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Representatives from the Jewish Federations of Dutchess, Orange and Ulster Counties Present Rep. Pat Ryan with Thank You Letter for Supporting Israel, Fighting Antisemitism

Thank You Letter has nearly 400 signatures from constituents.

Jewish Federations also thank Rep. Ryan for continued work to free hostages still held by Hamas, including American citizens and the families of Hudson Valley residents.

KINGSTON, NY- Just over 100 days since Hamas's brutal attack on Israel, representatives from the Jewish Federations of Dutchess, Orange, and Ulster Counties presented Rep. Pat Ryan and his staff with a thank you letter, with nearly 400 local signatures, for his ardent support of Israel's right to exist, his ongoing fight against antisemitism, and his continued efforts to free hostages still held by Hamas, including American citizens and Hudson Valley residents. The Jewish Federations peacefully presented their thank you letter at Rep. Ryan's Kingston office, which was besieged by anti-Israel protestors nearly two weeks ago.



"We've seen the increasingly threatening anti-Israel protests across this country, and we came today with an important message: Just because an opinion is voiced loudly does not mean it's accurate or representative of us all. We represent hundreds of Hudson Valley constituents who proudly stand with Congressman Ryan and thank him for his continued support of Israel, as well as his work to combat antisemitism in the Hudson Valley."—**Karen Hochhauser, Executive Director, Jewish Federation of Dutchess County.**

"The last 100 days have been extraordinarily difficult for Jews around the world. We've watched neighbors cheer the murder of Jews, deny that the mass rape of Israeli women even occurred, and show no concern at all for the American citizens still held hostage. With Orange County native, Judith Haggai, brutally murdered by Hamas, very few have stepped up to express their support for the Jewish community. We are



(Continued on page 8)

COMING SOON IN MARCH
KRAV MAGA
Israeli Defensive Martial Arts



All ages welcome. Attend a **free introductory** class to learn self defense from Gus Bottazzi, a Krav Maga Chief Instructor, with over 35 years of experience teaching others how to protect themselves.

FOR DETAILS, CHECK WEEKLY EMAIL AND WWW.JEWISHDUTCHESS.ORG/EVENTS



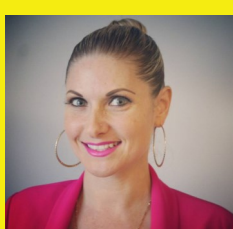


INTRODUCING

Heather Kernes

The JFedDC new Engagement Manager

Learn more about her in the March edition of *The Voice*



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Kantika
A NOVEL
Elizabeth Graver

The JBC @ The Jewish Federation, Author Series 2023/2024
Sunday, February 4th at 2pm
A Virtual Event

This is a collaborative event with the Jewish Federations of Orange & Dutchess County & Temple Sinai, Middletown



Meet Elizabeth Graver, Author of Kantika

The story of Kantika, based on the life of Graver's grandmother, opens in Constantinople in 1907 and spans five decades, making stops in Barcelona and Havana but ultimately ending in New York City in 1950. While modern Jews everywhere are suffering as a result of the two World Wars, it's also a period of great upheaval for Sephardic Jews in Islamic lands — in this case, Turkey.

Register using the QR code, questions contact Pam: admin@jewishdutchess.org





 **Coffee & Conversation** 

Biblical, Prophetic Ethics in a World of Human Trafficking and Migration

OVER 50 MILLION PEOPLE, INCLUDING CHILDREN, ARE TRAPPED IN MODERN-DAY SLAVERY AND SEXUAL EXPLOITATION. MIGRANTS ARE ESPECIALLY VULNERABLE.





THIS PRESENTATION WILL EXPLORE HOW THE PROPHETS OF ISRAEL SOUGHT TO CARE FOR MIGRANTS, SHAPING THE TEACHINGS OF BOTH JUDAISM AND CHRISTIANITY.

WE WILL ALSO EXAMINE WAYS TO HELP THOSE ON THE FRONTLINES OF THIS STRUGGLE. JOIN US TO DISCUSS THESE VITAL ISSUES ON THE FOLLOWING DAYS AT 1:00PM:

February 11, 2024: Single Parents
March 10, 2024: Unprotected Children
April 14, 2024: Immigrants
May 19, 2024: Poor People

"Do not oppress the widow, the orphan, the alien, or the poor; and do not devise evil in your hearts against one another." -Zechariah 7:10

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For More Information:
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RSVP highly encouraged for planning purposes at www.jewishdutchess.org/events

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Jewish Federation of Dutchess County
(845) 471-9811
JFedDC Executive Director
Karen Hochhauser
Director@JewishDutchess.org

The Voice
Editor: Karen Hochhauser
Layout: Tamra Bienemann
MAL: Alyssa Kogon

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LEARN & LUNCH BUNCH

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

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.

February

- February 14

Stress Management and Relaxation with Adrienne London.
Come learn all the necessary techniques to improve this area of your life.
Menu: tuna and egg salad wraps, tossed salad, gelato
- February 28

Wolves in the holy land and why they live in groups—with Russell Rothman. Russell will teach us all about these magnificent animals.
Menu: pasta primavera, fruit, cookies

*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

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

Office for the Aging

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

The Office for the Aging is beginning 2024 with an eye toward meeting emerging unmet needs, as Dutchess County’s older adult population is expected to continue growing for at least the next 20 years even as overall population levels stay roughly level.

Measured in percentages, Dutchess County’s older adult population is considerably higher than New York State’s, which in turn is higher than the nation’s. According to the 2022 Census Bureau’s American Community Survey, 27% of Dutchess County’s population is over age 60. We’re at a new all-time high for older residents: over 80,000.

The county’s median age of 42.8 reflects this reality; again, higher than both the state and federal median ages. Several rural Dutchess towns show even higher median ages: Clinton, Milan and Washington at 50, North East and Pine Plains at 51; Stanford at 52; and Rhinebeck at almost 55.

On one hand, the statistics are encouraging in that they show how many older adults in Dutchess County have been able to live longer, healthier lives, even while accounting for the effects of the COVID-19 pandemic. On the other hand, the sheer number of older adults is certainly cause for a new kind of concern. What we at OFA call “successful aging” isn’t just a personal achievement for an older adult trying their best to maximize their years of independence. It’s quickly becoming a necessity.

WHY THE CAREGIVER SUPPORT RATIO MATTERS

In 2010, AARP measured the ratio of potential family caregivers to people in the high-risk years of 80+ in the US at 7:1. It’s called the “caregiver support ratio” and it’s been declining sharply over the past 15 years, especially in counties like Dutchess with larger older populations whose children no longer live nearby. Declines in caregiver support ratios are a worldwide concern; ratios have been declining throughout Europe and other nations with older populations, often to an even greater extent.

The key to OFA’s plans for 2024 is to successfully combine policy, funding, and delivery of services in the face of daunting caregiver support ratios and staffing challenges. Through our NY Connects and Case Management units, we’re working to engage caregivers more than ever before, to connect them to services and supports. We know that once caregivers can identify themselves as such, the more likely they’ll be to consider accepting supports. Are you a caregiver? Find out at www.dutchessny.gov/ofacaregiver.



It is time to renew your holiday greetings for 2024.


See page 9 to purchase a 3-pack and have a holiday greeting in *The Voice* for each 2024 holiday.

Visit:

www.JewishDutchess.org/holiday-ads to place your order online.

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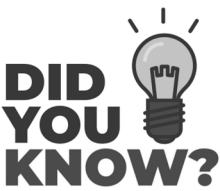


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The Harding Club

I should have written this last week. Sure, the weather was cool then; the winter solstice had just passed, and the cool temperatures belied the fact that the days were getting longer. But today we (those of us still in Poughkeepsie) woke up to a foot of snow and a reminder that Mother Nature never loses.

Many of our members already have fled to warmer climes (Florida), but others have opted to spend all or much of this winter in Poughkeepsie.

Nevertheless, The Harding Club goes on. With many members away, we are meeting once monthly during these few winter months rather than the usual once.

I write these words not only to report to the community but also to remind my audience that there are opportunities for new members to join our club. The Harding Club is an active group of older Jewish men who enjoy socialization and the higher calling of philanthropy and doing good deeds in our community. For over 100 years the club has been an integral part of our community, and the enjoyment of togetherness and our commitment to helping others is a consistent part of the club's history. Into the future, new members will embrace that commitment. Will YOU become a new member? Contact any of the folks listed below and begin the process of becoming a new member.

Our meetings usually take place at a local restaurant for lunch or dinner and an interesting speaker. The speakers come from a wide range of fields. Recently, for example, we heard from Melaine Rottcamp, President and CEO of Dutchess Tourism and learned about the dozens of attractions to enjoy in our area. Also, we enjoyed a presentation by Ulster Savings Bank Vice President Carl Nauman. Carl informed us about Cyber Security.

We have aided Israeli soldiers, supported the PJ Library and we have helped feed hungry kids in Poughkeepsie's inner city. We have enjoyed presentations given by judges, scientists, professors and business executives.

The Harding Club is an integral part of our community. Explore us further by checking out our website (harding.jigsy.com) or by contacting any of the following officers:

Your author, Club Secretary Alan Fox, alfox21@yahoo.com
Club President Gene Fleishman, gene.fleishman@gmail.com
Club Vice President Irv Miller, irvinmiller@gmail.com



JWV Post 625's Chief of Staff Martin Hochhauser presents a check to Nicole Embry, Chief of the Center for Development and Community Engagement at the V.A. at Castle Point. The check represents funds raised at the Post's Veterans' Day Poppy Event, which the CDCE will use to benefit the veterans' food pantry and clothes closet that they operate at the local V.A. campus.

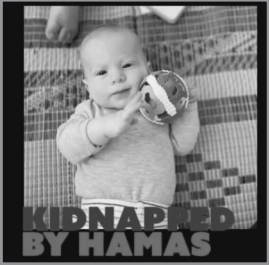


#BlueRibbonsforIsrael

A global unity symbol in solidarity with hostages and their families

The blue ribbon symbolizes support and solidarity for the safe return of the hostages taken by Hamas terrorists in Israel. It symbolizes solidarity with the hostages, their families, and all who care about their safety.

BlueRibbonsforIsrael.org



Baby Kfir Bibas just marked his first birthday while still in captivity.

At the time of print, over 100 hostages are being held by Hamas. They have been from 30 countries. They have been Christian, Muslim, Jewish, Buddhist, and Hindu. Show your solidarity with them and us by wearing a blue ribbon or putting one on your tree or building. We also have blue squares to fight antisemitism.

If you need a ribbon or square, call the JFedDC (845) 471-9811

Be sure to look for our advertisers in this month's *The Voice*:

- | | |
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| Page 3 | Wm. G. Miller & Sons Funeral Home, Inc., Lewis & Greer Attorney at Law, David Feinstein Berkshire, Hathaway Home Services, B Riley Wealth, Optique Elegance, Michael Torsonne Memorial Funeral Home, Red Cap Cleaners, and PAZ |
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VOICE DEADLINES	ISSUE	DEADLINE
Note deadlines listed.	March	February 1
Email:	April	March 1
TheVoice@JewishDutchess.org	May	April 1
if you have questions.	June/July	May 1



JEW IN THE NEWS.

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



Announcing: New Office Opening

Stephen E Diamond, a native of Poughkeepsie with 40 years' experience practicing law has embarked on a new direction. He has opened his own practice and is also General Counsel with INF ASOCIATES, LLC involved in energy solutions.

When he is not assisting businesses and individuals in many areas of law, primarily Business and Corporate Law, Estate & Elder Law including asset protection and Commercial and Residential Real Estate including secured lending, he is committing time and expertise to community organizations. As recently reported, Steve received the Root – Stimson Award from the New York Bar Association recognizing his commitment to community and volunteer service.

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

Are you receiving the weekly email or would you like to receive ***The Voice*** digitally?
Email:
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Dear Proud but Afraid,

Antisemitism is on the rise. Hate crimes are on the rise. It's a great thing to be proud of who you are. It's another thing to put yourself in danger. Perhaps you can be proud by wearing your star in situations that are "safe," like Temple or Jewish functions. Perhaps wearing it out in a very public place where your safety is in jeopardy isn't the best time to display your pride. Use your judgement. By making a choice to not publicly identify yourself as Jewish doesn't mean you don't take pride in your heritage.

Shoshana

Rabbi’s Blog by Rabbi Joshua Boettiger

It has now been four months since Hamas’ brutal attacks on October 7th. To me – and I suspect for many of us who have been so whole-heartedly enmeshed in mourning, processing, keeping up with the news – it has felt like much longer.

We have been experiencing not only anger, pain, and worry about the unfolding situation in Israel and Gaza, but also a sense of unease and alarm as we witness the speed in which antisemitic tropes have again risen up in this country. In the face of all this, there have been unifying moments for the North American Jewish community where we have banded together in some sense of shared anguish and hope, but especially as the war has continued, our Jewish community on this side of the ocean has often been strained and divided, with existing tensions only exacerbated.

I’ve wondered for a while now what we actually mean when we speak about *Klal Yisrael* – the whole Jewish people. Oftentimes, *Klal Yisrael* is talked about as a value; as if to say we want to strive to keep the existence of our entire Jewish collective in mind. But what does that value imply or assume? It surely means to hold the experience of our Israeli brothers and sisters in our awareness and concern. But surely it also means to not disregard or condescend to those Jews in this country whose political outlook and activism may be different than ours.

Our current moment is not unique. As any student of Jewish history learns, there is never widespread Jewish agreement on anything, even in times of peril. We know that the Jewish people has always been a cacophonous and often rancorous mixed multitude. And in passionate times, we have an impulse towards making those with whom we disagree politically seem like at best, caricatures, and at worst, villains. Nothing drives Jewish people crazy more than other Jews. The sad and beautiful fact of the matter is that we’re stuck with each other.

To me, this is how the mitzvah of *Klal Yisrael* presses upon us. Given the fact that we are bound together in many ways (including how the world perceives us), how are we going to treat one another? This is a question that feels critical not only on the heels of October 7th but also in anticipating the madness here in the U.S. that is going to lead up to this coming November 5th. How do we speak to one another across legitimate political difference without calling into question the other’s Jewish bonafides? We compound the pain of the current moment when we dismiss fellow Jews, on one side, as naïve or self-hating, and on the other, as heartless and hiding behind a sense of moral self-righteousness.

It’s not just on college campuses that we see this challenge, though we often spotlight the universities. This challenge and possibility is endemic anywhere Jews gather. I’m not speaking about relativizing Hamas’ evil. I’m speaking about the conversations we are having with our kids or our parents, people we play basketball with, co-workers – none of whom are Hamas operatives – but who, when they express certain opinions, can activate our nervous system as if they were. How do we resist oversimplification and fighting binary thinking with binary thinking? How do we find a way forward that doesn’t further divide us as a people?

There are no easy answers to this. An honest response to this challenge doesn’t mean we can’t debate and argue vociferously. But it also doesn’t mean we can’t practice *dan l’kaf zechut* – not only judging others favorably, but also assuming that there is real validity in what they raise. The challenges facing Israel are abundantly real, as is the specter of deepening antisemitism. We can’t put our heads in the sand. But if we confuse one another with our worst projections of the other, we’re giving up at a critical moment.

Joshua Boettiger is the Jewish Chaplain and Visiting Assistant Professor of the Humanities at Bard College. He is also the Rosh Yeshiva at the Center for Contemporary Mussar.



Rabbi Boettiger

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 Barbara Kernes, who took time away from reading and catching up on the war with Hamas to answer our questions.



Barbara Kernes

- 1. **What is your favorite/least favorite word?**
Favorite: *Love*
Least Favorite: *Hate*
- 2. **What inspires you creatively, spiritually, or emotionally?**
Music, art, and a good book.
- 3. **What is your favorite song?**
Hallelujah by Leonard Cohen, who was a great Jewish writer and singer.
- 4. **What profession other than your own would you like to attempt?**
Writer.
- 5. **What profession would you not like to attempt?**
Although I think police are not only good but needed in our society, it is a profession I'd not like to attempt. The thought of maybe shooting someone is not something I could do. I am very thankful they're here to protect us.
- 6. **What is your favorite Jewish food/dessert?**
My favorite Jewish food is matzoh ball soup. Chicken soup for the soul. We cook it in our house just about every other day. My favorite Jewish dessert is hamantaschen. Not only is it a great cookie but it carries with it a great story and history that has been passed down from generation to generation.
- 7. **What do you most like and dislike about yourself?**
Like: *My love of life. I love meeting new people and doing new things. I love life!*
Dislike: *I don't like when I procrastinate. But I'll explain it to you later.*
- 8. **What is one interesting thing that people don't know about you?**
My first concert I went to was to see the Beatles (in Toronto, Canada at Maple Leaf Gardens).
- 9. **If you could choose a superpower, what would it be?**
I don't know if this is considered a superpower, but if it's not then I think it should be. I would like to have the ability to stop those who start wars.
- 10. **What is your greatest achievement/something you are most proud of?** *I was married to my husband, Marc Terry, for 47 years and lived with him for 3 years before that. So I was with my husband for 50 years before he died in 2020. Since I came from a divorced family, I am extremely proud to have been with the love of my life for 50 years.*
- 11. **Do you have a “bucket list” and, if so, what is on it?**
I have never been to Israel. That's high on my list.
- 12. **If there were one thing you would hope others do in the interest of our future, what would that be?** *Make more Jewish babies.*
- 13. **What is your earliest Jewish memory?**
Spending Passover with the extended family.
- 14. **What is your most favorite Jewish memory?**
My marriage.
- 15. **In what ways does or can JFedDC impact our Jewish Community?**
The Voice newspaper has impacted me by telling me what is happening, when, and where the Dutchess Federation is around town so I know where to go to be around other Jews.
- 16. **If Heaven exists, what would you like to hear G-d say when you arrive at the Pearly Gates?**
You can pass. Welcome.
- 17. **What is the biggest challenge to our Jewish community?**
Antisemitism
- 18. **What binds you to your faith, if anything?** *My family.*
- 19. **What is central to your life?**
My loved ones and my health.
- 20. **What do you feel your most significant contribution to the future of the Jewish future has been or could be?** *My children.*
- 21. **What is one question you wished we ask and the answer?**
Q: Do you feel safe since October 7th?
A: I did not feel safe after October 7th, but since I began to connect with the Jewish community through the Federations events I've begun to feel much safer.

*Member of the Tribe

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Tiny Temple Fun and Learning

All tots through age five and their grownups are warmly invited to “Tiny Temple” on **Sunday, February 11, 10:30am** at Vassar Temple. We’ll join with PJLibrary for fun and learning, make a craft, and enjoy a healthy snack. Vassar Temple is a welcoming, inclusive Reform congregation. There is never a charge to attend Tiny Temple events, but please help us in our planning by RSVPing to office@vassartemple.org or (845) 454-2570.



Vassar Temple celebrated Hanukkah by making a menorah at Tiny Temple, creating cookies, putting on a play in religious school, holding a beautiful candle lighting service, and festive holiday dinner for the congregation.

Friendship *By Suzanne Turrisi, PJ Library Assistant Director*

What does it meant to be a friend? Britannica defines friendship as, “...a state of enduring affection, esteem, intimacy, and trust between two people. In all cultures, friendships are important relationships throughout a person’s life span.”

Why do we need friends or companionship? According to American Psychological Association author Zara Abrams, “Psychological research suggests that stable, healthy friendships are crucial for our will-being and longevity. People who have friends and close confidants are more satisfied with their lives and less likely to suffer from depression (Choi, K. W., et al., *The American Journal of Psychiatry*, Vol. 177, No. 10, 2020). They’re also less likely to die from all causes, including heart problems and a range of chronic diseases (Holt-Lunstad, J., et al., *PLOS Medicine*, Vol. 7, No. 7, 2010; Steptoe, A., et al., *PNAS*, Vol. 110, No. 15, 2013).

The benefits of friendship are appreciated by Jewish tradition. Ecclesiastes wrote, “Two are better than one because they have a good reward for their labor. For if they fall, the one will lift up his fellow; but woe to him that is alone when he falls, for he has not another to help him up” (4:9-10).

The basic concept of bringing individuals together is the source of many other words: the word for “friendship” is chaverut (חֲבֵרֻת), the word for “corporation” is chevra (חֵבְרָה) and the word for “sociable” is chevruti (חֵבְרָוּתִי) a brother is born for adversity.” Couple this with Proverbs 18:24, “There is a friend who sticks closer than a brother,” and a different picture of friendship begins to emerge. This friend is someone who is there through thick and thin.

Friendship enriches our lives emotionally and physically. Cherish the friends that you have and cultivate new friendships along the way!

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 Baczkowski -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 Tzivie Hecht, Director (845) 876-7666 or [tizviehecht@gmail.com](mailto:tziviehecht@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.

JOIN US AT
TINY TEMPLE
A VASSAR TEMPLE & PJ LIBRARY
COLLAB

Let’s plant seeds of thankfulness!
Growing flowers and gratitude with a special
PJ Library story time and activity.

February 11, 2024 10:30 AM
Vassar Temple
140 Hooker Ave Poughkeepsie, NY 12601

Vassar Temple
Where You Belong
Celebrating more than 160 Years of Worship and Service

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!

www.jewishdutchess.org | 6

חברות

Chaverut

Friendship

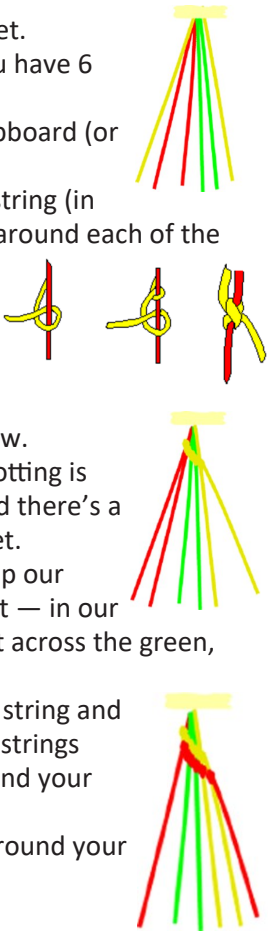
Here is a friendship craft from DLTK’s Crafts for Kids

Materials

- 3 strands of embroidery floss or yarn each 6ft long.

Instructions

- Put your yarn together so all of the ends meet.
- Fold in half and know in the middle (now you have 6 strands).
- Tape the know to a table or clip in onto a clipboard (or get a friend to hold it).
- Starting from left to right, use the left most string (in this case the yellow) to make a double knot around each of the other strings — the image shows what one double know looks like.
- Using the colors in our diagram, we’d use the left most yellow to make a double knot around the red, then the second red, the green, then the second green, then the yellow.
- At the end of that, the string we used for knotting is now on the right most side of the project and there’s a diagonal first row of knots across the bracelet.
- Again, starting from left to right, we’ll pick up our next string and knot all the way across with it — in our diagram, we pick up the right string and knot across the green, green, red, yellow, yellow.
- Continue this process of taking the left most string and double knotting all the way across the other strings until your bracelet is long enough to tie around your wrist.
- Tie a simple knot in the end and then tie it around your friend’s wrist!



Community Chanukkah Party

Tamatha



Suzanne



Learning To Be “Grateful For the Partial”

By Tamatha Williams, PJ Library Director

PJ families started the new year with a meaningful yoga event at Mindful Yoga With Liz. When Liz and I discussed collaborating for this event, she asked me if there was anything in particular that I wanted our PJ families to take away from the event. I recognized that January seemed to bring mixed emotions, a bit of sadness that the excitement of the holidays had ended and hope for a positive new year. With this dichotomy of feelings, Liz and I agreed to focus on gratitude through yoga.

While normally I would delve into the details of the experience that we had, I’ve decided for this article to take a different route. The January blues have come and gone but what remains is a positive outlook for the new year. I am attributing this positivity or sense of hope to the practice of gratitude.

PJ Library devotes an entire section on their website to gratitude (<https://pjlibrary.org/gratitude>). According to their website, “Modeling gratitude and practicing *hakarat hatov* helps children (and us grownups) remember to be thankful for things in our life beyond material possessions.

Understanding that everything really *is* amazing helps all of us stay grounded, thankful, and healthy.” Gratitude in itself seems fairly simple. Look around and appreciate those surroundings and experiences. In practice though, according to Rabbi Irwin Kula CLAL co-president of the National Center for Jewish Learning and Leadership, gratitude is actually a choice we make and to make that choice, we need to acquire the skill of practicing gratitude.

In Jewish tradition, it is said that we should recognize gratitude 100 times a day. Kula emphasized how happy we would be if we felt grateful 100 times throughout the day! I imagine that would be easier said than done but another idea Kula discusses is to be grateful for the partial. As I write this article, I am focused on its completion but what if I was grateful for the partial? What if I paused and recognized gratitude in being able to put my thoughts on paper, gratitude for the audience of readers that will read my completed article and gratitude for the positive impact that my article may have on your day?

As we embrace the new year, let’s be easy on ourselves and try to shift our mindset to being “grateful for the partial”, that one piece of the day that makes us smile, that one simple act that gives us hope or that one simple task that we accomplish



Family of the Month



The Valon Family



*How many children are in your family and what are their ages?

1 child- Lilah female age 1

*How long have you been receiving PJ Library books?

1 year

*What is your family's favorite PJ Library book?

Lilah Tov, Good Night

*How did you hear about PJ Library?

Temple

*Why is PJ Library important in your home?

It helps keep Jewish rituals and traditions as a part of our home.

*How has PJ Library influenced your family's Jewish living and decisions?

It helps bring our Jewish heritage to life with age appropriate books to help teach about Jewish holidays and traditions. It helps us to raise our daughter with similar values that we both grew up with so we can continue those traditions in our own family.

*Is PJ Library helpful to you as a parent? How?

Yes- it makes it easier to incorporate Judaism into our daily book reading and we will continue to read them to her as she grows up.



The Federation Board’s Voice



Jonah Ritter

EXPECTATIONS ARE NOT ENOUGH by *Jonah Ritter*

It's fine to have desires. But if you really expect to see change the best place to begin is with your own actions.

Jews are practitioners of this attitude. You might say it is in our DNA to promote social justice. We have a reputation for being in the fight against hunger, discrimination and advances in treatments for diseases that claim our loved-ones lives.

With the parabolic rise in antisemitism and hate crimes against Jews and most notably the Oct. 7th attack on Israel, coupled with the support for Hamas we've witnessed on campuses and in cities across the USA and around the world, Jews face an existential threat.

Left alone, antisemitism in society is like an untreated cancer. Heaven help us if it is allowed to get to a Stage 4. In 1930's Germany it metastasized. We need to cut it out now!

I'm sure you agree. Anyone reading this newspaper desires change. The question is, what are YOU going to do about it?

If you expect to see change, you can start in many ways. Use your body - Attend a protest, volunteer. Use your voice - Speak out, write letters. Use your money - support organizations with dedicated volunteers who are in the fight.

The Jewish Federation of Dutchess County's stated mission is to perpetuate, protect, and enhance Jewish communal life and well-being locally, in Israel, and worldwide while supporting our greater local community. We have six areas of focus including these two:

- Security/Anti-Semitism
- Fostering pride in Israel

JDED exists to promote positive changes in these two focus areas. Our small but mighty staff, volunteers and partners are taking numerous tangible actions on these fronts! We are using our collective body, voice and money.

If JFED's focus aligns with your desires and expectations I have a question for you. What are you going to do about it? Never again is now!

Anything you can offer that will help us in our mission is appreciated. With the Book of Esther and The story of Purim fresh in our minds, let it be a reminder that we all have to fight back to defeat our enemies.

(Pat Ryan Thank You Letter Continued from page 1)

lucky to have a Congressman who stands up to the persistent antisemitism in the Hudson Valley and around the country. Thank you Congressman Ryan for clearly and forcefully fighting alongside the Jewish people against this overwhelming current of hate and violence.”-**Wendy Cedar, MBA, Executive Director, Jewish Federation of Greater Orange County.**

“Our heart breaks for the people of Israel, who have experienced unspeakable anguish, and I firmly believe Congressman Ryan’s message is one we should all get behind. Bring the hostages home, remove Hamas, and rededicate ourselves to a lasting peace. That’s what we should be focused on, not calls for a unilateral ceasefire, which would allow Hamas to commit the horrors of October 7th over and over again. Congressman Ryan is a true champion of the Hudson Valley Jewish community, and today’s outpouring of support proves that.”-**Rondavid Gold, President, Jewish Federation of Ulster County**

For more information, please contact:
Karen Hochhauser Director@JewishDutchess.org (845) 471-9811
Wendy Cedar Director@JewishOrangeNY.org (845) 244-1176

There is still time to show your thanks for Congressman Ryan. Go to www.JewishDutchess.org to sign the letter for Congressman Ryan for showing steadfast support following Hamas’s brutal terrorist attack on October 7, 2023.



Our Executive Director



Strength or Weakness

During the interview process, one question always asked, at least in the past, is what are your strengths and weaknesses? The “strength” is typically easier to list but identifying a “weakness,” that sounds like a strength, can be a challenge. In my household, particularly when I was younger, I would say they were equally challenging to answer. As I have previously shared, my mother, with all her amazing strengths, faulted in that she was not able to take a compliment. We were expected to be modest, humble, and downplay anything “good” that we did.

That being said, we cannot hold our parents responsible for who we are as adults. So if pushed, I would share that I might “positively” describe myself as competitive (“slightly”), fiercely loyal (almost to a fault), passionate about things I believe in, and intensely dedicated to my family. I have also been known for prioritizing others and their needs first (strength or weakness?). Lastly, during Covid and all the Zoom calls, I also learned that I am quite skilled at rolling my eyes. It is a “talent” I mastered at a very young age and if you are good at something, keep doing it. Right?

Then there are my weaknesses, which I often feel are too many to list. Being incredibly competitive also means that I am amazingly good at beating myself up over things I have or have not yet completed (to the extremely high, self-defined level of success). For example, there is still so much more that needs to be done to fight antisemitism, to connect with our donors and share what we have been doing and thank them for their support, to find ways to help the community more, and to build stronger relationships... and the list goes on and on. Realistically, there will probably never be enough time in the day, week, month, or year for me to accomplish all that I would ideally like to.

Caring for what people think is one of those things that could be both a strength and a weakness. Focusing on the latter, I must admit that I am jealous of one of my sons who has a much healthier attitude about this. We were together once in transit to my work event, and he noticed I seemed a little edgy and anxious (a rarity for me). When pushed to respond why, I realized it was because I knew there were likely going to be people in attendance who previously decided it was their business to talk about me in a negative light. Now if we were all mature adults, we would know that this is ridiculous and immature. People should not be so petty...but just looking back to any one of several stories in the Bible, we know that human nature is not so. My son though had some brilliant yet simple advice. He said that I should “just forget about them (with a few more explicit swear words). They mean nothing.” And he is absolutely correct - or at least I should consider them inconsequential to my life. Sadly, my intuition was correct and people I do not even know felt some inexplicable need to try and disparage me.

I fondly recall when a friend once said to me that as soon as she turned 50, she no longer cared what others thought or felt about her. What a brave and empowering concept. I look forward to the day of my becoming 50.

So this year, 2024, I decided something had to change. Something inside of me clicked and I decided that 2024 is going to be the “Caring for Karen” year. It is really a fascinating concept. This year I am going to try and prioritize myself (a little). Put in some boundaries so I am not working 7 days a week (after sundown on Saturday night, I do not need to get back online to answer emails). I am trying to carve time to get a massage or spend time with my father and friends. I am focusing on healthy things – like getting a colonoscopy to ensure I am healthy on the inside and out (which is an important preventative measure that everyone over the age of 45 should do!) I am also trying to be a little kind to myself. Though I am amazingly talented at beating myself up, this year I am trying to be aware of it, remind myself that 2024 is the year of “Caring for Karen” and strive to be more forgiving, understanding, and kind (to myself).

With February upon us and each of us being given an extra day on February 29, I encourage you to do something to care for yourself and others.

Here is to all of us being caring and kind,
Karen Hochhauser, Executive Director

PS A special thank you to my son who has been wonderful in helping keep me focused and prioritizing “Caring for Karen.”



Annual Reports are available at the JFedDC Office. If you would like one please call: (845)471-9811.

A SPECIAL FUNDRAISER:
Supporting the Israeli Economy and Israeli Farmers

The Jewish Federation of Dutchess County has partnered with My Tree in Israel for a fundraiser to assist the Israeli economy and farmers. My Tree in Israel has added farmers to their program and has expanded the options and offerings.

To purchase wine in time for Passover or to participate in this fundraiser in a variety of ways (create your private brand of Israeli olive oil, create your private brand of Israeli wine or create your private brand of Israeli whiskey), visit:

www.JewishDutchess.org/support-israel

Reach out to the staff for more information and how to place an order

Sisterhood Schomre Israel

41st Annual Hamentashen Sale

Raspberry · Apricot · Prune
Poppyseed · Chocolate

\$19/dozen—\$12/half dozen
\$27 Shalach Monot Basket + \$18 postage

Hamentashen available for purchase and pick-up on
Sunday, March 10th from 11:00am-1:00pm

Congregation Schomre Israel
18 Park Ave, Poughkeepsie
www.schomreisrael.org · (845) 454-2890

Purim Holiday Packages

If you know a senior who would like a Purim Holiday gift email:

admin@jewishdutchess.org

NOW AND ALWAYS,
WE STAND WITH THE
PEOPLE OF ISRAEL!

2024 Holiday Greetings

It's almost that time of the year when The Voice invites you to wish your friends and neighbors a Happy Holiday.

This year we will once again be offering a 3-pack of Holiday Greetings which includes: Passover, Rosh Hashanah, and Chanukah.

Please look at the designs and choose an individual greeting or the 3-pack. If you choose the 3-pack, please choose the same size ad for all holidays.

The cost: Small ad: \$30 each or 3 for \$80
Medium ad: \$40 each or 3 for \$110
Large ad: \$70 each or 3 for \$190

Sm Ads—2" by 1.4"
Md Ads—1.5" by 2.9"
Lg Ads—3.2" by 2.7"
Approximate sizes

Please fill out the form and mail it back to us with your payments to:
THE VOICE, PO Box 2525, Poughkeepsie, NY 12603
Or complete online: www.jewishdutchess.org
DEADLINE for Passover Greeting is March 8

2024 Holiday Greetings

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Holiday	Small	Medium	Large
Passover (circle one)	A B	C D	E F
Rosh Hashanah (circle one)	A B	C D	E F
Chanukah (circle one)	A B	C D	E F

Your name(s) on the Greeting: _____

Checks should be made out to:
Jewish Federation of Dutchess County

Passover Greetings

Small—A

Peace to you this Passover!

Your Name

Medium—C

Happy Passover

Your Name

Small—B

HAPPY PASSOVER!

Your Name

Medium—D

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

Your Name

Large—E

Passover Blessings

Your Name

Large—F

CHAG PESACH SHALOM

Happy Passover

Your Name

Rosh Hashanah Greetings

Small—A

May the sounds of the Shofar welcome in a New Year of health and happiness

Your Name

Medium—C

May the sounds of the Shofar welcome in a New Year of health and happiness

Your Name

Small—B

Have a Sweet New Year!

Your Name

Medium—D

L' Shanah Tovah

Your Name

Large—E

Best Wishes For a Happy & Healthy New Year!

Your Name

Large—F

L' Shanah Tovah Have a sweet year!

Happy New Year!

Your Name

Chanukah Greetings

Small—A

Peace to all!

Your Name

Medium—C

Wishing you peace in this season of miracles!

Your Name

Small—B

Hanukkah Blessings

Your Name

Medium—D

Happy Hanukkah!

Your Name

Large—E

HAPPY HANUKKAH

From Our Family to Yours,

Your Name

Large—F

May your Hanukkah shine bright with happiness!

Happy Hanukkah

Your Name

www.jewishdutchess.org | 9

Congregation
Schomre Israel

(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.
Conversational Hebrew 11:45am.
Hebrew Script 6:00pm. Learn to write in script and to decode script.

Thursday

A Window into Yesteryear
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.
February 1—Israel circa 1000 BCE and Deborah;
February 8 Poland circa 1500 and Rabbi Moshe Isserlis;
February 15 England circa 1800 and Yehudis Montefiore;
February 22 Northern Europe circa 1100 the Tosafot.
Hands on Judaism for the Foodie—
February 29, 7:00pm. The Kitores-Incense used in the Temple

Other Events:

Thursday

Yiddish Club 11:00am, February 29. Want to speak a bisele, to chap a noshe, and to schmooze, then this club is for you. Join us live monthly. The Yiddish Club is a nostalgic trip to the times and culture of our bubbies and zaydies, mixed with Yiddish music, Yiddish comedy, Yiddish lemin, and Yiddish hanae as well as a look at how Yiddish is faring in contemporary times. Program is open to the community. Join us, no experience needed.

Friday

Rosh Chodesh Breakfast February 9, following morning service. Usher in the month of Adar 1 by joining us for services and breakfast.

Saturday

Movie Night February 17, 7:00pm. Join us in viewing the film *The Princess Bride*. A classic fairy tale adventure. It's a love story, a medieval adventure, a slapstick comedy and earnest good vs. evil saga all wrapped up in one-liners and run-on declarations

Sunday

4K Club February 25, 9:30am. (Koffee, Kibbitzing, Kvelling Klub) - a pleasant social gathering.

Purim Dinner by Sisterhood of Schomre Israel

March 24, following 5:00pm service, Paid reservations by March 8. \$36—Adults, \$15—Children

Upcoming

HAMENTASCHEN SALE The time is NOW to order your Purim treats! The annual Hamentaschen sale began. Pre-ordered hamentaschen will be available for pick up on Sunday, March 10. See page 9 for more information. Remember, Purim Day is on Sunday, March 24. To place an order or for info contact the synagogue office or Roberta Grosman, rgrosman@aol.com

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:
2/13/24—*The Most Beautiful Girl in Cuba*;
4/9/24 and 6/11/24—Selections TBD.

Contact:

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

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 February 2, 9, 16, 23, 7:30pm.

Saturday

New Paths Shabbat Morning Worship February 3, 17, 10:15am.
Shabbat Morning Service February 10, 24, 10:15am

Adult Education:

Monday

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

Wednesday

The Roots of Reform as Prophetic Judaism February 7, 7:30pm, Hybrid with Rabbi Altman. The prophets raged against injustice, demanded ethical and righteous behavior. When Reform Judaism began in America, it was grounded in the teachings of the prophets and even referred to as Judaism. If you missed prior sessions, you can still join. Just RSVP to adulded@vassartemple.org as to whether you pan to attend in person or on Zoom, and if you need the Zoom link. Try to bring a Jewish Bible (Tanakh); you can also access the text at <http://www.sefaria.org>.

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.

Bakers Needed

March 3 (Snow date 3/10), 9:00am. Please join us in the Temple kitchen for Vassar Temple’s annual Hamantaschen Baking Day! Make friends while making hamantaschen for our Purim services, for outreach, and for out-of-town college students. If you can bring a batch of dough and rolling pin. Remaining ingredients will be provided by Sisterhood. We will us the SAME dough recipe. Not able to come and help? Please make a batch of dough and leave it in the Temple freezer in a Ziploc bag—just let Judy know! For the recipe, and to let her know you’re coming and/or making dough, RSVP to Judy Rosenfeld at: hamantaschen@vassartemple.org.

Contact :

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

Virtual Jewish History
of Paris Experience

with Karen Reb Rubel
of www.sightseekersdelight.com

Sunday, February 25th 2pm

The virtual tour lasts 90 minutes:
there will be time for questions with Karen.

Join us in person at
Temple Beth-El
or view the virtual tour
from your own home
with a link.

You must register and pay by
Thursday, February 22nd
to recieve the link.

JOIN US IN PERSON TO VIEW THE
TOUR AT TEMPLE BETH-EL

We will have food and drink as we enjoy
the tour of Paris with friends- \$36

SIGN UP TO ENJOY THE EVENT AT
HOME
For just \$18 you will get a private link
direct into the event.

Contact Karen Jacobs at TBE to sign up
educationassist@tbeny.org
845-454-0570

Vassar Temple Sisterhood Book Club Wednesday, February 21, 2:00pm at Collegeview Tower meeting room, 141 Fulton Ave, Poughkeepsie. An in person discussion of Jodi Picoult’s *Wish You Were Here*. An associate with a promising future at Sotheby's, Diana O'Toole finds herself stranded in the Galapagos during the COVID lockdown. Her medical resident boyfriend stayed home, caring for Covid patients on the frontline at a major New York hospital. With her hotel shut down, Diana stays with a local family, becoming part of the island culture and a teen mystery. What was originally supposed to be a romantic getaway makes her wonder if the full life she'd planned is also empty in some ways. Jodi Picoult, once again, has created a bestseller with twists and turns that keep the reader engaged throughout and, maybe, surprised at the end! All are welcome to attend. Questions Contact bookclub@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 February 9, 5:15pm

Saturday

Morning Minyan 10:00am.

Education:

Mediation & Torah Study Tuesday,
8:45am, February 6, 13, 20, 27, via Zoom.

Hebrew Trope Wednesday, 12:30pm,
February 7, 14, 21, 28, via Zoom.

Conversational Hebrew Wednesday,
4:00pm, February 7, 14, 21, 28, via Zoom.

Coffee Chai with the Rabbi (Zoom)

February 1, 8, 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 Tpke, 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 Service10:00am

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



February

Candle Lighting Schedule

February 2	4:54pm
February 9	5:03pm
February 16	5:12pm
February 23	5:20pm

Run 4 Their Lives Initiative

Can you give 18 minutes of your week for those sitting in captivity? If the answer is yes, let us know if you would like to help join a local chapter of Run for Their Lives, a global initiative to secure the release of hostages in Israel by Hamas on October 7th.



We have organized a weekly neighborhood walk or run of 15-18 minutes/1km to raise awareness and support. The idea is to walk or run wearing red t-shirts that say Run for Their Lives: #BringThemHomeNow, and to take photos and post on social media. We aim to be low key and non-confrontational, and for this to be a safe and inclusive activity for people of all fitness levels, ages and faiths. Children, children in strollers, and well-behaved dogs on leashes are also welcome. Possible walking locations include the Walkway over the Hudson (Poughkeepsie) the Vanderbilt Estate (Hyde Park) and Poet’s Walk (Rhinebeck).

Check out more about the global initiative: <https://run4lives.org/>
If you’d like to join the local Dutchess County Chapter, let us know days of the week or times that could work for you by emailing Group Leader Alisa Kwitney at: akwitney@gmail.com

Save the Date

March 17
Community Purim Carnival

May 3
Yom Hashoa
In collaboration with FDR
Presidential Library

May 5
Mitzvah Day

May 7
Community Yom Hashoa
Commemoration with
Dutchess Community College

June 5
Annual Federation
Celebration Gala

Come Along and Listen to the Lullaby of:



When:	Sunday, June 9, 2024
Where:	St. James Theater 246 W. 44 th St (between 7 th & 8 th Ave.)
Show:	We have 35 group rate seats reserved for the 3:00 show in the Mezzanine 2 section; I do not have the actual seat numbers at this time. The tickets are on a first come, first served basis.
Cost:	\$119.00 per ticket; your transportation there is not included nor is lunch/dinner.
Deadline:	The absolute deadline is Thursday, February 15, 2024, at 4:00. Additional tickets could possibly be obtained, however group sales does not guarantee that any will be available nor will they guarantee they will be in the same area as the original 35.
Questions:	Merri Sedgwick: moondoggie7@optonline.net Suzanne Turriss: suzanneturriss@gmail.com



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 February 11, March 17, 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



Kualnu school celebrated the 6th night of Hanukkah with candle lighting and songs.



Hanukkah at Arlington Winter Fest



Pickleball at Temple Beth-El



Rhinebeck Chabad Chanukkah Candle Lighting



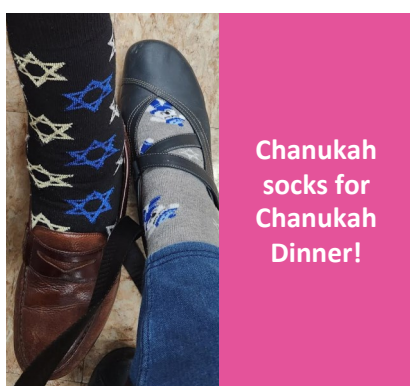
Chanukah with Pardess Chabad Farm at Adams



Hosting the nonn-profit table at the DC Chamber of Commerce breakfast.



Schomre Israel kitchen crew plating a Chanukah meal at the annual Chanukah Dinner



Chanukah socks for Chanukah Dinner!



We Stand with Israel

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

For a list of sites to purchase from visit:
<http://www.jewishdutchess.org/support-israel>

Hudson Valley Medical Health Choices

Life challenges? We can help!

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**.

Hudson Valley Hospice House

542

NOW OPEN

542 Violet Avenue, Hyde Park • hvhospice.org



Temple Beth-El's Hanukkah Party



Community Chanukah Party