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Jewish Observer

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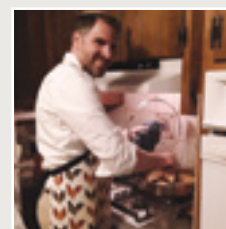
AUGUST 2020 | TAMMUZ-ELUL 5780



JEWS and FOOD



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From the Editor



Barbara Davis

The relationship between Jews and food is very intense. Even meeting God does not seem to deter us from a good meal, as we read in Exodus: "They saw the God of Israel; and there was under His feet the like of a paved work of sapphire stone....and they beheld God, and did eat and drink."

If you Google "Jewish cookbook" you get 4,760,000 results. If you search on Amazon, you get over a thousand purchasing suggestions, some with clever titles like *Shuk and Sababa* or *Eat Something: A Wise Sons Cookbook for Jews Who Like Food and Food Lovers Who Like Jews*. There are Jewish cookbooks for paleo dieters, traditionalists, gourmets, vegetarians, foodies, kids, the gluten-free, food processors and slow cookers, Southern belles, princesses, internationalists, low-fat dieters, kosher carnivores, Jewish-Americans, Italian Jewish-Americans, people who like Israeli food and those who love delicatessen. There's a literary cookbook of Jewish fairy tale feasts, a Jewish Food Hero Cookbook and an Easy Way Out Passover cookbook. There's a Jewish vegan cookbook and another entitled *The 100 Most Jewish Foods: A Highly Debatable List*. There's even a Book of Schmaltz.

Gil Marks' 656-page *Encyclopedia of Jewish Food* provides a fascinating measure of the depth and breadth of Jewish food. So does this month's *Jewish Observer*. You will read about rabbis who cook, Jews who bake and a Jewish writer who collects local recipes for posterity. There are articles about a Jewish garden, a unique food store and a unique restaurant owned by members of our community. We hope you will enjoy this issue and will, in the words of my grandmother, *ess gesundheit* – eat in good health.

But in today's world, we cannot discuss food without also considering its corollary: food insufficiency. When the food pantry at Temple Concord closed due to the pandemic, one significant source of food for those who need it was cut off. Federation created the Matan b'Seter/Giving in Secret food cabinet at Menorah Park as an alternative resource for a group of people whose nutritional needs are jeopardized by the coronavirus: health care aides. These heroic workers face many challenges on their jobs, not the least of which is paying both bills and food costs. The community food cabinet provides non-perishable staples like canned fruits and vegetables, pasta and grains, canned sauces, meats, tuna and peanut butter for the hardworking aides and their families. We also stock it with detergent and soap, as they always have to wash their clothes the minute they get home from work.

The cabinet is stocked anonymously and people take what they need when they need it. As members of the Jewish community, we have an obligation to help those in need. We also have an obligation to express our gratitude to those who, quite literally, put their lives on the line to serve the most vulnerable in our community in the midst of a pandemic. Please help. Share some of your groceries with people who may not have the time, money or transportation to get to Wegman's when they get off a shift. Let's show them that the Jewish community cares and appreciates them. The pantry is located on the circle near the entrance to Menorah Park. Please drive up, put on your mask and put some groceries in the cabinet. Food is meant to be shared.

D'var Torah

Speaking Holy-Eating Holy by Rabbi Irvin S. Beigel

An entire TV channel is dedicated to food. The government is charged with assuring that food sold to us is safe and unadulterated. Responsible parents are careful that their children do not subsist only on candy. Newspapers employ food critics to review restaurants. The theme of this *Jewish Observer* is "Jews and Food." It would seem that what we eat is a matter of significant concern to a lot of people, including a lot of Jews. So I am perplexed when I hear someone say with authority and conviction that "it is not what goes into your mouth that matters, but what comes out of your mouth." Put aside the fact that this statement is a paraphrase of a verse in the Christian Bible. Jews who say this are usually rationalizing their non-observance of kashrut. The irony is that the same Jews who will say that what goes into your mouth is unimportant will have lengthy conversations about their favorite restaurants.



To be clear, Jewish tradition is very concerned about the words that come out of our mouths. Rabbi Yisrael Meir Kagan (died 1933) wrote a book called *Chafetz Chaim*. It is entirely devoted to speech that is permissible and speech that is forbidden by the Torah and Jewish law. Judaism is also concerned, however, with what we eat at home and away. Spirituality is to be found not on the mountaintop, but in the activities of everyday life. Animals and people need food. People, unlike animals, can use eating as a means to inculcate in ourselves spiritual and ethical values. We live in a time of great turmoil and anxiety. Everything seems to be changing and the future is uncertain. We look for an anchor, a mooring in something that is enduring and meaningful. Judaism provides that mooring. Contrary to popular misconception, the Torah nowhere mentions health or hygiene as a reason for keeping kosher. It does mention holiness, a concept incorporating the values of self-discipline and compassion.

Let us look more closely at what the dietary laws teach us. First, there is connection to other Jews. When we observe kashrut, we strengthen the bonds that tie Jews together. When we keep kosher, we are being inclusive because we make it possible for every Jew to eat with us, and we are putting Jewish hospitality into practice.

Secondly, kashrut teaches respect for all life and for all of God's creation. There are living things forbidden to us for food. Animals that we are permitted to eat must be slaughtered in accordance with Jewish laws that assure minimal stress and no pain. Professor Temple Grandin, a noted scientist and animal rights activist, has demonstrated that kosher slaughter is humane slaughter. We are taught to care about the pain of an animal and, how much more so, of human beings.

We are required to drain blood from an animal before preparing it to eat. Blood is life, and we must not partake of it. Meat and milk are not eaten together. Milk sustains life, and meat has come from a slaughtered animal.

Every time we eat, wherever we are, we are reminded that we are part of a holy people, that all of God's creation must be seen as holy and not be treated carelessly. In a world in which both animal life and human life are too often treated cavalierly, the lessons of kashrut are critical to building a more caring, just and holy world. When we commit to the observance of kashrut, we can teach these lessons to the world.

Rabbi Irvin S. Beigel, a member of Shaarei Torah (STOCS), serves as InterFaith Works Jewish chaplain at Crouse Hospital and Hutchings Psychiatric Center, as well as Jewish chaplain at Loretto and associate chaplain at Upstate University Hospital.

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Neil Rosenbaum

Board Chair



Our world has changed so dramatically in the last two months. We at Federation are doing everything we can to help mitigate the negative impact of the pandemic across our Jewish community. An unprecedented crisis demands an unprecedented response. In this time of extraordinary uncertainty, we're on the front lines, with our partners, serving those who are counting on us most.

The Federation Board recently allocated \$50,000 to Menorah Park to help them buy additional personal protective equipment for staff. Federation had already provided them with \$7,500 for emergency needs for similar equipment. In addition, we are working with

local Jewish agencies and members of our community to help provide:

- *Meals and groceries for the elderly who are sheltering in place*
- *Mental health and physical wellness support*
- *A well-stocked food pantry for health care workers in need of food*
- *Interest-free loans for small businesses and families*
- *Protective clothing and supplies for community members*

Online learning for students in quarantine

Federation put solicitation of campaign donations on hold at the start of the pandemic, out of respect for those who felt uncomfortable about asking for money—and in an effort not to intrude on the lives of our supporters. But meeting the growing financial demands of the Jewish organizations that depend on us in the weeks and months ahead will take the generosity of all of us. Our campaign supports our community and that support is needed now more than ever.

Please consider a meaningful gift to the 2020 Campaign for Jewish Life. Just go to www.jewishfederationcny.org and click the Donate button, or contact Colleen Baker at cbaker@jewishfederationcny.org. You can make a real difference when it matters most. We hope to hear from you soon.

Thank you to all our supporters. Our thoughts are with all Central New Yorkers as we pray for your continued good health and safety.

Message from Campaign Chair Neil Rube

Hello friends and neighbors! I pen this note as the sun sets on my two-year stint as Federation campaign chair. It has been a privilege to serve our community the past two years. Helping raise funds that are put to such good and necessary uses made it easy to solicit contributions and generate enthusiasm among others. I'm proud of the campaign results we have achieved. This year's campaign will likely top \$1.15 million which, while short of our goal, is a very respectable result in light of the coronavirus pandemic, struggling economy, and societal upheaval all happening at once.

I would like to thank several people for the support I enjoyed these many months. Federation president Mike Balanoff provided constant confidence, partnership and teamwork. I appreciate that I was always able to call on Federation's dedicated staff for organizational help, especially Colleen Baker and her spreadsheet wizardry. Board chair Ellen Weinstein freely shared her strategy insights. I'm also grateful to everyone who took a call, responded to an email, made a pledge and gave me an "attaboy" along the way. Special thanks go to the members of the



Campaign Cabinet: Dr. Rob Fechtner, Andy Fox, Seth Goldberg, Alyse Holstein, Louis Orbach, Debbie Rosenbaum, Bruce Smith and Dr. Jeff Stein. These dedicated friends helped craft the messaging and tempo of the campaigns, always had their sleeves rolled up and, most importantly, said "yes" when I asked them to join me. I am indebted to them for their vote of confidence in me and for their selfless efforts to make our campaigns a success.

Michael Balanoff

President/CEO



Last month, I challenged you to think about what it means when we put the word "Jewish" in front of our name. This month, I want to raise another question.

We know that Jewish families are not meant to live in isolation. To pray as Jews requires a minyan. To live a full Jewish life requires engagement with other Jews, a Jewish community. In Central New York, we have a Jewish Community Center, a Jewish Community Hebrew School and a Jewish Community Foundation. So what does it mean when we put the word "community" in our name?

The Forward recently asked twenty rabbis what they foresaw as the future of the Jewish community. Their responses ranged from the very pessimistic to the Pollyannaish, but one thing that was clear was that living Jewishly is a choice, more so today than ever, and it requires strong and affirmative action to inspire Jewish commitment in a generation which has many other "lifestyle" choices.

The Jewish community of the future starts with how we live today, building upon our traditions from the past. Those of us who believe that Jewish community matters, that it has value and purpose and meaning, must invest emotionally, financially and spiritually to inspire the next generation with the passion we feel for Judaism. We must reach out to all "members of the tribe," as we are sometimes called, especially to those we may have ignored, alienated or dismissed for reasons which were never valid before and are meaningless and detrimental today.

The theme of this issue of the *Jewish Observer* is food. Our celebrations frequently center on food – either food we eat, or special foods we only eat at certain times, or days when we abstain from food altogether. But is there even such a thing as "Jewish food"? How many Jews today like *borscht*, gefilte fish, chopped liver, *schav*, *cholent*, *kishka* or *schmaltz*? Are bagels, knishes, kugel, pastrami, lox and falafel Jewish foods? How many of our non-Jewish friends rave about challah, *hamantaschen* and even *matzah* when we bring them out to share?

So what does "community" mean? Do we all have to nosh alike, think alike, vote as a bloc, worship in the same way? It is said we are all descendants of Adam. Can we not be both one people and diverse? In a politicized, divided, complex and disordered world, can we not seek out those things that unify us, that have given meaning to Jewish communities around the world throughout the ages – and make new meaning for our Jewish community in the 21st century?

What does "community" mean to you? When do you feel connected? How can we extend feelings of belonging and connection to all the members of our community – across generations, across backgrounds, across affiliations and non-affiliations? If the coronavirus pandemic has taught us one thing, it is that we miss being with one another; we miss physical contact; we miss gathering together to play, to pray, to sing, to dance, to eat. So when it is over, how will we reconnect Jewishly? How will our community be different and how will it be the same? What is the essence of our community? ***Please share your thoughts with me: mbalanoff@jewishfederationcny.org. It will give me food for thought.***

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Pressing the Reset Button: Epstein School Begins Its *Yovel* (Jubilee Year)

by Aaron Spitzer

1970: America is embroiled in an unending war. Tens of thousands of Americans occupy the streets, demanding an end to systemic oppression. Unarmed American citizens are killed by the police. The president, friendly to Russia, appoints a record number of judges, including conservative jus-

tices to the Supreme Court, altering its ideological makeup for decades. A global pandemic, originating in East Asia, claims hundreds of thousands of lives worldwide.

These are the problems Rabbi Jacob Epstein of Temple Beth El and Rabbi Harvey Goldscheider of Beth Sholom confront-

ed when they launched Syracuse's community Hebrew High School fifty years ago.

Our tradition assigns special distinction to the 50th year, the *yovel* or jubilee year. *Parshat B'Har* (Lev. 25:1-26:2) states: "You shall make the fiftieth year sacred and it shall be a jubilee for you." While our sages may disagree on the observance and interpretations of *yovel*, on this the Torah is clear: The Jubilee year is special, a year set apart, a year to reset.

It is fitting that the Epstein School celebrates *yovel* this year, a year unlike any other in modern memory. How appropriate that this institution, rooted in relationship-building and *tikkun olam*, should observe a year of reset at a time when our nation is confronting its role in the perpetuation of inequality and harm to our planet. How fitting that the Epstein School will observe this moment at *this* moment, when life as we knew it feels unrecognizable, when the ways that we create and maintain relationships, and how we learn and teach, are changing so radically and so rapidly.

Rabbis Epstein and Goldscheider recognized how fundamental post-*b'nai mitzvah* learning, social justice and community-building opportunities were for Jewish teens maturing during the tumultuous 1970s. Fifty years later, that need is just as great. In a community like Central New York, where Jewish students remain a small minority of area high schoolers, the importance of creating a space that welcomes Jewish teens from all backgrounds and traditions equally is self-evident.

Renamed the Rabbi Jacob H. Epstein High School of Jewish Studies after Rabbi Epstein's untimely death in November

1972, Hebrew High persisted because our community recognized the centrality of peer relationships for adolescents in feeling connected to Judaism. Teens who continue their Jewish learning after *b'nai mitzvah* are more likely to remain connected to the Jewish community through adulthood. As has been true since its inception, the Epstein School enjoys broad community support -- from all four synagogues, the Jewish Federation of Central New York, parents and supporters.

At the Epstein School, teens learn in dynamic classes taught by engaging faculty, including Rabbis Fellman, Shore, and Zehavi. They serve as *madrichim* at their home synagogues and the Syracuse Community Hebrew School, earning a stipend through the *Shalshelet* (chain) program. Overwhelmingly, the most popular aspect of Epstein is the break time between classes, when teens spend time with friends they may not see at any other time during the week while consuming vast quantities of snacks. The "Teen Taste of Israel" trips that former director, Cantor Paula Pepperstone, led in 2015, 2017, and 2019 were also enormously popular. We remain cautiously optimistic about the trip planned for February 2021.

This year, the Epstein School will approach learning through the lens of *yovel*. We will intensify our commitment to social justice and explore the meanings of freedom, personal and societal, from multiple Jewish perspectives. We look forward to sharing with the community our alumni's accomplishments, catching up with past directors and faculty, exploring our school's history throughout its five decades, and involving our most important stakeholders, our teens, in charting our course for the next fifty years. We'd love to have the community join us. **To be part of planning activities for the Epstein School's *yovel*, email epsteincny@gmail.com.**



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» SHDS Alumni Profiles

Hughie Stone Fish, SHDS '01

Not many SHDS grads have received Emmy awards for Outstanding Writing and Outstanding Original Song, but Hughie Stone Fish, SHDS '01, is no ordinary day school graduate. His songwriting talents were obvious very early, so it's no surprise that he was recognized this year for a song he co-wrote and rapped on with Jason Alexander for a powerful video history of antisemitism told through cartoons. [<https://www.youtube.com/watch?v=4df3aD8ZfVw&t=1s>]



Hughie graduated from the Berklee College of Music with a degree in songwriting and moved to Los Angeles where he found a home in comedy. He formed the band, Lewberger, which rose to finalist status on NBC's hit comedy competition show, "Bring the Funny." Regrettably, the coronavirus derailed a planned college tour and the group now spends time developing TV show and movie ideas to pitch to networks and production studios, writing songs and making videos for the internet.

Hughie released a solo album last year, perhaps prophetically titled "Look How Quickly Everything's Changing" and he's gearing up for the release of a new musical project called "The Deli." He has stayed involved with his hometown, where he offers comedy training digitally from LA, through a collaboration with Breadcrumbs Productions. His engaging multicultural video "Welcome to Syracuse" can be seen at https://www.youtube.com/watch?v=l9xtXqJxs_8.

"Tikkun Olam remains at the root of a lot of my work," says Hughie, "and I am actively engaged in arts projects that focus around social justice. I have been fortunate to find a Jewish community here in LA through which I have become re-engaged with my faith and my traditions." He is proud to have written the music and lyrics for a musical detailing the history of relations between black people and the police in this country, which played to sold-out audiences

for a year and a half at the Second City in Hollywood. He also co-wrote music and lyrics to a show called Shade: A Colorful Musical Comedy, that takes a deeper look into colorism. "The idea of tikkun olam is powerful for me, and I am engaged in artistic projects looking at the Jewish responsibility to fix the world," Hughie adds.

"Songwriting has always been my way of understanding, shaping, expressing, and sharing my feelings," he explains. "My time in Los Angeles has offered me incredible opportunity to engage with a diversity of people with a multitude of different experiences and beliefs. My strong Jewish upbringing has shaped my perspectives as well. Knowing what I now know about the way our country treats its marginalized people, particularly people of color, has left me with no choice but to engage deeply with these complex issues, and fight for change." Hughie appreciates his day school education. "As I dig more deeply into my Judaic tradition, religion, and culture, I feel grateful to have had such a strong foundation in Jewish thought and practice instilled in me at such a young age."

Opportunities at the Syracuse Community Hebrew School

One of the primary goals of the Syracuse Community Hebrew School is fostering a sense of Jewish community. This is a particular challenge when learning has to move online. The school has an innovative Hebrew education team devoted to developing students in their study of Hebrew, t'filah, and Jewish community. It will continue to meet this year on Wednesdays from 4 to 6 pm and anticipates that it will either operate virtually or with a blended model in the fall with hopes of being in person starting in January. If you love teaching and want to join the innovative Hebrew education team, The Syracuse Community Hebrew School is the place for you. **So, whether you are a parent or a teacher, please contact the school at schs.syracuse@gmail.com to see what wonderful learning opportunities abound there.**



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Connecting through the Arts

by Sonali McIntyre

For so many, Temple Adath Yeshurun has always been *beit tefillah* - a house of prayer, *beit midrash* - a house of study, and *beit kneset* - a house of gathering. However, with the pandemic, the physical building has been closed. Since then, members have connected virtually, through arts programs such as book discussions, visual arts, cooking and poetry. These programs have been offered in addition to group study sessions, prayer services and social programs.

In May and June, Dr. Carol Lipson led several members of the TAY Sisterhood in book discussions. In May, the group discussed *The Only Woman in the Room* by Marie Benedict. It is a powerful novel based on the true story of Hedy Lamarr, a glamour icon and scientist whose groundbreaking invention revolutionized modern communication. June's discussion was *The Third Daughter* by Talia Carner, a powerful story of finding courage in the face of danger and hope in the face of despair.

Mid-June brought an Art Together Program, led by Renée Schuls-Jacobson. She led participants in creating a meaningful piece of visual art based on a word or phrase using a combination of permanent markers, colored pencils, and water-



colors. She encouraged participants to use whatever they had on hand, even markers, pens or crayons. Renée said, "It is possible to make beautiful art with the most simple supplies."

Rabbi Zehavi has offered a number of arts programs including cooking and poetry. For his Zoom cooking class, *Simmering for Shabbat*, Rabbi made chicken sofrito. Participants could sit back and watch or cook in tandem. Rabbi Zehavi also hosted *An Evening of Jewish Poetry*, where members could share and hear poems by, for and about Jews and Jewish tradition.

The CBS-CS Kitchen: Paragon of Friendship, Learning, Laughter and Good Food

by Joanne Villegas

Today, metal tables and prep areas stand silent. The always-stocked pantry only holds necessities now. Pots, pans and surfaces are scrubbed clean. Cups, saucers and coffee pots wait earnestly for the moment they're brought back to life. The lights may be turned off in one of our favorite rooms of Congregation Beth Sholom-Chevra Shas but like the magical Beast's castle they're waiting for the *Belle* to ring so they can sing "Be Our Guest" once again.

"The Congregation Beth Sholom-Chevra Shas kosher kitchen has been an integral part of the synagogue since the synagogue's founding. A fully-stocked commercial kitchen, the CBS-CS kitchen is a paragon of friendship, learning, laughter and good food. The majority of the meals for synagogue events and religious celebrations were catered by the CBS-CS Sisterhood until January 2019," says Bette Siegel, CBS-CS kitchen manager.

To this day, many of the congregation's meals are prepared in the CBS-CS kitchen. Various synagogue committees including

adult education, youth and *chesed* use it for committee-sponsored activities and meals. In 2019, Jen Strickland was promoted to assistant kitchen manager to run kitchen logistics and lead meal preparation. Sisterhood continues to provide training for people who are unfamiliar with the kitchen.

Marcia Cohen, Sisterhood co-president, adds, "Sisterhood has paid for and supported the kitchen to this day, including all food that is used for *kiddushim* on Saturdays and for the *asefat Shabbat* program. We keep the kitchen stocked with staples and are responsible for paying for repairs." "Kosher caterers who have used the kitchen are always surprised by its equipment, contents and cleanliness," Bette adds.

As the coronavirus pandemic struck Syracuse, CBS-CS's kitchen team used the stocked items in the pantry to provide food for congregants in need, letting nothing go to waste. "Nothing has been determined for post-pandemic events since the synagogue building has been closed due to the pandemic. There will undoubtedly be modifications once the synagogue opens and food is served again," promises Bette Siegel.

Review of *Turtle Boy*

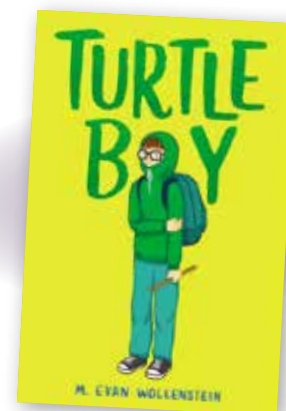
by Zachary Fellman

Turtle Boy, by M. Evan Wolkenstein, is about two friends learning about each other and the world. There were three things in *Turtle Boy* that spoke to me: overcoming one's fears, stepping outside one's comfort zone and realizing that there is beauty in the world. These are important lessons that we need, now more than ever.

Turtle Boy tells the story of Will, a 12-year-old studying for his bar mitzvah. As part of the preparation, Will has to go visit RJ, a 16-year-old with an incurable illness called mitochondrial disease. RJ shows Will his bucket list. Throughout the book, RJ helps Will step outside his comfort zone and experience life to the fullest while Will helps RJ experience life outside the hospital. Will helps RJ realize the beauty of nature while RJ helps Will overcome his fears.

Overcoming one's fears means facing them head on and not being afraid of them. Because Will's dad died in surgery when Will was young, he dislikes hospitals. When told that he will need surgery, Will is less than enthusiastic about the idea. However, as the book progresses, Will grows less and less nervous about hospitals. He learns to overcome his fear of hospitals and many other fears along the way.

Will is trying to save turtles, to the dismay of his teachers and mom. He realizes the beauty of the world and wants to protect nature. He finds a rare species of turtle and when it gets hurt, he tries to help it. Will manages to release all the turtles by the end



of the book, despite some detours.

Throughout *Turtle Boy*, Will has to step outside his comfort zone, doing things he normally wouldn't do, trying something new to see if he might enjoy it. He learns to go outside his bubble and to be more social. He learns that there is more to life than turtles.

I would recommend this book to anyone who wants to read a coming-of-age novel with a strong story line and interesting characters. It is especially good for those who want to read about Judaism in the modern age.

Zachary Fellman is a rising eighth grader at Jamesville- DeWitt Middle School and a son of Melissa and Rabbi Daniel Fellman. He graduated from the Syracuse Hebrew Day School in 2019. He enjoys reading and studying history and politics.

Teens: Come Out of Your Shell

Rabbi Fellman is holding a summer book reading series featuring *Turtle Boy*, a great new novel about Will Levine, a Jewish kid from Wisconsin preparing for his bar mitzvah. On August 17th at 7 pm, the book's author, M. Evan Wolkenstein, will participate in the group's final discussion. The program is open to all. Contact Temple Concord for registration information.

Concord Cooks



Staying in quarantine with a family can be a challenge, but cooking fresh meals together can help pass the time and create a great bonding experience. Temple Concord has created the Concord Cooks Zoom and Facebook Live Series with episodes that can help home cooks get busy and have fun in the kitchen together while staying in. Rabbi Fellman kicked off the series for Passover, making matzah balls and matzah crack. In June, Joe Eglash shared his expertise on making Israeli-style chumous, and Chef Soraya Carrington gave tips and a recipe for a delicious salmon entree.



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Early Childhood Program Reopens and Pre-K Graduation Is Held

The JCC's Jerome and Phyllis Charney Early Childhood Development Program (ECDP) was second out of the gate to reopen on June 8 after the Senior Kosher Lunch curbside pickup began on June 1. ECDP staff welcomed the children back with virtual open arms, hugs and real beaming smiles behind their masks and cloth face coverings. Comprehensive health and safety protocols were put into place and activities were modified to create more social distance among the children. Within a day or two of reopening the children became pros at getting their temperatures taken each morning.

Although the number of returning children was about a quarter of the enrollment at the time the Center temporarily closed in March, parents bringing their children back were grateful for the childcare. "We thought long and hard about sending our son back to the Early Childhood Development Program at the JCC. We recognized that changes needed to be made in order for us to feel comfortable resuming 'normal' day-to-day activities—and we feel confident that the JCC has implemented those changes," said ECDP parents Dr. David and Sandra Mandell. "We also acknowledged that there may be anxiety as we transitioned. Prior to the first 'new' drop off, we discussed with our son what to expect and although he said he was nervous, it took no time at all to become adjusted to the new protocols. Ultimately, we were faced with a choice—to continue to self-isolate or to begin to re-enter society. We have always trusted the JCC to take



care of our children prior to the pandemic, and we feel that with the new protocols in place, they would continue taking excellent care of our children."

In what seemed like a very short time after reopening, ECDP held their preschool graduation ceremony split over two days on June 29 and 30. Each day about 12 children donned their graduation caps and tassels to receive their "diplomas" during a socially distanced outdoor ceremony in the JCC parking lot. Everything went smoothly and parents appreciated this year's modified event to celebrate their graduates.

Overall, the JCC's early childhood reopening was a success and a great milestone to build upon for when they welcome children back in the fall.

JCC Pool Open and Offering Swimming Lessons

As the old saying goes, "Better late than never." That's been the sentiment at the Sam Pomeranz Jewish Community Center after opening its two outdoor heated pools on July 4—over a month late due to the coronavirus pandemic. However, safely opening the pool with proper protocols in place to help stop the spread has always been the JCC's top priority.

With reduced pool capacity this year to accommodate current health regulations, the JCC is taking pool reservations in 2-hour time slots to avoid overcrowding. Reservations may be made online or by calling the JCC during business hours. Walk-ins will be accepted provided there is capacity.

Other pool safety protocols in place this year include temperature checks upon arrival, social distancing, cleaning of chairs/equipment between reservations and wearing a mask/cloth face covering when not in

the water.

Semi-private and private swimming lessons are offered to both children and adults throughout the summer by appointment. However, group swimming lessons cannot be held because of health concerns.

The JCC's Neulander Family Sports & Fitness Center is again offering its Aqua Fitness class on Tuesdays and Thursdays from 8:15-9 am. All levels and ages are welcome. The class is free for JCC Fitness members and \$10 per drop-in for non-Fitness members.

Because the JCC pool is a members-only benefit, please remember to bring your membership card to the pool and check-in at the lifeguard desk upon entering the pool area.

For more information, and to make a pool reservation, visit www.jccsy.org, call 315-445-2360 or email info@jccsy.org.

Matthews Grant Benefits JCC's Summer Camp

The Sam Pomeranz Jewish Community Center of Syracuse received a \$1,000 grant from the Matthews Children's Foundation to benefit its JCC Camp Joe & Lynne Romano. This latest round of funding is the result of JCC Board President Steven Sisskind's ongoing efforts to sponsor the JCC's grant application.

"With financial hardship the JCC has endured so far this year because of COVID-19, the Matthews Foundation's continued support of our children's programs has been a blessing," said Sisskind. "The foundation's wonderful generosity will go a long way in helping us to better serve our campers this summer."

The JCC's Camp Romano school-age camp is using the funds to help defray the costs of purchasing additional personal protective equipment (PPE) to support the JCC's many new camp health and safety protocols in response to the coronavirus pandemic. Keeping campers safe by utilizing all necessary protocols is the JCC's top priority. This year Camp Romano is serving preschool and school-age children. The camp runs through August 21.

Matthews Children's Foundation awards grants to nonprofit organizations whose purpose is to support children. It has contributed millions of dollars to date to such charities. The JCC of Syracuse has received a substantial amount in grants over the years from Matthews Children's Foundation to benefit the JCC's children's programming.

"I am so grateful for Steven's efforts and his relationship with the Matthews Foundation," said Marci Erlebacher, JCC of Syracuse executive director. "The fantastic support from Matthews has helped strengthen our children's programming



From left, JCC Board President Steven Sisskind presents the \$1,000 Matthews Children's Foundation grant check—on a tape measure in a socially distanced manner—to JCC of Syracuse Executive Director Marci Erlebacher. The JCC's Matthews grant application has been sponsored by Sisskind for many years.

and allowed us to better serve our members and the community."

For more information about the JCC of Syracuse and supporting its many programs serving infants through seniors, contact Erin Hart at 315-445-2040, ext. 112, or ehart@jccsyr.org.

Still Time to Register for Camp Romano

There's still time for preschool or school-age children to embark on a fun summertime adventure at Camp Joe & Lynne Romano. The JCC's summer camp runs through August 21. Most age groups offer weekly enrollment. The JCC has been running camp in the safest way possible this summer utilizing all necessary health and safety protocols due to the coronavirus pandemic. *For more information about Camp Romano, visit www.jcc-syr.org or call 315-445-2360.*



Elsa Ryan, Aubrey Jordan and Romaly Amadon-Gates take a break during last year's JCC summer camp.

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» Book Review

A Home-Town Cookbook

Judith Ellison Shenouda is the owner of Shenouda Associates Inc., a business that researches, writes, and edits professional publications. But more importantly, she is the author of *A Bisl of This, a Bisl of That – Eating Our Way*, a cookbook that celebrates local Jewish traditions – cooking the way your grandmother did it.

A list of the recipes in the book is sure to make you salivate. Meat dishes include stuffed cabbage à la Marilyn, meat blintzes, pepper steak, sweet and sour meatballs, tzimmes, brisket and beef and barley soup. Chicken has its very own section with recipes for apricot roasted chicken, chicken and biscuits, chicken with mashed potatoes, chicken and rice, chicken and rice with broccoli casserole, chicken crispy, chicken paprikash, chicken soup with matzo balls, chicken with couscous, Jamaican curry chicken and rice, sweet and sour chicken and very spicy chicken.

Other sure-to-please old-fashioned favorites include real and faux chopped liver, marinated carrots, spinach salad à la Colleen or Louise, spinach squares, Amish onion cakes, broccoli and potato soup, broccoli souffle, Hungarian dumplings, Janet's potato knishes, Larry's potato latkes, and cottage cheese latkes. There are also recipes for "terrific tuna salad," paella à la Jacquie and Harvard jelly, of which it is said, "Even without a Harvard degree, you'll be able to follow this recipe and make a jelly that the most discriminating scholar can enjoy. Then slice up the challah, schmeer (coat) it with Harvard jelly, kibbitz (chat) with a friend, relax, and simply enjoy."



Judith Ellison Shenouda

The recipes in this cookbook come from the diverse traditions of Jewish Eastern European cooking, although they do not follow the rules of a kosher kitchen. Each recipe includes the name of the contributor or the person in whose safekeeping it was placed. The contributors do not claim ownership of the recipes they provided; they are just advocates for dishes they make and love. And who could resist desserts with names like mile-high lemon sponge cake, chocolate sponge or honey

cake, morning glory muffins and apple cake à la Gertrude or Janet?

Snippets of family lore accompany the recipes, recollections and reminiscences intended to convey the spirit of cherished cooks, kitchens, events and experiences. "Grandma always cooked with ketchup," one contributor recalled. Another remembered, "The Friday evening meal was the most prepared. She would clean each store-bought chicken by pulling out the straight pin feathers and scraping all the chicken fat that she could see, which you would fry up with onions for gribenes (a crunchy delicacy of chicken skin that's fried in chicken fat). She used the remaining chicken fat for roasting the chicken and other side dishes. That's what gave everything its delicious flavor."

A Bisl of This, a Bisl of That – Eating Our Way is in its second printing and is also available as an e-book. For everyone over a certain age, it is a culinary trip down memory lane that is sure to trigger fond memories and a burning desire to see if you can replicate the tastes of the past. Shenouda has done us a tremendous favor by preserving these slices of domestic achievement. What better way to pass time in quarantine than to try these unique recipes? Just follow her suggestion: "Take a bisl (little) of this and that, make a mishmash, cook, bake, eat, kibbitz (chat) and enjoy."



» Book Review

The Testaments by Margaret Atwood

by Sharon Glazier Hochstein

Over 30 years, ago my women's book group in Tel Aviv read Margaret Atwood's *The Handmaid's Tale*, a dystopian story about a war between the US and an authoritarian religious regime where the latter are the victors. The result is a society where adherence and obedience to the system are tantamount to life preservation. At the time we thought the book brilliant but not personally futuristic, creative but not realistic. The author had clearly written it as a satire, and as such it was highly compelling and entertaining.

Flash forward to 2020, and as I write this, both a plague of Biblical proportions and civil unrest are raging at our doorsteps. Atwood has recently published a sequel to *Handmaid's* entitled *The Testaments*, and it too is set in a place called Gilead. The name in Hebrew, "Gilad," has a few translations and is referenced in the Bible, but one of the meanings is "wave or hill of witness," or in other words, "place of testament." Ironically, it also happens to be the name of the company that will apparently beat out other institutions in finding a vaccine to vanquish Covid-19.

In *The Testaments*, the New World Order that resulted from the religious and societal revolution is highly structured and ruled by a strict hierarchy, where deviating from your role means swift punishment (often in the form of Biblical stoning) and death. So educated men run the government and the society, and their wives are there to support them in their roles. Young women from "good families" are groomed their entire lives for one event and design: marriage and the creation of a new family. The wives are not allowed to be educated except in

traditional skills such as needlepoint and flower arranging, which will make them better wives and mothers. They understand that their roles are "separate but even better than equal" because they have the ultimate, important and honored role of serving as support scaffolds to their husbands.

But many of these women are barren (it is inconceivable to them, pardon the pun, that it is the men who are so), or have had deformed children who are immediately put to death, as no deviation from the norm or perceived imperfection is allowed in this society. The low birth rate and high instance of birth defects is ostensibly a result of the formerly free society's pollution of the earth. If the wife cannot produce healthy offspring, the man takes a handmaid, a cookie-cutter figure who has no identity of her own and whose sole function is to produce a child for the family and the society. As *The Handmaid's Tale* told the story

from one such handmaid's perspective and ends enigmatically, *The Testaments* tells the story of three strong women who ultimately find their course and voice; they are heroes and a hope for the future in bringing down the totalitarian regime.

In this time of divisiveness and fear, Atwood's writing seems prescient and prophetic, albeit extreme. A highly structured and absolute order, where everyone knows their place and role and where dissent and violence are swiftly extinguished may seem tantalizingly utopian in this time of chaos and fear. But peeling off the rosy veneer reveals an immoral and corrupt regime, where religion justifies abuse and ritual hides a moral vacuity and hypocrisy. In *The Testaments*, Atwood provides a shocking and frightening example of how simple solutions, such as adhering to a strict religious cult that is administered by the government, is both a mortal and moral danger to both the individual and society at large.

Sharon Glazier Hochstein is an Assistant Professor at the Syracuse Educational Opportunity Center.

Rabbis *Who Cook*

Everyone knows that rabbis are scholars, preachers and counselors, but most people don't think about rabbis in the kitchen, unless they are supervising *kashrut*. Well, think again. 21st century rabbis cook.

Rabbi Yehoshua Zehavi learned to cook from his grandmother, cookbooks "and whoever would share a recipe or let me cook with them." For him, "cooking is a basic way to take care of ourselves and others. It's also a wonderful way to create a feeling of home, pass on tradition, and express creativity." Rabbi Daniel Fellman learned to cook by watching and experimenting. "I watched my mom a lot as a child and later I watched a ton of Emeril Legasse on TV." He likes trying things in his own kitchen. Rabbi Daniel Jezer also learned from watching his mother and his wife, ("both excellent cooks") and from "reading and speaking with knowledgeable people." Rabbi Vicki Lieberman defines herself as a baker. She learned to bake by taking classes at King Arthur Flour in Vermont and, after mastering basic skills, ventured into more complicated recipes. During the pandemic, she expanded her repertoire to include

sourdough-based breads. She would love to be a *patisserie* chef.

There is an emotional element to cooking for two rabbis. Asked to name a favorite food, Rabbi Zehavi protested, "Not a fair question," but he shared "a major comfort food - *shakshuka* with soft cheeses and fresh salad." For Rabbi Fellman, cooking is a great release: "When I cook, I can get creative and totally lose myself in what I am doing. By the time the meal is ready, whatever had been on my mind suddenly feels less troubling."

The creativity of cooking appeals to all four rabbis. Rabbi Lieberman confesses to loving "the thrill of new masterpiece desserts." She is currently working on perfecting a five-chocolate dessert featuring a bourbon-infused mousse, because she loves "sharing and delighting guests with a special dessert." "I think the trick for me is to be willing to try new things," says Rabbi



Rabbi Zehavi



Rabbi Lieberman



Rabbi Jezer



Rabbi Fellman

Fellman. "I spent a summer in Japan which opened me to the world of Asian cooking. In Israel I could easily spend hours in the *shuk* shopping for ingredients. For me cooking is almost an artistic endeavor." Rabbi Jezer was inspired by the cooking for a Baroque Day in honor of the Syracuse Camerata, with music and desserts from the 17th and 18th centuries. Since then, he has particularly enjoyed cooking for larger gatherings.

Rabbinical cooking hacks include using more lemon juice, wine or apple cider vinegar, because, according to Rabbi Zehavi, "most North American cooking has too little acid." Rabbi Lieberman advises, "Always weigh your ingredients, and refrigerate your cookie dough before shaping to insure consistent sizes." Rabbi Jezer's favorite food to cook is his own cream of mushroom soup, while Rabbi Lieberman's favor-

ite is her mother-in-law's toffee, which she makes each Chanukah. "We ship it out to her grandchildren just as she did. Each batch of toffee is a two-day enterprise so it defines 'labor of love.' Her recipe does not include notes, just ingredients, so it's taken practice to not ruin at least once batch per year." Chicken fried rice is a favorite with Rabbi Fellman, who likes cooking with a wok. "I find that the wok allows a ton of variation and possibility. I also love to make holiday foods—matzah balls, kugels, latkes and more. And I have always liked using the grill."

The rabbinate has evolved in many ways since the title "rabbi" was defined as "my master" or "my teacher." Along with the knowledge and myriad skills vital to rabbinic leadership today, a contemporary rabbi also excels in the kitchen.

» Restaurant Review

FUNK 'N WAFFLES

307 South Clinton Street, Syracuse

Locally-owned Funk 'n Waffles offers a unique waffle-based menu, with alcoholic drinks and coffees and a club-like music venue. Adam Gold and a partner opened the first Funk 'n Waffles in an alleyway on South Crouse Avenue near the SU campus in 2007. When that location was demolished for commercial space, Gold moved Funk 'n Waffles to 307 South Clinton Street in Armory Square.

Funk 'n Waffles' mix of music and food in a welcoming alternative environment is very attractive. Its unique menu focuses, obviously, on waffles, with more than thirty combinations sporting clever names. There are impromptu pairings such as a Florentine Waffle (spinach and feta-stuffed buttermilk with smoked salmon and sour cream), a Mackinac Waffle (spinach and mozzarella-stuffed waffle with smoked turkey and sour cream side) and a Smoked Gouda & Herb Waffle (stuffed waffle with sour cream side).

"We specialize in wholesome food," says Gold, "sourcing ingredients locally when possible, carrying direct-trade coffee, hosting eclectic bands and artists from all over the world, and most definitely revolutionizing the Belgian waffle." He also uses as many local and organic products as possible. Customers can make their own waffle in buttermilk, whole wheat, gluten-free buckwheat, whole grain, vegan or falafel varieties. There are



also brownie and banana bread waffles and concoctions with unusual names: Everyday People, Star Child, Chocolate City, Crepe Expectations, Jersey Shore and Whole Lotta Love.

Funk 'n Waffles has been featured on the Food Network's "Diners, Drive-Ins and Dives" show with Guy Fieri, most recently in a program called "Takeout: Funky Finds in 'da House" which showcased dishes available for take out during the pandemic. Funk 'n Waffles' offerings were a Jive Turkey Waffle and a Chicken Parm Waffle, now available for shipment frozen nationwide.

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- Apple Cake

Bakergirl Dessert Company

Rosanne David didn't plan on having a career as a baker, let alone as a caterer. She has a master's degree in counselling from Boston College and after graduation was an employment counsellor at the Jewish Vocational Service in Montreal. She had returned to Montreal, her place of birth, as she missed it ever since moving to Syracuse at age 12.

Following the birth of her first son (she then had twins five years later), she wanted to be closer to her parents and moved back to Syracuse. After working in different areas, she decided, almost on a whim, to explore baking. "I feel I was a baker in another life," she maintains. After all, she had no formal training in this field.

She became aware that The Oaks was looking for a baker, someone who would give the place a more "haimish" feel. No sooner was she shown the kitchen than she felt at home. She was The Oaks' baker for seven years before branching out on her own and starting Bakergirl Dessert Company, Inc. At first, she only baked desserts, but because of community support and encouragement, she later expanded to full catering.

Rosanne prepares food for bar and bat mitzvahs, baby namings, wedding showers, shivas, parties and meetings as well as corporate catering. Her favorite part of the business is being creative for her clients. "Each and every event is unique in its own way" from menu to theme to presentation," she says. But what links them



all is attention to detail and providing a highly personalized service to her clients.

Her catering has run the gamut from the traditional kiddush luncheon to "peanut butter and jelly bars, pickle bars, donut walls, and just about any theme you can think of." She says, "I think it's so important to sit with a client and really flesh out what they want so that the event is a true reflection of their uniqueness." She loves the challenge of trying new things and adds, "I am continuously amazed and humbled at the success of my business, as I don't advertise. But I think word of mouth is so powerful, and I'm grateful to be doing what I love."

Bliss House Bakery

"We hope you'll enjoy our products as much as we enjoy baking them" says the Bliss Bake House Gluten Free website. For baker/owner Jennifer Miller Cohen, baking is a joy. She chose the name "Bliss House" because of her passion for making things in the oven. "I love playing with flavor and color, trying new things in fun and unusual flavors and decorating my items to enhance their appeal. My absolute favorite part is playing with colorful frosting," she enthuses.



"Our mission is to make an ever-changing variety of gluten-free items that rival their gluten-full counterparts," Jennifer says. "For each thing we make, a period of research and development was spent perfecting each type of item. So our

cookies and brownies are soft and chewy, our cakes fluffy and velvety soft, and our bagels are just like we remember NYC bagels." Jen had been baking and catering for many years when she became gluten-free a decade ago. Disappointed by the quality of most gluten-free baked goods, she experimented with flours until she came up with nine that she blends in different proportions to make drop cookies, rolled cookies, cakes and pastry.

The goodies at Bliss House are a delight to the eye and the palate. There are cookies, brownies, donuts, pies, tarts, bagels, soft pretzels, pizza crusts, rolls and cinnamon buns. Cupcakes come in mini and giant sizes, in whimsical flavors. Bliss House has no "brick and mortar spot (yet)," says Jen, but she has a pink tent at the Thursday Fayetteville Farmers Market CNY and at City Market and keeps the Bliss House Facebook page constantly updated with lists of items available for contactless pickup during the pandemic.

An Unforgettable Jewish Bakery

In their voluminous two-hundred-dollar tome, *Inside the Jewish Bakery: Recipes and Memories from the Golden Age of Jewish Baking*, Stanley Ginsberg and Norman Berg report that traditional Eastern European Jewish baking, along with the culture in which it evolved, is rapidly disappearing. "Small, family-run Jewish bakeries that once lay at the heart of their communities have fallen victim to the demise of the old-school bakers, shifting demographics and the economic firepower of diversified corporate food processors," they lament.

One bakery that lay at the heart of the Syracuse Jewish community was Snowflake Pastry Shoppe. Gone for many years, it still lives in the memories of those who tasted its delights. Snowflake began as a family bakery in the Bronx, owned by Isidore Zeigler, who learned to bake in Hungary. The family moved to Rochester and opened a bakery there called The New York Bakery. Izzy's son Milton came to Syracuse and opened the Snowflake Pastry Shoppe, which became a resounding success. No Jewish birthday party in Syracuse was complete without a Snowflake cake with its famous chocolate diamonds. "The lines at Snowflake were always out the door early in the morning when people still went to the bakery to buy their daily bread and morning



pastries," a patron recalled.

Snowflake closed, but it lives on in the comments of the more than 1300 members of the Snowflake Bakery Memories Facebook group. For a time, the Pastry Palace in Jamesville brought some of Snowflake's magic back to life. Its owner had worked at Snowflake and had recipes that brought back the good old days of strawberry or banana whipped cream cakes, rugelach, coffee cakes, half-moons, fruit flips and more. The coronavirus may have put an end to that, but Snowflake will live forever in reminiscences of bar mitzvah cakes with the Torah portion on a chocolate plaque, strawberry chiffon, peach and seven-layer cakes, brownies with fudge frosting, sprinkle cookies and mocha drops.

Challah At Me 315

"Never bring store-bought challah to Shabbat dinner," says Maura Koenig. Thus began her Friday baking challah custom, which recently morphed into Challah At Me 315, a home-baked challah business with free delivery in the Syracuse area. A portion of the proceeds is donated to the Federation's Covid-19 Relief Fund.

Maura's baking is not done in her kitchen on the upper west side of Manhattan, but rather in her parents' Syracuse home, where she has been quarantining since mid-March. The coronavirus brought an end to Maura's job in the Jewish not-for-profit world and a return to her roots. She recalls, "The first few weeks of quarantine I struggled to remember what day it was and to keep a routine. Baruch Hashem for challah." Maura considers baking "a soothing activity" and says that it "keeps me in touch with my Jewish identity," adding, "I'm most happy when I'm helping build Jewish community and when I'm a part of one."

Maura grew up at Temple Concord, and she became a bat mitzvah and was confirmed there. Many years as a camper, then staff at Eisner Camp, instilled her "Jewish core" and after earning a theater degree at SUNY Oswego, she worked as an educator/programmer at synagogues and Jewish organizations in the New York City area. She first visited Israel at age 15 and fell in love with it, so much so that, as a Birthright Fellow, she has led four Birthright trips



and was planning a fifth when the pandemic hit.

Making challah, says Maura, "takes a lot of practice, and finding a recipe that works for you." Challah at Me 315 offers free local delivery of Maura's challot on Wednesdays and Fridays. Varieties include the original "OG" challah, sesame challah, brown sugar cinnamon challah and everything-bagel challah. The loaves cost \$10 each and \$1 of each purchase is donated to Federation. You'll find Challah at Me 315 on Facebook and Instagram.

Natur-Tyme

Integrative health care involves a holistic approach to wellness, including mind, spirit, and community, which places the person at the center. For Natur-Tyme, that approach is summed up in their mission statement: “Creating a Healthier Community, Starting with You!”

Syracusan Stan Meyerson was a pharmacist whose approach to health was well ahead of its time, involving a mix of traditional medicine and supplementary aids. He owned Drumlins Pharmacy for more than 20 years; but his holistic approach led him to open a mail-order vitamin and supplement business nearby. After he sold his pharmacy in the early 1990s, he purchased a small health food store called Natur-Tyme which he moved to the west side of Syracuse.

In 2001, Stan’s daughter Wendy purchased Natur-Tyme from her father and relocated it to Bridge



at the State Fairgrounds with nationally-renowned speakers and a myriad of vendors, seminars, demos, cooking classes and free samples. “I feel this is our responsibility and obligation to the community—it’s the foun-



Street in East Syracuse. A decade later, she and her husband, Andrew Fox, relocated the business to a much larger retail space in Empire Plaza on Erie Boulevard East. The 15,000-square-foot retail floor is filled with 14,000-plus items, including over 200 supplement brands, and hundreds of natural personal care, household cleaning, and pet products.

But Natur-Tyme is not just a store, it is a center of teaching and local outreach. Natur-Tyme has a knowledgeable staff of wellness counselors and vitamin educators to help consumers. In the front of the store, there’s a Community Corner where local artists and artisans display their works and where Natur-Tyme promotes products from small CNY manufacturers. Natur-Tyme hosts an annual spring health fair

dation of our family business,” says Meyerson.

At the gluten-free Tyme-Out Café, customers can enjoy a variety of healthy juices and smoothies, along with soups and chilis, scoops, shakes, sundaes and sandwiches. Also inside Natur-Tyme is the Enhanced Beauty Salon where clients can get affordable haircuts, colors, facials and massages. The stylists, aestheticians and therapists use only non-toxic, eco-friendly products, many of which are sold in-store.

Concord Acres

Mike Fixler has been a vegetable gardener for the better part of the last forty years, with a large vegetable garden at his home in Elbridge. He has also been a teacher for most of those years at the Temple Concord Religious School. About ten years ago, the congregation decided to plant a garden on the small grassy knoll next to the sanctuary, in order to supply vegetables to its food pantry.



Mike Fixler

The garden is a major part of Temple Concord’s social action program. Students, parents, teachers and other volunteers have helped to take care of it over the years, both planting and harvesting. During the hot and sometimes dry summers, a group of volunteers called the *K’vutzat Gan* or Garden Team make sure that the crops are watered, weeded and cared for.

Concord Acres has had a variety of crops and has learned through the years which vegetables are most desired by clients at the food pantry. Today, they grow tomatoes, peppers, collard greens, kale, Swiss chard, cabbage, summer and winter squash, cucumbers, broccoli, eggplant, carrots and lettuce. A big part of their philosophy is to grow vegetables that work well in our Central New York climate, like greens, broccoli and other things like that can stand an early frost and be harvested as late as November or December. They also have a horseradish plant to supply the *maror* for Temple seders. The layout of the garden has evolved, and they had

to erect a fence to protect the plants from animals that wander into the area. They also installed raised beds to better control the soil and make gardening easier and more productive.

Mike became a Master Gardener through the Cornell Cooperative Extension five years ago and works with other Master Gardeners in the County. He teaches gardening to children at a park on the south side of Syracuse and works with gardeners on a number of projects for the benefit of the community. “It’s a great way to get outside in the spring, summer and fall here in Central New York and help out the community in the process,” he says. To help out with the Covid-19 crisis, the Concord Garden has been able to provide fresh lettuce and collards to the food pantry at United Methodist Church, which now provides food for 250 local families.



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DONALD W. MEINIG, PH.D.

June 13, 2020

Donald William Meinig, Ph.D., professor, author, husband, father and grandfather, passed away Saturday, June 13, in Syracuse. He was 95. He was preceded in death by his beloved wife of 64 years, Lee. Don was known as a gentleman scholar, dignified friend and community leader and supporter.

Meinig was Professor Emeritus, Geography and the Environment and Maxwell Research Professor of Geography at Syracuse University. His research included historical, regional and cultural geography as well as landscape interpretation. His most ambitious and well-known work is the four-volume series *The Shaping of America* (published 1986, 1993, 1998, and 2004). He also concentrated on literary spaces and geography, stating, "Literature is a valuable storehouse of vivid depictions of the landscapes and lives of modern-day society." Upon publication of volume four of *The Shaping of America*, Meinig was presented with the Presidential Achievement Award by the Association of American Geographers, its highest award, as well as the J.B. Jackson Prize for the best book interpreting the geography of America.

Professor Meinig was a Fulbright Scholar, a Guggenheim Fellow, and a Fellow of the National Endowment for the Humanities. He was the first American geographer to be elected as a corresponding Fellow of the British Academy, in 1991. In 1965, the Association of American Geographers awarded him a citation "For Meritorious Contribution to the Field of Geography," and the American Geographical Society gave him their Charles P. Daly Medal in 1986. Meinig received an honorary doctorate (D.H.L.) from the Maxwell School at Syracuse University in 1994. The Geo-

graphical Review devoted a special issue to him in July 2009. In 2010, he was elected as a member of the American Academy of Arts and Sciences.

Raised on a farm in Palouse, Washington, Meinig enlisted in the Army in 1943 and served stateside as a 2nd lieutenant in the Corps of Engineers until his honorable discharge in 1946. He received his bachelor's degree at Georgetown University and earned graduate degrees in geography from the University of Washington in 1950 and 1953. Starting in 1950, Meinig held a faculty position at the University of Utah. In 1958, he left Utah for a visiting position at the University of Adelaide in Australia under a Fulbright scholarship and in 1959 he joined the Syracuse faculty. He was chairman of the geography department at Syracuse from 1968 to 1973. Don lectured at universities around the world and he and Lee traveled widely, living briefly in Australia, Scotland and Israel.

In 1992, Meinig gave the Charles Homer Haskins Prize Lecture, titled "A Life in Learning," saying, "It has been such a richly satisfying thing that when I reflect upon my life. It seems as if from the moment I first looked out in wonder across the hills of Palouse I have lived happily ever after."

He was loved and admired by many. Together he and Lee raised three daughters -Laurel Meinig Brewster, Kristin Cominsky and Lee Meinig. Other family members include his sons-in-law, Bob Brewster, Sidney Cominsky and John Tate; grandchildren Anna Cominsky Gatesy and her husband Sean; Elise Cominsky, Noah Cominsky, Maria Tate, and Carmen Tate and great-grandchildren Jordan Gatesy, Cameron Gatesy, and Matthew Herrera.

Due to COVID-19 restrictions, a funeral will be held in Syracuse at a date to be determined. Memorial contributions may be made to a local food bank.

ELAINE ULLMAN CHARLES

July 4, 2020

Elaine Ullman Charles, 89, of West Palm Beach, Florida, formerly of Syracuse, New York, died July 4, 2020 at her home in Florida.

Elaine was born in Syracuse and graduated from Syracuse University in 1952 with a B.A. in education. She married Walter A. Charles M.D. and had two sons, Mark and Steven.

A passionate believer in community service, Elaine was on the Jamesville-DeWitt Board of Education for ten years and also served as its president and vice president. She was on the boards of the Jewish Community Center, Visiting Nurse Association, and DeWitt Recreation Council and served in a variety of roles at the Syracuse Symphony, Syracuse Jewish Federation, the Jewish Home of Central New York, Hadassah, the Everson Museum, Syracuse Jewish Family Service, the United Way and other civic organizations. She enjoyed the arts and was a champion duplicate bridge player.

She was predeceased by her husband of 62 years, Dr. Walter A. Charles. She is survived by sons, Mark Charles (and his former wife Cindy Charles) and Steven (Julie) Charles; and her beloved grandchildren, Ben, Noah and Arie Charles.

Services and burial were conducted in Boynton Beach, Florida.

Contributions may be made to the Jewish Federation of Central New York or a local hospice organization.

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STANLEY J. CHARLAMB, MD

June 21, 2020

Stanley J. Charlamb, MD, 93, died Sunday evening at St. Joseph's hospital. Born in New York City on July 15, 1926 to Leon and Sadie Charlamb, he was a graduate of the New York City School of Music and Art, New York University and The University of Lausanne School of Medicine.

He and Arlene met in New York City. He followed her to Syracuse where he completed his ophthalmology training at Upstate Medical Center. They were married in 1959 and settled in Syracuse where they raised their family.

Stanley was an accomplished artist. He created beautiful ceramics, as well as charcoal and pencil artworks. He was also a talented pianist.

Dr. Charlamb was a practicing ophthalmologist in Syracuse for more than 40 years until retiring well into his 80s. He will forever be remembered for his sharing of his love of art and music with his grandchildren.

He is survived by his wife Arlene; their sons Larry (Jayne), and Mark (Mara); grandchildren Brian, Jacob, Max, Abigail, and Leo; and his sister Roberta Lerea.

Contributions in his memory may be made to The Fiorello H. LaGuardia High School of Music and Art: www.laguardiahs.org or The Medical Alumni Foundation for Upstate Medical University: <https://medalumni.upstate.edu/donate>.

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RENEE ISSERLIS

June 19, 2020

Renee Isserlis, 91, died peacefully at home surrounded by her five children. Born in Fall River, MA, Renee was a graduate of Westbrook College. She met her husband Leonard at the beach; he was also a native of Fall River and they were married in 1950. In 1951 they moved to Syracuse to take ownership of Lamson Food and Vending which successfully continues in business to this day. They settled in Syracuse, raised their children and enjoyed a good life.

Renee was an active yachtsman for more than 50 years. The ocean became their second home. They spent many wonderful years traveling from Bonnie Castle on the St. Lawrence River to Bahia Mar, in Ft. Lauderdale, FL.

Renee was a member of Temple Adath Yeshurun and the sisterhood of the Temple. She bowled on the Sisterhood team for many years. Renee was quietly generous and charitable to Memorial Sloan Kettering Cancer Center, Special Olympics and many other worthy organizations. One of her greatest pleasures was shopping...if one was good, two were better!

She was predeceased by her husband, Leonard, and her sister, Gerry Kesselman. She is survived by her children Reggie Isserlis Adler, Alan Isserlis, Clark (Linda) Isserlis, Jessica (Samuel Sickles) Isserlis, and Randi (Randy) Greenfield; 11 grandchildren; 3 great grandchildren; and her sister Irma (Carl) Feldman.

Contributions in Renee's memory may be made to Memorial Sloan Kettering Cancer Center: www.giving.mskcc.org.

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LOIS LAKEHOMER

Jul 8, 2020

Lois Lakehomer, 91, passed peacefully on Wednesday July 8. She was formerly of Fayetteville, until moving to Pittsford, NY in the fall of 2019 to be closer to her daughter. She was predeceased by her beloved husband of 68 years, Wilfred "Bill" Lakehomer; her son Eric "Ricky" Lakehomer and daughter in-law Sindy Lakehomer.

She is survived by her loving daughter, Sinee Lakehomer Shaulinski (Tom Shaulinski), and grandchildren; John Lakehomer (Samantha Garafolo), Tiffany Lakehomer, Jared Madlin, Taylor Madlin and Jayne Madlin (Justin Singer).

Lois loved nothing more than seeing her grandchildren, taking them on special summer vacations, making their favorite food treats and attending their recitals, sports events, and graduations for many years.

Lois was a life-long resident of Syracuse and a graduate of the Center City Business Institute. She was employed by Western Union for 10 years, and then worked as a dedicated employee at Dy-Dee Diaper Service in sales/service for 15 years. Once retired, she enjoyed working part time retail at Dey Bros. for several years.

She was a long-term member of Temple Concord, and was a life member of the Crouse Hospital Auxiliary, having served as an Auxiliary Board Member. Lois spent countless years volunteering her time in the Emergency Admissions Department at Crouse Hospital.

Lois was an avid golfer and member of The Pompey Club since 1976 and was active in the annual Babe Zaharins Cancer Golf Tournament for years. She and Bill were nearly lifelong season ticket holders for Syracuse Orangemen football and basketball, traveling to many bowl games and playoff events as their #1 fans.

At Lois's request private graveside services for the immediate family only will be in the Temple Concord section of Woodlawn Cemetery.

Donations may be made to Make A Wish of Central NY.

SHELDON HOROWITZ

June 28, 2020

Sheldon ("Shelly") Horowitz, a long-time resident of Fayetteville, NY and Scottsdale, AZ, passed away on Sunday, June 28 of natural causes, surrounded by family. Shelly was a physician turned businessman and ran two successful businesses based in Syracuse. While attending Hamilton College, Shelly enlisted in the Navy during World War II. After graduating from Hamilton and Upstate Medical School, he interned at Michael Reese Hospital and Medical Center in Chicago and was a resident at Mt. Sinai Hospital in New York.

During medical school, Shelly met the love of his life and constant companion, Sheila Sporn (also then known as "Shelly") of Brooklyn, New York, then an undergraduate at Syracuse University. They were married in New York City in June 1954. Sheldon started a medical practice in Syracuse and continued in private practice for over 25 years, specializing in internal medicine with a sub-specialty in hematology. He also served as the director of the CNY Blood Bank of the American Red Cross and frequently participated in national conferences in Washington, D.C.

In 1974, Shelly became the President of the Morris Distributing Company, a wholesale distribution and marketing company of consumer electronics and home appliances, that had been founded by his father, Maurice Horowitz. Shelly became chairman of the company following Maurice's death. After running the company for 12 years, Shelly engineered the successful sale of the business to Hamburg Bros. of Pittsburgh, PA in 1986.

Shelly was very philanthropic; he established the Horowitz Family Foun-

dation which supports many charitable organizations in Syracuse. He also served as a trustee of Hamilton College and funded the College's Maurice Horowitz Career Center. Turning to a life-long interest in real estate, Shelly founded Morris Management Company and spent the rest of his business career owning and managing residential and commercial real estate. The business continues under the direction of Shelly's son, David Horowitz. In addition to his business interests, Shelly was an avid golfer, tennis player, equestrian and a voracious reader of medical literature.

Shelly is survived by his wife Sheila; daughter Jill Greiss and her husband Rory Greiss; son David Horowitz and his wife Lynn Horowitz; daughter Amy Horowitz Hale; and seven grandchildren: Ryan, Dylan and Kelly Greiss, Megan Horowitz, Alexandra (Horowitz) Blau, and Cameron and Cody Hale.

Donations in Shelly's memory may be made to Hamilton College's Maurice Horowitz Career Center or the American Red Cross, Central NY Chapter.

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SIDNEY ASHKIN

July 6, 2020

Sidney Ashkin, 93, passed away peacefully on July 6 enveloped in the love of Shirley, his wife of 72 years, and his large circle of family and friends. Sid was a life-long Syracuse resident, growing up in the 15th Ward with his predeceased siblings Molly (Maloney), Marian (Binder) and Joseph Ashkin. After serving in the Navy in WWII, he began a 60-year successful retail career. Sid, Joe and John "Pickles" (Maloney) owned and operated Salina Shoes for over 45 years, with Sid enjoying retirement since 2005. Sid always had a smile, a story and joke to share, whether on the golf course at Lafayette Country Club or in Florida, fishing in area lakes, charming a waitress or just being with family and good friends.

He will be missed and lovingly remembered by his bride Shirley (Liberman) Ashkin, sons Sheldon (Mary Hunter) and Howard (Jacki), daughter-in-law Barbara Ashkin, granddaughters Mikel (Josh) Suna, Jesse Ashkin and Cari Ashkin, and many caring nephews, nieces, cousins and friends.

His family thanks the exceptional physicians, nurses and care-givers at Oneida Health and Crouse Community. Donations may be made to <http://www.oneidahealth.org/giving/> or <http://www.crousecommunity.com/support>.

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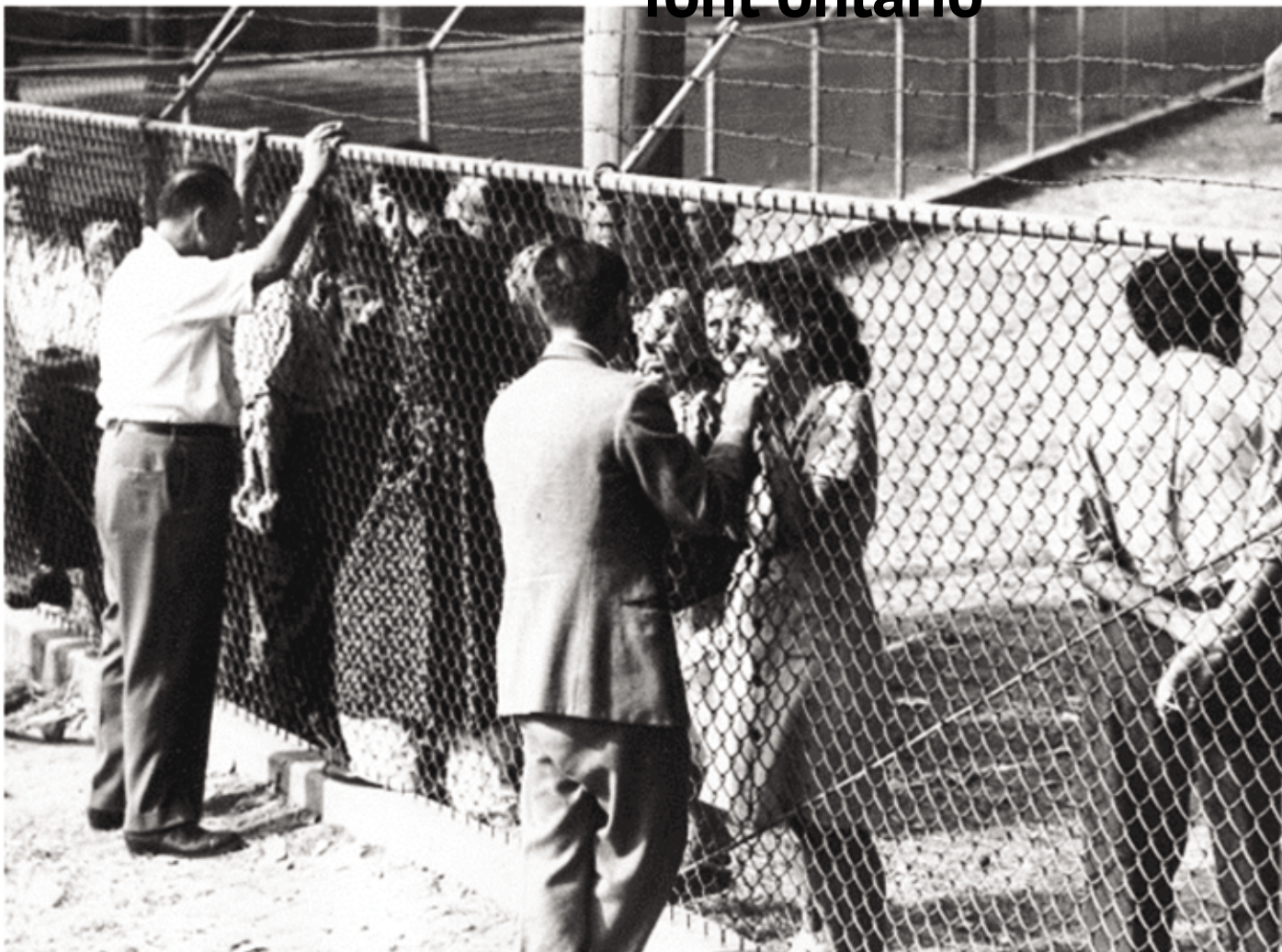
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