Tales of Hoffman
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This special Jewish Federation of the Berkshires program will take place at Hevreh of Southern Berkshire at 10:45 a.m., and will be followed by a catered lunch. Prepaid lunch reservations required in advance. Email federation@jewishberkshires.org, or call (413) 442-4360, ext. 10, to RSVP.

Following her talk, Hoffman will take audience questions and sign copies of The World That We Knew, which will be available for purchase.

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Interview by Carol Goodman Kaufman / Special to the BJV

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In August, Hoffman was interviewed by phone by the BJV’s Carol Goodman Kaufman, and shared insights about her new work and her career.

Close Encounters With Music’s US Premiere of Kohelet by Israeli Composer Andre Hajdu

By Albert Stern / BJV Editor

GREAT BARRINGTON – It’s one of those perfect early August days we get around here—temperate and breezy, flowers everywhere in full bloom, and long hours of daylight in which to enjoy it all—but cellist Yehuda Hanani is talking about a topic those of us in the Berkshires really don’t want to hear about during the waning weeks of summer.

Autumn. Hanani is describing his upcoming project, Kohelet, which opens Close Encounters With Music’s 2019/20 season on October 27 at The Mahaine Performing Arts Center. Inspired the Book of Ecclesiastes, Kohelet is a 12-movement work for four cellos and a narrator composed by Andre Hajdu (1932-2016), a Hungarian-born Israeli composer, ethnomusicologist, and teacher who was a central figure in Israel’s contemporary classical music scene in the late 20th century.

For Hanani, Hajdu’s somber work evokes autumn and Sukkot, the harvest festival during which the Kohelet is read in synagogues. The message of the megillah (scroll) about the vanity of earthly endeavor is largely bleak, written in the form of a meditation by the philosopher-king Kohelet (King Solomon, according to some traditions) about the fleeting nature of life and the ways wisdom can nonetheless give it meaning.

KOHELET, continued on page 26

High Holy Days 5780
He made his home in that fish’s abdomen…
Jonah, he lived in a whale

For some of us, the chanting of the Book of Jonah during the Tom Kippur mincha service is the highlight of the entire High Holy Days experience. Its protagonist, plot, and message have remained enduringly strange, capturing the imaginations of Jews over the millennia—or at least providing some comic relief in the midst of all the chest-tapping and ay-yais. Close in point—this mosaic from the remains of a 1,600-year-old Jewish synagogue in Huqoq, Israel that shows Jonah (lower left) in the process of being devoured by fish (calf) surrounded by sea creatures. Going back to 2012, UNC-Chapel Hill researcher and professor Dr. Jodi Magness and her team have found elaborate and insightful mosaic art in the synagogue, reshaping what scholars know of that time period. For more on the excavation, please see page 28.

Gymnast Agnes Keleti survived the Holocaust to win 10 Olympic medals. At 98, she’s as feisty as ever.

By Cnaan Liphshiz

BUDAPEST (JTA) — When journalists ask Agnes Keleti about her health, she gently smiles and slowly extends her right hand in apparent gratitude for the question.

Then she replies: “I’m fine, thanks, Yourself?”

Such agility, defiance and humor are traits that helped Keleti, 98, survive the Holocaust in hiding and become Hungary’s most decorated female living athlete. She has no fewer than 10 Olympic medals as a gymnast—most of them won after she reached the relatively ripe age of 30. She is also among the most decorated female Jewish Olympians of all time, behind U.S. swimmer Dara Torres’ 12 medals.

Agnes Keleti performs a split in front of Hungarian young gymnasts in Budapest on January 16, 2016

GYMNAST, continued on page 20

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GYMNAST, continued on page 20
In My View
Delivering Social Services in the Jewish Berkshires
Federation’s social worker on services offered to individuals and families
By Jill Goldstein, LICSW

It has been a great privilege to have joined the Jewish Federation of the Berkshires’ team as their social worker. Although I have spent every summer of my life in the Berkshires, my work as a social worker here has enabled me to become very familiar with the challenges and opportunities members of our community encounter.

The Berkshires is a most beautiful region, and a cultural mecca. However, there are elderly Jews who face daily struggles that are often not apparent to others in our Jewish community. Their numbers include elders who face poverty, isolation, loneliness, housing challenges, and medical and mental health issues.

In addition, there are Holocaust survivors who use my services to help them apply for retribution benefits they are due owing the suffering and losses they have incurred. The main focus of my work falls under three categories:

Support
I provide support to Jewish elders to help them maintain their independence and dignity in the community and help them navigate and use programs designated for seniors that include home care services and transportation, as well as services such as home-delivered meals, respite care, live-in assistance, and lunch and learn opportunities.

Outreach
I provide outreach and support via visits to Jewish elders residing in their own homes, retirement communities, assisted living facilities, skilled rehab, and nursing homes. In addition, I provide coaching and advocacy to both elders and their families about hospital/rehab discharge planning.

Information and Referral
My services include information, referral, and support to elders and/or their adult children residing in or returning (for the summer) to the Berkshires. This includes providing information and referral to local agencies to assist the elderly in maintaining dignity, safety, well-being, and the ability to enjoy the highest quality of life and independence.

I can be reached at the Jewish Federation of the Berkshires, (413) 442-4360, ext. 17.

Rabbi Reflection
A Parallel Between Two Seasons Of Inner Work
By Rabbi Rachel Barenblat

The Jewish year balances between twin seasonal hinges. Pesach launches us into the spring; the Days of Awe launch us into the fall. Each of those festival seasons offers a doorway into deep introspection.

In the spring, we cleanse our homes of hametz (leaven). The word comes from the verblichnitz, to sour or ferment. In my favorite Hasidic interpretation, hametz is that which has fermented: not only literal bread, but also the puffery of ego and the sourness of old narratives that no longer serve us. In the fall, we take on the work of teshuvah, repentance / return: turning ourselves in the right direction, discerning where our actions and choices have led us astray and how we can be better human beings in the year to come.

There’s a parallel between these two seasons of inner work. And I think it’s meaningful that they both happen at transitional times of year. As winter gives way to summer, and as summer begins to yield to winter, Jewish tradition calls us to do our internal housecleaning and to discern who we’re meant to be.

The heart and soul need regular tune-ups to keep us aligned with our highest selves and with our tradition’s highest values... and we get to do those tune-ups together, over matzah ball soup and over the season’s first apples, honeyed and sweet.

At the shul that I’m privileged to serve (Congregation Beth Israel in North Adams), our theme for the Days of Awe this year is “Come, Whoever You Are.”

It arises out of a short poem by the Sufi mystic Rumi, who died in the year 1273. Translated into English, the words became a song that’s popular in many Unitarian Universalist communities. (At CBI, we’ll be singing them in English and also in a new Hebrew translation.) Here’s the poem in its entirety:

“Come, come, whoever you are / Wandering, lover of leaving / Come, come, whoever you are / This isn’t your caravan of despair / It doesn’t matter if you’ve broken your vows / A thousand times before / Yet again come...”

“Come, come, whoever you are” is a statement of radical welcome. Like the Seder’s invitation “let all who are hungry come and eat,” these words remind us to open the doors of our community wide to all who seek spiritual sustenance at this sacred time of year. They also remind us of Judaism’s fundamental message of welcome, originating with our patriarch Abraham, whose tent was open on all sides, welcoming to all comers.

Practicing that song this year, I find myself thinking: what does it mean to be a welcoming community? What feels easy about welcoming people who seem different from us on one axis or another, and what feels like a spiritual stretch? How can that stretch serve us as we limber up our spiritual muscles to do the work of teshuvah, the work of repentance and return and repair?

Lately the daily news has seemed filled with horror and heartbreak – from mass shootings to the Amazon rainforest, “the lungs of the earth,” burning. Despair can be difficult to shed. But Jewish tradition teaches that there is always hope, even in our darkest moments: indeed, especially in our darkest moments. Tradition holds that moshav ha’ach will be born on Tisha b’Av: the personification of redemption, entering the world on our calendar’s darkest day.

It takes courage to enter the Days of Awe with hope for the year to come, instead of with fear for the state we find our world – or ourselves – to be.

It takes courage to enter the Days of Awe with hope for the year to come, instead of with fear for the state we find our world – or ourselves – to be. But in Rumi’s words, this isn’t (meant to) be our canvass of despair. We come together for the holidays not in a spirit of recrimination, but in a spirit of celebration. Again the world is born anew. In the words of the poet Mary Oliver z”l, what will we do with our one wild and precious life?

Wherever we go, may we feel (and be) truly welcomed in all that we are. And may that feeling of welcome strengthen us for the inner work of these awesome days, and for the work that is uniquely ours to do in the world.

L’shanah tovah: may we all be inscribed for a year of sweetness, and justice, and transformation. Happy new year.

Rabbi Rachel Barenblat is spiritual leader of Congregation Beth Israel in North Adams, and was named in 2016 by The Forward as one of America’s Most Inspiring Rabbis. She is an accomplished poet and author, with numerous books and articles in national publications. Since 2003, she has been blogged as The Velvetean Rabbi – follow her online at velveteanrabbi.blogs.com, where you can find links to her publications.

LETTERS TO THE EDITOR

The Berkshire Jewish Voice welcomes signed letters on subjects of interest to the Jewish community. Letters are printed upon space availability. The BJV reserves the right to edit all letters for content, length, and style. The BJV does not print anonymous letters, insults, libelous or defamatory statements. Published letters do not represent the views of the Federation, its board of directors, or the newspaper, but rather express the views of their authors. For verification purposes, please include full name, home address, and a day and evening telephone number. Send letters to: Berkshire Jewish Voice, 196 South Street, Pittsfield, MA 01201, or email: astern@jewishberkshires.org.
Guest Editorial

Empowering Local Students to Be Agents of Change

Schools superintendent on partnering with Federation to combat bias

By Dr. Jason McCandless / Superintendent, Pittsfield Public Schools

With the new school year underway, we want to update you on the impact the Federation-supported A WORLD OF DIFFERENCE Anti-Bias Peer Training Program is having on students in Berkshire County public schools.

This program, created by the Anti-Defamation League, launched in seven schools in 2018 and has already trained more than 200 students. This past spring, those peer leaders began founding activities and discussions with hundreds of their peers.

This fall, the program will be expanding to 10 more middle and high schools in Berkshire County, and we are pleased to share that the Berkshire United Way will be joining the Federation as a major funding partner in sustaining and expanding this program for the future. In addition, four high schools in Pittsfield, Great Barrington, and Dalton will be taking part in a study by Boston University to measure the attitudinal and behavioral changes in the student population as a direct result of this program.

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As I enter my fifteenth year as a superintendent, I occasionally find myself very confounded and awkward in conversations. While I consider myself a professional communicator, when my beliefs and assumptions about how our world should work are challenged, I can get tongue tied and flustered.

I was raised in a religious home where the most basic tenet was the command to love your neighbor as you love yourself. There are two real keys to understand- ing this notion: one, we should love ourselves because we were created to be worthy of love, and worthy of respect, and two, every other human being on this earth is a neighbor – not just those who look and live as we do.

Despite nearly 50 years of learning and living these notions, I still at times find myself speechless – without words, without ideas, and ultimately with- out the courage to speak up for what I know is true and what I know is right.

I have been well-trained at home and in school. I have three degrees – all of them have the power to leverage this power for good. They have the power and the opportunity to do better and to be better than those who have traveled the Earth before them.

On behalf of the Berkshire County Superintendents' Roundtable and public schools throughout the county, I thank these students for stepping up to the challenge of creating a better Berkshires for everyone. I am grateful to their families, their teachers, and their schools for recognizing this need and for being partners in the work. I am grateful to Phil Fogelmann and his expert team from the Massachusetts Anti-Defamation League for their leadership, guidance, and dedication.

I thank Dara Kaufman, the Jewish Federation of the Berkshires, and each of you for your generous and vital support.

You are making our community and our world a better place. You are teaching all of us to love ourselves and to love our neighbors. Eleanor Roosevelt once said: “It isn’t enough to talk about peace. One must believe in it. And it isn’t enough to for peace, and thank you for helping create a generation of interferers for the good of humankind. Thank you for helping make a world of difference.

Intolerance and ignorance can now travel at the speed of light, unrestricted by geography, borders, or distance. But understanding can travel unrestricted, as well.

Thank you volunteers Ellen Rosenblatt and the BJV delivery team, Michael Albert, Roman Rozenblum, and Colin Ovitsky

Thank you to Federation supporters at our recent Major Donors celebration and with attendees of our recent Nefesh Mountain Concert (the proceeds of which went to support this program – please see page 15). We are including it here to share his thanks with all Federation donors whose support makes this program possible.

I thank all involved for helping our students find and refine their voices as people of power, who do not need to wait until they are 20 or 30 to make a differ- ence. I create for you for supporting our children to learn the skills and attitudes that allows them to be agents of change and make a difference in their community right now.

With your support, students are gaining the skills and confi- dence needed to promote fairness and dignity for every single student in our schools and in our community. This tool kit – designed to help students stand up for themselves and to stand up for others - is a toolkit they can use for good now, and also when they are partners, parents, employees, leaders. It will serve them well, everywhere they go, for the rest of their lives.

With the power of one voice to speak out against bias, to speak out against hate, to speak out against making one human being feel less than another has great power indeed. Many voices together, working in concert, can counter misunder- standing and ignorance. Many voices together can overcome the hate, the blind- ness, and the violence.

But it all starts with the courage and the tools to interfere.

Our students are growing up in an amazing age. Most of them carry more computing power in their pockets than NASA possessed to get humans to the moon. Cars are on the verge of driving themselves. We live in an age where it is easier than it has ever been in the history of humankind to be connected to peo- ple in our own home and across the planet.

And while we live in an age with an unparalleled ability in communications, increasingly we struggle to actually communicate. We live in an age when the very tools that can serve to unite us and deliver understanding are often used to hurt, to shame, to divide, and to spread hate. Intolerance and ignorance can now travel at the speed of light, unrestricted by geography, borders, or distance.

But understanding can travel unrestricted, as well. So can peace, and the message of love and respect, understanding and togetherness. Our young peo- ple have the power to leverage this power for good. They have the power and the opportunity to do better and to be better than those who have traveled the Earth before them.

With your support, students are gaining the skills and attitudes that allows them to be agents of change and make a difference in their community right now.

I am very grateful to the Jewish Federation of the Berkshires, for helping make this possible. I am grateful to the ADL’S A WORLD OF DIFFERENCE program.

Thank you volunteers Ellen Rosenblatt and the BJV delivery team, Michael Albert, Roman Rozenblum, and Colin Ovitsky.

Published nine times a year by the Jewish Federation of the Berkshires

Dara Kaufman: Publisher and Managing Editor
Stuart M. Fischman, Esq.: Honorary Publisher
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Editorial opinions expressed in the Berkshire Jewish Voice are those of the newspaper and not those of any individual. Signed editorials do not represent the view of the newspaper, but rather express the writer’s view.

The Berkshire Jewish Voice is under no obligation to accept any advertisement. It does not guarantee the kashrut of any merchandise or service advertised. To have the BJV mailed to your home, please send a minimum donation of $18 next issue publication date: November 4-December 1, 2019 Press deadline: September 10, 2019 Advertising deadline: October 16, 2019 Berkshire Jewish Voice e-mail: stern@jewishberkshires.org Phone: (413) 442-4360, ext. 11 Fax (413) 443-6070

For more on A WORLD OF DIFFERENCE in our community, see One Story on page 10.
Guest Editorial

Seven Principles for Maintaining Jewish Peoplehood

By Rabbi Lord Jonathan Sacks

Starting with the Fast of Tammuz (on July 21), we began a period in the Jewish calendar known as ‘The Three Weeks’, culminating in the 9th of Av. During this period we recall the tragedies throughout history that have befallen the Jewish people, many of which, according to the Sages, were brought about as a result of sinat chinam, baseless hatred and discord between individual Jews within the Jewish people.

Jews are an argumentative people. We say “The Lord is my shepherd” but no Jew was ever a sheep. I remember once having a dialogue with the late and great Israeli novelist Amos Oz who began by saying, “I’m not sure I’m going to agree with you.”

“We are a people with strong views – it is part of who we are. Our ability to argue, most things, I don’t agree with myself.”

Ours is the only civilization I know whose canonical texts are anthologies of arguments. The prophets argued with God; they argued with one another. We are a people with strong views – it is part of who we are. Our ability to argue, our sheer diversity, culturally, religiously, and in every other way, is not a weakness but a strength. However when it causes us to split apart, it becomes terribly dangerous because whilst no empire on earth has ever defeated us, we have, on occasions, been able to defeat ourselves.

It happened three times. The first was the story of Joseph and his brothers when the Torah says, “They could no longer speak peacefully together.” The brothers sold Joseph as a slave and yet eventually they all, as well as their grandchildren, ended up in slavery. The second followed the completion of the first Temple. Solomon dies, his sons take over, the kingdom splits in two. That was the beginning of the end of both the Northern and the Southern Kingdoms. The third was during the Roman siege of Jerusalem when the Jews besieged the city.

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PRINCIPLE 1: Keep talking

Remember what the Torah says about Joseph and his brothers: “Lo yichlu dabo lesheleiro.” “They couldn’t speak to him in peace.” In other words, Reb Yonason Eibeshitz says, had they kept speaking, eventually they would have made peace. So, keep talking to one another.

PRINCIPLE 2: Listen to one another

There is good news about the Jewish people and bad news. The good news is we are amongst the greatest speakers in the world. The bad news is we are among the world’s worst listeners. “Shemon Yisroel” calls on us to listen to one another in a way that we can actually hear what our opponent is saying. If we do this, we discover it is not just a powerful way to avoid conflict, but profoundly therapeutic as well.

PRINCIPLE 3: Work to understand those with whom you disagree

Remember why the law follows Hillel as against Shammai. According to the Talmud, Hillel was humble and modest; he taught the views of his opponents even before his own. He labored to understand the point of view with which he disagreed.

PRINCIPLE 4: Never seek victory

Never ever seek to inflict defeat on your opponents. If you seek to inflict defeat on your opponent, they must, by human psychology, seek to retaliate and inflict defeat on you. The end result is though you win today, you lose tomorrow and in the end everyone loses. Do not think in terms of victory or defeat. Think in terms of the good of the Jewish people.

PRINCIPLE 5: If you seek respect, give respect

Remember the principle of the Book of Proverbs. “As water reflects face to face, so does the heart of man to man.” As you behave to others, they will behave to you. If you show contempt for other Jews, they will show contempt to you. If you respect others, they will show respect to you.

PRINCIPLE 6: You can disagree, but still care

Jews will never agree on everything, but we remain one extended family. If you disagree with a friend, tomorrow they may no longer be your friend. But if you disagree with your family, tomorrow they are still your family. In the end, family is what keeps us together, and that is expressed best in the principle “Kol Yisroel arevim zeh ba’zeh.” All Jews are responsible for one another. Ultimately, I do not need you to agree with me. I just need you to care about me.

PRINCIPLE 7: Remember that God chose us as a people

God did not choose only the righteous. He chose all of us. We stand before God as a people, and it is as a people that we stand before the world. The world does not make distinctions. Anti-Semitism do not make distinctions. We are still united by a covenant of shared memory, of shared identity, of shared fate, even if we do not share the exact same faith.

So the next time you are tempted to criticize another Jew, or walk away from a group of Jews that you think have offended you, make that extra effort to stay together, to forgive, to listen, to try and unite, because if God loves each of us, can we try to do anything less?

To read more from Rabbi Sacks, please visit www.rabbisacks.org and follow @RabbiSacks on social media.
When I was in graduate school, I studied history and that time and then something else. But, you know, it’s really about more than that. If you write something, you write it for all time and you can’t really make that decision. It’s going to take what you choose to write, but that writing becomes you.

You’re quoted as having said that you are an escapist who chooses writing, but that I’m tied to reality or to the kind of writer that writes about writing. I don’t feel able to transport me. And I mean from my own life and was you mean by that?

You are so prolific. How do you do it?

I’ve been writing since graduate school, so it’s been a really long time. I don’t really have a work schedule. I’m working all the time. I thought

People looked the other way or they didn’t know what to do to stop what was happening, and what I didn’t really understand was that it was both Jews and refugees. There was this huge fear of refugees and a huge amount of conflict and refugee propaganda at the time…

The Dooneykeepers was a huge project. I mean I really knew nothing. So you know it kind of took me to school.

The World That We Knew joins the ranks of modern novels that feature golem. For example the Golem and the Jinni, Snow in August, The Amazing Adventures of Cavalier And Clay. Why now a story, a golem?

Well, I haven’t read any of those books. My reference is the Yiddish folk tale. Why a golem? I don’t know. She sort of just appeared. I felt like in order for me to write this dark period of time I’d have to write about it from another perspective. I didn’t want to write about it as a realistic novel. I felt like it’s been done and done and done, and also this place that I come from. I was really influenced by my grandmother’s stories.

Do you see the golem as the prototypical superhero? The story I ask is that there are so many Jewish superhero cartoonists: Stan Lee, Jack Kirby, Gil Kane, Bill Finger. They write about superheroes and they’re Jewish. Do you see a relationship between the golem and the superhero, and do you think that as Jews do we need a golem right now?

I went to France and then through Switzerland, and at the very end of the trip, my driver took me to this place where Mary Shelley wrote Frankenstein. And I rang the bell and the housekeeper let me wander around, and I realized now that that was the perfect end to the visit because there’s so much about the golem and so much using the legend of the golem in what I hate. But I wanted to do something really different. I wanted to write about a golem that a woman would create.

In addition to including the golem in this story, you use a lot of magical realism in other of your stories, creating characters whose stories are shaped by fantas...
We’ll connect the “sweetness” with a yummy honey treat.

Yiddish Book Center

Yiddish Book Center, offering programs that combine painting and yoga. She’s the author of the book, “a lebedike velt, a lively world of Yiddish culture at the Yiddish Book Center in Amherst, Massachusetts.”

Dedicated to preserving and promoting Yiddish language and culture, the Yiddish Book Center is the largest repository of Yiddish books in the world. The center hosts a variety of programs, including classes, lectures, and special events, that celebrate Yiddish culture and its influence on the arts, sciences, and humanities. The center also offers a vast collection of books, manuscripts, and archives for scholars, researchers, and the general public.

Discover the Yiddish Book Center's rich collection and explore the vibrant world of Yiddish culture online at yiddishbookcenter.org.

The Public Health Crisis of Gun Violence in America and How You Can Help Save Lives

On Monday, October 7 at 10:45 a.m., the Jewish Federation of the Berkshires welcomes Jonathan Perloe, director of Programs and Communications at CT Against Gun Violence. He’ll talk on the subject of “The Public Health Crisis of Gun Violence in America and How You Can Help Save Lives.” This free program at Knesset Israel, 16 Colt Road in Pittsfield, is part of the Federation’s Connecting With Community series.

Jonathan Perloe’s presentation will cover a range of topics to help the audience appreciate the magnitude of the gun violence crisis in America, the history of gun regulation, and the current outlook for stronger federal gun laws, as well as an overview of Massachusetts gun laws and the current state legislative agenda.

Most important, he will talk about the many ways that citizens can get involved in the cause of gun violence prevention at both the state and federal level. Perloe is director of Programs and Communications for CT Against Gun Violence, the organization that for more than 25 years has led the effort to pass common-sense gun safety laws in Connecticut. Perloe joined CAVG in 2017 after serving on its board since 2014. His entry into legislative advocacy followed more than 30 years in market- ing communications strategy on both the client and agency sides. As for many, it was the Sandy Hook School shooting in 2012 that brought Perloe into the gun violence prevention movement.

Perloe took a local grassroots approach to lobbying for stronger gun laws and other policy measures to prevent gun violence. For further information on all Jewish Federation of the Berkshires programs, please call Nancy Maurice Rogers, Program Director, at (413) 442-4360, ext. 15.

Successful Aging, with Dr. Ben Liptzin

On Thursday, October 24 at 10:45 a.m., the Jewish Federation of the Berkshires welcomes Dr. Ben Liptzin, Professor of Psychiatry Emeritus at Tufts University School of Medicine, whose topic will be “Successful Aging.” This free program at Knesset Israel, 16 Colt Road in Pittsfield, is part of the Federation’s Connecting With Community series.

Dr. Liptzin: “Though some people may think of later life as a period of inevitable decline, there are ways to successfully age physically, emotionally, socially, and spiritually. I will review the latest science behind living longer and better.”

In addition to his role at Tufts, Dr. Ben Liptzin was for 25 years the chair of Psychiatry at Baystate Medical Center in Springfield, MA. Prior to that he was director of Geriatric Psychiatry at McLean Hospital in Belmont, MA and director of the Geriatric Education Center at Harvard Medical School.

He received the Jack Weinberg Award in Geriatric Psychiatry from the American Psychiatric Association and the Distinguished Faculty Award from Tufts. Dr. Liptzin is a graduate of Yale College and the University of Rochester School of Medicine. He has served on the Board of the American Psychiatric Association, the American Association for Geriatric Psychiatry, and the American Geriatric Society. He has been an advocate for the elderly, being involved in the cause of gun violence prevention through Yoda, Brush and Color.

Easy Chair Yoga for Flexibility, Mobility, and Peace of Mind

On Thursday, October 3 at 10:45 a.m., join Linda Novick for “Easy Chair Yoga for Flexibility, Mobility, and Peace of Mind.” This free program at Knesset Israel, 16 Colt Road in Pittsfield is part of the Jewish Federation of the Berkshires’ Connecting With Community series.

Linda Novick says: “Chair Yoga is appropriate for people of all levels of mobility. It is a series of breathing and stretching exercises done in a chair, which increases mobility of the joints, lung capacity, as well as easy stretches and yoga poses. Yoga is good for all bodies. Beginners are welcome.”

Some of the exercises are performed standing behind the chair, while holding on. Participants will learn breathing techniques to enhance mobility, strength and stamina.

The Public Health Crisis of Gun Violence in America and How You Can Help Save Lives

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In Interreligious Illiteracy: Creating Understanding Across Religions

On Monday, October 28 at 10:45 a.m., the Jewish Federation of the Berkshires presents "The Process of Aging," with therapist Maggie Bittman. This free program at Knesset Israel, 16 Colt Road, in Pittsfield, is part of the Federation’s Connecting With Community series.

This program will provide an opportunity to be part of a group dialogue, created and facilitated by Bittman, who will explain her outlook and approach, emphasizing that aging begins at birth. She will discuss how all of us are confronted with four existential truths as we age—the search to find meaning and purpose; facing mortality; experiencing aloneness; and engaging free will. Bittman will highlight how this is a lifelong process, and the ways people return to these existential truths at each stage of life with the added wisdom that comes with aging. Within this context, participants will discuss, share and offer support, as they explore these existential truths.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Monday, October 28 at 10:45 a.m., followed by lunch (see page 24).

Current Affairs: Contemporary American and International Politics

On Thursday, September 19 and Thursday, October 31 at 10:45 a.m., join Professor Steven J. Rubin for the first installment of "Current Affairs: Contemporary American and International Politics." This course will meet to discuss and explore current issues that influence our lives and society at large. This free program at Knesset Israel, 16 Colt Road in Pittsfield is part of the Jewish Federation of the Berkshires’ Connecting With Community series.

Topics will be chosen by Professor Rubin in collaboration with the class and in view of the issue’s relevance. Members will be encouraged to participate in discussions to express views and opinions in a supportive and informal atmosphere.

Steven J. Rubin is professor emeritus of international studies and former dean of the College of Arts and Sciences at Adelphi University, Garden City, NY.

He is the author of numerous books and articles and frequently lectures both here and abroad on such topics as international anti-Semitism, Jewish history, popular culture, and literature. His radio play "Dem Bums: The Rise and Demise of the Brooklyn Dodgers" was broadcast live on National Public Radio in December 2017 and can be currently heard online.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Thursday, September 19 and Thursday, October 31 at 10:45 a.m., followed by lunch (see page 24).

In Good Times Prepare for Crisis, with Ira Lieberman

Former World Bank expert on debt crises at the November 8 Knosh & Knowledge

GREAT BARRINGTON — On Friday, November 8 at 10 a.m., Russ & Knosh Knowledge welcomes former World Bank expert on debt crises, Ira Lieberman, who will talk about his book, In Good Times Prepare for Crisis, published by Brookings Institution Press.

This Jewish Federation of the Berkshires program will take place at Hevreh of Southern Berkshire, and will be followed by a catered lunch. Prepaid lunch reservations required in advance. Email federation@jewishberkshires.org, or call (413) 442-4360, ext. 10, to RSVP.

As the painful experience of the past decade reminded everyone, even sovereign debt crises and defaults do great damage to economies and cause vast personal hardship. Lieberman will discuss what these events can mean to you, and best practices for how such crises can be resolved.

Ira Lieberman worked for the World Bank from 1994 to 2003, helping resolve financial crises in Mexico, East Asia (primarily Korea), Turkey, and Argentina. He worked with the Troika—the European Central Bank, the European Commission, and the IMF—on crisis resolution in Portugal in 2013 and in Portugal and Spain on crisis resolution in 2015. He also worked on the initial pro-market economic reforms in Russia from 1992 to 1995.

An interview with Ira Lieberman will appear in the next issue of the Berkshire Jewish Voice.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires
Venue: Knesset Israel
Date & Time: Friday, November 8 at 10 a.m.
Venue: Hevreh of Southern Berkshire, 270 State Road, Great Barrington
Cost: $11 with fresh buffet lunch. Free admission to program only.
Advance lunch reservations and prepayment required for this event.
Email federation@jewishberkshires.org, or call (413) 442-4360, ext. 10.

Update on the Berkshires, with MA State Representative Smitty Pignatelli

On Thursday, October 17 at 10:45 a.m., the Jewish Federation of the Berkshires welcomes Representative William “Smitty” Pignatelli, a Democratic member of the Massachusetts House of Representatives, representing the 4th Berkshire District. Your citizenship matters and “Smitty” will also be talking about the ways people return to these existential truths at each stage of life with the added wisdom that comes with aging. Within this context, participants will discuss, share and offer support, as they explore these existential truths.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Thursday, October 17 at 10:45 a.m., followed by lunch (see page 24).

You may request that the Berkshire Jewish Voice be mailed to your home. Just email us at federation@jewishberkshires.org for information.
In the Shadow of Two Great Hills: Literature of the Berkshires

On Monday, November 4 at 10:45 a.m., Professor Michael Hoberman, teacher of American literature at Fitchburg State University, will deliver the first lecture in a three-part series titled “In the Shadow of Two Great Hills: Literature of the Berkshires.” This free program at Knesset Israel, 16 Colt Road, in Pittsfield, is part of the Jewish Federation of the Berkshires’ Connecting With Community series.

The series will continue with talks on November 11 and 18, both Mondays, at 10:45 a.m.

Professor Hoberman will organize his talks geographically (as opposed to historically).

Session One, on November 4, considers how the mountains and rivers of the Berkshires have inspired several generations of writers. Authors included are Henry David Thoreau, Herman Melville, Nathaniel Hawthorne, Edna St. Vincent Millay, and Melville, Nathaniel Hawthorne, Henry David Thoreau, Herman Melville, Edna St. Vincent Millay, and Herman Melville.

Session Two, on November 11, concentrates on the literary legacy of the Berkshires’ farms and small towns. Authors included are Catherine Maria Sedgwick, Harriet Beecher Stowe, and Edith Wharton.

Session Three, on November 18, explores the literature of the region’s larger towns and its history of industrial activity. Authors included are Herman Melville, W.E.B. DuBois, Milton Bass, and Joe Manning.

Michael Hoberman is the author of several books and essays on Jewish American culture, including New Israeli/New England: Jews and Puritans in Early America and A Hundred Acres of America: The Geography of Jewish American Literary History. He grew up in New York City, received his BA from Reed College, his Ph.D. from UMASS Amherst, and has lived in Backlund, MA since 1996.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Monday, November 4, 11, and 18 at 10:45 a.m., followed by lunch (see page 24).

Therapy Dogs in the Berkshires

On Thursday, October 10 at 10:45 a.m., the Jewish Federation of the Berkshires welcomes Leea Foran, a professional dog trainer who will talk about “Therapy Dogs in the Berkshires.” This free program at Knesset Israel, 16 Colt Road, in Pittsfield, is part of the Federation’s Connecting With Community series.

During this presentation you will learn:
• What a therapy dog is and is not
• How and where therapy dog teams serve the community
• Research on how animal assisted therapy and activities enhance and enrich the lives of recipients
• How to become a therapy dog team here in the Berkshires
• You will also meet two therapy dog teams, hear their stories, and spend time with the dogs.

Leea Foran, CPDT-KA, CBDC, is the owner of Foranimals, LLC in Lenox. She is a certified professional dog trainer and behavior specialist who has been serving the Berkshires’ dogs and their humans since 1996. Leea is also an evaluator for the American Kennel Club’s Canine Good Citizen Program and the National Therapy Dog Registry. She offers private consultations and training and teaches classes from Puppy Kindergarten to Therapy Dog Training Programs.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Thursday, October 10 at 10:45 a.m., followed by lunch (see page 24).

Raise the Roof: A Film About the Rebuilding of a Polish Synagogue

On Monday, September 23 at 10:45 a.m., the Jewish Federation of the Berkshires will screen Raise the Roof, a documentary about the rebuilding of a synagogue in Poland. This free program at Knesset Israel, 16 Colt Road, in Pittsfield, is part of the Federation’s Connecting With Community series.

Artists Rick and Laura Brown are not Jewish and not Polish, and yet they set out to rebuild Gwoździec, one of the most significant 18th-century wooden synagogues in Poland, the last of which were destroyed by Nazis during World War II. Their vision inspires hundreds of people to join them. Using their hands, old tools and techniques, they rediscover Gwoździec’s history, culture, and art.

Raise the Roof follows the Browns and the Handshouse Studio team to Sanok, Poland, as they begin building the new Gwoździec roof in 2011. The crew has six months to complete its building, and a seven-hour journey to transport the structure. Their vision inspires hundreds of people to join them and work against this deadline.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Monday, September 23 at 10:45 a.m., followed by lunch (see page 24).

Staged Reading: God in the Goat

On Thursday, September 26 at 10:45 a.m., the Jewish Federation of the Berkshires presents a staged reading of God in the Goat, a play by Suzanne Bradbeer. This free program at Knesset Israel, 16 Colt Road, in Pittsfield, is part of the Federation’s Connecting With Community series.

God in the Goat will be performed by Alyce and Paul Bernstein and directed by Milton Lestz. It’s the story of a member of the paparazzi who starts a conversation with an old girlfriend who is a celebrity that has just passed. Largely inspired by the death of Heath Ledger, and specifically the commotion surrounding the discovery of his body and the subsequent circus outside of the apartment building where he was found.

IF YOU GO
Sponsor: Jewish Federation of the Berkshires / Connecting With Community
Venue: Knesset Israel
Date & Time: Thursday, September 26 at 10:45 a.m., followed by lunch (see page 24).
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Join author Helene Berger and her`
This Jewish Federation of the Berkshires program will take place at Hevreh of Southern Berkshire at 10:45 a.m., and will be fol-
lowed by a catered lunch.
Prepaid lunch reservations required in advance. Email federation@jewishberkshires.org, or call (413) 442-4380, ext. 10, to RSVP.

Domenica Gomez is currently a freshman at MCLA in North Adams majoring in International Business.

Domenica Gomez (second from left) at Federation’s Major Donor Celebration, where she was joined by family members and William Ballen, executive secretary of the Berkshire County Superintendents’ Roundtable.

I am a proud graduate of the class of 2019 at Lenox High School. I am delighted to be here today to share experiences from my senior year as a peer leader in ADL’s peer training program.

Before I became a peer leader, I did not understand where all the stigmas towards different kinds of identities came from. I remember thinking that most stereotypes I would see on social media, TV, and basically every day life, were true. Then, I found myself on the receiving end of prejudice and biased assumptions based on my physical appearance and it began to change my perspective. Many times in my life, I have been identified as an Indian woman. One time someone made this assumption just because I was buying an elephant-shaped piggy bank for my friend’s birthday. A man came up to me and asked if I was Indian stating: “Because Indians like elephants.”

While this is only one example of assumptions people have made about my nationality or ethnicity, I know that interaction was not unique. Categorizing people based on physical appearance, financial status, race, nationality, gender, sexuality, religious beliefs and even making connections between who people are and what they purchase, is something that a lot of people do. Even though I wasn’t deeply offended in the store that day, it made me think about how many assumptions people make about who each of us is.

The peer training program provided me with the knowledge, skills, and resources to help myself and others learn how to recognize and address prejudice when it occurs, and support those who are targeted. Learning about the divisive systems in our society and how to address them has allowed me to get out of my comfort zone, open up about my own expe-
riences, and learn from others. Participating in this program as an Ecuadorian immigrant, in a country with a completely different language, culture, and diversity of people, has allowed me to understand people’s dif-
ferent backgrounds and accept and respect diverse perspectives.

Along with the other values I mentioned, one of the most important things I learned throughout the training program is to be tolerant and work to create inclusion.

The peer training program allows students to have conversations that need to be had not just in our community, but everywhere. I wish I could have had these discussions at a younger age, but I am glad that this pro-
gram will help other generations gain knowledge and understand why we should respect each other always.

I think it is so important, especially during high school, when everyone is trying to figure themselves out and there are so many social expectations and pressures. Learning about each other and promoting acceptance for everyone can help all of us understand that no one needs to change parts of their identity for others to like them and instead, we should all embrace what makes different. My goal as a peer leader is to help my peers from our community gain this knowledge as soon as possible, so they can work to understand the people that surround them. This is such important work for human beings, helping us to grow as people and improving our well-being.

Danika Manso-Brown, the associate education director at the ADL, and Ms. Porter and Mr. Wade, our program advisors at Lenox High School, had a great influence, taught us so much, and really helped us in the process of becoming peer leaders. I wish I could be a part of the training program and participate next year, but it’s my turn to move on. I am absolutely going to use the knowledge and the leadership values I learned not just in college, but for the rest of my life!!!

Thank you to ADL and the Berkshire County Superintendents’ Roundtable for introducing A WORLD OF DIFFERENCE into our schools. And a special thank you to the Jewish Federation of the Berkshires for providing funding to support the program in Berkshire County.

Becoming a Peer Leader Provided Knowledge, Skills, and Resources

By Domenica Gomez

IF YOU GO
Sponsor: Jewish Federation of the Berkshires
Date & Time: Friday, September 20 at 10:45 a.m.
Venue: Hevreh of Southern Berkshire, 270 State Road, Great Barrington
Cost: $11 with fresh buffet lunch. Free admission to program only. Advance lunch reservations and prepayment required for this event. Email federation@jewishberkshires.org, or call (413) 442-4360, ext. 10.

Helene Berger at Knosh & Knowledge

GREAT BARRINGTON – On Friday, September 20 at 10:45 a.m., Knosh & Knowledge welcomes Helene Berger, who will talk about her memoir, Choosing Joy – Alzheimer’s: A Book of Hope.

This Jewish Federation of the Berkshires program will take place at Hevreh of Southern Berkshire at 10:45 a.m., and will be fol-
lowed by a catered lunch.
Prepaid lunch reservations required in advance. Email federation@jewishberkshires.org, or call (413) 442-4360, ext. 10, to RSVP.

Join author Helene Berger as she shares the mistakes and the successes that allowed her and her husband to build the best life possi-
ble in the face of a terrible illness. Helene’s personal journey to stay positive in the face of her husband’s diagno-
sis offers concrete guidance and delivers a message of hope, joy, and support to all who must make the journey as a caregiver for a loved one fac-
ing any type of debilitating condition, or the challenges of aging.

For an excerpt of Choosing Joy, please see the last issue of the BJV, or visit us online at www.jewishberkshires.org/Community & Events/Berkshire Jewish Voice. Visit www.heleneberger.com for more information.

On Choosing Joy, plus links (on the Media tab) to pod-
cast and television interviews

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GOAL $855,000

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Helene Berger
Where Helene talks about her journey.
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Wishing you a sweet new year!
**Local Hadassah Members Attend National Convention**

By Susan Frisch Lehrer

Several members of Berkshire Hills Hadassah joined 1,000 other Hadassah members from around the world to attend the 99th Hadassah Convention in New York last July, which was titled “Mission Possible.” Ellen and Stuart Masters, BHH Chapter President Rosalind Kopfstein, and board members Pattie Lipman, and I enjoyed four action-packed days of listening to inspiring speakers – experts and leaders sharing information about new developments in medicine, US and Israeli officials, Hadassah innovators, Israeli security, philanthropy, combating anti-Semitism, and women’s health.

**A New Year of Mussar Practice and Study**

**PITTSFIELD** – Mussar is a transformative Jewish spiritual practice to help build good character and wise, compassionate decision making. Rabbi Pamela Wax has been studying, practicing, and writing about Mussar for close to 20 years, and will be offering a second year of Mussar study at Knesset Israel starting on Sunday, October 20. During each monthly session a new virtue (middah) or Mussar concept will be introduced for study, contemplation, and practice.

Says Rabbi Wax: “If you long for deep conversations about matters of the soul and how to find equanimity and keep faith in a topsy-turvy world, Mussar is for you!”

The first session will take place on Sunday, October 20 from 10:30 a.m. to noon, and the sessions thereafter will take place from 9:45-11:15 a.m. on Sundays, November 3, December 8, January 5, February 23, March 22, April 19, May 17, June 14, July 12, August 9. For further information, contact Myrna Hammerling at mhammerling@knessetisrael.org or (413) 445-4872. ext. 16, or Rabbi Wax at pwax@bcn.net. Cost will be $172 for newcomers, $136 for returnees.

**Sukkot Immigration Forum at Hevreh**


Says Rabbi Hirsch and Rabbi Gordon will facilitate the conversation, rooting attendees in Jewish textual tradition, as well. For questions, please email Rabbi Hirsch at nhirsch@hevreh.org.

This free forum will take place at the Hevreh of Southern Berkshire, 270 State Road in Great Barrington.
**Scotch Tasting Raised Funds for Alzheimer’s Research**

A scotch tasting of 18-year old single malts was held at the Berkshire Hilton Garden Inn on July 28. The event, hosted by Berkshire Hills Hadassah Men’s Associates, was catered with beautifully presented and delicious hors d’oeuvres by Jae Chung of Jae’s Restaurant.

There were 50 people in attendance, whose palates were delightfully tickled by the excellent single malts. Master of Ceremonies Charles Tower provided an exceptional learning experience into the history and details of scotch and single malt spirits.

The event attracted two new members to the Hadassah Men’s Associates and sent significant profits above cost to the Hadassah Men’s Health Initiative for Alzheimer’s.

The steering committee, Alex Rosenblum, Allen Rosenblatt, Michael Albert and Stuart Masters deemed the event both fun and successful and thank Jae Chung, the Hilton Garden Inn and the community for its success.

**Following Up – Steve Tosk Still Biking for Israel’s Injured Combat Veterans**

For the fourth straight year, Pittsfield chiropractor Stephen Tosk will be joining Friends of the Israel Defense Forces (FIDF) “Israel on Two Wheels” bicycle tour, an arduous six-day journey in Israel that covers 385 miles with climbs totaling more than 31,000 feet. The November 2 to 9, 2019 ride benefits the Strides Program for wounded IDF soldiers, with proceeds going toward the purchase of prosthetic limbs. For more information and to donate to this worthy cause, visit www.fidf.org.
Maimonides Society Meeting Tackled “The Opioid Crisis in the Berkshires”

On August 18, the Maimonides Society of the Berkshires, organized under the auspices of the Jewish Federation of the Berkshires, hosted a forum exploring the local impact of the opioid addiction crisis at Lenox Town Hall. Speakers were Dr. Jennifer Michaels, professor at the University of Massachusetts Medical School and the medical director of the Brien Center, and Berkshire County District Attorney Andrea Harrington.

This well-attended event was covered on the front page of The Berkshire Eagle.

“This was an eye-opening morning, to learn that the Berkshires has the highest rate of opioid addiction in the state of Massachusetts,” said Federation’s Development Officer Leslie Kozupsky. “Our challenge as a community is to deal with the addicts medically, not just criminally. Dr. Michaels and District Attorney Harrington were so helpful in navigating this serious crisis that we are facing.”

For additional information about the Maimonides Society – now in its sixth year – contact Leslie at lkozupsky@jewishberkshires.org or (413) 442-4360, ext. 19.


**Nefesh Mountain Had Crowd on Their Feet at Summer Concert**

$15,000 raised for A WORLD OF DIFFERENCE program

The heart and soul of our community was on display as Nefesh Mountain played to a nearly sold-out crowd at Federation’s annual summer concert. A highlight of the evening was the performance of *Tree of Life*, a song originally written by Nefesh Mountain duo Eric Lindberg and Doni Zasloff and performed for the Pittsburgh Jewish community. With the tragic mass shootings in El Paso, TX and Dayton, OH just days prior, Berkshires concertgoers used this opportunity to acknowledge these tragedies, stand in solidarity with the victims, and bring healing to our world. A check for $15,000 was presented to support the ADL’s A WORLD OF DIFFERENCE Anti-Bias Peer Training program in the Berkshire County schools. Thank you to our generous underwriters and to all who joined us for this special evening!
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For Sale Effective in Sept. 16 to Nov. 3, 2019

For Sale Effective in Sept. 16 to Oct. 9, 2019
Beyond Dispute – New Class at KI to Explore Debates that have Animated Jewish Thinking

PITTSFIELD – Debates – philosophical, spiritual, ethical, and cultural – are at the heart of Judaism and Jewish life. Is religion compatible with reason? Can Jewish law change based on context? How do we teach and talk about the Holocaust and the State of Israel? Should we prioritize Jewish causes or universal causes in our giving? Is Jewish tradition intrinsically patriarchal and “able-ist”? Is our relationship with God defined by human obligation or divine compassion?

Rabbi David Weiner will lead an exploration of Beyond Dispute: Debates That Shape Jewish Life in a weekly Thursday morning class, 10-45 a.m. to noon, beginning October 17 at Knesset Israel. Sessions will include dynamic text study, video lectures by JTS faculty and enlightening discussions of the material. Students are invited to contribute towards this curriculum with donations to Adult Education at Knesset Israel.

Beyond Dispute, developed by the Jewish Theological Seminary, invites adult learners into a substantive, text-based exploration of how these debates have been manifested over the course of Jewish history and into rich discussion about their continued resonance for contemporary Jewish life. The course enables learners to go beyond the conflicts themselves to uncover the essential questions that underlie them, and to build a more inclusive view of the Jewish past, present, and future.

Lunch n’ Learn Torah Study with Hevreh’s Rabbi Neil Hirsch

GREAT BARRINGTON – On the following Wednesdays at 11:45 a.m. – September 18 & 25 and October 16 & 23 – join Rabbi Neil P.G. Hirsch of Hevreh of Southern Berkshire for a series of Torah study sessions.

Says Rabbi Hirsch: “This group meets in the library each week to wrestle with provocative biblical text. Currently, we are studying the Book of Judges, which tells the stories of the Israelites as they attempted to settle the Land of Israel. It’s a story of one people encountering others, the tensions that exist between those parties, and the complicated, ongoing relationship of a Covenantal Nation with its God. While the study is ongoing, we welcome people whenever they may be available to join.” For more information about this free class, please reach out to Rabbi Hirsch at nhirsch@hevreh.org.

Fall Creative Arts at Congregation Ahavath Sholom

GREAT BARRINGTON – Congregation Ahavath Sholom is pleased to announce their “Fall Creative Arts Series,” a continuation of last season’s very successful series. On Sunday, October 27, at 2 p.m., Arthur Hillman, Professor Emeritus of Photography, Printmaking and Design, Bard College at Simon’s Rock, will be presenting a program discussing the work of six Jewish artists: Marc Chagall, Jacques Lipchitz, Roman Vishniac, Mark Rothko, David Aronson, and Judy Chicago.

On Sunday, November 3, at 2 p.m., Congregation Ahavath Sholom will host a panel discussion “Encounters with the Creative Process.” The panel will consist of Arthur Hillman, Ilene Spiekwak (painter, therapist and educator), Barbara Janoff Ph.D. (associate professor at the Fashion Institute of Technology in Manhattan), and Linda Josephs (founder of the Workshop Playhouse, director and playwright). The panel will discuss the differences and similarities of the creative process within the various art forms. Audience participation is encouraged. CAS members free: Non-member $10 at the door. CAS is at 15 North Street in Great Barrington. For more information, call (413) 628-4197 or visit www.ahavathsholom.com.
The Jewish Federation of the Berkshires wishes all a happy and healthy 5780.

The schedules that appear were provided by local congregations, which should be contacted directly for more information, advance ticketing requirements, confirmation of times and events, and details about other planned holiday season programming that may not be listed.

The congregational directory with contact information and addresses is on page 21. Services will take place at the locations appearing in the directory, except as noted in the listings that follow.

Candle lighting and havdallah times are for Pittsfield and were taken from the Hebcal calendar.

### High Holy Day Dates

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<tr>
<th>Holiday</th>
<th>Date</th>
<th>Candle Lighting</th>
<th>Havdallah</th>
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<tr>
<td>Selichot</td>
<td>September 21</td>
<td>(at nightfall)</td>
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<tr>
<td>Erev Rosh Hashanah</td>
<td>Sunday, September 29</td>
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<td>Rosh Hashanah – First Day</td>
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<td>Rosh Hashanah – Second Day</td>
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<td>Yom Kippur</td>
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<td>Erev Sukkot</td>
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<td>Sukkot – First Day Yom Tov</td>
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<td>Sukkot – Second Day Yom Tov</td>
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<td>Sukkot – Chol HaMoed</td>
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<td>Hoshanah Rabbah</td>
<td>Saturday, October 19</td>
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<td>Shemini Atzeret</td>
<td>Monday, October 21</td>
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<tr>
<td>Simchat Torah</td>
<td>Tuesday, October 22</td>
<td>6:49 p.m.</td>
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### Selichot

- **Selichot – Spiritual study and service at 8 p.m., followed by dessert**
- **Erev Rosh Hashanah – Service at 7:30 p.m.**
- **Rosh Hashanah 1st Day – Service at 10:30 a.m.** Family service at 9 a.m. Tashlich/Great Barrington river walk at 4 p.m.
- **Rosh Hashanah 2nd Day – Service at 10:30 a.m.**
- **Yom Kippur/Kol Nidre – Service at 7:30 p.m.**
- **Yom Kippur – Service at 10:30 a.m.** Family service at 9 a.m. Spiritual study and meditation at 1:30 p.m. Afternoon service (with Yizkor and Ne’elah) at 2:45 p.m., followed by break-the-fast that is open to all.
- **Note:** Hevreh provides High Holy Day services for all those wishing to attend, but tickets are required for non-members. Please contact Hevreh for more information.
- **Sukkot events:** YACHAD Sukkot for Hevreh’s Religious School on Sunday, October 13 at 10 a.m.

### Temple Anshe Amunin

In Great Barrington, Rabbi Neil P.G. Hirsch, Rabbi Jodie Gordon, the Hevreh Choir, and the Hevreh community will celebrate 5780 with a Reform service using the Mishkan HaNefesh prayer book that is rich in song, prayer, and celebration.

Family services on Rosh Hashanah enable all to share in the sweetness of the New Year. Participants hear the shofar, and will think about the ways in which all have grown in the past year. The service is participatory, musical, and most appropriate for families with children aged 0-12. Grandparents and other special grown-ups are welcome. Families will join together again for a celebration of Yom Kippur that will invite participants to think about the year that has gone by, consider what it means to say “I’m sorry.”

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A celebration of Yom Kippur that will invite participants to think about the year that has gone by, consider what it means to say “I’m sorry.”
This Jewish holiday season at Knesset Israel will be celebrated by families and guests with tuneful, lay-led services, along with commentaries on significant Torah themes by Rabbi David Weiner and members of this egalitarian Conservative congregation in Pittsfield.

SERVICES
Selichot – Mincha/study session at 6:30 p.m. Service at approximately 8 p.m.
Erev Rosh Hashanah – Service at 6:15 p.m.
Rosh Hashanah 1st Day – Service at 8:15 a.m., Torah/shofar at 9:45 a.m. approximately. Family programming 9:30 a.m. to 12:30 p.m.
Baby sitting (please RSVP) 9:30 a.m. to 1 p.m. Tashlich at 5:30 p.m.
Evening service at 6:15 p.m.
Rosh Hashanah 2nd Day – Morning same as Rosh Hashanah 1st Day. Maariv service at 7 p.m.
Yom Kippur/Kol Nidre – Mincha at 5:50 p.m., instrumental Kol Nidre at 6 p.m., followed by Kol Nidre and Maariv.
Yom Kippur – Service at 9 a.m. Torah service and Yizkor after 10:30 a.m. Family programming and services 9:30 a.m. to 12:30 p.m.
Baby sitting (please RSVP) 9:30 a.m. to 1 p.m. Avodah meditation experience after 1:30 p.m. Afternoon service at 4:15 p.m. and Ne’ihah at 5:40 p.m.
Erev Sukkot – Service at 5:45 p.m.
Sukkot Yom Tov – Services (lulav and etrog) both days at 9:30 a.m. Evening service on Tuesday at 7 p.m.
Hoshanah Rabbah – Morning service at 8 a.m. Evening service at 5:45 p.m.
Shemini Atzeret – Service (with Yizkor) at 9:30 a.m. Festive dinner at 5:15 p.m. Erev Simchat Torah service, with Hakafot, at 6:15 p.m., followed by ice cream reception.
Simchat Torah – Service with hakafot and special alyot at 9:30 a.m. Evening service at 7 p.m.

Knesset Israel

Rosh Hashanah and Yom Kippur services take place at Berkshire South Community Center, 15 Crissey Road, Great Barrington.
High Holy Day worship with the Reconstructionist Congregation Ahavath Sholom community is an inclusive experience, with members participating in myriad ways. Congregants deliver divrei Torah, and help Rabbi Barbara Cohen create an atmosphere of intimacy with each other, the prayers, the music, and the spiritual atmosphere of this awe-filled time.
On Saturday morning, September 7 at 10 a.m., Rabbi Cohen will offer a program entitled, “The Road to Ready: Getting in Gear for the New Year.” A second study session including dessert for Selichot, the gateway to the Days of Awe, will be held on Saturday evening, September 21 at 7 p.m. Both study sessions will take place at Congregation Ahavath Sholom, 15 North Street.
Writes Rabbi Cohen, “We will explore the liturgy, the themes and the spiritual entrances to experiencing Rosh Hashanah. Yom Kippur and the 49 days in between. We will also practice the traditional melodies and the texts specific to the High Holy Days so that participation becomes more accessible and more comfortable. Join us and make this year, 5780, a deeper and more meaningful experience.”

Chabad of the Berkshires

Now in its 15th year, Chabad of the Berkshires welcomes all to its friendly traditional services at its Pittsfield location. Co-directors Rabbi Levi and Sara Volovik say membership is not required — “According to tradition, at the New Year the Doors of Heaven are open — G-d accepts all prayers, from anyone. We open our doors, as well.” Readings from the machzor (holiday prayer book) will be in Hebrew and English. Chabad asks that all intending to attend please RSVP, so that all can be comfortably accommodated. Call for information on children’s program.

Berkshire Minyan

High Holy Day services will be held at the Friends (Quaker) Meeting House, 280 State Road (Route 23), Great Barrington, a few hundred yards east of the Berkshire Minyan’s regular home at Hevreh of Southern Berkshire.
This member led, traditional egalitarian chavurah seeks to create an environment that welcomes and enriches people of all ages, from all backgrounds, and with all levels of familiarity with Jewish texts and ritual. Berkshire Minyan uses the Conservative movement’s Lev Shalem machzor, with the addition of different readings and kvuravot.

SERVICES
Erev Rosh Hashanah – Service at 6 p.m.
Rosh Hashanah 1st Day – Services at 9:30 a.m., followed by community vegetarian potluck lunch and tashlich, both locations TBD.
Rosh Hashanah 2nd Day – Services at 9:30 a.m. (Shabbat Shuvah services both days at 10 a.m., both locations TBD.
Yom Kippur – Service at 6 p.m.; doors open at 5:45 p.m.
Yom Kippur/Kol Nidre – Service at 6:00 p.m.; doors open at 5:45 p.m. Communal break-fast to follow, details TBD
Sukkot Yom Tov, Day 1 – Service on October 14 at 9:30 a.m. at Hevreh
Sukkot Yom Tov, Day 2 – no service
Shemini Atzeret/Simchat Torah (combined) – Service on October 19 at 9:30 a.m. at Hevreh
GYMNAST, continued from page 1

Keleti, who left Hungary in 1957 and lived in Israel, is now celebrated as a national hero here, where she returned three years ago to be with one of her two sons.

In Budapest, Keleti leads a comfortable life in a central apartment that she shares with a female caretaker and about 40 orchids that had been discarded but rescued and nursed back to health by both women.

“I have a good life here. I feel at home,” Keleti told the Jewish Telegraphic Agency last week after lighting the Olympic flame at the European Maccabi Games. The quadrennial Jewish sporting event is being held in this capital city and ends Wednesday.

Keleti is entitled to a monthly stipend of $13,000 in accordance with a law that compensates Olympic athletes proportionately to the number of medals they won. (Only she and the late fencer Aladár Gerevich have won 10.)

She is interviewed regularly on national television here and invited to official events. A giant portrait of Raoul Wallenberg. Her father was saved by the Swedish diplomat. She was a tough cookie,” Keleti recalled at an estate and in a living room.

The world’s current best

All-around woman gymnast, American Simone Biles, won her first World Championship at 16.

Keleti is credited with essentially founding the national gymnastics team in Israel. She said her arrival there was largely circumstantial.

While competing in Melbourne, the Red Army quelled an anti-communist uprising in Budapest. Keleti fled for asylum and stayed in Australia, where a former teacher from the Jewish Gymnastum in Budapest, Zoltán Dikstein, looked her up and persuaded her to attend the 1957 Maccabi Games in Israel.

The country was so poor and Keleti’s sport so undeveloped that she had to bring her own bar and rings. Her arrival was a rare feather in the cap of Maccabi.

Keleti still has a sharp tongue that makes it challenging to find suitable caretakers, her younger son, Raphael, said during the interview with his mother.

“It took a while to find someone who was emotionally unshakable,” he said.

Dismissing him with a wave of her hand, Keleti told JTA, “Never mind him, you’re not here to interview him, direct your questions to me.”

But for Keleti, it was merely circumstantial.

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GYMNAST, continued
from previous page
organizers and the Israeli media couldn’t get enough of Keleti. Her stardom helped secure her teaching position at the Wingate Institute, where she trained several generations of gymnasts.
It was in Israel that she met her late husband, Reuven Shofet, with whom she had two boys.
“I grew up knowing my mother was Wonder Woman,” Raphael said. “She ran the household, she taught us music, helped with our homework, cooked meals so tasty that all the neighbors’ kids wanted to stay for dinner. Oh, and in her spare time she was an international and local celebrity who traveled to coach athletes at the Olympic Games. No biggie.”
Keleti has visited dozens of countries in her lifetime. The ability to travel out of communist Hungary when few others could leave was a major reason she became a professional athlete in the first place, she said. But she hasn’t seen enough of the world, Keleti told JTA.
“I want to see more. I want to see South America. I want to go to New York,” she said.
In 2017, she won the Israel Prize, the Israeli government’s highest civilian distinction, in the sports category.
Keleti was still able to perform a leg lift and a split that year, but she said her skin has since become too thin to safely attempt such feats now. The problem is keeping her from exercising for the first time in her life.
“But who cares,” she said. “There’s more to life than sport.”

Welcome to the Jewish Berkshires
Everyone is welcome to attend services and events at any of the organizations listed here. Please call the organizations directly to confirm service times or to inquire about membership.

Learn more about our Jewish community and find great events on the community calendar at: JEWISHBERKSHIRES.ORG

BERKSHIRE JEWISH CONGREGATIONS & ORGANIZATIONS

Berkshire Minyan
Lay-led egalitarian minyan held at Hevreh of Southern Berkshire, 270 State Rd., Great Barrington, MA
(413) 229-3618, berkshireminyan.org

Berkshire Hills Hadassah
P.O. Box 187, Pittsfield, MA
(413) 443-4386, berkshirehillshadassah@gmail.com

B’nai Brith Lodge, No. 326

Chabad of the Berkshires
450 South St., Pittsfield, MA
(413) 499-9899, jewishberkshires.com

Congregation Ahavath Sholom
Reconstructionist
North St., Great Barrington, MA
(413) 528-4197, ahavathsholom.com

Congregation Beth Israel
Reform
53 Lois St., North Adams, MA
(413) 663-5830, cbiweb.org

Hevreh of Southern Berkshire
Reform
270 State Rd., Great Barrington, MA
(413) 528-6378, hevreh.org

Israel Philatelist Society
c/o Dr. Ed Helitzer,
(413) 447-7622

Jewish Federation of the Berkshires
196 South St., Pittsfield, MA
(413) 442-4360, jewishberkshires.org

Jewish War Veterans
Commander Robert Waldheim
(413) 822-4546, sellit4@aol.com

Knesset Israel
Conservative
16 Colt Rd., Pittsfield, MA
(413) 445-4872, knessetisrael.org

Temple Anshe Amunim
Reform
26 Broad St., Pittsfield, MA
(413) 442-5910, ansheamunim.org

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Elul 5779 / Tishri/Cheshvan 5780 Berkshire Jewish Voice • jewishberkshires.org Page 21
Meet Jerusalem’s Deputy Mayor: Fleur Hassan-Nahoum

By Elana Rudik / JNS

Born in Gibraltar and a native Spanish speaker, Fleur Hassan-Nahoum has held the “foreign-ministry portfolio” as deputy mayor of Jerusalem since 2018. Hassan-Nahoum is daughter of Sir Joshua Abraham Hassan, the first mayor and chief minister of Gibraltar. She studied law at King’s College, London, qualified as a barrister in 1997, and practiced in London before becoming the campaign director of World Jewish Relief. She made Aliyah with her husband in 2001. This is an edited version of a JNS interview published in August.

What do you see as the biggest challenge facing Jerusalem?

Although the government puts decent investment into Jerusalem, it is the poorest city in the country. Our biggest challenge is our low workforce participation—49 percent of Haredi working. We can’t afford to have half of two of major populations not working.

At the same time, we need to create a bridge between opportunity and disenfranchised communities, which will eventually bring the city up. Jerusalem is the beating soul of the whole country. It shouldn’t be the poorest city. The question is whether evolution is going to come before economic collapse, and I am optimistic.

When making decisions in the capital of the Jewish state (and therefore, the capital of the Jewish people), what is your responsibility to Jews in the Diaspora?

I feel that I am one of the only people in the municipality who gets that we have a responsibility to Jews in the Diaspora. I understand the sensitivities and what it’s like to live as a Jewish minority with its difficulties and dilemmas.

Others in the municipality were raised in a bubble, thinking that only those who look and talk like them are welcome. We can’t afford to be tribal after we finally have our country after 2,000 years. I am a pluralist and believe that everyone who wants to strengthen the Jewish people is welcome in the Jewish tent. Diversity is part of the beauty of the Jewish people, and I am proud that we have so many different types of people, languages and cultures, but at the same time, we share the same heritage.

The Diaspora has helped us create and build the country, and now they need us. The new generation of Americans doesn’t feel connected to Israel. If we don’t fight for Jerusalem, the Diaspora will follow.

What is the role of immigrants to Israel like yourself in Jerusalem, and how can they succeed here?

I believe that immigrants have a special role to play in Israel. To be that bridge to the Diaspora and to fuse Israel with the richness of the diversity of our people. I would encourage immigrants who are interested in being leaders to take part in the political process. To not let culture and language hold them back, not to be intimidated by the system. If they rise to the occasion, they can have significant voice. I would love to see more Olm in high office, it is something Israel could benefit from.

Many aspects of your background and upbringing make you unique. How does your Gibraltarian upbringing to being a native Spanish speaker and living in London. How has such multiculturalism affected your work and the path to where you are now?

I am happy that I got to grow up bilingual—not just in language, but in outlook and culture. I grew up in Gibraltar, lived in England for nine years, and my mother is from Morocco. My husband is English-Sephardi; his family is from Iraq and then India. I can respect Arab culture, speak like an Andalusian and think like a Latin person. British person and a Sephardi Jew. I can connect with Spanish speakers and Anglos on many levels, where they feel they have someone who understands them. This has given me the advantage of being able to adapt to different situations.

This mixture of backgrounds and customs represents the uniqueness that the Jewish people have. Because it is made up of immigrants, Israel also has this multicultural background.

In a region where few women hold high leadership positions, how has gender impacted your work? What advice can you give to young women who look up to you as a role model?

Lying in the Middle East, it is still a man’s world, and some women feel you have to be man-like to succeed. I believe we don’t need women acting like men; we have enough men already! But I believe women have unique qualities and skill sets infused with emotional intelligence, empathy, and the ability to dedicate ourselves to a higher cause, and so women leaders have to embody the qualities that make us women.

Women in politics should mentor and strengthen female leaders until 51 percent of the population is making 51 percent of the decisions. When we have a 50-50 parliament, I believe that political decisions will be better, as diversity in general makes better decisions.

As a communications expert, how do you think Israel can improve its PR internationally?

The main issue with Israeli public relations and diplomacy is that we talk in terms of “they are wrong, we are right.” But the world isn’t black and white. I believe that nuances work when you take the time to speak with people. When I have admitted Israel’s faults while also criticizing other leadership, where it is due, I’ve been able to neutralize people who are not exactly on our side. For example, I acknowledge that Israel abandoned East Jerusalem, but in the last two years, we have been taking responsibility; at the same time, the Palestinian leadership problem is there. It’s OK to let your guard down a little bit.

What do you want to be remembered for in your current role?

I want Jerusalem to take its rightful place as a world-class city, to become the model for the solution for many challenges that we have in the country and in the world. And I want to take part in that. Our diversity gives us an opportunity to create models of shared society.

Come learn how your child can find joy and purpose in their learning. Visit our website for fall events and call to schedule a visit.

Berkshire Country Day School
Continuous – Chabad of the Berkshires “Smile on Seniors,” or “S.O.S.,” volunteer program to serve senior citizens in the Berkshires. Information for families who can benefit and volunteers: Rabbi Levi Volovik at (413) 499-8999 or visit www.jewishberkshires.com.

Monthly, fourth or fifth Sunday – Volunteers from Congregation Beth Israel, 53 Lois Street, North Adams “Take and Eat” program cook, package, and deliver hot meals for all North Adams clients of “Meals on Wheels.” Information: (413) 663-5830 or office@cbiweb.org.


Tuesdays, from 10 to 11:30 a.m. – Torah Portion of the Week study group at Knesset Israel, 16 Colt Road, Pittsfield. Facilitator Myrna Hammerling guides the group through the selected weekly Torah portion, year-round in the KI Library. Newcomers always welcome to this gathering of students of all ages. Information: (413) 445-4872, ext. 16.

Wednesdays – at Hevreh, “Lunch N Learn” with Rabbi Neil Hirsch at 11:45 a.m. is open to anyone who wants to deepen their relationship to Jewish study through text and discussion. Says Rabbi Hirsch, “Our tradition teaches that when two (or more) sit together, and discuss words of Torah, God wills with them. Study is one of the many ways we as a Jewish community experience the sacred and the spiritual.” Classes available via video conference or conference call. We are saying when we read hevreh.org to find out how to join remotely.

Thursdays (fourth of each month) – Hadassah Book Club. For times, locations of meetings, and further information about the books: Pattie Lipman plipman@fairpoint.net.

Thursdays at 10:30 a.m. – Janet Lee will continue to teach an intermediate mat Pilates class at Hevreh every Thursday through the summer into fall. Bring a mat and water. Contact Janet Lee at jlee@hevreh.org to learn more, and check hevreh.org/calendar for any weekly changes.

Fridays, at 9 a.m. – Meditation with Rabbi Rachel Barenblat in the Congregation Beth Israel sanctuary, 53 Lois Street, North Adams, overlooking the Berkshire mountains. Silence, chanting, and meditation designed to help prepare for Shabbat. All welcomed. Information: (413) 663-5830 and www.cbwweb.org.

Fridays, once a month at 5:30 p.m. (followed by a family style Shabbat dinner at 6:30 p.m.) – Knesset Israel, 16 Colt Road, Pittsfield. Shiree Papert (“Songs of Shabbat”). Unique service combines melodies from Carlebach, Debbie Friedman, and Camp Ramah to create a reaching filled (“spirited”) family friendly experience. Cost for dinner $20 adult, $15 teen, children free. Dinner reservations are due by the Monday before Shabbat. Information: (413) 445-4872, ext. 10.

Satudays at 8:45 a.m. – at Hevreh, 270 State Road in Great Barrington. Every Shabbat morning, gather in Rabbi Neil Hirsch’s study and dive into the less-often read books of the Bible. All are welcome to begin the day with coffee while studying and re-laxing on Shabbat. Sessions will be between 45 and 60 minutes. Please be in touch with Rabbi Hirsch for further information: nhirsch@hevreh.org.

Satudays at 9:30 a.m. Temple Anshe Amunim, 26 Broad Street, Pittsfield – Torah Plus: Exploring Jewish Text and Culture. “Join Rabbi Liz P.G. Hirsch for a conversation based on the texts of the Jewish people and reflect on Jewish values and thinking and what it means to be Jewish.” All texts are offered in English. Free and open to the public. Information (413) 442-5910 or templeoffice@andreamunim.org.

Georgette Levy, 97, talented artist who never ceased being a student
SARASOTA, FL – Georgette Levy (nee Rosenthal) formerly from Great Neck, NY and Lenox, died peacefully with her family by her side in Sarasota, FL on Wednesday, August 14, just shy of her 90th birthday. Born September 15, 1921 in New York City, a talented and inspiring woman, Georgette earned her master’s degree in art history at NYU and was an art therapist for senior citizens for many years. She worked at the Costume Institute at the Metropolitan Museum of Art under the leadership of Diana Vreeland. She was a docent at the Museini Museum in Boca Raton, FL. Georgette was the daughter of Josephine and Emmanuel Rosenthal; wife of Morton J. Levy; brother of Ellen Lanciano (Fred) and the late Leon Levy; cherished grandmother of David Darah (Brandi) and Jonathan Dahari; adoring great grandmother (Me-gul) to Gabriel and Maya Dahari; loving sis- ter of Beverly Mazursky and Diane Marozza; deeply misses so many and a teacher of art who never ceased being a student. A private graveside service in New York and a celebration of life will be held at a later date.

Geatrice Spinrad, 85, extraordinarily gifted educator
SEATTLE, WA – Diane Spinrad passed away in July, 17, 2022, surrounded by family in the comfort of her apartment at Loomis Village in Woodinville. Hers was a life well-lived.

Harry was born December 30, 1923 in Pittsfield. Coulter attended City College in New York and married his wife-to-be, Lillian Samel, was born in Pittsfield on the same day and years. When his uncle Harry joined the military and liked it so much he stayed for 20 years, serving, Harry earned the Distinguished Flying Cross on a strategic mission over the South Pacific and, on June 16, 1950, married Lillian, the love of his life, and still found time to work, travel, and raise a family. For the next 20 years, Diane traveled the world and studied art and history. She was a graduate school professor at Massachusetts College of Liberal Arts. After Tracy’s death in 2002, she moved to Pittsfield where she met Joel Margolis, with whom she spent years 10 enjoying a life full of love, travel, and the arts. When her Parkinson’s pro-gressed to a life-challenging point, they decided to move to Seattle to live near her eldest child.

Diane is survived by her two children; Andrew Cohen (James Packman of Seattle, WA and Susan Cohen of Silver Spring, MD) and daughter Talia (Primer) granddaughter Talia Primer of San Rafael, CA; and sister-in-law Krouick of Philadelphia. The funeral took place Wednesday, July 27, 2022 at Kneset Israel Cemetery in Pittsfield.

Harry B. Wolfe, 95, active in community and family
SOUTH HADLEY, MA – Harry B. Wolfe, 95, passed away on July 17, 2022, surrounded by family in the comfort of his apartment at Loomis Village in Stockbridge.

Georgette was the daughter of Josephine and Emmanuel Rosenthal; wife of Morton J. Levy; brother of Ellen Lanciano (Fred) and the late Leon Levy; cherished grandmother of David Darah (Brandi) and Jonathan Dahari; adoring great grandmother (Me-gul) to Gabriel and Maya Dahari; loving sis- ter of Beverly Mazursky and Diane Marozza; deeply misses so many and a teacher of art who never ceased being a student. A private graveside service in New York and a celebration of life will be held at a later date.

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OBITUARIES, continued from page 23

The family would like to thank the entire staff at Loomis Village, especially Anne and Tami, who took such good care of Harry while he was a resident, and who supported all of us during a difficult time. We will forever be grateful.

A graveside funeral was held Monday, July 22 at the Sons of Zion Cemetery, Chicopee, MA. Donations can be made to Harry’s favorite charities, including Loomis Village, 20 Bayon Drive, South Hadley, MA 01075; Congregation Sons of Zion, 378 Maple Street, Holyoke, MA 01040; and the Yiddish Book Center, 1021 West Street, Amherst, MA 01002.

Lester L. Meyers, 88, active at Pine Hill at Kilmall Farm

GREAT BARRINGTON – Lester L. Meyers, 88, passed away Saturday, July 13 at Berkshire Medical Center.

Born in New York City on August 13, 1930, son of David and Betty Meyers, Lester received his Associates Degree from Queensboro Community College. He worked as a process server and stock broker. He enjoyed the stock market, was a former member of Hevreh of Southern Berkshire and was active at Pine Hill at Kilmall Farms.

Lester’s wife Evelyn (Friedlander) Meyers predeceased him on May 6, 2019. Lester is survived by his son Joel and wife Gail, daughter Rickie and husband Jerry, son Alan and wife Judy; six grandchildren, Alexis, Jesse, Seth, Lisa and Jill; and seven great grandchildren, Sidney, Danny, Sandi, Harrison, Amber, Alexa and Joey. In addition to his wife Evelyn, Lester was predeceased by his brother Harry Meyers.

Funeral services were held on Tuesday, July 16 at the Birkesh-Roy Funeral Home, Great Barrington, with Rabbi Jodie Gordon officiating. Burial followed in Ahavath Sholom Cemetery in Great Barrington. Expressions of sympathy in Lester’s memory may be made to Hevreh of Southern Berkshire in care of Birkesh-Roy Funeral Home, 33 South Street, Great Barrington, MA 01230.

Connect with Community

Nourish Your Body, Mind, and Soul!

Enjoy an educational program followed by a delicious kosher hot lunch! Programs take place on most Mondays and Thursdays at 10:45 a.m. Lunch is served Mondays, Tuesdays, and Thursdays at noon.

Advanced reservations are required to attend lunch. Please call (413) 442-2200 no later than 9 am on the day you would like to attend. Open to the public. All are welcome! Knesset Israel, 16 Colt Road, Pittsfield, MA.

Adults 60 and over: $2 suggested donation
Adults under 60: $7 per person
Program only is free!

What’s for Lunch?

# Dairy Free, ** Gluten Free Main Entree

For more information on specific programs please see “Your Federation Presents” section of this paper.

SEPTEMBER

Monday, 16 10:45 a.m., “Interreligious Illiteracy: Creating Understanding Across Religions” with Terry Schmitt.
Lunch: Spaghetti and sauce*, salad, Italian bread, garlic bread, peas, and tea.

Tuesday, 17 10:45 a.m., Turkey piccata**, mango juice, salad, rice pilaf, asparagus cuts n tips, rice, bread, tropical fruit salad, and tea.

Thursday, 19 10:45 a.m., “Current Affairs” with Steven Rubin. Lunch: Fresh fish**, celery rice soup, noodle kugel, broccoli, challah, ice cream and cookies, coffee, tea, and milk for coffee.

Monday, 23 10:45 a.m., screening of film, Raise the Roof. Film will begin at 10:45, break for lunch at 11:45 and continue to end at 12:30.
Lunch: “Sausage”, pepper, onions and eggplant casserole*, salad, Italian beans, garlic bread, peas, and tea.

Thursday, 24 10:45 a.m., Brisket leftovers**, tomato juice, baby carrots, oven roasted potatoes, multi-grain bread, apricots, and tea.

Tuesday, 26 10:45 a.m., Play reading of God in the Goat.
Lunch: Roasted chicken**, chicken soup, asparagus cuts n tips, parve apple kugel, challah, honey cake, and tea.

Monday, 30 10:45 a.m., Closed for Rosh Hashanah

OCTOBER

Tuesday, 1 10:45 a.m., Closed for Rosh Hashanah

Thursday, 3 10:45 a.m., Chair Yoga with Linda Nevid.
Lunch: Open faced grilled cheese and tuna, celery rice soup, stewed tomatoes, salad, ciabatta brad, tropical fruit salad, coffee, tea, and milk for coffee.

Lunch: Brisket leftovers**, zucchini rice soup, mashed potatoes, peas & carrots, rye bread, apple Betty, and tea.

Tuesday, 8 10:45 a.m., Turkey piccata**, rice pilaf, broccoli, salad, oat bread, grapes, and tea.

Thursday, 10 10:45 a.m., Therapy Dogs in the Berkshires with Leea Foran.
Lunch: Fresh fish**, chef’s choice of juice, mixed vegetables, sweet potato fries, whole wheat bread, ice cream and cookies, coffee, tea, and milk for coffee.

Monday, 14 Closed for Sukkot

Tuesday, 15 Closed for Sukkot

Thursday, 17 10:45 a.m., Update on the Berkshires with Representative Smitty Pignatelli. Lunch: Vegetable lasagna, green beans, salad, Italian bread, peaches, coffee, tea, and milk for coffee.

Monday, 21 Closed for Shemini Atzeret

Tuesday, 22 Closed for Simchat Torah

Thursday, 24 10:45 a.m., “Successful Aging” with Dr. Ben Liptzin.
Lunch: Fish sticks, mushroom soup, sweet potato fries, peas, pineapple, coffee, tea, and milk for coffee.


Tuesday, 29 Black bean burgers with cheese, salad, mixed vegetables, challah, dessert TBA, coffee, tea, and milk for coffee.

Thursday, 31 10:45 a.m., “Current Affairs” with Steve Rubin.
Lunch: Monster macaroni and cheese, pumpkin and cauliflower garlic mash, pumpernickel bread, ghostly brownies, coffee, tea, and milk for coffee.

NOVEMBER


Tuesday, 5 Stir fired chicken and broccoli**, egg drop soup, rice, white bread, pineapple, and tea.

Thursday, 7 10:45 a.m., Program to be announced.
Lunch: Vegetarian chili and cheese, quinoa, salad, corn bread, ice cream and cookies, coffee, tea, and milk for coffee.

Tuesday, 12 Turkey piccata**, rice pilaf, broccoli, salad, oat bread, grapes, and tea.

Thursday, 14 10:45 a.m., “In the Shadow of Two Great Hills: Literature of the Berkshires” with Michael Hoberman. 2nd of 3-part series. Lunch: Stuffed cabbage casserole**, chicken soup, brown rice, baby carrots, salad, rye bread, mandarin oranges, and tea.

Tuesday, 19 Turkey piccata**, noodles, green beans, salad, Challah, parve cookies, and tea.
Traveling with Jewish Taste

Care Much for Carrots?

Root out evil decrees and incentivize prosperity with carrots on your Rosh Hashanah table

By Carol Goodman Kaufman

We all know about apples and honey during the fall holidays, but many traditional Jews also like to display a variety of other symbolic foods on their Rosh Hashanah dinner tables, making for a sort of Seder. Of course, depending on the background of the participants — Sephardi or Ashkenazi, and even by country of birth — the specific foods can vary, but they may include pomegranates, dates, string beans, beets, gourds, leeks, black-eyed peas and, to signify the beginning of the year, the head of a fish, cabbage, garlic, or even (OMG) a sheep.

One of my favorites, however, is the carrot. Chosen not for its sweetness, crunchiness, or color, it takes its place among the other foods due to a Hebrew play on words. The first is that the Hebrew word for carrot, gezereh, sounds very much like gzeira, or decree. In our new year prayers, we ask God nullify any evil decrees against us.

The second explanation comes from the Yiddish. Ashkenazi Jews dubbed car-rots meheven which sounds much like mevein, the word for prosperity. So, to further the symbolism, they sliced the bright orange veggies into rounds to look like gold coins, often drizzled with golden honey. (Many cooks prepare carrot coins also at Hanukkah, as side-dish get!) The cultivated carrot is one of the most popular root vegetables grown in the world, and while we are probably most familiar with the bright orange variety, carrots can be found in many other colors today, ranging from yellow to purple. But, the version we buy in the supermarket or at the farmers market derives from a tiny, and wild, white root that has taken millennia to bring it to its current colorful and sweet state. In fact, archaeological excavations at pre-historic cave dwellings have unearthed wild carrot seeds, dating back nearly 5,000 years. But, even much later, in Greek and Roman times, records indicate that they were used only for medicinal (and aphrodisiacal) purposes and not for food.

You can actually forage for these ancestors today while you gambol in your local field. Known in parts as Queen Anne’s Lace in the second year of a biennial cycle, the first year plants can be harvested for its root. White, with a tough inner core, they are so tiny that it would probably take a few hours to gather enough to make a simple side dish. But, hey, exercise and fresh air are as good for you as carrots, right?

But if you do decide to forage, you must be vigilant, as the wild carrot looks like poison hemlock. Eating the wrong plant could put a real damper on your picnic. (If you’d like to join me around the first frost to dig up some of these roots, send me a note!)

The first evidence of carrots being cultivated as a food crop was in the Central Asian Iranian Plateau and Persia in the 10th century. The practice then spread westward to North Africa and Europe, and eastward to Asia. According to renowned food historian Gil Marks, the carrot first appeared in the Persian Jewish community in the 11th century, and was significant enough that rabbis actually wrote about it. It wasn’t until the next century that our Spanish cousins could find them in the markets, but eventually carrots spread north and east, arriving in Poland by the 14th century. But those carrots were still purple, yellow, and white.

The Netherlands were known for their carrot farming back then, and in the 17th century, Dutch botanists developed a new color that was not only sweeter, but higher in beta car- otene – and orange. According to the World Carrot Museum (yes, there is such a thing), they did this to honor of William of Orange, the Dutch king who had fought for Holland’s inde- pendance from Spain.

The carrot arrived in America with the Pilgrims in the early 17th century, and Jews certainly used it in their cooking once they came to these shores. In fact, Gil Marks notes that in the 1912 Neighborhood Cook Book, published by the Portland, Oregon Council of Jewish Women, a recipe for carrot cake first appeared. How Portland’s cake got together with Philadelphia’s cream cheese is cause for further research. (Note to self: try cream cheese on the grocery list.)

And, of course, leave it to the Israelis to prove that carrots aren’t just for eating. In 2005, the Tel Aviv-based company Yes to Carrots began to develop cosmetic products using the vitamins with minerals from organically grown car-rots and other vegetables, in combination with Dead Sea mud and minerals, into health and beauty products such as shower gel, shampoo, a hand cream, body lotion, and body mist.

I wonder what the hand cream tastes like.

Carrot Goodman Kaufman is a psychologist and author with a passion for travel and food. She is currently at work on a food history/cookbook, tracing the paths that some of our favorite foods have taken from their origins to appear on dinner plates and in cultural rites and artifacts around the world. She invites readers to read her blog at carolgoodmankaufman.com and to follow her on Twitter @goodmankaufman.

Roasted Carrots With Thyme

Serves 4.

This is a super easy and super delicious way to prepare carrots. The high roasting temperature makes for a sweet and delicious caramelized carrot. The thyme adds a lovely lemony and minty touch.

Ingredients:

2 lb. fresh carrots, peeled
2 Tbsp. extra virgin olive oil
¾ tsp. kosher salt
3 tsp. freshly ground pepper
¼ tsp. freshly ground pepper
½ tsp. freshly ground pepper
3 tsp. fresh thyme, finely chopped (or 1 tsp. dried)*

Directions:

Preheat oven to 425 degrees. Line a baking sheet with aluminum foil or parchment paper.
Slice carrots on the diagonal, uniformly 1-½” thick.
In a bowl, combine carrots, olive oil, salt, pepper and thyme and toss well.
Scrape carrots onto the baking sheet and roast, stirring once mid-way through, until nicely caramelized and tender, about 25-30 minutes.

Taste and adjust seasoning if necessary.
*You can use powdered dried thyme if you don’t like the texture of the leaf.
What really came home with me was a stranger love for the country of Israel and my Jewish identity.

Hatzikaron is another day of remembrance that brings everyone together. This day remembers and honors all fallen soldiers and victims of terror. When night falls at the end of Yom Hazikaron the entire country of Israel changes its mood from mournful to celebratory, and everyone parties in the streets to honor their fallen soldiers.

Days like these are the most rewarding time for me because I learned so much. Experiencing the lowest of the lows and the highest of the highs with the entire country was moving in ways I did not anticipate. At those moments, I felt a stronger love for the country of Israel and my Jewish identity. I was in Israel for Yom HaShoah, Yom Hatzikaron, and Yom Hatatmaut. These three days and very important days are the most important days of the year. All the people of the entire country were together.

During these three days and very important days, the entire country was moving in ways I did not anticipate. As part of a high school abroad program called TRY (Tel Aviv, Israel, Jan 2019), the trip focused on cultural immersion, to experience and learn about Jewish culture and music. The trip was supported by the Jewish Federation of the Berkshires.

Avi Snowise / Special to the BJV

CULTURE AND ARTS

KOHELET, continued from page 1

meaning.

"This work could not be more appropriate for the season," he says. "Summer's over, and it's a time for introspec-

CULTURE AND ARTS

MAZEL TOV

Mazel Tov to...

Andy and Barbara Hochberg on the marriage of their daughter, Miranda Hochberg to Robert Schneider.

Ilse and Irwin Browner on the marriage of their daughter, Miranda Hochberg to Robert Schneider.

Lanny Zuckerman on being recognized as one of the 25 "most dedicated, most creative, most influential" in Berkshire County.

Lanny Zuckerman on being recognized as one of the 25 "most dedicated, most creative, most influential" in Berkshire County.

MAZEL TOV

Mazel Tov to...
What do people who have not seen The Immigrant need to know about What the Jews Believe?

Nothing – what the new plotlines, characters, and settings add to the story of Haskell, his family, and the town is not clear. Haskell, left with nothing but his family, sets out on a journey of belief in a world that is very different from the one he left behind. The story of Haskell’s journey is a classic tale of how one can find meaning and purpose in a new world.

The Immigrant followed 35 or 40 years of his life, from the small town of Italy to New York City. It is a story of the challenges and successes of Italian immigrants in the early 20th century. Haskell’s family, like many others, faced the challenges of adapting to a new country, culture, and way of life. Haskell’s journey is a testament to the resilience and determination of immigrants.

The blurb on my PR material says it is a story about the loss of faith and the journey to find it. Was that your father’s journey? My dad found himself unable to answer the question about “what do we believe about our faith”. He said that the play might be considered intellectually incendiary by the very audience who you would like to present it to, and she said that won’t matter that much. I also said that the play might be considered intellectually incendiary by the very audience who you would like to present it to, and she said “No, no, that’s exactly why I chose this time of year, because the Jewish community in our surrounding area is highly intellectual and questioning and open to strong ideas. I told her that OK, but she may be constructing the perfect storm. And she said “I hope so.”

What the Jewish Believe, written and directed by Mark Harelik, will be at the Berkshire Theatre Group’s Unicorn Theatre (6 East Street in Stockbridge) from September 28 through October 30. For ticket information, visit www.berkshiretheatregroup.org
Researchers find the first ancient Jewish depiction of the Elim episode from the Book of Exodus

Newly-discovered 1,600-year-old Mosaic Sheds Light on Ancient Judaism

For nine years running, University of North Carolina at Chapel Hill professor Jodi Magness has led a team of research specialists and students to the ancient village of Huqoq in Israel’s Lower Galilee, where they bring to light the remains of a Late Roman synagogue. For weeks during the summer, they unearth history in the form of art. With each excavation season, the students and researchers build on what little is known about the fifth century CE Jewish community of Huqoq and the artists who crafted depictions of biblical stories with tiny cubes of stone, or tesserae.

Dr. Magness, director of the Huqoq excavations and krenan Distinguished Professor for Teaching Excellence in Early Judaism in the Department of Religious Studies at the University of North Carolina at Chapel Hill, explains her team’s newest finds and how the art they find connects them to texts written thousands of years ago.

If you could name the biggest new discovery of this summer, what would it be?

I couldn’t name just one from this summer’s work, so how about two big discoveries? First, Chapter 7 in the book of Daniel describes four beasts which represent the four kingdoms leading up to the end of days. This year our team discovered mosaics in the synagogue’s north aisle depicting these four beasts, as indicated by a fragmentary Aramaic inscription referring to the first beast: a lion with eagle’s wings. The lion itself is not preserved, nor is the third beast. However, the second beast from Daniel 7:4 – a bear with three ribs protruding from its mouth – is preserved. So is most of the fourth beast, which is described in Daniel 7:7 as having iron teeth.

Second, we’ve uncovered the first depiction of the episode of Elim ever found in ancient Jewish art. This story is from Exodus 15:27. Elim is where the Israelites encamped after leaving Egypt and wandering in the wilderness without water. The mosaic is divided into three horizontal strips, or registers. We see clusters of dates being harvested by male agricultural workers wearing loincloths, who are sliding the dates down ropes held by other men. A middle register shows a row of wells alternating with date palms. On the left side of the panel, a man in a short tunic is carrying a water jar and entering the arched gate of a city flanked by crenellated towers. An inscription above the gate reads, “And they came to Elim.”

A lot of previous discoveries give us so much context for this period. What questions do this year’s findings prompt for you?

The Daniel panel is interesting because it points to eschatological, or end of day, expectations among this congregation. The Elim panel is interesting as it is generally considered a fairly minor episode in the Israelites’ desert wanderings – which raises the question of why it was significant to this Jewish congregation in Lower Galilee.

Can you describe the, “Wow! look at this!” moment of this year’s dig?

The “Wow!” moment came when we understood that the animals depicted in the mosaic in the north aisle are the four beasts in Daniel 7. And that was something we realized only a week after uncovering them, when one of our staff members was able to read the accompanying Aramaic inscription identifying the first beast.

Each year, you and the team uncover pieces of history that are significant to so many people for a variety of reasons. What do you hope this work does for the field and what do we know of history?

Our work sheds light on a period when our only written sources about Judaism are rabbinic literature from the Jewish sages of this period and references in early Christian literature. The full scope of rabbinic literature is huge and diverse, but it represents the viewpoint of the group of men who wrote it. That group was fairly elite, and we don’t have the writings of other groups of Jews from this period. Early Christian literature is generally hostile to Jews and Judaism. So, archaeology fills this gap by shedding light on aspects of Judaism between the fourth and sixth centuries BCE – about which we would know nothing otherwise. Our discoveries indicate Judaism continued to be diverse and dynamic long after the destruction of the second Jerusalem temple in 70 CE.

Now in the ninth season of digging at this site, what keeps you and the team coming back?

We are committed to completing the excavation of the synagogue before we turn the site over to the state of Israel, with the hope that they will develop it and open it to the public in the future. In the meantime, I expect our work will continue to shed light on the past through new discoveries.

The mosaics have been removed from the site for conservation, and the excavated areas have been backfilled. Excavations are scheduled to continue in summer 2020.