

Coordinator Interview!

By David Zakaim

Advisor Interview: CJ Weisenfeld

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

CJ: One and a half years. One year as a coordinator.

David: What would you say has been one of your favorite moments in Rayim?

CJ: Riverdale because it was my first shabbaton.

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

CJ: Schoolwork, play guitar, read books, and exercise.

David: How did you first get involved with Rayim?

CJ: I had a friend who was an advisor and he convinced me to come on a shabbaton, I came and here we are now.

David: Have you participated in any other Yachad programming?

CJ: I have attended Sunday events, weekday events at YU, rooftop

barbeque, and a boat trip.

David: Have you made any long-lasting friendships in Yachad?

CJ: Of course.

David: What part of the shabbatons do you miss most?

CJ: I miss the overall vibe of everyone being there, and everyone having fun and being friends. I also miss Eli Ginsberg bugging me to sing zmiros with him.

David: Will you be involved in Yachad again next year?

CJ: I will for sure be involved in some capacity.

David: Is there anything else you would like to share?

CJ: Stay safe everyone, stay active, make sure you keep in touch with your friends, you have to keep your relationships intact.

Thank you, CJ, for your time, and I hope to see you soon!

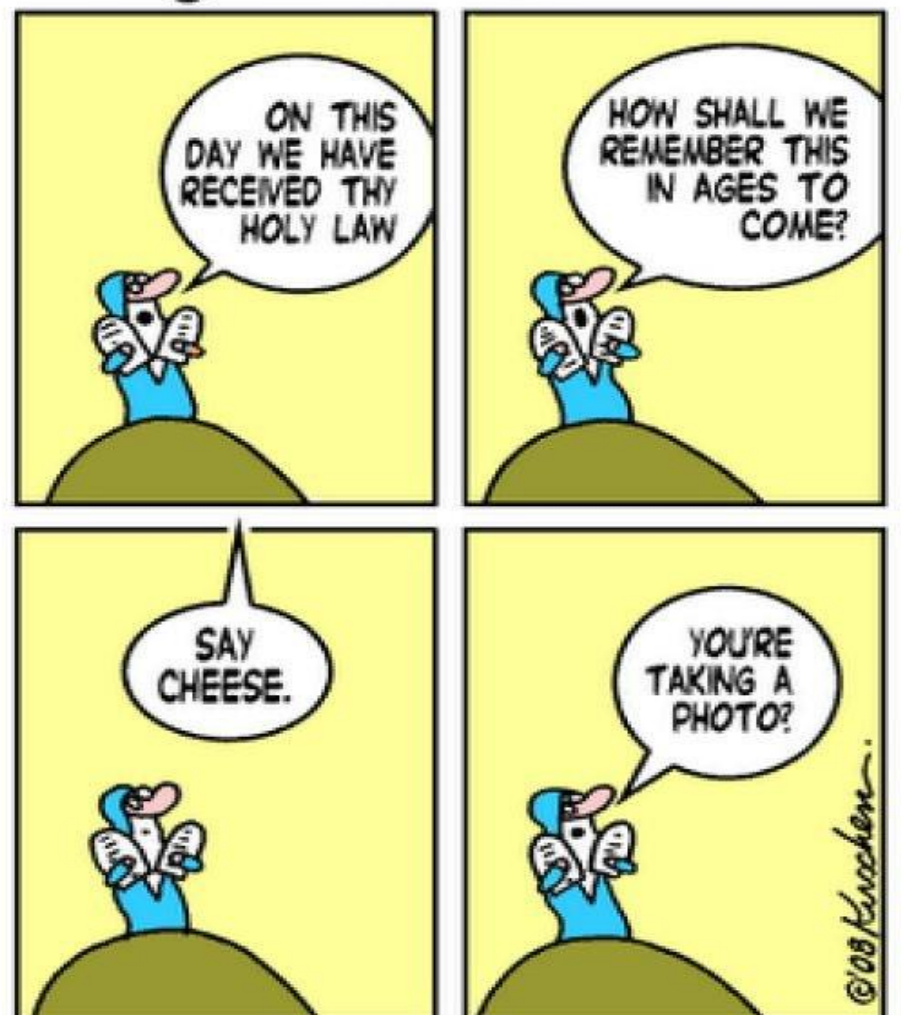
D'var Torah for Devarim

By Sophie Zayden

Shavuot is the holiday we celebrate God's giving us the Torah. Interestingly, Mt. Sinai, the special mountain God chose to give us the Torah, wasn't the tallest mountain in the world or even the tallest in the area. One of the reasons God chose it, however, was to teach us an important lesson: just like Mt. Sinai, sometimes the greatest things - and people - are the ones that don't seem flashy on the outside.

People often value in others external things like good looks and fame putting people like that 'on top' regardless of who they are inside. However, in the spiritual reality of the world of truth, toward which we are all heading, those things don't count for much, rather the real value comes from true inner wisdom, healthy morals and good character traits. Lets always try our best to remember that our worth doesn't come from our belongings, but from what is within ourselves and may we all merit "kabolah besimchah ubepnimiys" - to receive the Torah with joy and sincerity!

Dry Bones SHAVUOT



www.DryBonesBlog.com

Member Interviews!

By Eli Ginsberg

Chaim and Tamar Goldman

Eli: When did you two first meet?

Tamar: We first met at Sinai High School. He was in TABC, and I was in Maayanot.

Chaim: But we first started dating at Dayhab when we were doing Yachad Gift Baskets together.

Eli: How long have you been married for?

Tamar: We first got married in August 2017.

Chaim: It was August 22nd 2017.

Eli: How long have you been with Yachad for?

Chaim: Since I was little. I've been with Yachad so long, I don't even remember how long it has been.

Tamar: Since I was 9.

Eli: What is your favorite part of Yachad?

Chaim: Meeting new people, hanging out with my friends, and getting to play the games.

Tamar: Seeing my friends and getting to hang out and socialize with them.

Eli: What do you do during the week?

Chaim: I go to Harmany. It's a dayhab for men.

Tamar: I work in Bash Pizza, and at the Jewish Museum, where I help set things up.

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

Chaim: Eating

Eli: Chaim, that's not a game....

Chaim: Fine. The mystery envelope, where they made me eat an apple super fast. I scarfed down the apple like there was no tomorrow.

Tamar: I'm personally not as into the games. I personally prefer hanging out with friends.

Eli: What is your favorite Shabbos food?

Chaim: How about what is your favorite Shabbos food.

Eli: Hey, I'm the one doing the interview here!

Chaim: Not anymore.

Eli: Well... I guess mine would be chicken.

Tamar: Mine too.

Chaim: Me too. Also, those baked potatoes.

Eli: What do your hobbies include?

Chaim: Watching TV and playing sports. Also, remember that time on midwinter where we did circus acts. That was the best!

Tamar: Playing sports, especially basketball and soccer, and cooking and baking. I also like chatting with friends and my husband.

Eli: What is one fun fact about you?

Chaim: My mother once took me and Tamar to a strawberry picking field. I wanted to get a rabbit, but it was too much money

Tamar: We're married to each other, and we work together to get things done.

Eli: Before we're done, do you guys have any shoutouts you want to give?

Tamar: I want to give a shoutout to my parents!



Recipe of the Week

By Chana Ahuva Rabinowitz

Mac & Cheese muffins

What you need: muffin tins, cheese, macaroni, bread crumbs, corn flake crumbs, onion powder, salt, garlic powder, egg

- *Boil up water*
- *Place macaroni into the boiling water leave uncovered and cook for about 20 min or till pasta is mostly cooked*
- *Drain water and add an egg to the pasta and stir*
- *Add in garlic powder, onion powder and salt (sprinkle of each)*
- *Add cheese (shredded is easiest to melt but doesn't matter)*
- *Mix until cheese is melted*
- *Shut off fire and add in bread crumbs and corn flake crumbs*
- *Put into muffin tins*
- *Sprinkle cheese and corn flake crumbs on top*
- *Place in oven for 15-20 min or until golden*
- *Let stand for 5 min and enjoy!*



Quick Crafts

By CJ Weisenfeld

DIY Edible Snowman!

You'll need:

Marshmallows

Pretzel Sticks

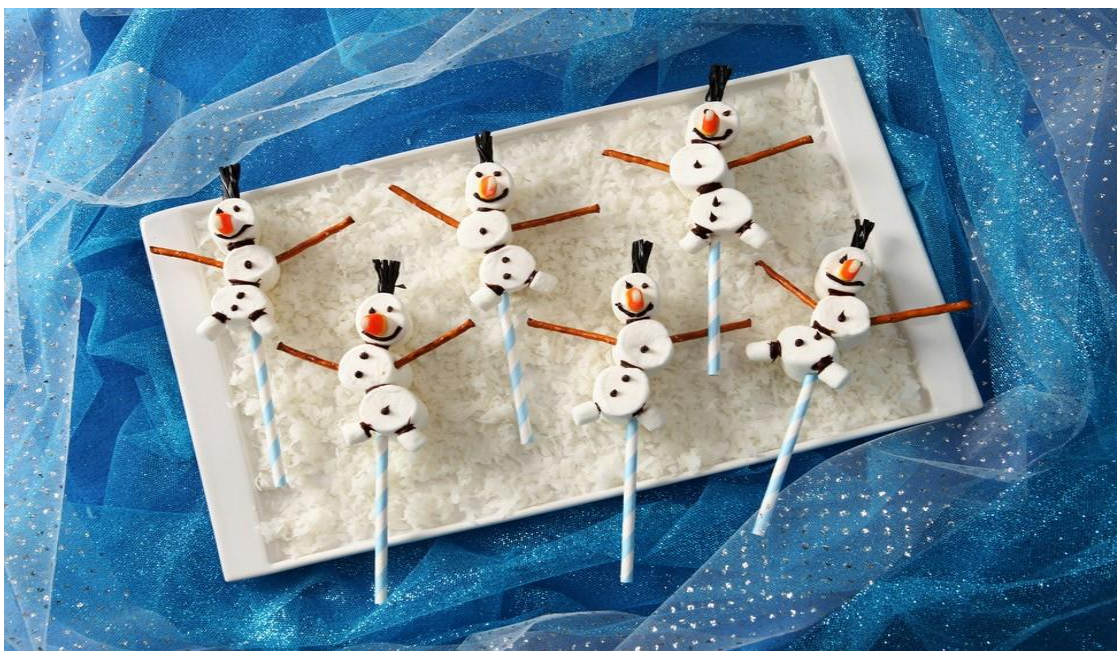
Chocolate chips or alternative candy

Step 1: Take a pretzel stick and skewer three marshmallows onto it like a shishkabob.

Step 2: Take more pretzel sticks, and add arms and legs to your hearts content.

Step 3: Take the chocolate chips, and shmoosh them into the marshmallows to make the eyes, nose, mouth, and buttons.

You've got yourself an edible snowman!



Puzzle Time

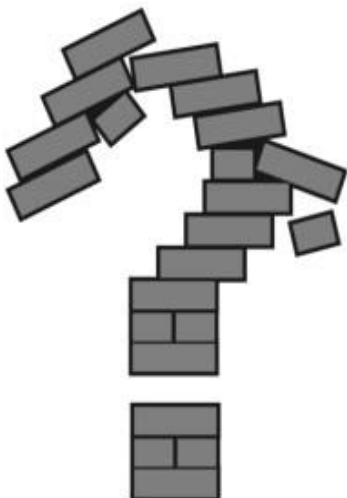
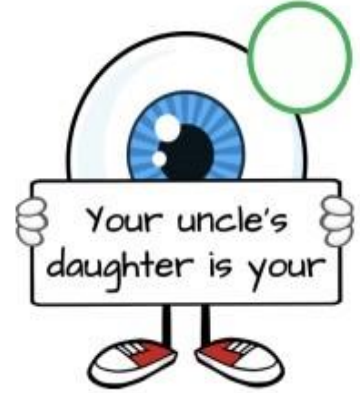
FAMILY MEMBERS WORD SEARCH PUZZLE

Find and circle the words in the word search puzzle and number the pictures

n	c	q	a	t	r	r	c	y	d	z	x	a	w	g
p	h	p	x	q	h	d	a	u	g	h	t	e	r	r
u	h	p	g	m	d	v	n	h	k	o	h	a	w	a
u	t	v	g	n	s	c	u	a	g	n	p	u	k	n
g	r	a	n	d	s	o	n	z	r	q	s	n	z	d
f	j	f	q	v	t	u	c	v	a	h	i	t	t	m
a	r	n	h	i	x	s	l	u	n	h	s	b	o	o
t	t	y	f	i	j	i	e	s	d	p	t	z	c	t
h	f	u	r	s	j	n	q	c	f	a	e	g	q	h
e	d	b	o	b	n	d	j	l	a	i	r	p	p	e
r	l	o	s	o	n	b	p	o	t	o	m	w	o	r
g	r	a	n	d	d	a	u	g	h	t	e	r	b	e
p	p	z	k	b	r	o	t	h	e	r	v	l	r	b
i	p	e	e	s	g	b	g	r	r	b	r	t	o	d
t	w	w	r	n	m	o	t	h	e	r	i	o	j	c



1. grandmother
2. grandfather
3. mother
4. father
5. aunt
6. uncle
7. sister
8. brother
9. cousin
10. daughter
11. son
12. granddaughter
13. grandson



Puzzle Time

By Racheli Brakha

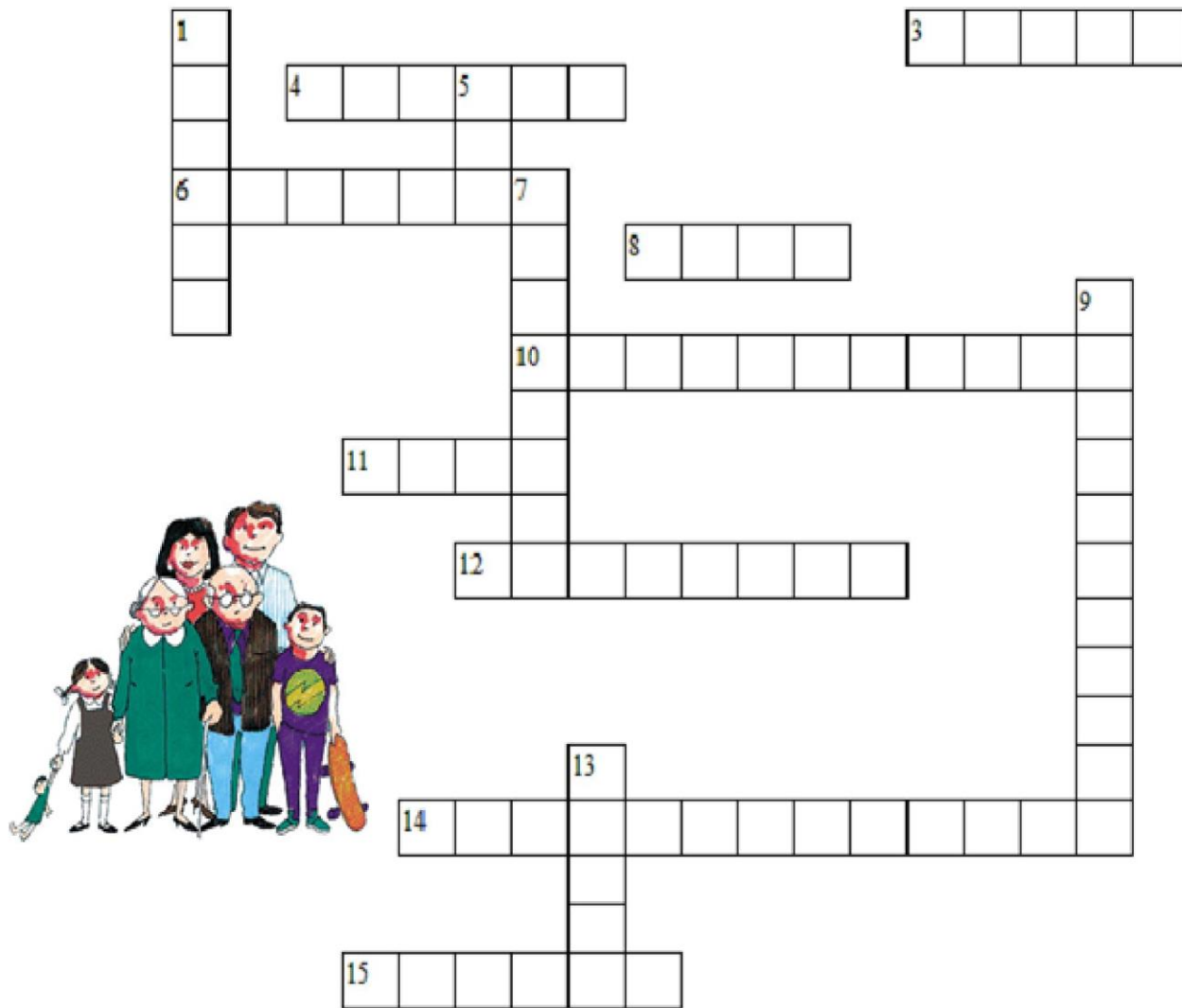
englishforeveryone.org

Name _____

Date _____

Crossword Puzzle – Family

Directions: use the clues below to fill in the crossword puzzle with the correct words.



ACROSS:

3. The daughter of your brother or sister
4. The son of your uncle is your ____
6. Male partner in a marriage
8. The female partner in a marriage
10. The mother of your mother or father
11. Your uncle's wife
12. The son of your daughter is your ____
14. The daughter of your son

DOWN:

1. The male parent of a child
5. A male child
7. A female child
9. The father of your mother or father
13. Your aunt's husband

Jokes By Zak

By Zak Shayne

Why did it get so hot in the baseball stadium after the game?

Why did the math textbook visit the guidance counsellor?

What do you call an apology written in dots and dashes?

All of the fans left.

It needed help figuring out its problems.

Re-Morse code.

Ask Esti

By Esti Sompolinsky

I have had the song “Baby Shark” stuck in my head for 3 weeks straight now, and I can’t get it out of my head! What can I do to get it out? -Eli Ginsberg

Dear Eli,

Wow that’s a long time to have a song stuck in your head. Usually when a song is stuck in my head I have to listen to that song to get it out. I know that sounds very strange, but it’s just what I do. I play the song that is stuck in my head and then continue listening to other music. Then the last song I hear usually replaces the original song that was stuck in my head. :)

If you are looking for advice about something or would like to ask me a question that would be featured in next week’s newsletter, email me at sompolinskye@ou.org Looking forward to hearing from you!

Esti

Featuring:
Comedy Club | Cooking Club
Motivational Moments Club
DIY Art and Stem Club

CONTACT
NYYachad@OU.ORG
FOR MORE INFO

Exercise with Gittie

By Gittie Freeman

Hey everyone! I know you are all doing an awesome job keeping up with the workouts we put up, so here are some more! There are 7 exercises and you should repeat them each 10 times. Feel free to do more if you are up to it!!

1. Stationary march - stand up and march in place!
2. Sit squat- find a chair and sit down then stand up (that counts as one)
3. Hip extensions- hold on to a chair and swing your leg behind you (each leg counts as one)
4. Side leg raise- hold on to a chair and lift your leg to the side (each leg counts as one)
5. Single leg stand - hold on to a chair and lift one knee up at a time (like a super slow march in place. each leg is one)
6. Triceps stretch- bring your right arm up over your head, bend your elbow and let your hand hang on your upper back then place your left hand on your elbow. Repeat on the other side. (Do this for 10 seconds each side)
7. Standing quad stretch - hold on to a chair and bring your left foot up behind you and grab it with your left hand. Repeat on the other side. (do this for 10 seconds each side)

Here is a visual aid to help you understand what the moves look like.

7 EASY EXERCISES

Try these exercises twice a week to build up your strength, balance and flexibility.

Warm-Up



1. Stationary March with Arm Swing/Seated March

Strength Exercises



2. Sit to Stand



3. Standing Hip Extension

Balance Exercises



4. Side Leg Raise



5. Single Leg Stand

Flexibility Exercise



6. Triceps Stretch

Cool Down



7. Standing Quadriceps Stretch

Good luck!!!