



Flu & Covid Booster
Clinic
Page 4



Adult Pickup
Basketball
Page 11



Sleepaway Camp
Reflections
Page 24

Jewish Community News

News of the Jewish VA Peninsula Community

October 2022/5783

JCC Maccabi Games 2022

Special post-games interview with swimming superstar, Aliyah Stupar and her parents, Rosanne and Mike!



Camp Chaverim



Meet The TEACHER

Get to know the amazing Sarfan Center 2022-2023 Teachers, the wonderful ladies who inspire, play with, teach, and create impactful relationships with our youngest community members!



LOOK INSIDE!

Linda Lavaty Appreciation

Fund

Elaine & Arnie Abrams
Beth Arager
Gavrielle Bargash
Libby Batten
Elina & Brent Blaha
Sylvia Craft
Libby & Buddy David
Gabriel DeBrouse
Marissa Deyong
Jan Frank
Mark Goldstein
Jill & Adam Hyman
Irene Jacobson
Melissa & David Kashy
Martha & Tsvi Katz-Hyman
Meryl & Bob Kessler
Harry Kirschbaum
Shelly & Geoffrey Kostiner
Betty & Roy Lasris
Betty Levin
Molly & Eugene Link
Michele Linn
Jessi & Michael Malkin
Evelyn & Richard Mason
Becca & Eric Maurer
Paulette & Larry Molin
Angela Morris
Janet & Gary Nachman
Helen Nachman
Elaine Nadig
Joseph Nee
Dana Needham
Leslie & Randy Needham
Shelly Portnoy
Tzina Richman
Barbara & Neal Rosenbaum
Jody & Ed Sarfan
Jim Segall
Sally & Steve Seltzer
Steve Shapiro
Helaine Skinske
Bonnie & Jeff Spigel
Danile & Larry Spokony
Lisa & Chuck Stern

Rosanne & Mike Stupar
Linda & Gary Tompkins
Sara Traster & David Harriss
Tova & Jay Warren
Charlene & Steven Wendell
Brooke Winker
Scott Wolf
Eileen & Steve Wood

Eric & Jack Luckman

Memorial Endowment Fund

In honor of Lori Luckman's
special birthday
Libby & Buddy David
The Margolis Family
Janet & Gary Nachman

Mikveh Fund

In memory of Bob Kessler's
sister Sharon
Linda & Stan Molin

Senior Meals Fund

In memory of Estelle Fineman
Her daughters, Sheryl,
Charlene & Penny

Leroy M. Spigel Early

Childhood Education Fund

In honor of Robin & Kenny
Murov's 50th wedding
anniversary
Joy & Larry Spigel

In memory of Estelle Fineman
Joy & Larry Spigel

Contents

Departments:

- Fund Donations 2
- Jewish Family Services 10
- Area Congregations 20-23

Features

- Meet the Teachers 6-8
- Mikveh Project 9
- JCC Maccabi Games 12-13, 16-18
- Camp Chaverim 15
- Summer Camp Reflections 24-25

UJC Preschool Fund

In honor of Danit Tal & Danny
Brothers on the birth & baby
naming of Shoshana
Becca & Eric Maurer

In honor of Mrs. Sasha, Mrs.
Kathrine, Mrs. Beth & Mrs.
Yainaree for a wonderful year
Mary Anne Hutcheson

In memory of Marcy Levingston
Brodin
Rhonda & Art Diamond

In memory of Sharon & all the
children she touched during her
years of teaching
Rhonda & Art Diamond

Education Corner

Sarfan Center, Naioki Wood



The 2022-2023 school year has begun and we joyfully welcomed 100 smiling faces from our littlest infants to our rockin' Pre-K students. Each day, our Sarfan Center students are eager to greet friends and teachers. Songs of apples, honey, autumn, and Shabbat are spreading the sound of togetherness throughout our



Early Childhood Center. We are excited to share another awesome year of magical wonder and amazing growth with our school family.



This school year, we proudly announce the installation of new playground equipment for both our toddler and preschool outdoor play spaces. The new playgrounds were able to be purchased and installed from the proceeds from our 36th Annual Sarfan Center 5K/1 Mile Fun Run this past spring. A big thank you to our school family, parent committee, volunteers, and community members for their participation in organizing, planning, donating, and participating in our fun race! Our updated and expansive play space will undoubtedly enrich our outdoor play areas, creating a space for more explorative play! We can't wait to share the next project the Early Childhood Center has waiting around the corner!



2022 WINNER
Sarfan Early Childhood Center
 Best Child Development Center
Peninsula Silver Award Winner

Coastal VIRGINIA **BEST of** Readers' Choice AWARDS 2022

Thank you to all who voted!

COVABESTOF.COM
 #COVABESTOF

AS PUBLISHED IN:
 COASTAL VIRGINIA MAGAZINE
 JULY 2022

BEST OF COVA

2022

Sarfan Early Childhood Center
 Best Of COVA
 Coastal Virginia Magazine
 July 2022

UJC HOLIDAY CLOSINGS

Oct. 5th
Yom Kippur

Oct. 10th & 11th
Sukkot

Oct. 17th & 18th
Shemini Atzeret &
Simchat Torah



**Hebrew School for the
2022-2023**

**School year begins on
Thursday, October 6th**

**To register your child/ren visit:
ujcvp.org/heb-school-registration**

Questions?

**Email Carmela Malkin Kuhn
carmela@ujcvp.org**



Flu / Covid Booster Clinic

Thursday, October 6th
11am-2pm

**To schedule an appointment,
please visit our website:**

ujcvp.org

*Boosters cannot be given to children
under 3 years old.*

Questions?

Email jmalkin@ujcvp.org

If you have a family Simcha that you would like to highlight, please contact Sara Traster at straster@ujcvp.org for more information regarding cost and guidelines.



A Leroy Anderson Celebration - Sunday, October 9, 2022 - 3:00pm at the UJC

with conductors: Eric Reiff & Clint Correll

Come join us for an exciting, fun-filled afternoon as we celebrate America's most beloved composer. We will combine some of the usual more familiar pieces with some of Anderson's rarer pieces like *Home Stretch*, *Serenata*, *Horse and Buggy*, and *The Waltzing Cat*.

Advanced Tickets

Regular Admission: \$13
Student / Senior / Military: \$10
Passport Members: Free

Tickets at the Door

Regular Admission: \$15
Student / Senior / Military: \$12
Passport Members: Free

Please visit ujcvp.org for more
information.
Questions? Email Angela Morris:
amorris@ujcvp.org

Getting Ready For **Sukkot**

Sweet Potato Pumpkin Cazuela from Jewish culinary historian, Tina Wasserman

Sukkot is synonymous with fall fruits and vegetables which are often used to decorate the sukkah. Using



the abundance of our local harvest replicates the Israelites bringing some of the bounty of their harvest to the Temple in Jerusalem. Here is a side dish that can be made dairy with butter or parve. It is Caribbean in origin, an area of the world where many Jews settled 400 years ago. One word of warning: this dish is so very delicious that I

would double or triple the ingredients if you are making it for more than four people.

INGREDIENTS

- 2 Tbsp. unsalted butter or coconut oil
- 2/3 cup granulated sugar
- 1/3 cup dark brown sugar
- 2 Tbsp. all purpose flour
- ½ tsp. salt
- 5.6 ounce can unsweetened coconut milk (about 2/3 cup)
- 2 eggs
- 1 15-ounce can pumpkin puree (NOT pie filling)
- 1 29-ounce can of yams in light syrup, drained and mashed
- 1/4 cup water
- 1/8 tsp. ground ginger
- 2-inch stick of cinnamon broken into pieces
- 1/4 tsp. fennel seeds
- 3 whole cloves

DIRECTIONS

1. Place the butter or coconut oil in a 2-quart Pyrex bowl and microwave for 45 seconds.
2. Whisk the sugars, flour and salt into the butter to combine.
3. Whisk the coconut milk into the mixture until thoroughly blended. Add the eggs and combine.

4. Add the pumpkin puree and the mashed yams and whisk until a smooth batter is formed.
5. Combine the water with the spices in a small glass cup and microwave for 3 ½ minutes. Let the spices steep for 5 minutes. Strain the spiced water through a fine mesh strainer into the pumpkin-potato mixture and stir to incorporate.
7. Butter a 2-quart casserole and pour the mixture into the prepared dish.
8. Bake covered in a pre-heated 350°F oven for 1 hour. Serve hot out of the oven or reheated warm or hot. Happy Sukkot!



TIDBITS

- Sugar pie pumpkins are about 1½ pounds and very rounded. Always use them when a recipe calls for cooked pumpkin. Larger pumpkins are more watery.
- Coconut milk is not milk or dairy. It is the liquid formed from ground, fresh, hydrated coconut.



Tina Wasserman is the author of two best selling cookbooks, *Entrée to Judaism* and *Entrée to Judaism for Families*. A trained educator and Jewish culinary historian, Tina is a guest lecturer at synagogues and pre-

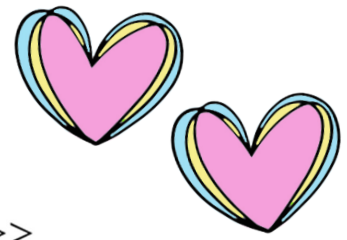
schools all over the world and her hands-on cooking classes are enjoyed by children and families alike. She can be reached on her website cookingandmore.com for further information about programs.

Full article can be found at:

<https://18doors.org/sweet-potato-pumpkin-cazuela-sukkot/>



Meet The TEACHER



Our 2022-2023 school year has kicked off to a wonderful start and we wouldn't have been able to do so without our AMAZING team of educators on staff.

Their role in early childhood education goes far beyond the classroom. They inspire, play, teach, and create impactful and meaningful relationships that our little ones will cherish for a lifetime!

Introducing our 2022-2023 educators of the UJCVP Sarfan Center

PERAKHIM / INFANTS



Mrs. Yainaree Mrs. Sasha Mrs. Beth

Mrs. Yainaree

Favorite Food: pizza, burgers, Mexican, chocolate coffee
Hobbies: camping, cooking, baking
Favorite Children's Book: *The Little Prince*
Classroom Wishlist Item: naptime cds, soft toys

Mrs. Sasha

Favorite Food: stuffed peppers
Hobbies: baking cakes
Favorite Children's Book: *Pete the Cat*
Classroom Wishlist Item: velcro swaddle blanket

Mrs. Beth

Favorite Food: salad, dark chocolate
Hobbies: reading, exercise
Favorite Children's Book: *Go Dog Go*
Classroom Wishlist Item: Bottle brush

MAZEL TOTS



Mrs. Jessica

Mrs. Linda

Mrs. Jessica

Favorite Food: steak
Hobbies: shopping, bowling, baking
Favorite Children's Book: Dr. Seuss
Classroom Wishlist Item: sensory toys

Mrs. Linda

Favorite Food: Chinese, dark chocolate
Hobbies: bike riding, the beach
Favorite Children's Book: *Sam and the Firefly*
Classroom Wishlist Item: interactive board books.



ETZIM / 2S



Ms. Merissa

Ms. Ursula

Ms. Merissa

Favorite Food: pasta

Hobbies: exercise, diamond art

Favorite Children's Book: *The Rainbow Fish*

Classroom Wishlist Item: bubbles

Ms. Ursula

Favorite Food: pizza

Hobbies: bowling, exercising

Favorite Children's Book: Dr. Seuss

Classroom Wishlist Item: Legos

TZIMPORIM / 2S



Ms. Corin

Mrs. Courtney

Ms. Corin

Favorite Food: seafood

Hobbies: fishing, boating

Favorite Children's Book: *Pete the Cat, The Pout-Pout Fish*

Classroom Wishlist Item: stuffed animals

Mrs. Courtney

Favorite Food: bagels

Hobbies: reading, kayaking

Favorite Children's Book: *If You Give a Moose a Muffin*

Classroom Wishlist Item: manipulatives

NITZANIM / 2S



Ms. Becka

Mrs. Lizz

Ms. Becka

Favorite Food: chicken alfredo

Hobbies: video games, drawing

Favorite Children's Book: *Where the Wild Things Are*

Classroom Wishlist Item: cuddle blankets

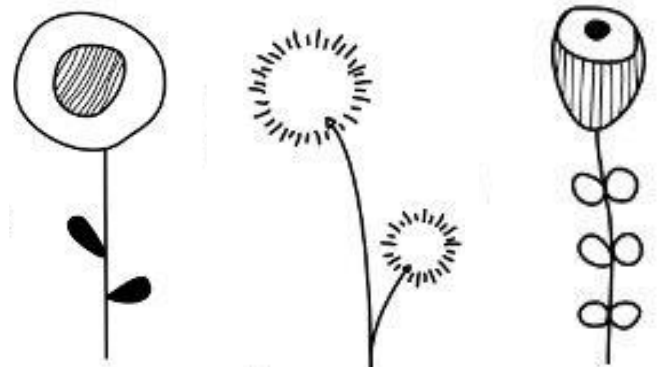
Mrs. Lizz

Favorite Food: any Asian food

Hobbies: reading, thrifting, traveling

Favorite Children's Book: Eric Carle

Classroom Wishlist Item: sensory toys



Continued on next page

PARPARIM / 3S



Ms. Amber

Ms. Kristen

Ms. Amber

Favorite Food: tacos, french fries
Hobbies: being with her family & friends and her dogs & cats
Favorite Children's Book: *The Rainbow Fish*
Classroom Wishlist Item: kinetic sand, stickers

Ms. Kristen

Favorite Food: fettuccine alfredo
Hobbies: spending time with family & friends
Favorite Children's Book: *The Napping House*
Classroom Wishlist Item: magnifying glasses, stuffed animals

CHAVERIM / 3S



Mrs. Lynsie

Ms. Ashley

Mrs. Lynsie

Favorite Food: tacos, Reese's peanut butter cups
Hobbies: hiking, coloring, outdoors
Favorite Children's Book: *The Monster at the End of This Book*
Classroom Wishlist Item: dress-up clothes

Mrs. Ashley

Favorite Food: mashed potatoes
Hobbies: shopping, hiking
Favorite Children's Book: *Ferdinand*
Classroom Wishlist Item: sensory bin add-ins

GAN / PRE-K



Mrs. Julia



Mrs. Maya



Ms. Gavrielle

Ms. Tori



Ms. Julia S.

Favorite Food: Julia - tacos; Maya - ice cream; Gav - coffee; Tori - Chick-Fil-A; Julia S. - pasta, mango
Hobbies: Julia - reading, gardening, cooking; Maya - reading & being with family; Gav - cooking, gardening; Tori - reading, adventuring, snowboarding; Julia S. - reading, dancing
Favorite Children's Book: Julia - *Harold & the Purple Crayon*; Maya - *Pete the Cat*; Gav - Mo Willems; Tori - *Pete the Cat*; Julia S. - *The Giving Tree*
Classroom Wishlist Item: Julia - gym toys/games; Maya - baby dolls; Gav - sensory toys; Tori - dramatic play toys; Julia S. - fidget toys



Occasions For Immersion

MILESTONES - Graduation, coming out as LGBTQ, Retirement, Longevity Marker

HEALING - A painful diagnosis or illness where you can renew your hope and resolve

MOURNING - The loss of a loved one - acknowledging the love for that person, and the love that you carry with you when they're gone

NIDDAH - The most traditional use of the Mikveh, the mitzvah of monthly immersion celebrates the incredible workings and cycles of your body.

BODY POSITIVITY - Bodies of all sizes, shapes, weights, colors and ages are Holy and the Mikveh can support your positive body image.

WEDDING - FOR A BRIDE OR A GROOM - Reminding you about the love, partnership, and creating a future together in this incredible transition.

BIRTHDAYS - A time to celebrate and reflect.

BECOMING A BAR OR BAT MITZVAH - As you become an adult in the Jewish tradition, immerse to celebrate this transition and your commitment to the Jewish People, the Torah, and Tikkun Olam.

CONVERSION - You have made an incredible, life-changing decision to become a part of the Jewish People...making the Mikveh experience as beautiful, transformative, and welcoming as it possibly can be.

CONVERTING A CHILD - A baby or child will immerse with a parent who will say the Brachot for them while an older child may immerse by themselves or with a parent.

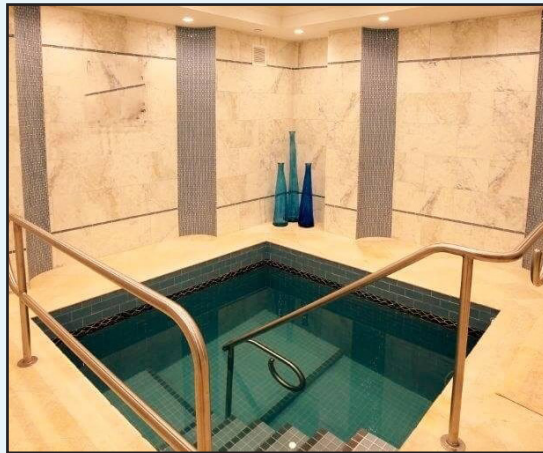
PREPARING FOR CONCEPTION - The step toward parenthood by immersing.

IN/FERTILITY - Immersion is a chance for turning towards new beginnings, new possibilities and new hope.

BEFORE GIVING BIRTH - An opportunity to honor your body for its ability to nurture and shelter another human being, and an amazing reminder to take time for yourself.

WEANING - To be thankful for the miraculous workings of the body in this new stage of your child's life.

GRATITUDE - Take a moment to be thankful for the gifts that surround us everyday.



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: stevenishapiro@outlook.com

Jewish Family Services - Libby Batten

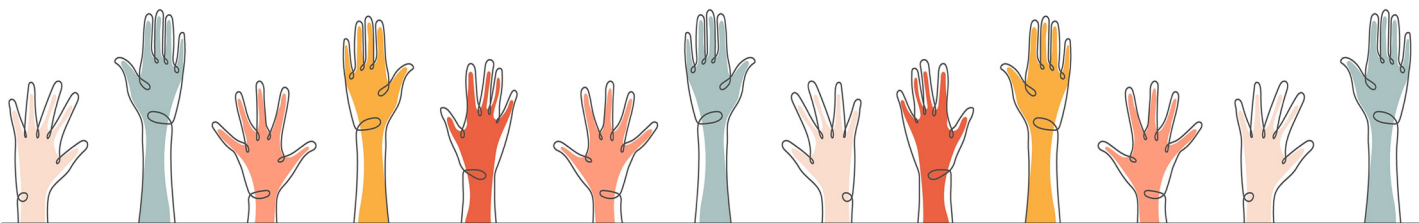


Raise Your Hand Day - Thursday, October 27th - 9am-2pm

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!

lbatten@ujcvp.org | 757-223-5635



**COMING
SOON**

Get ready for our brand new group coming REALLY soon!

NOVEMBER 10TH, 12-2PM

Enjoy kosher lunch, socialize & shmooze, and be entertained!

--Stay tuned for more info--



Kibbitz & Create Field Trip

TORGLER FINE ARTS CENTER

Friday, October 7th

10am-12pm

Join us to view the *Flora, Fauna, Fiber* exhibit then a nosh at the cafe (buy your own coffee).

Bring your fiber arts crafts to work on.

RSVP to Jessi Malkin: jmalkin@ujcvp.org



Kibbitz & Create

Sunday, October 30th

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



BABIES & BAGELS

Sunday, Oct. 9th
10:00am

Enjoy a bagel, do a craft,
listen to a story, and meet
other families with tots!

*(Meet in the foyer of the
Infant/Toddler building)*

FREE CHILDREN'S EVENT!

Visit ujcvp.org to RSVP
Questions? Email Carmela
carmela@ujcvp.org



Adult Pickup Basketball

Saturdays @ 8:00pm
in the UJC Gym

All experience levels
welcome!

For more info, text Eric:
617-780-2916



BBYO GoKart Getaway


Sunday, October 16th
1pm @ GoKarts Plus in Williamsburg

\$10 per person (for grades 8-12)

REGISTRATION REQUIRED

Visit ujcvp.org to sign up!

Questions? Email Hannah: hcole@ujcvp.org



BLOOD DRIVE

Red Cross Blood Drive

Tuesday, October 25th
(in the UJC Gym)
12-4pm

Visit ujcvp.org to schedule an
appointment

Questions? Email straster@ujcvp.org

JCC Maccabi Games 2022

UJC Marketing Director and Swim Instructor, Sara Traster, sat down with Aliyah, Rosanne and Mike Stupar to get an inside look at what the Maccabi Games this past summer was all about!

S: Aliyah, before we start with the questions, I have to tell you, I don't know if you remember when you were in summer camp and you were maybe three or four and I taught you swim lessons, you 100% absolutely refused to put your face in the water.

A: Yes...

S: I'm happy you've moved past that! So tell me about Maccabi; what were your first impressions when you arrived?

A: When I first arrived, it was scary, I guess. I didn't really know anybody because I went with the team from Virginia Beach and they all knew each other. So I was getting to know them and meeting everybody. When we first got there, we went to the JCC in San Diego and all the teams are there and you have to go to an orientation to learn all the rules and everything.

S: What was it like being surrounded by so many other Jewish athletes?

A: It was interesting. I mean, it was surprising because you

MEET YOUR TEAM ATHLETES

ALIVIAH STUPAR

SWIMMING

TEAM VIRGINIA BEACH

STATS:

- GRADE: 8
- SCHOOL: GRAFTON MIDDLE
- FAVE FOOD: CHEESE PIZZA
- FAVE ATHLETE: MISSY FRANKLIN
- FAVE BAND: JACK HARLOW
- DREAM JOB: LAWYER

Go #TeamVB!

JCC maccabi Games

SAN DIEGO

don't really think that there's that many other Jewish athletes because here [on the Virginia Peninsula], there really aren't. We didn't even have enough to have a team, so it was very eye opening.

S: Rosanne, what were your first impressions?

R: It was just an amazing experience to see all these kids

as all these Jewish athletes and not even that, just Jewish family community. We flew across the country with our daughter to watch her swim which was cool.



Sara Traster and Aliyah Stupar during Camp Chaverim swim lessons at the UJC Pool, 2011

S: Mike, what were your first impressions?

M: When we first got to the airport and we were with our team and they had their backpacks and all their stuff, so we knew who our people were, but then there were other teams coming up and walking by and they had their signs and you know, everybody's gathering up and there's a bunch

of teams with signs in Hebrew. It was just amazing to me to be from this area, with a small population. I thought it was

phenomenal.

S: Aliyah, how did you prepare before you competed?

A: Basically every morning before whatever sport you're playing or whatever you do there, they give you time to warm up. And most teams have coaches for that specific sport. So I tagged on with another team who coached me.

S: And you were still practicing with your team here at home before Maccabi?

A: Yes. Leading up to it, I was practicing 2 hours a day, 5 days a week.

S: Wow, you have to love it! What part of the games did you like the best?

A: Probably just meeting new people. I made a lot of friends.

S: That's good! Did you make relationships that you think you'll have in the future, people you'll keep in touch with?

A: I hope so. I'm still talking to some of them. Like my two roommates. I had three roommates, but I got really close with two of them and we're still talking.

S: Where did you stay when you were there?



A: I stayed with a host family.

S: Oh wow, [to Mike & Rosanne] without you guys?

M & R: Yes.

R: We stayed with friends. So she was actually eight minutes from us.



M: What happens is they say, "your kids, if they're staying with host families, guess what, you don't get to come pick up your kid and take them to dinner and do family things." So we would go and see her swim every day. And then the rest of the day was ours to go do whatever. And she went off and did things with the group and with the host family and things of that sort.

R: The second night was the Opening Ceremonies and it was at the Delmar Racetrack and it was closed just for our private use. And when you walked in, I mean, there's 1500 athletes, any families that were there come, there were host families, Aliyah's host family was there and they watched. As far as just organizing

t-shirts, or security, there were probably about 5,000 people there.

S: Was it like an Olympics opening ceremony? Did the teams walk in?



Continued on next page 16



5TH ANNUAL

REVERSE Tashlich



OCTOBER 2, 2022

INTERNATIONAL JEWISH COMMUNITY CLEAN-UP

Join us at Huntington Beach for a modern ritual to the Jewish tradition: a local clean-up on the Sunday between Rosh Hashanah and Yom Kippur, also know as Reverse Tashlich.

For more information, visit ujcvp.org or email jmalkin@ujcvp.org

HUT HUT (in the) HUT



Come watch the Washington Commanders face off against the Chicago Bears like you never have before... in our UJC sukkah!

THURSDAY, OCTOBER 13th

Chili and all the fixings ready at 8pm

KICKOFF @ 8:20pm

Passport Members - Free
Non-Members - \$10/person
RSVP: ujcvp.org

BOOT CAMP FITNESS

THOSE WHO SWEAT TOGETHER...STAY TOGETHER

Instructor: Kelli Paul



Evening classes at the J!
Tuesdays & Thursdays, beginning Oct. 18th
5:30-6:30pm

Bootcamp Fitness, LLC provides strength, cardio, core, and flexibility training (modifications are always provided). Choreography shifts between cardio intervals, fun cardio "air" boxing with hand pads, bootcamp stations, strength training with dumbbells, and adventurous fitness challenges! Participants need to bring water and a mat. Bootcamp Fitness provides all other equipment.



Passport Members - \$5 per class
Non-Members - \$10 per class

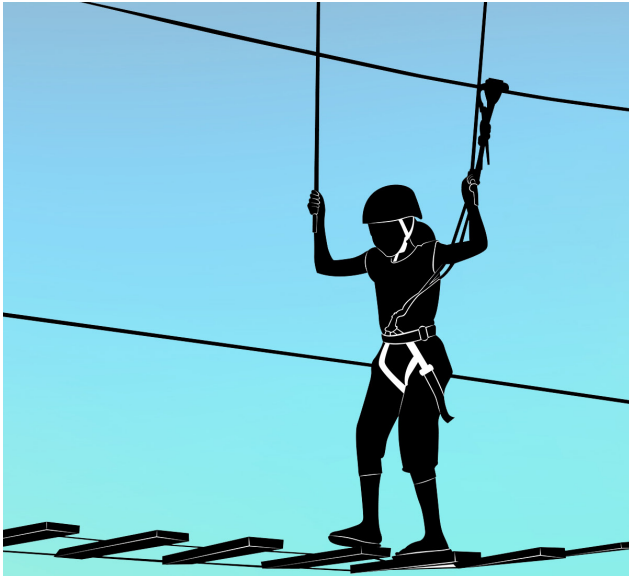
Visit ujcvp.org to sign up!

Camp Chaverim

PIZZA PARTY




Sunday, Nov. 6th - 12-2pm
 Lunch • Drinks • Fun & Games
 \$5 per camper
 (drop-off for event at the UJC Gym)
 RSVP to Naioki: nwood@ujcvp.org



TAL on the Ropes
 Sunday, October 23rd
 2-4pm

Calling all 8th-10th graders who are up for a challenge... the UJC Adventure Ropes Course is ready for you!

\$25 / person
SPACE IS LIMITED
 Register at ujcvp.org



NOA BAUM
A Land Twice Promised

A Land Twice Promised
 2006, 1hr 8min, Documentary

Israeli storyteller, Noa Baum began a heartfelt dialogue with a Palestinian woman while living in the US. She weaves together their memories, and their mothers' stories, to create a moving testimony that illuminates the complex and contradictory history and emotions surrounding Jerusalem, for Israelis and Palestinians alike.




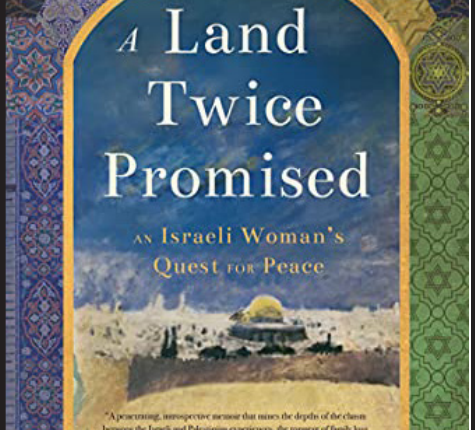
Flicks and Food

Thursday, October 27th
 12:00pm

Passport Members - FREE
 Non-Members - \$10/person
 Includes Lunch

Visit ujcvp.org to RSVP

Based on Noa Baum's memoir: *A Land Twice Promised, An Israeli Woman's Quest for Peace*

A Land Twice Promised
 An Israeli Woman's Quest for Peace

*A powerful, intimate memoir that reveals the depths of the chasm between the Jewish and Palestinian experiences, the struggle of family loss.

JCC Maccabi Games 2022 *continued*

M: Yeah, the teams came in, each team with their banners and they'd play music. It was so cool.

R: All the families and spectators were in one section, and as the kids would walk in, they'd hold up their signs and all the kids got lots of apparel to wear, and they also gave all the parents that were going these Hawaiian shirts that we all wore. So at this opening ceremony we're all sitting together and it was cool.

S: What was the hardest part of the whole experience?

A: Um...

R: No air conditioning! I'm just kidding.

A: I'd say the hardest part was just when you first get there, breaking out and actually talking to people.

S: Can you tell me a little more about the Access relay you participated in?

A: Oh yes. So Access is for kids with disabilities who are also competing in the games. We did that on the second day and basically they just had everybody from the Access swim group come in and we got to do fun swim relays with them.



S: So Aliyah, 2023 Maccabi Games, Team Peninsula, you in?

A: Absolutely!

S: It looks like we will have our own Peninsula team next summer in Fort Lauderdale.

S: What advice would you give to other young

swimmers or other athletes who might want to participate in Maccabi?

A: Honestly, just go for it and don't worry about it. Everyone there is so nice and you're going to make friends and everything. It's a great experience. I mean, you meet so many other people and it's not super serious to where, if you compete and you don't do that great, that it's like disappointing. So just go and have fun!

R: We would want to go [to Florida], but if she decided she wanted to go on her own, we'd let her go.

S: That's good. It's comforting to know that the program makes you feel comfortable enough to send her and know that she'll be fine.

M: Oh, a thousand percent. Generally speaking, as far as the way it was run, as soon as we got off the plane, our last leg, there were people there meeting us and our delegation head was right there. And there were other delegations and other delegation people saying, "You need to be over here. You need be

over there.”

A: And there’s signs; you can’t miss it.

M: I feel like it was very well organized. I feel like it was very well taken care of down to the buses taking kids here and there. And there was no question of, you know, were ‘little Virginia Beach,’ what do we do? You know, Atlanta sent 90 athletes.



M: Miramar College, right.

A: There was baseball, soccer, I think.

M: Yeah. And then at the San Diego Jewish School...

A: ...it was volleyball and more soccer and tennis.

R: They even had dancing.

S: Wow!

A: Houston sent over a hundred.

A: We had dance, we had hockey.

M: Yeah. They had well over a hundred athletes that they sent. So there was no getting lost in the shuffle for being such a small delegation. For example, Aliyah’s team, her delegation did not have a swim coach because she was the only swimmer.

S: Did you get to watch a lot of other events?

A: None of our sports had a coach, we were just so small.



A: Yeah, whenever your game or meet or whatever finishes, you can just hop on a bus. There were buses running at all times. So you can just hop on a bus and go.

M: Right. So they said, “okay, you can hook up with one of the other coaches.” And our delegation head reached out to the other delegations and made sure the coaches looked out for our athletes. So I felt like it was very safe. Very well organized.

M: So Aliyah would go with some of her friends and they could watch other people’s events.

A: And even if you don’t have a coach, honestly, the coaches look out for everybody. You can just go and ask them.

R: And you could see security. I mean, it was just all-around safe. We were not worried at all with her being there.

R: And they have a lunch thing. So at 12 o’clock, anywhere, they have lunches, and they continuously had snacks for you,. And all kinds of stuff.

S: And where were all the events? Were they at the JCC?

M: So, and course San Diego being, you know, a sizeable Jewish population, there’s a J, there’s a big, Hebrew day school.

R: So swimming and flag football were at the J.

A: Huge school!

R - Then they had some at Miramar College.

Continued on next page

JCC Maccabi Games 2022 *continued*

M: Aliyah said they were able to just hop on the buses and this was only athletes and delegation heads. There were no parents. So there was no risk, you didn't have to worry about strangers.

R: And you had to wear a badge and if you lost it, that was like losing your kid. I mean, it was like gold.

A: Yeah. And the athletes had to wear them at all times.

M: One of the things that I personally found so amazing was when you go out on that pool deck and you see all these guys walking around with Magen David (stars of David) on and it was just, wow. Here, however, size our community is, that was just amazing to me to see all those kids and just kind of feel that bond. It was amazing.

S: Nice! This is a question that you all can answer. Sum up your experience in three words.

M: Amazing.

R: Unforgettable.

A: Eye opening.

M: Good, I was gonna say that!

S: I really appreciate you guys taking the time to sit with me and talk about your experiences. Aliyah, I hope you know that we are all so proud of you for representing Virginia and our UJC community. And personally, I am honored to have played a small role in your swimming journey.



*For information about the JCC Maccabi Games 2023 and Team Virginia Peninsula, contact Jessi Malkin
jmalkin@ujcvp.org*



Ethiopian Immigrants Arrive in Israel

Dozens of community leaders from the Jewish Federations across the U.S. and Canada spent three days in Ethiopia this September before accompanying 209 Ethiopian olim (immigrants) to Israel. For decades, Jewish Federations have worked side by side with their partner The Jewish Agency for Israel and the Israeli Government to help 100,000 Ethiopian Jews realize their dream of making aliyah and to support their absorption into Israeli society.

This aliyah operation, known as Zur Israel or Rock of Israel, will see a total of 3,000 Ethiopian olim arriving in Israel this year, joining 2,150 others who arrived between December 2020 - May 2021. Many of these olim have waited over 20 years to immigrate to Israel and reunite with their families. The olim live in very difficult conditions in Addis Ababa and Gondar, and the funding that Federations provide is crucial to supporting their essential needs while awaiting aliyah, as well as their absorption once in Israel.

“The true heroes of the Ethiopian aliyah are the olim themselves who have waited so long for this moment, yet never lost ‘hatikvah’ – the hope – that they would one day reach the Land of Israel,” said President and CEO of Jewish Federation of North America Eric Fingerhut. “It is a tremendous privilege to know that for decades our Federation system has played an instrumental role in the aliyah journey of these men, women and children, as well as in supporting their first steps in Israel.”

“This return to Ethiopia, together with our dedicated partners from Jewish Federations across North America, has been an overwhelming experience that highlights the strength of the unity of the Jewish people and the need for us to work together to reunite Ethiopian families in Israel,” said Chairman of the Executive of the Jewish Agency for Israel Major General Doron Almog.



Your generous commitment to the UJCVP Annual Campaign reaches far beyond the Virginia Peninsula. It travels from Virginia to Ukraine, from Ethiopia to Israel and ensures that our collective Jewish community can mobilize in times of need – anywhere in the world.

Your gift truly is global.

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 Rabbi Gershon Litt, 757-559-1836



May Hashem bring peace, health, and harmony to us all in the New Year.
 L'Shana Tova

Kol Nidre

Tuesday, October 4th

6:15pm

Yom Kippur

Wednesday, October 5th

Shacharis - 9:00am
 HaMelech - 9:45am
 Torah Reading - 11:45am
 Sermon - 12:15pm
 Yizkor - 12:35pm
 Mincha - 4:30pm
 Neilah - 6:00pm
 Havdalah - 7:22pm

**Shabbos & Yom Tov*
 Candle Lighting**

October 4 - 6:26pm*
 October 7 - 6:22pm
 October 9 - 6:19pm*
 October 10 - 7:15pm*
 October 14 - 6:12pm
 October 16 - 6:09pm*
 October 17 - 7:05pm*
 October 21 - 6:03pm
 October 28 - 5:54pm

Rabbi Litt's Shabbos Schedule

October 21-22
 November 18-19
 December 16-17

**indicates Yom Tov*

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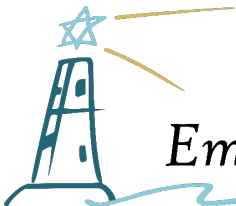



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Rabbi Scott Gurdin
Cantorial Soloist Dr. Jonathan Rathsam
Musical Accompanist Dr. Ben Corbin

Shabbat Services

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

Please join us for High Holidays during the following dates and times:

Kol Nidre – Oct. 4 at 6:30 PM

Yom Kipper Day - Oct. 5:

Morning Service and Yizkor – 9:30 AM

Afternoon services, Nei'lah and

Havdalah – 3:15 PM

Simchat Torah – Oct. 16 at 10:00 during Religious School

Special Events & Other News

Tashlich and Havdalah – October 1 at the Nolan Trail

Religious school dates – October 2, 16

CEVO Board Meeting – October 10 (Zoom)



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

 fb.me/CEVOcommunity

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SHABBAT SHUVAH - Friday, September 30 - 6:00pm
Saturday, October 1 - 9:30am

KOL NIDRE - Tuesday, October 4 - 6:30pm

YOM KIPPUR - Wednesday, October 5 - 9:30am

SHABBAT PARASHAT - Friday, October 7 - 6:00pm

HA'AZINU - Saturday, October 8 - 9:30am

SUKKOT - Monday, October 10 - 9:30am
Tuesday, October 11 - 9:30am

SHABBAT HOL - Friday, October 14 - 6:00

HAMOED SUKKOT - Saturday, October 15 - 9:30am

SHEMINI ATZERET - Monday, October 17 - 9:30am

SIMCHAT TORAH - Monday, October 17 - 6:00pm
Tuesday, October 18 - 9:30am

UJCVP Senior Lunches & Grand Club

**Meet at the J on Thursdays for kosher
homemade lunch and bingo!**

Bingo begins at 10:45am

Lunch is served at 12:00pm

Bingo resumes after lunch

Lunch for ages 60+ - \$2.50

Lunch for Passport members - FREE!

Additional charges for Bingo Cards

Email Angela:

amorris@ujcvp.org

for more information or to RSVP



Temple Beth El of Williamsburg Shabbat Kulanu in the Sukkah — October 14



Join us for **Shabbat Kulanu in the Sukkah**, on Friday night, October 14 at 6:30 pm. This family-oriented service features guitar playing, a puppet show, and pizza!



Come observe **Simchat Torah and Consecration** with us at services on Friday night, October 21, starting at 7:00 pm. Participate in person – in the synagogue Sanctuary – or online, via 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

Friday, October 7th @ 7:30pm - Kabbalat Shabbat Service of Healing

Saturday, October 15th @ 10:00am - Sukkot Service followed by light Kiddush luncheon

Saturday, October 22nd @ 10:00am - Simchat Torah Service followed by light Kiddush luncheon & Calligraphy with Jonathan Homrighausen

Thursday, October 27th @ 1:00pm - Adult Hebrew Class

Saturday, October 29th @ 10:00pm - Shabbat Service followed by light Kiddush luncheon

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



Sleepaway Camp Reflections



An overnight camp experience can be magical! Grants from the UJC Endowment made Jewish overnight camp possible for families in our community this summer. Read below to get a glimpse into their summer experiences. It's not too early to start thinking about camp opportunities for the young person in your life for next summer!

Eliot Scheetz
age 12
Sababa Beachaway
Virginia Beach, VA



After attending Camp Sababa, Eliot is now super comfortable in the ocean and lists surfing as one of his favorite activities!

Kavi O'Connell
age 11
6 Points Sports Academy
Asheville, NC



Kavi had the VERY BEST time at 6 Points. He just loved it. He made wonderful friends and connections and could not speak more highly of the counselors and camp in general. The location was just what he wanted and since he loves sports, this camp was right up his alley. I will

say that his excitement for our religion and culture also grew immeasurably.

Rachel Kirsh
age 9
Habonim Dror Camp Moshava
Street, MD



At Mosh, we get to canoe on a lake and on Saturday night, we have a bonfire when it gets really cold.



Macy Schorr
age 10
Blue Star Camps
Hendersonville, NC

My favorite part about camp Blue Star was Yoga class with my cabin mates and petting the animals at the Farm and Barn.



Max Malkin
age 10
Sababa Beachaway
Virginia Beach, VA

The reason I chose Sababa Beachaway was because I had never surfed or sailed before. I liked surfing and Shabbat because everyone dressed up nice and I loved Havdalah! The coolest part was meeting a bunch of new

people and also kayaking and paddle boarding with dolphins. You should try Sababa if you're interested in a sleepaway camp experience or if it's your first time, because they have surfing, sailing, and scuba! I can't wait to go back next summer!

Anna Deyong
age 11
Capital Camps
Waynesboro, PA



I went to sleepaway camp for a month. Within that month, I played sports, did art, swam, boated, and played other games, but walked the most. I have gone to sleepaway camp two times now, but have had basically the same friends. One of my favorite memories was going on a zipline for the first time at camp. I also like the lake and boating on the lake, and the pool.

I really enjoy going to sleepaway camp. I am excited to go next year and the years after and maybe even become a counselor! I love all of the activities they

Sleepaway Camp Reflections

have there like the sports (archery, soccer, volleyball, tennis, basketball, nine square). There's the pool and lake, art, extra games, the ropes course and more! There's opportunities to make new friends as well! That's why I love camp.

Kaia Henderson
age 15
Tel Yehuda
Barryville, NY

This past summer, I went to Camp Tel Yehudah in southern New York. I had a lot of fun at camp, and I'm already signed up for next year. Some of my favorite parts of camp were Maccabia and Rikud. Both were super fun and I had a great time.



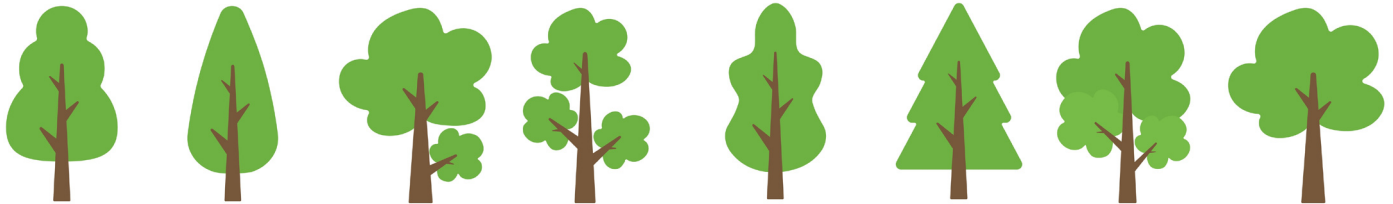
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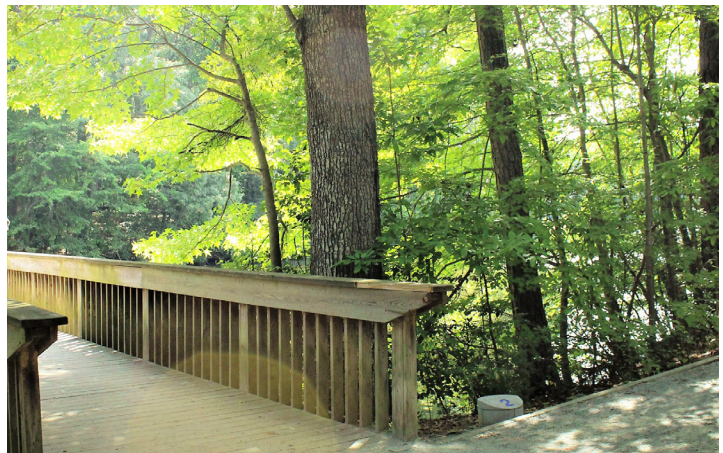
For more information about Jewish overnight summer camp opportunities, please contact Carmela Malkin Kuhn
carmela@ujcvp.org



20/30 Something Group Hike Sunday, Oct. 23rd @ 10:30am

Meet up with our fun young adult group for an autumn hike along the Noland Trail (entrance across from the Mariners' Museum parking lot)

Questions? Email Jessi Malkin:
jmalkin@ujcvp.org



22nd Annual Virginia Peninsula Jewish Film Festival

Save the Dates!

Opening Weekend: November 5th & 6th



The Virginia Peninsula Film Festival Committee is still finalizing the selection of films for the 2022-2023 Virginia Peninsula Jewish Film Festival. For the latest information about the films, see the Jewish Film Festival page at www.tbewilliamsburg.org. All films will be shown at the Williamsburg Regional Library Theatre, 515 Scotland Street, Williamsburg, VA.

Dates and times for the 22nd Annual Virginia Peninsular Jewish Film Festival's films are:

Saturday, November 5, 2022 at 7:00 PM
Sunday, November 6, 2022 at 2:00 PM
Sunday, January 29, 2022 at 2:00 PM

Sunday, March 5, 2023 at 2:00 PM
Sunday March 26, 2023 at 2:00 PM

Conflict in Context: The Changing Map of Israel with Joe Perlov

Monday, October 24th @ the UJC
12:30pm - Lunch & Program

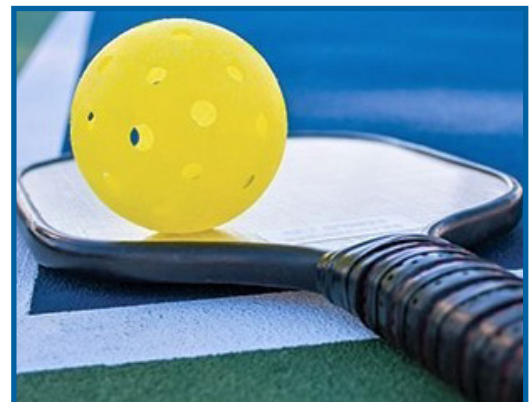
Through a guided conversation around the map of Israel and the Middle East, we will explore the history, competing narratives, and contemporary political, social, cultural, and security issues facing Israel and her neighbors. This experiential program will focus on the contemporary and historic challenges that have been the narratives of Israel for generations, in an exciting and dynamic deliberation.

Conversation will be led by Joe Perlov, an American-born Israeli educator, community leader and activist. A passionate educator his entire professional life, Joe represented the Jewish Agency in Washington and London, has created groundbreaking fact-finding programs for thousands of participants from around the globe, and was instrumental in creating educational programming for the Birthright program.



Please RSVP by October 21st
ujcvp.org • 757-930-1422

This program is free and open to the public



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Contact Jessi Malkin

jmalkin@ujcvp.org for more info.

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CHRISTOPHER NEWPORT UNIVERSITY
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PRESENTS

The Myth of the Medieval Jewish Moneylender

FEATURING
Julie Mell, PhD
Author and historian



Julie Mell
Associate professor of history
North Carolina State University

This talk, given by the author of *The Myth of the Medieval Jewish Moneylender* (Palgrave, 2017-2018 - two volumes), challenges a standard historical narrative that portrays Jews as moneylenders who served an essential economic function in Europe. In her talk, Julie Mell will explain how this narrative emerged as a response to modern anti-Semitism and why it is baseless.

Wednesday, November 9, 2022
7 p.m. | Tribble Library Theatre



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UJCVP Community October 2022 Calendar

Saturday, Oct. 1, 2022

8pm - Adult Pickup Basketball

Sunday, Oct. 2, 2022

1pm - Reverse Tashlich

Wednesday, Oct. 5, 2022

UJC CLOSED
SARFAN CENTER CLOSED

Thursday, Oct. 6, 2022

10:45am - Grand Club/Bingo
11am - Flu/Covid Booster Clinic
4:30pm - Hebrew School

Friday, Oct. 7, 2022

10am - Kibbitz & Create Field
Trip: Torggler Fine Arts Center

Saturday, Oct. 8, 2022

8pm - Adult Pickup Basketball

Sunday, Oct. 9, 2022

10am - Babies & Bagels
3pm - York River Symphony
Orchestra Concert

Monday, Oct. 10, 2022

UJC CLOSED
SARFAN CENTER CLOSED

Tuesday, Oct. 11, 2022

UJC CLOSED
SARFAN CENTER CLOSED

Wednesday, Oct. 12, 2022

7pm - UJC General Board
Meeting

Thursday, Oct. 13, 2022

10:45am - Grand Club/Bingo
4:30pm - Hebrew School
8pm - Hut Hut (in the) Hut

Saturday, Oct. 15, 2022

8pm - Adult Pickup Basketball

Sunday, Oct. 16, 2022

1pm - BBYO GoKarts

Monday, Oct. 17, 2022

UJC CLOSED
SARFAN CENTER CLOSED

Tuesday, Oct. 18, 2022

UJC CLOSED
SARFAN CENTER CLOSED
5:30pm - Bootcamp Fitness

Thursday, Oct. 20, 2022

10:45am - Grand Club/Bingo
4:30pm - Hebrew School
5:30pm - Bootcamp Fitness

Saturday, Oct. 22, 2022

8pm - Adult Pickup Basketball

Sunday, Oct. 23, 2022

10:30am - 20/30 Something
Group Hike
2pm - TAL on the Ropes

Monday, Oct. 24, 2022

12:30pm - Conflict in
Context with Joe Perlov

Tuesday, Oct. 25, 2022

12-4pm - Red Cross Blood Drive
4:30pm - Hebrew School
5:30pm - Bootcamp Fitness
7pm - Pickleball

Thursday, Oct. 27, 2022

Raise Your Hand Day
10:45am - Grand Club/Bingo
12pm - Flicks & Food
4:30pm - Hebrew School
5:30pm - Bootcamp Fitness

Saturday, Oct. 29, 2022

8pm - Adult Pickup Basketball

Sunday, Oct. 30, 2022

10am - Kibbitz & Create

