

Camp Chaverim
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Red Cross Blood
Drive
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Waterways Mikveh
Program
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Jewish Community News

News of the Jewish VA Peninsula Community

September 2022/5783



After a fantastic summer session, we are ready to begin another great school year at the Sarfan Center!

Fun Rosh Hashanah programs and events
at the J all month long!

Check it out...



BBYO Fund

In honor of Karen & Kenny
Olshansky & their new home
on the West Coast
Jackie & Eddie Cohen

Eric & Jack Luckman

Memorial Endowment Fund

In honor of Elaine & Arnie
Abrams on their daughter's
engagement
Lori & Jeff Luckman

In memory of Bob Kessler's
sister Sharon L. Marshall
Lori & Jeff Luckman

Mikveh Fund

In memory of Bob Kessler's
sister Sharon L. Marshall
Ernestine Adelman
Melissa & Dave Kashy
Wendy & Jonathan Eisner
Sally & Steven Seltzer
Sarah & Jim Barnett
Neal & Barbara Rosenbaum
Judie & Gary Kavut
Sara Traster & Dave Harriss
Marvin Posner
Tzina Richman
Joanne & Richard Gordon

In memory of Sidney Ashe
Ernestine Adelman

Marc Minkoff Sports

Scholarship Fund

In honor of Robin & Kenny
Murov's 50th anniversary
Karen Minkoff

Marilyn & Mark Nataupsky

Holocaust Education Fund

In memory of Dr. Richard
Freund
Joanne & Richard Gordon
Becca & Eric Maurer

Senior Meals Fund

Get well wishes for Jerry Gentry
Ernestine Adelman

In memory of Alan Eisenkraft
In memory of Estelle Fineman
Ernestine Adelman

Leroy M. Spigel Early

Childhood Education Fund

Wishing a speedy recovery to
Larry Spigel
Gloria & Aaron Ostroff &
family

UJC Preschool Fund

In honor of the supportive &
caring Sarfan Center team
Melissa Diamond

UJC Youth Fund

In honor of Sarah Barnett
Joanne & Richard Gordon

In honor of Larry Familant's
birthday
Jackie & Eddie Cohen

In honor of Aliyah Stupar's
participation in JCC Maccabi
Becca & Eric Maurer
Tova & Jay Warren

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Ukraine Emergency Fund

In honor of the B'nai Mitzvah of
Eli & Seth Green
Becca & Eric Maurer

Unrestricted Endowment Fund

In memory of Bob Kessler's
sister Sharon L. Marshall
Ettalea Kanter

Leonard & Sylvia Waters


Library Fund

In memory of Dr. Richard
Freund
Claudia & Howard Waters

President's Message - Wendy Eisner



As summer is fast approaching its end, I am both sad and excited for the beginning of fall. I love the carefree feeling of summer, but I am ready for cooler weather. The beginning of fall reminds me not only of a change in the climate, but also of new beginnings and, of course, the High Holidays.



I always look forward to spending time with family and friends during the holidays. I love the food and the connection of sharing with those I care deeply about and opening my home to those who may need a friendly face or an introduction to our community. For me this is a time to reflect on the past year, to think about the future and who I want to be. Since becoming president I have also been thinking a lot about who we are as a community. I am so proud to say we are warm and caring, but we are not perfect. Sometimes I think about how we can be better, but I have realized that may not align with someone else's vision. Therefore, we must strive to do our very best every day and continue to meet our mission. I truly hope as president I can learn to be a better listener so our community can continue to be grow and be strong.

As for the UJC, I can say that these last few months have been very exciting. Our new executive director is here and camp has been a success. It has been so much fun to see all the children on our campus with their smiling faces. Many programs are happening on our campus and all are welcome to attend. Please feel free to join us or just stop by to say hello.

Wishing all a happy and healthy new year,
Wendy



THE UNITED JEWISH COMMUNITY
WISHES TO CONGRATULATE THE FOLLOWING STUDENTS
AND THEIR FAMILY ON THEIR B'NAI MITZVAH
ELI & SETH GREEN

Just in time for Rosh Hashanah!

Family Apple Picking Sunday, Sept. 11th, 1-3pm

Drive yourself or hop on our UJC bus to Cullipher Farms in VA Beach.

Passport Members ride for free + get \$5 toward their apple purchases.

Non-Members \$15/family to ride the bus.



Dinner & Discuss: The Amazing Honey Bee with Nathan Brauner

Thurs. Sept. 15th, 6pm

Enjoy dinner then shop available items made from local bees.

Passport Members - Free
Non-Members - \$12

Visit our website for a full list of items for sale.



Rosh Hashanah Happy Hour

Thurs. Sept. 22nd, 7pm

Learn to make delicious holiday drinks while you enjoy snacks & treats.

MUST BE 21+

Passport Members - Free
Non-Members \$10/person



Cooking with Carmela Challah Baking

Sun. Sept. 25th, 1pm

All ages welcome:
Fun for the whole family!

Passport Members - Free
Non-Members - \$5 / family

Visit ujcva.org
to RSVP for any
of these programs.



happy
Rosh Hashanah



UJC HOLIDAY CLOSINGS

Sept. 5th
Labor Day

Sept. 26th & 27th
Rosh Hashanah

Oct. 5th
Yom Kippur

Oct. 10th & 11th
Sukkot

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



HAPPY
birthday!



September 22nd

Ashley Simmons

Sarfan Center Chaverim Teacher

Summer Camp Chaverim - *Naioki Wood*



The Power of Friendship

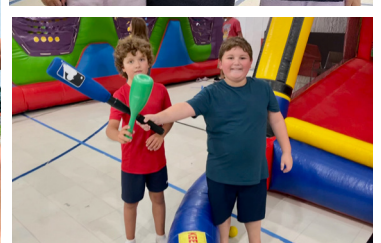
There is something magical that happens over the summer. Standing anywhere on our campus, you could feel the vibrations coming from all directions; the hallmarks of summer camp: bundles of excited/nervous energy, giggles, new friendships brewing, and smiles on the faces of children who just discovered a new skill. Our campers experienced a summer like no other, from soaring off the zipline, catching frogs by the pond, cannonballing into the pool, playing capture the flag, or passing along the spirit stick. The relationships that were forged here over the summer is the heart of what makes Camp Chaverim so special. Seeing these strong friendships and realizing the end of summer was near sparked an "aha" moment: these powerful connections needed to continue throughout the year!



In classic Camp Chaverim fashion, our team quickly went to work and put together a new component of camp, The Pen Friends Program. This program will give our campers the opportunity to stay in touch with one another as they tearfully say goodbye to summer together and prepare to welcome a new school year.



Our campers gathered around the Pen Friends booth to collect their starter packets. Once completed, the campers then exchanged their packets with each other (which included mailing addresses and some fun facts about the campers). Knowing they would be able to stay in touch eased that sad feeling the campers get when our summer season finally comes to an end. The UJCVP knows, there is no better way to inject compassion, love, support, unity, and joy into our community then sharing a handwritten note from one heart to another.



Adventure High Ropes course

Calling all challenge-seekers and interested climbers of all skill levels!

Contact Nwood@ujcvc.org to schedule a climb time for your next birthday party or group adventure.





Please enjoy our 2022 Annual Campaign Honor Roll.

The Annual Campaign is the lifeblood of our UJCVP activities and programs. Your generosity is appreciated and your commitment to our community is valued.

*L - Lion of Judah (minimum contribution: \$5,000) | CS - Chai Society (minimum contribution \$1,800) | LOJE - Lion of Judah Endowment | PACE - Perpetual Annual Campaign Endowment | * - of Blessed Memory*

\$20,000 +

Libby & Buddy David (LOJE)
Jenny & Joshua David (LOJE)
Bobbi & Ralph Goldstein (L)
Judie & Gary Kavut (L)
Betty Levin (LOJE) & Eugene "Buddy" Levin* (PACE)
Barbara & Neal Rosenbaum (LOJE)
Dorene Sarfan* (LOJE) & Mayer Sarfan* (PACE)

\$10,000 - \$19,999

Franklin O. Blechman* (PACE)
Ruby & Harry Conn (L)
Wendy Drucker (L)
Jean & Arthur Fass
Mariel Focseneanu & Eric Karlin (L)
Janet & Gary Nachman (L)
Betty & Roy Lasris (L)
Robin & Guy Levy (L)
Lori & Jeff Luckman (L)
Bernard Morewitz*
Lorraine Morewitz* (LOJE)
Robin & Kenny Murov (L)
Janet & Gary Nachman (L)
Ginny & Johnny Francum (L)
Joanne Roos (LOJE)
Jody & Ed Sarfan (L)
Walter S. Segaloff* (PACE)
Sally & Steven Seltzer (L)
Howard Smith
Scott Wolf

\$5,000 - \$9,999

Beth & Jack Arager (L)
Sarah & Jim Barnett (L)
Susan Berenson (L)
Wendy & Jonathan Eisner (L)
Janet Glasofer (L)
Ettalea Kanter (LOJE)
Shelly & Geoffrey Kostiner
Carmela Malkin-Kuhn (L)

Lisa & Sam Margolin (L)
Jay Mirmelstein
Neisser (PACE)
Edward Olshansky
Rochelle Portnoy (L)
Tzina Richman (LOJE)
Linda Roesen (L)
Schoenbaum (PACE)
Ellyn Soefer (L)
Bonnie & Jeffrey Spigel (L)
Sara Traster & David Harriss (L)
Charlene & Steven Wendell (CS)
Anonymous
Anonymous
Anonymous

\$1,000 - \$4,999

Elaine & Arnold Abrams
Rona & Alan Altschuler (CS)
The Bangel-Legum Philanthropic Fund
Debby & Eric Bashkoff
Susanna & Alex Berelovich
Elina & Brent Blaha
Marie P. Blechman* (LOJE)
Sheila & Steven Bookbinder (CS)
Jeff Caplan
Kelli Caplan (CS)
Jacqueline & Edward Cohen
The Harold "Dooley" Cohen, Jeanne S. Cohen, and Hilda and Harry Oser Philanthropic Fund
Jenny & William Connolly
Rosalind Damsky
Donna & Eric Darby
Ellen Eisenberg (CS)
Kathy & Jay Epstein
Heather & Matthew Fass
Rebecca & Thomas Fass
Evelyn Flax Mirmelstein* (LOJE)
Renee & Allen Fraley
Leslie & Robert Frank
Betsi & Herbert Garfinkel
Baylee & Chip Goldstein
Herbert & Ruth Goldstein (PACE)
Jerome & Mable Gordon* (PACE)

Joanne & Richard Gordon
Abby Jo & Theodore Jurashek
Melissa & David Kashy
Karen & Dennis Katz
Bonnie & Norman Katzenberg (CS)
Holly & Quentin Kidd
Susan & Harry Kirschbaum
Judith Kline
Beth & Daniel Kluger (CS)
Leona Kostiner
Ryeken Kostiner (CS)
Myra & Linwood Kramer
Phillip Levy
Jessi & Michael Malkin (CS)
Ira Margolin
Sondra Markoff
Michael Markowitz
Shoshana Marziano
Kristin & James Mastros
Patricia & Steven Meyerson
Edward Mirmelstein
Fran & Albert Moliken
Brian Morewitz
Laney & Steve Morewitz
Angela & Jonathan Morris
Helen Nachman (CS)
Robert Nochimson
Susan & Sam Parrucci
Kim & Scott Pertel
Marvin Posner
Linda & Paul Rein
Sarah Richman* (LOJE)
Linda Roos
Joan Rosenbaum (LOJE)
Loretta Rubenstein & Mitch Avent
Ruth & Lawrence Sacks
Randall Sarfan
Mary & Norman Saville
Beth Scharlop & Roger Schultz
Sylvia & Robert Scholnick
Beverly Sellers* (PACE)
Steve Shapiro
David Sherman* (PACE)
Bobbi Sue & Louis Silverman
Marianne & Steven Spellman
Danile & Larry Spokony
Bennett Stein

Campaign Honor Roll continued from page 6

Rosanne & Mike Stupar
Lois & James Ullman
Eve & Mike Ware (CS)
Sandy & Howard Waters
Eileen & Stephen Wood (CS)
Anonymous
Anonymous
Anonymous
Anonymous
Anonymous

\$500 - \$999

Ernestine Adelman
Sherryl Balser
Sonya Bloch
Bernice & Joel Breslau
Paul Cooper
Sylvia Craft
Olga & Boris Diskin
Margo Drucker
Rimma & Josif Feygelson
Denille Francis & Christopher Olivo
Janet & Jon Frank
Sue & Charles Friedman
Carina & Saul Gleiser
Alfred & Gertrude Goldstein* (PACE)
Evelyn Goodman
Lisa & Bradford Green
Irene Jacobson & Donn Turner
Sandy Katz
Meryl & Bob Kessler
Phyllis & Joel Kirsch
Linda Lavaty
Karen & David Levy
Edythe Lichtenstein
Sara & Gershon Litt
Karen Minkoff
Angela & Michael Molin
Linda & Stan Molin
Judy Morewitz
Rhoda & Bill Nachman
Susan Nachman & Corey Adelson
Lisa & Geoff Nochimson
Karina & Brandon Parr
Karen & Mark Pomeranz
Celia Rinaldo
Bob Winsor & David Rottman
Frances Roy
Matthew Sarfan
Sheila Schoenberg
Barbara Smith
Joy & Larry Spigel
Rita Spirn* (PACE)
Scott Stein

Randi & Craig Turczynski
Tova & Jay Warren
Sheila & Paul Zubkoff
Anonymous

\$250 - \$499

Bunnie & Bryan Altman
Judith & Sal Barzilay
Madeline & Allan Berger
Ronnie Cohen
Donna & John Diamond
Melissa & Brian Diamond
Kristen & Andrew Falk
Leigh & George Fenigsohn
Celia & Bernard Friedland
Helene Goldsman & Walt Deskins
Barbara Gordon
Tori & David Gussman
Leslie Kaplan & Bill Owings
Marley & Bob Keefer
Sue & Michael Kornberg
Jessica & David Lasris
Mary & Joseph Lieberman
Ryann & Kevin MacLuskie
Becca & Paul Marcus
Doris & Harvey Margulies
Leorah & Stephen Massie
Joyce Miller
Gloria & Aaron Ostroff
Stefanie & Nathan Salinas
Chandi & Bart Singer
Shirley Stein
Glenda & Bruce Sykes
Sue & Howard Waxman
Mark Woloshin
Bobbi & Arnie Zimmer
Anonymous
Anonymous

All Others

Mindy Rubin & Nick Adams
Yana & Slava Alekseyev
Monique & Paul Aronsohn
Margie & Aaron Auslender
Rhoda Beckman
Jamie Begor
Natalie Berelovich
Polina Berelovich
Evelyn Bibi
Heidi Bloch
Leslie & Donald Borwick

David Brackins
Henry Brodsky
Michael Byalik
Ann & Woody Chapman
Barbara & Robert Cohen
Gavrielle Diamond-Bargash
Maria & Ivan Dickerson
Laura Seltzer Duny
Sarah Eckhause
Boglarka & Joseph Edouard
Elliot Errera
Candy & Lawrence Familant
Vera Feygelson
Estelle Fineman*
Elisa & Patrick Finneran
Edie Fischer
Lynda & Alan Forman
Karen & John Forrest
Eliane & Richard* Freund
Karen Friedman
Laurane & Harvey Friedman
Pat Ondercin & Adam Frisch
Stephanie & Jack Gelman
Regina Gerstman
Mindy & Jeff Glickman
Marge Gold-Battista
Berta & Alberto Goldgaber
Rita Golub
Brenda Gordon
Rosalind Halevi
Simone Hausman
Alayna & Bryn Henderson
Berna & Joe Heyman
Christine & Alan Hochman
Ellen Hockman
Kristen & Jason Holden
Naomh & Kevin Hudson
Marjorie & Melvyn Hutt
Nancy & Mark Jacob
Paige & Norman Jacobs
Caroline & Robert Jaffee
Robert Kaplan
Marilyn & Ed Kashy
Cynthia & Stuart Katz
Martha & Tsvi Katz-Hyman
Jill & Mike Keech
Carol Bender & Howard Kessler
Peggy & Kent Kipling
Wendy & Ron Kleiman
Rossi Klompus
James Knicey
Myrna & Robert Korfin
Sarah & Henry Krakauer
Olya & Alexander Kravets
Sue Kurtz
David Lembersky

Campaign Honor Roll continued from page 7

Yelena & Leonid Lembersky
Wendy & Victor Lessard
Terry Levinson
Lyusya & Aleksandr Lifshits
Robyn Loop
Linda & Howard Maltz
Lois Manes
Radie Maye
Lynsie & Johnathan McIlhinney
Kristin & Jonathan Minkoff
Asya Mirkes
Helen Myers
Sonya Nachman
Mark Nataupsky
Priya & Sean O'Connell
Janet & Gerald Peltz
Jean & Andy Petkofsky
Beverly & James Phillips
Randy & David Pine
Susan & Neil Portnoff
Marleen & Jeffrey Press
Janice & William Rockwell
Lona Ross

Laurie Rowe
Sheila & Harvey Rubin
Judy Salken
Judy & Leon Salzman
Ted Sandler
Eric Schanzer
Stuart Schechter
Rebecca & Marshall Scheetz
Karen & Leonard Schiffrin
Lynne Schofield
Alison & Matthew Schorr
Janet & Joe Schy
Brenda & Nat Shaye
Helaine & Jay Shinske
April Shuman
Leah & Travis Smith
Freida Stallard
Sara Stein
Susan Stein
Miriam & Mark Strick
Julie Strouse
Ella & Leonid Sukholutsky
Lucy & Mike Sukman

Jessica & Tim Sykes
Betty Temko
Barbara & Alexander Tessler
Linda & Gary Tompkins
Cathy & Michael Treger
Rose Ann Treger
Annette & Larry Vandeusen
Paige & Christopher Walker
Carol & Rob Weinberg
Jeanette & Brian Weinberg
Phyllis Weinstock
Regina Weinstock
Dru Williams
Sheryl & Art Wolfson
Mayya & Gennady Yartsev
Anonymous
Anonymous
Anonymous



The Pearl Society ladies are gearing up
for their 6th year of doing good!

If you would like to be a part of our
women's giving circle this year, please
contact

Sara Traster:
straster@ujcvp.org



BBYO Fall Kick-Off Party
Sunday, September 17th, 7:00pm
Email jmalkin@ujcvp.org for more info.



Rosh Hashanah Recipes

Tired of the same old Rosh Hashanah recipes?
Are you looking for some Rosh Hashanah inspiration?
Check out these fabulous vegetarian Rosh Hashanah recipes that everyone at your table will love!
.....



SEPHARDIC JEWELED ROSH HASHANAH RICE

by Vicky Cohen & Ruth Fox

<https://www.myjewishlearning.com/the-nosher/sephardic-jeweled-rosh-hashanah-rice/>

Sweet and fragrant, this dish incorporates symbolic holiday foods.

We grew up in Barcelona, Spain. Not exactly your typical Jewish upbringing, and while we loved the beautiful city, it could be difficult and isolating during the Jewish holidays. Nevertheless, we managed to form a tight-knit group each year with our aunt, uncle and cousins who enjoyed the festive Syrian-Lebanese style food our talented mother prepared for us.

The main meal itself was amazing, but it was the symbolic foods we ate before the main meal that were our favorites. Our mom would make zucchini and spinach frittatas, cold leek soup and we would enjoy sweet dates, apples with sugar, pomegranates with rose water and the head of a fish or lamb, a tradition for Sephardic families.

The Syrian Lebanese cooking we grew up eating didn't usually include sweet flavors in savory dishes during the year. But for Rosh Hashanah our mom would make an exception with her delicious sweet carrot and raisin rice. It was always a big hit and we brought the recipe with us when we moved to the U.S.

This year we decided to change things up a little and make our mom a surprise rice dish. The first night of Rosh Hashanah we will make her traditional carrot and raisin rice. And the second night, we will serve this new sweet fragrant rice that includes some of our mom's favorite spices and dried fruit. We think she will be proud of keeping the old traditions, and making some new ones as well.

Ingredients:

1 ½ tsp salt
1 tsp sweet paprika
½ tsp turmeric
¼ tsp cumin
⅛ tsp black pepper
4 Tbsp extra virgin olive oil divided, plus 1 teaspoon
2 medium-size onions, diced small
10 dried apricots, quartered
6 dried figs (we used Smyrna), quartered
¼ cup dried cherries
¼ cups pistachios or pumpkin seeds
1 cup long-grain rice (we used Jasmine, but you can use

Basmati or whatever you prefer)
1 ½ cups of water or vegetable broth
1 ½ tsp fresh lemon or orange zest
1 cup pomegranate seeds

Directions

Combine salt, sweet paprika, turmeric, cumin and black pepper in a small bowl. Set aside.

Heat 2 tablespoons of olive oil in a deep, non stick skillet with a lid. Add rice and spices and stir well.

Cook over medium heat for about 3-4 minutes, stirring constantly and making sure the rice gets well coated with the oil and the spices.

Add 1 cup of water. Bring to a boil, cover and reduce heat to low. Cook for 20 minutes, remove from heat and let it sit for 15 minutes covered.

In the meantime, heat the remaining 2 tablespoons of olive oil in a non stick skillet.

Add onions and cook over medium heat for about 20 minutes stirring frequently, adding water 1 tablespoon at a time if necessary, to prevent from burning.

Transfer onions to a plate and in the same skillet, heat 1 teaspoon of olive oil. Add dried fruit and pistachios or pumpkin seeds and cook over medium low for 2-3 minutes, stirring frequently.

Once the rice is ready, fluff it with a fork, add onions, dried fruit, pistachios and lemon or orange zest and toss well.

Right before serving, sprinkle pomegranate seeds on the rice.



Jewish Family Services - Libby Batten

Help bring some joy to seniors in the community!

JFS is looking for volunteer drivers to deliver gift bags for Rosh Hashanah, the Jewish New Year. Volunteer drivers are needed for the following locations: Newport News, Hampton and Williamsburg.



Volunteers will pick up the gift bags on Tuesday, September 20th between 9am & 4pm at the UJCVP. *The gift bags must be delivered between September 20th & September 25th.*

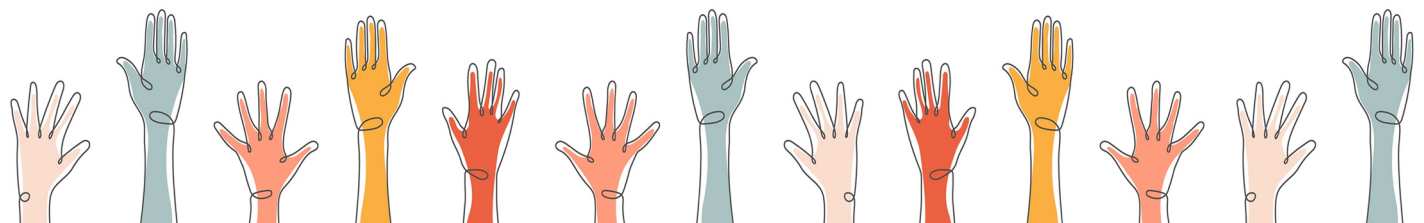
Please contact Libby Batten by September 19th if you are interested in volunteering. Thank you!
lbatten@ujcvp.org | 757-223-5635

Raise Your Hand Day - Thursday, September 29th - 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



Rosh Hashanah Recipes - continued from page 9



TURMERIC ZUCCHINI CAULIFLOWER SOUP - by Vicky Cohen & Ruth Fox
<https://mayihavethatrecipe.com/turmeric-zucchini-cauliflower-soup/>

Rich, creamy and full of flavor, our cauliflower soup recipe is perfect for when you don't feel like spending hours at the stove! Enjoy it hot or cold.

We don't believe in magic (except in Harry Potter), but in our muggle world, turmeric is as magical as you can get. Ginger's sassy cousin, turmeric is an unmistakable spice that adds a distinctive kick to anything you add it to. Which is why we made it the not-so-secret ingredient to our turmeric zucchini cauliflower soup. This cauliflower soup, in our humble opinion, is among our most delicious and versatile. No matter how you eat it, you'll be sad when the bowl is empty. (Pro tip: double the recipe).

INGREDIENTS:

1 tbsp olive oil
1 large sweet onion, diced
2 lbs zucchini, diced
2 lbs frozen cauliflower, thawed
1-inch piece of fresh ginger, minced or grated
1 tsp turmeric
1 tsp salt
½ tsp black pepper (or to taste)
6 cups vegetable broth or water



½ of a 13.5oz can full-fat coconut milk
Pepper to taste (optional)

DIRECTIONS:

Heat the olive oil in a large soup pot. Add the onion and saute over medium heat for 3-5 minutes, or until translucent

Add the zucchini, cauliflower, ginger, turmeric, salt and pepper, and continue cooking for 2-3 more minutes, stirring often. Add the broth or water, bring to a boil, reduce heat and simmer, covered, for about 20 minutes, or until the cauliflower is tender. Let it cool slightly

Transfer to a blender, and blend until smooth (make sure to put a kitchen towel over the lid, in case the hot liquid splashes)

Add coconut milk, mix well and enjoy!

\$400 PER TEAM

SPONSORSHIPS AVAILABLE

12th Annual Sister Cities International Golf Tournament

Friday, Oct. 7

KILN CREEK GOLF CLUB & RESORT

SUPPORT THIS LOCAL NON-PROFIT CONNECTING CULTURES

REGISTER ON EVENTBRITE, BY MAIL OR PHONE!

info@sistercities-nn.com
757-697-3129
2022sistercitiesgolf.eventbrite.com

Kibbitz & Create
Sunday, September 25th
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

Red Cross Blood Drive
Thursday, September 1st
(in the UJC Gym)
10am-3pm

Visit **ujcvp.org** to schedule an appointment

Questions? Email Sara Traster
straster@ujcvp.org

Summer 2022 Highlights



Sarfan Center - Naioki Wood



YAY!



So many wonderful memories have been shared over the summer and our team of educators have been excitedly prepping for another successful year here at the Sarfan Early Childhood Center. All nine of our beautifully decorated classrooms are ready for an exciting year of learning, playing, exploring, creating and making new friends!



To all of our educators, families, friends and community members, we wish you a wonderful start to the 2022-2023 school year!



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

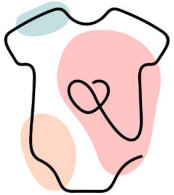
Register your child(ren) for the 2022-2023 school year!
More info & registration forms can be found at ujcyp.org



**COMING
SOON**

Get ready for our NEW
monthly retiree group!

Enjoy Kosher Lunch
Socialize & Shmooze
Be Entertained!



Babies & Bagels

Oct. 2nd
10am

Visit ujcvp.org for more info!



 **5TH ANNUAL**

REVERSE Tashlich

OCTOBER 2, 2022
**INTERNATIONAL JEWISH
COMMUNITY CLEANUP**

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



A Rabbi's Reflections, Part 4

by Rabbi David Katz

One of my favorite “secrets” about Judaism is that many of our rituals are actually ways to promote mindfulness. Mindfulness is a term that’s received a great deal of public attention the last several years. It has been discussed as a spiritual practice and as a generally healthy approach to life.

MINDFUL.ORG defines it as “the basic human ability to be fully present, aware of where we are and what we are doing - not overly reactive or overwhelmed by what is going on around us.”

Mindfulness isn’t a specifically religious approach to life, but has parallels in many traditions, including Judaism. Judaism teaches that it is worth paying attention to many of the things we do, and we sanctify them with blessings, reminding us that divinity is present in the acts that we might see as mundane. Our holidays and rituals work the same way - like building a Succah, lighting candles, Passover Seder plate, and life cycle rituals.

In communities today that have a communal mikveh, visits are used to observe occasions that

are joyous, sad, transitional, or celebratory (career change, adoption, health crisis, ending a relationship, or a move). The possibilities are quite extensive - the only limitation is how accessible a mikveh really is.



Mikveh Mermaid painting by Israeli artist, Yael Harris Resnick

<https://yaelharrisresnick.com/>

Since moving to the area and becoming the Rabbi at Temple Beth El, I have used the mikveh for conversions and other purposes - but since it is not nearby, I don’t visit nearly as often as I would like to. I’ve had several moments in the last decade that I might have commemorated, had a mikveh been closer to home.

I believe that many of us in the Peninsula Jewish community would find great benefit in having a local communal mikveh, and I’m delighted to support the group that is endeavoring to build one on the UJCVP Campus. I invite you to consider how you observe the significant moments in your life, and to imagine what it would be like to have a mindful mikveh visit.

Commemorating important moments is one of the most foundational parts of Jewish life.

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



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SHANNON HAYS, OWNER

building native gardens in hampton roads

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Thank you Shannon Hays for planting and tending our beautiful, lush Sarfan Center Resilient Cottage Garden!



COOKING with CARMELA CHALLAH BAKING



Round challah for Rosh Hashanah
All ages welcome! Fun for the whole family!

Sunday, Sept. 25th - 1pm

Passport Members
Free
Non-Members
\$5 / family

RSVP:
carmela@ujcvp.org



Do you love pickleball?

Have you always wanted to learn to play?

Join our UJC Pickleball group!

Tuesday Evenings @ 7:00pm

Sunday Mornings

Outdoor Courts Off Campus

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

Passport Members - FREE!

Email Kelli Caplan (nnkidsville@aol.com) for registration info.



Check out our new UJC Blog: Chai Lights!
ujcvp.org/ujc-chai-lights

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United Jewish Community of the Virginia
Peninsula to have your donations go to the J.
Every little bit counts!**

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Do you have a business you'd like
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(this thing that you're reading!)
- *A postcard / coupon / business card**
included in one of our take-home
programs
(can be your own design or created by us!)
- *Your name / business name on**
marketing materials for the program
you are sponsoring
- *Sponsorship Price: \$100**
Contact Jessi Malkin
jmalkin@ujcvp.org for more info.




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our Facebook
page:
**facebook.com/
UJCVP**

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



Glendale Pool Back to School Hours

Monday, Aug. 29th - Thursday, Sept 1st
3pm-8pm

Friday, Sept. 2nd - 11am-9pm

Saturday, Sept. 3rd - 11am-9pm

Sunday, Sept. 4th - 1-8pm

Monday, Sept. 5th - 11am-4pm

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**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**

NCJ 

**National Council of Jewish
Women Book Club**

Wednesday, September 21st

1:30pm @ Temple Sinai

Discussion: What I Read During the
Summer - come with a brief review of your
favorite summer read. *Free Community Event*

**Questions/RSVP: Lucy Sukman,
lmoomaw15@aol.com**

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.

Congregation Adath Jeshurun

401 City Center Blvd., Newport News, VA 23606

Telephone # 757-930-0820 | Website: www.ajshul.com

Rabbi Gershon Litt, 757-559-1836



The High Holidays mark the beginning of the Jewish new year. They begin with the holiday of Rosh Hashanah (September 26-27, 2022) and culminate ten days later with Yom Kippur (October 5, 2022). This period is known as the The Tens Days of Penitence. It is a time when God is especially close to us and hears our prayers. The High Holidays are a time for introspection and self-improvement, in which we beseech God for a favorable judgment for the coming year.

**Shabbos Candle
Lighting Times:**

September 2 - 7:14pm

September 9 - 7:03pm

September 16 - 6:53pm

September 23 - 6:43pm

September 25 - 6:39pm (Erev Rosh Hashanah)

On Rosh Hashanah, God reviews the behavior of all His subjects and decrees their fate for the coming year. We blow the Shofar on Rosh Hashanah, declaring that God is our King and we are His devoted subjects. Rosh Hashanah is a time of judgment, tempered with the great love God has for His people.

**L'Shana Tovah tikatev v'taihatem.
(May you be inscribed and sealed for a good year.)**

Rabbi Litt's Shabbos Schedule

September 2-3, Yom Tov schedule to be announced



Congregation
Emet V'Or

Truth and Light in the Reform Tradition

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

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

Shabbat Services

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

- September 2** – Shabbat in the Home
- September 9** – Rabbi led Shabbat service
- September 11** – Religious School starts
- September 16** – Lay led Shabbat service
- September 23** – Shabbat in the Home
- September 30** – Lay led Shabbat service

CEVO wishes everyone a happy and healthy new year!

Special Events & Other News

High Holiday Service Schedule:

Led by Rabbi Gurdin with cantorial soloist and musical accompaniment

- Sept. 25 @ 6:30 PM** – Rosh Hashanah Eve
- Sept. 26 @ 10:00 AM** – Rosh Hashanah service
- Oct. 4 @ 6:30 PM** – Kol Nidre service
- Oct. 5 @ 9:30 AM** – Yom Kippur service followed by Yizkor
- Oct. 5 @ 3:15 PM** – Yom Kippur afternoon and concluding service



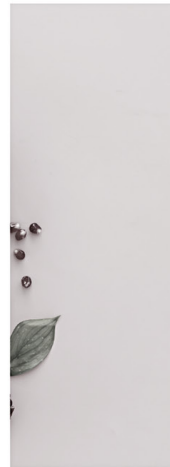
All are welcome to visit! Our location:
101 Production Drive, Suite 101, Yorktown, VA 23693

 fb.me/CEVOcommunity



CELEBRATE

HIGH HOLIDAYS



Celebrate | Inspire | Interact

ROSH HASHANA:
SEP. 25 - SEP. 27

YOM KIPPUR:
OCT. 4 - OCT. 5

RSVP FOR SERVICES
Call: 757-929-4999
E-mail: Rabbi@jewishwilliamsburg.org
www.ChabadWilliamsburg.org

To learn more
& RSVP



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

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

SELICHOT - Saturday, September 17 - 9:00pm

ROSH HASHANAH - Sunday, September 25 - 8:00pm
Monday, September 26 - 9:30am
Tuesday, September 27 - 9:30am

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



Waterways **A Community Mikveh** **Education Series**

PART 4

Judaism and Water:
Exploring water rituals in
Jewish life.

Sept. 29th, 5:30-6:30pm
at the Kashy home
-ADULTS ONLY-

RSVP REQUIRED
carmela@ujcvp.org



High Holidays with Temple Beth El of Williamsburg

High Holiday 5783 services will be multi-access. Attend in person or online.

2022—5783 High Holiday Schedule

Erev Rosh Hashanah	Sunday, 9/25/22	7pm, WUU
Rosh Hashanah Day 1	Monday, 9/26/22	9am, WUU
Tashlich Service		5pm, CLP
Rosh Hashanah Day 2	Tuesday, 9/27/22	9am, TBEW
Kol Nidre	Tuesday, 10/4/22	7pm, WUU
Shacharit	Wednesday, 10/5/22	9am, WUU
Yizkor		1pm, WUU
Michah & Neilah		5:15pm, WUU
Break Fast		7:40pm, WUU

- *Children's programming will begin at 10am for both RH Day 1 and YK.*

Temple Beth El of Williamsburg (TBEW) is located at 600 Jamestown Road.

Williamsburg Unitarian Universalists (WUU) is located at 3051 Ironbound Road.

College Landing Park (CLP) is located at 1070 S Henry Street.

Contact office@tbewilliamsburg.org for the more information.

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



WORSHIP SERVICES

Saturday, September 3rd @ 10:00am - Shabbat Service followed by Oneg

Saturday, September 10th @ 10:00am - Shabbat Service followed by light Kiddush luncheon

Friday, September 16th @ 7:30pm - Kabbalat Shabbat / Selichot Service

Friday, September 23rd @ 7:30pm - Kabbalat Shabbat Service

Friday, September 30th @ 7:30pm - Kabbalat Shabbat / Shuvah Service

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



Summer TAL Update - Jessi Malkin

A large part of our T.A.L. (Teens As Leaders) program is focused on philanthropy. Each year our T.A.L. kids brainstorm ways they would like to effect change, both on our campus and in the larger community. This summer was no exception. Eleven teens participated and contributed their ideas throughout the summer, where they focused their energy on being positive role models for the younger campers. Concentrating on creating one-on-one relationships with specific campers allowed the teens to really feel a connection to camp and their T.A.L. mission.

In brainstorming for a larger community organization for their philanthropy project, the teens knew they wanted to help kids facing challenges beyond their control. After researching programs for refugee families and foster care organizations, and a long session on guidestar.org and consultation with Libby Batten, our amazing social worker and friend, our T.A.L.s found and settled on the local organization, For Kids.

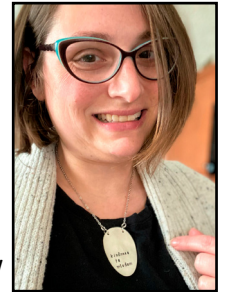


With a mission statement of “breaking the cycle of homelessness and poverty for families & children,” our teens found their calling for summer 2022. By pouring over forkids.org, the T.A.L.s discovered that For Kids had an amazon wish list. Our group decided that our summer would be spent raising money to purchase items from that list. But how??

...Bake sales!!

The teens took over the UJCVP kitchen on two separate occasions to bake cookies and muffins to sell to their fellow campers and the summer staff. Their efforts yielded over \$230 dollars which was then used for a fun day of Amazon shopping. Purchases included a new vacuum and cases of dish soap, Lysol wipes and toilet paper!

We are so proud of our Teens as Leaders for the great work they have done this summer and we look forward to seeing them for fun teen events throughout the school year!





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UJCVP Community September 2022 Calendar

Thursday, Sept. 1, 2022

10am-3pm - Blood Drive
10:45am - Grand Club/Bingo
3-8pm - Glendale Pool

Friday, Sept. 2, 2022

11am-9pm - Glendale Pool

Saturday, Sept. 3, 2022

11am-9pm - Glendale Pool

Sunday, Sept. 4, 2022

1-8pm - Glendale Pool

Monday, Sept. 5, 2022

UJC CLOSED
SARFAN CENTER CLOSED
11am-4pm - Glendale Pool

Tuesday, Sept. 6, 2022

7pm - Pickleball

Thursday, Sept. 8, 2022

10:45am - Grand Club/Bingo

Sunday, Sept. 11, 2022

1pm - Family Apple Picking

Tuesday, Sept. 13, 2022

7pm - Pickleball

Wednesday, Sept. 14, 2022

7pm - UJC General Board
Meeting

Thursday, Sept. 15, 2022

10:45am - Grand Club/Bingo
6pm - Dinner & Discuss: The
Amazing Honey Bee

Saturday, Sept. 17, 2022

7pm - BBYO Kickoff Event

Tuesday, Sept. 20, 2022

9am-4pm - JFS Rosh Hashanah
gift bag pick-up for volunteers
7pm - Pickleball

Thursday, Sept. 22, 2022

10:45am - Grand Club/Bingo
7pm - Rosh Hashanah Happy
Hour

Sunday, Sept. 25, 2022

10am-12pm - Kibbitz & Create
1pm - Cooking with
Carmela: Challah Baking

Monday, Sept. 26, 2022

UJC CLOSED
SARFAN CENTER
CLOSED

Tuesday, Sept. 27, 2022

UJC CLOSED
SARFAN CENTER CLOSED

Thursday, Sept. 29, 2022

9am-2pm - Raise Your Hand Day
10:45am - Grand Club/Bingo
5:30pm - Waterways Mikveh
Program: Judaism & Water

Sunday, Oct. 2, 2022

10am - Babies & Bagels
1-3pm - Reverse Tashlich

