



THE NEW JEWISH VOICE

A PUBLICATION OF UNITED JEWISH FEDERATION

Yom HaShoah Commemoration

(Courtesy of UJF) This year's commemoration of Yom Hashoah will be observed on Wednesday evening, April 27th at 7:00 pm at Temple Sholom in Greenwich, 300 East Putnam Avenue. United Jewish Federation of Greater Stamford, New Canaan and Darien and UJA-JCC of Greenwich will work together to make this a meaningful program for all.



Andre Sarkany

the Holocaust. The building housed a nursery/ kindergarten on the ground floor. The school was affiliated with the Jewish Agency of Hungary and was led by Eugene Polnay. The building also housed a dance, acrobat and ballet studio on the top floor. These facts were significant in

Andre's survival and that of at least 150 orphaned children. Andre's father was taken to Mauthausen concentration camp in the spring of 1944. Fortunately he did survive.

After World War II, Hungary

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Celebrate Israel at 74

(Courtesy of UJF) Yom Ha'Atzmaut, Israel Independence Day, will be celebrated jointly in Fairfield County and hosted by United Jewish Federation of Stamford, New Canaan and Darien, UJA-JCC Greenwich, and Federation for Jewish Philanthropy of Upper Fairfield County. Israel's 74th birthday will be celebrated on May 5th at the Jewish Community Center in Stamford and promises a fun-filled evening of Israeli music, dancing, crafts and an Israeli film. The event marks the first time the three Federations have collaborated on an event.

The celebration will begin at 5:00 pm. Israeli band TLV will perform between 5:00 pm and 6:00 pm. In



Members of TLV Band

In addition to TLV, the celebration will include Israeli dancing, craft projects, and activities for participants to enjoy. Light dinner will be available for purchase. Families are welcomed to attend, enjoy the evening and

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Book & Author Conversation: Broke in America

(Courtesy of the JCC) United Jewish Federation, the Stamford Jewish Community Center's Center for Arts & Culture, and the Jewish Book Council are pleased to present an in-person Book & Author Conversation about the book *Broke in America - Seeing, Understanding, and Ending U.S. Poverty* on Tuesday, April 26 at 7:30 pm at The JCC with Joanne Samuel Goldblum.

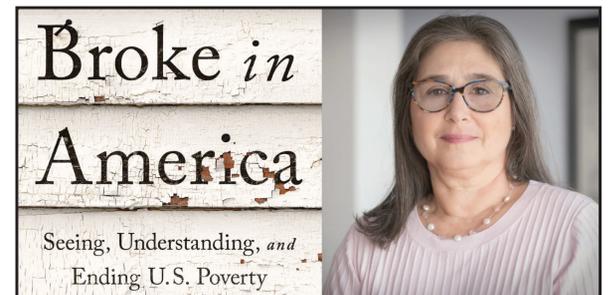
Co-authored by Joanne Samuel Goldblum and Colleen Shaddox, *Broke in America* describes the dire circumstances that so many families face as they struggle to escape the cycle of poverty and what must happen in America to make positive change.

"Our Jewish Community Relations Council and The JCC's Social Action Committee are proud to be co-

sponsoring this program about such an important topic that affects the lives of so many Americans," according to UJF CEO Diane Sloyer.

In *Broke in America*, Joanne Goldblum offers an eye-opening and galvanizing look at life in poverty in this country: how circumstances and public policy conspire to keep people poor, and the concrete steps

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Joanne Samuel Goldblum and her book, co-authored with Colleen Shaddox. (CREDIT: THE JEWISH BOOK COUNCIL)

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BBYO Regional Convention 2022

Over 160 Connecticut teens, including more than 60 from Stamford and lower Fairfield County, joined together in person at BBYO Connecticut Valley Region's Spring Convention in Windsor Locks, CT on March 4th through 6th. BBYO, a leading pluralistic teen movement, works to involve teens in meaningful Jewish experiences, to build the identity of Jewish teens, and to offer them leadership development programs. For more information, contact cvr@bbyo.org.



From UJF's Chief Executive Officer Embracing Change

BY DIANE SLOYER

The festival of Pesach is upon us. It is also referred to as Chag Ha'Aviv, the Holiday of Spring. Spring is a time of blooming and growth; a change in seasons that brings us joy and optimism. And this year, it will also give us the opportunity to gather safely outside and step out beyond COVID, thankfully!

The new season brings with it some news from UJF as well. Federation is moving! It is with sadness and some joy that I share that UJF will be relocating to a new home in the summer of 2022. The JCC has been Federation's home since the building was constructed.

With the growth of our community including the JCC Nursery School and programming, they are simply out of space...which is a great thing in the larger picture. This is the joyful part of this news. The sadness is that we will miss seeing



Diane Sloyer, UJF CEO

you, our donors, on a regular basis as you drop in and say "hi," when you are in the building. But we certainly hope you will come and visit us at our new location, wherever we end up! We will keep you posted!

Under the thoughtful leadership of Marshall Kurland, the JCC will continue to be one of our program homes where we will continue to have board meetings, PJ programs and more. In addition, Schoke JFS, Bi-Cultural Hebrew Academy, and local synagogues have offered us their space as well for board meetings and programs, another positive as our community rallies to support one another when there is a need.

As our plans become finalized, we will update you all and look forward to welcoming you in the near future in our new home.

Wishing you all a happy and joy-filled Passover.

UJF President's Message

UJF Is Here and There For All Jews

BY DAVID GORDON

Personally, I've never been in the middle of a war, and I consider myself extremely fortunate. The closest I ever got to being in a war was when my wife Meryl and I were in Israel in 1982 and we heard sonic booms while hiking in the Hula Nature Reserve as Israeli planes screamed overhead on their way to defend the northern border with Lebanon. That precursor to the 1982 Lebanon war was scary enough for me. So it makes me shudder as well as extremely sad to think about what Ukrainian citizens are dealing with right now.

But in all of the unimaginable chaos and hardship going on in Ukraine, the one thing that the Ukrainian Jews have going for them is the care and help of their Jewish brethren. The Jewish Federations of North America (JFNA) has pledged to raise \$20 million to help the Jews of Ukraine emigrate to Israel if they wish, or support them in neighboring countries if they flee there for refuge. JFNA is providing the resources for the Joint Distribution Committee (JDC), Jewish Agency for Israel (JAFI) and other partners who are "on the ground" in the Ukraine,



David Gordon, UJF President

Poland, Hungary and other neighboring countries, providing food, medicine, supplies, and transit to safety. Just think about that. Whenever and wherever our brethren are in danger, the Federation system is there to help them. It's unbelievable but absolutely true, and there are literally millions of Jews from all over the world

who can attest to the fact that JDC and JAFI were there for them in their darkest hours.

You should know that our Federation's share of the \$20 million was set by JFNA at \$30,000, and we can take pride in the fact that our community has already exceeded that amount and has already raised and sent close to \$50,000 to help our Ukrainian brethren.

So the next time anyone asks you what UJF does, you can tell them that UJF not only builds community by supporting our local Jewish organizations and providing for our own security with the Secure Community Network, but UJF is part of the JFNA network which is indispensable in helping the Jews of Ukraine, the Jews of South America, and Jews around the world. Because of you, UJF is here... and UJF is there... for all Jews... thank G-d!

UJF's Shalom Welcome and Shalom Baby's Newest Arrivals



Brian Adler (pictured), his wife Emma, and their children recently moved to Stamford and received a welcome visit from UJF.



Lara and Keith Berman enjoy a UJF welcome bag filled with gifts, coupons, and helpful information about their new community. Their daughter Addie receives a new PJ Library book.



Yaakov Faratci (pictured) and his wife Yolly recently welcomed a baby boy. Yaakov receives a Shalom Baby bag from Sharon Franklin of UJF.



Tamar Levine enjoys a UJF Shalom Baby visit and a complimentary bag filled with toys, bibs, and other baby items.

(Courtesy of UJF) As the greater Stamford, New Canaan and Darien Jewish community continues to expand, UJF is there to offer a warm welcome. Newcomers and new parents and babies are visited by Sharon Franklin, UJF's Managing Director of Campaign and Community Engagement, and by UJF volunteers.

Book & Author Conversation: Broke in America

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that can be taken to end poverty for good.

Joanne Samuel Goldblum has spent her career working with and advocating for families in poverty. She is CEO and founder of the National Diaper Bank Network, encompassing more than 200 member organizations that provide diapers and other basic needs to families across America. She was selected as one of 10 Robert Wood Johnson Community Health Leaders for her work as founder of the network. In 2018 Joanne founded the Alliance for Period Supplies, which provides free hygiene products to people for whom menstruation means difficulty attending school and work. Writer of op-

eds for the *Washington Post*, *US News & World Report*, and *HuffPost*. She has been an ABC Person of the Week and the subject of profiles by CNN, People, and many other outlets.

"We are asking attendees to bring boxes of diapers to be donated to the Diaper Bank," said The JCC's Connie Cirillo Freeman, Director of Arts & Culture & Seniors.

The program is free to the community and there will be a virtual option available. Books are available for purchase from Main Street Books.

Register at www.ujf.org/poverty.

For more information, please contact dianesloyer@ujf.org or cfreeman@stamfordjcc.org.

Yom HaShoah Commemoration

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became a communist nation. Although Andre graduated high school in 1955, he was not accepted to university because he was deemed an undesirable element of society. This label was given to anyone who owned a business before the communists took over the country.

Andre was fortunate to escape Hungary after the October 1956 uprising and was able to immigrate to the United States. He received his bachelor's degree from Tusculum College in Tennessee and his Master of Science degree in Applied Mathematics and Computer Science from Washington University in St. Louis, Missouri. Andre worked for both the McDonald Douglas Corporation and the

IBM Corporation.

Over the past 10 years, Andre has been speaking to students about his personal experiences during the Holocaust, living under the brutality of the Soviet regime in Hungary, and finding a home in the United States. Mr. Sarkany is married, and has a daughter and son and five grandchildren.

Community clergy will contribute to the evening and a candle lighting ceremony will be held to commemorate the victims of the *Shoah* and to shine a light on the future and a time when such atrocities do not exist.

The event is free and will be held in person. Please register at www.ujf.org/YH22.

For more information, contact Sharon Lewis, Director, JCRC at slewis@ujf.org or at 203-321-1373.

Bi-Cultural Honors Community Superstars at 66th Annual Celebration

BY LINDA RUSS

"Something Special for Everyone," is the theme of this year's Bi-Cultural Hebrew Academy Celebration Dinner, and our honorees represent this theme beautifully, bound together by their intelligence, accomplishment, commitment to Jewish education and love for BCHA," said Rabbi Tzvi Bernstein, Head of School, in announcing the event set for Monday, May 30, at 5:30 pm, at the Al Fresco Pavilion at the Stamford Italian Center. Also planned is a special tribute to remember the late Alan Kalter, a longtime friend of the school. All funds raised at the dinner will go toward scholarships.

Guests of Honor this year are Greg and Gladys Teitel, who balance career, home life--with four BCHA children through the years--and important volunteer roles in the school and Jewish community. With long service on the BCHA Board of Trustees, Greg also served for six years as President of Young Israel of Stamford. Professionally, Greg is

Director of Business Development for SoMaEquityPartners, a San Francisco-based hedge fund. Greg holds a BA degree from Rutgers and an MBA from the University of North Carolina. Gladys is a graduate of Brandeis University with a JD from Touro Law School. Her many volunteer roles include teaching Hebrew at varied local institutions. She is also a Federation Behrend Institute for Leadership Fellow, and is active on the board of The Gabriel Project Mumbai (GPM), keeping strong connections with her maternal family roots in India in the Bene Israel Jewish community of Mumbai.

This year's Alumni Award recipient, Jake Sherman (Class of 2000), is a nationally prominent journalist and



Gladys and Greg Teitel, Guests of Honor at Bi-Cultural's Celebration Dinner.

author, and veteran Capitol Hill reporter in Washington, DC. A former senior writer for Politico, last year he co-founded Punchbowl News, a daily newsletter focusing on Congress. Jake is also a political contributor for NBC and MSNBC and worked previously in the Washington bureaus of the Wall

Street Journal and Newsweek. He is engaged in Jewish life with the Adas Israel DC Minyan and numerous Jewish causes. He and his wife, Irene, have three children. Jake's parents, Bob and Stephanie Sherman, have deep roots in the Stamford community and his brother Corey and sister Kate are also Bi-Cultural graduates (Class of 2003 and 2008 respectively).

Rachel Haron, BCHA's Associate Head of School and Lower School Principal, is receiving The Walter Shuchatowitz Award for Excellence in

Education. "Rachel is a veteran educator with outstanding academic credentials, experience and expertise--and a graduate of Bi-Cultural herself," said Rabbi Bernstein. "Highly esteemed by the entire school community, it is fitting that she is receiving this award which recognizes an outstanding faculty member who embodies the educational vision of the school's founder, Walter Shuchatowitz. Like the award's namesake, Rachel is a community builder and daring dreamer."

Rachel and her husband Dan (both Class of 1986) have five children who have attended Bi-Cultural. She credits her parents, Linda and Larry Rezak, as her role models in shaping her priorities: dedication to family, community and a Jewish day school education for her children.

Recipients of this year's BCHA Community Service Award are Six Thirteen Restaurant and its proprietor Glenn Karow and general manager Adam Rafalowicz being recognized for the vital role the restaurant plays in the community, and the generosity of its management to the school, to so many in the community, and to the needy.

Young Israel Honors Leah and Doni Perl

BY CECILE MINKOFF

Young Israel of Stamford will celebrate its annual gala brunch this year on March 27th at 11:00 am at the Italian Center on Newfield Road. This is always a looked-forward-to event, less formal than a dinner, nevertheless elegant, in lovely surroundings and with a lavish menu. An ad journal is arranged in tandem with the brunch, and as such, this represents an important fundraising event for the synagogue.

This year's honorees are Doni and Leah Perl, who, after living in Stamford and being integral members of the Young Israel family for the past thirteen years, are leaving the immediate area for new horizons. The Perls have been active in the shul and have made their presence felt in large and small ways, both in leadership positions on the board, as well as by spearheading creative and loving programs to reach out to Young Israel's senior members throughout the pandemic. Their four daughters, Raphaella, Gabrielle, Aliza and Kayla, have likewise been a regular helpful presence at the shul and in the community. The Perl's expressed their gratitude for the comfort, support, encouragement, and laughs that the community has provided them all these years. Although they are leaving Stamford this summer, Stamford will always hold a special place in their hearts.



The Perl Family

Youth honorees this year are Maya Fogel and Talya Orbach. Talia and Maya have been youth group leaders for the past four years. They love getting to know the children in our community and creating special bonds with them. They especially love working with all of the cute babies and will miss them next year.

The event had a special poignance this year, as it is the first time in three years that it can be held in person, due to the COVID pandemic. As such, the Young Israel community is truly grateful to be together at a communal meal, sharing food, drink, and joy at the growth and cohesion of the community, while also supporting the shul financially.

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Alice in Wonderland Comes to the Bi-Cultural Stage

BY LINDA RUSS

Bi-Cultural Hebrew Academy's drama-inclined middle school and high school students, whose theatrical aspirations had to stay on hold last school year due to COVID limitations, are delighted to currently be in rehearsals at BCHA for *Alice in Wonderland: An Original Retelling*, with performances set for March 31, April 1st and April 3rd.

The play is a revised, more comedic version of the original story, written and directed by Janice Chaikelson, theater director at BCHA, now staging her 11th production at the school.

"Even though we couldn't have singing and dancing because originally I had to stage everyone six feet apart, I wanted to do a production that felt as big as a musical, with fanciful sets and costumes and the right number of characters for the number of students who auditioned," Ms. Chaikelson explained.

"This year was definitely a different one because of the constantly shifting COVID-19 situation and the pent-up desire for a school show," she continued. "As planning began last summer, the school decided to forgo its usual full-scale musical and present a play--without singing--and in this way still be able to provide our budding actors and actresses with the chance to have a theatrical performance experience." This year, more than 40 students are taking part.

The joy of participating in the show isn't just for the actors on stage, but also for students who have the opportunity to gain theater experience behind the scenes.

"For the first time ever we have students working from the get-go on sets and costuming, and two high school students in the show who are also doubling as



Yoav Hochman rehearses his role as the Knave of Hearts, with script in hand. (PHOTO CREDITS: KAILA ROSOVSKY)



Rehearsal is serious business for Shira Hecht (center), who plays the Dutchess, as fellow cast members await their cues.

assistant directors, sharing with younger students what they have learned through being in many of our past shows," Ms. Chaikelson noted. "The camaraderie that develops across many grades among all the students in the cast and crew is really quite remarkable."

The BCHA productions are also special for the audience. "I am always truly amazed at the productions Janice puts on with the students each year," said Amanda

Lewitton, a longtime parent at BCHA. "Every time I think that they cannot possibly get better, they do!"

Show dates are: Thursday, March 31st at 7:00 pm, Friday, April 1st at 1:45 pm, Sunday, April 3rd at 11:00 am or 3:00 pm. Tickets can be purchased online at <https://www.tickettailor.com/events/bcha>. Tickets will also be available at the door prior to each performance.

THE NEW JEWISH VOICE

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www.ujf.org for updates and donations

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

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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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Save the Date for An Evening with Schoke JFS

(Courtesy of Schoke JFS) On Sunday, May 22, Schoke Jewish Family Service will hold its annual gala, "An Evening with Schoke JFS", at 5:30 pm, al fresco at the Italian Center of Stamford, 1620 Newfield Avenue, in an outdoor tented pavilion. The Jewish Sportsmen's League will be the recipients of the 42nd Annual Mitzvah Award, and Stacy Kamisar, Julia Marx, and Sheri Warshaw will receive the 3rd Annual Volunteer of the Year

Award honoring their dedication to the community.

The evening will begin with hors d'oeuvres, cocktails, and lawn games, followed by dinner, presentation of awards to the honorees, a paddle raise and dessert. There will also be an online auction. A few of the auction items include six nights in a Paris apartment, three nights/four days at Club Wyndham Resort in the Berkshires, a Shabbat dinner

for 12, a three-night NYC getaway, and much more. The evening's events will be hosted by Master of Ceremonies, Mayor of Stamford Caroline Simmons.

The event will be co-chaired by Liz Kitay and Meryl Japha with Jeri Appel as auction chair. General tickets include dinner and dessert for \$180.

Please call Lisa Rich, Director of Development, at 203-921-4161 or visit www.ctjfs.org for more information.

The 613 Commandments from the Beginning

Join Rabbi Moshe Kurtz, assistant rabbi at Congregation Agudath Sholom, as his class embarks on a journey through the 613 commandments of the Torah! Classes are open and geared to all skill levels. Using the Sefer HaChinuch, a classic "book of education" written anonymously in 13th century Spain, each class will aim to give a basic understanding of the laws and philosophy behind each mitzvah, followed by a deep-dive into the more thought-provoking ideas that emerge from the material.

Classes will be held in-person on Sundays from 9:15 - 10:00 am at Agudath Sholom, with a Zoom option. Please contact rabbikurtz@cas-stamford.org, or at 203-358-2200, with any questions.

CANDLE LIGHTING TIMES

April 1	7:01 pm
April 8	7:09 pm
April 15	7:16 pm
April 16	8:18 pm
April 21	7:22 pm
April 22	7:24 pm
April 29	7:31 pm

UPCOMING DEADLINES

May 2022 Issue

Deadline: Monday, April 4, 2022

June 2022 Issue

Deadline: Monday, May 9, 2022

Email submissions to sandy@ujf.org
You should receive notification that your submission was received!

Gallery@The J Presents: Robert Selkowitz

(Courtesy of JCC) Artist Robert Selkowitz' *L'Chaim: To Life!* A Personal Retrospective will be the featured exhibit at the Gallery@The J's Wine & Art Opening Reception on Thursday, April 7 at 6:30 pm.

Over the last 50 years Robert Selkowitz, a Stamford native son and graduate of the first class at Bi-cultural Day School, has poured his life into painting, and that life emanates from his paintings into the hearts of viewers. Robert has been inspired by Pierre Bonnard's 1946 quote, "It's not a matter of painting life, it's a matter of giving life to painting."

Robert is inspired by the beauty he sees, and he shares his sense of enjoyment with the viewer. He says he is in the "Love ~~delete extra period~~ engendering love is a blessing that artists give to humanity. The exhibit will include paintings of children and family, works that are deeply personal to him as he looks back over his 50-year career."

Born at Stamford Hospital in 1951, Robert spent his early childhood on Shippan Point, with a backyard on Long Island Sound, so his attachment to natural beauty was an early influence. He has exhibited at The JCC several times beginning in the 1980s. A graduate of Cornell University, with a



Through Doorways, oil painting by Robert Selkowitz, 1983

Master of Fine Arts from Bard College, he has lived in rural upstate New York with homes around the Catskill Mountains and on Cape Breton Island.

Robert works in oils and pastels, and his paintings exhibit a strong sense of emotional realism, the feeling one has of being in a place where beauty is palpable. Robert is the author of three books tied to special landscapes: the Catskill Mountains, the Adirondack Mountains

and Cape Breton Island. He is known for his oils featuring restful porches. These have been printed as art posters and cards and distributed all over the world. He resides in Ashokan, New York where he is a cultural entrepreneur and rally master for the Catskill Conquest Rally, an annual commemorative automobile run.

"We are so happy to showcase Robert Selkowitz's beautiful artwork here for everyone to enjoy," says Nancy Schiffman, Director of Arts & Culture at The JCC.

The Gallery@The J Wine & Art Reception is free and open to the public. Registration is required at stamfordjcc.org. For further information contact Connie Cirillo Freeman, Director of Arts & Culture and Seniors, at cfreeman@stamfordjcc.org.

A Spring Return of UJF's Chapter Two

(Courtesy of UJF) United Jewish Federation's Chapter Two group relaunches this spring, bringing women together who are in the empty nest phase of life. The program is designed to engage members of our community in UJF's Women's Philanthropy, to educate them regarding Federation and our local partner agencies, and to create a unique bond between the participants through social action projects, educational programs, and cultural events with the goal of achieving a stronger and more connected Jewish community.

"It is a wonderful way for group members to see friends and meet other women in the same stage of life, with opportunities to learn something new and give back to their community," said Sharon Franklin, UJF Managing Director of Campaign and Community Engagement.

The first program will be held outdoors



Cookbook author Ronnie Fein

on Monday, April 4th at 2:00 pm on the patio of the JCC, 1035 Newfield Avenue, and will feature cookbook author Ronnie Fein. Ronnie will provide a cooking demonstration featuring Ashkenazi and Sephardic Passover recipes. Following the cooking demo, participants will pack toiletries packages for Schoke Jewish Family Service's Anachnu Holocaust survivors.

The Chapter Two Committee (in formation) includes Heidi Ganz, Debby Goldberg, Allison Greenbaum, Susan Greenwald, Lorraine Kveskin, Nancy Mimoun, Arlene Rosen, Gail Trell, and past Chapter Two co-chair Sari Jaffe. Registration can be found at www.ujf.org/cook. For more information about UJF's Chapter Two, or to get involved, contact Sharon Franklin at sharon@ujf.org or call 203-321-1373 ext. 109.

Jews. Muslims. Comedy.

(Courtesy of TBE) Join Temple Beth El on Saturday, April 2nd at 8:30 pm for Comedy for Peace. This is a project that brings together the best Muslim and Jewish stand-up comedians for an inspiring, funny and unforgettable evening. The show proves Muslims and Jews can work together, laugh at themselves and each other and be friends. They refuse to be enemies! No politics ... just laughs.

Join us as part of their U.S. Tour as four comedians (two Muslims and two Jews) join us for an in-person memorable evening of comedy. The cost is \$36 per person. RSVP at: www.tinyurl.com/comedy4-2.

For more information, contact Steve Lander at 203-322-6901, ext. 104 or execdir@tbe.org.



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Giving Voice to Victims of the Shoah

(Courtesy of JHSFC) Some 40 years ago, every time Vivien Orbach-Smith told friends about her upcoming European travels, she found herself saying she was “going back to Berlin.” The odd thing was that Berlin, where both her parents grew up under Hitler, was a place Orbach-Smith had never set foot.



Vivien Orbach-Smith

“This recurring slip-of-the-tongue was really my first inkling that the story I’d always told myself about being this indomitable daughter of Holocaust survivors was only partly true; I was actually traveling through life with more ‘baggage’ than I realized,” said Orbach-Smith.

At 7:00 pm on Sunday, April 24th, in honor of Yom HaShoah, the Wilton author/educator will reflect on “Four Decades/Four Berlins: A Second-Generation Journey,” a Zoom program of the Jewish Historical Society of Fairfield County, of which she is a board member.

The small encounters and big emotions that consumed her, literally from the moment she and her husband crossed from France into Germany by rail, set the course for a lifelong journey: “To help give voice to the survivors and victims of the Shoah, starting with my own family, and capturing the full range of emotions found in their authentic stories—uplifting and devastating, hilarious and horrifying, sacred and profane—became my mission as a daughter, a mother, a writer, and a Jew.”

With her late father, Orbach-Smith co-authored *Young Lothar: An Underground Fugitive in Nazi Berlin* (I.B. Tauris/Bloomsbury Publishing, 2017), Larry Orbach’s riveting memoir of coming-of-age in the Berlin underground before being captured and sent to Auschwitz and later Buchenwald, where he was liberated. Originally

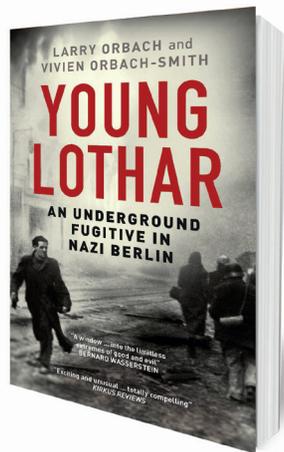
published under the title *Soaring Underground: A Young Fugitive’s Life in Nazi Berlin* (Compass Press, 1996), it was featured as a “Book of Special Note” by Kirkus Reviews and hailed as “transcendent” by the Stamford Advocate/Greenwich Time. Last fall the book was the centerpiece of a Holocaust literature course

at Manhattan’s Heschel School; the original edition was recommended for high-school curricula by the NJ State Commission on Holocaust Education.

Young Lothar was recently optioned by a German production company and is in development as a limited miniseries.

Orbach-Smith has been an adjunct professor of journalism at NYU since 2001 and in 2018 won the university’s “Outstanding Teaching Award.” She also works as a freelance book-editor and college essay coach. For years she taught teenagers in several area religious schools, and chaired multiple Yom HaShoah and Yom Ha’Atzmaut programs as a past board member of her local Federation.

To register or to learn more about the JHSFC, contact us by phone (203-359-2196), email (info@jhsfc-ct.org) or online (<http://jhsfc-ct.org>).



Young Lothar book jacket.

Coming Together to Celebrate Israel at 74

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celebrate Israel’s independence.

“This is a major step towards county-wide cooperation among Fairfield County Federations, and we are delighted that a celebration of Israel can bring us together,” remarked Diane Sloyer, CEO of UJF of Stamford, New Canaan and Darien.

Sponsors of the event (at time of publication) include Bi-Cultural Hebrew Academy, Stamford Jewish Community Center, Israeli Cancer Research Fund of Connecticut,

Hadassah, Jewish National Fund and American Jewish Committee. Event sponsors will have tables and host thematic activities, adding to the festive atmosphere of the event.

Registration is available at www.ujf.org/Israel74. \$5 per person in advance and \$15 per family in advance. \$10 per person at the door and \$30 per family at the door. Food will be available for purchase.

For more information, please contact Sharon Lewis, JCRC Director, slewis@ujf.org.

UJF Offers Spring Affinity Programs for Professionals

(Courtesy of UJF) This spring, United Jewish Federation will offer a variety of affinity networking programs for professionals in the fields of law, medicine, and business. Events will be held in person, allowing for personal connections and networking.

UJF’s Maimonides Medical Society will hold an event on Sunday, April 3rd at 6:00 pm featuring Dr. Daniel Eisenberg, a physician at the Albert Einstein Medical Center in Philadelphia, PA. During Dr. Eisenberg’s presentation, “Maimonides: The Physician’s Approach to Modern Medical Ethics,” attendees will learn how the ideas of the 12th century physician have shaped the way we look at modern medical ethics, including preventive medicine, immunization, alternative medicine, and the pandemic. To register, go to www.ujf.org/medicalethics.

On May 9th at 7:00 pm, the community is invited to UJF’s Rothschild Business Society program with David Weitzner, who will speak about his book *Connected Capitalism: How Jewish Wisdom Can Transform Work*. Weizner draws from classic teachings of Judaism to positively transform our workplaces and working lives, empowering the disenfranchised to



top of head is cut off.
Dr. Daniel Eisenberg



David Weitzner



Suzanne Nossel

build a stable future in a world of crony capitalism, global pandemics, racial injustice, and social discontent. To register, go to www.ujf.org/capitalism.

Law professionals can attend UJF’s Cardozo Society event on May 18th. CLE credit is available and sponsored by the law firm of Wiggin and Dana, courtesy of Robert Hoff. Suzanne Nossel will speak on “Dare to Speak: Defending Free Speech for All,” which is also the title of her new book. A leading free expression advocate, Nossel argues that we can and must uphold the rights of individuals to speak their minds, while also working assiduously to build a more equitable, inclusive public culture committed to dismantling racism and other

forms of bigotry. Nossel is a human rights advocate, former government official and the Chief Executive Officer of PEN America. To register, go to www.ujf.org/speak.

The community is invited to participate in all affinity group events. For more information about UJF’s affinity programming, contact Sharon Franklin at sharon@ujf.org.

Gan Yeladim Looks To The Summer

As we move into spring, summer is not far off and Gan Yeladim has a great summer in store for campers of ages six weeks to six years old. Campers have the chance to explore and have experiences add: (Courtesy of Gan Yeladim), interactive music, literacy and storytelling, dramatic play and swimming (for ages three-six).

Gan is a place where each year children make new friends and connect with old ones through water play, rain play, imaginative play, *davening* (praying), art, science and of course, cooking and baking. The experienced teachers (*Morahs*) offer each child the comfort and ability to take risks, explore and expand their identities.

This summer is no different. Gan

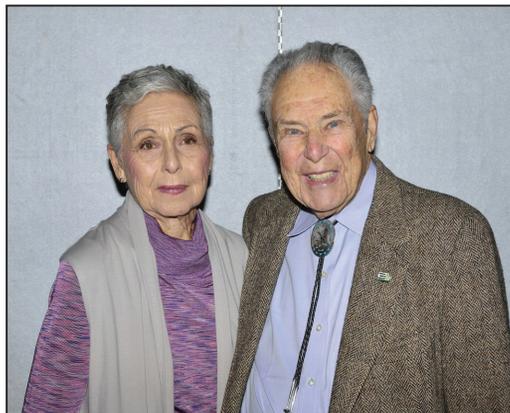
Yeladim will once again be offering specialty in-house programming where the children can feel safe and cozy and enjoy “trips” right in the Gan’s backyard. Each week multiple experiences are brought in, varying from “touch a truck”, to the Maritime Aquarium, the Bartlett Arboretum and many more. Gan also offers gymnastics with Anatolie and music with Bobby Doowah. The Gan will again be offering swimming at the Darien YMCA, twice a week for children who have turned three, where they have the opportunity to gain water safety and swim skills.

For more information email wendy@stamfordchabad.org or call (203) 324-2223

Those Were The Days

(Courtesy of JHSFC) *Remembering the Family Store*, a new documentary movie by the Jewish Historical Society, began as a 200-photo slide show presentation curated and narrated by Lester Sharlach, z"l, the visionary of this film. In 2016 Lester began collecting photographs and amazing stories of local people - the merchants and their family members - to share their stories that regale the history of family-owned businesses in Stamford from 1940-1965.

Lester Sharlach, a store owner himself, became one of the founding members and second president of the Jewish Historical Society upon retirement. As a member of the community of downtown shop owners, Lester would often speak highly of the camaraderie between shop owners and their relationships that he and



Elaine z"l and Lester z"l Sharlach

they had with their customers. Over the years, Lester researched and gathered pictures as well as newspaper ads and articles, and, with the help of others, created a slideshow presentation that he shared with a variety of local organizations. People loved it and wanted more. Now, years later, the Historical Society has turned this passion project into a documentary that will take you on a trip down memory lane.

Many of the photos featured in

the film were sourced from not just the community, but also from the Vivian and Irwin Miller JHSFC Archives, the Stamford History Center, the City of Stamford and the Connecticut Urban Redevelopment Commission.

Gail G. Trell, the chair of the documentary, hopes that the community comes out in full force to learn about Stamford's fascinating past. "This film has been a labor of love. Not just for Lester, but for all of us on the committee and Marge Costa, our filmmaker at Aries Productions, who worked tirelessly to bring this documentary to life."

Please visit: <https://youtu.be/O-kj-i2eabs> to see the trailer. For more information, contact Gail G. Trell at: info@jhsfc-ct.org. To learn more about the Jewish Historical Society of Fairfield County, please contact them by phone: 203-359-2196 or on-line: <http://jhsfc-ct.org/>.

Scholar Series Presents Wilderness Narratives

(Courtesy of CAS) Congregation Agudath Sholom Invites the community to a Scholar Series with Dr. Michelle Levine on Wednesday evenings at 8:00 pm on March 23, March 30, and then April 27, May 11, and May 18. The topic will be "Wilderness Narratives through the Lens of Midrashic, Medieval, and Modern Readings."

The focus will be select narratives that recount the Israelites' struggles for survival and tests of faith as they journey toward the Promised Land. The series will also profile Moshe Rabbenu (Moses our Teacher), whose leadership skills are continually challenged and tested as he mentors this fledgling nation to fulfill its divinely ordained destiny.

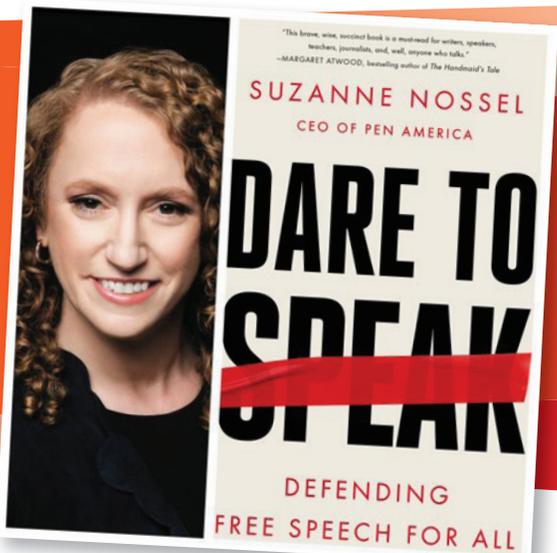
Dr. Michelle Levine is a tenured Associate Professor of Bible at Stern College for Women, where she has been teaching advanced and honors courses in Tanach (Bible) and medieval commentaries since 2001. Currently, she is also a faculty member of the new Tanach track of the Graduate Program in Advanced Talmudic Studies at Yeshiva University. Dr. Levine is a former faculty member of Stella K. Abraham High School for Girls, where she taught Tanach and Biology and is a prolific writer and speaker. Dr. Levine is the proud mother of four children, two of whom live in Israel.

RSVP at www.cas-stamford.org




United Jewish Federation's Cardozo Law Society Invites You To:

Dare to Speak: Defending Free Speech for All



Featuring **Suzanne Nossel**
 CEO of PEN America, A leading human rights organization
Wednesday, May 18th
 Dinner: 6:30pm • Program: 7:15pm

\$36 per person

1035 Newfield Ave, Stamford (the J)
 1 CLE credit available sponsored by Rob Hoff and Wiggin & Dana
 RSVP at www.ujf.org/speak
 For more info contact Sharon Franklin at sharon@ujf.org



United Jewish Federation's Rothschild Society Invites You To:

Connected Capitalism
 How Jewish Wisdom Can Transform Work



Co-chairs: Jonathan Ostroff, Nate Pava, and Greg Waldstreicher

With **David Weitzner***
Monday, May 9th
 6:00pm: Light Fare, Drinks & Mingling | 6:45pm: Program
 1035 Newfield Ave.
\$18 per person | \$50 sponsorship

- What should our post-COVID work world look like?
- Drawing from the classic teachings of Judaism, learn how to positively transform our workplaces and our working lives.
- Hear philosophy that will empower the disenchanted to build a stable future in a world of crony capitalism, global pandemics, racial injustice, and social disconnect.

*David Weitzner is at heart a philosopher who briefly became a music industry executive and has since spent nearly two decades in business schools. His work has appeared in popular media outlets including The Forward, Tablet Magazine, Spirituality & Health, Quillette, Financial Post Magazine, and Chabad.org.

JCRC Discusses Amnesty International Report

BY SHARON LEWIS,
JCRC DIRECTOR

Adam Teitelbaum, Executive Director of the Israel Action Network and Associate Vice President of Public Affairs for Jewish Federation of North America, was the guest speaker at the February 22nd Jewish Community Relations Council (JCRC) Committee meeting. Adam spoke to the committee about the recent Amnesty International UK Report that labeled Israel an apartheid state and called for the United Nations Security Council to impose a military embargo on Israel. Adam put the report into the larger context of the United Nation's ongoing and open-ended Commission of Inquiry (COI) on the Occupied Palestinian Territory, including East Jerusalem, and Israel. Since the COI is open and ongoing, the Amnesty report will be submitted there and is the type of document that is often used by the UN Human Rights Council to levy an excessive number of accusations at Israel.

Jewish Federations of North America (JFNA) sprang into action as soon as the Amnesty International Report was published by calling all Federations and Jewish organizations to sign a letter to the Secretary General of the United Nations. The letter noted that the Amnesty report "includes many false claims against Israel, distorts international law, questions the very existence of Israel, and ignores the violence and terrorist assaults on Israeli civilians—Jewish, Muslim, and Christian."



Sharon Lewis

The JFNA letter documents concern that the Amnesty report will be used to "influence the COI and lead to a review by the International Criminal Court of a democratic country in which multiple faith communities live under rule of law, participate in civic life, contribute to the economy, and serve in the highest levels of government."

The letter called on the Secretary General to make a clear statement that it is unacceptable for United Nations institutions, including the Human Rights Council, to use their global platform to unfairly target Israel. Within just a few days, 5,000 Federations, JCRCs and synagogues had signed the letter.

Adam's discussion of the Amnesty report and the increased international efforts to delegitimize Israel kept the committee engaged for an hour. His report has confirmed the need to continue to work to grow relationships with other faith and cultural communities.

The JCRC committee meetings occur six times a year and usually feature a guest speaker on one of the areas of JCRC concern. The next meeting will be in April and will feature Michael Shanbrom, Federation's Regional Security Advisor, Secure Community Network. If you are interested in joining the committee, please contact Sharon Lewis, JCRC Director, at slewis@ujf.org.

JCRC Joins Rally in Support of Ukraine



JCRC Director Sharon Lewis addresses the crowd.

(Courtesy of UJF) The year 2021 ended with local Jewish institutions moving toward a more secure future as Michael Shanbrom, United Jewish Federation's Regional Security Advisor from Secure Community Network, met with community partners to become more familiar with their facilities. Discussions will continue in the New Year pertaining to existing security processes, specific security concerns and/or challenges experienced by the institutions and recommendations by Mr. Shanbrom for no-cost security related services being made available by UJF of Stamford, New Canaan, Darien.



Sandi Waldstreicher and her son, UJF board member Greg Waldstreicher, join the rally in support of Ukraine.

Securing Our Community



Faculty and staff of Bi-Cultural Hebrew Academy attend a session on countering active threats.

(Courtesy of UJF) Regional Security Advisor Michael Shanbrom has been meeting with local schools, synagogues and agencies to complete vulnerability assessments and to train personnel and members on situational awareness and countering active threats. The information shared during these training sessions is what the Colleyville hostages credited for their ability to escape the terrorist who held them hostage.

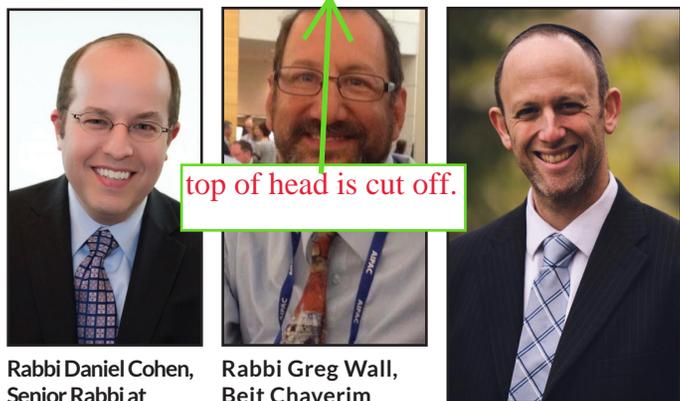


Michael Shanbrom addresses members of Temple Sinai in a training session.

PJ Library
Pre-Passover Supper & Song
 Thursday, April 7th 5:30pm-6:45pm
 1035 Newfield Avenue (JCC Auditorium)
 (Registration required)
 \$5.00 per person child/adult
 RSVP: ujf.org/pjsong
 (\$36 Family Max)
 Enjoy a pizza dinner & the music of Jonathan Cahr
 Questions: Contact Sharon Franklin
 203-321-1373 ext 109/Sharon@ujf.org
 Co-Chairs: Jessica Berger, Judith Bernstein, & Robin Fischel
 United Jewish Federation OF STAMFORD-NEW CANAAN-DARIEN



Ideas and Inspiration for Your Pesach Seder



Rabbi Daniel Cohen, Senior Rabbi at Congregation Agudath Sholom

Rabbi Greg Wall, Beit Chaverim Synagogue in Westport

Rabbi Eli Kohl, Young Israel of Stamford

(Courtesy of CAS) Join (virtually) with members of the Vaad HaKashrus of Fairfield County on Tuesday, April 5th from 8:00 pm to 9:00 pm and learn about the upcoming holiday of Pesach. Each rabbi will share a brief idea that will help you prepare and be ready for the Seder night. Please email rabbikurtz@cas-stamford.org to receive the Zoom link and with any questions.



Rabbi Moshe Kurtz, Assistant Rabbi at Congregation Agudath Sholom

Rabbi Fred Hyman, The Westville Synagogue in New Haven

Chabad of Stamford Covers Your Passover Needs

(Courtesy of Chabad of Stamford) Chabad of Stamford has you covered for all your Passover needs this Pesach. From in-person seders, *shmurah matzah*, selling your *chametz* (foods with leavening agents that are forbidden on Passover), participating in the mitzvah of “*Maos Chitim*” (Passover charity) to Seders-to-Go Kits, Chabad has it all!

To kick off the Pesach preparations, Chabad will host their annual family matzah bake on Sunday, April 3rd at 10:00 am at Chabad of Stamford. They have *shmurah matzah* for your seder needs and can help you sell all your *chametz* before Passover. “*Maos Chitim*” (Passover funds for the poor) is one of the most significant observances of the Passover holiday and Chabad urges everyone to participate and share the Festival of Freedom with countless

people throughout the community.

Chabad will also host in-person seders for both nights of Pesach, April 15th and 16th at 7:15 pm. All are welcome to the thought-provoking, warm and interactive seders where the company is fun and the food delicious.

For the third year, Chabad of Stamford is offering “Seder-to-Go” kits. The kits will include *shmurah matzah*, wine or grape juice, an interactive and insightful Haggadah and all the items you need for the seder plate as well as the option of chicken soup with matzah balls!

For more information please visit www.stamfordchabad.org, call 203-324-2223 X103, or email programs@stamfordchabad.org

Passover Prep for Preschoolers in New Canaan

(Courtesy of Chabad of New Canaan) The Chabad New Canaan Jewish Center will present a pre-Passover program with the popular children’s musician, Bobby Doowah, at the New Canaan YMCA on Sunday afternoon, April 3rd at 4:00 pm.

“Over the past couple of years, there’s been quite a migration of young Jewish families to New Canaan,” said Michal Mendelow, co-director of Chabad of New Canaan. “Families have been asking for local programming for their preschoolers, and this fun, educational musical experience with Bobby Doowah is the perfect way to prepare young children for Passover. It’s also a

great way for young families to get to know each other.”

The program will include developmentally appropriate Passover crafts.

Chabad of New Canaan will also be providing many other Passover-related resources for the community. *Shmurah matzah* is available for purchase. Classes about Passover will be held for adults. And Chabad will be hosting community seders open to the public.

For more information about Passover in New Canaan, and reservations for events visit www.newcanaanjewish.org or call 203 972 7708.

The Beverly and Stanley Ferber Memorial Senior Passover Seder

(Courtesy of The JCC) Carrying on the tradition of the Ferber family, this year’s Senior Passover Seder Luncheon will be held for the senior adult community, free of charge, through the generosity of Stacy Ferber, Caryl Ferber Poser and Peter Poser, in memory of Beverly and Stanley Ferber, Stacy and

Caryl’s parents.

The luncheon will be held on Friday, April 8 from 11:30 am to 1:00 pm

RSVP is required by Wednesday, March 30. The suggested donation is \$6. For information contact cfreeman@stamfordjcc.org.

Chabad of Stamford’s Model Matzah Bakery

(Courtesy of Chabad of Stamford) On Sunday, April 3rd at 10:00 am, Chabad of Stamford will host its annual model matzah bakery to help get into the Passover spirit. The matzah bakery is open to families and kids of all ages. Participants will have a fun hands-on experience making their own *shmurah matzah* and experiencing what is required to make kosher matzah. (*Shmurah matzah* is made from wheat that has been supervised from the time of harvesting.)

Rabbi Moshe Shemtov, co-director of Chabad of

Stamford, explains, “We want to teach community members about the special process of making *shmurah matzah* for the Passover seder, and offer a hands-on opportunity to see how the special handmade unleavened bread is closely guarded at every step of its production.”

This event is free and all are welcome. Sponsorship opportunities are available.

To register for the event, please contact programs@stamfordchabad.org or call 203-324-2223 or visit www.stamfordchabad.org

SIX THIRTEEN [®]

CATERING FOR PASSOVER

SEE OUR MENU ONLINE AT
613RESTAURANT.COM
 203 - 614 - 8777

ORDERS DUE BY APRIL 8



Soup for Sure and Burgers Too

BY RONNIE FEIN

Although there are a zillion recipes for Jewish chicken soup, almost every recipe I've ever seen is more or less the same: chicken (hopefully a kosher bird, which has much more flavor) poached in water with carrots, parsnip and/or turnip, onion/leek, celery and fresh dill. Maybe a piece of celery root. Some people include a potato or sweet potato (I don't).

I make chicken soup often during the year because everyone loves it. But for sure it's on my Passover menu, either for the first or second Seder.

During the year I usually serve the soup as a one-dish dinner: broth loaded with matzah balls, rice or noodles, along with pieces of chicken meat and the soup vegetables. But on Passover I prefer the more elegant look of plain broth served with a matzah ball.

So, there's those vegetables to work with – they're yummy because they're infused with the taste of that glorious soup!

I make them into burgers. My kids always adored those soup veggie burgers. Now my grandchildren look forward to

them. We eat soup burgers as a lunch meal with a salad. But sometimes they're for dinner, topped with a sunnyside up egg or two.

Soup burgers are so easy to prepare and you can make them ahead and fry them just



Soup Veggie Burgers

before you need them for a meal. Or, make them ahead and reheat in a preheated 400 degree oven. If you've got an air fryer – you can try that.

Here's the recipe I use. If you include other vegetables, mix them in. Obviously, if you have the cooked vegetables but not from soup – that works too and will be

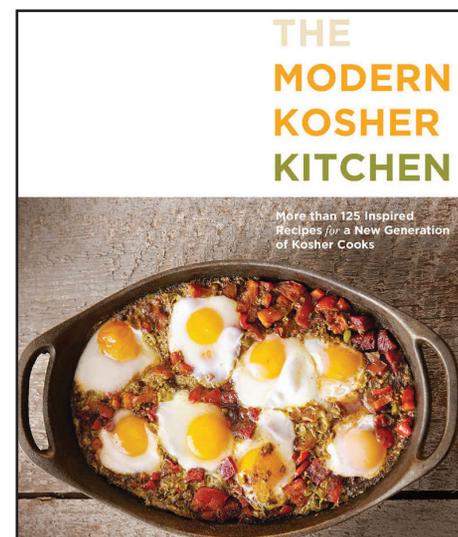
parve! This is one of those very adaptable recipes.

Happy Passover.

CHICKEN SOUP BURGERS

- 8 cooked carrots, cut up
- 6 stalks cooked celery, cut up
- 2 cooked parsnips, cut up
- 1 large cooked onion, cut up
- some sprigs of cooked dill
- 1 large egg
- 1/2 cup matzah meal
- salt and freshly ground black pepper to taste
- vegetable oil

Place the cooked vegetables and dill in a food processor and pulse to combine them and chop them into very fine pieces. Spoon the contents into a bowl. Add the egg, matzah meal and some salt and pepper to taste. Mix thoroughly to combine the ingredients evenly. Shape portions of the mixture into patties about 1/2-inch thick. Heat about 1/4-inch vegetable oil in a saute pan over medium-high heat. When the oil is hot enough to make a crumb sizzle, add the patties, a few at a time, leaving space between them in the pan. Do not crowd



the pan. Fry the patties for about 3 minutes per side or until golden brown and crispy. Drain on paper towels.

Makes about 12.

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).

UJF's Education Committee Presents:

Frogs on My Head:

Leading a Passover Seder For Families with Young Children

Join Jonathan Fass and learn creative ways to make your seder more interactive and fun for young children.

March 30th, 7:30pm, via zoom

Register at www.ujf.org/passover2022

Jonathan Fass is the Managing Director of Educational Technology and Strategy for The Jewish Education Project. He has served in leadership roles in Jewish organizations for the past two decades, including eight years working in the Stamford Jewish community. He supports the work of the United Jewish Federation by facilitating the Kuriansky Teen Tzedakah Corps and the Behrend Leadership Institute.

CAS Passover Fair

(Courtesy of CAS) Congregation Agudath Sholom's Men's Club is proud to sponsor and invite the community to its Annual Passover Fair on Sunday, March 27, from 9:00 am to 3:00 pm.

There will be a variety of vendors and items, including "Hedy the Hat Lady", wine tasting of the latest from Israel, Judaica (including some hard to find items), headbands, fascinators, clothes, and accessories. The Chocolate Sunflower will be taking orders for Passover baked goods.

At 1:00 pm, Rabbi Moshe Kurtz, Assistant Rabbi at CAS, will speak about Passover themes, followed at 2:00 pm by Rabbi Tzvi Bernstein from Bi-Cultural Hebrew Academy. In addition, Dr. Joseph Feuerstein will sign copies of his new best-selling cookbook and will talk about its content, the Men's Club will be selling its "infamous" chili, hotdogs and fries, and there will be craft activities for children. There should be something for everyone!

Temple Sinai Second Night Passover Seder

(Courtesy of Temple Sinai) Temple Sinai will host an in-person Seder on Saturday, April 16th at 5:30 pm which will be catered by A&S Deli.

For more information, call (203) 322-1649.

Community Passover Seders in New Canaan

(Courtesy of Chabad of New Canaan) Chabad of New Canaan will be hosting community seders on both seder nights – Friday April 15 and Saturday April 16. Both nights, the seders will begin at 8:00 pm.

Both seders will feature rich discussion

about Passover, excellent food, and joyous singing.

Rabbi Levi Mendelow, of the Chabad New Canaan Jewish Center, will lead the seders.

Seder reservations must be made in advance, at www.NewCanaanJewish.org.



Happy healthy
Pesach
from our home
to yours!

Linda Hurwitz and Richard Fine

With our hopes and prayers
for peace in Ukraine
and all the world.
Happy Passover.

Lynn and Jeffrey Lowin

Chag Pesach
Kasher v'Samayach!

Sharon & Jeffrey Lewis

Wishing you all
a Happy Passover!

Sandy & Fred Golove

חג כשר ושמח!
Pesach sameach

Dinah Miller Marlowe
& Seth Marlowe

As we sit around our Seder tables this year with family and friends, we wish our brothers and sisters in Ukraine peace and prayers that they should all sit safely around tables with their loved ones next year.

Lisa, Jeff, & Oz Manheim

May your Passover
be joyous
and meaningful!
Chag Sameach!

Wendy & Jordan Handler

Wishing you all a Pesach that marks the ever-present opportunity of new beginnings and renewal, of strength and peace amongst our people and ALL the peoples of the world, and the warm embrace of family and friends.

Warmly, Sue Plutzer

Wishing you and your families a sweet, joyful, and healthy Passover.

Meryl and David Gordon

Wishing a Happy Passover to all of our Jewish Community!

Nan and Paul Gordon

Wishing our Jewish world a passover of peace and tolerance.

Diane & Elliot Sloyer

Family Hamantashen Bake



(Courtesy of Chabad of Stamford) Over 35 families gathered together at Chabad of Stamford to take part in the annual family Hamantashen Bake to prepare delicious treats for Purim, hear the Purim story, and enjoy music, games and family fun.

Chabad Mother Daughter Challah Bake



(Courtesy of Chabad of Stamford) Mothers and daughters join together to make, shape and bake challah for a Bat Mitzvah Club night out with Chabad of Stamford.

The Joy of Adar at Gan Yeladim



(Courtesy of Gan Yeladim) Bara Katz, Yael Sosnovich, Leia Brunner and all the children at Gan Yeladim get into the pre-Purim holiday spirit by celebrating the joy of Adar with music, singing and dress up.

Women's Philanthropy is Back

(Courtesy of UJF) The Annual Women's Education Symposium, co-hosted by United Jewish Federation of Greater Stamford, New Canaan and Darien and UJA-JCC Greenwich, was held on March 9th at the YWCA Greenwich. Attendees were welcomed by Tara Shapiro, Chair of Women's Philanthropy of UJF and Christine Toback, Chair of Women's Philanthropy of UJA-JCC Greenwich.



Tara Shapiro, Women's Philanthropy President, and Dinah Miller Marlowe, UJF Board Member, enjoy the authors presentation.

The event featured four authors presenting their recently published books: Suzanne Nossel, *to Speak*; Deborah Copaken, *Ladyparts*; Courtney Zoffness, *Spilt Milk*; and LaNitra M. Berger, *Irma Stern*. Nossel and Copaken addressed the entire group, and Zoffness and Berger spoke in break-out sessions. The overall theme was the importance of freedom of expression—whether in words, deeds or art. Attendees wore masks but all were happy to be together and hoped for more in-person events in coming months. Attendees received to-go bags, and books were available for purchase and signed by the authors.



Zeena Hine, Edith Samers and Stephne Behrend discuss the presentation.



Helen Donner, Stephne Behrend, Beverly Stein and Nan Gordon check in at the Annual Education Symposium.

Providing Dignity One Bag at a Time



Volunteers gather in February to pack totes.

(Courtesy of UJF) Over a year ago, Women's Philanthropy of United Jewish Federation brought Dignity Grows™ to our community. Dignity Grows provides monthly personal and menstrual hygiene products to women and girls who cannot afford them. With Nancy Fahey and Terry Bernard as chairs, this initiative delivers monthly totes to area shelters, social service

organizations and beyond.

Dignity Grows embodies the Jewish value of Tikkun Olam. It removes obstacles of self-esteem and health so females can live their daily lives with pride.

Volunteers gather monthly to assemble and distribute free reusable zipper bags filled with a month's supply of soap, shampoo, deodorant, toothbrush, and toothpaste, along with menstrual products.

The cost of each tote is \$10. Please consider sponsoring a pack for a birthday or special occasion for \$1000 (100 bags). Or become a monthly sponsor of a bag or two. You can learn more and donate at www.ujf.org/dignitygrows. For more information contact Taly Farber at taly@ujf.org or call (203) 321-1373.



New Covenant Center receives Dignity Grows bags from Federation.

Stamford Leader One of “America’s Top Rebbetzins”

BY VERA KESSLER

Rebbetzin Leah Shemtov (Morah Leah), Executive Co-Director of Chabad of Stamford - Jewish Center for Life and Learning, was recently featured on a new Jewish podcast called *America’s Top Rebbetzins* (<https://youtu.be/c0LTzMFtsQQ>). (A rebbetzin is the wife of a rabbi.)



Morah Leah Shemtov

challah” and make a blessing on it, we are fulfilling the *mitzvah* (commandment) of challah.

Morah Leah said that challah is connected with shabbat because we are taking something physical (bread) and

using it for something spiritual (shabbat), thereby elevating the mundane and making it holy.

It is interesting to note, Morah Leah pointed out, that challah has seven ingredients: flour, water, yeast, sugar, eggs, salt, and oil. These seven ingredients are connected to the seventh day of the week, Shabbat, which is the day that challah is eaten.

Morah Leah was the founder of the Mega Challah Bakes that have become an annual tradition in synagogues, Jewish Community Centers, and Chabad houses nationwide and internationally.

Morah Leah shared information about challah and its importance in the Jewish home. She revealed that challah is not just bread. It’s so much more!

She explained that when we put together a large amount of dough to bake bread, we take off a small piece of that dough and make a blessing on it. That small portion of dough is the part that is actually called challah. Separating the small piece of dough from the larger ball of dough is called “taking challah.” When we “take

Mothers and Daughters Graduate Together



(l-r) Maria and Bella Abramov, Olivia and Sarah Breiner, Jacqui and Simi Lindenbaum, Sarah and Yakira Hochman, Sonia and Keren Roitman, Laura and Hannah Tobin, and Emily, Molly and Zoe Wirgin. (Not pictured: Sophie and Rachel Hager, Micayli Breiner)

(Courtesy of CAS) Eight mothers graduated along with their daughters from the Matan Mother-Daughter Learning Program at Congregation Agudath Sholom. Matan, led by Diane Cohen, is a program for sixth grade Bat Mitzvah-age girls and their mothers, focusing on female role models from the time of the Bible through modern Israel.

A Celebration of Longtime Learning



Long-time classmates gather to celebrate the completion of a class that began in 2001.

(Courtesy of CAS) After twenty-one years of learning together, members of Congregation Agudath Sholom’s “Bible from the Beginning” class celebrated the completion of their detailed study of the Chumash, or Five Books of Moses. More than twenty of the students who attended the class over the years gathered to mark the milestone and to honor and remember five classmates (Bernard Peskin, Dr. Alfred Wolfsohn, Tamar Gershberg, Mel Aminoff, and Regina Greenwald) who passed away before the completion of the class. Rabbi David Walk, who initiated the class in 2001, joined the celebration (virtually) from Israel via Zoom.



Rabbi Moshe Kurtz expounds on the last sentence of the last chapter of Deuteronomy.

Fun by the Fire with UJF’s BEN



UJF BEN guests enjoy icebreaker games at the “Fun By the Fire” event.

(Courtesy of UJF) In mid-February, United Jewish Federation’s BEN (Boomer Engagement Network) affinity group held an outdoor event under the stars. Guests enjoyed a bonfire, fun icebreakers, mingling, s’mores, and hot (spiked) drinks. Musician Steve Schwartz strummed his guitar and sang a variety of folk songs, encouraging guests to sing along.

BEN is a UJF affinity group for Jewish Singles ages 50-plus, who get together to network, socialize, and make new friends. If you would like more information about BEN, or want to be notified about future events, contact Sharon Franklin at sharon@ujf.org.



Leta Smith, Rafael Aparocop, and Elise Lerner chat and get to know one another.



DON'T FORGET TO USE THE COMMUNITY CALENDAR.

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Federation and Connecticut Connect With Israel

It Has Been Too Long

BY DIANE SLOYER, CEO UJF

This past February, I had the opportunity to travel to Israel with Federation colleagues. In the past two years I have canceled three trips to Israel, and it wasn't until I landed there that I realized the enormity of being away from our Jewish homeland for so long.

It felt both wonderful and surreal to be home again in Israel.

My visit had several purposes. UJF is part of the Southern New England Consortium (SNEC), where we partner with 10 other Federations to make a meaningful impact in a partnership region of Israel. In fact, we spent two days in our partnership sister region of Afula and Gilboa. We met with the mayors of both cities, local business leaders and philanthropists and the lay leaders who serve on the partnership steering committee.

We visited Emek Medical Center, a hospital serving 700,000 in the region, learned about its growth and expansion, its response and treatment of COVID patients, its community footprint, and its research center. We saw two important pieces of equipment that SNEC had recently donated to the hospital. The first, a NoxBox, provides nitrous oxide to COVID patients, keeping them off ventilators. And the second is an AeroSeal, a special device used during gastro-intestinal surgeries to reduce infection.

After the hospital tour, we journeyed to Beit Alpha, an absorption center of the Jewish Agency for Israel, which is the first home of Ethiopian *olim* (immigrants who make *aliyah* to Israel) as they learn Hebrew and acclimate to Israeli culture and society. We enjoyed a special Buna ceremony (Ethiopian coffee ceremony), and noshed on popcorn, an Ethiopian snack, as we learned more about the 450 *olim* currently living at the center and the opportunities and challenges facing the new citizens. While we were there, we visited the computer center and saw the new tablets and laptops SNEC had donated. These items, while always necessary, were critically important during COVID.

I also had the opportunity to join with parts of Governor Lamont's mission including a reception hosted by U.S. Ambassador to Israel Thomas Nides and a visit with President Isaac Herzog.

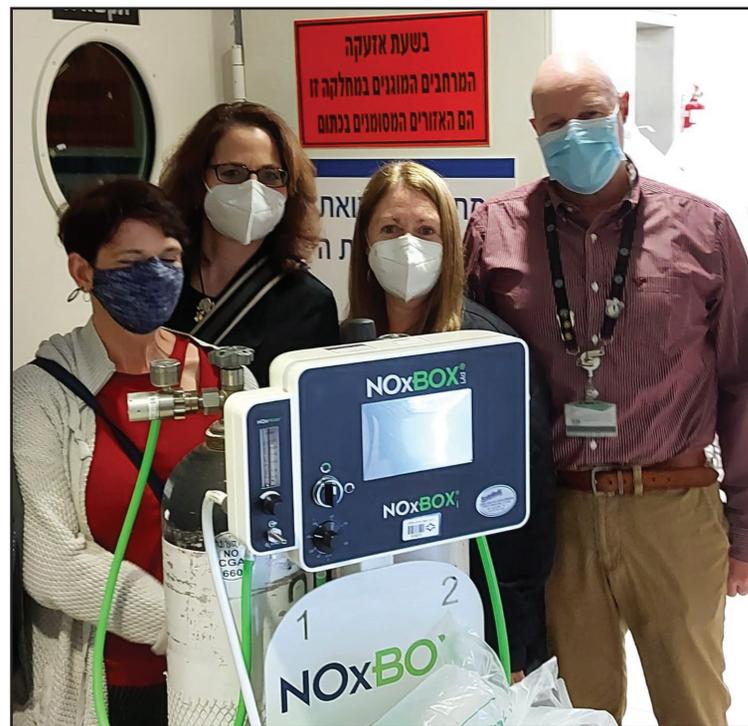
As UJF looks to bring a *shaliach* (Israeli representative) to the community in August of 2022, I was able to conduct in-person interviews with candidates selected by the Jewish Agency for Israel. Exciting news to follow in the next issue of the New Jewish Voice!



Members of the SNEC delegation meet with Oved Nur, Head of Gilboa Regional Council.



Federation CEO Diane Sloyer visits the computer room donated for Ethiopian new immigrants during COVID by SNEC.



NoxBox, which provides nitrous oxide to COVID patients, was purchased by SNEC at the start of COVID.



EMEK Hospital staff and the delegation view the Aero Seal purchased by SNEC.



Judy Alperin, CEO Greater New Haven, Diane Sloyer UJF CEO, and Heather Rubin Fiedler, VP Leadership at the Federation of Great Hartford.



President of Israel, Isaac Herzog and Governor Lamont's delegation in the Presidential garden.

This past February Connecticut's Governor Ned Lamont was joined by a delegation including representatives from Raytheon, Hartford HealthCare, Digital Currency Group, the Jewish Federation Association of Connecticut (JFACT), the University of Connecticut, the Connecticut Department of Economic and Community Development, and Connecticut Innovations, on an economic development mission "focused on building and strengthening connections between Connecticut and members of Israel's innovation ecosystem."

JFACT, of which UJF is a member, spearheaded this mission for Governor Lamont and the other attendees. Michael Bloom, JFACT Executive Director, and Connecticut Federation Directors worked with a consulting firm to develop a trip that proved to be very rewarding in many areas.

This was Lamont's third visit to Israel and the first time a Connecticut governor has been to Israel in 25 years.

"Israel really rolled out the red carpet for Connecticut. I was so impressed," said Lamont. "President Herzog said to me, 'You know, you're small and innovative and punching above your weight class just like Israel, so we should do more together.'" Lamont noted a "fun fact" about President Herzog who, as a young boy, attended summer camp in the New Haven area. The Governor also proudly noted that Connecticut is the first U.S. state to send an official mission to Israel in two years.

In addition to a tour of the Old City of Jerusalem, the delegation visited Yad Vashem, Israel's national memorial to Holocaust victims. "It

put a face on the victims, and it gave a voice to the six million who perished," he shared.

The Governor and the delegation met with partners and founders from many corporations including Strauss Group, Viola, Vintage and OurCrowd and attended several roundtable discussions with Google. The trip culminated with a VentureClash event led by Connecticut Innovations, the state's venture capital arm, and featured six pitches from Israeli companies looking to expand to the United States.

In addition to meeting with business leaders, Lamont met with several Israeli officials, including Prime Minister Naftali Bennett, Foreign Minister Yair Lapid, President Isaac Herzog, and Dr. Salman Zarka, Israel's chief COVID-19 officer. Interim University of Connecticut President Dr. Radenka Maric and representatives from Technion also led a session around their clean energy initiative.

"We had an incredibly productive trip to Israel," Connecticut Department of Economic and Community Development Commissioner David Lehman said. "The Governor led delegation meetings with high-growth Israeli companies, venture firms, established companies, and the Israeli government. Our meetings were singularly focused on how to increase collaboration between our two economies and mutually beneficial direct investment. I am optimistic about the future of the Connecticut-Israel economic relationship."



Governor Lamont is joined by members of the Afula and Gilboa Regional Council and local Federation Executives as he receives a plaque of CT Blvd which is a main street in Afula.



UJF CEO Diane Sloyer meets President Isaac Herzog



(l-r) Judy Alperin, Diane Sloyer, US Ambassador to Israel Thomas Nides, and Heather Rubin Fiedler.

Bits & Pieces



BY SANDY GOLOVE

To submit information, please call (203) 912-9945 or email sandy@ujf.org

MAZEL TOV TO GROWING FAMILIES:

Sandy Golove on the birth of a son; and to the grandmother, **Shery Hertzberg..**

Lynn & Harvey Berman on the birth of a grandson.

Judith Bragin on her 56th great-grandchild.

Joyce & Barry Chavkin on the birth of a granddaughter.

Michelle & Peter Ebstein on the birth of a grandson, **Asher Alexander Selig.**

Joanna & Mark Frank on the birth of a daughter, **Madeline Sara Frank.**

Elisabeth Giles on the birth of a granddaughter, **Tulip Giles.**

Cheryl Frydman & Larry Hillman on the birth of a grandson; and to the great-grandmother, **Gloria Green.**

Pam Ehrenkranz & Matt Greenberg on the birth of a grandson.

Sarah Mayer Hazan & Max Hazan on the birth of a son, **Levi Robert Hazan;** and to the grandmother, **Carol Battin.**

Ilana & Rigel Janette on the birth of a daughter, and to the grandparents, **Judi & Nathan Janette.**

Danielle Rein & Ari Jort on the birth of a daughter; and to the grandparents, **Esther & Harvey Rein.**

Hannah & Michael Lefkovich on the birth of a daughter, **Dahlia Hope Lefkovich.**

Alexandra & Tony Longhini on the birth of a daughter, **Avery Blair Longhini;** and to the grandparents, **Debra & David Longhini and Susan & Sandy Swidler.**

Jacklyn Mahgerefteh & Michael Weber on the birth of a daughter, **Pearl Tova Weber;** and to the grandparents, **Ellen & Richard Weber.**

Allison & Ryan Miller on the birth of a daughter, **Olivia Miller.**

Rachel & Elchonon Poupko on the birth of a daughter.

Rachel & Michael Sackman on the birth of a daughter, **Dylan Olivia Sackman;** and to the grandparents, **Gayle & Howard Rothman.**

Maggie Seligman on the birth of a grandson, **Jamie Templeton.**

Elana & Brian Tepper on the birth of a daughter, **Chloe Tepper.**

Stacey & Daniel Warshaw on the birth of a daughter, **Olivia Ryan Warshaw;** and to the grandparents, **Laura Markowitz, Victoria de Toledo & Stewart Casper and Martha & Steve Warshaw.**

MAZEL TOV ON ENGAGEMENT/MARRIAGES:

Barry Best on his marriage to **Malka Finkelstein.**

Diane & Rabbi Daniel Cohen on the engagement of their daughter, **Elisheva Cohen to Yaakov Moshe Shmidman,** son of **Adina & Rabbi Avraham Shmidman.**

Diane & Rabbi Daniel Cohen on the marriage of their daughter, **Adina Cohen to Moshe Averick.**

Gilla & Gael Jasper on the engagement of their daughter, **Temima Jasper to Yinov Segev** and to the grandfather, **David Bessaleli.**

Sharon and Jeff Lewis on the engagement of their son, **Peter Lewis to Deborah Guterman,** daughter of **Judith & Mark Guterman.**

Moshe Kaplan to Rosie Maimon.

Cindy & David Pitkoff on the engagement of their daughter, **Danielle Pitkoff to Sam Liebman,** son of **Elaine & Scott Liebman.**

Marian Freed and Roberts Martino on the marriage of their son, **Joshua, to Ariella Saperstein.**

Martha Kramer & John Zimmerman on the marriage of their daughter, **Sara, to David Stern.**

Ronnie & Gary Lilien on the marriage of Ronnie's daughter, **Julia Falkenburg to Josh Askinazi.**

Sharyn & Richard Sarner on the engagement of their son, **Bryan, to Julie Kavanagh.**

Monica Smyth & Michael Schlessinger on the marriage of their daughter, **Anna, to Joe**

Mills.

Monica Smyth & Michael Schlessinger on the engagement of their son, **Joseph Schlessinger to Ashley Rich.**

Alyssa & Joseph Wallen on the engagement of their son, **Andrew, to Alex Bayer.**

Shelly Welfeld on the marriage of her son, **Dylan Sodaro, to Paige Schwartz.**

MAZEL TOV OTHER:

MAZEL TOV B'NAI MITZVAH:

Bella Abramov: daughter of **Mariya Feldman & Alex Abramov.**

Hailey FioRito: granddaughter of **Susan & Len Mark.**

Yakira Hochman: daughter of **Sarah & David Hochman.**

Isaac Jablonka: son of **Alyssa Terk & Denis Jablonka;** and to the grandparents, **Rachel & Harold Terk.**

Max Lanson: son of **Brianna & Ben Lanson.**

Sylvie Rosenberg: daughter of **Julie & Remi Rosenberg.**

Molly Wirgin: daughter of **Emily & Michael Wirgin.**

Zoe Wirgin: daughter of **Emily & Michael Wirgin.**

Kirvaya Zander: great granddaughter of **Audrey Waldstreicher**

Nava Rubin, daughter of **Michal & Jonathan Rubin.**

Henry Levin, son of **Rebecca & Bradd Levin.**

Alec Stark, son of **Amanda Sherman & Anthony Stark.**

Max Brown, son of **Susan & Stephen Brown.**

Drew Harmon, son of **Stacey & William Harmon.**

WE MOURN THE LOSS OF:

Hedda Boxer: mother of **Richard Boxer.**

Jack Robert Braka: uncle of **Karyn Bogart.**

Susan Clarke: wife of **Martin Clarke;** and mother of **Joelle Boedecker, Ari Tannenbaum and Jared Tannenbaum.**

Raymond Feinland: husband of **Doris Feinland;** and father of **Gary Feinland, Jerald Feinland and Robin Feinland and Laura Feinland Katz.**

Beverly Brevda Ferber: mother of **Carol Ferber Poser and Stacy Ferber.**

Evelyn Fowler: mother of **Mary Fowler Detienne, Daniel Fowler: Ivan Fowler and Joseph Fowler.**

Edward Gilbert: husband of **Elaine Gilbert;** and father of **Ari Gilbert, Joey Gilbert, Mickey Gilbert, Mickey Gilbert and Raph Gilbert.**

Kevin David Gittleman: brother of **Lisa Gittleman Udi.**

Dr. Raphael "Ray" Greenfield.

Linda Hochman: mother of **David Hochman.**

Dr. Jerome Eli Horowitz: father of **David Horowitz, David Horowitz, Steven Horowitz, Kathy Kraus, Barbara Horowitz Stanton.**

Sandra Horowitz: wife of **Joseph Horowitz** and mother of **Michelle Gordon, Steven Horowitz and brother of Mel Kleiman.**

Adina Rachel Jick: niece of **Jeff Pardo.**

Theda Okun: mother of **Marc Okun.**

David Kane: husband of **Carrie Kane.**

Eleanore Kase: mother of **Claire Shiffman Brenner.**

Bennet Kfare: husband of **Sherry Kfare;** father of **Dan Kfare, Zach Kfare, Jessica Niedober and Kimmie Warmflash.**

Lewis Kilstein: father of **Rabbi Avraham Kilstein, Jeffrey Kilstein and Elizabeth Seymour.**

Gloria Lederman: mother of **David Lederman.**

Stanley Mittman: brother of **Audrey Waldstreicher** and uncle of **Stuart Waldstreicher.**

Theda Okun: mother of **Marc Okun.**

Carl Olsson: grandfather of **Brett Olsson.**

Esther Raanani: sister of **Albert Bensimon.**

Madeline Schor: mother of **Barbara Berken.**

Betty Sherman: mother of **Lynn Alloy and Bob Sherman.**

Katherine Shepherd: niece of **Beth Peters.**

Laura Steinhorn: mother of **Karen Conti.**

Mark Sytner: grandfather of **Brett Olsson.**

David Wallach: father of **Barry Wallach.**

Norman Weinstock: father of **Tova Weinstock..**

← delete the 2nd period.

Spicing Things Up with Schoke JFS

(Courtesy of Schoke JFS) On Martin Luther King Jr. Day, 52 volunteers came together at Schoke Jewish Family Service to help pack spice packets for the Freedberg Family Kosher Food Pantry clients. This project was made possible in part by Bi-Cultural Hebrew Academy families.



Mitzvahs for Ukraine

(Courtesy of Chabad of Stamford) Chabad of Stamford hosted a moving live address, with participants in person and on Zoom, with Chabad *Shluchim* (emissaries) on the ground in Sumy, Ukraine, which is less than 30 miles from the Russian border. Rabbi Yechiel and Rochi Levitansky shared their experience and urged the Stamford community to take on *mitzvahs* (good deeds) for Ukraine. Launching a "*Torah, Tefillah and Tzedakah*" campaign, Chabad of Stamford was able to raise much needed funds for the people of Ukraine as well as encourage the community to help the people of the Ukraine through prayers and good deeds.



Friendship Circle Conducts 2022 Fairfield County Training

(Courtesy of Friendship Circle) Friendship Circle Mitzvah Volunteer Program (MVP) has completed the first part of training for this year. The program explores different topics on interacting with people with special needs. It is a precursor to the Friendship Circle High School Volunteer program. Approximately 50 pre-teens and teens across Fairfield County who are Bar and Bat Mitzvah age participated in the training. Locations included Westport, Stamford, New Canaan, Fairfield and Greenwich.

The training consisted of three sessions. The first session explored the difficulties that occur when judgment is passed on people. The second session broached the topic of

communication and how it is possible to communicate with people, even if they are unable to use spoken language. The third session discussed sensory overload, what it means and ways to understand how this phenomenon affects people.

Now that the participants have concluded the educational segment of the training, they are prepared to put their newly learned skills to use in closely mentored volunteer activities of their choice. Chani Cunin, who runs the MVP program, said, "It is one thing to learn about these topics in a group with your friends. It is another thing to process what you have learned and put it into action working with people with special needs. Our Bar and

Bat Mitzvah volunteers have the opportunity to participate in a bowling program, Purim program or other events where they will be with people with special needs. Other older volunteers are there to help them along in what are, for many of them, their first hands-on experiences being friends with people with special needs. This gives everyone the opportunity to learn and grow in a comfortable and supportive environment."

To become involved with the Friendship Circle, please reach out to Director Malya Shmotkin at malya@friendshipct.com.



Josh Gelb, one of the new volunteers, asks a question.

Camp Laurelwood Receives Funding for Mental Health

(Courtesy of Camp Laurelwood) Foundation for Jewish Camp (FJC), the central organization for non-profit Jewish camps in North America, recently selected Camp Laurelwood to participate in a ground-breaking initiative to enhance the MESSH (mental, emotional, spiritual, and social health) of its camp community. Kicking off this spring, the second cohort of the Yedid Nefesh (beloved soul) initiative of FJC will receive extensive financial and educational resources as well as access to a community of over sixty Jewish day and overnight camps across North America that are taking a holistic approach to mental health.

Rabbi James Greene, Camp Laurelwood's Executive Director, noted how this new initiative aligns with Camp's core values. "We envision a kinder world that is supported by a vibrant Jewish community.

Improving our camper care and the MESSH support we offer will only help make Camp more kind and more vibrant, and allow us to meet the needs of another generation of campers who will call Laurelwood home. Most importantly, Camp Laurelwood is a year-round agency that supports our region. We are eager to explore how this work during the summer will expand out to the communities where our campers live in the years ahead."

As part of the second cohort of Foundation for Jewish Camp's Yedid Nefesh program, Camp Laurelwood will receive up to \$32K in direct funding over the course of three years. These funds will be used to hire a qualified mental health professional, provide enhanced counselor training, establish proactive wellness activity areas, and develop tools to destigmatize mental

CONTINUED ON PAGE 22



B'nai Mitzvah Volunteers Miri Gordon, Shira Loewenstein, Sadie Palker, Eliora Wolfe, Zach Neer and Leo Geller

Youth Night with Young Israel



Gym With Jerry.



A Fun Night Bowling.

(Courtesy of Young Israel of Stamford) There was something for everyone at Young Israel of Stamford's "Youth Night Out". Younger kids enjoyed "Gym with Jerry", while the older kids had a fun night of bowling at Bowlmor Lanes in Norwalk.



"Maimonides: The Physician's Approach to Modern Medical Ethics"

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Dr. Daniel Eisenberg

6:00pm

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Dr. Eisenberg is a Professor of Diagnostic Imaging at Thomas Jefferson University School of Medicine & a practicing radiologist in the Department of Radiology at the Albert Einstein Medical Center in Philadelphia.



RSVP at www.ujf.org/medicalethics

Committee: Kayla & Leon Hanna, Shara Israel, Allison Ostroff, Remi Rosenberg, & Mark Rosovsky

For more information contact Sharon Franklin at sharon@ujf.org/203-321-1373 ext. 109

Friendship Circle Gathers for Super Bowl Sunday

(Courtesy of Friendship Circle) On Super Bowl Sunday, members of the Friendship Circle, just like many other people in America, gathered for an evening of sports and fun. Robin Fischel, Friendship Circle Board member, hosted the party at her family's home.

"Super Bowl LVI had extra meaning this year because of the Friendship Circle," said Fischel. "My family and I were honored to host Friendship Circle's Super Bowl party for adult Friendship Circle friends. We had a wonderful time watching the game, eating great food, and a rousing game of Bingo that everyone won a round! My five year old son, Shane, even broke out his guitar at the end and showed off some of his moves in competition with the halftime show! It was truly a Super Bowl to remember!"

Members of Adult Circle were invited to watch the game with their special friends. It was hard to say which part of the evening the participants enjoyed the most. Typical game fare was served for dinner including hotdogs, fries, chips and cookies. Friends enjoyed watching the Super Bowl together, as well as playing board games and hanging out.

Chaya Hanoka, who coordinated the event said, "It was so great to gather in



Marj Freeman, Robin Fischel (host), Danny Freeman, Sam Linzer, Kalri Lowe (therapist) and Daniel Radin

person to watch the big game. Adults with special needs were able to participate in an American tradition and enjoy the evening with their friends, just like everyone else. This ongoing tradition has been taking place for years and we look forward to doing it again next year."

In order to learn more about the Friendship Circle and to become involved, please contact Director Malya Shmotkin at malya@friendshipct.com.



Chani Cunin (teen volunteer coordinator) and Daniel Radin

Celebration at 100!



(Courtesy of Schoke JFS) Schoke Jewish Family Service was beyond excited to join Mr. Charles Ohlenberg, his family, and the Korn family in celebrating his 100th birthday! The Korn family, who are Schoke JFS volunteers, celebrated his 99th birthday with him as well. Mr. Ohlenberg was part of the Kindertransport to England which allowed him to survive the Holocaust.

Bringing Judaism To Life



New Canaan Hebrew School students "tour" ancient Jerusalem wearing virtual reality headsets.

(Courtesy of Chabad of New Canaan) Learning is brought to life at the New Canaan Hebrew School. The children at the New Canaan Hebrew School experienced a virtual tour of the Beit Hamikdash in Ancient Jerusalem. The children have been exploring their history as Jews in the land of Israel, and why Israel is an integral part of their heritage.

The New Canaan Hebrew School meets weekly, between September and June, at The New Canaan Community YMCA.

For more information contact Michal Mendelow - 203-972-7708, michal@newcanaanjewish.org or visit www.newcanaanjewish.org

Friendship Circle's Cooking Circle Returns on Zoom

(Courtesy of Friendship Circle) During the pandemic of the past two years, when many activities pivoted to Zoom, one of Friendship Circle's most popular events was the Cooking Circle. This activity had taken place in person on Sundays and was revamped to work on Zoom. Volunteers and their special friends met in breakout rooms to cook delicious treats together online.

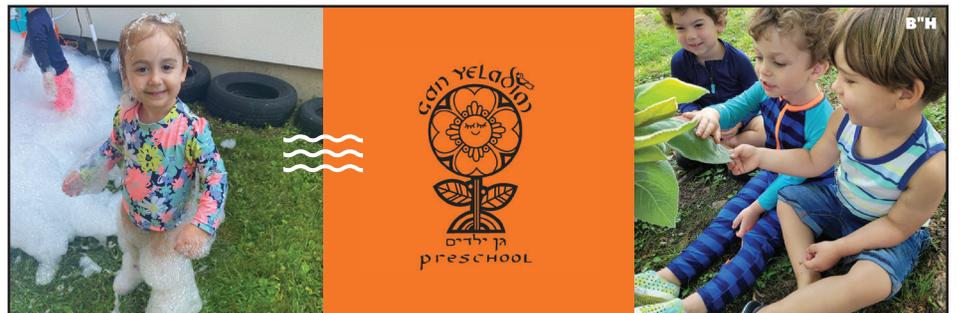
This year's Cooking Circle took place on Thursday nights. It was a three part series, where each Thursday a different part of a Shabbat meal was prepared. The volunteers and participants receive a bag with the week's ingredients, along with a step by step recipe book with pictures. This year's delicacies included challah, apple kugel and brownies.

Each evening cooking circle began

with the group all meeting together on one screen. Participants sang Friendship Circle songs and had circle time. Once everyone had a chance to see each other, volunteers and their special friends had their own time together in a breakout room as the volunteers helped their friends prepare that week's treat.

Roger Lob, Friendship Circle parent and past president, remarked, "The cooking program last night was unbelievable. The preparation was phenomenal. The easier it seems, the harder people have prepared."

To become involved with the Friendship Circle, contact Director Malya Shmotkin at malya@friendshipct.com



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NextGen Strikes Up Some Bowling Fun



Young Jewish leaders enjoyed a night out at Pinstripes bowling alley in Norwalk.

(Courtesy of UJF) It was a night of bowling fun for the NextGen community in March with a group of nearly 60 young Jewish leaders gathering together at Pinstripes bowling alley in Norwalk's Sono Collection mall.

The event, which attracted NextGen dwellers from Stamford, New Canaan, Darien and Greenwich, sought to celebrate the end of a long winter and the beginning of everyone coming back out to socialize with their peers.

And socializing is exactly what happened. Each bowling lane glowed, groups of friends intermingled, and the atmosphere was bright, noisy and joyful.

"Honestly, I don't even bowl. I came

for the atmosphere and to see friends both old and new. It's nice to get back out in the world again and feel like you're part of a larger community," said Jonathan Miller, an attendee of the evening who lives in North Stamford.

Bowling night was the third event that has taken place in the newly relaunched NextGen program. The mission of the initiative is to serve as a connector for all young Jews, regardless of background or affiliation. It also seeks to build community through social events, fun and meaningful volunteer programs, educational activities, and philanthropy. To get involved, contact Melanie Vorm at melanie@ujf.org



UConn Hillel's Spring Semester

(Courtesy of UConn Hillel)

UConn Hillel continues to create innovative programming to keep students engaged and connected with each other and their community. Hillel kicked off the spring semester with a student leadership retreat to help prepare the student board and interns for a strong semester ahead. A retreat highlight was the opportunity to create their own "leadership credos" in a session led by UConn alum and communications guru Myles Martel '65. As all programming is student-initiative and student-led, the retreat offered them the opportunity to learn how to design successful programs, navigate challenging situations and build campus partnerships.

With support from a Hillel International Micro Grant, UConn Hillel hosted a well-attended HillelWell Fair in February to help students destress as they prepare for midterm exams. Featuring self-care stations such as candle-making and essential oils, lots of giveaways and a visit from Office Tildy, UConn PD's very popular facility dog, this event provided an opportunity for students to relax and take care of themselves during a stressful time during the semester.

Some of Hillel's more popular programs this semester have been the weekly learning fellowships. UConn Hillel is offering a Jewish Learning Fellowship, which is a 10-week course of intellectual and experiential learning for students looking to deepen their understanding of Judaism. This semester's classes include, "Life's Big Questions: or, How to Get More Out of College" which offers students an opportunity to explore Judaism in a safe space and on their own terms. Hillel is also offering an Israel Learning Fellowship "Kol Yisrael- Ethnic Minorities". This six-week course explores how ethnic minorities balance "becoming



UConn Hillel students enjoy a Shabbat program with Interim President Dr. Radenka Maric.

Israeli" while maintaining an identity rooted in their historical narrative. Exploring five of Israel's numerous ethnic groups, students will dive into questions of identity and inclusion and discuss how the values of unity and uniformity animate in Israel and in Hillel spaces.

A weekly Hillel highlight is a themed Shabbat featuring student-led services as well as a free kosher dinner in partnership with UConn Kosher Dining. Most recently, Olympics Shabbat was on February 18 and it enhanced awareness of Jewish Olympians through the decades. Hillel is looking forward to bringing Shabbat programming back to the UConn Stamford campus this semester with special thanks to a grant from United Jewish Federation of Stamford, New Canaan and Darien's annual campaign.

The spring includes a Purim Formal, a screening of the Menachem Begin documentary "Upheaval" featuring Q & A with the film's producer, a stand-up comedy show with Israeli comedian Modi and Good Deeds Day which will feature over 15 community service initiatives for the campus and broader community.

UConn Hillel is also thrilled to have a full bus for the May Birthright trip. With trips having been canceled for over two years due to COVID, it is very exciting to bring over 30 UConn Huskies to experience the Holy Land.

Connecting With Crafts



(Courtesy of Chabad of Stamford) Chabad of Stamford's Jewish Women Connected met for a fun evening making Shabbat boxes and challah boards at Board & Brush in Norwalk.

Your Community
Impact!

Good Deeds Impact The Community

(Courtesy of Schoke JFS) The COVID-19 pandemic brought a lot of unwanted changes; however, with funding from United Jewish Federation of Greater Stamford, New Canaan, and Darien and the need to adapt to a new normal, the Freedberg Family Kosher Food Pantry is making a worthwhile and innovative change.

The Schoke JFS food programs will be utilizing a platform called *PantrySOFT*™ to better track pantry inventory, client outreach and the services the agency provides, and most importantly, to get the pantry online for the most dignified and financially responsible approach to serve clients.

The *PantrySOFT* system will allow for inventory to be tracked as food comes in from the agency's food banks and community partners. Similar to FreshDirect and PeaPod, every client will have their own login and will be able to "visit the kiosk" to see what is stocked in the pantry. They will then be able to choose the food they want based on the number of people in their household and utilizing a simple point system. Schoke JFS will be able to encourage healthier food choices by having items like fresh fruits and vegetables ranked as fewer points than pasta, white grain products or high salt foods allowing people to order more food if they choose better. At the end, clients will check out by choosing when they will pick up their free kosher grocery order during scheduled open pantry hours. For those clients who may have trouble with the technology, either because of age or language, regular monthly wellness check-in calls in the client's native language will serve a second purpose to place their grocery order with the help of one of the Schoke JFS case managers.



PantrySOFT makes utilizing the food pantry accessible.

"Federation is thrilled to be able to fund this important initiative through a grant from the annual campaign. Knowing that the *PantrySOFT* digital platform will help reach additional clients and provide a service in a more direct and dignified manner, is a win for all", shared UJF CEO Diane Sloyer.

Volunteers will still be essential to serving pantry clients. During open pantry hours, volunteers will be needed to help those who visit and have not yet placed their order. With the help of an iPad, clients can place their order in live time, like a "to-go" order, and it will be packed by pantry staff or a volunteer in a matter of minutes while they wait. Additionally, volunteers will be needed each afternoon, following pantry hours, to pack the custom orders that are scheduled for pick up the following day.

Utilizing this new software will bring the Freedberg Kosher Food Pantry into the 21st century while providing more food to more people in as dignified and client-focused way as possible while also managing valuable resources effectively.

For more information about *PantrySOFT* or Schoke Jewish Family Service Programs, please contact Leah Schechter, Chief Program Officer at 203-921-4161, lschechter@ctjfs.org.

Schoke JFS Receives Holocaust Survivor Adult Care Grant

CENTER ON HOLOCAUST SURVIVOR CARE
JEWISH FEDERATIONS INSTITUTE ON AGING AND TRAUMA

The Jewish Federations®
OF NORTH AMERICA



Anachnu Director Marina Sapir, far right, meets with participants.

(Courtesy of Schoke JFS) Schoke Jewish Family Service, United Jewish Federation of Greater Stamford, New Canaan and Darien, and Federation for Jewish Philanthropy of Upper Fairfield County are proud to announce that Schoke JFS has been awarded a grant from Jewish Federations of North America's (JFNA) Center for Holocaust Survivor Care and Institute on Aging and Trauma.

This award will provide \$100,000 a year for two years in new programming for seniors and the Anachnu Holocaust Survivor Program at Schoke JFS. In addition, Schoke Jewish Family Service will receive intensive training on Person-Centered, Trauma-Informed (PCTI) care. Matt Greenberg, President and CEO of Schoke JFS said, "Schoke JFS is thrilled to have this support from JFNA and the Network of Jewish Human Service Agencies to enable the agency to reach more elderly clients through the agency's extensive programming."

Jewish Federations launched this program in 2015, following an award from the Administration for Community Living. Acknowledging Jewish Federations' profound impact, the federal government has increased the funding through the years, highlighted Jewish Federations' approach as a model for serving all older adults, and empowered Jewish Federations to be the national resource center on aging and trauma.

"National Federation's Washington Office has been successful at lobbying funds to support this and other worthwhile initiatives to benefit our local communities. The impact of the six million dollars recently awarded will impact these vulnerable populations, and we are so grateful that SJFS received this significant award," shared Diane Sloyer, UJF CEO.

Schoke JFS will promote the cognitive health and well-being of Holocaust survivors and older adults with a history of trauma through additional sessions of the Brain Fitness cognitive remediation program. The Brain Fitness Group will be led by trained neuropsychologist and Schoke JFS Brain Fitness Coordinator, Dr. Toby Lazarus. Sessions are offered on Mondays and Wednesdays at 10:30 am on Zoom and focus on improving brain health and understanding brain functioning. Participants are welcome to join both sessions.

Schoke JFS will also promote physical health for Holocaust survivors and seniors with trauma through the introduction of a Healing Chair Yoga Group which blends both chair yoga and meditation techniques for soothing the mind and relaxing the body. Classes will be held on Zoom and the schedule will be announced on the website.

To register for the support groups, please go to: www.ctjfs.org/counseling/groups/ or call (203) 921-4161.

United Jewish Federation's Women's Philanthropy

'Spring Dinner

With Guest Speaker Corie Adjmi

Co-Chairs: Heidi Ganz & Caroline Marciano

Wednesday, May 18th 6:30pm
Waveny House
677 South Ave, New Canaan, CT

More information and registration at
www.ujf.org/Springdinner22

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 our 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.

Anonymous (29)	Sylvia and Herb Gladstone*
Adrienne and Michael Alexander	Leslie Glenn
Alice and David Andersen	Robin Frederick and Michael Gold
Jeri Appel	Cyndy and Eric Goldberg
Mark Appel	Marilyn and Irving Goldblum
Ricky Snow Arbron	Alicia and Jason Goldstein
Suellyn Bache	Caryl Goldstein*
Monica Becker and Edieal Pinker	Meryl and David Gordon
Rachel Tyd and Robert Beldock	Nan and Paul Gordon
Gayle and Mitchell Bell	Linda B. Gornitsky
Debra and Michael Berg	Ethan Green
Devra Jaffe- Berkowitz and Parry Berkowitz	Shira Green
Berkun Family	Sharon and Larry Greenberg
Darona and Rabbi Tzvi Bernstein	Edward J Greenberg
Melody and Claude Bernstein	Susan M Greenberg
Bruce Blasnik	Pam Ehrenkranz and Matt Greenberg
Judith B. Block	Grecia and Ron* Gross
Amy and Henry Bubel	Scott Handelman
Blake and Daniel Bueckman	Jacqueline Herman
Roberta and Alan Cohen	Dr. Shara and Rabbi David Israel
Andrea and David M. Cohen	Sari and Alan Jaffe
Diane and Rabbi Daniel Cohen	Meryl and Ron Japha
Malerie Yolen-Cohen and Jeff Cohen	Sadae and Michael Kadish
Judy and David S.* Cohen	Judith and Grant Kallen
Mimi Cohen	Helene and Harvey Kaminski
Rachel and Ephraim Cohen	Chanie Kamman
Saul Cohen*	Dr. Jan Kaplowitz
Tracy and Nahum Daniels	Jason Kaplowitz
Janice Steinberg and Stephen Davidson	Roni Kaplowitz
Andrea Dener	Lisa and Arnold Karp
Elayne Dener	Jeannie Kasindorf
Helen and Marty Donner	Jessica and Ilan Katz
Fran and Bob Dorf	Joy Katz
Shoshana Dweck	Judith and Sheldon Katz
Debra and Dan Faizakoff	Larry Katz
Michelle Fanwick	Betsy and Peter Kempner
Esta and Jay Feinsod	Madelyne Kirch
Sharon and Michael Feldstein	Liz and Marc Kitay
Peggy and Jerry Fensterstock	Elissa and Philip Klapper
Linda Hurwitz and Richard Fine	Harris Kligman
Robin and Jason Fischel	Susan Kostin
Stephanie and Howard Fogel	Arthur Kramer*
Lenore and Dr. Ilan Fogel	Norma Kraut
Miriam Lavinsky and Morton Folb*	Jeannie and Brian Kriftcher
Sharon Franklin	Carol and Allen Krim
Connie and Alan Freeman	Elizabeth and Scott Krowitz
Susan Frieden	Svetlana Kunin
Rachel and Keith Friedman	Jackie and Marshall Kurland
Marc Friedman	Lorraine and David Kweskin
Donna and Edward Fuhrman	Helen and Ed Kweskin
Nancy and Mark Funt	Lieba and Steve Lander
Lesley and Dennis Gehr	Shelley Leibowitz
Gary Gepner	Lois D. Stark and Gary P. Lessen
Carole Gladstone	Elizabeth Libner
Herbert Gladstone*	R. and J. Licht

Ronnie and Gary Lilien
 Vered and Mark Links
 Lisa and Seth Linzer
 Eleanor and Mort Lowenthal
 Stu Madison
 Lisa and Jeff Manheim
 Norma and Milton Mann*
 Susan and Len Mark
 Chris Maroc
 Melanie Massell
 Michal and Rabbi Levi Mendelow
 Nancy Zinbarg Mimoun
 Marguerite and Kenneth Neuhaus
 Rose and Bruce Newman
 Marsha and Louis Panzer
 Leah and Doni Perl
 Dr. Robin Evans and Dr. Jeffrey Perry
 Caryl Ferber Poser and Peter Poser
 Enid Randall*
 Bonita and Stephen Rappoport
 Judith Raymond
 Lisa and Harry Rich
 Judy and Adam Rin
 Betty and Dan* Roberts
 Sonia and Brian Roitman
 Romanowitz Family
 Arlene and Carl Rosen
 Arlene Rosen
 Irma Ross
 Sandra Ross
 Sally and Jim Rothkopf
 Ruth Rothseid
 Linda and Leonard Russ
 Bonnie Russo
 Edith Samers
 Renee Samson*
 Sharyn and Richard Sarner
 Leah Schechter
 Hilde Scheraga*
 Jayne and Bud Schiff
 Carol Ruth and Herman Shepherd*
 Nancy Schiffman
 Monica Smyth and Michael Schlessinger
 Elayne and James Schoke*
 Chaya and Levi Segal
 Myrna and George Sessa
 Diane and Steve Shaby

Jessica and Laurence Sheinman
 Leah and Rabbi Moshe Shemtov
 Marsha Kaiser Shendell
 Stephanie and Bob Sherman
 Malya Shmotkin
 Ronnie Ness and Dr. Steven Sichel
 Miriam Landsberg-Silverman
 and Eliezer Silverman
 Paula Simon
 Diane Sloyer
 Diane and Elliot Sloyer
 Ed Smith
 Greta Solomon
 Miriam and Steve Sosnick
 Sandy and Moshe Speter
 Ed Spilka
 Eileen and Fred Springer
 Beverly and David Stein
 Betsy and Michael Stone
 Gladys and Greg Teitel
 Dr. Julie and Rabbi Jay TelRav
 The Estate of Sheila Carmine*
 The Estate of Thomas Gilmartin*
 The Estate of Ronald Gross*
 Pamela and Richard Vogel
 Annie and Jeremy Watman
 David Wayne
 Ellen and Richard Weber
 Linda B. Gornitsky and Harvey Weber
 Dana and Carl Weinberg
 Leon Weisburgh
 Janet Welkovich
 Robyn and Mark Winarksy
 Neda Khaghan and Robert Yaghoubian
 Rita and Abe Yellen
 Sheryl and Dan Young
 Lauren and Joe Zalis
 Joan Zinbarg*
 Renee Zinn

**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.



United Jewish Federation
OF STAMFORD • NEW CANAAN • DARIEN



GATHER TO REMEMBER

HOLOCAUST

REMEMBRANCE DAY | April 27 - 7 pm

Join United Jewish Federation of Greater Stamford, New Canaan and Darien and UJA-JCC of Greenwich in a Yom Hashoah commemoration.

Guest speaker, survivor **Endre Sarkany**

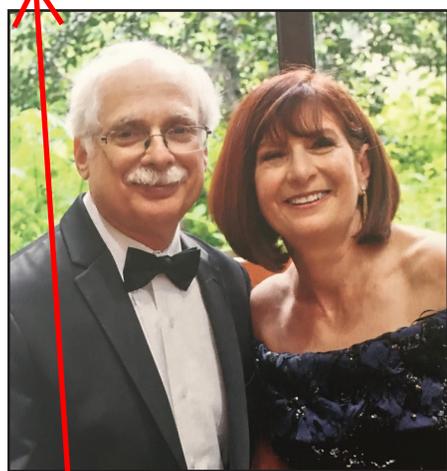
Temple Sholom, 300 E. Putnam Ave., Greenwich
Register at www.ujf.org/YH22

LIFE & LEGACY Testimonial

Each edition of the New Jewish Voice will feature 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, visit ujf.org or call Lenore Fogel at (102) 321-1373, extension 115 or Lenore@ujf.org

ELLEN AND RICHARD WEBER



Richard and Ellen Weber

TESTIMONIAL

In 1987, Richard and I moved to Stamford from central Pennsylvania with our then little one, Robin. We chose Stamford for several reasons: Richard was opening his ophthalmic retina practice, I was returning to work at Nynex, located in White Plains, and Stamford appeared to be a nice Jewish community to raise a family. Happily, Stamford has proved to be an outstanding place to be, on all accounts.

Richard and I were both raised in Jewish communities where our parents were active in our synagogues. My mom was very involved in the Bellerose Jewish Center's Sisterhood and Richard's dad was active at Temple Sholom of Westbury and was, in fact, one of its founders. These communities have changed over the years and so too the Jewish community institutions. That is something that weighs heavily on our minds regarding the future of our wonderful Jewish community here in Stamford and the main reason we are LIFE & LEGACY participants. We are blessed that our daughter Robin, her husband Jason, and our two grandchildren live in Stamford and are active in so many of the Jewish organizations, including UJF. Our hope

is that this Jewish community remains strong and vibrant not only for them but for generations to come.

For the last 20 years, I have been very involved in a variety of leadership roles of United Jewish Federation. I have seen first hand the impact UJF has had on our local Jewish community and on Jews globally. Thanks to the efforts of UJF, eleven community Jewish organizations were accepted to partner with the Harold Grinspoon LIFE & LEGACY program. This partnership will have an enormous positive impact on our Jewish community's future. We love being in Stamford, are happy that our children have reaped the benefits of being in such a wonderful Jewish environment and believe that giving to the Life & Legacy program will ensure that our Jewish community is here for many, many years.

CONNIE AND ALAN FREEMAN TESTIMONIAL



Connie and Alan Freeman

We have been involved in the Stamford Jewish community for over 30 years.

Connie's mother lost her parents and brother and twelve other members of her immediate family in the Holocaust. So Jewish continuity has always been paramount to her, and I joined her in this commitment, with Israel being a passion we both share.

As lifelong Hadassah supporters, deeper involvement in the larger Jewish community was a natural for us. Belonging to and supporting Federation, the JCC and Schoke JFS gave us the opportunity to participate in organizations that work to take care of and enrich our Jewish community and the community at large, and to ensure a secure Israel, all driven by the Jewish and American values of fairness, equality, and Tzedakah.

We want this legacy to continue to flourish into the future for our children, grandson, and others. That's why we became LIFE & LEGACY donors.

Temple Sinai Wins LIFE & LEGACY Contest

(Courtesy of Temple Sinai) Susan Kostin of Temple Sinai is winner of LIFE & LEGACY's *Each One Reach One* competition, securing an extra \$1,000 grant for her synagogue. Susan is a Temple Sinai LIFE & LEGACY committee member, who also serves as the team recorder and reporter. Susan made her LIFE & LEGACY commitment and reached out to others to do so. Because of this, she was eligible to enter her photo in a national montage of fellow Letter Of Intent (LOI) signers across the country, who have also shared their stories with others in order to explain the importance of legacy giving. Susan also serves on the Board of Directors and Executive Committee of United Jewish Federation.

Arlene Schiff, National Director of LIFE & LEGACY, said, "*Each One Reach One* promotes the concept of current legacy donors reaching out to family and friends to share the way they chose to leave a legacy and to encourage others to join them. During the period of April 1 through December 31, 2021 the Harold Grinspoon Foundation asked those who took the step of reaching out to let us know they had done so by uploading a photo to our website photo mosaic. We then chose 10 donors from across North America to honor for having reached out to others by making a \$1,000 donation to the organization of their choice. Susan's commitment to the Stamford, New Canaan and Darien Jewish community is clear. We are pleased to show our appreciation and gratitude



Susan Kostin

for her willingness to share her legacy story with others by honoring her in this way. We hope Susan's actions will motivate others in the community to make a legacy commitment and share their story."

Susan does not usually enter these types of competitions. "Because this was through the Harold Grinspoon Foundation and Federation, I knew it was a trusted source and I would not be at risk for spam or identity theft. While I did not expect to win, I was pleasantly surprised and thrilled!"

Temple Sinai has put this extra \$1,000 into their endowment fund. "Since our participation in the LIFE & LEGACY program, Sinai's endowment has increased by more than \$200,000 in realized cash gifts, and that does not include future commitments," Susan said.

To sign your legacy Letter of Intent, please contact Lenore Fogel at lenore@ujf.org or reach out to the participating organization(s) of your choice.

Camp Laurelwood Receives Funding for Mental Health

CONTINUED FROM PAGE 17

health in their broader community. FJC's Yedid Nefesh initiative is generously funded by The Marcus Foundation.

Elizabeth Kaplan, Camp Laurelwood's Director of Camper Care, shared about the Camp's investment in Youth Mental Health First Aid. "Having the resources to offer specialized mental health training for our staff ultimately provides a better experience for our campers, and we hope to be able to share that training with other programs and agencies in the coming years."

"By investing in embedded and sustainable MESSH support systems, Camp Laurelwood is creating a healthy space for campers and young staff to engage in self-discovery, strengthen their sense of resiliency, and flex interpersonal skills - all while benefiting from the sense

of belonging and Jewish community that they are known for," says Jill Goldstein Smith, senior program manager and Yedid Nefesh project lead at FJC.

Applications are currently open for Camp Laurelwood as they prepare for their 85th summer! Families interested in their commitment to mental health can learn more at www.camplaulwood.org or by calling the Camp office at (203) 421-3736.

Camp Laurelwood is an agency of the Jewish Federation of Greater New Haven and a member of the Association of Independent Jewish Camps, and is accredited by the American Camp Association and the State of Connecticut. It is the only Jewish sleepaway camp in CT.

PJ Library Corner

BY SHARON FRANKLIN



Sharon Franklin

- Save the date for a Pre-Passover Supper and Song, hosted by United Jewish Federation's PJ Library, with food, crafts, and music. Thursday, April 7th at 5:30 pm. Registration is required! Sign up at www.ujf.org/pjpassover.
- Kids 8-12 are invited to a fun and tasty virtual program for UJF's PJ Our Way "Matzah Wars: Face Off" on Sunday, April 10th at 3:00 pm. Join other PJ Our Way tweens from Rochester, NY for an afternoon of friendly competition - who can make the most creative matzah pizza and dessert face? Kids will vote on their favorite, and the winner will receive a prize! Sign up at www.ujf.org/pjow/matzah. A suggested ingredient list will be provided.
- Books for all! Families are eligible to receive one free book per child per

month. It's easy to sign up! Just go to www.pjlibrary.org and fill out the online form, and books will arrive within a month or two. For children ages birth to 8 years old.

- PJ Our Way offers kids 8 1/2-12 a free chapter book each month. Tweens can choose from a selection of four high-quality titles that have been reviewed by a panel of PJ educators, kids, and parents. To sign up go to www.pjourway.org.
- Grandparents in Stamford, New Canaan and Darien can now receive a free subscription of PJ's PROOF Magazine and two free books each year. Sign up at: www.pjlibrary.org/grandparent-enrollment.

Your kids will enjoy helping you make this recipe for Passover: Potato Kugel Pizza for Passover

INGREDIENTS:

- 4 medium Yukon gold potatoes
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp fresh chopped or jarred garlic

(jarred is preferable)

- ½ cup matzah meal
- 3 large eggs
- Olive oil
- Jarred (or homemade) tomato sauce
- ¾ cup shredded mozzarella
- ¼ cup shredded cheddar
- 2 Tbsp crumbled goat cheese (optional)
- Other toppings such as peppers, broccoli, olives, fresh basil, tomatoes

DIRECTIONS:

Preheat oven to 400 degrees. Add a few Tbsp oil to a rectangle or round shaped pan and place in the oven while you prep the remaining ingredients. (You want the oil to get hot so that the kugel is crispy).

Peel potatoes, cut into large chunks, and put through a food processor. You can also hand grate them using the course opening of a grater.

Whisk the three eggs in a large bowl, and add salt, pepper, and garlic. Add potatoes and combine with your hands or a spatula. Add matzah meal and mix again.

Once the oil has heated in the pan,

reduce oven temperature to 375 degrees. Spread the potato mixture into an even layer all over the bottom of the pan using a spatula.

Bake for 35 minutes until the bottom and top are crispy. If the top isn't crispy enough, bake for another 5-10 minutes.

Add sauce and cheese (and any toppings you want) and put back into the oven for around 4-5 minutes, or until cheese is melted and sauce is heated through.



Try making this Potato Kugel Pizza Passover recipe with your kids during the holiday!

PJ Library Celebrates Purim



David Warmflash and his "bunnies" enjoy the PJ Library Purim event.



BCHA teen volunteer Sophie Palker helps kids at the bean bag toss game.

On Sunday, March 13, PJ Library held a carnival-themed Purim event, in partnership with Bi-Cultural Hebrew Academy (BCHA). Families got a chance to celebrate with games, a bouncy house, crafts, and carnival-themed snacks. The program allowed guests to socialize in person with friends and

meet new people, while allowing prospective families to see the school and talk to BCHA staff.

To learn more about UJF's PJ Library, contact Sharon Franklin at sharon@ujf.org. Contact Miriam Sperber at msperber@bcha-ct.org for information about BCHA.



Mouchka Heller and her son pick out a prize at the Carnival.



Ro Wexler and her daughters in costumes for Purim.



Shush Yasgur helps a unicorn and two princesses pick out snacks.

Acts of Kindness Plus Pizza



Participant make pizza with Bradley Lowenstein.

(Courtesy of Young Israel of Stamford) Young Israel of Stamford middle schoolers spent the day volunteering at "Wheel it Forward", a nonprofit lending library of durable medical equipment and assistive technology, helping sort and inventory medical supplies for those in need. This was followed by "Pizza Making with Bradley Lowenstein" in his backyard brick oven.



Elliot Sloyer (right), founder and CEO of Wheel It Forward, with Young Israel middle schoolers.

PJ Library Feature Family The Quamily family

(Courtesy of UJF) Rob, Erica, and Parker Quamily live in Norwalk, CT. Erica is a long-time Temple Sinai of Stamford staff member, and she is currently the Religious School and Youth Director. Rob is a Local 40 Union Iron Worker and spends his days outdoors on the bridges of the five boroughs. Parker spends her days in childcare in Norwalk, where she has both Jewish and secular education; she is three going on thirteen! They can regularly be found at the Temple Sinai playgrounds, Cranberry Park, Stepping Stones Museum, and the Norwalk Aquarium.

What is your family's favorite PJ Library book(s)?

Parker loves *Does Your Dog Speak Hebrew? A Book of Animal Sounds*. We often go through it two or three times, having fun making animal sounds in Hebrew



(l-r) Parker, Erica, and Rob Quamily.

and English. Another favorite is *Laila Tov, Moon*; a few months ago, we even made the different phases of the moon with cookies with help from the activity in the back of the book. Our PJ Library books are on regular rotation at bedtime.

Why is PJ Library important in your home?

PJ Library has helped me bring Judaism into our home through storytelling as a Jewish parent. The books are different from many I find on the shelves at a bookstore or library. We love to do the activities that come with some of the books. The books themselves are gorgeous and well presented for both children and adults. We also

talk about how so many other Jewish families receive the same book as we do and how cool it is to all be connected through PJ Library.

What is your bedtime routine like?

Does it include a PJ Library story?

We try to incorporate reading into bedtime every night; Parker chooses two books per night, sometimes we read the same PJ Library book multiple nights in a row! Occasionally, she chooses a book to bring to school to share with her friends.



Parker Quamily uses cookies to show the cycles of the moon, an activity in the PJ Library book *Laila Tov, Moon*.

PJ Our Way Tweens Get Packing

(Courtesy of UJF) Local tweens gathered in early March for United Jewish Federation's "PJ Our Way Packing Party." Participants wrote personal notes and put together Purim bags (*Mishloach Manot*) filled with a variety of treats and snacks, which were later delivered to local seniors through Schoke Jewish Family Service. Kids performed a *mitzvah* and met new friends. Thanks to Stacey, Todd, Sophie and Aaron Palker for chairing the event.

To learn more about PJ Our Way, check out the separate article in this issue of the New Jewish Voice. Questions? Contact Sharon Franklin at Sharon@ujf.org.



Program chair Stacey Palker helps participants pack bags for seniors.

PJ Library Connects Children with Holocaust Survivors



Holocaust survivor Edith Winick reads to PJ Library children virtually

(Courtesy of UJF) Last month, United Jewish Federation's PJ Library program hosted "Reading Buddies," a virtual program in partnership with Schoke Jewish Family Service and their Anachnu Holocaust survivor group. The goal of the program was to engage children of all ages with Holocaust survivors through stories. Thank you to Edith

Winick, who read the book *Sara Finds a Mitzvah*, and chatted with the children and parents who attended.

For more information about PJ Library, contact Sharon Franklin at sharon@ujf.org. For more information about the Schoke JFS Anachnu program, contact Rebekah Kanefsky at rkanefsky@ctjfs.org.



United Jewish Federation

To advertise, contact Diane Sloyer at: dianesloyer@ujf.org or (203)321-1373

Chag Pesach Sameach

from your friends at Federation

Wishing you and your loved ones a meaningful and happy Passover.

There's no better time to be reminded of new beginnings and the renewal of spring.

Thank you for all you do to create new beginnings for Jews here locally and all over the world.

Israeli Virtual Hospital Is Caring for Ukrainian Refugees

CTO of Sheba Beyond, a virtual hospital at Sheba Medical Center, goes with United Hatzalah's medical mission to set up remote care and monitoring.

BY ABIGAIL KLEIN LEICHMAN/
ISRAEL21C

Israel's Sheba Medical Center is spearheading a groundbreaking medical mission that is bringing telemedicine technologies to the aid of refugees.

Sarit Lerner, chief technology officer of Sheba Beyond, the virtual hospital of Israel's Sheba Medical Center, flew to Moldova Saturday night with an initial delegation of 15 physicians, medics and paramedics from Israeli voluntary emergency response organization United Hatzalah.

After landing in Bucharest, Romania, the team drove seven hours to Kishinev, Moldova, where more than 15,000 refugees from Ukraine already had fled.

United Hatzalah has sent many emergency teams to disaster sites abroad, including in Surfside, Florida, last June.

However, this is the first time a UH delegation has included a telemedicine aspect enabling on-the-spot physical examinations, prenatal ultrasounds, health vitals monitoring and blood sample analysis.

Israeli technologies including the TytoCare remote exam kit allow Sheba's physicians to lend their expertise in the field without leaving the medical center in the Tel Aviv suburb of Ramat Gan.

"This is the first time I know of that a humanitarian mission is adding extraordinary value to the first responders there," says Dr. Galia Barkai, director general of Sheba Beyond.

"Sarit took with her the technology that brings all of Sheba's excellent clinicians and specialists to the war zone."

In addition to TytoCare, which Lerner used immediately to check refugee children's lungs, heart, mouth, ears, skin, temperature and oxygen saturation levels, she brought a device from Biobeat Medical Technologies that monitors vital signs and displays them on the remote physician's dashboard in real time.

She also is using Pulsion's prenatal ultrasound device that takes images at the point of care to be analyzed by Sheba OB/GYNs in Israel.

The final technology Lerner brought along is the i-STAT handheld blood analyzer from Abbott Labs.

"We can use i-STAT's portable device to perform blood chemistry and blood gas analysis," says Barkai. "I hope next time we can bring a device to do CBC [complete blood count] as well, to complete the picture."

Barkai tells ISRAEL21c that Lerner is in constant communication with Sheba's staff via video calls.

In addition to her work in the field with

first responders, she also will visit local hospitals in Moldova to assess their needs and determine how Sheba Beyond can help.

Barkai says that Sheba's administration realized the value of telemedicine even before the pandemic.

However, "during Covid-19 we had a chance to really experience a lot of these technologies because we were treating patients from a distance much more."

Sheba Beyond, she says, was a true silver lining of the pandemic.

"The world has changed to be more open to using telemedicine technologies," Barkai tells ISRAEL21c.

"Most of our experience began during the first wave of Covid-19 and by now we have seen what works well and what works less well. That's when we decided the time is right to really establish a new organization to bring Sheba's medical expertise anywhere in the world."

Lerner said that as soon as the United Hatzalah mission on behalf of Ukrainian refugees crystallized, it was clear to the leadership of Sheba Beyond that it had a role to play.

"I see the trip as a true representation of us all," Lerner said. "We have a responsibility



From left, Sheba Beyond Director General Dr. Galia Barkai, CTO Sarit Lerner and Deputy Director Hadar Amir before Lerner left for Moldova with the United Hatzalah emergency mission. (PHOTO COURTESY OF SHEBA MEDICAL CENTER)



Sarit Lerner, CTO of Sheba Beyond, on her way to help Ukrainian refugees. (PHOTO COURTESY OF SHEBA MEDICAL CENTER)

to utilize the information and capabilities that we possess in order to help others in need and provide humanitarian assistance to our fellow people anywhere in the world."

Built For This Moment Federation Rallies in Times of Crisis

United Jewish Federation of Greater Stamford, New Canaan and Darien and the 142 Federations across North America are the safety net of the local and global Jewish world, ready to act when crisis hits. The Federation infrastructure allows immediate actions when the collective Jewish people need assistance.

As the Russian invasion of Ukraine continues (at the time of printing), a major humanitarian crisis is unfolding before our eyes. Jewish Federations, partners in Ukraine, the Israeli government, philanthropic foundations, and others are working feverishly around the clock to furnish aid, including helping the thousands of Jews who are attempting to flee the country.

JFNA's (Jewish Federation of North America) Ukraine Allocations Subcommittee continues to review funding requests, and secure vital dollars raised for those doing lifesaving work in and around Ukraine. At the time of printing, 26 million dollars have been allocated. Funds have thus far been distributed to the Jewish Agency for Israel, JDC, World ORT, United Hatzalah, and Hillel International.

These collective emergency funds will address major areas of need as identified by those organizations including:

- Providing housing, clothing, medication, cash assistance, mental health services, security, and

transportation for refugees fleeing the war and those seeking to make *Aliyah*.

- Ensuring the secure evacuation of affected individuals from areas under immediate threat or where active hostilities are already taking place.
- Expediting the rapid *Aliyah* of those individuals or families who wish to move to Israel and facilitate their absorption on arrival.
- Trauma-focused therapy and emotional first-aid training for those helping refugees outside of Ukraine, as well as mental health professionals treating patients inside of Ukraine.
- Supporting delegations of medical professionals on the ground in Poland and Moldova to treat incoming refugees.

United Jewish Federation was asked to raise \$30,000 minimally to contribute to the collective. Within days UJF sent \$60,000 and that number continues to rise thanks to the generosity of Federation donors like you.

Prayers for the democratic people of Ukraine must continue and thanks to Israel, refugee camps are being set up at the borders and Ukrainian Jews are being welcomed to Israel with open arms.

For more information, please email Diane Sloyer, at dianesloyer@ujf.org.

Jewish Delegation Meets with Emirati Leadership



Shoshana Dweck (center) joins Jewish agency board members and Omar Saif Ghobash, UAE Assistant Minister for Culture and Public Diplomacy.

Shoshana Dweck, former president of UJF of Stamford, New Canaan and Darien and current member of the Jewish Agency for Israel (JAFI) North America Advisory Council attended a kosher gala in Abu Dhabi with members of the Jewish community and the Emirati leadership. Shoshana was part of a Jewish Agency mission to the United Arab Emirates, specifically

Dubai and Abu Dhabi.

The mission explored the impact of the Abraham Accords and included meetings with members and leaders of the Jewish community, our Jewish Agency *shlichim* and representatives who are on the ground working in the UAE, representatives of the Israeli government including the Ambassador, and representatives

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Novel Hyperthermic Treatment Offers Hope for Stage 4 Metastatic Cancer

New Phase nanotech company aims to transform end-stage cancer from a likely death sentence to a chronic illness.

BY BRIAN BLUM/
ISRAEL21C

It's one of the most heart wrenching moments in medicine and in life. The doctor informs a patient that his or her stage 4 cancer has metastasized all over the body and nothing more can be done except to write a referral for hospice care.

But what if there was a way to shrink those stage 4 tumors by half? It wouldn't make the cancer go away, but would transform it from a likely death sentence to a "chronic illness" with treatments required every few months.

That's what Petah Tikva-based New Phase hopes to do by applying electromagnetic hyperthermia to treat inoperable tumors. Hyperthermia is when the body is heated up.

It's been known for some time that cancerous cells don't like heat. They die when the temperature hits about 45 degrees Celsius (114 Fahrenheit). Non-cancerous cells on the other hand, can survive temperatures up to 55C/131F.

That's because tumor cells have a disorganized vascular structure which, unlike normal cells, has difficulty dissipating heat.

New Phase injects specially created iron oxide nanoparticles by IV. The nanoparticles are embedded within a phase change material (which releases or absorbs energy to provide heat or cooling) and coated with polyethylene glycol (a compound derived from petroleum).

They locate the tumors through a process known as EPR – "enhanced permeability and retention," explains Ofer Shalev, who



New Phase cofounder and CEO Ofer Shalev. (PHOTO COURTESY OF NEW PHASE)

cofounded New Phase with Dr. Rafi Hof.

"Tumor cells feed off of blood capillaries, where there is a lot of leakage," Shalev tells ISRAEL21C. "We use this to 'leak' into the cancer cells. This is the permeability of EPR."

Four hours after receiving the nanoparticle injection, the patient lies on a bed inside an RF machine that uses an electromagnetic induction system to generate non-ionizing radiation.

This radiation heats the nanoparticles to a maximum of 50 degrees Celsius by changing the polarity of their iron oxide core. Patients undergoing New Phase treatment wear a special blanket to cool themselves down.

Stage 4 metastasized cancer is particularly insidious because many of the "micro-metastases" cannot be identified even microscopically. That makes it impossible to surgically remove these kinds of tumors. But New Phase's nanoparticles can find them.

And even if not all the tumors are destroyed, the treatment turns a stage 4 cancer into something more akin to stage 2 – for which many more treatment options are available.

"Even reducing a cancerous mass by 30% to 50% is a huge achievement," Shalev points out.

If some nanoparticles find their way into healthy cells, those cells can survive. "This is how we selectively destroy only the cancer cells," Shalev says.

Why not use New Phase's technology for earlier stages of cancer?

"We can," Shalev says, "but we wanted

to start with Stage 4 cancers, where there's nothing else to offer. In Israel, 11,000 patients die every year from cancer. In the US, it's more than 600,000 – and the number is increasing by 5,000 people a year. So even dealing with just that subset of patients is a lot of work."

Shalev and his partner previously worked together at ReDent-Nova, which develops dental devices and instruments to treat root canals. They named New Phase's technology "Sarah" after Hof's mother, who passed away from lung cancer.

"We want patients to survive until [a ripe old] age and to die from reasons other than cancer," Shalev says.

New Phase has so far been tested with mice, pigs and rabbits and with "a few human patients" at a hospital in Nahariya in northern Israel. These Phase I clinical studies started with a fairly low dose.

"With every cohort, we will add more and more doses," Shalev says.

Efficacy results are not in yet. "But we know from MRI scans that the nanoparticles reached their targets," Shalev says.

The nanoparticles are developed by New Phase near Karmiel. The lab is run by three female Druze chemists from a nearby village.

New Phase is not the only company that is using hyperthermia to kill cancer cells. "But we are the only ones using it for systemic treatment," Shalev tells ISRAEL21C.

"Others inject nanoparticles into a specific tumor to treat it locally. We don't care where the micro-metastases are located. They will retain our nanoparticles and, later on, will be destroyed by the hyperthermia."

Another Israeli startup, AlphaTau, is using alpha radiation to kill tumors. This approach, too, is highly local, targeting specific tumors.

New Phase's nanoparticle treatment won't be available until at least late 2024 or early 2025. That's how long it takes to conduct all the clinical studies.

But the good news is that the approval process will be faster than if it was a drug, because the US Food and Drug Administration has agreed to categorize New Phase's treatment as a class 3 medical device.

New Phase's scientific advisory board includes Prof. Dan Peer, director of the Laboratory of Precision NanoMedicine at Tel Aviv University; Dr. Glenwood Goss, chair of the Thoracic Oncology Site Committee and a professor of medicine at the University of Ottawa; and Dr. Arnold Cyjon, former deputy head of oncology at Shamir Medical Center in Israel.

In late 2021, the company added Prof. Zeev Rotstein, the former head of Hadassah and Sheba Medical Centers in Jerusalem and Tel Aviv, respectively. Rotstein is an active adviser and has good relationships with American hospitals, Shalev notes.

Founded in 2013, New Phase has raised \$25 million to date (much of it from the family office of serial entrepreneur Aharon Lukach) and employs a multidisciplinary team of 30 engineers, biologists and chemists.

Shalev is proud that the company has a 50-50 mix of men and women, including both Jewish and Arab Israelis.

New Phase's technology will, in part, "catch up" patients suffering from solid tumor cancers with their blood cancer counterparts, where immunotherapy has already transformed many conditions, such as lymphoma, into "chronic cancers."

COMMENTARY

Is Social Media a Force For Good in Ukrainian Conflict?

We are finally seeing a phenomenon on social media that is igniting empathy as opposed to comparing and pitting us against one another.

BY JONATHAN FRENKEL

Social media during wartime can promote political agendas but also can offer an authentic snapshot into the horrors of war.

We are now witnessing a style of war eerily similar to the 1940s but viewing it in a completely different way. The nonstop videos coming out of Ukraine are informing the West's response, and on the personal level are engendering empathy for Ukrainians experiencing extreme distress.

Today, what happens online is just as important as what happens in real life, and in Ukraine's case, on the battlefield.

Military might will not be the only determining factor in how this war plays out, as widespread images of Ukrainian suffering are being used to fight Russian tanks on the world (social media) stage.

If there is a silver lining on the dark cloud of this war, it is that experiencing a reality posted online by those on the ground has made us more caring and motivated us to act.

While social media has gotten a bad rap as a platform for fake news and bullying, perhaps now it is a force for good in shifting how we view conflict – especially Gen Z-ers, who spend 8-plus hours a day online.

CHANGES TODAY

One of the reasons Europe has kicked into diplomatic high gear is that the images from

Ukraine on TikTok and Instagram are real and relatable. If it's happening in Kyiv, it could happen here.

Over the past few years, many people have gotten their news from social media content such as videos, infographics and shared stories from news sites.

A 2021 Pew study on news consumption found that "a little under half (48%) of U.S. adults say they get news from social media 'often' or 'sometimes.'"

On platforms such as TikTok, much of what we are consuming is relatable. Consider how Ukrainian President Vladimir Zelensky has mastered the ability to communicate directly with the world. He has become a beacon of hope and resistance against the odds through his daily vlogs broadcast online.

THE SOCIAL WAR

Propaganda has been used as a governmental media strategy in military conflicts since World War II, but it became high art in places like the former Soviet Union.

However, today the means of communication are in the hands of anyone with a smartphone.

In fact, social media has punctured the idea of a state-sponsored narrative.

Of course, nefarious actors understand the power of these platforms and the influencers who post on them. This can lead to spreading misinformation, like Gigi Hadad and her social media followers did when they posted anti-Israel infographics based on falsehoods

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WHY I CARE...

Focus on: Shushannah Yasgur

"You make a living by what you get. You make a life by what you give."
~Winston Churchill

Shushannah Yasgur and her husband Ari have lived in Stamford for seven and a half years. Shushannah is a journalist and is currently the Editor-at-Large at Independent Journal Review (IJR). Her husband Ari is a commercial real estate developer. They have three children, Bess (7), Naomi (4), and Gabriel (2).

Describe your involvement with United Jewish Federation and how long you have been associated with UJF.

My involvement with UJF started four years ago when I joined the PJ Library steering committee. This allowed me to



Shushannah Yasgur

learn more about UJF and what this non-profit does for our community. I quickly got involved with other UJF initiatives, including having the opportunity to attend the Behrend Institute for Leadership program in 2019-2020. I also co-chaired last year's Super Sunday and have hosted and taken part in many NextGen events. I was on the committee last year for the Women's Philanthropy Spring Dinner and enjoyed attending, along with many friends.

I have found that UJF, besides being a critical organization in our community, really does have something for everyone and every age, allowing me and my family

to get involved, take on leadership roles, and meet new people.

Have you been involved with other Jewish organizations?

I am an active member of my community, and volunteer regularly for my children's schools, Bi-Cultural Hebrew Academy and Gan Yeladim. I am on the board of Schoke Jewish Family Service, and am active at our synagogue, Congregation Agudath Sholom. I love to host and have opened my home to UJF and other organizations.

Why is it important to give back in this way?

We are raising our kids and living in a thriving community and UJF is at the heart of that community. I choose to be involved, volunteer, and donate because we know it

is important to keep Jewish life in Stamford as strong as it can be. And it's fun! We have attended some great events and made friends in the process.

Why do you think it is important for young couples and singles to get involved?

Whether you have been here for decades, or if you are new to Stamford, UJF has something for everyone, including opportunities for leadership, fun social events, critical ways to give back, and great programs to meet new people. Getting involved and volunteering is something I enjoy and find rewarding and it is a great way to give back to Federation who gives so much to every local Jewish organization and global Jewry, as is the case in the tragic situation in Ukraine.

TEEN VOICES

Connecting Through My Bat Mitzvah

BY TAMAR LINKS

When I was brainstorming with my family on ideas for my Bat Mitzvah project, very few seemed unique and special. I wanted my project to be meaningful, help people, and lift their spirits, especially during the pandemic. My Bat Mitzvah had already been delayed because of



Tamar Links

COVID, and opportunities to help were restricted during the lockdown. I wanted to make my projects more than just about raising money for a charity or cause, so I chose three very different projects, each one special in its own way.

The first project was to pack and deliver food for seniors in our Jewish community. I was able to do this on Fridays during lockdown and after school when classes resumed. This was meaningful to me as there were so few opportunities to get out of the house and do things in person.

The second project was done from home during the pandemic. I designed and printed unique Shavuot and birthday cards for Holocaust survivors which I sent to over 80 seniors. One highlight was meeting one of the survivors on her 80th birthday when I hand delivered a card and present to her. It brought her joy and gave me great satisfaction.

Three years ago, my family moved back to Stamford after being away for five years. Then, another big change in my life occurred. My oldest brother joined the Israeli Defense Forces (IDF). As an upcoming sixth grader, this was a lot to take in all at once and took a while to

get accustomed to. I had to learn how to adjust to the different time zones and only call my brother on weekends. I am immensely proud of his choices and believe it is a selfless and honorable decision. At first, I was nervous about not seeing him every day, but I am glad he made this choice to defend our homeland.

I've also felt a sense of connection to Israel and have traveled there many times. This connection comes from my family before me. On my mom's side, all the men went to the Israeli army. My grandfather fought in the Six Day War, and two of my uncles served in the same unit, with one of them fighting in both the first and the second Lebanon War. My cousin also served in the same IDF unit. These relatives helped inspire my brother to volunteer as a lone soldier and join that unit. I wanted a chance to help him in any way I could. My final project involved my brother and Israel, two things especially close to me. I chose to raise money for his unit, allowing them to purchase items they needed that could boost morale in hard times while being away from their families.

My Bat Mitzvah projects taught me that even after doing these small acts, there is so much more I can do as a person to contribute to causes that are helpful to others in both big and small ways.

Tamar Links is an eighth grader at Bi-Cultural Hebrew Academy.

Is Social Media a Force For Good in Ukrainian Conflict?

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during the last conflict in Gaza.

What does this mean for Ukraine, and the world, in how we perceive war?

For Israel, with its own set of challenges in swaying world opinion, how will social media impact how future conflicts are fought and broadcast globally?

Today there is faster Internet and higher-quality video, but the platforms have changed. In contrast to the filtered world of Instagram or the well-produced quality of YouTube, the TikTok culture values raw uncut content. A digital generation who grew up on screens is more aware of what is real and what is fake.

As we spend more time in this alternative online reality, the whole concept of what is real — not just what is true — will further challenge us.

A NEW REALITY

While we bickered with those who did not agree with our views during the pandemic, the images of war thrust onto our smartphones have created a shared sense of unity.

In a world where every image seems engineered to garner as many "likes" as possible, this war reminded us of the complexity of humanity under extreme duress.

There is something to the argument that

we should disengage from social media or at least limit its usage. But for now, the reality is that we need to embrace these difficult images.

Social media may have helped fuel hatred and misinformation across the world over the past few years, but like any medium, it can spread good as well. It just needs to be used with positive intent.

WHAT CAN WE DO?

Knowing that what we are seeing are true images of what is unfolding on the ground, what can we do?

In addition to financially supporting the refugees fleeing Ukraine, we can learn to be more compassionate by viewing this suffering, and we can pass this compassion on to others by sharing powerful images.

Let us be thoughtful of what we're consuming online. We are finally seeing a phenomenon on social media that is igniting empathy as opposed to comparing and pitting us against one another.

Just for that fact, I have faith our values will ultimately triumph.

Jonathan "Yoni" Frenkel is a content strategist and founder of YKC Media, a digital marketing agency that works with the global tech/venture/startup community.

Jewish Delegation Meets with Emirati Leadership

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from all three constituent members of the Jewish Agency board: Jewish Federations of North America, Keren Hayesod and the World Zionist Organization. After the mission, the group continued to Israel for Jewish Agency Board Meetings.

The mission was itself unique, drawing Jews from around the world and Israel as the first Jewish Agency mission to include representatives

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