



A Message from the Board Chair

David Alfonso, JFGR Board Chair



David Alfonso, MD

I wanted to take this opportunity to convey some of the exciting things that your Federation has been involved with as well as some upcoming events. We are proud of an incredibly important contest that we have been involved with along with WGVU and the Pestka family. The Henry Pestka Art and Poetry contest is currently open to grade 6-12 students in West Michigan. The contest is for students that have completed the Michigan state requirements for Holocaust Education, and allows them an opportunity to reflect on the magnitude of the Holocaust through the Arts. This is an incredibly unique opportunity that will allow the lessons of the Holocaust to reach a large number of prospective participants. It also reinforces the importance of Holocaust education among our pre-teens and teenagers. I would like to thank Nicole Katzman as well as the Pestka family for the efforts put forth to create this contest. We have more information available on our website for those of you that would like to learn more. I would also encourage those of you with children in these age groups to reach out to your local school districts to confirm they are aware of this and are able to promote this opportunity to their students. The contest began on October 3 and goes through Feb 10, 2023. The first through third place finalists will receive a monetary award. The Federation is proud to have worked in conjunction with our community partners to be able to offer this contest to West Michigan.

We also have a number of exciting events coming up in the next few weeks, including the Mandylicious Challah braiding event on 11/3 as well as other exciting cultural opportunities. Please visit our website or use your copy of the Shofar as a guide to all the upcoming events. As many of you are aware, we had our campaign kickoff event September 15 where we heard from Carolyn Normandin from the ADL, and honored the legacy of David Samrick and his family for their years of philanthropy and service to our Jewish Community. Last but certainly not least, we honored Rabbi Yosef and Sara Weingarten for their 45 years of involvement in our Jewish Community. I have had the opportunity to participate in many events with them over the years and we are blessed to have them here and hope for 45 more years! Although the campaign event has come and gone our campaign is still very active and I would encourage all of you to make your pledge and donation. Our community relies on its donors for financial support to be able to provide our services and enrich Jewish Life. Every dollar counts towards our goal and the impact of your giving is felt here as much of the money we raise stays here for local needs. I look forward to seeing you at some of our upcoming events until then, good health and sincere wishes for joy in our new year.

David

Like us on Facebook, follow us on Instagram at [jewishgrandrapids](#) and on Twitter @JewishFedGR

Our Mission:

Jewish Federation of Grand Rapids unites the local Jewish community to sustain and strengthen Jews locally, in Israel and around the world.

This mission is accomplished by providing services to the community and through fundraising and allocation efforts.

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Grand Rapids**

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I M A G I N E

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Dafna Kaufman, Film Festival, Dafna@JFGR.org ext. 217 | Julianna Schrier, Community Connector, Julianna@JFGR.org ext. 206

Please cut out this pledge card, fill it in and send it to the Federation office.



I M A G I N E

I'd like to support my community and make a gift!

Jewish Federation of Grand Rapids
2727 Michigan St NE
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(616) 942-5553 email: info@jfgr.org
www.jfgr.org

I HEREBY PLEDGE A GIFT TO SUPPORT THE COMMUNITY IN
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Phone _____ Email _____

Donor's Signature

Method of Payment: Check Stock (Please Identify)

Please charge my: Mastercard Visa
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Card Number

Expiration Date

Security Code



IMAGINE. Campaign 2022 Update



\$184,000

Campaign 2022 “Imagine” has an aggressive goal of \$510,000, and to date we’ve already raised more than \$184,000 in pledges and gifts. We are grateful to our community members who have helped us get off to a strong start, but we still have a long way to go. Federation is deeply committed to protecting and enhancing the well-being of Jews locally and worldwide, and your contributions enable us to provide services to those in need in our own community and secure and maintain vibrant Jewish life in West Michigan.

Your donation today towards our 2022 Campaign “Imagine” will help fund the needs of our local Jewish agencies, including vital support services for Jewish families, and support our overseas partners providing

programming for Jews in need, absorption centers, women’s health crisis centers, hospital programs, youth at risk programs, and more.

I’d like to remind you that there are many ways to give, including legacy gifts (endowments and donor-advised funds) that are gifts of permanence that support our annual campaigns, operations, and community programs. Your generosity and foresight will ensure a strong healthy Jewish future. The JFGR staff would be happy to give you more details about these gift options.

As we approach the secular New Year and enter the year-end giving season, please consider increasing your gift to Federation, and include us in your tax planning. If you have any questions about donating, please contact Nicole or Evan at the Federation office.



Linda Pestka
Campaign Chair



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OF GRAND RAPIDS

THE **STRENGTH** OF A PEOPLE
THE **POWER** OF COMMUNITY.

Help us help others.

In these uncertain times, we're continuing to provide and support programs that:

- ◆ Assist Community Members in Need
- ◆ Educate Children and Foster Jewish Identity
- ◆ Promote a Just Society Through Social Action
- ◆ Provide Jewish Arts & Cultural Programming
- ◆ Offer Aid and Education Overseas

Support Jewish Federation of GR and make your gift today visit

<https://www.jewishgrandrapids.org/> or call 616-942-5553 to make your gift



Padnos Public Engagement on Jewish Learning Event “Remnants of a Mighty Nation”: Jews Through the Eyes of American Christians

Dr. Julian Levinson, *Samuel Shtetzer Professor of American Jewish Studies, University of Michigan*

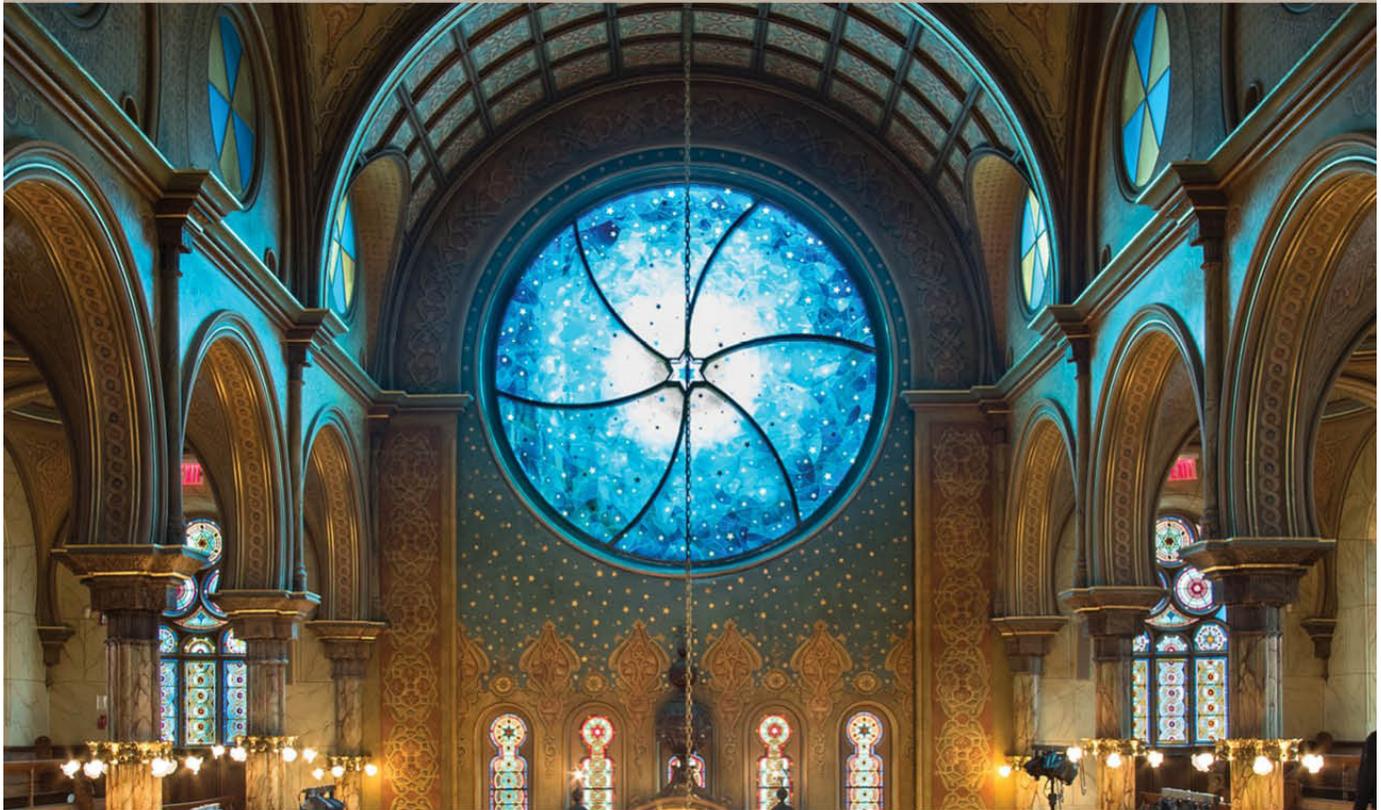


Image: Eldridge Street Synagogue during Open House New York Weekend, 2018



November 1, 7pm

to be followed by a light reception at 8:30pm. This is a hybrid lecture.

Loosemore Auditorium
Richard M. Devos Center
Grand Valley State University
401 West Fulton Street, Grand Rapids, MI

In-person registration: <https://myumi.ch/J81gx>

Zoom Registration: <https://myumi.ch/DJN9M>



The University of Michigan College of Literature, Science and the Arts (LSA) greatly values inclusion and access for all. We are pleased to provide reasonable accommodations to enable your full participation in this event. Please contact Jillian Luciw at js-event-coord@umich.edu if you would like to request disability accommodations or have any questions or concerns. We ask that you provide advance notice to ensure sufficient time to meet requested accommodations.

LSA.UMICH.EDU/JUDAIC • JUDAICSTUDIES@UMICH.EDU • 734.763.9047



It's Challah Time!



It's time for our Challah Making Extravaganza with special guest instructor and social media superstar Mandy Silverman, aka "Mandylicious!"

When: November 3, 2022

Time: 6:30 pm

Where: Temple Emanuel

Suggested Donation: \$10

RSVP @ www.jfgr.org or email Evan at evan@jfgr.org or call Federation.

Mandy will be demonstrating braiding techniques, stuffing, and topping. Dough will be provided, and attendees will be taking home challahs to bake just in time for Shabbat. The program is open to all in our community.

Mandy Silverman founded Mandylicious in 2013 in Sharon, MA. Since then, she has created over 350 unique challah and babka recipes and has developed a global following, including all 50 states in the US, and over 70 countries around the world. In addition to selling challah and teaching classes, she loves sharing her recipes and tips, and supporting others who want to make their own challah.

Check out Mandy at <http://www.mchallah.com/> and on Instagram and Facebook: @mandyliciouschallah.





JFGR Board Members and Staff Hard at Work



*Michele Young, Marni Vyn, Karen Padnos, Evan Rossio,
Elizabeth Christopherson, Chad Zagel, Linda Pestka & Judy Joseph*

Young
JEWISH FOODIES

FUJI YAMA ASIAN BISTRO

**NOVEMBER 20TH,
5:30 - 7:00 PM**

Open to West Michigan Jewish
Students Grades 9th - 12th

Pick up and drop off
is at Fuji Yama.

Cost is free. Space is limited to
10 students.

RSVP with Shelby at
shelby@grtemple.org

Bethany Christian Services Refugee Resettlement Opportunity

“Foster Care: There are currently not enough refugee and immigrant foster homes to welcome the number of unaccompanied children that were forced to flee their country of origin. When youth have the opportunity to be welcomed into a foster home, they can evolve and prosper with your support. Refugee and immigrant foster homes also provide a space for teens to prepare for an independent future that is rooted in their cultural practices. Bethany’s refugee and immigrant foster care programs need folks to take the first step and learn more about becoming licensed by registering for a free, **no-commitment, and virtual** information meeting. We welcome all individuals to learn more, and folks can register for an ENGLISH or SPANISH information meeting. Please reach out to Claire Hopkins (she, her) with any questions or concerns at chopkins@bethany.org or 616-256-2293 (call or text).”



90th Birthday Tribute - Norm Leven

By Cindy Leven-Bezella
(Norm's daughter - Austin, TX)

It is a pleasure to honor Norm Leven as he celebrated a milestone 90th birthday September 28th, 2022.



Norm Leven

Throughout the years, Norm has been a pillar in the Grand Rapids Jewish Community. His generosity is exemplary. Among numerous charities, he and his wife Marilyn of 69 years have established an endowment to Temple Emanuel “The Marilyn & N.J. Leven

Community Enhancement Fund.” They have also established an endowment for the Grand Rapids Jewish Federation “The Leven Family Jewish Federation Endowment Fund.”

Norm is a firm believer in providing financial support to the Jewish community to ensure long term positive effects of his endeavors. Those who have known Norm and Marilyn throughout the years understand and appreciate the positive affect they have had on our community.

Both Norm and Marilyn grew up in Grand Rapids and graduated from The University of Michigan. Norm attended the School of Business Administration where he received his BBA. They have three grown children. Their son Marc and wife Peggy live in Grand Rapids, son Dan lives in Lennox, Massachusetts and daughter Cindy and husband Greg live in Austin, TX. They also have 5 wonderful grandchildren and 5 great grandchildren. Norm & Marilyn moved back to Grand Rapids last year to spend quality time with their family in Grand Rapids. Formerly, they wintered in Palm Desert, CA.

Prior to retiring in 1987, Norm owned L&L/Jiroch a wholesale candy, tobacco and grocery distributor for 15 years. L&L was started by Norm's mother, Sarah Leven as a candy jobber on the west side of Grand Rapids. Norm took over the business with his brother Paul in 1972. After selling the company to Spartan Stores, he became a consultant and has served on the board of directors along with many leadership roles with organizations including; The American Cancer Society, Jewish Community Fund of Grand Rapids, American Lung Association, and the Grand Rapids Foundation where he established a future endowment.

Norm is someone whom his friends and family greatly respect and admire. His wisdom and business savvy along with his warm embracing gift of gab are a treasure to those who know him. He truly is a valuable member in our community.



The Leven Family



A Message from Julianna Schrier

Community Connector



Julianna Schrier

Shalom,

I am writing this farewell letter with mixed emotions. It has been such a pleasure to serve as the Community Connector for the past two years; however, I have accepted a new position at the Grand Valley State University in the Communications Department. I have many wonderful memories during my time at Federation and am sad to say goodbye. Though I will no longer be working at the office, I am not leaving Grand Rapids. You will see me at Federation programs and community events. Thank you for the opportunity to serve the Grand Rapids Jewish community. For the time being, please contact Nicole Katzman, Executive Director, at nicole@jfg.org for any PJ Library or social service questions.

With appreciation,

Julianna Schrier

welcome
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Meet Our New Pomegranate, Linda Remes

The Jewish Federation is pleased to share that Linda Remes is our newest Pomegranate. Linda is a native of Grand Rapids and grew up attending Congregation Ahavas Israel. She is a clinical social worker and enjoys spending time with her children and grandchildren. She

enjoys painting, cooking, and spending time up north at the family cottage.

What is a Pomegranate?

More than a beautiful piece of jewelry, the Pomegranate pin is a symbol of a woman's commitment to, and compassion for, the Jewish people. In 1981, the women of Allentown, Pennsylvania, introduced the Pomegranate pin as a way to inspire giving from women. Almost four decades after its inception, more than 8000 pins have been distributed across North America to women philanthropists.

Women at the Pomegranate level donate between \$1800 and \$4,999 to the Jewish Federation's annual campaign.

For more information on women's philanthropy contact Nicole (nicole@jfgr.org) or Evan (evan@jfgr.org), or call the Federation office at 616-942-5553.



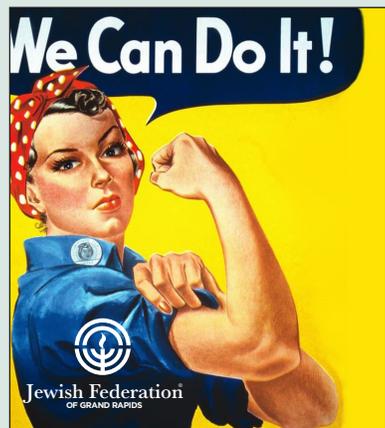
Women's Philanthropy: Your place to inspire, help and connect.

WHO WE ARE

Women philanthropists are the change makers and community shapers of the world. We are sisters and daughters, mothers and friends, compassionate and committed women at every stage of life and career. Federation's Women's Philanthropy engages Jewish women in the fulfilling work of making the world a better place. In every community, we are building and supporting Jewish life for today and for generations to come.

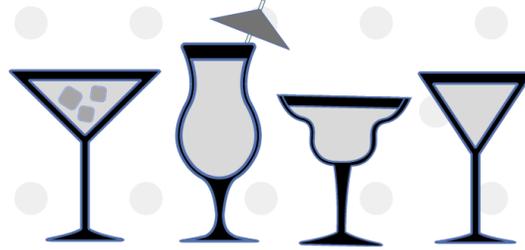
WOMEN IN ACTION

Through our donations and our hands-on community service, we fight domestic violence, improve women's health and nutrition, provide shelter to vulnerable children, protect at-risk seniors and so much more. During the COVID crisis, **we've helped meet increased needs in our communities.** We support Israel with our dollars and our presence. Federation inspires and empowers women to become leaders and decision-makers. Our collective philanthropy enriches our own lives while improving the lives of others.



We welcome you to the Jewish Federation of Grand Rapids Women's Philanthropy. There's a place for you here, no matter where life and career have taken you. Add your voice to this amazing community of women. Our collective philanthropy is purposeful and effective.

For more information, contact Evan Rossio, Campaign Director at evan@jfgr.org



MUSICAL HAVDALAH & COCKTAILS

SATURDAY, NOVEMBER 12TH

6:15pm: Musical Havdalah with Bodi
@ Temple Emanuel

*1715 Fulton St E
Grand Rapids, MI 49503*

7:15pm: Drinks and Schmooze with the Young Adults
@ Graydon's Crossing
First drink compliments of JFGR

*1223 Plainfield Ave NE
Grand Rapids, MI 49505*



RSVP TO SHELBY@GRTEMPLE.ORG



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2022 Scholar-in-Residence: **Bodi** musician & educator

November 11-13, 2022



Schedule of Events:

Friday, November 11

Temple Emanuel

6:00 pm
Kabbalat Shabbat Service
Musical D'var Torah: *Kol Ha'olam
Kulo, All the world is a very
narrow bridge*
Oneg Shabbat following

Saturday, November 12

Ahavas Israel

9:30 am
Shabbat Morning Service

12:15 pm
Lunch (RSVP requested by November 4
to Rabbi@ahavasisraelgr.org or (616) 949-2840)

12:45 pm
Interactive Musical Workshop: *Unpacking secret chord of
David - Musical Influences in Leonard Cohen's Hallelujah*

Temple Emanuel

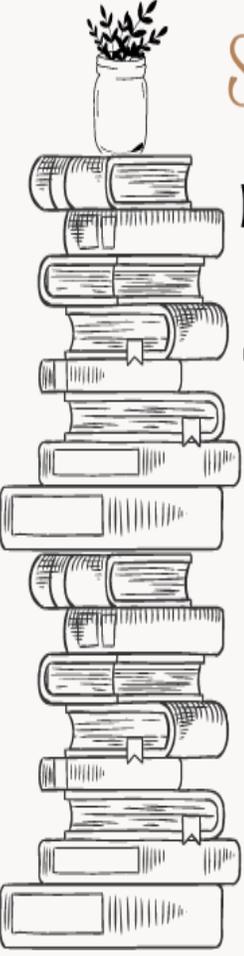
6:15 pm
Musical Havdalah & Young Jews Drinks and Schmooze at
Graydon's Crossing (RSVP to shelby@grtemple.org)

Sunday, November 13

Temple Emanuel

9:00 am
UJS Program



SAVE THE DATE

BABKA BOOK CLUB

New to Federation!
Come for the babka; stay for the book.

NEXT MEETING:
NOVEMBER 16, 2022
5:00 - 6:30PM

RSVP at jfgr.org for address
& additional information



Jewish Federation
OF GRAND RAPIDS

BABKA BOOK CLUB

BOOK SCHEDULE

BOOKS WILL BE AVAILABLE ON THE BOOK CLUB TABLE AT SCHULER BOOKS ONE MONTH BEFORE EACH MEETING.

ZABARS
A FAMILY STORY, WITH RECIPES
LORI ZABAR

November 16, 2022
Zabar's: A Family Story, With Recipes,
by Lori Zabar

THE IMMORTALISTS
CHLOE BENJAMIN

January 18, 2023
The Immortalists, by Chloe Benjamin

People Love Dead Jews
DARA HORN

March 15, 2023
People Love Dead Jews: Reports from a Haunted Present, by Dara Horn

On Division
Goldie Goldbloom

May 17, 2023
On Division, by Goldie Goldbloom

Margot
JILLIAN CANTOR

July 19, 2023
Margot, by Jillian Cantor



WHERE DOES MY MONEY GO?



Supporting those in need
in our Community



Jewish Life & Learning



Israel & Our
Global Family

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The Jewish Federation of Grand Rapids is excited to introduce our new app. Now you can stay connected and up-to-date on everything Federation from your iPhone or iPad. Programming, news, social services, and volunteering opportunities are now just a click away.



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The Jewish Federation
OF GRAND RAPIDS



**Jewish Federation
Grand Rapids**

Arad Okanin

OPEN



AGE

4+
Years Old

CATEGORY

Reference

DEVELOPER

Arad Okanin

LANGUAGE

EN
English

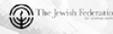


The West Michigan Holocaust Partnership presents
**The Henry Pestka
Art & Poetry Contest**

2022-2023: Never Forget

For Grades 6-12

WGVU.ORG/PESTKA



The Pestka Family, in memory of their father and grandfather, Henry Pestka, a Holocaust survivor, is proud to bring Holocaust awareness and education to West Michigan students in grades 6-12 through an art and poetry contest. This contest is designed for students who have completed the Michigan state requirement on Holocaust education and enables them the opportunity to process and reflect on the concepts they learned through writing or art.

PRIZES

FOR EACH GRADE

1st Place \$150

2nd Place \$100

3rd Place \$50

The top 10 finalists in each grade will have their work displayed, and be invited to attend and be recognized at an event in April 2023. Finalists who attend the event will also receive a gift.

THIS YEAR'S THEME Never Forget



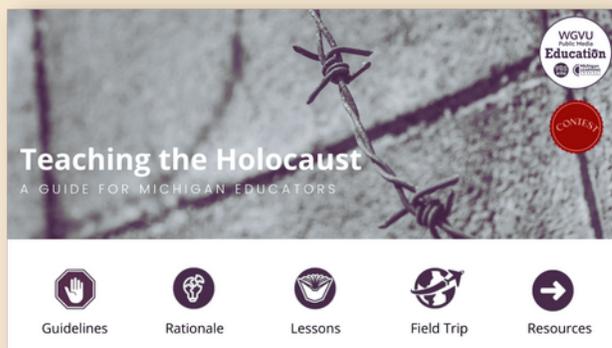
Entries may be prose, poetry, or art.

**Entries accepted October 3, 2022
through February 10, 2023.**

Open to 6th-12th grade students living in a West or Southwest Michigan County.

Finalists will be notified in early March of 2023.

Learn More



This collection of lessons and resources is designed to prepare and support educators in teaching curriculum related to the Holocaust. Students are encouraged to use this content as the foundation for their projects.

The Henry Pestka Art and Poetry Contest is coordinated by The West Michigan Holocaust Partnership, which consists of: ADL Michigan, East Grand Rapids Public Schools, Frederik Meijer Gardens and Sculpture Park, GVSU, The Jewish Federation of Grand Rapids, and WGVU Public Media. The Partnership collaborated to curate a collection of resources and aligned the contest to support educators and students in meeting Michigan State Holocaust and Genocide Education Standards. Members of The Partnership with proximity to student entries, including EGRPS faculty and staff, will not be permitted to judge entries.



SAVE *the* DATE

The Federation of Grand Rapids

partnering with

WGVU Public Media, PBS

will host



Movie screening with panel discussion & Q/A

Wednesday, November 30th, 2022

at 7:00 pm

Celebration Cinema North

2121 Celebration Drive NE | Grand Rapids MI

Refreshments will be provided.

This event will feature excerpts from the new film by Ken Burns, Lynn Novick and Sarah Botstein, *The U.S. and the Holocaust*, followed by a panel discussion and audience Q&A.

Panelists



Rob Franciosi



Linda Pestka



Steve Pestka

RSVP to Nicole@jfggr.org



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WGVU
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Cantor David Fair

United Jewish School Update

by Cantor David Fair

Dear Families of the United Jewish School,

We couldn't be more delighted with our first couple of months at the United Jewish School! We started the year with a delicious Ice Cream Social; students took

a trip to Chabad to learn how to make a shofar; we learned songs and prayers to help us reflect on the beginning of the Jewish year; and we made decorations for our Sukkah! Fun and learning were abounding!

Other highlights included:

- In Kindergarten, Morah Claire's students built a fort in the room to play Sukkah, practiced welcoming guests and shaking the lulav and etrog.
- In the 2nd grade, Morah Katzman had her students create edible Sukkahs! There are no less than TWELVE new families who have joined the UJS community, putting our student body at over 100 students! We are so proud of the work we have been doing!
- Our 8th-12th graders went to the cemetery to learn about the holiness behind Jewish burial and graves and followed that with going to a nearby creek to practice the practice of *Tashlich* with Rabbi Schadick, Morah Shelby, and Cantor David.

UJS follows the ShalomLearning curriculum, which means that the entire school focuses on singular units throughout the school year. During September and October, we focused on T'shuvah. This month, we begin learning about *B'tzelem Elohim*, which means honoring the image of God in ourselves. This unit focuses on concepts such as: Celebrating differences amongst each other, learning about God as a role

model in treating others with kindness, the blessing of Asher Yatzar, taking care of our bodies, the diversity of Jewish people, Bereshit and Pirkei Avot, examining disability awareness and inclusion, being partners with God, G'milut hasadim, and learning about the Rabbi Abraham Joshua Heschel.

As always, we invite all parents to visit us. You are welcome to attend T'filah at 9am with the entire student body and then sit in class with your child throughout the morning. We are also looking for volunteers to help out with the various tasks every morning presents. Let us know if you'd like to volunteer!

In other news, we have an exciting project to tell you about! We at UJS are passionate about exposing our students to all the many traditions and practices of expressing Judaism. One such practice is wearing a kippah. Some Jews wear a kippah all the time, and others wear it just when they are engaged in acts of praying, studying, or practicing Judaism.

We'd like to invite all students to explore and experience this practice. To encourage this, we'd like to buy each and every child their own beautiful, high-quality kippah. We are calling this the "Kippah Project." We would like to order a variety of fun and colorful kippot with many different themes and designs. I am looking for donors to cover the cost of this gift.

If you'd like to contribute to this gift for our students, you are welcome to go to <https://www.unitedjewishschool.org/donate/> and type in "Kippah Project" under the description for your donation. The cost of an order of hand-made, quality kippot for the entire student body is \$250, but every dollar helps.

Yours,
Cantor David Fair (he/him)
cantor@unitedjewishschool.org

Cantor David Fair (he/him) has been serving the Grand Rapids Jewish Community since 2021. A native of Baltimore, Maryland, he graduated with his BA in Theater from the University of Maryland College Park, a Professional Studies and Artist Diploma in Music from the Cleveland Institute of Music. He received a Masters in Sacred Music and was ordained from Hebrew Union College – Jewish Institute of Religion in New York City in 2021 (where he wrote his thesis "Tsiporah's Children: The Music and Lived Experiences of Black Jewish Americans"). Cantor Fair's first love was as an actor and singer, and he's performed in hundreds of musicals and operas across the country. Cantor Fair is also the Educator of Grand Rapids's United Jewish School, as he was a school teacher before entering Cantorial school. Cantor Fair and his partner Corey are honored to be part of the Grand Rapids Jewish community.





BENGTSON CENTER
A PLACE THAT FEELS LIKE
home

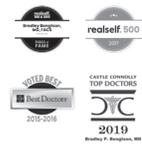
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Volunteers Needed!

Interested in Joining us?

Email Julianna@ifgr.org
Or call (616) 942-5553
ext. 206

Looking forward to your help!



We Need Help With:

- Driving community members to appointments.
- Delivering items to those in need.
- Assisting with in-person programs.

VOLUNTEERS
MAKE A DIFFERENCE
SIGN UP TODAY!

Do You Need a Ride?

Doctors appointment, grocery store or pharmacy? Let us take you where you want to go.

Contact Nicole Katzman, Executive Director at **616.942.5553 x207** or Nicole@ifgr.org to schedule your ride.

All rides need 24 hour advance notice.

Hours of service: 8am to 8pm

Thank you to the generosity of the Ravitz Foundation for this service to the Grand Rapids Jewish community.





Coach John Robinson

Want to Beat Adversity? Practice Extreme Gratitude!

By Coach John Robinson

Does adversity trip you up more than you think it should? Do you find yourself stuck in a rut much longer than you think is healthy for you? Turn it around with

Extreme Gratitude.

For Sukkot, I was honored to co-sponsor Men's Night in the Sukkah at Temple. We explored the idea of Extreme Gratitude. (If you'd like to hear a sneak preview I prepared, go to this link: snip.ly/19xo77)

We opened with "Jocko Motivation 'GOOD' (From Jocko Podcast)," a video from Jocko Willink on YouTube (<https://snip.ly/uqqq8w>). Jocko served in the Navy SEALs.

In this video, he encouraged his team members to be able to say, "Good" when adversity strikes. "When things are going bad, there's going to be some good that's going to come from it."

"Didn't get promoted? Good, more time to get better."

"Got beat? Good. You learned."

"Unexpected problems? Good. We have the opportunity to figure out a solution."

I call this Extreme Gratitude.

Are you able to look for the good in any challenging situation, or create the good? Can you see the connection to gratitude in this? I see the gratitude in being able to find something to be thankful for at any moment.

Steve Harvey suggests stopping to be grateful for everything you have, because it's a substantial list. I believe it was also Steve I heard say that you can't be sad, or mad at the same time you are feeling grateful.

I recently heard Erin Jones speak. She shared that gratitude is a muscle. You get stronger by exercising it.

What do you do to strengthen your gratitude muscle? You can make a habit of looking for the good in your day. You can reinforce that by listing at least one thing every evening you are grateful for. Doing so will help you be more focused on the good in your day.

And when you look for the good in the face of adversity, whether it is there already or if you have to create it,, you give yourself the foundation to pick yourself up, regroup, and retool to take the lead. This lead gives you back the opportunity to take command of your life and to create the good things you are looking for in life.

Do you have a favorite gratitude practice? Do you have favorite gratitude prayers?

I encourage you to take a gratitude challenge. For the next thirty days, keep a gratitude journal and at least once a day enter something you are thankful for. If you want to multiply your impact, put it on social media. Tag me and add the hashtag gratitude (#gratitude). Notice how your mood and your energy is affected. I'd love to hear how this gratitude work supports you.

In any case, I wish you a healthy gratitude practice to bring you more happiness and get you through adversity. I'm rooting for you!



Leadership Coach John helps warrior leaders take command of their personal and professional lives, and create a life they love including a legacy of service to others. Your dreams absolutely can come true. If you have feedback on this article, or a request for a future article, please reach out at info@CoachJohn.help.

"The warrior in all of us is desperately searching for something heroic, transcendent, or self-sacrificing." cac.org



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location of each outing, and for carpool
arrangements and questions.



The Jewish Federation
OF GRAND RAPIDS



Rob Franciosi

Passportals

by Rob Franciosi

We were about the last stragglers boarding a flight from Krakow to London. After thanking my wife for solving a major line issue at the counter, an American fellow behind us narrated how he had forgotten his passport in a hotel safe. Luckily for him, Jo Ellyn and a speeding taxi had given him just enough time to make the plane.

All of us agreed that passports remain among the few documents not to have succumbed to the tyranny of the digital revolution. Yes, they are bio-metric and pretty high tech; but try entering a country without your little booklet and you will quickly learn about the wider world beyond your smartphone.

Coincidentally, that week I had been searching for old passports at the National Archives in Krakow. Many of these have been digitized; but the ones I sought for Frieda



Goldstein and her family required flipping through folders of old and musty documents. My specific search proved fruitless, but I was forced to note developments emerging during the early twentieth century. At some point after 1900 passport officials started requiring photographs. Today, woe unto you if the square is not 2x2 inches, or if you decide to flash the results of American dental science. In contrast, the array of portraits from Oswiecim offered personality. Some were turn-of-the-century glamour shots; others displayed the grim visages we associate with photography's early years, before “smile for the camera” and “cheese” became standard prompts before the flash.

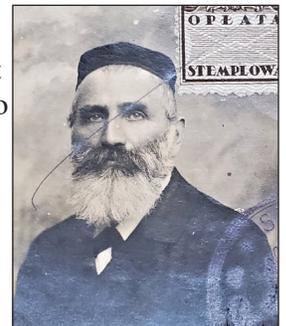


Because I was searching for passport

photos of a fifty-year-old Jewish woman and her religious-teacher husband, I naturally noticed other Jews in the folder. By 1920, after an

influx from Jews to the east, the town of Oswiecim was largely an Orthodox community. So, it was especially interesting to see dignified portraits of religious Jews, like Laser Landau, who could have stepped out of an eighteenth-century shtetl during the rise of Hassidism.

But it was Abraham Fuchs whose picture most fueled my interest. Born in 1866, just five years before my Frieda Goldstein, he sported an elegant and well-trimmed beard, showed no evidence of payot, and even wore a necktie. His need for a passport was also crystal clear—to travel to Ameriki. Looking at his passport and knowing that by 1924 the Golden Door had almost been slammed shut, I thought, “I hope you did not delay the voyage.”



The women I encountered in my search for Goldstein were even more compelling. Also destined for America, youngish Mina Feldman displayed bare arms. Gusti Launderer, however, seven years younger than Frieda Goldstein, not only posed more modestly, but wore a sheitel, the wig of a pious Orthodox wife. And then there's my favorite: a photo of a Miss Schneebaum (I can't decipher her first name) wearing a rakish hat, with the kind of pensive look that seemed made for Hollywood before the talkies.

A few mouse clicks might have very well revealed what fate had in store for Miss Schneebaum and Gusti Launderer. In this instance, however, I chose to enjoy having met them on paper and to let them remain prospective travelers, to resist the impulse to unearth their possibly dark histories on data bases and online archives.

(Cont'd on page 20)





(Cont'd from page 19)



A passport, I later realized, is not only a necessity for international travelers, but an essential declaration of national identity. National identity for Jews living in Oswiecim in 1920 had been complicated for most of their lives. After World War I the Hapsburg Empire, under which they were born, had been replaced by a renewed, sometimes hostile, Polish nation. As the Jewish Museum in Oswiecim notes, the inter-war years proved to be a time of “dynamic development” for the community, although also one

plagued by increasing waves of anti-Semitism.

Beyond archival visits on this trip, which so far has taken me from Germany to Poland, I have on the ground been reminded of too-easy biases sometimes held by American Jews. Too often we wax eloquent about Berlin, river cruises on the Rhine, or the superiority of German automobiles, but tend to view the Eastern European sites of robust Jewish life—not just death—as beyond the pale, places never to visit or even to notice in positive ways. That seems a mistake to me, as Poland in 2022 has much to offer.



Here is one example of current life there. While walking back to my hotel from the archive, I crossed a large square that fronts the Krakow Galleria, a consumer pleasure-dome that outshines anything I've seen back home. Earlier, during our first week in Krakow, we had noticed a fleet of white vans on the Galleria's plaza, surrounded mostly by young people and others we guessed were their chaperones. Many pulled suitcases, so we assumed this must be a school outing of some sort. Their high spirits even suggested that.



They were there again as I made my way back toward the city center. This time I took a closer look at the text on the back of each van. It was all in Cyrillic, except for a web address—www.passports.org.ua, the site of a group devoted to helping undocumented Ukrainian refugees secure passports.

The Galleria on that sunny October afternoon in Krakow seemed a galaxy away from a war only 150 miles to the east. But the presence of blue and yellow Ukrainian flags throughout the city, as well as the regular demonstrations on the main market square, evidenced how mindful Poles are of their neighbors' fate.

More than any other country in 2022, Poland has welcomed those fleeing Putin's war, over one million to date. A hundred years after Jews like Abraham Fuchs and Mina Feldman decided that their futures had to be across the ocean, the young people gathered outside the sparkling new mall were finding refuge much closer to their ravaged homeland—YKRAÏHA was stamped in gold on the outside of their deep blue passports—a place to which many hoped to return.



Rob Franciosi is a professor of English and Honors at GVSU where he teaches courses on the Holocaust and American Literature. Rob welcomes questions or comments about his article. You may contact him at francior@gvsu.edu



Financial Focus

Should You Consolidate Retirement Accounts?

by Chad Zagel, CFP®, AAMS®, JFGR Board Member



Chad Zagel JFGR
Board Member

One of the rewards for working over several decades is the ability to contribute to tax-advantaged retirement accounts, which can help provide needed income for you when you do retire. As the years went by, you may well have accumulated several retirement accounts, such as IRAs and 401(k)s or similar employer-sponsored plans. But you might find it advantageous to consolidate these accounts with a single provider.

Consolidating them can provide you with several potential benefits, including these:

- *Less confusion and clutter* – If you have multiple accounts in different locations, it may be difficult to keep track of tax documents, statements, fees, disclosures and other important information. Consolidating accounts could help provide clear, simplified account maintenance.
- *Less likelihood of “lost accounts”* – It may be hard to believe, but many people abandon their retirement accounts, leaving thousands of dollars behind and unclaimed. In fact, at the end of 2021, there were nearly 25 million forgotten 401(k) accounts, worth about 20% of all 401(k) assets, according to an estimate by Capitalize, a financial services company that helps individuals roll over retirement plan assets into new accounts. It’s possible that employers can even move small, old accounts out of their 401(k) plans and into an IRA on behalf of their former employees, thus increasing the chances that savers will lose track of their money. By consolidating your retirement plans with one provider, you can ensure you don’t lose track of

your hard-earned money.

- *Ability to follow a unified strategy* – With multiple retirement accounts, and different investment portfolios, you might find it difficult to maintain a unified financial strategy that’s appropriate for your goals and risk tolerance. But once you’ve consolidated accounts with a single provider, you’ll find it easier to manage your investment mix and to rebalance your portfolio as needed. The need to rebalance may become more important as you near retirement because you may want to shift some of your assets into investments that aren’t as susceptible to swings in the financial markets.
- *Possible improvement in investment options* – Often, 401(k)s may have limited investment selection, so consolidating accounts with a full-service firm may allow for a wider array of products and strategies. This broader exposure can potentially help you improve your overall retirement income strategies.
- *Greater ease in calculating RMDs* – Once you turn 72, you will need to start taking withdrawals — called required minimum distributions, or RMDs — from your traditional IRA and your 401(k) or similar plan. If you don’t take out at least the minimal amount, which is based on your age and account balance, you could face a penalty. If you have several accounts, with different providers, it could be cumbersome and difficult to calculate your RMDs — it will be much easier with all accounts under one roof.

So, if you do have multiple retirement accounts, give some thought to consolidating them. The consolidation process is not difficult, and the end result may save you time and hassles, while also helping you manage your retirement income more effectively.

Chad Zagel, CFP®, AAMS®, is a Financial Advisor with Edward Jones, a University of Michigan graduate, and in his free time, Chad enjoys spending time with his family and volunteering.

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Two Judys' Pumpkin Bread

By Evan Rossio, Campaign Director, JFGR

Here's a classic from the soon-to-go-live Nosh website... Two Judys' Pumpkin Bread, submitted by Judy Subar, who said, "This recipe, inspired by a recipe from King Arthur Baking, was given to me by one of my dear friends, Judy Joseph, a great baker. It is from her recipe book, 'Judy Joseph's Kitchen.' You're going to love it!"



Evan Rossio

Two Judys' Pumpkin Bread

- | | |
|--|-----------------------------------|
| 1 c vegetable oil | 2 t baking soda |
| 2 $\frac{2}{3}$ c sugar | 1 $\frac{1}{2}$ t salt |
| 4 large eggs | 1 t nutmeg |
| 2 c (or one can) pumpkin | 1 t vanilla |
| $\frac{2}{3}$ c water | 1 c chopped walnuts or pecans |
| 3 $\frac{1}{3}$ c unbleached all-purpose flour | 1 $\frac{1}{2}$ c chocolate chips |
| $\frac{1}{2}$ t baking powder | |

1. In a large bowl, cream together the oil and sugar. Beat in the eggs, pumpkin, and water.
2. Add the flour, baking powder, baking soda, salt, nutmeg, and vanilla, stirring to blend, then mix in the chips and nuts.
3. Spoon the batter into two lightly greased 9x5 quick bread pans, lined with parchment paper. Bake the bread in a preheated 350°F oven for 1 hour, or until a cake tester inserted in the center of the loaf comes out clean.
4. Remove the bread from the oven, and cool it on a wire rack. When it's completely cool, wrap it well in plastic wrap, and store it overnight before serving.



I sometimes use dried cherries instead of chocolate chips. Everyone enjoys this cake. It freezes well. I sometimes slice it before freezing. I separate the slices with strips of waxed paper and then put several slices in a zip lock sandwich bag, which I then place in an airtight rigid plastic freezer container.



The PJ Library, a program of the
Jewish Federation of Grand Rapids
now has 120 children enrolled with 83 families.
To enroll your child, visit www.pjlibrary.org.

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Judith Joseph's great granddaughter,
Beverly, playing with her new Torah toy.



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All events are subject to change. Please stay safe and reach out if there is anything we can do for you.

CHECK FACEBOOK @CHABADWM FOR VIRTUAL ZOOM LINKS AND PASSWORDS OR TEXT RIVKA AT 616.206.9654!

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For more Info or for zoom information, please contact

Rabbi Mordechai at 269.903.7916 or

Rabbihaller@chabadwestmichigan.com

JEW-Q

Chabad of Western Michigan is excited to bring *JewQ* - the International Torah Championship for Jewish children in grades 3-7.

It's fun, exciting, and you'll learn lots about being Jewish!

For more info and to register your child go to

www.chabadwm.com/wmjewq or message us at

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Nothing is off-limits as this refreshingly open course asks piercing questions about G-d and delivers profound, insightful answers. An enlightening study into G-d's nature, G-d's goal for creation, human experiences of G-d, the role of religion, and the function of prayer, this course promises to satisfy your questions, including those you didn't know you had.

Virtual: Six Tuesday's, beginning on November 8th, 2022 |

In Person: Six Wednesday's, beginning on November 9th, 2022.

For more information contact Rabbi Mordechai at

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CTEEN GRAND RAPIDS UPCOMING EVENTS:

CTeen is a part of the fastest growing teen network in the world! It's the place for ALL Jewish high school teens!

For more information about CTeen or to RSVP, contact

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Meeting ID: 938 3001 6601 Password: 180 or text Rivka for the link.

CTEEN & CTEEN JUNIOR FUN DAY

SUNDAY, NOVEMBER 20TH | 1:00PM

Thanksgiving attitude of gratitude!

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DECEMBER 2ND - 4TH

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JEWISH WOMEN'S CIRCLE

MONDAY, NOVEMBER 28TH | 7:00PM

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For Jewish children Ages 5-12 | \$60 both days

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JTEXT ~ JEWISH TRIVIA FOR TEENS!

EVERY MONDAY & THURSDAY AT 7:00PM.

Be the 7th to answer correctly and win a \$20 AMAZON GIFT CARD to your email!

Are you a Jewish teen in grades 6-12 that lives in West Michigan and would like to join?!

Text "CTEENGR" to 616-207-1218 to be let in on the fun!

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It's fun, it's quick, it will stimulate your mind- and the best part is?

YOU ARE COMPETING TOGETHER WITH OUR COMMUNITY AND FRIENDS!

The 7th player to answer correctly will win a FREE bottle of Kosher wine to be picked up at Chabad!

Every SUNDAY & WEDNESDAY AT 7:00PM SHARP you will receive a TRIVIA question via text message!

Reply with the number you think is correct. The 7th

participant to answer correctly wins!

It is amazing watching our community unite together to play, connect, and learn.

To Join: text "CHABADWM" to 616-207-1218



LEARN AT AHAVAS ISRAEL

- Foundations for a Thoughtful Judaism, Sundays during UJS, 10:30 - 11:30. Because of UJS security procedures this year, each person entering the building will need to have an identification badge. Please let Rabbi Krishef know that you are interested in the class and he will arrange to issue you a badge.
- Zoom Torah study, 2:00 p.m., Mondays, Wednesdays and Thursdays. Join Rabbi Krishef for a vaccine against spiritual malaise, Kos Kafeh v'Torah, coffee break and Torah - <https://zoom.us/j/490362529>
- Introduction to Judaism, beginning Monday night, November 28, 7:00 - 8:30 p.m. Cost: \$50/members and B'nai Noah affiliates, \$75/non-members. A basic introduction to Jewish history, beliefs, rituals, holidays, and life cycle celebrations. The syllabus is available for download from AhavasIsraelGR.org under Adult Education Programs (or call the office to have it mailed/mailed to you).
- Torah Reading Class with Cantor Fair, Cantor@ahavasisraelgr.org. Register by contacting Cantor Fair. Start date TBD.
- Hebrew classes - Contact the teachers if you are interested in the following Hebrew classes:
- Contemporary and Biblical Hebrew with Joe Korn, joekorn86@gmail.com. Meets Monday evenings at 6:00. Join a dynamic group of Hebrew students!
- Hebrew reading with Elisabeth Rosewall, eclairerosewall@gmail.com

AHAVAS ISRAEL BOOK GROUP

Wednesday, November 23, 7:00 p.m.
Barbara Rapaport, Reimagined

All her life, Barbara Rapaport had been struggling to reconcile two sides of her personality: the one who felt compelled to remain behind the scenes and the one who gave herself permission to stand in the spotlight. In this candid and emotionally true memoir, Rapaport recounts her harrowing experience battling a rare form of cancer. The story of Rapaport's suffering as a result of her cancer surgery, and subsequent prolonged recovery, reveals that the tyranny of her physical pain wasn't the worst of what she had to endure. Rather, it served as a smokescreen for an even greater agony – that neither of her personas, the quiet good girl nor the successful warrior deserved

to live. With extraordinary self-awareness, Reimagined toggles back and forth between Rapaport's adult cancer journey and the childhood trauma that gave rise to these false beliefs. Her story beautifully illustrates a truth many of us live with: that our childhood demons are never very far away. But with courage and fortitude we can gain the perspective necessary to acquire what's long avoided us: radical self-acceptance.

Also, save the date ...

We have been invited by Congregation of Moses to join a book group conversation on January 24th 10:00 a.m. on Zoom, with Rabbi Dr Haviva Ner-David on "Dreaming Against the Current, A Rabbi's Soul Journey." She also wrote "Life on the Fringes" and three other books, including a novel.



Temple Emanuel was founded in 1857. We are the 5th oldest Reform synagogue in the United States. We invite those who are looking for a vibrant Reform congregation in West Michigan to come and be a part of our community. We look forward to welcoming all those who are seeking a contemporary approach to Jewish life to our beautiful campus.

Who says there is no good deli in Grand Rapids? Sy Ginzberg's finest kosher-style corned beef, pastrami, and salami will be the star attraction at our Denim & Deli Fundraiser on Saturday, November 5 at 6:00 PM. We extend a hearty invitation to all those who love chopped liver, potato knishes, half sour pickles, cole slaw & potato salad, and rugelach & mandel bread, to join us. Vegan deli on hand too for those who do not eat meat. The cost is \$54 a person (3x chai). Cantor David Fair will entertain us with a medley of Broadway show tunes. Wear your favorite jeans. Contact Cathy@grtemple.org to make your reservation. Help us raise some money for the Temple.

Temple Emanuel is delighted to be the host congregation for the 2022 Grand Rapids Interfaith Thanksgiving Service on Monday, November 21 at 7:00 PM. The theme

(Continued on pg 26)



TEMPLE EMANUEL *(Continued from pg 25)*

of the service is gratitude. Lots of area houses of worship will participate. Rabbi Schadick will deliver the sermon. All are welcome to attend.

NOVEMBER SHABBAT SERVICES

We welcome the arrival of Shabbat every Friday afternoon at 6:00 PM. Our worship is filled with music and with community. Come wind down from the week and enter the Sabbath with Rabbi Michael Schadick and Cantor David Fair.

Friday, November 4

Family Shabbat Service with a youthful liturgy that is perfect for all ages. We celebrate November birthdays and wedding anniversaries.

Friday, November 11

We welcome musician Sam Bodenheimer (Bodi) to Temple as we kick off the community Scholar-in-Residence weekend. Bodi will share a special musical d'var Torah. A special Oneg Shabbat in Bodi's honor follows.

Friday, November 18

On this Friday night we will read from the Torah portion of Chaye Sarah. Come and learn with us.

Friday, November 25

Celebrate the Shabbat of the Thanksgiving holiday weekend at Temple.

Rabbi Schadick invites the youngest members of our community to join him for Tot Shabbat on Saturday morning, November 19 at 10:00 AM. This is a chance to celebrate Shabbat in an age-appropriate way with stories, songs, and a craft. Contact Cathy@grtemple.org to sign up.

We are so excited to welcome the incredible Noah Aronson to Temple the weekend of December 9-11 as an early Chanukah gift to our congregation and community. Noah is one of the pre-eminent Jewish musicians in America. He will be welcoming in Shabbat with us on December 9 at 6:00 PM. He will be here in concert on Saturday, December 10 at 7:00 PM. All those interested in joining us are asked to contact Cathy@grtemple.org.

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Linda Pestka

Life cycle times, both happy and sad, are traditional times to make donations to Jewish causes. You can make a donation of \$10 or more to the Jewish Federation of Grand Rapids in honor or in memory of members of our community.

We then will acknowledge that donation with a card to that individual or family. This is a wonderful way to send your good wishes and be able to fulfill the mitzvah of tzedakah.

Please be sure to indicate what the occasion is and who is to receive the card. Please specify which of the following funds you would like your donation to be credited to:

Woman of Valor Fund To honor the women in our lives who have made a difference personally, locally or nationally.

Federation General Endowment/L'Dor Vador Fund To help ensure the continued work of the Jewish Federation of Grand Rapids for now and the future.

Julian and Judith Joseph Fund To provide for local programming and events through the Jewish Federation of Grand Rapids.

David and Susan Samrick Youth Scholarship Fund To provide scholarships to Jewish sleep away camps and experiences.

Charles and Maxine Shapiro Fund To help ensure long-term aid to Israel and Jews around the world.

Louis and Louise Weiner Fund To help ensure local programming for seniors in the Grand Rapids Jewish community.

Jerry and Judy Subar Fund To help ensure funding for overseas Jewish communities' needs.

Leven Family Fund To establish and provide Jewish facilities, and support for cooperative programming among the congregations that support Jewish education for our youth.

Sam and Jane Kravitz Social Services Fund To support Jewish social services in Grand Rapids.

Donna G. Boorstein Memorial Fund To help ensure funding for Jewish arts, culture and history in Greater Grand Rapids.

Lois and Sheldon Kahn Health Help Fund To support health services for Jewish community members not covered by other financial resources.

Fox Family Fund To ensure that the PJ Library, a program of the Harold Grinspoon Foundation, for children ages 6 weeks- 12 years old, remains in the Western Michigan community and to provide high-quality educational children's programs.

The Finkelstein Brothers Fund Mort, Raleigh and Edward's commitment to educate the residents of Michigan about the Jewish families that settled in West Michigan during the mid 1800s through community events and educational programs.

Henry Pestka Holocaust Memorial Fund To make certain that the Holocaust is an essential part of the human story forever through educational programs and events that teach awareness, compassion and to ensure these inhumane acts against humanity never happen again.

*Make a tribute gift to
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