



THE NEW JEWISH VOICE

A PUBLICATION OF UNITED JEWISH FEDERATION

New Hebrew Free Loan Program Launched *Federation grants begin to impact the community*

(Courtesy of UJF and Schoke JFS)
Thanks to United Jewish Federation's new fundraising model, Schoke Jewish Family Service of Fairfield County has been able to launch a Hebrew Free Loan program, designed to offer community members the opportunity to receive interest-free loans to support financial needs that do not qualify for funding through its emergency assistance program.

Community members can receive funding to support immediate, concrete needs including emergency home or car

repairs, medical expenses, funeral costs, camp tuition, participation in a gap-year or short-term Jewish or Israel education program, or attendance in a vocational or technical program to advance their career.

Hebrew Free Loan programs have existed in the United States for over a century to expand opportunities to those who cannot secure commercial credit. These programs are informed by Exodus 22:24 – "If you lend money to my people, even to the poor among you, do not act toward them as a creditor; you shall

not charge them interest."

To participate in the program, applicants will need to provide financial information, secure a guarantor, submit a statement of need and commit to a repayment schedule. The length of repayment will be determined by the loan amount, with the assumption that most loans will be repaid within 36 months.

"A Hebrew Free Loan Program is a very important part of a strong Jewish community. This is just the beginning of seeing the fruits of what UJF's new campaign model, which fosters new initiatives, can

and will produce. It's very satisfying to see Schoke JFS launch this program with the UJF grant," shared David Gordon, UJF president.

Matt Greenberg, chief executive officer, Elayne and James Schoke Jewish Family Service of Fairfield County, commented, "Schoke Jewish Family Service is honored to be able to offer this new initiative in our community. We are grateful to United Jewish Federation of Stamford and its supporters for funding this new program."

CONTINUED ON PAGE 7

COVID-19 Makes Distance Learning the Rule at Bi-Cultural

BY JUDIE JACOBSON

Like so many other schools in Connecticut and across the country, Bi-Cultural Hebrew Academy took heed of the advice of health care officials and, with the health and well-being of its students, staff and all their families in mind, closed its campus on March 11.

But that did not signal even a brief pause in the education of students at the pre-K through grade 12 school. Instead, the school transitioned students to a distance learning program that is

off and running smoothly.

"Our successful transition from the physical to the virtual classroom is in large part thanks to our team of outstanding teachers who did not hesitate to swing into action, and have gone above and beyond to prepare innovative and meaningful online lessons," BCHA Head of School Jackie Herman told parents in a letter. "[The teachers'] unwavering and energetic commitment to providing students with the kind of

CONTINUED ON PAGE 9

Israel's 'Soapy' Claims Hand-Wash Solution Can Kill Coronavirus

BY ABIGAIL KLEIN LEICHMAN/ISRAEL21C

Health experts say that handwashing is the best protection against coronavirus, which has infected 461,000 people since the end of December. However, regular soap and water can't remove all the microbes.

Now, two Israeli companies have joined forces to make your handwashing 100 percent effective in killing viruses — without harsh substances like bleach.

It starts with the Soapy hygiene microstation, already in use in several countries.

Soapy provides an optimal amount of



Soapy's hygiene microstation now includes a soap with a special ingredient that kills viruses.

CONTINUED ON PAGE 15

Please note that the events included in this issue were scheduled to take place at press time. As you know, things are changing rapidly due to the COVID-19 crisis. Please check with the organizer or venue prior to the event to ensure it is still happening.

2 Candle Lighting

4 JCC Spring Gala

6 Bits & Pieces

10-11 AIPAC

18 PJ Library

19 Voices and Views

Stamford Teens Attend AIPAC Conference

Local teens from Bi-Cultural Hebrew Academy Upper School's Israel Advocacy Club, the Stamford Jewish Community Center's "Speak Up For Israel" program and Congregation Agudath Sholom's Rosalie Aberman Agudath Sholom AIPAC Teen Fellowship joined together with new AIPAC President Betsy Berns Korn at the annual AIPAC Policy Conference in Washington, D.C. on March 1-3. (see articles and more photos on pages 10 & 11)



UJF President's Message Thank You!

BY DAVID GORDON

By now, every donor to the 2019 United Jewish Federation annual campaign should have received a thank you UJF postcard with a personal, hand-written note from me saying: "Your support is greatly appreciated. Thank you! David Gordon, UJF President." If you haven't received the postcard, I would like to know, because that means that our database is not complete. But, in any event, I do personally, and publicly, want to thank all of UJF's donors.

The exercise of writing more than 700 thank-you notes has taught me a lot, from the noteworthy to the mundane.



David Gordon, UJF President

On the noteworthy side, I received an education on what an extraordinary Jewish community we are privileged to live in. It is a community where more than 700 donors donated in excess of \$1.2M to fund UJF's work and programs, the Jewish community in Israel and worldwide, as well as a dozen new community-strengthening programs

of Schoke Jewish Family Service, BiCultural Hebrew Academy, the Jewish Community Center, the Friendship Circle, the Jewish Historical Society of Fairfield County and our synagogues/temples. I

learned that there are quite a few of us who live in New Canaan, and even a few in Darien, and that we really are the United Jewish Federation of Stamford, New Canaan and Darien. Writing over 700 thank you notes taught me that I, personally, know only a fraction of our community of supporters, maybe 250 or 300 of the 700+, and if I want to personally contact all of our donors (as well as our hopefully numerous future to-be-donors) in the coming year, the task might be larger than my time available. And, on the more mundane side, I found that the name Judy is an amazingly popular name amongst our Jewish women, as are Jeff, Steven and David among our Jewish men. I also found out that writing 700+ notes

can give one writer's cramp if done in a short amount of time!

So, thank you! Thank you for giving to UJF. Thank you for making us a strong Jewish community. And thank you for giving me an education of who we are as a Jewish community. If you want to reach me, please feel free to email me at president@ujf.org. And once more: Thank you!

CANDLE LIGHTING TIMES

April 3.....7:04 pm	April 158:17 pm
April 8.....7:09 pm	April 177:19 pm
April 9.....8:10 pm	April 247:26 pm
April 107:11 pm	May 17:34 pm
April 147:15 pm	May 87:41 pm

From UJF's Chief Executive Officer Our Community Pulls Together

BY DIANE SLOYER

This is a moment in history that will be recorded as perhaps the greatest challenge faced in the 21st century. We will, as a country and as an organization, be judged by how we came together as a community locally, nationally and internationally to help one another through this challenging time.

For our part, we cannot be prouder of our incredible team of volunteers and staff. If ever there was a time to serve our community, it is now. United Jewish Federation remains committed to keeping the community connected and informed during these uncertain and difficult



Diane Sloyer, UJF CEO

times. Now more than ever, we are here to help you. We have shifted our operations to remote locations so our staff can heed the call for social distancing. But you should know that Federation never closes. We never stop caring for the whole community. Now more than ever, Federation is HERE TO HELP.

Each of us is facing personal challenges that we are managing on a daily basis. Remember that our Federation's team of board members, volunteers and professionals are looking out for all of us, coordinating with local and federal

government agencies as well as local Jewish agencies and institutions.

I write this as the situation continues to unfold and who knows what our reality will be by the time the New Jewish Voice arrives in your home.

What will not change is the strength of our local and global Jewish community. Each synagogue, rabbi and lay leader has stepped up to offer online programming and services. Schoke Jewish Family Service continues to provide remote counseling and the Freedberg Kosher Food Pantry continues to supply food for those in need. The Stamford JCC has transitioned many of its programs to an online platform through JCC on Demand. Bi-Cultural Hebrew Academy

continues to teach students and bring its school community together virtually. Join the PJ Library Stamford, New Canaan and Darien Facebook page to see what fun children's programs UJF has on tap.

Our community continues to step up and support local business owners and there is a WhatsApp group, started by Rabbi Daniel Cohen, called Making Mitzvah Moments, where hundreds of people are responding to communal needs and helping others out. A Google document is circulating to help employ those out of work at odd jobs.

There is an abundance of acts of kindness happening every minute. This pandemic has brought out the best in all of us. We are better together!

IDF Captain Discusses Israeli Life on the Border

(Courtesy of Chabad of Stamford) Almost 60 people joined Chabad of Stamford for a talk given by former Israel Defense Forces (IDF) Captain Yaakov Selavan. He shared real life, day to day, stories of life in the Golan Heights and how it is affected by the Iranian regime and its many proxies on Israel's

borders. His talk focused on how Iran affects the entire region and how this affects the Stamford community. Selavan also shared stories of hope and inspiration about Israel's Operation Good Neighbor, through which Israel provides medical care and humanitarian aid to those suffering on the Syrian

border. Captain Selavan is known to many in the Stamford community, having come a

few years ago as part of the Tzahal Shalom program.



(l-r) Isaac Cohen, Stella Cohen, Karen Cowit, Risa Goldblum, Susie Gold, IDF Captain Yaakov Selavan, Hope Levensohn, Lawrence Cowit, Peter Levensohn and Ivy Schildkraut.



Dry Cleaning, Laundry, Flat work
Pick up / Delivery
All Work Done On Premises

Frank Policastro/Owner
48 Crescent Street
Stamford, CT 06905

(203) 323-0507
cleanerman@aol.com
www.crescentcleaners.com

Do a Mitzvah at the Kosher Food Pantry



Scott Fener helps his son, Matt, put food on the shelves in the kosher food pantry.

(Courtesy of Schoke JFS) Thank you to all the participants who generously brought donations to the Freedberg Family Kosher Food Pantry at the first-ever Schoke Jewish Family Service Mitzvah Monday. Six families helped to shelve the food items donated.

For updates and more information on our next Mitzvah Monday please visit www.CTJFS.org/KosherFoodPantry

If you can't make it to the giving event, you can donate online at www.CTJFS.org/KosherFoodPantry.



Robin and Jason Fischel's infant daughter helps out at Mitzvah Monday at Schoke JFS.

PROMOTE YOUR BUSINESS

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

Call Moshe Kinderlehrer at 201-366-9102 or email ads@jewishlinkbwc.com

THE NEW JEWISH VOICE

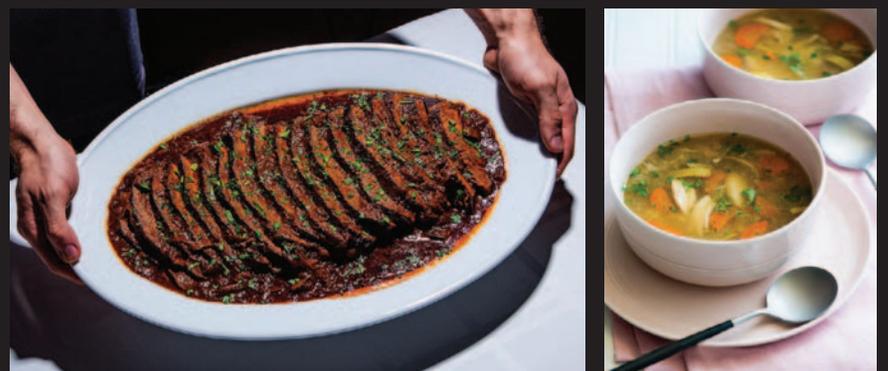


SIX THIRTEEN

CATERING FOR PASSOVER

ORDERS DUE BY APRIL 1

CATERING@613RESTAURANT.COM



SEE OUR MENU AT
613RESTAURANT.COM

P: (203) 614 - 8777
WWW.613RESTAURANT.COM
108 PROSPECT STREET
STAMFORD, CT 06901

SIX THIRTEEN IS UNDER THE STRICT SUPERVISION OF THE ORTHODOX UNION

Schoke JFS Delivers Kosher Meals Directly to Your Home

(Courtesy of Schoke JFS) Helen Unger, a Bridgeport resident who likes to read, knit and play Mahjong, is a recipient of the Pamela and Michael Hirsch Kosher Home Delivered Meal program of Schoke Jewish Family Service. The program provides meals to those in the community who have difficulty shopping and preparing their own food.

Unger heard that the food was "good" and decided to try it out about a year ago, when the program began. She has been a regular participant since then and enjoys

the service and food so much she has recommended it to many of her friends.

As Unger said, "Where can you get a kosher dinner for \$7.50 that is even delivered to your kitchen!?"

Unger was attracted to the program because "it is just too difficult to cook for one person." She admits the meal is so plentiful it helps to supplement her other daily meals.

Schoke JFS delivers up to five kosher, microwave-ready catered meals at a time, provided by Jewish Senior

Services. Each meal includes a main course, vegetable, starch, soup, fruit, bread and dessert. The meals are frozen for easy storage.

This is a subscription service. The cost for each meal is \$7.50. Reduced rates are available for those who qualify.

This program is continuing at this time, however all food will be left at the recipient's door.

For more information or to sign up, please contact Jill Knopoff at 203-921-4161 or JKnopoff@ctjfs.org.



(l-r) Helen Unger receives her kosher frozen meals from volunteer Marian Bowman.

THE NEW JEWISH VOICE

"The New Jewish Voice" (USPS #184) is published monthly by the United Jewish Federation Inc., 1035 Newfield Ave., Stamford, CT 06905-2521.

www.ujf.org for updates and donations

David Gordon..... President
Diane Sloyer..... CEO

Advisory Committee

Meryl Gordon..... Chair
Meryl Japha, Nancy Schulman, Ellen Weber

Jewish Link Media Group

The Jewish Link Media Group edits and publishes The New Jewish Voice.

Jill Kirsch..... Editor
Moshe Kinderlehrer..... Publisher/Advertising Representative
Adam Negnewitzky..... Design & Layout
Gila Negnewitzky..... Bookkeeper
Risa Lefkowitz..... Advertising Representative

Opinions

The views expressed in editorials and opinion pieces are those of each author and not necessarily the views of the United Jewish Federation.

Letters

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.

Kashruth

We are not responsible for the Kashruth of any advertiser's product or establishment.

HOW TO REACH THE EDITOR:

Mail: Sandy Golove
1035 Newfield Ave. - Suite 200
Stamford, CT 06905-2521

E-mail: sandy@ujf.org
Phone: (203) 912-9945

Send article submissions via e-mail to Sandy Golove at sandy@ujf.org marked "Stamford Voice" in the subject line. Expect an acknowledgement; please re-send if you do not receive one.

HOW TO REACH THE ADVERTISING REPRESENTATIVE: MOSHE KINDERLEHRER

Phone: 201-366-9102
E-mail: ads@jewishlinkbwc.com

SUBSCRIPTION INFORMATION:

Phone: (203) 321-1373
E-mail: sandy@ujf.org

'Lighting the Way' at the JCC Annual Spring Gala

(Courtesy of JCC) On Saturday, March 7, the Jewish Community Center of Stamford (JCC) held its Annual Spring Gala at Rockrimmon Country Club.

The JCC honored Debbie Katz Shapiro and Leon Shapiro, and Arthur Selkowitz was presented with the Arlene & Irwin Ettinger Legacy Award.

The Annual Spring Gala is the Jewish Community Center's largest fundraiser of the year. Proceeds from the event help underwrite the \$120,000 in scholarships that the JCC awards annually to enrich the lives of children, families and seniors so that they can access programs they would otherwise be unable to afford.



Irwin and Arlene Ettinger and Betsey Selkowitz with Arthur Selkowitz, recipient of the Arlene & Irwin Ettinger Legacy Award. (Credit: Aviva Maller Photography)



JCC gala honorees, Debbie Katz Shapiro and Leon Shapiro. (Credit: Aviva Maller Photography)



JCC Gala co-chairs Carlie Socaransky and Leslie Napach. (Credit: Aviva Maller Photography)

LIFE IN THE TIME OF CORONAVIRUS

An Interfaith Service of Hope and Healing

THE INTERFAITH COUNCIL OF SW CONNECTICUT

04.2.19 // 7:00PM

JOIN ZOOM

MEETING: [HTTPS://ZOOM.US/J/161406713](https://zoom.us/j/161406713)

MEETING ID: 161 406 713

ONE TAP MOBILE+16465588656,,161406713# US (NY) +13126266799,,161406713# US (CHICAGO)

DIAL BY YOUR LOCATION

+1 646 558 8656 US (NEW YORK)

+1 312 626 6799 US (CHICAGO)

+1 669 900 9128 US (SAN JOSE)

+1 253 215 8782 US

+1 301 715 8592 US

MEETING ID: 161 406 713

Women Gather for Education Symposium

(Courtesy of UJF) In early March, over 100 women gathered at the YMCA in Greenwich for the United Jewish Federation's Women's Education Symposium, held annually and jointly sponsored by UJA-JCC Greenwich. This year's theme, "New Year, New Decade, New Inspiration," inspired the audience and helped build on the friendship and comradery created when these two communities come together.

Nan Gordon, UJF board member and education chair, and Toby Lazarus, UJF Women's Philanthropy board member, were local chairs along with Terri Afromowitz, Kim Sands and Honorary Chair Joan Mann from Greenwich.



UJF Women's Philanthropy president Tara Shapiro addresses the audience.



Seated: Marsha Matthews, Edith Samers, Barbara Webski, Sari Jaffe, Sue Frieden, Suzanne Horn. Standing on right: Barbara Brandt.



(l-r) Ivy Schildkraut, Edith Samers, Sheila Romanowitz and Cori Sanogueira.



Seated (l-r): Helen Donner, Beverly Stein, Nan Gordon, Arlene Rosen. Standing (l-r): Elanit Kayne Linder, Meryl Gordon.



Tatiana Barton, Elanit Kayne Linder, Beth Baer, Event Co-Chair Toby Lazarus and Allison Greenbaum.



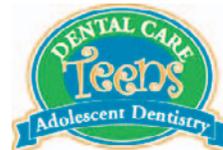
The audience is inspired by the authors at the education symposium. (front, center: author Mois Navon of Mobiley)

Most insurance accepted with no out-of-pocket expense for check-ups*
 *As long as you are eligible, have met all deductibles, have benefits remaining and your plan is UCR or equivalent.

HAPPY PASSOVER!

Dental Care Kids Open 7 Days A Week!

Board Certified Dentists and Orthodontists for Children and Adolescents!



www.DentalCareKids.com • www.DentalCareOrthodontics.com

1500 Summer St., Stamford, CT

Call Today for New Patient Special Offers!

203.883.4457

'The Stories We Tell' Annual Women's Scholar Series at CAS

BY MICHAEL FELDSTEIN

C.B. Neugroschl, currently the head of school at the Samuel H. Wang Yeshiva University High School for Girls and the incoming head of school at Ma'ayanot Yeshiva High School for Girls in New Jersey, will be this year's featured speaker at the annual Women's Scholar Series sponsored by Congregation Agudath Sholom.



C.B. Neugroschl, featured speaker

The theme for the program is "The Stories We Tell," with each session exploring a core narrative of a specific portion of the Jewish calendar, and focusing on what ways they are central to shaping Jewish identity, Jewish leadership, and Jewish continuity.

All classes will be broadcast online via Zoom zoom.us/j/533825013 Dial in: (646) 558-8656, code 533825013#.

The first class, "The Hagaddah's Secret Keys to Jewish Continuity," will be on Sunday, March 29th at 8PM, and explore the haggadah from the lens of chinuch, with important lessons for parents and educators.

The second class, "Yom Ha'Atzmaut - When God Knocks, Are We Listening?" will be held on Wednesday, April 29, and Rav Soloveitchik's essay, Kol Dodi Dofek.

The third class, "Mother of Royalty - Humility and Greatness in the Book of Ruth," will be held on Wednesday, May 6, and will focus on what lessons can be derived from the story of Ruth.

Chaya Batya (CB) Neugroschl is an educator with more than 20 years of pedagogic, curricular and administrative experience in both Judaic and general studies. She previously served as assistant principal and co-director of general studies at SAR High School, where she introduced innovative curricular initiatives and special programming. Previously, Neugroschl was the director of admissions at Ma'ayanot, where she also taught Jewish history and philosophy. She studied for two years at Michlalah College for Women in Israel and earned her B.A. at Stern College for Women in 1993. She continued her studies at Yeshiva University's Bernard Revel Graduate School of Jewish Studies, with a focus on history of halacha and medieval Ashkenaz. She received her M.A. in Near Eastern languages and civilizations from Harvard University in 1998.

The series is free and open to the entire community, and both men and women are welcome. Coffee and dessert will be served during each class.

Congregation Agudath Sholom is located at 301 Strawberry Hill Avenue.

DEADLINE FOR ARTICLES

Due to the rapidly changing COVID-19 crisis, deadlines for future editions are uncertain at this time. Please contact Sandy Golove at sandy@ujf.org for deadline information.

Bits and Pieces

BY SANDY GOLOVE

To submit information in Bits and Pieces: Call (203) 912-9945 or email sandy@ujf.org.



Sandy Golove

MAZEL TOV TO GROWING FAMILIES:

Hannah Mackler and Michael Fuerstein on the birth of a daughter; and to grandparents **Claudia and Stuart Feurstein**; and to great-grandmother

Tamara Feurstein.

Kaili and Daniel Scherban on the birth of a daughter, Gabrielle Claire Scherban.

Raquel Spilka and Eitan Burstein on the birth of a daughter, Noa Burstein; and to grandparents **Barbara Smith and Ilan Burstein, and Linda G. Spilka and Ed Spilka.**

Danielle and Haim Yusupov on the birth of a daughter, Nava Yusupov. **Simone and David Zwany** on the birth of a son.

MAZEL TOV TO:

Danielle Rein and Ari Jort on their marriage.

Maryashie and Rabbi Yossi Deren on the engagement of their son, **Menachem Deren to Mussi Shmotkin**, daughter of **Devorkie and Rabbi Mendel Shmotkin.**

Diane and Elliot Sloyer on the engagement of their son, **Coby Sloyer to Leora (LeeLee) Borzak.**

MAZEL TOV TO B'NAI MITZVAH:

Alexander Cohen, son of **Sherry and Kenneth Cohen.**

Brandon Nadel, son of **Jill and Mitch Nadel.**

Leah Raich, daughter of **Risa and Steven Raich.**

WE MOURN THE LOSS OF:

Mio Miriam Ann Fredland: sister of **Dan Fredland.**

Deborah Mells: mother of **Melody Wang.**

Bernice Tandet Miller.

Richard Pianin: husband of **Sue Pianin** and father of **David Pianin and Deborah Pianin.**

Yitzchak Raz: father of **Liran Raz.**

Emanuel (Manny) Rothman: father of **Joe Rothman.**

Martin Schechter: father of **Michael Schechter.**

James A. Schoke: father of **Lynn Weinberg.**

Joel Kaufman: brother of **Mark Kaufman.**

Michael Himelstein: husband of **Robin Treidel Himelstein**, father of **Nate and Eli**

Jewish World Update on Covid 19

(Courtesy of UJF) United Jewish Federation's global world partners, the American Joint Distribution Committee and The Jewish Agency for Israel are on the front lines meeting Jewish needs each day. Updated information can be found on each of their websites.

JDC Coronavirus Crisis Update

JDC continues to engage in acts of *piquach nefesh* (saving a life) around the world.

Former Soviet Union: At the heart of our global operation are the elderly of the former Soviet Union, the poorest Jews in the world and a population at high risk during this pandemic.

JDC has been monitoring the situation and adapting operations, beginning with issuing emergency protocols to local field offices and social welfare networks. JDC is continuing to provide critical services like homecare and material support (food and medicine) to the very neediest, while minimizing risk to clients and staff. To compensate for the lack of person-to-person interaction — critical

to lonely clients — JDC is looking to increase connections through our call centers and hotlines.

The daily needs in Israel, the Former Soviet Union, Europe, Africa, South America and beyond are evolving minute by minute. Get the most updated information on the JDC Corona website. <https://www.jdc.org/coronavirusupdates>

Jewish Agency - Crisis Update:

The Jewish Agency for Israel's priority is protecting the health and safety of the organization's staff, beneficiaries, participants, and delegations around the world. They are working closely with Israel's Ministry of Health and other relevant bodies and with local partners, dealing with services and work related to the thousands of *olim* (immigrants to Israel), program participants, *Shlichim* (Israeli emissaries), our missions, and others on the ground in affected areas.

The Jewish Agency has a long history of responding quickly to crises, and this is no exception. They have established

an **Organizational Coordinating Forum**, which convenes daily to assess the quickly-evolving developments of the virus and then formulate instructions to the organization, handling challenges and trying to maintain the continuity of our programs while also protecting the health of our participants and staff. At the same time, a wider **Emergency Forum** is dealing with issues and questions from the field that require decisions by Chairman Isaac Herzog or Director General Amira Ahronoviz, monitoring staff and beneficiaries in quarantine, preparing contingency plans for various scenarios, and sharing information.

Immigration to Israel is continuing at a controlled and limited scale. In conjunction with the Ministry of Aliyah and Integration and in coordination with the Ministry of Health, The Jewish Agency is implementing special comprehensive emergency procedures for bringing new immigrants to Israel during the upcoming period so as to safely absorb them in Israel, in full compliance with the relevant authorities in Israel. The Jewish

Agency has created a video called "Making Aliyah During the Coronavirus Pandemic" providing updated information for new immigrants.

Amigour is nonprofit closely affiliated with the Jewish Agency that provides subsidized housing for Holocaust survivors. In their nursing departments, where hundreds of senior citizens requiring nursing care live, restrictions on visits have been imposed, in full compliance with the Ministry of Health's instructions, and medical equipment and food provisions have been purchased to cover the next six months. In addition, Amigour is making preparations to ensure the wellbeing of about 7,000 senior citizens, most of whom are new immigrants or Holocaust survivors, who are residing in its 57 assisted living facilities throughout Israel.

Jewish Agency updates can be found on the following website:

<https://www.jewishagency.org/coronavirus-updates/>
For more information, please contact Diane Sloyer, CEO, United Jewish Federation at dianesloyer@ujf.org.

New Hebrew Free Loan Program Launched

CONTINUED FROM PAGE 1

Jonathan Fass, chief operating officer, Schoke JFS, added, "The need for this program has never been greater. While we do not yet understand the full economic impact that the coronavirus will have in our community, we are hopeful that this new initiative will be helpful to

families that have been negatively impacted during this very trying time."

For more information about the Hebrew Free Loan program, contact Jonathan Fass at 203-921-4161 or jfass@ct-jfs.org. All inquiries are kept strictly confidential.

Shalom Baby Visits Jonas Family



Keren Jonas with her son, Anael.

(Courtesy of UJF) Dave and Keren (Gershon) Jonas are the proud new parents of Anael. They are the latest recipients of a United Jewish Federation Shalom Baby welcome bag, which is filled with gifts and helpful information for new parents. Keren is a Stamford native, and looks forward to raising their daughter in her hometown where she attended Gan Yeladim Nursery School and Bi-Cultural Hebrew Academy. Anael is the newest UJF "Future Philanthropist!"

If you or someone you know has recently had a baby, contact Sharon Franklin to schedule a Shalom Baby visit at sharon@ujf.org/203-321-1373 ext. 109.

Chabad of Stamford Families Bake Hamantashen



Over 70 people joined Chabad of Stamford for a Family Hamantashen Bake.

May Passover bring with it the joy of freedom, the hope of spring, and the blessing of good health.

חג פסח כשר ושמה!



Our comprehensive STEAM-based curriculum encourages critical thinking, nurtures creative expression and builds self-esteem.

Our Judaic studies program instills in students the Jewish values that serve them on every step of life's journey.

To learn more or to schedule a tour:

For Lower School, contact Miriam Sperber 203-329-2186 or msperber@bcha-ct.org

For Upper School, contact Sarah Rich 203-883-8970 or srich@bcha-ct.org



2186 High Ridge Road, Stamford, CT 06903

Providing Senior Care Throughout Southern Connecticut



Call 1-833-JSS-LINK (577-5465) to speak with a Care Advisor about these services and others...

- Skilled Nursing
- Assisted Living
- Medical Home Care
- Hospice
- Companion Care
- Outpatient Therapy
- Adult Day Program
- Rehabilitation Services



Jewish Senior Services®
excellence in our home and yours

The Harry and Jeanette Weinberg Campus • www.jseniors.org

Bi-Cultural Invites Parents For 'Bagels and Board Games'



BCHA second grader Emmet Shamsi plays his game "Monsters of Terror" with his parents, Angela and Josh Shamsi.



BCHA second grader Judah Teitel plays his game "Football on a Summer Day" with his parents Gladys and Greg Teitel.

(Courtesy of BCHA) Second graders at Bi-Cultural Hebrew Academy recently engaged in an educational experience that culminated in the creation of their very own board games. They learned all about games, and then invented their own, choosing their own themes, pieces, color schemes, etc. When they were done, they invited their parents to school to enjoy their games while they noshed on bagels.

Chabad of Stamford Celebrates Purim

(Courtesy of Chabad of Stamford) Chabad of Stamford's annual Purim bash, "Purim at the Bakerie," was themed around the Jewish calendar this year. Delicious baked goods marked each Jewish holiday on the calendar. Drinks and live music were enjoyed by all.



(l-r) Elaine Finklestein, Leah Shemtov (co-director, Chabad of Stamford), Inna Novikova and Rivka Azimov. (Credit: Clive Salmon)

Temple Sinai to Welcome Musician Elana Arian for Virtual Performance



Elana Arian

(Courtesy of Temple Sinai) Elana Arian, one of the leading voices in contemporary Jewish music, will be joining Temple Sinai for a Zoom Havdalah concert on April 25 beginning at 7 p.m.. A composer, multi-instrumentalist, prayer leader and recording artist, Arian inspires communities across the country with her soulful songwriting and spirit. Her work has been included in many transcontinental music publications, including the Ruach and Shabbat Anthology series, and her compositions are sung in synagogues, summer camps and spiritual communities from London to Cape Town, Australia to New Orleans, and everywhere in between. Arian has released three albums

of original music and is working on her fourth. She has served on the faculty of both Shirei Chagiga in London and the Hebrew Union College – Jewish Institute of Religion, working as a teaching artist in the Debbie Friedman School of Sacred Music. She has performed at Carnegie Hall, Lincoln Center and Tanglewood, and made five separate appearances at the (Obama) White House.

Anyone interested in participating can tune in by joining this Zoom room: 407-455-818, or by following the link on the temple's website at templesinaistamford.org.

The originally scheduled full weekend with Arian has been rescheduled to March 12-14, 2021.

DON'T CLEAN YOUR HOUSE FOR PASSOVER!



Buy a new one!

This beautiful three-bedroom colonial in the desirable Pepper Ridge neighborhood has central air, hardwood floors throughout, eat-in kitchen, formal dining room, living room with fireplace, spacious bedrooms, one-car garage, basement for storage and a lovely fenced-in backyard. Walk to shopping, houses of worship, schools and bus line.

\$539,900



Call L&S Realty
(203) 968-0800

Holocaust Survivors Participate in On-Site Entertainment



Cellist Kevin Root and pianist Tatiana Kunik, a local music teacher, entertain the Anachnu group.

(Courtesy of Schoke JFS) A group of over 40 Holocaust survivors attended a live music concert at their home, the Shippan Avenue apartments in Stamford. This was an important event because many attendees who are homebound were able to enjoy the musical performance at this venue.

Anachnu, a program of Schoke Jewish Family Service, is supported by the Jewish Federations of North America (JFNA) Center for Advancing Holocaust Survivor Care, Claims Conference on Jewish Material Claims Against Germany, Kavod SHEF and the Kuriansky Teen Tzedakah Fund of United Jewish Federation. Together they provide entertainment programs on-site for homebound Holocaust survivors.

All Anachnu program are cancelled until further notice.

If you know of a Holocaust survivor who would enjoy these programs, please call Marina Sapir at 203-921-4161 or email at msapir@ctjfs.org.



Anachnu participants attend a concert at their apartment building.

Jewish Women ‘Connect’ At International Cook Off

(Courtesy of Chabad of Stamford) More than 50 women enjoyed dishes from Mexico, France, Yemen, Iran, South Africa, Morocco and India prepared by women in the Stamford community for the Chabad of Stamford’s “Jewish Women Connect” cook off. Each chef made dishes from her country of origin.

Hostess Liat Sharabi Karsch prepared Yemenite Shawiya, a pepper-spiced roasted meat; Maruja Ivri cooked Mexican dishes of Tacos al Pastor (chicken tacos), followed by a dessert of Torta de Cielo (almond cake); Dallice Chimes Lazarus made Boerewors with Millie Pap (spicy South African sausage with African cornmeal ‘grits’) and a traditional tomato sauce; Aviva Maller cooked chicken Tikka curry and rice; Rosa Rastegar prepared Persian roast chicken with Tah Dig (Persian rice); Miriam Sperber made Moroccan Harira

(soup made of tomato, lentils, chickpeas and meat); and Mouchka Heller prepared French Charlotte au chocolat (a ladyfinger and chocolate mousse cake) and ver-rines (desserts composed like an English trifle or parfait and served individually in clear containers. The word comes from verre, French for “glass”).

After the feast of dishes, the chefs shared stories about their traditions, cultures and communities. For example, Heller prepared dishes using Ashkenazi recipes, even though the community in France today is almost entirely Sephardi, as a way to perpetuate the Ashkenazi legacy in France that was almost wiped out in WWII. Ivri shared Mexican dishes which many believe may have originated from the time of the Jewish expulsion from Spain.

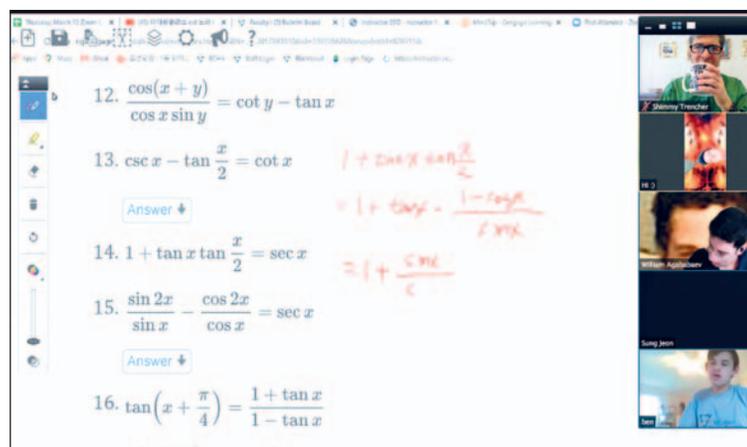


Leah Shemtov speaks to participants in Chabad of Stamford’s “Jewish Women Connect” international cook off.

COVID-19 Makes Distance Learning the Rule at Bi-Cultural

CONTINUED FROM PAGE 1

excellent education that is the hallmark of BCHA is a testament to our strength as a school.”



Bi-Cultural Hebrew Academy Upper School math teacher Sung Jun Jeon conducts a distance learning calculus honors class with BCHA Upper School students. (Credit: Rabbi Shimmy Trencher)

Stamford Delegates Attend AIPAC 2020



Rabbi Daniel Cohen (center), Diane Cohen (top row, fourth from left) and David Citrin (second from right) accompany teens from the Rosalie Aberman Agudath Sholom AIPAC Teen Fellows program at Congregation Agudath Sholom and the "Speak Up For Israel" program at the Stamford JCC, as they board an Amtrak train heading for the AIPAC Policy Conference in Washington, DC.

BY JILL KIRSCH

The annual AIPAC Policy Conference was held this year from March 1-3, and the Stamford Jewish community was out in full force, proudly standing with the more than 18,000 delegates in support of Israel and the US-Israel relationship.

Rabbi Daniel Cohen of Congregation Agudath Sholom led a delegation of more than 85 strong. "AIPAC is very much a part of who we are and our spirit. We work closely with AIPAC during the year; it is more than just the conference... Five years ago, the shul began an Israel advocacy committee, which works to find ways to cultivate Israel advocacy in a broader sense."

Vered Links, a first-timer at the policy conference, commented, "My husband and I went to AIPAC this year as part of the Agudath Sholom delegation. This was his fourth year attending and my first. I was determined to go, to show my support for an organization I believe is the only truly bipartisan institution left in American politics... AIPAC gave us all a chance to step outside our carefully crafted political 'bubbles,' hear the other side out and realize that there is so much more that unites us than divides us... The most heartening thing to see at AIPAC, however, was not the dozens of senators, presidential candidates, congressman and world leaders, but the over 4,000 students who came from all over the USA to carry the torch for the future of the America-Israel relationship."

To involve the community's high school students, the synagogue launched the Rosalie

Aberman Agudath Sholom AIPAC Teen Fellowship, spearheaded by Stephanie and Bob Sherman in memory of Stephanie's mother, z"l. Led by the Shermans and Sandy and Michael Kamen, with support from Susan and Len Mark and Erwin and Veronica Reich, the fellowship sends 15 teens annually as part of the Stamford cohort.

"My mother was always a fervent advocate of the state of Israel," said Stephanie. "We were looking for a meaningful way to honor her and thankfully Rabbi Cohen presented the opportunity to us. We are thrilled to honor my mother, Rosalie Aberman, by supporting the youth in our community and their participation in AIPAC."

Along with the synagogue cohort, David Citrin, coordinator, Jewish Engagement & Innovation, Stamford JCC, brought a group of teens to the policy conference as part of the JCC's "Speak Up for Israel" program. "Speak Up for Israel" is a group of local high school students that meets monthly throughout the year to learn about Israel. They are also taught leadership and thinking skills that will benefit them at the policy conference and beyond.

"Our intention is to prepare these high school students, all 16-18 years old, to think critically about the regional conflict and the information they receive at AIPAC, and also to be competent thinkers, whatever the field they go into. I can't think of a better platform to teach these skills than this one," noted Citrin.

This year, the students had a unique experience at the policy conference. They accidentally met "the one Palestinian man there, who says he believes that the relationship [between Israel and the Palestinians] must be preserved. He said that he totally agrees with the overall message of the AIPAC conference, and he wants to see that same message of solidarity with the future Palestinian state as a long term solution," Citrin recalled.

Bi-Cultural Hebrew Academy Upper School also sent a delegation to the conference. For the fifth consecutive year, the school's Israel Advocacy Club participated, this year sending 28 students. At the conclusion of the conference, they had the opportunity to lobby



(l-r) Ronnie and Steve Sichel, and Gary and Phyllis Gladstein catch up at the policy conference.



(l-r) Sheryl Schwartz, Elaine Finkelstein, Joan Schwartz, Dinah Miller-Marlowe, Karen Berk, UJF CEO Diane Sloyer and Judy Goldstein find a quiet moment between sessions.



Robert Goldstein, Rabbi Daniel Cohen and Dean Schuckman are part of the more than 85 attendees from Congregation Agudath Sholom.



(Standing) Mark and Vered Links, (seated) Rachel and Jay Jubas.



Susan and Len Mark.

CONTINUED ON PAGE 11

Stamford Delegates Attend AIPAC 2020

CONTINUED FROM PAGE 10



Biana and Ben Lanson.

their congressmen and women on Capitol Hill, along with the rest of the Connecticut cohort.

“What touched me most when I first went [to the policy conference] about 10 years ago were the relationships. AIPAC is more than just coming out in times of crisis. If we only come when we need something, that’s not ok. The policy conference is about saying thank you for being there at all the other times. It’s ok if we disagree. We still agree on the main issues and that’s important,” Rabbi Cohen concluded.



(l-r) Edith Samers, Barbara and Art Wernicke, Ed Smith and Rabbi Daniel Cohen.

BCHA Students Lobby CT Congressmen at AIPAC

(Courtesy of BCHA) A delegation of 28 students from Bi-Cultural Hebrew Academy Upper School were among 18,000 Israel supporters who descended upon Washington D.C. to attend the 2020 AIPAC Policy Conference. The teens made up one of the largest high school delegations at the conference and are all members of the Stamford school’s Israel Advocacy Club (IAC). It was the fifth consecutive year the school sent a delegation of students to the annual pro-Israel conference.

In addition to listening to the remarks of dignitaries and spending a few days in the nation’s capital rubbing elbows with national and world leaders, the students had the opportunity to learn in depth about the efforts of AIPAC to support and strengthen the Israel-United States relationship. On the final day of the conference, the delegation headed to Capitol Hill to speak with members of Connecticut’s congressional delegation, including Senators Richard Blumenthal and Chris Murphy and Congressman Jim Himes, about the need for full support of Israel at the highest levels of the American government.

The BCHA Upper School’s Israel Advocacy Club was founded five years ago to take the students’ burgeoning belief in the ideal of Zionism and transform it into their advocacy for the American-Israel relationship. Through a myriad of speakers and workshops, the club teaches students how their small voices can grow louder when raised in concert with the rest of AIPAC’s pro-Israel community.



Members of Bi-Cultural Hebrew Academy Upper School’s Israel Advocacy Club at the 2020 AIPAC Policy Conference. The group was accompanied by BCHA Upper School principal, Rabbi Shimmy Trencher (far left), and BCHA Upper School history teacher David Giver (far right).

“The Jewish people have been persecuted throughout history, and we have finally returned to our ancestral homeland and now stand strong as a sovereign nation,” said BCHA Upper School principal, Rabbi Shimmy Trencher. “As Americans and Jews, we proudly stand with Israel, a country that is both the Jewish homeland as well as a strong strategic partner of the United States. It was uplifting to join together with 18,000 pro-Israel Americans—Democrats and

Republicans, Jews and Christians, young and old—in support of the U.S.-Israel partnership.”

For BCHA sophomore Shira Haron the conference was not only an immersive educational experience, but a bonding experience as well. “My love for Israel intensified after attending the AIPAC Policy Conference and seeing thousands of other students from all backgrounds coming together for one common purpose: standing up for Israel’s rights,” she said.

AIPAC 2020: 18,000 Strong, Israel Proud

BY JILL KIRSCH

Standing together. Bypassing partisan politics in support of common goals. Supporting Israel and the U.S.-Israel relationship. These have always been the hallmarks of the annual AIPAC Policy Conference. In 2020, with the U.S. election season fully underway and apparent threats to that relationship looming, speakers from both sides of the aisle in both countries took pains to ensure that the 18,000-strong assemblage understood that those themes are forever.

Today, tomorrow, together: With that message at its core, the conference, again held at the Walter E. Washington Convention Center, began with remarks from Rabbi Jacob J. Schacter, who urged attendees to remember that this year is the 75th anniversary of the liberation of Auschwitz. He called upon the few survivors in the audience to “stand, if you are able,” which they did, to thunderous

applause and not a few tears. “You are our heroes, thank you,” he said.

The many descendants of survivors were called out next, followed by the very few liberators of the camps, each dressed in full regalia, who stood, some with obvious difficulty.

Rabbi Schacter introduced Rabbi Yisrael Meir Lau, chief rabbi of Israel. Rabbi Lau, now 82, spoke of his liberation from Buchenwald by Rabbi Schacter’s father, then-U.S. Army Chaplain Rabbi Herschel Schacter, zt”l.

Howard Kohr, AIPAC CEO, followed. “Today, I’m going to sound an alarm,” he began, addressing the “emerging threat to our friendship with Israel.” He discussed the current movement in this country that “says they support Israel’s right to exist. They say Israel has the right to defend herself,” adding, “We exist, and every time Israel defends herself, they condemn Israel.”

“Israel cannot afford false friends,” he said. “Any leader who demonizes Israel

to support this base is not a friend of Israel,” adding that U.S. support of Israel should never be a bargaining chip.

It seemed another theme was emerging, one of deep concern regarding the future of the U.S.-Israel relationship. This year’s policy conference coincided with both Israel’s third round of elections and Super Tuesday in the U.S., heightening apprehension about continued sincere ties between the nations. Speakers on both sides were determined to establish the stability of those ties.

Lt. Gen. Benny Gantz, head of the Blue and White Party, spoke live via satellite, offering a pre-election speech in which he thanked “AIPAC, 18,000 proud Americans who stand with Israel.”

Prime Minister Benjamin Netanyahu also spoke live via satellite. “Greetings from Jerusalem, the united capital of Israel that will never be divided again,” he began. He opened with, “I’d like to be there to speak to you in person, but

as some of you might have heard, we’re having a little election here tomorrow,” and went on as if the election’s outcome was a foregone conclusion, noting, “The best days of the U.S.-Israel alliance are to come.”

Former Vice President and Democratic presidential candidate Joe Biden spoke via video message, opening, like Bibi, with a nod to the realities outside of the convention center. “Sorry I can’t be here. I’m on the campaign trail.”

Biden spoke of the things that “have never changed” between the United States and Israel, and he made a few promises: “I will always call out anti-Semitism, I will always stand for a Jewish State of Israel...And I will never boycott you.”

He continued, “Israel must be able to defend itself...We cannot fully safeguard Israel without peace, real peace.” Biden

CONTINUED ON PAGE 18

Mothers Join Daughters For Tefilah at Bi-Cultural



Bi-Cultural students join classmate Rachel Cohen in her "mitzvah project."

(Courtesy of BCHA) On the first of every Hebrew month, aka Rosh Chodesh, the fifth and sixth grade girls at Bi-Cultural Hebrew Academy invite their mothers to join them for Shacharit—morning tefilah (prayers). The girls lead prayers with their mothers joining in, and then the entire group engages in a meaningful conversation that creates a spiritual connection between mothers and daughters. On Rosh Chodesh Adar the program took a celebratory turn as sixth grader Natalie Cohen marked her bat mitzvah by leading services. Those gathered—including her mother, Rachel Cohen, and her 33 classmates and their mothers—then joined her in her "mitzvah project," crafting blankets to be donated to a shelter in Israel.

Bi-Cultural Students Create 'Stars Of Hope' For Israeli Shelters

BY JUDIE JACOBSON

Following the senseless shooting at a Florida high school in 2018, students at Bi-Cultural Hebrew Academy (BCHA) resolved to bring a ray of light to the grieving community by signing up with Stars of Hope. This organization empowers children to bring hope to those in need around the world by painting inspirational messages on wooden stars that the organization provides and sends out. Since then, the students have sent out their messages of hope and healing to many communities around the United States.

Now they're at it again—and this time they're focusing on Israel.

The school's fourth graders—members of Bi-Cultural's Maker-space Lunch and Learn group—have painted Stars of Hope that will be used to decorate the stark walls of the subterranean shelters that keep Israeli families safe from rocket attacks. The shelters can be



Bi-Cultural Hebrew Academy fourth graders (l-r) Elle Riker, Michal Kanefsky, Lolly Socaransky and Tzippy Kanefsky create Stars of Hope to decorate Israeli shelters and calm children's fears.

so terrifying for young children that they cause irreparable damage to their psyches. The Stars of Hope created by Bi-Cultural's fourth graders will decorate the shelter's walls with messages of solidarity, serene images and expressions of healing that are intended to comfort young children.

The BCHA Stars of Hope are part of a project to create a model "safe room" for Israeli families

that was conceived by an Israeli mother whose young son was enjoying an afternoon on the playground when the warning sirens sounded, signaling an imminent rocket attack. The child was paralyzed by the thought of going down into the dark, scary shelter himself. Instead, he stayed outside and was traumatized by the rocket fire. He is still experiencing the effects of PTSD.

THIS PASSOVER, CONSIDER
FOUR MORE QUESTIONS. . .



Do you value Greater Stamford's Jewish organizations?
Do you support these organizations on an annual basis?
Do you want them to exist for future generations?
How will you assure Jewish tomorrows?



United Jewish Federation



LIFE & LEGACY
Assuring JEWISH TOMORROWS

A program of the HAROLD GRINSPOON FOUNDATION

To create your Jewish legacy contact: Lenore Fogel, Life and Legacy Coordinator
lenore@ujf.org • (203) 321-1373, ext. 115 • www.ujf.org

SUSHI,
ANYONE?
& PIZZA
TOO?

DELIVERING NIGHTLY SPECIALS TO STAMFORD, NEW
ROCHELLE AND WHITE PLAINS. CALL/TEXT 203-658-7505
FOR MORE INFORMATION

A Little Yiddish Goes a Long Way

BY ELISSA KAPLAN

Do you kvetch that you have to schlep all the way to Brooklyn to hear and maybe even speak Yiddish? No problem! Now you can listen and schmooze in the mamaloschen (mother tongue) twice a month. Judy Liebeskind, member of the board of directors of The Jewish Historical Society of Fairfield County, organized a group called "Bissel Yiddish" (A Little Bit of Yiddish), that meets on the first Friday of the month at 10:00 a.m. at the JCC. There is also a new



Judy Altmann

Yiddish speaking group that meets on the third Friday of the month at 10:00 a.m., also at the JCC. Due to the coronavirus, both programs have been cancelled until further notice.

According to Liebeskind, "I want to be able to hear Yiddish, and speak it a little, and to bring back memories of my parents and grandparents. I just want to hear Yiddish spoken."

Every month, Judy Altmann reads one letter from A Bintel Brief (A Bundle of Letters), to a group of people who

grew up all over the United States, Europe, Israel and the Former Soviet Union. In 1906, Abraham Cahan, the editor of Der Forverts (The Forward), started an advice column, which became one of the most popular features of the newspaper. Altmann chooses letters from Jewish immigrants struggling to make it in America, worried about relatives back in Europe, and having problems with their spouses and children. After the Yiddish reading and translation, the group discusses the problems that still ring true today. A cup of coffee, a little nosh, a few memories and new friends: Vos ken zeyn besser? (What could be better?)

A Bintel Brief is not the only activity of this group. They watch films in Yiddish, they have a Yiddish food fest, they travel to see Yiddish plays, they read Dr. Seuss in Yiddish and they have homework to review popular Yiddish words and expressions. People are demanding more! So Liebeskind started the new Yiddish speaking group that meets on the third Friday of the month - only Yiddish allowed!

Vos iz mit dir? (What is up with you?) If you have questions about Bissel Yiddish, contact The Jewish Historical Society of Fairfield County, Bridging Yesterday and Tomorrow, at 203-321-1373 ext.150, info@jhsfc-ct.org or on-line at <http://jhsfc-ct.org/>. Walk-ins welcome!

ELAYNE & JAMES SCHOKE
JEWISH FAMILY SERVICE
OF FAIRFIELD COUNTY
www.ctjfs.org

Happy Passover
from the Board and Staff
of Schoke Jewish Family Service!

Have a Happy and Healthy Passover!

Meryl & David Gordon

Passover Greetings from
Judith Roll, Chef/Owner

TABOULI
MEDITERRANEAN GRILL
203.504.8888
Bull's Head Plaza –
59 High Ridge Rd.,
Stamford, CT 06905
tabouligrill.com
"...the best Israeli food outside of Israel."

Judy's
BAR+KITCHEN
203.890.9999
927 High Ridge Rd.,
Stamford, CT 06905
judysbarandkitchen.com
"pure Americana!"

Wishing the Stamford community a Happy Passover!

Moshe Kinderlehrer, The Jewish Link Media Group
Adam Negnewitzky, Jewish Link Marketing Solutions
Jill Kirsch, The Jewish Link Media Group

Chag Sameach

HAPPY PASSOVER

From the Board of Trustees and Staff of
United Jewish Federation

David Gordon, President
Diane Sloyer, Chief Executive Officer

Wishing you and your family peace, health and happiness this Pesach

Nancy and Gadi Mimoun

Bitter Herbs for Passover? Take Your Pick and Enjoy

BY RONNIE FEIN

On Passover we eat maror, bitter herbs, as commanded in the Torah:

And they shall eat the flesh in that night, roast with fire, and unleavened bread; with bitter herbs they shall eat it. (Exodus 12:8)

But, which bitter herb? Romaine? Arugula? Horseradish?

According to the Mishnah, there are a number of plants, mainly lettuces, that are considered appropriate. For centuries, Jews who lived in the Middle East and certain parts of Europe served chicory, endive and coriander, among others, at the seder. Many still do to this day.

However, during the Middle Ages, many Jews migrated north to Russia, Poland and the like, and they discovered that the climate was too cold to produce any of these greens in time for Passover. Horseradish was cheap and abundant. And bitter.

So, as a temporary measure, until the authorities could figure out what was proper, horseradish became the bitter herb of choice. Eventually, it took a permanent place at seder tables of the Ashkenazim, the name derived from the Russian word *hron*.

Prepared horseradish is widely available and I don't blame people for using it, but I always make my own: I place peeled, cut up chunks of horseradish in a food processor with white vinegar and process to the consistency I like. It's our maror of choice, but I make so much that I always have leftovers, which I store in a tightly closed jar in the refrigerator for months.

Why do I make so much? Because horseradish is so much more useful



Roasted salmon with horseradish crust.

than as a symbol on a seder plate and for a Hillel sandwich. I use some to give some spirit to vinaigrette dressings; mix a small amount with smoked fish and cheese to make an appetizer spread; add some to mashed potatoes, especially when serving them with braised beef dishes such as brisket or pot roast; stir a bit into some mayo to top steamed asparagus or into sour cream as a sauce for beets – and on and on.

One of my favorite ways to use horseradish is to flavor roasted salmon. I make this dish during the year, but it is a perfect first course at a seder, a nice change from gefilte fish. It's also an incredibly easy dish that you can prepare ahead, up to the point of actually cooking. In addition, for a larger number of people, you can use a whole slab of salmon (adjust crust ingredient quantities accordingly). Although this recipe is a main course and serves six people, as a first course for 12 you can halve the fillets before coating them with the crust ingredients.

2 tablespoons matzah meal
salt and freshly ground black pepper to taste

Preheat the oven to 475 degrees. Line a large baking pan with parchment paper. Place the fillets on top. In a bowl, mix the vegetable oil, horseradish and scallions and brush the salmon pieces with this mixture. Sprinkle with the matzah meal. Roast the salmon for about 16-18 minutes or until the fish is nearly cooked through and the crust is lightly golden brown.

Makes 6 servings (12 half servings)

Ronnie Fein is a cookbook author, food writer and cooking teacher in Stamford. She is the author of *The Modern Kosher Kitchen* and *Hip Kosher*. Visit her food blog, *Kitchen Vignettes*, at www.ronniefein.com, friend on Facebook at [RonnieVailFein](https://www.facebook.com/RonnieVailFein), Twitter at [@RonnieVFein](https://twitter.com/RonnieVFein), Instagram at [@RonnieVFein](https://www.instagram.com/RonnieVFein).

Roasted Salmon with Horseradish Crust

6 salmon fillets, 5-6 ounces each
2 tablespoons vegetable oil
2 tablespoons finely grated fresh horseradish (or use bottled white horseradish, press out the juice)
3-4 chopped scallions (or 3 tablespoons chopped chives)

Chabad of Stamford Covers All Your Passover Needs

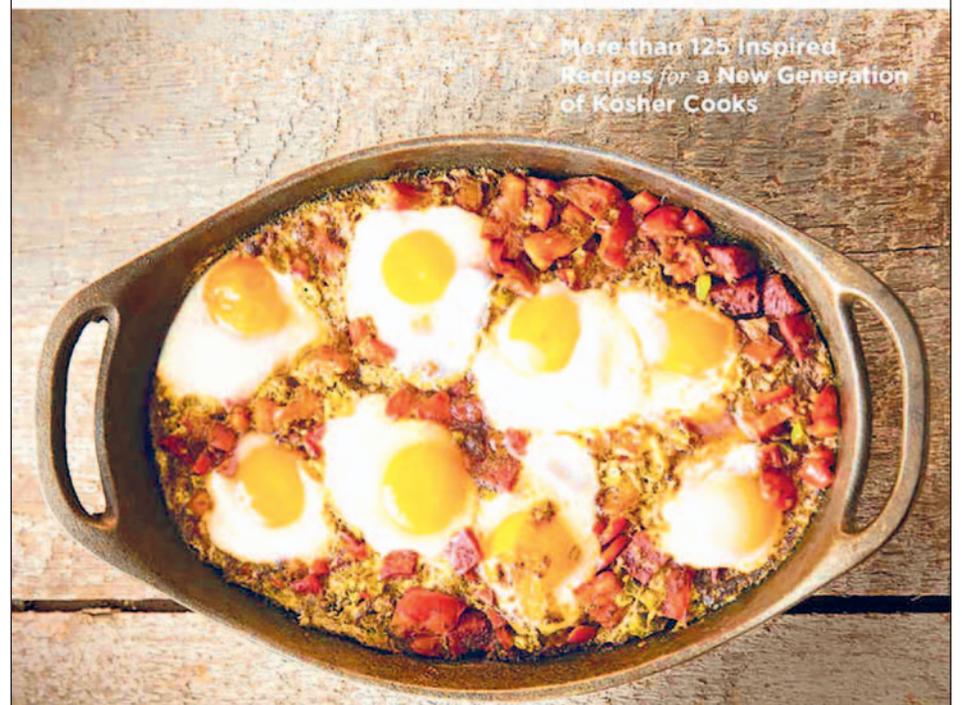
(Courtesy of Chabad of Stamford) Chabad of Stamford has you covered for all your Passover needs. From matzah, selling chametz, participating in the mitzvah of "maot chitim," seders and more, Chabad has it all. Chabad of Stamford can provide you with shmurah matzah for your seder needs and can help you sell your chametz before

Passover. "Maot chitim" (Passover funds for the poor) is one of the most significant observances of the Passover holiday and Chabad urges everyone to participate.

For more information please visit www.StamfordChabad.org, call 203-324-2223 X#102 or email morahleah@stamfordchabad.org.

THE
MODERN
KOSHER
KITCHEN

More than 125 Inspired
Recipes for a New Generation
of Kosher Cooks



The cover of Ronnie Fein's newest cookbook, "The Modern Kosher Kitchen."

Israeli Tech Supplies Drinking Water to Gazan Neighbors

Watergen's water-from-air machine steps in to ease the situation of Gaza's rapidly depleting water supply.

BY NAAMA BARAK/ISRAEL21C

Israel-based company Watergen has begun supplying water to a Gazan neighborhood via its water-from-air machine that can generate up to 800 liters per day.

Watergen's 780-kilogram GEN-M atmospheric water generator was placed last Wednesday in the Gazan neighborhood of Abasan al-Kabira. It will provide the local municipal building with fresh drinking water. Gaza suffers from a rapidly depleting water supply. Its main source of water is its coastal aquifer, which has been over-extracted in recent decades. The reduced water levels have resulted in saline water seeping in, further polluting the water in the aquifer – with the result being that 90 percent of the water is not fit for consumption.

The GEN-M unit will provide the Gazan neighborhood with an inexpensive method to acquire freshwater. It requires no special infrastructure except for electricity, in this case from solar panels.

Watergen's technology creates water by cooling collected air at its dew point. The water then goes through physical, chemical and biological treatment followed by a mineralization process to ensure its cleanliness and taste.

The GEN-M unit was placed in Gaza as a result of cooperation between Watergen, Israel's Arava Institute for Environmental Studies, the Palestinian NGO Damour for Community Development and the Abasan al-Kabira municipality.

"Responding in accordance with our belief that every human being, regardless of race, gender or religion has a fundamental right to clean drinking water, we are helping some of Israel's next-door neighbors gain access to fresh water, a resource that is lacking in Gaza," Watergen said in a statement.

"We hope that our provision of an AWG will help solve the water crisis and serve as a step forward towards mutual collaboration in the Middle East."



People enjoying a glass of fresh water generated by the GEN-M machine placed in Gaza. (Credit: Damour For Community Development)



Watergen's GEN-M water from air generator is placed in a Gaza neighborhood. (Credit: Damour For Community Development)

Israel's 'Soapy' Claims Hand-Wash Solution Can Kill Coronavirus

CONTINUED FROM PAGE 1

water (taken from the atmosphere) and soap per 20-second handwashing. A computer vision interface verifies that the handwashing is done properly.

On request, the soap will now include a plant-derived substance proven to kill tobamovirus – which is more resistant than coronavirus.

"Our team was looking to develop the best sequence to disinfect viral residues on hands," Soapy CEO Max Simonovsky told ISRAEL21c.

An only-in-Israel story brought Soapy together with plant virology research scientist Aviv Dombrovsky from the Volcani Center Agricultural Research Organization in Rishon LeZion.

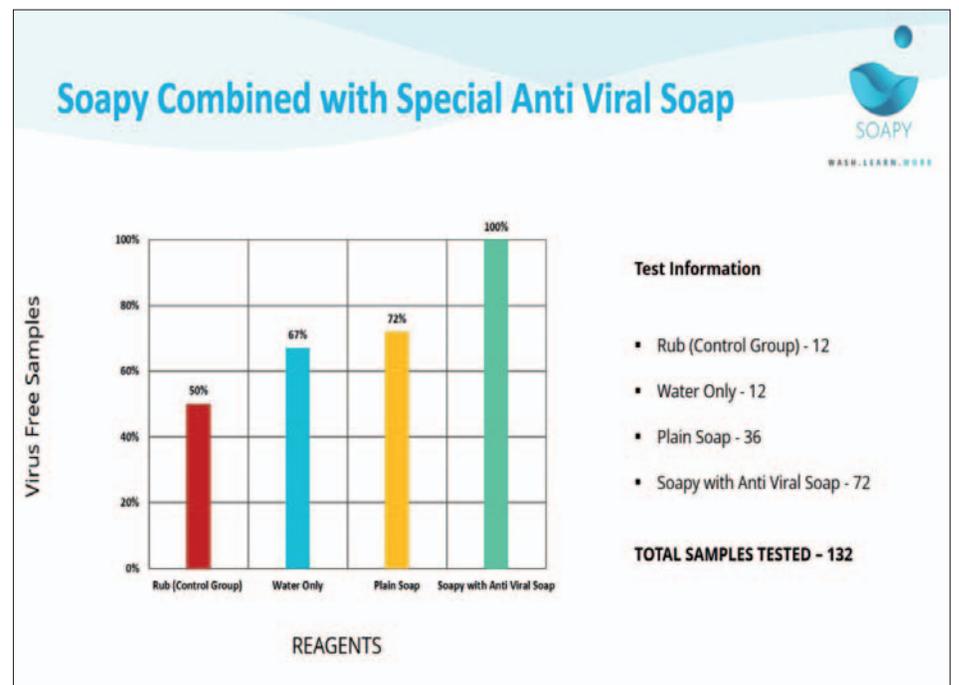
Several months ago, Dombrovsky started chatting with another dad when picking up his child from preschool. That dad works at Soapy and told Dombrovsky what they wanted to do.

"Another Israeli company, Green Life, produces a plant-based product I use for soil disinfection," Dombrovsky tells ISRAEL21c. "I simply put the two companies together. Soapy has the machine and Green Life has the reagent."

In December – before coronavirus hit China – the biodegradable Green Life product was tested in Soapy's soap formulation to see if it could kill tobamovirus on hands. The highly resistant tobamovirus survives high temperatures and remains on surfaces for more than a year. It is transmitted through contact, like coronavirus.

"Because it is so strong, we use tobamovirus as a model to test antivirals. If something can inactivate tobamovirus, it can inactivate a range of human viruses including coronavirus," says Dombrovsky, who oversaw the testing.

The recently released results show the combination of Green Life's reagent and Soapy's machine to be 100% effective in 72 samples.



Music You Can See and Touch – Even if You Can't Hear

Israeli sound engineer's social business uses sand and water to capture motion of soundwaves, enabling people with hearing impairment to enjoy music.

BY ABIGAIL KLEIN LEICHMAN/ISRAEL21C

Have you ever felt the vibrations of clashing cymbals or banging drums? An Israeli dad invented ingenious ways to channel those soundwaves into water or sand, creating an extraordinary visual and tactile musical experience.

Mordechai Braunstein's CyMagic uses no algorithms or fancy technology. It's simple physics: the natural effect of sound on matter.

"We use big bowls of water and colorful flashing lights that change according to sound, so you can see and touch soundwaves," Braunstein said. "You can speak and see the effect of your voice on water. It's an interactive discovery."

Braunstein, 36, often uses his "healing music" to enable hearing-impaired children to enjoy live music.

A CyMagic show in collaboration with the Israeli Chamber Music Orchestra, "Touching the Sounds with Beethoven," won the Israel Accessibility Award in 2018 and an International Sound Award in 2019.

Hearing-impaired fourth- and fifth-graders marveled at the experience of watching and touching water and sand transformed by sounds coming from the orchestra.

"You can feel the water quivering, sensing the sound itself as if you are touching the instrument," said one girl.

Another child said the show made her realize "there is someone else who understands the hearing impaired and that I'm not all by myself."

"We have toured with CyMagic and live musicians in many locations around Israel and [the Palestinian Authority territories], visiting children with disabilities and different special needs and brought the magic of live music to where they are," said Braunstein.

"Since we saw the appreciation in both children and parents' eyes, we decided to try to reach all the out-of-the-way places – the



The Tower of David's Zero One digital art festival featured CyMagic's tactile and visual music. (Credit: Dor Kedmi)

schools and institutions where there was limited or no access to cultural centers."

Braunstein lectures abroad about his unique project, launched in 2015. In 2018, he presented his "visual music machines" to other innovators at Music Tech Fests in Croatia and Sweden.

In Israel, he's presented CyMagic at Microsoft, Rothschild Boulevard of Innovation, indie music festivals and more. He has long felt that music has healing power.

"As I got into sound engineering professionally around 2005, the acoustic part of sound healing began to interest me," he told ISRAEL21c.

While working backstage to fix a feedback problem at a sound event, Braunstein accidentally turned up the amplifier too high and felt the vibration of the soundwaves strongly in his muscles and even in his teeth.

"I started to think about how to take sound a level deeper to what it feels like, not what it sounds like," he said.

Researching the properties of sound online, he found a paper on cymatics, a field devoted to making frequencies and sounds visible by transferring their vibration into different materials. At the time, cymatics was considered a far-out, New Age theory without

much scientific basis.

"But I assumed if there was anything true about it, the mechanics had to be there," said Braunstein.

He experimented at home, using old speakers, power amps and frequency generators to reproduce the experiments he'd read about and to determine the role of acoustics in cymatics.

"Our first project was a Chladni plate where a metal plate is attached to a speaker and sand or salt is sprinkled on the plate. The frequencies emanating from the speakers vibrate the plate and the sand spills from places with high vibration to places with no vibration. Symmetrical patterns emerge," Braunstein explained.

"Then we started working on recreating that experiment in water, using more old speakers and adding cameras, lights and stabilizers."



CyMagic transforms soundwaves into visual patterns in water. (Credit: Dor Kedmi courtesy of Tower of David)

"We had our first breakthrough in 2015, when the prototype we've been working on managed to show very intricate and geometrical patterns. That's when we knew CyMagic was ready to be presented to the world."

Taking his machines around Israel for people to try, Braunstein realized that this vibration experience could substitute for the auditory musical experience.

"Watching people interacting with the

vibrating water of our tactile music box sparked a desire to allow people to 'feel the music.' In the second half of 2016, we banged on many doors, looking for a partner who would let us try our installation to translate their music."

The Israeli Chamber Music Orchestra accepted the challenge. "Touching the Sounds with Beethoven" utilized Braunstein's then experimental tactile music boxes, CyMagic "microscope" and a Chladni plate.

In November, Braunstein presented "Water Knives" at the Zero One digital art festival at Jerusalem's Tower of David museum. In collaboration with video artist Danielle Parsay, "Water Knives" offers a tactile experience of both music and visual art.

Last April he raised \$25,000 in a crowdfunding campaign and applied for grants. He's gotten funding from the Ted Arison Family Foundation and the Ministry of Labor and Welfare, and worked with the Equinote Association for cultural accessibility in Israel.

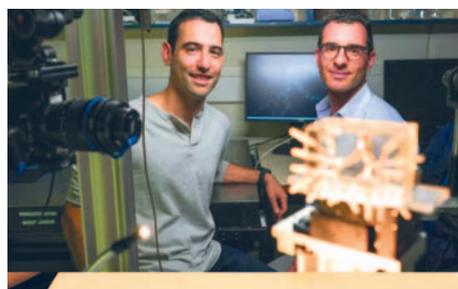
"I want to create Cymagic teams around the world so that classically trained musicians can take our machines to schools targeting deaf children – but not exclusively – and create an inclusive experience that most hearing people have never experienced, either. Inclusiveness is something we want to bring everywhere."

Meanwhile, Braunstein runs a marketing agency and has started a small design studio where he's working on "a lot of international projects" on commission.

For example, a corporate client wants a permanent tactile sound installation for its headquarters. The Croatian Swimming Federation wants a pool equipped to make the most of the sound-water relationship.

"I was the first to translate live music into visuals, using cymatics to provide a tactile music experience," he said. "And aside from the fact that it's new, it's also a lot of fun!"

Israeli Discovery Could Prevent Damage to Preemies on Respirators



Technion doctoral student (and Stamford native) Eiram Nof, left, and Prof. Josue Sznitman with their infant upper airway model. (Credit: Nitzan Zohar/Technion Spokesperson's Office)

More than 10% of babies worldwide are born prematurely. Many of them need a respirator to pump air into their underdeveloped lungs. Although the treatment can be lifesaving, it can also damage the babies' lung tissue.

Researchers at Israel's Technion-Israel Institute of Technology discovered another source of damage from ventilators previously unknown: an air jet at the exit of the tube inserted into the mouth of the baby.

"Until now, it was known that the tube could cause abrasive injury to the delicate tissue, but the effects of the airflow were overlooked," said doctoral student and Stamford native Eiram Nof.

"In the present study, we discovered for the first time that due to its location inside the baby's trachea, this jet exerts strong shear forces on the epithelial tissue – the layer of cells that covers the upper airways. These forces can cause damage, including inflammation, which poses a real risk to the premature infant."

Nof and his collaborators – Prof. Josue Sznitman of the Technion's Biofluids Lab and Dr. Dan Waisman, director of the Newborn Unit at Carmel Medical Center – made their discovery thanks to their unique silicone model of the upper respiratory tract of a premature baby.

They hope this model can be used for further experiments to better understand how to

reduce injury to infants on respirators.

Described in their article in the *Journal of The Royal Society Interface*, the Israelis' respiratory tract simulator was built after prolonged research and mathematical modeling of respiratory airflows.

The researchers say that adjusting respiratory protocols to the flow configuration in the baby's respiratory system may reduce damage and improve these infants' chances to develop a normal respiratory system.

Doctoral student Eiram Nof, son of Rina and Chanoch Nof, grew up in Stamford and attended Bi-Cultural Hebrew Academy (then Bi-Cultural Day School).



PLANNING
PRECISION
PATIENCE
PERFECTION

PJ Corner

BY SHARON FRANKLIN



Sharon Franklin

• Free Jewish books are available through PJ Library for kids six months to eight years of age. Sign up for a monthly book at www.pjlibrary.org. PJ Our Way is now available for kids 8 ½ to 12 years of age (previously up to age 11). Sign up for a free chapter book at www.pjourway.org.

• Join PJ Library & PJ Our Way for a brand-new program entitled Pizza & Pajamas Shabbat Workshops. Part 2 in this series will be held on April 30. Leah Shemtov of Chabad of Stamford will show participants how to braid a challah and decorate a challah cover to bring home. The cost is \$7 per child, pizza included. RSVP to www.ujf.org/shabbatexperience. The third workshop date is May 21.

• Introducing PJ Library Story & Play Time, a monthly program on Tuesday mornings from 9:30 a.m. to 10 a.m. on April 21, May 19 and June 9. Drop in to hear a story and enjoy some play time. For children three and under with a parent or caregiver. Meet in the library at 1035 Newfield Ave, Stamford. Free program.

• PJ Library's Pre-Passover Supper & Song will be held on April 2, from 5-6:30 p.m.. Participants will enjoy music, crafts and plenty of chametz. The cost is \$7 per child and includes dinner. To sign up, go to www.ujf.org/pjpassover.

• Want to meet new families but not sure how? Join one of UJF's "Play Together" neighborhood groups for some fun home gatherings or outings. Free of charge. To find out more, contact Sharon Franklin at sharon@ujf.org.

• Sign up for a PJ Library Get Together and receive \$100 to get together with friends! Go to <https://pjlibrary.org/gettogether2020> for details.

Passover begins with the first seder on the night of April 8. Passover, or Pesach in Hebrew, is an eight-day spring holiday that celebrates the Israelites' exodus from Egypt where they were slaves. Here are some fun ways to celebrate:

• Need Passover lunch ideas for kids? Visit <https://pjlibrary.org/beyond-books/pjblog/march-2017/9-passover-lunch-ideas-for-kids>

• Go on an afikoman scavenger hunt. Come up with scavenger hunt clues connected to the seder plate items (karpas, egg, shank bone, charoset and maror). The kids on the hunt solve a riddle about each item, which



leads them to the next hiding place, and finally to the afikoman!

• Help kids make a Passover Question Catcher to use at the seder. To print go to http://pjlibrary.org/PJLibrary/media/PJ-Library/blog/PJ-Library-Question-Catcher_-_Printable_under_five.jpg (There is also a printable version for ages 5+).

• Make your own afikoman bag (a bag holding a large piece of a matzah that is hidden during the seder). What's needed:

- 2 sheets of 9x12 felt (usually found at a local craft store)
- pinking shears or regular scissors
- a hot glue gun (for an adult to handle) or crafting glue
- buttons and sequins for decorating
- puff paint (typically shelved with the decorative paint-supplies at a local craft store)

STEP 1: Lay one piece of felt on a table. Create the fold-over envelope flap by folding over the top edges until they meet in the middle. Cut the extra felt to create a V-shaped flap.

STEP 2: Take the second sheet of felt and line it up at the bottom of the fold-over flap. This will leave an excess of four inches at the bottom which should be trimmed off. The remaining envelope will be 8x9 inches (not including the fold-over flap), the perfect size to fit a slice of matzah! Glue them together along the side and bottom edges to create an envelope!

STEP 3: Decorate the bag with sequins, buttons or gems (peel & stick or glue them down). Use the puff paint to create swirls and stars and even the word afikoman. Let dry overnight before handling as paint might smear off.

AIPAC 2020: 18,000 Strong, Israel Proud

CONTINUED FROM PAGE 11

believes peace must include a two-state solution to ensure a safe future for the State of Israel.

"You don't have to be anti-Palestinian to be pro-Israeli," he noted, adding, "There is nothing we cannot achieve when Israel and the United States stand together."

Vice President Mike Pence opened with a nod to the young people in the room. "It is especially great to be here with so many college students from around the country... If you get in trouble for skipping class, tell your professors that you were protesting. But tell them you were not protesting against Israel. You were protesting in our nation's capital for Israel." People nearly fell over

themselves jumping to their feet after that.

Pence added, "Those who side with Israel's enemies must never be allowed to call themselves friends of Israel."

The loudest cheers of the morning came when Pence stated, "Let me be clear about one point: It is the position of the United States government that anti-Zionism is anti-Semitism."

House Majority Leader Steny Hoyer (D-MD) strongly stated, "Democrats in the House stand with Israel in support of the right of every Israeli to live in peace and security. A consensus of Democrats and Republicans continues to be the reality, and to suggest otherwise distorts reality and weakens Israel. We cannot allow Israel's fortunes to ebb

and flow with any given election in either country."

Sen. Chuck Schumer (D-NY), Senate minority leader, added, "As long as I am in the Senate, the security of Israel will be non negotiable. We must maintain a united front, Democrats and Republicans together. We must not let support for Israel get caught up in the maelstrom [of the election season]. Our politics may be more polarized than ever, but it is incumbent upon us to keep it bipartisan. We have learned that anti-Semitism unchallenged, unbridled, will grow and we must not allow that to happen."

He continued, "I call on Congress to quadruple funding to protect at-risk houses of worship, at-risk schools, at-risk shuls and other places where our

people gather."

The AIPAC Policy Conference is known for its speakers, supporters of the U.S.-Israel relationship from both sides of the aisle, and this year did not disappoint. Political and lay leaders took the stage, one after the other, all affirming their support for Israel, and many highlighting the need to keep Iran from ever obtaining nuclear weapons.

At the conclusion of the conference, delegates headed to Capitol Hill to lobby their congressmen and women using specific talking points. Even as the results of both the Israeli election and America's own Super Tuesday remained in question, one thing seemed clear: AIPAC's support of Israel and the U.S.-Israel relationship will, and must, endure.

WHY I CARE...

Focus on Connie Freeman

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”

– Ralph Waldo Emerson

BY JANE LEVENE



Connie Freeman

Connie Freeman grew up on Long Island, New York, and moved to Stamford in 1982. She previously worked for ADP and Pitney Bowes in Stamford. For the past 15 years, Connie has worked at the Stamford JCC where she is currently Director of Arts & Culture and Seniors. She and her husband, Alan, have been active members of the local Jewish community as well as the greater Stamford community for many years. Their daughter lives in nearby Danbury. Connie's dedication and devotion to doing all she can for so many is evidenced in the national leadership award she received from Hadassah for her service from 1989-2006. Connie believes that Stamford has been a very welcoming community. She appreciates the diversity it offers and

that there are so many opportunities to contribute in a meaningful way. She enjoys working with others who are like-minded and share the same values.

Here's why she cares...

Describe your current and past involvement with UJF and how long you have been involved.

I began my involvement with UJF over 20 years ago when I volunteered to do registration for Super Sunday. Since then, I have served on the UJF board, from 2006 to 2008, the community outreach committee, the allocations committee, and the Yom HaShoah Holocaust Remembrance Program as co-chair. Currently, I'm also a member of the board of the Jewish Community Relations Council.

Have you been involved with other Jewish organizations in the community and elsewhere?

Yes. My involvement with the JCC started in 1982 when I moved to Stamford. I took a class at the J, and then went on to co-chair a major Jewish cultural event, took my daughter to swimming lessons, and

volunteered for a variety of other programs. I am a past board member, helped start the J's Kid's Place after school program, and have been on numerous other committees. Currently, I'm also on the JCC Life & Legacy team. For Schoke Jewish Family Service, I am currently a member of the steering committee, co-chair with my husband on the patron's reception committee for the Saul Cohen Lecture, and in the past have chaired and co-chaired their evening fundraiser. I'm also very active in Hadassah, and am a six-year member of the National Assembly; was a past president of the local chapter and co-chair of tea@2 at Stamford Hospital. I also served for 10 years as a board member and on the fundraising committee for Horizons Student Enrichment Program in New Canaan, an organization that works to transform the lives of underserved children and youth through year-round academic and enrichment programs.

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

I have always supported UJF with my time and an annual donation. To me, UJF is an important organization that takes care of the

needs of the entire community and Israel. It is important to be involved and give support to these efforts.

What has inspired you to be an active member of our community?

My mother and her family were originally from Germany, but with the rise of terror during World War II, they escaped to Holland. Soon after that, at the age of 17, my mother was sent alone to the U.S. and her family was supposed to follow. She found out later that her parents and brother were killed in a concentration camp. When I was growing up, my mother's focus was always on doing community work and helping others. My father was a professor and did a sabbatical in Israel. He became enamored with Israel and with Hadassah. This sparked my involvement with Hadassah, which has been a life-long interest. Both of my parents were always active members of their community and involved with social activism, including the civil rights movement of the 1960s. I grew up with this experience, and it inspired my own community work. My parents were role models, showing me the important need to take care of others.

TEEN VOICES

Get Involved and You Will Reap the Rewards

BY ZEV PINKER

Being a high school junior is no picnic. And in my case, with an hour commute to an eight-to-five school day, along with APs, ACTs, and looming college applications, it's a real grind. Not that I'm complaining. I'll be the first to say that I'm super lucky, because I have so many amazing opportunities to engage with my community and get so much back in return.

I have been playing the cello for almost 12 years. I have been a part of many chamber groups and orchestras and have attended several music schools here in Stamford and in Rochester, New York where I spent the first 12 years of my life. These classical music programs have helped me develop my skills as a musician, grow as a thinker, and have given me opportunities to interact with an incredible and diverse group of music students and teachers.

I have always attended schools with very limited music programs and this has always troubled me because many of my peers have never had the chance to experience this incredible world. This year, along with two classmates with similar passion for music, I started a chamber music group at my school, SAR High School in Riverdale, New York. Balancing it with school is hard, but I was determined to create opportunities for other students to learn and play classical music. I



Zev Pinker

owe much of who I am to the experiences that I've gained playing cello, and I want to pay it forward by providing those same experiences to others and hopefully sparking their interest in classical music. Also, I love playing alongside other musicians, so having a chamber group at my school is a pleasure.

Three years ago, I began leading youth groups at my synagogue, Young Israel of Stamford. My initial motivation was that I could earn some money. At first, I did the job with very little enthusiasm. It would always come at the end of a very long, tiring week. However, over time I got to know the little kids that I worked with and got more comfortable being fun and excited around them. I started to see that I could give the kids a more enjoyable experience if I was really into it. If I can help them to be excited to come to our synagogue on Shabbat then I'm contributing to our community. Now I enjoy and look forward to leading groups every Shabbat. My commitment to groups has helped me build a strong relationship with my boss, my co-workers and the kids.

Finally, I am involved in the community with the Friendship Circle. Fortunately, Stamford is a place where volunteering in this awesome program has become so normalized that most teens don't even think twice when considering it. Friendship Circle is an incredible program

where teens from around Fairfield County participate in events and are often paired up with a friend with special needs. I primarily participate in their Children's Circle program, where every couple of Sundays teens hang out with friends with special needs and do a bunch of fun activities together. Anyone that has gone to Children's Circle has seen the smiles that light up every face in the room and has experienced the happiness and excitement of all those who participate. It also gives the parents a much-needed break from some of the challenges that come with raising a child with special needs;

they can feel comfortable bringing their child to Children's Circle with the knowledge that they are with trained therapists and great friends. I love participating in this program because I know that contributing to a person's happiness is one of the most fulfilling things that you can do in this world.

Being a junior in high school is busy, but fitting in these opportunities that help my community not only helps others, it enables me to get back much in return.

Zev Pinker is a junior at SAR High School in Riverdale, New York.



WATCH ON OPTIMUM CH 138, DIRECTV CH 388 & SPECTRUM CH 830

- Daily News Directly From Israel
- Live event and conference coverage
- Outstanding Presentations From the 92nd Street Y
- Children's Programs Every Morning and Afternoon
- Movies, Music, Authors, Travel, Comedy, Cuisine
- Interviews of Major Jewish Leaders
- Jewish Studies
- Round Tables on Timely issues

Click on the Guide button on your remote control or go to www.jbstv.org and select "Schedule" for the JBS programs and times.

The New Jewish Voice
1035 Newfield Ave, Suite 200
Stamford, CT 06905

Non-profit Organization
U.S. POSTAGE
PAID
Flushing NY
Permit # 19357

**There are
lots of
ways
to eat matza.**

**And lots of ways to be
part of Federation.**

To make matza taste better — you can try hundreds of things. To make someone's life better — try Federation. Serve up a hot meal, visit homebound seniors or even sponsor a trip to Israel. Please give to United Jewish Federation. You'll be helping your community at home and around the world. In lots more ways than we can count. **#lotsamatza**



www.ujf.org • (203) 321-1373