



Raise Your Hand
Day
Page 9



Sarfani Center 5K
Page 12



Dinner & Learn
Page 14

Jewish Community News

News of the Jewish VA Peninsula Community

May 2022/5782

Executive Director's Message - Steven Wendell

By now I'm guessing it's no surprise to anyone who has read UJC newsletters over the past several months that I will be retiring from a long career in Jewish communal service at the end of June. Charlene (retiring from Newport News Public Schools) and I are remaining in the community at our home in Southall Landings, on the Salt Ponds in Hampton,

but hopefully spending as much time as possible cruising the Chesapeake Bay and related



waterways on our boat, *Sweet Dreams*.

While I will certainly miss my daily engagement with our fantastic professional staff and large core of dedicated and talented volunteers, I am thrilled to formally introduce the UJCVP's new Executive Director and his family. In Eric Maurer's own words:

"I am honored and thrilled to join the Jewish Community of the Virginia Peninsula with my wife Becca and our two boys, Amichai (5) and Matan (2)! The UJCVP does incredible work in the community ensuring dynamic experiences for infants through senior adults and fostering the transmission of our tradition from generation to generation. I feel blessed to be able to work with the UJCVP's outstanding staff team and to follow in Steve's footsteps. As we make our home in the Virginia Peninsula this summer, I look forward to getting to know you. In the meantime, friend us on Facebook,

send us an email at emaurer@ujcva.org or give us a call at (617) 780-2916. We want to meet you."

On Sunday, April 3rd, Eric was honored by his current organization. The following article appeared in the Southern New England Jewish Ledger:

"Honoree Eric Maurer is the outgoing Executive Director of JTConnect. He joined the organization in 2016, and under his leadership JTConnect has both grown the number of teen participants and diversified its program offerings; expanded its impact in the community, growing participation and diversifying program offerings. A graduate of the University of Hartford, he holds dual Masters degrees from Brandeis University's Hornstein Program in Jewish Professional Leadership and Near Eastern & Judaic Studies. He serves as a Trustee on the Solomon

Schechter Day School of Greater Hartford Board, as a volunteer advisor to the Alpha Epsilon Pi Jewish Fraternity at the University of Hartford, and as a founding steering committee member of the Jewish Community Foundation's



Continued on page 3

Contents

Departments:

- Fund Donations2
- President's Message4
- Development Report6-7
- Jewish Family Services9
- Education Corner12, 18
- Area Congregations 15-17

Features

- Mikveh Project.....8
- Sarfan Center 5K.....12
- Summer Camp13



SARFAN CENTER SUPERHERO 5K RACE & 1 MILE FUN RUN!

Sunday,
May 15th

see page 12 for
more info!

Adath Jeshurun

In memory of Sarah Deyong
Carolyn Vassos

JFS Food Pantry

In memory of Dr. Murray
Moliken
Eugene & Betty Levin Family
Philanthropic Fund

Mikveh Fund

Mazel tov to Leslie & Randy
Needham on their first
grandson
Meryl & Bob Kessler

Mazel tov to Linda Lavaty on
her new grandson
Meryl & Bob Kessler

Thank you to Meryl & Bob
Kessler for all their love
Linda Lavaty

Marc Minkoff Sports

Scholarship Fund

In memory of Sarah Deyong
Fran & Al Moliken

Reimagine Camp Fund

Thank you to all those who love
me and show me every day
Linda Lavaty

Leroy M. Spigel Early

Childhood Education Fund

In honor of Linda Lavaty
In honor of Sarah Barnett
Bonnie & Jeff Spigel

In memory of Sarah Deyong
Estelle Fineman
Gloria & Aaron Ostroff

UJC Youth Fund

Thank you to Rabbi David
Linda Lavaty

Wishing Liora Levinson perfect
health

Jessi & Michael Malkin

In memory of Sarah Deyong
Linda Lavaty

Jessi & Michael Malkin

Sara Traster & Dave Harriss

Ukrainian Emergency Fund

In honor of Buddy David's
birthday

Valerie & Jackie Herman

In memory of John T. Squire
Jill & Mike Keech

Unrestricted Endowment Fund

Congratulations to Martha
Katz-Hyman on her honor
Ettalea Kanter

In memory of Dr. Murray
Moliken
Ettalea Kanter

In memory of Sarah Deyong
Ettalea Kanter

Executive Director's **Message** continued from page 1

JewGood Hartford: Young Professionals Connecting through Philanthropy.”

In 2020, while awarding a grant to Eric’s program, the Jewish Community Foundation of Greater Hartford had this to say:

“The Jewish Teen Learning Connection (JTConnect) in West Hartford is witnessing impressive growth. According to the organization, there’s an 83 percent increase in teen participation since 2017 with approximately 400 teens participating in JTConnect’s programs. Due to this growth, the Jewish Community Foundation of Greater Hartford (JCF) awarded JTConnect a \$120,000 multi-year Springboard Grant to help the nonprofit build its capacity to ensure continued, sustainable growth.”

Becca Maurer has served as an instructor for Tinkergarten, a play-based outdoor curriculum that guides parents on how to support an active, engaging, outdoor learning lifestyle for their family. In Becca’s own words:

“As a mother, early childhood educator and nature lover, I know that there is no better classroom than outside! Our family loves getting outdoors, whether it is to a concert at Elizabeth Park, visiting the animals at Westmore, or a hike at Roaring Brook Nature Center. We are so excited to bring the Tinkergarten philosophy into our own lives and sharing it with you. See you outside!”

You can see from some of their photos, that the Maurer family enjoys the outdoors. And while ice fishing may not be on their agenda for southeast Virginia, I am certain all of us will provide a very *warm* welcome to Eric, Becca, Amichai and Matan as they join our very special Peninsula Community.



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Do you love pickleball? Or have you always wanted to learn to play?
Join our UJC Pickleball group!

Tuesday Evenings @ 7:00pm in the UJC Gym
Sunday Mornings, Outdoor Courts Off Campus

Open to all adults 18+ Beginners & couples welcome!
Balls & paddles will be provided.

Passport Members - FREE!
COVID IMMUNIZATIONS REQUIRED
Visit ujcvp.org or email Steve Wendell (swendell@ujcvp.org)
for registration information.



President's Message - Kelli Caplan



Happy Spring! I hope everyone had a wonderful Passover!

Flowers are blooming, the sun is shining and the air is warm! Finally, Spring is upon us. I am thrilled to see spring arrive, as it symbolizes new beginnings and fresh starts.

Spring is always a time that invigorates me. We can be outside, basking in the beautiful weather.

It is also a time when our campus comes alive inside and outside. We have accomplished so much on the campus, and a lot the improvements have been focused on the outdoor spaces. Recently, I spent the afternoon in our nature area behind Rodef Sholom. Jessi Malkin hosted a wonderful PJ Library Passover program in which children came to find toy frogs hidden in the woods and in return received very cool Passover-related prizes. It was so much fun and highlighted the many uses of the area.



As we watched the children come and go with huge smiles on their faces, it drove home just how special and dynamic our campus can be. Who would have ever imagined we would have a nature oasis complete with ducks, a pond and a plethora of interesting trees and plants on our campus? Being back there feels like you are somewhere else, someplace hidden away. The nature area is

the perfect complement to our incredible ropes course. It really is worth coming to campus to take a walk along the path that winds through that space.

Along with the outside areas, the inside of the campus is also buzzing with activity. The same week as the frog event, I attended the Pearl Society Bedtime Party. That was a superb event coordinated by Sarah Barnett. It was a joy to be together, and at the same time be able to help others. We collected more than 100 pieces of bedding for an organization that makes beds for local children in need. Being in the same room was fantastic. We talked, played fun games and did something positive to boot. In my book, that's a win-win.

My point is that this campus is bustling with energy. Our purpose is to bring the Jewish community together and to be there for one another. It is so nice to be able to do that in person once again! Being on campus with others feels normal, and right in so many ways.

With spring upon us and warmer days ahead, I hope you will find time to drop by campus to take part in our huge array of programming and to see how much progress we have made inside and outside. The UJC has

always been a special place, but after COVID, I have a whole new appreciation for that comforting and proud feeling I get when I pull onto campus and can just feel the positive energy radiating throughout.

I hope your spring is fabulous, and I look forward to seeing all of you on campus!





Follow us on
Instagram
@ujcvp_nn

and LIKE our
Facebook
page!

UJCVP Senior Lunches & Grand Club

We are offering freshly-made, kosher lunches for pick up on Tuesdays each week for our senior community members.

Grand Club meets at the J on Thursdays for in-person lunch and bingo.
(Subject to Covid restrictions)

Lunch for ages 60+ - \$2.50 | Lunch for Passport Members - FREE!
Additional charges for Bingo Cards

Email linda@ujcvp.org for more information or to RSVP

PENINSULA FUNERAL HOME

We're here for you.

CUSTOMIZED SERVICES

Peninsula Funeral Home understands that every religion has meaningful traditions. We will work with you to arrange the service that reflects your loved one's beliefs and final wishes.

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We can help. Call us today. 757-595-4424

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(Corner of Warwick Blvd. & Harpersville Rd.)

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www.peninsulafuneralhome.com

UJC MINI SPONSORSHIPS

Do you have a business you'd like to promote? Become a UJC Program Sponsor!

WHAT YOU'LL GET:

- *Ad space in our UJC Newsletter
(this thing that you're reading!)
- *A postcard / coupon / business card included in one of our take-home programs
(can be your own design or created by us!)
- *Your name / business name on marketing materials for the program you are sponsoring
- *Sponsorship Price: \$100

Contact Jessi Malkin
jmalkin@ujcvp.org for more info.

Development **Report** - *Sarah Barnett*



There is no better way to complete a successful tenure than at a time where inspiration for the cause is in no short supply for both tragedy and triumph. Indeed, we are engaged in so much work this month that speaks directly to the best of what we do as a community steeped in Jewish values, with a mission of building and maintaining Jewish community at home while answering the call to help our brothers and sisters worldwide.

While watching the horror of the war in Ukraine, many of us have been inclined to turn the news off. Yet we are also humbled at the spring to action of our global Jewish infrastructure which is helping Jews and non-Jews alike remain as safe as possible in place, or find their way to safer places.

The notion that so easily, in a short period of time, we collected over \$66,000 from our small community for Ukraine emergency relief speaks volumes to our strength as a community and our UJCVP ability to connect with our community members. Our efforts combined with our Federation brothers and sisters in North America have raised over \$40,000,000 thus far to be allocated to our overseas partners doing their crucial lifesaving work.

Yet the true inspiration here is the realization that this pivot to life-saving activities in wartime could work so effectively because all along we have been supporting a permanent infrastructure that has been active on the ground in Ukraine and in neighboring countries since the breakup of the Soviet Union. Whether it is JDC or JAFI or one of the many smaller organizations present in the region and integrated with our partners, we are seeking out Jews in need and bringing them to safety. At our core, it is this professional and lay Jewish infrastructure with all that it has encompassed in rebuilding Eastern and Central European Jewry over the past three decades that defines why we do what we do. Without this connected system of communities and organizations that make up the Jewish Federation System, this recent process of saving lives would not be possible.

Though ALL collected emergency funds continue to go directly toward this need, it is your regular Annual Campaign contributions that make this global infrastructure possible. Without the funds that all Federations gather collectively in order to allocate to our international needs, this emergency response would not be possible. As we come to the end of our 2022 Annual Campaign season, please be counted in this collective Jewish effort. Please make a contribution that not only sustains this community but also uplifts the connectedness, and safety of our entire world Jewish community. Contributions can be made online at our website: www.ujcvp.org



Development **Report** continued

UJCVP ENDOWMENT

The inspiration continues as we wrap up our 2022 Summer Jewish overnight experience grant-making for local Jewish youth. We are so proud of the partnership between the UJCVP and the UJCVP Endowment Inc. and individual fund holders and advisors. This process is an example of “teamwork making the dream work” as we are able to help so many children enjoy a Jewish transformational experience.

This year we are able to assist 11 young community members ages 10-18 attend the summer program of their choice. \$14,286 in grant funding will be distributed to 11 individuals in total, attending 9 different programs.

These programs include:

- Young Judea Year Course Gap Year
- Capital Camps
- URJ Six Points Sports Academy
- URJ Six Points Creative Arts Academy
- Sababa Beachaway Camp
- Maccabi Jewish Youth Games in San Diego
- Baltimore Zionist District Israel Teen Trip

The funds distributed to these programs come from a wide variety of communal resources including:

- The UJCVP Endowment Inc. Unrestricted Fund
- The Boris and Selma Margolin Jewish Experience Fund
- The Bernice Slavin Gordon Fund of Rodef Sholom Temple
- The Mark Minkoff Sports Scholarship Fund
- The Emil Emanuel Shavitt Scholarship Fund



We are truly fortunate to be able to touch the lives of so many of our children and help them to be able to have these experiences. We are grateful for all of these funds, and their advisors for partnering together for the good of our youth and communities.



May 2nd
Angela Morris
UJC Controller



May 5th
John Donnell
C Maintenance Supervisor



May 21st
Maya Yartsev
Sarfan Center Pre-K Teacher



York River Symphony Orchestra

Concert at the UJC

Sunday, May 29th at 3pm

Visit ujcvp.org for more info.



Tickets in Advance:
Adults - \$10, Kids/Seniors/Military - \$8

Tickets at the Door:
Adults - \$12, Kids/Seniors/Military - \$10

Passport Members - FREE

A Rabbi's Reflections, Part 2

by Rabbi Severine Sokol

Immersing in a ritual bath is such a beautiful and transformative spiritual experience.

A Mikveh serves as an invaluable destination to acknowledge and celebrate an important change in our lives. Free from the intrusions and influences of the outside world, one can immerse oneself in the calming waters of the Mikveh, which support mindfulness and contemplation of the Eternal.

One of the important purposes *t'vilah* - immersion in the Mikveh - serves *giyur*, conversion. After studying about Judaism (among other important commitments) for a substantial period of time, submerging oneself in the waters of the ritual bath helps a person feel complete, allowing him or her to have a fresh start.

Our sages of old decreed that a Mikveh is not kosher if it contains less than 250 to 1,000 liters of water. This sacred place of reflection strives to avoid shallowness, and water provides a concentrated therapeutic environment all around the person immersing themselves.

As the Mikveh gathers living waters, it summons and channels someone's renewed energies toward God. Once the proselyte has discussed essential questions with the Bet Din, he or she privately showers after parting with anything that might create a barrier between him or her and the water.



Then, being ready to take the plunge, the proselyte enters the Mikveh pool and submerges three times, along with the appropriate blessings and prayers.

Later on, a special ceremony, private or public, as may be the case, celebrates the person embracing

Judaism and affirming his or her Jewish identity.

Immersion in the Mikveh represents a significant transition between a time when questions abound and a time when the person's Jewish identity is accepted and sealed in his or her heart forever.

Our return to the waters of the Mikveh is a homecoming of sorts, tapping into our origins, cleansed and empowered once again by the source of our inner being.

Our UJCVP is a member of the consortium RISING TIDE, a national network devoted to opening the Mikveh Experience to the entire Jewish Community.

For more information, or with any questions, please contact Steve Shapiro,
UJC Mikveh Chairman: sshapiro@hampton.gov

Jewish Family Services - Libby Batten







May is Mental Health Awareness Month



Mental Health Awareness Month provides a reminder that emotional well-being is essential and that those living with mental health issues are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, and fulfillment.

Why don't you take an hour out of your busy schedule on Monday evenings starting May 2nd and take care of your mental health and relieve stress? Jessi Malkin and I have several relaxing events taking place. Please see below for our scheduled events.

MONDAY, MAY 2ND 5:30-6:30PM  Tai Chi with Paul Salgado	MONDAY, MAY 9TH 7:00-8:00PM  Yoga with Kelli Caplan	MONDAY, MAY 16TH 7:00-8:00PM  Mindfulness with Judie Kavit	MONDAY, MAY 23RD 5:30-7:30PM  Chair Massages with Massage Students
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For more information or to RSVP please visit our website: ujcvp.org
or contact Libby Batten (lbatten@ujcvp.org) or Jessi Malkin (jmalkin@ujcvp.org)



We are a campus of caring.
Everyone deserves care.

RAISE YOUR HAND DAY
THURS. May 26th, 9am-2pm

If you have a problem or issue PLEASE call for assistance to find out how we can help.
It's ok to not be ok. We are here to listen. Better starts here!

Call our UJC Jewish Family Service Office
Libby Batten, MSW | 757-223-5635



Peninsula BBYO
Chapter Lock-In

May 7th @ 8pm - May 8th @ 8am
at the UJC

Jewish teens 8th-12th grade welcome!

Movies, Games, Havdalah,
Spa & More!

Registration Deadline – May 1st

More info & registration at:
bit.ly/peninsula-lock-in

Register ASAP to secure your spot!
For questions, email pvabbyo@gmail.com



Flicks and Food

HAVA
NAGILA
(THE MOVIE)



Thurs. May 12th
12:30pm

Hava Nagilah
2012, 1hr 15min
Not Rated

A documentary on the
history, mystery, and
meaning of the
ubiquitous Jewish
standard that's known
around the
world.

Passport Members - FREE
RSVP to jmalkin@ujcvp.org

Non-Members - \$10 / person
Visit ujcvp.org to RSVP & pay online
Includes Lunch



Join in on the fun and get crafty with us!

Swing by the J, pick up a jCraft To Go, take
it home, and unpack your studio!

Next Project: Painted Summer Pineapples

Pick Up: Thurs. June 9th, anytime from 3-5pm

Program Passport Members - FREE!

Non-Members - \$12 / package

RSVP to: Naioki Wood (nwood@ujcvp.org)
or Sara Traster (straster@ujcvp.org)

(This will be the last JCraft until the Fall!)



Don't miss out on Summer Fun with the J!

Get your UJC Passport Membership today to take advantage of all our summer programs and events, plus access to Glendale Pool!

Visit ujcvp.org/passport-membership

Glendale Pool Opening Weekend:

Fri. May 27 - 4-9pm, Sat. May 28 - 11am-9pm, Sun. May 29 - 1-8pm, Mon. May 30 - 1-8pm



Save the Date

JOIN US FOR A

*"Change of Course"
Community Celebration
for Steve Wendell*

SUNDAY, JUNE 26TH 2022
AT 5 PM

INVITATION TO FOLLOW



Red Cross Blood Drive in the UJC Gym

Tuesday, June 7th
10am-3pm

Visit: ujcvp.org
to make an appointment



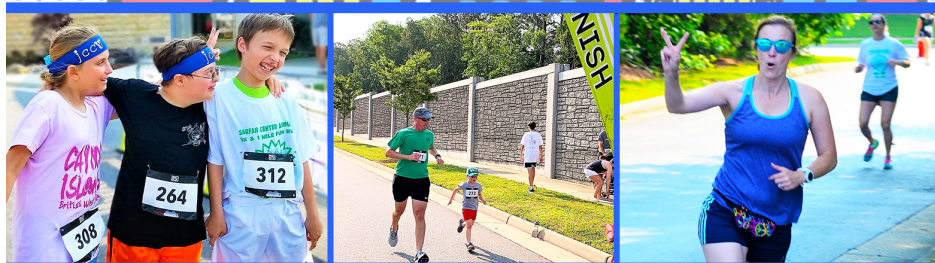
Education Corner - Naioki Wood, Sarfan Center



It's a bird!
It's a plane!

No, it's our
Sarfan Center
Superhero 5K
and 1 Mile Fun Run / Walk.

Lets celebrate and support the
Sarfan Early Childhood Center
together in our superhero
capes and running shoes!!



SUNDAY, MAY 15, 2022

GET OUT YOUR SUPERHERO CAPES & RUNNING SHOES
FOR OUR 36TH RACE YEAR!

PLACE: UJCVP, 401 City Center Blvd.
Newport News, VA 23606



TIME:

8am - Registration
9am - 1 Mile Fun Run
9:30am - 5K Run/Walk
10:30am - 50 Yard Dash

ENTRY:

Pre-Registration (by 5/1)
1 Mile - \$15 | 5K - \$25
Regular Registration (after 5/1)
1 Mile - \$20 | 5K - \$30

FOR COURSE MAPS, RACE FAQs & SPONSORSHIP INFO VISIT
UJCVP.ORG/SARFAN-CENTER-5K



Registration for the 2022-2023 school year is now open!
More info & registration forms can be found at ujcvp.org



Summer Camp Chaverim




Calling all campers and camp families to join us as we celebrate National Physical Fitness and Sports Month.

Put a BIG star on each fitness activity you finish and share your accomplishments with us!

As part of our Fitness Month, we encourage our families to sign up for the 36th Annual 5K & 1 mile Superhero Fun Run. We would like to have a group of campers run together and show our Camp Chaverim team spirit for the Sarfan Early Childhood Center.

UJC Fitness Challenge

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

26	27	28	29	30	31	1 <input type="checkbox"/> Choose Your Activity: Pick a Fun Sport or Physical Activity and Spend 30 min to 1 Hour
2 <input type="checkbox"/> Choose Your Activity: Hint- Go Outside	3 <input type="checkbox"/> 10 Minute Workout: 30 sec Jumping Jacks 30 Sec Squats 30 Sec Sit Ups 30 Sec Mountain Climbers REPEAT 5x	4 <input type="checkbox"/> Dance Tutorial: Baby Shark Hip Hop	5 <input type="checkbox"/> Plank Challenge: All Day to Complete 30 Sec Plank x4 45 Sec Plank x3 50 Sec Plank x2 1 Min Plank x1	6 <input type="checkbox"/> Take a 10 Minute Walk	7 <input type="checkbox"/> 14 Minute Workout: 30 sec Jumping Jacks 30 sec Lunges 30 Sec Plank 30 Sec Push-Ups REPEAT 7x	8 <input type="checkbox"/> Go Bike Riding
9 <input type="checkbox"/> Play a Sport Together 30 Min	10 <input type="checkbox"/> Family Workout: 15 Min HIIT	11 <input type="checkbox"/> Choose Your Yoga: 10 minutes of Yoga	12 <input type="checkbox"/> 15 Min Hip Hop Hype Dance Workout	13 <input type="checkbox"/> Choose Your Stretch: 15 Min Stretching	14 <input type="checkbox"/> 10 Min Run/Walk	15 <input type="checkbox"/> UJC 36th Annual 5k & 1 mile Fun Run
16 <input type="checkbox"/> Outdoor Adventure: Walk 1-2 miles on the Noland Trail	17 <input type="checkbox"/> 10 Min Mindfulness & Relaxation Exercise	18 <input type="checkbox"/> Choose Your Workout: 30 Min	19 <input type="checkbox"/> Workout Challenge: 40 Squats 40 Lunges 40 Calf Raises x3	20 <input type="checkbox"/> Choose a Dance: Cha Cha Slide Macarena Cupid Shuffle	21 <input type="checkbox"/> 12 Minute Workout: 1 min burpees 1 min Squats 1 min Sit Ups 1 min Shoulder Taps REPEAT x3	22 <input type="checkbox"/> Take a Hike: Spend the Day at a Trail/Park Near You
23 <input type="checkbox"/> Work Together: Newport News Park Paddle Boat or Canoe	24 <input type="checkbox"/> YouTube: Spider Man Workout	25 <input type="checkbox"/> Choose Your Activity: Hint- Go Outside	26 <input type="checkbox"/> 12 Minute Workout: 1 min High Knees 1 min Lunges 1 min Planks 1 min Push-Ups REPEAT x3	27 <input type="checkbox"/> 15 Min Springtime Partner Yoga	28 <input type="checkbox"/> Choose Your Own: 30 Min Workout	29 <input type="checkbox"/> Play a Sport Together 30 Min
30 <input type="checkbox"/> Workout Challenge: All Day to Complete 100 Sit Ups 50 Push Ups 50 Squats 15 Min Walking	31 <input type="checkbox"/> Pick Your Favorite Activity from the Month- Complete as Final Activity					

CAMP CHAVERIM 2022 IS THE PLACE TO BE!

Registration is NOW OPEN and space is filling up fast!

Start your summer countdown today by visiting:
ujcvc.org/camp-chaverim
to register online.

CHECKOUT OUR SUMMER CAMP CALENDAR



We can't wait to see YOU this summer!

Calendar of Fun

Week 1: June 27-July 1
Let's Go Camping!

Week 2: July 4-8
(closed July 4th)
The Art of Clay Part I

Week 3: July 11-15
The Art of Clay Part II

Week 4: July 18-22
Maccabi Games: Color Wars

Calendar of Fun

Week 5: July 25-29
Oh, The Places We'll Go!

Week 6: August 1-5
Science Wizards

Week 7: August 8-12
Cooking All-Stars

Week 8: August 15-19
SUMMER BLAST!





Blood Pressure Clinic

Thursday, May 12th
11:30am-12:30pm

Swing by the J to get your blood pressure checked with the nurses from the Personal Touch Hospice & Palliative Care team.
FREE COMMUNITY EVENT

RSVP to Jessi Malkin: jmalkin@ujcvp.org



Kibbitz and Create

Sunday, May 29th
10am-12pm

Join our group at the J for a morning of snacks and crafts. All fiber arts crafts welcome!

RSVP to Jessi Malkin: jmalkin@ujcvp.org



Join us **Tuesday, May 17th at 6pm** for a special Dinner & Learn presentation by Tami Farinholt, Executive Director of the Newport News Green Foundation!

Passport Members - FREE
Non-Members - \$15/person

Visit ujcvp.org to RSVP

Questions?
Email Jessi Malkin
jmalkin@ujcvp.org



Congregation Adath Jeshurun
401 City Center Blvd., Newport News, VA 23606

Telephone # 757-930-0820 | Website: www.ajshul.com
Rabbi Gershon Litt, 757-559-1836



Why do we count the Omer? Good question. Tradition tells us that the Israelites were told they would be given the Torah fifty days after the exodus from Egypt. As soon as they were liberated, they began the big countdown.

Shabbos Candle Lighting Times:

May 6 - 7:40pm
May 13 - 7:46pm
May 20 - 7:52pm
May 27 - 7:58pm

Rabbi Litt's Shabbos Schedule:
May 20

This should be a time of celebration, with all of the freedom and a present from Hashem. But no. Many historically horrible things have happened to Jews in this time of counting. In solidarity with our fallen ancestors, we take this time to mourn and refrain from joyous occasions, including cutting our hair.

Though that sounds like no fun, we are a relatively free people and that is a daily celebration in itself. So start your countdown, enjoy the spring weather and appreciate our freedom.



Congregation
Emet V'Or

Truth and Light in the Reform Tradition

Office.CEVO@gmail.com
www.emetvor.org
757-952-3737

Rabbi Scott Gurdin
Cantorial Soloist Dr. Jonathan Rathsam
Musical Accompanist Dr. Ben Corbin

Shabbat Services

Erev Shabbat services are held Friday evenings at 7:00pm unless otherwise noted.

May 6 – Rabbi led Shabbat service with musical accompaniment

May 13 – Cantor led Shabbat service

May 20 – Rabbi led Shabbat service with community dinner

May 27 – Shabbat in the Home – Memorial Day weekend (and Elana and Kenny's wedding weekend, congratulations to the bride & groom!)

Special Events & Other News

Religious school dates – May 1, 15, 22

CEVO Board Meeting – May 9 (Zoom)

Community Dinner and Children led service – May 20th

All are welcome to join our **in-person** services at Bionetics – 101 Production Drive, Yorktown. Please bring a mask to wear. For anyone who is not ready to return in person, we also offer our services streaming on Zoom. Please contact us to get the zoom link and service booklet at office.cevo@gmail.com.

All are welcome to visit! Our location:
101 Production Drive, Suite 101, Yorktown, VA 23693

 fb.me/CEVOcommunity

RODEF SHOLOM TEMPLE

FOUNDED IN 1913 AND A MEMBER OF THE UNITED SYNAGOGUE OF CONSERVATIVE JUDAISM

*We are: Warm, welcoming and steeped in the rich traditions of Judaism...Egalitarian and Eclectic
Living personal Jewish journeys across a spectrum of participation...Looking forward to seeing you!*



In-Person & Zoom Services

Minyan:

Mondays & Thursdays @ 7:45am

Kabbalat Shabbat: Fridays @ 6:00pm

In-Person Shabbat Morning Services & Zoom

Saturdays @ 9:30am

Contact the office for Zoom information: office@rodefsholomtemple.org

401 City Center Blvd. - Newport News, VA, 23606 - 757-826-5894 - rodefsholomtemple.org



Rabbi Maurice Harris — Scholar in Residence — April 29 - May 1

- Friday, April 29— 7:30 PM Shabbat evening service with Rabbi Harris delivering a d'var Torah on the parashah, Acharei Mot
- Saturday, April 30— After the 10:30 AM Shabbat morning service, Rabbi Harris will speak on "Listening to and Talking Back to our Priestly Ancestors: the Problems and Opportunities of Leviticus 18's Sexual Prohibitions"
- Saturday, April 30, 7:30 PM: "The Rebekah Cycle (Genesis 24:1 – 28:9): A Closer Look at One of the Most Powerful Women in the Bible"
- Sunday, May 1, 1 PM: "'Gross!' – What Contemporary Jews and Christians Can Learn from the Animal Sacrifices and Food Rules in Leviticus"
- In-person, at TBE-W, 600 Jamestown Road, and on Zoom.
- Contact office@tbewilliamsburg.org for the link.

We celebrate Jewish life all year!



Temple Sinai
11620 Warwick Blvd, Newport News, VA 23601
(757) 596-8352



WORSHIP SERVICES

Saturday, May 7th @ 10:00am - Yom HaAtzmaut Service
Friday, May 13th @ 7:30pm - Kabbalat Shabbat Service
Saturday, May 21st @ 10:00am - Sam Schorr Bar Mitzvah
Friday, May 27th @ 7:30pm - Kabbalat Shabbat Healing Service

Contact Rabbi Sokol at rabbiseverine@gmail.com or (314) 628-9196 if you are interested in attending services.



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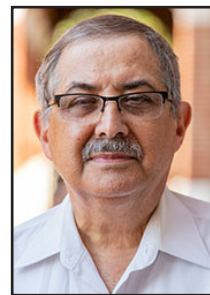
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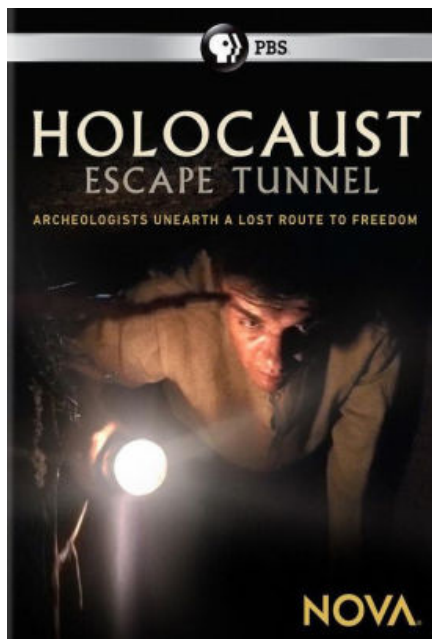
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Education **Corner** continued

Dr. Richard Freund, Prof. of Jewish Studies - CNU

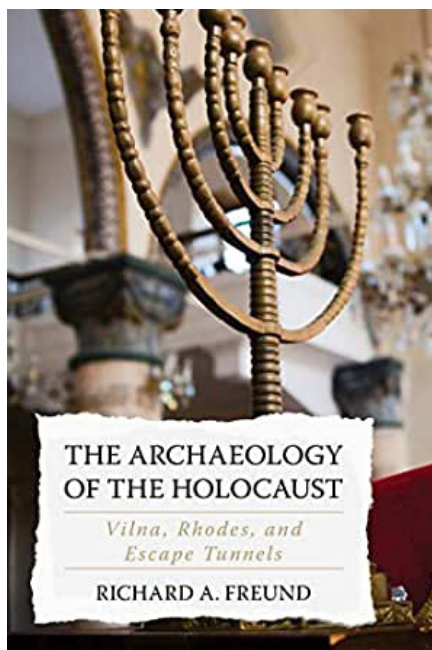


The CNU Aaron Professorship in Jewish Studies



Dr. Richard A. Freund, Bertram and Gladys Aaron Professor of Jewish Studies at CNU, gave a lecture at the Hebrew University of Mexico City on March 28 to Spanish speaking teachers on his PBS NOVA special, *Holocaust Escape Tunnel*. This was recorded and available to Spanish speakers.

Dr. Freund recorded an interview for the Virginia Humanities program *With Good Reason*, on his new book, *Archaeology of the Holocaust*, on April 6, 2022. The interview will be archived for future listening of the program. The piece will air during a May 14 episode that revolves around WW II.



Dr. Freund's OURCA research summer scholar at CNU for 2021, Mikaela Martinez Dettinger (CNU '22) was chosen to be a speaker for the UJCVP Yom HaShoah program on April 27. The presentation, which she gave for faculty, staff and students on March 17 at CNU was entitled: *Holocaust Archaeology: Retracing the Steps of Resistance* and her paper was presented on April 8 at a CNU research conference and has made a significant impact on the community.



What if you were put in charge of a revolution against the Nazis? Many of the men and women who fought against the Nazi's Final Solution were in their 20s when they were uprooted from their lives, torn away from their aspirations and called to resist the Nazi regime. Today, their names and actions are largely forgotten. During her Summer Scholars research, Martinez Dettinger joined an international research team using groundbreaking archaeological methods to uncover the stories of these heroes. She travelled to over 15 different Holocaust sites in Latvia, Lithuania and Poland to work hands-on with archaeologists, geophysicists and a team of researchers to identify mass graves, artifacts and resistance strongholds that were once thought to be lost to history. In her presentation she will recount the most moving aspects of working to reveal lost history, the discoveries that were made and the powerful influence that Holocaust education can have on each and every one of us.



Celebrate Yom Haatzmaut Like an Israeli

No matter where you live, you can party like you're in Israel!

Yom Haatzmaut, Israeli Independence Day, starts on the evening of May 4th this year. Do you think that you have to live in Israel to join in the festivities? Nope, we've listed ways you can celebrate the birthday bash no matter where you happen to be in the world. So throw on your Israeli t-shirt and shades, crack open an Israeli craft beer and get the grill lit up, 'cause here we go!

1. Have a barbeque in your backyard or local park

Israelis love to celebrate Independence Day with a good barbecue out in nature. Usually on the menu are steak, chicken wings, boneless chicken thighs, ground lamb kebabs, hummus and salads. And don't you dare forget the charred eggplant, made whole on the grill, and the newly in season sweet watermelon! B'tayavone!

2. Make your own nafnaf

Israelis' unique way of barbecuing includes lighting a small hibachi-style grill called *mangal* and fanning the flames with a plastic contraption called a *nafnaf*. Improvise your own with a plastic dustpan or a chunk of a cardboard cereal box, frisbee, old pizza box, or literally whatever else you can lay your hands on that might get the job done.



3. Break out your favorite "I love Israel" accessories

Now is the perfect time to wear all your pro-Israel gear, so what are you waiting for? Deck yourself out with cool Israeli jewelry, a great t-shirt, and let those around you know what day it is.



4. Play some Israeli tunes

Israelis love a good outdoor concert once the weather gets warm. Each year televised concerts of Israel's most beloved artists commemorate the happy occasion of Israel's Independence Day. You might not be able to attend, but you can find Israeli song playlists on sites like YouTube. Choose Israeli classics featuring artists such as Shlomo Artzi and Arik Einstein or see what newer Israeli artists have been cooking up.

5. Eat hummus

This recipe from Executive Chef Avi Turgeman of the upscale David Citadel hotel in Jerusalem is a good place to start. The recipe promises ultra-light and creamy results.

Ingredients:

- 2.2 lbs small chickpeas
- 1 tsp baking powder
- 2 1/2 c tahini
- 3/4 c olive oil
- 13 1/5 oz chickpeas cooking liquid
- 1 1/2 tsp lemon juice

Preparation:

Soak the chickpeas for 24 hrs. Drain & add fresh water. Add a tsp of baking powder & cook until soft (about an hour & a half on a low flame). Drain the chickpeas & reserve the liquid. Put all the ingredients in a blender & grind at medium speed to a smooth texture. Serve & drizzle with olive oil.



6. Watch the Israeli Air Force shows on YouTube

Each year the Israeli Air Force soars along the coast of the country to show off its high-flying pilot skills in celebration of Independence Day.



7. Go for a nature walk

Nothing is more Israeli than being in touch with nature, so go for a hike wherever you live!

Full article can be found at: <https://www.israel21c.org/12-ways-to-celebrate-yom-haatzmaut-like-an-israeli/>



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UJCVP Community May 2022 Calendar

Monday, May 2, 2022

5:30pm - Mental Health
Awareness Month:
Beginner's Tai Chi

Tuesday, May 3, 2022

12pm - Grand Club To Go
4pm - Hebrew School
7pm - Pickleball

Thursday, May 5, 2022

10:45am - Grand Club/Bingo
4pm - Hebrew School

Saturday, May 7, 2022

8pm - BBYO Lock-In

Monday, May 9, 2022

7pm - Mental Health Awareness
Month: Yoga

Tuesday, May 10, 2022

12pm - Grand Club To Go
4pm - Hebrew School
7pm - Pickleball

Thursday, May 12, 2022

10:45am - Grand Club/Bingo
11:30am - Blood Pressure Clinic
12:30pm - Flicks & Food
4pm - Hebrew School
7pm - Pickleball

Sunday, May 15, 2022

SARFAN CENTER 5K RACE

Monday, May 16, 2022

7pm - Mental Health Awareness
Month: Mindfulness

Tuesday, May 17, 2022

12pm - Grand Club To Go
4pm - Hebrew School
6pm - Dinner & Learn
7pm - Pickleball

Thursday, May 19, 2022

10:45am - Grand Club/Bingo
4pm - Hebrew School

Monday, May 23, 2022

5:30pm - Mental Health
Awareness Month: Chair
Massages

Tuesday, May 24, 2022

12pm - Grand Club To Go
4pm - Hebrew School (last day)
7pm - Pickleball

Thursday, May 26, 2022

9am - Raise Your Hand Day
10:45am - Grand Club/Bingo

Friday, May 27, 2022

4-9pm - Glendale Pool

Saturday, May 28, 2022

11am-9pm - Glendale Pool

Sunday, May 29, 2022

10am - Kibbitz & Create
1-8pm - Glendale Pool
3pm - York River Symphony

Monday, May 30, 2022

UJC CLOSED
SARFAN CENTER CLOSED
1-8pm - Glendale Pool

Tuesday, May 31, 2022

12pm - Grand Club To Go
7pm - Pickleball

