

## Bais Yaakov of Scranton in the news

The Bais Yaakov of Scranton has had many exciting programs and events over the past few months. Beginning with Purim, as in previous years, the students planned for and prepared a magnificent Purim carnival to raise money for Od Yosef Chai; a *tzedakah* organization that helps the poor of Israel. Delicious food was prepared by Mrs. Etty Fink, Mrs. Leah Laury and their crew of volunteers. The girls prepared the booths and the decoration. More than \$1,000 was raised.

### Purim shalach manos

Again this year, the Bais Yaakov prepared and packaged Purim food packages to the residents of the Jewish Home of Eastern Pennsylvania, Webster Towers, Elan Gardens and private homes throughout the community that were delivered on Purim. These packages bring much joy to its recipients. Approximately

300 packages were delivered.

The Bais Yaakov also did its fund-raising *shalach manos* deliveries throughout Scranton and Clarks Summit, as well as shipping out of town. The girls worked hard packaging the beautiful gift baskets. They were also assisted by Mrs. Miriam Raizel Benyavskiy. Deliveries were made by volunteers Mr. Neil Weinberg, Mr. Yochanan Valencia, Mr. Dovid Benyavskiy and Mrs. Gilda Franzese. Once again, the fruit for the project was sponsored by Mr. and Mrs. Harris Cutler.

### Bais Yaakov on the Go

The Bais Yaakov students attended a Holocaust symposium created by Shiras Miriam High School of Lakewood portraying Jewish life in pre-war Europe, students were guided through Jewish life in different European countries before the war and after. Rescue efforts were

portrayed as well as the resurgence of Jewish life and its struggles after the war. It was a fascinating exhibit which was beautifully done.

Our next trip was to Brooklyn, NY. Our first stop was Crown Heights where we were privileged to hear from Mrs. Judy Meltzer a resident of Crown Heights for over 40 years. We then walked around the area and went to 770 Eastern Parkway, Lubavitch Headquarters. We continued to Williamsburg, where we had a program at the Shaatnez Laboratory in its original location where it opened after World War II. We then went to the Karisterer Hand Shmura Matzah Bakery, where we watched how matzahs were made by hand. We then continued on to Boro Park, where we were given a guided tour of the Living Torah Museum a 10-story building of different exhibitions. The exhibit was

led by Rabbi Deutsch, who collects artifacts from centuries ago, dating back to the time the Jews were in Egypt and later in the times of the Beis Hamikdash (the holy Temple). The exhibit contains numerous artifacts from shipwrecks with rare items worth millions of dollars.

Most recently, the girls attended the Mishmeres Yom Iyun, once again in Brooklyn on May 2. Mishmeres is a program that emphasizes speaking about others favorably, as well as other ways to refine one's character. There were a number of speakers as well as a video presentation. The topic of the program was "Including Others." Included in the program was a "Lunch Brake" breakout. The "Lunch Brake" program takes place during the counting of the Omer, the days between Pesach and Shavuot. It is a time of  
See "Bais" on page 10

## Hesed community seder returns

*This article should have appeared in The Reporter's May issue, but due to an oversight it was not included. Our apologies.*

After COVID-19 forced them to resort to virtual seders, on April 15, Temple Hesed members came back for their first in-person seder since 2019. Ranging in age from 3 to 80, an auspicious 36 people gathered for an evening of shared traditions, new teachings, good food and the simple joy of being together again. Congregation members helped with set up, clean up and activities for the children, including both a scavenger hunt and an elaborate search for the afikomen, complete with rhyming clues. Rabbi Daniel Swartz prepared both Ashkenazic and Sephardic style charoset – and Suzy Kalman artistically sculpted the latter into small pyramids as a visual reminder of the enslavement of the Israelites in Egypt. Maddie Davison, who will become bat mitzvah next year, chanted the four questions, and everyone took



Temple Hesed members came together for a seder to celebrate Passover on April 15.

turns reading from the haggadah and joining in the songs.

The seder utilized "The Promise

of the Land," the beautiful new haggadah by Rabbi Ellen Bernstein, with lovely artwork by Gaila

Goodman. Rabbi Swartz served as an editorial consultant and advisor for the haggadah, and everyone at the seder enjoyed its unique take on the connection between the Passover story and Jewish teachings about caring for the environment. The music ranged from the traditional to more contemporary tunes from Debbie Friedman, Rabbi Max Chain and Joey Weisenberg. People took up timbrels to join in "Miriam's Song," and they went around the room (gently) hitting each other with scallions during "Dayenu," enacting a custom of Iranian Jews. Though the toffee matzah served as dessert was sweet, the truly sweetest part of the seder was being able at least to celebrate Passover together.

### CANDLE LIGHTING

June 3 .....	8:13 pm
June 4 .....	after 9:14 pm
June 5 .....	after 9:15 pm
June 10 .....	8:18 pm
June 17 .....	8:21 pm
June 24 .....	8:22 pm
July 1 .....	8:22 pm
July 8 .....	8:20 pm
July 15 .....	8:17 pm

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## INSIDE THIS ISSUE

### Jewish resources

Online offerings in June include a variety of talks, musical events, classes and more.

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### Shavuot

Chef Paula Sloyer offers recipes, including gluten-free, for a Shavuot holiday meal.

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### Holocaust Symposium

HERC's annual Holocaust Symposium for teens attracted more than 1,400 participants.

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## Jewish online resources

### BY REPORTER STAFF

A variety of Jewish groups are offering educational and recreational online resources. Below is a sampling of those. *The Reporter* will publish additional listings as they become available.

◆ Hadassah will hold the virtual program “One Book, One Hadassah: Live With Rachel Barenbaum and ‘Atomic Anna’” on Wednesday, June 15, from 7-8 pm. For more information or to register visit <https://secure2.convio.net/wzoa/site/Ticketing?view=Tickets&id=106012>.

◆ Maven will hold the virtual program “Tour Global Jewish Life: Bulgaria” on Thursday, June 2, from 1-2 pm, with Dr. Joseph Benatov talking about Sephardic Jews of the area and his own personal story. For more information or to register, visit <https://maven.aju.edu/events-classes/program/tour-global-jewish-life-bulgaria>.

◆ The Weitzman National Museum of American Jewish History will hold the virtual program “La Nona Kanta: The Remarkable Life of Flory Jagoda” on Wednesday, June 15, from 8-9:30 pm. The program is free with a suggested \$10 donation. The program tells the story of the late Flory Jagoda through interview

and features performances of her music by Trio Sefardi and more. For more information or to register, visit <https://theweitzman.org/events/lanona-kanta-premiere/>.

◆ The Jewish Fertility Foundation offers a podcast called “Fruitful and Multiplying with Jewish Fertility Foundation.” The podcast episodes offer “the latest in all things related to fertility and infertility from leading doctors, attorneys, rabbis, therapists, and professionals in the field.” For more information, visit <https://jewishfertilityfoundation.org/>.

◆ Spertus Institute for Jewish Learning and Leadership will hold the free virtual program “Voices: Rescued Stories Brought to Life: A Conversation with Writer/Cartoonist Ken Krimstein” about his book “When I Grow Up: The Lost Autobiographies of Six Yiddish Teenagers” on Monday, June 13, from 8-9:30 pm. Advance registration is required. To register or learn more, visit [www.spertus.edu/programs-events/voices-krimstein](http://www.spertus.edu/programs-events/voices-krimstein).

◆ Maven will hold the virtual discussion “Creating Gender Equity and Fairness in Schools Through a Jewish Lens” with Rachel Lerner, dean of American Jewish University, and Jason Ablin, author of “the Gender Equation in Schools: How to Create Equity and Fairness for All Students,” on Wednesday, June 22, from 1-1:45 pm. For more information or to register, visit <https://maven.aju.edu/events-classes/program/creating-gender-equity-and-fairness-in-schools-through-a-jewish-lens>.

◆ Qesher will hold several virtual tours and lectures in June: “Jews of Argentina: They sowed seeds and harvested doctors” on Sunday, June 5, at 1:30 pm ([www.qesher.com/jews-argentina](http://www.qesher.com/jews-argentina)); “Travel to Spain: Sephardic Jewish Heritage Tour” on Wednesday, June 8, at 1:30 pm ([www.qesher.com/sephardic-jewish-heritage-of-spain/](http://www.qesher.com/sephardic-jewish-heritage-of-spain/)); “Past and Present of Jewish Romania, from Transylvania with love” on Sunday, June 12, at 1:30 pm ([www.qesher.com/past-and-present-of-jewish-romania/](http://www.qesher.com/past-and-present-of-jewish-romania/)); “The Jews of Georgia: A Diverse and Ancient Community in the Caucasus” on Wednesday, June 15, at 1:30 pm ([www.qesher.com/the-jews-of-georgia/](http://www.qesher.com/the-jews-of-georgia/)); “The Jews of Ethiopia: Being Black, Jewish and Israeli” on Sunday, June 19, at 1:30 pm ([www.qesher.com/the-jews-of-ethiopia/](http://www.qesher.com/the-jews-of-ethiopia/)); “The Two Millennia Story of Moroccan Jewry” on Wednesday, June 22, 1:30 pm ([www.qesher.com/the-two-millennia-story-of-moroccan-jewry/](http://www.qesher.com/the-two-millennia-story-of-moroccan-jewry/)); and “Jewish city tour of Riga,

◆ the hidden gem of the Baltic” on Sunday, June 26, at 1:30 pm

([www.qesher.com/jewish-city-tour-of-riga](http://www.qesher.com/jewish-city-tour-of-riga)).

◆ Jewish Women Archives will hold the virtual course “Jewish Women in Film and Television” on Thursdays, June 2, 9, 16 and 23, at 8 pm. Topics to be explored are “Judy Holliday: Jewish Assimilation and 1950s Hollywood,” “Big Mouths and Quiet Revolutionaries: Jewish Women in Film, 1970s-2010s”; “Beyond the Cliché: Changing Images of Jewish Women on Television”; and “Penelope’s Journey: Haredi Women on Israeli TV.” The sessions are designed to stand alone; those registering will receive access to session recordings. For more information or to register, visit <https://lp.constantcontactpages.com/su/ZxTWFw/JuneHistoryCourse>.

◆ The Academy for Jewish Religion will hold the virtual program “Religion and Science Program: Building bridges to lives of meaning” on Thursday, June 16, at 7 pm. For more information or to register, visit <https://interland3.donorperfect.net/weblink/WebLink.aspx?name=E356537&id=13>.

◆ Maven will hold “Discussing Current Events” from a Jewish point of view with Jonathan Dobrer on Wednesdays, from July 13-August 31. The cost is \$285 for the eight sessions. Two times are available: 1:30-3 pm (<https://maven.aju.edu/events-classes/program/discussing-current-events-morning-edition111>) or 10:30 pm-midnight (<https://maven.aju.edu/events-classes/program/discussing-current-events-evening-edition111>).

◆ The Center for Jewish History will present “Family History Today: Discovering your Jewish Ancestors in France” on Friday, June 17, at noon. Anne Morddel, a certified genealogist specializing in French genealogy, will explain how to discover Jewish ancestors in France in both pre-Revolutionary legal and religious records and post-Revolutionary civil records. For more information or to register, visit <https://programs.cjh.org/event/family-history-today-2022-06-17>.

◆ Siegal Lifelong Learning will hold several virtual programs in June: “Childhood in Israel: Well-Being and Vulnerability” on Thursday, June 9, from 7-8:30 pm (<https://case.edu/lifelonglearning/lectures/childhood-israel-well-being-and-vulnerability-remote>); “Revisiting a Forgotten Center: Caribbean Jewry in a Global Perspective” on Wednesday, June 15, from noon-1:30 pm (<https://case.edu/lifelonglearning/lectures/revisiting-forgotten-center-caribbean-jewry-global-perspective-re>

note); and “Women on the Front Lines” on Sunday, June 26, from 1-2:30 pm (<https://case.edu/lifelonglearning/lectures/women-front-lines-remote>).

◆ JArts will hold the virtual “JLive with Beverly Sky” on Friday, June 10, from noon-5 pm, with Beverly Sky, a weaver and paper-maker. This is part of JArts’ series of virtual cultural experiences. For more information or to register, visit [www.myjewishlearning.com/the-hub/jlive-with-beverly-sky/](http://www.myjewishlearning.com/the-hub/jlive-with-beverly-sky/).

◆ The Leo Baeck Institute will hold the virtual book event “Book Club: Where She Came From” about the book “A Daughter’s Search for Her Mother’s History” by Helen Epstein on Tuesday, June 7, at 2 pm. Epstein’s book is about her search to hear about her grandmother and great-grandmother, who were victims of the Holocaust. For more information or to register, visit [www.lbi.org/events/book-club-where-she-came-from/](http://www.lbi.org/events/book-club-where-she-came-from/).

◆ The Weitzman National Museum of American Jewish History will hold “La Nona Kanta: The Remarkable Life of Flory Jagoda” on Wednesday, June 15, from 8-9:30 pm. The program is free on Zoom with suggested \$10 donation. In taped interviews, the late Flory Jagoda told the story of how music helped her escape from Nazi-occupied Yugoslavia when she was a teenager. Performances of her music by Trio Sefardi will alternate with her filmed narration. For more information, visit <https://theweitzman.org/events/lanona-kanta-premiere/>.

◆ The Yiddish Book Center will hold the virtual talk “‘Working toward a Healthy Generation’: An Archival Show-and-Tell on Jewish Women’s Health in Eastern Europe,” with Stefanie Halpern on Thursday, June 16, at 7 pm. Halpern will discuss folk remedies, patient medical records and pamphlets about contemporaneous medical practices at the turn of the 20<sup>th</sup> century. For more information or to register, visit [https://us02web.zoom.us/webinar/register/WN\\_7uZi-Djo2Rm60j\\_A9Jjn-FA?](https://us02web.zoom.us/webinar/register/WN_7uZi-Djo2Rm60j_A9Jjn-FA?)

◆ The Jewish Heritage Alliance will hold the virtual program “The Legacy of Sefarad in America Series.” The introductory lecture will be “SEFARAD: Jews in Early America, From Inquisition to Freedom” on Sunday, June 12, from 1-2:30 pm. It will look at “the role of Jews in the development of religious liberty in America, from the arrival of the earliest community of Jews in 1654 through the end of the 18<sup>th</sup> century.” For more information or to See “Resources” on page 4

## The Reporter

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# COMMUNITY NEWS

## Yom HaShoah V'HaGvurah

While you will be reading this column in June, I'm writing it in the shadow of Yom HaShoah, a special day in which I find great meaning and value. Yom HaShoah is a Jewish attempt to cope with the aftermath of the darkest chapter of 20<sup>th</sup> century's Jewish history. The survivors, as well as the relatives of the victims who left Europe before the war and lived elsewhere, needed to find some meaning to the events of the Holocaust.

The first Holocaust Remembrance Day in Israel took place on December 28, 1949, following a decision by the Chief Rabbinate to designate the 10<sup>th</sup> of Tevet as the day for remembrance. The idea of a Day of Remembrance came from the fact that many of the survivors and relatives did not know the exact day of their family's death, so a day had to be chosen to mark the *yahrzeit* (annual remembrance of the dead). This day was observed in 1949 and 1950.

In 1951, the Israeli Parliament (Knesset) decided to designate a state day for the remembrance of the Holocaust. They considered the 10<sup>th</sup> of Tevet, the 14<sup>th</sup> of Nisan (the beginning of the Warsaw Ghetto uprising) and September 1

(the start of World War II in 1939). They settled on the 27<sup>th</sup> of Nisan, mid-way between Passover and Israel Independence Day, and designated it the annual "Holocaust and Ghetto Uprising Remembrance Day" (Yom HaShoah V'HaGvurah). A number of Orthodox and ultra-Orthodox groups continue to mark the Holocaust on the 10<sup>th</sup> of Tevet or on the 9<sup>th</sup> of Av; some of them

Independence, paralleling the Passover story.

The state of Israel began pushing for an International Day of Remembrance early on in order to gain recognition for the Jewish tragedy in World War II. After many years of lobbying, in 2005, the United Nations decided to designate such a day. The opposition of the Arab countries made it impossible to accept the day as designated by Israel, so as a political compromise, January 27 was designated as the International Holocaust Remembrance Day on the anniversary of the Soviet liberation of Auschwitz in 1945.

For us, as 21<sup>st</sup> century Jews, the symbolism of Nisan 27 is still very strong. Today Jews actively oppose antisemitism, defend the right of Israel to exist, help those in need in our communities, educate our youth, and provide rescue and relief for Jewish communities all over the world—in the spirit of Jewish self-determination and self-reliance. And the Federation system has been the embodiment of that commitment for more than 100 years. That is why, on Yom HaShoah, we not only remember the victims of our past, but we also renew the commitment to our collective future.



### FROM THE DESK OF THE EXECUTIVE DIRECTOR

DANIEL CHEJFEC, PH.D.

for religious reasons, and some as a way to deny recognition to political Zionism. The mainstream of our people, however, adopted Yom HaShoah on the 27<sup>th</sup> of Nisan as our Day of remembrance.

So why choosing a day between Passover and Yom HaAtzmaut, and why connecting it to the Ghetto uprisings? They did it, consciously, to promote the image of the Jewish people's recovery of national sovereignty and self-determination. The Ghetto uprisings were seen as symbols of Jewish resistance against the Nazis. As Israel became increasingly central to Jewish identity for Jews all over the world, the adoption of Yom HaShoah on Nisan 27 became widespread and a symbol of the self-assured, self-reliant Jew emerging from the ashes of the Holocaust. It was seen as giving the death of one third of our people some kind of historical meaning beyond their death itself. It provided the image of the people of Israel emerging from the darkness of the Holocaust into the light of

## NEWS IN BRIEF

From JNS.org

### Baltimore-area JCC receives bomb threats

The Jewish Community Center of Greater Baltimore received an antisemitic bomb threat on May 24, its second in less than two weeks. The first one, sent on May 15, led to the evacuation of JCC's Rosenblum Owings Mills in Maryland. A second JCC site, in Weinberg Park Heights, was closed that day. According to WMAR 2 News, the most recent threat was similar in tone to the earlier bomb threat. Law-enforcement officials did a sweep of both facilities and deemed the threats to be non-credible. The JCC in St. Louis received a similar scare earlier in May, and related bomb threats were sent to Jewish Community Centers across the country in the last several months, according to JCC leadership. "The threats we and other JCCs have received are full of antisemitic language and causes frustration and anxiety," said Barak Hermann, CEO of the JCC of Greater Baltimore, and Laura Rubenstein, the JCC's board chair, in a statement.

## DEADLINES

The following are deadlines for all articles and photos for upcoming Reporter issues.

DEADLINE	ISSUE
Thursday, June 16.....	July
Thursday, July 14.....	August
Thursday, August 18.....	September
Thursday, September 15.....	October

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### The Jewish Federation of NEPA wishes a hearty Mazel Tov & congratulations to our community graduates!

#### High School

- Jacqueline Augugliaro
- Yona Tzvi Bilus
- Scarlett Cohen
- Caleb Zachary Costanza
- Bracha Goldberg
- Zahava Griver
- Hadassah Laury
- Yechezkel Lopez
- Chaya Rapoport
- Ariel Selincourt
- Maya Sullum

#### Higher Education

- Max Augugliaro - East Stroudsburg University
- Charles Goehl - University of Maryland
- Mindy Grossman - Penn State Nursing School
- Shira Laury - B.S. Maalot College Jerusalem
- Dahlia Laury Dahan - M.B.A. Yeshiva University
- Hannah Linker - Syracuse University
- Aaron Mancus - George Washington University
- Seth Pollock - University of Pittsburgh
- Leah Silverman - law school
- Talia Sullum - Ithaca College
- Zachary Rubin - Tulane University
- Ross Ufberg - law school



*Congratulations to all!*



If your name isn't listed here, contact Dassy Ganz at 570-961-2300, ext. 2, or e-mail dassy.ganz@jewishnepa.org

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Check out the Federation's new, updated website at [www.jewishnepa.org](http://www.jewishnepa.org) or find it on Facebook

# Chef Paula Shoyer offers simple elegance for Shavuot

BY STUART SCHNEE PR STAFF

The holiday of Shavuot is just around the corner (June 9-10). French trained chef and best-selling cookbook author Paula Shoyer is offering contemporary and delicious recipes. Unique to Shavuot is the often lavish, and sometimes challenging, dairy menu. Shoyer says she is sensitive to those who limit their lactose, calorie and gluten intake, and suggests a holiday menu with a variety of recipes—and a smidge of indulgence: Brioche Challah, Kale Caesar Salad, Pasta Siciliana and Dry Rubbed Roasted Salmon.

## BRIOCHE CHALLAH (DAIRY)

Makes two medium loaves

¼ cup (60 ml) warm water  
4 Tbsp. (50g) plus 1 tsp, sugar, divided  
½ oz. (2 envelopes, 14g) dry yeast  
2½ cups (315g) bread flour, plus extra for dusting 1 tsp. salt  
4 large eggs, beaten slightly, plus 1 egg for glazing  
¾ cup (1 ½ sticks, 170g) unsalted butter, cut into pieces, at room temperature, plus 1 Tbsp. for greasing bowl  
2 tsp. water for glaze

In a measuring cup, measure ¼ cup (60 ml) warm water, add the teaspoon sugar and yeast and stir. Let the mixture sit five minutes, or until thick. In the bowl of a stand mixer, place the flour, salt and four tablespoons (50g) sugar and mix. Add the four eggs and proofed yeast mixture and mix with the dough hook on low speed for two minutes, scraping down the bowl and hook two to three times. Turn the speed up to medium and knead for eight minutes, stopping to scrape down the hook and sides of the bowl three to four times. Turn the speed to low

and add the 1½ sticks (170g) soft butter, two tablespoons at a time, making sure each addition is fully mixed in before adding more butter. When all the butter has been added, turn the speed to medium and mix for three minutes, stopping to scrape down the bowl once or twice.

Place the dough into a medium bowl greased with the tablespoon butter. Cover with plastic wrap and let rise for one hour. Remove the dough from the bowl, punch down by folding over a few times, then gather the dough back into a ball and return it to the bowl. Cover the dough with the plastic and let rise for 30 minutes. Once again, remove the dough from the bowl, punch it down, return to the bowl, and cover it. Place in the fridge for 30 minutes.

Lightly flour your hands and kitchen counter. Divide the dough in half and braid each half into a challah, adding a little more flour to your hands if the dough feels a little sticky. Place the challahs on a parchment-covered baking sheet. Beat remaining egg with two teaspoons water. Brush the challahs all over with the mixture. Let them rise for one hour.

Preheat oven to 375°F. Brush challahs again with the egg wash. Bake for 30 minutes or until golden. Store wrapped in foil at room temperature for up to five days or freeze for up to three months.

## KALE CAESAR SALAD

Serves 8

Shoyer: Kale became trendy in the U.S. back in 2004. My family started eating kale when my husband, Andy, who is always on a diet because of my work, met with a nutritionist who suggested that he add more

leafy greens to his diet.

Prep time: 15 minutes.

Advance prep: Dressing may be made two days in advance; salad may be made one day in advance.

⅔ cup (165ml) mayonnaise  
2 cloves garlic, crushed  
Juice of ½ lemon  
½ tsp. Passover teriyaki or “soy” sauce (optional)  
2 Tbsp. water  
Salt and black pepper  
½ cup (50g) freshly grated Parmesan cheese, divided  
1 bunch kale (8 ounces/225g), tough ribs removed

To prepare the dressing:

In a bowl or 2-cup measuring cup, whisk together the mayonnaise, garlic, lemon juice, and teriyaki sauce, if using. Whisk in the water. Add salt and pepper to taste and half the Parmesan cheese and mix. May be made 1 day in advance; cover and store in the fridge.

To assemble the salad:

Stack bunches of the kale leaves and slice them into ¼- to ½-inch-thick (6- to 12-mm) ribbons. Place into a large bowl. Add the dressing, a little at a time, tossing until all the leaves are coated with the dressing. Add the remaining cheese and more pepper to taste and toss.

## PASTA SICILIANA (DAIRY)

Serves 6-8

Shoyer: This is a dish that my husband, Andy, and I absolutely loved eating while living in Geneva, Switzerland – fried eggplant slices stirred into penne pasta with a garlicky tomato sauce, and then covered in cheese and baked. Here is my healthier version using baked eggplant and whole-wheat pasta. You can use this method of baking eggplant in any recipe that calls for fried eggplant.

Prep time: 15 minutes.

Cook time: 1 hour 20 minutes.

Advance prep: May be made two days in advance and frozen.

4 Tbsp. extra virgin olive oil, divided

2 large eggplants, stem and bottom trimmed, and cut into ½- to ¾-inch (12-mm to 2-cm) circles and then into ½- to ¾-inch (12-mm to 2-cm) long strips

1 medium onion, chopped into

½-inch (12-mm) pieces

10 cloves garlic, roughly chopped  
½ tsp. dried oregano  
½ tsp. dried basil  
¼ tsp. black pepper  
Pinch sugar  
¼ to ½ tsp. red pepper flakes, to taste  
½ tsp. salt  
28-oz. (795-g) can crushed tomatoes  
1 lb. (450g) whole-wheat penne pasta  
8 oz. (225g) shredded mozzarella cheese

Preheat oven to 450°F (230°C). Place 1 tablespoon of oil on each of two jelly roll pans. Use an offset spatula or your hands to entirely coat each of the pans.

Divide the eggplant slices between the two pans, leaving a little space between the slices. Bake the eggplant for 25 minutes. After 15 minutes, switch the pans on the racks, to ensure even browning.

To make the sauce, place the remaining 2 tablespoons of oil into a medium saucepan and heat it over medium heat. Add the onions and cook for 5 minutes, stirring occasionally. If the onion starts to color, turn down the heat. Add the garlic and cook for 5 minutes, stirring occasionally. Add the oregano, basil, pepper, sugar, red pepper flakes, and salt, and stir. Add the crushed tomatoes and bring the mixture to a boil over medium-high heat. Reduce the heat to low. Cover the pan and simmer the sauce for 25 minutes.

After 25 minutes of roasting, turn over the eggplant strips and roast them for another 5-10 minutes, until they are fork-tender and browned. Cook the pasta al dente, according to the directions on the package, and then drain it; do not overcook the pasta.

Preheat the oven to 400°F (200°C). Place the pasta in a 9x13-inch (23x33-cm) baking dish. Add the baked eggplant slices and sauce and mix well. Cover the pan with foil and bake the eggplant for 40 minutes. Uncover the pan and sprinkle the cheese on top. Bake uncovered for another 5 minutes.

See “Shavuot” on page 10

## Resources . . . . . Continued from page 2

register, visit <https://www.eventbrite.com/e/sefarad-jews-in-early-america-from-inquisition-to-freedom-tickets-344297020657>.

◆ The Museum of Jewish Heritage will hold a “Virtual Walking Tour: Anne Frank’s Amsterdam” on Sunday, June 26, at 11 am. The

cost is \$18 for museum members and \$36 for the general public. The tour marks the 75<sup>th</sup> anniversary of the publication of “The Diary of a Young Girl.” For more information or to register, visit <https://mjhnyc.org/events/virtual-walking-tour-anne-franks-amsterdam/>.



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# JEWISH FAMILY SERVICE NOTES

## Wanting the un-seeable to become seeable

BY DON MINKOFF,  
L.C.S.W.



Don Minkoff,  
L.C.S.W.

Before you continue reading this, I am going to ask you to go to a window or door, open it and squint while looking outside. I'll wait...

What did you see? Actually, it's not what you saw, but what you did not see that has created disruption and uncertainty about everything we know. As we worry about getting sick or what will happen if we get sick, we no longer feel safe. There are also multiple financial uncertainties. We look for information to make sense of this un-seeable thing, but struggle with what is the "right" information and what is "not right

information." This un-seeable thing has put us in a position of looking at how we are around and with each other at the moment because we can no longer fall back on social norms. Without the ability to fall back on what we know, it creates uncertainty for the future. What makes it real

is not just the magnitude of what this un-seeable thing is creating, but that we are living it, not just reading about it. We are all sharing in this uncertainty, but we are each doing it alone.

The following are a compilation of ways we can live with this uncertainty. While there may be little that is new or you haven't heard about, I

believe it is a good reminder because the future remains uncertain.

◆ **Self-care:** Maintain a schedule; eat sleep, bathe as if it is a "regular day." Do some form of exercise or movement both inside and, if you feel comfortable, outside. Watch movies, read for enjoyment, find creative activities that stimulate and help your mind focus.

◆ **Stay connected:** Due to this un-seeable thing, the use of masks, not hugging or shaking hands is the loss of "personal" connection creates loss. We struggle to visit family; we worry about loved ones in hospitals, nursing homes, etc. Obviously one of the benefits of the Internet age there is Zoom, Facetime where we can have a form of personal interaction. However, many family experiences, holidays, life events will not be shared due to the worry of un-seeable thing. Be creative in finding ways to create shared family experiences, such as watching a movie at the same time, while living in different locations and then talk about it together.

◆ **Be informed, but recognize we are still learning:** As we struggle to see this un-seeable thing, we are looking for more information. The amount of information can become

confusing. What is fact one day may be changed or the opposite the next. What is opinion can be seen or presented as fact. Too much information can heighten and intensify uncertainty. No matter what, limit the amount of time you are looking for information.

I want to stress this is just a small list of what we can do to live with the uncertainty. Over the past month and a half, we have been moving towards the lifting of the restrictions that have guided how we have lived. However, as we work to follow the guidelines that move us into the future uncertainty remains, we don't know how it will go. The longer we live with the uncertainty, the farther away we get from the hope we will get back to what we know. Accept we are going to be living with uncertainty; accept what we can't control. It means finding and maintaining the strength within ourselves to do what we do to feel empowered over uncertainty, even if it goes against what we hear or see others doing around us. Until we can see the un-seeable, not only do I wish everyone "shalom": let me add "be safe."

Sources: [www.helpguide.org/articles/anxiety/dealing-with-uncertainty.htm](http://www.helpguide.org/articles/anxiety/dealing-with-uncertainty.htm).

## NEWS IN BRIEF

From JNS.org

### Chai Lifeline, CHOP host peek into pediatric medicine for Jewish community

Nearly 200 physicians, medical referral professionals, rabbis and leaders of nonprofit organizations serving communities in the tri-state area and beyond gathered at the Children's Hospital of Philadelphia (or CHOP) on May 24, for "An Insiders' Look at CHOP," a special event in collaboration with Chai Lifeline. Guests came from as far as Florida and Illinois to meet and hear from leading physicians and scientists who are pioneering surgical techniques and developing new treatments for childhood diseases at CHOP's state-of-the-art facilities. Scientists welcomed attendees to their research labs and gave demonstrations of their cutting-edge developments. Participants explored CHOP's world-renowned brain tumor lab and got a behind-the-scenes look at the latest research and breakthroughs in treatments and surgical techniques for brain tumors. The event concluded with a meet-and-greet dessert reception, during which some participants had the opportunity to raise questions with dozens of CHOP physicians.

### Be the Change You Want to Be



Help make a change in **YOUR** Community by Supporting the **2021/2022 JFS Annual Campaign!**

Donate online today at [www.jfsnepa.org](http://www.jfsnepa.org) or call (570) 344-1186.

### Are you on the Jewish Federation's email list?

We send updated announcements and special event details weekly to those who wish to receive them.

Send Dassy Ganz an email if you would like to join the list.

[Dassy.ganz@jewishnepa.org](mailto:Dassy.ganz@jewishnepa.org)



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# The 34<sup>th</sup> Annual Teen Symposium on the Holocaust becomes a 4-Day Event!

Record setting numbers for 2022 – More than 1,400 registered!

*“The world is a dangerous place. Not because of those who do evil, but because of those who stand by and do nothing.” – Albert Einstein*



Mary Ann Answini, director of HERC

Anticipation and excitement permeated the air as more than 1,400 students and their teachers returned to the Annual Teen Symposium on the Holocaust. After two long years, wrestling with the restrictions and the ravages of COVID-19, we were able

## The speakers



Ann Arnold, second generation survivor



Paul Beller, survivor



Lois Flamholz, survivor



Jane Elias, second generation survivor



Ruth Hartz, survivor



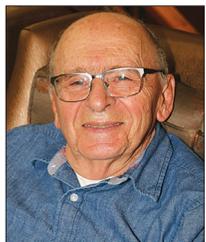
Michael Herskovitz, survivor



Sonia Sandhaus, second generation survivor



Mark Schonwetter, survivor



Peter Stern, survivor



Dorothea Szczesniak, survivor

to gather once again at the Hilton Scranton with our liberator and Holocaust survivors for this eye-opening and life-changing experience. Students, teachers, facilitators and, especially, our survivors reveled at the opportunity to be together after being forced to interact on-screen for two. Holocaust education continued as the pandemic raged on, but the virtual experience wasn't the same as the in-person interaction with the survivors.

Troubling gaps in Holocaust awareness still exist while survivors are still with us; imagine when there will no longer survivors alive to bear witness. We are committed to ensuring the horrors of the Holocaust and the memory of the victims and of those who suffered so greatly persist, and it is taught to future generations.

Antisemitism is today on the rise and poses a real threat to Jewish communities.

The Holocaust Education Resource Center of the Jewish Federation of Northeastern Pennsylvania has a very specific goal: to combat prejudice, bullying, bigotry and antisemitism by ensuring that the lessons of the Holocaust help us make this world a better and safer environment for everyone. Our society is a diverse one, with people of diverse religious, ethnic, cultural and racial backgrounds. Education is the first step toward understanding the complexity of that human diversity and creating positive social change.

We will continue fighting back racism with education, as we share the increasingly urgent lessons of the Holocaust. The Annual Teen Symposium on the Holocaust and HERC look to history to combat prejudice. We know that silence, apathy, ignorance and indifference are the enemies of a pluralistic global community.

The Annual Teen Symposium on the Holocaust was designed to establish the Holocaust as an important and relevant topic in American society, and it continues to meet that goal beyond our vision and expectations. Through our program, students and teachers gain insight into the power of the individual and the responsibilities of citizenship. As the Holocaust recedes in time, the symposium committee is dedicated to ensuring that students of future generations continue to find lessons to apply to their lives and become better people.

Our 34<sup>th</sup> Annual Teen Symposium on the Holocaust in 2022 was one of the best-received since the program began. Students and teachers who participated in the Annual Teen Symposium on the Holocaust at the Hilton Scranton and Conference Center on May 10-11 were given a

rare opportunity to interact with living witnesses to the events and tragedy of World War II. The Hilton served as the setting, bustling with activity, as we welcomed eager students and teachers from both parochial and public schools. Participants traveled from 30 school districts in five counties, including two schools from New York. Some teachers and students rode buses in excess of two hours in order to meet and listen to six survivors, two second generation speakers, and one liberator. Such willingness is an outstanding tribute to the program!

## Lois Flamholz

Lois Flamholz (nee Weiss) was born in Zdenova, Czechoslovakia, where she lived with her parents, sister and two brothers. In 1939, the Hungarians took over control of the surrounding area and in 1944; German SS soldiers entered the town and ordered the Hungarian police to round up all the Jews.

They were sent to a ghetto in an abandoned brick factory in Munkach, where they stayed for six weeks, after which the Jews, including Lois' family, were loaded into cattle cars and transported by train to Auschwitz. When they exited the train, Dr. Mengele was there. As each person exited the train, he pointed at them to go left or right. Lois was sent in one direction and was separated from the rest of her family forever.

After five weeks at Auschwitz-Birkenau, Lois was sent to a nearby work camp. In late January 1945, as the Russian army approached, the entire Auschwitz camp complex was evacuated. On February 1, 1945, Lois' work camp was evacuated, and she and her fellow prisoners were forced to join the "Death March" to Bergen-Belsen in Germany, which began a six-week ordeal.

In April 1945, British troops liberated the camp. The Red Cross sent Lois and three surviving cousins to Sweden. Through a remarkable set of circumstances, Lois' uncle, then living in New York, managed to locate her in Sweden and arranged for her to come to the U.S. in 1948.

Lois moved to New York where she met her future husband, Sol. The two were married and raised two sons and a daughter.

Lois remains active in the Monroe Township Jewish community, and regularly speaks about her Holocaust experience at schools and other institutions.



Ann Arnold, second generation survivor; Mark Schonwetter, survivor; Sara Ergott, teacher; and Paul Grabowski, principal of Tunkhannock Middle School.



Survivor Lois Flamholz with Daniel Chejfec, executive director of the Jewish Federation.

## Teacher Continuing Education on the Holocaust

The 34<sup>th</sup> Annual Teen Symposium on the Holocaust continued with an additional day providing educators with an enlightening professional development opportunity (providing Act 48 hours) that addressed the implementation of Act 70 of 2014 Holocaust, Genocide and Human Rights Violation Education. The program was specifically designed for teachers of English, Reading, Language Arts and Social Studies (grades six through 12), and was coordinated by the Holocaust Education Resource Center, NEIU 19 and the Pennsylvania Department of Education.

We firmly believe we can best guide educators by continuing to support them to teach hard historical events responsibly and accurately. A study of the Holocaust provides immense insight into the dangers of allowing hate to escalate and it is vital that educational practices do not attempt to skew or minimize any aspect of this historical event. The "how" in Holocaust education is as critical as the "what."

The course for educators was divided into two parts:

Part 1: Holocaust, Genocide and Human Rights Violations Education was offered for two Continuing Education credit hours on May 9, from 6-8 pm via Zoom, with the assistance of HAMEC, the Holocaust Awareness Museum and Education Center. This session provided information for any educator or administrator concerning the implementation of Act 70 of 2014 Holocaust, Genocide, and Human Rights Violation Education.

Elaine Culbertson, executive director of the American Gathering of Jewish Holocaust Survivors and Their Descendants, provided specific information on her mother's story of life in a death camp and her survival in Nazi-occupied Poland. This material-built content is designed for educators who teach this very complex subject and make it relevant to today's world. The program prepared educators to teach the Holocaust in a way that stimulates engagement and critical thinking while providing opportunities for students

to see the relevance of this complex history to their lives.

Mrs. Culbertson also addressed the curriculum guidelines and materials to support meeting the goal of Act 70 which is "to provide children with an understanding of the importance of the protection of human rights and the potential consequences of unchecked ignorance, discrimination and persecution..." (Pennsylvania Public School Code of 1949 Act of June 26, 2014, PL 776, No. 70)

Geoff Quinn, education director for HAMEC, hosted the event from the Holocaust Museum in Philadelphia and Mary Ann Answini, Director of the Annual Teen Symposium on the Holocaust of the Jewish Federation of Northeastern Pennsylvania, served as Facilitator.

Part 2: The 34<sup>th</sup> Annual Teen Symposium on the Holocaust welcomed educators who could not attend with their students and gave them the opportunity to experience the events of the 34<sup>th</sup> Annual Teen Symposium on the Holocaust on either May 10 or May 11, and to earn four Continuing Education credit hours.

A satellite Holocaust program was held on May 10 at the Tunkhannock Area Middle School. Mark Schonwetter and Ann Arnold spoke with more than 400 attentive middle school students, who welcomed them with a

song and original poems. We extend special thanks to Sara Ergott, middle school language arts teacher, and Sue Bugno, Tunkhannock Area Middle School principal, for having arranged this wonderful event.

Special thanks to our sponsors: The Schwartz Mack Foundation, Robert H. Spitz Foundation, Scranton Area Community Education Foundation, Hilton Scranton and Conference Center, Lords Valley Village Pharmacy, Family Pharmacy of Archbald, Family Pharmacy of Olyphant, Family Pharmacy of Jessup, Family Pharmacy of Carbondale and Family Pharmacy of Moscow.

Area superintendents, principals, teachers, and school board members made every effort to work around the budget issues and testing windows for the PSSA and the Keystone Tests in order to provide their students with the opportunity to become witnesses to the Holocaust. We are humbled and extremely grateful for their outstanding support, which allowed students to participate in the Annual Teen Symposium, a program of the Holocaust Education Resource Center of the Jewish Federation of Northeastern Pennsylvania.

*"What hurts the victim most is not the cruelty of the oppressor, but the silence of the bystander." Elie Wiesel*



Students from East Stroudsburg North led by teacher James Ware.



A tender moment between survivor Lois Flamholz and facilitator Carol Burke.



Breakout sessions for students.

➔ Check out the Federation's new, updated website at [www.jewishnepa.org](http://www.jewishnepa.org) or find it on Facebook

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**CONGREGATION B'NAI HARIM**

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 Saturday morning Shabbat service 9:30 am

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# A Story of My Jewish Grief and Healing

BY JOAN DAVIS

The homemade horseradish made our eyes water, and sounds of Dayenu filled the room. Why was this night different from all other nights? A dear friend from California had flown in the day before, our Elijah, swooping in to make sure this seder would be special, because it would be our last seder with Mark, my husband and father of our two daughters, Emily and Sarah.

Mark's hospice bed filled the center of the room that night, and we encircled him, masks in place. He lay cozy under the homemade quilt a friend had made, and we exchanged seating positions when the mood struck, to sit closely by him, to hold his hand, to whisper a private message in his ear.

Mark fought a 17-month battle with brain cancer, a cruel disease with a dire prognosis. He passed away in April 2021, six days after our seder, but we all got to sing "Dayenu" together.

The funeral came quickly after he died, thanks to the Jewish tradition that strives to alleviate the anguish of waiting for burial. Somehow the girls and I, along with my sister who had flown in from Colorado, managed to get through our eulogies without breaking down completely. The subtle April breeze gently blew our hair as we stood together and recited *Kaddish*. We were lucky to have

a large number of friends and family, who socially distanced and wore masks. We were also fortunate because, even though there would be no hugging at this funeral, other families had to forego funerals at all due to pandemic conditions..

*Shiva* took place on the deck of our home, and also on Zoom; we offered only individually wrapped gummy bears and pretzel mix for snacks, and we were comforted by many, some of whom had traveled long distances. Over the subsequent, numbing weeks, people fed us with eggplant parmesan and savory chicken strips. Babkas and bagels arrived; Mark's co-workers sent lunch and accolades. Posts from Facebook friends filled our feed, while sympathy cards and donations to Mazon flooded our mailbox.

Then one night, I found myself alone in the house and cried out to Mark, telling him how scared I was to be without him. Throughout our 28-year marriage his steadiness had always been a perfect complement to my more emotional take of the world. He had been Emily and Sarah's rock too, the one with reasoned answers to thorny problems.

Grief is so individual that if a weatherman plotted its storm, there would be no reliable mean to report, no neat, simple bell curve

See "Grief" on page 10



## Quick Reference Guide to Planned Giving

Use this planned giving quick reference guide to help determine the best strategy for achieving your philanthropic and financial goals.

For more information or to discuss these planned giving options, please contact Daniel Chejfec, Executive Director, Jewish Federation of NEPA, 570-961-2300 (x1) or daniel.chejfec@jewishnepa.org.

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Receive guaranteed fixed income that is partially tax-free	Create a charitable gift annuity	Current & future savings on income taxes, plus fixed, stable payments
Avoid capital gains tax on the sale of a home or other real estate	Donate the real estate or sell it to a charity at a bargain price	An income tax reduction plus reduction or elimination of capital gains tax
Avoid the two-fold taxation on IRA or other employee benefit plans	Name a charity as the beneficiary of the remainder of the retirement assets after your lifetime	Tax relief to your family on inherited assets
Give your personal residence or farm, but retain life use	Create a charitable gift of future interest, called a retained life estate	Tax advantages plus use of the property
Make a large gift with little cost to you	Contribute a life insurance policy you no longer need or purchase a new one & designate a charity as the owner	Current & possible future income tax deductions
Receive secure, fixed income for life while avoiding market risks	Purchase a charitable gift annuity or create a charitable remainder annuity trust	Tax advantages & possible increased rate of return
Give income from an asset for a period of years but retain the asset for yourself or your heirs	Create a charitable lead trust	Federal estate tax savings on asset & income tax deductions for deductions for donated income
Create a hedge against inflation over the long term	Create a charitable remainder unitrust	Variable payments for life plus tax advantages
Make a revocable gift during your lifetime	Name a charity as the beneficiary of assets in a living trust	Full control of the trust terms during your lifetime

# Teach PA Day School Mission to Harrisburg

This year's "Teach PA Day School Mission to Harrisburg" was held on Wednesday, May 25. Jewish communities across Pennsylvania, including Scranton, Harrisburg, Pittsburgh, Philadelphia, Lower Merion, Yardley, Allentown and Kingston were represented at the event.

For years, the Scranton community has been sending delegations to Harrisburg every spring to meet with legislators in the state capital to thank them for their efforts on behalf of the private schools and the Jewish community. After a two-year hiatus, due to the COVID pandemic, this year's group was able to represent the community's needs directly with legislators in the state's beautiful Capitol.

A delegation from the Scranton area representing several local schools and organizations went to this event. Representing the Jewish Federation of Northeastern Pennsylvania was Mrs. Dassy Ganz, assistant to the director. Mrs. Esther Elefant, principal of the Bais Yaakov of

Scranton, attended with two of her students, Ms. Chana Hernandez and Ms. Shira Guzman. Representing the Scranton Hebrew Day School was Dr. Joel Laury, Mrs. Leah Laury and Mrs. Nancy Ben Dov.

Organizers of Teach PA, a division of Teach Coalition, report that it is "the leading voice of Jewish day schools in Pennsylvania and has played a role in every nonpublic school funding development since 2012. Currently, 55 percent of Jewish day school students receive scholarships through the state's tax credit program. Teach PA advances and strengthens Jewish day schools and communities by lobbying in Harrisburg and in local communities, facilitating grassroots activism in support of Jewish day schools across regions and mobilizing nonpartisan voter outreach." Teach Coalition is a project of the Orthodox Union, and advocates for equitable government funding for nonpublic schools.

Ms. Arielle Frankston-Morris, executive director of "Teach PA," did an outstanding job preparing the delegations to speak to their elected officials. The Scranton group spoke to several senator's representatives, expressing their appreciation for the legislators efforts. They also advocated for the continued need for affordable and safe non public schools. The delegation's particular focus was on keeping the EITC (Earned Income Tax Credit) and the OSTC (Opportunity Scholarship Tax Credit Program) programs going, and to increase funding. They also asked the legislators to invest more funding in the Department of Education



L-r: Ms. Chana Hernandez, Mrs. Nancy Ben Dov, Dr. Joel Laury, Mrs. Leah Laury, Mrs. Dassy Ganz, Mrs. Esther Elefant and Ms. Shira Guzman.



L-r: Dr. Joel Laury and Governor Tom Wolf

SAFE SCHOOLS program, so more schools can apply and receive much needed grants for security. The delegation also requested increased security grants for at risk non profit organizations such as houses of worship and Jewish Community Centers.

The highlight of their visit was a meeting See "Teach" on page 11

# The Reporter

Published by the Jewish Federation of Northeastern Pennsylvania



## Friends of *The Reporter* make big news!

The Federation is asking members of its communities to support its "Friends of The Reporter" Campaign which seeks to raise \$5,000 to assist in funding the newspaper.

The newspaper is delivered twice of month (except for December and July which are single issue months) to each and every identifiable Jewish home in Northeastern Pennsylvania.

The Reporter is the primary intercommunal newspaper of the Jewish communities of Lackawanna, Monroe, Pike and Wayne counties. Supplementing synagogue newsletters, bulletins and e-mails, The Reporter is issued to hundreds of Jewish households throughout our region. Over the past several years, the publishing cost of the newspaper has increased dramatically although the newspaper continues to be provided at no charge to members of our Jewish communities in northeastern Pennsylvania. The Federation has assumed the financial responsibility of funding the newspaper at a cost of \$23,990 per year and asks only that its readers assist it in raising \$5,000 as part of its "Friends of The Reporter" Campaign to offset a small share of these expenses.

Your gift to fund our regional Jewish newspaper matters a great deal to our readers and we would be very grateful for your financial support.

As always, your comments, opinions & suggestions are always welcome.

With best wishes,  
Daniel Chejfec, Executive Director  
Jewish Federation of NE Pennsylvania  
601 Jefferson Avenue  
Scranton, PA 18510

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**Grief** . . . . . Continued from page 8

distribution. Some people clean out the belongings of a lost one within weeks, while others hold onto a beloved suit jacket for the next generation. We waited many months to clear out his belongings, and much is left to be done. Fortunately, the Jewish religion provides a structure that helps a grieving person/family navigate the trepidatious first year. Burial to unveiling bookend the grieving process, providing some closure, some comfort, but the work of grieving continues long after.

From my vantage point, I am learning to live alone and, although I don't like it, I have no choice but to carry on. Regular tennis and pickleball have kept me going; I returned to my job as a substitute teacher in the local high school. This second year has proven to be more difficult than I thought. Expecting the worst of my grief to be over is simply not reality. Friends and family often assume that I am recovered, that I have put it behind me. But more accurately, they have put it behind them, while I have had to learn to live again, becoming a different person than I was before. I am learning that although loss brings grief and loneliness, it also can bring transformation.

Now I am able to assess what helped me cope with my grief and what startled and upended me. First, what helped: Nearly constant phone calls and Facetimes with my geographically distant sisters, and Emily and Sarah comforted me beyond measure. Those Hallmark cards with their heartfelt messages really do help. A friend from Oregon sent me a daily calendar of

Grief is a very personal and individual experience, and therefore there is no right way to grieve as we each navigate our loss. Trying some of these things can help you heal:

- ◆ Take time for yourself by journaling and accepting your feelings.
- ◆ Spend time with a supportive friend that you can talk to openly and honestly.
- ◆ Appreciate your surroundings and spend time in nature taking a walk or planting a garden.
- ◆ Join a support group with others to share your feelings.
- ◆ Seek professional help for support.
- ◆ Reduce the urge to use alcohol or drugs to numb your pain. Instead, try eating healthy food and drinking plenty of water.

Be kind to yourself and remember grief is a normal response to losing someone you love. With time you will be able to move forward and incorporate this loss into your life.

— Sheila Abdo, A.C.S.W., L.C.S.W., Executive Director, Jewish Family Service, Scranton PA

peaceful affirmations, along with a large water bottle, reminding me to drink to stay healthy. Another friend, who had also lost her husband to brain cancer, gave me her copy of "Healing After Loss: Daily Mediations for Working Through Grief." A therapist taught me to be patient with myself and not to rush any big decisions. Frequent contact with my rabbi, Daniel Swartz of Temple Hesed, brought great comfort, while a few close friends loved me, even when I couldn't love myself and told me to be kind to myself.

However, tender tunes that Mark and I had shared together could bring on mournful, wracking sobs. I still need to avoid "our" music and "his" music, at least for now.

Emily, Sarah, and I were determined to spend every first-time milestone without Mark together. We marked our anniversary, his birthday, my birthday, and Sarah's college graduation with trips to the beach, hiking, and taking scenic bike rides. We shared many dinners in favorite restaurants. Even though our collective hearts were shattered, and we were angry at life's unfairness, my faith got me through. Each morning I woke up to thank God for my blessings, and for giving me another day. God's strength helped me carry on.

What didn't help: A bereavement counselor, who had never experienced significant loss, informed me with an unexpected coldness, that marriage lasted only until death do us part. A couple we once traveled with and saw regularly avoided talking about Mark or my feelings, and the invitations for dinner at their home stopped. Our changed relationship only magnified my loss.

When the phone calls in general dwindled and I was home alone, I realized how most people had moved on with their lives and seemed to forget that mine had been upended and would never be the same again. Maybe they just didn't know what to say or do, but I needed their friendship like I needed air.

We now stand on the cusp of his unveiling. Far-away family will arrive, many of whom we haven't seen for more than two years. In planning for this day, we struggled with the right words for his gravestone, but after many iterations, finally chose one that said what was in our hearts. Mark was a man who loved the stars and called them "old friends." He taught us to cherish them, too. And so, his gravestone, which I will one day share, will have the words that will comfort us for the rest of our lives: Forever Our North Star.

**Bais** . . . . . Continued from page 1

increased awareness of sensitivity to others. The program comes complete with posters, games, booklets and videos to help with this message.

The students received special recognition for being a small school coming from so far away.

From there, following lunch, students were privileged to meet and hear words of inspiration from Mrs. Yael Kaisman, a very popular world-renowned educator and speaker. The day ended with a beautiful boat ride on the Staten Island Ferry.

**Bais Yaakov and \$100,000 Raffle Campaign – a high success**

For the second year the Bais Yaakov joined with the Chofetz Chaim Heritage Foundation's 100,000 raffle campaign. There were many prizes offered. This was a tremendous opportunity for many organizations to raise much needed funds for their schools. A winner of an iPod was Mrs. Zloty Krycer, a former resident of Scranton, whose daughter, Devora, attended the Bais Yaakov.

Bais Yaakov thanks Mrs. Deborah Fink, organizer of the campaign, as well as those who helped raise the money and all those who participated in the campaign.

**Shavuot** . . . . . Continued from page 4

**DRY RUBBED ROASTED SALMON (GLUTEN FREE)**

*Serves 6*  
*Sloyer: Feel free to add more black peppercorns to the spice mix if you want more kick.*  
*Prep time: 5 minutes to make spice mix; marinate for 30 minutes*  
*Cook time: 20-22 minutes*  
*Advance prep: Spice mix may be made one week in advance; fish may be cooked one day in advance*

3-lb. (1.5-kg) salmon fillet, whole or cut into 6 8-oz.(250-g) servings  
 1 Tbsp. coriander seeds  
 1 Tbsp. whole black peppercorns, or more to taste  
 1 Tbsp. black or yellow mustard seeds  
 2 tsp. juniper berries  
 1 tsp. fennel seeds  
 2 tsp. light brown sugar

2 tsp. garlic powder  
 1 tsp. onion powder  
 ½ tsp. smoked or regular paprika  
 ¼ tsp. ground cloves  
 ½ tsp. kosher salt

Place the coriander seeds, black peppercorns, mustard seeds, juniper berries, and fennel seeds into a coffee grinder or food processor and grind them into small pieces (making sure none are left whole), but not completely into a powder. If you use a food processor and some of the spices are still too big after processing, crush them using a mortar and pestle, or put them in a quart resealable plastic bag and then smash it with a rolling pin. Transfer the ground seeds, peppercorns and the rest of the mixture into a small bowl. Add the brown sugar, garlic powder, onion powder, paprika, cloves and salt, and mix well.

Spread the spice mix on a plate and press each slice of salmon into the mix to cover it completely. Use all the spice mix. Place the fish on a roasting pan, leaving space between the pieces. Let the fish sit at room temperature for 30 minutes, covered with plastic wrap, or refrigerate it if you will be cooking it later.

Preheat oven to 400°F (200°C). Bake the salmon for 20-22 minutes, 20 minutes if you like it a little pink inside, longer if you want it fully cooked. Serve the fish hot or at room temperature.



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Teach..... Continued from page 9

with the current governor, Mr. Tom Wolf, in the governor’s reception room. The Governor held a “meet and greet,” and after pictures, shared a few words with the crowd. He encouraged those present, especially the large group of students, to continue to be involved in making changes by voicing opinions and letting the legislators know what is important to the communities that they serve. “That is what makes a democracy,” he said.

The Scranton delegation expresses its appreciation to Mr. Daniel Chejfec and the Jewish Federation of Northeastern Pennsylvania for sponsoring the transportation to Harrisburg for

this important event. For more information on Teach PA and its programs, see <https://teach-coalition.org>.



L-r: Ms. Shira Guzman and Ms. Chana Hernandez



L-r: Mrs. Dassy Ganz, Mrs. Esther Elefant, Mrs. Nancy Ben Dov, Ms. Arielle Frankston-Morris and Mrs. Leah Laury.

NEWS IN BRIEF

From JNS.org

**New two-year research fellowship to address issues of Jewish communal life**

Collaborative for Applied Studies in Jewish Education (or CASJE) is launching a new fellowship program to provide advanced post-doctoral training and mentorship to researchers with an interest in applied studies in Jewish education and Jewish communal life. The CASJE Research Fellowship, which will support two cohorts of three fellows each, is made possible by a grant from the Jim Joseph Foundation. It will be open to those with a doctorate in Jewish education, general education, social sciences and adjacent fields. “CASJE has long been committed to increasing and diversifying the pipeline of researchers investigating Jewish educational and communal matters,” says Susan Kardos, co-chair of the advisory board. “We are excited to launch this important program to build a larger talent base for research endeavors in different types of Jewish communities and organizations nationwide.” Over the course of two years, fellows will pursue their own research projects while also participating in a cohort learning experience. The program will match fellows with university-based faculty mentors, as well as with Jewish educational and communal organizations,

to strengthen the development of applied research positioned to respond to problems of practice and policy. A feature of the program is its intent to recruit select fellows whose identities and/or focus of research reflect the diversity of the Jewish communities in the United States. The application process will launch in the fall with the first cohort beginning in July 2023. CASJE is housed at George Washington University in the Graduate School of Education and Human Development. Core operations are supported by grants from the Jim Joseph Foundation and Crown Family Philanthropies.



L-r: Ms. Chana Hernandez, Ms. Shira Guzman, Mrs. Esther Elefant, Mr. Doug Mastriano and Dr. Joel Laury

**P A C E**  
Perpetual Annual Campaign Endowment

**Your gift to the Annual Campaign DOES A WORLD OF GOOD.**

*Endowing your gift allows you to be there for the Jewish community of NEPA forever.*

A Perpetual Annual Campaign Endowment (PACE) is a permanent fund that endows your Jewish community Annual Campaign gift as a lasting legacy. A PACE fund will continue to make an annual gift in perpetuity on your behalf.

To determine the amount you need to endow your entire campaign gift, multiply your current annual gift by 20.

You can fund your PACE by adding the JEWISH FEDERATION OF NORTHEASTERN PENNSYLVANIA to your will, or by making the Federation a beneficiary of your IRA. All contributions to establish a PACE are tax deductible.

**Let your name be remembered as a blessing.**

Endowments can be created through a variety of vehicles, some of which do not necessitate funding during your lifetime yet still provide your estate with considerable tax benefits.

They also enable you to perpetuate your commitment to the Annual Campaign in a way that best achieves your own personal financial and estate planning goals.

**Examples Of Ways To Fund Your Pace Gift Are:**

- \* outright contribution of cash, appreciated securities
- \* capital gain property such as real estate
- \* charitable remainder trust
- \* gift of life insurance
- \* charitable lead trust
- \* gift of IRA or pension plan assets
- \* grant from your foundation
- \* reserved life estate in your residence
- \* bequest

Using appreciated property, such as securities or real estate, affords you the opportunity to eliminate the income tax on the long-term capital gain, will in some instances generate a full income tax charitable deduction and will remove those assets from your estate for estate tax purposes.

For more information contact Daniel Chejfec at [Daniel.Chejfec@jewishnepa.org](mailto:Daniel.Chejfec@jewishnepa.org) or call 570-961-2300, ext. 1.)

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➡ Check out the Federation’s new, updated website at [www.jewishnepa.org](http://www.jewishnepa.org) or find it on Facebook

The world is an unstable place.



## We bring security.

Throughout Europe, violent attacks target Jewish people and Jewish institutions. Security is posted at synagogues. At Jewish day schools, five-year-olds file past armed guards to get to the playground. Jewish students arriving at college encounter toxic anti-Israel slogans.

Your UJA gift will help restore a sense of security. With your help, we can share expertise and funding to keep children safe at schools, and stand up against hatred so that Jews everywhere can walk without fear - into a synagogue or simply down the street.

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**The mission of the Jewish Federation of Northeastern Pennsylvania is to rescue the imperiled, care for the vulnerable, support Israel and world Jewry, and revitalize and perpetuate Jewish life in Northeastern Pennsylvania.**

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THANK YOU FOR YOUR SUPPORT.**