Coordinator Interview!

By David Zakaim

With Eli Ginsberg

David: Do you have any thoughts on being chosen [as the first interview]?

Eli: My thoughts are, let's do it later. Gonna have a shiur conference call soon.

David: How long have you been involved with Rayim Yachad?

Eli: Started in 2017, but my first shabbaton ever was rayim, 2016 advisor, [I did] 2 shabbatons that year, the following September became a coordinator.

David: What would you say has been your favorite moment in Rayim?

Eli: I really like the dinners that we have at the hosts house, [you] get to know your host, it's a chill meal.

David: Any specific moments?

Eli: One shabbaton we had a nice house with funny hosts and a four-course meal.

David: What would you say to the rumors that you did not want to be a rayim coordinator to begin with?

Eli: It is true I was originally planning on being a Juniors coordinator. But when I met YD in HASC and he wanted me on his team I decided to accept and haven't looked back yet... and I decided that if I did Juniors I wouldn't like it as much and wouldn't be a third year coordinator. I am very happy that I ended up with Rayim.

David: What do you do when you are not on shabbatons?

Eli: I am working in the Yachad day-hab in Brooklyn with a lot of our members. I do job coaching and workshops and I love it!

David: What is your secret to recruiting so many people for the shabbatons?

Eli: Annoying them until they relent—that's actually how I got on my first shabbaton.

David: You have also run two different chapters in Yachad, with you switching from NJ/Monsey to Brooklyn this year. Which coordinator would you say is the best to share a chapter with?

Eli: Definitely not, David Zakaim. Honestly, I really look forward to my Friday afternoon Brooklyn transportation with Chana Ahuva, and I haven't realized until this year she is a great chiller and she has been doing Brooklyn for a while and is very helpful to me.

David: Do you have anything to say to all the doubters?

Eli: Doubter of what?

David: Just in general.

Eli: Doubt it! Write down, I don't know, be happy, what does this question even mean, write that down!

David: Do you have anything else you want to share before I let you go, any shade you want to throw?

Eli: There's no shade?

Eli: ... I am calling out Sophie to be interviewed next week to see why she is the only person in the world to use the word tabernacle.

D’var Torah for Pekudai

By Sophie Zayden

Good Shabbos!

Don’t just tell people when they’ve done something wrong - tell them when they’ve done something right! In this week’s Torah portion of Pekudi, Moses takes note of the great job the people did in building the Mishkan and blesses them for it. We, too, should make a point to notice the good things people do and make them feel good by praising them for it.

When we criticize and put people down - even if we think it’s for a good reason or for their own good - we usually only make them feel worse about themselves and hardly ever motivate them to do better. However, when we point out the good things about them and that they do, not only do we make them feel good, but we inspire them to be even better.

May we all inspire each other to be and do better!
Member Interviews!

By Eli Ginsberg

With Yisroel Brikman

Eli: How long have you been with Yachad for?

Yisroel: My first experience was with Yachad Birthright in 2002. It was there where I learned about Yachad and quickly decided to sign up for Shabbatons. I’ve been sticking with Yachad ever since. I love it.

Eli: What is your favorite part of Yachad programming?

Yisroel: Meeting people from different communities and backgrounds and getting to know them all, and making them happy.

Eli: What do you do during the week?

Yisroel: I used to go to Harmany, but now I am doing a vocational program where I am learning to get a job. I am hoping to get an office job where I can file stuff, and type, and do stationary. I am hoping to find a job soon.

Eli: What is your favorite game we play on Shabbatons?

Yisroel: All of them. But I particularly love the Parsha games. But any game we play is great.

Eli: What is your favorite Shabbos food?

Yisroel: Chicken soup and fish. But actually every food is good.

Eli: Wow, you seem to always like everything. It’s great that you’re always so easy going.

Yisroel: Well everything is always amazing with Yachad!

Eli: What do your hobbies include

Yisroel: Photography. I have learned to do this from youtube videos and from friends. I like to take pictures of things around town.

Eli: Give us one fun fact about you

Yisroel: I love public speaking. I always hope to give the Dvar Torah on Shabbatons.

Eli: Awesome! We always look forward to hearing you give Dvar Torahs on Shabbatons! So, before we’re done, any shoutouts you want to make?

Yisroel: This shoutout goes to everyone from Yachad! I love you all!

With Chana Esther Sabbagh

Eli: So, what do you prefer: Chana Esther or CE

Chana Esther: Either is good. Anything is okay. Some people call me Chana E, or C Esther.

Eli: How long have you been with Yachad for?

CE: A long time. I don't remember exactly when I started, but I was in seniors for a few years before coming to Rayim.

Eli: What is your favorite part of Yachad programming?

CE: Meeting new people and getting to hang out with them all Shabbos long.

Eli: What do you do during the week?

CE: I go to the Yachad Dayhab with all my Yachad friends, like Nechama, Devora, and you, Eli. We have a lot of job training activities. I also work at White Gloves every Tuesday, where I do scanning, and filing, and copying on the computer, and I also work at Yachad Gift Baskets every Wednesday.

Eli: What is your favorite game we play on Shabbatons?

CE: Human guess who and fruit bowl.

Eli: What is your favorite Shabbos food?

CE: Soup, chicken, rice, and kugel.

Eli: What do your hobbies include

CE: Going on walks

Eli: Give us one fun fact about you

CE: I'm very good at getting things organized

Eli: That's very true. Everyone should, Chana Esther is in charge of clean up at the Dayhab every day. She always makes sure everything gets taken care of. Now, before we’re done, are there any shoutouts you want to make?

CE: How about Chana Ahuva! You're the best! And we're both named Chana, and go by our first and middle names.

Eli: Yes, and she also is very easy going with her name, and likes being called CA, so I suggest everyone calls her that from now on.
Recipe of the Week

By Chana Ahuva Rabinowitz

Potato Kugel

*Serves about 6 people *

What you need: potatoes, onion, salt, eggs, zucchini, food processor or hand grinder, bowl to mix in

· Peel 8 potatoes and wash them
· Peel onion, wash and cut in half
· Wash zucchini (don’t need this but I recommend)
· Grind the potatoes, zucchini and onion in the food processor or by hand
· Crack 6 eggs into a bowl and mix it with about a teaspoon of salt
· Put the ground potatoes and zucchini in the bowl with the eggs and mix
· Put the mixture into a 9 by 13 pan with a little bit of oil
· Place in oven for about an hour and half or until crispy
· Take out and enjoy!!

Quick Crafts

By CJ Weisenfeld

Recycled Milk Jug
Watering Can

Step 1: Take an empty milk jug- A gallon or half a gallon should work.

Step 2: Rinse it out nice and well. We don’t want the plants to have to drink milk!

Step 3: Take a pen or paper clip, and poke 6 holes in the cap.

Step 4: Fill the jug with water and go water some plants!
Disney Characters - Word Search

There are a lot of famous Disney characters to be find in this word search puzzle. Select a difficulty (easy, medium or hard) and try to find them. The words in this word search are hidden across, down, and diagonally, with backwards.

Y T N T P Y E T I H W W O N S L D Y S O
P G N E A S M L E N F E A E I S L A H M
E N N E R R V S N M U H R R F D T O D H
E I E L C O A T H D K F D E I N I Y O E
L L L Y E I Y E T E A A E A O E F A O V
S R I T E P F E R W T H N H C E L S H H
E A S H E U D E E E E U B A M B I S P N A
S D T L E W H I L Y H C S U C O C Y I K
U N R T I S I N I A O O B E A K P E B C
O H A S H E U N N P M N L E O M E D O U
M O E A R S T O N L A T R O U I L A R D
Y J H R T E S T M I T O H R T I N B K C
E O F E V I L Q U E E N G T L O E A C M
K I O W M Y P P A H I T N P S L A S U E
C A N A S T A S I A T N H T L S K H D G
I E E O Y Y I R T R S O N S E G F Y O
M H E M T A D P I A I A B I P A E U S O
B S U E T U A N N L O H F M M O H L I R
H M Q A E C L U E O U E N U E E O H A C
N M O W G L I P N W T D N M M A S H D S

ALICE
ANASTASIA
ARIEL
BAMBI
BASHFUL
BELLE
CAPTAINHOOK
DAISYDUCK
DEWEY
EERE
EVILQUEEN
GRUMPY
HAPPY
HUEY
JOHNDARLING
MALEFICENT
MICKEYMOUSE
MINNIEMOUSE
MOWGLI
MUFASA
PLUTO
POCAHONTAS
QUEENOFHEARTS
ROBINHOOD
SCROOGE
SLEEPY
SNOWWHITE
WENDY
WINNIE THE POOH
Disney Crossword

ACROSS
4. Little Mermaid’s name is
5. Boy that flies away with the Owner of the house in UP
8. Princess from film Aladdin
9. Cowboy in Toy Story
11. Red car with number 95 in Disney’s Cars movie
12. Princess who kissed the frog
13. Princess who must be home by midnight

DOWN
1. Name of the space man in Toy Story
2. Tow truck from Disney’s Cars
3. The beauty from The Beauty and the Beast
5. The rat’s name in Ratatouille
6. Princess with seven dwarfs
7. Owner of the house that flies away in UP
10. Fish separated from his father

Jokes By Zak

What did one eye say to the other eye? Between us, something smells!
Why did the golfer wear two pairs of pants? Just in case he got a hole in one!
What did the fisherman say to the magician? Pick a cod, any cod!
Ask Esti

By Esti Sompolinsky

How do you optimize your napping experience (I know you are an expert on napping)?
-Elia “nap deprived” Ginsberg

That’s a great question. First thing to note, some people are just naturally better nappers than others. For me it’s in my genes. Pretty much everyone in my family is an expert napper. I read this question aloud to my family and my grandmother says “I could be the napping queen.”

For those of you who have a harder time with naps, ambience is key. Having lights fully on won’t be a satisfying nap, but having the room completely dark might make your nap too deep which could result in having a hard time falling asleep at night. Find your happy medium. Next thing to work out is how long your nap should be. For a power nap it’s recommended to sleep only 20-30 minutes. If you sleep longer then that you will start falling into a deeper sleep, which again, could effect how you sleep at night. So set a soft alarm to wake you up if that’s what you need. Lastly, put all devices away and off. I put my phone on airplane mode. A happy nap is a nap that won’t be disturbed.

Happy napping,

Esti

If you have a question you need answering, email me at sompolinskeye@ou.org

Looking forward to hearing from you!