

Federation Focus

Fall 2022

Vol.12 No. 4

Federation Focus is published four times a year by the Jewish Federation of Central California.
"All Jews are responsible for one another." (Talmud:Shavuot 39a)



5783

Rosh Hashonah begins Sunday evening, September 25

Yom Kippur begins Tuesday evening, October 4



Phyllis Farrow

On behalf of the Board of Directors of the Jewish Federation of Central California I extend warm wishes for a happy, healthy and prosperous New Year 5783. I hope you and your families have remained safe during these very challenging times. If there is anything you need or just want to talk to someone, please feel free to contact the office and we will return your call as soon as possible.

We are so happy to announce the return of JFS's exercise class on Tuesdays and Thursdays at 11 a.m. Gae Werfel passed away in 2015 and left JFS a very generous endowment. It is from her endowment we are able to bring you this class. We are hoping to bring back the stretch class in December; let us know if you have an

interest in this. It would be held at 10 a.m. with instructor Dawn Owens.

It is still difficult to plan events right now and we would like to encourage everyone to refer to emails that are sent out every Friday and list weekly events. If you are not receiving them, please visit our website to sign up for them. If you have any trouble, please call me.

Website: <https://jewishfederationcentralcalifornia.org>

Many thanks for your continued support this year despite the economic discomfort some of you faced. At this time, we are behind in our pledges compared with last year;

- ♦ 2021 Pledges = \$ 103,000
- ♦ 2022 Pledges = \$94,840

(continued on page 2)

THE FOCUS
is on
LEAH PRESS

SEE PAGE 3

Jews in Taiwan? They enjoy bongos, singing at services

During House Speaker Nancy Pelosi's recent trip to Taiwan, she may have encountered one of the country's surprising minority populations: **Some 700-800 Jews live in Taiwan as part of a close-knit, growing community**

After Taiwan's Rabbi Einhorn passed away last year at 103, Leon Fenster took over as lead chazzan of the Taiwan Jewish Community, one of two centers of Taiwanese Jewish life, the other being the Chabad Taipei founded in 2011.

Leon Fenster

Einhorn had arrived in Taipei in 1975 as a financial advisor to a Kuwaiti trade delegation, and began officiating bar mitzvah ceremonies and leading high holiday services.

The Jewish community grew in the 1950s when Jewish expats stationed at a local military base,

most of them American, joined with the tiny non-military Jewish community in the city of Taipei. Today, the largest demographic in the expat community is American Jews, but some community members are also Taiwanese as well as from South America, Israel and Europe.

Due to Taiwan's low spread of COVID-19, Fenster, an artist who arrived a few years ago from Beijing, led in-person services at the Taiwan Jewish Community shul in the heart of Taipei through most of the pandemic, playing bongos and singing. Regular attendance consisted of about 40 to 60 people.

While Taiwan's Jewish community may be small, the country has committed itself to Holocaust remembrance. On the second floor of the Che Lu Chein church in Tainan, a cultural capital in the country's south, sits a small museum known as the Taiwan Holocaust Peace Memorial. The church's pastor

started the collection with Judaica artifacts he and his late father collected.

Taiwan's President Tsai Ing-wen spoke at an event in Taipei for Inter-



Shabbat in Taiwan

national Holocaust Remembrance Day. Tsai lit candles in memory of Holocaust victims. She said "As we gather here to remember the victims of the Holocaust — we pledge to never forget this period in history, when human dignity was cast aside for ideology. We should also never stop fighting against the scourge of bigotry."

Editors Note: This article was adapted from The Jewish Forward

Director's Message

(continued from page 1)

If you have not yet made your pledge it is not too late. Just fill out the back page form and mail it in (see information below). Our 2022 Pledge list is printed separately in this email and will be updated in the next Focus. Hopefully your name will be on it.

As well as pledges, we gratefully accept donations in honor of, or in remembrance. We notify the associates or family of those being honored or remembered. We also accept advertisements to include in the FOCUS. The cost is \$100 annually. We hope you will consider placing an ad as we encourage our community to support our advertisers.

We are on Facebook; please visit our personal page:

www.facebook.com/jewishfederationcentralcalifornia

If you have any questions please feel free to give me a call at 432-2162 or email me at fedfresno@sbcglobal.net

Lehitrot,
Phyllis Farrow
JFCC Executive Director



Our Mission

The mission of the Jewish Federation of Central California is to build and strengthen the Jewish community locally, overseas and in Israel, by

- ◆ *Raising funds and allocating them to identified Jewish community needs and priorities at home and abroad*
- ◆ *Providing education and cultural programs to promote community awareness of the Federation and its mission*
- ◆ *Listening to a broad spectrum of opinions from throughout the community to assure all Jewish voices are heard*
- ◆ *Evaluating efforts to ensure that Federation human and fiscal resources are used most effectively.*

Federation Profiles: Dr. Leah Press

She chose medicine even though when she was a library aide after high school Dr. Leah Press vaguely thought of becoming a librarian. A woman doctor who mentored her during an internship at Massachusetts General Hospital was a fierce supporter of dermatology as a specialty and convinced her to focus on skin diseases and skin care.

Her practice in Fresno includes about 75% patients who see her for medical reasons and 25% who come in for cosmetic advice and procedures. When they consult her they meet a capable individual who is calmly confident and serene.

Born in Israel, Leah was brought to Boston by her parents when she was 5 and a half years old, not speaking any English. Her family had lived in Poland, part of which was included in Ukraine. She and her husband celebrated their 40th wedding anniversary this year. They have a son who lives in southern California and a daughter in Fresno.

Leah's medical patients have a variety of conditions including skin cancer, psoriasis, eczema and moles, and "various lumps and bumps," she says. "My days are varied and I never know what is going to show up in my office." Her cosmetic patients have sun damage or may require

treatment involving Botox, laser treatments, or fat reduction. In her practice patients may be treated in various ways including with surgery or radiation.



Leah advises people to have routine skin checks when they visit their doctor or if they notice a suspicious mole or growth. Most of these are sun induced but even mole-induced melanoma can be cured if it is caught early. She recommends that you protect yourself and avoid excess sun exposure, which can cause not only disease but cosmetic issues such as thickening and wrinkling.

She has served the Jewish community through the Jewish Federation. Leah helped to plan special events such as the Jewish art show and has facilitated bringing theater groups and speakers to Fresno. Many of these activities were not available during the past few years but she hopes to become active again in planning for the return of cultural arts activities in 2023.

(continued on page 5)



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Car Donation -anonymous

Jewish Family Services

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Saretta Gurss
Hope Rosky

Gae's Exercise Class

Spencer and Carole Press
Pat Shein

Vi Cherin Luncheon

Andy Karsh
Linda Daiz

In honor of Lee Horwitz and his family for all they do for our Jewish community

David Kader

Ukraine Donations

Louise Feinberg
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Mike and Mara Hocker
Bill and Karen Podolsky
Spencer and Carole Press
Lesa Schwartz
Maria Vargas

In honor of Karen and Bill Podolsky's 52nd anniversary

Marge Imfeld
Marianne Kast
Larry and Carol Miller

For the Good Health of Murray Farber

Fran Ziegler

In memory of Sylvia Ames

Marge Imfeld

In memory of Cliff Bressler (partner of Ginny Dederich)

Ginny Dederich

In memory of Gary Greenberg

Marianne Kast

In memory of Janette Groger

Barbara Brietigam
Hanna Krebs
Pat Shein
Fran Ziegler
Doug Weil and Jeri Buchman Weil

In memory of Harry Imfeld

Marianne Kast

In memory of Joseph Olivera

Marianne Kast

In memory of Lila Rogan

Doug Weil & Jeri Buchman Weil

In memory of Paul Smith

Marianne Kast

In memory of Marianne Weil

Marianne Kast

In memory of Stan Ziegler

Marianne Kast

A gender-equal alphabet for modern Hebrew?



A linguistic revolution is underway in Israel in the quest for a more gender-equal inclusive Hebrew language whose modern grammar dates back 3,000 years to Biblical times. For example, currently the word “table” is masculine; “door” is feminine. Mixed groups are addressed with the masculine gender.

Some Israeli activists are pushing to modify Hebrew. Designer Michal Sharon has created a set of less-generic specific characters saying the masculine form of words impact women's chances to succeed in today's society. Sharon's innovations call for a dozen new Hebrew characters. Critics call them unpronounceable although good for graphic signage. A New York Times writer reported the religiously observant oppose the language changes because of rejection of equality issues.

The backlash is heavy from religious conservatives who call the tinkering cumbersome. Merav Miccheli, leader of

the Labor party, is leading the movement for change. Initially, she favored using only the feminine form of words but has shifted to supporting both.

Many Israelis use English, especially for technology, and shift terms into Hebraicized forms. Hebrew now is the everyday language in Israel but for centuries, after Romans destroyed the temple in 70 C.E., it was “the holy language” of the Bible, Torah and Talmud. In the late 19th century, Eliezer Ben-Yehuda revived Hebrew and stimulated daily use through nationalism and creating new words through material in ancient literature and the Bible.

Following the independence of Israel, waves of refugees arrived from countries around the world. The government unified the people by developing the Ulpan program, instituting Hebrew language schools for immigrants and especially children.

Some scholars note that people believe that if they speak a certain way, things will work out as they want. “People delude themselves that if they change the language to fit their agenda they will win their battles for some cause or other.”

-M. Farber

Editor's Note: This article was adapted from the NY Times



New staff at TBI Religious School

TBI Religious School announces a new Assistant Religious School Director to assist Jeanna Francis. Susanna Grant is a Fresno native who has spent the last four years in Los Angeles in a similar position as educational coordinator for a conservative religious school. She is so excited to be home at TBI and working in the community.

Susanna Grant This year the Religious School will host a Welcome Back Shabbat dinner on Friday, September 9 at 5 p.m. for kids and families. Dinner and a program will be followed by Shabbat service at 7 p.m.

The school year begins on Sunday, September 11 with a Meet the Teachers breakfast hosted by TBI Sisterhood.

The staff is looking forward to celebrating the holidays with our families - especially our Family Sukkot program. This event will be held during school hours on Sunday, October 16 for families of our religious school students. We will have learning stations and snacks in the Sukkah, which includes a return to our chain Sukkah decoration competition.



Lulav and Esrog for Sukkot

**Have a Conversation
Create a New Friendship
& Change a Life!**

If you're interested and want more information, please send an email to Jeri Horwitz jfsfederation@gmail.com or call her directly at (559) 281-1104. **You can change a life!**

Federation Profiles:

Leah Press (continued from page 3)

She and her husband have traveled around much of the world, including Africa, Australia, Galapagos, Europe, Israel, Singapore and Indonesia. Australia was her favorite because of its special animals and things that you encounter, such as unusual trees, which you don't see anywhere else. She also enjoyed the vast open spaces there. During the past few years their exploration has been more local, including Santa Fe, the southwest and Alaska. In addition to travel, Leah enjoys belonging to the Hadasah book club, gardening and cooking.

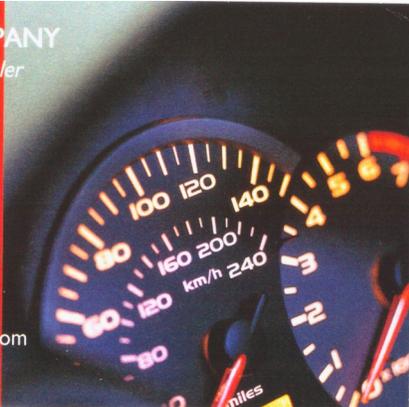
—Francine Farber

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How Can You Be Happy When the World is So *Famished* **

****FaMISHED:** Yiddish word meaning mixed up, confused, crazy, stressed out, pronounced with the accent on the second syllable. *It is not related to the English word meaning starving, which is pronounced with the accent on the first syllable.*

Most of us agree that the world is a pretty *famished* and even terrifying place right now. Our own country's troubles with Russia, China, North Korea; our tumbling status in some areas around the world because of controversial political, fiscal and social policies; the horrendous pressure of climate change; efforts to suppress voting; the war in Ukraine; the never-ending pandemic; the economic crisis. I'm sure we can think of even more but I will resist listing them because it will only depress all of us.

So how can you be happy when the world is so *famished*? I can only speak for myself but here are some suggestions.

Don't keep the TV news on all day. After you hear it once, the repetitions will make you nuts.

At the end of every day try and make a list of three positive things that happened. It could be as small as the favorite ice cream you found on sale, or the smile you received when you said good morning to a stranger you passed on the street. It could also be larger, like an unexpected tax return or a birthday card from an old friend.

Volunteer, even if it is once a week for an hour. You will be amazed at the glow you will get from this. Read to some children in an elementary school, or be a friendly phone

caller to a shut-in through Jewish Family Services, or bake some cookies and bring them to a neighbor. It really doesn't take much.

Don't get hooked on social media. I may be the last remaining person that is not on Facebook, but when I read about the tawdry, mean and downright nasty things that have driven some people to suicide, I am happy not to be involved.

If you are looking for a more rigorous source for advice on how to be happy, try these eight suggestions from a 75-year study conducted by researchers from Harvard University.

1. **Exercise:**

Exercise not only keeps us fit and healthy, but also protects us from disease and degeneration. It stimulates the production of various hormones, including dopamine, responsible for making us feel good; serotonin, which can help reduce the symptoms of depression; and endorphins, which can help to reduce physical pain due to chemical properties similar to morphine.

2. **Remain Active:** Partake in fulfilling activities that leave a smile on your face (so Harvard agrees that I am right about volunteering!).

3. **Light exposure to sunlight:**

In addition to getting vitamin D from various fish, liver and egg yolks, exposing the body to sunlight during the early morning or evening time stimulates the production of serotonin.

4. **Eat Chocolate (everybody's favorite):**

Consuming around 300-600 calories of dark chocolate once or twice a week could reduce your chances of

by Francine
Farber



an early loss of life resulting from heart disease.

5. **Eat foods that are high in tryptophan:** Tryptophan can be sourced from milk, butter, egg yolks, meat, fish, turkey, peanuts, almonds, and other high protein foods. The body is able to use this substance to aid in production of serotonin.



6. **Interact with pets:** Our relationship with cats, dogs or other pets that show us affection can increase the body's production of hormones associated with happiness

7. **Hugging or kissing a loved one**

This produces endorphins, dopamine and oxytocin, helping us build bonds with others.

8. **Meditating:** Meditating, by breathing in slowly and deeply before releasing that air just as gently, can help you gradually rid your mind of any negativity you may have accumulated that day.

These recommendations won't change the *famished* world that we live in but if you feel happier about yourself you may decide to take some other action, like being sure to register and vote, becoming a member of a climate action group, or joining an organization that advocates for important issues in our mixed up, confused, crazy, stressed out world.

You may have read this first in the Fresno Bee





Shalom! Rosh Hashanah is the Jewish New Year and is a time to celebrate!

A round challah is customary to symbolize the cycle of the year, and sweet foods as a blessing for a sweet year. Don't be afraid to have a little fun and try out some puns with your Rosh Hashanah greetings.

"Hope your Rosh Hashanah has been great Sho-far!"

"Hope to see you around this challah-day".

Yom Kippur is more somber. It's a day of repentance, and is a time for reflecting on the past year, apologizing for any wrongdoings, asking forgiveness, and planning to do better in the new year. Yom Kippur can be a tough day for a lot of people, between the past and remembering loved ones who have passed.

L'Shanah Tovah, and may your home be filled with countless blessings this year.

We have received many donations in the last few months, including clothes for one of our clients, adult disposable briefs for women and men (all sizes), and a box of disposable oral swabs. Please contact me if you are in need.

Another donation was two sets of hearing aids. I was thrilled to find the *Ear of the Lion Foundation*, a program founded by the Lions Club. The foundation has a hearing aid bank and supports patients who need hearing aids. Those who know me, realize how thrilled I was to learn about this foundation and how much it warmed my heart to donate the hearing aids to them.

Guided by Tikkum Olam, the essential Jewish values of doing good deeds and repairing the world, Jewish Family Services provides services that benefit the entire family. These include: Information and Referrals, Consoling the Bereaved, Friendly Visitor, Senior Outreach, Transportation Assistance, Bikur Cholim (visiting the sick), food cards to needy families.

Thank you all for your continued support. Stay safe, stay healthy, BE HAPPY!

Jeri Michner Horwitz

JFCC/JFS Community Outreach Coordinator

Millions donated to Ukraine



The Jewish Federations of North America has announced \$2 million in grants to five organizations working to assist Ukrainian refugees struggling with the effects of the war.

Recipients include Lev Echad, which will create a resilience program in Lviv to strengthen the home front; the National Coalition Supporting Eurasian Jewry in Washington, D.C., in support of critical monitoring and reporting work; Tikva Odessa to provide care for vulnerable populations, including Jewish orphans; Latet, which will deliver emergency food and hygiene boxes to new immigrants to Israel and enable them to focus on job training and study opportunities. In addition, funds were allocated to aid refugees through the Jewish Agency for Israel, American Joint Distribution Committee, and World ORT.

Since the war began in February, Jewish Federations have collectively raised \$73 million and allocated \$61 million for more than 50 agencies on the ground in Ukraine and neighboring countries. Funds have placed almost 90 Russian-speaking Jews in volunteer assignments in Poland and Hungary since the initiative was launched in March.



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New Film Series begins soon

our website FAQ page on how to set up your Kanopy account. In February, we have listed both an in-person film and a Kanopy selection, pending Fresno's health conditions. Consult the flyer, our website and make sure you are on our email list so that we can keep you informed. Sign up for our email list here: <http://eepurl.com/gCWukX>

Weather permitting, we will eat outdoors and watch the films indoors. Please make your TBISTRO meal reservations at least 48 hours before each film. For reservations contact Elizabeth Kassel at 559-285-0013 or kassel9638@gmail.com. To view trailers and updates, visit fresnojewishfilm.org

FILM SERIES COMMITTEE

Saretta Gurs, Judy Haber, Elizabeth Kassel, Jenny Knichevsky, Pat Shein, David Snyder, Benjamin Taska, Sandy Taska, Sylvia Waxman, Wendy Wilke

Celebrating our 20th Season!
Sept. 17, 2022 - May 13, 2023
Film tickets: \$8 per person

SEPTEMBER 17, 2022

ZAYTOUN

TBISTRO: 6:30 p.m. | FILM 8 p.m.

OCTOBER 15 2022 AT TBI

USHPIZIN

TBISTRO 6 p.m. FILM 7:30 p.m.

NOVEMBER 12, 2022 AT TBI

AUTUMN HEART - A New Beginning

TBISTRO available

DECEMBER 10, 2022

Discussion on Zoom
WHEN HITLER STOLE PINK RABBIT Film on Kanopy.com

JANUARY 14, 2023

Discussion on Zoom
NO PLACE ON EARTH Film on Kanopy.com

FEBRUARY 4, 2023 AT TBI

(pending health guidelines)
THE WORLD WITHOUT YOU
TBISTRO available

****OR****

FEBRUARY 4, 2023

Discussion on Zoom
THE KIND WORDS
Film on Kanopy.com

MARCH 4, 2023 AT TBI

SHEPHERD: The Story of a Jewish Dog
TBISTRO available

APRIL 22, 2023 AT TBI

PERSONA NON GRATA - The Story of Chiune Sugihara
TBISTRO available

MAY 13, 2023 AT TBI

ONLY HUMAN
TBISTRO available



The Films Committee has planned an entertaining new film season with meals to complement each film. We will show films at TBI during what are predicted to be "safe" months, with guidelines requiring attendees to be current with Covid vaccinations and masked when appropriate.

Films shown at TBI will include the option of purchasing a TBISTRO meal. On opening night, September 17th, at 6:30 p.m. we begin with a TBISTRO meal, followed with the film "Zaytoun" at 8:00 p.m.

Our October event will be a special one and you can bring the family for an evening of fun. There will be a TBISTRO meal served in the Sukkah followed with a film, also shown inside the Sukkah. Beginning in October, TBISTRO meals will be served at 6:00 p.m. with films starting at 7:30 p.m.

For December and January, we are suggesting films to watch at your leisure on Kanopy.com followed by a Zoom discussion. Please check

JFS at Temple Beth Israel

Gae's Exercise Class

Tuesdays & Thursdays at 11 a.m.



JFCC ALLOCATIONS 2022

Israel Overseas

Jewish Federation North America	\$5,000
Jewish Distribution Committee	\$10,000
Magen David Adom	\$2,000
Akim Israel	\$2,000

Local

Jewish Family Services	\$20,000
Israel Independence Day	\$3,500
Interest Free Loans	\$3,000
TBI Yom HaShoah	\$1,000
Jewish Community Relations Committee	\$10,000
Camperships	\$2,500
TBI Cemetery	\$9,000
TBI Cemetery Water Project	\$12,400
Jewish Studies Program, Fresno State	\$5,000
TOTAL	\$ 85,400

Visalia Voices

Congregation B'nai David

www.congregationbnaidavid.com * 559.732.3139
The High Holy days will soon be upon us as well as fall weather. We are looking forward to spending the next year with our new Student Rabbi, Tori. She is very musically talented which we all enjoy, and she will bring a new, youthful prospective to us.

Our Sunday School will start in September and will have a new Director of Education and a new Principal. Both are educators in their daily lives.

Our new Board of Directors was installed in July; we have several new projects, including solar installation. We had an Active Shooter Training seminar by the Visalia Police Dept. Our Adult Education classes focused on Jewish history/family in the United States to the present.

CBD has lost two long time members - Myriam Farris and Neil Schneider, who was our Financial Director - this past season. May their memories be for a blessing.

We wish everyone in Tulare and Kings County a very Happy New Year and good health. Anyone interested in learning about Judaism or attending services, please call our number above.

— *Marsha Brooks-Smith*

ALLOCATION DESCRIPTIONS

Jewish Federation of North America Umbrella organization to help support and sustain worldwide Jewry

Jewish Distribution Committee The world's leading Jewish humanitarian organization that works to lift lives and strengthen communities, by providing life-saving care to those in desperate need.

Magen David Adom With Israel under attack, MDA provides first responders, vehicles, and training, as well as transportation to hospitals to save lives.

Akim Israel The Israeli national organization to help people with intellectual disabilities and their families, using legal, community, and self-advocacy.

Jewish Family Services Provides services and support for the Central Valley Jewish Community (Visalia to Merced) regardless of age, income, or synagogue affiliation, and to strengthen Jewish identity, build community, and fortify family life.

Israel Independence Day Yearly Yom Ha'atzmaut community celebration, marking the establishment of the modern state of Israel in 1948.

Interest Free Loans Promotes financial assistance to Jewish families in need by offering them a NO interest loan.

Yom HaShoah A day set aside for Jews to remember the Holocaust.

Jewish Community Relations Council Liaison between the Jewish community and our non-Jewish neighbors, engaging in dialogue and clarifying misunderstandings, as well as sponsoring pro-Israel speakers and arts events.

Camperships Provides financial assistance to Jewish students wishing to attend a Jewish camp.

TBI Cemetery Pays part of annual maintenance costs.

TBI Cemetery Water Project Pays part of the new water pump and pipes.

Future Cemetery Help start a fund to purchase a new cemetery for the Jewish community as TBI is running out of plots.

Jewish Studies Endows a Jewish studies scholarship fund for Fresno State students in the Jewish Studies Program who have completed at least two courses toward earning either the Jewish Studies Certificate or the Jewish Studies Minor.

**HAVE YOU MADE AND FULFILLED
YOUR 2022 PLEDGE?**

*“When a person’s good deeds exceed his wisdom,
his wisdom will be enduring.”*

For the annual campaign, I pledge and promise to pay the Jewish Federation of Central California:

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\$1242 ___ \$1800 ___ Other \$ _____

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Signature _____

How will you make your contribution?

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Expiration Date _____

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Federation Focus

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Jewish Federations of North America protects and enhances the well-being of Jews and Jewish communities in North America, Israel and around the world. We strive to realize our core values of *chesed* (caring and compassion), *Torah* (Jewish Learning), *tikkun olam* (repair of the world) and *tzedakah* (social justice). As the focus of the federations, JFNA acts upon these values through philanthropy, strategic initiatives, and collective leadership—in partnership with local communities, national and international agencies.

PLEDGES FOR JFCC 2022



Double Chai-over \$3600

David and Marilyn Britz
Martin and Debbie Britz
Robert and Linda Glassman
Roger and Ivonne Litman
Eileen Snidman

Chai -\$1800-\$3599

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James and Judy Ganulin
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Stanton Groger
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Pepper Kammen
Stephen and Dina Kassel
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Richard and Carol Sorsky
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Mel and Bettylee Wapner
Pam Weiner and Tim Skeen
David and Aleta Wolfe
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Rabbi Paul and Tamara Gordon
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