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# 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!

SWIMMING



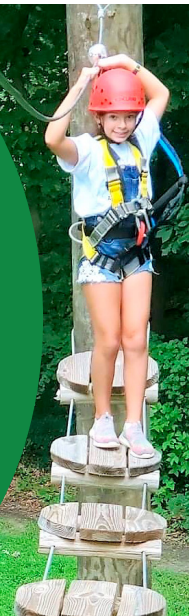
TEAM VIRGINIA BEACH



## Camp Chaverim

CAMP  
CHAVERIM  
FUN...  
ALL YEAR  
LONG!

Check out our  
upcoming  
programs for our  
UJC camp kids  
and camp  
teens.



## 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

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### 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  
Broden  
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!





## 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](http://ujcvp.org/heb-school-registration)**

**Questions?**

**Email Carmela Malkin Kuhn  
[carmela@ujcvp.org](mailto:carmela@ujcvp.org)**



### **Flu / Covid Booster Clinic**

Thursday, October 6th  
11am-2pm

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

**[ujcvp.org](http://ujcvp.org)**

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

Questions?

Email [jmalkin@ujcvp.org](mailto:jmalkin@ujcvp.org)

If you have a family Simcha that you would like to highlight, please contact Sara Traster at [straster@ujcvp.org](mailto: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](http://ujcvp.org) for more  
information.

Questions? Email Angela Morris:  
[amorris@ujcvp.org](mailto: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-

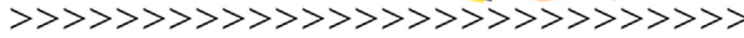
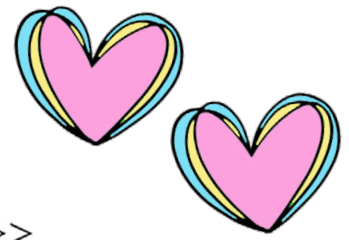
schools all over the world and her hands-on cooking classes are enjoyed by children and families alike. She can be reached on her website [cookingandmore.com](http://cookingandmore.com) for further information about programs.

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

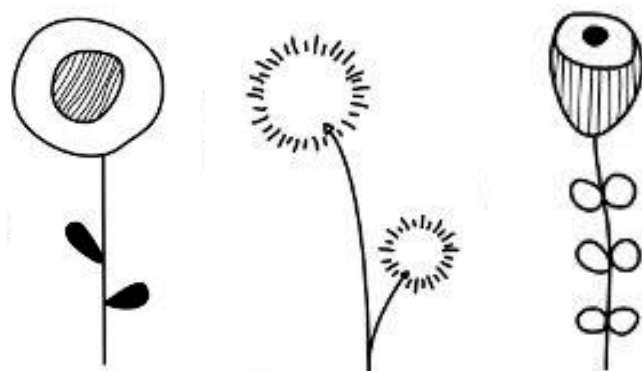
### **Mrs. Lizz**

Favorite Food: any Asian food

Hobbies: reading, thrifting, traveling

Favorite Children's Book: Eric Carle

Classroom Wishlist Item: sensory toys



*Continued on next page*

## PAPPARIM / 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

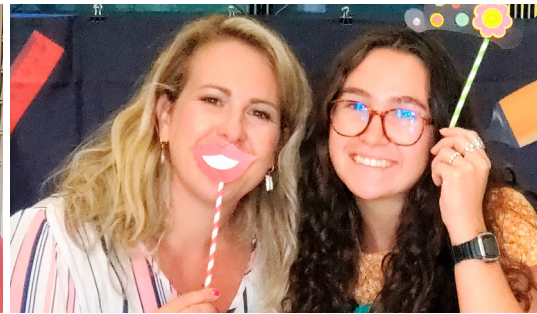
## GAN / PRE-K



**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





# Mikveh Project

## 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.

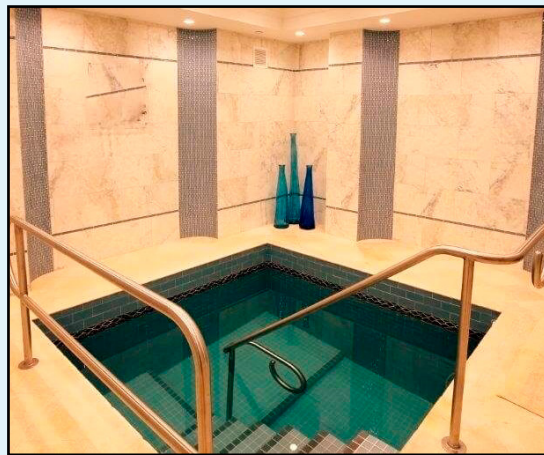
**PREPARING FOR CONCEPTION** - The step toward parenthood by immersing.

**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](mailto:stevenishapiro@outlook.com)

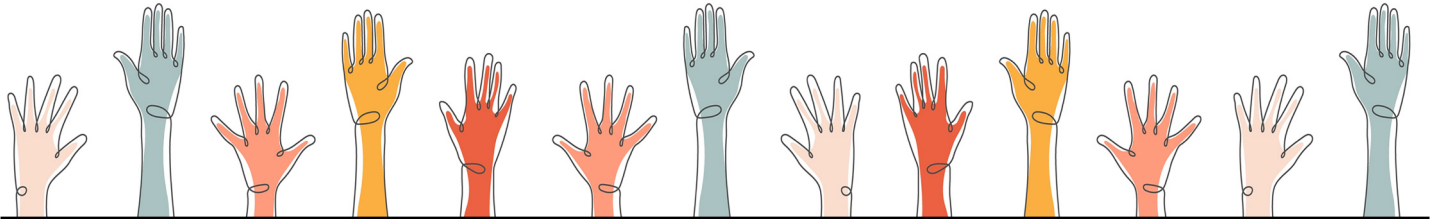
# *Jewish Family* **Services** - Libby Batten

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**

TORGGLER 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](mailto: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](mailto: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](http://ujcvp.org) to RSVP  
Questions? Email Carmela  
[carmela@ujcvp.org](mailto: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](http://ujcvp.org) to sign up!**

Questions? Email Hannah: [hcole@ujcvp.org](mailto:hcole@ujcvp.org)



## **BLOOD DRIVE**

### **Red Cross Blood Drive**

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

Visit [ujcvp.org](http://ujcvp.org) to schedule an  
appointment

**Questions? Email [straster@ujcvp.org](mailto: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.

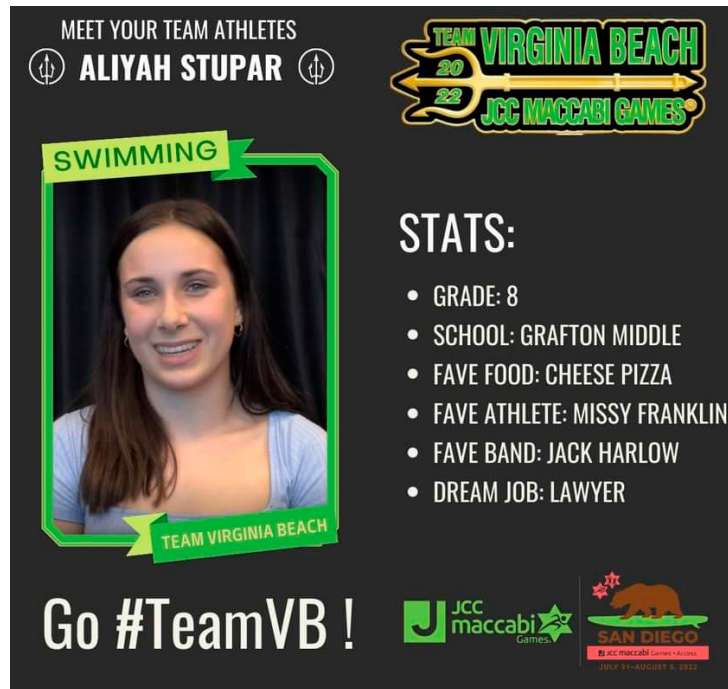
A: Yes...

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



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 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 known as Reverse Tashlich.

For more information, visit [ujcvp.org](http://ujcvp.org) or email [jmalkin@ujcvp.org](mailto: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](http://ujcvp.org)

# BOOT CAMP FITNESS

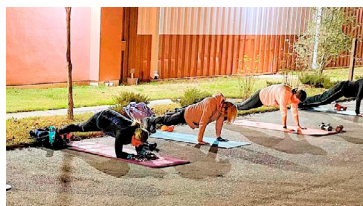
THOSE WHO SWEAT TOGETHER...STAY TOGETHER

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](http://ujcvp.org) to sign up!



Camp Chaverim

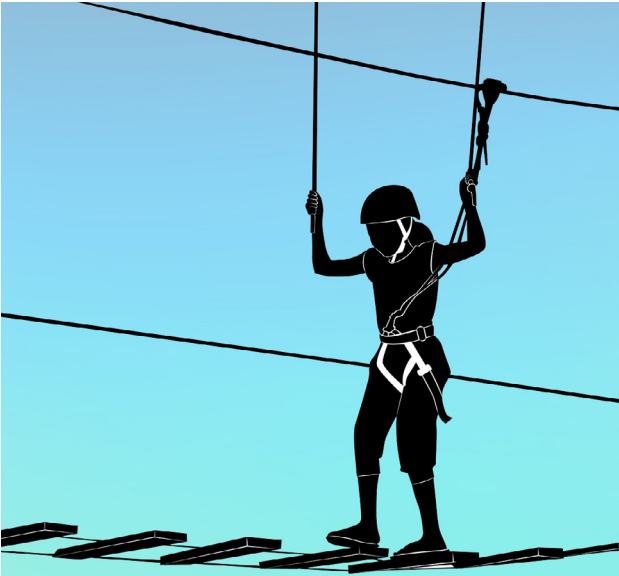
# PIZZA PARTY




Sunday, Nov. 6th - 12-2pm

Lunch • Drinks • Fun & Games  
\$5 per camper  
(drop-off for event at the UJC Gym)

RSVP to Naiaki: [nwood@ujcvp.org](mailto: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](http://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](http://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 penetrating, introspective memoir that mines the depths of the chasm between the Jewish and Palestinian communities, the memoir of Noa Baum.

# 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.

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.



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.

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

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

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](mailto: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.***

Local is Global

## Congregation Adath Jeshurun

401 City Center Blvd. , Newport News, VA 23606

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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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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](https://fb.me/CEVOcommunity)

# Torah & Tea

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[Rabbi@Jewishwilliamsburg.org](mailto:Rabbi@Jewishwilliamsburg.org)



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Contact the Temple Office for  
Zoom information:  
[office@rodefsholomtemple.org](mailto:office@rodefsholomtemple.org)

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

401 City Center Blvd. Newport News, VA 23606 | 757-826-5894 | [rodefsholomtemple.org](http://rodefsholomtemple.org)

## 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](mailto: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](mailto: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](mailto: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.*



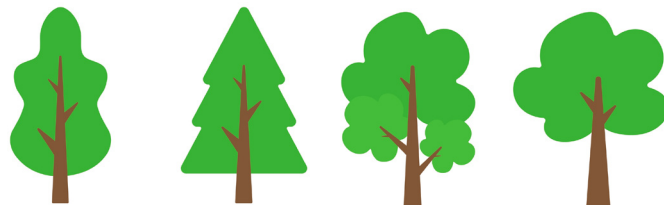
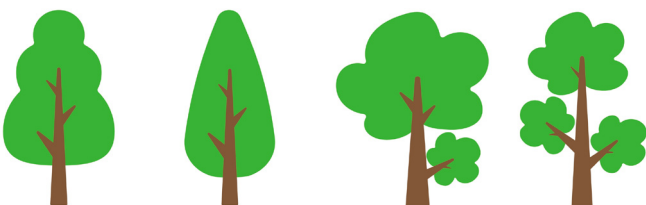
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For more information about Jewish overnight summer camp opportunities, please contact Carmela Malkin Kuhn  
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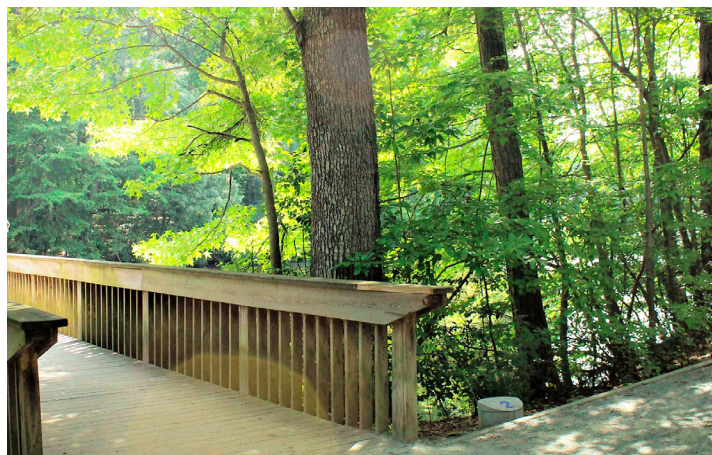
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## 20/30 Something Group Hike Sunday, Oct. 23rd @ 10:30am

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](mailto: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](http://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

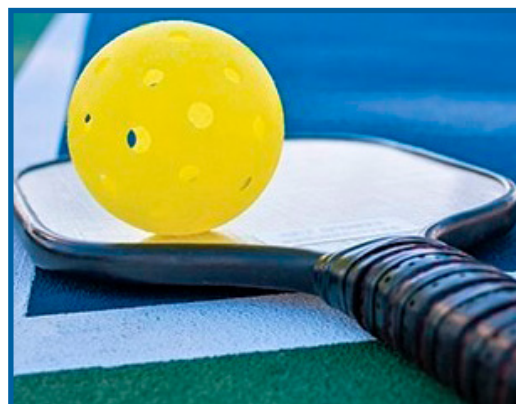
Through a guided conversation around the map of Israel and the Middle East, we will explore the history, competing narratives, and contemporary political, social, cultural, and security issues facing Israel and her neighbors. This experiential program will focus on the contemporary and historic challenges 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](http://ujcvp.org) • 757-930-1422

*This program is free and open to the public*



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Contact Jessi Malkin

[jmalkin@ujcvp.org](mailto:jmalkin@ujcvp.org) for more info.

THE DR. EDITH NEEDLEMAN MEMORIAL WOMEN IN JEWISH STUDIES LECTURE

CHRISTOPHER NEWPORT UNIVERSITY  
DEPARTMENT OF PHILOSOPHY AND RELIGION  
PRESENTS

## The Myth of the Medieval Jewish Moneylender

FEATURING  
**Julie Mell, PhD**  
Author and historian



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.

Julie Mell  
Associate professor of history  
North Carolina State University

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

