

ILLIANA NEWS

THE JEWISH COMMUNITY NEWSLETTER OF NORTHWEST INDIANA

Jewish Federation of Northwest Indiana: 585 Progress Avenue, Munster, IN 46321



PHOTO BY DR. FREDRIC YOUNG

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JEWISH FEDERATION OF NORTHWEST INDIANA

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FederationOnline
JewishNWIndiana

MISSION STATEMENT

“To enrich Jewish life in Northwest Indiana, Israel, and around the world through service, programming, advocacy, and fundraising.”

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Dont forget to read Judy's article on Kivunim on pg.8 and to join us for our event with them on Sunday, February the 28th @ 11 am Via Zoom.



PRESIDENT'S CORNER:

A special thank you!

BY: JUDY KATZ, FEDERATION PRESIDENT

2020 has been quite a year for all of us. I'm so proud of the way our Federation has been able to continue providing services for our community whether it be with some wonderful zoom programs or continuing to reach out to our seniors or teens. I hope many of you were able to join in our Jamie Geller Cooking zoom and our Annual Meeting zoom. If not, both events are accessible to watch on YouTube via our Federation website: federationonline.org.

I want to personally thank our Executive Director, Aida Nozick, and her staff for their fine work this past year. They worked exceptionally hard to keep our Federation operating despite the circumstances. I can never thank our volunteers enough. They have gone above and beyond with meal deliveries and anything else that they could do safely. Thank you to our Board of

Directors for their continued support for Federation.

As we finish our annual campaign, I want to thank the Federation members who donated and especially thank those who increased their pledges. And, an extra special thank you to the Brody, Galante, and Gideon families who helped with the matching grant. These monies will help Federation continue to do the wonderful things that it does.

Now it's time to start looking forward, as we start our year 2021. We have all become proficient at 'muting' or 'unmuting' ourselves on zoom, but I can't wait until we can actually unmute in person and speak to each other while looking at each other's smile (or even a frown). Hugs will be great, too! If there's ever anything you need, please call our Federation, of course, or feel free to call me at 219-776-0147 or email: judyakatz@gmail.com

Donate to

MANNA CABANA OUR FOOD PANTRY!

All donations are appreciated! Canned goods, boxed foods, and cleaning supplies are always needed. Drop-offs are happily accepted anytime during business hours at the Federation.

Call (219) 301-0960 for more information.

February - March 2020

MEALS-TO-GO

FEBRUARY MEALS

Mon 02/01: Pepper steak over rice, dessert

Wed 02/03: Chicken tortilla soup, roll, dessert

Mon 02/08: Spinach & mushroom stuffed chicken, roasted potatoes, salad, dessert

Wed 02/10: Falafel and pita with fixings, Mediterranean salad, dessert

Mon 02/15: Chicken chop suey with rice, dessert

Wed 02/17: Baked spaghetti (V), garlic roll, salad, dessert

Mon 02/22: Beef Bourguignon with mashed potatoes, dessert

Wed 02/24: Lemon ricotta pasta (V), garlic roll, dessert

MARCH MEALS

Mon 03/01: Teriyaki vegetable ramen stir fry (v), dessert

Wed 03/03: Arroz con pollo- Latin chicken and rice (not spicy), dessert

Mon 03/08: Beef fajitas, rice & beans, dessert

Wed 03/10: Stuffed shells with sun-dried tomato cream sauce (v), garlic roll, dessert

Mon 03/15: Moroccan chicken, lemon orzo, dessert

Wed 03/17: Chopped steak with mushrooms & onion over egg noodles, dessert

Mon 03/22: Salmon patties, macaroni & cheese, roasted vegetables, dessert

Wed 03/24: No Meals (Passover)

Mon 03/29: No Meals (Passover)

Wed 03/31: No Meals (Passover)

PASSOVER MEAL ORDER FORM ON PG. 5!

VOLUNTEERS NEEDED FOR PASSOVER MEAL DELIVERIES:

Now looking for drivers to the south suburbs of Chicago! Are you free on Friday, March 26th to help us deliver our Passover meals? If so, please call the office at (219) 301-0960 or email: rachel@federationonline.org.

ORDER DEADLINES:

To help us serve you better, please place your order by NOON ON FRIDAY for Monday meals; NOON ON TUESDAY for Wednesday meals. Orders received after that time will be fulfilled based on availability, first come first served.

(V) = vegetarian (dairy meal)

ORDER ONLINE

For printable menus and to place meal orders, visit our website: federationonline.org/upcoming-events#meals or call our office at (219) 301-0960.

Please note that if you do not receive a confirmation email within 2 business days, your order has not been received

Menu, delivery dates and availability subject to change based on evolving public health recommendations. As an essential human service agency, Federation will continue meal service as long as we are able to remain open.

Thank you!

A big thank you to our anonymous donor who gifted 18 Cash Fuel giftcards to our volunteer meal delivery drivers. Such a generous gift to our wonderful volunteers!



Pictured: Julie Wodarski and Sean Egan, both meal delivery volunteer drivers receiving their gift cards.

UPCOMING AT FEDERATION



Join us for this sponsored event by AFC as Joanna Sypudt guides viewers through a chair yoga session via Zoom.

February

FRIDAY, FEB. 12TH, 11 AM

Chair Yoga, Sponsored by the Adult Freindship Club.

THURSDAY, FEB. 18TH, 2-4 PM

JCRC Presents: Celebrating Religious Holidays, An Interfaith Discussion

SUNDAY, FEB. 28TH, 11 AM

Disability Awareness Month Discussion with the Director of Kivunim, Michal Nitzany



Learn how the three mainstream faiths in our country celebrate religious holidays. Religious leaders representing Christianity, Judaism and Islam will enlighten us.



Read more about Kivunim and this upcoming event on page 8!

March

MONDAY, MARCH 8TH, 7 PM

Book Club- Mah Jongg Mondays By Fern Bernstein

FRIDAY, MARCH 12TH, 11 AM

Chair Yoga, Sponsored by the Adult Freindship Club.

SUNDAY, MARCH 14TH or 21ST, 11-3 PM

Save the Date: Passover Cooking Demo

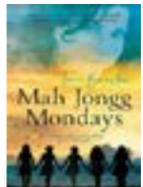
MONDAY, MARCH 29TH

Federation Closed (PASSOVER)



Roll your sleeves up and get ready to cook Passover meals with four of our community members.

All events will be held via Zoom. For more details visit federationonline.org or call our office at (219) 301 0960.



Read the book in advance, then tune in for a lively discussion facilitated by Carol Culberg via Zoom. Books are available at the office to borrow, please call for availability.

Simchas MAZEL TOV...

Please send any Simchas you would like included in the next issue to Lani Januchowski, lani@federationonline.org.

To
Ian Rubin & Suzanne Randall
on behalf of your engagement.

To
Irwin & Sharon Berg
on behalf of your anniversary on 02/06.

To
Beth Berkson & Robin Kumar Das
on behalf of your anniversary on 02/011.

To
Baby girl, Naomi Gabriella
born to Ifrain Cruz & Debora Herszberg, grandmother Leah Herszberg.

To
Baby girl, Aria
born to Marc and Shira Murzyn.

To
Baby boy, Joseph Gabriel
born to Ashley & Eric Jacobson, grandmother Jean Jacobson.

To
Adam Clough & Eric Fischer
on behalf of your engagement.

To
Elaine Giglio & Ty Long
on behalf of your engagement.



PASSOVER MEALS-TO-GO

Reservation Deadline:
Friday, March 19

Curbside Pickup at Federation:
Friday, March 26th @
11:30am-1:30pm

Limited Home Delivery is available for free to those unable to pick up. Contact the office for details.

***MENU SUBJECT TO CHANGE. WHILE MEALS WILL BE REPAIRED PASSOVER-STYLE, FEDERATION'S KOSHER KITCHEN IS NOT A KOSHER-FOR PASSOVER FACILITY.**

MENU:

Seder wine chicken, double baked potato, charred green beans w/ tomato and almond pesto, matzah ball soup, gefilte fish, and dessert.

Plus: : boiled egg, haroset, parsley, horseradish, grape juice, and a box of Passover matzah

\$18 per meal. Pay what you can or sponsor a neighbor.

YOUR ORDER: # meals _____ x \$18 = \$ _____

Additional sponsorship donation \$ _____

Total \$ _____

Ordering for: Pickup at Federation Home delivery needed to address below

Pickup orders: Would you be willing to help deliver additional meals? Yes No

NAME _____

ADDRESS _____

PHONE _____ EMAIL _____

Check enclosed (payable to Jewish Federation) Please bill me

Charge to my credit card: Visa MasterCard AmEx Discover

Card # _____ Exp Date ____/____ Security Code _____

Name on Card _____

Signature _____

Submit by Friday, March 19 to:

**Jewish Federation,
585 Progress Ave., Munster, IN 46321**

Questions? Call the Federation office at (219) 301-0960.

YOUR LIFE Your Legacy



Ensure a strong, vibrant and safe Jewish future by making your legacy gift today!

Read more about the impact you can make on pg. 9.

HOPE & GRATITUDE

Following an incredibly difficult year of tragedy and loss, Susan reflects on how she has found gratitude through it all.

BY: SUSAN TEPPERMAN

How can we make it through this pandemic, (or during all challenging times for that matter) with our sense of well-being intact? This has been a particularly challenging time for me, so I'll share some of this year's thoughts and hard earned wisdom.

I have asked myself several questions during the past 11 months. First: How can I find purpose in all of the suffering? Second: What can I learn and how can I grow from my experiences? Third: How can I move forward with positivity after feeling such a loss and pain?

Gratitude is the place to start. Hakarat ha Tov or "recognizing the good" is the Hebrew phrase for gratitude. Our tradition directs us to build habits of focusing on the positive in our daily lives. Not only are we supposed to recognize the good in our lives, but we're directed to recognize the good in others as well.

The three previous questions that I've pondered are all related to one another and all three are related to Hakarat ha Tov.

Suffering, whether related to illness and loss, or any

situation that causes pain, feels worse if it seems futile and without meaning. If we can feel that the suffering has helped direct us to a higher purpose then it becomes more bearable. When my son was critically ill, I would never tell you that his suffering, (or mine) served any purpose, but I would say that it forced me to look at ways to use my pain to help others. My family, friends and I began to donate prepared meals in order to physically and spiritually nourish the nurses that cared for Covid patients, including my son. In this way, we brought meaning to our suffering. We gave back to those who provided us with so much hope and comfort. This brought a measure of meaning to our suffering. When my beloved younger sister passed away in December, I was shocked and devastated. The grief and sense of loss was immobilizing. My family and I struggled to understand and except the finality of her passing. To help cope, we decided to ensure that the legacy of her beautiful life would live on.

As a professor, my sister championed the interests

of special needs students. She supported a wonderful organization that trains and provides jobs for special needs adults in the hospitality industry. She also loved animals and volunteered at the Humane Society. To honor her, we established a way for her friends and family to contribute to these organizations, to help make them even better.

Because of the life of my son and the life and memory my sister, the world will be a better place. Our suffering is not in vain.

In wondering what I could learn from this unprecedented and horrific time, I searched for important lessons. During quarantine, I was forced to slow down and to reflect. I had time to figure out what lessons could be learned and how they could help me to evolve.

There are indeed lessons to be learned in all of this suffering. I received texts of love and support from friends and family with whom I had lost touch, as well as those I talk to on a regular basis. My husband, children and I instituted a weekly Shabbat zoom call

to check in with one another. We virtually lit candles with our extended family and we virtually observed holidays with friends and family from near and far; something we hadn't considered doing in the past. I learned the lesson of staying connected. I rediscovered the power of prayer, which sustained me and gave me hope. I learned that my notion of having complete control over my life is a delusion. Relinquishing this false notion made me more patient and accepting when things don't go my way. I realized that I'm not the ultimate

"I began to accept and embrace the world's (as well as my own) imperfections. I attempted to tune out external noise and tune in to internal peace."



Watch Adrienne Gold Davis' Speech and the rest of the Annual meeting on our website: Federationonline.org

decision maker. This relieved my previous compulsion to expect perfection. I began to accept and embrace the world's (as well as my own) imperfections. I attempted to tune out external noise and tune in to internal peace. Lessons learned.

This brings brings me to my third question: How can I move forward after all of this trauma with positivity rather than bitterness and regret? My answer lies in the reflection of the previous two questions. If I realize that the world gained goodness as a correction of our horrible suffering, then my suffering hasn't been futile and meaningless. If I learned from my pain and it made me stronger and I grew into a more compassionate, connected and understanding person, then I can begin to feel grateful. There it is: gratitude... Hakarat ha Tov. If I can see the things, people and events and understand them in a favorable way, I will judge them favorably. I will see the good. Instead of saying that a rosebush has thorns, I will see that a thorn bush has been blessed with a rose. Instead of dwelling on my sons illness, I will

give constant thanks and gratitude that he is alive and thriving. Instead of dwelling on the unthinkable loss of my cherished sister, I will feel grateful that we shared a wonderful childhood, happy time together as adults and that she departed this world well loved, very fulfilled and doing what she loved most.

This past year for me has caused a paradigm shift. I aim to be less focused on obtaining things I will cherish and becoming more focused on cherishing the things I have. I feel grateful for what IS, rather than longing for what isn't. As I've said, I no longer expect perfection and so I realize that my positivity will have setbacks. There will be times of frustration and anger and despair but overall I'll aim to focus on Haharat Ha Tov, or gratitude to carry me through.

GRATITUDE IN MOTION

Following the 2019 Momentum trip to Israel and Adrienne Gold Davis' speech during the 2020 Annual meeting, some of our community members are entering 2021 with new perspectives on being grateful.



NAOMI TRIUMPH, TBE

"I am so grateful for the opportunity I was given to be a part of Momentum. One of the main themes of Momentum is "Unity without Uniformity". I was pleasantly surprised to learn that I had things in common with each of my Momentum "sisters". In our current world of divisiveness, it was a joy to spend the week focusing on our similarities. The Momentum lectures emphasized the importance of living your life according to Jewish values like peace, gratitude, and generosity and incorporating them into your family which really resonated with me. I feel very blessed to have wonderful parents who instilled many of these values during our childhood. Israel is a land of wonder and there's no words I can say that will truly do it justice. The simplest way for me to describe my experience in Israel is that when I am there, I feel like I am "home". It seems like as a Jew, I am meant to be there. I have tried to bring some of the magical, spiritual feeling of Israel to my life here by celebrating Shabbat with my family and learning more about my Jewish heritage and traditions."



DANA KAPLAN GRAVES, CBI

"In December 2019 I had an opportunity to participate in Momentum with a wonderful group of women. We traveled to Israel to meet our sisters from all over the world, all walks of life. Adrienne Gold Davis led our group into fascinating discussions and lectures on many different facets of Jewish life. She did so with humor, grace, and understanding. A few Momentum concepts that created a paradigm shift within was the idea of unity without uniformity. Being Jewish means different things to different people. How one chooses to observe, honor, and express their Judaism does not make anyone more or less of a Jew. Another idea was judging favorably. This one I will continue to work on, and probably will forever. Changing my mindset on how I perceive the world and people can be empowering and done with grace. I am more appreciative than ever for the experiences and celebrations Judaism afforded my family and me. We get to celebrate Shabbat together, we get to say the Sh'ma each night, we get to give tzedakah to organizations important to us. The lessons Adrienne and my Momentum sisters taught me will continue to resonate with me. I know my experience has helped me grow in my Jewish identity."



Hannah Katz, daughter of Judy Katz, visiting Kivunim and learning about how one of their participants communicates.

KIVUNIM A MEANINGFUL PARTNERSHIP

Judy reminisces about her many visits to Kivunim- as it is, "one of my favorite organizations in the Western Galilee."

BY: JUDY KATZ, FEDERATION PRESIDENT

Most of our Federation community members who have visited Israel and our Partnership in the Western Galilee have had the opportunity to visit Kivunim: New Directions for Special Needs Youth in Israel. We have loved shopping and bringing back gifts from their Shop for Meaning which had been located in the old city of Akko but is now in the Ghetto Fighters' Kibbutz located near Akko. We always are inspired by the staff and young adults who participate in the Kivunim program. Over the years we have collected tzedakah to send to the program.

The mission of Kivunim is to prepare young adults with disabilities for the challenges of independent living and integration with the community. There are currently 90 participants with various disabilities including physical, sensory (vision/hearing impairments),

and high functioning young adults with autism.

The participants arrive from all sectors of society to train in apartments located in Nahariya and Haifa. At these apartments they learn to be self-sufficient while training for jobs, community service and sometimes the army.

Kivunim has many dedicated volunteers from Israel as well as abroad who help with programs and activities such as their bicycle club, computer lessons, cooking lessons, social events and the newest project of learning to garden. One of our very own community members, Elaine Giglio, spent weeks working with Kivunim participants several years ago in the Wings program which includes group living and learning numerous life-skills.

My family makes a point to visit the Shop for Meaning whenever we're in Israel, and we have many items in our



home that were made by the young adults there. I was so happy to share the experience of a Shop for Meaning visit with our daughter, Hannah; and she truly enjoyed learning how one young man communicated via a computer. My husband, Rick, was able to experience and learn about their Bicycle Club one year when he was in Israel for a Bicycle Tour. He and his friends actually had to take turns riding on a tandem blindfolded, learning to trust their partner for directions to help them experience what a visually-impaired person feels.

Please join me and our Federation community on Sunday, February 28, at 11 a.m. to learn more about Kivunim and hear from some of their participants. Then you will understand why Kivunim is so special to many of us.



Join us for our event with Kivunim on Sunday 2/28 at 11 am via Zoom. RSVP on our website: Federationonline.org

LIGHTNESS & DARKNESS



Rabbi Fefferman reflects on a torah portion from Exodus and how it may inspire us to find light in these dark times.

BY: RABBI SHOSHANA FEFFERMAN

This past year has been a tough year for everyone. It was a time when so many Americans experienced darkness in the form of loneliness, depression, isolation, unemployment, lacking the funds to pay for food and electricity, lack of freedom to go and do what we want to do due to Covid; this last year was that time.

Our Torah portion describes how the Israelites suffered from the hard labor of slavery. Once Joseph died, a new Pharaoh who didn't know Joseph rose to power. Out of fear, the Pharaoh ordered to enslave the Israelites and kill every male baby.

In spite of the many demands by Moses to let free the Israelites, the new Pharaoh refused 8 times, but God heard their cry and promised to free them.

"Then the Lord said to Moses: Hold out your arm toward the sky, that there may be darkness upon the land of Egypt, a darkness that can be touched. This darkness lasted for 3 days – no one could see each other, and no one could get up from where they were, but the Israelites enjoyed light in their dwellings."

Yet, sometimes there are situations in life which through no fault of our own we are cast into a state of darkness and loneliness. Such is the situation with Coronavirus. It's hard to believe that it's almost a year since this began. We have now lost 400,000 Americans, the same number of Americans that died in World War II.

Today, under the darkness of Covid, we read about young people who are ready to give up on life. We hear from old friends who are confined to their room in nursing homes, and who keep praying to God to just take them. We read comments of grandparents who cannot meet their first grandchild, because of all the restrictions. We see how young students are struggling with the E Learning.

We may wonder why darkness is so devastating. Rabbi Steinberg suggests – perhaps the worst effects of the plagues were not physical darkness, but a psychological darkness that prevented one person from seeing another; such darkness makes a person incapable of spiritual growth, incapable of rising

from where they currently are."

We hear more and more about drugs, alcohol and violence, when people see no hope or any amount of light that can overcome their darkness.

We need to understand that the struggle and pain that these people experience are real and hard to get through. While we pray for miracles from God to bring light into our lives, we must remember that we can serve as God's light for others who are battling loneliness.

We can help those who need help the most. If you can't visit them, call them, encourage them that things will get better soon, send them a card or a gift for their birthday, check to see if they have enough food or medication. For many, just the idea that someone cares about them helps a lot.

As I mentioned, God provided light to the Israelites, at the same time there was darkness in Egyptian homes.

The light that filled the homes of the Israelites was a symbol of hope for the people - we began our life as a people amid the darkness of slavery and we merged

into the light of freedom when we received the Torah.

We all need this spiritual light that will guide us through life. We need to remember that God first created the evening and the darkness before He created the morning and the light. We have to believe that after each dark night comes the light.

I will conclude with the words of Isaiah 60 who encouraged his people to believe in God and have hope for better days: "Arise, shine, for your light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the nations, but the Lord rises upon you and His glory appears over you. Nations will come to your light and kings to the brightness of your dawn." I challenge each of you to serve God by serving as God's light to others in need. Each of you has that power to light up the world of another.

Believe in God's power to hear you and help you, because God can hear you even from the belly of the fish – just ask Jonah!

ANI V'ATA CAN CHANGE THE WORLD



Changing the world is a harrowing task. Danielle (21), a current student at Indiana University and past Noar President (2017-2018), takes a closer look into how, collectively and in the spirit of Tu B'ishvat, we can make a difference.

BY: DANIELLE DECESARIS

My guilt urges me to turn off my Spotify, lean toward a vegan diet, and further limit my waste. Still, these

“Who am I to expect corporations to change their standards when my own habits support their environmental destruction?”

thoughts have not resulted in drastic life changes because eco-friendly practices are not the norm. Proper environmentalism requires us to complicate an established lifestyle that thrives on over-consuming our planet's resources and paying our debts with the filthy currency that is pollution. Considering corporations and the general population are not willing to break this cycle, any of my own attempts feel futile under the weight of an overall wasteful society.

Feeling lost in this situation is easy, but with Tu B'ishvat

nearby, I was encouraged to reflect on the light Judaism brings to environmentalism. Recognizing our responsibility to nature and our dependence upon it is an important Jewish value. I learned this as a 12-year-old camper from my counselors before we lobbied for climate policy in the Wisconsin State Capitol. Now when I open Instagram, I see my own campers using their voices to support climate activism. I see them expressing that eco-friendly practices should be the norm in corporations and daily life. They remind me that changing the norm requires leading by example. Even when my own actions feel minuscule, I could be encouraging someone else to take a leap toward change too. I finally turned off my music, but the Hebrew song “Ani V'ata” lingers in my head, reminding me of the strength we have together to catalyze change. The lyrics in English state, “You and I will change the world/ You and I by then all will follow.”

This morning when I woke up, I participated in the average 21-year-old morning tradition of checking my Instagram. I clicked through a few posts, but I noticed some of my campers that I had as a camp counselor shared an image posted by climate activist Greta Thunberg. The image showed a man addressing a crowd. He first asks, “Who wants change,” and all the hands in the crowd raise. He then asks, “Who wants to change,” and in response, the hands lower. When he finally asks, “Who wants to lead change,” the crowd disperses as if someone had yelled, “Fire!” Thunberg follows the image with a caption calling out leaders in industry and government for setting standard for combating climate change without

leading the systematic changes necessary for successful outcomes. Real change is hard though! I once heard a professor at my university speak about the greenhouse gas emissions from music streaming, but I am still listening to music on Spotify as I write this because music streaming is a normal part of my life. If I am alarmed by the suggestion of turning off my music, industry leaders must break a sweat when they hear the kinds of emission limitations, waste practices, and conservation efforts that they need to abide by to address the climate crisis. Who am I to expect corporations to change their standards when my own habits support their environmental destruction? I struggle with this often.

Learn more about upcoming and past Noar/Atid events on pg. 14!



CHALLENGE ACCEPTED

Leah takes on Noar and Atid's environmental challenge as Tu B'ishvat nears. She explains her journey of expanding her knowledge on environmentalism, the benefits of making sustainable choices, and how we can define our role in waste reduction.

BY: LEAH NOZICK, NOAR PRESIDENT



0 HRS



60 HRS



90 HRS

In light of this year's celebration of Tu B'ishvat, the Noar board has created an “eco-challenge” for our group members. According to a 2019 NRDC study, “The United States is the most wasteful country on the planet”. Between individualized packaging, poor recycling habits and unsustainable disposing of waste, Americans produce three times more waste than the global average. The United States' unethical habit of burying garbage leads to an influx of pollutants in our air and water. Granted many environmental decisions need to be held at a corporate level, individual steps are vital to influencing major change. Thus, we designed our challenge with the intention to create a habit to generally be more conscious of waste production. I am grateful for this challenge for showing me that being environmentally conscious is not nearly as intimidating as I once thought, and

that anyone can make a difference independent of status or resource accessibility. The goal of the challenge is to confine waste production to a 16 ounce jar for as long as possible. Trash includes single-use plastic, tags or labels, straws, wrappers, or products of that nature; for the purpose of the challenge, we excluded disposable tissues and food waste. The participant who can confine their waste to the 16 ounce jar for the longest amount of time wins a gift-card prize. Initially, I was unsure if I would last longer than a day or two. I soon realized that being conscious of the task made all the difference in the world. I often produce mindless trash without thought. For example, I never considered how much plastic I waste through buying individually packed iced teas, rather than just buying a jug. Once putting thought into it, however, I realized the change isn't difficult at all to make.

In addition to doing the environment a favor, I was able to improve my personal health directly. I was forced to avoid processed foods that are typically sold in plastic packaging. I started to pack leftovers and fruit for lunch instead of microwave meals or a bag of chips. If not participating in the Noar challenge directly, I would suggest that everyone challenge themselves to make any minor adjustments they can. Being conscious goes a long way, and you are capable of more change than you think.

“In addition to doing the environment a favor, I was able to improve my personal health directly.”

UNDERSTANDING IRAN'S MISSILE THREAT TO ISRAEL



Bob deep-dives into the harsh reality of the situation between Israel and Iran. He touches on the history, current affairs, and notes multiple opinions on the topic.

This article was originally published by Times of Israel at: <https://blogs.timesofisrael.com/understanding-irans-missile-threat-to-israel/>

BY: BOB FEFFERMAN

As the incoming Biden administration plans to re-engage diplomatically with Iran, it is important for the United States to take into account the concerns of Israel about its security. It is not only Iran's nuclear ambitions that worry Israeli leaders. It is the combination of Iran's nuclear program with its precision guided missile project that keeps Israeli military leaders awake at night.

In a chilling speech given just over a year ago, IDF Chief of Staff Lt. General Aviv Kochavi warned Israeli civilians, "It must be known and recognized that in the next war — whether in the north or against Hamas — heavy fire will be directed against our home front. I'm looking people in the eye, and saying, there will be heavy fire. We have to recognize this and we have to prepare for this... We have to prepare for this militarily; the civil hierarchies have to prepare for this; and we have to prepare for this mentally."

The "heavy fire" that Kochavi referred to is the

combined threat of rockets and precision guided missiles from Iran and its terror proxies across the region. Since 2013, while the international community has been focusing on Iran's nuclear program, Iran has been quietly but relentlessly working to build a parallel threat to the existence of Israel in the form of precision guided missiles in the hands of its terror proxies.

Hezbollah is a prime example of this threat. Given the fact that Iran has already supplied 130,000 rockets to its loyal proxy Hezbollah in Lebanon, Iran's efforts to upgrade this massive arsenal with precision guided missiles would pose an existential threat to the Jewish state.

Precision guided missiles could threaten both Israel's civilian and military infrastructure. They not only have longer ranges that could hit any target in Israel, they are also deadly accurate.

In an op-ed by Tom Friedman in the New York Times about Iran's missile threat he wrote, "We're talking about Israel's nuclear

plant, airport, ports, power plants, high-tech factories and military base."

Yet, the threat does not only come from Hezbollah in Lebanon. Iran has been working to surround Israel with a "Ring of Fire" of precision guided missiles across the wider Middle East, especially in Syria and Iraq.

As Friedman wrote in the op-ed, "That is why Israel has been fighting a shadow war with Iran for the past five years to prevent Tehran from reaching its goal of virtually encircling Israel with proxies in Lebanon, Syria, Iraq and Gaza, all armed with precision guided missiles."

Dr. Uzi Rubin, one of Israel's leading experts on the missiles, outlined the extent of the threat in a presentation in April, 2020.

Rubin said that in addition to Hezbollah's 130,000 rockets, Hamas and Islamic Jihad in Gaza have 20,000-30,000 rockets. As for precision guided missiles, Rubin said that Iran has about 1,000 missiles that can reach Israel, and Iran's terror proxies in Iraq have 200-300

missiles capable of reaching Israel.

Add to that the unknown factor: the number of precision guided missiles already in the hands of Hezbollah and Iran's proxies in Syria.

It does not take a leap of the imagination to envision a nightmare scenario where Iran and its proxy forces could try to overwhelm Israel's vaunted missile defense system with massive salvos of thousands of rockets, precision guided missiles and cruise missiles which are hard to detect.

What would this future war look like?

In an article in The Atlantic titled "The Coming Middle East Conflagration", Michael Oren, Israel's former ambassador to Washington, described the scenario.

He wrote, "If rockets fall near Ben-Gurion Airport, as during Israel's 2014 war with Hamas in Gaza, it will close to international traffic. Israel's ports, through which a major portion of its food and essential supplies are imported, may also shut down, and its electrical grids could be severed... Millions of Israelis would huddle in bomb shelters. Hundreds of thousands would be evacuated from border areas that terrorists are trying to infiltrate... The hospitals, many of them resorting to underground facilities, would quickly be overwhelmed, even before the skies darken with the toxic fumes of blazing chemical factories

and oil refineries."

This potential disaster explains why Israel is extremely concerned about a return to the terms of the 2015 Iran nuclear deal which did not address Iran's precision guided missile threat.

The 2015 Iran nuclear deal, formally known as the Joint Comprehensive Plan of Action (JCPOA), focused entirely on Iran's nuclear program. Simply reinstating the JCPOA would free Iran from crushing economic sanctions and allow Iran to direct even more funds into further expansion of its precision guided missile project.

Nor was the JCPOA even a permanent solution to the nuclear issue.

Whereas the JCPOA did succeed in implementing temporary restrictions on Iran's nuclear program, due to a fatal flaw in the JCPOA, the restrictions on uranium enrichment would have ended by 2030. The "sunset clauses", as they are typically referred to, would have opened the door for Iran to achieve "breakout" and create highly enriched uranium for nuclear weapons after 2030.

Based on his past record, President-elect Biden should show understanding for Israel's concerns.

In a recent op-ed on the website of NBC, former Senator Joe Lieberman and Ambassador Mark Wallace, wrote on behalf of United Against Nuclear Iran (UANI), "Consistent with Biden's history and policy priorities, there should be no sanctions relief for the mere promise of negotiations; US allies and partners from the region should be involved in any negotiations; and the totality of the Iranian threat, especially human rights, should be considered alongside the nuclear threat."

In order to achieve true peace and stability in the Middle East, the concerns of Israel and America's Middle

East allies must be taken into account. A failure to do so would only serve as an invitation to the next war.

Read more of Bob's articles at: <https://blogs.timesofisrael.com/author/bob-fefferman/>

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* made in usa benj.ritter@sbcglobal.net

JOB POSTING:
JEWISH COMMUNITY SERVICES DIRECTOR

The Jewish Community Services (JCS) Director of the Jewish Federation of Northwest Indiana oversees the JCS department to provide caring and professional social services to community members. The JCS Director needs to be committed to excellent community outreach, possess the ability to provide individual and group counseling, and provide administrative and programming oversight.

REQUIREMENTS

- MSW degree or equivalent.
- Experienced working with individuals and small group therapy groups.
- Attend professional development conferences for continuing education.
- Possess strong written and oral communication skills.
- Knowledgeable of Jewish values and traditions.

RESUMES AND COVER LETTERS MAY BE DIRECTED TO:
 Jewish Federation of Northwest Indiana
 ATTN: Aida Nozick, Executive Director
 585 Progress Ave.
 Munster, IN 46321
aida@federationonline.org



NOAR & ATID

Youth Groups

Noar is Federation's youth group for grades 9-12. Atid is our youth group for grades 6-8. For more information or to get involved, visit federationonline.org/noar-atid or contact Rachel Front, Interim Jewish Youth Advisor, at (219) 301-0960 or rachelf@federationonline.org.

UPCOMING EVENTS!

Noar/Atid Presentation Night, 02/13 @ 7:30pm Via Zoom:

Join us ready to make a random presentation about anything! Whether it's about the Ratatouille Musical or what the correct opinion on chocolate hummus is.

RSVP by: 02/12 @ 3:30pm

Noar Hamentashen Making, 02/24 @ 6:30pm at Federation:

Join us to make a Purim classic, hamentashen! Masks are required and participants will be distanced in the social hall and provided with gloves.

Noar/ Atid Discussion, 03/07 @ 6pm Via Zoom:

Join us for a passover discussion on mindfulness, the meaning of the word Dayneu (enough), and how teens can implement these teachings into their life.

Noar/ Atid Eva's Story presented by Chen Nisan, 04/11 @ 1pm Via Zoom:

Hear Ava's Story, a unique 60 minute presentation based on the Instagram project, "Eva stories", which tells the story of Eva Heyman, a Hungarian-Jewish teenager who dreamed of being a journalist.

Discussion will be led by Chen Nisan, the Israeli Emissary (Shlichah) of JF of St. Joseph Valley.



On January 17th, the Noar board led a discussion on environmentalism and Tu B'Shvat. Not only did they present on different ways to be sustainable, but they also led mini discussion break-out groups to talk about personal experiences in learning about the environment. They also shared about their own eco-conscious journeys.



Masa B'Yachad Family Shabbat Service

Friday, February 26th at 7:30pm via Zoom & Friday, March 12th at 7:30 pm via Zoom

Join Rabbi Levin, Rabbi Isaacs, and the families of Masa B'Yachad Religious School for our first Family Shabbat service of the year.

For Zoom information, please contact Principal Mindy Miller, mindy@federationonline.org.

AFC

Adult Friendship Club

The Adult Friendship Club is a social outlet for community members who are 55 years young and up. For questions about this wonderful club, please contact Rachel Saller at (219) 301-0960 or Rachel@federationonline.org

GET TO KNOW OUR AFC VOLUNTEERS!

Mazel Tov to our January Bingo Winners:
Shirley Krugman
Marilyn Goldfarb
Cheryl Warshaw
Marsha Weiner

UPCOMING EVENTS!

Chair Yoga with Joanna-Friday, 02/12 & 03/12 @ 11am Via Zoom:

Back by popular demand! Join us for some low impact, yet highly rewarding, chair yoga.

Bingo- Wednesday, 02/03 @ 1pm Via Zoom:

Get ready to win some prizes! Take a chance at winning a few games of bingo among friends.

Contact the office at (219) 301-0960 to RSVP and receive your Bingo cards.

Social Hour- Wednesday, 02/10, 02/17, & 02/24 @ 1pm Via Zoom:

Catch up with friends over lunch via Zoom!

For link information to join the Zoom's, please call our office at (219) 301-0960.



NANCY HANDLER

What life advice would you pass along to the younger generations? Be kind to everyone, that doesn't cost you anything.

Where did you go to school and your major/s? Went to school in Europe and did not go to college. I worked for United Artists downtown and later Illinois States Attorney.

Favorite place(s) to visit? I have traveled a lot and every place I have gone I have enjoyed. My favorite though is when I travel to see family.

Why do you volunteer? Because I wanted to help the Federation have some place for people to come and enjoy themselves. Also, to enjoy different people and have something to do so they aren't by themselves.

Number of years volunteering for AFC? It's been a long time, I don't remember when I started.



BARBARA BARD

What life advice would you pass along to the younger generations?

To never judge a book by its cover. Always be true to yourself and treat people the way you want to be treated. And you have to be where you've been to get to where you're going.

Where did you go to school and your major/s? Horace Mann: Gary/Indiana University

What was your career? Hairdresser

Favorite place(s) to visit? Not just one place is my favorite place to visit, but anywhere there is family is where I want to go.

Why do you volunteer? I volunteer because it's a way for me to give back to the community that has been so supportive and good to me. Camaraderie is a wonderful feeling.

Number of years volunteering for AFC? 8+ years.



Chair Yoga is a mix of light movement and breathing techniques that will help you relax and move around.

K'TON TON

Early Childhood Programs



RESPECTFUL, CONSCIOUS PARENTING: A JOURNEY

BY: ERIN NOWAKOWSKI, DIRECTOR, K'TON TON EARLY CHILDHOOD PROGRAMS

At K'Ton Ton, Conscious Discipline guides our interactions with our children. Through Conscious Discipline, we've learned the importance of and gained the skills to retain our own composure when dealing with young children (and adults!), as well as the language to use to help our children grow and develop into respectful beings. As parents and grandparents, there are strategies we can use at home to do the same.

You may have heard many of these parenting strategies referred to as "Positive

Parenting." I don't tend to love the name positive parenting, as I think it implies everything always has to be positive and permissive. In reality, it's actually a style of interaction that is firm, respectful, and consistent. I've often referred to it as Respectful Parenting or Conscious Parenting.

The heart of Respectful Parenting lies in connection. The philosophy and theory behind respectful parenting is that children are unique beings worthy of being treated with respect. There is a strong emphasis on relationships and communication with the goal being to teach children, not punish.

The basic tenets of respectful parenting include:

- connection before correction
- consistency
- communicating expectations and rules clearly
- validating all feelings
- getting down on the child's level and making eye contact
- offering choices
- using natural, logical consequences
- being a model of respectful, polite, kind behavior
- using positive language – dos instead of don'ts

• recognize the positive
Positive, respectful parenting is both firm and kind, promotes a child's sense of belonging and importance, works long-term, teaches valuable life and social skills, and helps children develop a sense that they are capable. There are countless benefits to a respectful, connected parenting style. Quite possibly, though, the most important benefit of all is a strong parent-child relationship rooted in mutual respect and trust.

Much of respectful parenting may feel different than how we were raised, or how you raised your own children. One of my favorite quotes comes from Maya Angelou, "Do the best you can until you know better. Then when you know better, do better." That's how respectful parenting feels to me. Brain research now tells us that all brains, young and old, learn best through connection.

Throughout 2021 we are going to dive into the world of conscious, respectful parenting. I invite you to take this journey with me, where we can change the world one child, one interaction at a time.



Congregation BETH ISRAEL

535 Progress Avenue, Munster, IN • 219-922-0101 • office@cbi-nwi.org • www.cbi-nwi.org • facebook.com/CBIMunster

Rabbi Levin teaching his classes "An Introduction to the New Testament" and "Jesus in His Jewish Context" →



DO YOU KNOW HOW TO READ THE MEGILLAH?

Be one of the readers!

Please contact Rabbi Levin if you are interested in participating in the reading.

UPCOMING EVENTS

KABBALAT SHABBAT SERVICES

On Shabbat we come together as community, pray, sing, and find collective strength and hope. We are hosting Kabbalat Shabbat services via Zoom every Friday at 6:00 pm. Please check CBI's weekly emails for the Meeting ID.

SHABBAT MORNING SERVICES

Every Saturday at 10:30 am. Please join us!

SISTERHOOD SHABBAT

Join us for a lovely service conducted by Sisterhood

members. All members of the congregation and community are welcome.

Saturday, January 30 at 10:30 am

PURIM CELEBRATION

Join us for Megillah reading and Purim songs. Wear your best costume!

Thursday, February 25 at 6:00 pm.

THE LAST DAYS OF JESUS

An Introduction for the Jewish Community- Rabbi Levin's class

The myth that Jews collectively murdered Jesus, also referred to as "deicide," has been used to justify violence against Jews for centuries. In this class, participants will explore a variety of questions, including the following: Why was Jesus arrested? Did he face trial before the Sanhedrin? Why was Jesus condemned to death, and by whom?

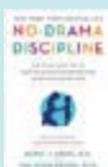
Sunday, February 28 from 11:00 am to 12:00 pm

MS. ERIN RECOMMENDS



The Big Umbrella
by Amy June Bates
A remarkably simple, incredibly poignant story about

inclusion and tolerance that is heartwarming for all ages.



No Drama Discipline
by Daniel J. Siegel and Tina Payne Bryson
An effective, compassionate approach to dealing with tantrums, negative behaviors,

and big emotions. Every day challenges become learning experiences and opportunities to grow.

Hadassah

Honor the Memory of Your Loved One



Who will say kaddish? Hadassah's perpetual yahrzeit program ensures that kaddish is recited every year in Jerusalem on the anniversary of your loved one's passing. By establishing a yahrzeit with Hadassah, you have peace of mind that once a year, every year, forever, the recitation of the kaddish prayer in the Fannie and Maxwell Abbell Synagogue at Hadassah Medical Center beneath Marc Chagall's iconic stained glass windows takes place in your loved one's memory. For further information, or to establish a perpetual yahrzeit with a \$1,000 donation, **call (877) 212-3321, email yahrzeit@hadassah.org** or locally connect with **Laurie B. Serber, Illiana chapter treasurer at (703) 232-6330 or LBSerber@gmail.com.**

Remember that cards for all occasions (\$3 & \$5) and tree certificates (\$18) are available by contacting **Judie Sidenbender at (219) 227-9880.** Illiana Hadassah wishes the entire community a Chag Purim Sameach!

Temple Israel MILLER

601 N. Montgomery St., Gary, IN • 219-938-5232 • templeisraelmiller.org • facebook.com/templeisraelgary



Sinai Temple MICHIGAN CITY

2800 Franklin Street, Michigan City, IN • 219-874-4477 • www.sinaitemplemc.org • facebook.com/SinaiTempleMC

Please be sure to contact the Temple office to confirm specifics of date, time, location & reservations: 219-874-4477

SISTERHOOD'S POP-UP PASSOVER SALE

Wednesday, March 3, from 10 am-1 pm

Tuesday, March 23, from 10 am-1 pm

Please join Sisterhood for their Pop-Up Passover Sale! Shop for all your Passover needs including seder plates, matzah covers, Haggadahs, toys, books, and more! The sale will take place in the Social Hall at 601 N. Montgomery Street in Gary. Masks and social distancing required. Please contact templeisraelmiller@gmail.com or 219-938-5232 for more information or to schedule a private shopping appointment.



Mazel Tov!

Temple Israel is happy to announce the engagements of:



ADAM CLOUGH & ERIC FISCHER



ELAINE GIGLIO & TY LONG



Steve & Judi Tallackson host the 8th night of Temple Israel's virtual Hanukkah Menorah Lighting via Zoom.



Kelly Farkas, Liz Rice, and Deb Weiss prepare delicious latkes for Temple Israel members during Hanukkah. Many thanks to Sisterhood for sponsoring the latke pick-up!

TEMPLE ISRAEL CELEBRATES PURIM

Friday, February 26 @ 7pm

Join Temple Israel for our Purim celebration via Zoom!

Rabbi Tracht will read the Megillah and prizes will be awarded for best costumes!

Bring your own cocktails and groggers/noisemakers and let's have some fun!

Zoom opens at 7 pm for socializing; service begins at 7:30 pm.

The Rothenberg Family visiting and shopping for Hanukkah at Sisterhood's Pop-Up Hanukkah Shop in December at Temple Israel.



A Havdalah on January 9 at 7:30 p.m. CST, was a time of connection. After we formally bid farewell to Shabbat, participants shared favorite poems or short stories.

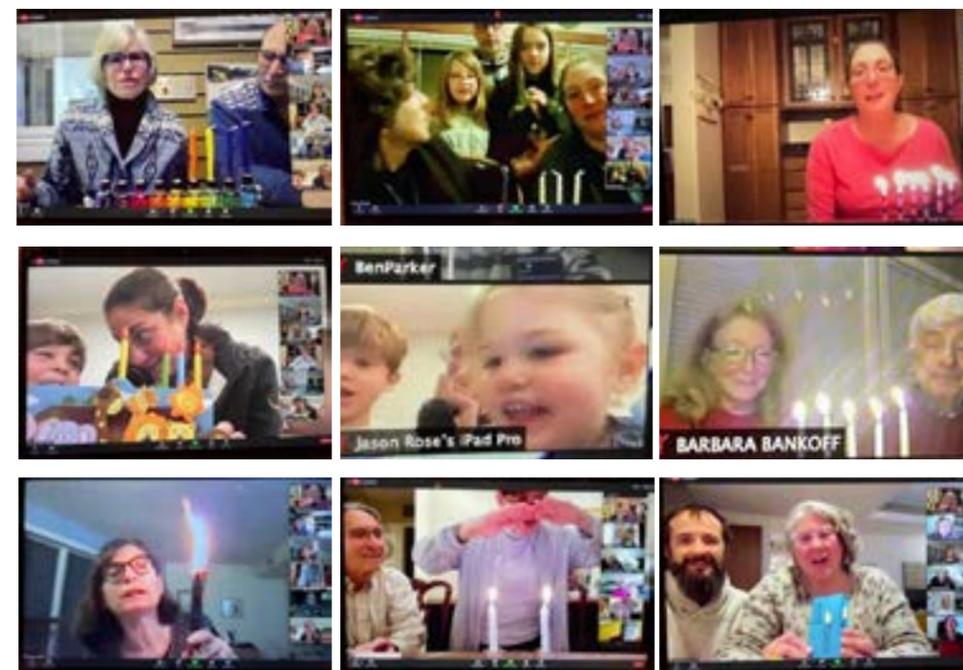


We participated in the virtual Annual Martin Luther King, Jr. Day breakfast and program sponsored by Purdue Northwest, on Monday, January 18, 8:30 -9:45 am. This was an opportunity to share warmth and light with the wider community.



On January 27 at 5:00 p.m. CST, we had a Tu B'Shevat-themed social hour, to which people were invited to bring some of the traditional fruits (dates, oranges, olives, figs, etc.), as well as non-traditional fruits, fruit-based drinks, and share stories and/or "fun facts" about trees.

This past Chanukah we gathered every night to light the candles as a community. It has been the brightest and most joyful Chanukah for all who participated.



UPCOMING EVENTS

Links to all Zoom Sessions will be sent out on a weekly basis.

Weekly Virtual Shabbat Services:

Friday evening at 7:00 pm
Will continue to be over Zoom as long as we need to for social distancing.
Rabbi Suzanne Griffel will conduct the service by Zoom twice a month; it will also be streamed on Facebook.
Lay-led Shabbat Services will be streamed on Facebook on alternating Friday nights.

Rabbi Classes via Zoom:

Saturday at 10 am
February 6 & 27
March 6 & 20

Virtual Gatherings/Social Hours via Zoom:

Tuesdays 5-6pm CDT
February: 2, 9, 16, & 23
March 2, 9, 16, 23, & 30

Purim Program:

Friday, February 26
Join us for a combined program with our Shabbat Service that night.

Community Passover Seder:

Saturday evening, March 27
As of now, it is planned to be on Zoom.



Temple Israel VALPARAISO

1405 Evans Avenue, Valparaiso, IN • 219-464-0159 • www.templeisrael.info



Temple Israel restarted our regularly scheduled in person services, now including live stream, in June 2020. We follow and comply with all current Covid-19 guidelines for Porter County, Indiana, and the CDC. Temple Israel has taken steps to create an environment that is safe for our physical and spiritual health which included installing dual tube UVC lights and MERV13 filters on the ventilation systems. We also employ chemical free sanitation practices between events. Our seating can be arranged into many different configurations to accommodate up to our maximum 75 (least restrictions level with social distancing).

UPCOMING EVENTS

In-Person Services Led by Rabbi Shoshana Feferman:

Fridays at 7 pm
1/22, 2/5, 2/26, 3/12

Live stream is also available on YouTube at:

<https://www.youtube.com/channel/UCTTCqxsuTCXCQPptzblig>

Shacharit Service:

In-person
Every Sunday at 9 am
Shacharit is a great way to start your week off by connecting spiritually and bringing in peace of soul and of mind.

Torah Study:

In-person
Every Sunday at 9:30 am

Our Sunday school is continuing as it did in Fall with shortened duration in-person classes and welcome new enrollments.

Services over Zoom are available inbetween scheduled services. If interested, please contact us at: 219-464-0159

HOMELAND SECURITY GRANT APPROVED!

We have full approval of our Homeland Security grant request and are at the beginning phases of implementing our plans.



ANNUAL WARM CLOTHING DRIVE

Our Annual Warm Clothing Drive for Thomas Jefferson Middle School was completed in November. Usually the Temple volunteers set up the room with all the clothes for the children to “shop”, but we know how this year was different. We are just grateful we were able fulfill what was needed.

Mazel Tov!

Temple Israel is happy to announce the engagements of:

IAN RUBIN & SUZANNE RANDALL



Temple Beth-El MUNSTER

10001 Columbia Avenue, Munster, IN • 219-934-9600 • www.templebethel-munster.org

CREATING SACRED MOMENTS

VIA ZOOM

BY: RABBI ISAACS

During these short winter days, when the nights are long, I am feeling connected to light. My spirit is buoyed by the many opportunities to come together as a Jewish community on Zoom, but I am particularly inspired by the recent experience of lighting Chanukah candles as a community. Night after night we gathered on Zoom to bless together and enjoy each other's shining Chanukah menorahs, our chanukiyot. It was truly uplifting. The idea for this nightly communal happening came from a desire to light a candle rather than curse the darkness (pun intended) of this time of COVID. While we can't gather in person, we can embrace what we do have, Zoom and livestream. These technologies have the distinct advantages of convenience, spontaneity, and flexibility. You don't have to plan in advance if you want to participate, you don't have to get into your car, you don't have to leave home, you don't even have to get dressed(!).

All of this means that not every religious experience on Zoom needs to last an hour or more. We can have deep, powerful encounters that last just 10 or 15 minutes. Lo and behold, Judaism is full of rituals are short in duration but long on inspiration, rituals that seem tailor-made for Zoom! Until Chanukah we wondered if the idea of a brief online spiritual encounter would resonate with our community. Seeing the many faces on Zoom and the “views” on Facebook throughout Chanukah we knew that it does resonate. As a response, we are now creating more opportunities for such sacred moments. During January we began to celebrate Havdalah together. The ritual of Havdalah marks the end of Shabbat and the beginning of the new week. Havdalah is a Hebrew word meaning “separation” or “division.” By sanctifying this time of transition, we recognize the need to mark transitions more broadly – in our lives, in the world – and

to honor them. Havdalah is accessible, enjoyable, and meaningful. Whether it is a familiar practice or an utterly new one, allowing you to broaden your spiritual palette, I hope you will join us (mark your calendars: February 13th and 27th at 7pm and tentatively on March 6th and 13th). For Zoom links please email our office, or for the livestream option, visit the Temple Beth El in Munster Facebook page. This is just the beginning of our online spiritual explorations. We will also hold a healing service on February. That service will create space for the difficult feelings brought on by this pandemic, while also drawing on prayers and beautiful melodies to bring us strength and healing. If you have other ideas for how you would like to connect as a community online, or if there is some unmet need that you see – please don't hesitate to email me rabbigidonisaacs@gmail.com I hope to hear from you soon!

Every night of Chanukah congregants from Temple Beth El and Temple Anshe Sholom lit candles together via Zoom. This is from of the 8th night.



UPCOMING EVENTS

Torah Study

Saturdays at 10 am
2/6, 2/20

Havdalah

Saturday at 7 pm
2/13, 2/27, 3/6, 3/20

Adult Ed:

Spiritual Comedy– Reading the Book of Esther
2/10 & 2/24 at 4 pm
Special guest teacher (singer, songwriter, performer, and ritual leader) Naomi Less: Exploring Together, Personal Journeys through the Shabbat prayers.
Wed 3/10, Thurs 3/11,

Wed 3/17, Wed 3/24 at 7 pm

Healing Service:

Sunday 2/21 at 7pm

Virtual Tour:

Join for a tour of the newly redesigned Museum of The Jewish People in Tel Aviv

Sunday 2/21 at 7pm

Purim Celebration:

Thursday 2/25 at 6:30 pm

Virtual Women's Seder-Sisterhood

3/21 Time tbd

Virtual Congregational Seder

3/28 Time TBD

2020

Annual Campaign

*Thank you,
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2020 Annual Campaign



LIFE & LEGACY

BY: AIDA NOZICK, EXECUTIVE DIRECTOR

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THANK YOU 2020 DONORS!

You have helped us make a difference in our community and we are grateful for you!



Legacy DONORS

The following individuals have provided a legacy of support by naming the Jewish Federation of Northwest Indiana as a beneficiary in their estate plans.

DR. FRED & SUE z"l KOBAK

GLORIA GRAY WEISSMAN

MERRILL YALOWITZ

The Jewish Federation of NWI was selected as one of only six new organizations to join 52 others participating in a national Jewish legacy giving program that to date has secured more than 20,500 after-lifetime commitments with an estimated value of more than three quarters of a billion dollars for communities across North America.

Through LIFE & LEGACY™, the Jewish Federation partnered with the Harold Grinspoon Foundation (HGF) to help start a community-wide legacy giving program, creating a shared goal for the organizations to work toward. As a part of the collaboration, the Jewish Federation has partnered formally with two local organizations as a part of the two-year program that provides coaching, training and incentive grants to ensure that legacy giving becomes integrated in the philanthropic culture of our community.

There are seven Jewish organizations in Northwest Indiana, spanning over three counties. Although not all seven organizations committed formally to participate in the program,

each organization is implementing the program in a way that will work for them successfully.

"The Harold Grinspoon Foundation is very excited to be partnering with the Jewish Federation to establish a culture of legacy giving in Northwest IN," said Arlene D. Schiff, national director of the LIFE & LEGACY program. "The time is right. This legacy program will make the most of the generational transfer of wealth, change the language and landscape of giving and provide generous and forward-thinking members of the Northwest IN Jewish community with the opportunity to express their passion, purpose and commitment to their most valued Jewish organizations."

What is the Life and Legacy Program?

Life & Legacy is a two-year partnership program of the Harold Grinspoon Foundation that provides support and monetary incentives to secure after-lifetime Legacy Gifts. The Life & Legacy Program promotes after-lifetime giving to benefit the Jewish Federation of NWI and its two formal partner congregations; Temple Beth El and Chabad.

What are the specific objectives of the Life & Legacy Program?

The objective of the program is to secure after-lifetime gifts for the Jewish organizations so that we may continue to provide programs and services for the Jewish community for generations to come. Creating your Jewish legacy empowers you to help the organizations that matter to you in your lifetime to be secure long after your lifetime, for your children and grandchildren. You will help ensure a strong and vibrant community that will uphold your values into the future.

What is a Legacy Gift?

The Random House College Dictionary defines legacy as "(1) a gift of property, especially personal property, as money, by will; a bequest. (2) Anything handed down from the past, as from an ancestor or predecessor." Therefore, Legacy Gifts are gifts of money and other valuable property which our generation will leave for future generations.

Isn't legacy giving just for rich people?

No. If a person wishes to leave the bulk of her estate to

her children, and also wants to support her favorite local Jewish organizations, she can easily leave a bequest in her will to benefit those Jewish organizations for 10, 15 or 20% of her estate, no matter whether her estate has a value of \$100,000, \$300,000, \$1 million or \$2 million. Even those of modest means can participate.

Through legacy giving, you can make a gift to the Jewish community that will last forever. All of us, regardless of age, wealth, or affiliation, have the power to help sustain a vibrant Jewish community now and in the future.

Our Legacy donors are community members, like YOU, who are committed to sustaining our Jewish community for future generations. As we benefitted from those who planted for us, let us nurture what has been built so it continues.

Contact me today so that we can discuss what legacy means to you:

Aida Nozick,
aida@federationonline.org,
(219) 301-0960.

* Of blessed memory.
New Donor
Increased Donor

OBITUARIES

Dr. Carol Brown

Dr. Carol Brown, PHD passed away suddenly and unexpectedly on Thursday December 17, 2020.

Carol is survived by her loving wife Katherine Magon, her mother, Merle Pantowich Brown, father, Allen Brown. She is also survived by her sister Susan Tepperman, (Rob Tepperman), brother, Mark Brown (Steve Thompson) nephews Matthew Tepperman (Aaron Kornick), Jacob Tepperman and niece Melissa Tepperman. Carol was parent to her fur babies Sophie, Trixie, Leo, Beau, Pippi, Candy Corn and Eddie Munster.

In lieu of flowers, the family requests that contributions be made in Carol's memory to: Bridges From School to Work 10400 Fernwood Rd. Bethesda Md. 20817 OR The Michiana Humane Society 722 Indiana Hwy 212 Michigan City, Indiana 46360

Frederick Chary, Ph.D

Frederick B. Chary, Ph.D, Professor Emeritus at Indiana University Northwest, died Sat., Nov. 14, 2020 of complications from Covid-19. He was born Aug. 18, 1939 in Philadelphia, PA, to Herman and Norma (Silver) Chary, both deceased. He was proud father to David Chary (Melissa), EllaRose Chary (Leah), and the late Michael A. Chary. He is also survived by his wife, Diane (Kubiak) Chary at home in Valparaiso, IN. Additionally, he leaves behind his sister Eileen Singer (Albert) of Philadelphia, PA and their children and grandchildren.

A scholar of international repute, Chary documented the saving of the Bulgarian Jews during WWII in The Bulgarian Jews and the Final Solution. The book remains the definitive study of how the Bulgarian people, under the nose of a Nazi regime, used their political skills to halt the deportation of their Jewish citizens, who were loaded on a train headed for the death camps. Chary lectured internationally on the topic, interviewed survivors for Steven Spielberg's Shoah Project, and always credited the Bulgarian people, not their King, for stopping the train.

Chary was one in the first cadre of Fulbright researchers tapped to go behind the Iron Curtain in an exchange of scholars during the Cold War. He was a proud alumnus of the University of Pennsylvania, the University of Pittsburgh and Central High School in Philadelphia. He was past president and sponsor of the Bulgarian Studies Association, served as guest lecturer at the U.S. State Department's Foreign Service Institute, and for his merits on Bulgarian and Jewish studies was decorated by the Bulgarian National Assembly. In recent years, he served as a board member of the Indiana Jewish Historical Society and published his memoir Chutzpah and Naiveté: An American Graduate Student Bursts Through The Iron Curtain To Do Research In Bulgaria. Chary loved: his wife and family; the Bulgarian people; his Phillies, Eagles, and Flyers; a lively conversation at Temple Israel in Gary; old movies, Broadway musicals,

chess, his colleagues at IUN; his fellow union members (American Federation of Teachers) and his in-laws. He was grateful for Roxanne's friends, caregiver Romona Sutton, the doctors who prescribed his care and the nurses who were with him up to his last day in isolation-heroes all.

Students will remember his starting class with his favorite question: "How do you know what you know?"

Allan Fefferman

Allan Fefferman, age 88, of Munster, Indiana, passed away unexpectedly due to complications of a heart condition on January 19, 2021. Allan is survived by his loving wife of 54 years, Laurel Fefferman; son Matthew Fefferman; daughters Sheri (James) Bierman, and Andrea (Jay) Lieser; grandchildren: Jake, Bennett, and Jarrett Bierman; Merrick, Ethan, and Evan Lieser; and Mira, Naomi, and Ava Fefferman.

Allan was born in Chicago, Illinois to Milly and Meyer Fefferman. He was their only child. Allan always wished for siblings and was thrilled to have three children and nine grandchildren. They were his pride and joy, along with his beloved wife.

Allan grew up on the West Side of Chicago. He was a 1950 graduate of Marshall High School. He started his career in the men's clothing business and later found his true passion within the businesses of construction, development, and real-estate. He moved his family to Northwest Indiana where he started First Metropolitan Builders. Allan loved to work. He worked up until the day he died. Work was his hobby, and he looked forward to each and every day on the job. But, most of all, Allan loved life. He loved living and having loved ones to live for.

Hank Ito

Henry 'Hank' Ito, of Michigan City, IN passed away on Wednesday, January 6, 2021 in Michigan City, IN. He was born August 27, 1935 in Stockton, CA to Shoji and Rika Ito who preceded him in death. He was married on June 30, 1972 to Sheila who survives. Hank is also survived by children: Tracy (Patsy McEnroe) Ito, Kelly (Chris) Yap, Ted Ito and Verna (Steve) Epito; grandchildren: Isabella and Ronan Yap, Jennifer, Joe and Stephanie Erpito (all of Illinois); he was also preceded in death by two brothers and five sisters.

Hank loved life, the Chicago Cubs and Bears and most of all, his family.

Sue Kobak

Sue Barbara Stein Kobak, passed away on Nov. 26, 2020. Sue Barbara Stein Kobak, of Valparaiso, passed away peacefully on Thanksgiving evening, surrounded by her loving family. The devoted wife of 61 years to Dr. Alfred Kobak Jr., Sue was adored by her children: William (Colleen McDonough), Steve (Randi Brown Kobak), Jane (Rob Lynch), and Debbie (Dan Nielsen), seven grandchildren: (Emily and Sara Lynch; Sydney, Ellie and Max Kobak; Maggie and Carrie Nielsen), and many nieces and nephews and cousins.

The daughter of Samuel and Celia Stein and sister of Shirley "Pat" Turbow (deceased), Sue was born in South Bend, IN on March 31, 1935. She was an active community volunteer who served as the President of Temple Israel in Valparaiso for many years. She was also on the board of directors of Pines Village

Retirement Communities and the Women's Auxiliary Board of Porter Memorial Hospital.

Sue was a graduate of Northwestern University and Valparaiso University. She had her own public relations business for several years, and also worked in marketing for Indiana Federal Bank. A kind and gracious friend to many, Sue was a proud resident of Valparaiso for 54 years. She loved her dogs and grand-dogs. She was a runner, skier and Pilates practitioner, which helped her weather many health setbacks over the past three years. Most of all Sue was devoted to her immediate and extended family, for whom she was the center of the universe.

In lieu of flowers, donations are kindly requested in her name to Temple Israel of Valparaiso, the American Cancer Society, or the Alzheimer's Association Greater Indiana chapter.

Marial Poll

Beloved mother of the late Harold (Anna Marie) Poll, David Poll, Judy (Howard) Budrow, Sharon (Mike) Feldman, and the late Linda (David) Hafft.

Dear Grandmother of Joshua (Jen) Poll, Jonathan Poll, Rachael (Chris) Minchella, Laura (Todd) Duda, Greg (Stephanie) Budrow, Jenny (Dave) Diamond, Susie (Joe) Aubin, Scott Feldman, Becky (Steve) Hanson, Matthew Hafft, Kevin Poll, Brian Poll, Jordan (Michelle) Poll, Jamie Poll and Nicky Poll.

Cherished Great Grandmother of Mason and Madison Duda, Hannah and Colin Budrow, Dominic and Olivia Diamond, Lucas, Charlie and Eva Aubin, Carter and Dylan Hanson, Minerva Minchella, Faerin and Iris Poll. Hank loved life, the Chicago Cubs and Bears and most of all, his family.

Marilyn Rosen

Marilyn Rosen (nee Gabovitch), born to Carl and Rebecca Gabovitch, (who predeceased her) in Hammond, Indiana, on April 21, 1929, passed away in her home from natural causes on November 8, 2020, with her window open allowing the sun and breeze to caress her face. Marilyn was one of three children and had an older sister, Faye Heiss (Stuart Heiss), who predeceased her and has a younger brother, Dr. Edward Gabovitch (Phyllis). Marilyn's sister and brother were her trusted confidants and she loved and admired them greatly. Marilyn married the love of her life, Burton Rosen (who predeceased her), on July 11, 1948, meeting him at Purdue University when she was a junior and he was completing his engineering degree after serving in the U.S. Army during World War Two.

They settled in Gary, Indiana and raised three children: Suzy McAlpine, Lawrence Rosen (Patricia Garner) and Jody Myers (Paul Lutz). Marilyn never ceased being a loving, attentive mother to her children always solicitous about their well-being. Marilyn also adored her grandchildren: Michael (Melissa) and Ross McAlpine, Joshua, Rebecca and Sarah Rosen and Sean and Russell Myers.

Marilyn never met a "stranger" and was a loyal, caring, and compassionate friend to all. She also was completely color blind, never once judging a person by his/her race, national origin, religion, or economic background. To Marilyn, it was only the character of the person that mattered. Besides her family and friends, Marilyn had two other passions, Jeopardy and Bridge. God

forbid you should call her when Jeopardy was on because your call would be abruptly ended with, "I cannot talk now, call me later." Marilyn also leaves behind many nieces and nephews for whom she also loved and cared.

Finally, the family wants to thank Cheryl and Sheila, who took care of Marilyn over the last year and came to love and admire her as so many other people did. No flowers please, Marilyn never liked them and donations in her memory may be made to the Jewish Federations of North America.

Michael Saks

Michael Saks, 78 of Munster passed away on Thursday, December 10, 2020. He is survived by his wife of 53 years, Sydney (nee Weinraub); daughter, Paula (Jay) Broutman; son, Mark (Lisa) Saks; grandchildren: Abraham, Jack, Wilhelmina, Lilly, Mary and Max; brother, Alan (Honora) Saks; several cousins, nieces and nephews. He was preceded in death by his parents, Jack and Lillian Saks.

Michael owned and operated Preformance Plus for over 50 years. He was on the board of directors of the Boys & Girls Club of Northwest Indiana. Michael was a member of the Merrillville Rotary Club and was an active volunteer of Hospice of the Calumet Area along with his wife.

He graduated from Indiana University Northwest with a degree in Accounting. Michael was a lifelong member of Temple Beth El and the Northwest Indiana Jewish Federation. Memorial contributions to The Jewish Federation or Hospice of the Calumet Area in his memory would be appreciated. www.kishfuneralhome.net

Marvin Shlensky

Marvin B. Shlensky was born on Saturday, June 3, 1933 in Hammond, Indiana to Shirley and Alex Shlensky. He departed this life on November 21, 2020 due to natural causes at the age of 87. Marvin received his Bachelor of Science in Pharmacy from Butler University in 1955. Upon graduation, he worked as a pharmacist and ran his own store in Chicago, Illinois for 30+ years.

He was married to Donna Sutton-Shlensky in July of 1984 and was a loving father to David Shlensky, Howard Shlensky and Barb Riley; and grandfather to eight grandchildren.

He enjoyed playing and watching tennis, having attended Del Ray and Mar a Largo regularly for tennis matches. Marvin also had an affinity for cars, caring lovingly for his many Miata MR6s and Jaguars over the years. He had an interest in WWII and WWII historical documentaries and was a long-time Chicago Bears season ticket holder.

Marvin enjoyed traveling the world with his wife Donna, seeing Italy, Switzerland, England, Japan, Israel and many more countries along the way.

He is survived by his wife, Donna, his children David (Ann), Howard (Darla) and Barb, and his eight grandchildren.

Dr. Susan Taub

Dr. Susan Jane Taub passed away after a long illness, on Wednesday, December 16, in Chicago. She was 64.

Susan was the daughter of past Sinai Temple members, Dr. Robert & Sheila "Shy" Taub, both deceased. She is survived by her sister, Jody Pineless; brother, Jay Taub; and aunt, Elaine Bankoff.

Anita Zucker

Anita L. Zucker, age 80, of Munster, IN passed away on January 9, 2021. She is survived by her husband: Gerald "Jerry" Zucker; her children: Angela (Eric) Kaisner, Lisa, and Mark; grandchildren: Lukas, Noah, Mya, and Jaden; and her best friend: Judy Gordon.

TRIBUTES

BARBARA WAXMAN JEWISH COMMUNITY SERVICES FUND

In memory of Allan Fefferman.

Richard & Lynn Braman

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In honor of Judy Katz and her continuing leadership.

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Miss Bankoff

In memory of Allan Fefferman.

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In memory of Allan Fefferman.

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In memory of Allan Fefferman.

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CORRECTIONS: Please contact the Federation at (219) 301-0960 or RachelF@federationonline.org with any errors found in the Illiana News. We aim for accuracy.

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