



THE NEW JEWISH VOICE

DECEMBER 2017/KISLEV-TEVET 5778
VOLUME 19, NUMBER 9

A PUBLICATION OF UNITED JEWISH FEDERATION OF
GREATER STAMFORD, NEW CANAAN AND DARIEN

The Power of One

JHSC Hosts Expert on M.C. Escher

BY DAVID GIVER

The Jewish High School of Connecticut hosted Jeffrey Price, an authority on Dutch graphic artist M.C. Escher, as the first speaker in the Power of One Speaker series this school year. Price, an arts scholar and gallery owner, is considered one of the foremost Escher experts in the world.

The Power of One series provides JHSC students with opportunities to meet individuals who have contributed

to the world through their passion and action. The series in the past has brought poets, scientists, actors, artists, inventors and authors. "This series exemplifies our commitment to celebrating and acknowledging that individuals can contribute to the world in unique ways. It reinforces for our students that they need to find their own passion, whether through inspiration, or personal discovery," said Rabbi Elisha Paul, JHSC head of school.

See "Power" on page 7

Carmel Students Create Chihuly-Inspired Art



BY JULIE LAPIN

When Carmel Academy's art teacher Lori Amer visited the Dale Chihuly exhibit at the New York Botanical Garden last spring, she said she immediately knew that she had to bring the magic of the artist back to her students. Amer did just that – with a schoolwide, Chihuly-inspired art installation that was displayed in Carmel Academy's sukkah.

"Chihuly is such an approachable artist," Amer said of the world-renowned glass sculptor. "Many of my students have seen his works both in New York and in Jerusalem. He really dared to change this style of art, which has been around

See "Art" on page 4

At left: Carmel Academy fourth-grader Eden Citron admired a Chihuly-inspired art installation in the school's sukkah.

Celebrating Community and Volunteerism

UJF's Annual Meeting

The United Jewish Federation of Greater Stamford, New Canaan and Darien will hold its Annual Meeting, along with a communal Chanukah candle lighting, on Wednesday, December 13, at 7 pm, at the Stamford Jewish Community Center. The evening will be chaired by Elissa and Philip Klapper.



Alon Ben-Gurion

"UJF plays a vital role in both our local and global Jewish community. The Annual Meeting is a wonderful time for us to come together

to celebrate our community," said Philip Klapper.

The guest speaker will be Alon Ben-Gurion, grandson of the late David Ben-Gurion. His topic will be "The Founding of the State of Israel and the legacy of David Ben-Gurion." The younger Ben-Gurion was born in Israel in 1951, grew up in Tel Aviv and Haifa, and at

18 joined the IDF, becoming a paratrooper. Ben-Gurion was wounded

See "Community" on page 2

As the Romans Did: Discoveries Show Jerusalem's Transformation after Destruction

BY ADAM ABRAMS

JNS.org

Israeli archaeologists recently unveiled the results of large-scale excavations that lend unprecedented insight into the transformation of Jerusalem around the time of its destruction during the Second Temple period more than 2,000 years ago. The discoveries – including massive portions of the Western Wall unseen for 1,700 years and an ancient Roman theater – were made in excavations conducted during the past two years in Jerusalem's

Old City. The findings were disclosed at a press conference held by the Israel Antiquity Authority beneath Wilson's Arch in the Western Wall Tunnels.

The newly revealed eight stone courses of the Western Wall had been hidden beneath 26 feet of earth and were perfectly preserved after being excavated. The Roman theater contains approximately 200 seats and, according to archaeologists, required a "great deal" of investment in its construction.

See "Discoveries" on page 12

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Mega Crowd at Chabad's Mega Challah Bake

More than 440 women attended the Leaves of Love Mega Challah Bake organized by Chabad of Stamford, including Ricky Arbron, president of United Jewish Federation of Greater Stamford, New Canaan and Darien. The multi-generational community event was held at the Crowne Plaza in Stamford on October 26. (See more photos on page 17.)

L-r: Olga Agababayev, Diana Agabs, Marina Sapir, Tatiana Kunik, Rica Lieberman, Gayle Judson, Inna Korman, Rachel Seligson, UJF President Ricky Arbron, Terry Drey and Shara Israel at one of 43 tables at the Mega Challah Bake. (Photo by Clive and Raema Salmon)

Building Community Through Leadership

BY DIANE SLOYER, UJF INTERIM EXECUTIVE DIRECTOR

We live in a beautiful community. It is diverse ethnically and geographically as well as religiously, even within our Jewish community. I believe this diversity is our greatest strength because a community needs to be diverse to be strong. As a communal professional and lay leader for the past 25 years, I have been lucky to become close friends with so many people whom I would have otherwise never met and to have had so many wonderful experiences and opportunities.

“Parents and leaders must establish a culture in which honest, open, respectful communication takes place, one that involves not just speaking but also listening. Without it, tragedy is waiting in the wings.” – Rabbi Jonathan Sacks, “Lessons in Leadership: A Weekly Reading of the Jewish Bible”

For me, this is what community is all about. At Federation, we are training the next generation of Jewish leaders who represent all the diverse organizations within our community with a rich, thought-provoking and intellectually stimulating curriculum, thanks to the Behrend Institute for Leadership.

Most striking is the curriculum. The eight sessions include two full-day sessions and an array of leadership skills needed such as effective communication, fund-raising, consensus building and meeting management. The curriculum also goes beyond these essential skills and tries to give participants the tools to think about how organizations need



Diane Sloyer, UJF interim executive director

to evolve to respond to an ever-changing world. The first full day session dealt with adaptive leadership changes that have been occurring in the Jewish world since earliest biblical times. Coming up this December, the final session will feature Maya Bernstein and will be titled “Design Thinking: Leading Change through Adaptive Leadership.” Both design thinking and adaptive leadership are two well regarded forms of organizational practice. Adaptive leadership emphasizes two core distinctions—the difference between exercising authority and exercising leadership, and

the difference between technical problems and adaptive challenges. Personally, I have found Bernstein’s work transformational and I am confident the Behrend fellows will take away a great deal from her closing session on December 10.

Thanks to the generosity of Stephne and Kerrin Behrend, the Institute has graduated 130 Behrend Fellows to date and many of our graduates hold high leadership positions within our community. Most of our other graduates are actively involved on boards and in volunteer functions within community organizations helping to create the Jewish community that we all aspire to.

“The task of the leader is to get his people from where they are to where they have not been.” – Henry A. Kissinger.

Together we grow, together we learn and together we become a stronger Jewish community. We are better together!

Community. Continued from page 1

in the Yom Kippur war and spent several months hospitalized. Ben-Gurion later attended Tel Aviv University, receiving a B.A. degree in social sciences, followed by a master’s degree from Cornell University in hospitality management. For the last 40 years, Ben-Gurion has worked in the hotel management field in countries that include Israel, England, Belgium and the United States.

An annual tradition is the presentation of The Harvey A. Peltz Leadership Award, established by his parents, Joseph and Alice Peltz, in his memory to encourage the development of young leaders and participation in causes on behalf of Israel and the Jewish community. Winners are granted a \$1,000 scholarship for attending a relevant conference

or mission to Israel. This year’s recipient is JCC President Risa Raich. She has lived in Stamford for 12 years with her husband, Steve, and their four daughters. She participated in UJF’s Behrend Institute leadership program in 2007-08. She served as PA president at the JCC Sara Walker Nursery school from 2007-09 and was awarded the Esther Leah Ritz next generation award in 2010. Raich led The Center Women as president from 2010-12. She has been a member of the JCC Board of Directors since 2010 and has served as vice president and first vice president. She has chaired and served on numerous committees, most recently the administration chair for the 2016 JCC Maccabi Games and ArtsFest. Raich is a member of the Parent’s Association at Bi-Cultural Day School, where she recently served as vice president of fund-raising. Raich has also chaired UJF’s Super Sunday.

UJF will recognize two outstanding volunteer leaders who have played a vital role in the success and daily functioning of Federation, Meryl Gordon and David Stein.

Gordon has served for many years on both the board and executive board of Federation. She has been a member of *The New Jewish Voice* committee since 2008 and chair since 2013. She has been UJF VP of outreach and VP of education, and has sat on and chaired various committees, including Tapestry. Gordon has also recently served on the board of Schoke Jewish Family Service and is a volunteer tutor with Rising Stars at Stark Elementary School. She moved to Stamford with her husband, David, in 1980. Their three children were born and raised in Stamford.

Stein has been involved in UJF since he and his wife, Beverly, and their two children moved to Stamford in 1990. His leadership positions with Federation have included campaign chair, VP personnel, VP governance, secretary, Super Sunday chair and currently the attorney to UJF. Outside of Federation, Stein has served on the boards and Executive Committees of Bi-Cultural Day School and Agudath Sholom, and on the boards of the Jewish Community Endowment Foundation and the Yerwood Center. He is also a member of the city of Stamford Zoning Board.

The Behrend Institute, a communal leadership program, will conclude its seventh cohort and the participants will graduate as part of the annual meeting. The Behrend Institute trains the next generation of communal leaders, with participants coming from all agencies and synagogues.

The evening will also include the election of the slate of officers for the UJF 2018 Board of Directors.

For more information, contact UJF at 203-321-1373.

UJF President’s Message The Gift of Giving

As both Chanukah and the calendar end approach, I have been reflecting on my first year as president. I am proud to say we have a strong, vibrant and growing Jewish community. After a lot of hard work and difficult decisions, Federation is emerging as a stronger, more focused organization.

We have made changes in both our staffing structure and operational costs, and have cut more than \$200,000 from our annual budget. Our 2017 annual campaign ends December 31 and with your help and a strong finish, we will meet our fund-raising goals and be able to continue to support those who are so desperately depending on us! Every line of our budget has been scrutinized and we are now operating more efficiently to focus on our core mission. The restructuring we have initiated in the second half of 2017 has already born fruit, and will be even more impactful in 2018 and beyond.

Adam Milstein, an Israeli-American philanthropist and chairman of the board of the Israeli American Council, recently wrote about the eight gifts of Chanukah. Each “gift” represents a value that Federation helps promote.

Gift one: Pride

There is nothing more powerful than understanding who you are and taking pride in where you come from. If we can’t instill Jewish pride in our next generation, there will be no one left to carry on our tradition and face our future challenges.

Gift two: Courage

The Jewish people, the Jewish faith, and the state of Israel have only survived because Jews were willing to stand up and fight for what they believed in when our people, our traditions, and our values were threatened.

Gift three: Persistence

Alongside courage, the Jewish people also need to be consistent and persistent. It’s not enough to stand up once; we need to cultivate a next generation that has the strength and will to stand up, again and again.

Gift four: Knowledge

Jews have prioritized education above all else. Today we must continue this investment, imparting the knowledge that not only gives our children the ability to thrive in 21st-century careers, but also grounds them in Jewish wisdom, provides a moral center, and makes them committed to family and community.

Gift five: Innovation

The Jewish propensity to innovate has allowed our people to adapt and succeed in a wide range of cultures, countries and eras. Empowering our children to think “outside the box” will be critical for their success in our modern information era.

Gift six: Belief in the Impossible

Although we are less than 0.2 percent of the world population, the Jewish people have been able to accomplish extraordinary things. We must empower our children to live their dream, contribute solutions to the challenges facing our world and believe in the impossible.

Gift seven: Peoplehood

In the Talmud, it says that each member of the Jewish people is responsible one for the other. Instilling this sense of peoplehood in our children gives them confidence that their extended “*mishpocha*” (family) is behind them and compels them to action when other Jews need their help.

Gift eight: Passion

Discovering and channeling your passion in life to make a difference in the world is the key to personal fulfillment. If you don’t make each day matter and don’t have passion for how you spend your time and resources, you don’t have much at all.

This Chanukah, be the light and share it with those who need it most. You have the capacity. Just like the candles you add to the menorah, you can bring additional light, warmth and comfort to those who are struggling. Your gift to Federation delivers relief and brightens the lives of thousands of people at home, in Israel and in more than 70 countries worldwide. Find your light. Federation will help make it shine.



Ricky Arbron, UJF president

Happy Chanukah.
Ricky Arbron, UJF president

IN MEMORIAM AVI GREIF

The Greater Stamford community mourns the death of Avi Greif. In addition to being a past president of Young Israel, Avi was the chairman of the Stamford Kosher Activists Committee (SKAC) and responsible for bringing the wide array of kosher products to our local supermarkets. Avi at one time sold ads for *The New Jewish Voice* and was an active participant on the UJF Strategic Planning Committee. He will be missed by all who knew him.

CANDLE LIGHTING TIMES



November 24.....	4:11 pm
December 1.....	4:08 pm
December 8.....	4:08 pm
December 15.....	4:09 pm
December 22.....	4:12 pm
December 29.....	4:16 pm
January 5.....	4:22 pm
January 12.....	4:29 pm
January 19.....	4:37 pm
January 26.....	4:46 pm
February 2.....	4:54 pm
February 9.....	5:03 pm

COMMUNITY NEWS

Message from UJF's Jewish Community Relations Council Take the SNAP Challenge

BY LAUREN STEINBERG

Imagine having only \$4.50 to spend on food per day. That's \$31.50 per week, \$126 per month. For 145,000 families in Connecticut receiving supplemental nutrition assistance (SNAP, formerly known as food stamps), those numbers are a reality. Far more individuals and families do not receive assistance, but are nonetheless "food insecure," meaning they do not have reliable assurance of healthy food at any given time.



Lauren Steinberg

The politics of food and hunger too often loses sight of the people involved. This winter, the UJF's JCRC is asking the community to think about hunger itself and the struggle of our neighbors. We invite you to participate in the SNAP challenge: budgeting your household food with the amount of money that individuals receiving this assistance have to purchase food.

The rules are simple. For at least one week, all food and drink must be purchased on the budget of \$4.50 per day. You can use excess money from one day to the next, but you cannot use food that you previously had at home or accept free food from others; such opportunities are not always available to those in need.

Eat as healthy as possible, keeping in mind that this is how many people eat every day, whereas you can make up for lost nutrients the next week. One particularly jarring rule? Children should not participate, as it is important that they receive all the necessary nutrients for growing strong and healthy. (Food insecure children younger than 5, as well as pregnant, recently postpartum and nursing mothers with babies younger than one year, are eligible for additional food assistance through the Women Infant and Children – or WIC – subsidy. Older children are eligible for free or reduced price meals at school.)

By participating, you experience the daily reality of millions. In Connecticut, individuals are eligible for SNAP when they have an income of \$22,320 or less; a family of four is eligible with an income of \$45,516. That's before taxes. And it means that individuals and families making any more than that are not eligible. The average cost of a meal in Fairfield County is \$3.49.

In Connecticut alone:

- ◆ 734,693 people fall below 185 percent of the federal poverty level.
- ◆ 118,809 children are in poverty.

- ◆ 52 percent of children are eligible for free or reduced price lunch.
- ◆ 56,083 individuals work, but still fall below the income thresholds and so are enrolled in food programs. Many others do not participate but use food pantries.
- ◆ 13.9 percent of residents are considered food insecure.

These are people who are, simply, hungry. UJF supports the hungry locally through Schoke Jewish Family Service and 3SQUARE, and in Israel and around the world through our partners. You can support them hands-on by donating food or volunteering with 3SQUARE, a UJF program that provides weekend food to Stamford students who may not have reliable sources of food outside school breakfast and lunch, or the food pantry. But understanding what, exactly, we are supporting is no small task. This December, before you gather with family for Chanukah feasts and New Year's celebrations, consider taking the SNAP challenge. Read the stories of people affected by food insecurity at mazon.org/the-reality-of-hunger. Let's include them in our conversations. I challenge you.

Lauren Steinberg is the director of UJF's Jewish Community Relations Council. She can be reached at 203-321-1373, ext. 104, or at Lauren@ujf.org. Let her know if you take the SNAP challenge.

Engaging the Next Generation

An Update from UJF's Advisory Council

BY ARLENE ROSEN

On October 25, the United Jewish Federation's Advisory Council held its fall meeting. The group of local agency leaders meets three times per year to further inter-agency and communitywide communication, collaboration and coordination. The goal is to exchange information, identify key issues and propose solutions that benefit the entire community.

The focus for the October meeting was "Engaging the Next Generation in Jewish Life, Philanthropy and Leadership." The group welcomed Rabbi David Kessel, associate vice president of Young Leadership and Next Gen Engagement at Jewish Federations of North America. "He offered an insightful and entertaining presentation, which gave all in attendance much food for thought," said Peter Lilienthal.

Rabbi Kessel provided data on the subject. He noted that the most often cited priorities of those in the generation born between 1980 and 2000 were 1) advancing career, 2) tending to relationships among friends and family, and 3) finding a mate. He further acknowledged that for those surveyed, religion is much lower on the priority scale. Even so, he said, there are communities across the nation where certain approaches and particular types of Jewish programming are attracting these so-called Millennials.

Rabbi Kessel suggested that the local community should shift the nature of its conversations to matters that revolve around personal identity, rather than



Rabbi David Kessel, associate vice president of Young Leadership and Next Gen Engagement at Jewish Federations of North America

personal accomplishments or ambitions. He added that the conversations need to happen via the newest technologies and social media channels. According to Rabbi Kessel, most of the members of this cohort are very interested in social action and making the world a better place. They are givers, not always to Jewish causes, but to the full spectrum of charitable endeavors. He added that although they are very willing to give of their hands and their time, they may not yet be in a financial position to give large amounts of money.

See "Next" on page 6



Rabbi David Kessel addressed a meeting of the UJF advisory council.

Deadline for articles

The deadline for the next issue of *The New Jewish Voice* is:

Thursday, December 28 (new date) February

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

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We are All Connected

UJF Partnership Together Brings Stamford and Israel Together

United Jewish Federation of Greater Stamford, New Canaan and Darien has a long-standing partnership with the Afula-Gilboa region of Israel, bringing the community a personal connection with UJF dollars allocated to Israel. One of the projects

UJF Offers New PJ Lending Library

United Jewish Federation of Stamford, New Canaan and Darien is introducing a new children's books library filled with PJ Library books, located just outside the UJF office on the second floor of the Jewish Community Center. The space has a selection of PJ Library books for children ages 6 months to 8 years on topics including holidays, Shabbat, folktales, Torah stories, ethics, family, Jewish history and more. Every family with children ages 6 months to 11 years in Stamford, New Canaan and Darien is eligible to receive free monthly PJ Library books at home by signing up at ujf.org/pj-library. The new space provides the opportunity to find and read even more books and to browse by subject.

For more information about PJ library, contact Lauren Steinberg at lauren@ujf.org or 203-321-1373, ext. 104.



Lauren Steinberg held one of the books available at the new PJ Library space.

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supported through the UJF Annual Campaign is Beit Singer, a boarding school in Afula for kids from troubled homes.

On October 22, community members gathered at the home of Eileen and Fred Springer to meet Ariel and Yochai (last names held upon request). Ariel has worked at Beit Singer for 19 years. For the past 10 years, he has worked as the school's associate director for organization. He is also the staff person in charge of the school's zoo, where its animal therapy program takes place.

Yochai is 25 years old and a direct recipient of UJF's support. From ages 9-18, he grew up at Beit Singer. He came from an abusive home and his father was jailed. He was placed in Beit Singer along with his brother. At Beit Singer, Yochai was able to work with and take care of animals at the zoo, a specific project supported by SNEC (Southern New England Consortium) communities. That form of therapy helped him control his emotional problems, he said. Yochai served in the Israeli army and is studying social work in college. Beit Singer not only saved his life but changed his life's trajectory, he said.



Guests listened to Yochai's story and learned about the work of UJF overseas dollars.



Hosts Eileen and Fred Springer shared a moment with Ariel (far right) and Yochai (second from left). (Last names held upon request.)

Art

for thousands of years. He transformed the style from something more functional to something unique."

After learning about the artist – his life, his works and his techniques – the entire student body came together to create their own Chihuly-inspired art using recycled plastic, acrylic paint and permanent markers. The pieces were then assembled into Chihuly-like chandeliers and hung in the sukkah.



Carmel Academy fifth-graders Aviva Siegel Moss, Shira Hope, Maddy Lieberman Wisse and Lyla Dynner in the sukkah.

Continued from page 1

All the students – from the school's youngest to oldest – contributed to the project. For example, Carmel's Shorashim transitional kindergarten students decorated the flower-shaped bottoms of the water bottles, which were strung together with other plastic pieces into an additional chandelier, and the kindergarten students decorated recycled take-out bowls, which were melted to resemble Chihuly's seaforms and rotolos, Amer said.

"The students also learned about the two *mitzvot* they were performing in making this art: beautifying the sukkah and *bal tashchit* (recycling)," Amer said.

"I feel so good about making an awesome art project using recycled material," said fifth-grader Nathan Toback.

Classmate Maddy Wisse, who had recently visited the exhibit at the Botanical Garden, agreed. "When we finished, it really did look like glass and we did it through recycling. All those empty bottles would have gone to waste, but we turned it into beautiful artwork. Chihuly's work is abstract so our project really looked like something he would have made," she said.

Fifth-grader Logan Bassell said learning about the artist inspired him to make plans with his family to see Chihuly's work at the Botanical Garden. "This project will make me more passionate when I go see the exhibit. I am really looking forward to seeing his work up close."

"The enthusiastic reaction to this project by the students, parents and wider community is unprecedented," Amer said. "In my 15 years teaching at Carmel Academy, this has been the most talked about art project. Many Carmel Academy families have since visited the New York Botanical Garden to see the Chihuly show, and I am still getting excited questions and comments from my students about the project and the exhibit."

Carmel Academy is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.



Carmel Academy fifth-graders Maddy Lieberman Wisse and Shira Hope painted plastic bottles that were used in the school's Chihuly-inspired art installation.

SOCIAL & CORPORATE EVENTS	SWEET 16'S & QUINCIENAS	BAR/BAT MITZVAHS	BRIDAL & BABY SHOWERS	WEDDINGS

TEMPLE SHOLOM'S
Party Planning Showcase and Mitzvah Project Fair

Sunday, January 7, 2018 from 11:00 am to 1:00 pm
 300 EAST PUTNAM AVENUE, GREENWICH, CT

Come meet over 30 local vendors specializing in photography, entertainment, catering, décor, floral arrangements and much more at our **FREE** showcase!

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Representatives from non-profit organizations will also be on hand to help with mitzvah project ideas!

Providing Meals to At-Risk Children Through 3SQUARE

About 34,890 children in Fairfield County live in a food insecure household, meaning that they do not have reliable access to nutrition. While these children receive two meals a day during the week through free or subsidized school breakfast and lunch programs, they are often hungry on the weekends. United Jewish Federation of Greater Stamford, New Canaan and Darien's 3SQUARE program works to combat that hunger.

Formed in 2014 as a project of UJF's Women's Philanthropy division, 3SQUARE has grown into a volunteer operation that provides weekend meals and snacks to Stamford children. Volunteers select food at the food bank and then bring it to the Federation office, where it is packed into reusable food bags for every child served. They then bring the bags to the school for distribution. Children qualify for the food based on the assessment of

school social workers, who determine if they are at risk of not having regular access to food over the weekend. No one but the school social workers know which children receive the food in their bags each week.

The 3SQUARE program is chaired by Jill Kaplan and Robin Madan, who contribute their time volunteering as well and say there is always need for additional volunteers. Help is needed to organize the food any day of the week and to contribute shelf-stable, child-friendly food to the program. On Thursday mornings, when much of the work is done, volunteers are needed to select food from the Fairfield County Food Bank, pack the food into bags and deliver the bags to the schools. Individuals interested in volunteering can contact Lauren Steinberg at lauren@ujf.org to learn more.



Volunteers packed bags of food for 3SQUARE.

Oz Pearlman to Perform for Young Israel

Oz Pearlman, a finalist on "America's Got Talent" who performs mental tricks on his audience members, will appear in Stamford on Sunday, January 14, at

7:30 pm at Temple Beth El. The event is a fund-raiser for Young Israel of Stamford's Youth Department.

Tickets are \$50 each for adults and \$36 for children under 18. Sponsorships are available for \$180, which entitles the sponsor to two front row seats. After December 31, the price of tickets will increase to \$72.

"Oz Pearlman is one of the best entertainers I have ever seen," said Greg Teitel, the president of Young Israel of Stamford. "I guarantee that everyone who attends will have a great time... and the proceeds from the event will be supporting a very good cause."

To purchase tickets, contact Teitel at gregoryteitel@yahoo.com or visit the synagogue's website at YoungIsraelStamford.org.



Oz Pearlman

The Swingset Mamas Return

On Sunday, January 28, from 11 am-noon, the Jewish Community Center will host a rock 'n' roll concert for the whole family, performed by the Swingset Mamas.

Lizzie Swan and Marlowe Bechmann are the Swingset Mamas, two mothers who take the rhythms of everyday life and weave them into songs. Swan is a resident of Stamford.

Bechmann, a classically trained pianist, and Swan, a music therapist and rock musician, write music inspired by everyday realities. Their songs explore universal themes, ranging from ability awareness, self-esteem, water safety, animal science, counting and telling time, to good-time dance parties, rock-star dreams, magical hamsters and more. "All songs are set to funky jams with engaging call and response parts, lively dance moves and memorable tunes for kids and parents alike," said Anne Liss Johnson, managing director of the JCC Sara Walker Nursery School.

The Swingset Mamas have a commitment to using music as a way to spread the message of inclusion and acceptance of differences for all children and adults of all abilities. The band's latest song and video is called "Take a Walk in Someone Else's Shoes." It is inspired by Marlowe's family and their continued journey with autism.

The Swingset Mamas' message is being spread on playgrounds and preschools all over the country as they travel to schools, community centers and music venues to give family concerts, teacher trainings, school assemblies and workshops sharing the duo's interactive musical message of connecting families and communities through music.

Tickets purchased in advance are \$10 per person, \$8 for JCC members. Tickets will be available at the door for \$12. Reserve tickets online at stamfordjcc.org or call the JCC welcome desk at 203-322-7900.

For more information, contact Liss Johnson at 203-322-6541. The Jewish Community Center is located on Newfield Avenue at the intersection of Vine Road in Stamford.

The JCC is a beneficiary agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.



The Swingset Mamas will return to the JCC for a family concert on Sunday, January 28.

Seniors Ring in the New Year

On Thursday, December 28, senior adults in the community are invited to ring in the New Year with friends from 11:30 am-1 pm at the Jewish Community Center. There is a suggested donation of \$4 per person.

Those planning to attend should make reservations by calling Connie Freeman at 203-487-0983. The Jewish Community Center is located on Newfield Avenue at the intersection of Vine Road in Stamford.

Temple Sinai's Annual Cantor's Concert

Cantor Micah Morgovsky of Temple Sinai will present an evening of Broadway music on Sunday, December 17, from 4:30-6:30 pm, at Temple Sinai, 458 Lakeside Dr., Stamford. Together with an ensemble of guests from the congregation, Cantor Morgovsky will perform selections from a variety of Broadway musicals, both new and old.

Ticket price includes pre-concert hors d'oeuvres and drinks. Tickets cost \$36 for adults and \$18 for children under 12. To order tickets, call 203-322-1649. For more information, call or visit the temple website at www.templestainastamford.org.

A Bissel Yiddish

The Jewish Historical Society of Fairfield County announces a new class, "A Bissel Yiddish." Judy Altman will present and discuss sections of *The Forward's* "Bintel Brief" (an advice column). Classes will be held on the first Friday of the month, beginning on December 1, at 10 am, at the Harry Rosenbaum JHS Judaica Library located at the Stamford Jewish Community Center. Those attending are asked to bring \$5 for the *pushke* (tzedakah box). For further information, call 203-321-1373, ext. 150, or e-mail info@jhsfc-ct.org.

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BITS AND PIECES

BY SANDY GOLOVE

To submit information to Bits and Pieces, call 203-912-9945, or e-mail me at sandy@ujf.org.



MAZEL TOV TO GROWING FAMILIES

Henry Goldberg on the birth of a grandson.

MAZEL TOV

Marlyn and Rich Agatstein on the engagement of their son, **Alex Agatstein**, to **Madison Games**, daughter of **Sara and Mark Games**, of St. Louis, MO.

Adrienne and Michael Alexander on the engagement of their daughter, **Lizzie Alexander**, to **Eli Reichner**, of Spring Valley, NY.

Ronni and Paul Ginsberg on the marriage of their son, **Steven Ginsberg**, to **Becca DiMeo**.

Sherry Hertzberg on the engagement of her son, **Ari Hertzberg**, to **Devorah Ellerton**, daughter of **Shani and Bill Ellerton**, of West Hempstead, NY.

Roni Lang on her award from Silver Source.

Nancy and Gadi Mimoun on the engagement of their son, **Michael Mimoun**, to **Liza Kuritsky**, daughter of **Amy and Stu Kuritsky**, of Glen Ridge, NJ.

Rose and Bruce Newman on the marriage of their son, **Zev Newman**, to **Becca Meiner**, daughter of **Michelle and Michael Meiner**.

Gayle and Howard Rothman on the marriage of their daughter, **Rachel Rothman**, to **Michael Sackman**, son of **Beth and Stuart Sackman**.

Ilyse and Dean Schuckman on the marriage of their son, **Adam Schuckman**, to **Allie Hopman**, daughter of **Vicki and Bruce Hopman**.

Liba and Steven Steinmetz on the marriage of their son, **Philip Steinmetz**, to **Eve Wiener**, daughter of **Elise and Michael Wiener**.

MAZEL TOV TO B'NAI MITZVAH

Jenna Cohen, daughter of **Stella and Isaac Cohen**.

Jonathan Cohen, son of **Lisa and James Cohen**.

Emily Goodman, daughter of **Steven Goodman**.

Andrew Jaffe-Berkowitz, son of **Devra Jaffe-Berkowitz and Parry Berkowitz**.

Samantha Laichtman, daughter of **Ellen and Arthur Laichtman**.

Julia Marrinan, daughter of **Michelle and Greg Marrinan**.

CONDOLENCES

Rabbi Dr. Leslie Freedman on the loss of his mother, **Dorothy Freedman**.

Paul Ginsberg on the loss of his sister, **Gloria Blum**.

Rhonda Greif and Matt Greif, Coby Greif and Jensen Greif on the loss of her husband and their father, **Avi Greif**.

Kamal Haron on the loss of his brother, **Morris Iren**.

Next Continued from page 3

Rabbi Kessel advised that the local community should ensure its websites are made available with mobile versions and that its webmasters are not only administrators, but are also conversant in the content. He suggested that the community might offer programs connected with career advice, seminars for young parents and even workshops for those who will inherit wealth in the upcoming decades. According to Rabbi Kessel, weekly Shabbat dinner gatherings are the cornerstone of the work of One-Table, and Moishe House provides a framework for young adult Jewish community-building through Shabbat dinners, social action activities and social events. These programs can serve

as models for regional programming. "The message was one of optimism," said Lilienthal. "The landscape is changing, yes, but the possibilities for carrying forward the values of Jewish generosity are still part of the picture. We need to grab onto new ways to foster engagement and involvement and to encourage philanthropy in a Jewish context."

For more information about UJF's Advisory Council and/or Rabbi Kessel's presentation, contact Diane Sloyer at dianesloyer@ujf.org or Arlene Rosen at rosenaahl@gmail.com.

Arlene Rosen is the vice president of the Advisory Council of United Jewish Federation of Greater Stamford, New Canaan and Darien.

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WORDS OF TORAH Mussar and Humility in the Joseph Story

BY RABBI JAY TELRAV

Joseph, as a young man, would be described by none as "humble." I've always imagined the youngest and most spoiled of Jacob's large family prancing around in his magnificent coat of colors and tattling on his brothers' bad behaviors. The other men know Joseph is Jacob's favorite son and the dreams he has, that they would bow down to him in the future, do little to endear them to the boy. Yes, this is a person with an overactive ego that could use a little balance.

And then the man's story continues. After the winding journey of his life's experiences – including a complete and utter betrayal by his brothers, a stint as a slave, an attack upon his good name and a lengthy term in jail – finally, we see change.

He is called upon to help Pharaoh interpret new dreams and does what no other advisor can do: he speaks in a way that Pharaoh can understand. Having heard Pharaoh explain that he seeks a man who can teach him what his dreams mean, I would have expected the Joseph we have known to this point to respond *smugly*, "Of course I can tell you what your dreams mean." But instead, Joseph says, "Not I – it is God who will provide an answer to comfort Pharaoh."

I have a difficult time imagining the young man, all those years earlier, deflecting credit to God and acknowledging his proper place in the drama. Joseph must have understood that Pharaoh, a man of great power, was showing a measure of vulnerability before him. It was certainly within his ability to capitalize upon the situation and to negotiate a position of advantage. Instead, he chose

to humble himself before Pharaoh and God, and to allow circumstances to play out as they would. He seems to have finally gotten control over his ego.

We have been studying these characters through the centuries in order to understand ourselves better. The insights of our sages have produced practices and techniques to guide us. One of these is the Mussar tradition. This practice helps us understand that none of our character traits (*middot*) are objectively good nor bad – they simply are. We intuitively know that it is bad when they are out of balance and get too much or too little expression. Humility, anger, enthusiasm, simplicity, gratitude and patience are only a few of the topics addressed by these teachers of the human experience. Through rigid and predictable exercises, they transmit the techniques and goals that members of the Jewish community today find so valuable. Through study, journaling and taking control of our patterns of behavior, we strive to make a small, but valuable, impact upon the version of our self we show to the world.

By the time Joseph has completed his task of carrying Egypt through a devastating famine, he seems to have reached new heights in his personal journey. He's capable of being in a relationship with his brothers and takes great joy in caring for his father's extended family. Joseph understood his gifts and how to express them properly. This is our goal and it is toward this height which Mussar seeks to guide us.

Rabbi Jay Telrav is the spiritual leader of Temple Sinai in Stamford.

REMEMBERING TIMES PAST Walter H. Wheeler Jr. (1897-1977) – A Man Ahead of His Time

BY LARRY GINSBERG

Many people have seen the 1947 movie "Gentlemen's Agreement" starring Gregory Peck as a journalist who pretends to be Jewish to do an exposé on antisemitism. Jews in America have been a persecuted minority. They were refused admission to various hotels, restaurants, entertainment venues, employment and country clubs. Even more heinous, in many communities, on deeds transferring real property, owners and developers placed restrictive covenants stating that the properties could not be used by, leased to or sold to persons of the "Ethiopian or Semitic" race. These restrictions were declared unenforceable by the United States Supreme Court in the case of *Shelley v. Kraemer* 344 US 1 (1948).

Walter H. Wheeler Jr. (1897-1977), former captain of Harvard's football team and a World War I veteran, had a meteoric rise within the Stamford business community. He worked in his stepfather's company, Pitney Bowes, where he became the chief operating officer, then president and finally CEO. In 1942, as head of Pitney Bowes, he boycotted a hotel that refused to register an African American employee. He also issued numerous memos to the Personnel Department to ensure the company hired blacks, people of Polish and Italian descent and Jews as employees.

Wheeler, an avid yachtsman, became a member of the Stamford Yacht Club and served as its commodore from 1933-34. At that time, the club was restricted and would not allow Jewish or African American members. In



Walter H. Wheeler Jr.

1940, Wheeler contemplated loaning his boat to a local Jewish resident of Stamford, Manfred W. Ehrlich, "a man of the very highest integrity, modesty and cultured background..." The commodore of the club replied, "The club cannot afford to have Jews

seen in its launches." On May 27, 1940, Wheeler wrote a letter to the club's commodore stating, "Either I acquiesce to the unfair discrimination which protects this, or I endeavor to do my part, small as it may be, toward creating a fairer situation, if not for him for others like him. If this means putting myself in his position it will be a salutary experience for me – and it would be for others." He continued, "However, if I am to remain a member of the Stamford Yacht Club, I must ask that the Board establish a policy on this issue which will assure me that should I propose my friend, or should any other member propose a Jew, he will be carefully considered and investigated as a potential club member, the decision to be reached entirely on his character and merit as an individual; that he will not be excluded solely and simply because he is a Jew."

Wheeler resigned from the Yacht Club due to his convictions. Fourteen years after his resignation, the club resolved that admission could not be refused on the basis of race or religion. Wheeler then rejoined the club. Walter H. Wheeler Jr., a man who stood up to prejudice, was recognized as Stamford Citizen of the Year in 1949.

Larry Ginsberg is a board member of the Jewish Historical Society of Fairfield County.

Employment Opportunity for Friendship Circle Adults

The Friendship Circle Adult Chapter held its first employment opportunity event on October 19 at Soosh, a kosher sushi restaurant located at the Crowne Plaza hotel in Stamford.

The afternoon began with each FC adult decorating their own apron. They then placed labels on bags and wrapped plastic utensils in napkins, which are used for takeout orders. The Soosh staff said they were “extremely impressed” with how many bags the FC adults labeled and how many utensils they wrapped. After all their hard work, the FC adults took a break and snacked on some Soosh French fries before making Rice Krispies treats for themselves. The afternoon culminated with the adults being paid for their efforts.

“The Friendship Circle is excited to partner with Soosh to give our young adults a monthly employment opportunity. The look on their faces when they got paid was priceless. This has been a dream of ours for

a while and we are thrilled to finally be able to provide them with such a wonderful opportunity,” said Malya Shmotkin, executive director of the Friendship Circle.

“Every company, in every industry, can benefit from a diverse workforce and Soosh is no exception. We feel enriched and blessed to have young adults from Friendship Circle work at Soosh, and we hope that other companies will follow suit and expand their hiring practices to be more inclusive of those with disabilities,” said Rica Lieberman, owner of Soosh.

Other employment events are planned at Soosh on a monthly basis throughout the year. Friendship Circle hopes to expand the employment opportunities for its young adults at other local businesses, as well. For more information on the Friendship Circle, call 203-409-1543 or visit www.FriendshipCT.com.

The Friendship Circle is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.



The employees (l-r): Ali Cohen, Robin Rebak, Tal Cohen-Weinberg and Oliver Moore.

Shabbat-in-the-Round at Temple Beth El

Temple Beth El will hold its second Shabbat-in-the-Round for 2017 on Saturday, December 9. “Coffee and...” at 9:30 am will be followed by the service at 9:45 am.

“This service is a wonderful, spiritual, uplifting service and experience thanks to the beautiful music of Cantor [Magda] Fishman with her gentle guitar playing and spiritual insights, the thought-provoking teachings of Rabbi [Joshua] Hammerman, and the participation of everyone praying together,” stated Irma Ross, coordinator of Shabbat in the Round.

The informal setting, including pillows on the floor, seeks to allow everyone an opportunity to be comfortable and feel “at home,” and to engage in

organic questions, discussion and probing of the Torah portion. Some of those who attended the first Shabbat-in-the-Round said they found the experience and the music added to the service to be meaningful.

“Our first Shabbat-in-the-Round demonstrated that there is a profound desire to experience the service in a deeper, more intentional way,” said Rabbi

Hammerman. “Attendance and enthusiasm were both sky high. I’m looking forward to our taking the next step on December 9.”

Everyone is welcome to join us for this special experience. No reservations necessary. For more information contact Executive Director Steven Lander, at 203-322-6901, ext. 304, or by e-mail execdir@tbe.org.

Heroes for Hope



L-r: Joyce Rosenthal and Nancy Mimoun received the Israel Cancer Research Fund’s 2017 Heroes for Hope award in memory of their parents, past president of Federation Ben Zinbargz”1 and Joan Hochberg Zinbargz”1, from the event’s co-chairman, Dr. Leslie Freedman, on October 15. The event raised funds for cancer researchers in Israel.

Be Prepared!

Schoke JFS Offers College Preparation Programs

Parents or high school students beginning the college search or application process are asked to save the date for the Schoke Jewish Family Service “College Ahead!” program on Tuesday, December 5, at 7:30 pm, at the Stamford Jewish Community Center. The panel of deans of admission from colleges and universities will include Lorna J. Hunter, vice president for enrollment management, Washington College, Chestertown, MD; Nathan Fuerst, assistant vice president of enrollment and director of admissions, University of Connecticut, Storrs, CT; and Ryan Hargraves, director of admission, University of Vermont, Burlington, VT. The evening’s program will be moderated by Claire Friedlander, Schoke JFS college consultant, and will discuss both the application process and strategies to help students get accepted to the college of their choice. There is no fee to attend.

High school students who would like to get a step up on the many facets of the college preparation process are invited to attend “Race to College,” a three-night series of readiness workshops scheduled

for Mondays, January 22, February 12 and March 5. All aspects of the college planning process will be covered and time will also be devoted to grade-specific issues. These evening programs will be held from 5:30-7 pm at the Harry Bennett Branch of the Ferguson Library in Stamford. The sessions will also consider recent changes in the application process, whether to provide standardized test scores, choosing the best essay question to answer, planning college visits, and the importance of community service.

Friedlander will be conducting each session. She is a licensed professional counselor in the state of Connecticut and a board-certified counselor. She is a member of the Higher Education Consultants Association and the National Association for College Admissions Counseling. The series is open to the entire community at no charge.

For more information on college counseling, contact Friedlander at clairef@ctjfs.org or 203-921-4161. For information on college planning, visit www.ctjfs.org.

Power.Continued from page 1

As Price explained to the students, he has been passionate about everything Escher for the last 20 years – and regaled the students with philosophical and anecdotal commentary on the power, influence and politics of probably the first graphic designer of the 20th century. Price described Escher’s relationships and how they influenced his work.

Natalie Shlover, a senior at JHSC, commented, “I couldn’t believe Mr. Price visited our school. I had been to his gallery and am a huge Escher fan, so it was really exciting to learn in depth the history that surrounded Escher’s work and his influences.”

“It is not every day that you are able to bring in one of the preeminent scholars on a subject to speak to a group of high school students. But, at JHSC, we strive to give our students perspectives that extend beyond the text. Mr. Price’s presentation was a fabulous way to kick off our Power of One series,” said Rabbi Paul.

Future speakers in the Power of One series will include Judaica artist Jeanette Kuvin Oren, who was to visit on November 17; Jacoba Urist, contemporary arts columnist for The Atlantic, on Friday, December 15; and Michael Feldstein speaking on Jewish organ donation on Friday, January 5.

The Jewish High School of Connecticut is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

At right: Jeffrey Price, M.C. Escher scholar and gallery owner, spoke to the JHSC community.



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Young Israel Hosts Challenges in Jewish Education Panel

Rabbi Dr. Gil Perl, head of school at Kohelet Yeshiva High School and chief academic officer of the Kohelet Foundation, and Miriam Krupka Berger, the dean of faculty and chair of the Tanach Department at the Ramaz Upper School, will highlight the annual “Challenges in Jewish Education Panel,” to be held at Young Israel of Stamford on Saturday, January 6. Rabbi Elisha Paul, the head of school at the Jewish High School of Connecticut, will moderate the panel, which will begin at 11 am, immediately after services, and run for about an hour. This year’s topic will focus on “Making Shabbat a More Positive Experience for Our Children.”

“I’m excited that we will once again bring two top-notch Jewish educators to our community to discuss a most important topic,” said Michael Feldstein, who is organizing the event. “Last year, we had more than 200 people come out on a Shabbat morning to hear our speakers, and I am hoping we can duplicate the success of prior years.

It demonstrates that our community members are interested and concerned about the topic of Jewish education, and want to hear what other professionals from other schools have to say on the subject.”

Rabbi Perl has been at Kohelet in Philadelphia since 2014. Prior to that, he served for seven years as the dean of the Margolin Hebrew Academy/Feinstone Yeshiva of the South in Memphis, and before that served as an instructor of modern Jewish history at Yeshiva University and as the associate head of school at Yeshiva University’s High School for Boys. He earned his B.A. from the University of Pennsylvania, his master’s and Ph.D. in Near Eastern languages and civilizations from Harvard University, and rabbinical



Gil Perl



Miriam Krupka Berger

ordination from Yeshiva University. As a teaching fellow at Harvard, Rabbi Perl was twice awarded Harvard’s Certificate of Distinction in Teaching and, in the spring of 2006, he was named Yeshiva University’s Lilian F. and William L. Silber Professor of the Year. He writes and lectures widely on topics relating to the history of modern Jewry and contemporary Jewish education. He is the author of the book “The Pillar of Volozhin: Rabbi Naftali Zvi Yehuda Berlin and the World of Nineteenth-Century Lithuanian Torah

Scholarship,” published by Academic Studies Press.

Berger has been an administrator and Judaic studies instructor at the Ramaz Upper School since 2006. In addition to her role in the classroom, she shapes the Judaic studies curriculum, teaches interdisciplinary seminars and is involved in student Israel guidance and the student AIPAC group. Berger received her B.S. in finance from the Sy Syms School of Business at Yeshiva University and a master’s in Modern Jewish history from the Bernard Revel School of Jewish Studies. She completed a master’s in Jewish philosophy from Columbia University where her thesis work focused on the messianic writings of Isaac Abravanel.

The program is open to the entire community.

Pioneers of Education

BY ELISSA KAPLAN

“A boy’s first visit to a classroom and the first lessons he received were traditionally enveloped in emotion and ceremony. Dressed in new clothes, the child was carried to the schoolroom by a rabbi or a learned man. There he received a clean slate on which letters of the Hebrew alphabet or a simple biblical verse had been written in honey. The child licked off the slate while reciting the name of each letter, and afterward he ate treats of honey cake, apples, and nuts – all aimed at making his introduction to his studies sweet and tempting.

“Though this custom [19th-20th century Eastern Europe] has long since fallen into disuse, the sentiment behind it still characterizes Jewish attitudes toward education. Knowledge is sweet; learning is to be approached with excitement and awe, lapped up eagerly, and savored long after the initial lesson is over.” – “Voices of Wisdom” by Francine Klagsbrun

The Jewish Historical Society of Fairfield County values education and is honoring four pioneers of education with its highest award, the JHS Heritage Award, on Sunday, December 3, at 2 pm, at Temple Shalom, 259 Richards Ave., Norwalk.

“Transformational leader” – Dr. David Levinson has been president of Norwalk Community College in Norwalk since August 2004. Called a change agent, Levinson is credited with creating an innovative, welcoming and rigorous learning culture at NCC. Over the last decade, he is said to have brought improvements that provide learning opportunities for the entire community, beginning with preschool to elementary school, to high school to college and to lifetime learners.

“Visionary founder” – In 2006, Susan Birke Fiedler gathered a group of community leaders together to

explore the idea of a pluralistic Jewish high school in southern Connecticut. The Jewish High School of Connecticut opened its doors in 2010 with community, religious and political support. Fiedler is a managing partner in Vesta Real Estate Partners, LLC. In addition to her 25 years of real estate experience, she has been involved in leadership in Jewish and community organizations.

“Inspired builder” – Geoffrey Erikson accepted his current position as president of the board of the Jewish High School of Connecticut because he is committed to offering the finest in secular and Jewish high school education. He wants to ensure that his own young children will have the opportunity for a Jewish high school education. With his Ph.D. in biomedical engineering, he currently runs a company that is developing novel diagnostic tests.

“Pioneer of JHS” – David Ben-Gurion could have been describing Lester Sharlach when he said, “Words without deeds are nothing... One must show the way by example.” A Stamford native, Lester Sharlach was a founder of JHS and its second president. He just started a new project, an exhibit of the history of Stamford Jewish businesses from the 1880s-1960s.

Join JHSFC to honor these pioneers of education and to fulfill its mission of building an intergenerational community through sharing and preserving local Jewish history, heritage and culture. For further information, contact JHSFC at 203-321-1373, ext. 150, or info@jhsfc-ct.org. The website is <http://jhsfc-ct.org>.

The Jewish Historical Society of Fairfield County is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

The Perils of Cyberspace

BY JUDIE JACOBSON

The perils of the Internet and social media for young people was the focus of two workshops held in October at Bi-Cultural Day School in Stamford.

Led by tech expert and educator Bud Freund, the workshops – a daytime program for Bi-Cultural middle school students and an evening program for parents – were designed to make parents and students aware of the pitfalls inherent in the use of the Internet and social media, arm them with the tools needed to protect themselves and their children against such risks, and drive home the importance of being kind and respectful in all of one’s communications.

“If you read the news, it is with frightening regularity that we are learning just how much technology has surreptitiously infiltrated, influenced and manipulated our lives,” said Freund, who has been teaching technology to users of all ages and providing tech support to small businesses and families for more than 20 years.

It’s important to remember, said Freund, who is himself the father of a high school student and college student, “If you go online, you have a digital footprint and everything is traceable. So we as users and as parents of users need to develop our understanding and management of these devices.”

Bi-Cultural Dean Rabbi Tzvi Bernstein – who, together with Head of School Jackie Herman, approached Freund with an idea the Stamford-based tech guru described as “one of the most progressive, enlightened and forward thinking educational programs that any independent school or school district



Bud Freund

could propose” – considers the program a reflection of Jewish thought and values.

“The wise King Solomon said in Proverbs: ‘He who watches his mouth and his tongue guards his soul from troubles,’” noted Rabbi Bernstein. “I believe the most important message to our children made by Mr. Freund in his wonderful presentation

was that everything we say and do on the Internet and in social media is traceable and can be very harmful to us and others. Therefore, we always need to be as careful, kind and considerate as possible whenever we talk to or about others, particularly when our words are preserved forever.”

Both students and parents seemed to understand and absorb Bud Freund’s message, and the tips, tricks and strategies for safely navigating the Internet and social media.

“It was interesting and taught me that even if you think you deleted something, it is always there, so I should be careful about what I send to my friends,” said seventh-grader Benjamin Cohen.

And that message needs to be driven home repeatedly by the school community in order for it to become a way of life for young people, said Freund. “Life skills get reinforced, and the safety and well-being of the community improve when schools and their families partner in technology to create a baseline of common knowledge and best practices.”

For a look at two-minute YouTube modules of Freund’s presentation, visit <http://budly.live>.

Bi-Cultural Day School is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

► Adopt-a-Family – A Joyful Time for All

Every year around the holidays, individual donors approach Schoke Jewish Family Service, hoping to bring joy to its clients and provide gifts for children. Three years ago, the Adopt-a-Family program became a coordinated effort in the community, with several Hebrew schools creating gift baskets. Participating schools would receive a description of a family, complete with ages and genders of the children, as well as a wish list from each child. From there, students and their families would purchase items from the wish list or offer gift cards and cash. In some cases, holiday meals were prepared and delivered to families.

“The program has become such a wonderful gift to the community. It is particularly meaningful during holiday seasons, when the stress of financial insecurity weighs heavily on Schoke JFS clients and negatively impacts their families’ ability to fully experience the holiday,” notes Rebekah Kanefsky, LPC, JFS director of case management. “The joy and excitement generated by donors’ generous gift baskets overwhelm most clients to the point of tears. What once were tears of frustration become tears of joy, as their holiday becomes filled with gifts for their children and a moment of respite from their continuous struggles.”

For more information on the Schoke JFS Adopt-a-Family program, or if you know anyone who might benefit from case management services, contact Kanefsky at rkanefsky@ctjfs.org or call 203-921-4161. All services are strictly confidential.

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Moving Forward for Students with Learning Differences

BY JUDIE JACOBSON

“Kadimah” is Hebrew for “moving forward.” And moving forward is what students in need of support services do at Bi-Cultural Day School, thanks to “Kadimah,” the school’s program that helps students with special learning styles to maximize their potential.

This year alone, upwards of 60 Bi-Cultural students from across the learning spectrum will take advantage of the slew of services provided by Kadimah. While the program draws upon many of the elements present in other support service programs at other schools – for example, Kadimah has on staff a school psychologist, speech and language pathologist, and occupational therapist, in addition to a team of specialists who provide support services in reading, writing, math, Hebrew, Judaic studies and curricular areas – it does so while seeking to stay true to the Bi-Cultural educational philosophy.

And that, says Bi-Cultural’s Associate Principal Rachel Haron, is what sets it apart from the pack. “We have a rich history of looking at each child and individualizing instruction. It comes from our incredibly robust tradition of teaching each child according to his way,” says Haron, paraphrasing a Jewish phrase. “We construct individualized learning to accommodate social emotional academic needs.”

Another aspect of the Kadimah program, says its director, H. Bernstein, who also serves as the school’s speech and language pathologist, is that students from across the learning spectrum are mainstreamed in the classroom, with a “mix and match” of services provided. So, for example, when the class turns its attention to math, those students needing support services in math also turn to that subject at that time. As a result, says Bernstein, no student feels left out or left behind.

“A unique aspect of Kadimah is that it is fully inclusive,” notes Bernstein. “Students who qualify for support learn alongside their peers, and the sup-

port they receive allows them to access the general curriculum. We have a team of dedicated and highly competent specialists who provide students with the support they need in a nurturing environment. We strive to support our students to be independent, resourceful learners. To that end, students are given individualized ‘Action Plans’ to meet their needs. The ultimate goal is to provide students with a

strong foundation so that, in time, they can succeed independently. We pride ourselves in providing appropriate support for children to progress toward independence by providing a gradual release of responsibility.”

Bi-Cultural Day School is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

BBYO: Impacting Our Teens

September and October were busy for the BBYO Connecticut Valley Region. To prepare the BBYO community of advisors for the year, more than 40 volunteers from New York, Connecticut, Rhode Island and Massachusetts gathered in Windsor, CT, for BBYO’s annual Northeast Advisor Training. Advisors spent the weekend learning about inclusion, and teen mental health issues and indicators. All advisors also received CPR and First Aid certifications. The Advisor Training Weekend was partially funded by a grant from the Jewish Federation of Greater Hartford’s CJEL Inclusion Initiative.

BBYO chapters across the state hosted a variety of Sukkot programs in their communities. Chapter members in Stamford, Greenwich and West Hartford came together for potluck meals in the sukkah. In between noshing, the Stamford chapters debated the meaning of Sukkot while the Greenwich chapter used Sukkot as a way to talk about environmental justice and Jewish values.

These Sukkot programs across the state culminated at the annual BBYO Connecticut Valley Regional Kick Off event on October 14, where more than 300 Jewish teens from across Connecticut and Western Massachusetts celebrated the new year. At Kickoff, members collected more than 10,000 plastic bags from Tower One in New Haven that will be re-used to make “plarn” (plastic yarn). The plarn will be weaved into all-purpose sleeping mats and blankets for people experiencing homelessness.

BBYO Connecticut Valley Region is now looking toward Friday-Saturday, December 15-16, to celebrate Shabbat Across Connecticut. Chapters throughout the Connecticut Valley Region will be hosting Shabbat dinners and services with local community “Game Changers.” While each community will host its own program on the night of December 15, BBYO Connecticut Valley Region will be united as each community celebrates Shabbat in their own way. On December 16, Jewish teens from across the state will come together again for a *Havdalah* and Chanukah candle lighting at the second annual “Stomp It Out!” event. Last year, more than 400 Jewish teens attended “Stomp It



Regional Directors Tyler Pepe (second from left) and Jennifer Kruzansky (far right) with Vivian Kantrow (far left), former CVR regional director and current director of development for Tower One (an assisted living community in New Haven), and Susan Skalka, the life enrichment coordinator for Tower One. Kantrow and Skalka lead the plarn project for Tower One, and are pictured with some of the plastic bags collected by BBYO teens and examples of the mats that will be made with the plarn from the bags.

Out!,” an event that focuses on “stomping out” the stigma of mental health issues. Teens will have the opportunity to interact with and collect information from more than a dozen professional organizations that work in the mental health field. The event will take place at The Sports Center of Connecticut, where activities will include laser tag, food, arcade games, ice skating and a DJ on ice.

For more information about the BBYO Connecticut Valley Region, contact Tyler Pepe at Tpepe@bbyo.org or Jen Kruzansky at JKruzansky@bbyo.org.

BBYO is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

► JCC Hosts Community Open House

The Jewish Community Center will host a membership and fitness open house for prospective members on Sunday, January 7, from 10 am-2 pm. “We invite people to take a tour, enjoy brunch, learn about our wonderful programs and facilities, and meet staff members,” said Ilene Kirschner Madwed, JCC managing director of membership services.

All who attend will receive three complimentary guest passes to the JCC, and those who join at the open house will receive a special discount on membership dues.

For more information, contact Kirschner Madwed at 487-0945 or imadwed@stamfordjcc.org.

► Israeli Film Series

Community members are invited to join Israeli *Shlichah* Yael Stolarsky at the Jewish Community Center as she screens award-winning films direct from Israel.

“Someone to Run With” will be shown on Thursday, December 21, at 7 pm. Based on a novel by David Grossman, the film is a tale of adventure, finding the strength to overcome fears, true friendship and love.

“Precious Life” will be shown on Thursday, January 11, from 7-9 pm. The film tells the story of an Israeli pediatrician and a Palestinian mother who struggle to get treatment for a baby suffering from an incurable genetic disease.

For more information, contact Stolarsky at 203-487-0961 or ystolarsky@stamfordjcc.org.

Happy Chanukah!



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

Frank Policastro/Owner (203) 323-0507
48 Crescent Street cleanerman@aol.com
Stamford, CT 06905 www.crescentcleaners.com

A BOLD APPROACH

A co-ed, independent day school for students in Pre-K (ages 3 & 4) through Grade 9 located on a 75-acre campus, New Canaan Country School offers transportation to residents throughout Fairfield and Westchester Counties. For more information about our bold approach to academics, athletics, arts and music programs, school-day schedule and before & after school programs, please visit: www.countryschool.net or call (203) 801-5608.





**NEW CANAAN
COUNTRY SCHOOL**
GO BOLDLY.
635 Frogtown Road, New Canaan, CT

COME TAKE A CLOSER LOOK!

Upcoming admission events:
Dec. 1 Early Childhood (ages 3, 4, 5) Close-Up
Dec. 13 Lower School (Grades 1-4) Close-Up
www.countryschool.net/visit

Your ad could be here!

To advertise, contact Bonnie Rozen at (800)779-7896, ext. 244 or bonnie@thereportergroup.org

THE NEW JEWISH VOICE

United Jewish Federation of Greater Stamford, New Canaan and Darien

invites you to join in a
Community Menorah Lighting and Annual Meeting

Wednesday, December 13th, 7:00 p.m.

Stamford JCC, 1035 Newfield Avenue

Guest Speaker:

Alon Ben-Gurion (grandson of David Ben-Gurion)
“The Founding of The State of Israel and
The Legacy of David Ben-Gurion”

Congratulations to Our Honorees:

Harvey A. Peltz Award

Risa Raich

Volunteers of the Year Award

Meryl Gordon and David Stein

Graduation of Behrend Leadership Institute Participants

Installation of 2018 UJF Officers

Event Chairs: Elissa and Philip Klapper

Dessert Reception RSVP encouraged

www.ujf.org/annual or call 203-321-1373



United Jewish Federation
OF GREATER STAMFORD, NEW CANAAN AND DARIEN

BETTER TOGETHER



United Jewish Federation
OF GREATER STAMFORD, NEW CANAAN AND DARIEN
BETTER TOGETHER



DECEMBER 3
9:00 A.M. - 12:00 P.M.
AT THE STAMFORD JCC

CHAIRS:
TALY FARBER
SHIRA NERENBERG
STACEY PALKER

UJF INVITES THE COMMUNITY TO JOIN TOGETHER FOR SUPER SUNDAY.

Be a super hero and sign up to volunteer today.
Register at www.ujf.org/ss2017volunteer

Super Sunday's Line Up

9:00 a.m.-12:00 p.m. Volunteers needed in various positions

9:30 a.m.-12:00 p.m. Teen programming, come hang with your friends, nosh on some bagels and volunteer!

10:00 a.m.-11:30 a.m. Family Programming, PJ Library and children's activities, tzedakah coin project, crafts, stories, face painting, popcorn, candy, meet a super hero and more!

United Jewish Federation Super Week!

November 28th- December 3rd: #Givingtuesday kicks off the end-of-year "giving" season. Pledge between 11/28 and 12/3 for a chance to win 2 Broadway tickets. Answer the call or donate on-line at www.ujf.org. Drawing to be held at noon on Super Sunday. \$54 gift minimum.



November 29th – December 3rd:

Donating kosher food to the Schoke Jewish Family Service Kosher Food Pantry OR drop off a toy for a child benefiting Stamford Hospital's David's Treasure Chest Toy Closet. (Drop off locations: UJF office, Bi-Cultural Day, School, Carmel Academy, Sarah Walker Nursery School and Gan Yeladim Preschool).

November 30th:

3SQUARE volunteer opportunity- Come to the UJF office and help package food bundles for the food-insecure children of 3SQUARE or attend the JCC Center Women's Gift Show and purchase a toy for Stamford Hospital's David's Treasure Chest Toy Closet.

December 1st-2nd: Patronize Beldotti Bakery, 613 and Soosh as you prepare for Shabbat and 10% of your purchases will go to UJF.



For more information contact
Sharon Franklin
203-321-1373 ext. 109



Anxiety in Children

When to Worry about Your Child's Worries

Carmel Academy introduces its PALS Learning Center, a resource for children, parents and educators, which seeks to provide direct student support, expert speakers, workshops and parent training. Its inaugural community program features a two-part series exploring how to understand and manage anxiety in children and adolescence. PALS (Providing Alternative Learning Strategies) is Carmel Academy's inclusive program for children with special learning needs.

The series will begin with a film screening of the documentary "Angst: Breaking the Stigma of Anxiety," followed by a discussion led by Carmel Academy's Director of Guidance Dr. Jeff Kilstein on Monday, November 27, at 7 pm, at the school.

"Angst" is a 60-minute film that explores anxiety, its causes, effect, and what we can do about it. With a particular focus on adolescents and teens, the film features candid interviews with children and young adults

who suffer, or have suffered, from anxiety and what they have learned about it. The film includes discussions with mental health experts about the causes and sociological effects of anxiety, as well as providing resources and tools. Tickets can be reserved at www.carmelacademy.com.

The series will continue on Monday, December 11, at 7 pm, with "When to Worry about Your Child's Worries?," a presentation and Q&A with Dr. Regine Galanti, Ph.D. Galanti is an expert in anxiety in children and adolescents. She received her doctorate in clinical/school psychology from Hofstra University and is the founder of Long Island Behavioral Psychology in the Five Towns. Previously, she acted as the director of Center for Anxiety's Brooklyn Office. Her clinical work specializes in the assessment and treatment of children and young adolescents using behavior therapy and parent-child interaction therapy.

"The PALS Learning Center was established this fall with an anonymous gift," said Carmel Academy's PALS

Program Director Jonathan Holub. "In addition to community programming, the Center provides additional levels of support for Carmel students within the school's PALS program for learning disabilities. It has been truly impactful for our students on a daily basis and we are excited to share this wonderful resource with the wider community."

"This gift is transformative," said Carmel Academy Head of School Nora Anderson. "The PALS Learning Center is not only a tremendous resource for our students, but also for our faculty, parents and the larger community. The educational programming we will be able to provide reinforces our commitment to encouraging lifelong learning – a true hallmark of Carmel Academy's educational philosophy."

The Carmel Academy PALS Learning Center's series on anxiety and children will take place at the school, 270 Lake Ave., Greenwich, CT. To register, visit www.carmelacademy.com.

Carmel Academy is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

► Wild 'N Wacky Reunion at the J

On Sunday, January 21, from 5:30-7 pm, at the Jewish Community Center, Day Camps@The J will host a family camp reunion that promises to be a celebration of summer. "Our new Wild 'N Wacky challenge game will chase away winter chills for returning campers and their friends," said Jason Samuel, director of Day Camps@The J.

The reunion will also offer an opportunity for families to learn about the new programs the JCC has planned for the summer of 2018. Dinner, dessert and kids' raffles will be included. The event is open to all Day Camps@The J campers, their families and friends. While there is no charge to attend, families are asked to consider making a \$36 donation to the JCC's camp scholarship fund.

For further information, contact Samuel at 203-487-0973 or jsamuel@stamfordjcc.org.

Discoveries.....

Continued from page 1

One of the most significant aspects of the discoveries is that they exhibit "the cultural change that Jerusalem underwent around the Second Temple period, when Jerusalem was a Jewish city with Jewish culture, which after the destruction turned into a Roman city with Roman culture," IAA archaeologist Tehillah Lieberman told JNS.org.

"The Romans needed different buildings," she said. "They had different structures with different uses... the focus and the center of the city had to change, and that's what we see in Wilson's Arch. We see how the street from the Second Temple was dismantled and in its place a Roman theater-like structure was built facing its back to [the] Temple Mount, and this tells us the story of what happened to Jerusalem after the destruction."

Israel Hasson, director-general of the IAA, said the findings "enhance the importance of expanding the archaeological excavations in this region"

At right: Israel Antiquities Authority archaeologist Tehillah Lieberman at the newly discovered ancient Roman theater in Jerusalem. (Photo by Yaniv Berman/Israel Antiquities Authority)



in order to unveil ancient Jerusalem. The excavation project was initiated with the intention of accurately dating Wilson's Arch, which is believed to be the only structure from the Temple Mount compound of the Second Temple period that remains intact today. The arch, which stands above the Western Wall's foundations, is named after 19th-century explorer Charles William

Wilson, who identified it in 1864. It is constructed from enormous stones, and is the only remaining arch from a series of similar arches that formed a large bridge leading up to the Temple Mount compound from the west.

"When we started the excavations, there were three opinions regarding the age of Wilson's Arch," Lieberman said. "We wanted to see which opinion was correct. One opinion held that the arch originated from the Second Temple period. If Wilson's Arch really is from the Second Temple period, it means that it's the only complete structure standing today in Jerusalem from that time."

According to Lieberman, all other known structures dating back to the Second Temple period, including the Western Wall, have signs of destruction. On the other hand, Wilson's Arch "is complete from its foundation all the way to the top of the arch and its connection to the Western Wall," she said. To verify that the arch dates to the

Second Temple period, archaeologists sent samples from inside the arch and its connecting pillar for carbon dating tests. "We're still waiting for the official results," said Lieberman. "The excavation isn't finished yet, and I hope that as it goes on, we'll be able to give a more accurate date."

As the IAA team awaits the results, Lieberman said she believes the arch "has been standing in its place since the Second Temple period." She bases her assessment on how Wilson's Arch relates to the other architectural elements at the excavation site. "On the supporting pillar of the arch, there are five openings that look like five little rooms," said Lieberman. "The theater-like structure [that was uncovered in the dig] blocks the entrance to two of them."

This, she said, "means [the theater] definitely has to post-date the pillar of the arch and the arch itself."

Archaeologists also found plaster from Jewish ritual baths "on the other side of that same pillar... which means it has to be from some time between the first and second century," said Lieberman.

Lieberman believes the future holds discoveries that could date even earlier than "everything that has been exposed up until now," speculating that artifacts from the First Temple period could be found.

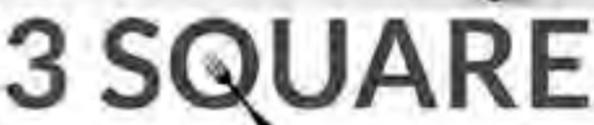
"Time after time," said Rabbi Shmuel Rabinowitz, rabbi of the Western Wall, "the amazing archaeological findings allow our generation to actually touch the ancient history of our people and Jewish heritage, and its deep connection to Jerusalem."



A view of the Wilson's Arch excavation in Jerusalem's Western Wall Tunnels. (Photo by Yaniv Berman/Israel Antiquities Authority)



United Jewish Federation
OF GREATER STAMFORD, NEW CANAAN AND DARIEN



3 SQUARE

because hunger doesn't take a break on the weekend
a ujf community cares program

In Connecticut, nearly one child in five is hungry or food insecure and does not get enough food outside of the free meal programs provided by the public schools. Women's Philanthropy of Jewish Federation of Greater Stamford, New Canaan and Darien is joining other programs throughout the country to do something about this situation in our own backyards.

Your support helps 3 SQUARE provide elementary school-age children identified as "in need" with a bag of food each Friday to sustain them through the weekend. Most of these children are chronically hungry and don't have regular access to food.

3 Square is chaired by Jill Kaplan and Robin Madden
For info email dianesloyer@ujf.org

Motivational Speaker at Saul Cohen – Schoke JFS Lecture

With about 225 guests in attendance at the Ferguson Library, Schoke Jewish Family Service presented the Sixth Annual Saul Cohen – Schoke JFS Lecture on November 9. Bruce Feiler, the featured speaker, *New York Times* columnist and bestselling author, told personal stories of his life and travels, and the passion that motivates him to help families lead “joyous lives,” which Schoke JFS also seeks to do.



L-r: Saul and Mimi Cohen, supporters of the annual Schoke JFS lecture, are pictured with Bruce Feiler, the keynote speaker of the event.



Thanks for a successful evening were extended to the Steering Committee members (l-r): Mark Frank, Joanna Lowin, Schoke JFS CEO Matt Greenberg, Michael and Betsy Stone, Saul and Mimi Cohen, speaker Bruce Feiler, Gail and Stephen Trell, Connie and Alan Freeman, Schoke JFS Board President Beverly Stein, Sheila Romanowitz and Schoke JFS COO Jonathan Fass. (Photos by Aviva Maller Photography)

“Pie Face Challenge”



With plates filled with whipped cream, more than 70 students and staff at Carmel Academy dared themselves to do the “Pie Face Challenge” in honor of Sam Buck, a 7-year-old Greenwich neighbor battling a rare terminal illness. His parents started the “Pie Face Challenge” in the hopes of raising awareness surrounding the rare Vanishing White Matter Disease. Participants in the challenge post photos and video of themselves on social media putting a pie in their face as a fund-raiser of the VWM Families Foundation. The students welcomed him and his mom, Allyson Buck, to Carmel Academy to watch and participate. Shown are fourth-graders doing the “Pie Face Challenge” to raise funds for research.

► Boker Tov, Israel! – Lecture Series with Yael Stolarsky

On Sunday, December 17, from 10-11:30 am, at the Jewish Community Center, join Israeli *shlichah* Yael Stolarsky for “The Puzzle Pieces of the Conflict” to explore the pieces that make up the puzzle of the Arab-Israeli conflict.

On Thursday, January 25, from 11 am-noon, at the JCC, Stolarsky will lead a program called “The Sticker Song: Israel from Bumper to Bumper.” Stolarsky will show how a hip hop recitation of Israeli bumper stickers reflects the many facets of life in Israel. The program will be repeated on Sunday, January 28, starting at 10 am.

► Supper and Song Dance Party

On Wednesday, January 17, at 5:30 pm, the JCC will host a Supper and Song Dance party with entertainer Andy Baum. The evening will be tailored to young children ages 1-4 and their siblings. Children must be accompanied by a parent or caregiver.

Pizza will be served to children and adults. Tickets are \$13 per person if registered by Tuesday, January 9, and \$15 beginning January 10; for JCC members, \$10 before January 9 and \$12 beginning January 10.

Those planning to attend must register at stamfordjcc.org. For more information, contact Allison Murphy at 203-487-0980 or amurphy@stamfordjcc.org.

Jewish High School Hosts Open House



The Jewish High School of Connecticut held an Open House for prospective students on October 29. The Stamford-based STEM Jewish high school hosted close to 100 people to learn about its growing school programs. L-r: JHSC Student Council members Ben Marcus, Ella Feuerstein and Natalie Shclover fielded questions from eighth-graders.



Rabbi Elisha Paul, the Jewish High School of Connecticut’s head of school, addressed prospective families at the JHSC Open House.

Chanukah Greetings
from
THE REPORTER GROUP

United Jewish Federation
OF THE AREA OF STAMFORD, CONNECTICUT

United Jewish Federation is celebrating Chanukah at Fairway!



**Tuesday, December 12th and
Wednesday, December 13, 11am-1pm**

Visit our table at the Stamford Fairway to learn more about UJF and PJ Library in our community!

PLUS enjoy fun Chanukah related treats!

Jerusalem Photo Exhibit Impacts Bi-Cultural Students



Bi-Cultural Day School's Behrend Auditorium was transformed into a gallery in October when "Jerusalem Now and Forever," an exhibit of 50 photographs depicting the multi-cultural life of Jerusalem by award-winning Israeli photographer Sharon Gabay, was put on display. Coordinated by Im Tirzu, the largest grass-roots Zionist movement in Israel, the exhibit opened on October 17 with a donor dinner chaired by Bi-Cultural parent Tara Shapiro (pictured at left). The public was invited to view the photographs during its run of several weeks. The exhibit was viewed by the school's eighth grade class to help prepare them for their month-long Israel trip this spring.



Guests enjoyed the photos at the opening of the "Jerusalem Now and Forever" exhibit.

JHSC Jumps High



The Jewish High School of Connecticut's men's basketball team, led by Coach Jeff Desir, plays in The New York Sports Club's 15 and older men's league. The increase in the number of students enrolled in younger grades led to a mainly freshmen and sophomore team that Desir believes will improve steadily against mainly older and bigger opponents. All students are allowed to participate at JHSC. L-r: Basketball players Ben Marcus, Gavin Rakitt, David Waknine, an unnamed referee, Jakob Okun, Maxx Sproehnle, Gavi Genger and Nate Herman.

Louis J. Kuriansky Annual Conference at UConn



Dr. Jeffrey Rosen, president and CEO of the National Constitution Center, gathered with other dignitaries after his keynote speech on "The Legacy of Justice Brandeis" at the 2017 Louis J. Kuriansky Annual Conference that was hosted by The Center for Middle Eastern and Judaic Studies at UConn Stamford. L-r: Dan Weiner, vice president, UConn; Ed Backer, Kuriansky trustee; Sary Backer, Kuriansky trustee; Dr. David Yalof, chair of Department of Political Science, UConn; Dr. Jeffrey Rosen; Dr. Howard Erichson, professor of law, Fordham University Law School; Dr. Nehama Aschkenasy professor and director of the Center for Middle Eastern and Judaic Studies at UConn-Stamford; and Terrence Cheng, campus director, UConn-Stamford.

November & December 2017

SUPPORT FOR THOSE IN NEED

COUNSELING, MEDIATION and CRISIS

Schoke JFS For Children/Adolescents Diagnosed With ADD/ADHD
Wednesday afternoons. Finding Your Focus with Dr. Lee Combrinck-Graham MD. Service includes psychiatric evaluation, review of previous evaluations, family assessment, on-going support, and medication management. Qualifies for insurance reimbursement. **For more information, contact Eve Moskowitz at 203-921-4161 or emoskowitz@ctjfs.org.**

Schoke JFS College Ahead
Tuesday, December 5 at 7:30 pm. Deans of Admissions of prominent colleges will form a panel of experts to share information about the college admission process, academics, Jewish life on campus, residential options and other topics of interest. Claire Friedlander, JFS College Consultant, will moderate the discussion at the Stamford JCC, 1035 Newfield Avenue. Open to the community at no cost and registration is not required. Contact Claire Friedlander at 203-921-4161 or email clairef@ctjfs.org for more information

Schoke JFS College Counseling
 Need help navigating the college admission and application process? Qualified, experienced assistance provided by Claire D. Friedlander, Schoke JFS College Consultant. Competitive fees. **For more information, contact Claire Friedlander at 203-921-4161 or clairef@ctjfs.org.**

Kuriansky Foundation Counseling Program of Schoke JFS
 Qualified, licensed professionals provide counseling and psychotherapy to individuals, children, adolescents, families, couples and groups. For emotional support while unemployed, see Life Transitions below. Affordable fees, based on income; no one is "turned away". Insurance accepted. **For more information, contact JFS at 203-921-4161.**

Schoke JFS Individuals / Families in Crisis
 Comprehensive services. Assistance with basic necessities, housing, medical, social, legal and financial matters. Fees based on ability to pay. **For more information, contact: Rebekah Kanefsky at 203-921-4161 #128 or rkanefsky@ctjfs.org.**

DIVORCE & BEREAVEMENT

Parent Education Program (PEP)
 State-mandated workshop for divorcing parents with children at Schoke JFS Stamford. **Fee is \$125 per person. Call for dates and to register at 203-324-3167.**

Schoke JFS Focus on K.I.D.S.
 For divorced or separated parents experiencing high conflict around parenting decisions. Teaches both parents strategies for communicating in a non-hostile manner. **For more information, contact Erika Garcia at 203-921-4161 or erikag@ctjfs.org.**

Schoke JFS Spousal Bereavement Groups,
Mondays at 10:30 am at Congregation B'nai Israel, 2710 Park Avenue, Bridgeport.
Fridays at 10:30 am at Stamford JCC, 1035 Newfield Road, Stamford Gather to share feelings and exchange ideas in a non-judgmental environment that provides emotional, practical, and spiritual support for grieving the loss of a spouse or significant other. Contact Amanda Geffner, Schoke JFS Therapist at 203-921-4161 or ageffner@ctjfs.org.

SUPPORT

Schoke JFS Kosher Food Pantry
 Non-perishable staples for those in need. Donations welcomed. Please contact Rebekah Kanefsky at 203-921-4161 or email rkanefsky@ctjfs.org to arrange drop-off. **For more information, contact JFS at 203-921-4161.**

EMPLOYMENT & TRAINING

Schoke JFS Computer Training Courses
 Variety of courses - all levels, individuals or small groups. Nominal fee. **For more information, contact Ilene Locker at 203-921-4161 or iklocker@ctjfs.org.**

Schoke JFS Seniors2Work
 Job Bank for age 50+. Lower Fairfield employers can list full / part time jobs for dedicated, skilled mature workers. No fees. **For more information, contact Ilene Locker or Jodi Maxner at 203-921-4161 or www.seniors2work.org**

CARING FOR SENIORS

Need Help Buying Groceries?
 Schoke JFS will provide information and eligibility assistance for financial help to purchase food. For a consultation, please contact Rebekah Kanefsky, Schoke JFS Case Manager at 203-921-4161 or email rkanefsky@ctjfs.org.

Schoke JFS Home Companion
 A program placing fully trained and vetted home companions and CNAs matched to the needs and specific circumstances of senior clients. Trained aides assist seniors with daily activities, chores, and socialization. Certified Nursing Assistants can provide personal care, toileting, and medication management. Services are provided hourly, daily or up to 24/7 at competitive rates. Full supervision by professional Schoke JFS staff. **For more information contact Isrella Knopf, Director of Senior Services at Schoke JFS at 203-921-4161 or email at isrellak@ctjfs.org.**

JFS Residential Cleaning
 Employ professionally trained individuals to clean your home and at the same time help support Schoke Jewish Family Service. Rates lower or competitive than other service providers. **For more information, contact Jodi Maxner at 203-921-4161 or residentialcleaning@ctjfs.org.**

Let's Talk
FAIRFIELD: Mondays, 12:45 pm. Bigelow Center for Senior Activities, 100 Mona Terrace, Fairfield. Contact Amanda Geffner at 203-921-4161 or ageffner@ctjfs.org.
STAMFORD: Tuesdays, 11:00 am. Stamford JCC, 1035 Newfield Avenue
WESTPORT: Thursdays, 1:00 pm. Westport Senior Center, 21 Imperial Avenue, Westport. Seniors talk about common interests and concerns, facilitated by a Schoke Jewish Family Service counselor. Contact Sheila Duggan at 203-921-4161 or sduggan@ctjfs.org
 ALL locations FREE.

► **Magical Chanukah Celebration at Bi-Cultural**

Bi-Cultural Day School will open its gymnasium doors on Sunday, December 3, from 3-5 pm, to welcome the entire community to a Chanukah celebration highlighted by an afternoon of fun. Geared for young Jewish families with children up to age 6 (older siblings are welcome), the festivities will include live entertainment, Chanukah-themed cooking and tastings, face painting and balloons, holiday gift creations, bounce house/slide, soft play, music, refreshments and much more. Admission is free.

► **JCC Chanukah Giftique**

The Chanukah Giftique, hosted annually by The Center Women of the Jewish Community Center, will run this year from December 10-17. The Giftique, which has for years been considered one of Stamford's most popular Chanukah shops, features a wide selection of affordable gifts and items such as menorahs, dreidels, candles, *gelt*, toys, books, wrapping paper and decorations. Visit stamfordjcc.org for hours.

For more information, contact Nancy Schiffman at 203-487-0941 or nschiffman@stamfordjcc.org.

► **Chanukah and New Year's Luncheons for Seniors**

All senior adults in the community are invited to light the menorah and share in a Chanukah lunch on Tuesday, December 12, from 11:30 am-1 pm, at the Jewish Community Center. There is a suggested donation of \$4 per person.

► **Giant Menorah Lighting**

The community is invited to come watch as one of Fairfield County's largest menorahs is lit on Tuesday, December 12, at 4:30 pm, at Latham Park, Stamford. There will be donuts, hot apple cider and latkes, as well as *gelt* for the children. The event is free and open to all.

A community menorah lighting at Harbor Point is TBD.

► **Friendship Circle Chanukah Holiday Party**

The annual Friendship Circle Chanukah Holiday Party for Friendship Circle families and volunteers will take place on Monday, December 18, from 5-6:30 pm, at Stepping Stones Museum, 303 West Ave., Norwalk. Contact Malya@FriendshipCT.com to get involved and for more information.

► **Celebrate Chanukah at TBE with Disney Shabbat**

TBE will celebrate Chanukah with a Disney-themed Shabbat on Friday night, December 15. The evening will begin at 5:45 pm with a family-friendly Shabbat and Chanukah dinner, including Chinese food, latkes and dreidels.

The cost is \$17 per adult and \$12 per child 3-12 (children under 3 eat free), with a \$60 maximum per immediate family (not including grandparents and extended family).

At 7 pm, the evening will continue with a Disney-themed Chanukah Shabbat service and celebration with Rabbi Joshua Hammerman, Cantor Magda Fishman, TBE Religious School students and musical guests.

To register for the dinner, visit www.tinyurl.com/tbelatkes by Tuesday, December 12. For further information or questions, contact the TBE office at 203-322-6901 or eddir@tbe.org.

► **Chanukah Community Concert Celebration and Chanukah Wonderland**

A community Chanukah celebration highlighting the children of local Jewish day schools – including Bi-Cultural Day School, Carmel Academy, Gan Yeladim Preschool and JCC Sara Walker Nursery School – will take place on Sunday, December 10, at Chabad of Stamford. The annual Chanukah Wonderland will be held from 3-4 pm and the Chanukah Community Concert from 4-5:30 pm.

Tickets bought in advance are \$10 per person, with a maximum per family of \$36; tickets at the door will cost \$15 per person, with a \$54 maximum per family. Tickets include Chanukah Wonderland and the concert. Food will be offered for sale separately.

For more information, e-mail programs@stamfordchabad.org or visit www.StamfordChabad.org.

► **David's Treasure Chest Toy Closet**

United Jewish Federation's Women's Philanthropy group will hold its annual David's Treasure Chest Toy Closet program on Wednesday, December 13, at the Stamford Hospital. The eighth grade students of Bi-Cultural Day School and Carmel Academy are invited to deliver the toys they have collected to the David's Treasure Chest Toy Closet, which are then given out to children during the holidays.

David's Treasure Chest Toy Closet was started by the Kanarek family in honor of their son, David, who passed away in 2000 of leukemia at the age of 15.

Toys can be dropped off the week of November 28 at Bi-Cultural Day School, Carmel Academy, Sarah Walker Nursery School, Gan Yeladim and the UJF offices at 1035 Newfield Ave., second floor, and at the Center Women's Gift Show on Thursday, November 30, at the Jewish Community Center. For more information, contact Sharon Franklin at sharon@ujf.org.

► **Jewish Women Connected Chanukah Package Party**

Jewish Women Connected will hold a Chanukah Package Party on Thursday, December 14, at the home of Tracey Balinsky. Those attending should bring an unwrapped gift worth \$10 or more to be auctioned off. Mingle and nibbles will begin at 7:15 pm and the program will begin at 7:45 pm. All bid money will benefit a charity. The program is chaired by Shira Nerenberg.

JWC members can attend for free; the cost to attend for non-JWC members is \$15.

Contact programs@stamfordchabad.org for more details or to RSVP.

► **JCC Family Chanukah Party**

Families with children of all ages are invited to attend the Jewish Community Center's annual Family Chanukah Celebration on Monday, December 18, from 6-7:30 pm.

The evening will include menorah lighting and Chanukah music. Those attending can enjoy Chanukah treats, including potato latkes, jelly donuts and chocolate *gelt*.

Tickets are \$18 per person, or \$15 for JCC members. Register online at www.stamfordjcc.org or call the JCC welcome desk at 203-322-7900.

For more information, contact Galit Roloff at groloff@stamfordjcc.org.

It's All in the Sizzle

BY RONNIE FEIN

When Chanukah comes, all of us look forward to doughnuts and latkes. Our holiday food. Our once-a-year excuse to indulge in eating fried chicken, fried potatoes, fried dough. Fried anything!

And yes, some have come up with healthier "mock" fried versions but, I ask you, are they really the same?

In our family, we eat a fairly healthy diet throughout the year, so I am of the opinion that a Chanukah indulgence – real fried, not fake – is OK. And so, we eat our share of potato (and other) latkes (I once made 200 little ones for my brother's holiday party). And we have a few doughnuts as well. And fried chicken wings.

But a while ago I experimented with onion rings, because my husband loves them. I do, too. We don't like the thick, batter-coated ones. We like them skinny and really crunchy.

After a few tries, I came up with this recipe for "onion strings" and they are just about perfect. So sure, this holiday can have those classic latkes. And a doughnut or two. But try these, too! I can't think of a better fried food than these.

I warn you – the recipe is supposed to make four servings, but, you know, two of us once ate up the entire mess and thought we could have had more.

CRISPY FRIED ONION STRINGS

- 2 large sweet onions (or 4 medium yellow onions), sliced thin
- Seltzer
- ¼ cup all-purpose flour
- 1 tsp. salt
- ½ tsp. paprika
- ½ tsp. garlic powder
- Vegetable oil

Place the onions slices in a bowl and pour enough seltzer on top to cover the onions. Let rest for about 30 minutes.

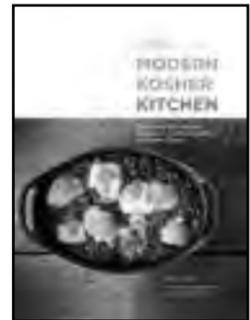
In a large bowl, mix the flour, salt, paprika and garlic powder.

Remove the onion slices from the seltzer and press in a sieve or colander to drain off as much seltzer as possible. Place the onions in the bowl with the flour mixture and toss to coat the slices.

Heat about 2-inches of vegetable oil in a large, deep sauté pan to about 360°F (a bread crumb will sizzle). Working with a handful of onion slices at a time, fry for about 3 minutes, tossing them as they cook, or until golden brown. Remove with a slotted spoon and drain on paper towels. Continue with the remaining onion slices.

Should make four servings, but if you really love crispy onion strings, this recipe will serve two and maybe even one.

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 www.facebook.com/RonnieFeinKitchen/, or follow her on Twitter and Instagram at @RonnieVFein.



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

May your Chanukah be filled with the miracles of the holiday

Bonnie Rozen,
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Julian Edelman's Children's Book Gets a Jewish Makeover

BY PENNY SCHWARTZ

BOSTON (JTA) – If New England Patriots star Julian Edelman retires from the NFL anytime soon, he clearly has a promising second career as a Jewish children's book writer. In front of about 400 children and their families on a recent Tuesday night at the Newton Centre flagship of the Jewish Community Center of Greater Boston, the 31-year-old wide receiver and Super Bowl hero read a special edition of a children's book he co-wrote last year.

Edelman, who has Jewish ancestry on his father's side and has identified as Jewish in recent years, was treated "like a rock star." "He's a really good receiver and I hope I like his book," Ilan Sherman Kadish, one of Edelman's many young fans in attendance, said before the player spoke.

The event was organized by PJ Library, the Massachusetts-based global Jewish children's book giveaway program supported by the Harold Grinspoon Foundation in partnership with other philanthropists and local Jewish community organizations. Twenty-five thousand copies of Edelman's book, "Flying High," a semi-autobiographical story about a squirrel named Jules who is determined to play football, are being mailed to 5-year-olds in Jewish homes across North America through the PJ Library program.

Before Edelman read his book, the audience was shown a video with footage from his visit to Israel in 2015 (which was co-sponsored by the Combined Jewish Philanthropies of Greater Boston). The crowd cheered loudly after the video as Edelman, wearing a brace from a preseason knee injury that has kept him from playing this season, made his way onto the stage.



Julian Edelman read from his children's book at the JCC of Greater Boston on October 10. (Photo by Nikki Cole)

Edelman said onstage that the story of Israel reminded him of his own struggles to push past those who overlooked him. He was picked in the seventh and final round of the 2009 draft by the Patriots and was not projected to succeed in the league. But he has notched more than 400 career receptions, helped the team win two Super Bowls and become quarterback Tom Brady's favorite target.

"I fell in love with the people of Israel," Edelman said, noting his admiration for how the small country thrives despite being surrounded by unfriendly countries.

It's a theme he said he wanted to convey in a children's book, especially after the birth of his daughter, Lily, in November, to whom he dedicated the book. The new PJ Library edition of "Flying High" includes extra material on the front and back flaps that emphasizes the story's Jewish content and values. There is also a new reference to Theodor Herzl, the founder of modern Zionism. The dedication page includes one of Herzl's most famous quotes: "If you will it, it is no dream."

The quote shows up in illustrations throughout the story as its young squirrel protagonist trains hard and perseveres against his detractors – a group of animals that includes an eagle, a buffalo and a bear who ridicule him for being too weak, slow and small. The idea for the quote came from the Israeli-born Assaf Swissa, Edelman's co-author. Edelman told JTA after the event that while the quote was not central to the original book, it turned out to be a good fit. "It definitely has meaning for me," he said of the Herzl quote.

A second "Flying High" book is due out in

November, in time for Chanukah, Swissa told JTA.

Edelman has become an object of Jewish fascination since he publicly identified himself as a member of the tribe in a 2013 interview on the NFL Network. He has tweeted about Jewish holidays, wore an Israel pin during a game in 2014 and was named one of the best Jewish football players of all time by the American Jewish Historical Society last year.

PJ Library's founder, Jewish businessman Harold Grinspoon, and his wife, Diane Troderman, both philanthropists, attended the event along with their grandchildren and other members of their family. Edelman is "an amazing guy. He's a *heimische* guy. He's so real," Grinspoon told JTA, using a Yiddish term meaning friendly and down to earth. "I love the ['Flying High'] story because it's so true to who he is."



One lucky fan had a fun encounter with Julian Edelman at a private reading of his book at the JCC of Greater Boston before the main event on October 10. (Photo by Etan Harmelech/Harold Grinspoon Foundation)

Adult Volunteer Opportunities

CHABAD STAMFORD

Betsy's Buddies Volunteers

Weekly or bi-monthly commitments available. Betsy's Buddies is a program looking to facilitate one-on-one visitations between volunteers and homebound members in the community. Weekly or bi-monthly commitments available and a great opportunity for retirees and families. For more information, contact programs@chabadstamford.org.

Loaves of Love Deliveries

Every Friday after 10 am. Help distribute Loaves of Love packages to new neighbors, friends, new moms, the sick and ANYONE who could use a "Taste of Shabbat." For more information, contact programs@chabadstamford.org.

FRIENDSHIP CIRCLE

Adult Circle Program

Serving adults with a full range of physical, mental and cognitive needs through one-on-one friendships and social opportunities with other adults in our community. Opportunities this year will include, social events, swim nights, bowling and community integration employment. For more information please contact Sarah Lipsker at Sarah@friendshipct.com.

JEWISH COMMUNITY CENTER

Kosher Lunch Program for Seniors

Help set up and serve HOT Kosher lunch to seniors. Tuesdays, Thursdays & Fridays at the JCC. For more information or reservation: Connie Cirillo Freeman at 203-487-0983 or cfreeman@stamfordjcc.org.

SCHOKE JEWISH FAMILY SERVICE

Drivers needed to deliver food from the Kosher Food Pantry to individuals in the community. For information: Rebekah Kanefsky at 203-921-4161 or rkanefskycjfs.org

JEWISH HISTORICAL SOCIETY OF FAIRFIELD COUNTY

Harry Rosenbaum JHS Judaica Library at the JCC

Cover 2-hour slot (or more) once a week. You'll be trained on the computer system and the arrangement of books in the library. Call 203-487-0957.

The Archives at the Jewish Historical Society of Fairfield County

Help protect the pieces of our Jewish history. Do you enjoy finding out about our region's early Jewish settlers? Do you want to help Jewish organizations retain their history and documents? Call 203-359-2196.

UNITED JEWISH FEDERATION OF GREATER STAMFORD, NEW CANAAN & DARIEN

3SQUARE

In Connecticut, nearly one child in five is hungry or food insecure and does not get enough food outside of the free meal programs provided by the public schools. Women's Philanthropy of the United Jewish Federation of Greater Stamford, New Canaan and Darien is joining other programs throughout the country to do something about this situation in our own backyards. Help shop and pack bags to be delivered to area schools. Call 203-321-1373 for more information.

UJF's READING PARTNERS

Read one-on-one with Stamford public school children. One hour a week, mornings or afternoons. 13 elementary schools. Training, literacy, focused workshops and support network provided. Contact Marlyn Agatstein or Lenore Fogel at 203-321-1373 x115 or Readingpartners@ujf.org.

If you have Adult Volunteer Opportunities and would like to be listed in future issues, please email sandy@ujf.org

Chapter Two Celebrates Sukkot

BY SHARON FRANKLIN

On October 9, United Jewish Federation of Greater Stamford, New Canaan and Darien's Chapter Two group gathered at the home of Rhoda Freedberg for a Sukkot-themed luncheon and program. Guests had an opportunity to visit Freedberg's sukkah, followed by a buffet lunch catered by 613, a local kosher restaurant.

The program featured Jonathan Fass, who led an interactive discussion titled "Sukkot: An Expression of Jewish Unity." Fass, UJF's Behrend Institute educational facilitator and Schoke JFS' COO, commented on his presentation: "Our goal in the session was to explore the many ways our Jewish tradition understands Sukkot to be a holiday which celebrates Jewish unity. We look at sources which speak about the importance of bringing together diverse types of Jews and Jewish characteristics to help our entire community be a vibrant and cohesive one." Guests also had the opportunity to learn more about the rituals performed during Sukkot, including the use of the lulav and etrog during the holiday.

Chapter Two, co-chaired by Sari Jaffe and Sue Frieden, is a division of UJF's Women's Philanthropy, and includes women in the "empty nest" phase of life. The group meets throughout the year for both educational and social action programs. Since its inception three years ago, the focus has been on



L-r: Sari Jaffe (Chapter Two co-chair), Jonathan Fass (Schoke JFS COO), Rhoda Freedberg (event hostess), Sue Frieden (Chapter Two co-chair) and Sharon Franklin (UJF director of Community Campaign).



Chapter Two gathered in Rhoda Freedberg's sukkah.

engaging women in the community by giving them a better understanding of the work of Federation and local partner agencies while seeking to achieve a stronger and more connected Jewish community.

Upcoming Chapter Two programs include a trip to the New York Jewish Heritage Museum and a December event in which the women will put together holiday gift packages for children in need.

Those who would like more information about UJF's Chapter Two or Women's Philanthropy groups are asked to contact Sharon Franklin at sharon@ujf.org.



Chapter Two women enjoyed lunch from 613, a local kosher restaurant.

Chabad Mega Challah Bake



Chabad of Stamford held its Loaves of Love Mega Challah Bake event on October 26 at the Crowne Plaza Stamford. More than 440 women attended, filling 43 tables and surpassing the program's goal of 360 women baking 720 challahs. The attendees baked challah for themselves and their families, as well as for those in need of a little extra "love." Mega Challah Bake event chairs were (l-r): Shelby Holloway, Talia Siscovick, Leah Shemtov (Chabad of Stamford co-director) and Elise Klein. Not pictured: Elian Avraham. (Photo by Clive and Raema Salmon)

At right: An aerial view of the attendees shaping challah. Clockwise from bottom left Stella Cohen, Lea Kaner, Maria Shclover, Irina Shabshis, Inga Tuluca, Jackie Herman, Nicole Ophir, Elena Genger and Adi Yarchi. (Photo by Steve Labkoff)



Israel a Rising Star in Space and Satellite Technology

BY ADAM ABRAMS

JNS.org

Adding to Israel's existing reputation as the "start-up nation" and a major hub of innovation, the Jewish state has been called "a rising star in space and satellite technology."

Several key developments in recent years highlight Israel's growing contributions in the field, including the successful launch of the Venus satellite on August 2. Venus, a micro-satellite weighing 550 pounds, was jointly designed by Israeli and French aerospace firms for the purpose of monitoring climate change. The cutting-edge satellite observes 110 sites on five continents every two days, and closely monitors the impact of human activity on vegetation, water and carbon levels.

The micro-satellite was built as part of a collaboration between Israel Aerospace Industries and France's space agency, CNES. Israel's Rafael Advanced Defense Systems provided the micro-satellite's electric propulsion system and Elbit Systems manufactured its high-resolution camera.

Israel is the smallest country in the world to launch its own satellites, and is also one of only 11 nations with the ability to independently launch unmanned missions into space. Currently, Israel has 17 civilian satellites orbiting the Earth, two-thirds of which are communication devices.

See "Star" on page 19



David's Treasure Chest Toy Closet Drive
UJF Women's Philanthropy is
collecting toys now through December 13th

The David's Treasure Chest Toy Closet is in the pediatric unit at Stamford Hospital and offers new, age-appropriate toys to any child admitted to the hospital. The 'treasures' from the toy closet are made possible through generous donations. "David's Treasure Chest Toy Closet" honors David Bennett Kanarek of Greenwich, who lost his battle with Leukemia in 2000, at the age of 15.

The eighth grade students of Bi-Cultural Day School and Carmel Academy are invited to deliver toys they have collected to the David's Treasure Chest Toy Closet which are then given out to the children during the holidays.

You can drop off a toy the week of November 28th at Bi-Cultural Day School, Carmel Academy, Sarah Walker Nursery School, Gan Yeladim, the UJF offices at 1035 Newfield Avenue, 2nd Floor and at the Center Women's Gift Show on November 30th at the JCC.

For more information, contact Sharon Franklin at sharon@ujf.org.

➔ Visit www.ujf.org, facebook.com/stamfordFederation, or tweet UJF at [ujfstamford](https://twitter.com/ujfstamford)

WHY I CARE...

If your actions inspire others to dream more, learn more, do more and become more, you are a leader.

– John Quincy Adams

Focus on Ellen Weber

BY SHARON FRANKLIN AND JANE LEVENE

Ellen Weber has lived in Stamford for more than 30 years with her husband, Dr. Richard Weber. They have two grown children, Robin and Michael. Michael is a consultant living in Philadelphia and Robin, who resides in Stamford, has a speech language pathology practice. Robin is married to Stamford native Jason Fischel, and they have a 1-year-old son, Shane. In addition to volunteering in the community and working in Richard's ophthalmology office, Ellen is greatly enjoying her role as grandma. She has been an active volunteer and lay leader for UJF. Besides being a longtime Reading Partner, Ellen has served as Women's Philanthropy president, is the immediate past UJF president and continues to sit on the UJF board. Here's why she cares.

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

When I retired in 2003, I began to look for volunteer opportunities where I could make a difference. As luck would have it, I was reading *The Advocate* one Sunday and came across an article on Reading Partners, the volunteer program under Federation

where volunteers read with children in the public school system to get them

on grade reading level. This interested me greatly and I became a Reading Partner, which proved to be my entry into Federation. Soon after, I met Nancy Mimoun, then president of Women's Philanthropy, who asked me to join the Women's Philanthropy board. While on the WP board, I was co-chair of WP's Spring Dinner, was a member of UJF's Al-

locations Committee, attended the Behrend Leadership Institute and was asked to join the big UJF board as well. I became president of Women's Philanthropy in 2012, where I've worked with some wonderful and inspirational women who created such meaningful programs as 3SQUARE and Chapter Two. Then in 2015, I became president of UJF of Greater Stamford, New Canaan and Darien. It was a great honor and privilege to hold that position and be part of an organization so committed to embracing every member of our Jewish community. Having completed my two-year term in December 2016, I continue to participate on the UJF board as immediate past president, am chair of the Nominating Committee and a member of *The New Jewish Voice* newspaper committee. And, I am completing my 14th year as a Reading Partner!

Describe what it is about the international involvement of the Federation system that inspires you.

We are so lucky to live in a thriving Jewish community with so many strong Jewish agencies and organizations. What inspires me about Federation is that together, because of the funds we raise, we are able to not only help Jews here in our own community, but globally as well. Almost two years ago, I had the pleasure of attending the 20th anniversary celebration of Partnership 2Gether in Israel. There I saw first-hand how our dollars are used and how we are helping to improve so many lives. I was so proud to see how our monies support the Rape Crisis Center in our sister city of Afula and a community center project where Arab and Jewish women work together in peaceful coexistence.

I am inspired and thankful for our international partners, namely JDC, JAFI and World ORT. The world is such a dangerous place today, but I know that these organizations are ready to rebuild and maintain Jewish communities and Jewish life around the world. There is no organization like Federation where our dollars help so many. That inspires me greatly!

Have you been involved with other Jewish organizations?

You've heard people say that they are living vicariously through their children. My initial involvement with several Jewish organizations within the Stamford community really has been as a result of my children, Robin and Michael. My involvement in Bi-Cultural Day school resulted when my children attended, as was my first involvement with the Friendship Circle. In fact, I am proud to say that the very first teen volunteer meeting for Friendship Circle took place in my family room in 2002!

As president of Federation, I was afforded the unique opportunity

See "Care" on page 19



Ellen Weber

The New Year and the New You A Psycho-Social, Jewish Perspective

BY JONATHAN FASS

As part of Schoke Jewish Family Service, a Jewish social-service agency, our professionals are dedicated to utilizing Jewish values to explore life concerns and help our clients make positive change in their lives. A recent conversation with a member of our clinical staff helped to focus this connection around the upcoming new year and its counterpart in the Jewish tradition.

The Jewish new year and the secular new year share the theme of renewal. As members of both the Jewish and American community, it is interesting to see how the renewal theme of the secular new year can be strengthened when explored from a Jewish perspective.

Even though the High Holiday season is considered the optimal time to reflect, repent and restart our lives, Judaism maintains that "the gates of repentance are always open" (Eicha Rabbah 3:43, 9). With this optimism at the core of our desire for renewal, we open ourselves to the possibility that our behavior is malleable. This allows us to ask self-reflective questions as a catalyst for better understanding our motivations, our actions and our ability to change. Traditional Jewish thought sets Elul, the month before Rosh Hashanah, as the start of the season of introspection. The *shofar* is blown at services throughout the month as a call to start the process of self-reflection with adequate time and thoughtfulness to make the High Holiday season a meaningful process.

In 2013, in an article titled "How to Change Your Behavior for Good" (Psychology Today, June 2013), Dr. Abigail Brenner looks at the work of John C. Lilly, a researcher at the National Institute of Mental Health and an eccentric personality who explored

the idea that each of us can objectively study ourselves, leading to the opportunity to think critically about our behaviors and adopt new patterns of living. Lilly formulated these questions to create a structured opportunity for "self-dialogue," with each question building on the next. These questions cannot be asked in an instant. Using these questions requires time to allow the answers to sink in. These questions include:

- ◆ What are my goals when I engage in a negative behavior?
- ◆ What relationships with others have supported this behavior and made it difficult for me to change?
- ◆ What are my needs when I engage in this behavior?
- ◆ What do I need to do to stop behaving this way?

Lilly's questions can be likened to the Jewish process of reflection. By seeking answers to these questions, our new year resolutions can be developed with the same reflective process our Jewish tradition works to achieve throughout Elul. Lilly's understanding that real change requires a commitment to challenging work is mirrored in Judaism's understanding that the renewal of the High Holiday season is not a moment in time, but a commitment to lifelong self-reflection and improvement.

It is not uncommon for many of us to set new year resolutions that we have difficulty committing to. Drawing on the processes suggested by Lilly and our Jewish tradition, we can double our efforts towards meaningful change and a successful new year.

Jonathan Fass is the COO of Schoke Jewish Family Service.

Schoke Jewish Family Service is a recipient agency of United Jewish Federation of Greater Stamford, New Canaan and Darien.

Placing Our Children at the Center of Jewish Peoplehood

BY RABBI JORDAN SOFFER

"I had a pretty typical Jewish upbringing. I grew up in a typical Jewish home, went to a typical school and prayed at a typical *shul*." I've heard this sentiment expressed countless times and for a long time I found it deeply resonant.

My experience was the typical Jewish experience. Though it may seem innocuous, this misconception actively erodes the fabric of Jewish identity. For the Jewish people, our diversity is our identity; our typical is definitionally atypical.

I remember when I first truly internalized this message. I was 18 years old and I was traveling the globe on a program called Semester at Sea. I was exposed to a wide range of cultures and peoples. I was overwhelmed not only by the breadth of humanity, but specifically by the breadth of Jewish peoplehood. Suddenly my home was anything but typical; suddenly my *shul* was no longer ordinary.

Now, as a teacher and a rabbi, I seek out opportunities that promote an awareness of global Jewry, and sensitivity to our oneness. In October, Carmel Academy students were afforded one such experience.

Sonja Vilicic, of Serbia, and Peter Neumann, of Hungary, are friends and colleagues of mine. We met during the pilot cohort of A.L.L., an Adaptive Leadership program run by the Jewish Agency For Israel's Global Leadership Institute*. The cohort consisted of young Jewish leaders from across the



L-r: Rabbi Jordan Soffer, Carmel Academy's rabbi-in-residence, with Peter Neumann and Sonja Vilicic.

world. During our time together we focused on acts of leadership and the process of change, while simultaneously nurturing a diverse, international community. When Peter and Sonja informed me that they would be in New York, I was thrilled at the prospect of them speaking with Carmel Academy's middle school students.

Sonja and Peter began their lesson by drawing an imaginary map on the floor of our school's chapel. They asked students to stand where they were born and a crowd amassed in the northeastern United States. Next, they asked the students to migrate to where their parents were born and the crowd slowly began to disperse. Finally, when prompted to move to where their grandparents were born, Europe had surpassed America, and pods formed throughout the rest of the globe. Suddenly the students realized

See "Children" on page 19

THE NEW JEWISH VOICE

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

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Care Continued from page 18

to work with professionals and lay leaders of the many Jewish organizations within our community. The commitment and dedication which I witnessed day to day first-hand was truly inspiring.

Why is it important for you to give back?

I think it is the responsibility of every Jew to give back, and in doing so we strengthen our Jewish community and safeguard its vibrancy for the future.

Star Continued from page 19

“Israel is one of the few countries that has the entire chain of satellite capabilities, which means launch, design, construction and operation,” Avi Blasberger, director general of the Israel Space Agency at the Israeli Science Ministry, told JNS.org. “It’s an entirely self-sustained program. Israel is one of the few countries in the world that can be proud of this.”

Preceding the launch of Venus, Israel launched its first nanosatellite, BGUSAT, in mid-February as part of an academic initiative by Ben-Gurion University of the Negev that enables researchers to study climate change as well as agricultural and other scientific phenomena.

Slightly larger than a milk carton, the nanosatellite is outfitted with a visual and short wavelength infrared camera and hovers at 300 miles above the Earth’s surface – allowing researchers to study a broad array of environmental phenomena, including atmospheric gases like carbon dioxide.

In line with the nanosatellite launch, Blasberger said one of the Jewish state’s greatest feats in the field is its “very strong” capability for “miniaturizing satellites.”

“Our satellites’ performance per kilogram is the best in the world,” he said. “For example, the Venus satellite is 250 kilograms (550 pounds). In comparison, other satellites in its class weigh at least two or three times as much.”

Besides being able to condense a large amount of technology into a small space – much like the modern state of Israel itself – other Israeli satellite innovations are being developed in the private sector.

With the global civilian satellite technology market worth an estimated \$150 billion a year, Israel hopes to corner at least 10 percent of that sector, and is aiming to earn as much as \$15 billion in space technology exports annually.

“Currently, we have several Israeli start-up companies with innovative ideas for space technology and services, which we hope will be on the cutting-edge of technology in this sphere within the next few years,” said Blasberger.

While Venus and BGUSAT are two examples showcasing Israel’s prowess in space technology, these public-facing initiatives fall under the smaller of two separate organizations that comprise the Israeli space program. “The Israeli space program is supported by two government agencies, the Ministry of Defense and the Israel Space Agency,” Blasberger explained. “Israel’s largest space program today is run through the Ministry of Defense. This program started back in 1983, and most of Israel’s [space-related technological innovations] were gathered through this program.”

New Israeli Tech to Assist in Patients’ Pain Management

(Israel Hayom/Exclusive to JNS.org) – New Israeli technology will help assess and monitor the pain levels of anesthetized patients and enable pain relief medication to be administered more effectively during surgical procedures. The system analyzes a patient’s physiological responses during an operation and indicates the level of pain being experienced, while allowing patients under anesthesia to “communicate” with doctors and receive appropriate medication.

The technology is the brainchild of the Israeli company Medasense Biometrics. It has been on the market in Europe since early 2017 and recently received approval from the Israeli Health Ministry. The system was introduced to the Israeli market in November during the annual international conference hosted by the Israeli Society of Anesthesiologists.

“There are no clinical tools today that enable the assessment and monitoring of pain levels in an objective manner,” said Medasense founder and CEO Galit Zuckerman. “The consensus today is that objective pain assessment will revolutionize the way a patient’s pain is treated because on the one hand it will allow for pain reduction in patients, and on the other hand it will minimize side effects caused by excessive use of pain medication,” she said.



Israel’s first nanosatellite, BGUSAT, which was launched in mid-February as part of an academic initiative by Ben-Gurion University of the Negev. (Photo courtesy of Ben-Gurion University)

The Defense Ministry initiative is mostly focused on the “development of observation satellites,” Blasberger said, without elaborating.

The need for these observation satellites was originally a consequence of Israel’s 1979 peace treaty with Egypt. Then-Israeli Prime Minister Menachem Begin tasked nuclear physicist Yuval Ne’eman with creating Israel’s space program in 1983, to develop satellites capable of monitoring the newly demilitarized Sinai Peninsula, thus eliminating the need for spy planes.

The technology developed under this military space program was eventually applied to produce civilian satellites. The civilian program, Blasberger said, was funded “just within the past four or five years, with a relatively small budget.”

As of 2016, the Israel Space Agency’s annual budget stood at \$15 million, comparable in size to the Mexican, Swiss and South African space programs.

Following the Venus satellite’s launch in August, Israel’s Science, Technology and Space Minister Ofir Akunis noted the need to expand funding for similar future space endeavors to maintain the Jewish state’s status as a leader in the field.

Nevertheless, with its relatively small budget, the public face of the Israeli space program runs various advanced initiatives. These programs “are only for peaceful purposes and based on a lot of international cooperation, and a lot of investment in education of youth,” Blasberger said.

In recent years, the Israel Space Agency has cooperated on various projects with international space agencies such as France’s CNES, Italy’s ASI, NASA, the German Aerospace Center DLR and India’s ISRO. In 2016, the Israel Space Agency also became an official member of the United Nations Committee on Space Affairs, after Israel was accepted into the U.N. Committee on the Peaceful Uses of Outer Space in October 2015.

Children Continued from page 18

that they, themselves, are truly citizens of global Jewry.

Sonja and Peter discussed their Jewish journey. Sonja shared her experience of finding out she was Jewish at 9 years old; she spoke of the singular rabbi and the exclusive kosher restaurant in her entire country. Peter spoke to the students about Judaism being something he had to actively choose, rather than something that was forced upon him.

Perhaps the most important moment came when the students asked our presenters why they do what they do: “If it’s so hard to be Jewish, why don’t you just move or quit or something like that.” Sonja and Peter ex-

providing financial support to organizations like Federation will ensure that we care about one another to preserve our Jewish future. That is why it is important for me to stay involved and give back as best as I can.

changed glances, smiled and in near unison proclaimed: “I could never, this is simply who I am.” Our students began to realize that this indeed is who we are: one people.

**The Jewish Agency for Israel, or JAFI, is a partner agency of the United Jewish Federation of Greater Stamford, New Canaan and Darien.*

Rabbi Jordan Soffer is the rabbi-in-residence at Carmel Academy. He was one of 19 young Jewish professionals from around the world selected for the Adaptive Leadership Lab (A.L.L.) Fellowship. The global adaptive leadership program utilizes a methodology developed at Harvard University to tackle local and global challenges within the Jewish world.

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