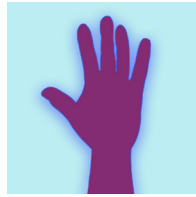




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Mindful Mikveh
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Jewish Community News

News of the Jewish VA Peninsula Community

May 2021/5781

Executive Director's Message - Steven Wendell

Introducing our new UJCVP Family Services Director

For some three decades, the UJCVP has partnered with Jewish Family Service of Tidewater in providing assistance to a wide range of members of our Peninsula community. In March, Libby Batten, our Tidewater JFS social worker for the past 10 years reluctantly resigned her position to be able to better attend to the needs of her disabled spouse.

In evaluating our relationship with Tidewater JFS and the evolving needs of our Peninsula Jewish community, the UJC and Tidewater JFS came to the mutual conclusion that the UJC might be better served by hiring our own family service case manager; someone who preferably lives on the Peninsula. With the assistance of Tidewater JFS, the UJC launched a search to fill the part-time position of UJCVP Family Services Director.

I am very pleased to announce that we have hired Joseph Hendrix as our Director of Family Services. After spending several days with the Tidewater JFS staff reviewing and becoming orientated with the history and current operations of the Tidewater/Peninsula family service partnership, Joseph was formally welcomed into his position and office at the UJC in early April.

Joseph holds a Master's in Social Work from the University of Southern California, in addition to a Master's in International Peace and Conflict Resolution from American Military University. He is currently enrolled in a Master's in Religious Studies at Mt. St. Mary's University, Los Angeles. Joseph is a retired Commander of the US Army. Following his military service, Joseph engaged in clinical research and social work at USC and the LA County Department of Mental Health. He recently relocated to Newport News.

In order to further evolve our Jewish family services and support Joseph in his work, the UJCVP has joined the Network of Jewish Human Service Agencies. As an international membership association, the Network includes member agency

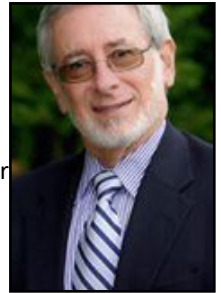
representation from throughout the United States, Canada, and Israel. With over 140 member agencies, and growing, who together provide comprehensive human services for the Jewish community and beyond, Network member agencies have established a continuum of care addressing complex and changing needs, including healthcare, career, employment, and mental health services, as well as services for youth, families and caregivers, seniors, Holocaust survivors, immigrants and refugees and persons with disabilities. Through the Network, Joseph has been connected with some 20 other colleagues in small Jewish Federations that offer similar part-time services as the UJC, in addition to several hundred professionals throughout the Jewish human services field.

In Joseph's own words:

"It is an honor to have this opportunity to serve the Jewish community in the Virginia Peninsula, and I am thrilled to be working as UJC's new Family Services Director. I am excited about serving families in this lovely community and I am looking forward to getting to know each of you as I learn about Jewish faith and culture.

A little bit about me: I joined the U.S. Army in 2006, served in Kandahar City, Afghanistan in 2011 and 2012, and deployed to the Middle East in 2013. In 2014, I left the military to further my education in Southern California. While pursuing my MSW, I interned as a clinical social worker at juvenile detention center in Los Angeles and worked at an innovation and research center focusing on military trauma and transition issues. I moved to the beautiful state of Virginia six months ago, so I still have a lot to learn about the area. I am looking forward to learning about the history and culture of Virginia."

Joseph has office hours Monday - Thursday, 9:00am to 2:00pm. His direct dial, office number is: 757-223-5635 and email: jhendrix@ujcvp.org



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UJCV Lunch Delivery

We are offering freshly-made, kosher lunches for delivery or pick-up for our senior community members (ages 60+).

If you or someone you know would like a lunch, please email: linda@ujcvp.org

PEARL SOCIETY IS GEARING UP TO COMPLETE ANOTHER GREAT YEAR OF CONVERSATIONS AND GIVING!



We had a wonderful outdoor shoe “party” in March, at which we collected over 130 pairs of brand new children’s shoes for the shoelady.org nonprofit, which distributes these shoes to children who need them, through our local school systems. We also collected another impressive truck-load of diapers to contribute to the Hampton Roads Diaper Bank after we heard that diaper banks were feeling the pinch of the pandemic. At the end of the month, we will select 6 organizations from the following list to which we will make our yearly giving circle financial contributions:

Local Jewish: BBYO, Jewish Cemetery; **Local Non-Jewish:** Pay it For Her, Thrive; **National:** Mazon, Rising Tide, Blue Dove; **International:** TOM, Tevel Tzedek, Sundara

Besides doing good, our Pearls like to have a good time and have tried our best to accomplish this while gathering mostly virtually this year. We are always open to new members! Pearls are local women of any age who are committed to a strong local Jewish community and understand the imperative to give to the UJCVP Annual Campaign. Pearls like to do more, and we like to do it together, by means of pooling our resources, researching what matters to us, and agreeing to a consensus model on our group donations. If you are interested in joining us, contact Sara Traster at straster@ujcvp.org for more information.



Leonard & Sylvia Waters Library Fund

In memory of Adam Deyong
Sandy & Howard Waters

Leroy M. Spigel Early Childhood Education Fund

In memory of Adam Deyong
Kimberly Gordon
Gloria & Aaron Ostroff
Joy & Larry Spigel

In memory of Norman Morgan
Joy & Larry Spigel

Wishing Dr. Larry Familant a speedy recovery
Joy & Larry Spigel

Wishing Honorable Lou Sherman a speedy recovery
Joy & Larry Spigel

Senior Meal Fund

In memory of Beverly Cohen Wolff
Ernestine Adelman

In recognition of Sarah Barnett
Sheila & Paul Zubkoff

Sending prayers for good health to Susan
Fogelman & family
Ernestine Adelman

Mikveh Fund

In memory of Adam Deyong
Meryl & Bob Kessler

Mazel Tov to Gary Kavit on his distinguished
provider and distinguished citizen of the year
Meryl & Bob Kessler

UJC Preschool Fund

In memory of Adam Deyong
Meryl & Bob Kessler

In honor of Carmela Malkin-Kuhn for all the work
she does for the community.
Howard Smith

In Memory of Brandan Fowler

Beth & Jack Arager
Gavrielle & Lana Bargash
Sarah & Jim Barnett
Libby & Al Batten
Kelli Caplan
Sylvia Craft
Jenny & Josh David
Libby & Buddy David
Wendy & Jonathan Eisner
Mariel Focseneanu & Eric Karlin
Renee, Allen & Dana Fraley
Denille Francis & Chris Olivo
Jennifer, Jason, Sydney & Carson Frank
Jan & Jon Frank
Janet Glasofer
Berta & Alberto Goldgaber
Joanne & Richard Gordon
Stacey & Marc Herwitz
Ellen Hockman
Ettalea Kanter
Bonnie & Norman Katzenberg
Judie & Gary Kavit
Shelly & Geoffrey Kostiner
Carmela & Chris Kuhn
Betty & Roy Lasris
Linda Lavaty
Robin & Guy Levy
Jessi & Michael Malkin
Radie Maye
Jennifer & Dave Meyers
Angela & Jon Morris
Robin & Kenny Murov
Rhoda & Bill Nachman
Shelly Portnoy
Barbara & Neal Rosenbaum
Jedidah & Antoine Salik
Bobbi Sue & Louis Silverman
Danile & Larry Spokony
Rosanne & Mike Stupar
Rodef Sholom Temple
Rodef Sholom Temple Minyan Club
Rodef Sholom Temple Sisterhood
Sara Traster & Dave Harriss
Charlene & Steve Wendell
Eileen & Stephen Wood

President's Message - Kelli Caplan



Each and every time I go out for a run, I see something new and different. I run on roads I drive on almost everyday, and yet, I always observe pieces and parts of the city that I have never seen before. It may be a house, or a sign, or even a tree in bloom. It's like seeing my world through a whole different lens.

I am fascinated by how much I take in on a run that in the throes of everyday life, I would never see. Colors look more vivid and places I pass all the time seem more inviting. I weave stories in my head about houses I spot or people I pass.

After every run, I think to myself, "wow, there is so much out there that I would otherwise have missed." It's incredible how our brains filter out what we pay attention to as we live our lives. What my running "views" have taught me is that details matter, that it's important to pay attention to the little things as we hurry through life. We spend so much time rushing from one thing to another that often we don't see or appreciate all the small points of joy and beauty that surround us.

On a recent run, I ran down City Center Boulevard past the UJC. As I turned my view toward the campus, I saw it from a whole different perspective. Yes, the campus has obviously grown over the years and expanded its footprint. But what came to mind as I looked at the buildings was all of the daily activity that happens on campus that is necessary for us to be successful and create all of the points of light for our community. It is no small task to do what is done, day in and day out, inside of our buildings. Some of it is mundane and thankless.

We have all come to expect the UJC to be amazing and productive. But sometimes, it's easy to overlook what goes into making that happen. Our staff makes it look seamless and simple, so it's remarkably easy to appreciate it and look no deeper. But, I urge you to take a moment and keenly observe how the UJC operates, and understand what

happens behind the scenes. What is not always obvious is the painstaking attention to detail our staff puts forth, the deep thought that goes into programming, the overwhelming dedication our teachers have to our little ones, and the concern and care our leadership invests in making sure the UJC runs as efficiently and responsibly as possible. When you focus in on what happens every day on our campus, you will be amazed at all the nuances and fine points that must come together in order to create all of our offerings. So much occurs on this campus each day that most people never see.

It's incredible to know just how much creativity and time is spent on coming up with ideas to bring our community together, or how much planning our teachers do, or the amount of time it takes to put together this newsletter and all of the other marketing materials that we send out regularly. It comes down to dedication and details. We take so much of it for granted. Sometimes, though, it is important to use our powers of observation to hone in on all that happens here, and the process that makes it possible. Each time I spend time on campus, my eyes open a little

wider. Undoubtedly, I see or hear something new and different. This campus has a huge amount going on, and so many fabulous people helping to bring our vision to life.

I challenge you to look deeper at the UJC, beyond what you see on the surface. Your perspective is sure to change. I promise you that you will be astonished at the genius, hard work and labors of love that happen every single day on this campus. It will give you a whole new appreciation of what powers the UJC and all of the unbridled potential that our organization has. I am blown away by it all the time!

Have a wonderful May.
Kelli



Development Corner - Sarah Barnett



BECAUSE... It's Always Home (Even when you move away!)

Serenity grew up on our campus at The Sarfan Center, summer camp, and JCCY activities until she moved to Atlanta almost 2 years ago. But she always comes by to see us when she's back in town for a visit and Mrs. Jessi & Max were especially happy to see her over her recent spring break visit! Serenity has thrived in Atlanta, her new Jewish community, where she participates in synagogue programming and will attend Jewish overnight camp for the first time this summer (benefitting from the same One Happy Camper first-time camper grant that we offer our children here). But what excites Serenity the most is the potential for an extended summer visit here in NN and the opportunity to attend her beloved Camp Chaverim. Her eyes popped out and her smile expanded when we told her about all of the improvements we are planning for our *Reimagine Camp Chaverim* initiative. But most importantly, Serenity wants to attend Camp Chaverim because, as she told us, "this is home." We planted the seeds as a young child that have helped her to grow into a Jewishly connected older child and soon, teenager. Though we miss her, we know that we had the honor of helping to instill these connections & memories that will stay with her forever.

Because....This is the home away from home that you help create for so many of our children. We can't do it without your support for our UJCVP Annual Campaign. It's never too late to contribute! Visit: www.ujcvp.org/pledge

Reimagine Summer Reimagine Camp Chaverim!

CAMP CHAVERIM IS READY
FOR AN OUTDOOR UPGRADE.

Reimagine SUMMER
Reimagine FUN
Reimagine the
POSSIBILITIES
REIMAGINE
CAMP CHAVERIM



If you are a camp fan,
we want you on our
building team to
help us grow this core
UJCVP program!



Help us make memories
that last a lifetime.

We have almost reached our goal to complete Phase 1 of our Reimagine Camp Chaverim initiative and are so excited about what you will all be able to see in June!

We could feel the summer anticipation when the truck with the poles for our ropes course pulled into our driveway and we scheduled the course installation.



We have raised \$161,000 towards our goal of \$170,000 for Summer 2021.

If you are interested in supporting this important project, please contact:
Sarah Barnett - sarah@ujcvp.org
or
Steve Wendell - swendell@ujcvp.org

NEWSLETTER NOSTALGIA

Congrats to our winner: Elaine Abrams!

From L to R: Sylvia Craft & her daughter Shelley
Weinstein-Crawford.

*Do you have a photo you'd like to send us for
Newsletter Nostalgia?*

Email Sara Traster: straster@ujcvp.org



Join in on the fun and get crafty with us!

Swing by our parking lot, pick up a jCraft To Go, take it home, and unpack your studio!

Next Project: Beach-Inspired Mason Jar Luminary
Pick Up: Thurs. May 20th, 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)



**Don't forget to follow us on Instagram @ujcvp_nn
and LIKE our Facebook page!**

Theodore H. & Esther Beskin Memorial Scholarship Award

SCHOLARSHIP



OPPORTUNITY

Established in 1959 in memory of beloved & outstanding humanitarians & leaders, the Theodore H. & Esther Beskin Memorial Scholarship Award is given annually to a worthy Jewish senior high school student. The recipient is selected on the basis of outstanding achievement & diligence in academic, personal, community endeavors, & other pertinent criteria.

Visit ujcvp.org for application form. Deadline to submit application to the UJC is May 14, 2021.

UJCVP TOGETHER

Check out our UJC Facebook page for a new, family-friendly experience each week.

Coming up:

- *Cinco de Mayo Challah Recipe
- *Mama Love
- *Shavuot
- *Supply Drive for Foster Kids
- *Say Something Nice Week

And...

You could win a gift card for your participation!



Mikveh Project

Modern Mikveh Testimonials

In our community, there is a Marine Corps captain on yet another deployment to Afghanistan. He serves our country as a soldier, a medic, and a firefighter. He sees the devastating effects of war on children, women, and the elderly. Every time he comes home, he comes to immerse in the mikveh. When asked about his mikveh practice, he said “when you put a rock with rough edges into a moving body of water, over time the water will smooth it. I use the mikveh as a starting point for each major event that brings with it a level of fear. It grounds me - the one thing I know how to prepare for.”

My favorite thing about working at Mayyim Hayyim is knowing the impact we are making in the world. We are creating a Jewish community that is open, welcoming, and accessible for the full diversity of the Jewish people. (Mayyim-Hayyim - Newton, Mass.)

I have stopped trying to figure out what it is exactly that resonates so deeply in the Mikveh. I am simply grateful that Judaism offers this space and place both communal and private, that feeds my soul. (Anonymous)

I was 28 years old and undergoing treatment for breast cancer. After several hard months of chemotherapy I was declared cancer free. I decided to mark the transition from patient to survivor by immersing in the Mikveh. Preparing to immerse allowed me to reflect on the fear, the decisions, the hours of chemotherapy, the strength of my body and spirit, and the support of my family and friends, and the physical and emotional scars. After five years cancer free I immersed again. The Rising Tide makes this possible for Jews across the globe. (I began my journey in Washington, DC and continued it in Newton, Massachusetts.)



Libi Eir Mikveh - Raleigh, NC

After having a miscarriage, I found solace and healing, by way of an ancient Jewish practice. I thought the Ritual of Mikveh would help me move on. Each month we didn't conceive brought up feelings of loss. After going to the mikveh for several months, I found out that I was pregnant. I visited the mikveh again during my ninth month - my favorite visit so far. (Beth El Mikveh-Baltimore)

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 information contact Meryl Kessler at mlk1939@verizon.net. Our committee is co-chaired by Dr. Gary Kavit, Scott Wolf, and Meryl Kessler.

Education Corner

Sarfan Center / Camp Chaverim, Naioki Wood



The Sarfan Center Babies

It is quite the treat to get the opportunity to watch life unfold right before our eyes. From our infant room to our birdboxes, we continue to be awe-inspired by the magical way in which the world shares its wonders. Our littlest infants have grown to crawl, walk and even dance around their classroom, keeping their teachers busy and laughing. In the next few short

months their little feet will march right into the toddler room ready for their next adventure. And surely enough within the blink of an eye we will get to witness another group of littles hatch and take their very first flight.

Photos: Infant Class Spring photo, Nature Trail nest cam capturing female bluebird's 1st clutch of eggs



Camp Chaverim Meet & Greet

Have you registered for camp? If so, mark your calendar for a special pre-camp meet & greet. We will be hosting a safe, on-campus event to give you the opportunity to meet with some of our camp staff, gain more information about what is in store for our 2021 summer season and tie dye your Camp Chaverim t-shirt.

RSVP to nwood@ujcvp.org to let us know you are coming!

Haven't registered yet? That's ok. come by and register on the spot!

Date: Sunday, May 23rd Time: 12:30pm-1:30pm

Where: UJCVP campus, tennis court area



To register for Summer Camp Chaverim online, visit:

www.ujcvp.org/camp and check out the photos of our new outdoor equipment!



LIKE our Camp Facebook Page to stay up-to-date as we count down to Summer 2021! Search Facebook for: Camp Chaverim Ujcvp



Education **Corner** continued

CNU / William & Mary, Rabbi Gershon Litt

The Countup



Throughout the academic year Jewish professionals on college campuses know that there are times to plan events, times to let students study, times to throw big parties, and times to leave students alone and let them acclimate to new environments. As I am writing this article we are just two weeks away from the end of the academic year at William & Mary and other schools throughout our region. Students are studying for finals, writing term papers, and frantically trying to submit their assignments for multiple classes all at the same time. If we could have a window into dorm rooms right now, there would likely be a calendar on each stressed student's refrigerator that has multiple "x" marks through each day as they count down to the end of this harsh and stressful time.

There is another counting simultaneously going on in Jew's lives around the world. The Torah tells us that at this time of year between Pesach and Shavuos, the Jewish people are to "count the omer." The omer was a harvest offering that the Jews brought to the Temple in Jerusalem on the second day of Pesach. Additionally, there is a Torah command to count the days from that day of offering until the holiday of Shavuos, 50 days later. The 49 days in between these holidays are each individually counted each day. It is brought down in Jewish mystical sources that these days, which recall the 49 days that the Jews traveled from Egyptian slavery to receiving the Torah on Mount Sinai, also each represent an aspect of our character. Each day that we count the omer it is not only a counting for the purpose of recalling a journey, but rather it is an act of character refinement and personal growth. How often do we spend a few minutes to reflect on various aspects of our personality and character? There are specific traits associated with specific days, but even if you are reading this and there are only a few days left it is not too late to bring this ancient and potentially life changing mitzvah into your life.

There is one difference between the "counting down" that the students are doing right now and the counting that we do when we count the omer. When we count the days and weeks of the omer we count up. Instead of saying, "Five days left, four days left, etc.," we count day one, then day two, day three, and so on. We do not count down, but rather we count up. We lift our sights toward the holiest and most important event in Jewish history that formed us as a nation – the receiving of the Torah at Mount Sinai. Each day we look deep into our hearts and take one step closer to our own Mount Sinai, our own personal perfection. If we take this seriously and each day take one step closer to realizing our personal potential, then Shavuos will truly become an annual revelation of truth as it was for the Jewish people over 3,300 years ago.

Rabbi Gershon Litt is the rabbi at Adath Jeshurun Synagogue, Director of Hillel at Christopher Newport University, and the College of William and Mary.

There is no reason too small to give us a call!

Raise Your Hand Day is an opportunity to CONFIDENTIALLY reach out to our Jewish Family Service office. When you feel uncertain about your options for support, your Jewish Community is here for YOU! **Wednesday, May 26th**

Call Directly: Joseph Hendrix, Family Services Director - 757-223-5635, 9am-2pm



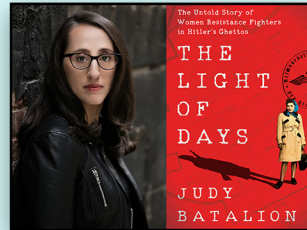
Live BOOK FESTIVAL IN YOUR LIVING ROOM



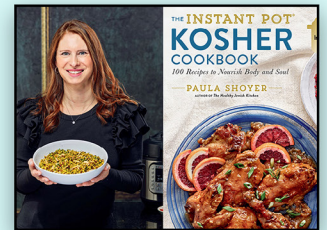
Hadassah Lieberman
May 2, 8:00pm



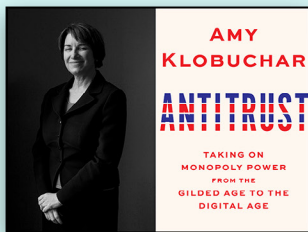
Pam Jenoff
May 6, 8:00pm



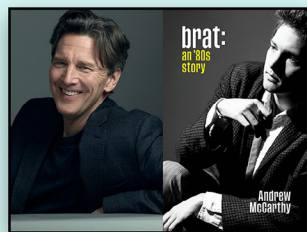
Judy Batalion
May 10, 8:00pm



Paula Shoyer
May 13, 7:30pm



Amy Klobuchar
May 19, 8:00pm



Andrew McCarthy
May 24, 8:00pm



Jennifer Weiner
May 27, 8:00pm

VISIT
UJCVJ.ORG
FOR TICKET
INFO.



Abeo (7:05 min)
A meditative animated fable about a couple who wash up on a remote desert island.



TUESDAY MAY 25TH, 7:00PM
ANIMATED SHORTS



Lost & Found (4:12 min)
A young boy gets lost in a busy shopping mall, foreshadowing the story of his death as a soldier in the Israel-Lebanon War.



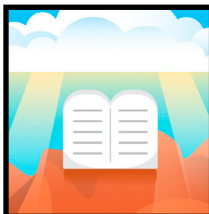
Shalva (3:17 min)
In a synthetic meditation space, an empty shell seeks power.



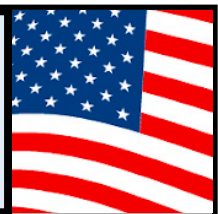
Stitching a Life: The Story of Trudy Strobel (8:19 min)
A child survivor of the Holocaust begins stitching vast tableaux of her dark and personal memories that explodes into works of breathtaking art.

RSVP to: jmalkin@ujcvp.org

Visit ujcvp.org for Zoom login info.



The UJC will be closed Mon. & Tues. May 17th & 18th
for Shavuot & Mon. May 31st for Memorial Day



Tie Dye Day at the J
 Join us outside to personalize
 your Camp Chaverim t-shirt!

Sunday, May 23rd

12:30-1:30pm - Camp Families
 1:30-2:30 - JCCY/PJ Our Way

Camp/Passport Families- FREE!
 Non-Members - \$10/family

RSVP Required for JCCY/PJOW
 Email Naioki Wood or Jessi Malkin
 nwood@ujcup.org / jmalkin@ujcup.org

**SHAVUOT
 IN A BOX**

**WED. 5/12
 5-5:30PM**

A BAG OF FUN TO
 CELEBRATE SHAVUOT AT HOME!

*GENEROUSLY
 SPONSORED BY:
 AMY, PETER,
 SHAIHAH,
 ILAN &
 SHALVIT
 LERNER

In The Box
 Series


RSVP TO
 JMALKIN@UJCUP.ORG

Tune in for a
 special spring
 brunch episode
 of *Makin' with
 Mrs. Jessi*.
 Watch as Jessi
 teaches us
 how to make fun
 brunch items
 with a special
 guest!

Tune in for this
 episode on our UJC
 Facebook Page or
 UJC website.

new date

MAY 2ND @ 2:30 PM
TOPGOLF, VA BEACH

details:
bit.ly/bbyotopgolf

Sign Up by May 1st!
limited availability

PENINSULA BBYO

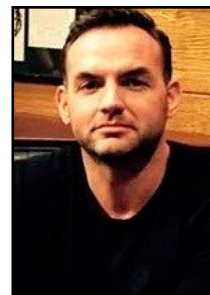
TOPGOLF

Jewish teens grades 8-12 welcome!
 contact: pvabbyo@gmail.com



Jewish Family Services

Joseph Hendrix



Teen Mental Health Awareness Month

This month the UJC is highlighting teen mental health. While the Coronavirus pandemic has created stress and frustrations for all of us, teenagers have faced specific mental and emotional challenges related to Covid.

More than one-third of adolescents have experienced high levels of loneliness due to Covid quarantine. Social isolation and loneliness are linked to poorer mental health and higher rates of depression and anxiety. Teenagers are also reporting unprecedented uncertainty and stress due to the pandemic. Many teenagers are experiencing grief and loss as they have faced loss of normalcy and routine, loss of plans and experiences, and loss of in-person social interaction with friends. It is important for families to discuss these challenges with their children and teenagers.

In effort to facilitate discussions about the mental and emotional struggles of teenagers, this month we are encouraging families to watch Disney Pixar's *Inside Out* together as a family and discuss emotions and frustrations related to the Covid pandemic. *Inside Out* can be streamed on Disney+.

To guide your conversations:

- Talk openly about Covid-related grief, loss, stress and loneliness.
- Ask open-ended questions.
- Acknowledge the range of feelings associated with the pandemic and allow teens to express those feelings.
- Avoid minimizing or dismissing thoughts and feelings.
- Make time for laughter and joy.

If you need any assistance addressing your teenager's mental and emotional struggles with the Coronavirus pandemic, please contact Family Services. You can reach Joseph Hendrix via phone call at 757-223-5635 or via email at jhendrix@ujcvp.org.

This month the UJC is also providing journals for teens to use as they reflect on their thoughts and feelings related to the Covid pandemic. Please contact Family Services to request a journal and one will be mailed to you.

The UJCVP Community Hebrew School wishes to congratulate our Class of 2021:

ELI GREEN
SETH GREEN
KAMEA HENDERSON
BENJAMIN MASTROS



And a big thank you to Reece David for volunteering to help teach our Hebrew school students!

On April 8th, we once again gathered via Zoom to commemorate the horrors and loss of 6 million Jews during the Holocaust. This year's commemoration featured the documentary, *The Children of the Holocaust Remember* and the lighting of memorial candles by our local Holocaust survivors and their families. Along with UJC staff and board members, Rabbi Litt, Rabbi Dror, Rabbi Sokol and Rabbi David all contributed to this somber and memorable evening. This proclamation was received by the UJCVP from Mayor McKinley Price proclaiming April 4 – April 11, 2021 as Days Of Remembrance Week.



PROCLAMATION

- WHEREAS,** *the Holocaust was the state-sponsored, systematic persecution and annihilation of European Jewry by Nazi Germany and its collaborators between 1933 and 1945. Jews were the primary victims - six million were murdered. Gypsies, the handicapped, and Poles were also targeted for destruction or decimation for racial, ethnic, or national reasons. Millions more, including homosexuals, Jehovah's Witnesses, Soviet prisoners of war and political dissidents also suffered grievous oppression and death under Nazi tyranny; and*
- WHEREAS,** *the history of the Holocaust offers an opportunity to reflect on the moral responsibilities of individuals, societies, and governments, and for reminding Americans of what can happen to civilized people when bigotry, hatred, and indifference reign; and*
- WHEREAS,** *we the people of the City of Newport News should always remember the terrible events of the Holocaust and remain vigilant against hatred, persecution, and tyranny; and*
- WHEREAS,** *we the people of the City of Newport News should actively rededicate ourselves to the principles of individual freedom in a just society; and*
- WHEREAS,** *the Days of Remembrance have been set aside to remember the victims of the Holocaust, as well as to reflect on the need for respect of all people; and*
- WHEREAS,** *pursuant to an Act of Congress, the United States Holocaust Memorial Council designates the Days of Remembrance of the Victims of the Holocaust to be Sunday, April 4 through Sunday, April 11, 2021, including the Day of Remembrance known as Yom Hashoah, beginning the evening of April 8 through sundown April 9, 2021.*

NOW, THEREFORE, I, McKinley L. Price, Mayor of the City of Newport News, do hereby proclaim the week of Sunday, April 4 through Sunday, April 11, 2021, as

DAYS OF REMEMBRANCE WEEK

in memory of the victims of the Holocaust, and in honor of the survivors, rescuers and liberators, and further proclaim that we, as citizens of Newport News, should work to promote human dignity and confront hate whenever and wherever it occurs.



ATTEST:

Mabel Washington Jenkins
 Mabel Washington Jenkins, MMC
 City Clerk

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be duly affixed the Seal of the City of Newport News, Virginia, this 4th day of April 2021.

McKinley L. Price
 McKinley L. Price, DDS, Mayor
 City of Newport News, Virginia



Summer is almost here!

Purchase a Program Passport Membership (or Summer Pool Membership) to enjoy pool fun all summer long at Glendale Pool! Visit: ujcvp.org/program-passport/ for more information.

Is your child interested in joining the Glendale Gator Swim Team?

Email Sara Traster at straster@ujcvp.org



**Congrats to last month's raffle winners:
Janice Rockwell & Brenda Gordon!**

If you want to be entered in the monthly raffles to win a gift card, send us your photos (or post your photos to our UJC Facebook Page) of your participation in the following programs:

- *UJC Facebook Together weekly family activities**
- *jCraft To Go art take-home kits**
- *In the Box series take-home bags**

You can send your photos to
Jessi Malkin - jmalkin@ujcvp.org
Naioki Wood - nwood@ujcvp.org
Sara Traster - straster@ujcvp.org
Good luck in the next raffle drawing!



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401 City Center Blvd. , Newport News, VA 23606

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Rabbi Gershon Litt, 757-559-1836



Cheese and Flowers

The holiday of Shavuot has customs & rituals that have preserved the beauty & uniqueness of the holiday to our day. One of those customs is the eating of dairy food at the holiday meal. Shavuot cheesecake & cheese blintzes have become beloved & fattening staples in Jewish homes for centuries. The dairy foods remind the Jewish people of the Torah given at Sinai, but also of their beloved homeland, the Land of Israel.

Another custom is decorating one's home & the synagogue with greens & flowers in honor of the holiday. This custom of flowers & greens was based upon a statement in the Midrash that the foot of Mount Sinai was carpeted with greens & sweet smelling flowers. Today supplying of the flowers & green decorations for the synagogue is deemed an honor that people vie for. One pays not only for flowers & greens themselves, but also for the honor of paying for those flowers & greens. Honor is an addictive elixir!

Shabbos Candle Lighting Times:

May 7 - 7:42pm, May 14 - 7:48pm

May 16 - 7:49pm (Shavuot),

May 17 - 8:52pm (Shavuot)

May 21 - 7:53pm, May 28 - 7:58pm

So enjoy the flowers & the cheesecake & revel in the fact that Hashem has given us the Torah, & through it, the task of creating a better world for us and all mankind.

Adath Jeshurun is planning to resume in-person services in June. More information will follow.



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Virtual Services

Minyan:

Mondays & Thursdays

@ 8:00 a.m.

Kabbalat Shabbat:

Fridays @ 5:30 p.m.

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

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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.

May 7

Cantorial Soloist led Erev Shabbat service

May 14

Rabbi led Erev Shabbat service

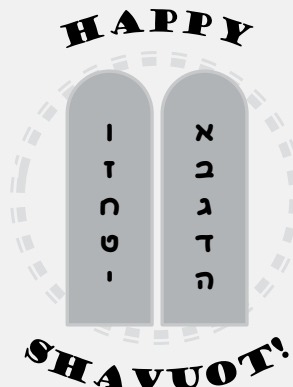
May 21

Lay led Erev Shabbat service with Musical Accompanist

May 21

Shabbat in the home

Special Events & Other News



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

 fb.me/CEVOcommunity



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- ◆ Kabbalat Shabbat, Fridays at 7:30pm on-line via Zoom
- ◆ TBE School is on Sundays at 10:30am via Zoom
- ◆ Tanakh Study Group – Mondays at 7:00pm via Zoom
- ◆ Torah Study, Thursdays at 10:30am via Zoom
- ◆ More events added all the time – check our weekly newsletter



Temple Beth El is located at 600 Jamestown Road, Williamsburg, Virginia
For additional information call (757) 220-1205

Visit our website at www.tbewilliamsburg.org to learn more about Temple Beth El of Williamsburg

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



THIS MONTH AT TEMPLE SINAI:

*Shabbat Spotlight (Over Zoom) - Weekly Friday services, 7:20pm

*Friday, May 14th - Special May Shabbat/Shavuot Service

RELIGIOUS SCHOOL TEACHERS WANTED for next year!
Exciting innovative curriculum, paid position.

For more information on any of these programs & activities please contact Rabbi Sokol at rabbiseverine@gmail.com or at (314) 628-9196.

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It's a Jewish tradition to eat dairy foods on Shavuot like cheesecake and blintzes, but if you want to try something new, make a Cheese Babka!

Cheese Babka (recipe yields 2 loaves)

Ingredients for the dough:

- 3.5 cup all-purpose flour
- 1 tablespoon dry yeast
- 1 stick butter, melted
- 1/2 cup sugar
- 2 eggs
- 3/4 cup milk
- pinch of salt
- 1 teaspoon vanilla extract



Ingredients for the filling :

- 2 cups farmer cheese (or ricotta cheese)
- 1 egg
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1 cup golden raisins



Preparation:

1. Set the oven to 350°F
2. Place all dough ingredients in a large bowl or stand mixer and knead until you get a unified dough.
3. Grease the bowl and make sure all the dough is greased too, cover with plastic and let the dough rest in a warm place for about an hour.
4. In another bowl, mix all the filling ingredients well (reserve the raisins for step 7).
5. Divide the dough into 2 equal parts.
6. Roll one part of the dough into a large rectangle, about 1/4 inch thick.
7. Spread half of the filling onto the dough then sprinkle half the raisins onto the filling.
8. Roll the rectangle up from the long edge.
9. Cut the roll down the middle lengthwise to make 2 strands.
10. Twist the 2 strands together and transfer to a greased loaf pan.
11. Repeat with the second half of the dough.
12. Bake the 2 loaves for 30 minutes.
13. Cool at room temperature.
14. Have a piece and enjoy!

Happy Shavuot!

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programs**

(can be your own design or
created by us!)

***Your name/business
name on marketing
materials for the program
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***Sponsorship Price: \$100**

**Contact Sarah Barnett:
sarah@ujcvp.org
for more info.**



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On your first visit to smile.amazon.com, select: United Jewish Community of the Virginia Peninsula to have your donations go to the J. Every little bit counts!

Rosh Chodesh Mindful Mikveh Mashup

TUES. MAY 11, 7PM

with special guest, Jodi Balis, Adas Israel mikveh guide & wellness coach

Jodi will guide us through an explanation of Rosh Chodesh, healing & water for the month of Sivan, then lead us in a guided home water ritual.



RSVP to Jessi Malkin for Zoom login info. jmalkin@ujcvp.org



20th Annual Holocaust Writing and Visual Arts Competition Awards Ceremony

Thursday, May 20th at 7:00pm

Please join us as we acknowledge and honor the middle school and high school winners of the writing and visual arts competitions and view the documentary, *The Children of the Holocaust Remember*.

Pre-registration required for the event.

Visit ujcvp.org to register.

Questions? Email Jessi Malkin jmalkin@ujcvp.org



May 2nd

Angela Morris
UJC Controller



May 5th

John Donnell
UJC Maintenance Supervisor



May 21

Maya Yartsev
Sarfan Center Pre-K Teacher



Wishing you all a very happy birthday!





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UJCVP Community **May 2021 Calendar**

Sunday, May 2, 2021

UJC FB Together: Cinco de Mayo Challah Recipe
2:30pm - BBYO Top Golf
8pm - Book Fest: Hadassah Lieberman

Tuesday, May 4, 2021

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

Thursday, May 6, 2021

12pm - Grand Club To Go
4pm - Hebrew School
8pm - Book Fest: Pam Jenoff

Sunday, May 9, 2021

UJC FB Together: Mama Love

Monday, May 10, 2021

8pm - Book Fest: Judy Batalion

Tuesday, May 11, 2021

12pm - Grand Club To Go
4pm - Hebrew School
7pm - Rosh Chodesh Mindful Mikveh Mashup

Wednesday, May 12, 2021

5pm - Shavuot in a Box
5:30pm - UJC Executive Committee Meeting

Thursday, May 13, 2021

12pm - Grand Club To Go
4pm - Hebrew School
7:30pm - Book Fest: Paula Shoyer

Sunday, May 16, 2021

UJC FB Together: Shavuot

Monday, May 17, 2021

UJC CLOSED
SARFAN CENTER CLOSED

Tuesday, May 18, 2021

UJC CLOSED
SARFAN CENTER CLOSED

Wednesday, May 19, 2021

7pm - UJC General Board Meeting
8pm - Book Fest: Amy Klobuchar

Thursday, May 20, 2021

12pm - Grand Club To Go
3pm - jCraft To Go
4pm - Hebrew School
7pm - Holocaust Writing & Arts Competition Awards

Sunday, May 23, 2021

UJC FB Together: Supply Drive for Foster Kids
12:30pm - Tie Dye at the J (Camp Families)
1:30pm - Tie Dye at the J (JCCY/PJOW Families)

Monday, May 24 21, 2021

8pm - Book Fest: Andrew McCarthy

Tuesday, May 25, 2021

12pm - Grand Club To Go
4pm - Hebrew School
7pm - ZOOMovies: Animated Shorts

Wednesday, May 26, 2021

9am - Raise Your Hand Day Appreciation

Thursday, May 27, 2021

12pm - Grand Club To Go
4pm - Hebrew School Graduation
8pm - Book Fest: Jennifer Weiner

Sunday, May 30, 2021

UJC FB Together: Say Something Nice Week

Monday, May 31, 2021

UJC CLOSED
SARFAN CENTER CLOSED