

Mitzvah Now Project



We're all feeling the uncertainty and anxiety of this moment and are grateful to belong to a community that cares for one another. As we move through the days and possibly weeks ahead, we are implementing a system for any member of the community to **receive or provide a helping hand**.

For community members who are at high risk, in self-quarantine, or just not feeling well; we are here to offer a little extra TLC. Whether you need a delivery of food or supplies, would like to set up a weekly (or daily) check-in call, or might enjoy a "virtual friendly visit"; we have a community support system ready, able, and willing to help. We can also arrange supportive conversations with clergy members and other supportive services. Our medical loan closet has and will remain open.

If you don't need help but are able and willing to volunteer to help someone else, we need you too! Let's stay healthy and safe together!
 Visit www.jewishdutchess.org/coronavirus-helping-hand or call (845) 471-9811 to get involved

Shout Out TO Go Out!
 FREE* VOICE Ads
 See Page 6 for details



Movie Night In
June 25, 7:30PM

Register at:

www.jewishdutchess.org/events

Movie Night In
 Parents forced to make an unbearable choice. Children thrust into a foreign new life. Jewish identities blurred forever.

HIDDEN
 CONCEALED CHILDREN. UNCERTAIN IDENTITIES.

This Yom Hashoah, while we are all mostly home and being vigilant with social distancing protocols due to COVID-19, we are in a way "hidden".

That's why Project Witness is proud to share this very important documentary called HIDDEN.

Learn and be inspired by the heroes of the past. We can gather our strength from theirs.

Special appearance and talk by
Director Gidon Orman

If you notice that *The Voice* looks different this month...It is because we decided to consolidate this issue allowing us to allocate the cost savings to those in need.

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Jewish Federation of Dutchess County
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Census 2020
 10 questions
 10 minutes
 10 years of impact!
 Go to: www.2020census.gov



Virtual Learn (& Lunch) Bunch - WE ARE LIVE!! June 10 & 24

Though we cannot be together physically, we are still here for you and extremely excited to invited you to our Virtual Learn (& Lunch) Bunch! Eat, drink, and learn a little something in the safety and comfort of your own home, with us, as we congregate virtually!

June 10: **Joan Carl: Alzheimer's presentation** –Make a healthy living for your brain and body.

June 24: **Movie: If These Knishes Could Talk**—funny documentary about New York accents! Please be aware: adult language, viewer discretion is advised.

To register go to www.jewishdutchess.org/events or call us at 845-471-9811.

To help support this program and others, suggested donation \$5, donate at www.jewishdutchess.org/donate.
 L&LB is partially funded by the Ann & Abe Efron Fund & the Bernard & Shirley Handel Foundation Donor Advised Fund of the Community Foundations of the Hudson Valley

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Please send your check to:
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 Poughkeepsie, NY 12603

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A growing number of smart readers read *The Voice* electronically saving trees, paper, and trips to the recycling bin. Plus they get *The Voice* a week before anyone else does. And, you know what can happen in seven days...

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TheVoice@JewishDutchess.org.

Yours truly—Mother Nature

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Jewish Federation of Dutchess County (JFedDC)



LEARN & LUNCH BUNCH

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

Programming in June will be via ZOOM*

June 10 Joan Carl: Alzheimer's presentation. Making a healthy living for your brain and body.

June 24 Movie: If These Knishes Could Talk—a funny documentary about New York accents! Please be aware: adult language; viewer discretion is advised.

*These sessions will take place on Zoom. Advanced registration is required. If you need assistance with setup or help registering, please call us at (845) 471-9811 or visit us at www.jewishdutchess.org/events.

To help support this program and others, suggested donation \$5, donate at www.jewishdutchess.org/donate.

Get a head start on ordering your Holiday Greetings for Rosh Hashanah visit:
www.jewishdutchess.org/holiday-ads



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WHERE

118 South Grand Ave
 Poughkeepsie, NY
 (Temple Beth-El)

SCHEDULE

11:00 –11:30am
 Coffee & Nosh
 11:30 –12:30pm
 Program
 12:30pm —Lunch

\$6.00—Lunch and program
 \$4.00—Program, coffee, nosh

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

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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

Congratulations, Sally J. Cross on your appointment as the next CEO of Community Foundations of the Hudson Valley



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Community Outlook

CHECK organizers' WEBSITES for UPDATED STATUS & INFORMATION!!

Items and Services Sale!

Shir Chadash is presenting an online sale with unusual and unique items & gifts at bargain prices! A variety of assorted services will also be available for sale. Find that special gift for someone or yourself while supporting Shir Chadash.

There's something for everyone—tell you relatives and friends! Check out www.shir-chadash.org for items and services available for purchase. Payments can be made through Venmo.

Schomre to Host NCSY Bike Ride

Once again Schomre Israel will be the gathering point for NCSY (National Conference of Synagogue Youth) members and friends from all over who will be participating in the Hudson Valley Ride. After morning service and breakfast at the synagogue, ride participants will set out on bikes riding various lengths from 15 to 100 miles. All participants need to pre-register and get sponsorship for their ride. Monies raised will improve programs of NCSY. Following the bike ride there will be a post-ride gala BBQ.

Raffle & Cocktail Party

Schomre Israel's annual raffle and cocktail party. \$8000 in cash prizes will be given away during the course of the party and all will enjoy delicious food and libations. Only 200 tickets will be sold for a donation of \$100 each. **Prizes:** Grand Prize—\$5000, 2nd —\$1000, and 8 additional \$250 prizes.

DETAILS

Postponed date TBD To purchase tickets contact Irwin Lifshay: (845) 797-0063

New Paths Morning Worship

Join us for a moving liturgy which includes both traditional and contemporary writing, mostly in English, and participant may bring supplemental materials to share. We take time to let the service get through us, rather than getting through the service. Each service, whether lay led or rabbi led, provides a unique and thoughtful experience. Mini-kiddush follows.

DETAILS

Saturday, June 6, 20 10:15am. If the building is closed, the service will be held virtually. For more info contact: (845) 454-2570 or office@vassartemple.org.

Rosh Chodesh Reading Group

Those interested are invited for a potluck brunch and discussion. 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 suggestion, please let us know!

For info contact Sandy Lash at (914) 456-5266, info@shir-chadash.org, or www.shir-chadash.org

Adult Education -Please check organization's website for current status

Educational Opportunities Abound at Congregation Schomre Israel
(Please check website for updated information)

Conversational Hebrew Program recessed until further notice.

Hands on Judaism Mitzvah Workshops with Rabbi Krasner Program recessed until further notice.

Is This the End of Days? The Book of Daniel Tuesdays, 10:30am, A personal journey of dedication, yearning, and vision.

Timeless Thoughts on the Parsha with Rabbi Krasner Thursdays, 7:00pm. Where we will study and discuss a topic from the Parsha

Talmud Class with Rabbi Kasner Sunday Morning after Shacharis—Starting with the 4th Chapter of Brachos.

Classes are free. All are welcome. View website at www.schomreisrael.org for recordings of previous classes. For information on cancellations and class schedules, visit www.schomreisrael.org or call (845) 454-2890.

Weekly Adult Study Groups at Vassar Temple (Please check website for updated information)

The Talmud: Modern Ideas from an Ancient Text Thursday, TBA, 12:00-1:30pm. A monthly class taught by Senior Scholar Rabbi Paul Golomb. Please call for further information.

Torah Study Saturday (No class June 27), 9:00am. Examine passages from the week's Torah portion or haftarah, led by the Temple's Rabbi Renni S. Altman, D.D. Please check Vassar Temple website for updated information.

All are welcome to come and join in all the classes- no previous training required! No charge to attend. Depending on the situation, classes may be conducted virtually. Contact the temple for updated information, (845) 454-2570 or office@vassartemple.org

Higher and Higher: Come Grow with Temple Beth-El (Please check website for updated information)

Metaphors for the High Holiday Experience with Rabbi Daniel Victor Thursdays, 9:30am at The Crafted Kup. There you can purchase a coffee and meet with us in the back room at 44 Raymond Ave, Poughkeepsie.

Adult Discovery Course Wednesdays, 8:00pm. Temple Beth-El continues this class which for many will conclude with a formal commitment by the student to embrace Jewish life. Classes are on specific Wednesdays and run approximately every two weeks through September. For more info, contact Rabbi Daniel Victor at rebvictor@tbeny.org or (845) 454-0571.

All welcome. Details at Temple Beth-El www.tbeny.org, or call (845) 454-0570, or email info@tbeny.org.

Chabad Center Classes (Please check website for updated information)

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

Please visit our website www.chabadmidhudsonvalley.com.

Congregation Shir Chadash (Please check website for updated information)

Virtual Torah Study: Saturday, Recessed until fall. For info (914) 456-5266 email info@shir-chadash.org or visit the website www.shir-chadash.org

Vassar Temple Sisterhood Book Group

The group is reading *The Dutch House* by *New York Times* bestselling author Ann Patchett, a suspenseful and moving novel that explores the indelible bond between two siblings and a past that will not let them go. It digs deeply into questions of inheritance, love and forgiveness, how we want to see ourselves and who we really are. This is a discussion of the book to which all are welcome.

We hope to meet on June 17, 2:00pm in the Community Room, Collegeview Tower, 141 Fulton Street. For info contact Linda Babas: Linda.Babas.41@gmail.com or (845) 473-7931



Navigating through Tough Emotions in the Wake of the COVID-19 Crisis.

by: Rebecca Bruck, The Creative Culinary Therapist, Licensed Clinical Social Worker

It has been painful to watch the suffering of people on the global, national, and community levels as we are forced to come to terms with the Corona Virus (COVID-19). It has interrupted all of our lives, just when we thought we get to rejoice again in Springtime watching everything around us come back to life again. People are feeling flooded with a mixture of intense emotions: sadness, anxiety, and trepidation about interacting with others. Uncertainty and vulnerability is what we are all feeling to some extent or another. Through writing this article, I hope to share some things that can be helpful in ways of dealing with the intense emotions but also practical things that you can do for yourself and your family to adjust to this chapter in your life as smoothly as you can.



Stay connected! Facetiming with our friends can help mitigate feelings of loneliness and that isolation we are bound to feel the longer the need to sequester indoors. People whose parents are seniors are concerned with their social isolation. Facetiming them with their grandchildren by your side is a wonderful way to show feelings of concern, compassion, and connectedness.

Stay grounded! I cannot emphasize enough how staying grounded (taking each day as it comes and trying to stay as rooted and centered as you can) will help you not to become overwhelmed by your emotions. What affects us is the fear of the unknown. One of my favorite grounding techniques is using an aromatherapy diffuser by utilizing essential oils meant to induce a state of tranquility and calm. Aromatherapy can also be used to strengthen the immune system, to keep germs at bay, and have anti-fungal and anti-viral properties. Tea Tree oil, Peppermint, Eucalyptus, and Cloves are meant for that. If you do not have a diffuser, it can easily be purchased online. For the best quality oils that are unfiltered and come from their country of origin, I recommend a brand called Doterra. Scents that I recommend to calm the nerves and induce sedative qualities, plus pleasurable and calming feelings are citrus scents, Bergamont, Vanilla, Sandalwood, Lavendar, Vetiver, and Ylang Ylang.

Other things known to calm the mind are Deep Breathing Yoga (guided sessions can be found on Youtube for whatever length of session you want), listening to classical music (Native American Instrumental music works great too), taking a warm bath with aromatherapy candles, taking a walk in nature (Rail Trail), and going on a hike (www.hiketheadudson.com). Staying grounded also means getting the most accurate information on Corona Virus. Many media outlets are providing information that is misleading and are causing people excessive fear. Your best bet would be tuning into the CDC.gov. Looking at your circumstance from a different perspective (a new lens) and seeing this time as an opportunity for growth will lead to more positivity. Learning something new, getting crafty, re-decorating your rooms, and getting organized are just some ideas. A few weeks ago I finally rummaged through my boiler room and ended up donating several boxes of things to the Big Brothers, Big Sisters association. Letting go of things that your family members no longer need can feel quite invigorating! It will also feel great knowing that you helped a great cause! You can schedule for the organization to pick up your donations right at your home without even stepping outside. To schedule an appointment simply go to <http://donationtown.org/charity/big-brothers-big-sisters-donation-pickup.html> (I recommend donating only after you have ascertained that everyone in your home is in the clear and you pose no threat of spreading the Corona Virus).

Re-direct your thoughts! Remember that much of our suffering lies in how we perceive what is happening to us. It is easy to get swept up in thinking of all the negative ways this unexpected virus has altered our lives. We can stew in thinking of all the ways we have been inconvenienced. And while we are in the throes of what's happening, we forget sometimes that our suffering will end one day and a new chapter will begin. Being sequestered within your home can allow for deeper listening and connections. Some things to consider may be: get creative with your children; have drawing competitions (My family recently completed the "draw your superhero" contest and my son's Angry Gingerbread man came in first place!). Ask your social media friends to cast their votes! Get kids involved in cooking their own meals, making healthy smoothies, and baking yummy treats. Watch a movie with your kids and afterward get them to talk about the characters in the film (who appealed to them, who didn't and why?). This is a great time to engage your kids in a dialogue to get to know them better, and the dialogue does not have to be centered necessarily around schoolwork. Don't feel like cooking? Many restaurants are offering delivery or take out still and need our support to help them through this crisis as well. Take a look at all the local Hudson valley offerings... <https://wpdh.com/hudson-valley-restaurants-offering-delivery-or-takeout/?fbclid=IwAR06UdQZmNzIJRbrOrFrAK9CwyfcxHsVfxBxS9WhpCBxDFAMntfbWZC71Dc>

Above all else remember, "This too shall pass."

Homeless Facing the Pandemic

Note: Judy Harkavy coordinates "Jewish Night" at the homeless shelter each month, for which members of the Jewish community and their friends provide and serve the evening meal. This is her report on the situation at the shelter during the pandemic:

Here's the current situation with the homeless population in Poughkeepsie. Before, once a month we were bringing dinner for 60-80 people who stayed overnight at the Webster shelter at Hillcrest House, and who left the shelter after breakfast. With the virus and resulting increased numbers, Hudson River Housing, in conjunction with other agencies, decided in late March to move the people to unused PODs located in back of the Dutchess County jail. This allows them all to be able to shelter in place 24/7 and to keep greater social distance than would be possible in the shelter. The numbers are now about 110 -120, and this population is contained on site for 3 meals a day. In terms of food, there is no kitchen or way to heat or refrigerate food, so for the March and April suppers we dropped off sandwiches and salads at 6pm, while staff and guests came out to carry the food inside. To limit contact, we only dropped off but did not serve. At the April drop-off, most of the people I saw had on masks and I was told there were no virus cases, which I consider a miracle under the conditions which I can only imagine. During May the plan is to bring a hot evening meal on our night, and we already have the volunteers lined up to do this. But our commitment must increase as the shelter residents' needs increase. Therefore, I'm also planning shopping trips to buy non-perishable foods which can be eaten by the residents for lunch, since the shelter staff is spread thin and has no time to shop for those items. So, the current need is mainly for monetary donations to enable us to purchase food with which the residents can prepare their own lunches and snacks.

For further, updated information on how you can help, please contact Judy Harkavy at harkavyjudy@gmail.com.

Harding Club News

HARDING CLUB NEWS

Harding Club members are well known for their ability to be flexible when confronted with unexpected events. However, the COVID 19 pandemic caught even the Harding Club unprepared and distracted.



And so, after a wonderful outing to a pool hall on March 11, "remain at home" orders resulted in very little HC activity during the remainder of March and much of April.

But, never permanently dormant or paralyzed as a result of unexpected events, late April saw a dramatic resurgence of HC activity. Zoom meetings are now taking place on a regular basis, and Club members are enjoying getting to see their friends and, as usual at Harding Club meetings, are hearing high quality guest speakers.

On April 29 members and significant others were treated to a Zoom presentation by Lee Miringoff, Director of the nationally respected Marist Poll. It was a gem of an event, providing political insight into the upcoming election by one of the nation's leading experts. Lee was our guest for more than 90 minutes and kept us captivated throughout.

On May 13 the Club was updated on Lyme Disease by Katherine Forbes from the Cary Institute in Millbrook.

On May 27 Kim Ritz, PJ Library's Director, the inspiring force behind PJ Library, gave her annual report to the club. Harding Club donates generously to PJ Library.

Harding Club, in Poughkeepsie since 1923, is a Jewish social club for men interested in camaraderie, community, philanthropy, good food, and Jewish culture. The club meets two times most months at a local restaurant for dinner and an interesting speaker. There are opportunities for you to become a member. For more info, check out our website: <http://harding.jigsy.com> or email: harding1923@gmail.com.

The Harding Club Officers and Board of Governors wishes all of the readers of The Voice and their families good health throughout this pandemic and beyond.

Alan Fox, Harding Club President



Rick Levin shoots at Scratch Lounge

Local CHECK organizers' WEBSITES for UPDATED STATUS & INFORMATION

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.
Temple Beth-El Serves at Lunchbox Call Nancy Judson (845) 216-7563 to help in this mitzvah. Contact Temple Beth-El at info@tbeny.org for current information.
Congregation Schomre Israel 4K (Kvetching, Kvelling, Kibbutzin, Koffee) Last Saturday of the month, 10:00am. A different topic is presented each month.

Monday

Congregation Schomre Israel Chair Yoga with Toni Farkas 11:30am. \$5 per session. All welcome.
Congregation Schomre Israel Rosh Chodesh June 22, 8:30am. For more info (443)-388-0033.
Temple Beth-El Board Meeting 7:30pm. Temple Beth-El Board of Trustees meeting. Contact Temple Beth-El at info@tbeny.org for current information.

Tuesday

Congregation Schomre Israel Rosh Chodesh June 23, 8:30am. For more info (443)-388-0033.

Wednesday

Congregation Schomre Israel Rosh Chodesh Davening July 22, 8:30am. For more info (443)-388-0033.
Learn & Lunch Bunch Wednesdays, 11:00am-1:30pm. 118 So. Grand Ave, Poughkeepsie. Please RSVP each week by Monday so that we can prepare appropriate amounts of food. For information, menu, and program schedule; see page 2 of *The Voice* or contact (845) 471-9811.

Thursday

Return of the Yiddish Club 4th week of the month, 10:00am at Schomre Israel. If you want to speak a bisele, to chap a nosh, to schmooze; then this club is for you. The Yiddish club will be a nostalgic trip to the times and culture of our bubbies and zeydies, mixed with Yiddish music, comedy, lernin, Yiddush Hanae as well as a low at how Yiddish is faring in contemporary times. All events are spearheaded by Schomre Israel but are intended to be open to all in the community. You don't need to be fluent in the language. Let us know if you are interested at schomre1@aol.com or (845) 454-2890.

Friday

Congregation Shir Chadash Virtual Kabbalat Shabbat Service June 5, 12, 19, 26, 7:30pm. Virtual Evening Service with Rabbi Daniel F. Polish and Cantor Gail Hirschenfang. All are welcome. Check our website: www.shir-chadash.org or <https://www.facebook.com-/pg/shirchadashhv/posts/> to participate.
Congregation Schomre Israel Kabbalat Shabbat Service June & July, 7:00pm. A student singer will lead the Kabbalat Shabbat and Licha Dodi. For info contact-(443) 388-0033.
Vassar Temple Shabbat Evening Service June 5, 12, 19 (Board Installation), 26 (Lay Led) 7:30pm. If the Temple is closed for Public Health reasons, for streamed service visit www.vassartemple.org for link.
Temple Beth-El Evening Service each week, 8:00pm, Conservative, egalitarian service. All welcome. Contact Temple Beth-El at info@tbeny.org for current information.

Saturday

Congregation Shir Chadash Virtual Religious School Programs Recessed until the Fall 9:30-10:15am,
Congregation Shir Chadash Tot Program Recessed until the Fall 9:00-10:30am.
Congregation Shir Chadash Torah Study Recessed until the Fall 9:15-10:30am.
Congregation Shir Chadash Morning Torah Service Recessed until the Fall 10:45-11:30am.
Vassar Temple New Paths Shabbat Morning Worship June 6, 20, 10:15am. If the Temple is closed for Public Health reasons, contact office@vassartemple.org for more information to join us.
Vassar Temple Shabbat Morning Service June 6, 20, 10:15am. If the Temple is closed for Public Health reasons, the bi-weekly service will be on zoom. Contact office@vassartemple.org for more info to join us.
Temple Beth-El Shabbat Morning Service Every week, 9:30am. Lively, inclusive, Conservative, egalitarian Shabbat. Contact Temple Beth-El at info@tbeny.org for current information.

Out of Area

Congregation Emanuel of the Hudson Valley Events
 243 Albany Ave, Kingston, NY 12401 (845) 338-4271 www.templemanuelkingston.org.
 All services held in our chapel are available to live stream. Visit our website: www.cehv.org and click on the live stream link on the homepage. You can also view archived services and classes.

Congregation Emauel of the Hudson Valley continues to follow CDC recommendations in regard to COVID-19 precautions to ensure the health and safety of our community. At the time of submission, all events are being held online. Please visit www.cehv.org or call (845) 338-4271 x 101 for updates and changes to location for events.
All services are held virtually via Live Stream: www.cehv.org/livestream/

Kabbalat Shabbat Evening Service Friday, June 5, 6:00pm, June 12, 19, 26, 7:30pm,
Morning Minyan every Saturday morning, 10:00am. Communal prayer, meditation, and Torah study.
Tot Shabbat Saturday, June 20, 9:00am. Introduce your tot to Shabbat through music with Rabbi Romer and her guitar.
Religious School Saturdays 9:30am -12:30pm. Call Samara Genee (845) 338-4271 x110 for more info.
All following classes and special events are held via Zoom. Please call the (845) -338-4271 x101 or email: templemanuelaa@hvc.rr.com or CEHVwebmaster@gmail.com for class links and passwords.
Chai with Rabbi Yael! Monday, 9:00am and Thursday, 5:00pm. Join together and say "chai." Rabbi Yael Romer will lead 18-minute sessions for all congregants and members of our community. We warmly welcome you, but no trolls or bots! Join via Zoom. Note all participants will be briefly screened before entering to ensure safety.
Rhinebeck Meditation & Torah Study Tuesday, 8:45am, followed at 9:15am by Torah Study (No class June 20)Led by Rabbi Yael Romer. Designed to prepare participants to receive the day's blessings and explore Jewish traditions with a progressive, egalitarian approach.
Ongoing Adult Education with the Rabbi : Hebrew Trope Wednesday, 12:30pm (no class June 24). Intro to Judaism 2nd & 3rd Wednesdays 6:00pm; Conversational Hebrew (Beginner and Intermediate) Wednesdays 4:00pm.
Lunch with Rabbi Romer and Guests Tuesday, June 2, 12:00pm.

Calendar

June

REGULAR SCHEDULE OF SERVICES

Beacon Hebrew Alliance (Conservative)
 331 Verplanck Avenue, Beacon (845) 831-2012
 Rabbi Brent Spodek; Cantor Ellen Gerst; Education Director, Ashley Baker
 Website: www.beaconhebrewalliance.org
 Email: 411@beaconhebrewalliance.org
 Services: Fridays, 7:30pm and alternating Saturdays at 9:30am. Visit website for information about services, religious school, and community events

Chabad of Mid-Hudson Valley
 63 Vassar Road, Poughkeepsie (845) 463-5801
 Rabbi Yacov Borenstein
 Website: www.chabadmidhudsonvalley.com
 Email: ChabadMidhudsonVly@prodigy.net
 Services: Fridays, call for time and Saturdays at 10:00am

Congregation Beth David (Reform)
 East Main Street, Amenia (845) 373-8264
 Rabbi Jon Haddon
 Website: www.CongBethDavid.org
 Email: JonRab33@gmail.com
 Services: usually Saturdays, 10:00am twice monthly except January and February; call for schedules

Congregation Schomre Israel (Orthodox)
 18 Park Avenue, Poughkeepsie (845) 454-2890
 Rabbi Shlomo Krasner
 Website: www.schomreisrael.org
 Email: rabbishlomok@gmail.com
 Services: Monday-Thursday, 7:00am, Sunday, 8:00am, Saturday, 9:00am Sunday-Thursday 7:00pm
 Shabbat Services vary depending on sundown

Congregation Shir Chadash (Reform)
 Interim: Freedom Plains Presbyterian Church, Lagrange (845) 232-1029
 Rabbi Daniel Polish, Cantor Gail Hirschenfang Website: www.shir-chadash.org
 Email: info@shir-chadash.org
 Services: Friday, 7:30pm; bimonthly Saturday children's religious school, 9:00am, Torah study, 9:15

Pardess Center for Jewish Life
 (845) 440-7592
 Rabbi Zalman Sandhaus
 Website: www.MyPardess.org
 Email: info@MyPardess.org

The Rhinebeck Jewish Center
 102 Montgomery Street, Rhinebeck (845) 876-7666
 Rabbi Hanoeh Hecht and Rebbitzin Tzivie Hecht Website: www.RhinebeckJewishCenter.com
 Email: RSVP@RhinebeckJewishCenter.com
 Friday services call for time; Saturday services, 9:30am

Temple Beth El (Conservative)
 118 So Grand Avenue, Poughkeepsie (845) 454-0570
 Rabbi Daniel Victor, Rosh Tefilah Rabbi Miriam Hyman
 Email: info@tbeny.org
 Website: www.tbeny.org
 Services: Friday, 8:00pm, Saturday Shabbat service at 9:30am, weekdays, 7:30am daily

Vassar College Bayit
 51 Collegeview Avenue, Poughkeepsie (845) 451-3920
 Liz Aeschlimann, Rose and Irving Rachlin Director of Jewish Student Life at Vassar College
 Email: eaeschlimann@vassar.edu
 Services: Friday, 6:00pm service, 7:00pm dinner when school is in session

Vassar Temple (Reform)
 140 Hooker Avenue, Poughkeepsie (845) 454-2570
 Rabbi Renni Altman Website: www.vassartemple.org
 Email: Office@VassarTemple.org or rabi@vassartemple.org
 Services: Friday, 7:30pm unless otherwise noted, Torah study Saturday, 9:00am. New Paths 1st and 3rd Saturday every month, 10:00am unless otherwise noted.

June Candle Lighting

June 5 8:09pm

June 12 8:13pm

June 19 8:15pm

June 26 8:16pm

Want to share your thoughts about *The Voice*? Have an idea you'd like to see in print?

We're listening.

Email us at TheVoice@JewishDutchess.org

The Federation Board's Voice *by Betsy Kopstein-Stuts*



Betsy Kopstein-Stuts

Dear Fellow Federation Members,

As a history teacher, I have often imagined myself living in another era, perhaps the 1800's during our country's Wild West. I have to wonder: how did people, families survive living off the land, so totally dependent on unpredictable weather? What a challenging existence it must have been back in the 1800's: relying solely on oneself and perhaps the immediate family to survive. Yet many people did manage to survive, and some actually thrived. Often people counted on their neighbors whose homes were easily many miles away. They would come and help build a shed or a barn or a house - providing whatever support was needed. Does this description of neighborly support sound familiar to some aspects of life in today's more complicated world?

Yes, I certainly am glad to be living in our modern world. I cannot truly imagine not being able to be in touch with family and friends, especially during this stressful period of the Covid virus pandemic. The Internet has changed our lives in so many ways, not the least of which is that it has enabled us to connect with one another easily. We may even have gotten to the point where some of us take the computer age for granted. How many of us here in the US and in much of the larger world are truly shut in with no way of connecting with one another? Realizing how fortunate we are, now is the time to take advantage of our ability to be connected and to reach out to our friends and neighbors, especially to those who are alone for whatever reason.

JFedDC is doing its part to ameliorate this situation. By the time you will have read this article, we will have proactively participated in the May 31st Food Drive aimed at helping those in need by donating food and money. We have a network of volunteers ready to help. We are reaching out to all of our members, seeing if they are okay and determining if they need anything.

In the near future, you will receive a request from us for this year's campaign contribution. Please donate whatever you are able to give as we continue to have a positive impact on our community, realizing our Jewish values while helping the larger community.

Melodic Prayer at Schomre Israel

While there are definitely pros and cons about prayer services held on a zoom platform, one positive aspect of such services is the ability to 'virtually' bring into our services people who are in different locations. At Schomre Israel we have been able to include some singers as our prayer leaders. Schomre Israel hosts a zoom Kabbalat Shabbat service at 7:00pm in June and July where we often bring in a student singer to lead the service and Lecha Dodi. Also we will be having a zoom Rosh Chodesh davening at 8:30am on June 22, 23, and July 22 at which we will have a singer to share melodies of the service.

More info on how to access the Zoom programs can be found at the synagogue's website: www.schomreIsrael.org or call Rabbi Krasner (443) 388-0033.

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Disclaimer:
Please note that the articles submitted are the viewpoints of the authors and do not necessarily represent the position of JFedDC.

VOICE DEADLINES	
Note deadlines listed. Email TheVoice@JewishDutchess.org if you have questions.	
ISSUE	DEADLINE
July/August	June 8
September	August 1
October	September 1

Our Executive Director



SAME STORM.... DIFFERENT BOATS

It is hard to believe that June is here. It seemed like just yesterday that it was March and suddenly the whole world was shut down. In the same breath though, it feels like we have all aged years in the past few months. The sense of time, at least to my family, has lost all meaning and one day blends into another. When asked how I have been doing, my answer is typically, "We are all physically healthy - so that is a win. However, emotionally we are all starting to fray."

Some have said that we are all in the same boat together, which is not exactly accurate. We ARE all in the same storm together but traveling in different boats. Some of us are worried about our jobs and financial security. Some of us are worried about elderly relatives and those immunocompromised. Some of us are concerned about childcare and homeschooling.

Wherever you currently are and whomever you are traveling with and how, know that the Federation and JFS are here for you. Your support in 2019 has enabled us to be here for you today and we thank you. While we cannot physically gather together yet, we have launched our Virtual Learn (& Lunch) Bunch again. We are planning a Movie Night In event and our Mitzvah Now project is here to support you in a multitude of ways.

These are challenging times for all of us and no one will come out of these surreal times unscathed, but know that TOGETHER WE ARE STRONGER. Remember that after the storm, comes the rainbow.

May you all continue to remain in good health and mentally strong!
Karen Hochhauser

Shout Out TO Go Out!

FREE* VOICE Ads

JFedDC is here to help support our local businesses as we work towards reopening. We are pleased to offer all local businesses a free* ad in our September issue of *The Voice*.

To place your ad with coupon
Email: thevoice@jewishdutchess.org

Ad dimensions are: 4.2 x 3.8 (typically the size of 2 business cards stacked high.)

* All ads must contain a coupon savings offer of your choice. Please submit your coupon along with a business card to take advantage of this free offer.



Dear Kosher,

If memory serves me correctly, there's a commandment about honoring one's parents. Not to honor your parents, is like not to honor G-d!! Besides, after all the man (father/grandfather/uncle/caregiver) has done for you, would it kill you to get him a tie or take him to dinner?? It is a very Jewish concept to honor your parents! So be a mensch, show him he's valued.

Rabbi's Blog *by Rabbi Krasner*

During these bleak days of Covid, we all try to retain as much of the normal synagogue and temple spirit, even if we must maintain them in the comfort of our home. But what about Kaddish? We cannot say the kaddish for our loved ones without a minyan. And while we know that they would not have any grumblings on us when we did the best that we could do, still it does feel to some extent that we have let them down and not given to them what they deserve.



Rabbi Krasner

I would like to respond as I did to **those who have asked me in the previous few weeks about what they should do if they cannot say kaddish during their relative's yahrtzeit:**

The Kaddish is an ancient and antique praise and prayer. Over time, because of the power and importance of this prayer, it has been reserved and sought after by those who have lost a loved one and are trying to find ways to elevate their soul closer to God. By saying Kaddish for a relative, teacher, or friend; one can elevate their soul to a loftier and higher status and prominence and closeness to God, and one can increase the heavenly reward for their beloved. When a child, student, relative or friend sings the praise of kaddish in the deceased merit, a prayer that emanates from the heart and has the power to shake the Heavenly Throne, The Creator of the World smiles, and considers this prayer to have been said by the deceased as well.

However, as powerful and important this prayer may be, it is not the only way to elevate a friend or relative, nor the original approach that friends or relatives would take. Originally, it was leading the prayers and saying borchu which was the pathway that was utilized to elevate parents, teachers and mentors, and only at a later time did this morph into the saying of kaddish. It is not just the prayers which elevate the loved relative, rather the fact that a child, student or mentee is the one that is praying and becoming closer to God. And in reality, it is not the prayers themselves, as much as the actions of the child, the actions which the child takes to become close to God that elevate them. The greatest gift that a child, student, relative or mentee can do for their beloved, even more than a kaddish or borchu, is to walk in the ways of God, to yearn to love Him, to come close to Him. And when a child decides to follow in the ways of God, to love Him and to become close to Him, to perform acts of kindness, charity, mitzvot, prayer, torah, etc in the merit of a parent or loved one, God, in His mercy will consider those actions as if they were inspired by the soul of the deceased, and consider them for him. And even more than that, when that child lives a Torah life, of love, awe and yearning to come close to God in memory of someone they love, all of the good deeds, and closeness to God that he performs his entire life is merited to the one that they lived properly in memory of that person.

So what can one do if they cannot say kaddish? What I feel would be a greater elevation, merit, and memory than saying kaddish is to teach the ways of God to a relative who does not know them. Find a nephew or a niece, a grandnephew or grandniece, a younger friend, mentee or anyone who would want to be inspired by you. And inspire them. Teach them the ways of God, the ways of the Torah, the ways of a proper life. Call them on the phone or through zoom, and explain to them the ways of Avraham and Sarah, of loving kindness and the pursuit of justice. Many of the youth are looking for meaning and truth, or at the very least are bored out of their mind with the current lockdowns. And many would enjoy the companionship and the fact that you, yes you, want to spend time with them. Tell them that you want to study Torah with them in memory of a mutual relative or friend, or teach them the prayers or Hebrew. Discuss with them the parshah, or look over a pertinent essay on the parshah which could be found online. Inspire them to want to build a relationship with God, and God will not only consider it a merit for yourself, but He will consider it a merit for your beloved as well.

So zoom a nephew or niece, someone who looks up to you, who you have had, and can have a positive influence. Tell them that you want to study with them in memory of your loved one, and it will not only be a merit for that loved one, but an everlasting bond connecting your rich past with the budding future.

Bar Mitzvah

**Joshua Ritter, Temple Beth-El
Son of Todd & Janette Ritter**

Joshua is a bright soul, a diligent and motivated student who enjoys learning from his teachers at Lagrange Middle School and Temple Beth-El. He loves playing tennis, playing the piano, and drawing creatively. He also likes to shoot hoops and plays a mean game of ping pong.

Joshua is excited to celebrate his Bar Mitzvah via Zoom - a new kind of experience for all of us. As Joshua's mitzvah project, he had been a volunteer with Temple Beth-El at the Dutchess Outreach Lunch Box to help prepare meals for those needing support. During this pandemic he sees an even greater need. He will continue his efforts to help.



Inside the Jewish Studio By Karen Hochhauser

This questionnaire originated in the French series, *Bouillon de Culture*, better known as the closing questions asked by James Lipton on the celebrity interview TV show, *Inside the Actor's Studio*. The questions are re-adapted for this column.

Each month, we ask a MOT* these questions and feature the answers. This month, our special guest is Cassia Brown who found time from making Schomre's famous hamentashen and cooking for Mitzvah Day to join us in answering our questions...

1. What is your favorite/least favorite word?
Favorite: Giving Least Favorite: Selfishness

2. What inspires you creatively, spiritually, or emotionally?
I like to read Jewish things and about Jewish things. I like learning about things I didn't know about, that are new to me.

3. What sound or noise do you love/hate?
Love: A baby cooing Hate: Arguing

4. What is your favorite song?
Irving Berlin's "Always" because it was my parents' song.

5. What profession other than your own would you like to attempt?
I always want to be a ceramist. My dream was to have my own wheel and kiln, but I won't do that because there's no room in my house.

6. What profession other than your own would you not like to attempt?
A ditch digger

7. What do you most like and dislike about yourself?
*Like: That I am always trying to keep my mind active.
Dislike: Sometimes I can be lazy.*

8. What is one interesting thing that people don't know about you?
I was on a game show in 1972 called "The Who, What, or Where Game". I won \$90, a Mary Kay cosmetics bag, and a very nice dictionary.

9. If you could choose a superpower, what would it be?
I do have a superpower, I teach. If someone hands me their paper, I can immediately find the mistakes.

10. Do you have a "bucket list" and, if so, what is on it?
I want to redo my bathroom. The kitchen is already done. It would be nice to travel, but at this point nobody is.

11. What is your most favorite Jewish Memory?
My parents' 40th Anniversary. My mother threw a huge kiddush and my father read the haftarah.

12. If there was one thing you would hope others do in the interest of our future, what would that be?
Volunteer more

13. In what ways does or can JFedDC impact our Jewish Community?
By letting people know what is going on in the community and how they can help volunteer.

14. If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?
*Job Well Done!
member of the Tribe



Cassia Brown



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קרבה
kirvah
closeness

PJ LIBRARY FAMILY OF THE MONTH:

Family Name:
Ritz

How many kids are in your family and what are their ages?
12, 10, and 8

Where are you from? Where do you currently live?
I'm from Upstate NY and my husband is from Poughkeepsie.

How long have you been receiving PJ Library books?
Since 2014

What is your family's favorite PJ Library book?
No Rules for Michael and Izzy the Whiz and Passover McClean

How did you hear about PJ Library?
At the JCC Early Childhood Center where all 3 of my girls attended nursery school.

Why is PJ Library important in your home?
We literally designated a PJ Library "Library Shelf" in our home, and every holiday for many years we re-read the holiday books to get us in the holiday mood. My girls still use the charoset recipe from Hoppy Passover.

How has PJ Library influenced your family's Jewish living and decisions?
PJ Library has connected me with a beautiful Jewish community right here in the Mid-Hudson Valley.

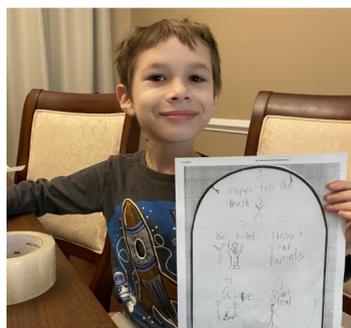
Is PJ Library helpful to you as a parent? How?
PJ Library has been helpful to me as a parent. When the kids were little and I wanted to educate them about our customs and traditions in a kid friendly way, PJ offered so many great resources in their book flaps for me and in the book's illustrations for the kids.

Activity of the month:

Make a Summer Treasure Box (courtesy of PJ Library)
<https://pjlibrary.org/beyond-books/pjblog/august-2019/make-a-summer-treasure-box>

This is going to be a summer to remember! Kids love to pocket their treasures from hikes, trips to the beach, or just a lazy afternoon in the backyard. These found objects are all unique and special, and children love to hold onto them as a way of building memories and discovering hands-on learning. Besides using the box as a summer art project itself, when you reuse materials (like the box and materials for the decorations) you're practicing *bal tashchit*, the value of not wasting. You might create a collage from your collections to hang on your wall or a card to give to a special friend, and then you can begin collecting all over again.

- Supplies Needed:** Supplies
- Container (shoebox, plastic container, or other recycled box)
 - Art supplies (markers, stickers, glitter, paint)
 - Treasures (feathers, stones, string, beads, or whatever small items you find over the summer)



Shir Chadash's religious school student showing one off the tablets they made to celebrate Shavuot.

Kim



Lucia



I chose the Hebrew word for closeness (kirvah) this month due to our current, challenging circumstances. We are longing for a closeness to others, especially our family near and far. We are also close to ending our school years and starting our summers, but it doesn't feel the same. Many families are disappointed that their children can't go to camp this summer or enjoy their annual summer vacation.

I thought it was fitting, as we continue to stay put for awhile, to bring our PJ Community a little closer by getting to know each through "PJ Family of the Month". Each month we will feature a family of the month from the **PJ Library Mid-Hudson Valley Community** in the monthly PJ Library Mid-Month Update, in the Voice, and in the PJ Library "Mid-Hudson Valley PJ Library Families" Facebook Group.

I'm looking to highlight seven more families for 2020. If you would like to be featured as a **PJ Library Family of the Month**, please email me at pjlibrary@jewishdutchess.org and I will send you a quick and easy questionnaire.

This month, please meet my family, the Ritz Family from Poughkeepsie!

PJ Library Mid-Hudson Valley Happenings: "Newish and Jewish"

Community **Shabbat Across the Mid-Hudson Valley** on June 5 with PJ virtual story time at 3:00pm. Please remember to light and take a picture or your Shabbat or Havdalah candles, and email them to pjlibrary@jewishdutchess.org to be enjoyed and shared with the community in our PJ Library Mid-Hudson Valley Facebook Album.
PJ Library Mid Zoom PJ Library Mom's Night In on June 17 at 8:15pm. Join us for a relaxing schmooze!
Follow us on Facebook where we have a packed schedule of activities, crafts, and events. Plus THREE live story-times every weekday! Along with weekly Jewish educational videos with Lucia Swartz, our Assistant PJ Library Assistant Director.
FB Page: "PJ Library Mid-Hudson Valley"
FB Group: PJ Library "Mid-Hudson Valley PJ Library Families" Just email me to be invited!
Interested in Virtual PJ Goes to Camp initiative.
Please email: pjlibrary@jewishdutchess.org



Vassar Temple and the Mid Hudson Islamic Assn. are partnering monthly to feed our hungry neighbors at Lunch Box during the pandemic.



Congregation Shir Chadash celebrating the 2nd Night of Passover "together" at a virtual Seder.

PJ Library is a program of the Harold Grinspoon Foundation and made possible through gifts from the Jewish Federations of Dutchess and Ulster Counties, The Harding Club, and the generous support of PJ Library donors. To make a donation online, go to www.JewishDutchess.org. Thank you!