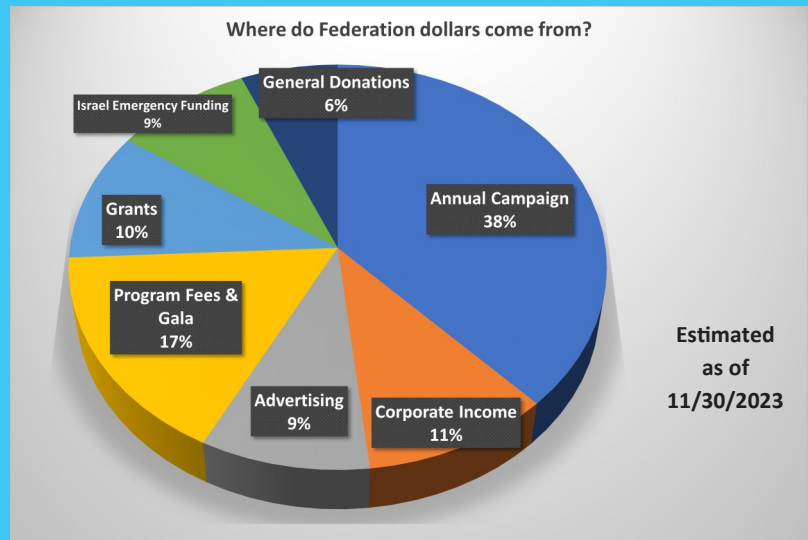

Unity in the Community
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 WEDNESDAY, JUNE 5TH, 2024
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We welcome your comments on the activities and impact of the JFedDC. Do you have ideas about how to enrich our Jewish community? Do you want to get involved? Contact us at (845) 471-9811 or email us at: info@JewishDutchess.org to share.

JFedDC

- ◆ Creating community
- ◆ Implementing Interfaith/NextGen Programming
- ◆ Building and expanding collaborations
- ◆ Subsidizing tuition for young Hebrew learners
- ◆ Insuring 5 year strategic plan continuity
- ◆ Combating antisemitism

PJ Library

- ◆ Connecting young Jewish families to Jewish life locally
- ◆ Bringing children's books into Jewish homes
- ◆ Engaging multi-generational Jewish families with each other

Jewish Family Services

- ◆ Creating a senior social network through *Learn & Lunch Bunch* bi-monthly gathering
- ◆ Assisting during a personal or family crisis
- ◆ Connecting and celebrating our seniors with holiday gift packages.
- ◆ Helping those in need and when they need through *Mitzvah Day* and *Mitzvah Now* initiatives


The Jewish Federation
 OF DUTCHESS COUNTY

Community Mitzvah Day
 A day of caring and service

Sunday May 5, 2024
 HQ @ Congregation Schomre Israel
 (18 Park Ave, Poughkeepsie, NY)
 Questions contact Pam at
 (845) 471-9811 or
admin@jewishdutchess.org
Breakfast at 8:30 am

For more information and to register for a project visit:
www.jewishdutchess.org/events

For outdoor projects, bring your favorite rake, shovel, work gloves, sunscreen, sunhat, bug spray and boots.

Children's Home of Poughkeepsie
Location: 10 Childrens Way, Poughkeepsie
 Repair/repaint raised planters, Clearing and replant flower beds, and trail clearing.
Appropriate for all ages!

Blankets for Cancer Patients
Location: Congregation Schomre Israel
 Making blankets to distribute to cancer patients.
Appropriate for all ages!

Temple Beth-El Cemetery Flag Planting
Location: Temple Beth-El Cemetery
 Replace and plant flags for Memorial Day.

Appalachian Trail Clean-Up
Location: Appalachian Trail
 Outdoor beautification (supplies provided)

Pershing Ave Historical Cemetery
Location: 37 Pershing Ave., Poughkeepsie
 Historical Cemetery clean-up (garbage bags provided)

Grace Smith House
Location: Poughkeepsie Area
 Flowerbed and walkway weeding
 Raking and leaf removal, mulch rotation and spreading.

Baking for The Lunch Box
Location: 118 S Grand Ave, Poughkeepsie
 Baking cookies for The Lunch Box.
 Appropriate for all ages, great for families!

Crafting Corners
Location: Congregation Schomre Israel
 Making care boxes, Rosh Hashanah cards, and succulents.
 Appropriate for all ages, great for families!

Jewish War Veterans Collection
Location: Congregation Schomre Israel
 Collect individually wrapped snacks, canned goods, plastic wrap and aluminum foil

Cereal Counts Collection
Location: Congregation Schomre Israel
 Drop new boxes of cereal
 Box items for food pantry distribution

Thanks to collaboration with: BHA, Congregation Shir Chadash, Congregation Schomre Israel, Jewish War Veterans, PJ Library, The Harding Club, Temple Beth-El, & Vassar Temple.

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Happy Passover
From the Board and Staff of JFedDC, and PJ Library

Learn & Lunch Bunch	2
Holiday Greetings	4-8, 13-15, & 20
Family & PJ Corner	10-11
Federation Presents	16
Synagogue Schedules	18-19
Special Events	9, 12, 20

LEARN & LUNCH BUNCH

The Jewish Federation of Dutchess County presents weekly cultural, social, and educational programs.

Location
Temple Beth-El
118 S Grand Ave
Poughkeepsie NY

SCHEDULE

11:00 –11:30am
Schmooze
11:30 –12:30pm
Program

WEDNESDAY PROGRAMS Join us!

MEETING LOCATION

We will be meeting at 11:30 am at
Temple Beth-El, 118 S Grand Ave, Poughkeepsie
Please do not bring outside food into the temple.

Suggested Donation \$6, no one will be turned away for lack of funds.



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Jewish Federation of Dutchess County

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Karen Hochhauser
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Layout: Tamra Bienemann
MAL: Alyssa Kogon

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April

April 10 **A Panorama of Jewish Liturgical Music—with Rabbi Jon Haddon.**
Menu: pizza, salad, gelato bars

April 24 **Off for Passover**

*Gluten free options available upon request in advance

TO REGISTER, call the office at (845) 471-9811 or online at: www.JewishDutchess.org/events



Learn & Lunch Bunch is partially funded by the Ann & Abe Effron Fund and Bernard and Shirley Handel Foundation Donor Advised Fund of the Community Foundations of the Hudson Valley



Office for the Aging

submitted by Brian Jones, Outreach Coordinator, Dutchess County Office for the Aging

CLUTTER, HOARDING AND SQUALOR

As soon as it is warm enough, we can bring our warm weather necessities out of storage while packing away the winter gear; and while that is going on, it is an opportune time to rid ourselves of anything that has outlived its usefulness. We all acquire things that become clutter, but we are able to manage it by donating, selling, recycling, or discarding what we no longer need.

Now imagine a home where the clutter only grows, to the point where living spaces can no longer be used for their intended everyday activities. Simply moving from one room to another becomes a challenge, especially for an older person who may have mobility challenges – and yet the idea of disposing any of it, or putting a halt to additional acquisitions, causes distress. An individual in a situation like this fits the definition of someone with hoarding disorder. Helping them emerge from a hoarding situation is a delicate task.

DEFINING THE BASIC TERMS

The following are commonly accepted clinical definitions.

- *Clutter:* Possessions are disorganized and may accumulate around living areas.
- *Collecting:* Possessions are part of a larger set of items. Display does not impede active living areas. A typical collection can include things like baseball cards, vinyl records, comic books, dolls, and autographs. Collecting isn't hoarding.
- *Hoarding:* Possessions become unorganized piles. Hoarding becomes a mental illness when it prevents rooms from being used for their intended purpose.
- *Squalor:* A home that is so unclean and unhygienic that people of a similar culture and background would consider extensive clearing and cleaning essential. Although hoarding and squalor can at times appear similar, they are two different conditions that sometimes overlap.

There are at least a dozen disorders, injuries, and diseases that have been documented as leading to hoarding disorder and/or squalor. People with hoarding disorder may not be able to recognize the severity of their condition. Without addressing the underlying conditions, any cleanups are likely to be only temporary solutions.

There are ways to engage with a person with a hoarding disorder that are more likely to result in sustained positive results. If you fear you may have hoarding disorder, or care for an older adult in Dutchess County who you fear may have hoarding disorder, reach out to OFA at ofa@dutchessny.gov or call (845) 486-2555 during business hours.

Golden Living is prepared by the Dutchess County Office for the Aging, 114 Delafield St., Poughkeepsie, New York 12601, telephone (845) 486-2555, email: ofa@dutchessny.gov website: www.dutchessny.gov/aging

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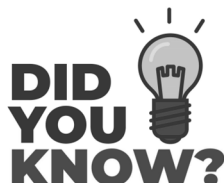
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The Harding Club



Sometimes it is impossible to get things right.

Here is the scenario: Scientists believe that the world is threatened by Global Warming. The currently ending winter season has been one of the warmest ever. We are beginning to question the wisdom of many of our members who have been fleeing to warm weather climes despite the warming trend here in the north country. So, given these patterns, what do the wise decision-makers at the Harding Club decide? What a great time for a presentation about Antarctica!

YUP! At a recent luncheon meeting, members were treated to the photos and commentary of Les Muldorf, who had a life-altering experience last year at the bottom of the world. It was a truly fascinating and memorable presentation.

While most of our speakers are not members, it is not unusual for our members, most of whom are active and energetic senior men, to bless us all by sharing such adventures.

The Harding Club is over 100 years old. Founded by a group of young Poughkeepsie men in 1923, its original purpose was to overcome anti-Jewish prejudice and to be allowed to join a local basketball league. Over the years the club has served the business and social needs of Jewish men of all ages. It also has become an effective and generous philanthropic organization. We send aid to Jewish and non-Jewish organizations in our community as well as to the fighting forces in Israel now resisting the Hamas horror that began last fall.

Meetings are usually held at the dinner hour at a local restaurant. Camaraderie, dinner, and an interesting speaker make for an enjoyable and stimulating evening. Speakers come from a very wide range of interests and expertise. The club, as noted above, sometimes meets for lunch.

You are invited to explore membership by contacting any of us listed below. I am Alan Fox, currently club secretary and a former president. Gene and Irv, listed below, will also be glad to ease you into membership.

We have a website: harding.jigsy.com You can also send us a note at any of the email addresses below.

Meantime, we wish everyone in the community a very Happy Pesach and healthy seasons ahead.

Alan Fox alfox21@yahoo.com
 President Gene Fleishman gene.fleishman@gmail.com
 Vice President Irv Miller immiller1@juno.com

Vassar Temple Celebrates 175 Years

submitted by Susan Karnes Hecht, 175th Anniversary Coordinator

Vassar Temple, founded in 1848 as Congregation Brethren of Israel, is the oldest continuously functioning Jewish congregation between New York City and Albany and among the oldest Reform congregations in the nation.



The seeds planted generations ago have flourished. Today's Vassar Temple is a thriving, growing, and vibrant community that offers a spiritual, educational, inclusive, and supportive home to its members. The congregation emphasizes *tikkun olam*, striving to heal the world by supporting its local neighbors in need and engaging in social action and justice initiatives, supporting human rights, and caring for our planet.

The theme of "from generation to generation" runs through anniversary events this year, which have included a tour of its cemeteries highlighting past Poughkeepsie business owners, a concert of Jewish music and composers to dedicate its refurbished 1923 grand piano, an adult education series about Prophetic Judaism, and more. A new Endowment Campaign was also launched in conjunction with the anniversary to secure the congregation's future.

The festivities will culminate in April, kicking off with a celebration for Religious School and preschool families. On April 14th the congregation will honor its history, and build for its future, with an Anniversary Gala at The Grandview in Poughkeepsie featuring keynote speaker, distinguished historian and author Deborah Dash Moore. On April 19th Rabbi Rick Jacobs, President of the Union for Reform Judaism, will be guest speaker at the 7:30 PM evening service led by Rabbi Renni Altman and Cantor Elizabeth Goldmann. This special event will include prayers and music reflecting the evolution of worship style at Vassar Temple: traditional melodies from its origins as an Orthodox synagogue and excerpts and songs from the three Reform prayer books used. There will be a pot luck dinner at 6 PM (meat/pareve). The public is welcome to this unusual event, and dinner RSVPs are requested to ritual@vassartemple.org. The service will also be available via Zoom. If you are not on the Vassar Temple email list please contact the Temple for the link.

May you be blessed with peace, prosperity, and joy this Passover

Judith & David Lewittes and Family

Happy Passover

Jane Silver Timm and Family



Do you know a senior who would like a holiday gift? Please email or call the JFedDC office to get them on the list to receive a holiday gift.
programs@jewishdutchess.org
 (845) 471-9811

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Page 12: Hudson Valley Hospice

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VOICE DEADLINES	ISSUE	DEADLINE
Note deadlines listed.	May	April 1
Email: TheVoice@JewishDutchess.org	June/July	May 1
if you have questions.	August	July 1
	September	August 1



Dear Seder Plate

Welcome to new traditions. We want to have a world where we are all inclusive. For instance: an orange represents fruitfulness for all Jews. Vegans use a beet or a yam at the table in place of a shank bone or an egg. Miriam's cup is also used to represent women. Other modern additions are: a banana to represent refugees; an acorn to represent indigenous land; and a potato for Ethiopian Jewry. What a wonderful way to show our love and respect to everyone!

Shoshana

Rabbi's Blog *by Rabbi Renni Altman*

Remember *Back to the Future* and the DeLorean time machine? No need to stream or go to Broadway to relive the time machine experience --- just run to your Seder table this Passover!

The Seder is a Jewish "time machine," created by the sages 2000 years ago to fulfill the commandment: "And you shall tell your child on that day, saying, "This is what God did for me, when I came out of Egypt." (Exodus 13:8) The special foods and rituals of the Seder transport us back to the exodus: we dip parsley in salt water to remember the tears of our ancestors; we eat bitter herbs to taste the bitterness of slavery; the sweet haroset reminds us of the bricks the Israelites were forced to make; and the matzah, baked hurriedly with no time to rise, is the taste of freedom. In Sephardic homes, physical acts enhance the time machine experience. Customs include hitting one another with scallions during *Avadim Hayinu* ("We were slaves") and walking around the table carrying matzah wrapped in a napkin as if marching to freedom.

Why not just tell the story? We "relive" it this way? Not only do these actions initiate children's questions so the story can be told, but this time machine experience is designed to instill within us greater empathy for those who suffer oppression in our time. The Torah commands us not to forget this painful part of our people's history and shapes our behaviors because of it: "You shall not oppress the stranger, for you know the heart of the stranger, having yourselves been strangers in the land of Egypt." (Ex. 23:9)

Emerging from the time machine having gone out of Egypt, we are called upon to apply the lessons of Passover to issues of our day and to discuss them at our Seder tables:

- What is our responsibility to help today's immigrants struggling for their freedom?
- How can we help those who are enslaved to hunger, poverty, homelessness?
- What is our vision for Israel and how can we participate in bringing that about?

We travel from the past to the present and then to the future with Elijah's cup, which represents the redemption still to come. At my family's seders, we follow a tradition of filling Elijah's cup with wine from each participant's cup, as each person shares their hope/wish for the future.

This statement, from a contemporary Haggadah, encapsulates the purpose of the Seder: "This is the promise of deliverance from servitude. Created in God's image, we need never be subject to another's cruel will. As God promises us deliverance so must we ensure the freedom of every human being."*

As we rise from our seder tables sated from the food we have been blessed to eat and the company we have shared, so too may we rise from our seder tables inspired to work for the future redemption of all.

*From *The Open Door: A Passover Haggadah*, CCAR Press



Rabbi Renni Altman

Meet Your Neighbor *By Heather Kernes*

Each month, we ask a Member of the Tribe* (MOT) the following questions and feature their answers for a fun and insightful way to meet your neighbors. This month, we are excited to introduce Noam Markus, who took time away from building his computer business to answer our questions.

- 1. What is your favorite/least favorite word?**
Favorite: *Sale (computer related).*
Least Favorite: *Arrogant.*
- 2. What inspires you creatively, spiritually, or emotionally?** *Good homemade food.*
- 3. What is your favorite song?**
I'll Get By, by Avi Kaplan
- 4. What is your favorite Jewish food/dessert?**
Cholent with kishka. Love it on Shabbat but also make it during the week. I love to experiment with new herbs and spices. Also, the lamb shawarma in a lafa with humus, salad, and french fries, (don't forget the harif).
- 5. What do you most like and dislike about yourself?**
Like: *How I have learned new computer and networking stuff at my job.*
Dislike: *How I don't make enough time to play basketball and work out.*
- 6. What is one interesting thing that people don't know about you?**
I speak 6 languages (with different levels of fluency).
- 7. If you could choose a superpower, what would it be?**
I have always wanted to be a genie and grant people wishes.
- 8. What is your greatest achievement/something you are most proud of?** *I went to school in Israel for an international exchange program. I studied at Mount Scopus Campus and Givat Ram. My favorite subject was learning about minorities of the Middle East.*
- 9. Do you have a "bucket list" and, if so, what is on it?**
One thing I want to do (ASAP) is be a part of a group going to Israel for the longer the better. It would be awesome to go with some local people and some college buddies.
- 10. If there were one thing you would hope others do in the interest of our future, what would that be?** *The most important thing is a Jewish education. Every generation of Jewish people has always valued studying the Torah, and studying the Hebrew language. I would like to get people on board to have a strong educational movement for all.*
- 11. What is your earliest Jewish memory?**
I remember going to the Mid-Hudson Hebrew Day School. I have many fond memories, and have some funny ones too.
- 12. What is your most favorite Jewish memory?**
Going to a university in Israel and also volunteering with the IDF.
- 13. In what ways, does or can JFedDC impact our Jewish community?**
I like knowing what is going on in the community.
- 14. If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates? Thanks for your hard work but this time you get to come back as.....?**



Noam Markus

*Member of the Tribe

JEW IN THE NEWS.

Highlights, updates, and happenings of our Jewish business members of the community.

Feldman, Kleidman, Collins & Sappe LLP (FKC&S) is excited to announce that its founding partner, Jeffrey M. Feldman, was recently named chairperson of the Hudson Valley Hospice Board of Directors.




A great way to support Israeli people at this time is by purchasing Israeli made items from small businesses and individuals.

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The Goldstones - Miriam, Eric, Callie, and Liza

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 In Holocaust and Genocide Studies at Dutchess Community College**

Dr. Helmut Walser Smith, Vanderbilt University
 "Last Gathering in Haigerloch: German Jewish Survivors in Their Hometowns, 1945-1949"

Thursday, April 18, 2024, 7:00 pm
James and Betty Hall Theatre
Dutchess Community College




Dr. Helmut Walser Smith is the Martha Rivers Ingram Professor of History at Vanderbilt University and currently a National Endowment for the Humanities Scholar in Residence at the Center for Jewish History in New York. He is the author of several books, including *The Butcher's Tale: Murder and Antisemitism in a German Town* (W.W. Norton, 2002), and *Germany: A Nation in Its Time: Before, During and After Nationalism* (W.W. Norton/Liveright, 2020). His current book project is tentatively titled *Local Truth: How Jews and Germans Made the Memory Culture of the Federal Republic, 1945-2000*.

His talk focuses on Jews who returned to their German hometowns from Riga and Theresienstadt and investigates the role they played in postwar memory work. The lecture is free and open to the public. For more info, please contact Dr. Werner Steger at (845) 431-8522 or steger@sunydutchess.edu.

Holiday Greetings from
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May you be blessed with peace, prosperity, and joy this Passover



Sisterhood Schomre Israel

May you be blessed with peace, prosperity, and joy this Passover



Congregation Schomre Israel

Happy Passover To All From The Harding Club



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 118 S. Grand Ave
 Poughkeepsie, NY

Please Contact Karen Jacobs to apply
845-454-0570
educationassist@tbeny.org


All vendors must be secured by October 18, 2024



Passover begins the evening of April 22 through April 30

Preparing for Respect of Life **Dinner in Gratitude of the Chevra Kadisha**

Join us **April 16** where we will navigate the world of Wills and Elder Care with **Karen Tobias JD**



Karen Tobias is an estate planning attorney who has provided compassionate counsel and outstanding legal services for over 30 years. Karen offers both experience and expertise in the area of Elder Law, including Trusts, Medicaid Planning, Asset Preservation, Income, Gift, and Estate Tax Planning, Wills and Healthcare Directives. She offers home visits as needed.

Establishing an estate plan is one of the most important steps you can take to protect yourself and your loved ones. Proper estate planning not only puts you in charge of your finances, but it can also spare your loved ones the expense, delay and frustration associated with managing your affairs when you pass away or become disabled.

We all know how important it is to prepare a will and legal estate planning. Yet many of us do not know the basics of where to start.

Failing to Prepare is Preparing to Fail

6:30pm - Dinner in gratitude of the Chevra Kadisha
 Come with a filled Halachic Health Proxy for Karen to notarize (\$10 suggested donation)

7:00pm - "Understanding the Legal Issues in Creating a Will"

Schomre Israel - 18 Park Avenue, Poughkeepsie NY

Sponsored by the Ann & Abe Effron Donor Advised Fund
 Of the Community Foundations of the Hudson Valley

Join Us for Schomre Israel's
135th Anniversary Luncheon

Honoring the Families of our Founders and Leadership
18 Park Ave, Poughkeepsie, NY
May 19th

1:30 - Meet and Welcome the families, a collective Siyum, and Divri Bracha
2:30 - Visit and pray at our family and friends at the Schomre Cemetery
3:30 - Luncheon with the presentation of the Anniversary Journal.
 - At this time, people will be invited to come up and tell over their family history and/or fond Schomre Memories.

Please RSVP by **May 1 (latest)**
Ad Deadline - Pesach
schomre1@aol.com & rabbishlomok@gmail.com
 443-388-0033 for questions

Anniversary Journal Ads
 * Diamond Sponsor \$1000
 * Full Page \$500
 * Half Page \$360
 * Quarter Page \$180

Siyum sign up - hadranalach.com/2903

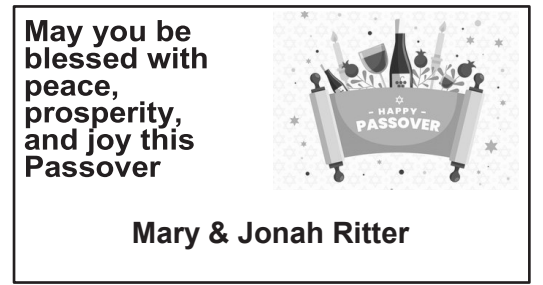
Personal & Jewish Organizations Greetings



Suzanne & Len Turetzky

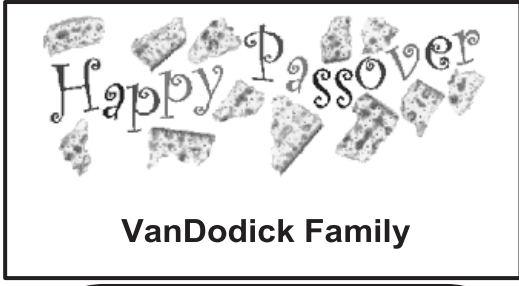


Gwen Greene



May you be blessed with peace, prosperity, and joy this Passover

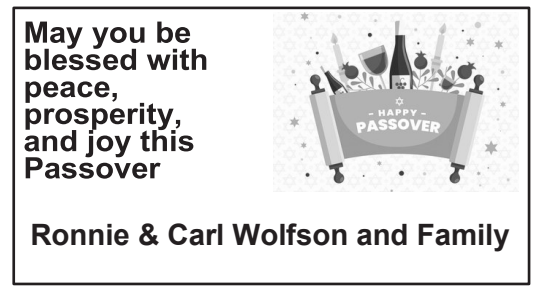
Mary & Jonah Ritter



VanDodick Family



Marion, Mike, & AJ Pesacov



May you be blessed with peace, prosperity, and joy this Passover

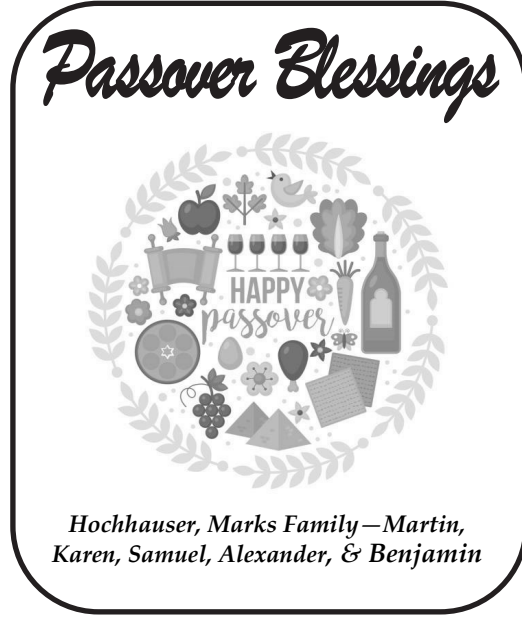
Ronnie & Carl Wolfson and Family



Passover Blessings



Team Silbergleit
(Debbie, Jason, Zach, Colby)



Passover Blessings



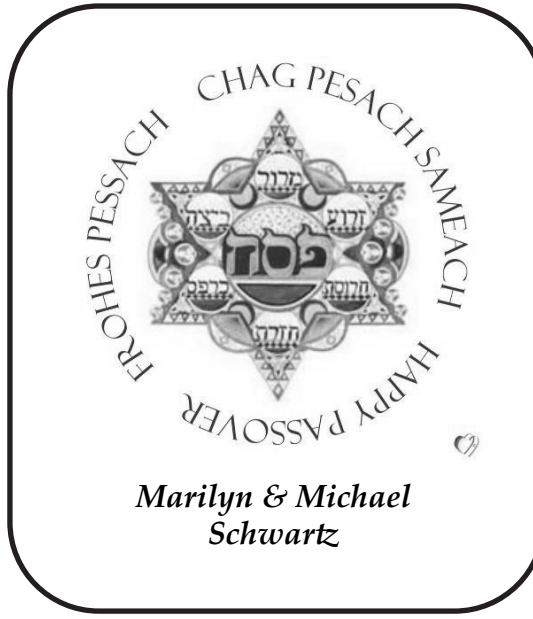
Hochhauser, Marks Family—Martin,
Karen, Samuel, Alexander, & Benjamin



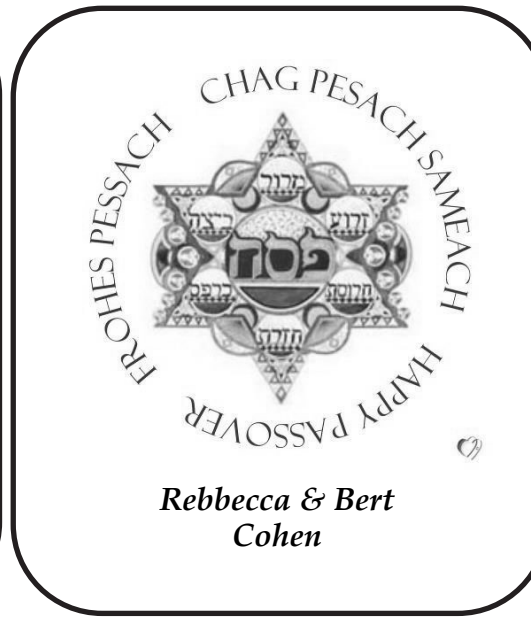
Passover Blessings



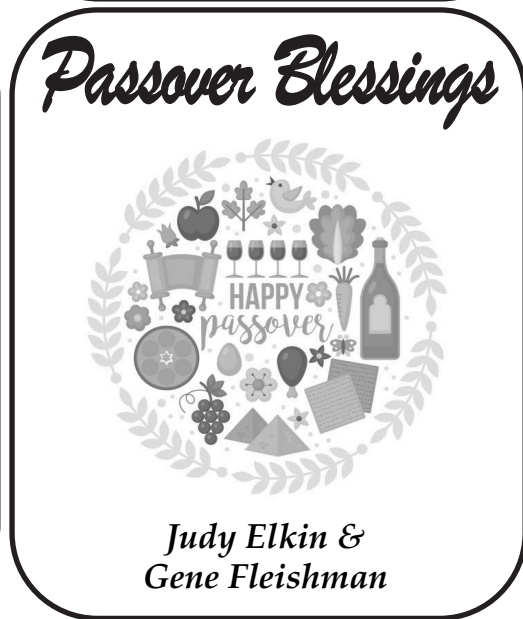
Miriam Gold
and Family



Marilyn & Michael
Schwartz



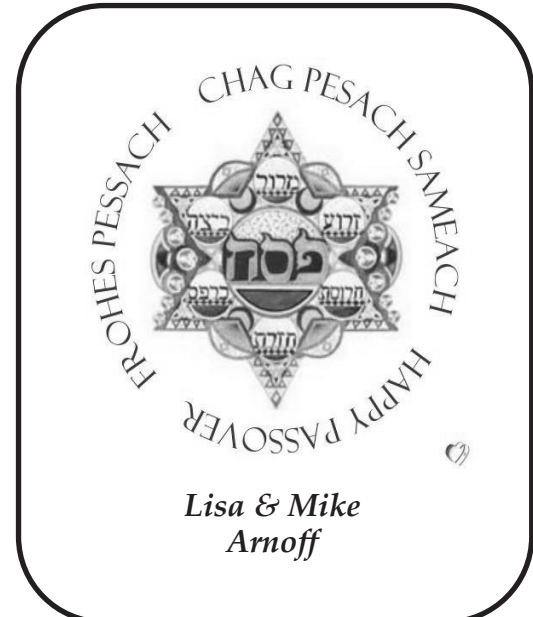
Rebecca & Bert
Cohen



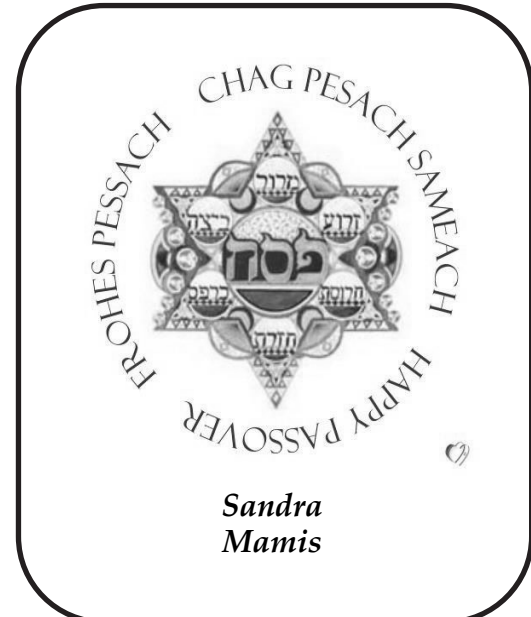
Passover Blessings



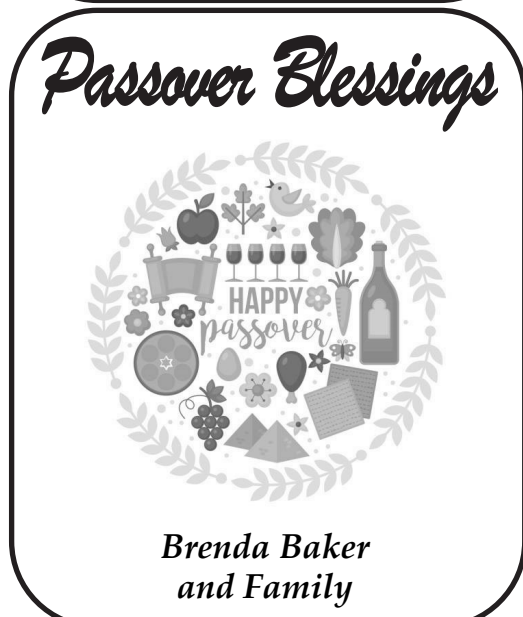
Judy Elkin &
Gene Fleishman



Lisa & Mike
Arnoff



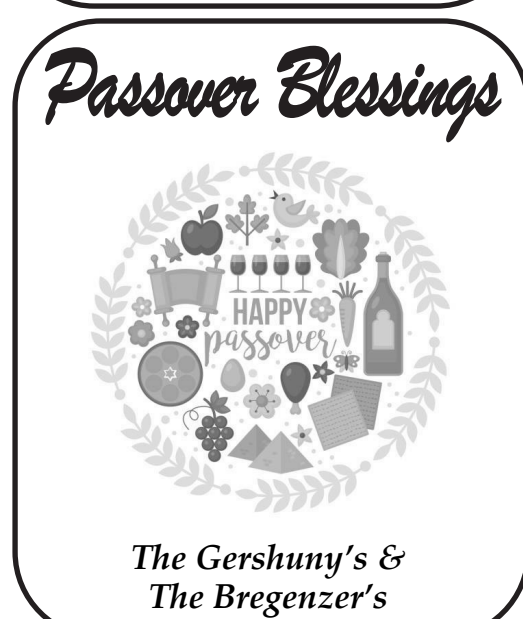
Sandra
Mamis



Passover Blessings



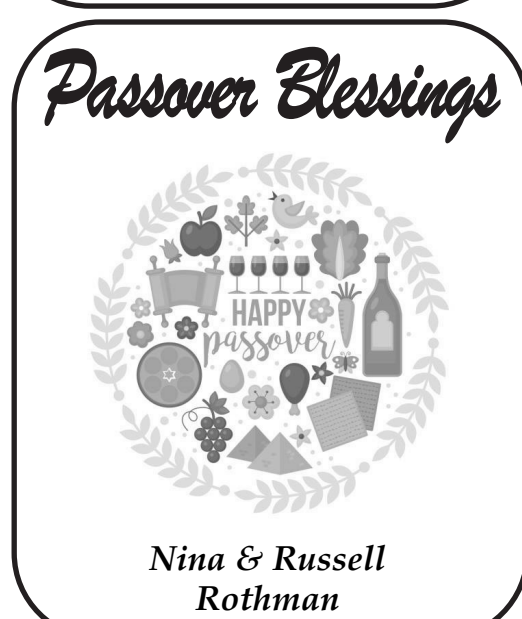
Brenda Baker
and Family



Passover Blessings



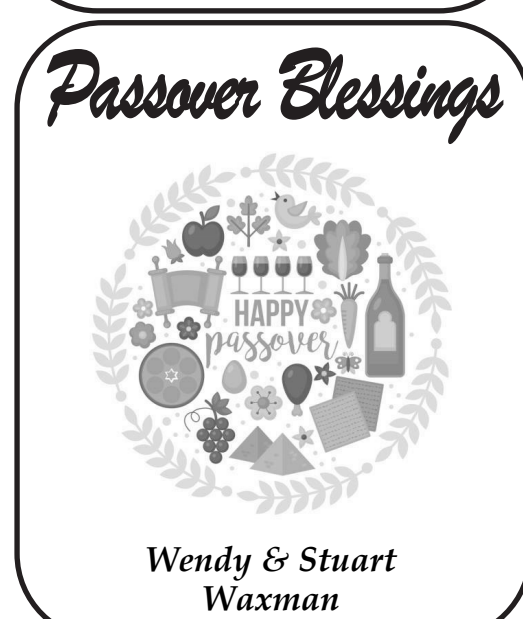
The Gershuny's &
The Bregenzer's



Passover Blessings



Nina & Russell
Rothman



Passover Blessings



Wendy & Stuart
Waxman

Business Greetings

Passover Blessings

*The Matchbox Cafe,
Rhinebeck*

Passover Blessings

*The Family and Staff at
Michael Torsonne Memorial
Funeral Home, Inc.*

Passover Blessings

*Stop & Shop
Poughkeepsie, NY*

*Wm. Miller & Son
Funeral Home, Inc.*

*Sugar & Spice Café
and Spice Catering*

*Avalon Assisted Living
and Wellness Center in
Wappingers Falls*

Passover Blessings

*From Liscum, McCormack,
VanVoorhis Architects*

*Dr. Lorraine Patten, DDS
and The Staff at Schwartz
& Patten DDS PC*

Passover Blessings

*Austin Ryan Optika
austinryanoptika.com
(845) 635-3700*

*The Pastry
Garden*

May you be
blessed with
peace,
prosperity,
and joy this
Passover

**Dutchess County Leadership
Prayer Breakfast Committee**

HAPPY

PASSOVER!
The Three Arts
Bookshop

Peace to you this
Passover!

**Whiteman,
Osterman, &
Hanna LLP**

NFP
wishes
everyone a
Happy
Passover!

Formerly Rose & Kiernan, Inc

ReStore
Habitat for Humanity of Dutchess County

**SPRING
CLEANING**

**Clean with a Purpose.
Spring Clean and
Donate to Habitat**

Drop off donations
Tuesday - Saturday
10:30 AM -3:30 PM

Call us for a pick up at
845-297-7610
option 2

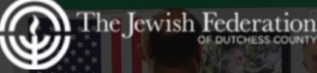

**EVERY donation helps build a safe and affordable
home in Dutchess County.**

Help build the story of home. Shop. Donate.

Interesting Facts of Jewish New York

- The first Jews to set foot in North America arrived in New York as a group of 23 in 1654.
- Congregation Shearith Israel, founded in New York in 1654, was the first synagogue in the colonies. It was the sole purveyor of kosher meat until 1813.
- By the late 19th century, there were over 5,000 kosher butchers and 1,000 slaughterers in New York.



KRAV MAGA

ISRAELI DEFENSIVE MARTIAL ARTS

SELF-DEFENSE WORKSHOPS

THE PHYSICAL ESSENTIALS GAIN THE CONFIDENCE AND BASIC SELF-PROTECTION SKILLS YOU NEED TO SUCCESSFULLY MANAGE A VIOLENT CONFRONTATION.

*FOR MOST AGES & NO EXPERIENCE NECESSARY

<p>FOUR 90-MINUTE SESSIONS IN POUGHKEEPSIE</p> <p style="text-align: center;">TUESDAY, MARCH 26 TUESDAY, APRIL 2 TUESDAY, APRIL 9 TUESDAY, APRIL 16</p> <p style="text-align: right; font-weight: bold;">6PM</p>	<p>\$118 DISCOUNT PACKAGE FOR ALL 4 SESSIONS</p> <p>\$36 INDIVIDUAL SESSIONS</p>
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THE WORKSHOP SERIES WILL BE COVERING

- STRATEGIC STRIKING: WHEN TO HIT, WHERE TO HIT, AND HOW TO HIT.
- ABDUCTION DEFENSES: PREVENTING SOMEBODY FROM TAKING YOU UNWILLINGLY TO A DIFFERENT LOCATION OR TO THE GROUND.
- GROUND DEFENSES: THE FUNDAMENTALS IN GETTING A PERSON OFF OF YOUR BODY SO THAT YOU CAN GET BACK TO YOUR FEET AS QUICKLY AS POSSIBLE.

REGISTRATION REQUIRED. SPACE IS LIMITED. WWW.JEWISHDUTCHESS.ORG/EVENTS OR CALL 845-471-9811



Meet Susan Simon & Zoe Zak,
Authors of
*The Cook and the Rabbi:
Recipes and Stories to
Celebrate the Jewish Holidays*



Zoe Zak

Susan Simon

Sunday, April 7th at 2PM
In Person: Temple Sinai
75 Highland Ave, Middletown
Virtual: Register for Zoom Link

This is a collaborative event with the Jewish Federations of Orange & Dutchess County & Temple Sinai, Middletown (Adult Ed Program)

Books will be available to purchase soon.
Questions: contact Pam:
admin@jewishdutchess.org

Registration Requested, Use the QR Code or go to Jewishdutchess.org/events

We will be offering zoom, Registration Required to for Zoom Link

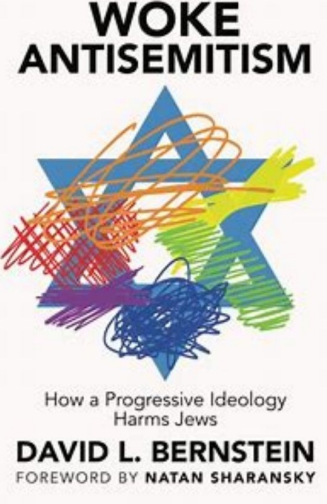









The Jewish Federations of Orange & Dutchess County





Learn why the Founder of the Jewish Institute for Liberal Values thinks that progressive ideology can harm Jews




Meet David Bernstein, Author of *Woke Antisemitism*
A Virtual Event
Thursday, April 4th at 7PM
Register to receive the zoom link.

Books available through the Federation office, while supplies last. Book Cost: \$15
Register: Use QR Code at right, or at JewishDutchess.org/events
Questions: Contact Pam at admin@jewishdutchess.org





A Collaborative Event with
The Jewish Federations of Greater Orange County & Dutchess County





MATZOH MITZVAH NOW: FOR THE MORSE SCHOOL!

Let all who are hungry come and eat.....
from the Passover Haggadah

April 1-30, 2024

Join our community in raising funds to help nourish Morse School kids Grades K-6 and their families.
We'll shop for you and maximize every shekel!

Make a direct Adopt-a-Program donation to the Jewish Social Action Coalition for the Morse School Account #2593K at the Regional Food Bank NENY [CLICK HERE](#) or use the QR code!

\$180 helps nourish 1 Morse School student for the school year.
All donation amounts welcome!

Or Send Matzoh Mitzvah donations to:
Jewish Federation of Dutchess County
PO Box 2525
Poughkeepsie, NY 12603
Please make your check out to Jewish Federation of Dutchess County and write "Matzoh Mitzvah Project" in the memo.



For Questions:
Pam Mason
admin@jewishdutchess.org
845.471.9811





THE MORSE SCHOOL Matzoh Mitzvah Project is a joint Tzedakah project of: Jewish Federation of Dutchess County; PJ Library; and the Jewish Social Action Coalition members: Congregation Schomre Israel; Congregation Shir Chadash; Temple Beth El; Vassar Temple; and the Harding Club.



Shabbat Y'Ladim (Children's Shabbat)

All young children from tots to first grade are invited to join Rabbi Altman to celebrate the Sabbath and the upcoming holiday of Passover on **Saturday April 20 at 10:30am** in Vassar Temple. Our stuffed bear friends *Kachol v'Lavan* will be there to take part in the singing, stories, and a brief, child friendly service. Tell your friends and neighbors--this event is free and open to the whole community. Healthy snacks will be served. Vassar Temple is a welcoming, inclusive Reform congregation. For more information and to RSVP, contact office@vassartemple.org or call the Temple (845) 454-2570.

Curiosity By Suzanne Turrisi, PJ Library Assistant Director

According to Oxford Languages, "Curiosity is defined as a strong desire to know or learn something. It is an innate human trait to continue to learn and grow." It is a quality related to inquisitive thinking including exploration and learning, evident in both humans and animals. Einstein said that, "Imagination is more important than knowledge," emphasizing the value of creative thinking.

Pirkei Avot 4:1 teaches us, "Who is wise? One who learns from all people." Rabbi Abraham Jacob of Sadgora once said to his disciples, "We can learn something from everything: we may learn not only from things G-d has created, but also from the creations of humans." One of his students asked, "What can one learn from a train?" Jacob of Sadgora answered, "That because of one second a person can miss everything." The student went on to ask, "and from the telegraph?" Jacob of Sadgora answered, "That every word is counted and charged."

Being curious, asking questions, exploring the world around us in an inquisitive manner leads us to greater discovery, increased awareness and deeper insight.

Purim Carnival



RELIGIOUS SCHOOL

BEACON HEBREW ALLIANCE

Friday afternoons, ages 9-13 years
 Sunday mornings, ages 5-13 years
 331 Verplanck Ave, Beacon
 Contact celia@beaconhebrewalliance.org
 Led by Education Director, Celia Bacowski -Masa is filled with joyful Jewish experiences, including song, dance, art, food, field trips, and more!

CHABAD MID-HUDSON VALLEY

Sunday, 10:00am-12:15pm, ages 5-12 years
 63 Vassar Rd, Poughkeepsie
 For information contact Hindy Borenstein, Director (845) 463-5801
chabadmidhudsonvly@prodigy.net

JUDAIC SCHOOL OF THE ARTS

Sunday, 10:00am-12:00pm
 For information www.mypardess.org/JSA

RHINEBECK JEWISH CENTER

Monday, 4:00-5:30pm
 Tiny Tots Division (ages 1-5)
 Intermediate Division (ages 6-10)
 Bar and Bat Mitzvah (ages 11-13)
 For information, contact Rebbitzin Tzvie Hecht, Director (845) 876-7666 or tzviehecht@gmail.com

CONGREGATION SHIR CHADASH and TEMPLE BETH-EL

Kulanu: All of Us A School of Jewish Learning
 A joint religious school program with Shir Chadash and Temple Beth-El
 Our collaborative school models the true meaning of *Klal Yisrael* (Jewish peoplehood) by increasing the sense of Jewish community and partnership for our students and families. It allows students to get to know their Jewish peers and to receive a broader Jewish education. Students explore Jewish tradition, history, and culture through art, music, movement, and text. For grades Pre-K through Bar/Bat Mitzvah.

Classes meet:
 Pre-K through grade 6, 10:00am-12:30pm on Sundays*
 January-Mid March we meet on Saturdays and explore Shabbat.
 Grades 3-7 also meet Tuesdays 4:45pm-6:15pm.
 B'Nai Mitzvah class (grade 7 meets Saturday mornings).

For more info contact:
 Rabbi Miriams Hyman: Education Director Temple Beth-El at education@tbeny.org
 Rabbi Glenn Jacob: Congregation Shir Chadash rabbigmj@gmail.com

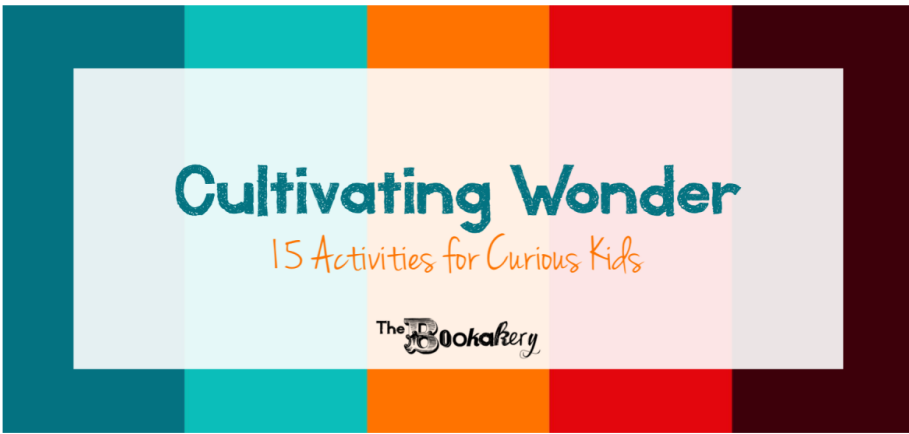
VASSAR TEMPLE

Vassar Temple provides a program of education within the guidelines of the Reform Movement, which deepens a student's Jewish experience and knowledge within an accepting, stimulating, and creative learning environment. Our philosophy of Jewish learning is based on the quotation from Pirke Avot, "The world depends on three things: on Torah, on worship and on deeds of loving kindness."

The Seth A. Erlebacher Religious School for grades K-7 meets Sunday mornings under the administration of Rabbi Shoshana Hantman, our Religious School Director. The Hebrew School, under the direction of Temple Rabbi Renni Altman D.D., meets Wednesday afternoons, offers Hebrew language instruction and bar/bat mitzvah preparation for grades 4-7. Teens may work as madrachim (teachers aides) in the Sunday School. New enrollments are welcome throughout the year. For more information, rsdirector@vassartemple.org (845) 454-2570.

*PJ Library, a flagship program of the Harold Grinspoon Foundation (HGF), was launched with a humble beginning in 2005 in Western Massachusetts, sending children's books about Jewish holidays, culture, and values. Today, PJ Library has grown into an internationally recognized, \$40M global cultural literacy venture that partners with philanthropists and Jewish communities around the world to provide families raising Jewish children ages 0-12 with the gift of free, high-quality children's books and other resources that foster a deeper connection with Jewish life (www.hgf.org).
 Thank you!*

סקרנות
Sakranut
Curiosity



Here are 15 wonder/curiosity ideas from The Bookakery.com

Let's face it, all kids are born curious. It is not something that you need to teach them, but it is something that can be squashed as they grow older. It is our job as parents to provide a safe and encouraging environment where our kids' natural curiosity can flourish. These 15 simple activities for curious kids from the Bookery, they are just a few ideas that you can try with your family.

Wonder Activities:

- 1: Go outside and look at the clouds. What things do you see in the clouds?
- 2: What shape is the moon tonight? Is it always that shape?
- 3: Trace your hand. What animals can you turn it into?
- 4: Look at your family. What is something that is the same about all of them? What is something different about each person?
- 5: Find your shadow. How many ways can you make it move?
- 6: Gather a few stuffed animals and mix them up in a pile with your eyes shut. Can you figure out what each one is without peeking? What do they each feel like?
- 7: Collect 5 rocks. What is the same about them? What is different?
- 8: Draw chalk circles on the sidewalk. Can you jump to each circle? Can you hop between them? What other ways can you move from circle to circle?
- 9: Look through a picture book you haven't read before without reading the words, what do you think the story is about? Then read the story. Was the story what you thought it would be? Do you like your version or the written version better? These are some of our favorite silly picture books in case you need an idea for a new book.
- 10: Make a drum from things you find in a kitchen cupboard or recycle bin. How do different things sound? Can you find two different things that sound the same?
- 11: With Play-Doh, make a ball, snake and pancake. What is the same about all of them? What can you make using all three shapes?
- 12: Use a rope or hose to make a line on the ground outside. How many different ways can you go over the line?
- 13: Put some water in a bowl. Pick 5 small things from around the house. Take turns putting each one in the water. Which ones sink and which ones float. Why do you think some things float and others sink?
- 14: Collect 4 different leaves. How are their shapes and colors different?
- 15: Bake something sweet, or anything else together. Where do you think the ingredients come from? What happens if you don't follow the recipe? How can something be liquid when it goes in the oven and solid when it comes out?



Tots learned about Purim and made their own hamantaschen at Vassar Temple's Tiny Temple event.



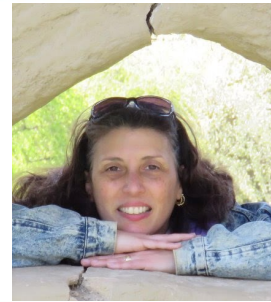
If you are interested in participating in a youth choir?
email:
programs@jewishdutchess.org



Tamatha



Suzanne



Sharing Shabbat Together, A Most Meaningful Event

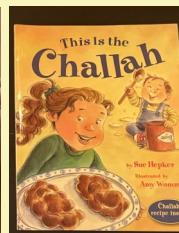
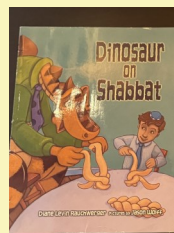
By Tamatha Williams, PJ Library Director

As my readers know, I am often writing about the shared experiences of our PJ Library families. After collaborating with PJ Library of Orange, Ulster and Dutchess counties, I am excited to retell one of our most recent events, Sharing Shabbat at Kedem Winery!

Families from all three counties were engulfed in Jewish connectivity. Together we learned challah making, creating Shabbat candles out of clay, listening to a special PJ storytime and enjoying songs with instrumental accompaniment.

The room was bustling with busyness and purpose, while families crafted, braided challah and engaged with one another. The children enjoyed playing a guess the flavor game, while they wore blindfolds, tasting peach, grape and sangria flavored Kedem juices. Families sang and clapped to the music, the familiarity of the songs livening the experience and connecting us even further.

As the event concluded, families expressed their appreciation and excitement. We look forward to planning another tri county gathering in the future to further enrich and engage PJ families.



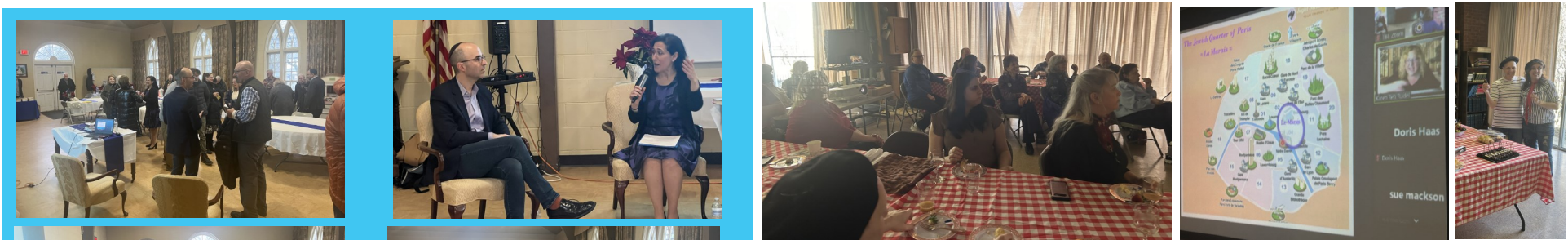
Or Pay Your Way

Pay Your Way or Pay it Forward

Each PJ Library subscription costs \$40 annually. Help PJ Library continue its programming by paying for your subscription or paying it forward for someone else.

Donate at:

www.jewishdutchess.org/programs/pj-library



Temple Beth-El hosts a Virtual Jewish Paris



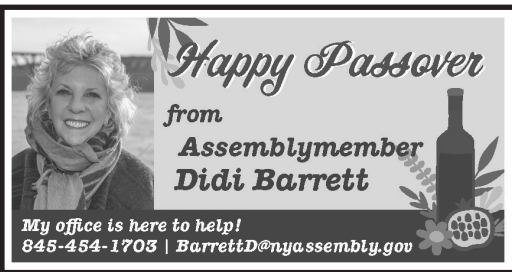
Kind Of A Big Deal with Saul Austerlitz in collaboration with the Rhinebeck Reformed Church. Thank you to Rhinebeck Police Department and the Dutchess County Sheriffs Department for providing security for the event.



Temple Beth-El mitzvah knitters.

Purim Carnival






Happy Passover
from
**Assemblymember
Didi Barrett**

My office is here to help!
845-454-1703 | BarrettD@nyassembly.gov

May you be blessed with peace, prosperity, and joy this Passover



Mike Polasek
Dutchess County Legislator

Happy Passover

Joseph D. Cavaccini—
Wappingers Supervisor


Happy Passover

A. Gregg Pulver
Dutchess County Comptroller

Happy Passover


Tony D'Aquanni,
Dutchess County Legislator

Passover Blessings



Robert Rolison
NY State Senator
39th District

Passover Blessings



Rebecca Edwards,
Town of Poughkeepsie
Supervisor

Happy Passover


Sue Serino
Dutchess County Executive

Peace to you this Passover!



**Mayor
Yvonne Flowers**

CHAG PESACH SAMEACH
HAPPY PASSOVER



Ann Shershin
Councilperson

Happy Passover

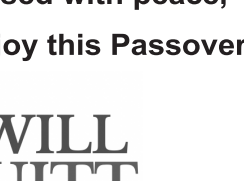
Ben Geller
Dutchess County Legislator

May you be blessed with peace, prosperity, and joy this Passover




Michelle Hinchey
NY State Senator

May you be blessed with peace, prosperity, and joy this Passover



WILL TRUITT
MAJORITY LEADER

May you be blessed with peace, prosperity, and joy this Passover




Brendan Lawler,
Dutchess County Legislator

May you be blessed with peace, prosperity, and joy this Passover



Lynne Versaci,
Dutchess County Legislator Dist. 14

May you be blessed with peace, prosperity, and joy this Passover



Lisa Paoloni,
Dutchess County Legislator

Calling all 2024 High School or College Graduates

If you know a 2024 High School or College graduate, email their name, picture and the school they graduated from.

Email the information by July 1:
Thevoice@jewishdutchess.org

Passover Center

Find everything you need for a Zissen Pesach, all strictly Kosher for Passover.



 <p>14⁹⁹ lb.</p> <p>Meal Mart 1st Cut Kosher Beef Brisket</p>	<p>2/\$9 with AdvantEdge Card</p> <p>SAVE \$2 WITH 2/\$7 eCoupons</p> <p>Final Price WHEN YOU BUY 2</p> <p>LIMIT ONE COUPON PER OFFER PER CUSTOMER</p>  <p>Kedem Grape Juice 64 oz. Select Varieties</p>
 <p>2/\$6 with AdvantEdge Card</p> <p>Streit's or Yehuda Cake Meal, Matzo Meal or Farfel</p> <p>8-16 oz. • Select Varieties</p>	<p>\$4 with AdvantEdge Card</p> <p>SAVE \$1 WITH \$3 eCoupons</p> <p>Final Price</p> <p>LIMIT ONE COUPON PER OFFER PER CUSTOMER</p>  <p>Manischewitz Egg Matzos 10.5 oz.</p>
 <p>2/\$3 with AdvantEdge Card</p> <p>Streit's Matzo Ball & Soup Mix</p> <p>4.5 oz. • Select Varieties</p>	<p>2/\$6 with AdvantEdge Card</p> <p>SAVE \$1 WITH 2/\$5 eCoupons</p> <p>Final Price WHEN YOU BUY 2</p> <p>LIMIT ONE COUPON PER OFFER PER CUSTOMER</p>  <p>Yehuda Cake Meal, Matzo Meal or Farfel 8-16 oz.</p>
 <p>2/\$5 with AdvantEdge Card</p> <p>Streit's or Yehuda Matzos</p> <p>16 oz.</p>	<p>9⁹⁹ with AdvantEdge Card</p> <p>SAVE \$4 WITH 5⁹⁹ eCoupons</p> <p>Final Price</p> <p>LIMIT ONE COUPON PER OFFER PER CUSTOMER</p>  <p>Streit's or Yehuda Passover Matzos 5 Lb.</p>

<p>2⁹⁹ with AdvantEdge Card</p> <p>LaBonne Chocolate Covered Rice Cakes</p> <p>3.1 oz. • Milk or Dark Chocolate Varieties</p>	<p>2/\$6 with AdvantEdge card</p> <p>Lipton Matzo Ball & Soup Mix</p> <p>4.3-4.5 oz. Select Varieties</p>	<p>2/\$6 with AdvantEdge Card</p> <p>Streit's Macaroons</p> <p>10 oz. • Select Varieties or Streit's Egg Matzos 12 oz.</p>	<p>4⁹⁹ with AdvantEdge Card</p> <p>Manischewitz or Streit's Chocolate Covered Matzos</p> <p>7-8 oz.</p>
<p>5⁴⁹ with AdvantEdge Card</p> <p>Heinz Ketchup</p> <p>24.7 oz. Kosher For Passover</p>	<p>2⁷⁹ with AdvantEdge card</p> <p>Streit's Potato Starch</p> <p>12 oz.</p>	<p>2/\$7 with AdvantEdge Card</p> <p>Terra Chips</p> <p>5 oz. Veggie or Mediterranean</p>	<p>2/\$7 with AdvantEdge card</p> <p>Savion Fruit Slices</p> <p>6 oz.</p>
<p>5⁴⁹ with AdvantEdge Card</p> <p>Yehuda Gefilte Fish</p> <p>24 oz. Original or Sweet</p>	<p>4⁹⁹ with AdvantEdge card</p> <p>Dr. Brown's Six Pack Soda</p> <p>12 oz. Cans • Select Varieties Plus Deposit Where Required</p>	<p>4⁹⁹ with AdvantEdge Card</p> <p>Joyva Jell Rings</p> <p>9 oz. Select Varieties</p>	<p>2/\$6 with AdvantEdge Card</p> <p>Granny's Old Fashioned Marshmallows</p> <p>10 oz. • White or Mini</p>
<p>6⁹⁹ with AdvantEdge Card</p> <p>Vita Herring In Sour Cream</p> <p>12 oz. or in Wine Sauce</p>	<p>2/\$4 with AdvantEdge card</p> <p>Silver Spring Horseradish</p> <p>5 oz. Select Varieties</p>	<p>3⁴⁹ with AdvantEdge Card</p> <p>Breakstone's Whipped Butter 8 oz.</p> <p>8 oz. or 16 oz. Butter Quarters \$5.99</p>	<p>10⁹⁹ with AdvantEdge Card</p> <p>Ungar's Gefilte Fish</p> <p>20 oz.</p>
<p>3⁹⁹ lb. with AdvantEdge Card</p> <p>Empire Kosher Frozen Boneless Chicken Breasts</p> <p>2 Lb.</p>	<p>15⁹⁹ with AdvantEdge Card</p> <p>Empire Kosher Frozen Turkey</p> <p>2 Lb.</p>	<p>12⁹⁹ with AdvantEdge Card</p> <p>Meal Mart Passover Chicken & Turkey Nuggets 21 oz.</p>	<p>8⁹⁹ with AdvantEdge Card</p> <p>Meal Mart Kosher Ground Beef</p> <p>16 oz.</p>

Plus, we have all of your fresh produce needs for your Seder!



Offers effective Sunday, March 17 thru Saturday, May 4, 2024 in all Price Chopper, Market 32 and Market Bistro stores located in CT, MA, NH, NY, PA & VT. Not all items are available in all stores.

We apologize in advance for any spelling errors in the Holiday greetings.


To find the location of your greeting visit:
JewishDutchess.org/holiday-ads

Peace to you this
Passover!



Herman Chertock
& Family

Peace to you this
Passover!



Elyse & Neil
Mansfield

Peace to you this
Passover!



Suzanne & Don
Turrisi & The Cats

HAPPY

 PASSOVER!
 Rabbi Renni
Altman

Peace to you this
Passover!



Ellen & Lawrence
Danziger

Peace to you this
Passover!




Adrienne London and
Dr. Robert
Roeshman, D.O.

Peace to you this
Passover!



Rabbi Ellen & Judge
Jonah Triebwasser

HAPPY

 PASSOVER!
 Phyllis & David
Miller

Peace to you this
Passover!



Sandy & Lee
Corwin

Peace to you this
Passover!



Muriel
Lampell

Peace to you this
Passover!



Judy & Herb
Dym

HAPPY

 PASSOVER!
 Candy & Lou
Lewis

Peace to you this
Passover!




Marina & Tye
Elias

Peace to you this
Passover!



Jane
Friedland

Peace to you this
Passover!




Linda
Skolnik

HAPPY

 PASSOVER!
 Brenda Ritz
and Family

Peace to you this
Passover!



Nancy & Adam
Belok

Peace to you this
Passover!



Betty
Kaplan

Peace to you this
Passover!



Jane
LaLone

HAPPY

 PASSOVER!
 Dana & Ira
Efron

Peace to you this
Passover!



Pam & Sol Resnikoff,
with our best wishes.

Peace to you this
Passover!



Len
Hyman

Peace to you this
Passover!



Barbara (z"l) &
Lou Newman
and Family

HAPPY

 PASSOVER!
 Linda & Eric
Perfecto

Peace to you this
Passover!




Barbara & Irwin
Lifshey

Peace to you this
Passover!



Judy & Alan
Fox

Peace to you this
Passover!




Leona & Irvin
Miller

HAPPY

 PASSOVER!
 Blanche & Lou
Bergman

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Happy Passover




Ann & Jeffrey Gross

Happy Passover



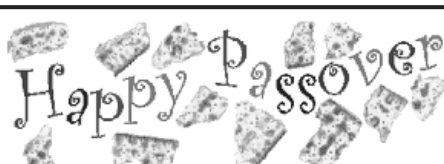
Deanie Gordon and the
Levine, Israel & Gordan Families

Happy Passover




Sandy & Jerry Goldberg

Happy Passover



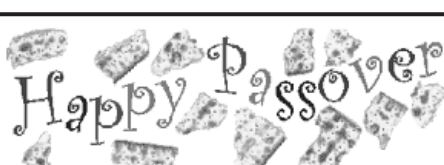
Judith & Michael Elkin

Happy Passover



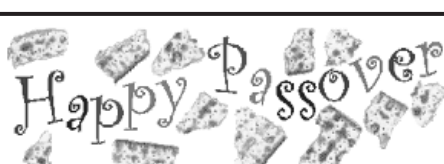
Amy, Steve, Lindsay &
Hannah Efron

Happy Passover



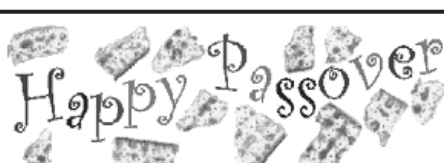
Barbara & Bernie Cohen

Happy Passover



Nancy & Sandy Bernstein

Happy Passover



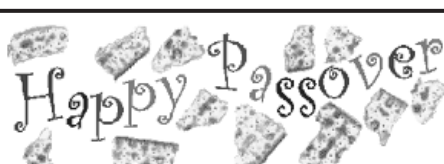
David Cohen, Susan G.
Hecht, Philip & Eva

Happy Passover



Jill & Ira Auerbach


Happy Passover



Marianne & Bob Abrams
and Family

Personal Greetings

May you be blessed with peace, prosperity, and joy this Passover




Sharon & Howard Lynne

Happy Passover



Marion & Ralph Schwartz

Happy Passover



Marcy Schwartz

May you be blessed with peace, prosperity, and joy this Passover




Roberta & Len Grosman

Happy Passover



Roni & Charles Stein

Happy Passover



Evelyn Weiss and Family

May you be blessed with peace, prosperity, and joy this Passover



Donna & Felipe Pistiner & Family

May you be blessed with peace, prosperity, and joy this Passover




Love, Fritz & Jack Goodman

Happy Passover




Bob Ulrich

May you be blessed with peace, prosperity, and joy this Passover




The Quackenbush Family

May you be blessed with peace, prosperity, and joy this Passover




The Hankin Family

Happy Passover




Rose, Brion, & Joshua Shapiro

May you be blessed with peace, prosperity, and joy this Passover



Ellen & Victor Stern and Family

May you be blessed with peace, prosperity, and joy this Passover



Shirley & Bernard Handel

Happy Passover




Miriam & Frank Rubin

Peace to you this Passover!




Joe Kisch & Betsy Efron

May you be blessed with peace, prosperity, and joy this Passover



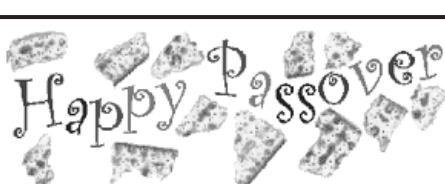
Doris & Bob Haas

May you be blessed with peace, prosperity, and joy this Passover




Grete & Marty Finkelstein

Happy Passover




Paula & Azzy Reckess

HAPPY PASSOVER!




Bressman Family

May you be blessed with peace, prosperity, and joy this Passover




Gail & Sam Simon

May you be blessed with peace, prosperity, and joy this Passover



The Cutler Family

Happy Passover




Betsy Kopstein-Stuts and George Stuts (z"l)

Peace to you this Passover!



The Breslow & Glassman Families

May you be blessed with peace, prosperity, and joy this Passover



Barbara Scheer and Family

May you be blessed with peace, prosperity, and joy this Passover



The Dworkin Family

Happy Passover



Jane & Steven Idell

HAPPY PASSOVER!




Beth & Les Richardson

May you be blessed with peace, prosperity, and joy this Passover



The Arnoff Family

May you be blessed with peace, prosperity, and joy this Passover



Sandra & John Blair

Happy Passover




Suzanne Horn

May you be blessed with peace, prosperity, and joy this Passover



Best wishes from Mort and the late Rita Alterman

May you be blessed with peace, prosperity, and joy this Passover



Lydia Bauman and Family

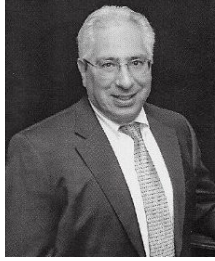
Happy Passover



The Hentel Family

The Federation Board's Voice

Our Executive Director



Adam Belok

My Ukrainian Babushka

She was proud to wear her traditional Ukrainian National hair design: a "crown braid" that circled over the top of her head until her death at age 86. Grandma, Sarah Wiser and Sam Schubert had 4 children inside of 4 years on a truck farm in Hightstown, NJ growing vegetables. After Sam got frustrated with how a much anticipated contract with Heinz treated his tomatoes at their pickup, he gave up farming and became "the best tailor in Washington Heights". Sarah soon moved her brood without the geese and chickens to 162nd St. where many Jews had gathered.

Our Mom was 17 when they left the farm and graduated Hunter College in 1935, straight A's in Physiology. But the local public school system would not hire her due to her "immigrant accent", until she organized the local Teachers' Union and finally prevailed, eventually teaching "Home Economics", selling Consumers (CU Reports) Union subscriptions on the A Train on the way to and from College & Grad School. Jews had a hard time getting jobs. Grandma was proud of her only daughter and also of my three brothers, I am the 4th, the youngest. She sewed all her own clothes, taught my Mom how to sew anything, and I can too. Apparently we were Litvaks, householders, decidedly not the Glitziana businessfolk.

Grandma lived with us for the last 5 years of her life, away from the projects In Greenpoint Brooklyn. Once I asked my Mom why Grandma hid her bread in her fist during dinner? "She was afraid of roaming Cossacks. (Sounds like the shtetles in Fiddler?) Growing up in the Old Country, they could walk into her childhood home unexpectedly and take everything, anything." Wow!

Ukraine is on the frontlines of the fight for democracy, values that the U.S. was founded on. As Americans, we must continue to remember why Ukraine matters - it matters because we are bound by our word and moral obligation to speak up and act in the face of challenges to democracy. It matters because if Putin succeeds in devastating Ukraine, there is no telling where his brutality will stop.



What will your legacy be?

Earlier last month, my family received a great honor. We were invited to celebrate the legacy of my mother, Susan Peltz Hochhauser, in a very special way. In commemoration of Women's History Month, New York State Assemblymember Didi Barrett and her team put together a book showcasing some remarkable women in our region. The annual book is called "Women's History in the Hudson Valley: Ten Stories from Columbia and Dutchess County". In it, readers learned about ten special women from varying time periods, each of whom had a unique story about how she positively impacted the community. My mother definitely fit the bill and not only was she included in this year's book, she was also chosen as the "highlighted" honoree including an event to share her story and all that she did.

As she had been a Dean at Dutchess Community College, the event was held there and I felt such nachas when the room became so full, it became standing room only. While we had the honor of hearing from Dr. Peter Jordan, President of DCC and Didi Barrett, others who shared personal stories included DCC's Dr. Werner Steger, City of Poughkeepsie Mayor Yvonne Flowers, and representatives from Nubian Directions II, all of whom worked with my mother and had stories about how she helped so many who would not have been successful without her stern, strong, but loving guidance and assistance. Brian Doyle, former Family Services CEO, shared how my mother was a pioneer in many ways, especially with her work with developmentally delayed youth and creating a safe yet enriching college experience for them.

While I looked around the room, I was overwhelmed at how many people she touched, and hearing their stories and experiences with her. It has been 8 years since she passed, but her spirit and impact is still greatly alive. I felt she was there with us, most likely being embarrassed by all the praise she was receiving. More than on one occasion over the past several years has someone said to me, after connecting my name to my mother, how great and wonderful she was and what a positive impact she had on their life.

After the event, my son said to me that he does not know how his grandmother accomplished so much or how I accomplish so much and he felt he would never be able to live up to that level. I shared that growing up, I never really thought about how my mother was impacting so many people and all I expected from him was to contribute positively to society and make the world a better place than it currently is. I should have also shared with him the story of how someone once asked me how would I ever fill my mother's shoes to which I replied, "Well I am my mother's daughter so I am not worried." Maybe someday my son will say something similar.

My ask of you is to consider what will your legacy be? How are you making the world a better place? There are many ways one can do so. I would be remiss if I did not offer the Jewish Federation as a great opportunity to help others and maybe even set something up financially to keep giving long after one moves on. If it is something you would like to discuss, we are here for you. What we do today has the potential to create a positive impact for years to come.

With inspiration for making the world a better place,
Karen Hochhauser, Executive Director

Mazel Tov Memories

Send us information about what you are celebrating: birthdays, engagements, weddings, anniversaries, and simchas.

We at the JFedDC want to celebrate with you and share the nachas. Send your information to: thevoice@jewishdutchess.org

Congratulation to Alyssa and Lou Kogon on the wedding of their daughter, Dr. Miranda Kogon and her new husband Jake Montoya.



Thank you to all our 2023 Contributors

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We apologize in advance for any misspelled names or incorrect grouping.

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(Orthodox)
18 Park Ave, Poughkeepsie
(845) 454-2890
Rabbi Shlomo Krasner
Website: www.schomreIsrael.org
Email: rabbishlomok@gmail.com

Weekly Services:

Shacharis 7:00am (weekdays)
Shacharis 8:30am (Sunday & holidays)
Maariv: 6:40pm (winter weekdays)
Friday Kabbalat Shabbat: around candle lighting times.

Adult Education:

Tuesday

Class on Maimonides 10:30am. We will study The Collected Writings of Maimonides. Join us as we discuss the philosophy of Maimonides (the Rambam) and study his classic works.

Writing and Reading Hebrew Script 11:45am. We will practice our Hebrew penmanship and reading skills.

Hebrew in the Siddur 6:00pm. Practice reading and understanding the language of the prayerbook.

Thursday

A Window into Yesteryear April 4, 7:00pm. We will examine Jewish life in different eras and locales as filtered through the lens of the life of various interesting individuals. We will examine the lives they lived and the Torah they taught.

Other Events:

Sunday

Bonfire to Burn Chametz April 21, 9:00am. Bring your unwanted chametz to the parking lot of Schomre Israel to dispose of it in our bonfire.

Monday

Passover Community Seder with Rabbi Krasner April 22, All are welcome. RSVP is necessary. There will also be a community seder on Tuesday evening.

Tuesday

Dinner of Gratitude to the Chevra Kadisha April 16, 6:30pm. Join us for a very special dinner to honor members of the Chevra Kadisha and learn about their special function. Following the dinner Karen Tobias an estate planning attorney who has provided compassionate counsel and outstanding legal advice for over 30 years will address us on the "Understanding the Legal Issues in Creating a Will." All are welcome to attend. This event is supported by the Abe and Ann Effron Donor Advised Fund of the Community Foundations of the Hudson Valley. Please RSVP to the synagogue office.

Second Night Passover Community Seder with Rabbi Krasner April 23. All are welcome. RSVP is necessary.

Contact

rabbishlomok@gmail.com
for current information
or visit the website
www.schomreIsrael.org



Congregation Shir Chadash

(Reform)
Interim: Freedom Plains
Presbyterian Church, Lagrange
(845) 232-1029
Rabbi Glenn Jacob
Website: www.shir-chadash.org
Email: info@shir-chadash.org

Weekly Services:

Fridays: 7:30pm In-Person & Zoom
Saturday: 9:15am In-person,
Bi-monthly Torah Study with Rabbi Jacob, all welcome to attend.

Adult Education:

Saturday

Torah Study 9:15am. An informal discussion about the Torah portion of the week with Shir Chadash's new spiritual leader, Rabbi Jacob. Everyone has a chance to participate. Bring an inquisitive mind, a curiosity about our tradition, and willingness to share your thoughts. For info: (845) 232-1029, email: info@shir-chadash.org or visit www.shir-chadash.org.

Other Events:

Sunday

Rosh Chodesh Reading Group

Those interested in reading are invited, (now done virtually)-- interesting and provocative discussions. Dates & times TBD. Participants meet to discuss memoirs, fiction, poetry, and drama in a variety of works that offer Jewish themes and a variety of perspectives of interest. Have a topic suggestion, please let us know! For more info, contact Sandy Lash at (845) 232-1029, via email: info@shir-chadash.org

Contact :

info@shir-chadash.org
for current information
or visit the website
www.shir-chadash.org

Temple Beth-El

(Conservative)
118 S Grand Ave, Poughkeepsie
(845) 454-0570
Rabbi Michael Fessler
Rosh Tefilah Rabbi Miriam Hyman
Website: www.tbeny.org
Email: info@tbeny.org

Weekly Services:

Friday & Saturday Shabbat Services alternate between in-person and Zoom.
Monday— Friday Minyan 8:00 am.
Monday & Thursday in person & Zoom,
Tuesday, Wednesday, & Friday only on Zoom
Call the Temple Beth-El office for the current schedule.

Adult Education:

For information about ongoing Adult Education at Temple Beth-El, please contact the synagogue office :
(845) 454-0570.

Other Events:

Sunday

Temple Beth-El Serves at Lunchbox 2nd Sunday, volunteers are needed to help serve a meal at Lunchbox at Dutchess Outreach. You can also help by making a donation to help cover the cost. Contact Nancy Judson & volunteer (845) 216-7563

Tuesday

Book Club 2:00 pm in the Social hall at TBE, if inclement weather we meet via Zoom.

Upcoming dates and book selections are: 4/9/24 and 6/11/24—Selections TBD.

Contact:

info@tbeny.org
for current information
or visit the website
www.tbeny.org

Tai Chi – Second Series

Miriam Rubin, Instructor

fnmrubin@aol.com (845) 297-4833 text (845) 866-6832

While Tai Chi has been called Meditation in Motion, Harvard University Medical School suggests it could also be called Medication in Motion. Harvard further says that this gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

No equipment is needed, no special physical ability is required, and while movement is part of the discipline, it can also be done seated if need be.

Why this traditional Chinese discipline in a synagogue? In our High Holiday liturgy we acknowledge that our body is God's as well as our soul, and the Torah and the Talmud direct us to care for our body as well as our soul. Again from Harvard, "There is growing evidence that this mind-body practice has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health."

Newcomers are welcome! We'll help you catch on. Wear comfortable clothing and shoes - looking forward to seeing you! Miriam Rubin has been practicing Tai Chi for more than ten years. She was Temple Beth-El's Education Director for 18 years, and before that was a private piano teacher. She still helps prepare Bar and Bat Mitzvah students and teaches Hebrew in adult education settings.

Sessions, Thursdays 11:15 am – 12:15 pm
April 4,11,18, 25 or May 2 (to be determined by the group)

A \$36 donation for the course is suggested to support quality adult education at Temple Beth-El.



The Jewish War Veterans of the United States, Post 625

All persons of the Jewish faith who have served in any branch of the U.S. Military (active, Reserves, or National Guard) or any person who wishes to support veterans are invited to attend Post meetings.

We will be in person at Schomre Israel. The next meetings will April 14, May 19, and June 9, at 9:30am (9:00am schmooze). The Post will supply nosh stuff and coffee, and refreshments will be strictly kosher. Masks are optional. We look forward to seeing you there.

For more info, please contact Post Commander Schwartz at (845) 849-0025 or Rschwa9881@aol.com

Vassar Temple

(Reform)
140 Hooker Ave, Poughkeepsie
(845) 454-2570
Rabbi Renni S. Altman D.D.
Website: www.vassartemple.org
Email: Office@VassarTemple.org or rabbi@vassartemple.org

Weekly Services:

All services are hybrid. For Zoom link contact office@vassartemple.org For current in-person health protocols visit: www.vassartemple.org

Friday

Shabbat Evening Service April 5, 12, 7:30pm.

Potluck Dinner w/URH Director Rabbi Rick Jacobs April 19, 6:00pm.

Simchat Shabbat April 26, 6:00pm

Saturday

New Paths Shabbat Morning Worship April 6, 20, 10:15am.

Shabbat Morning Service April 13, 27, 10:15am.

Adult Education:

Monday

Talmud Study with Senior Scholar Rabbi Paul Golomb 12:00pm via Zoom. For details, study sheets, and to be placed on the Talmud Study email list contact pjgolomb@verizon.net.

Saturday

Torah Study with Rabbi Renni Altman DD, Hybrid, 9:00am. Join our lively discussion. Contact: (845) 454-2570 or office@vassartemple.org for details and to be placed on the Torah Study email list.

Other Events:

Sunday

Chai Noon Vassar Temple Sisterhood holds a luncheon at one of a variety of area restaurants on the 18th of each month (Chai Noon), as long as the date does not fall on a holiday or the weekend. Everyone orders off the menu, gets separate checks, and the restaurant is always wheelchair accessible. The photo is from a recent Chai Noon at Casa Vallarta. For more info about this fun monthly event contact: chai@vassartemple.org.

Monday

Pesach 7th Day/Yizkor Service 10:30am.

Wednesday

Meet County Executive Sue Serino April 10, 7:00pm. This is a continuation of our Civic Engagement Series, providing opportunity for County Executive Sue Serino to meet our community and share her vision for Dutchess County. These are not political events. Rather, they are opportunities to speak with our sitting elected officials about issues of importance to the Jewish Community. All are invited to attend.

Thursday

Sisterhood Book Club April 18 2:30pm, Collegeview Tower Meeting Room, 141 Fulton Ave, Poughkeepsie. We will be discussing *The Splendid and The Vile: A Saga of Churchill, Family, and Defiance During the Blitz* by Erik Larson. Drawing on diaries, original archival documents, and once-secret intelligence reports—some released only recently—Larson provides a new lens on London's darkest year through the day-to-day experience of Churchill and his family. *The Splendid and the Vile* takes readers out of today's political dysfunction and back to a time of true leadership, when, in the face of unrelenting horror, Churchill's eloquence, courage, and perseverance bound a country, and a family, together. Note the time change for this month only. All are welcome to participate. To RSVP or for questions, or to recommend future book selections, contact bookclub@vassartemple.org.

Contact :

office@vassartemple.org
for current information
or visit the website
www.vassartemple.org

Pardess Center for Jewish Life

(845) 440-7592
 Rabbi Zalman Sandhaus
 Website: www.MyPardess.org
 Email: info@MyPardess.org

Contact:
info@MyPardess.org
for current information
or visit the website
www.MyPardess.org

The Rhinebeck Jewish Center

102 Montgomery Street, Rhinebeck
 (845) 876-7666
 Rabbi Hanoch Hecht
 Rebbitzin Tzivie Hecht
 Website:
www.RhinebeckJewishCenter.com
 Email:
RSVP@RhinebeckJewishCenter.com

Weekly Services:

Fridays: Call for time.
 Saturdays: 9:30am

Contact:

RSVP@RhinebeckJewishCenter.com
for current information
or visit the website
www.RhinebeckJewishCenter.com

Chabad of Mid-Hudson Valley

63 Vassar Rd, Poughkeepsie
 (845) 463-5801
 Rabbi Yacov Borenstein
 Website:
www.chabadmidhudsonvalley.com
 Email:
ChabadMidhudsonvly@prodigy.net

Weekly Services:

Fridays: Call for times.
 Saturdays: 10:00am Chabad Hebrew School

Adult Education:

Wednesday

Torah Class: Discover the World of Prayer 11:00am, 36 Pleasant Ridge Drive. Class led by Hindy Borenstein. Indulge your body with thought-provoking insights from the weekly Torah portion and other contemporary issues, and indulge your body with a light and healthy lunch.

Special Events:

Sunday

Bagels, Lox, Torah (Tefillin too!) 9:00am led by Rabbi Yacov Borenstein. Morning minyan will follow Torah discussion on the coming week's Torah portion, upcoming holiday, or topic of Jewish interest.

Contact :

ChabadMidhudsonvly@prodigy.net
for current information
or visit the website
www.chabadmidhudsonvalley.com

Beacon Hebrew Alliance

(Conservative)
 331 Verplanck Ave, Beacon
 (845) 831-2012
 Rabbi Brent Spodek;
 Email:
411@beaconhebrewalliance.org

Weekly Services:

Friday Shabbat, 5:30pm Mini Minyan with Luke Wygodny & 6:00pm Potluck Shabbat Dinner and Kabbalat Shabbat

Check our Community Calendar for services times, generally every Friday & one Saturday per month:
www.beaconhebrewalliance.org/calendar

Contact:

for current information
or visit the website
www.beaconhebrewalliance.org

Congregation Beth David

(Reform)
 East Main St, Amenia
 (845) 373-8264
 Rabbi Jon Haddon
 Website: www.CongBethDavid.org
 Email: JonRab33@gmail.com

Weekly Services:

Saturdays 10:30am.

Contact:

jonrab33@gmail.com
for current information
or visit the website
www.CongBethDavid.org

Vassar College Bayit

51 Collegeview Ave, Poughkeepsie
 (845) 728-4792
 Rabbi Bryan Mann
 Rachlin Director of Jewish Student Life at Vassar College
 Email: bryanmann@vassar.edu

Weekly Services:

Fridays: 6:00pm
 7:00pm dinner when school is in session

Contact :

bryanmann@vassar.edu
for current information

Bard College

Rabbi Joshua Boettiger
 Jewish Chaplain, Visiting Assistant Professor of the Humanities
 Phone: (802) 733-6342
 Email: jboettiger@bard.edu

Contact:

jboettiger@bard.edu
for current information

Congregation Emanuel of the Hudson Valley

243 Albany Ave, Kingston
 (845) 338-4271 ext 101
 Rabbi's Study: (845) 338-4384 ext 102
 Rabbi Yael Romer:
rabbioromer@hvc.rr.com

Weekly Services:

Friday

Kabbalat Shabbat Service 6:00pm, held in the sanctuary or chapel..

Tot Shabbat April 12, 5:15pm

Saturday

Morning Minyan 10:00am.

Education:

Mediation & Torah Study Tuesday, 8:45am, April 2, 9, 16, via Zoom.

Hebrew Trope Wednesday, 12:30pm, April 3, 10, 17, via Zoom.

Conversational Hebrew Wednesday, 4:00pm, April 3, 10, 17, via Zoom.

Coffee Chai with the Rabbi (Zoom)

April 4, 11, Thursday, 8:45am.

Contact: info@cehv.org
for all events and current info
or visit the website www.CEHV.org

Woodstock Jewish Congregation

241682 Glasco Tpk, Woodstock
 (845) 679-2218
 Rahel: rahel@wjcschul.org

Weekly Services:

Friday

Kabbalat Shabbat Service 7:30pm,

Kid Friendly Intergenerational Shabbat

First Fridays 6:00pm

Saturday

Shabbat Service 10:00am

Education:

Family School Registration Family School Wednesday, 4:00-6:30pm

Other Events:

WJC Men's Group Thursday, 7:30pm,
WJC Women's Group First Monday at

5:00pm, includes potluck dinner

"A Shtickle Toyrah" (a bit of Torah)

Monday 9:00am. Members of the

community take turns offering a short

teaching on the weekly Torah portion.

Contact: Rahel@wjcschul.org
for all events and current info
or visit the website
www.wjcschul.org



April

Candle Lighting Schedule

April 5	7:08pm
April 12	7:16pm
April 19	7:23pm
April 22 (Passover)	7:27pm
April 23 (Passover)	8:30pm
April 24 (Passover)	8:31pm
April 26	7:31pm
April 28 (Passover)	7:38pm
April 29 (Passover)	8:38pm
April 30 (Passover)	8:39pm

SAVE THE DATE!



Sunday, April 7th



Walk with us on the 6 month anniversary of the October 7th terrorist attack on Israel as we call for the immediate release of the hostages held by Hamas.

Go to www.JewishDutchess.org/Events for more information



Jewish Federation
 of Dutchess County



Poughkeepsie City Mayor Yvonne Flowers came to Vassar Temple to meet with members of the Jewish community to discuss current local issues and concerns.

This is one of a series of programs sponsored by the temple's Civic Engagement Committee to familiarize citizens with their elected community leaders.



Springtime Jazzical Musicale

Saturday, April 13, 2024 - 7 p.m.

Join Shir Chadash in a musical journey celebrating music created and/or performed by Jewish composers or artists.



Russell Cusick



Goldee Greene



Tom McCoy

Featuring classical, jazz, pop and rock performed by accomplished Hudson River artists: Goldee Greene, Russell Cusick and Tom McCoy.

Russell Cusick has performed in musical theater, on the concert stage and opera, including USO/Department of Defense tours of Europe and Southeast Asia.

Favorite roles include Scarpia in Puccini's "Tosca," Billy Bigelow in Rodgers and Hammerstein's "Carousel," and in the title role of Mozart's "Don Giovanni."

Goldee Greene is an acclaimed international recording artist and stage/film actress who has appeared throughout the U.S., Europe, Africa, Canada and the Caribbean. Trained at Juilliard School, her signature sound spans opera, jazz, Broadway, new music, rock and gospel. She has performed with Billy Crystal, Pete Seeger and reggae sensation Bankie Bankie.

Tom McCoy, a classical and jazz pianist, has extensive theater experience and is known within musical circles for versatility as a soloist, accompanist, composer, arranger and conductor.

Tom has backed up such musical luminaries as James Taylor, Ray Charles and Judy Collins. He is also Shir Chadash's accompanist.



Congregation Shir Chadash

At the Shir Chadash Location
**Freedom Plains
United Presbyterian Church
1168-11 State Rt. 55
LaGrangeville, NY 12540**
Ample Parking!

Advance tickets online:
\$30 per person or \$50/couple.
PayPal & Major Credit Cards
accepted at www.shir-chadash.org

Tickets at the door, if available:
\$40 per person or \$70/couple.
Students/Children: \$20 online; at door \$25

Light refreshments
will be served.

For more info, call
845-232-1029
or email
info@shir-chadash.org.



JEWISH HERITAGE NIGHT

Join the **Jewish Federation**
for **Jewish Heritage Night**
with the **Hudson Valley Renegades!**

SAVE THE DATE!

Sunday, May 19th, 2024

First Pitch: 2:05PM
Gates Open: 1:05 PM

Night Includes:

- Kosher food options
- Pre-Game Performances
- In-Game Performances

AND MORE



April 7—Run for their Lives

**May 3—Yom Hashoa—In collaboration with
Franklin D. Roosevelt Presidential Library**

May 5—Mitzvah Day

**May 7—Community Yom Hashoa Commemoration with
Dutchess Community College**

June 5—7th Annual Federation Celebration Gala *Unity in the Community*

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Vassar Temple

Wishes you a Happy Passover

May your home be filled with peace and joy!

Rabbi Renni S. Altman, DD • Cantor Elizabeth Goldmann
Lisa-Sue Quackenbush, President

140 Hooker Ave, Poughkeepsie, NY 12601 845-454-2570
www.vassartemple.org

Hudson Valley
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Our new office is open and accepting patients!
1 Webster Avenue, Suite 402B in Poughkeepsie.
To schedule an appointment or to learn more, visit
hvpalliativecare.org or call **845.240.7557**.