



THE NEW JEWISH VOICE

A PUBLICATION OF UNITED JEWISH FEDERATION

Shine a Light on Antisemitism

(Courtesy of UJF) United Jewish Federation (UJF) of Stamford, New Canaan, and Darien joined with UJA-JCC of Greenwich in applying for and receiving a micro-grant from Jewish Federations of North America to implement a “Shine A Light” campaign this coming Chanukah season. Now in its second year, the campaign draws inspiration from the story of Chanukah and is fueled by a coalition of Jewish and non-Jewish organizations from across the United States and Canada who have joined



Author David Baddiel

together to speak up about antisemitism.

Thus far, as part of the “Shine A Light” campaign, two exciting events have been planned. Get ready for a virtual literary treat with David Baddiel, comedian and author of *Jews Don't Count*, on Sunday, December 11 at 10:00 am, via Zoom. Baddiel

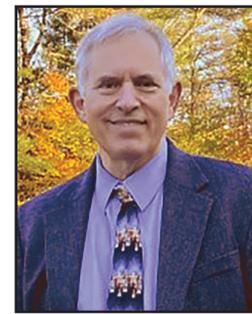
argues that those who think of themselves as on the right side of history—fighting the good fight, particularly against racism—

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Federation Year-End Celebration

UJF Honors Outgoing President David Gordon

(Courtesy of UJF) United Jewish Federation (UJF) will host its “Year-End Celebration and Annual Meeting” on Monday evening December 19 at Temple Beth El in Stamford. The guest of honor will be David Gordon, outgoing UJF president. The Harvey A. Peltz Award will be given to Greg Waldstreicher. Volunteer of the Year awards will be presented to Dignity Grows™ and 3SQUARE volunteers. Chairs of the evening are Stephne and Kerrin Behrend.



Outgoing UJF president David Gordon



Guest speaker Sigal Kanotopsky

The Annual Meeting, including election of the incoming UJF president, Michael R. Schlessinger, and new and continuing Board members, will begin at 7:30 pm followed by a dessert reception. The event is open to the entire community at no cost.

The guest speaker will be Sigal Kanotopsky, Regional Director of the Northeast for the Jewish Agency for Israel, who will share her family's story of immigrating from Ethiopia to Israel.

Diane Sloyer, UJF CEO, shared the following. “David has a unique sense

of community and philanthropy and cares deeply about the Jewish people both locally and around the world. It has been an honor and a pleasure to work with David these past three years. David was in the right place at the right time, serving our community well during both the COVID-19 and Ukrainian crises. He guided Federation through a strategic plan that will lead us for the years ahead.”

“It has been an honor and privilege to serve as Federation's president for these past three years,” said David. “I am very grateful for the outstanding work of the

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Songs of Songs

(Courtesy of Temple Sinai) On Sunday, December 18 at 5:30 pm, Cantor Micah Morgovsky will perform her annual fundraising concert for Temple Sinai. This year, she is joined by several talented singers with the accomplished Alex Ruvinstein at the piano. This year's concert, *Songs of Songs*,



Cantor Micah Morgovsky

will feature music about music.

Why music about music? The *Mishkan Tefillah* prayer book used at Temple Sinai notes that Psalms 95-99 are employed in *Kabbalat Shabbat* – the welcoming of Shabbat – to “enjoin all creation to *sing* out the praises of God.” Not “proclaim, declare, recite or say,” but rather, sing. Why would the psalmists

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Combating Food Insecurity

The Elayne and James Schoke Jewish Family Service of Fairfield County introduced Connecticut's first Kosher Mobile Food Pantry. The Mobile Food Pantry is a state-of-the-art food truck and works with partner site locations to bring high quality, healthy, kosher food directly to neighborhoods throughout Fairfield County where people need it most. (See article on page 9.)



From UJF's Chief Executive Officer A Haunting Question

BY DIANE SLOYER

Are we our own worst enemy? When I think of how we Jews often react to one another, I sometimes sadly think the answer to this question is “yes”. Most of us get caught up in the day-to-day issues in our lives. I certainly do. And yet, if we do not band together as Jews for those issues that are so crucial



Diane Sloyer, UJF CEO

to us all, we will be at a great loss. We cannot build and sustain our Jewish communities, whether it be in times of crisis or as it relates to everyday issues, if we do not have open dialogue, work together as partners, and support our Jewish organizations.

Antisemitism is rampant. From celebrity statements to the spray painting of swastikas, to a local synagogue being egged, to antisemitic slurs screamed at a family peacefully walking on Shabbat, antisemitism is everywhere we turn.

One in four American Jews has personally experienced antisemitism in the past five years. Our Federation is relentless in its commitment to confronting antisemitism. We do this through:

- * Building coalitions across all religious denominations and ethnic communities.
- * Providing resources and programs to educate the wider community about hatred and the lessons of the Holocaust.
- * Helping Jewish teens to confront anti-Israel and antisemitic behavior on campus.
- * Supporting the security and safety needs of our synagogues and communal Jewish institutions through our partnership with the

Secure Community Network and our regional security advisor, Mike Shanbrom.

Our work forging connections and combating hate helps build a strong and prepared Jewish community. Will we be united against our fight against antisemitism? I hope so!

How do we engage our community to foster a sense of belonging? I am extremely proud of UJF's outreach work spearheaded by our Director of Engagement Sharon Franklin. Not only do PJ Library books reach over 500 children, the growth of the Jewish communities in New Canaan and Darien has expanded our engagement efforts. Understanding that Jewish affiliation comes in different forms, Sharon has worked with both the New Canaan and Darien communities and facilitated impactful Jewish programming to help connect participants to our larger Jewish tent.

We can strengthen our community, both local and beyond, by establishing trust and relationships. And UJF offers a myriad of ways you can get involved. Volunteer to be on a planning committee for one of our affinity groups, participate in the numerous education classes offered, attend gatherings from our Jewish Community Relations Council (JCRC), provide financial support by giving to the UJF annual campaign, The decision is up to you, but one thing is for sure - You can start today!

Shine a Light on Antisemitism

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have often ignored the history of antisemitism. Baddiel outlines why and how, in a time of intensely heightened awareness of minorities, Jews aren't considered, and why they should be.

The moderator will be Mark Oppenheimer, co-host of the popular podcast *Unorthodox*, who is the former “Beliefs” columnist for *The New York Times* and the author of *Squirrel Hill: The Tree of Life Synagogue Shooting and the Soul of a Neighborhood*.

The Man in the Basement, a French film, will be available to stream from Sunday, December 11 at 5:00 pm to Tuesday, December 13 at 9:00 pm. In the film, Simon (Jérémie Renier) lives with his wife (Bérénice Bejo) and their daughter in an old Parisian apartment that has belonged to his Jewish family for generations. They decide to sell the cellar to a retired history teacher (François Cluzet), but after the deal is done, they begin to uncover disturbing facts about his past. Based on a true story, this provocative and superbly acted psychological thriller about the

antisemitism that lurks beneath the surface of modern society will keep you guessing from one unsettling moment to the next.

“Shine A Light” is a trusted resource across industries, faiths, and geographies to empower and equip people from all backgrounds with the tools to identify and speak out about antisemitism, with the goal of uniting, educating, and effectuating societal change through a shared sense of communal allyship.

With the global rise in antisemitism, “Shine A Light’s” mission, to stand up to the harmful prejudices and stereotypes against the Jewish community, is more critical than ever. “Shine A Light” is committed to dispelling the darkness and empowering people to band together to overcome the unconscious bias that permeates society. Visit the UJF website at www.ujf.org/shine to register for these programs and to learn more about UJF's “Shine A Light” efforts. If you have any questions or want to get involved, contact Sharon Lewis at slewis@ujf.org.

UJF President's Message Todah – Thank you!

BY DAVID GORDON

It's hard to imagine that it has been three years since I accepted the position as President of our United Jewish Federation. In some ways it seems like it has been forever, and in some ways it seems like it was just yesterday. Three years ago I spoke at the UJF annual meeting and laid out my agenda for what I expected would be a two-year term. At that time, there were three items that were highest on my list. First, I felt it was important to try to bring our community together; to get us out of our silos, and to get us talking to, understanding, and appreciating each other. Second, I wanted to secure the financial well-being of our community through a legacy-giving initiative. Third, I wanted to secure the physical well-being of our community through a security initiative. I had other items on my agenda as well which I did not state that night, including strengthening the financial position of UJF, and strengthening the Board of Directors. Little did I expect that within three months from my start date, the world would shut down because of COVID, and that I would eventually be known at UJF as the COVID-president. And, not to outdo COVID, but to add to the difficulties, when I agreed after two years to stay on for a third year, the third year - this one - has been dominated by a Ukraine emergency campaign.

But, through all of this we persevered. We accomplished establishing our legacy-giving initiative - the Grinspoon LIFE & LEGACY program - which we have brought to eleven community agencies



David Gordon, UJF President

and synagogues. We also accomplished the security initiative - bringing the Secure Community Network or SCN to our community. Both the LIFE & LEGACY and SCN initiatives have connected our community together. We have strengthened the Federation's financial position significantly, and

we have strengthened our Board. This past year, we also brought an Israeli *shaliach* to our community to strengthen our community's ties to and our understanding of Israel. On the whole, we have had a wonderful and successful three years.

Now I really can't take too much credit for all of these accomplishments. I had the great fortune to be working with an extraordinary CEO, Diane Sloyer, and the wonderful staff of UJF. I also had the strong support of a Board who rolled up their sleeves and worked hard. And, most importantly to me, I always had my wife and partner Meryl, as a wise advisor and helper.

So I want to thank Diane, our UJF staff, our Board, and Meryl for all of their help, wisdom, support and patience. I am confident that I am turning the reins over to a talented and prepared successor, Mike Schlessinger, who will bring UJF to new heights. And in closing, I want to thank you, the Stamford, New Canaan and Darien Jewish community, for giving me the honor, pleasure and privilege of serving as your UJF President. *Todah!*

CANDLE LIGHTING TIMES

| | |
|-------------------|---------|
| December 2 | 4:08 pm |
| December 9 | 4:08 pm |
| December 16 | 4:09 pm |
| December 23 | 4:12 pm |
| December 30 | 4:17 pm |
| January 6 | 4:23 pm |
| January 13 | 4:30 pm |
| January 20 | 4:38 pm |
| January 27 | 4:47 pm |

UPCOMING DEADLINES

February / March 2023 - Purim Issue

Deadline: Monday, January 9, 2023

April 2023 - Passover Issue

Deadline: Monday, March 6, 2023

Email submissions to sandy@ujf.org

You should receive notification that your submission was received!

Arts & Culture at the JCC

(Courtesy of the JCC) The Center for Arts & Culture at the Stamford JCC offers an array of programs during the winter months. “Designed to engage diverse interests, there is something for everyone, and everyone will find something,” said Nancy Schiffman, Director of Arts & Culture.

Love to read? History buff? Just like a good story? The JCC Book & Author Conversations and JCC Book Club are great options. On Tuesday, November 29 at 7:00 pm, the JCC Book & Author Conversations will feature Weina Dai Randel, author of *The Last Rose of Shanghai*, moderated by Lorraine Kweskin via Zoom.

On Tuesday, January 17 at 7:00 pm, the JCC will host a Wine & Cheese Reception with Shaunna J. Edwards and Alyson Richman, who will talk about the book they co-authored, *The Thread Collectors: A Novel*, moderated by Joy Katz. On Sunday, January 22 at 11:00 am, enjoy Sunday Brunch with Martin Indyk, diplomat and foreign relations analyst, as he speaks about his newest book, *Master of the Game: Henry Kissinger and the Art of Middle East Diplomacy*, moderated by Jonathan Fass.

Keep warm on Sunday mornings with a hot drink in the comfort of home while discussing the book of the month, part of the JCC Book Club. JCC Book Club meetings are open to all via Zoom on scheduled Sundays at 11:30 am. Books and dates are selected by the book club members. The JCC Book Club will discuss *The Book of Lost Names* by Kristin Harmel on Sunday, December 4;

The Paris Apartment by Lucy Foley on Sunday, January 8; and on February 12, back by popular demand, *Eternal* by Lisa Scottoline.

In addition, the Jewish Film Festival of Fairfield County presents an encore screening of the film *Reckonings*, directed by award-winning filmmaker Roberta Grossman, in commemoration of Holocaust Remembrance Day. *Reckonings* recounts the tense secret negotiations between Jewish and German leaders as they grapple with the first reparations in history. The in-person screening will be held at the JCC on Thursday, January 26 at 7:00 pm and the online screening begins Friday, January 27 and runs through Sunday, January 29.

For film lovers who would like to meet new people and have dynamic conversations, the JCC Film Club meets once a month to view and discuss Jewish-themed or Israeli films at the JCC at 7:00 pm. Upcoming dates are Tuesday, December 13; Tuesday, January 3; and Tuesday, February 7.

Also, remember to enjoy the current art exhibit at The Manger Gallery @ the J featuring the first-time exhibited work of Nathan Gregoire, displayed until December 30. The next Wine & Art opening reception is on Thursday, January 5 at 7 pm, showcasing seasoned artist, Yuko Ike, who will be featured until February 24.

For detailed information about programs offered by The Center for Arts & Culture at the JCC, visit www.stamfordjcc.org or contact Nancy Schiffman at nschiffman@stamfordjcc.org.

Chabad of Stamford Hosts Annual Gala

(Courtesy of Chabad of Stamford) Chabad of Stamford will host its annual Gala celebration on Sunday, January 22, 2023 at 5:00 pm, at the Armon Hotel in Stamford. The community is welcome to join them in a celebration of unity and community.

At Chabad of Stamford, Rabbi Moshe and Leah Shemtov continually strive to spread and share connections in new and innovative ways together with the Stamford community. The dinner is a way to honor and celebrate the positive and the good that came out of the past year.

The evening promises to be fun and light and will feature music, entertainment, food and fun for all. For Rabbi Moshe, it promises to be a “celebration of our community, and Chabad of Stamford

extends the invitation for all to attend.”

This year is a special one in the Jewish calendar as it represents the Year of *Hakhel*, a year representing Jewish unity. In Temple times, the year following the *Shmita* (Sabbatical Year) was called *Hakhel*, when the entire Jewish nation, men, women, and children, would gather to hear the Torah being read by the king. For Rabbi Moshe, “While we do not have the Temple in Jerusalem and the opportunity for the *Hakhel* gathering, we do have the chance to gather together and celebrate as a community at the Gala in many ways.”

For more information about Chabad’s Annual Gala celebration, email program@stamfordchabad.org or visit them at www.stamfordchabad.org.

Bi-Cultural Celebrates “Our Tree of Many Roots”

(Courtesy of Bi-Cultural Hebrew Academy) Save the date for Bi-Cultural Hebrew Academy’s Celebration Dinner, which will take place on Sunday, February 5, 2023 at 5:30 pm at the Italian Center in Stamford and will celebrate “Our Tree of Many Roots.”

This year’s Guests of Honor are Eleanor and Mort Lowenthal. Shira and Marc Nerenberg will be honored with the

Community Service Award, and Shira Gilboa will be given the Young Leadership Award. In addition, the Walter Shuchatowitz Award for Excellence in Education will be presented to Laura Miller.

Dinner co-chairs are Jenny and Russell Fishman, and Navah and David Zizmor.

For further information, contact Rachel Cohen, Director of Development at rcohen@bcha-ct.org.

Songs of Songs

CONTINUED FROM PAGE 1

choose musical expression as the highest form of praise? And why are these psalms intoned about singing every Friday evening? Cantor Morgovsky believes it is because music miraculously taps into our deepest emotions.

“Music inspires us, makes us laugh, brings tears to our eyes. Music has a physiological effect on our bodies as well; enhancing our mood, easing our anxiety, and bringing calm and focus. Its rhythms make us want to move, tapping a toe, clapping a hand, or dancing. And, when lyric and melody unite, the whole is so

much greater than the sum of its parts,” says Cantor Morgovsky.

There will be a pre-concert reception beginning at 4:30 pm, a Chanukah candle-lighting at 5:15 pm, and the concert will begin promptly at 5:30 pm. Seating is limited for this annual event, and tickets can be purchased in advance either online at www.templestamford.org or by calling the Temple Sinai office at: 203-322-1649. The suggested donation is \$36/adult and \$18/child under age 13. Sponsorships are available. Concert proceeds support the wide array of spiritual music and arts programming at Temple Sinai.



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JHSFC Sponsors 2023 Connecticut National History Day Contest

(Courtesy of JHSFC) Since 2013, the Jewish Historical Society of Fairfield County (JHSFC) has offered prizes in conjunction with Connecticut History Day, an affiliate program of National History Day. Each year more than half a million students from across the nation compete in this event conducting research, producing websites, papers, performances and documentaries. The Connecticut State Contest is managed by the Connecticut Public Affairs Network.

This year provides an opportunity for students in grades 6-12 to incorporate an aspect of Jewish history, Jewish heritage,

Jewish culture or the contributions of a Jewish individual into the 2023 National History Day theme, "Frontiers in History - People, Places and Ideas." Outstanding entries, judged by state evaluators, will receive awards. JHSFC will recognize the winners, their teachers and their schools at a special program.

Registration for the Fairfield contest closes February 3, 2023. More information for students, parents, and teachers can be found at historydayct.org.

Past winning entries have dealt with subjects such as WWII journalist Sigrid Schultz, Golda Meir, Mordechai Anielewicz, Leo Frank, Barbara Walters, a grandfather who survived WWII, FDR and the Jews and a German relative who gave his life attempting to thwart Hitler. Previous JHSFC winners have come from schools in Stamford, Greenwich, Westport, Weston, Fairfield, Avon, Hartford and Manchester.

Students interested in creating a project and developing their perspective and understanding of history through research are welcome to use the Jewish Historical Society of Fairfield County Archives (203-359-2196) for assistance in finding appropriate materials and preparing their entries. Entries of previous winners can be found at www.jhsfc-ct.org.

Fun Winter Events with Chabad of Stamford

(Courtesy of Chabad of Stamford) Chabad of Stamford and Gan Yeladim invite the community to two winter events.

On Sunday, December 25 Chabad will host its annual "Family Day Brunch" starting at 10:30 am. Enjoy various fun family activities and a buffet of waffles, pancakes, eggs and all the trimmings. This year, participants are invited to help those who need it most by baking challah and making chicken soup for "Shabbat to Go" packages. The packages will be distributed to those in need of a "taste of Shabbat".

On Saturday, January 7 Chabad will host its annual "Havdalah in PJs" event at 6:00 pm. This family favorite includes a musical Havdalah ceremony and singing, dancing, and storytelling. There will also be snacks and hot chocolate.

For more information email programs@stamfordchabad.org.

Chabad of Stamford Bat Mitzvah Club

(Courtesy of Chabad of Stamford) Chabad of Stamford's Bat Mitzvah Club meets for fun activities, dinner and meaningful discussions about issues facing Jewish teens today.

Middle school girls come together to discuss and learn relevant issues facing young Jewish women today. This year, the focus is on the unique role of Jewish women, and especially Jewish biblical heroines, and how women today can learn from them to be confident and proud Jews in today's world. Some of the themes they will explore relate to discovering inner beauty, living life with joy and what being there for others really means.

On December 11, there will be a mother-daughter challah bake, and on February 10 there will be a Shabbaton where the girls can bond together with new friends and old. The Bat Mitzvah Club meets monthly on Sundays at 5:30 pm and dinner is included.

According to Chabad Co-Director Leah Shemtov, who runs the program, "The Bat Mitzvah Club is about not just celebrating your bat mitzvah but becoming a Bat Mitzvah." Chabad of Stamford also offers customized one-on-one classes and can help families create the perfect, personalized celebration. For more information, please email programs@stamfordchabad.org.



Chabad of Stamford Bat Mitzvah Club participants meet for dinner and discussion at Chabad of Stamford.

Help Others through JCares!

(Courtesy of the JCC) JCares, a program of the Stamford Jewish Community Center, believes that there is nothing better to warm your heart during the cold winter months than doing a mitzvah. Motivated by its mission to meet the ever-changing needs of the community and spearheaded by volunteers, JCares leads monthly collections of essential items and community service events to benefit those in need.

In December, JCares is collecting holiday gifts for students attending the Stamford Public School APPLES Pre-K Program, and for children receiving services from Schoke Jewish Family Service.

In January, JCares is collecting men's socks for the homeless to be donated to Pacific House, and in February JCares is collecting new pajamas to be donated to children living at Inspirica.

Mark your calendar for Monday January 16 for the annual JCC MLK Day of Service from 11:00 am - 3:00 pm as the community comes together to address food insecurity existing in our own backyard by feeding our neighbors. Serve lunch to seniors, prepare meals for our homeless, and donate food to local food pantries. All ages are welcome.

For more information, contact Nancy Schiffman at nschiffman@stamfordjcc.org.

THE NEW JEWISH VOICE

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www.ujf.org for updates and donations

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The New Jewish Voice welcomes letters on subjects of interest to the Jewish community. All letters must be signed and include a phone number. The editor may withhold the name upon request.

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Our community is filled with
wonderful events!

To help avoid overlap and conflicts, please utilize the Community Calendar at

www.ujf.org/calendar

Remembering Kristallnacht

(Courtesy of UJF) On the night of November 9, 1938 in Nazi Germany, no synagogue was spared and no Jew was safe. To commemorate this “night of broken glass”, United Jewish Federation’s Jewish Community Relations Council asked area synagogues and Jewish communal organizations to leave their lights on to remember the lives lost on that horrible night. Learning was encouraged as was the taking and posting of photographs on social media of the lit institutions and places of learning.

The program is inspired by a program started by the Religious Kibbutz Movement in Israel several years ago and seeks to recognize not just Kristallnacht but also the many pogroms that have



Temple Beth El

devastated the Jewish communities over the years.

At a time of increased antisemitism, the Greater Stamford community commemorated Kristallnacht by lighting up the darkness.



Temple Sinai



Schoke Jewish Family Service



Members of Congregation Agudath Sholom gather for an evening of learning on Kristallnacht.

Reflections on the JFNA General Assembly

BY SHARON LEWIS,
JCRC DIRECTOR

I was fortunate to attend the Jewish Federations of North America (JFNA) General Assembly in Chicago a few weeks ago. It was a highly-spirited gathering of committed and involved Jewish leaders from across North America. In addition to the sheer excitement of finally gathering in person after several years of Zoom events, the Assembly provided the time for us all to consider and think about the



Sharon Lewis

significant changes to the demographics and makeup of our communities—communities still reeling from the COVID shutdowns and the racial debate renewed by the murder of George Floyd. We considered the challenges and opportunities we have to create flourishing communities and, as JFNA Chair Julie Platt said at the

Opening Plenary session, “We act on what we learn, and we do what we say we will do.”

As JCRC Chair, I took special note

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Building Bridges with Books Plans Second Program

(Courtesy of UJF) The Jewish Community Relations Council (JCRC) continues its efforts to create connections and relationships between the Jewish community and the diverse communities in the Greater Stamford area. Now in its second year, Building Bridges with Books is a community read program designed to create a shared experience—the reading and discussion of a book—between people of different backgrounds, faiths and cultures. The program, originally envisioned by event chair Lorraine Kweskin, began with the formation of a diverse reading committee made up of members of the Interfaith Council, the Mayor’s Multicultural Council (both co-sponsors of the event), the JCRC and other community members. Over the summer, the committee read a curated list of ten memoirs to choose the one that they thought a wide group of readers could read and discuss. The list was created in consultation with the Ferguson Library and Elm Street Books

of New Canaan, both co-sponsors of the event.

The committee met in October to discuss the books and, as of press time, has narrowed the list to two: *Crying in H Mart*, by Michele Zauner, and *I’m Possible: A Story of Survival*, a *Tuba and the Small Miracle of a Big Dream*, by Antoine Michael White.

A free culminating event is planned for Tuesday, January 24 at the Ferguson Library. In addition, participants can join small reading discussion groups, by Zoom or in-person, scheduled in early to mid-January. Check the website, www.ujf.org, for up-to-date information.

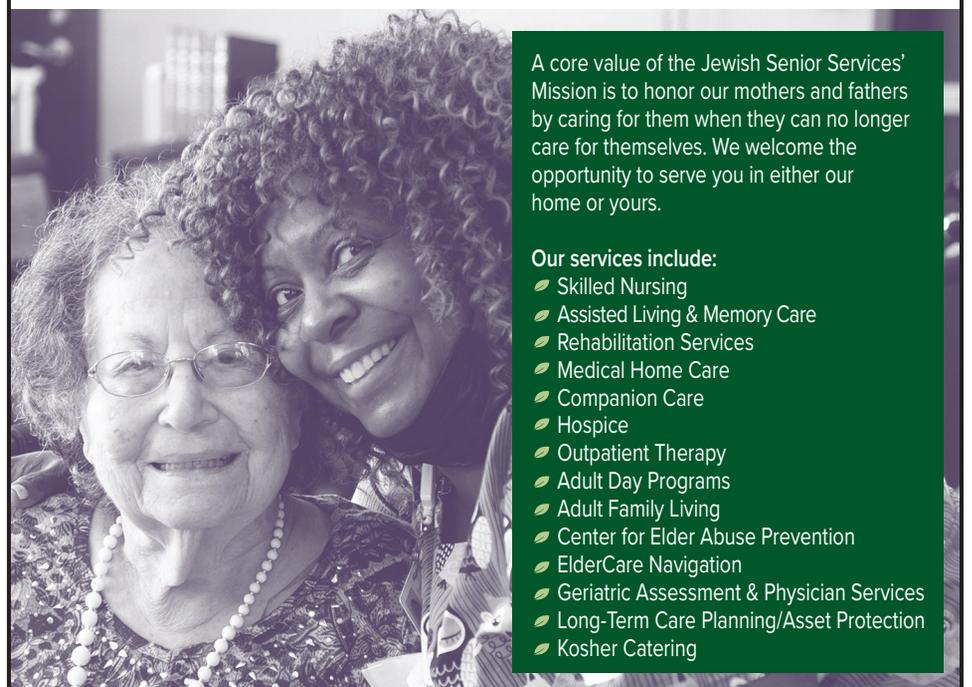
“I am so delighted that we are giving books an opportunity to create connections between members of our community,” said Lorraine Kweskin. “The Jewish Community Relations Council strives to make connections and create allies between the Jewish community and other faith and cultural communities in our area.”



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JCRC Takes a Stand Against Anti-Israel Opinion Piece

(Courtesy of UJF) The Jewish Community Relations Council (JCRC) of Stamford, New Canaan & Darien took the lead in responding to an opinion piece published across the state in Hearst newspapers asking Connecticut's Treasurer to reconsider the state's investments in Israel, claiming that Israel is an apartheid state.

Sharon Lewis, Director of the JCRC, drafted a letter that was signed by all the Federations in Connecticut and the ADL and was published by the Hearst papers as a response. The response stated:

"Israel is the only democracy in the Middle East and is demonstrably not an apartheid state... In Israel, Arab citizens vote and sit in the Knesset (the legislative body), in government and on the Supreme Court. Israeli Arabs are full members of Israeli society and are represented across business, academia, and a variety of other industries, none

of which could occur in an apartheid state."

The response continued that although there is room for legitimate criticism of the Israeli government, labelling Israel an apartheid state is "an effort to vilify and ostracize the only Jewish nation in the world. This demonization undermines fundamental building blocks for Israeli-Palestinian understanding, peace-building and, ultimately, a two-state solution."

The seven Connecticut Federations collaborated on the published response and remain steadfast in their commitment to stand against antisemitism and anti-Zionism, which is just the latest form of antisemitism. Through JFACT, the Jewish Federation Association of Connecticut, a meeting has been scheduled with Hearst media representatives to help educate them on the issues.

Reflections on the JFNA General Assembly

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of the themes of inclusivity within our community—making sure everyone feels welcome in the Jewish "tent"; connecting with interfaith leaders to make them allies in our fight against antisemitism and increased violent threats to faith and cultural community centers.

One of the final workshop sessions I attended discussed the role of community relations and civic engagement in Jewish advocacy. During the hour-long session, we heard about how each of the panelists has engaged with non-Jewish partners to help to educate about and fight antisemitism. Jeremy Burton, CEO of Greater Boston's JCRC, noted that since Jews are 2 percent of the population, it cannot be up to us alone to fight antisemitism. The fight against antisemitism is an American problem, not just a Jewish problem.

The communities that these panelists represent are all much larger than ours, but we can take inspiration from some of their ideas like having a summit for non-Jewish community partners about antisemitism or sponsoring missions to Israel for non-Jewish community leaders. As anyone who has been to Israel knows, you simply cannot begin to understand Israel until you have been there.

Fostering authentic relationships with non-Jewish partners is crucial

when situations arise that call for a wide response. For example, last May a BDS group in Boston created the "Mapping Project" which is an interactive map that essentially names, shames and blames Jewish communal organizations in Massachusetts for many of the world's problems. It specifically calls out Zionism as a "harm," thus implicating the vast majority of the Jewish community that identifies in some way with the state of Israel. Many antisemitic tropes were woven into this map which was released late on a Friday afternoon that preceded Shavuot, a holiday on which many do not use the phone, computers etc. (This was not a coincidence.) By the time Jewish leaders could respond to this, other actors from the far left and the far right had amplified the "Mapping Project" message. It is essential to cultivate relationships with non-Jewish allies who will speak up when events such as this occur.

All in all, I came away inspired and with a renewed sense of purpose for the importance of the JCRC. I would love for you to get involved in the JCRC committee, so if you are interested, let's get together for coffee and talk about what you can do. My email address is slewis@ujf.org and I can't wait to hear from you.

Coming Together Against Hate



UJF Community Shaliach Yoav Yaron, Doron Almog, Chairman of the Jewish Agency for Israel, and JCRC Director Sharon Lewis at the ADL summit.

(Courtesy of UJF) United Jewish Federation's (UJF's) Jewish Community Relations Council (JCRC) Director Sharon Lewis and Community Shaliach (emissary) Yoav Yaron attended the "Never is Now" summit on antisemitism presented by the Anti-Defamation

League, in early November, at the Javitz center in New York City.

This event is the world's largest annual summit on antisemitism and hate and focuses on stressing the need for urgency in combatting antisemitism by uniting, learning and taking action.



United Jewish Federation
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Serving Greater Fairfield County

United Jewish Federation's BEN Group

Invites you to

An Evening with Judith Gottesman

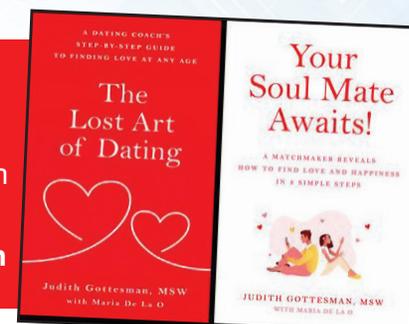
Author of The Lost Art of Dating & Your Soul Mate Awaits!

A dating coach's step-by-step guide to finding love at any age.

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**January 18,
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For more information contact Diane Sloyer at dianesloyer@ujf.org

BEN= Boomer Engagement Network is a social and networking group for Jewish singles 45(ish) and up.

Judith Gottesman is a matchmaker and dating coach specializing in the Jewish community. The daughter of Rabbi Aaron Gottesman, who himself came from a long line of famous rabbis, she has always had an interest in the Jewish tradition of matchmaking and the idea that there is a soul mate out there for each one of us. She launched Soul Mates Unlimited™ in 2009. Judith has an undergraduate psychology degree from UC Berkeley and a master's in social work from Yeshiva University in New York City.



Chabad Has You Covered This Chanukah!

(Courtesy of Chabad of Stamford) This Chanukah, Chabad of Stamford will once again 'light up' the community with an array of Chanukah activities.

In the days leading up to Chanukah, Chabad will open its Chanukah pop-up shop at 770 High Ridge Road. The shop will feature a wide selection of Chanukah goods from olive oil vials, candles, dreidels, menorahs, games, puzzles, arts and crafts, decorations, gelt, treats and more. The shop will be open from 7:30 am through 6:00 pm daily.

Chabad will kick off the festivities with a Chanukah community celebration and giant menorah lighting outdoors at Latham Park in downtown Stamford, on Sunday, December 18, starting at 4:00 pm. This event is for individuals, families, local dignitaries and community leaders alike. Says Rabbi Moshe Shemtov, Director of Chabad of Stamford, "Come warm your heart with Jewish pride as we light Fairfield County's largest menorah. Spreading light and joy is the perfect way to amplify the Chanukah message – that of Jewish unity and continuity, perseverance and the spreading of light." The evening will also include music, latkes, hot apple cider and donuts.

The celebrations will continue the following day, December 19, with an event for teens. Chabad's Cteen Chanukah celebration begins at 6:00 pm and is open to all teens in 8th through 12th grade.

On Tuesday, December 20, Chabad's Jewish Women Connected (JWC) package party will be held at 7:15 pm and will include food, drinks, fun and a live auction. Leah Shemtov, co-director of Chabad of Stamford, explains "This event is an annual favorite where we

look to bring the 'fun' into fundraising, where wrapped gifts are brought in by the participants and auctioned off to the highest bidder for a chosen charity."

On Wednesday, December 21, Chabad's "Betsy's Buddies" program will host a Chanukah lunch for seniors in the community and their friends. This event is multi-generational with volunteers cooking and serving the meal and the children of Gan Yeladim providing the entertainment.

On Friday, December 23, Chabad will host a "Friday Night Live" Chanukah Kabbalat Shabbat. A menorah lighting will take place at 4:00 pm followed by a spirited Kabbalat Shabbat and a smashing kiddush featuring a deluxe latke bar and more at 5:00 pm.

Rounding off the Chanukah celebrations will be the "Menorah Car Parade," now in its sixth year, on Saturday, December 24, starting at 6:00 pm. This will be an opportunity for people to bring their cars to Chabad to be decked out with a car menorah and drive around Stamford together spreading the Chanukah spirit throughout town. The parade will start at Chabad on 770 High Ridge Road in Stamford, and the route will go through downtown Stamford and Harbor Point before ending at Latham Park to light the giant Chanukah menorah together. The seventh night of Chanukah will be celebrated in a fun way with gelt, latkes and donuts for all.

Events are open to everyone in the community. For more information on any of Chabad of Stamford's Chanukah events, to register or to volunteer, please contact programs@stamfordchabad.org or call 203- 2CHABAD.

Gifts of the Heart for Chanukah

(Courtesy of Schoke JFS) Schoke Jewish Family Service is getting ready for the holiday season with the Annual Matanot Lev gift drive. *Matanot Lev* (Gifts of the Heart) will make the holiday season extra special by gifting families, Holocaust survivors, and isolated seniors who don't have the resources with items on their wish list.

Every parent wants to provide for their child, and with your generous support,

parents will be able to provide Chanukah gifts for their children in a way they never thought possible.

Help make the holidays special by purchasing gifts for clients through the "Give Smart Platform" at: www.ctjfs.org/matanotlev.

Your generous support and donation make the Matanot Lev gift drive possible and bring happiness and light to people less fortunate in the community.

JHSFC Celebrates with Song

(Courtesy of JHSFC) Please join The Jewish Historical Society of Fairfield County (JHSFC) in celebrating Chanukah with a live musical performance by the acclaimed Kol Rinah Chorale, the Jewish Chorale of Westchester. Jewish music originates from places all over the world, so the Chorale finds that audiences of every faith and tradition can appreciate the uplifting spirituality and entertainment of the Chorale's performance.

Musical which has been performed in New York City and the surrounding area. In addition, Mr. Gruder directs Nashir! The Rottenberg Chorale, and he is the musical director of the Society for the Advancement of Judaism (SAJ).

The accompanist for the Chorale is Laura Ravotti, who has been performing professionally since 1986. In 2000, Ravotti moved to New York City where she has played on Broadway, Off-Broadway, at Carnegie Hall and Town Hall. She has



Kol Rinah Chorale

The entire community is invited to this free concert on December 18 at 2:00 pm. Doors open at Temple Beth El, 350 Roxbury Road, Stamford at 1:30 pm. The concert will also be livestreamed. Registration information can be found at the end of this article.

Kol Rinah Chorale, comprised of approximately 25 singers, was founded in April 2001 by two professional singers who wanted to share Jewish music with a more diverse and wider community audience. Musical selections are sung in English, Hebrew and Yiddish and are accompanied by piano. Since the Chanukah holiday begins the evening of the 18th, there will be a focus on holiday songs as well.

Benjamin Gruder, the artistic director and conductor of Kol Rinah, arranges and composes choral and instrumental pieces. He created and produced *Jonah! A Rock*

been the Music Director at St. Augustine's Episcopal Church in Croton-on-Hudson, NY since 2005.

Peter Lilienthal, president of the Jewish Historical Society of Fairfield County, states "JHSFC is especially pleased to provide this free musical performance made possible by a grant from the Stamford Arts and Cultural Commission. We know everyone will enjoy this wonderful afternoon of holiday music to usher in the holiday. Receive a special Chanukah goody bag as you leave. We hope you will join us."

To register please send an email with attendee names, email and whether you will be attending the live performance or livestream at home to info@jhsfc-ct.org or RSVP to 203-359-2196. To learn more about this event and the Jewish Historical Society please visit: <https://jhsfc-ct.org> or call 203-359-2196.

UConn Hillel to Celebrate Chanukah at Stamford Campus

(Courtesy of UConn Hillel) UConn Hillel plans to celebrate Chanukah at the UConn Stamford campus on Wednesday, December 7 from 10:30 am to 12:00 pm. Students can stop by for dreidels, gelt, jelly donuts and more! The celebration is targeted at UConn Stamford students but is open to the entire Stamford community.

With support from United Jewish Federation, UConn Hillel is investing

in Jewish life at UConn Stamford with Shabbat programming which began on November 11.

UConn Hillel, the Center for Jewish Life, fosters inclusive and meaningful experiential opportunities to enrich the lives of students and help them explore Judaism and Jewish values on their own terms.

For more information, reach out to Jacqui Schulefand at Jacqui@uconnhillel.org.

A Twist on Apple Sauce

BY RONNIE FEIN

Twice a year we have the same argument. On Passover, it's "what do you have matza brei with – sour cream or applesauce?" On Chanukah, change the word "matza" to "potato latkes."

In our family, we have both, so I always have sour cream in the fridge, and I also make my own applesauce.

Of course, I don't have a recipe for sour cream. And to be honest, I don't have a real recipe for applesauce either. It's really just a matter of peeling, coring and cutting apples and cooking them over low heat in a covered pan. Apples have lots of water, so you don't need extra liquid. They also have lots of flavor, so seasonings are optional, although I frequently mix in some ground cinnamon just for a hint of warm spice.

Sugar or some other sweetener? I never add any because apples are sweet enough, but you can always include a small amount of sugar, brown sugar, honey or maple syrup.

I do have a few applesauce riffs that can make a magical difference if you want something special for your latke-applesauce this Chanukah. Sometimes

I make apple-pear sauce, using an equal amount of each fruit. Apple-pear sauce is milder, mellower than plain applesauce. But our favorite fruit combo is sauce made with fresh apples, pears and dried California apricots. The sauce is fabulously rich, darker than plain applesauce and somewhat tangier too.

Here's how I made the one in the photo:

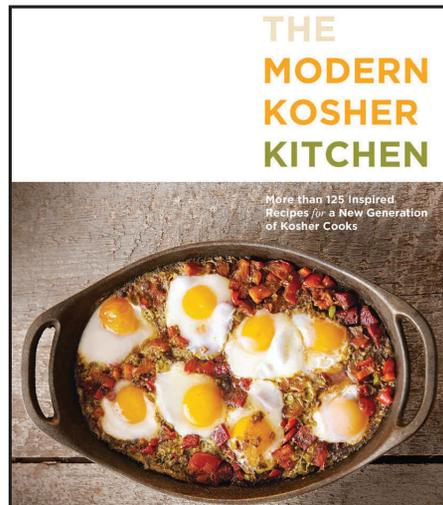
APPLE-APRICOT SAUCE WITH HONEY

- 3 pounds apples
- 2 pears
- 1 packed cup dried apricot halves
- 1/2 cup water
- 1/4 cup honey
- 1/2 teaspoon cinnamon

Peel, core and slice the apples and pears. Place them in a pot with the apricots and water. Cover the pan. Turn the heat to low. Cook for about 25 minutes or until the fruit is soft. Add honey and cinnamon. Mash or puree (I used a hand blender). Makes about 8-10 servings.



Apple-Apple Sauce



The Spiritual Wisdom of Bob Dylan



Local musicians join Rob and Stephen in sharing the music of Bob Dylan.



Moderator Rob Hoff and Author Stephen Daniel Arnoff

Latke and Vodka Event to Feature Comedian Shaun Eli

(Courtesy of Temple Beth El) Temple Beth El (TBE) Social Club will celebrate Chanukah with its second annual "Latke and Vodka" event, to be held on Thursday, December 22 at 7:30 pm at Temple Beth El in Stamford. Headlining this special evening will be stand-up comedian, Shaun Eli.



Comedian Shaun Eli

Shaun Eli has rightfully been called one of America's smartest comics. Whether it's a story about dining with a vegetarian or successfully fighting a parking ticket in criminal court, master storyteller Shaun Eli shows you that there's hilarity in the ordinary if you approach life with a comedic warp. Job interviews? How about the Ten Commandments? For just about anything he's experienced he has hilarious stories at the ready. With a

sense of humor that's both cheerful and universal Eli has headlined shows on five continents. In 2021 he was the recipient of a major profile in *The New York Times*. Eli has written monologue jokes for three late-night TV talk show hosts.

A Latke Bar will be featured, and guests can bring a bottle of their favorite vodka or wine.

Everyone is welcome to attend. For further information or reservations, please call the office at 203-322-6901, ext. 300.

In the spirit of Chanukah, guests are welcome to bring a new pair of socks, gloves or winter hats to be donated as part of the TBE Holiday Dinner at the Men's Shelter.

Chanukah/New Year's Luncheon for Seniors

(Courtesy of the JCC) All senior adults in the community are invited to light the menorah and share in a festive Chanukah/New Year's lunch at the Stamford Jewish Community Center on Friday, December 16 from 11:00 am to 1:00 pm. The luncheon is free and open to

all seniors with a suggested donation of \$6 per person. Reservations are required by Friday, December 9.

Make reservations by calling Eli Schaffer at 203-487-0983 or emailing: eschaffer@stamfordjcc.org.

TBE Chanukah Shabbat

(Courtesy of Temple Beth El) Temple Beth El (TBE) will celebrate Chanukah with a special Shabbat service and dinner on Friday, December 16 beginning at 5:45 pm with a Chinese dinner along with potato latkes.

A musical Chanukah Kabbalat Shabbat Service will be led by Rabbi Hammerman and Cantor Kaplan.

The Keshet Beth El Hebrew school students will participate in the service

with songs and special readings beginning at 7:00 pm.

The dinner and service are open to the community. Reservations are required for the dinner. Please RSVP for dinner by December 12. Reservations can be made online at: tinyurl.com/tbelatkes2022.

For further information, please contact Steven Lander, Executive Director at 203-322-6901 ext. 304 or by e-mail execdir@tbe.org.

Kids Explore Chanukah at the J

(Courtesy of the JCC) Enjoy an evening full of pre-Chanukah activities for children ages 5 to 12 and explore Chanukah through crafts, food and arts.

JCC members can attend for a rate of \$20 first child, \$10 for each additional

child. Non-members can attend for a rate of \$30 first child, \$15 for each additional child.

For more information, please reach out to Reyanne Neal, Director of Youth & Family, rneal@stamfordjcc.org.

Torah and Tequila with Chabad of Stamford

(Courtesy of Chabad of Stamford) On Simchat Torah night every year, Chabad of Stamford holds an auction before the *Hakafot* (dancing around the Torah), music and celebrations begin. While participants enjoy pre-Hakafot hors d'oeuvres and drinks, Rabbi Moshe and Leah Shemtov hold a "mitzvah auction," where rather than bid on physical items, attendees symbolically bid on spiritual ones. In a meaningful yet fun way, attendees can choose to commit to various *mitzvot* they will aim to uphold in the coming year. Bids include anything from committing to learn with your child, buying a new Jewish book, and reciting the *Modeh Ani* prayer in the mornings, to committing to increase charity, good deeds, and Torah study.

Chabad's "Torah and Tequila" was born

out of this mitzvah auction. At this year's auction, a group led by Craig Price chose to increase their commitment to Torah study with Rabbi Moshe by creating a new monthly Sunday-night learning opportunity for men. A week later, the first "Torah and Tequila" night was inaugurated with learning, drinks, and delicious snacks.

In Craig's words, "Torah is the perfect enticement to help someone appreciate and learn about the nuances of tequilas! When the two are combined, you have the perfect cocktail for interactive discussions!" Chabad of Stamford aims for this to be a monthly event hosted at private homes around the Stamford area. For more information about Chabad's classes, events or one-on-one learning opportunities, email programs@stamfordchabad.org or call 203 3CHABAD.



Bartender Craig Price shares some thoughts with attendees at Torah and Tequila.

Combating Food Insecurity

(Courtesy of Schoke JFS) Schoke Jewish Family Service welcomes Connecticut's first Kosher Mobile Food Pantry to town. The Mobile Food Pantry is a state-of-the-art food truck and works with partner site locations to bring high quality, healthy, kosher food directly to neighborhoods throughout Fairfield County where people need it most.



The new Schoke JFS Kosher Mobile Food Pantry truck.

Food insecurity in Connecticut continues to be a very real and growing issue. Over 400,000 residents struggle with hunger and more than 117,000 of those are children. There is a big need for access to nutritious, easily obtainable food.

With the introduction of this Mobile Food Pantry, Schoke JFS will reach and feed dozens of households each time the truck heads out on the road. The Schoke JFS Mobile Food Pantry is stocked with canned and dry goods, fresh fruits, vegetables, kosher meat and dairy. Monthly distributions bring the Mobile Food Pantry to each of the 15 towns Schoke JFS serves.

The Mobile Food Pantry has already served 55 households which is more than 137 people in its first month of operation.

The Mobile Food Pantry will visit different partner sites any day of the week including local synagogues and community centers. The Mobile Food Pantry and partner

sites are working to establish a regular schedule of ongoing distributions. If you are interested in joining as a partner site, the Mobile Food Pantry needs only your parking lot where people in need can access the food.

Schoke JFS thanks its first two partner sites: Congregation B'nai Israel of Bridgeport and Congregation Beth El of Norwalk.

Interested in becoming a partner site? Please call 203-921-4161. To volunteer with the Mobile Food Pantry, visit: www.ctjfs.org/volunteer-opportunities.

With the continued shortage of food, Schoke JFS needs your help stocking the Mobile Food Pantry and the Freedberg Kosher Food Pantry. Consider adding kosher meat and sliced deli, kosher dairy, and fresh produce to your cart on your next grocery shopping trip. All food items can be dropped off at 196 Greyrock Place, Stamford, CT, Monday through Friday, 9:00 am to 4:00 pm or by calling 203-921-4161.

UJF's Maimonides Society Features Physician and World Traveler

(Courtesy of UJF) United Jewish Federation's Maimonides Society held a program on November 1 featuring Dr. Jonathan Reisman, an author, physician, naturalist, teacher of wilderness survival and prehistoric crafts, and world traveler. The program, which was moderated by Claudia Kraut, was held at The Waterstone on High Ridge, a senior living residence in Stamford. The Maimonides Society is an affinity group for those in the medical profession, offering social, networking, and educational opportunities. The programs are open to all.

Dr. Reisman's talk featured stories and experiences from his book, *The Unseen Body*, which takes readers on an odyssey navigating the human insides like an explorer discovering a new world. Reisman also spoke about his years of practicing medicine in remote areas such as Russia, the Alaskan Arctic, Nepal, India, remote areas in Appalachia, and on US Native American reservations.

Also discussed was Dr. Reisman's newest project, *Anatomy Eats*, where culinary arts meet the medical world. He facilitates these dining events in collaboration with

Chef Ari Miller, combining cuisine with learning about anatomy and physiology of our bodies. Guests can learn the mysterious functioning of their own bodies by eating a gourmet meal of (animal) organs and other anatomical foods.

Dr. Philip Klapper, who introduced the speaker at the beginning of the program, commented, "Dr. Reisman uses his observations of the natural world to help describe analogous human internal organ

systems. He does this in a way that makes it understandable and interesting to both medical and non-medical people."

Special thank you to The Waterstone on High Ridge, moderator Claudia Kraut, and co-chairs Dr. Stephanie Becker, Lisa Govronsky, PA-C, Dr. Shara Israel, and Dr. Philip Klapper. For more information about UJF's Maimonides Society or other affinity programs, contact Sharon Franklin at sharon@ujf.org.



Event co-chair Dr. Shara Israel with Ami Soifer.



Maimonides Society event co-chair Dr. Philip Klapper, keynote speaker Dr. Jonathan Reisman, and moderator Claudia Kraut.



Guests enjoyed a program featuring Dr. Jonathan Reisman.

Local Leaders Represent UJF at General Assembly

(Courtesy of UJF) Leaders from United Jewish Federation of Greater Stamford, New Canaan, and Darien (UJF) joined over 1,200 participants in Chicago at Jewish Federations of North America's three-day General Assembly (GA). The first in-person GA since 2019 addressed an ambitious range of topics, from setting the shared Jewish communal agenda for the year ahead to airing a diverse array of voices on critical issues facing the North American Jewish community. First held 90 years ago, the GA is among the most consequential gatherings of Jewish leadership in the world, bringing together Jewish leaders of diverse backgrounds in a space that fosters

productive dialogue and debate.

"This was my first General Assembly," said Michael Schlessinger, UJF's first Vice President. "I was impressed by the sheer scope and reach of Jewish Federations of North America. Whether discussing new initiatives with staff of the largest Federations (and marveling at their available resources) or comparing notes with Federations more like our own, I found the atmosphere open and engaging. Most notably, professional staff and lay leaders alike conveyed a genuine sense of caring for the health and well-being of the Jewish community."

The GA focused on responses to the geopolitical challenges and global events impacting the Jewish community, and challenges and opportunities arising from our relatively unsettled times. Topics included rising antisemitism and the urgency of responding effectively through new initiatives in the media and otherwise and through enhanced Jewish communal security, Jewish Federations' response to the Ukraine crisis and the uncertainties that lie ahead for Jews in Ukraine and Russia, and strategies for accommodating viewpoint diversity.

Global figures, activists, public officials, and communal leaders addressed the audience. Noteworthy names include



(l-r) Michael Schlessinger and Monica Smyth with Winnie Sandler Grinspoon, CEO Grinspoon Foundation.



(l-r) Eric Fingerhut, CEO and President of Jewish Federations of North America, with Michael Schlessinger.



(l-r) Diane Sloyer and Wendy Handler.



(l-r) Michael Schlessinger, UJF First Vice President; Diane Sloyer, UJF CEO; Pam Ehrenkranz, Greenwich UJA-JCC CEO; Margie Black, UJA-JCC Co-President; Claudia Brenner, UJA-JCC Director of Women's Philanthropy; Michael Bloom, JFACT Executive Director; Sharon Lewis, UJF Jewish Community Relations Council Director.

President of Israel Isaac Herzog, U.S. Ambassador to Germany Amy Gutmann, Israel's Ambassador to the U.S. Michael Herzog, journalist and news anchor Andrea Mitchell, Special Envoy to Monitor and Combat Antisemitism Ambassador Dr. Deborah Lipstadt, and philosopher, author and filmmaker Bernard Henry Levy, among many others. During the opening plenary, Jewish Federations of North America Board Chair Julie Platt announced that since the launch of LiveSecure last year, the number of Jewish communities in North America that have security programs has increased by 42%. LiveSecure is a \$130 million investment in Jewish communal security that aims to protect every single Jewish community in the U.S. and Canada through a grant issued by Jewish Federations of North America, with matching funds raised by the local Federation.

Also announced at The General Assembly was an agreement made between the leadership of major Jewish organizations and financial ratings powerhouse Morningstar on a new set of commitments regarding anti-Israel

bias in its ESG (Environmental, Social, and Governance) ratings. The agreement follows months of deliberations between the parties.

"We are living in complex times when antisemitic incidents are increasing at an alarming rate, anti-Israel rhetoric is rampant, millions of people are displaced by war and our communities are overwhelmed by a mental health crisis," said Jewish Federations of North America Board Chair Julie Platt. "These extreme challenges we face require bold solutions and broad collaborations, so that we can effectively strengthen our communities and ensure that they are safe, compassionate, inclusive, and vibrant. The General Assembly is a unique opportunity that comes around once per year for our communal leaders to come together to tackle these complex challenges, discuss practical steps towards building flourishing Jewish communities and return to our communities invigorated to implement these strategies."

To learn more about United Jewish Federation and the General Assembly, contact Diane Sloyer at (203)321-1373, dianasloyer@ujf.org.

UConn Hillel Welcomes New University President

(Courtesy of UConn Hillel) The University of Connecticut selected Dr. Radenka Maric as the new UConn president. During her tenure as interim president, UConn Hillel was fortunate to foster a close and supportive relationship with Maric, who is Jewish. From honoring Hillel as the keynote speaker at its 10th anniversary celebration this past May to hosting the Hillel community for a Summer Welcome at her home in August, Dr. Radenka has been gracious

with her time. Her approachability has fostered strong connections with Jewish students and family members, and Hillel is proud to be a part of all she accomplishes in her role.

Dr. Maric has served as UConn's interim president since Feb. 1, 2022. She is an acclaimed innovator in clean energy technology whose leadership as a vice president helped propel UConn to new heights. Dr. Maric earned her B.S. from Belgrade University and her M.S. and Ph.D. from Kyoto University.



President Radenka Maric spoke at UConn Hillel's 10th anniversary celebration in May 2022.



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BCHA Students Travel to JFS for Mitzvah Project

BY PAUL SILVERFARB

On a near-perfect late October fall day, eighth-grade students from Bi-Cultural Hebrew Academy (BCHA) traveled across town to the Elayne and James Schoke Jewish Family Service for a community service field trip as part of the BCHA Nancy and Kamal Haron Leadership series and the *Chesed* program funded by United Jewish Federation.

“We have had a phenomenal partnership with Bi-Cultural for so long,” said Leah Schechter, chief program officer at Schoke JFS. “Having

The eighth-graders were divided into two groups. One group of students worked in the food pantry and brought out cans of tuna, corn, shelf-stable milk, chips, and other non-perishable items to the truck. The other group of BCHA students oversaw stocking the truck. With all the work done by the students at BCHA, it is estimated that 75-90 clients will be served.

“Our dreams and goals have been realized,” said Schechter. “There has been a whole team that has gotten us to this moment. We’re going to need teams of people moving us forward because



BCHA eighth-grade students help stock the new Schoke JFS mobile food pantry.

Bi-Cultural teens, who are the future of our Jewish community, here to help make some of this happen just speaks to the relationship. This is taking us to the next level.”

Led by BCHA Middle School Principal David Giver, students were greeted at the front of JFS by Schechter. After learning the importance of the project and how it will affect countless families in need, the eighth-graders were all expecting to head inside and help in the food pantry.

However, Schechter had a surprise: a mobile food truck that was parked just a few feet away from the Schoke JFS entrance. This was a new food truck, so new that it had never been stocked with non-perishable foods. That was about to change.

“This is a year-and-a-half to two years in the making,” said Schechter during Thursday’s field trip. “The truck arrived in town just a few days ago, and we’re excited to get it on the road and put it to work, getting more food out to the people in Fairfield County who otherwise don’t have kosher food to put on their table.”



BCHA eighth graders help out at Schoke JFS Freedberg Food Pantry.

now is when the real work starts.”

After completion of the project, Schechter took everybody inside to a conference room and picked up some valuable feedback from the students about the truck.

“BCHA students have always partnered with Schoke JFS to bring kosher food to those in need in our community,” said Giver. “It was a special opportunity to bring our eighth-graders, as part of their leadership seminar, to help stock the brand new Schoke JFS mobile food pantry. We are also grateful to UJF of Greater Stamford, New Canaan, and Darien for a grant which enabled us to acquire a shuttle bus in order to transport students to important community service programs such as this.”

Federation Year-End Celebration

CONTINUED FROM PAGE 1

Federation staff, led by our CEO, Diane Sloyer, as well as hard-working and dedicated Boards of Directors that have permitted our Federation to have a large positive impact on our Jewish community.”

David has been married to Meryl for 44 years and they have lived in Stamford for the last 42 years. They are fixtures of the Jewish community and have been members of Congregation Agudath Sholom, Temple Beth El and the Stamford JCC. They raised their three children in Stamford, where they attended Bi-Cultural Hebrew Academy. In addition to their work at Federation, the Gordon family honored David’s aunt and uncle by naming a program, the Pamela and Michael Hirsch Kosher Home Delivered Meal Program of Schoke JFS, in their memory.

Guest speaker Sigal Kanotopsky was born in a small, rural village in Ethiopia. Although her family had a good life there, in her own words, “Coming to

Israel, to Jerusalem, wasn’t an option, it was our lifetime mission.” Kanotopsky will share her personal and professional journeys, the issues facing the Ethiopian Jewish community today and her commitment to changing the way Ethiopian Israelis are viewed and treated.

The evening will also single out this year’s Peltz Award winner, Greg Waldstreicher, recognizing him for his commitment and leadership. Greg has served on the UJF board for four years on the data, analytic and marketing committee and is active in UJF’s PJ Library and NextGen programs.

The evening will also honor outgoing board members Nan Gordon, Jonathan Ostroff, Tara Shapiro, and Sherry Steiner.

“Every organization is built on the backbone of volunteers. These awards enable UJF to recognize community members who give of their time on behalf of UJF. Their commitment to the Jewish community of Greater Stamford has had a positive impact on us all,” said Diane Sloyer. Register at www.ujf.org/annualmeeting22. For more information contact Diane Sloyer at dianesloyer@ujf.org. (203) 321-1373.



Peltz Award winner Greg Waldstreicher



Incoming UJF president Michael Schlessinger

SLATE FOR UJF BOARD MEMBER NOMINATIONS FOR 2023

Linda Hurwitz, Nomination Committee Chair

NEW BOARD MEMBER NOMINEES - 2 YEAR TERMS

Alan Barr Jessie Brand Stacy Ferber Fran Ginsberg Robert Hoff

NEW BOARD MEMBER NOMINEES - 1 YEAR TERMS

Adam Rafalowicz Ellen Weber

REAPPOINTMENTS TO A 2ND TERM

Jessica Batkin Josh Esses Linda Hurwitz Susan Kostin Ami Soifer

REAPPOINTMENTS TO A 3RD TERM

Robin Fischel Jill Kaplan Dinah Miller-Marlowe

NOMINATION FOR PRESIDENT

Michael Schlessinger

CONTINUING BOARD MEMBERS

Bob Abrams Kerrin Behrend David Gordon Caryn Halbrecht Rachel Klein Edith Samers Cathy Satz Rhonda Schaffer-Maron Michael Schlessinger Greg Waldstreicher



United Jewish Federation
OF STAMFORD • NEW CANAAN • DARIEN
Serving Greater Fairfield County

2022 ANNUAL CAMPAIGN FOR COMMUNAL NEEDS

COMMUNITY IMPACT

Where It's Needed Most
The Infrastructure of UJF
Israel & Global Jewry
Communal Scholarship Fund
Jewish Community Relations Council
LIFE & LEGACY®
JFEST
New Jewish Voice Newspaper

Communal Security
Community *Shaliach* (Israel Emissary)
NextGen
Engagement & Affinity Groups
Community Jewish Experience
Shalom/Welcome Program
Yom HaShoah Commemoration

SOCIAL SERVICES & SENIOR SUPPORT

Building Support Through Connections
Senior Care Navigator
Holocaust Survivor Emergency Fund
GROW YOU! Financial Education & Employment Support

YOUTH & YOUNG ADULT

Support Services Program
Mental Health Services & Wellness for Adolescents and Youth
Community Chesed/Tikkun Olam Program
PJ Library & PJ Our Way Programming
Mitzvah Makers
One Happy Camper
Temple Sinai Inspire
Inclusion Fair
UCONN Stamford Hillel Shabbat

When you give to Federation, you strengthen our community.

Scan to strengthen our community or visit us at ujf.org/give



4 TAX-SMART WAYS TO GIVE



1

INDIVIDUAL RETIREMENT ACCOUNTS

Support the causes you care about and save on taxes at the same time!

IRA account holders aged 70 ½ or older are eligible to contribute directly from their traditional IRA to any IRS-qualified public charity without needing to pay taxes on the distribution. That means that your donation goes further in supporting the nonprofit of your choice.



2

VEHICLES

You can easily donate a car, truck, motorcycle, boat, or RV to UJF and enjoy tax benefits immediately.

UJF has partnered with Donate for Charity to make it quick and easy to donate any kind of vehicle. Donate for Charity will pick up your vehicle free of charge, sell your vehicle, then donate the proceeds directly to the nonprofit of your choice.



3

STOCK

Donating appreciated stock is one of the easiest ways to give more to the causes you care about.

Maybe your stocks have appreciated greatly since you purchased them. Maybe a surge in value of one of your holdings has thrown your portfolio off balance. Maybe you just want to refocus on other investment categories. If you also give to charity, these scenarios should encourage you to review your investment portfolio with a donation strategy in mind.

Were you to sell stock and donate the proceeds, you would be required to pay capital gain taxes. However, when you donate stock, you avoid those taxes and 100% of the value goes directly to the nonprofit. Plus, you are eligible to deduct the entire fair-market value of the donated asset!



4

DONOR-ADVISED FUND

A donor-advised fund, is a simple, tax-effective way to support your Jewish community.

Think of a donor-advised fund as your charitable bank account. When you contribute cash, securities, or other assets to your DAF, you are eligible to take an immediate tax deduction. Those funds can be invested for tax-free growth, and you can recommend grants to any IRS-qualified public charity – including UJF.

If you have any questions or would like more information, please reach out to your financial advisor or Diane Sloyer at dianesloyer@ujf.org.

Bits & Pieces



BY SANDY GOLOVE

To submit information to Bits and Pieces, call (203) 912-9945 or email sandy@ujf.org.

Sandy Golove

MAZEL TOV TO GROWING FAMILIES:

Emily & Sean Altman on the birth of a son, Elijah Levi Altman, and to grandparents, **Sylvan and Honni Pomerantz**.

Lara & Keith Berman on the birth of a daughter.

Brook & Max English on the birth of a daughter.

Elana & Yossie Friedman on the birth of a daughter.

Jillian Hoy & Benjamin Hoffman on the birth of a son, Daniel Rowan Hoffman, and to grandparents, **Joan Ross**, and **Rabbi Eric Hoffman & Manya Phillips**.

Danielle & Michael Lazarus on the birth of a daughter, Jolie Tricia Lazarus; and to grandparents, **Debbie & Leon Shapiro**.

Nayla & Jonathan Lehrfeld on the birth of a daughter, Sasha Rose Lehrfeld; and to grandparents, **Rebecca & Andy Lehrfeld** and **Gaby Scaramello**.

Rita Lerner on the birth of a great-granddaughter, Hattie Rose Lerner.

Lauren & Barry Marks on the birth of a daughter, **Sydney Morgan Marks**; and to grandparents **Lisa & Michael Rome**.

Yana & David Ratner on the birth of a son, **Andrew Taylor Ratner**; and to grandparents **Lori & Stu Ratner**.

Judy & Bob Raymond on the birth of a grandson.

Dana & Daniel Rose on the birth of a daughter, Sadie Hazel Rose; and to grandparents, **Yvette & Bob Rose** and **Linda & Len Russ**.

Rachel & Jake Rothman on the birth of a daughter, Alissa Evie Rothman.

Eve & Phil Steinmetz on the birth of a son, Elan Tomer Steinmetz; and to grandparents, **Liba & Steve Steinmetz** and **Elise Lerner & Michael Wiener**.

Paul Storfer on the birth of a granddaughter, Dorian Artemis Wade Storfer.

Belana & Michael Warmflash on the birth of a daughter; and to grandparents, **Doris & Ron Warmflash** and **Irina & Michael Mlynash**; and to great-grandmother, **Camille Warmflash**.

MAZEL TOV TO ENGAGEMENT/WEDDING:

Diane & Rabbi Daniel Cohen on the marriage of their daughter, **Tamar Cohen** to **Feivel Segelov**.

Lynn Villency Cohen & Stephen A. Cohen on the engagement of their daughter, **Rachel Cohen**, to **Daniel Grey**; and to grandfather **Judge Stanley Novack**.

Karen & Bruce Denker on the marriage of their son, **Jason Denker** to **Jessica Savitsky**, daughter of **Carol & Burt Savitsky**.

Lorraine Hutzler & James Marcus on their marriage.

Renee & Sam Judd on the marriage of their daughter, **Liz Judd** to **Kal Prince**.

Sharon & Burt Rubin on the engagement of their son, **Joseph Rubin** to **Adira Smirnov**.

Myrna & George Sessa on the marriage of their daughter, **Melanie Sessa** to **Carmi Schickler**.

Janice & Jake Meyer on the marriage of their daughter, **Julie Meyer** to **Daniel Temkin**.

MAZEL TOV B'NAI MITZVAH:

Benjamin Davidson: son of **Amy & Aron Davidson**.

Benjamin Konigsberg: son of **Sara & Brian Konigsberg**.

Maggie Mosenkis; daughter of **Shari & Jeff Mosenkis**.

Jonah Shapiro: son of **Danielle & Lael Shapiro**.

Eliora Wolfe: daughter of **Rabbi Naftali & Navah Wolfe**.

Paige Fiorito: granddaughter of **Susan & Len Mark**.

WE MOURN THE LOSS OF:

Edward Marc Axelrod: father of **Joy Axelrod** and **Greg Alexrod**; brother of **Chuck Axelrod** and partner of **Suzanne Lopiano**.

Henry "Hank" Clayman: husband of **Marsha Clayman** and father of **Jill Kaplan**.

Dan Katz: husband of **Laura Katz**.

Sara Leah Kovacs: stepmother of **Chani Zweiter**.

Ruth Beryl Sosnowitz Miller: mother of **Jack Miller** and **Ross Miller**.

Dr. Alan Weseley: father of **Mitch Weseley**.

The Hebrew Corner

A Monthly Primer by Robert Abrams,
UJF Education Committee Chair

THE BURDEN OF HONOR

Honor, respect, glory. The root of these words in Hebrew are the three letters Chaf, Vet, and Dalet. The word is normally pronounced Cah-VohD. And there is an interesting connection between the word Cah-VohD and a very similar Hebrew word using the same root letters. This word, however, is pronounced Cah-VayD, and it means heavy.

What could possibly be the connection between these two words -



Robert Abrams

Cah-VayD and Cah-VohD, heavy and honor? The answer is that in order to deserve honor, a person must behave honorably. And that certainly makes sense. But behaving honorably 24 hours each day, seven days a week, is an extremely heavy burden.

And that is the connection. It is indeed an extremely heavy burden to bear in order to gain, and in order to maintain, the ongoing continuous respect of one's fellow human beings.

A Message From UJF's Shaliach

Teaching and Learning Together Through Educational Programming

BY YOAV YARON

The *chagim* (holidays) are over. In Israel, it's common to refer to this time of the year as *Acharei HaChagim* (after the holidays, אחרי החגים) which means it's time to get back to a typical daily routine and do what you promised yourself to do (exercise, hobbies, new job, etc.). For me, the *Acharei HaChagim* also means the beginning of the fall and soon to be my favorite season -- winter. But locally and throughout Connecticut, the fall has already peaked, and now it is time to catch up on tasks at hand and prepare for all the programs and events coming up at United Jewish Federation (UJF).

As we get back to our "normal" schedule at UJF, I have already started my full schedule of educational programming in our community. We launched the "Explore Israel Through the Screen" weekly five-part series at the Stamford JCC analyzing and discussing Israeli culture and society through pop culture television shows and movies; we have grown our community thanks to "Moishe House Without Walls" gatherings; and I have participated in Temple Sinai religious school. At the end of October, I was fortunate to work with the pre-K and 4's class at the JCC Sara Walker Nursery School, where young students met Tziporah (bird) and learned some Hebrew words. This weekly program titled "Israel All Year Round" provides kids the chance to learn



Yoav Yaron

through music and games, Israeli culture, history and the Hebrew language, adding yet another exciting element to the JCC curriculum.

Working with the pre-K kids is something relatively new to me. I have worked with different ages of children before, but I have never had a recurring program like this with such a fun and lively

group. I was a bit nervous before the class and even worried about how I should teach the program, how to introduce myself, and create a meaningful and educational first meeting. Thankfully, all I had to do was think back about my own nephews and nieces in Israel to get comfortable with how to interact and teach the kids here in Stamford. That's when I remembered that one of my own kindergarten teachers growing up brought her hand puppets when she taught programs with us. That's when I knew that I wanted to follow in her teaching footsteps.

With the kids at the JCC Sara Walker Nursery, I introduced Tziporah the *Tzipor*-ציפור (the bird) who became my friend thanks to the assistance of the kids in the class. They loved it. Through playing with the puppet and getting to work with the kids in the classroom, I interacted more freely, made the kids laugh, and they also learned a little bit of Hebrew along the way. The most

CONTINUED ON PAGE 23

PROMOTE YOUR BUSINESS

Advertise with us & reach the Jewish community of Greater Stamford!

THE NEW JEWISH VOICE

Call Diane Sloyer at (203) 321-1373, ext. 105
or email dianesloyer@ujf.org



Friendship Circle Launches U_Matter Program for Teens

(Courtesy of Friendship Circle) The teen volunteers of the Friendship Circle of Fairfield County devote hours of their time to developing and strengthening

academic calendar along with sports and clubs, family obligations and the general stress of being a teenager. This is all in addition to the effects of the pandemic

The emotional health of our teenagers should be a top priority. Today's world can be a difficult one, with the constant stream of social media across many platforms. The constant comparison to the flood of images other teens are posting make it possible to feel alone, despite being connected literally 24 hours a day.

U_Matter is a program that is created by a teen committee headed by teen chairs to focus on issues that the teens find most important. Each session gathers teens together for a fun activity and then a conversation facilitated by an adult professional. The first session of U_Matter



Matan Siegel and Jonah Rosenberg make sushi rolls.



Isabel Sigman and Amy Yellen display their sushi rolls.

in Stamford was held on November 3. Close to twenty teens participated. The evening began with sushi-making to allow the teens to unwind after a long day and have some fun. Mouchka Heller then spoke to the teens about anxiety and stress and practical ways to cope with times and situations that trigger these emotions. Teens shared their own experiences and thoughts as well. The next meeting of U_Matter will take place on Thursdays, December 1, January 5 and February 2. To become involved with the Friendship Circle, please contact Director Malya Shmotkin at malya@friendshipct.com.



(l-r) Sadie Palker, Isabel Sigman, Amy Yellen, Joreh Mehl, Matan Siedgel, Annie Hann, Jonah Rosenberg, Lilah Smith, Lily Braun, Shelby Wiesel, Justin Fuchs, Travis Fuchs, and Jack Jaffe.

their relationships with their friends who are participants in the Friendship Circle. The contributions they make and the rewards they receive from volunteering are many. These same teens, many of them seniors in high school, also juggle a full

on our youth, as research shows, which include further stress and anxiety. U_Matter is a new program specifically focused on the teen volunteers and their friends. As the title suggests, each and every person matters and is important.



United Jewish Federation
OF STAMFORD • NEW CANAAN • DARIEN
Serving Greater Fairfield County

NextGen invites you to

Celebrate Chanukah

With a latke bar, sufganiot and open bar

The Farmhouse | Saturday, December 3rd | 8:00pm-11:00pm
Stamford Nature Center
39 Scofieldtown Rd, Stamford, CT 06903

\$25 per person
RSVP by Dec 1st.
www.ujf.org/nextgenchanukah

*The NextGen program of UJF seeks to serve as a connector for all young Jews, regardless of affiliation or background. It aims to act as a gateway to build community through social events, fun volunteer programs, educational activities, and philanthropy.

For more information contact Melanie Vorm, Director, NextGen at melanie@ujf.org

Chabad New Canaan Hebrew School Begins a New Year



Children at the New Canaan Hebrew School enjoy a Sukkot party.

(Courtesy of Chabad New Canaan) The Chabad New Canaan Hebrew School meets on Sunday mornings at the New Canaan YMCA.

Using innovative and creative mediums, the curriculum focuses on Hebrew reading, Biblical stories, prayers, Israel, Jewish holidays, and general Jewish knowledge.

The new curriculum was developed by a team of educators from the Chabad Children's Network (CKids), which has chapters in 26 countries and engages more than 25,000 children each year with



Michal Mendelow teaches New Canaan Hebrew School students on a Sunday morning.

vibrant, life-changing Jewish education and experiences.

“Our goal is to make sure that children love their Hebrew School experience and develop strong proud feelings for their Judaism,” said Michal Mendelow, Director of the New Canaan Hebrew School. “Our small school environment is very warm and welcoming. This allows us to focus on the unique strengths of each child.”

For more information contact Michal Mendelow at Michal@NewCanaanJewish.org.

BCHA Hosts Two Open Houses

(Courtesy of BCHA) Bicultural Hebrew Academy (BCHA) recently hosted both its lower and upper school open houses. Both drew participants from the local community and beyond. Attendees met with current students, parents, teachers, and alumni and had the opportunity to see BCHA in action.

The open houses highlighted the secular and Judaic curriculum, as well as intra- and extra-curricular activities. If you missed either open house and would like to learn more, please contact Bonnie Marcus, Director of Admissions at 203-883-8968 or at bmarcus@bcha-ct.org.



Families had the opportunity to chat with teachers and current students during the BCHA Upper School Open House.



It was a full house during the Lower School Open House at Bi-Cultural Hebrew Academy. (ALL PHOTO CREDIT: PAUL SILVERFARB)

Schoke JFS Introduces New Kosher Mobile Food Pantry



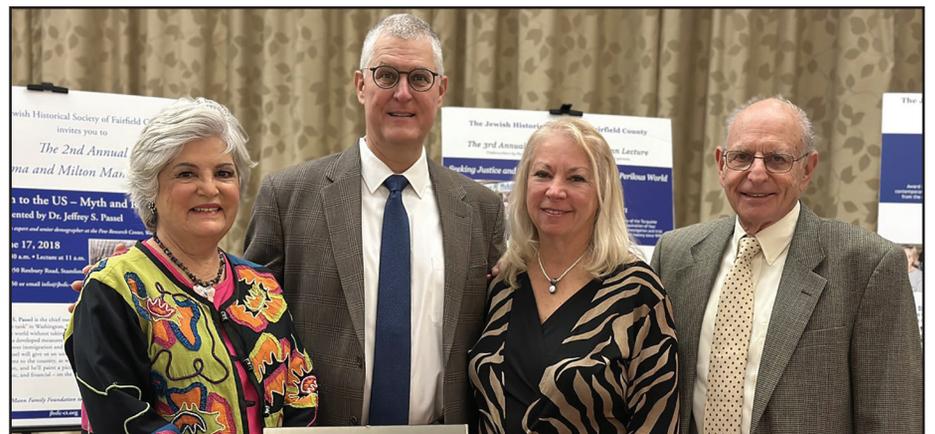
Leah Schechter, Chief Program Officer at Schoke JFS, introduces donors to the newly stocked mobile pantry.

(Courtesy of Schoke JFS) On a November evening, Schoke Jewish Family Service held a donor reception to thank community members for their support, sharing how Connecticut's first Kosher Mobile Food Pantry will feed hundreds in the community.



Matt Greenberg, President & CEO of Schoke JFS, Diane Sloyer, CEO of United Jewish Federation of Stamford, New Canaan and Darien, and Paul Gordon, Board Chair of Schoke JFS, welcome the introduction of the Schoke JFS Mobile Food Pantry.

Mann Annual Lecture



Milton and Norma Mann Lecture, entitled “Is Justice Possible? The History and Limits of the International War Crimes Tribunal.”

“Israel on the Screen” Class



UJF Shaliach Yoav Yaron teaches a class on “Israel on the Screen.”

Women's Lunch in the Sukkah

(Courtesy of Chabad of Stamford) Chabad of Stamford's Jewish Women Connected (JWC) brings women together throughout the year to study, celebrate, explore and recharge. The holiday of Sukkot is one where people gather in a relaxed outdoor setting among nature and the environment within the walls of the sukkah. Chabad's JWC "Lunch in the Sukkah" is an annual favorite where women of all ages and backgrounds enjoy a luncheon and a thought-provoking class with stylish décor and a wonderful menu. This year's event came with a twist as co-chair, Desiree Katcher led an interactive Q & A with Leah Shemtov which covered a wide variety of topics relevant to the women



Over 40 women gathered for lunch and learning in Chabad of Stamford's sukkah.

in attendance. Chabad would like to thank Caroline Marciano and Desiree Katcher for co-chairing this event. For more information on Chabad's JWC programs and events, please visit their website at www.stamfordchabad.org.

Love of Learning the Torah

(Courtesy of Bi-Cultural Hebrew Academy) Bi-Cultural Hebrew Academy's second grade held its Chag HaChumash celebration on November 11. The students showed their love of learning the Torah through song and dance, and the 2nd graders each received their very own chumash (text of the Five Books of Moses), which the school hopes they will use to learn and grow in their Torah knowledge and will treasure for years to come.



BCHA second-grade students participate in their Chag HaChumash. (PHOTO CREDIT: PAUL SILVERFARB)

LIFE & LEGACY

LIFE & LEGACY Testimonial

Each edition of the New Jewish Voice features the testimonials of community members just like you who have declared their intent to leave a legacy gift to a Jewish organization in the Stamford, New Canaan and Darien Jewish community. This program is funded by United Jewish Federation and the Harold Grinspoon Foundation.

Learn why they look to secure our Jewish future and discover your reasons to join them. Together, we can all work to guarantee the future of the Stamford Jewish community we love. For more information, contact Lenore Fogel at (203) 321-1373 or at lenore@ujf.org.

CARL AND DANA WEINBERG TESTIMONIAL

We have always tried to donate generously. But until we learned about LIFE & LEGACY, we had never really considered legacy giving. Our initial reaction was, "Ugh - who wants to think about that?" But on second thought, establishing legacy gifts made so much sense to us. We want these institutions to thrive during our lifetimes - why wouldn't we want them to continue thriving afterward?

Once we decided to pledge to LIFE & LEGACY, it was easy to decide which institutions to include. We made many of our closest friends at the JCC, when our kids attended Sara Walker Nursery



Carl and Dana Weinberg

School. And Temple Beth El is our spiritual home and the center of our faith-oriented volunteering, where Dana runs the Temple Rock auction and Carl has served as President.

We were surprised at how easy the LIFE & LEGACY process was.

Filling out the Letter of Intent only took a few minutes, and formalizing our pledge was as easy as going online and including Temple Beth El and the JCC as beneficiaries of our IRAs. And now we know we are doing our part to ensure that the Stamford-area Jewish community will continue to thrive for generations to come.

Stamford Professional Office Suites

Private Offices Starting at \$895/mo

OUR PROPERTY FEATURES

- Located next to Stamford Courthouse
- Newly renovated private offices with various sizes
- High Speed 1 GB Internet with failover protection
- New office furniture desk and chairs
- Access to 3 conference rooms
- Parking spot (1 parking space + visitor parking)

Contact: Kevin
203-703-9017
Kevin@jmxrealttygroup.com

112 Prospect St., 3rd Fl.
Stamford, CT

LIFE & LEGACY Honor Roll

United Jewish Federation is proud to partner with the Harold Grinspoon Foundation to bring the Stamford, New Canaan, and Darien community the Harold Grinspoon LIFE & LEGACY Program. Through communal efforts, the following individuals have made a commitment to one or more Jewish communal institutions to secure our Jewish future.

For more information, contact Lenore Fogel or Diane Sloyer at (203) 321-1373 or Lenore@ujf.org or dianesloyer@ujf.org.
30 Anonymous

Adrienne & Michael Alexander

David Amsellem
Alice & David Andersen
Jeri Appel
Mark Appel
Ricky Snow Arbron
Suellyn Bache
Monica Becker & Edieal Pinker
Rachel Tyd & Robert Beldock
Gayle & Mitchell Bell
Debra & Michael Berg
Dina & Paul Berger
Devra Jaffe- Berkowitz & Parry Berkowitz
Berkun Family
Darona & Rabbi Tzvi Bernstein
Jen & Andy Bernstein
Melody & Claude Bernstein
Bruce Blasnik
Judith Block
Ilana Springer Borkenstein & Daniel Borkenstein
Jodi & Richard Boxer
Amy & Henry Bubel
Blake & Daniel Bueckman
Judy & Jeff Cahn
Kate & Peretz Cik
Roberta & Alan Cohen
Andrea & David M. Cohen
Diane & Rabbi Daniel Cohen
Malerie Yolen-Cohen & Jeff Cohen
Judy & David S.* Cohen
Mimi Cohen
Rachel & Ephraim Cohen
Saul Cohen*
Marsha Colten
Tracy & Nahum Daniels
Janice Steinberg & Stephen Davidson
Andrea Dener
Elayne Dener
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Helen & Marty Donner
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Shoshana Dweck
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Gail Berman & David Fogel
Stephanie & Howard Fogel
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Sandra Ross
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Edith Samers
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Judy Schneiderman
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The Estate of Thomas Gilmartin*
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David Wayne
Ellen & Richard Weber
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Dana & Carl Weinberg
Marian Weinberg
Leon Weisburgh
Janet Welkovich
Barbara & Ken White
Leigh Wilson
Robyn & Mark Winarksy
Dana Horowitz & Peter Wolly
Neda Khaghan & Robert Yaghoubian
Rita & Abe Yellen
Marcia Gordon & Seth Young
Sheryl & Dan Young
Lauren & Joe Zalis
Joan Zinbarg*
Renee Zinn
Navah & David Zizmor
Shira & Mitchell Zucker

*Of Blessed Memory
This is the list provided to UJF at time of publishing. We apologize for any names that have been omitted. Please let us know and the missing names will be added to the next issue of the paper. Names in blue have finalized their commitment at the time of publication.



PJ Library & PJ OUR WAY
A Program of United Jewish Federation



ELAYNE & JAMES SCHOKE
JEWISH FAMILY SERVICE
OF FAIRFIELD COUNTY

United Jewish Federation's PJ Library Invites you to a Chanukah Card Crafting Mitzvah Party
(In partnership with Schoke JFS)

Create Chanukah cards and write a special holiday greeting to local seniors and Holocaust survivors to ensure they receive some light this holiday!

Hot chocolate & donuts will be served.
For kids 13 & under (siblings welcome)
Sign up at www.ujf.org/card

Sunday, December 4th
3:00pm – 4:30pm
JCC, 1035 Newfield Avenue
(Free Program)

Co-chairs:
Joanna Frank, Andrew Wind & Maryam Samaram, Wendy Seigel, and Lielle Sugar
For more information contact Sharon Franklin at sharon@ujf.org.

Get Ready for the Next Superfood: High-protein Seaweed

An Israeli company growing organic seaweed on land is aiming to add it to our diets as a food staple - not just wrapped around sushi rolls. Ready for seaweed falafel or pasta?

BY ELANA SHAP/ISRAEL21C

One of the opening dishes in the 19-course degustation menu served at Tel Aviv's OCD restaurant – recently voted third out of 50 restaurants in the Middle East by the Best Restaurant Academy – is a cucumber tartelette filled with grouper tartare, smoked aioli sauce and garnished with slivers of crimson fried... seaweed!

The seaweed wasn't flown in from Japan, but came from Michmoret, 40 kilometers (25 miles) to the north.

Neither did the seaweed originate in the sea as you would presume. It's the product of an Israeli company, which developed unique technology for land-based seaweed farming.

At its farm near the Mediterranean coastline, Seakura grows organic seaweed in pools with water pumped in from a deep-sea well, filtered to remove pollutants including heavy metals.

The growing pools are divided into three sections, or what CEO Haim Oz calls "the baby house, children's house and adults."

Through regulating the temperature of the water and exposure to light, the seaweed yield is maximized and constant year-round, unlike the wild variety which is seasonal and subject to environmental conditions that negatively affect growth and quality.

HIGH IN PROTEIN

In a world battling food shortages for a global population nearing 8 billion people and desperately seeking environmentally friendly sources, seaweed seems promising — although it's yet to catch on as other superfoods have, even for those on a popular high-protein diet.

People haven't discovered that when it comes to protein, seaweed beats the



Testing batches at Seakura's seaweed farm. (CREDIT: YORAM ASCHHEIM & SHAY COHEN)

usual sources on our plates.

"Seaweed is more similar to an egg than a plant," says Oz. "It contains 32 grams of protein compared to red meat (25 gr), chicken (21.7 gr) and an egg (12 gr)."

Out of thousands of seaweed species, Seakura chose only two: Ulva (also known as sea lettuce), a leafy green variety resembling the seaweed we are more familiar with; and Gracilaria, which is a deep reddish color and has delicate fronds.

The company then carried out genetic selection to ensure the optimum amount of proteins, minerals and vitamins.

Seaweed can also compete, and often beat, other superfoods such as kale, chia and spirulina for its dietary fiber, magnesium, calcium and most notably its higher iodine content. Iodine deficiency is the most worrisome as it accounts for one of the major nutritional deficiencies in the world today and can lead to serious health issues such as goiter and pregnancy-related problems.

SEAWEEED FALAFEL AND PESTO

On a tour of the farm I sampled the green leafy sea lettuce straight out of its seawater pool with jacuzzi like bubbles.

While its umami flavor was tasty,

the saltiness remained for a good few hours and I couldn't imagine eating mounds of it. For those who want to substantially increase their iodine intake, the Seakura line of supplements would probably be preferable.

Another alternative are the new food products the company launched this year. Nine Canadian supermarket chains sell Seakura's organic seaweed falafel mix, various seaweed pastas with lentils, corn or quinoa added, two pesto options and flakes for seasoning.

In Italy, Seakura supplies the established frozen food manufacturing company Rispo with fresh seaweed. Rispo recently added a deep-frozen pancake ball with seaweed to its assorted range of savory frittelle. The packaging suggests serving the balls with an aperitif or as a party food.

Overall exports to Europe have grown dramatically in the last few years, Oz tells ISRAEL21c, from 34 to 100 tons a year.

PUTTING SEAWEEED ON OUR PLATES

So why do seaweed products not line our supermarket shelves in Israel?

"We are in touch with all the top chefs in Israel who love our freshly picked product. In Asia it's part of their diet. But to the rest of the world, Israel included, seaweed has been an unfamiliar and exotic food," Oz explains.

"People used to say they think of it as the annoying thing that sticks to your legs on the beach, not something to eat. Now they are realizing how healthy and tasty it is."

Despite these challenges, Seakura aims to "put seaweed on the plate of every fifth Israeli and not just as sushi."

On the day I visited the farm, a delegation from the UAE was sitting down to eat a brunch laden with dishes made from seaweed: seaweed pesto with seaweed crackers, lima bean and seaweed salad, steamed eggplant in a peanut sesame sauce with seaweed garnish and a healthful apple, celery and seaweed shake.

Perhaps our plates will look the same in the not-too-distant future.



Seaweed farming at Seakura in Michmoret, Israel. (CREDIT: YORAM ASCHHEIM & SHAY COHEN)

Israeli Actress Shira Haas Lands Role in 'Captain America'

She'll play Sabra, a superhero with a backstory as a kibbutz-raised mutant agent for Israel's spy agency.

BY ABIGAIL KLEIN LEICHMAN/ISRAEL21C

First there was Wonder Woman Gal Gadot.

Now there's Sabra, an Israeli superhero to be played by another popular Israeli actress, Shira Haas, in the film "Captain America: New World Order."

Sabra made her first appearance in Marvel Comics' "The Incredible Hulk" in 1980 as the nom de guerre of Ruth Bat-Seraph, a kibbutz-raised former superhuman agent for Israel's Mossad spy agency.

She later appeared in "X-Men" comics, wearing the blue-and-white stripes and Star of David of the Israel flag.

Haas, 27, is much better known than is the character she'll portray.

Her first hit role was Ruchami, an ultra-Orthodox teenager in the Israeli TV series "Shtisel."

Then she gained international fame – as well as Golden Globe and Primetime Emmy award nominations — for her starring role in the Netflix series "Unorthodox." She's also portrayed Israeli Prime Minister Golda Meir.

Starring Anthony Mackie, the newest "Captain America" film with an Israeli superhero is set for release on May 3, 2024.



Israeli actress Shira Haas is nominated for an Emmy Award for her role as the lead actress in hit show 'Unorthodox.' (PHOTO COURTESY OF FLASH90)



Participants enjoy breakfast.



Natalie Schlover shares her story.



Global Day of Learning keynote speaker Dr. Dale Atkins.



Matt Greenberg, Schoke Jewish Family Service CEO, lends a hand.



Jake Meyer, Rabbi Moshe Shemtov, Leah Shemtov, and Beth Levick secure campaign gifts.



UJF board member Robin Weber starts her daughter Haddie off young!



Rachel Haron, Rachel Cohen and BCHA Head of School Rabbi Tzvi Bernstein represent Bi-Cultural Hebrew Academy at Super Sunday.



Mark Wagshal makes the case for giving when he speaks with donors.

“SUPER SUNDAY” ... SOMETHING SPECIAL FOR EVERYONE

This year, United Jewish Federation’s (UJF’s) Super Sunday event was more than an annual day of fundraising. Chaired by Allison and Jonathan Ostroff, it was a day of community building and engagement.

As part of the International Day of Global Jewish Learning, Federation hosted a wonderful morning that brought together community members around the theme of “resilience and rebuilding”.

Participants attended one of three sessions offered that echoed the theme of the morning. Local educator Jonathan Fass taught a session called “Picking Up, Dusting Off, and Bouncing Back” using Biblical sources on the destruction of the First Temple in Jerusalem, as well as texts from the 1492 expulsion from Spain, the Holocaust, and Hurricane Katrina.

Natalie Shlover, a recent graduate of the University of Connecticut (UConn), shared her personal story

after she challenged anti-Israel postings at UConn in February of 2021. Jewish Community Relations Council Director Sharon Lewis moderated the session as Natalie shared her courage and integrity when she confronted Israel bashing at the school.

Yelena Lembersky, author of *Like a Drop of Ink in a Downpour: Memories of Soviet Russia*, spoke about her book which follows her life and the life of her family growing up in Russia in the 70’s and 80’s. She wrote the book as a way of preserving her history for her children.

The morning of education concluded for everyone with Dr. Dale Atkins’ session on “Rebuilding our Jewish Community: A Focus on Individual Resilience”. Bob Abrams and Nan Gordon, UJF Education chairs, along with their committee, planned a morning that was both enjoyable and educational for all.

At noon, families gathered together and enjoyed Family Fun Day. Chaired

by Simone Altman Zwany and Robin Fischel, families enjoyed a petting zoo, decorated Stars of Hope for those at Waterstone Senior Living, wrote letters for Israeli soldiers, brought coins for the Tzedakah Coin Challenge, played in the playground and enjoyed being outside together.

Throughout the day, UJF volunteers reached out to members of the greater Stamford, New Canaan, and Darien communities requesting their financial support for the growing needs of the local and global Jewish community and beyond. Thanks to an anonymous donor,

who provided a \$25,000 matching gift, every new or increased gift received a dollar-for-dollar match. The match is still active, so it is not too late to increase your support and have an even greater community impact!

United Jewish Federation is about building and strengthening community for each and every one of us. No gift is too small and we all matter! Be part of our Jewish future and give what you can at www.ujf.org/give or call (203)321-1373. Checks can be mailed to United Jewish Federation, 2009 Summer Street, Suite 301, Stamford, CT 06905.



Coming together for Global Day of Jewish Learning.



Children create art projects at Family Fun Day.

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Michael Feldstein is an annual caller on behalf of Federation.



Family Fun Day co-chairs Simone Altman Zwany and Robin Fischel.



Children decorate Stars of Hope for seniors.



Children enjoy the petting zoo at Family Fun Day.



UJF Education Co-Chairs Nan Gordon and Bob Abrams.



Super Sunday co-chair Jonathan Ostroff and his daughters speak with donors on behalf of UJF.

PJ Library Corner

BY SHARON FRANKLIN

Join UJF's PJ Library on Sunday, December 4 from 3:00 pm to 4:30 pm at The J, 1035 Newfield Avenue. Create Chanukah cards for local seniors and Holocaust survivors. Help ensure their holiday is bright! In partnership with Schoke JFS, this is a free program. Hot chocolate and donuts will be served. Sign up at www.ujf.org/card.



Sharon Franklin

Did you know that every child in your family can get a subscription for a free monthly Jewish children's book? Sign up your children, ages birth to eight years old, and they will receive an age-appropriate PJ Library book each month! It's easy to sign up - go to www.pjlibrary.org or contact Sharon Franklin at sharon@ujf.org.

Tweens ages 9 to 12 can sign up for the next phase of PJ Library - PJ OUR WAY. When your child is about to turn nine, PJ Our Way will send you an email inviting you to sign up your tween for a free monthly Jewish themed chapter book they get to select themselves. Or sign up for books directly at www.pjourway.org.

Have you checked out PJ Library's "LISTEN"? Go to www.pjlibrary.org/listen, the hub for all things audio. You will find family-friendly story podcasts, sleepy time tunes, holiday playlists, dance mixes, and sing-alongs. There's something for everyone with new featured content each month.

Calling all grandparents! Join UJF's Grandparents group, for those with grandchildren ages birth to teen. Contact sharon@ujf.org to be added to the list to hear about social and educational programs held throughout the year. Grandparents can also sign up for a free PJ Library "Grandparents" subscription

by going to www.pjlibrary.org. Receive several PJ Library books a year and a *PROOF* magazine subscription.

CHANUKAH CRAFT!

Get your kids holiday ready with this no-flame menorah they can light each night of Chanukah. A parent will need to be on hand to help younger kids with scissors/cutting.

Materials:

- Glue
 - Paint (washable is best!)
 - Wooden clothes pins
 - Kids scissors
 - Paint brushes
 - Washi tape for the clothes pin (optional)
 - A piece of cardboard
1. Lay out some newspaper or a disposable cloth to keep your table clean. Paint nine clothespins to represent candles in a color of your choice (to make it easier, you can use washi tape to create fun patterns). Let the painted clothespins dry.
 2. You can paint additional details, such as stripes and dots. Let the clothespins dry.
 3. ADULT: Cut a piece of corrugated cardboard about 13" x 2½" as shown in the photo.
 4. Measure 2" from each end and bend it back so that the strip can stand on its own.
 5. Paint the cardboard with the regular or glitter paint and let dry. Add additional coats if needed. Let it dry.
 6. Set up the base, then clip the candles on the strip.
 7. Cut out flames from yellow construction paper and glue them to the top of the clothespins.
 8. Have your kids light candles each night of Chanukah with their safe, no-flame candles and menorah!
- Happy Chanukah!



Make a safe, no-flame menorah for Chanukah.

PJ Feature Family - The Jonas Family

(Courtesy of UJF) Keren and Dave Jonas live in Stamford with their two daughters, Anael (age two and a half) and Elora (four months). Both Keren and Dave are personal trainers. Dave owns a gym in Harrison, NY, called Body Focus Performance, which specializes in training athletes. Keren was raised and works in Stamford and trains a variety of clients of all ages. Keren and Dave met while working in Stamford and later moved to Montreal, where Dave grew up. They moved back to Stamford several years ago for work and to be nearer to family. They love getting PJ Library books!



Keren and Dave Jonas love reading PJ Library books to their two daughters, Anael and Elora.

What is your family's favorite PJ Library book?

Anael is at the age where she loves to be read to. Her favorite PJ Library book is the one that has arrived most recently in the mailbox. She will want to hear the story repeatedly for several days. Her most recent favorite PJ book is *Shabbat Is Coming*, which the family received during a UJF "Shalom Baby Welcome" visit after her baby sister was born.

What is your favorite UJF PJ Library program you have attended?

I took Anael to the pre-Passover

"Supper and Song" program last April. We enjoyed the music, meeting new people, and the pizza was a big hit!

Why is PJ Library important in your home?

PJ Library books bring Jewish content and stories into our home that we enjoy talking about as a family. Anael is in daycare, so it is an easy way to explore Jewish holidays and ideas before she goes to a school.

What is your bedtime routine like?

Bedtime is a challenge in our house, but it often includes a PJ Library book and other stories.

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TEEN VOICES

The Benefits of The Performing Arts

BY BEN SCHINDELMAN

There is nothing like the thrill of performing. Although the rush of the spotlight is fleeting, the positive impacts of the performing arts last a lifetime. Through my own experiences, I've come to realize that every teen would benefit from the performing arts academically, socially and emotionally.



Ben Schindelman

Ever since I was little, I've been immersed in music and theater, which continues to this day. I sing with the Greenwich School of Rock House Band and recently started learning bass guitar. I've also been involved in community theater and am part of my high school's Honors Chamber Choir and Drama Club. Each of these programs is unique and universal in equipping me with useful life tools.

One important skill I've gained from performing is increased confidence, both on and off stage. The first time I recognized this comfort in front of a crowd was at my bar mitzvah in Israel. Rather than feeling terrified, I realized that reciting the beautiful Hebrew words and sharing my message about *tikkun olam* felt as natural as breathing.

The sense of community involved is one of my favorite aspects of performing. After transitioning to high school last year, I found a home in the drama program. The students I met there welcomed me in, encouraging me to come out of my shell and enabling me to forge true connections and friendships.

Anything can go wrong on stage. The ability to problem solve in the moment is crucial and honed through experience. Just this past weekend during a gig, my mic stand broke, and then my contact lens fell

out! Instead of panicking, I was able to calmly pull the mic off the broken stand, keep singing, and put on my glasses after the song finished. The audience didn't notice a thing.

Performing not only instructs but also inspires. As a rock fan, I've looked up to many talented Jewish artists. KISS members

Gene Simmons and Paul Stanley, Van Halen singer David Lee Roth, Rush singer-bassist Geddy Lee, and heavy metal guitarist Marty Friedman have all influenced my singing and playing styles. I've also been inspired by Jewish contributors to the theater. I grew as an actor from a challenging role in my middle school's production of a favorite musical, *Into the Woods*, created by Connecticut's own James Lapine and Stephen Sondheim.

The research I've found demonstrates that I am far from alone in being positively influenced by the performing arts. Studies show that performing arts involvement improves students' grades, school attendance, behavior, and social tolerance, as well as their self-confidence, self-awareness, and problem-solving abilities. The contributions of performing arts are invaluable and have shaped who I am today. I encourage all who may be interested to step out of their comfort zone and take center stage!

Ben Schindelman is a Stamford resident in 10th grade at the Center for Global Studies in Norwalk. His interests include international relations, politics, karate, Japanese culture, and trivia. He is a member of the Chelsea Cohen chapter of BBYO, a Lead Ambassador for Kids Helping Kids, UJF's Kuriansky Teen Tzedakah Corp., and a volunteer at Building One Community. He has also been involved in local political campaigns and environmental causes.

Teaching and Learning Together Through Educational Programming

CONTINUED FROM PAGE 14

important thing: I made them smile and have fun. They did the same thing for me in return. While I was initially worried about working with the kids, I absolutely loved the time we could spend with one another at the JCC, and I am looking forward to getting to know the kids better through our time together.



JCC Sara Walker Nursery School students meet Tziporah.

WHY I CARE

Focus on: Heidi Ganz

"We make a living by what we get, but we make a life by what we give" - Winston Churchill

(Courtesy of UJF) Heidi Ganz and her husband Harrison moved to Stamford 36 years ago, where they raised their two children, Evan and Jordan. In September, her family celebrated the marriage of Evan and Ashley, and she feels blessed to have her join their family.

Heidi has been teaching ESL for Stamford Adult and Continuing Education for many years, where she has made a difference every day in the lives of her students. Six different languages are spoken in her class, but eventually everyone speaks English, bringing her a feeling of success.

Prior to teaching adults, Heidi taught elementary and preschool students. Teaching has always been her passion. She loves the "aha" moments when perseverance pays off, while making new connections and conquering new teaching challenges each year.

Tell us about your volunteer experience with United Jewish Federation:

I was a co-chair of United Jewish Federation's Annual Women's Philanthropy Spring Dinner last May. The event was held in Temple Beth El's (TBE) tent, where over 100 women gathered to enjoy a silent auction, music, a keynote speaker, and a delicious dinner. I was so proud to represent UJF as a volunteer, as I hold philanthropy close to my heart. I enjoyed using my organizational skills and ability to multitask as I co-chaired this successful event.

I am also on UJF's Chapter Two committee (an affinity group for women in the empty nest phase of life) and helped plan the Passover Cooking Demonstration with

Ronnie Fein. This outdoor event allowed women in our community to connect, learn, and interact through shared interests while giving back to the community. Guests brought and packed toiletry items, which were then delivered to 40 Holocaust survivors, through Schoke JFS.

Tell us about other involvement and volunteering you have done in the community:

We joined Temple Beth El over 20 years ago, where we made friends, and held our sons' bar mitzvahs. I have been on the planning and decorating committee for "Temple Rock" (TBE's annual fundraiser) and have enjoyed the camaraderie while collaborating with committee members.

I was also on TBE's Women's Community Seder committee. It was a wonderful opportunity for Jewish women throughout Fairfield County to gather in a social and meaningful way while highlighting the importance of Passover.

For two years I have been a volunteer for Emmet's Book Drive (through TBE), which has been a wonderful way to honor Emmet Manheim, of blessed memory, on his birthday. Books are donated and sorted for 4th and 5th grade classrooms, making a difference in the Stamford Public Schools.

Why is it important for you to give back in this way?

Volunteering with different organizations has given me a sense of purpose, accomplishment, and fulfillment within our wonderful community! It has enriched my life and connects me to people and ideas that have positively impacted my perspective on Judaism.



Heidi and Harrison Ganz

Yoav on Ellis Island



UJF Shaliach Yoav Yaron spends a Fall Sunday at Ellis Island with the 5th graders and parents of Temple Sinai's Religious School.

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Ethiopian immigrant to Israel and Northeast Regional Director for the Jewish Agency for Israel

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