

## Caring in the Age of Corona Virus - 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](http://www.jewishdutchess.org/coronavirus-helping-hand) or call (845) 471-9811 to get involved

### 3rd Annual Federation Celebration

*Due to Covid-19, the timing of our Federation Celebration is currently not confirmed. However, we do not want to delay in honoring these special people. We are looking forward to celebrating with them and all of you later in the year, when we will be able to be together again not only in spirit but in presence.*

### Our Honorees:



Lilli Zimet

Enduring  
Commitment  
to Jewish  
Continuity:  
**Lilli  
Zimet**



Robert Jonah Ritter

Federation  
Rising Star:  
**Robert Jonah  
Ritter**



Bert & Rebecca Cohen

NextGen:  
**Bert and  
Rebecca  
Cohen**



Mary Kay Vrba

Righteous  
Dutchess:  
**Mary Kay  
Vrba**

**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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Poughkeepsie, NY 12603  
CHANGE SERVICE REQUESTED

### Next Year in Jerusalem *by Jonah Ritter*

For a number of weeks now the world has been in a sort of hibernation due to requirements for social distancing and quarantine. During this period of time we have been blessed with the opportunity to search our souls and to reassess our priorities, reorganize our lives and plan for the future.



The Jewish Federation of Dutchess County is looking to the future too. One of the plans we are most excited about will bring our community together in the Land of Israel. We are organizing a **Community Trip to Israel in the second half of 2021**. Many individuals, couples, and families have a bucket list dream of visiting Israel and Jerusalem in particular. We hope this will be the opportunity of a lifetime you have been waiting for.

Temples in Dutchess County are joining together through the Jewish Federation to achieve benefits that are very difficult to achieve separately. Together we can achieve benefits such as economy of scale, private ground

*(Continued on page 6)*

### Learn (& Lunch) Bunch - WE ARE GOING LIVE!! May 13 & May 27

Though we cannot be together physically, we are still here for you and extremely excited to launch 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!

**May 13 Brian Jones from the Office for the Aging will be presenting: "How To Avoid Senior Scamming". Brian will teach you how to protect yourself from being scammed, especially during times of isolation and quarantine.**

**May 27 Rabbi Daniel Victor of Temple Beth-El will share "Knowing the heart of a nation through its poetry & song"**

To register go to [www.jewishdutchess.org/events](http://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](http://www.jewishdutchess.org/donate).

L&LB is partially funded by the Ann & Abe Effron Fund & the Bernard & Shirley Handel Foundation Donor Advised Fund of the Community Foundations of the Hudson Valley



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## 2020 Federation Officers

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Please send your check to:  
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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 May will be via ZOOM\*

**May 13** Brian Jones from the Office for the Aging will be presenting: "How To Avoid Senior Scamming". Brian will teach you how to protect yourself from being scammed, especially during times of isolation and quarantine.

**May 27** Rabbi Daniel Victor of Temple Beth-El will share "Knowing the heart of a nation through its poetry & song"

\*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](http://www.jewishdutchess.org/events).

*To help support this program and others, suggested donation \$5  
 Donate Now at [www.jewishdutchess.org/donate](http://www.jewishdutchess.org/donate)*



**Engaging with one another at Learn & Lunch Bunch**



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[www.TorsonMemorial.com](http://www.TorsonMemorial.com)

## 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



**A special thank you to our 2020 Corporate Sponsors  
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**Rosh Chodesh Reading Group**

Those interested in reading are invited to the Rosh Chodesh Reading Group - 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!

Time TBD. For info contact Sandy Lash at (845) 232-1029, info@shir-chadash.org, or www.shir-chadash.org



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**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** Mondays, 6:00pm-6:45pm, with Rabbi Krasner. This class will help students learn and improve basic Hebrew conversational skills. The 1st class took place in mid March. Contact Rabbi Krasner for more info about joining.

**The Blessings and Destinies of the Twelve Jewish Families** Tuesdays, 10:30am, This class will provide an in-depth analysis based on the Talmud and Midrash of each of Jacob’s 12 sons and the families they built.

**Timeless Thoughts on the Parsha with Rabbi Krasner** Thursdays, 7:00pm.

**Hands on Judaism Workshop** Thursdays, May 7, 6:00pm-8:00pm. Royal Clothing, the Mitzvah of Tzitzit , more info on page 14.

**Talmud Class with Rabbi Kasner** Sunday mornings following morning services.

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, 12:00-1:30pm. A monthly class taught by Senior Scholar Rabbi Paul Golomb. Please call for further information

**Torah Study** Saturday, (No class 5/23), 9:00am. Examine passages from the week’s Torah portion or haftorah, 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, May 2, 16, 9:15am. An informal discussion about the Torah portion of the week with Rabbi Polish from the comfort of your own home. Everyone has a chance to participate. No Hebrew expertise or knowledge is needed - just an inquisitive mind, a curiosity about our tradition, and a willingness to share your thoughts. Check out our Facebook page for Zoom meeting id: https://www.facebook.com/pg/shirchadashhv/posts/ for details.

# Community Outlook

## CHECK organizers’ WEBSITES for UPDATED STATUS & INFORMATION!!

**Hands on Judaism**

Rabbi Krasner of Congregation Schomre Israel has been presenting a monthly Hands on Judaism Mitzvah workshop. No workshop in April but will resume May 7.

Join us for a discussion about the mitzvah of Tzitzit ritual fringe. The hands on part of the program will consist of participants making their own pair of tzitzit either to use personally or to give to a loved one as a gift.

The 1st half of the program focuses on a more profound understanding of the mitzvah. The 2nd half will be the hands on experience. A light dinner will be served.

**DETAILS**  
Thursday, May 7, 6:00-8:00pm, Schomre Israel. Fee of \$10 for the cost of the materials. Please call to RSVP (845) 454-2890.

**New Paths Morning Worship**

Join us in the informal, intimate setting of Vassar Temple's East Chapel. The moving liturgy of the *New Paths* prayer book includes both traditional and contemporary writings, mostly in English. You may bring supplemental materials to share. We take the time to let the service get through to us, rather than us get through the service. Each service, whether lay-led or rabbi-led, provides a unique and thoughtful experience. A brief mini Kiddush follows.

**DETAILS**  
Saturday, TBD, 10:15am. For info, contact: Marian Schwartz: mschwa9882@aol.com, Rabbi Altman: rabbi@vassartemple.org, or call the Temple office at (845) 454-2570.

**Raffle & Cocktail Party**

Schomre Israel's annual raffle and cocktail party. Eight thousand in cash prizes will be given away during the course of the party and all participants will enjoy delicious food and libations.

Only 200 tickets will be sold for a donation of \$100 each. Prizes: Grand Prize—\$5000, Second Prize—\$1000, and 8 additional prizes of \$250 each. Please join us for an afternoon of good food, good company, and the possibility of coming away with some extra money in your pocket.

**DETAILS**  
Sunday, June 28, 2:00pm. To purchase tickets contact Irwin Lifshy: (845) 797-0063

**JEWISH WAR VETERANS POST 625**

Private Herman Siegel Post 625 of the Jewish War Veterans of the United States will be holding monthly Post meetings at Congregation Schomre Israel.

All persons of the Jewish faith are cordially invited to attend and participate. At each meeting we host an informal coffee and cake schmooze at 9:00am.

Because the congregation is strictly kosher, no food or drink may be brought into the facility. Follow our Post on Facebook. We have your six.

**DETAILS** Sunday: May 3, June 7, 9:30am. 18 Park Ave. Questions? Contact Rob Rubin.: qbee5@optonline.net

# Stay Safe & Healthy



## ספירת העומר

# Sefriat HaOmer



“Sefirat HaOmer”-Counting the Omer:

As we count our days being quarantined and/or socially distanced, without a near end in sight of how many fatalities will still occur, many of us feel very uneasy about the future. Endless blessed lives have been lost and schedules throughout the world have been cleared by a virus we can’t even see within literally the blink of an eye. The fear of our “new normal” is paralyzing for many valid reasons.

What can we as Jews do to help ground us during this tumultuous time? We need to look no further than our life book, the Torah. Right now we are in the period of time between the holidays of Passover and Shavuot known as *Sefirat HaOmer*, literally, *counting the Omer*. *During this period of time, beginning at the Exodus from Egypt and culminating with the revelation at Mt. Sinai forty-nine days later, the Jewish people counted each day in preparation for receiving the Torah.* ([www.chabad.org](http://www.chabad.org)).

What can we learn from this counting, and how can it apply to our daunting current life circumstances? I don’t know about you, but this whole experience has filled my days with an increased awareness to count our blessings for the medical workers on the frontline of this plague and to reflect on the purpose of our lives and homes. I, like many others, have been home every day with my entire family and am being asked to make our home everything, even the home within myself.

When we dig deeper about the meaning of the Sefirat HaOmer, our sages tell us it wasn’t just about the big countdown to Mount Sinai. It was the period of time for us as Jews to elevate and refine ourselves so that we could be worthy to receive the Torah at Mount Sinai. So how do we most efficiently refine ourselves with a Jewish lens?

According to the Jewish Mystics, our human personality is composed of seven basic characteristics: Kindness, Discipline, Compassion, Devotion, Endurance, Bonding, and Dignity. Different amounts and combinations of each of these account for our individual and unique personalities. Understanding these nuances in our unique personalities allows us to truly identify our strengths and weaknesses.

Just as when the Jewish people left Egypt they had their differences and disagreements about how to survive together in the desert, but they figured out how to become a nation over seven short weeks. With serious introspection they became an undivided nation at Mt. Sinai. The infamous Torah Commentator Rashi expounds on the description of the unity of the Jews during this time period as “Like one people, with one heart.” Not like the adage “3 Jews, 3 different opinions” stereotype we are normally otherwise known for over the ages.

How can we find this unity within our families, ourselves, and our Jewish Community especially when we can’t be together physically? By separately working deeply on ourselves we will in turn offer our best self to others. I recommend finding a guide to help you learn more about the complexities of “Counting the Omer” by either asking your local rabbi or finding a good book. I really enjoy reading “Journey through the Wilderness: A Mindfulness Approach to the Ancient Jewish Practice of Counting the Omer” by Rabbi Levy every year, along with the many PJ Library Shavout books with my girls. I hope you find insight, strength, and solace from this timeless beautiful ritual of Counting the Omer while in the comforts of home.

### PJ Library Mid-Hudson Valley Happenings: “Newish and Jewish”

Come join us for local virtual Shavout happenings by checking out our PJ Library Mid Hudson Valley monthly emails and our Facebook page: PJ Library Mid-Hudson Valley. **PJLMHV FaceBook Events** Check regularly for upcoming events

PJ Library also has you covered for everything Shavout! Check out various ways you can celebrate Shavout with your family at the PJ Library Shavout Hub, including the activity included below: <https://pjlibrary.org/shavuot>

### PJ Activity:

Children in Israel wear crowns of flowers on Shavuot, symbolizing the spring harvest and the crowns of the Torah. Make some of your own using cloth flowers or the real thing. You can also paint with flowers, take a trip to a local botanical garden, or use flowers to paint and explore color and texture. Find ideas for fun with flowers at <https://www.pinterest.com/pjlibrary/shavuot-stories-and-activities/>

*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](http://www.JewishDutchess.org). Thank you!*

## RELIGIOUS SCHOOL

### 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](mailto:chabadmidhudsonvly@prodigy.net)

### JUDAIC SCHOOL OF THE ARTS

Sunday, 10:00am-12:00pm

For information [www.mypardess.org/JSA](http://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 [tziviehecht@gmail.com](mailto:tziviehecht@gmail.com)

### CONGREGATION SHIR CHADASH

The programs focus on G-d & Prayer, Jewish History, and the concepts of Tzedakah, G'milut Chasadim and Tikun Olum. No charge for pre-school children. Open registration. Tots classes through b'nai mitzvah classes are offered. Classes meet 2 Saturdays a month at 9:00am.

For information, contact (845) 723-4045,  
[info@shir-chadash.org](mailto:info@shir-chadash.org) or [www.shir-chadash.org](http://www.shir-chadash.org)

### TEMPLE BETH-EL

At Temple Beth-El, education is something truly celebrated! From kindergarten through the last year of high school, Temple Beth-El instills a love of Judaism and a lifelong hunger for Jewish learning.

Tuesday,  
Ivrit (Hebrew) School  
4:30-6:30pm, grades 3-7

Wednesday,  
Gesher Youth Program  
6:30-8:30pm, grades 8-12

Saturday, B’Nai Mitzvah Class  
9:30am-12:30pm, grade 7

Sunday, Judaic Studies  
9:30am-12:30pm, grades PreK-6

For information, contact (845) 454-0570  
or [education@theny.org](mailto:education@theny.org)

### VASSAR TEMPLE

Vassar Temple provides a program of Jewish education within the Reform Movement’s guidelines, which deepens a student’s Jewish experience and knowledge in an accepting and stimulating 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.” Temple membership not required.

Sunday Religious School  
Sundays, 9:00am - 12:00pm, grades K-7

Hebrew Language School  
Wednesdays, 4:30pm - 6:30pm, grades 4-7

Gesher Program  
Wednesdays, 6:30pm - 8:30pm, grades 8-12

Innovative individualized Hebrew language instruction and bar/bat mitzvah preparation.

For info contact Rabbi Renni Altman, Director  
(845) 454-2570 or [rsdirector@vassartemple.org](mailto:rsdirector@vassartemple.org)



# 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](mailto:info@tbeny.org) for current information.

**Congregation Schomre Israel 4K (Koffe, Kvetch, Kibbutz Klub) Meeting** April 26, following morning services. We will talk about Israeli archaeology.

**Congregation Schomre Israel Movie Night** April 26, 7:00pm. Popcorn, beverage, and movie. This month’s film will be a Holocaust film. Suggested donation: \$5.

### Monday

**Congregation Schomre Israel Chair Yoga** with Toni Farkas 11:30am. \$5 per session. All welcome.

**Temple Beth-El Board Meeting** 7:30pm. Temple Beth-El Board of Trustees meeting. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

### Wednesday

**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.

### Friday

**Congregation Shir Chadash Virtual Kabbalat Shabbat Service** May 1, 8, 15, 22, 29, 7:30pm. Virtual Evening Service with Rabbi Daniel F. Polish and Cantor Gail Hirschenfang. You are welcome to read a prayer of your choice or write one and read it at the service, if you wish. Check out Facebook for Zoom meeting id: <https://www.facebook.com/pg/shirchadashhv/posts/>.

**Vassar Temple Shabbat Evening Service** May 1, 8, 15,22,29, 7:30pm. We will live stream see link available at [www.vassartemple.org](http://www.vassartemple.org)<<http://www.vassartemple.org>>; check website for current info.

**Temple Beth-El Evening Service** each week, 8:00pm, Conservative, egalitarian service. All welcome. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

### Saturday

**Congregation Shir Chadash Virtual Religious School Programs** May 2, 16, 9:30-10:15am, pre-school—grade 3, 10:30-11:15 am, grades 4-7. We would like you and your family to experience our virtual religious school for FREE! Children learn about Jewish culture, holidays, Israel and history while having fun and making friends. All welcome. Questions ? Call Sue Marcoe: (845) 723-4045.

Check out Facebook for Zoom meeting id: <https://www.facebook.com/pg/shirchadashhv/posts/>.

**Congregation Shir Chadash Tot Program** May 2, 16, 9:00-10:30am. Children ages 3-5, accompanied by an adult, learn through crafts, food, and games. The class is open to all families and free. Check out Facebook for Zoom meeting id: <https://www.facebook.com/pg/shirchadashhv/posts/>.

**Congregation Shir Chadash Morning Virtual Torah Study** May 2, 16, 9:15-10:30am. While enjoying a light breakfast from the comfort of your own home engage in an informal discussion about the Torah portion of the week with Rabbi Polish; everyone has a chance to participate. No expertise of knowledge of Hebrew is necessary. Check out Facebook for Zoom meeting id: <https://www.facebook.com/pg/shirchadashhv/posts/>.

**Congregation Shir Chadash Morning Torah Service** May 2, 16, 10:45-11:30am. Led by Rabbi Daniel F. Polish & Cantor Gail Hirschenfang. All welcome!

**Vassar Temple New Paths Shabbat Morning Worship** TBD, 10:15am.

**Temple Beth-El Shabbat Morning Service** Every week, 9:30am. Lively, inclusive, Conservative, egalitarian Shabbat. Contact Temple Beth-El at [info@tbeny.org](mailto:info@tbeny.org) for current information.

### **Shabbat Y’ladim (Children’s Shabbat)**

All young children, from birth to 1st grade and their families, are invited to a virtual Shabbat celebration with Vassar Temple’s Rabbi Renni Altman and music teacher, Olivia Dilorio. Rabbi Altman’s stuffed bear friends *Kachol v’Lavan* will be there to take part in the fun! After this brief, child friendly Shabbat service, enjoy a little snack with us. Kachol v’Lavan will be having yummy challah and juice. Shabbat Y’Ladim is free and open to the whole community.



### DETAILS

Saturday, May 9, 10:30-11:00am. For information on how to join us on the internet for this special event, please contact the temple office: [office@vassartemple.org](mailto:office@vassartemple.org) or (845) 454-2570.

# Out of Area

### **Congregation Emanuel of the Hudson Valley Events**

243 Albany Ave, Kingston, NY 12401 (845) 338-4271 [www.templemanuelkingston.org](http://www.templemanuelkingston.org).

All services held in our chapel are available to live stream. Visit our website: [www.cehv.org](http://www.cehv.org) and click on the live stream link on the homepage. You can also view archived services and classes.

**Kabbalat Shabbat Evening Service** Friday, May 1, (Family Kabbalat) 6:00pm, May 8, (Kabbaat Shabbat) 7:30pm, May 15, (with Yizkor at 7pm) with a symbolic oneg following.

**Shabbat Service with Zemer Choir Participation** Friday, May 22, 7:30pm.

**Tot Shabbat** TBD 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 information.

**Saturday Morning Service** 10:00am, Communal prayer, meditation, and Torah study.

**Ongoing Adult Education with the Rabbi** Hebrew Trope (Wednesdays 12:30pm); Torah Study, Intro to Judaism (2nd & 3rd Wednesdays 6:00pm); Beginner-Intermediate Conversational Modern Hebrew (Wednesdays 4pm)’. Meditation and Parashat Shuvah, Kabbalah, Private Conversation Tutorials, Adult B’nai Mitzvah. Check online for updates [www.cehv.org](http://www.cehv.org)

**Rhinebeck Meditation & Torah Study** Tuesday, 8:45am, followed at 9:15am by Torah Study (No class April 28) Led by Rabbi Yael Romer. Designed to prepare participants to receive the day’s blessings and explore Jewish traditions with a progressive, egalitarian approach. For directions call (845) 338-4271 x101 or email [cehvoffice2@gmail.com](mailto:cehvoffice2@gmail.com)

**Lunch with Rabbi Romer and Guests** Tuesday, TBD, 12:00pm. Join Rabbi Yael Romer for a hot luncheon with discussion following.

**Adult Education** TBD 5:30pm. The Power of the Omer: Counting for Transformation, with Rabbi Romer

# Calendar

## May

### REGULAR SCHEDULE OF SERVICES

#### **Beacon Hebrew Alliance (Conservative)**

331 Verplanck Avenue, Beacon (845) 831-2012

Rabbi Brent Spodek; Cantor Ellen Gersh; Education Director, Ashley Baker

Website: [www.beaconhebrewalliance.org](http://www.beaconhebrewalliance.org)

Email: [411@beaconhebrewalliance.org](mailto: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](http://www.chabadmidhudsonvalley.com)

Email: [ChabadMidHudsonVly@prodigy.net](mailto: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](http://www.CongBethDavid.org)

Email: [JonRab33@gmail.com](mailto: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](http://www.schomreisrael.org)

Email: [rabbishlomok@gmail.com](mailto: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](http://www.shir-chadash.org)

Email: [info@shir-chadash.org](mailto: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](http://www.MyPardess.org)

Email: [info@MyPardess.org](mailto: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](http://www.RhinebeckJewishCenter.com)

Email: [RSVP@RhinebeckJewishCenter.com](mailto: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](mailto:info@tbeny.org)

Website: [www.tbeny.org](http://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](mailto: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](http://www.vassartemple.org)

Email: [Office@VassarTemple.org](mailto:Office@VassarTemple.org) or

[rabbiv@vassartemple.org](mailto:rabbiv@vassartemple.org)

Services: Friday, 7:30pm unless otherwise noted, Torah

study Saturday, 9:00am, New Paths 1<sup>st</sup> and 3<sup>rd</sup> Saturday

every month, 10:00am unless otherwise noted.

### May Candle Lighting

**May 1 ..... 7:36pm**

**May 8 ..... 7:44pm**

**May 15 ..... 7:51pm**

**May 22 ..... 7:58pm**

**May 29 ..... 8:04pm**

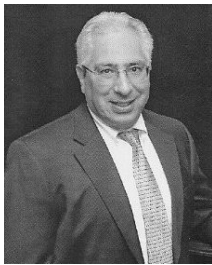
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We’re listening.

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[TheVoice@JewishDutchess.org](mailto:TheVoice@JewishDutchess.org)



## The Federation Board's Voice *by Adam Belok*



Adam Belok

"All humans have a need for community, particularly when the going gets rough. Our Jewish diaspora (those of us who find ourselves not living in Israel) who have made our lives here in the US, have been able to survive for over 5000 years coming from every continent. Despite systematic oppression in each and every millennia, we have outlived our enemies and fought assimilation whenever necessary only because we have learned one lesson well from our ancestors: to put trust either in our immediate family, with our mischbucha (in-laws) whenever possible, or with our fellow Yiddishkeit (Jewish Community) as our extended family who can support us in more ways than one might initially imagine.

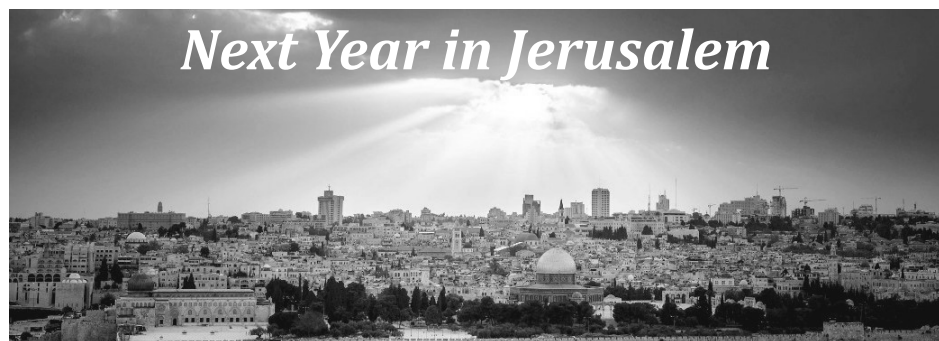
These days, I see a mega-trend of what will undoubtedly be seen in the future as a fortunate highlight developing across our nation among Jewish Teens, 20-30 somethings, etc., and among baby-boomers. We will have a valuable lesson to share with future generations—that at this juncture of the onslaught of the global pandemic of Coronavirus "Covid -19" we find a remarkable paradox:

Even while hunkering down by "sheltering in place", as if bombs were falling from the sky during the Blitzkreig of London during WWII night after night, given new technology of online communications easily facilitating group video chat (not even expected at the Flushing 1964 World's Fair; were you there?) we can choose to participate without commitment to any of many local or national Congregation's Services, Torah Study, celebrations and can have our opinions and hardships heard—if we feel safe enough.

In community context we are better able to understand our own personal version of spirituality (which really just means WHOLENESS) as it is substantiated with our own personal experience. That acute sense of self evolves best with group consciousness, then looking inward, as learned students of scriptures have verified in every culture. From historical records of research on human experience, to commentary of traditional texts, to hearing timely perspectives of one's peers, Community manifests and evolves in a Congregation if well guided by experienced skilled Clergy.

During these challenging times, there is a wonderful opportunity to experience programs and services from various congregations all while staying in the safety and comfort of one's home. Now, it turns out that the experiences of community in the Spring of 2020 can mean survival, solace, and a place to share knowledge and perspective from our own corner of the world, in "the house I live in."

*"Imagine there's no countries, I wonder if you can, no one to live or die for, a brotherhood of man."* J. Lennon



(Continued from page 1, Next Year in Jerusalem by Jonah Ritter)

transportation with our own bus and the best guides. Traveling together we will develop new relationships and strengthen old ones.

Rest assured, we will be building in time and options for a highly personal experience and a diverse itinerary to accommodate a wide range of interests, desires and differences. The Interfaith Community will be welcome to join us - this is a "Community Trip to Israel."

Going to Israel is not inexpensive and, we know everyone is concerned about their finances. The Jewish Federation is sensitive to that and will make every effort to make this trip as affordable as possible. We also believe this trip to Israel could not come at a better time because we are optimistic that by the time everyone needs to make an actual financial commitment this trip will be within financial reach and pandemic fears will be settled down.

If you have dreamed of visiting Israel or going back again, this truly is your chance to say "Next year in Jerusalem!" Email us at [admin@jewishdutchess.org](mailto:admin@jewishdutchess.org) to add your name to a list of interested people.

<b>Disclaimer:</b> <b>Please note that the articles submitted are the viewpoints of the authors and do not necessarily represent the position of JFedDC.</b>	
VOICE DEADLINES	
Note deadlines listed. Email <a href="mailto:TheVoice@JewishDutchess.org">TheVoice@JewishDutchess.org</a> if you have questions.	
ISSUE	DEADLINE
June/July	May1
August	July 1
September	August 1

## Our Executive Director



### LOOKING FORWARD TO LOOKING BACK

My mother used to give me loads of advice, sometimes it was even wanted and warranted. One particular thing that stuck was, "Be careful what you wish for and don't wish your life away." When I was younger, I did not necessarily take this to heart, but it did guide how I approached several things as an adult. During one of the more horrific times in my life, while I wanted to wish those times away, I reframed my mindset. I used to think, "I am looking forward to looking back and not knowing how I managed to survive, but I did."

Often now, I am feeling the same way. I am trying not to wish these times away, but looking forward to looking back and knowing that not only we survived, but we were able to help others during the process. We are all having our own challenges whether it is supervising home schooling of children, managing levels of stress and anxiety in ourselves as well as our loved ones, addressing concerns about finances and employment, and facing feelings of isolation or potential heightened health risks to name a few. These are surreal times to say the least.

Just know that YOU ARE NOT ALONE! We at JFedDC and JFS are here for you. Please let us know whether you need assistance of any kind, whether picking up groceries or medicine, hearing from a friendly voice, facetimeing with someone... WE ARE A COMMUNITY and WE ARE STRONGER TOGETHER.

I hope that by the next time this column is written, it will be all about the sun shining, the flowers growing, and the celebrations we will be able to enjoy together, physically and spiritually.

Wishing you health and safety, Karen Hochhauser

## NextGen Professional

### The Creative Culinary Therapist *By Alyssa Kogon*

Meet Rebecca Bruck, a licensed clinical social worker with over ten years experience caring for a diverse population. Raised in Manhattan Beach, Brooklyn, the 37 year old therapist cut her undergraduate chops at Pace University with a graduate degree at Fordham. She didn't stop there. With dreams of attending a culinary school and her passion for cooking, Bruck and her husband Dr. Isaac Bruck moved to Dutchess



Rebecca Bruck &amp; family

County so that she could attend the Culinary Institute of America in Hyde Park and earn an additional degree in Classical Culinary Arts. Now, with her own private practice in Hopewell Junction, she brings her unique brand of therapeutic practice with a culinary twist to the Hudson Valley.

Bruck states she takes "a very holistic approach to therapy". Her work is not unlike one of a detective, she claims. It is her job to seek out all areas of a client's life and learn what is impacting their function. She then makes a path for what can be done to improve both mental and physical aspects. By doing this, Bruck can help people to heal and address symptoms related to low self-esteem, school difficulties, post-traumatic stress disorder, anxiety, depression, marital and relationship difficulties, anger management, substance abuse, and addiction.

Using an eclectic approach to provide counseling based on mindfulness, Bruck offers her clients the use of the culinary arts, if they desire, to achieve their goals. "Food uses all five senses and helps the healing process," she explains. For an example, the therapist uses chocolate. She may ask her client first to smell the chocolate and to take in that experience in. Then she may ask them to feel the chocolate melt on their tongue. There is incredible healing in focusing on senses, and Bruck says it has helped many overcome trauma.

Although not a trained nutritionist, Bruck feels that the food people are eating can actually heal their bodies of both physical ailments and symptoms of such things as anxiety and depression. She cites such evidence as Vitamin B12 helping with the nervous system. A suggestion of incorporating more fish, high in that vitamin, than meat could help those who have an anxiety issue. Quality medicinal teas as well as unfiltered and unadulterated essential oils are additionally part of her grounding technique of providing therapy. Being the wife of an emergency room doctor at Mid Hudson Regional Hospital herself, Bruck enjoys Kava tea to help her relax during these stressful times.

As for Jewish life, Bruck's ten year old son Jacob attends Temple Beth El Hebrew School in Poughkeepsie where her family affiliates. Although not very religious, she describes herself as spiritual and incorporates Native American and different religions and philosophies in her private life.

To learn more about Rebecca, go to her blog at [www.culinarytherapist.org](http://www.culinarytherapist.org) to read more about the unique therapeutic approach.



# Rabbi’s Blog *by Rabbi Jon Haddon*

“This, too, shall pass”

There is a wonderful Midrash about King Solomon. He wanted to teach Benaiah, a mighty warrior of King David, a lesson in humility. He told Benaiah “I have heard rumors of a fabulous ring that has a unique power. When a sad man gazes upon it, he becomes happy, but when a happy man gazes upon it, he becomes sad. Find this ring and bring it to me.”



Rabbi Jon Haddon

Benaiah set out in search of the ring, but no one had ever heard of such a ring. He was about to give up when he spotted a junk shop. Benaiah approached the owner and described the object of his search. “A ring that cheers the sad and saddens the cheerful?” said the junk dealer. “Come inside.”

They entered the shop. From a boxful of baubles the junk dealer took a plain, silver ring. He engraved some words on it and gave it to Benaiah. Benaiah read the inscription, nodded sagely, and headed back to the palace.

King Solomon was expecting an unsuccessful and humbled Benaiah. So when Benaiah strode in and handed him the ring, the king was taken aback. Inspecting it, he read the inscription and laughed, “It was I who needed a lesson in humility,” he said. “This ring has reminded me that wealth and power are fleeting things.” King Solomon removed his costly rings and slipped on the ring from the junk shop. The phrase on engraved on the ring: was “*gam zu yaavor*,” (“This too shall pass”).

“This too shall pass.” The compelling question is how shall we respond during the passing days, weeks, and months to this terrible pandemic? Recognizing that even though we know that will traverse this crisis (*gam zu yaavor*) doesn’t mean that we should ignore how we get there.

If anything, history, and especially Jewish history, is a guide to what we should try to avoid during a time of pandemic. If so-called "social distancing" (a poor term given that there is nothing "social" about distancing ourselves from one another) requires our physical separation from one another, then our every effort must be to work at social contact and interconnection.

For some of us that is easier because we have a significant circle of family and/or friends. But for others in our community, social distancing risks social isolation. We who constitute the synagogue community are dedicated to making sure no one passes through this period in such isolation.

Reb Nachman of Bratslav taught that at times "the entire world can seem like a narrow bridge." Our choices are constricted, and we feel that we are hanging over a precipice. At such a moment, he taught, "the most important thing is not to give in to our fear."

If we must keep our physical distance, then we must also bridge the divide that separates us in every other way. As Solomon taught in the Book of Proverbs: "Worry in a person's heart will bring one low, but a choice word will lift one up." We can’t offer ourselves that choice word—only another person has that power.

Each of us is equipped with the means of uplifting the others around us. The visage of a smiling face happy to see another, the comfort of a familiar voice, the sincere inquiry into the well-being of another, the genuine offer to assist. These are the tools we have been blessed with to lighten the burden and help make this time pass. *Gam zu yaavor. This, too, shall pass.*



Dear Coping,

You are not stuck at home, you are safe at home. It’s all how you look at it! You are living in an age of technology where you can reach out to others via email, social media, Zoom, FaceTime, or a good old fashioned phone call! You are not alone! Now can be a time of catching up on your “to do” list as well. I like to consider this being in our own private cocoon. It’s a time for changing into something better and more beautiful! After all, if it weren’t for change, there would be no butterflies.

## 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 Sandy Goldberg who found time from making her famous chocolate chip cookies to join us in answering our questions...

- What is your favorite word?**  
*Happy*
- What is your least favorite word?**  
*No*
- What inspires you creatively, spiritually, or emotionally?**  
*Nature*
- What sound or noise do you love?**  
*Voices of children*
- What sound or noise do you hate?**  
*Scratching on a chalkboard*
- What profession other than your own would you like to attempt?**  
*Being a lawyer*
- What profession other than your own would you not like to attempt?**  
*Garbage Collector*
- What do you most like and dislike about yourself?**  
*Like: The ability to bring consensus to a group*  
*Dislike: My inability to pass by a cookie*
- What is one interesting thing that people don’t know about you?**  
*I was a cheerleader.*
- If you could choose a superpower, what would it be?**  
*The ability to bring peace to the world.*
- Do you have a “bucket list” and, if so, what is on it?**  
*I have done so much on my bucket list already, but I would like to try ziplining.*
- What is your earliest Jewish memory?**  
*Going to religious school at the top floor of an apartment building before the synagogue in Herkimer (NY) was built.*
- What is your most favorite Jewish Memory?**  
*Spending holidays with family. It started in Herkimer and has continued through the years although some of the people around table have changed in time.*
- If Heaven exists, what would you like to hear God say when you arrive at the Pearly Gates?**  
*Welcome!*



Sandy Goldberg

\*member of the Tribe

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Vassar Temple families enjoy a Disney Purim



Tu Bishvat Seder



Purim on Broadway at Temple Beth-El



Teens from Vassar Temple and Mid Hudson Islamic Association join together to feed those in need at Lunch Box



Chevra Kadisha Dinner



Shir Chadash's littlest kids making Hamatozi with Cantor Gail during better times



Shir Chadash's Aleph class showing off the masks they made for Purim.



Shir Chadash's religious school children participating in a virtual class.

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 <b>5<sup>99</sup></b> with AdvantEdge Card PICS Smoked Salmon 4 oz.	 <b>13<sup>99</sup></b> with AdvantEdge Card Pier 33 Salmon Portion 24 oz.

Prices effective Sunday, May 3 thru Saturday, May 30, 2020  
in our Poughkeepsie store only.