Celebrating Passover
page 13-16

CAFÉ 360 EXPANDS KOSHER OFFERINGS IN JCC
Visit the café for new food items, more meal options and favorite kosher brands for the community PAGE 6

LEARNING ANEW ABOUT JEWISH LIFE, MUSIC AND HISTORY WITH LIMMUD
Come for an cross-community day of Jewish learning with local experts, leaders and innovative thinkers PAGE 3

BEKI ART GALLERY SPOTLIGHTS LESLIE J. KLEIN
Mixed media and fiber artist creates images from a Jewish and feminist perspective PAGE 23

LET YOUR VOICES BE HEARD!
Tell us what you think the Jewish Federation’s upcoming priorities should be in our community Details on page 2
Let Your Voices Be Heard

We have been busy with our community strategic planning process. Work began over the summer months. We are now in the throngs of Information gathering: this will inform a study and report produced by The Melior Group of Philadelphia, which will then be passed over to Panoramic Strategic Solutions to help develop action steps to continue moving our community forward.

While the hiking trail was isolated and the streams to the tree limbs quiet as the woods of Madison, Connecticut. Have your say!

FROM THE DESK OF Scott Cohen

Jewish Federation of Greater New Haven

JCC Executive Director

Leadership

Cindy Papish Gerber
Mark Oppenheimer
Chava Light
Chesky Holtzberg: Chair
George Hauer
Ariana Fine
Director of Marketing & Communications

LEADERSHIP

Dr. Jeffrey Hoos
President

Judith Alperin
Chief Executive Officer

Space is limited; submission does not guarantee inclusion. All submissions are subject to approval by the editorial board. Make your voice heard!

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How Lucky Are We? How Lucky We Are!

by Dr. Jeffrey Hoos
Jewish Federation of Greater New Haven President

I wonder if a writer really thinks about their titles when they write an article or a book. Is it to peak interest or is it to give meaning. Thinking about the “how lucky are we” phrase and when thing are not going as well. Michele Hoos usually mentions that it could be worse and we could be living in Hotel Rwanda. That is how lucky we are. So what is our obligation to our families and our community? It is an interesting question. What does our organized community owe to all of our Jewish and non-Jewish communities? We cannot just use our hope and wish that things will work harder and show our love with deeds and actions. What could our community needs to provide? We do this by using love and compassion. We have all been there and fortunately, we are still here. This community is amazing and wonderful. We are fortunate that so many animals and people are creating and living in our community. We are fortunate that so many animals and people are creating and living in our community. We are lucky to make it happen. We really need to remember how lucky we are. We are so lucky to be in this community and to be with each other. We are so lucky to have professionals, lay leaders and community-minded people who want to make a difference. What will it take to make everything even better for those who use our community’s services and enjoy the good things the Jewish community of Greater New Haven has to offer.

Remembering how lucky we are helps us to work together for others in our community.

Dr. Jeffrey Hoos

Nefesh Mountain Combines American and Jewish Music

Music & More at Congregation Beth Shalom Roadside Zeok (CBSRZ) brings the Nefesh Mountain band to the stage on April 5 at 4:00 p.m. The critically acclaimed progressive bluegrass quintet who tour internationally as a beacon of diversity, combine American Roots music with Jewish heritage and tradition. Band leaders husband/wife team Eric Lindberg and Deni Zaslav are the heart of this eclectic offering, alongside band members Alon Greenberg (mandolin), Daniel Goldberg (mandolin) and Max Johnson (bass). Nefesh Mountain (www.nefeshmountain.com) combine their a cappella, virtuosically and composed arrangements of a modern folk/bluegrass band with songs of the heart and sense of diverse, oneness and purpose.

For more information, contact the CBSRZ office at (486) 526-6620 or office@cbsrz.org. Advance tickets can be purchased through cbsrz.org or facebook.com/music. more.cbsrz.org. Congregation Beth Shalom Roadside Zeok is located at 55 East Kings Highway in Chester.

Coping With Bereavement

To help older adults cope with feelings of grief, sadness and loneliness, JFS (Jewish Family Service) is offering a four-week Friday group for those grieving the loss of a spouse, family member or significant person. The series will take place at 11 a.m. on March 13, March 20, March 27 and April 3 at Jewish Family Services, located at 5440 Whalley Avenue in New Haven. The sessions are free of charge but preregistration is required.

Contact Andrea Joseph, LCSW, at (203) 389-5599 x112 or ajoseph@jfsnh.org to preregister.

Jazz Tango

Pablo Ziegler Trio

Friday, March 13, 2020 | 3 pm

The Comparative Musicology Program will perform modern classics by Ziegler’s longtime collaborator Astor Piazzolla alongside drawings, projected images and room acoustic arrangements.

Dance Momix

Friday, May 1, 2020 | 7:30 pm

Momix is a company of dancers-illusionists known for presenting works of astounding inventiveness and physical beauty.
Expanding Food and Kosher Offerings

Cafe 360, located in the JCC of Greater New Haven, is expanding the number of kosher items available to JCC members, visitors and the community. With shriving options, residents have searched beyond the area for some of their kosher needs.

Cafe 360 offers an assortment of artichokes, smoothies, New York bagels, sandwiches and pastries to vegetable specialties, chalk and dinners to go. The cafe will now include more brands residents are looking for in both the refrigerated and frozen sections, including Natural & Kosher Cheeses; A&H hot dogs, sausages and other meats, Junior’s cheesecake, Whole Fruit frozen bars; Bar Tenpke pickles, and kosher bacon. The offerings will be greatly expanded with deli meats, cheeses, a variety of salads, prepared meals, soups and more. Meat and dairy products will be packaged separately in foil at Abel Caterers, supervised by the Vaad Halakshas of Fairfield County.

“Our goal is to provide a high quality food and great customer service to everyone in the community. With everything at Cafe 360 being kosher, we can provide tomer service to everyone in the community. And with shrinking space and upgraded WiFi, the cafe area is the heart of the JCC of Greater New Haven’s building. Centrally located in the middle of the upper floor, it boasts wood-textured ceramic tiles, upgraded seating, enhanced LED lighting, a large open space and upgraded WiFi.

With more items overall, additional farms you love and more of the brands you recognize, you can do your kosher shopping minutes away. You can spend your Sunday at home rather than traveling far for your kosher shopping minutes away. You can spend your Sunday at home rather than traveling far for your kosher shopping. Abel Caterers will now include more brands residents are looking for in both the refrigerated and frozen sections, including Natural & Kosher Cheeses; A&H hot dogs, sausages and other meats, Junior’s cheesecake, Whole Fruit frozen bars; Bar Tenpke pickles, and kosher bacon. The offerings will be greatly expanded with deli meats, cheeses, a variety of salads, prepared meals, soups and more. Meat and dairy products will be packaged separately in foil at Abel Caterers, supervised by the Vaad Halakshas of Fairfield County.

“Like hatred and intolerance, the effects of climate change are felt equally by members of all faiths. This event provides an opportunity for us to model what it can look like when we all come together to address a common adversity,” says Weinstein. Participants will have the choice to take part on either a 25-mile bike tour of the bike path, both of which will depart from the College Woods section of East Rock Park, beginning at 12 p.m. Afterwards, riders and hikers will reconvene at the College Woods Pavilion for a celebration of hope and resilience in the face of adversity.

JHaven connects young adults, ages 22-45, to one another and the Greater New Haven Jewish community through volunteer opportunities, social outings, networking events, and more. For more information and volunteer opportunities, visit jhavenvolunteers.org.

For the second year in a row, the Jewish Federations of Greater New Haven’s J-Haven group will partner with students, day schools and professionals from faith groups throughout the New Haven area to host a multifaith hike, bike ride and celebration on Sunday, April 26. The event is in support of Rock to Rock’s 12th annual Earth Day Ride, which will be held on Saturday, April 25. The multifaith community-wide celebration is a multifaith community-wide celebration of pluralism, collaboration and mutual support.

Ezra Academy is the proud recipient of a Jewish Education Innovation Challenge Grant (JEIC), awarded by the Mayberg Foundation. The Mayberg Foundation invests in organizations and initiatives with bold ideas to inspire, educate and strengthen Jewish communities. The JEIC grant is to fund improvement in Jewish day schools, challenging them to optimize student internalization of Jewish wisdom, identity and decision making. Ezra Academy’s goal is to be awarded in recognition of its sixth-grade social justice curriculum, which benefits five small Jewish communities across the country.

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Heartfelt Thank You for Friends of the J Supporters

The 2020 Friends of the J campaign was a routing success. Your generosity enables us to continue nurturing connections to people in our Greater New Haven community. With your help, we can offer more needs-based scholarships to our endowed early childhood education and after-school programs, which are so vital to enable us to provide access and programming for adults and families with disabilities. Cultural arts, such as music, art, dance, film, and visual arts displays, are further bolstered by your support for the JCC community.

On February 15, we celebrated our Friends of the J donors with a thank you event and aaffle. The grand prize was a trip to Walt Disney World. Otheraffle winners included Shelley and Adam Fierman, Jeff and Tamar DiLorenzo, Fran and Steve Gonski, Lizanne Cox, Linda Green, Dana Fox, Eden Chen, Rachel and Joseph DiLorenzo, and Judith and Leonard. The Elly Monds, also held a classical music concert for our donors on February 9.

We are proud and excited to announce the winner:

SHELLEY & RICHARD GANS
JCC PROGRAM FUND
Ticket number J-001
• 30 minute Focus Massage (9/40)
• $25 certificate to MakerSpace classes
• $25 certificate good for JCC Day Camp

LINDY LEE GOLD
• $200 Gift Certificate for DJ Service

LINDA GREEN
• Bag of Treats and Gift Certificate to assortment fine chocolates and Claire’s Corner Copia

JCC SPA PACKAGE
LINDY LEE GOLD
• 3 months of Spa locker room classes
• One 60 minute Swedish Massage
• $20 Gift Certificate to Manjares

DIANA FOX
• 3 months of Spa locker room classes
• One 60 minute Swedish Massage
• $20 Gift Certificate to Manjares

JCC PROGRAM PACKAGE
SHELLEY & RICHARD GANS
• Four Tickets in Section 123, Row 8 and parking pass. To be available for purchase at the event. Bagels will be offered at 9:45 a.m. with the discussion to begin at 10 a.m.

This March, Temple Emanuel delves into Judaism and addiction, Holocaust testimonies and contemporary addiction science. Hallie Cooper-Simon has stayed the same: to record and project the stories of survivors and resisters and liberators. For more than three decades, its mission has stayed the same: to record and project the stories of those who were there.

Jewish Family Service of Greater New Haven Names Honorees

ABOUT THE HONOREES:
Robert Epstein, a lifelong resident of New Haven, was a co-founder of the Life Brener Thompson and PCP Insurance Agency. He has been involved in several local organizations as chair of the CT Special Olympics Games, president of Congregation Beth Israel, board member of Hamden Hall Country Day School, chair of the New Haven Police Commission and as past president of the Jewish Community Foundation.

For the past 40 years, Debra has served on numerous community boards, including Congregation B’nai Jacob, VP of Women’s Philanthropy, chair of Rachel’s Table and co-founder of Food4Kids New Haven.

Both Debbi and Rick are proud parents to Kate and Adam Farman, Emily Epstein,heartbeat and Michelle Epstein, the newest member of the family, Levi. They are the proud parents of Zachary, Noah, Reid, Adam Fierman, Emily Epstein, Herbie and Michelle Epstein as well as grandparents to Zachary, Noah, Reid, Adam Fierman, Emily Epstein, Herbie and Michelle Epstein.

Rabbi Richard Eisenberg

In-depth Events Offered by Temple Emanuel

This March, Temple Emanuel delves into Judaism and addiction, Holocaust testimonies and contemporary addiction science. Hallie Cooper-Simon has stayed the same: to record and project the stories of survivors and resisters and liberators. For more than three decades, its mission has stayed the same: to record and project the stories of those who were there.

Temple Emanuel’s Annual Scholar in Residence weekend will take place March 27-29 with Professor Christine Hayes of Yale University’s religious studies department. The scholar in residence is in conjunction with a Trist Schiff, Schiffbati & Schiffbatiat Schiffbati & Schiffbatiat Schiffbati & Schiffbatiat Schiffbati & Schiffbatiat Schiffbati & Schiffbati at Temple Emanuel.

Toward Hope: Helen Ascione’s Holocaust Testimonies/ Director Stephen Hare will speak about the archivist’s history, the methodologies for digital archiving and testimonies and emphases in addition to explaining how the public can access the interviews. Although the collection has no modern day equivalents, REC is supported by an anonymous TE Leave a Legacy donor.

For more information on the events and to register, visit learn.9y.org or call (203) 377-3000.
Freda Leffell established the Freda Leffell Fund for Jewish Life at The Towers to support all the programs that The Towers does to add to the spiritual life of its residents—the synagogue, religious discussion groups, pastoral care, meals, and cultural and artistic performances.

“It was interesting to observe that as Freda aged and her dementia progressed, the rhythms and cycles of the Jewish calendar were among the habits and memories she held onto the longest—praying for Shabbat, the prayers and melodies of the Shabbat service. We imagine others residents may experience this as well. The Towers has wonderful programming to support these needs, and we want to ensure its continuation,” says Cindy Leffell, currently the vice chair of The Towers’ board of directors. She has regularly served on the board and various committees for more than 25 years.

Similar to all of The Towers’ endowments, the Freda Leffell Family Endowment is created to ensure The Towers can continue to offer its residents the high level of care and programming they have experienced. The Towers has wonderful programming to experience this as well. The Towers has wonderful programming to support these needs, and we want to ensure its continuation. The Jewish Elderly

The Leffells established the Freda Leffell Family Establishes Fund at The Towers at Tower Lane to honor the memory of their mother, who lived there for six years. The Leffells established the Freda Leffell Family Establishes Fund at The Towers at Tower Lane to honor the memory of their mother, who lived there for six years.

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<tr>
<th>Financial Snapshot</th>
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**Financial Snapshot**

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**Local Jewish Organizations and Synagogues**

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**Jewelry Foundation of Greater New Haven’s Executive Director, Community Relations, at (203) 772-1816, or Lisa Stanger, the liaison at JewishAging AdultServices.org.**
The Movement to Free Soviet Jews

Power of Protest: The Movement to Free Soviet Jews

The Jewish Federation of Greater New Haven is proud to present Power of Protest: The Movement to Free Soviet Jews, a traveling exhibition created by the National Museum of American Jewish History that explores one of the most successful human rights campaigns to date. The panel exhibition showcases Americans’ efforts in the late 1960s through 1990 to free refuseniks—Jews who lived in the Soviet Union and were denied the rights to live freely, practice Judaism or leave the country due to their religion. The exhibition will be on view at the JCC of Greater New Haven from March 26 through May 4.

“The successful movement to free Soviet Jews has compelling connections to modern-day advocacy, highlighting how grassroots efforts can have an enormous impact,” states Josh Perelman, Chief Curator and Director of Exhibitions and Interpretation at the National Museum of American Jewish History. This exhibition serves as a reminder of how individuals can help preserve, protect and expand America’s unique promise of religious freedom, even for individuals on the other side of the world.

Power of Protest: The Movement to Free Soviet Jews seeks visits through the human rights campaign that took place on behalf of Soviet Jews, one that brought together organizations, students, activists, community leaders and thousands of individuals from around the country, and raised the highest echelons of the American government. Americans staged public demonstrations across the country, held mass rallies and called for politicians to act. The exhibition celebrates the successes and struggles of this movement, as well as the experiences of Jewish immigrants from the U.S.S.R. who came to the United States and have contributed in countless ways to American society and culture. Stories of courage offer meaningful opportunities for conversations and active surrounding immigration, the reception of refugees, and the continuing build on political and religious freedom based on memories around the world.

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The National Museum of American Jewish History was awarded a grant from the 1978 National Museum of American Jewish History, a 501 (c) (3) New York Coalition for Soviet Jewry.

Rabbi Ethan Tucker

Honor the Dedicated Work of Jack and Helen Davis

Helen Hyman Davis (Oct. 6, 1930-Dec. 22, 2019) grew up on Long Island before eventually moving her hand to Connecticut, where she left her legacy in the Jewish community with her husband, Jack. After getting married in 1954, Jack and Helen moved to Madison in 1956, where there were only a few families of Jewish heritage. Their family grew to include their sons, Stephen, Russell and Jerry. In the early 70’s, Jack, Helen and a group from Branford purchased a tract of land to found and build Temple Beth Tikvah (TBT). TBT is now the Jewish home for many families in the area. Jack, 96, served as the official shofar blower for many years. Their son Stephen has continued the tradition by serving as president of Congregation Beth Shalom in Westfield, New Jersey.

“Passover affirms the great truth that liberty is the inalienable right of every human being.”

Morris Joseph

Rabbi Ethan Tucker, in 1969 Extra Academy graduate, is President and Rosh Yoshanah at Hadar, a Wexner Graduate Fellow, a co-founder of Refah Hadar, one of the first independent minyanim, and a winner of the first Grinspoon Foundation Social Entrepreneur Fellowship. Elmy City Kallah is made possible by a grant from the James M. Shure Educational Fund. Members of each congregation are invited and encouraged to attend events at one another’s synagogues to make this a real community event. The Friday night dinner is $90 per person or $90 per family. To reserve a spot by April 5th, visit westhavencity.org/elmykalah2020. Questions can be addressed to Barbara at (203) 589-1100 or the synagogues at (203) 389-0513.
Passover: Time-honored and New Traditions

PASSOVER IS KET, BUT HAVE FUN: A memorable seder need not be so because there’s a choice, or children’s artwork tied to the Passover theme and the seder. Turn the evening, whether it is bringing a poem, creating a song about the seder. Turn the calendar that begs for efficient planning with the amount of dishes that make their way to the seder table? Here are some fun, interesting, “feel good” ideas for your seder this year.

ACT IT OUT: For those that dare, run out and knock on your neighbors’ doors who also celebrate Passover. Laughing will ensue as you tell all them to hurry as it is time to escape Egypt! You can also stay at home and put on short plays reenacting the story, including the plagues and the escape. Create your own as a family or with those in your Passover Tables. Short Plays for the Seder Table by Shoshana Hartman.

A TIME FOR MISTAKES: As we get ready to welcome our families into our homes to retell the stories of Passover and eat a plentiful meal, we should remember that those in our families who are not so fortunate. Following the Passover theme of escaping and helping others up, volunteering your time or donating to local organizations enables you to provide for others directly or indirectly. Here are some local ways that you can give immediate assistance.

• Sign up with Jewish Community Alliance for Refugee Resettlement (JCARR) to give immediate assistance.

PASSOVER IS A TIME FOR MITZVOT: As we get ready to welcome our families into our homes to retell the stories of Passover and eat a plentiful meal, we should remember those in our families who are not so fortunate. Following the Passover theme of escaping and helping others up, volunteering your time or donating to local organizations enables you to provide for others directly or indirectly. Here are some local ways that you can give immediate assistance.

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Passover Parodies: Short Plays for the Seder Table

Recipe Dilemma

Solving the After-the-Seder Recipe Dilemma

While most of the effort for Passover is poured into cleaning for the holiday, planning the seder meal(s) and preparing the house for guests, finding an interesting “matzah-topper” recipe would be beneficial for the following days after seder leftovers are finished.

Enjoy the recipe, shared and demonstrated by Chef Chalda at the Women’s Philanthropy Sabra Society’s A Taste of Syria event in January.

Recipe:

4 large eggplants
1 large green pepper, seeded and stemmed
1 large red pepper, seeded and stemmed
1 large bunch Italian parsley
1 bunch mint
3 cloves garlic, pressed
1 cup olive oil
1 cup pomegranate molasses plus more for drizzling
2 Tbsp. salt (or to taste)
5 Tbsp. lemon juice (or to taste)

Pomegranate seeds

Baba Ghanoush b’Khodra

(Baba Ghanoush with Vegetables)

For 10 people; preparation time is about one hour.

3 cloves garlic, pressed
3 Tbsp. lemon juice (or to taste)

1 cup pomegranate molasses plus more for drizzling
2 Tbsp. salt (or to taste)
5 Tbsp. lemon juice (or to taste)
Pomegranate seeds

Broil eggplants: pierce with knife in several places and broil 30 minutes, turning halfway through. Eggplants should be very soft. Let cool and drain off liquid. In a food processor, chop the eggplants, process red peppers, and add garlic to it. Mix well.

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Happy Passover!

Passover begins early

In April, 21 Jewish Federations of North America will be celebrating a spring festival of First Fruits and Freedom.

Stop by These Big Y Locations:

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for Spring Savings!
Hassadah Chapter Honors Joanne Weiner Rudof

The Wepsaag-CT Valley-West Rock Chapter of Hadassah will honor Joanne Weiner Rudof, a retired archivist at Yale University’s Fortunoff Video Archive for Holocaust Testimonies, at the Adas Israel Men of Valor luncheon on Sunday, May 3, at Grassy Hill Country Club.

Rudof had a distinguished career at Yale, serving as the archivist for the collection for 53 years before retiring in 2017. She has written numerous articles, book chapters and conference papers on Holocaust testimonies in addition to editing and producing documentaries such as “Voice from the Yiddish Holocaust” and the award-winning PBS specials “Witnesses from the Holocaust.” She has coordinated over 20 Holocaust testimonies projects worldwide. She was most recently cited for “Distinguished Contribution to Holocaust Education, Lessons & Legacies” by the Holocaust Education Foundation in November 2018. She currently holds the laurel Wexler Filmmaker-in-Residence Fellowship at Yale’s Fortunoff Video Archive for 2019-2020.

Rudof has also been active in the community for decades, holding leadership roles at Tower One-Tower East, the local Wepsaag-CT Valley-West Rock Chapter of Hadassah, the Jewish Federation of Greater New Haven and other organizations. The Woman of Valor luncheon is named for Sandy Adler, of blessed memory, a Woman of Valor who was a leader and president of the local Hadassah chapter, as well as president of Hadassah Connecticut. She was a dedicated community activist, leader and mentor.

The luncheon is open to Greater New Haven community members, family and friends. New Haven residents, Yah associates and colleagues, and others. For more information or to RSVP email wepsaag@gmail.com.

Yom HaZikaron Ceremony
Monday, April 27, 2020 | 6:30 p.m.

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Sat: 8:30am – 4pm

All consultations are complimentary! Call today to schedule yours!

PJ Library
Printable Passover Question Catchers & More!

How to Fold Your Question Catcher:
1. Turn the page to the blank side. Fold each corner point to the center of the page.
2. Flip the page to the question side, and fold each corner point to the center of the page.
3. Fold the page in half so the numbers are facing each other on the inside.
4. Slide your thumb and index finger behind two square pockets and pinch. Repeat with your other hand.

Playing with the Question Catcher:
1. Turn the page to the blank side. Fold each corner point to the center of the page.
2. Flip the page to the question side, and fold each corner point to the center of the page.
3. Fold the page in half so the numbers are facing each other on the inside.
4. Slide your thumb and index finger behind two square pockets and pinch. Repeat with your other hand.

How to Play:
The player picks a Passover symbol or color, and the Holuber shuffles the number of times that symbol appears. The player then picks one of the numbers visible and the Holuber shuffles that number of times. The player then chooses a number and unfolds that flap to reveal a question.

Questions:
1. Turn the page to the blank side. Fold each corner point to the center of the page.
2. Flip the page to the question side, and fold each corner point to the center of the page.
3. Fold the page in half so the numbers are facing each other on the inside.
4. Slide your thumb and index finger behind two square pockets and pinch. Repeat with your other hand.

Celebrating Passover with Kids
PJ Library is full of activities and information to engage our children in Passover. Look for more resources, recipes and activities, including an introduction to Passover for our little ones, at pjlibrary.org/passover.

Fun Things to Make with Mazzan Boxes:
What can you do with your empty matzah boxes? Be creative with your family turning them into musical instruments, fun toys and other objects.

Connect with Stecy Battat, the Jewish New Haven Community, Cosmetics, Family, Dental to

The patient care here is second to none. My entire family are patients of this practice, including my son. I wholeheartedly recommend Brush & Floss Dental to anyone looking for a practice with a really hands-on, caring approach.

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BBYO Teens Explore Their Jewish Identity

Nearly 200 Jewish teens from around Connecticut and Western Massachusetts came together January 24-26 for the BBYO Connecticut Valley Region Winter Kallah convention. The convention, which was hosted at the Danbury Crown Plaza, invited teens to learn more about Judaism and their relationship to Israel with art, cooking, athletics and politics programming tracks.

Speakers included National Jewish Sports Hall of Fame inductee Adam Greenberg; F.A.C.T. Director Michael Bloos; State Senator Julie Kushner; LGBTQ activist Hannah Simpson; and Parvati Vallada, a comedian and mental health advocate. The sessions included cooking traditional Jewish foods with Jeffrey Yoskowitz, creating a communal mural with an Israeli artist, learning krav maga from The Legion, making a communal challah and meeting Boston Globe bestselling author Rachel Berman, event chair.

SAVE THE DATE

A Bend in the Stars

Enjoy an intimate reception and meet Boston Globe bestselling author Rachel Berman

Betsy Schulman, Event Chair

SAVE THE DATE

Cool Reads for HOT DAYS

SAVE THE DATE

June 18 | 6:30 p.m.

Battat, Cantor Kanfer and a chorus of spellers. The B’nai Jacob Players include veteran David Mindell, David Reis and Harry Schwartz, along with new actors Miriam Sivkin and Ros Sperling, at bjplayersshow@gmail.com.

To purchase tickets, visit bnaijacob.org or call (203) 389-2111. For more information, contact the B’nai Jacob office or producers, Amy Mindell, L. Faith Miller, Andy Dows and Dawn Kopel. Rounding out the cast is Stacey Battat, Cantor Kanfer and a chorus of spellers.

Congratulations to Dr. Deborah Skolnick-Einhorn!

Congratulations to Dr. Deborah Skolnick-Einhorn! She has been named as the next Head of School for Milton Gottesman Jewish Day School of the Nation’s Capital in Washington, D.C. She currently serves as Associate Dean of Hebrew College’s School of Jewish Education. Dr. Skolnick-Einhorn, a New Haven native, is the daughter of David and Judy Skolnick.

How do you spell T-E-R-R-I-F-I-C? Congregation B’nai Jacob’s (CBJ) award-winning theater company, The b’nai Jacob Players, will present The 25th Annual Putnam County Spelling Bee, an evening of dinner and musical theater, on Saturday, April 4. This musical comedy about a follicular spelling bee, set at the Putnam Valley County Middle School, has charmed audiences with its effortless wit and humor.

CBJ’s Cantor Matzie Kanfer (musical director), along with Cindy Gerber and Susan Jacobs (co-directors/cast), lead a multi-age cast of performers who portray quirky spelling bee contestants. The B’nai Jacob Players include veterans David Mindell, David Reis and Harry Schwartz, along with new actors L. Faith Miller, Andy Dows and Dawn Kopel. Rounding out the cast is Stacey Battat, Cantor Kanfer and a chorus of spellers.

Tickets are $54 for adults and $36 for children under 13 for the April 4 evening performance. There will also be a preview performance (no dinner) on April 2 for $18 a ticket. Sponsorship and ad book opportunities are available on the synagogue website.

Full Fall Season for Bi-Cultural Hebrew Academy Students

Students at Bi-Cultural Hebrew Academy Upper School marked the end of the fall 2019 semester with a Shabbaton in Canaan, New York. Over the weekend, students were treated to an array of guest speakers, staff-led learning opportunities and student-led games.

In November, the Israel Advocacy Club of Bi-Cultural Hebrew Academy Upper School hosted Betsy Berns Kom, president-elect of the American Israel Public Affairs Committee (AIPAC), who spoke to students about her experience as an intern at AIPAC in 1989.

Organized by Dr. Paul Castel and William Berson, who teach the high school’s two-year CIJE engineering program, the Bi-Cultural Upper School Battle Bot contest challenged students to build robots with attacking and defensive capabilities that they could control via an app on their phones. The winners were juniors Elan Drif and Sara Reisine.

For more information on Bi-Cultural Hebrew Academy, visit bcha-ct.org.
Distraction Solutions

Technology makes our daily lives much easier but does it, in turn, contribute to unhealthy stress levels and a lack of ability to focus and be present?

The constant bombardment of cell phones ringing, text messages buzzing and notification alerts, slapping focused and attentive to the task at hand can be challenging for all of us. Technology allows us to be accessible 24/7, which also makes it a source of constant interruption. The urge to constantly respond or interact can upset our work-life balance and wreak havoc on our stress levels. As daily stress mounts, so do harmful stress hormones in our bodies. Elevated cortisol levels can contribute to illness, high blood pressure and heart disease, to name a few, and can affect overall health, diet and sleep habits.

WHAT CAN WE DO?

The first step is deciding that your health and well-being are important and make a commitment to small lifechanges that can yield a big difference in your stress level and health.

1. Choose small pockets of time and create a “no devices” rule. Mealtime is a source of constant interruption. The urge to constantly respond or interact can cause and look forward to safer, calmer, better focused and more fulfilling days ahead.

5. Retrain your brain to focus. Keep your devices in another room when working if possible. Engage in hobbies and play games that stimulate the parts of the brain responsible for focus. Puzzles, jumbling, coloring and painting are all great options.

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The intro to Sleep Solutions workshop, to be held on March 25 at 12 p.m. and 6 p.m. in the JCC Terrace Room, will open your eyes to ways to get better sleep. If you are curious about how to enhance your sleep naturally with no supplements or drugs, attend the workshop to learn about and experience natural sleep strategies and solutions with facilitators Melanie Flacher, SBA, and Donna Oderholt. There will be a focus on the internal sleep system (IF5) model for greater insight. IF5 is the bridge from your conscious mind to unconsciousness and can help you improve your sleep if you have difficulty falling asleep or staying asleep, day or night. The workshop is $20 for JCC members and $25 for non-members. Sign up at jccnh.org/wp.

Psst! Want to learn more about the JCC’s offerings at jccnh.org/programguide. 2020

Find out more about the JCC’s offerings at jccnh.org/programguide.

Turning Neighbors into Friends

Many studies have reported on the damaging effects of social isolation, particularly among older adults. Researchers compare the health impact of loneliness to smoking 15 cigarettes a day, calling it “more dangerous than obesity,” Klaasen, an innovative pilot program at the Towers at Towerman Lane supported by The Towers Foundation and The Tufts Health Plan Foundation, will help adults build relationships as an antidote through sharing, respect, self-reflection and self-efficacy.

Klaasen was the brainchild of Jonathan Greenspan, a “recessing investment banker” from Brooklyn, New York, whose father experienced chronic loneliness after the death of his wife. While Klaasen has proven successful on a national level, The Towers project is a first. Engaging older adults’ loneliness are common challenges for older people, who may be living in a new environment away from long-time friends, or adapting to mobility or transportation challenges. In addition to the Tufts Health Plan Foundation’s Momentum Fund, The Towers’ Klaasen program will train four coaches to use a support model focused on active learning, group dynamics and empathy. Each coach will lead a group of eight to 12 residents in weekly one-hour, face-to-face, judge-free social interaction sessions.

“Our through our partnership with Klaasen, we are helping older people change the way they view new connections with others,” says Susan Hauch Lamng, CEO and President of The Towers. For more information on the program, contact Jennifer Bapa, M.A., Ed.M., The Towers Foundation’s Director of Development and Community Relations, at jennifer@towerone.org.

Please turn to our Passover Section (pages 13-16) to get one more out about the JCC’s offerings at jccnh.org/programguide.
The Power of a Dream

By Yelena Gerovich

New American Acculturator Coordinator

History is filled with those who succeeded in spite of the problems, unfavorable circumstances and obstacles they faced.

On December 6, 1987, more than a quarter million American Jews gathered on the National Mall in Washington, D.C., with a single unified message as an echo of the Exodus story: “Let our people go!”

After the Six-Day War, the Soviet Jews who had been denied an exit visa—cited for fear of helping Jews from the Warsaw Ghetto, were brought into the Power of Protest. The Movement to Free Soviet Jews, which was created by the National Museum of American Jewish History. The exhibition will open on March 29 at the JCC of Greater New Haven.

The best way to describe someone is to give an example of the kind of things they will do,” wrote Isaac Asimov (1920–1992), a prolific science fiction writer who wrote and edited over 500 books over his four-decade career and whose 100th birthday we celebrate in 2020. When Asimov was three, his family moved from a small town in the Soviet Union to Brooklyn, New York. An early and avid reader whose parents operated a printing press in Yiddish and Yiddish, Asimov began a course of Anglophile self-education at public libraries. At 15, he applied to Columbia but was rejected because “[the school’s] quota for Jews for the coming year had already been filled.” He began at the University of Pittsburgh but was expelled after Sophomore Year. He completed his post-graduate studies and earned his Ph.D. in chemistry. However, his dream was to become a writer.

Asimov coined the term “robotics,” enumerating its three standard laws, which were written in 1940: “A robot may not injure a human being, or, through inaction, allow a human being to come to harm.” In his stories, robots not only obey the laws of physics but also obey the moral laws of humans. They are the first beings to be programmed to think.

The seder is about many things, including traditions, food, family and memories. It continues. The lessons of the Soviet Jewish movement taught us how to respond to oppression, to stand up to an oppressive power and free ourselves. The story of the Exodus and the Passover meal is a symbol of freedom. The Talmud states, “The seder is a symbol of freedom. It is also about people standing up to an oppressive power and freeing themselves. We are told in the Torah that we must remember that we were once slaves in the land of Egypt. The phrase is taken by rabbis to mean that Jews must act to correct injustices that they see in the world. Since 2015, in one of the American Jews have attended a political protest or rally, according to a poll conducted by The Washington Post. In addition to expanded options at the Congregation Beth Eden, the Rock in the Red Zone 2020 exhibition will next be presented in October 2020 at the Virginia Holocaust Museum in Richmond, Virginia.

Asimov’s stories have been translated into dozens of languages and published in more than 500 books over his four-decade career. His work has been translated into dozens of languages and published in more than 500 books over his four-decade career. The story of the Exodus and the Passover meal is a symbol of freedom.

In addition to expanded options at the Congregation Beth Eden, the “LEVIS” (Light Effect) SEder and Rolled Brights JEWISH HOLIDAY SEDER exhibition will be held on Sunday, May 15, from 11 am until 12 pm.

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James M. Shure

President

BeKI exhibition includes images from Kier’s The Eden Trilogy installation and is part of the museum’s annual “Luminaries: Exploring the Power of Light” exhibition, which explores how light has been used throughout history to communicate messages and ideas. The BeKI exhibition includes images from Kier’s The Eden Trilogy installation and is part of the museum’s annual “Luminaries: Exploring the Power of Light” exhibition, which explores how light has been used throughout history to communicate messages and ideas.

The Eden Trilogy installation was presented as part of the National Museum of American Jewish History’s 2019 exhibition “The Movement to Free Soviet Jews.” The exhibition opened on March 10 at the BEKI Art Gallery. A reception and talk by the artist will be held on Sunday, May 15, from 11 am until 12 pm.

The Eden Trilogy installation was presented as part of the National Museum of American Jewish History’s 2019 exhibition “The Movement to Free Soviet Jews.” The exhibition opened on March 10 at the BEKI Art Gallery. A reception and talk by the artist will be held on Sunday, May 15, from 11 am until 12 pm.

Kier has worked in pastels, of palettes, of graphics, mixed media and fabric, creating his images from a Jewish and feminist perspective. Objects, wire, textiles, machines define, provide and other complex craft techniques conceptually allude to ideas, messages and symbols.

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Providing Nourishment to Homeless Community

The JCC of Greater New Haven is proud to launch a new program to help alleviate food insecurity for the area’s growing homeless population.

Although some people can be uncomfortable giving money directly to those on the street, there may not be a better, reasonable place to purchase food for them. The JCC is launching its new Nourishment Bag program to ease this discomfort.

Using seed money to purchase supplies, adult community members will package nourishment bags that will include healthy, nonperishable food as well as messages of hope and caring. The initial 100 bags were packed at the JCC by adults from local senior facilities. The next step is to sell the bags, at cost ($5 each), to people that are interested in keeping readily available nourishment in their cars. If approached, they can help take care of their community without the awkwardness they might feel around giving money.

Establishments that will sell the bags and/or refer volunteers to the project are needed in order to achieve success. The JCC is reaching out to the community to further help with the project by selling the nourishment bags at your business or organization, referring volunteers to organizer Susan Skalka, and/or giving to the seed money fund.

TheBag program to ease this discomfort.

For more information, contact Susan Skalka at (203) 387-2424 x253.
Festival of Jewish Life & Learning

SUNDAY, MARCH 29 | 1-5 p.m.
Beckerman Lender Jewish Community Building | 360 Amity Road, Woodbridge

WHAT IS LIMMUD?
Limmud (coming from the Hebrew word meaning “to learn”) is a festival, a conference, and a gathering of learners interested in unfiltered and cross-community Jewish learning. Limmud is the ultimate celebration of Jewishness and diversity within the Jewish world! A successor of the “Taste of Honey” event, this exhilarating day of learning marks the first annual Limmud New Haven. It will be among over 90 Limmud events in over 42 countries.

WHO SHOULD COME?
Everyone! Attendees at Limmud come from all walks of life: young adults, singles, families, couples, seniors, teens, and children, from all Jewish identities and multitraditional backgrounds.

WHAT’S ON THE PROGRAM?
Music; classes; mingling; special programs for kids, teens, and young adults; study groups; hands-on workshops; exhibitions; desserts; Passover market; and so much more!

Join us and take the next step on your Jewish journey!
Questions? Contact limmud@jewishnewhaven.org | (203) 387-2424 x308