundation Trust, and it is not that hard to do. Donor Designated Funds, Donor Directed Funds and General Trust Funds can be established over a period of three years and will provide benefits in perpetuity to the program, or beneficiary of your choice. If you want to provide benefits to youth, seniors, or the community at large, you can customize your Fund in the way you envision. PACE Funds can be established over time or by establishing a gift within your estate.

As the Jewish community of New Hampshire grows, so too do the needs of JFNH. One way to guarantee the long-term financial stability of JFNH is by growing the JFNH Foundation Trust, because it truly is forever. Growth of the Trust is not slicing up the pie: it is making a larger pie to be sliced.

Be a part of the long-term continuity of the Jewish community in New Hampshire. My family has done this, and so can yours. For information regarding the establishment of a Fund within the Trust, please feel free to contact Allyson Guertin (the Director of JFNH), as well as Julia Kay Preis (Chairperson of the JFNH Foundation) or myself. We will be happy to guide you through the process.

Bikkur Cholim and Making Care Packages for the Sick

By Dinah Berch, Program Coordinator,
Jewish Federation of New Hampshire

Winter is a rough time for entertaining kids. It's too cold to really enjoy being outside, we don't have enough snow to build amazing snow castles or snow people, and my kids aren't quite old enough for sledding to be enjoyable instead of a chore. We're in a small lull between Jewish holidays – looking forward to Tu B'shvat and Purim and Passover but nothing's really happening *right now*. And then on top of everything, here come the colds, flus ... and of course, Covid. Oh, and it's dark at four.

So how do you keep your sanity and keep children busy?

In my house, sick days are for cuddling, reading stories, watching TV, baking chocolate chip cookies, and drinking hot chocolate or "honey tea" (hot water with honey and lemon). We'll make a fort to camp out in the living room and talk. I'll let the kids have a two-hour bubble

bath; they think of the cleverest ideas while in the bath. If we have snow, they love playing with a sensory bucket of snow brought into the house on towels with various scoops and spoons and food coloring – or better yet, chocolate sauce, maraschino cherries and sprinkles for snow ice cream.

This winter, my goal is to expand on a few fun activities we found at the very beginning of Covid that my kids LOVED. The first was delivering shalach manot (Purim gift bags) to the elderly in our community. And the second was "Ding Dong Dash" – where we delivered random bags of dollar store toys such as crayons and coloring books and play-dough (as well as a few sanity-savers for adults) to various friends anonymously. The kids thought it was SO funny to run up to the door, leave the bag, ring the doorbell, and run back to the car. They called it "fairy-ing" and insisted on wearing their wings and costumes.

In organizing and delivering these care

packages, my kids were learning the value of visiting others who are sick – *Bikkur Cholim*. There's an excellent episode of the show "Shaboom" on YouTube about bikkur cholim. PJ Library books *A Sick Day for Amos McGee* by Philip C. Stead or *Sammy Spider's First Mitzvah* by Sylvia Rouss also teach this value. For Covid or other highly contagious illnesses that present complications to visiting in person, delivering a care package is a perfect way for kids to participate in this Jewish tradition.

A care package is an opportunity to pass on a favorite PJ Library book to a sick friend. I still have a few books friends gave me at just the right moments, with little notes inside the book or a bookmark at their favorite page or passage.

Some of my kids' favorite items for care packages are little notebooks and pens, fuzzy socks, colorful tissues, and honey sticks. Most of these items are easily found at dollar stores. We've also found very cute bags and stickers – let-

ting the kids decorate the bags themselves turns it into a craft project and they get really engaged in personalizing the bags for their friends.

Crafting the care packages and notes is an excellent activity to occupy the kids when they're home sick, or on a snow day. We'll get out the watercolors and stamp markers and whatever else we have around the house and make a pile of cards. If the kids seem bored with the same old art supplies, switch it up by letting them paint with Q-tips or cotton balls, or slice an apple so they can stamp with the star at the core of an apple. Celery roots make a fun stamping tool also.

I found a fun "get well soon" survival kit on Pinterest: it includes a heart to remind you that you are in our "heart," a bell so you can ring for help when you need it, wiggly eyes so you have nothing but good days in "sight," plus a sponge to soak up all the worries that come your way, as well as a tootsie roll to help all the

Bikkur Cholim continued on page 6

Statewide Calendar of Events

DISCLAIMER: Events are submitted weeks in advance of publication, and are subject to change, particularly during the pandemic. For information on format changes, re-scheduling, 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.

Tuesday, February 1

Seniors Forever Young: "The Jewish History of Chocolate"

2PM - 4PM Jewish Federation of New Hampshire, Bedford

Seniors Forever Young Presents "The Jewish History of Chocolate". Articles will be provided in advance. Arthur Michael Leventhal will join us from England via Zoom for a question and answer about the role Jews have played in popularizing chocolate. Chocolate samples will be provided for everyone to enjoy. The event will be held in person at the JFNH Office in Bedford, a Zoom will also be provided. Masks are required.

To register call the office at 603-627-7679, mail your registration to Jewish Federation of New Hampshire 273 South River Road unit 5 Bedford, NH 03110, or email Dinah Berch dinah.berch@jewishnh.org. \$5/per person (non-refundable). No charge to attend via Zoom. Please register by January 28. Please specify whether you will be attending via Zoom or in person

Conversations on Zionism: Digital Media Warriors

7:30PM - 8:30PM Zoom

The time has come to show the world what Zionism looks like. That Zionism comes in all colors, shapes, and sizes. That it's inclusive, diverse, beautiful, and respectful. That it builds bridges. That it's about freedom: freedom of religion, freedom of expression, freedom from preconceived notions. That Zionism supports Israel, a country where synagogues, mosques, and churches all share the same skyline. A country where Christians, Jews, and Muslims live as neighbors and sit around the same table - and while they may have different views, they all have a seat. Join Jewish National Fund-USA for a series of interviews, panel discussions and more - all meant to facilitate a dialogue and expose the beautiful and

diverse facets of modern Zionism, and its positive impact on many aspects of our lives, no matter where we are on the globe. This episode features Adiel Cohen, a Jewish and Israeli rights activist; Dr. Sheila Nazarian, Board Certified Plastic Surgeon, and founder of the Nazarian Institute; Ashley Waxman Bakshi, an entrepreneur, content creator, TV host, and founder of, And With Beauty; and Emily Schrader, a digital marketing expert and content creator. For past episodes go to Youtube. com/ZionismStudios.

Register for zoom here <https://www.jfnh.org/events-landing-pages/conversations-on-zionism>

Friday, February 4

Scout Shabbat

Temple Emanu-El, 514 Main St., Haverhill, MA
Once Again, Temple Emanu-El has offered to host Scout Shabbat.

The Temple is located 2 miles south of the New Hampshire/ Massachusetts border just off Route 495. Scout Shabbat offers an opportunity for Scouts to show their duty to G-d, an integral part of the scout oath/ promise, and allows worshipers to honor Scouts and Scout leaders in the community for their achievements and service. This is done as part of the standard Jewish Friday Night Service. In previous years, over 100 Scouts from the area participated in this event and I ask for your assistance in spreading the word. The event is open to all Scouts and their families, regardless of religious affiliation. In past years we have had Scouts from Massachusetts, New Hampshire, Maine, and Vermont.

For more information on Scout Shabbat, please visit the National Jewish Committee on Scouting's website at <http://www.jewishscouting.org/> or the National Jewish Committee on Girl Scouting's website at <http://www.njcg.org/>
There is no charge for this event and all scouts who attend will receive a commemorative patch.

Saturday, February 5

Elana Arian In Concert

6:30PM Temple Israel, Portsmouth
Singer songwriter Elana Arian will be Artist in Residence February 4th and 5th. She will be performing in concert Saturday February 5th at 6:30 pm. For more information please call the temple office at 603-436-5301 or templeoffice@templeisraelnh.org

Sunday, February 6

JFNH Presents Kaleidoscope for Teens

5:00PM - 6:30PM, Zoom
The Kaleidoscope project for teens. This workshop is a theoretical storytelling journey to explore diverse Jewish identities through monologues,

stories and spoken word. After a series of well-crafted, pre-recorded monologues by Jews of color and Jews of Sephardi and Mizrahi heritage sharing from their personal experiences of being "othered", the audience will be given prompts to reflect on and write about their own experience of being "othered", and there is time for some to share those experiences. While the pre-recorded monologues are about the experiences of ethnically diverse Jews, non-Jewish teens who have experienced being "othered" will find meaning in those stories and may share their own experiences during the sharing portion of the program.

To register visit <https://us02web.zoom.us/meeting/register/tZcodu-vrDsvGN0AoT6bQzGau9k5Y0YloHrW> or call the JFNH office at 603-627-7679

Sunday, February 13

SNHJMC Presents Disability Inclusion in the Jewish Community

9:30AM - 11:30AM Zoom

"Disability Inclusion in the Jewish Community" will be the topic discussed by Tamar Davis and Sandy Gold live via Zoom presented by the Southern New Hampshire Jewish Men's Club.

Tamar Davis, the CEO of Gateways: Access to Jewish Education will be sharing her personal experience as both a person with a disability and a parent of a child with a disability. Along with Sandy Gold, the Director of Jewish Education Programs, Tamar will discuss the mission of Gateways and some of the successes they have had in making Jewish education more inclusive and accessible as well as sharing some common strategies for increasing inclusivity and awareness.

This program is open to the public, but advanced registration is required. Please register in advance by emailing breakfastsvp@SNHJMC.org

Thursday, February 17

Seniors Forever Young Crafternoon - Magnetic Picture Frames

2PM - 4PM, JFNH Office, Bedford

JFNH Program Coordinator Dinah Berch will show you how to design your own magnetic picture frame with a variety of craft materials. Craft supplies, coffee, tea, and dessert will be provided. This event will be in person at the JFNH office in Bedford. Masks are required.

Please call the office at 603-627-7679, mail your registration to Jewish Federation of New Hampshire, 273 South River Road, Unit 5, Bedford, NH 03110, or email Dinah Berch Dinah.berch@jewishnh.org to register for this event.

\$5/person (non-refundable). Please register by February 3rd.

JFNH Antisemitism and Diversity Committee Articles Club: Diversity

7:00PM - 8:30PM, Zoom

We will be reading an article by Rabbi Angela Buchdahl discussing the risks and limitations of conceptualizing Jews as a race and arguing for conceptualizing Jews as a family for a number of reasons, including greater inclusion of diverse Jewry. Rabbi Buchdahl is the senior Rabbi of Central Synagogue in New York City. Born in Korea to a Jewish American father and a Korean Buddhist mother, Rabbi Buchdahl is the first Asian American to be ordained as a cantor or rabbi in North America. She is also the first woman to lead Central's reform congregation in its 180-year history. To register visit https://us02web.zoom.us/meeting/register/tZtceqgppjosE9dg3rpec7Nly-f1IP3qY_nu or call the JFNH office at 603-627-7679

Friday, February 18

Tot Shabbat with Rabba Kaya

5:00PM - 5:30PM, Temple Israel, Portsmouth

Join us at Temple Israel, Portsmouth for a kid-friendly musical Shabbat experience led by Rabba Kaya in the Social Hall! Geared for children aged 5 and under: all are welcome.

Kindly register via the website calendar: <https://templeisraelnh.shulcloud.com/event/tot-shabbat-with-rabba-kaya---february.html>

Saturday, February 19

PJ Library Chocolate Havdalah Story Time

6:00PM - 6:30PM, Zoom

Wear your coziest pajamas, grab a cup of hot chocolate, and join us on zoom for a short Havdalah service followed by a reading of "The Chocolate King" by Michael Leventhal.

Purchase a Chocolate Kit including a mug you can personalize, hot chocolate mix, a Chocolate King or Queen crown craft and a few other goodies! \$5 per kit; limit 4 kits per family.

To register visit <https://us02web.zoom.us/meeting/register/tZtEtcu2orjktGdPqj-Or8DIVEKWuKUGamkF0> or contact dinah.berch@jewishnh.org

Sunday, February 20

PJ Library Shavua Tov Storytime-Shabbat

8:30AM - 9:00AM, Zoom

A program designed for families with children ages 2-5. Join us for a 20-minute interactive story time on Zoom one Sunday each month. This month our theme is Shabbat! All participants will receive a craft in the mail ahead of time to use during the program. The zoom link will be provided to registered families each Monday ahead of the program.

To receive your craft in the mail, please register by Sunday, February 13th. Register by visiting <https://forms.gle/iqYo3Ugz4dmf9b798>

Why I Give *continued from page 1*

which has:

- **Spoken out** about every act of anti-semitism that occurs in New Hampshire.
- **Led the fight** for a Holocaust and Genocide study curriculum in NH Schools.
- Supported Jewish Education programs throughout the state including the PJ Library programs for young children.

- **Supported** Jewish camps for NH children through its campership program.
- **Brought a better understanding** of the land of Israel with our Shaliachm Ra'anana de Haas, our Israel Emisary, and Israel engagement programs.
- **Reached out** to all who suffer from social problems including addiction, mental illness, senility, poverty, housing, incarceration, and legal issues from professional social counselors.

- **Brought us together** on the Internet via Zoom, E-blasts, and *The NH Jewish Reporter*, all funded and supported by the Jewish Federation of New Hampshire.

Although we were born in Brooklyn, my wife and I call New Hampshire our home. We will live out our days here and make it our final resting place. That is why JFNH supports the preservation and upkeep Jewish burial sites through

out the state. We are here for you from the cradle to the grave. **That is what our campaign is really all about.** When you give to the campaign, you become part of what we do. Your generosity paves the way to a brighter future for generations to come.

Am Yisrael Chai, the people of Israel live in our hearts and minds within this beautiful state. *We* are Jewish New Hampshire.

Warming Up for Summer Camps (In the Cold!)

Shalom, everybody!

Brrrr... it's cold out there! I'm writing this article sitting at home, wearing a big sweatshirt and with a HUGE cup of coffee on my right. I never imagined I would be one of those people who snuggled up on a cold winter day. All I'm missing to complete this picturesque moment is a burning fireplace. I guess a good Netflix movie will do.

I know I'm supposed to write about my summer camp experience but I'm still trying to figure out how I'm supposed to imagine a warm summer day when it's snowing outside. So, I'll warm up (see what I did there?) by sharing how incredibly thankful I am for the embrace I've gotten from the community. Not a day goes by that I don't get at least one phone call or text making sure I'm staying warm, feeling safe to drive, or am able to make myself soup. The answers to those three questions are all a resounding yes, but it's always great to feel loved by the community. I really appreciate it.

Growing up in Israel, most summer camps were for part of youth groups. I



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think that is why my mom, who grew up going away to camp from the age of 6, pushed me and my siblings to join Noam, a youth group that was part of the conservative movement. From the age of 10 to 17, my summers were filled with a monthlong summer camp that not only shaped my Jewish identity but also helped me develop leadership skills. For the last few years of camp, I had the opportunity to be a counselor in camp and I think it was those summers that sparked my passion for teaching. After finishing high school, I spent a summer



As a counselor at Big Idea summer camp.



At a Patriots game!

working for my cousin's tech summer camp Big Idea (see their article in the paper) and that's when I understood that technological education is what I want to do.

I believe that summer camp is a crucial part in shaping young peoples' characters, and Jewish summer camps do just that while also helping those kids shape their Jewish identity. If you have the option, I highly encourage you to send your kids to a summer camp this year.

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MOMentum *continued from page 1*

are home and back to our “normal lives” we still message each other daily and monthly we meet to study Jewish values over Zoom. In a couple weeks, a small group of Boston area individuals will come have brunch at my home. I have new sisters.

One of the most meaningful parts of MOMentum, for me, was the emphasis on the unity of the Jewish people without requiring everyone to think or practice alike. MOMentum speaks about “unity without uniformity.” That means that there were a wide range of Jews, from different backgrounds, diverse levels of observance, some with Jewish spouses, others who were part of an in-

terfaith couple, some who were raised Jewish and some who had recently converted. We were Jewish mothers raising Jewish children and that was more than enough to connect us.

As part of the healthcare hero trip, the most impactful experience I had was a visit to the Sheba Medical Center at Tel Hashomer. Sheba is Israel’s largest hospital and has been a global focal point for battling COVID-19 during the pandemic. We had a lecture with one of the hospital’s leading infectious disease doctors as well as a presentation from an Israeli healthcare startup firm that designs technology which can give a mother-to-be more autonomy and agency during and

after pregnancy. My favorite part of Sheba was the surprise that they prepared for us. They selected an individual who works at Sheba to meet with us one on one. The individuals selected closely matched the role that we ourselves played during the pandemic. I work as a substitute school nurse as well as a camp nurse at a Jewish overnight camp. My match was a pediatric outpatient clinic nurse who, like myself, sees a fair amount of Type I diabetics. We were given about 20 minutes to speak with one another. Even though our experiences occurred thousands of miles from one another, we could share the similar challenges that we experienced over the last few years. As

our group stood outside the auditorium in pairs, I took a moment to listen and to look around. Heads nodding. Laughter. Tears. In that moment, I felt so connected, and I reminded myself that I must pause more often to remember the bigger picture. It’s so easy to get lost in the details of our busy lives. But we all need connection and laughter and to experience being part of a larger Jewish family. I hope that this MOMentum trip is my inaugural journey. I’d love to go back as a community leader and to help other women experience the power of being in a group of women, learning together, practicing Judaism together, and taking the time to pause and reflect. Such a gift!

Bikkur Cholim *continued from page 3*

pain “roll” off your back, and a snickers bar to remind you that laughter is the best medicine. There’s also a lifesaver to “save” you from feeling bored, a cotton ball for any rough roads ahead, a starburst for that burst of energy on days you have none, a clothespin to help you “hang” in there, a candle to remind you there is light at the end of the tunnel, a mint so soon you will be back in “mint” condition, bubbles to blow all your worries away, and chocolate kisses to “kiss” all your hurt away.

For more timely care package items, white cotton masks can be decorated with tie-dye or with fabric markers. Another option is to make beaded mask clips – a great idea especially for school and surprisingly easy to make.

This winter I’d like to try making a few mailable hugs. To do this, trace your hands on a piece of paper (both right and left) and cut them out. Then cut out a few hearts (cookie cutter stencils might help here!). Cut two slits in the hearts and handprints or use a hole punch and

then thread a ribbon through, threading hand – heart – heart – heart – hand. Write a message on the hearts and fold it all up. It’s a mailable hug! This would make an excellent Valentine’s Day gift too, and I’m sure grandparents would love it.

My kids have also become very helpful at making matzo ball soup. My seven-year-old is surprisingly adept at peeling carrots, and both are learning to make matzo balls (although I drop the balls into the water). My new favorite Matzo Ball

soup recipe is from a blog called The Spruce Eats and involves making the stock in a pressure cooker: this is truly life changing soup and is definitely something sick people will appreciate in a care package!

Now I just need to teach my kids how to make tea, toast, and how to carry a tray to me in bed. Also, tissues. And the TV remote. And maybe an extra blanket.

I hope you all have a healthy and stress-free winter. And if not, I hope someone fairies you with a lovely get-well-soon care package as a sprinkle of kindness.

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Temple B'nai Israel of Laconia: What's New for 2022?

Laconia, NH – Temple B'nai Israel has exciting news for businesses in the Lakes Region community. There is a different way to connect with potential customers through an innovative digital guide, "The Lakes Region Business Directory." This new format gives advertisers a platform to reach those households who are supporters and subscribers of Temple B'nai Israel and its *We Care* initiative. Temple B'nai Israel has been printing a sponsor book for the last several years and distributing it three times a year at The New Hampshire Jewish Food Festival and all *We Care* concerts. "The Lakes Region Business Guide" will be available on the TBI website 24/7, 365 days a year and it will be featured in monthly temple communications to a growing list of subscribers. The subscription period for ads runs from May 2022 to April 2023. Businesses that support Temple B'nai Israel by advertising in this digital book allow the temple to continue to help many Lakes Region nonprofits through the *We Care* concert program as the entire net proceeds from those events are returned to the beneficiary. The first *We Care* concert for 2022 will be held on Saturday, May 28 and the second concert will take place on Saturday, October 29. Tickets for all concerts will be available on the temple website, right alongside "The Lakes Region Business Directory."

The New Hampshire Jewish Food Festival, now an online event, with over 235 orders placed last year, will be celebrating its 25th year. "The Lakes Region Business Directory" will be featured during all Food Festival marketing and sales. The NH Jewish Food Festival will go live on June 1, 2022, and continue taking orders through the month of June. For more information, questions, or to place an ad by February 15, send an email to tbizdirectory@gmail.com.

See what's happening in the community at www.jewishnh.org

Temple Adath Yeshurun Brotherhood: February Update

By Mark Granoff, TAY Brotherhood President

First of all, I would like to wish everyone a happy (and much healthier) 2022! We are learning how to exist with Covid-19 and all its variants. Let's remain vigilant and get to better times when we can socialize and pray together in person, instead of virtually on Zoom.

In another article in this month's issue of *The Reporter*, Emeritus President Sol Rockenmacher is providing a summary of our TAY Brotherhood Mitzvah Program. Please look for that, and when you come across Sol and Linda, please thank them as I do for being wonderful Jewish Ambassadors within the Greater Manchester secular community. Doing good things for our non-Jewish friends and

colleagues goes a long way to build understanding and respect. Thank you to all those volunteers that helped make this Mitzvah Program a success despite Covid and the weather!

Normally in January we host our famous TAY Brotherhood Deli Night, an evening of food, friends, and entertainment with David Penschansky the MC. For the second year in a row, we have had to put this event off. However, our Deli Night Committee team has come up with a welcome suggestion to try to recapture some of the fun and good food: "Deli Night to Go!"

Order forms for a complete Deli meal including corned beef, pastrami, breads,



sides, pickle & dessert is forthcoming. The best \$36 you can spend for a wonderful meal and a good cause as proceeds are used to fund charitable contributions to the TAY Social Action Committee, the Brotherhood Mitzvah Program and other TAY programming. Adding to the fun, we will be offering a 50/50 raffle and other prizes as well. Meals will be available for pickup at TAY and if needed, delivery can be arranged! So, stay tuned, watch for our order forms, and mark your calendars for the last weekend in March, coincidentally the March Madness Elite 8 College Basketball tourney! So have a sandwich and watch some exciting basketball, or a movie — whatever your pleasure!

Please stay well and keep putting one foot in front of the other. We will get through this!

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In the Community



Celebrating Hanukkah indoors, outdoors, and all around the shul!

By Heather Tomlinson, Administrative Director of Temple Israel Portsmouth

Temple Israel Portsmouth congregants, students, and friends enjoyed a wide variety of Hanukkah events and programs. Hebrew School students built and played Lego dreidels with NH Shaliach Ra'anana de Haas. Families and PJ Library guests participated in a lively and interactive musical adventure led by Carla Friend of T'kiya, finishing with take-away bags of sufganiyot, few of which survived the trip through the parking lot. Members of the interfaith Portsmouth Ministerium clergy group joined a group in the courtyard garden on a damp, mild evening to share prayers for peace and light candles in the Hands of Hope menorah. Skaters reveled at Strawberry Banke's Puddle Dock Pond "Chanukah on Ice" program, organized by the Seacoast Chabad Jewish Center, while Cantorial Soloist Kochava Munro contributed to a reflective and joyful musical Kabbalat Shabbat service, led by Rabbi Kaya Stern-Kaufman.

At the Early Learning Center, the pre-



schoolers made their own fun time together, guided by their teachers along with volunteers Laura Sher and Deborah Levine. Students learned to play dreidel, topped their homemade sufganiyot with powdered sugar, and presented a living hanukkiah at a family celebration, with the tallest student acting as shamash to "light" his fellow "candles." While the pandemic continues to demand adjustments to traditional ways of enjoying the holidays, we are grateful for the progress made this year and the many ways we could celebrate together.

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In the Community

White Mountain School Hanukkah Candle Lighting at the Bethlehem Town Building

By David Goldstone

This past Hanukkah, three of the Jewish students at the White Mountain School in Bethlehem came out to the town building to light the Chanukiah, chanting and singing along with members of Bethlehem Hebrew Congregation, friends, and local Bethlehem Residents. The candle lighting continued every night with different honored guests lighting the candles each sundown.



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Temple B'nai Israel of Laconia: Digging Our Roots

The dirt is flying as efforts to uncover the roots of the history of the Jewish community in Laconia get underway at Temple B'nai Israel. With Jewish residents dating back to about 1905, the community has thrived for more than a century, growing into an extensive and intertwined network of Jewish life and connectivity.

The first Jewish family to arrive in Laconia was that of David Snierson, who is shown on records as residing in Laconia as early as 1905. Others followed in those early years, including the Sakansky, Rosen, Achber, Bean, Melnick, Alterman and Gozonsky families. Many of these Eastern European immigrants started off as junk dealers and grew to become some of Laconia's leading businessmen, merchants, and professionals. In 1920, the first rabbi was hired by what became known as Sons of Israel, the Orthodox Synagogue. The rabbi led Shabbat Services in homes and High Holiday Services were held at the Knights of Columbus Hall and other large gathering places. In 1937 the synagogue was built on Court Street and has remained the home of Temple B'nai Israel to this day. The original building consisted of a sanctuary, small kitchen and bathroom, and a classroom on the second floor. A home for the rabbi (who also acted as a shochet - kosher meat slaughterer) was built next door. The first Torah was donated by founding member Isaac Sakansky. After the second World War, new families moved to Laconia from Boston and New York - families who were not fluent in Hebrew prayer - and the congregation transitioned from Orthodox to Conservative, and by the 1960s, to Reform services. The name was changed to Temple B'nai Israel to indicate that it was inclusive of women.

A virtual history night was held on January 8, 2022, as part of TBI's ongoing Adult Education program. Current members joined with many descendants of the founders, on Zoom, to share sto-



Temple B'nai Israel Families Regularly Gathered for Holidays
Circa 1950

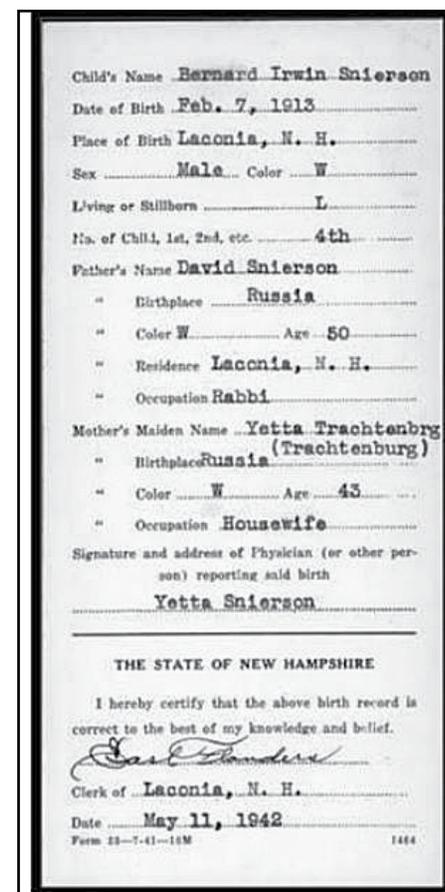


ries and learn about the founding of Temple B'nai Israel and the history of the Jewish community of Laconia. Rabbi Dan Danson hosted the panel that shared information about their families' relocation to Laconia and their ancestors' experiences in the community over the years. Participants shared anecdotes and memories that sparked discussions which resulted in much laughter and many fond recollections of those who came before. The close-knit and interconnected relationship that existed amongst the synagogue families emerged as an ongoing theme during the evening. "It was very moving to hear so many stories that were heard directly from grandparents and even great grandparents. They were stories of imaginative responses to moving to a new land, and of family and community lending a hand to the people who came next," observed Rabbi Danson.

One of the important historical documents that is the foundation of the history project is a thesis that was written by Stephanie Melnick Ackerman in 1985 entitled "It's Nice but It's Not New York - Early Jewish Community Life in Laconia, New Hampshire." Stephanie's grandfather, Sam Melnick, was a beloved member of the Jewish community of Laconia. Stephanie's warm memories of her



Naturalization Record for Oscar Bean



Birth Record of Judge Bernard Snierson

grandfather and the community led her to interview the living descendants and chronicle their stories in a master's thesis that can be read on the temple website.

Meanwhile, Lynn Brody Keltz, a descendant of Dr. Nathan Brody who was a well-respected leader in Laconia and the temple, has created an extensive genealogy of the founding families of the congregation. Through her research, Lynn has created a "Family Tree of Temple B'nai Israel." It includes Temple B'nai Israel's earliest Jewish families and their descendants, as well as documents and images related to their lives. The tree currently contains approximately 850 individuals and continues to grow. The genealogy is available on the temple website, as well.

The end result of "Digging Our Roots" will be displayed at the Belknap Mill in

Laconia this coming September as part of the ongoing "Laconia's Legacy Series." Stories, photographs, and artifacts from the Jewish community are being curated for a month-long historical display at The Mill. Laconia's Jewish Heritage Exhibit is the second in this series that began in 2021 with Laconia's Franco-American Heritage Exhibit. For more information or to participate, contact Tara Shore, Program & Operations Manager, operations@belknapmill.org, 603-524-8813.

From a seed grew a network of interconnected roots, which together form today's congregation community. Here's to the next century of Lakes Region Jewish history, yet to made.

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Southern NH Jewish Men's Club: Disability Inclusion in the Jewish Community

"Disability Inclusion in the Jewish Community" will be the topic discussed by Tamar Davis and Sandy Gold on Sunday, February 13, 2022 at 9:30 AM, live via Zoom, presented by the Southern New Hampshire Jewish Men's Club.

Tamar Davis, the CEO of Gateways: Access to Jewish Education will be sharing her personal experiences as both a person with a disability and the parent of a child with a disability. Along with Sandy



Tamar Davis, CEO Gateways Access to Jewish Education

Gold, the Director of Jewish Education Programs, Tamar will discuss the mission of Gateways and some of the successes they have had in making Jewish education more inclusive and accessible as well as sharing some common strategies for increasing inclusivity and awareness.

As a person born with a disability and parent of a child with a disability, Tamar Davis is keenly aware of the ongoing need for advocacy and accessibility for disability inclusion and education for children and families in the global Jewish community. In August 2020, Tamar became CEO of Gateways: Access to Jewish Education, after having served as the Chief Development Officer for the Jewish Community Relations Council (JCRC) of Greater Boston. Before that, Tamar had worked for over a decade at Hadassah, The Women's Zionist Organization of America and Hadassah International, most recently as Hadassah's National Director of Annual Giving. Tamar is an active volunteer in the Greater Boston Jewish community, having previously served as a member of Gateways' Board of Trustees and as Board Chair of the Young Israel of Brookline. Tamar has a Bachelor of Sci-

ence in marketing from Yeshiva University's Syms School of Business.

Sandy Gold brings over 28 years of professional educational experience to her role as the Director of Professional Development and Consultation. Sandy began her career in Jewish education at the Rashi School as both a classroom teacher and a learning specialist and has since worked as a special education consultant in religious school settings. Sandy taught for nine years at the college level teaching both undergraduates and post-baccalaureate students working towards certification. Sandy currently teaches in the graduate school of Special Education at Hebrew College and teaches for Framingham State's online graduate program and their professional development program. Sandy holds a B.A. from Tufts University in Social Psychology, an MA in Early Childhood and Elementary Education from NYU and an M. Ed. in Special Education from Boston University.



Sandy Gold, Director of Professional Development and Consultation

Please join us for what promises to be an intellectually stimulating look at this very important subject. Tamar and Sandy's presentation will be followed by an open question and answer session.

The Southern New Hampshire Jewish Men's Club is proud to sponsor Tamar and Sandy's presentation which will start off with "Schmooze Time" from 9:00 AM to 9:30 AM. This special presentation is open to the public but advance registration is required. Please register in advance by emailing breakfastsvp@snhjm.org to confirm your registration.



The Etz Hayim Synagogue Gimel class

By Stacie Perlman, Kitah Gimel Teacher at Etz Hayim Synagogue

The Etz Hayim Synagogue Gimel class was assigned The Family Road Map to G-d. Each student had to list at least three things in each of the following categories: (1) things that are in our home that can be signs of G-d, (2) a difficult time our family has had that made G-d hard to find, (3) special moments our family has had that that helped us feel close to G-d, (4) places we go to feel close to G-d, and (5) questions about G-d that we are still exploring. Students had to pick a shape that defined each of these categories for themselves, write inside it, and attach it to their maps.

Some chose broken hearts for difficult times, or (if their fish had died) a fish. For questions, they chose questions

marks or brain shapes. For special moments, some drew a lake, or even a popcorn bucket representing family time. The assignment really challenged the students to think more deeply about what religion means to them and how it affects their lives, sometimes without them even noticing. It was really heartwarming to see the children working together on this project, as some were better at drawing shapes, some were better at ideas, and some just lent a helping hand to glue or cut.

The final presentation was revealed at the monthly Etz Hayim Family Shabbat service on Friday, January 8, 2022. Although the students created most of their projects in class together, it was wonderful to see how different each map looked, and how it reflected their developing personalities.

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Summer Camp

Camp Hallelujah Israeli: International Summer Camp in Israel: July 29th – August 5th, 2022

Join us for a weeklong full-board camp in Israel for kids ages 13-18, from all around the globe!

At Camp Hallelujah, we provide campers with a meaningful, fun, inclusive, enriching, and safe experience as well as an opportunity for personal and social growth, development of life skills, and a better understanding of themselves and others.

Camp Hallelujah is located in New Hampshire's sister city, Hof HaCarmel. The camp site is in a beautiful location near the beach, and close to the nature of the Carmel Mountains. Campers will meet youth from the area for joint activities. Camp Hallelujah is conducted in English, accompanied by a skilled and



experienced international team, and promotes the values of leadership, multiculturalism, diversity, and environmentalism through fun and enriching activities!

Camp Hallelujah promotes the following core values:

- **Diverse experiences:** The camp places emphasis on an intercultural/international



al experience. The camp will be attended by counselors and instructors from Israel, South Africa, Brazil, Argentina, the Netherlands, and other countries, creating a rich mix of languages, cultures, and identities.

- **Preserving the environment:** At Camp Hallelujah, nature is our home, so we will help to preserve it. The campers will experience Israel's nature in full force, while adhering to the values of environmental protection and sustainability.

- **Accountability, entrepreneurship, and leadership:** We believe that participants should acquire skills that will allow them to become active leaders, initiating and

creating both individually and as a group. At the camp we will learn and experience life skills such as leadership and mutual collaboration, community involvement, and social activism.

- **Making connections:** At Camp Hallelujah we connect young leaders from Israel and around the world and promote humanistic and universal values. In the camp we will be exposed to and get to know the diversity of Jewish youth, and we will get an extraordinary expression of multiculturalism and tolerance.

We express our four core values in the camp in a beautiful variety of unique and special ways, combining Israeli culture and innovation with a pluralistic international atmosphere. At the camp, you will acquire various skills, make friends from Israel and around the globe, and enrich your personal experience

What are you waiting for? Contact us:
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Summer Camp

BIG IDEA, Israeli Innovation: Summer Camp Style

By Nirit Haklai, Chief Program Officer at BIG IDEA

BIG IDEA (previously "eCamp") is a summer camp set in a pastoral youth village in the North of Israel, for kids & teens ages 7-18 from Israel, and all around the world. The camp is focused on technology and innovation and has been connecting youth to Israel since 2008. Over the past 15 years, we've had the privilege of making a positive impact on the lives of over 6,000 campers throughout our programs — overnight camps, day camps, gap year programs and more.

What can you find at BIG IDEA camps:

At BIG IDEA, we develop and support over 40 different unique workshops. From 3D modeling and DJ mixing to robotics, coding, and gaming. These high-end tech workshops provide campers with skills for the world of tomorrow through fun, games, and exciting experiences as we emphasize on personal, social and professional skills development, creative thinking, and problem solving.

Our staff is composed of tech and education savvy folks that love meaningful summer experiences like Israeli and non-Israeli students, BIG IDEA alumni, high-tech juniors and more, that are hand-picked to inspire and guide our campers. A day at BIG IDEA is composed of each camper's chosen workshop routine, which keeps an important framework to camp life, mixed with fun and unique unplugged activities like sports, games, parties, social happenings and many more, which keeps our campers on their toes, ready for the next adventure.

The BIG IDEA Vision

Our vision is to foster the next curious generation that loves to explore, think, and create. We want to provide each individual with the tools to fulfill his and hers potential and to become a source for BIG IDEAS that generate a positive change — tikkun olam — using community, multiculturalism and Israeli innovation as core values.

We hope to see you this summer with us, flying drones, designing VR games, wave-surfing, dancing Hip-hop, coding C-sharp, you name it, we're doing it!

And what about Covid, you ask? We've had two years of experience with it by now with seven full sessions successfully run in 2021 summer. We're hoping for the best but preparing for the worst, knowing that our responsibility is greater than ever these days.

Are you ready for your #bestsummer-ever??



Did we get your attention? Super! We'd love to hear from you, so please contact Matan, our Director of Enrollment at BIG IDEA Educational Projects to learn more about our best winter deals: matan@bigidea.co.il. Tell him Nirit sent you! You can also find a lot of info on our website - <https://bigidea.co.il/en/>

Have a warm winter!

INNOVATION AND CREATIVITY

Through the workshops we enable each camper to burst beyond the boundaries of imagination with constant encouragement.

MUTUAL RESPECT AND TOLERANCE

Campers arrive from countries and cultures around the world. This gathering allows the participants to explore and experience a multicultural society. Everyone will add their touch to the community and will gain from their exposure to others.

ZIONISM

Raising the story of modern Israel's success will create pride and a connection with Israel and one's Jewish heritage.

LEADERSHIP

At BIG IDEA, participants with various backgrounds, skills and interests create a platform for everyone to lead, either in the technological arena, in the social field or even both.

If you ask the campers that came to BIG IDEA from over 30 countries around the globe (yes, even during Covid!), to describe Israel in two words, they will have one answer for you - Israel equals tech & innovation. That idea didn't just pop into their minds. In the past 15 years, BIG IDEA has been responsible for kids and teens from more than 30 countries that use their summer to create, invent and design at more than 35 unique tech workshops.



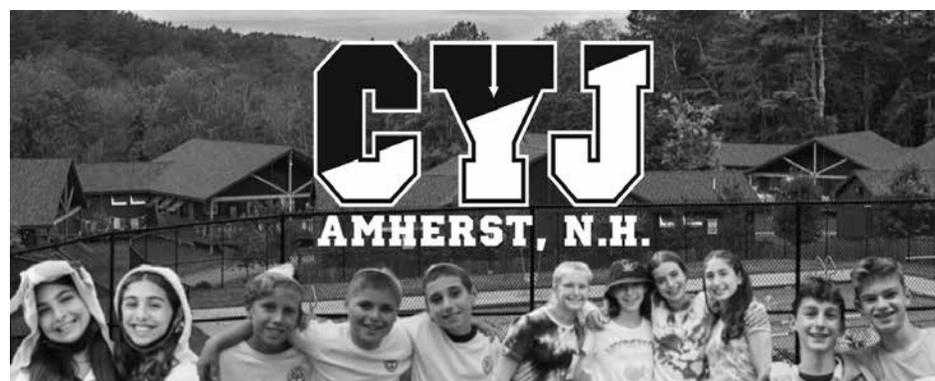
Here you will find campers who utilize their summer to build robots, create computer games and even film and edit content for Youtube, build an escape room or invent a challenge for TikTok, while exploring Israeli tech & innovation and meeting Israeli teens and staff.

"We know that teens and kids these days, and even parents, are looking for

extra value from their summer activity," says Dotan Tamir, founder of BIG IDEA Educational Projects, "Of course they want the fun, sports and connection to Israel that camps in Israel provide, but they are also looking to gain new skills during the summer and feel creative. That is exactly what we do at BIG IDEA camps. We bring in a lot of content focused on innovation, Israel and the start-up nation. Our tech workshops are great and they get the campers really involved so the program keeps a wonderful balance between the tech workshops and outdoor fun." says Tamir.

BIG IDEA is a place of fun, excitement and enrichment within a safe, supportive, open and collaborative environment. Our camp was established to give the next generation an opportunity to develop their social skills and their technological abilities.

A vibrant mix of kids and teens from Israel and from around the world offers an unbeatable social interaction experience and creates a global youth community. This is the perfect platform for forming long lasting friendships.



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The New Jew

THE NEW JEW is a four-episode TV documentary series showcasing the diversity of the Jewish community in the United States, the variety of alternative models it offers for living a rich Jewish life, and the differences in the way Judaism is experienced in the United States and Israel. Presented by Guri Alfi, one of Israel's most popular comedians, *THE NEW JEW* is a spirited, and ultimately hopeful, journey through modern American Jewry.

The series was produced for the Public Broadcasting Corporation and aired on the Kan 11 network in Israel.

Film link available for 14 days starting on March 1, 2022 until March 15, 2022
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Film Review

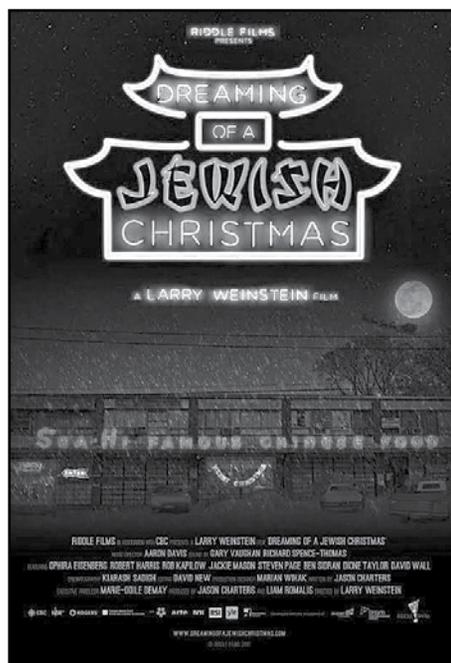
Reviewed by Zach Camenker, NH JFF Committee Member

Dreaming of a Jewish Christmas, and Licorice Pizza

While visiting my parents over the holiday season, they mentioned a film that they had come across on PBS called *Dreaming of a Jewish Christmas*, something they thought I would enjoy. Having grown up in an interfaith household with a Jewish dad and a Catholic mom who admirably exposed my brother and me to both of their religious and cultural traditions, I was hooked on the thought of this documentary. I happened to see it screening again a couple days after Christmas on NH PBS and recorded it to view over my vacation.

The premise of the short documentary, which clocks in at just under an hour in running time, is a history of how many of the most popular Christmas songs of the mid-20th century were in fact written by Jews. While this was something that I was lightly aware of myself, I admired the depth of this piece in chronicling the history, as well as the universality of the themes and messages in these songs. I learned that many of the songs were written with the intent to appeal to Americans from all walks of life with no thought to Christianity or Judaism. As a result, the secular movement of Christmas music that we know so well today was born.

I grew up celebrating Christmas with both my mother's family and my father's, as neither my dad nor his sisters married Jews. While Christmas was a large part of my childhood, it was never for the religiousness of it. Instead, the interfaith Camenker household reveled in the spirit of the holiday season. We decorated our tree, had a visit from Santa Claus on Christmas morning, lit our Menorah, made latkes, watched movies, and of course, listened to music. In fact, my dad grew up with the secular music far more than my mom, who had learned the religious songs in church and mentioned them as the cornerstone of her own family Christmas memories.



I first saw the 1954 film version of *White Christmas* at age seven and credit it as one of the classics that made me fall in love with cinema. I suppose I knew that Irving Berlin himself was indeed Jewish, though I thought little at that time of the fact that a Jew had written the most popular Christmas song. What I didn't realize until watching *Dreaming of a Jewish Christmas* was just how many Jews followed suit, writing hits like "The Christmas Song" (Mel Tormé), "Silver Bells" (Jay Livingston and Ray Evans), and "Rudolph the Red Nosed Reindeer" (Johnny Marks, based on an idea by Robert May, who was also Jewish). The latter song has a fascinating history and deep connection to Judaism that I was completely unaware of until watching this film and that evidently touches many Jews all these years later.

What I loved about this film was how much I could relate to it as someone who considers himself Jewish, but does indeed celebrate the Christmas season as a secular entity and sees the universality in what it offers. The film is very Ameri-



can in essence and features a lot of Jews, secular and observant, who see the same beauty of the season that I do while also acknowledging that many Jewish people have made the day something special for themselves and their families.

The ritual of enjoying Chinese food and a movie on Christmas Eve or Christmas Day is discussed extensively, as is the fact that Chanukah has become a competitive holiday for no reason other than its proximity to Christmas. The isolation that some Jews feel at the season is also discussed. This is something that also felt universal as even those who celebrate Christmas sometimes feel the same way during the season for a variety of reasons.

There's definitely something in this adorable documentary for everyone. However you view Christmas, or however you identify religiously, and whether or not you have celebrated it in some way, shape, or form, I am sure you will appreciate what *Dreaming of a Jewish Christmas* has to offer. And if you're like me, you'll need your Chinese food craving satisfied after watching it!

I also have to give a small plug for a really great film that recently screened at Red River in Concord and has been stacking up a lot of gold as awards season has kicked off: Paul Thomas Anderson's *Licorice Pizza*. A quirky, fun, and light coming-of-age story, the film tracks the development of teenage film star Gary Valentine and the vivacious Alana Kane as they come into their own around the San Fernando Valley in the early 1970s.

Though the film is not overtly "Jewish" in its content or themes, the character of Alana Kane wears her Judaism on her sleeve, and it becomes a part of the film's narrative. Alana Kane is played by 30-year-old actress Alana Haim who, alongside her two older sisters, is a part of the rock band "Haim," which has been active in the LA area for nearly 15 years. Alana makes her film debut here and her real-life sisters and parents also assume the roles of her family in the movie, which is a great addition to the already dynamic cast!

In my research, I discovered that the Haim parents, Mordechai "Moti" and Donna, have their own musical talents as well. Moti, of Bulgarian descent, relocated to the US from his native Israel in 1980 after playing professional soccer and working as a drummer while Donna, who grew up in the US, was a talented singer. It's clear that the sisters were raised with the same pride for their Jewish roots as their counterparts in the film are.

As the character of Alana grows alongside Gary, whose puppy love for her is adorable, she has high hopes for a career in movies herself. As the film makes clear, the 70s was a time when the standards for American actresses were changing. Barbra Streisand, also mentioned in the film, had won her Oscar for *Funny Girl* in 1969 and her meteoric rise to stardom had only just begun. Alana's character is definitely a young woman of the mold who sees herself a bit in Streisand and has high hopes for her future. If anything, this film highlights the changes that came about as the Studio Era of Hollywood exited and new stars who did not necessarily check all the same boxes of the past were coming onto the scene.

By the time this review is available for you at home, *Licorice Pizza* will have likely left Red River and many readers will understandably remain uncomfortable with attending in-person film screenings due to the ongoing challenges of the pandemic. However, if it is still at Red River and you are able to go, I encourage you to check it out. If not, definitely catch it in the comfort of your home, as it is a light and fun film that we all could use right now!

Speaking of that, stay tuned for more light film reviews in the coming months from me. Happy New Year to all!

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Book Review

Reviewed by Merle Carrus

A Boy is Not a Ghost

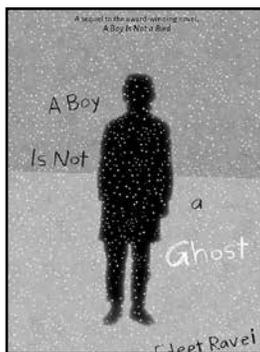
A Boy is Not a Ghost is an incredible story. Written by Edeet Ravel, who previously wrote *A Boy is Not a Bird*, the later book continues the story of a young boy caught up in life during a war, growing up in the Russian city of Czernowitz.

12-year-old Natt Silver, the boy of the title, is sent with his mother and neighbors to Siberia after his father is arrested. They ride in the cattle car of a train, and the author perfectly details the sounds, smells, and crowded conditions as they slowly travel across Russia for two long months. The food is scarce, and the weather gets colder. His father is in the Gulag, under extreme conditions, but Natt and his mother do not know where they are going to end up or what life will be like when they get there. Meanwhile, Natt writes letters to his friend Max, who seemingly has been lucky to escape with his family to Basel,

Switzerland. Natt knows the Soviet police are reading people's mail, so he writes letters to Max in secret code, never really knowing if Max is receiving his mail. At one point, Natt tells a story about waiting with his mother for a train, and reading a newspaper:

"A police guard sees me smiling and marches over to our bench. 'You two! Follow me! At once.' His voice makes my blood run cold. It's the tone guards use just before they arrest you. He thinks I was laughing at Stalin, or at an article about how great the Soviet Union is."

Natt and his mother follow the guard, and as they are interviewed, it is clear that giving the wrong answer could land them in jail or worse. As the story goes



on, Natt and his mother are shuffled from place to place, trying to find somewhere to live and work. Eventually, Natt's mother gets a prized "inside job" (I.E., where someone is working inside during the freezing cold weather), and Natt gets to go to school, at which point he thinks things might not be so bad: soon afterward, his mother is falsely arrested for stealing potatoes, and she is taken to prison. At this point, Natt is really on his own. He must use all his cleverness and bravery to find a family to live with. He makes friends and works hard. He will need his friends and some luck to help him survive as he struggles to find his way back to his mother and tries to reunite his family. Nonetheless, the secrecy required by his position, he says, can make a per-

son feel like a "ghost."

A Boy is Not a Ghost is beautifully written. It is appropriate for middle school readers, but makes for such an incredibly poignant and touching story that adults should read it, as well.

Ravel based this story on the real-life struggles faced by her fifth grade teacher, Nahum Halpern, and it covers the horrific way Jewish people were treated during World War II. There was the threat of Hitler and the Final Solution, which threatened the genocide of the Jewish people, but there was Stalin, who — though his campaign posters depicted him as kind man — was also ruthless about targeting the Jews and other minorities.

The author was born on an Israeli kibbutz and holds a Ph.D in Jewish Studies from McGill University. She taught for twenty years at McGill, Concordia University, and John Abbott College. She now lives in Montreal.

Book Review

Reviewed by Joseph D. Steinfield

People Love Dead Jews, by Dara Horn

In the final paragraph of this profound collection of essays, Dara Horn dedicates the book to her four children, with the "fervent hope that they will never feel the need to read it." Why a writer whose children appear frequently over the span of 232 pages would say such a thing can be found in the book's subtitle — "Reports from a Haunted Present."

Ms. Horn, a scholar of Jewish history and literature, seems to have reached a point in her intellectual and emotional life where she could no longer deny what her perceptions revealed — that "happy endings" pervade Christian literature and life much more than they do Jewish. Instead of ignoring or sugarcoating what she calls "this haunted house world," she has written a compelling, unblinking account of what it means to her to be an American and a Jew and, not incidentally, a parent.

The first sentence of chapter one states the theme for much of the book: "People love dead Jews. Living Jews, not so much." Unsurprisingly, that chapter is about Anne Frank, whose most memorable words are, "I still believe, in spite of everything, that people are truly good at heart." Anne, Ms. Horn points out,

wrote this "before meeting people who weren't" (good at heart). Ms. Horn has nothing against Anne Frank, but she sees more relevance and truth in the words of others, including a first-hand account by a man named Zalmen Gradowski, whose manuscript describing the atrocities of Auschwitz was found after the world's Jewish population

was reduced by six million. The few lines that she quotes from his book, describing the horrors he observed, makes one eager to leave the page. But the essential truth of the book is that truth must be told, and we—Jews and non-Jews alike—may not turn the page until we have read it. According to Maimonides, if we "draw a veil over our perception, we return to a darkness almost as dense as before." Like Maimonides, Horn believes that untruth must be exposed, however challenging and often painful that may be.

Over 20,000 Jews lived in Harbin, China, during the early part of the twentieth century, occupying a central role in the cultural and business life of the city.



"Like almost everyplace Jews have ever lived ... it was great for the Jews until it wasn't." Some of Harbin's Jews left of their own accord, but most did not. Ms. Horn visited the city, population now around ten million, where Harbin's one remaining Jew showed her the "Jewish Heritage Sites."

Horn is the author of several novels, and fiction is not immune from her uncompromising magnifying glass. "Happy endings" and "epiphany," or at least a "moment of grace" can be found in much of the literature by non-Jews, whereas authors in Jewish languages mostly avoid such outcomes, or indeed any outcomes at all. Rabbi Nachman of Bratslav, she tells us, wrote influential "homiletic tales" with no endings, a pattern found in Sholem Aleichem's *Tevye* stories as well. For those of us more familiar with the musical play *Fiddler on the Roof* than with the original, it comes as a revelation that the stage version leaves out Golde's and Motl's deaths and other mournful events. As for *Tevye*, "he never has an epiphany or moment of grace"—he sim-

ply endures. "His great power is that he remains exactly who he always was."

Another exposed myth, one that strikes close to home, is the common belief that our grandparents' (or great-grandparents') names were changed at Ellis Island. According to Ms. Horn, that is pure fiction; the authorities took immigrants' names from ships' manifests which, in turn, were based on passports or travel documents. She may be correct, but my grandfather's name in the Old Country was Pollack, and it became Steinfield when he got here in 1890. Since Ellis Island did not open as an immigration station until 1892, my personal history, as related to me by my father, and Horn's unmasking, can coexist. Yes, she adds, a lot of name changing did take place among immigrants, but not when they got off the boat: The majority of such name-changers were those with Jewish-sounding names. I know of that, too: My late wife's father, born Rosenblatt in New York City around 1912, became Ross.

No book review should try to summarize the entire work, but this one would be incomplete if I did not discuss the chapter about Varian Fry, a name most

Book Review continued on page 19

Pre-Festival Binge Fest Announcement and Sneak Peek of 14th NH Jewish Film Festival

By Zach Camenker

In an effort to continue to reach a wide audience across the state and to expand programming opportunities, the New Hampshire Jewish Film Festival is pleased to announce a “Binge Fest” event that folks can participate in prior to the festival. From March 1 to 15, the Israeli TV series *The New Jew* will be available to screen from the comfort of your home. The Film Festival is partnering with the Jewish Federation’s Antisemitism and Diversity Committee to bring this fascinating documentary series to our New Hampshire community.

The New Jew consists of four episodes.

Each showcases the cultural and political influence of the Jewish community in the United States, as well as the challenges of the relationship between the US and Israel. It is hosted by Guri Alfi, one of Israel’s most popular comedians, who discusses his own Jewish roots as well. The series, which was produced for the Public Broadcasting Corporation and aired on the Kan 11 network in Israel, was well-received by many for its diverse focus on American Jews from all backgrounds. One episode focuses extensively on Angela Warnick Buchdahl, the first Asian-American to be ordained as a rabbi, who was recently featured in a clue on *Jeopardy!* Following the two-week screening window through our virtual platform, Eventive, there will be a post-series discussion via Zoom on Tuesday, March 15 at 7 PM.

The 14th Annual New Hampshire Jew-



ish Film Festival will then begin on Thursday, March 31 and run through

Sunday, April 10. This year, we are pleased to offer a multi-access event with films screening both in-person and virtually via Eventive. We will return to Red River Theatres in Concord, one of our longest-serving sponsors and venues, and will also offer showings at three new venues throughout the state: the Rex Theatre in Manchester (part of the Palace Theatre), The Showroom in Keene (part of the Colonial Theatre), and 3S Artspace in Portsmouth.

The films that we screen in-person will also be available virtually for those who are unable, or are not yet comfortable, to physically attend. The Festival Committee is taking the safety of our patrons very seriously and wants to assure everyone that COVID precautions will be in place for all in-person events. Masks and proof of vaccination will be required at each venue, though we will continue monitoring



the situation and will make necessary adjustments prior to the festival, as needed.

Our lineup will be announced in more detail in February, at which point tickets will be available for purchase. For now, though, we are pleased to announce two exciting films that we will screen this year: the new documentary *Fiddler's Journey to the Big Screen* and the critically acclaimed war drama *Persian Lessons*.

Fiddler's Journey to the Big Screen focuses on director Norman Jewison's quest to reimagine the beloved stage musical *Fiddler*



on the Roof as an epic movie experience. Celebrating its 50th anniversary this past fall, the 1971 film version deeply affected Jewison's career and artistic journey. Through extensive interviews with cast and crew members, including composer John Williams and the actresses who played Tevye's daughters, this documentary is a celebration of the lasting impact that this film, like its stage counterpart, has had for half a century.

Persian Lessons takes audiences to occupied France in 1942, where a Jewish man, attempting to avoid a deadly fate in a concentration camp, poses as Persian. His deception initially spares him, but when a Nazi commander at the camp en-

lists him for lessons in Farsi, his efforts to survive take on a whole new meaning. A Russian-Belarusian production, *Persian Lessons* was shortlisted for Best International Feature at the 2021 Oscars and screened at the Monadnock International Film Festival in New Hampshire this past fall.

We hope you will join us for the “Binge Fest” in early March, and stay tuned for more updates on our Film Festival in the coming weeks. See you at the movies!

Temple Israel of Manchester: Join the Book Club!

By Benay A. Birch

Temple Israel's Book Club hosted another “live” meeting at the synagogue on December 15, 2021. Michael Davidow, an extremely knowledgeable author and esteemed attorney, spoke to the group on the subject of his latest book, *The Hunter for Talyashevka*.

Mr. Davidow exhibited an extensive knowledge of Judaism in his opening remarks. The questions and answers gave even more insight into the book and the characters, which further enhanced background facts for those who read the book. When asked for information regarding his next novel, Mr. Davidow let us know we'll just have to wait, as it is a work in progress.

On January 12, 2022, the book club returned to Zoom with Rabbi Gary At-

kins leading us in a discussion of Ilana Kurshan's memoir *If All the Seas were Ink*, a fascinating story about how Ms. Kurshan became a Torah Scholar. Upon reading the book we learned Ms. Kurshan found herself

in Jerusalem, divorced and unhappy. She decided to learn daf yomi by reading daily for seven years. Rabbi Gary provided us with thoughtful questions, that led to great conversations. Fun fact: Ms. Kurshan is the author of the weekly “Torah Sparks,” an additional discussion of each week's Torah portion, available for Saturday Shabbat Services.

The Binding of Isaac by Jeff Salloway is the Book Club's choice for February on the 16th. Mr. Salloway will be joining us on Zoom for the event. As always, feel free to join us by contacting Ken Cohn, newbegin04@yahoo.com. Happy Reading!

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Gemilut Hasadim 2021: TAY Brotherhood Christmas Mitzvah Program Continues On

The Jewish Almanac notes: “In Jewish tradition, *gemilut hasadim* are a category of *mitzvot* (good deeds) that obligate the individual to act in certain ways on certain occasions as a mark of basic human decency and respect towards others, living or dead, rich or poor, using one’s time, effort, and money whenever necessary.” They are deeds of lovingkindness involving “a degree of gentleness, extreme care, affection, tenderness — a summoning of all the human resources of sympathy for the benefit of others.”

The Temple Adath Yeshurun Christmas Mitzvah Program, on Christmas Eve and Christmas Day, organized by the TAY Brotherhood, has been in existence now for well over 35 years. It is a fine example of how members of our Manchester Jewish community have been giving back to their non-Jewish community, with enthusiasm, feeling and caring. In recent years this has included helping to prepare and serve meals at New Horizons Soup Kitchen, covering the information desks at Catholic Medical Center and Elliot Hospital, delivering Meals on Wheels in Manchester and Bedford, helping with the Bingo game at the Veterans Administration Hospital, and delivering luncheon food platters to the Police and Fire Stations in Manchester and Bedford.



DG Krasner, with Ariana Bell and her mother Rachel Schor, pick up luncheon platters to distribute on Christmas Day.

Then along came COVID-19 ... and the only surviving traditional Mitzvah event last year was the delivery of luncheon platters on Christmas Day to the Manchester and Bedford Police and Fire Stations. This year, while we are still dealing with the “tsouris” of COVID, we planned on once again doing the luncheon platter deliveries. And we were

asked by the two Manchester hospitals to once again cover the information desks on Christmas Eve and Day. There are strict mask-wearing guidelines and the presence of plastic desk barriers at both institutions. We agreed to their requests. As well, with funding from TAY, donations were made to Elliot and CMC to help subsidize their free meal and snack

program for hospital workers on Christmas Eve and Day.

The Christmas Eve information desk coverages went well, but then a significant problem arose on Christmas Day — Freezing rain and icy roads. Many of the information desk volunteers could not make it in and both the Elliot and Catholic Medical Center administration understood. We also moved the luncheon delivery platters from Christmas Day to the next day and the Police and Fire Stations were in total agreement. The mantra was “safety first.”

Our Brotherhood banner says: Service, Community, Fellowship. As is stated in our Constitution: “The purpose of the Brotherhood shall be to act as an arm of the congregation to further the purposes and objectives of the Congregation, to perform worthwhile acts of service to our Temple and our community, and to develop and build friendship and fellowship among its members.” “Any male affiliated with the Jewish community, whether or not through membership with a temple, through marriage or conversion who shall join the Brotherhood and subscribe to the Constitution thereof, shall be entitled to full membership.” If you have any questions, please contact Mark Granoff at memkgranoff@comdast.net. Be safe and be well.

Book Review *continued from page 17*

people do not know. In 1997, thirty years after his death, Fry was the first of five Americans named by the State of Israel as “Righteous Among the Nations” (I checked online and found that thirty-two countries produced more “Righteous” gentiles than did the United States). Fry went to Vichy France at age 32 and ran an operation in Marseille that rescued thousands of Jews, including such cultural icons as Hannah Arendt, Marcel Duchamp, Marc Chagall, Max Ernst, Claude Levi-Strauss, and Franz Werfel. He personally escorted Werfel and his wife, the former Alma Mahler, over the Pyrenees.

Horn turned to a filmmaker named Pierre Sauvage, who has spent much of his life preserving Fry’s legacy. He has interviewed many of Fry’s co-workers, one of whom described their group as “misfits” and Fry as “an ornery cuss.” From what Horn tells us, Fry was a deeply troubled man, but a visionary, nonetheless.

Many years ago, at my Cousin Chaim Feldman’s funeral in New York, the rabbi said that at some point in life everyone is called on to do something important. In my cousin’s case, it was saving his wife and two sons hiding in the Poland forest for two years. For Fry, it was rescuing writers and artists whose work he had encountered at Harvard and to whom he felt indebted. For the most

part, alas, they did not return the gratitude. Marc Chagall, for one, did not return his phone calls. Varian Fry’s happiest years were those he devoted to saving Jews. Streets are named for him in his hometown of Ridgewood, New Jersey, and in Berlin. Those street names can be changed, but he will remain for all eternity one of the Righteous whose name is inscribed in the Wall of Honor at Yad Vashem in Jerusalem.

Dara Horn is a writer, but above all, she is a teacher. As I read and reread the pages, I found myself agreeing some of the time, but not always. She hopes that her children will not feel the “need” to read the book, but of course they should, and likely will, appreciate its les-

sons. When I reached the end of this satisfying and informative book, a lesson we all know came to mind: *Those who do not learn history are doomed to repeat it.*

She concludes by taking comfort in the study of Talmud, to which she and her mother, a grandmother of fourteen, are devoting seven years. Haunted though the present seems to her, Ms. Horn’s determination to become “seven years wiser” and take what she calls “this journey” does not sound like someone who believes we are doomed to a haunted future.

Joseph D. Steinfield is an attorney who lives in Keene. He can be reached at joe@joesteinfield.com



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Jewish Journeys



Our Trip to Israel

By Harry Shepler

On December 10th, my wife Barbara and I left NH for an almost two-week adventure in Israel. This was the first time we were renting a car, and we put on lots of miles—from the Lebanese border to far south in the Negev. The most interesting thing about this trip was all the people we knew in Israel, and the time we took to be with them.

For the first few days of our visit, we spent time with our beloved former Shlichah, Avia Sagron. She gave us a wonderful tour of Yafo, visiting the flea market, and also the section by the sea were all the artists live. Their studios were fantastic, and Avia knew which ones we should

see. The next day, she took us up to the Golan Heights. We stopped at an abandoned bunker—like one I had seen on a previous trip to Israel—but I was much more curious this time, having watched the HBO series called “Valley of Tears.” She then took us to a famous winery up in the Heights, where we tasted some amazingly soft white wine and single malt whiskey (much of which was shipped home with us). We then went to the place in the Galilee where Avia worked after her IDF service, and we saw the setting she’s used for a painting that we won at a Federation auction last summer. Lastly, we had a feast with Avia’s father: even after being completely stuffed on Israeli delicacies, her father

put more food on my plate (and this was before desert!). All in all, such a good Israeli time with Avia.

I should mention that our first night in Israel, we also had dinner with a Shlichah that had been in NH 12 years ago, Shlomit Bar Lavav. What a wonderful time we had with her. We met again for dinner on our last night in Israel.

From the Heights, we traveled to Akko, where we toured the city, and especially the Ottoman fort, which housed some famous prisoners during the British mandate. Below the fort was a complete medieval compound made during the Crusades. We took a quick trip up to Rosh HaNikra on the Lebanese border to see an amazing site where, over many years, the Mediterranean carved beautiful sandstone inlets where water floated. A beautiful site, worth seeing.

On our way south, we visited an Ethiopian Yeshiva that is in the process of creating a one-year school for those men and women who are to be going into the IDF. Since it was a holiday season, school was not in session, but on a prior visit, I visited a kindergarten with happy Ethiopian boys and girls singing and dancing.

From up north, we drove south all the way to the Negev, and the agricultural area known as Halutzah. It is comprised

of three settlements, and is right on the border of Gaza and the Sinai. We witnessed amazing agricultural products being planted in Negev sand, using drip technology, and producing very large crops. The people there were true pioneers: One man said to me that he was part of the miracle of making the desert bloom. Halutzah is partially funded by the Jewish National Fund, in hopes of bringing 500,000 Israelis to the Negev. After this incredible education of agriculture, and as Shabbat was coming, we drove to a resort called Beereshit Mitpe Ramon, which was the most incredible resort we have ever stayed. I recommend it to any who travels to Israel. You won’t want to leave.

On our way to Jerusalem, we spent an overnight in Beersheba. In Jerusalem, of course, we visited the Kotel, but also did the tunnel tour as well as touring the City of David. Another day was spent at Yad Vashem and museums. Lastly, we spent time with friends and family. We were fortunate to arrive one day before the country was shut down to tourists, and we were there for the entire time of Chanukkah. We can’t wait to go back. And by the way, the rental car was a breeze—although gasoline fill ups cost over \$100.00!

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Hadassah: Paving the Way for Medical Advances

By Michele Bank

Members of the Manchester Chapter of Hadassah held their virtual book club meeting in December to discuss the book, *Florence Atkins Swims Forever* by Rachel Beanland. An interesting discussion ensued when members shared their childhood experiences in Atlantic City, NY. The next book will be *Morningside Heights*, by Joshua Henkin, with a Zoom discussion in mid-February: the book is the story of love, marriage, and family. All are welcome to join in the discussion.

As reported in the American College of Cardiology journal, Hadassah Medical Center (HMO) in Jerusalem, Israel has researched a non-invasive strategy to detect pulmonary fluid retention. They discovered that automated speech analysis using a smartphone app may be able to detect pulmonary fluid retention in adult patients hospitalized with acute decompensated heart failure (HF). Of-

fer Amir, MD, director of the Heart Institute at HMO, wrote "[...] frequent monitoring for pulmonary congestion has been proposed as a means to keep patients well and out of the hospital."

Researchers evaluated whether speech measures were indicative of specific clinical states of pulmonary congestion among patients with acute decompensated HF using a novel speaker verification, speech processing, and analysis smartphone application (HearO, Cordio Medical Or Yehuda). 40 adult patients with acute decompensated HF were asked to record five sentences, repeated three to four times each in their native language. Recordings were collected upon hospital admission and discharge. "The premise behind the HearO System is that subtle physiological changes associated with HF decompensation affect the patient's speech and render them a 'different person' (voiceprint)," the researchers wrote. "These changes are much more subtle than those found be-

tween different speakers, but are nonetheless detectable using algorithms derived from those used in text-dependent speaker verification."

A total of 1,484 recordings were analyzed. Researchers evaluated five unique speech measures that assessed different combinations of characteristics. "The current observations provided substantial proof of concept that this novel automated speech processing and analysis approach can reliably identify these differences between two states of pulmonary congestion in patients with HF at the time of hospitalization for acute decompensated HF and following a full course of inpatient treatment," the researchers wrote. "In this context, this speaker verification-based concept has the potential to serve as a new tool in the in-hospital and the remote armamentarium for assessment of pulmonary congestion in patients with HF."

In a related editorial, Neal G. Ravindra, PhD, postdoctoral fellow in the sec-

tion of cardiovascular medicine at the Yale School of Medicine, and David P. Kao, MD, Associate Professor of Medicine (Cardiology) at the University of Colorado Anschutz Medical Campus, discussed how the study may clear the path for future research into this novel method of detecting pulmonary congestion. "Active speech analysis as described by Dr Amir et al is an important advance toward expanding the tools available to assess patients with HF," Ravindra and Kao wrote. "Although nascent, use of commonly available mobile technologies suggests potential for wider use compared with highly invasive strategies requiring dedicated hardware. Extensive development and validation are required before clinical use, but success in a use case such as HearO may pave the way for even more convenient and generalizable strategies."

For more information about Hadassah, please contact Michele Bank at michele.bank@gmail.com.

Recent Events

Standing Against Hate Groups in Portsmouth

By Rabba Kaya Stern-Kaufman

Dear friends, it grieves me to share that this past December, on a Shabbat morning, a group of 20 neo-Nazis gathered in front of the Seacoast Repertory Theater in Portsmouth to protest a show called "Honey Punch & Pals," described as a family-friendly drag queen story hour. An article from *Seacoast Online* stated that the group "hurled homophobic and anti-Semitic slurs...while also... chanting 'heil.'" The neo-Nazi group also expressed their plans to show up to each showing of "Honey Punch & Pals" to disrupt the event from occurring.



Thankfully no one was physically harmed. However, the presence of active hate groups in New Hampshire remains an alarming fact.

In response to this event, The Seacoast Rep Theater organized a community-wide counter protest called **Love Will Always Win ~ A Gathering of Love & Support** for Saturday, January 8, from 10:00am - noon, coinciding with the next showing of "Honey Punch & Pals." I have been in touch with the organizer of this event, Kim Davies, who is also the Facilities Manager for Seacoast Rep. Kim writes: *Hate has no place in ours or any community and to respond with love in-*

stead of fear and anger is the best way to get through this I believe. This group is trying to establish themselves in this area, so immediate action is needed by the entire community to let them know that they are not welcome here. This will be a long haul.

What can we do?

We can show our dedicated support for creating a safe, tolerant, and welcoming community by showing up to

gatherings such as this, and by participating in other events that demonstrate our values. In Hebrew, the word for prayer is also the same word for service – *avodah*. Prayer is one form of service to the sacred. Gathering with our extended community in the service of building a loving community is another form of *avodah*.

B'shalom,
Rabba Kaya

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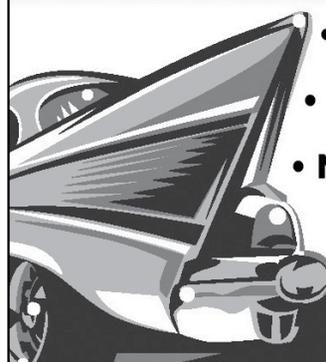


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 From Thelma Ellerin in Memory of Saul Ellerin
 From Rebecca and Aaron Goldberg in honor of Dinah Berch in her new role as Program Coordinator for PJ Library and PJ Our Way. Mazel Tov and Happy Chanukah
 From Stephen and Lillian Singer in honor of Harry Shepler
 From Isaac Schiff in honor of Jan Schiff
 From Dorothy Rothstein in Honor of Dr. and Mrs. Amichai Kilchevsky and their sons Golan, Matan, and Ze'ev
 From Eileen Regen in Honor of David Goldstone
 From Ira and Cyndi Cohen in memory of Herb Nussdorf
 From Eric Treibman in Memory of Philip Treibman
 From Marc and Judith Tieger in honor of Dr. Roberta Gordenstein

Film Festival

Brenda Schadick in Honor of the New Hampshire Jewish Film Festival

Simchas

New! B'nai mitzvah, engagement, wedding or new baby in the family? Share your happiness with the community with a notice in the *Reporter's* new *Simchas* section. Your \$36 payment will support JFNH's nonprofit mission. Submit a short notice and photo to thereporter@jewishnh.org or 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 with "letter to the editor" in the subject line.

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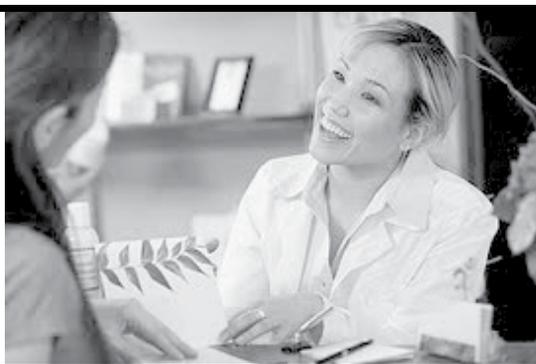
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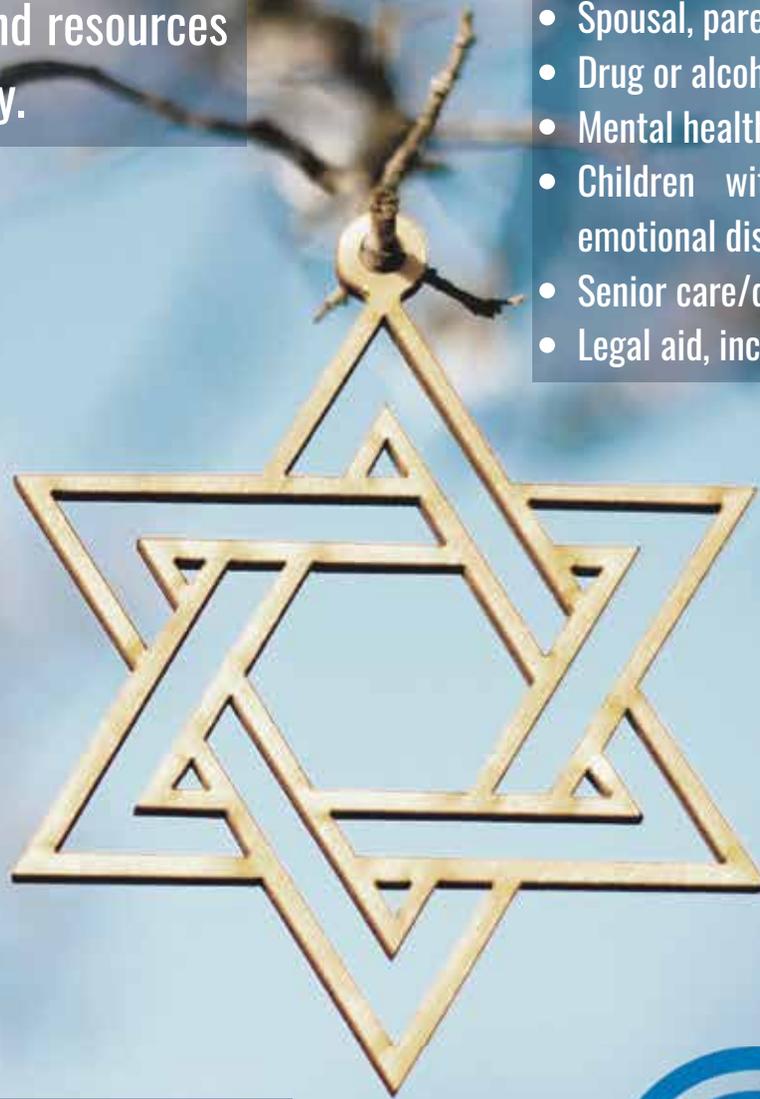
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