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Coordinator Interview!

By David Zakaim

With Racheli Brakha

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

RB: Three years. Two as a coordinator.

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

RB: Sitting and talking with members, hearing what they have to say, and getting to know them.

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

RB: I am in graduate school for social work.

David: How did you first get involved with Rayim?

RB: Rachel Haber, a good friend of mine, told me to come on a shabbaton and I have loved it ever since.

David: Have you participated in any other Yachad programming?

RB: Yes. My field work is at the Yachad office in Manhattan

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

RB: Yes. I get along with the coordinators and we are all part of a family.

David: What have you been doing to stay busy in these trying times?

RB: I try to talk to friends, still have school and field work during the week, so I am doing the same things as before, but just at home.

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

RB: Game time during menucha.

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

RB: I don't know.

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

RB: I just hope everyone is staying as positive and happy as they can and are doing well.

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

D'var Torah for Emor

By Sophie Zayden

Hi everyone!

It is natural for someone who experiences a loss of something important in his life to feel sad, and to mourn over what he has lost. However, sooner or later the time comes for a person to pick himself up, and begin to enjoy his life again.

This week's Torah portion, Emor, instructs the Kohanim, the Priests of the Holy Temple, how to go about mourning over the loss of a close relative. The Torah guides them to fully take care of their needs, but not to go overboard and mourn so much that it prevents them from going on with their lives. We learn from here how to react in a balanced way to whatever life sends our way. Life is sending many things our way, some good and some not so good, but what is important is that we are able to go through whatever it may be with our heads held high and remember that life will go on!



Member Interviews!

By Eli Ginsberg

With Moshe Dovid

Eli: So, your name is Moshe Dovid? Can I call you MD for short?

MD: That's fine.

Eli: And since we're calling you MD, can I just call you doctor?

MD: No, I'm not a doctor.

Eli: So how long have you been with Yachad for?

MD: I don't remember, it's been so long ago, but I started in Seniors before moving up to Rayim.

Eli: What is your favorite part of Yachad?

MD: I really enjoy the hotel Shabbatons.

Eli: What do you do during the week?

MD: I work at CVS on Mondays through Fridays. I mainly do customer service.

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

MD: The Parshah games. Especially the one we did on the Naim Shabbaton. Shoutout to Sophie and Chana Ahuva who made the questions.

Eli: What is your favorite Shabbos food?

MD: There's always so much good food, but my favorite has to be potato kugel.

Eli: What do your hobbies include?

MD: I like playing basketball.

Eli: Any beard grooming tips?

MD: What? What kind of question is that?

Eli: Seriously, you have a nice beard.

MD: You're crazy

Eli: You're not wrong. Before we're done, any shoutouts you want to give?

MD: I want to give a shoutout to Avi Kirshtein who arranged all the Shabbatons, and has been arranging zoom sessions.

With Devorah Leiberman

Eli: How long have you been with Yachad for?

Devorah: I been in Yachad since I was 12, right after my Bat Mitzvah. I started out in juniors for a few years then I went into seniors until I moved into my residence and then I started Rayim together with my 2 housemates.

Eli: What is your favorite part of Yachad?

Devorah: Well I did a lot of things with Yachad, but my favorite part was Yachad Good Sports, which is a program we did after school or on Sundays. I've also done other programs, like Yachad Birthright, Yachad Morasha, Mesora, Getaway, and Sternberg. I've gone to these programs as campers and a staff.

Eli: What do you do during the week?

Devorah: I take the subway by myself to go to the Manhattan Yachad office on Wednesdays and Fridays. On other days, I go to work. I have two jobs. One where I work in CVS where I put back items people don't need and scan barcodes, and do customer service. The other is, I work at Yachad Gift Basket, where I make Gift Baskets during the busy times, like Rosh Hashana, Pesach, and Purim.

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

Devorah: I love saying Dvar Torahs, but that's not a game. My favorite game would have to be the Jeopardy Parshah Game.

Eli: What is your favorite Shabbos food?

Devorah: I like deli rolls and broccoli kugel.

Eli: What do your hobbies include?

Devorah: I have a whole list of those! Singing and dancing, making people happy, and doing word puzzles, and telling jokes.

Eli: Give us one fun fact about yourself.

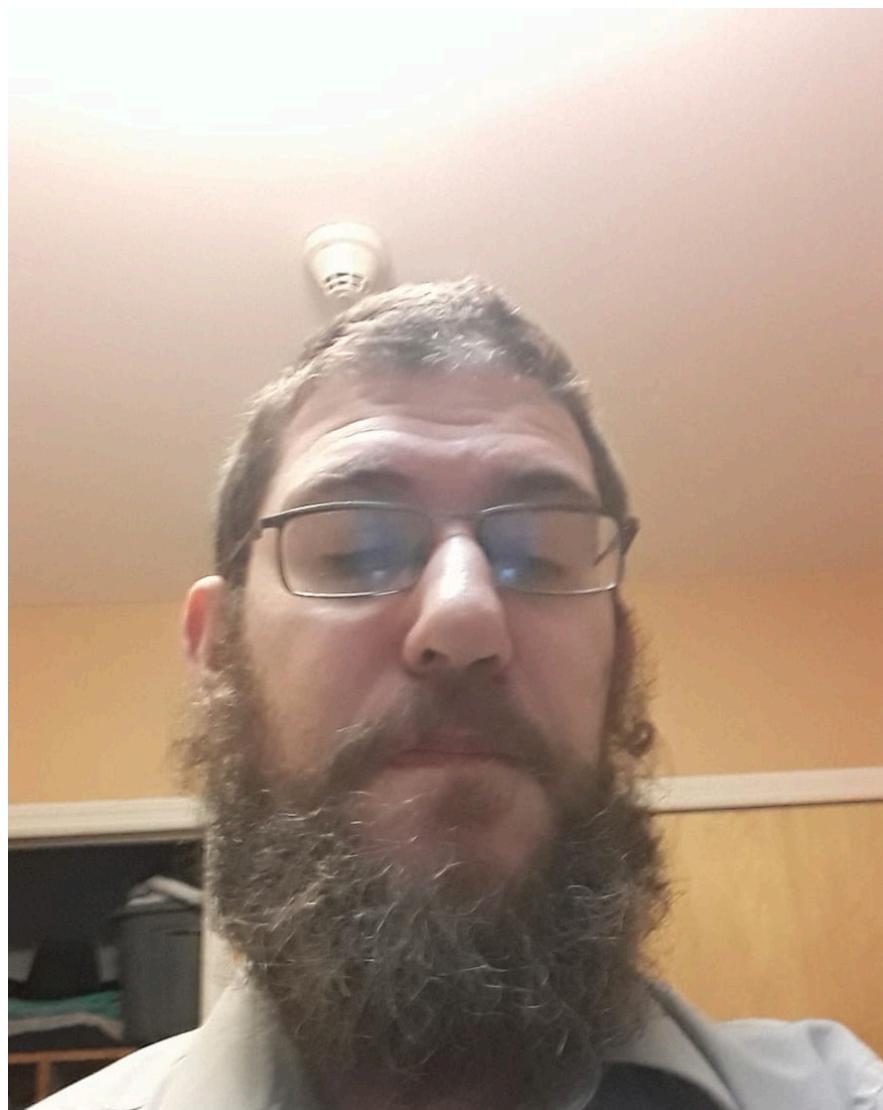
Devorah: I can sing the abc's backwards, and I am very good at remembering birthdays.

Eli: Ooh, you know Avi Kirshtein is also really good at that.

Devorah: Oh cool.

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

Devorah: I want to give a shoutout to my friends in my home, Nechama and Malka!



Recipe of the Week

By Chana Ahuva Rabinowitz

Pancakes

What you need: flour, sugar, baking powder, eggs, milk, oil, frying pan, bowl, spoon
make about 24 big pancakes

2 cups flour
4 tsp baking powder
 $\frac{1}{2}$ cup of sugar
2 eggs
2 cups of milk
2 $\frac{1}{2}$ tbsp of oil
Spray pan with oil or put in a bit of oil
Mix all ingredients
Use a spoon to take batter out into frying pan
When they start to bubble flip them over
Wait a minute then take them out
You can put syrup or sugar or jam or melt chocolate chips on after!
Enjoy!

Quick Crafts

By CJ Weisenfeld

Mini Office Basketball Hoop

What you need:

- 1 Small piece of cardboard
- Duct tape(colored)
- Scissors
- Tinfoil

Instructions:

Step 1(The Backboard)

-Cut a square/ rectangle from the card board with the scissors - any size you want, and cover with duct tape (or anything else).

Step 2(The Hoop)

- Take a sheet of tin foil, roll it up and wrap it in the shape of a horse shoe.

Step 3(The Finished Product)

- Tape it in the front of the backboard.



You now have a makeshift but respectable home/office basketball hoop.

Tape to any surface, roll up some tin foil, and start draining those threes!

Puzzle Time

By Racheli Brakha

Name:

Date:

Class:

Teacher:

Cinco de Mayo Word Search



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COSTUMES
PUEBLA
FOOD
MARIACHI
SOMBRERO

JUAREZ
FIESTA
FAMILY
DANCING
HOLIDAY

MARACAS
MEXICO
MAYO
INDEPENDENCE
CULTURE

CELEBRATION
CARNIVAL
CINCO
MUSIC
AMIGO

Puzzle Time

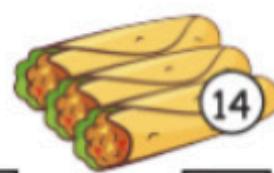
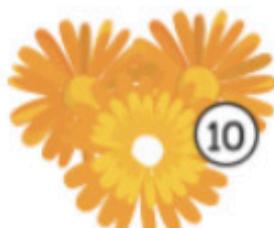
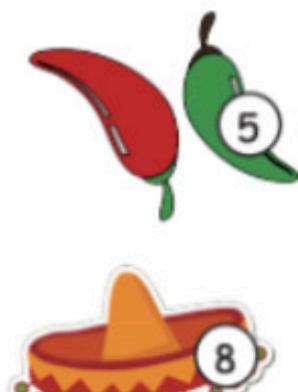
By Racheli Brakha

Cinco de Mayo

DIRECTIONS: Fill in the puzzle, using the pictures as clues.

WORD BANK

Battle
Cactus
Celebration
Chiles
Enchiladas
Flowers
France
Green
Guacamole
Guitar
Maracas
Mariachi
May Fifth
Mexico
Music
Pinata
Red
Salsa
Sombrero
Tacos



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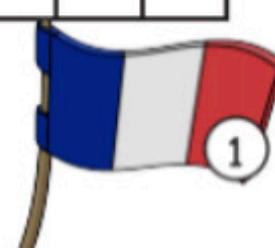
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Jokes By Zak

By Zak Shayne

What do you call a parade of rabbits hopping backwards?
A receding hare line

What's the difference between a cat and a comma?
A cat has claws at the end of paws; A comma is a pause at the end of a clause.

What did the bald man exclaim when he received a comb for a present?
Thanks— I'll never part with it!

Ask Esti

By Esti Sompolinsky

Because we're spending so much time together these days, I'm having a very hard time getting along with my brother and sister. Any recommendations?

-Drew P. Dogg

Dear Drew P. Dogg,

The struggle is real. I think that most of us can say that we relate to this. It's really difficult to be confined in one place with the same people for a long time. It's important to recognize that however you are feeling your siblings are feeling that as well. Give each other a break. And by that I mean literally give them a break and try to steer clear of them when you feel more irritable than usual. As well as, trying to be the bigger person. So even if they are the ones that are starting a fight with you, just walk away from the argument. Agree to disagree and move on. Fighting with the only human interaction you get to have is just not worth it.

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 all loved the exercises from last week! So here are some more. There are 8 exercises and 3 stretches. You should repeat each exercise 10 times. Hold the stretch for 15 seconds. Feel free to do more if you are up to it!!

1. Sit squat- find a chair and sit down then stand up (that counts as one)
2. Standing leg curl- hold on to the back of the chair and bend one leg and bring your foot behind you (each leg counts as one)
3. Knee extension- sit in the chair and extend one leg at a time out in front of you level to the chair (each leg counts as one)
4. Side hip raise- hold on to the back of the chair and lift your leg to the side (each leg counts as one)
5. Bicep curl- make your hands into fists and bend your elbows to lift them from your sides up to your shoulders (only move your lower arm)
6. Over head press- make your hands into fists and hold them at shoulder level then stretch them straight up to the ceiling
7. Bent forward fly- sit in a chair leaning forward, make your hands into fists at your sides then lift your hands to shoulder level
8. Toe stand - hold on to the back of the chair and lift on to your tippy toes

Stretches

1. Hamstring and calf stretch- stand in front of the chair and place your palms on the chair - try not to bend your knees!
2. Chest and arm stretch- interlock your fingers together behind your back and pop your chest
3. Upper back stretch - interlock your fingers in front of you and stretch them as far as you can

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

Good luck!!!

