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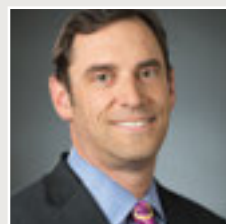
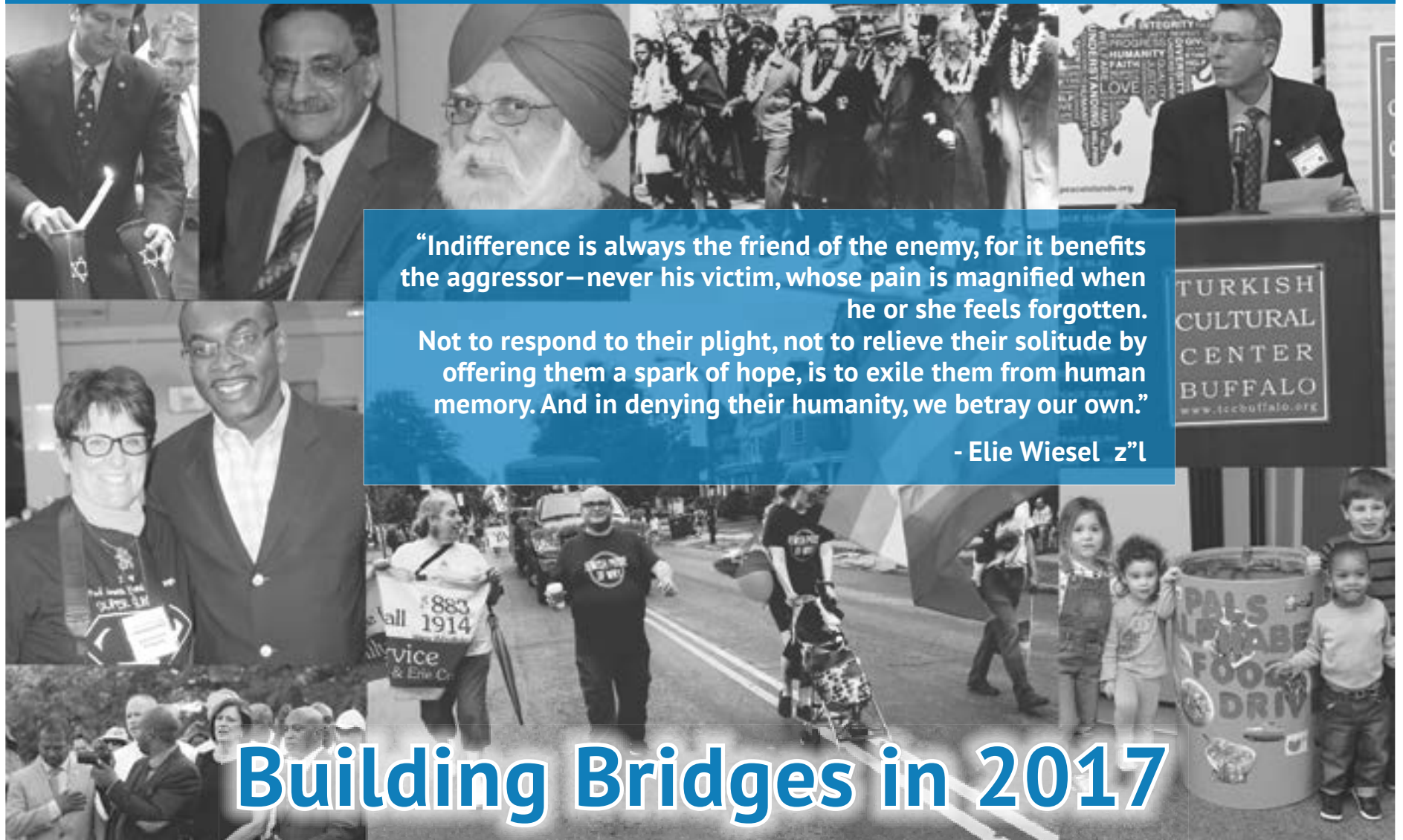
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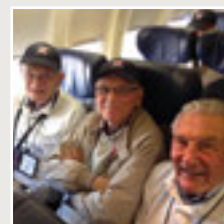
A publication of The Buffalo Jewish Federation

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WHAT'S INSIDE...

January 2017

Editor's Note



Ellen Goldstein, Editor

"May you live in interesting times," goes the old Chinese curse. And as we usher in 2017, it seems we certainly do. Since the November 2016 presidential election, the world has been buzzing with a new sort of energy. Will the next 4 years bring peril or peace? Will the Middle East see a new era, or just more danger? In times like this, opportunity usually lays waiting just around the corner. The Jewish Community in Buffalo and around the United States and Canada is using this opportunity to become more active and more energized.

In this issue of the Jewish Journal, you will see that we are taking steps towards building bridges. Community Relations with our neighbors has taken a backseat for many years, but is now up front on Federation's agenda. We have begun to reach out, make new friends—all in the service of making Buffalo a better, more civil community, and fulfilling our Jewish responsibilities to help repair the world.

When times are tough, we know that anti-Semitism or anti-Semitic acts are not far behind. If history has taught us only one thing, it is that fact. And so, in order not to be alone in a sea of hate or indifference, Jews must reach out, show they care for others, and bring people to the table. And we are doing so.

In early January, I will join 23 others on an interfaith mission to Israel composed of clergy and congregants from Temple Beth Zion, Congregation Shir Shalom, Westminster Presbyterian Church and North Presbyterian Church. I will be traveling with old and new friends, and I am really looking forward to this new step on my Jewish journey. I will most likely be posting on FaceBook and Instagram beginning

January 8. Follow me for updates! Welcome 2017! May we all live in interesting times!

Ellen Goldstein - Editor

On The Cover



The words of Elie Wiesel shine over photos from our local and national community. We don't stand alone. We cannot stand alone. (clockwise from left) County Executive Mark Poloncarz lighting a candle to mark the 6 Million lost in the Holocaust. Dr. Surgit Singh and a friend at an interfaith event; Dr. Martin Luther King, Jr. and Rabbi Abraham Joshua Heschel marching together in Selma, AL.; Past Federation President Howard Rosenhoch speaking at a Turkish Cultural Center event; PALS children collecting food for the Food Pantry; Jewish Pride on display as Anna Marie Richmond and Matthew Schwartz march down Elmwood Avenue for the 2016 Pride Parade; Lana Benatovich and community members at the NFJC rally against hatred and racism; Gretchen Gross and Mayor Byron Brown at Super Sunday

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Celebrating our Freedom and Confronting Hate

The following is a message sent by the Federation during Thanksgiving week. We believe its relevance resounds today.

American artist Norman Rockwell may be best known for his “Four Freedoms.” This classic series of four oil paintings - Freedom of Speech, Freedom of Worship, Freedom from Want, and Freedom from Fear—refer to President Franklin D. Roosevelt’s 1941 State of the Union address in which he identified essential human rights that should be universally protected.

During this week as we gather with friends and family to celebrate Thanksgiving, many of us in the Jewish community are concerned about the alarming trend of anti-Semitic actions and statements, as well as the overall xenophobia in the nation.

Earlier this week, The United States Holocaust Memorial Museum issued a statement condemning the hateful rhetoric at a conference of white nationalists held on November 19 just blocks from the Museum. The Museum leadership reminds us that the Holocaust did not begin with



Norman Rockwell's "Four Freedoms"

killing; it began with words.

Nobel Laureate Elie Wiesel z”l, once said: **“Indifference is always the friend of the enemy, for it benefits the aggressor—never his victim, whose pain is magnified when he or she feels forgotten. The political prisoner in his cell, the hungry children, the homeless refugees—not to respond to their plight, not to relieve their solitude by offering**

them a spark of hope, is to exile them from human memory. And in denying their humanity, we betray our own.”

We are united in our work to combat bigotry in all its forms. We stand together for the rights of people of all faiths, ethnicities and sexual orientation. We will not tolerate the incitement of fear or violence against our neighbors.

We embrace Wiesel’s insights and are inspired by the Museum’s call that all Americans and religious and civic leaders confront racist thinking and divisive hateful speech.

Our vision of a vibrant and caring Jewish Buffalo begins with the building of bridges; to welcome the stranger, to celebrate difference, and to build a community of respect and tolerance. And tomorrow, as we enjoy the quintessential American holiday of thanks, let us vow to fight anti-Semitism, bigotry and hate.

If you would like to be involved in our bridge-building efforts, please email Ellen Goldstein at egoldstein@jfedbflo.com.

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Community Relations Re-Emerging in Buffalo

Following the 11/8/16 American presidential election, a dramatic rise in hate and anti-Semitic incidents has been seen all over the US, documented by the ADL and the CSS (Community Security Service). And yes, we all saw or heard about the photo of swastikas with the words "Make America White Again" taken at a park in Wellsville, NY as well as the racial hate incident featuring an African-American toy doll hanging from a noose at Canisius College. Both took place following the election.

Recently, the watchdog Southern Poverty Law Center said it had received reports of 100 anti-Semitic incidents occurring in the 10 days following the presidential election, representing about 12 percent of hate incidents reported to the group in the United States.

In response to these incidents as well as the concern voiced by many of our community members, the Federation sent out a message the day before Thanksgiving, which you may read on page 3. Incidents, however, have continued to rise, as has concern for Jewish and American values.

Your Buffalo Jewish Federation is responding to bigotry, anti-Semitism and hate by doing what we as Jews have done so well in the past—engaging with our friends and neighbors. Building bridges and creating dialogue with other civic, faith and ethnic leaders and their communities is a cornerstone of a caring community. Now more than ever, we are determined to obtain the resources necessary to build a robust community relations effort and fashion a set of programs that promote a just society and build deeper relationships throughout Buffalo.

We are bringing back the Jewish Community Relations Council, which has been rather inactive over the past decade, to discuss action, meet with members of other faiths and ethnicities and explore commonalities and ways to get along and better live together in our Western New York community.

Please contact Rob Goldberg or Ellen Goldstein if you want to participate in this endeavor at rgoldberg@jfedbflo.com or egoldstein@jfedbflo.com.

Buffalo's Holocaust Resource Center Joins 90 other Groups in Anti-Hate Statement

In a powerful statement issued by an array of Holocaust institutions—including our own Holocaust Resource Center—scholars and educators from around the world, an alarm is being sounded on the rise of groups that promote intolerance

and promote hate speech. These 90 institutions and 71 individuals call on lawmakers to condemn white nationalist groups and ask citizens to be vigilant.

"Recent months have seen a surge in unabashed racism and hate speech – including blatant antisemitism and attacks on Hispanics, Muslims, African-Americans, women, the LGBTQ community, as well as other targeted groups. Journalists have been threatened. Places of worship, schools and playgrounds have been defaced with Nazi symbols intended to intimidate and arouse fear. White supremacist groups have become self-congratulatory and emboldened.

As Holocaust scholars, educators and institutions, we are alarmed by these trends. History teaches us that intolerance, unchecked, leads to persecution and violence. We denounce racism and the politics of fear that fuels it. We stand in solidarity with all vulnerable groups. We take Elie Wiesel's words to heart: "I swore never to be silent whenever and wherever human beings endure suffering and humiliation."

Therefore, we call upon all elected officials as well as all civic and religious leaders to forcefully and explicitly condemn the rise in hate speech and any attacks on our democratic principles. We call upon all media and social media platforms to refuse to provide a stage for hate groups and thus normalize their agenda. And we call upon all people of good conscience to be vigilant, to not be afraid, and to speak out.

This statement is co-authored by members of the Association of Holocaust Organizations, a network dedicated to the advancement of Holocaust education, remembrance and research, and is affirmed by the following institutions and individuals listed on this link: <http://www.mjhnyc.org/documents/HolocaustOrganizationsandScholarsStatementFINAL.pdf>

Community Relations Funding

Our Buffalo Federation has received two lead gifts to help underwrite a new community relations initiative: Michael and Roberta Joseph and their family, and Margery and Sandy Nobel have made significant contributions towards this endeavor. We are grateful to the Josephs and the Nobels and are currently seeking additional partners so we can begin implementation as soon as possible.

Nina Lukin is National Fellow



Nina Lukin, a rising young Jewish leader in Buffalo and a new member of the Federation Board, has been selected as one of six national fellows to participate in the Frank Family Leadership Institute that provides community relations training. The program is run through the Jewish Council for Public Affairs, and began in early December with a leadership mission to Poland and Israel. Nina is pictured wearing the pink hat in the photo above taken in Poland.

Interfaith Mission



24 members of 4 Western New York Congregations are traveling to Israel in January on a 10-day Geo-Political Mission. Lay leaders and clergy from Congregation Shir Shalom, Temple Beth Zion, Westminster Presbyterian Church and North Presbyterian Church will journey together to Israel with the goal of forging stronger ties with each other in order to bring their congregations closer together. This trip is also supported by the Buffalo Jewish Federation.

Buffalo Jewish Coalition for Literacy

Now in its 15th year, the Buffalo Jewish Coalition for Literacy, a program of the Buffalo Jewish Federation, has drawn hundreds of Jewish and non-Jewish volunteers together with school children from Pre-K-4th grade helping them with their reading skills. Dr. Jane Fischman began the program in 2001 at Buffalo Public School 78. Now headquartered at School #80, Carin Greenfield and Amy Heuman have led the project for many years. Amy has been responsible for securing and donating thousands of books to the children so each one may take home a few books a year to create their own library. Want to volunteer a few hours a week? Call Ellen Goldstein at 716-204-2243.

Super Sunday is January 29th at the JCC!

Buffalo Jewish Federation will hold its 37th consecutive Super Sunday Phonathon for its Campaign for Jewish Buffalo Sunday, January 29th from 9:00 am to 2:00 pm at the Jewish Community Center, 2640 North Forest Road.

Chairs Dina Benderson and Craig Small invite community member to join in this year, together with other volunteers, reach out to people in our local community to raise much needed dollars for the Campaign. Volunteers will be doing a mitzvah and perpetuating the spirit of tzedakah.

HERE's What's Happening That day--Even the smallest members of our community can do something super!

FOR KIDS--Even the smallest members of our community can do something super! Join PJ Library for a FREE 1-hour Superhero costume party and program (starting at 10 am and 1 pm at the Benderson Family JCC), featuring a PJ Library superhero story time. Bring your child(ren) dressed in his/her favorite superhero costume and the kids will be able to decorate a mask or cape and create their own special mitzvah leaf to hang on our Mitzvah Tree!

Please consider helping out members of the Buffalo community in need by bringing a gift card (for Tops, Target or Price Rite) for JFS to help refugees and/or have your child(ren) help select and bring in a new or gently used book (for children pre-school through 4th grade)to donate to the Buffalo



Jewish Coalition for Literacy.

6th and 7th graders at Sunday School will be learning about 4 local Jewish agencies and Federation's Israel partner in the Western Galilee that Sunday morning in the JCC gym, brought together by the Bureau for Jewish Education.

Once again, the members of the Buffalo Jewish Coalition for Literacy will be collecting new or gently used books for children pre-school age through 4th grade. Please bring your new or used books in that day

Chairs Dina Benderson and Craig Small urge everyone to join them and other community volunteers this Super Sunday. For more information, or to volunteer call Campaign Director Randi Morkisz at 716-204-2245 or rmorkisz@jfedbflo.com.

Last call to join National Women's Israel Mission

National Mission Co-Chair Leslie Kramer and Buffalo Chair Ellen Weiss invite you to join them on a national JFNA Women's Mission to Israel February 5-9, 2017. This unique journey for women only will feed your soul and engage your mind. Participate in hands-on programs that are changing the face of Israeli society and helping those most at risk.



Call Randi Morkisz at 204-2245 or rmorkisz@jfedbflo.com to find out more information or to register.

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Steven J. Weiss is Buffalo Jewish Federation President and Chairman of its Board of Governors

Steven Weiss, a local attorney, was elected president of the Buffalo Jewish Federation at its 113th Annual Meeting in November. His two-year term commenced January 1, 2017.

Buffalo Jewish Federation is committed to addressing pressing issues in the Buffalo Jewish Community, and is dedicated to cultivating and sustaining strong local and global partnerships. Jewish Federation focuses energy and resources to create a vibrant and caring community throughout Western New York by engaging hundreds of members and supporting many important local service and education agencies. Under the capable leadership of immediate past president, Howard Rosenhoch, Federation greatly expanded powerful initiatives like Nickel City Jews and PJ Library, created new programs such as The Buffalo Jewish Service Corps, secured a new partnership with the Western Galilee in Israel, and initiated a successful rebranding process for the organization. Over the next two years, and for years to come, it is anticipated that the Buffalo Jewish Federation's commitment to addressing important issues in the Buffalo Jewish Community will continue to grow and thrive.

With the rise of anti-Semitism internationally, Weiss recognizes the importance of unity within the Buffalo Jewish community including Federation, its constituent agencies and synagogues. "Now, more than ever, we need to effectively collaborate around community priorities in a fiscally responsible way, all within a framework of excellence in governance," Weiss said. "We also want to continue serving as a guiding light within our overall Western New York community to provide needed assistance to Jews and



Steven J. Weiss

and non-Jews alike," he added.

Congressman Brian Higgins remarked on Weiss' new position. "Steve Weiss' friendship continues to be a blessing. He is a visionary leader whose personal and professional commitment to the Greater Buffalo community is evidenced by his nationally recognized work in reviving historic buildings and ensuring affordable housing opportunities are made available. Steve brings a sharp mind, a generous heart, an artistic eye and a vigorous work ethic to those causes that he believes in and fights for."

Past Federation President Holly Levy remarked on the excellence of the choice of Steven Weiss as president. "I believe that our volunteer leadership matches any in the Federated network," said Mrs. Levy. "Just as Howard Rosenhoch has been exceptional, Steven Weiss is the perfect choice as our next President. He is passionate, informed and will help create programming

and opportunities for Jewish Buffalo to thrive. We are so fortunate to have Steven and his wife, Ellen's, dedication and vision for our community. This is a very exciting time for all of us," she concluded.

Weiss is a founding partner of Cannon Heyman & Weiss, LLP, a boutique law firm with offices in Buffalo, NY and Albany, NY, dedicated to affordable housing and community development law and corporate finance transactions using various tax incentives. He has testified before the United States House of Representatives Ways and Means Committee and before the New York State Assembly Committee on Housing regarding the low income housing tax credit program. Prior to forming his own law firm, he was a partner and served as Chair of the Corporate Department of a large Buffalo law firm. He participated in Leadership Buffalo's class of 1997, was named to Buffalo Business First's "40 Under 40", and is admitted to practice law in New York and Minnesota.

Steven currently serves on the international Jewish Federations of North America board and on its Financial Resource Development cabinet. He and his wife, Ellen, who serves on the JFNA National Women's Philanthropy board, have served in a variety of capacities within the Buffalo Jewish Community. Steven also serves as a trustee and Vice Chairman of the New York State Housing Finance Agency as well as Roswell Park Cancer Institute.

Steven was the Buffalo Federation's General Campaign Chair for three years and chair and vice chair of Super Sunday, along with Ellen, and they co-chaired the 2012 Campaign Kick-Off Dinner. He is the recipient of the Federation's 2002 Dr. Meyer and Ann S. Riwchun Leadership Award. The Weiss' have two grown daughters who are in college at the University of Arizona, and they live in an apartment downtown Buffalo.



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New Gifts Spark Hillel Exec Search

Hillel of Buffalo has launched a search for a new Executive Director. Working in close partnership with Hillel International, the organization is seeking a dynamic leader to build on the successes of the past and expand the reach of the program. The effort is led by search co-chairs Hadar Borden, Program Director of Blackstone LaunchPad at University at Buffalo, and Marc Adler, former President of UB's Alumni Association, an adjunct professor of marketing at UB and owner of his own marketing company. Joining Hadar and

Marc on the search committee include: Dr. Steve Awner, Dr. Michael Cohen, Rabbi Jonathan Freirich, Dr. Phil Glick, Dr. Alex Green, Dr. Graham Hammill, Dr. Jeffrey Lackner, Eric Mandel, Howard Rosenhoch, and Dr. Gil Wolfe.

"This is an extraordinary moment in time for our community Hillel," said Howard Rosenhoch, Immediate past president of Federation and former Hillel Chair, "Not only are we working hand-in-glove with Hillel International and its CEO Eric Fingerhut in rejuvenating

the Hillel program, but we've obtained significant funding from several leaders in our community which will enable us to attract a great candidate to this position." The new Hillel funds include multi-year commitments from Marilyn Shuman, Gretchen and Gordon Gross and Dr. Sol Messenger. In addition, The Foundation of Jewish Philanthropies will be providing resources dedicated to Israel programming on campus. "These dollars provide a spark to enable to build a Hillel of excellence," added Rosenhoch. "We are blessed to have leaders like Marilyn, Gretchen, Gordie and Sol leading our path forward."

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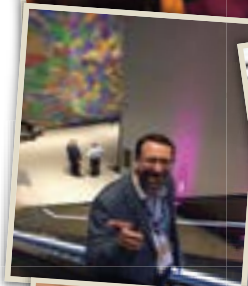
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Buffalo Pride @ the GA

33 members of the Buffalo Jewish Community joined 3000 other American and Canadian Jews at the Jewish Federations of North America's General Assembly in mid-November in Washington, DC. The group included community members of all ages as well as Jewish professionals and lay leaders. Once again, Buffalo made its mark on the GA!



Community Gathers for Israel Discussion on Delegitimization

Nearly 100 members of the community gathered at Congregation Shir Shalom on November 15th for a revealing dialogue about who is targeted when Israel is delegitimized. The panel featured **Tammi Rossman-Benjamin**, the co-founder and director of the AMCHA Initiative, a nonprofit organization that combats anti-Semitism on college campuses across the US, and **Max Kleiman**, former CEO of the Jewish Federation of Greater MetroWest NJ. **Andrew Cohen**, an expert in Israel education and advocacy on campus who serves as the Israel Education Coordinator for Hillel International, moderated the conversation.



Tammi Rossman-Benjamin speaks about the campus environment

Ms. Rossman-Benjamin shared her perspective on the rise of Israel's detractors in all areas of the university while Mr. Kleiman provided an overview of Israel's historical rights while also sharing efforts spearheaded by the Federation system in New Jersey to work with state legislators to support the Jewish state.



Andrew Cohen, Tammi Rossman-Benjamin, chair Elinor Weiss and Max Kleiman at Congregation Shir Shalom in November

The program was organized by Elinor Weiss, a leader of the pro-Israel community, with support from the Buffalo Jewish Federation. Program sponsors included Temple Beth Tzedek, Congregation Shir Shalom, Temple Beth Zion, Hillel of Buffalo, Hadassah, University at Buffalo for Israel (UBI), Young Israel, Jewish Discovery Center, and Kehillat Ohr Tzion.

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Rosenhoch Family Honored by NFJC January 25

Howard, Valerie, Alan and David Rosenhoch will be honored at the National Federation for Just Communities (NFJC) Community Leader Luncheon Wednesday, January 25 at 12:00 noon in the Buffalo Convention Center. Kristie Tokasz Kantor and Dr. Bruce Jackson are among others being honored that day. To make reservations for the Community Leader Awards Luncheon, please call 716-853-9596 by January 1. The cost of the luncheon is \$50.00 per person. Tables of 10 can be reserved.

The following is from the citation honoring the Rosenhochs:

The Rosenhochs are a family committed to our community. Their involvement is evidenced by participation in a breadth of areas from sports to education to disabilities and a deep commitment to furthering Jewish communal life. Howard and Valerie put their roots down in Buffalo and their sons Alan and David bloomed. The family recently expanded with the addition of Alan's wife Gabby.

Recently retired, Howard from the practice of law and Valerie as a health plan executive, they



The Rosenhoch Family: Valerie, Howard, Alan & David

are busier than ever volunteering in the community. Alan's professional life focuses on attracting new businesses to and expanding existing ones in Buffalo and Western New York. David is preparing to enter the work world by exploring options and learning the skills to be successful, with an emphasis on caring for children.

David, born with Down

Syndrome, had a profound effect on the direction that the family took and has never let this stop him from doing what he wanted or needed to do. The Rosenhochs are deeply committed to enhancing Jewish life and education in Buffalo by taking leadership roles and volunteering with organizations such as Buffalo Jewish Federation, Kadimah Academy, Hillel, Temple Beth Zion, Yad B'Yad and the

Holocaust Resource Center.

The family brings their professional skills to bear in the community by serving organizations that make pro bono legal services available and improve health care for our economically challenged neighbors, and that welcome newcomers to Buffalo and show it as an attractive place to set down roots.

Recreation has been a mainstay in the family's life through SABAH, TOPS soccer, and Cradle Beach. Across the spectrum the Rosenhoch family has dedicated itself to improving life in Buffalo, the community they call their home.

The National Federation for Just Communities of Western New York, Inc.

2017 Community Leader Awards Luncheon

Wednesday, January 25, 2017
12 Noon

Buffalo Convention Center



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To commemorate the 70th Anniversary of the Nuremberg War Crimes Tribunal



WHAT:
NUREMBERG RE-ENACTMENT
PERFORMANCE
to benefit Holocaust Resource
Center of Buffalo

WHEN:
Sunday, January 15th at 2p.m.

WHO:
Trial participants will be
portrayed by members of the
Erie Bar Association

Co-Chairs: Gabriel Ferber and
Roberta Handel

LOCATION:
Amherst Middle School
55 Kings Highway, Amherst

FEE: \$20.00

Buffalo Niagara Honor Flight

By Harvey Schiller

Recently, Lou Pozarny, Joe Sterman and I celebrated the 70th anniversary of our enlisting in the US Army on September 10, 1946 in a very special way. We were privileged to participate in a Buffalo Niagara Honor Flight. In the large photo at right, Lou and I are standing in the extreme left of the group photo, while Joe is on the extreme right.



Clockwise from top left: Harvey Schiller, former Senator Bob Dole and Lou Pozarny in Washington, D.C.; Harvey Schiller, Lou Pozarny and Joe Sterman aboard Buffalo Niagara Honor Flight; Harvey Schiller



The Honor Flight organization, a nationwide group takes veterans on a free one day trip to Washington, DC to visit war memorials and other patriotic sites. Forty-five veterans accompanied by 45 "Guardians" and two nurses departed from the Greater Buffalo Niagara Airport amid a large crowd of families and other travelers and arrived at the Baltimore Airport to be greeted by another large mob of service members, musicians, and travelers. We visited the World



War II, Vietnam War, Korean War, and Air Force memorials and passed by the Iwo Jima memorial and other prominent locations on the bus, ending at the Arlington National Cemetery to witness the changing of the guard ceremony.

After a sumptuous buffet dinner, the plane was boarded for the return to Buffalo to a gala welcome accompanied by a bagpipe band and large crowd. A pleasant surprise was the presentation of a framed 8x10 group photo to complete a marvelous day.



Top: The entire Buffalo Honor-Flight group in September

Bottom: Harvey Schiller and a new friend.

This exhibition was made possible through the generosity of M&T Bank. Additional support has been provided by Ferrero USA Inc. and Fondazione Ferrero Onlus; Superior Group; The Ralph C. Wilson, Jr. Foundation Funds at the Community Foundation for Greater Buffalo; Amy and Harris Schwab; Woods Oviatt Gilman LLP; C2 Paint; and by an indemnity from the Federal Council on the Arts and the Humanities.

M&T Bank

Pablo Picasso (Spanish, 1881-1973). *Three Musicians*, 1921. Oil on canvas, 80 1/2 x 74 1/4 inches (204.5 x 188.3 cm). Philadelphia Museum of Art; A. E. Gallatin Collection, 1952, 1952-61-96 © 2016 Succession Picasso / Artists Rights Society (ARS), New York.

Gretchen Gross, Immediate Past JCC Chair, Receives Outstanding Philanthropist Award at National Camp Conference

This fall, JCamp180®, a program of the Harold Grinspoon Foundation (HGF), hosted more than 450 leaders from non-profit Jewish camps and other organizations during its 12th annual conference. During the event, top individuals and camps were honored for their growth in managing their daily operations and for their collective efforts in raising \$90 million through HGF's matching challenge grant campaigns to support Jewish children's camps across the country.

At the event, Gretchen Gross of Buffalo, NY was presented with the Outstanding Philanthropist Award for her significant contributions benefiting generations of Jewish children. Ms. Gross has been a generous philanthropist and leader in the Buffalo, NY area for decades. In 1974, she founded the Audubon in College Park child care center, a program that she built and led for 38 years. Ms. Gross served on the Task Force for Early Childhood at



Temple Beth Zion in Buffalo, and has been a board member of the Bureau of Jewish Education since 2011. She also

participated on the advisory committee of the University Of Buffalo Department Of Jewish Thought. Ms. Gross has been the President of the Jewish Community Center (JCC) of Buffalo and in 2014 was instrumental in connecting the JCC to the opportunities of JCamp180® and the Harold Grinspoon Foundation. Most recently, Ms. Gross has become the Chair of Camp Centerland's Camp Committee, and this year, the largest structure at Camp Centerland, the Gretchen S. Gross omanut (Arts and Crafts) Center, was opened.

"With this award, Ms. Gross joins a distinguished group of philanthropists who have made significant contributions to the world of Jewish camps," said JCamp180® Director Mark Gold. "We are thrilled to have been able to recognize her contributions through this award."

Today, JCamp180® serves 115 camps. The goal of the program is to engage Jewish camp leaders in utilizing

best practices, helping them to grow attendance by improving their facilities, better using technology and social media, and raising funds for scholarships, capital improvements, and endowments. JCamp180® staff work onsite with camp professional and lay leaders to help with board development, governance, strategic planning, alumni outreach, and other personalized organizational, recruitment, and fundraising initiatives. Participating camps take part in successive matching grant initiatives led by JCamp180®.

"JCamp180® has played a major role in transforming camps into more professional and sophisticated organizations," says Gold. "This program has helped these non-profit Jewish camps raise more money in the last ten years than they had in the previous four decades, thereby enabling them to better compete with other non-profit and for-profit camps."

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For more information on these programs, visit www.jfedbflo.com/pj-library

Join us for Women's Philanthropy Day At the Albright Knox Art Gallery

Friday, January 13, 2017

Private Tour of "PICASSO: THE ARTIST AND HIS MODELS" and Lunch

Due to Limited Capacity, this event is limited to the first 35 paid registrants. Please Call Mary Jo Fragale at the Buffalo Jewish Federation at 716-204-2250 with your credit card information. You will have a choice of 3 dishes for lunch.

BUFFALO JEWISH FEDERATION

ESSEN 'N FRESSEN

Comforting Chicken Pot Pie

By Robin Kurss

When January comes, I crave comfort food. Here's a family favorite, you can make it ahead or freeze for a snowy day....stay warm!



Chicken Pot Pie -Serves 8

- 6 split chicken breasts (3 whole)
- 5 c broth...chicken, vegetable or even bouillon works fine
- 1/4 c sherry or white wine
- 1/4 c olive oil
- 2 yellow onions, chopped
- 4 carrots, large dice
- 2 c peas, frozen are fine
- 2 c mushrooms, sliced
- 1 red pepper, diced
- 1 green pepper, diced
- 1 package Pepperidge Farm Puff Pastry + beaten egg for egg wash
- 3/4 c flour
- 1/4 c Rich's non-dairy creamer
- 1/4 c parsley, chopped
- 4 sprigs thyme, leaves only

Oven to 375

Place chicken in pan, sprinkle with a little oil, salt and pepper and bake for 30-40 minutes till cooked through.

When cooled, dice.

Sauté all veggies in the olive oil till soft.

Sprinkle with flour and stir to coat. Add chicken.

Bring broth and sherry to a boil in a saucepan and pour over veggies... stir until mixture thickens. Add non dairy creamer...season to taste with salt and pepper, add chopped parsley and thyme.

Place in 9 x 13 baking dish and cover with a sheet of the puff pastry. Brush pastry with beaten egg and bake at 375 about 1/2 hour until pastry is golden and chicken mixture is bubbly.

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Canisius Hosts U.N. Holocaust Remembrance Day Event January 26

In commemoration of the 2017 U.N. International Holocaust Remembrance Day, Canisius College and the Holocaust Resource Center of Buffalo are partnering to present a community lecture, "The Future and Challenges of Holocaust Education in the 21st Century," delivered by Canisius College Alumna Kelley Szany, Director of Education at the Illinois Holocaust Museum and Education Center (IHMEC), in Skokie, Illinois. The IHMEC is the second largest Holocaust Museum in the United States.

The lecture will take place Thursday January 26, 2017, at 7:30 P.M. in the Grupp Fireside Lounge in Canisius College Student Center at 80 Hughes Avenue in Buffalo.

During her fifteen-year tenure at IHMEC, Kelley Szany has become recognized as a leading Holocaust and contemporary genocide educator. She empowers audiences to engage in the power of social change and youth activism. With her guidance, the IHMEC Speakers' Bureau program has developed into the largest cadre of survivor speakers in the U.S. with over sixty volunteers.

Szany has since served as adjunct faculty at Aurora University and Jagellonian University in Krakow, Poland. Szany currently serves on the Board of Directors for the Association of Holocaust Organizations, as well as for Unsilence, a real-time and internet-based program encouraging young people to become involved in the struggle for global human rights. She also serves on the Board of Directors for the Educators Institute for Human Rights, which aims to provide professional development and support for educators on the Holocaust



Kelley Szany

by partnering with teachers and local organizations on the ground in nations impacted by genocide and mass atrocities in countries like Rwanda and Bosnia.

In 2015 Kelley Szany was appointed by Illinois Governor Bruce Rauner to serve on the Illinois Holocaust and Genocide Commission. She is a two-time recipient of the Friend of the Jewish Community Award from the Jewish Federation of Northwest Indiana and was the first non-Jewish recipient of the Samuel Goldsmith Award from the Jewish Federation of Metropolitan Chicago.

Kelley (Hayes) Szany graduated with a history major from Canisius College in 1999 and subsequently received her Master's Degree in Public History from Loyola University in Chicago. Her lecture at Canisius is being co-sponsored by the Holocaust Resource Center of Buffalo, the Canisius College History Club, and the Canisius chapter of Phi Alpha Theta, the national honors history society. With the exception of parking reserved for the handicapped and the residents of Loyola Hall, parking at Canisius is open and free after 4:00 PM.

From the Rabbi

Rabbi Levi Greenberg

The Torah portion *Vayigash*, which always follows Chanukah, begins with a man named Yehudah, "Judah", who approaches the Viceroy of Egypt, not knowing he's in fact his own long-lost brother Yoseph, Joseph, and there he pleads with him to free his younger brother Binyamin, Benjamin. "Let my brother go!" he demands of the Viceroy, "let him return to his old father"!

Yehudah took responsibility. Every Jew, like Yehudah, does NOT FIND COMFORT when he or she knows that his brother or sister is suffering-- materially or spiritually.

Almost 1,000 years later another Yehudah, Yehudah Hamacabee or "Judah the Maccabee" cannot find comfort when the Syrian Greeks deny the Jews their ability to practice Judaism. "Yehudas" take responsibility. Indeed, Moshiach, the descendant of the first Yehudah is the one chosen to usher in the Messianic Age because he takes responsibility.

In truth, every Jew is a Yehudah, a Judah. The very name Yehudi, Hebrew for Jew, derives from the name Yehudah.

Another lesson we can learn from this Torah portion is the point at which Yoseph finally reveals his identity to his brothers and embraces his brother Binyamin. The Torah describes that embrace in the following words:

"And he [Yoseph] fell on his brother Binyamin's neck and cried... and Binyamin cried on his [Yoseph's] neck".

Our Sages teach us that the tears they shed were for the future. Binyamin cried for the loss of the provisional Temple that was built in Shiloh, a part of Israel that belonged to the Tribe of his brother Yoseph... And Yoseph, wept for the Temple that was built in Jerusalem, in the area that belonged to the Tribe of his brother Binyamin, and would ultimately be destroyed.

But here's the question: Why did Yoseph and Binyamin both cry over the destruction that would occur in each *other's* territories, but not over the destruction that would occur in their *own* territory?!

The Rebbe explains the practical difference:

When we see someone else facing any kind of disaster or destruction in *their* life, the right approach for



Rabbi Levi Greenberg

us is to offer love and support... We might not be able to actually solve their problems *for them*, as every individual ultimately holds the key to finding his or her own solution... But with our kindness, reassurance and help, they might be empowered with more strength, to see themselves out of their mess.

And if after we have truly done everything we can do for them, disaster is still looming, *then* we cry tears of genuine sympathy and compassion – *with* them.

However, when it comes to our personal challenges and destructions, there is no time for weeping. When we see that our own "temple" lies in ruins, we do not have the luxury of being content with just comforting ourselves with tears. That is when we need to act.

Our Sages tell us that every day the Temple is not rebuilt as if it was destroyed today. We can't be content with crying over it. We must take responsibility to do another Mitzvah that will hasten the coming of Moshiach and the Final Redemption, which will begin with the construction of the Third Temple. May it happen speedily in our days, Amen.

Sending Best Wishes to
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- 1» Celebrate Martin Luther King, Jr. at TBZ.** *Interfaith Service – United for Justice, Friday, January 13, 7:00 pm, Temple Beth Zion, 805 Delaware Ave.* TBZ's clergy will be joined by Dean Will Mebane of St. Paul's Episcopal Cathedral and other interfaith community members for an evening of reflection and connection, calls to sympathize and to mobilize, songs of inspiration and hope.
- 2» Enjoy Fiddler on the Roof January 18, 6:30 pm at the JCC.** Come see former Refugee youth from Our Lady of Hope Youth Choir perform Fiddler on the Roof at the JCC. Performance is FREE. **Call 204-2255. 2640 North Forest Road, Getzville, NY.**
- 3» Commemorate the 70th Anniversary of the Nuremberg War Crimes Tribunal by seeing a Nuremberg Re-Enactment Performance** to benefit the Holocaust Resource Center Sunday, January 15 at 2:00 pm. **Go to www.hrcbuffalo.org to check place and cost.** *Local actors—Gabe Ferber and others—will be appearing in the performance.*
- 4» Attend the National Federation for Just Communities (NFJC) Leaders Award Lunch.** Wednesday, January 25 at noon at the Buffalo Convention Center to honor The Rosenhoch Family and others. \$50 for lunch. **Call 853-9596 to reserve your space by January 12.**
- 5» The UN Holocaust Remembrance Day event is January 26 at Canisius College.** Kelly Szany will talk about Holocaust Education in the 21st century. The program is at 7:30 pm at the Grupp Fireside Lounge in the Canisius College Student Center, 80 Hughes Ave in Buffalo. **Call the Holocaust Resource Center for info at 634-9565.**

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Where is this found in WNY?

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E-mail your answers to egoldstein@jfedbflo.com

In November and December, no one correctly identified the flame on the outside wall of Congregation B'nai Shalom on North Forest Road in Williamsville, though several people did submit answers.

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Cataract, which is clouding of the eye lens, affects more than half of Americans aged 65 years and older. This age-related cause of vision loss can occur much earlier due to exposure to the sun's ultraviolet (UV) rays and a host of other causes (including smoking, use of corticosteroids, and a family history). It is also thought that cataract formation is linked to oxidative changes in the human eye lens, which makes the case for consuming fruits and vegetables containing high amounts of antioxidants. In fact, recent research involving 324 pairs of twins over a decade showed there was a 33 percent lower risk of developing cataracts among women whose diets were rich in

foods containing vitamin C. The symptoms of early cataracts may be improved with new eyeglasses, brighter lighting, anti-glare sunglasses, or magnifying lenses. If these measures do not help, surgery is the only effective treatment. To learn more, please call the Legarreta Eye Center at **716-633-2203**. Our practice is based on the philosophy of providing high-quality comprehensive eye care. We have served the community for over 35 years. We have office locations in Williamsville, Cheektowaga and Lockport.



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Attention Snowbirds!

Due to postal regulations, the *Jewish Journal of Western New York* will no longer be forwarded to "temporary change" addresses. If you plan to be away from your permanent address and will have your first class mail forwarded to your temporary address and would like to continue to receive the *Jewish Journal* over the winter or the summer, please call Nadine Ryback at 716-204-2248 to give us your "temporary" address. Thank you!

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Temple Beth Tzedek Mental Health Series Jan. 15

By Rachel Anderson,
Chair of Social Action

The second in Temple Beth Tzedek's Mental Health Series, "Managing Stress," featuring Dr. Eileen Trigaboff, Clinical Nurse Specialist, Psychiatry and Dr. Daniel Trigaboff, licensed Clinical Psychologist, was a great success despite the first snow of the season and the 40 degree drop in temperature.

The Doctor team explained the many causes of stress in our lives and how stress can manifest itself in physical illnesses and pain and often lead to depression. They shared many coping skills to counteract the effects of stress. Our audience took away with them many ideas to help combat the effect of stress in our busy lives.

We are extremely pleased to announce that our next presentation in this series will be on "ALZHEIMERS" a truly devastating condition that is especially difficult for loved ones to deal with on a day to day basis. We are very grateful to Sheryl A. Schechter LMSW, who will present this program Sunday morning January 15th at 10:00 a.m.

Sheryl Schechter, LMSW, is a graduate of Canisius College of Buffalo where she earned a Bachelor's degree in Psychology, followed by a Master's in Social Work from the University at Buffalo.

Sheryl's work with Erie County



Dr. Eileen Trigaboff

Department of Social Services, Children's Services offered practical experience with those individuals and families affected by chemical dependence and alcohol issues. This led her to a 12-year career with Erie County Medical Center's Department of Chemical Dependence. Sheryl's work at ECMC focused on individuals and groups with co-occurring substance use disorders and mental health disorders, with particular attention to trauma.

Sheryl's client-centered approach utilizes psychotherapy and other evidence-based therapeutic interventions, such as Prolonged Exposure Therapy and Cognitive Behavior Therapy. Sheryl incorporates these treatment strategies with "mindfulness" and "grounding" techniques as a means to create a safe therapeutic environment to carry from therapy into daily life. Sheryl also recognizes the power of community in recovery through concurrent self-help and family therapy.

Sheryl is an active volunteer with the **Alzheimer's Association of WNY**. A member of the Alzheimer Association's Board of Directors, Sheryl facilitates Early-Stage groups, is Co-Chair of the Program's and Services Committee, an active Advocacy Committee member, and a Walk to End Alzheimer's committee member. Sheryl is strongly committed to working with families personally affected by all types of Dementia as well as increasing awareness about the disease and its effect on the larger community.

As follow up to this program, Sheryl will be presenting a program on February 26th specifically for caregivers. Both of these programs are free and open to the entire community. If you have a loved one with this debilitating illness I urge to come and take advantage of the knowledge and information that you will gain. **Please contact the temple office 716-838-3232 for your reservation and for more information. Following the presentations, there will be time allowed for questions and answers.**

Challah Making with Rivky

Sunday, January 22 at 1:30 p.m.

Join Rivky Greenberg for challah making on January 22. Rivky will have all the supplies and expertise needed for you to learn (or re-learn) how to make delicious homemade challah.

Space is limited, so sign up now. Checks can be sent to Sandra Wolchok at 6872 Forestview Dr., Lockport, NY 14094. The cost per person is \$14, which includes all supplies and a recipe booklet to take with you. Once you sign up, the location information will be provided.

For additional information, contact Sandy at sandrawolchok@gmail.com or call the Temple Beth Zion office at 716-836-6565.



Rivky Greenberg

Beth Zion Brotherhood's Achim Jan. 8 with Errol Sull

The Brotherhood of Temple Beth Zion is pleased to announce that their January 2017 Achim program will be held at 10 a.m. on Sunday, January 8, 2017, at the Meadows Lounge, located on the second floor at the Weinberg Campus, 2650 North Forest Road, Getzville, NY 14068. The program is held in the building across from the rear entrance to the Jewish Community Center.

The featured speaker will be Errol Craig Sull, a local author, educator and culinary expert. He is well known for his baking prowess and expertise. His programs are always interesting and timely. Mr. Sull will be discussing and sharing many important thoughts and experiences about baking with everyone. Questions and discussions will be welcome. He might also be preparing a cake and sharing the results with the audience.

Achim is a monthly program for the benefit of the residents, and their guests, at the Weinberg Campus and is open to the public at no cost. For further information, please contact Ken Graber at 681-9885.

Mitzvah Opportunity

On January 21st, Isaac Bluestein will be having his Bar Mitzvah in Israel at Kehilat Har El in Jerusalem. His Mitzvah Project is to collect donations for Israeli combat soldiers who do not have families in Israel through the organization "A Package From Home." **If you would like to support Isaac's project please contact the Congregation Shir Shalom office at 716-633-8877.**



Isaac Bluestein

SHIR SHALOM SISTERHOOD ACCESSORY AUCTION

**Thursday, January 12, 2017
7:00pm**

Admission is one gently used accessory to be auctioned that night. Bring your wallet and be ready for some fun! A good time will be had by all. Light refreshments will be served.

Call Rella Corris at 636-1541 if you have any questions.

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The Eight Nights of Tzedakah at PALS

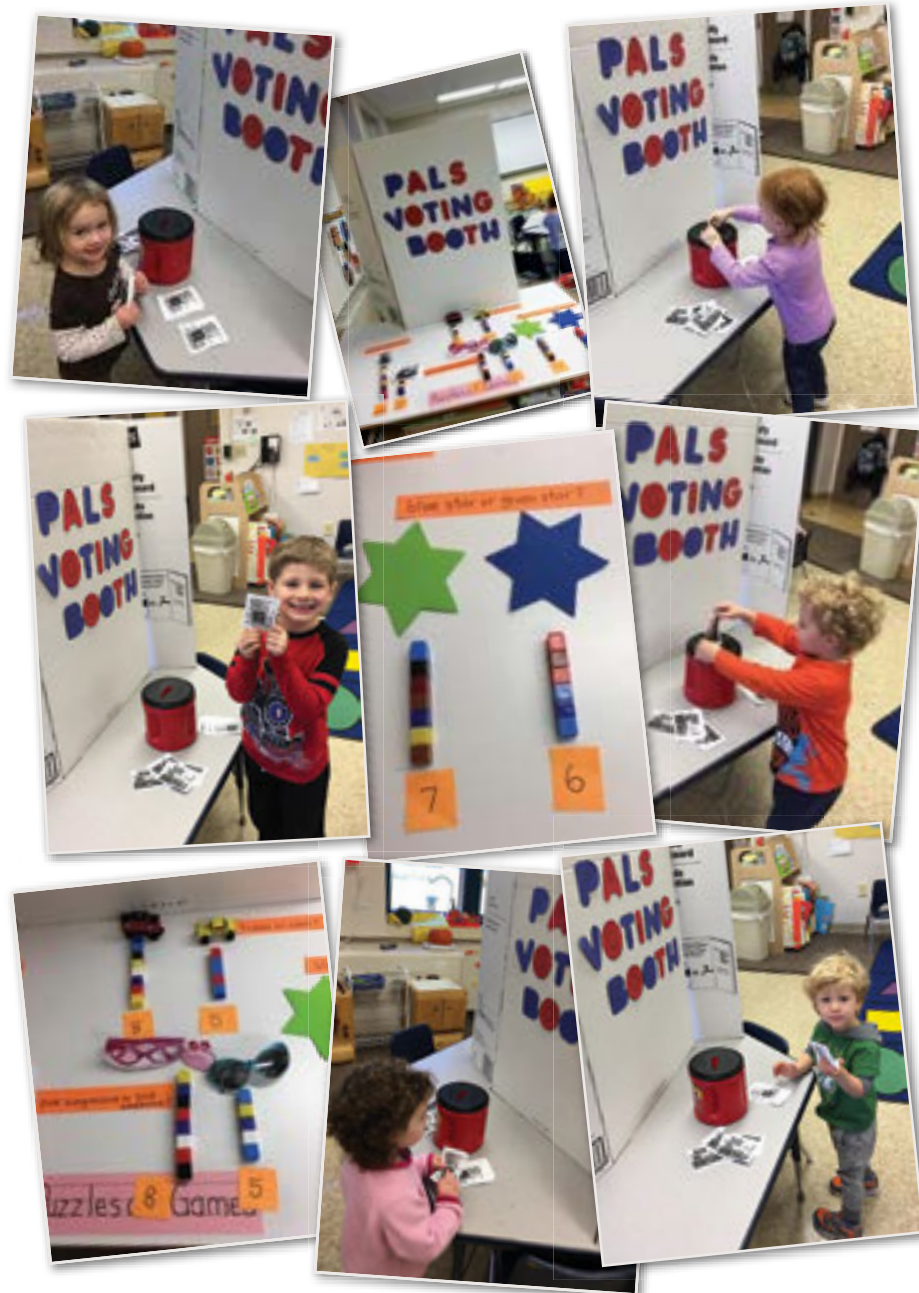
PALS students took the eight nights of Hanukkah to a whole new level in December. One of the elements of our “festival of lights” that has become so much a part of our celebration is 8 nights of gift giving. So that’s what our students did – they gave a gift each night to help others.

Each day the children brought food for the Town Square Food pantry, a collaboration between TBZ and Catholic Charities. Children were encouraged to bring in food that they like, not simply unused food in their own pantries. This was in keeping with a piece of Jewish wisdom that suggests that when one feeds the hungry, “you give that person the best and sweetest.”

Hanukkah at PALS was dedicated this year to generosity and not merely being generous in gifts of food for those less fortunate. We also focused on being generous with our compliments, the way in which we played together and how we treated our families.

Election Day @ PALS

Temple Beth Zion PALS Preschool Students held elections in November. Among their enviable choices: Puzzles or games? Pink or blue sunglasses? Trains or cars? The lesson included a private voting booth and tallying the anonymous votes.



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Celebrating Dr. Martin Luther King, Jr. in Buffalo

By Rabbi Jonathan Freirich

We celebrate Dr. Martin Luther King, Jr.'s contributions this month. We recognize his incredible vision of hope and how far we must journey together so that we may yet reach it. Below are a few of his resounding words from the sermon he delivered in 1965 at Temple Israel in Hollywood.

“We all want to live the well-adjusted life in order to avoid neurotic and schizophrenic personalities. But I must honestly say to you tonight my friends that there are some things in our world, there are some things in our nation to which I'm proud to be maladjusted, to which I call upon all men of goodwill to be maladjusted until the good society is realized. I must honestly say to you that I never intend to adjust myself to segregation and discrimination. I never intend to become adjusted to religious bigotry. I never intend to adjust myself to economic conditions that will take necessities from the many to give luxuries to the few. I never intend to adjust myself to the madness of militarism and the self-defeating effects of physical violence.

And I say to you that I am absolutely convinced that maybe the world is in need for the formation of a new organization: “The International Association for the Advancement of Creative Maladjustment”

— men and women who will be as maladjusted as the prophet Amos who in the midst of the injustices of his day would cry out in words that echo across the centuries: “Let justice roll down like waters and righteousness like a mighty stream;” as maladjusted as Abraham Lincoln who had the vision to see that this nation could not survive half slave and half free; as maladjusted as Thomas Jefferson who in the midst of an age amazingly adjusted to slavery would etch across the pages of history words lifted to cosmic proportions: “We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain inalienable rights and that among these are life, liberty and the pursuit of happiness.”... And through such maladjustment we will be able to emerge from the bleak and desolate midnight of man's inhumanity to man into the bright and glittering daybreak of freedom and justice.”



The world needs our voices and our actions more than ever. Dr. King lived in a time when so many rallied to a call for justice, a call for equality, and a call to abandon ignorance of the suffering of our neighbors.

Today we face divisions between people who should draw together. As the Reform Jews of Temple Beth Zion we heed to prophetic voice of Amos that Dr. King quoted, we know that in order to create a Buffalo of good neighbors we must stretch ourselves, and begin conversations that remind us all the degree to which we are all in it together.

We will embrace the interconnections between us and amplify them as the

couriers of sympathy and the catalysts for evolution in our society.

Please join us as we honor Dr. King and continue to strengthen the connections that will bring greater justice to our community – there will be two interfaith events on the weekend dedicated to Dr. King's legacy:

Interfaith Service – United for Justice

**Friday, January 13, 7:00 PM
Temple Beth Zion,
805 Delaware Ave.**

TBZ's clergy will be joined by Dean Will Mebane of St. Paul's Episcopal Cathedral and other interfaith community members for an evening of reflection and connection, calls to sympathize and to mobilize, songs of inspiration and hope.

Special Service

**Sunday, January 15, 10:15 AM
St. Paul's Episcopal Cathedral,
139 Pearl St.**

St. Paul's will hold a special service in honor of Dr. King that will include other local clergy, like, Rabbi Jonathan Freirich from Temple Beth Zion.

A Special Friendship Leads To A Unique Israel Trip

By Peter Simon

For decades, Congregation Shir Shalom and Temple Beth Zion have had strong, fruitful relationships with Presbyterian churches in their neighborhoods: North Presbyterian Church and Westminster Presbyterian Church.

Now, due in large measure to political differences over Israeli settlements on a national level, those partnerships are being fortified in a highly unusual – if not unique – way. Rabbis and pastors from all four houses of worship, along with 21 lay persons, will visit Israel together January 8th-19th in what they are calling the “Jewish-Presbyterian Geo-Political Israel Tour.”

“It is rare for temple and church groups to visit Israel together, and perhaps unprecedented for four Jewish and Christian congregations to visit on a joint tour,” said Shir Shalom Rabbi Alex Lazarus-Klein. In addition to Rabbi Lazarus-Klein, the group includes



Rev. William Hennessy, pastor of North Presbyterian Church; Rev. Thomas H. Yorty, pastor of Westminster, and Beth Zion Rabbi Adam Scheldt, all of whom helped plan the trip. They will be accompanied by 21 lay persons, including 15 Presbyterians and 6 Jews.

“We all wanted to create a stronger relationship,” Rabbi Lazarus-Klein said. “It will be a bonding experience for all four communities.” The two temple-church partnerships here have thrived for decades. Ironically, it took controversy and political friction to take them to an even higher level.

In 2014, the General Assembly of the

Presbyterian Church (USA) voted to divest from companies that profit from what it called Israel's “military occupation of Palestinian lands” in the West Bank. Israel, along with most Jewish organizations here, defends the settlements as legal and necessary for the defense of Israel.

“That resolution really angered a lot of the Jewish community,” said Rabbi Lazarus-Klein. Rev. Hennessy, who disagrees with the views the resolution expresses, said it “drove a wedge” between Jewish-Presbyterian relations at a national level. But the four local houses of worship were determined not to back off their joint efforts. “There are always going to be bumps in the road,” Hennessy said. “We believe a long-term relationship is much more valuable,”

So the local partnerships intensified. Above all, planning efforts for the tour centered around a broad itinerary that will highlight both Jewish and Christian sites and

present a wide range of views on the Middle East.

For ten very full days, the 25 participants will visit not only the Western Wall and Yad Vashem, but the Via Dolorosa, the Church of the Holy Sepulcher and the Room of the Last Supper.

Speakers will address the Arab-Israeli conflict and highlight efforts to bring peace and understanding to the Middle East.

Two trip participants — Ellen S. Goldstein, Director of Marketing and Community Relations for the Buffalo Jewish Federation, and Alice Joseffer, who is active at Westminster, said the breadth of the trip gives their participation extra appeal.

“I'm eager to learn about Israel from a Christian point of view. I already know it and love it through Jewish eyes,” Ms. Goldstein said. Ms. Joseffer said she and her husband, Marc, were enlightened by a previous trip to the Middle East, and that “this is an opportunity to go further with that.”



January 1
New Year's Day celebrated

January 13
Women's Philanthropy Day at Albright-Knox Art Gallery.
10:45 am. Call 204-2250 for information, reservations.
Reservations on a First come, First served basis.

United for Justice Interfaith Shabbat Service at Temple Beth Zion
7:00 pm. 805 Delaware Avenue.

January 15
Mental Health program with Sheryl Schechter
at Temple Beth Tzedek. 10:00 am

Nuremberg Trial Re-enactment.
Amherst Middle School, 2:00 pm. \$20.

January 18
Fiddler on the Roof.
6:30 PM JCC/ Benderson Building.
Robert & Maxine Seller Theatre. FREE

January 22
TBZ Sisterhood Challah Making with Rivky.
1:30 PM. Call 836-6565 for location, reservations.

January 25
NFJC Leadership Awards luncheon.
12:00 noon. Buffalo Convention Center. \$50.
Call 853-9596 for reservations, information.

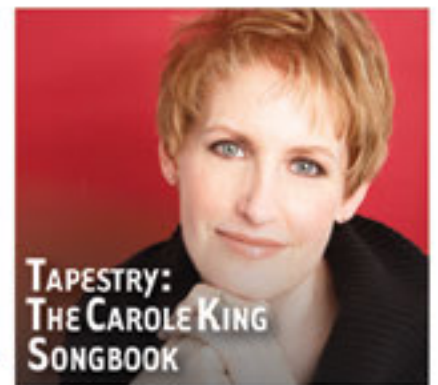
January 26
UN Holocaust Remembrance Day.
Canisius College Grupp Lounge. 7:30 pm. FREE

January 28
Wine Tasting & Havdallah @ Temple Beth Tzedek with
Congregation Shir Shalom. 7:00 pm. 621 Getzville Road, Amherst.



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Sun. Jan. 22, 2:30PM
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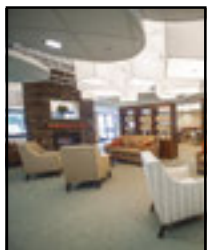
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Daniel C. Oppenheimer, MD is currently a Fellow/Clinical Instructor in Radiology at the Mallinckrodt Institute of Radiology of Washington University School of Medicine in St Louis, MO. He earned his BS in biology, cum laude, at the University of Vermont and his MD at the University of Vermont College of Medicine. In July, he will return to the University of Rochester Medical Center as an Assistant Professor of Radiology, where he previously completed his Diagnostic Radiology residency from 2012-2016. Dr. Oppenheimer has presented radiology research at several national meetings on topics including IV contrast dynamics during CT scanning, imaging of cancers of the pelvis, and imaging evaluation of jaundice. He has a particular interest in advanced MR techniques in the abdomen and pelvis including MR enterography and Prostate MRI.



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Annette Pinder is the President and Publisher of Buffalo Healthy Living Magazine, WNY's only free, full-color monthly health magazine that is available at all area supermarkets every day. Over 105,000 people are reading Buffalo Healthy Living Magazine in print and thousands more read the magazine online, monthly. Find Buffalo Healthy Living Magazine at medical and dental offices, hospitals, cafes, libraries, fitness centers, apartments, coffee shops, community centers, senior living facilities and more. Buffalo Healthy Living is the only area publication that is also a benefit corporation with a mission to provide evidence-based health, fitness and nutrition information for people of all ages.



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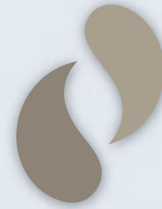


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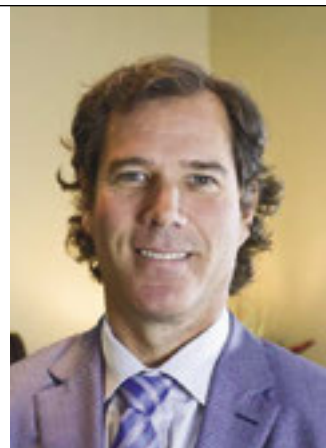
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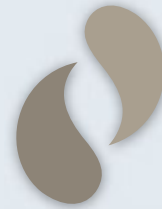


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Daniel I. Rifkin, MD is the founder of the Sleep Medicine Centers of Western New York, a comprehensive sleep medicine practice, established in 2002. He is Board Certified in Neurology and Sleep Medicine, and focuses the majority of his practice on the treatment of adult and pediatric sleep disorders such as sleep apnea, insomnia, narcolepsy, and restless legs. He engages in clinical research and is a member of the Department of Neurology at UB teaching students, residents, and fellows the joys of sleep medicine. We spend about a third of our lives sleeping so take great care of your sleep health!



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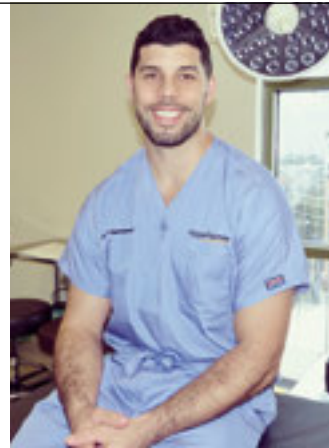
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Peter A. Rouff, DMD is a graduate of Tufts University School of Dental Medicine. He completed a general dentistry residency program at Strong Memorial Hospital in Rochester and a two-year orthodontic residency program at the University of Pennsylvania. He is an active member of the American Dental Association of Orthodontists, Alpha Omega Dental Fraternity and the Northeastern Society of Orthodontists. His practices in Tonawanda and East Amherst focus exclusively on improving your smile with orthodontics (braces and Invisalign) treating adults, adolescents and children.

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East Side/West Side – All Around The Town

By Ethel Melzer, BJE Adult Education Director

In 1894 the song-writing team of Lawlor and Blake wrote “The Sidewalks of New York”. This very popular song has come to be called “East Side/West Side – All around the Town!” In the 1890’s it was heard blaring out of every music store on every street corner in New York City. It was a hit at the turn of the century and the Bureau of Jewish Education has adopted it to describe its spring Adult Education Department course!

“East Side/West Side – All around the Town” is a new eight-week course that will be offered by the Adult Education Department of the BJE on February 2, 9, 16 and March 2, 9, 16, 23 & 30, 2017. Classes are scheduled to take place on Thursday afternoons from 1:00 – 2:30 PM at the Jewish Community Center on North Forest Road in the Community Board Room. Dr. Chana Kotzin, our community’s historian and archivist, will be the instructor. The course textbook will be the book she wrote, The Jewish Community of Greater Buffalo. The course fee is \$90 and each student can purchase the textbook through the Bureau if they don’t already own one. Class size will be limited.

Students will be able to travel back in time to the beginning of Jewish Buffalo, learning about the history of Buffalo’s institutions, its religious life and Jewish businesses and social life. Topics will include: Before the East Side which will present some history of Buffalo and the beginning of its Jewish community. Weeks two and three will offer The East Side Explored. This class will feature East Side synagogues and our Jewish cemeteries and businesses. West Side Development will be the theme of week four. All around the Town in weeks five and six will discuss the Jewish community’s movement to



the North Park area and Kenmore - and finally in weeks seven and eight - The Flight to the Suburbs will be the primary topic.

If it is feasible, we hope to offer a dutch-treat bus tour of the places of interest that were studied and discussed during the course. More information on this tour will be discussed with students while the classes take place.

To enroll in this unique and exciting course, please register online at www.bjebuffalo.org/adulted or contact Ethel Melzer, Director of Adult Education at the Bureau of Jewish Education at ethel@bjebuffalo.org or call the BJE office at 716-204-5380 for more information.

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A Temple on Delaware

By Chana R. Kotzin, Ph.D., Director, Buffalo Jewish Archives Project

As the largest collection organized by the Jewish Buffalo Archives Project, under the auspices of the Bureau of Jewish Education, through funding obtained by the Foundation for Jewish Philanthropies, the Temple Beth Zion collection contains a myriad of materials from an extensive Sisterhood archives, to school materials, architectural renderings and plans for both Delaware temple sites as well as photographs (some of which are online through NY Heritage), and a range of significant materials relating to the development of Reform Judaism in America. As with Temple Beth El, this article is the first of three that describes aspects of this synagogue's history and its significant research possibilities.

Like many older Reform Jewish communities, Beth Zion, as it was in 1850, began as an Orthodox synagogue when a small breakaway group split away from Temple Beth El - the first synagogue founded in Buffalo in 1847. (The Temple Beth El archives are also available for research at the University at Buffalo). While the new Beth Zion retained a self-identification with Orthodoxy, this dominantly German-Jewish congregation gradually changed orientation so that by 1863, it had aligned with Reform Judaism, and in 1864, formerly incorporated as a Reform congregation. Temple Beth Zion-- as it was now known-- bought its first building - the former Methodist Episcopal Church - on Niagara Street, which was remodeled and dedicated on May 26, 1865. At this bilingual German-English service, Rabbi Isaac M. Wise, the leader of the Reform



Movement, addressed the congregation in English, while Rabbi Isaac N. Cohen, the congregational Rabbi, gave a sermon in German. Fragile, but fascinating minute books and ledgers survive from this earliest period. Indeed, despite a fire in 1961, Temple Beth Zion has a significant

cache of early materials, and these are the oldest dating back to the beginning of the Temple's Reform origins.

In 1866, Temple Beth Zion hired Rabbi Samson Falk. Under his leadership, the congregation joined the Union of American Hebrew Congregations and he became active in broader Buffalo community affairs. Within a decade, Rabbi Falk also became the first historian of Jewish Buffalo, presenting a paper, "A History of the Israelites in Buffalo" to the Buffalo Historical Society in 1876, where he also served on the Board of Managers. This first chronology of Jewish life in Buffalo was written just before a significant expansion of the Buffalo Jewish community and highlighted a confident community connected by inter-family ties, participating in cultural and financial institutions within the broader city community.

Following the death of Rabbi Falk, Rabbi Israel Aaron was appointed in 1887 just after the sale of the Niagara Street temple and when the broader Jewish community was undergoing demographic change as incoming Jewish immigrants from Eastern Europe enlarged the existing Jewish community to over 10,000 by 1899. Interestingly, Temple Beth Zion became a central part of this transitioning community - not as a place of worship - as new shuls founded by the new immigrants themselves served those needs - but rather through the creation of Zion House, a settlement style house run by the Sisterhood of

Zion from 1891. This settlement house provided English lessons, other services and activities for children and adults as well as providing an alternative space to missionary organizations that sprang up in the neighborhood. Zion house was a precursor to the Jewish Community Building that eventually became the Jewish Community Centers we know today.

Temple Beth Zion celebrated a pivotal moment in its history in 1890. The dedication of its first purpose built temple at 599 Delaware Avenue was a Buffalo-wide affair. Edward A. Kent and William Kent were the commissioned architects, with Edward Kent taking the lead in designing a Byzantine revival building. Fashioned from Medina sandstone and topped with a large copper-covered dome, the temple and sanctuary are still remembered with love. The architectural renderings, alternative designs and expansion plans are all to be found in the collection, and recall a time when Temple Beth Zion put its first congregational stamp on Delaware Avenue.

Under Rabbi Louis J. Kopald who succeeded Rabbi Aaron after his unexpected death, the Temple continued to grow. By the 1920s, Temple Beth Zion had a Women's Temple Society, a Men's Club and a Young People's Society. As Rabbi Kopald's health failed, however, Temple Beth Zion appointed a new rabbi who was already assisting intermittently. Rabbi Dr. Joseph L. Fink, then a young rabbi, proved a perfect match and served the congregation for the next 34 years from 1926. During his time, the synagogue expanded further, adding a rabbi's study, kitchen, more classrooms and a library. In addition, Rabbi Dr. Fink became a leading religious figure known nationally as well as locally, and far beyond the Jewish community. Heard regularly on the radio through the Humanitarian Hour that aired through WBEN from 1930 to 1956, copies of these speeches are to be found within a series relating to Rabbi Dr. Joseph Fink in the collection. Topics range over world affairs, politics and ethics at critical junctures of national and international history.

To explore these materials and more, please check the BJE website at www.bjebuffalo.org/jbap and click on the Temple Beth Zion link to plan your trip to the University at Buffalo archives. You can also contact Chana Kotzin at archivesproject@bjebuffalo.org or call 716-204-5380 for more information.

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OHR TEMIMIM STUDENTS MENTOR 1ST GRADERS

Recently, some older students at Ohr Temimim have become mentors to the first grade class. These students have described the experience as “educational, inspirational, and fun!” The mentors are learning patience, while building relationships with the younger children. Many have said that they are gaining a different perspective on learning, and some even want to use this teaching experience in the future.



Pictured (clockwise from top)
Feige Berg working with Miriam Gurary; Mrs. Dukat reading to Israel Kopman; Ariella Zyskind listening to Benci Kaganoff's reading. They are cousins as well; Perel Zingorenko playing flashcards with Mira Kelyman

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Family and friends are encouraged to attend as this program is open to the whole

community. The cost is \$18 per family.

The evening is sponsored by Congregation Shir Shalom, Gesher and Kadimah schools.

RSVP to Gesher Religious School, 621 Getzville Road, Amherst, NY 14226. If you have any questions, please contact Lori Morrison at lorimorrison23@gmail.com or 716-998-0218.



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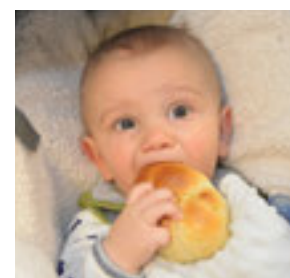
Liora Notaro wearing the "Shabbat Ima" crown, loved spending quality time with her grandma, Susan Goldberg Schwartz.



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Science legend Anna Martinick leaves a legacy

LONGTIME KADIMAH ACADEMY TEACHER TO RETIRE IN JUNE AFTER 31 YEARS

Thirty-one years ago, a young teacher with a brand new baby arrived at Kadimah Academy one morning to help out her friend by substituting for her in class. She did so well that the next day, the assistant headmaster asked her to sub again, this time for the science teacher. So with the babysitting help of her mother, the young woman, agreed. Anna Martinick never looked back. “The rest was history,” she said, reflecting on three decades of service at Buffalo’s community Jewish day school. “I ended up staying, and that January, I took over the science program.”

Now, after a long career teaching earth science, life science and physics to hundreds of Western New York Jewish youth, Martinick is preparing to close out her time in the classroom in June. Much to the chagrin of the school’s leadership, fellow teachers, parents and current students, Kadimah’s legendary middle-school science and technology teacher will hang up her lab coat and put away her test tubes and microscopes, as she retires to pursue her new career in real estate.

Martinick is an agent with J. Lawrence Realty, a brokerage firm owned by former Kadimah parent and trustee Jed Carrol. She and her husband live in Williamsville. They have two adult sons, one in Las Vegas and one in Buffalo.

“It’s a very sad time for me. I’m having all this angst about leaving, because I absolutely love teaching,” she said. “But there’s a time for everything.” She will be deeply missed. Throughout her long career teaching earth science and other subjects to hundreds of Western New York Jewish youth, Martinick brought not only a deep knowledge of her field but also a desire for flexibility, creativity and hands-on learning that enriched her students’ education.

Kadimah enabled that, she said, and she thrived in that supportive environment. “You are able to grow as an educator, which I found so important,” she said. “That allowed me to fly and do things that we probably would not have been able to do as easily in another school district, because you’d have to go through so many people.”

Over the years, she developed a new and more interactive science program for Kadimah designed to engage the students more directly in their learning. She helps prepare the school’s eighth-graders to take the state’s Regents exam in earth science – a year earlier than most public schools.

She was named Erie County Teacher of the Year. And she recalls with joy when



Anna Martinick

Kadimah’s middle school students first started outscoring rival public schools on state tests in the 1990s. “We blew everyone out of the water when we first started,” she said. “We were No. 1. We beat out every district on the state test. Our kids were just unbelievable, and that’s something to be proud of.”

Under her guidance, Kadimah students also have participated in various competitions, such as the Western New York Invention Convention, garnering individual awards every year in the regional contests while winning recognition and a reputation for excellence for the school. She also coordinates an engineering and robotics course, in which students design and produce working models with assistance from the University at Buffalo engineering department.

More recently, she has introduced students to the broader community around them, through novel partnerships outside the school, while also extending her science teaching to the school’s lower grades.

Martinick’s middle-school classes

have trained as junior docents at the Darwin Martin House in Buffalo, learning about the architecture, history and significance of the Frank Lloyd Wright-designed landmark. And they’ve researched the history of Buffalo’s grain silos, and even developed alternative new uses for the vacant cylindrical structures that still dot the city’s waterfront.

“Those are all wonderful avenues for students to be able to be creative,” she said. “The best thing about it is my students can’t wait to come to class. That excitement is there, because they know it is not a lecture. It is not something to sit there and be stagnant. It is dynamic.”

She’s enjoyed learning about Judaism, listening to various rabbis discuss the Torah and learning a few words of Hebrew along the way. “I can say sheket (“quiet”) and metzuyan (“excellent”),” she said proudly. “I never felt that I was not included.”

She’s also enjoyed the mixed backgrounds of Kadimah’s students, especially when there was an influx of Russian families, with whom she had some common experiences. Born in Krakow, Poland, Martinick came to the United States in the late 1960s with her family to rejoin her grandfather, who had emigrated to America earlier after serving in the Polish army and learning nine languages.

The family settled in Buffalo, where she grew up and later graduated from Buffalo State College with both bachelor’s and master’s degrees in education.

She started her career at the young age of 20, teaching first grade for three weeks before deciding it wasn’t for her. She then tried seventh grade and then high school, before concluding she preferred middle school. “I loved how those kids think and act,” she said. “I so enjoy teaching that age group. You either love them or you hate them, nothing in between.”

She worked temporarily in the Sweet Home Central School District and then taught at St. Bonaventure School, a Kindergarten-through-eighth-grade private Catholic parish school in West Seneca, before leaving to have a baby.

She didn’t want to return to teaching until her friend, former Kadimah teacher Bonnie Zotara, called to ask her to sub.

That was 1986. “I planned on staying one day, and here I am 31 years later,” Martinick said.

And now, as she moves on to a new challenge, she still has no regrets about what she calls “a true family” that supports its students and teachers, provides an “outstanding education,” and helps its students reach levels that “they would never have been able to accomplish in any other school.”

“My career at Kadimah has been absolutely wonderful,” she said. “Kadimah was not a job. At the end of the day, there’s something special about Kadimah, and no one can take that away.”

For more information, visit: www.kadimah.org. To make a contribution by phone, please contact Marci Wiseman, Director of Community Engagement and Relations at 716-836-6903 or marci.wiseman@kadimah.org



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JEWISH GENEALOGICAL SOCIETY OF BUFFALO

*By Kathi Freudenheim,
President, Jewish Genealogical
Society of Buffalo*

On Sunday, September 11, 2016 the Jewish Genealogical Society of Buffalo (JGSB) celebrated its 30th anniversary with a brunch at Milos Restaurant on Main Street in Williamsville. A scrapbook with photos of events and past members was available for viewing, which generated much reminiscing. This genealogical society has had many activities over the past 30 years. Since its inception in 1986, the mission of the JGSB has been to teach others how to pursue their own genealogical research and how to preserve the information that they find.



Carol Schmeidler and Daniel Kester

Also in September, a “library research day” was held at Ferne Mittleman’s home. Looking in “A Dictionary of Jewish Surnames from the Russian Empire” by Alexander Beider, I was able to find some different towns to continue my family surnames research. Other materials produced some “new” historical facts about my Braude family.

- The JGSB is planning several upcoming events. Our Spring 2016 workshop, “How to Start Building Your Family Tree” that was offered to Hadassah members was quite effective in teaching participants the skills needed to begin their internet database searches. We



Shiri and Gunilla Kester

are planning to present another similar free two-part workshop in the Spring of 2017. More details will be announced in coming months.

- If there is community interest, we will conduct a workshop on continuing research methods and guidance. The presentations are open to all levels of genealogical experience; beginners through more advanced researchers. For more information you may contact: jewishgenbuffalo@gmail.com.
- Check out Family Tree Magazine’s 75 Best State Genealogy Websites in 2016. All sites-archives and libraries are free access. See: <http://www.familytreemagazine.com/article/75-best-state-genealogy-websites>.
- The New York Historical Society has a new exhibit: The First Jewish Americans-Freedom and Culture in the New World, October 28, 2016-February 26, 2017. Jews have been part of the American story since before the American Revolution. If you are visiting New York City and want to see the exhibit, it is located at 170 Central Park West at Richard Gilder Way (77th Street). See: <http://www.nyhistory.org/exhibitions/first->



Barry Schonfeld and Renata Lefcourt



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jewish-americans-freedom-and-culture-new-world.

- Brooke Schreier Ganz, the founder of Reclaim The Records reports that the *List of Registered Voters for New York City for 1924* is posted on its website. This list is broken

up by the five boroughs (counties), then by Assembly District (A.D.) within the borough. See: https://www.reclaimtherecords.org/records-request/8/?mc_cid=2af2a58d17&mc_eid=5de0e7ab5b. If you see a relative’s name on this list, you can request a copy of their original voter registration form. These original files have a lot of genealogical information in them. They will tell you **the exact court name and the exact date on which aliens were naturalized** (you had to be a citizen to be able to vote).

- The JGSB is actively involved in JOWBR’s (Jewish Online Worldwide Burial Registry) mission to document the graves of all Jews around the world. We have volunteers that photograph Jewish graves in local cemeteries and then put the information from the photographs into a spreadsheet, and send the spreadsheet and photos to JOWBR. We are always looking for interested parties to assist us in taking photos at the cemeteries (from April through October, when there is no inclement weather), and to enter gravestone data into spreadsheets.

We invite you to contact the JGSB at jewishgenbuffalo@gmail.com to volunteer for our JOWBR project, for assistance or for information on membership.



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Former Refugee Youth perform *Fiddler on the Roof*

**AT THE MAXINE AND
ROBERT SELLER THEATRE,
WEDNESDAY,
JANUARY 18, 2017**

A production of the musical *Fiddler on the Roof*, performed by Our Lady of Hope Youth Choir, will take place in the Maxine and Robert Seller Theatre at the Jewish Community Center on Wednesday, January 18, 6:30 p.m.

The performance is directed by The Our Lady of Hope Youth Choir director Jennifer Serniuk, a PhD graduate student in Educational Culture, Policy, and Society at the University at Buffalo, who began working with congregants five years ago. "We began with only 10 children and that group has since grown to more than 25 with youth ranging from third grade up to freshman year in college. The choir sings regularly at Sunday mass, community functions, and recently at the Cathedral for Bishop Malone and the Christmas Mass during Catholic Holy Week," says Serniuk. "The ensemble is entirely made up of former refugee youth hailing from both camps and protracted urban settings. The ethnicities of the youth include Karen and Karenni from Burma and youth from Burundi, Togo, and Rwanda."



Singing "Tradition"

Fiddler on the Roof will be the choir's third musical endeavor following successful productions of *Once on This Island* and *Godspell*. "Most of these students are not offered musical theater in their public schools, so this has been a fantastic opportunity for our youth to learn more about performance art and specifically about other cultures," says Serniuk. "With the assistance of Mrs. Judith Olin we all have learned a great deal about Jewish history, culture, and most importantly about a different and strong faith community. We are excited to present this work to students at the High School for Jewish Studies and members of the community at the



Former Refugee Youth perform *Fiddler on the Roof* at the Maxine and Robert Seller Theatre, Wednesday, December 14, 2016.

Jewish Community Center."

The performance of *Fiddler on the Roof* is a free community event and will take place in the Maxine and Robert Seller Theatre, home of the Jewish Repertory Theatre, located in the JCC at 2640 North Forest Road in Amherst, NY. For more information, contact 716-204-2255.

KADIMAH STUDENTS' MITZVAH PROJECT BENEFITS JEWISH FEDERATION APARTMENTS

Eighth graders, Maya and Jonah Slabodkin, recently became B'nai Mitzvah at Temple Beth Tzedek. As part of their preparation, they chose to do a Mitzvah Project which would benefit the Jewish Federation Apartments, where their grandmother, Sandra Kurtzman, is a tenant. Maya and Jonah requested that their guests donate a gently used DVD. They collected over 100 movies which they then donated to the Jewish Federation Apartments. The Jewish Federation Apartments has a new movie room, where the tenants enjoy watching television and movies on a large screen. Activities Director, Rhonda Wise organized a special program where Maya and Jonah presented the movies to the tenants and explained



Kadimah students, Maya and Jonah Slabodkin with their grandmother, Sandra Kurtzman

what a mitzvah project is and spoke about their B'nai Mitzvah. The tenants are so grateful for this generous gift and feel very lucky that Maya and Jonah chose them for their Mitzvah Project.

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Commemoration of Kristallnacht 2016: Buffalo Premiere of “The Mitzvah Project”

By Mara Koven-Gelman

The Holocaust Resource Center of Buffalo and Jewish Community Center of Greater Buffalo Cultural Arts Program presented *The Mitzvah Project* commemorating the 78th anniversary of Kristallnacht, “Night of the Broken Glass” to a capacity theatre November 9th, at the Maxine and Robert Seller Theatre, JCC of Greater Buffalo.

The Buffalo premiere of this original one-man drama revealed the shocking true story of German soldiers known as “mischlinge” – the derogatory term the Nazis used to characterize Jews who were descended from one or two Jewish grandparents.

Actor and second generation Holocaust Survivor Roger Grunwald brought three characters to life in *The Mitzvah Project*: Christoph, “the mischling” soldier; Schmuel, a Polish Jew from Bialystok, and The Chorus, a Groucho Marx-esque comedian/philosopher who interjected



Vera and Nick Leibovic and Roger Grunwald

edgy commentary probing the boundary between the absurd and the horrific.

A special reception for Holocaust



Nurit Fischer-Shemer



Roger Grunwald, Nurit Fischer-Shemer and Mara Koven-Gelman.

Survivors and second and third generation family member survivors followed the performance. Many Survivors spoke about the importance of teaching lessons of the Holocaust in light of worldwide refugee crisis. Nurit Fischer-Shemer was the chair of the event.

This unique program was made possible with a Jewish Program Venture Fund, generously underwritten by the Jewish Federation of Buffalo.



Roger Grunwald, Herman Stone and Nurit Fischer Shemer

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*By Dr. Timothy Redmond,
New Generations Staff
and lead coordinator
of Teacher Conference*

On November 14, almost 100 educators from Western New York attended the 2016 Holocaust Resource Center of Buffalo's annual conference for educators, **Truth Will Prevail: Debunking Holocaust Denial in the Classroom**. The keynote speaker at this year's conference was Dr. Michael Shermer, author of *Denying History: Who Says the Holocaust Never Happened and Why Do They Say It?* He provided teachers with the information and critical thinking skills necessary to debunk the arguments made by Holocaust deniers.



Survivor Stephan Lewy speaking with teachers



Emma Eddy and Survivor Mark Solarz



A view of the Teachers' Conference

In addition, the attendees heard from seven local Holocaust Survivors and local educators on topics ranging from the Armenian genocide, human rights abuses in Indonesia, media literacy, the Nuremberg trials, and the use of memoir as evidence. Over 80% of attendees completed the evaluation, many stating their gratitude at participating in a conference that gave them tools to confront Holocaust denial

and encourage critical thinking in their students.

One teacher summed up highlights of the day, "It provided the urgency of teaching our students to be upstanders and to share the stories of Holocaust Survivors. Also, the conference underscored that we need to help students understand the dangers of hate speech and the consequences of this throughout our history." The event was also sponsored by ERIE BOCES 1 and 2.



Attendees with Survivor Bernie Redlich



Conference attendees with Survivor Sophia Veffler (seated, center)



Left: Learning at the Teacher's Conference; right: Lori Raybold teaching at the conference



Teachers with speakers Emma Eddy, Mark Solarz, and Reed Taylor



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JFS LEADERSHIP OUTLOOK FOR 2017: SUPPORT THE FRAIL AND ELDERLY, INCREASE INTER-AGENCY COLLABORATION

Collaboration, cooperation and re-connection are Jewish Family Service of Buffalo & Erie County priorities this year according to JFS board chair Blaine Schwartz, Esq. “When I was a kid, the Jewish community was very familiar with Jewish Family Service, mostly because of the mental health and vocational services it provided. As we’ve become a social services provider to the greater community with an emphasis on the Jewish community, I think knowledge of the programs and how we service the Jewish community has slipped,” he says.

Installed at the JFS annual meeting in June 2016 after serving for two and a half years as a board member, Schwartz also is vice president of the board of the Bureau of Jewish Education and the Jewish Federation of Greater Buffalo, and served for many years as president of Temple Beth-Am.

“I think it’s important for us now to reach out and cooperate with organizations such as Weinberg Campus, the Jewish Federation, Jewish Community Center and Holocaust Resource Center in developing and expanding and promoting programs that benefit the Jewish community as a whole,” he continues. “Through cooperation with these agencies and outreach activities we’ll be able to inform the community as to what we do and promote the services we provide.”

Although the JFS refugee resettlement program is now acknowledged as the fourth largest resettlement agency sponsored through HIAS (Hebrew Immigrant Aid Society) in the US, the scope of its future is unclear, Schwartz



says. Moving forward, he wants the agency to turn immediate attention to expanding the delivery of comprehensive support for the frail and elderly. With Weinberg Campus going through a transition, he explains, it’s going to be important for other Jewish agencies to pick up the slack.

“Jewish Family Service is extremely well positioned to do that because we are already providing services to the frail and elderly, especially the Holocaust Survivors in Western New York. It’s important that we be in a position to grow those programs. We are working closely with Weinberg Campus to ensure there is a continuum of services,” Schwartz says.

JFS president and CEO Marlene Schillinger says part of this objective is to provide support and connections that help Jewish elders stay in their own home in their own community for as long as possible. “It’s called aging in place... a continuation of what JFS has done for years. This includes the work that we’re now doing with ‘health homes’ where we provide care management and work with the primary physician and other specialists to keep the person healthy,” she explains. “This also includes kids and adults as well as seniors. It’s about integrating social, emotional and physical care, because that makes up the whole person and you can’t have one without the other.”

Both Schwartz and Schillinger say also the agency will do more to de-stigmatize and promote the accessibility of mental health care to the Jewish community: Jewish Family Service has been providing New York State-licensed mental and behavioral health counseling and treatment since the 1950s.

“One in five adults has a mental health challenge, and seniors have one of the highest suicide rates. As people live longer and lose their companions and significant others and income, I think people see it as a way out, which is really unfortunate,” Schillinger says, adding that JFS delivers home-based counseling for seniors,

which is critical.

Part of the de-stigmatization process -- and re-positioning the perspective and delivery of mental health services to the Jewish community -- will be changing the language associated with seeking help, she adds. “For example, we have a mental wellness program instead of a clinic,” she says. JFS must look “three, five and 10 years down the road” to determine how best to serve the Jewish community for which the agency was founded, Schwartz advises.

And Schillinger says the agency will focus on long-term -- rather than episodic, commitment to providing care coordination, counseling and connections to social services support. “In the past, the community, the non-Jewish and Jewish community tried to take care of the episode, whether it was providing food or shelter or mental health care. Now we recognize there is a bigger picture and that a team based approach is the best way to provide support across a person’s life span,” she says. Schwartz says the agency is ultimately positioning itself to respond appropriately to the changing demographics of the Western New York Jewish community.

“It’s smaller than it was 20 years ago, but as the population ages the need for services grows,” he explains. “I think it’s more important than ever for Jewish agencies to collaborate so that we don’t compete with one another in providing the same services. At the same time I think it’s important that there be an agency that centralizes the providing of social services to the Jewish community. And I think that Jewish Family Service is perfectly positioned to take on that role.”

Jewish Family Service of Buffalo & Erie County is located at 70 Barker Street. For more information call 716-883-1914, email generalinfo@jfsbuffalo.org or visit www.jfsbuffalo.org Join us on Facebook at “jfsbuffalo.”

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Special to the Jewish Journal from Mark Hetfield, President and CEO, HIAS

Syrian refugees, the Jewish Family Service of Buffalo and HIAS

For over a century, HIAS has been the American Jewish community's global refugee agency. HIAS' fourth largest partner in the United States is the Jewish Family Service (JFS) of Buffalo, which welcomes refugees of all faiths and ethnicities to the Buffalo area and, in 2017, to Niagara Falls as well. HIAS' partnership with JFS Buffalo is to help these refugees succeed on their journey to become new Americans.

I was in Buffalo on November 22, on the occasion of the visit of Samantha Power, U.S. Ambassador to the UN. Members of the Buffalo JFS team and I joined Ambassador Power in her meeting with Syrian refugee families resettled by JFS. The head of one of those families, Mohamed, is here with his wife and 24 year old son. In 2013, their pregnant daughter Mona (24 at the time) was shot dead — in the head and the abdomen — by a sniper in al-Hota, near the family's home. The family then fled to Lebanon and were brought to Buffalo by HIAS and JFS in August, though they miss terribly their other son, daughter-in-law and young grandchildren, who are still awaiting an interview for resettlement. Ambassador Power and I promised to look into son's case.

It was very powerful to hear this Syrian refugee



Drawing made by Mohamed, a Syrian refugee



Mark Hetfield, Nancy Nathan, Juliana Teibel and Ilene Fleischmann in Buffalo



Marlene Schillinger, Blaine Schwartz, HIAS CEO Mark Hetfield and HIAS Marketing Director Bill Swersey

family speak about how "Jewish Family" helped them. Mohamed made a beautiful drawing expressing his gratitude to Jewish Family Service and the United States, which contained the word for "Thank you" in Arabic surrounding a Star of David. Ambassador Power said "We don't often enough see

a Jewish star embedded in Arabic letters. This is very meaningful." He responded, "Religion is how we treat one another. No matter what religions we are, if you treat me well, I will respect you." The drawing and spirit represents what HIAS, and JFS Buffalo, are all about. For many years HIAS and JFS helped refugees because they were Jewish. Today, HIAS and JFS help refugees because we are Jewish.



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YAD B'YAD UPDATE

By Cindi Mikulik, Yad B'Yad Director



Just before Rosh Hashanah, I returned to Buffalo to take the position of Director of Yad B'Yad. Since then, it has been a flurry of activity – meeting everyone in the Bureau of Jewish Education, the Yad B'Yad Committee members, and above all, the Yad B'Yad program participants. Being here and working with Yad B'Yad is a privilege. I leave every program feeling inspired and looking forward to the next.

My first gathering was with the women of Maple Home for our monthly Miriam's Well program. (Maple Home is group living for adult Jewish Women with special needs). I was welcomed warmly into their beautiful home. Together with family members, we learned about Sukkot. Rabbi Alex Lazarus-Klein brought a lulav and etrog for all of us to shake and we decorated sukkah pictures. At the next gathering, I gave a musical lesson on the story of creation. Everyone listened to the creation story, and then joined in creation songs and games.

The Buffalo Aspies group has also been meeting. The Buffalo Aspies group is for high functioning adults (18+) with Aspergers. We took time to get to know each other and focus on getting through all of the fall holidays. It was a lot of fun to meet the participants and learn about them and their interests.

Yad B'Yad programming in December

included a Shabbat dinner with the students of University of Buffalo Hillel, and a holiday gift shopping trip to the Galleria Mall. Yad B'Yad participants are looking forward to volunteering for Super Sunday at the end of January.

In addition to working on lots of upcoming programs, we are hard at work on our annual Fashion Show. This is a beautiful, fun, uplifting event. Please mark the Fashion Show on your calendar: May 7, 2017 at 11:30 A.M. at the Park Country Club. More information will be available as we get closer.

Yad B'Yad (*Hebrew for Hand in Hand*) provides outreach, advocacy and program support that assists people with disabilities to achieve full participation in the Jewish and Buffalo communities. Our goal is to enrich the spiritual and communal lives of individuals with and without disabilities by expanding friendships, sharing mutual talents, and fostering an appreciation of individual differences. Yad B'Yad participants represent all races and faiths. Everyone is welcome!

If you have any questions about Yad B'Yad programs or if you, or someone you know, would like to get involved as a participant or volunteer, please contact: Cindi Mikulik, Director at 716 204 5380, or yadbyad@bjebuffalo.org. Visit the Yad B'Yad website at: www.yadbyad.org.

Happenings at Hebrew High

By Melissa Schreiber,
Assistant Principal, Hebrew High



Zach Wexler, Brooke Kingsley, Noah Block, Maddie Overhoff, Emma Isenberg, Bradley Kantor, Saul Myers

The school year is flying by and Hebrew High is beginning session 3 on January 4, 2017. Hebrew High meets on Wednesdays at 6:30 PM at the JCC and offers students the opportunity to explore new classes and teachers while making friends and special memories. Hebrew High is a supplemental program for teens in grades 8 through 12, regardless of affiliation.

This year at Hebrew High, there is a new energy filled by the 8th grade class, because they make up the largest grade and are very enthusiastic about being at Hebrew High together. Every week they arrive early and gather at the café to schmooze and catch up with one another. When Hebrew High starts, it

is hard from them to separate to their own classes, and when there is break, they again gather to talk and laugh with one another. They are learning from the upper classmen on what it means to be Jewish today, and the great classes they have to look forward to as they progress through the program. We are thrilled to have so many new faces at Hebrew High and can't wait to see them grow and develop into leaders in our Jewish community.

There is still room to register for Hebrew High for sessions 3 and 4 (which begins on March 8). For more info, visit www.bjebuffalo.org/hebrewhigh or contact Melissa at 716-204-5380 or melissa@bjebuffalo.org.



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Ahava Raba at the North Park

The Vibrant Musical group Ahava Raba came to Buffalo for a concert this fall. This group that features Cantor Yaakov 'Yanky' Lemmer, trumpeter Frank London and clarinetist Michael Winograd. Ahava Raba has been touring Europe, Israel and performing at various Jewish Culture festivals including the highly proclaimed Krakow Jewish Culture Festival. It was presented by Congregation Beth Abraham, Congregation Shir Shalom, Jewish Discovery Center, Kadimah Academy, Kehillat Ohr Tzion, Saranac Synagogue, Temple Beth Tzedek, Temple Beth Zion, and the Buffalo Jewish Federation, with Cantor Penny Myers at the helm of the organization effort.



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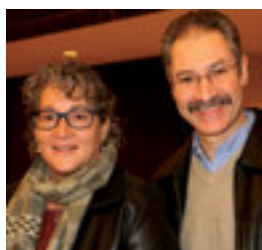
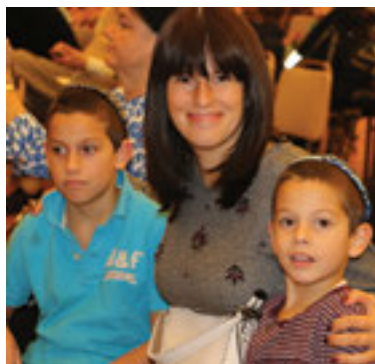
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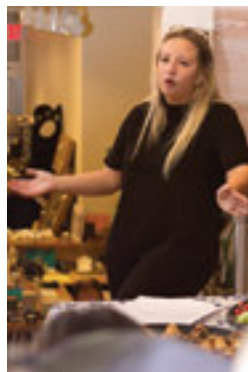
Musical Memorial Tribute Commemorating the 5th Yahrtzeit of Joan Ellis Shatkin

On Sunday, December 4th, 2016, The TELL Fund (Torah Experience for Life-Long Learning - a fund with the Foundation for Jewish Philanthropies) sponsored a memorial event in memory of Joan Ellis Shatkin, ob”m, in the Joseph L. Fink Auditorium of Temple Beth Zion. “Klezmer, Classics & Jazz,” was well attended by various strata of the Buffalo Jewish community. The artist, Mikhoel Pais, inspired and delighted his audience with a virtuosic performance of a variety of classical, popular and Jewish compositions spanning from Beethoven to Tchaikovsky, Debussy, Gershwin, and more.



Nickel City Jews- Making it in Buffalo

Nickel City Jews gathered at the end of November to hear Kilby Bronstein of Half & Half talk about doing business in Buffalo.



Foundation for Jewish Philanthropies Annual Meeting @ Burchfield Penney



Stephanie Desmon with her parents, Endowment Leadership Award Winners Janet & David Desmon at the FJP Award ceremony at the Burchfield Penney Art Center in October



Shelly Drake, Jim & Joanne Biltekoff, Ken Drake



Ellen Weiss, Lynn Catalano, Julie Kianof Fink, Cantor Penny Myers, Lana Benatovich and Ilene Fleichmann



Shira & Rob Goldberg, Jim Biltekoff



Alan Carrel and Jonathan Schechter



Ginny & Rabbi Jonathan Freirich



(Standing) Sue Carrel, Michele Wolffe, JoAnne Nover, Bette Davidson, Susan DeWald, Bonnie Clement. (Seated) Allen & Dana Lewis



Stephanie Desmon, Ellen and Gene Warner



FJP President Ray Fink offering the annual report



FJP Director Peter Fleischmann, President Ray Fink and Award Winners Janet & David Desmon



David Desmon thanking the group for the award



(Standing) Mitch Steinhorn, Suzanne & Dr. Rubi Levy. (Seated) Sylvia Weiss & Joseph Sterman



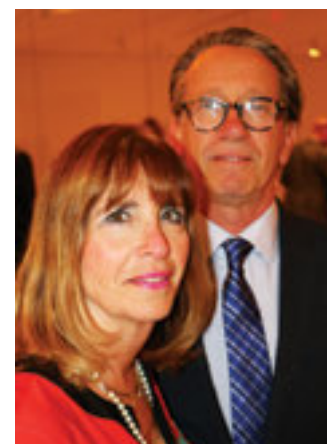
Linda & Jim Steinhorn



Dr. Kevin & Rise' Kulick, Janet & David Desmon



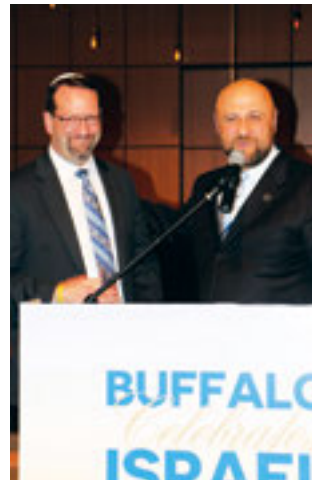
Richard & Ethel Melzer, Gordon R. Gross



Carin and Gary Greenfield

Buffalo Celebrates Israel

Eagles' Wings, the national Evangelical Christian Organization headquartered in Western New York and led by Bishop Robert Stearns, held its Buffalo Celebrates Israel event in November at the Tabernacle in Orchard Park. Consul General Dani Dayan of the Israeli Consulate in New York was the featured speaker. Many community members were also in attendance for this joyous event.



Jewish Federation's Education Series



Rabbi Alex Lazarus-Klein remembers the late Israeli hero Shimon Peres



Political Scientist Ralph Nurnberger spoke about the Presidential elections



Dr. Sol Messinger, Robert Altman, Ralph Nurnberger and Mitch Steinhorn at the first event in October



Joanne Marquisee, Dr. Nurnberger, Mitch Steinhorn and Campaign Director Randi Morkisz



Speaker Amy Hirshberg Lederman and Sam Golden



Jeffrey Katz, Federation CEO Rob Goldberg and Judith Katz



Campaign Chair Leslie Kramer, Mara Koven-Gelman, Event Chair Dr. Irwin Gelman and Amy Shuman



Dr. Petet Ostrow and Dr. Len Katz



Israeli Consulate diplomat Galit Peleg



Ms. Peleg, Leslie Kramer and Dr. Irwin Gelman,

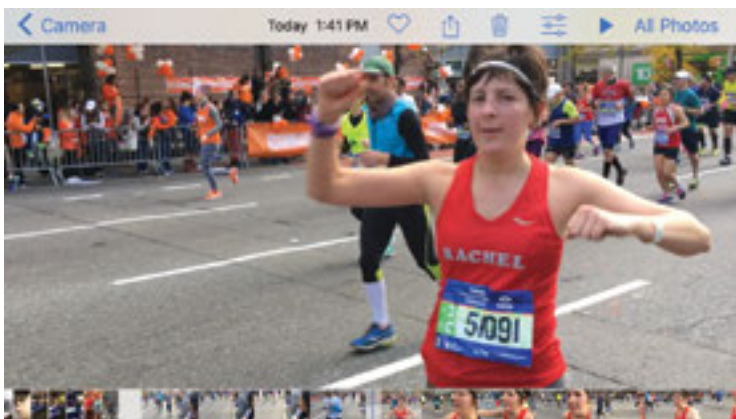


Ms. Peleg and JFS President Blaine Schwartz



Shelley Hirshberg, Jacob Hirshberg, Amy Hirshberg Lederman and Jeff Hirshberg

Turkey Trot and NYC Runners



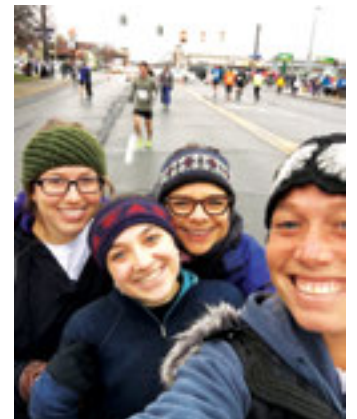
Rachel Kravitz McPhee in the NYC Marathon



Rachel Kravitz McPhee in NYC at the marathon standing near the Israeli flag



TBZ Turkey Trot Runner include Rabbi Jonathan Freirich, Cantor Penny Myers, Dr. Bennett Myers and members of the Myers family and friends



We are Family: Turkey Trotters Gabby Harkavy, Leah Kramer, Leslie Shuman Kramer, Annie Harkavy

The Roller Coaster of Being Type 1 Diabetic

By Kayla Yellen

By I was diagnosed with type 1 diabetes when I was ten years old, and I'm not going to lie—most of my tears shed that day in the doctor's office came from the thought of never being allowed to eat Reese's peanut butter cups again! (This thought is still truly terrifying.)

Although I quickly learned that my fear was unfounded, the diagnosis did force me to grow up very fast. I could not eat so much as a carrot without calculating how many grams of carbs it contained to make sure I gave myself the right amount of insulin.

For about six months I used insulin injections to control my blood sugar, which forced me to plan out all my meals in advance. I remember going to birthday parties and not being able to eat cake because I had already used all my insulin for the afternoon on other food. It may not seem like a big deal today (well, maybe it does, because who doesn't love cake), but as a newly diagnosed fourth grader it would leave me in tears. All I wanted was to be carefree and not to have to manage every aspect of my food and activity. I began to feel left out and excluded in any social situation involving food.

As soon as I could, I switched to an insulin pump—because, well, just like any other shot you get at the doctor's office, injections are a downer. (Don't get me wrong, though. Some people do prefer injections because pumps are really intrusive to your body, and it's all about what makes you feel comfortable.)

My pump gives me much greater flexibility, allowing me to feel more in control of when I eat and what I



Kayla Yellen

eat, which is awesome. Let's be honest, we all have those 3 a.m. cravings for pizza, and I am no exception. The only difference between you and me when it comes to food is that my body does not make insulin. If I want to eat something I have to administer insulin manually through my pump, which is a natural bodily process for most people. I have become a pro at looking at an item of food and knowing exactly (or almost exactly) how much insulin to give myself (it's really too bad that's not a talent I can brag about on my resume), but that does not mean that I don't face the challenges that come with this illness.

It's truly the little things that make type 1 so difficult. It's the days when I go for a run on the treadmill only to step off and have my vision blur, feeling like I'm going to pass out from low blood sugar that I did

not feel while I was running. It's the days when I'm stressed out because I have an exam coming up and a paper due, and at the same time I can't get my blood sugar to go down from 300 (normal for me is 120, anything above 350 can be dangerous). It's the nights when I'm exhausted and I fall asleep—only to wake up around 2 a.m. in a cold sweat, shaking and confused, and realize that my blood sugar has dropped dangerously low. It sometimes takes all my energy to reach for the juice boxes that I keep next to me on my nightstand for exactly this purpose (Juicy Juice saves lives). Often, I cannot fall back to sleep.

Worst of all was last year when I ended up in the intensive care unit in the hospital for two days, fighting for my health, because my blood sugar went all the way up to 900 in the course of 10 hours. I still have horrible flashbacks and anxiety about those few days, because when a person's blood sugar goes this high, it's a major health risk and can even be deadly. Because of this experience, it is hard for me not to panic now when my blood sugar goes even a little bit out of range. I sometimes feel so physically and emotionally drained, but these are the times when I have to fight the hardest.

That being said, the reason I have the most difficulty talking about being type 1 diabetic is because of the stigma that comes with it. People often think that I cannot eat sugar, which is not true. It can be very embarrassing for me to have people around me transform into the food police when they eat with me, double-checking if I can eat everything I plan to. If I want to eat

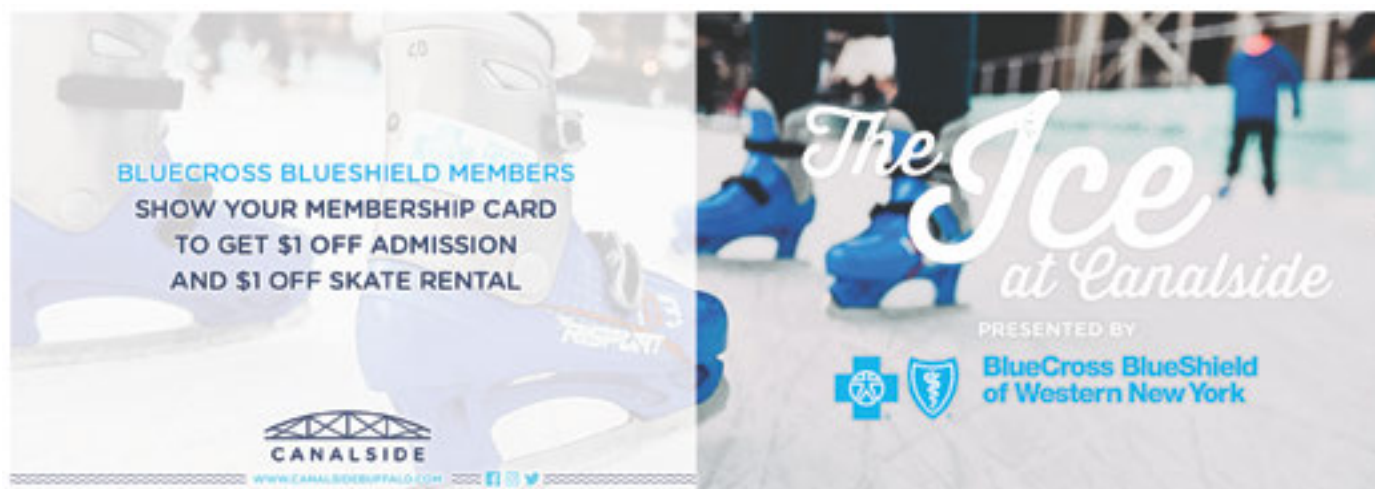
that cupcake, I assure you I can do so.

It also becomes frustrating to explain that I did not do anything to cause this disease. I do not have type 1 because I ate too much sugar. I have this disease because my immune system for some unknown reason viewed my insulin-producing cells as foreign and destroyed them (thanks a lot, body). For this reason, my pancreas does not produce insulin. This is different from type 2 diabetes, which can be classified as insulin resistance and can typically be controlled through diet and exercise. I am certainly not trying to downplay the challenges that come with type 2—both diseases are incredibly difficult—but it's importance to know the difference.

The most damaging part of this stigma, and the reason I often choose not to tell people I am type 1 diabetic, is because people often feel sorry for me when I tell them. They even treat me differently sometimes (and then I feel awkward, and I start rambling). Having a chronic illness, although brutal at times, has only made me stronger and more self-aware than I ever thought I could be. I have also learned to expect the unexpected, which is a valuable life skill. I feel very fortunate that right now type 1 is my biggest challenge. I remember being in the hospital for the first time and seeing cancer patients and children in need of serious organ transplants and surgeries, literally fighting for their lives in hospital beds. It may be difficult sometimes, but I truly feel blessed that I have a disease that allows me to live a normal life, and do everything I want to do.

My goal in writing this article is to educate those who are unaware of what it means to have type 1, and to empower those who have this disease who may be ashamed of it, like I used to be. I believe education is the best way to achieve change, and if you have a question about type 1, just ask! It is much better than making an assumption that may negatively impact a person who faces these challenges every day. Type 1 can be exhausting and awful at times, but it's all part of my adventure and my story. I am proud to finally be in a place where I can share my experience with others.

Kayla Yellen is the daughter of Shelly and Heidi Yellen. Kayla is studying psychology and public health at the University of Rochester. One day, she hopes to be a clinical psychologist who helps people better their lives. This article is reprinted by permission of the author from hubpages.com



News from Mesnekoff Funeral Home

Mesnekoff Funeral Home, Inc. is excited to announce live broadcasting of all funerals, from their chapel via their website, for family and friends who may not be able to attend their loved one's service. If you decide to use this free service, it will be archived on the Mesnekoff.com website for those who choose to view the service at a later date. They are currently updating their facility to specifically accommodate families who wish to have a meal of condolence at the funeral home after the service. As of January 17th, 2017, New York State will be allowing certain food and beverages in funeral homes. Mesnekoff Funeral Home, Inc. is independently owned and operated by Jay Mesnekoff. The Mesnekoff family has served the Jewish Community of Greater Buffalo for 85 years. They have the experience and knowledge to offer compassionate and expert guidance through this most difficult time. Their door is always open for you, regardless of financial means. Jay is currently Vice-President of Kavod-the National Independent Jewish Funeral Directors, which represent Jewish Independent Funeral Homes in The United States and Canada. He also is currently serving on many local Jewish boards here in Buffalo. Mesnekoff Funeral Home prides itself in continually giving back to the Buffalo Jewish Community. The Mesnekoff Family would like to welcome Judy (Rothschild) Rosen as their new Administrative Assistant.

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