

## This Week's Activities

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
Hebrew Word of The Week	Shakshuka in the Old City Kitchen	Camp Barney Community Art Project with Arts & Crafts	Improv Games with Theatre Staff and Unit Heads	Family Group Initiatives with Nature Staff

## Parsha

### We just read Parsha: **“B’HA-A-LOT’KHA”**

When the children of Israel left Egypt, there were 600,000 men, and who knows how many women and children! New babies were born every day, and their numbers continued to grow. Just imagine how difficult it was to get all those people to travel together. One would think that given the size of the camp, when it was time to go, whatever group or groups were ready first would just start walking, and as other groups were ready, they would follow along and catch up. That would seem to be the easiest way to go, and certainly the fastest. This, however, is not what happened.

In the Torah, we learn that there was a procedure for breaking camp, traveling, stopping and setting up camp in a new place. This procedure always had to be followed. No group could decide to set out early or stay late. It didn't matter if it was more convenient for the tribe of Dan to leave first, or inconvenient for the tribe of Judah always to have to be the first to leave. No one moved until Moses blew the trumpet, and the cloud (by day) or the pillar of fire (by night) that God sent lifted and started to move.

When you are part of a community such as the one at Camp Barney Medintz, with your family, or the children of Israel were in the desert, it is important to consider the needs of the entire community when making plans, and sometimes that means making compromises. Sometimes you might rather play baseball than go on a hike, or you have dinner earlier rather than a little later. When you are at home, maybe you'd prefer to eat spaghetti every day, but sometimes there is tuna casserole. At school you would probably prefer to have recess instead of math. Sometimes we just have to pause and say h-m-m, this may be what I prefer, but this might not be what is best for my friends, or my bunkmates, or my family.

Before he blew the trumpet to tell everyone that it was time to leave, Moses made sure that it was the right time for the entire community to leave, not just the right time for a few individuals or groups. Of the many things that the people complained about in the desert, the food, the water, the fact that they “had” to leave Egypt and wander in the desert, this whole complicated procedure for traveling was not one of the things that disturbed them. They knew that to exist, they had to function as a whole group, not as individuals or tribes, that they had to consider everyone's feelings and needs, not just their own.<sup>1</sup>

<sup>1</sup> Adapted from JCC TAGivities from parsha **B’HA-A-LOT’KHA**

## **Community (Kehillah): קהילה**

Each week will feature a series of questions for Parents to engage in a conversation with their children about the week's theme. This week's theme is "Community". Below you can find both activities and guiding questions to accompany the document.

### **Parents Guide: Questions**

- o What does the term community mean to you?
- o Who are the members of your community?
- o What communities do you belong to?
- o What are some ways that we build community as a family?
- o What are some ways that we build community at camp?
- o What are different objects or symbols that help us understand that we are part of a community?

**Sunday**

**Hebrew Word of The Week**  
**Family (Mishpacha) : משפחה**

### **Instructions**

1. **Practice:** Practice saying the Hebrew Word of the week with your family and friends from camp.
2. **Hebrew Word of the Week Daily Challenge:** replace the word "family" for the hebrew word "משפחה". See if you can do that for an entire day!
3. **Hebrew Word of the Week, Weekly Challenge:** Already know the hebrew word of the week? Challenge yourself to learn the different members of your family in Hebrew. Click [here](#) to watch a video, where you can learn them!

### **Discussion Topics**

- Whether you live with them or they live far away, family is also a type of community. Who are the family members that make up your family community?
- What is special about the family community that you are a part of? Can you give some examples?
- What are different rituals which are part of your family community? What are different rituals that are part of your neighborhood community? Your Jewish community?

MondayShakshuka  
In the Old City Kitchen

Sticking with this week's theme of community, Wendy Fox and Meredith Hegarty will be teaching you how to make Shakshuka, a dish communally shared by friends and family. You'll learn all the tips and tricks for making this delicious dish and you may spot a few guest stars appearing during the video, too. The video will air on Facebook and [YouTube](#) at 2PM on Monday.

## Camp Barney Shakshuka Recipe

*Makes 2-3 servings*

### Instructions

1. Sauté the onion, peppers, and garlic in the olive oil in a non-stick skillet for 5 minutes until everything is soft.
2. Add a can of crushed tomatoes (no sauce) to the pan.
3. Season with salt, pepper, cumin, paprika, and chili powder. Keep stirring on medium heat for 5 minutes.
4. While the shakshuka is cooking, lay the pita bread on a baking sheet, brush with olive oil, and shake on some Zahtar. Toast in the oven at 350 degrees for 5 minutes.
5. Use the back of a spoon to make small wells in the tomato bath to poach the eggs. Crack one egg into each well. Cover the pan and keep cooking until the egg whites look opaque. The yolks should still be jiggy.
6. Top with feta or goat cheese and garnish with fresh basil. Serve with the toasted pita.
7. ENJOY!!!

### Ingredients

- 2 table spoons olive oil
- 1 small sweet onion chopped fine
- 1/2 red pepper chopped
- 1/2 yellow pepper chopped
- 1 teaspoon minced garlic
- 1 can crushed tomatoes (no sauce)
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1 tsp cumin
- 1 tsp paprika
- 1/2 tsp chili powder
- Pita bread
- Zahtar (Israeli spice)
- 4-5 eggs
- Feta or goat cheese (optional for topping)
- Fresh basil (for garnish)

### Discussion Topics:

- What food or dish represents community to you? Why does that food or dish represent community to you?
- What is a food or dish that represents community to your family? Why does that food or dish represent community to your family?
- There is a saying "food brings people together." In what ways does food bring you and your family closer together? Can you provide an example?

## Tuesday

## CBM Community Tree with Arts & Crafts Staff

All summer, CBM Campers, Staff, and Alumni can take part in a massive community art project. Download the template for a leaf on the Camp Barney community tree. Draw in your own artwork or design that reminds you of your connection to Camp Barney Medintz. Send it back in to us and it will become a part of the community project which we'll share with everyone throughout the summer. You can create as many leaves as you'd like.

On Tuesday at 2PM, we'll have a special video on Facebook and [YouTube](#) with Arts & Crafts Staff and Alumni coming together to explain the project and talk about what CBM means to them.

### Supply List

- Leaf template
  - [For Traditional Media](#)
  - [For Digital Painting](#)
  - [For Photo Editing](#)
- For Traditional Media
  - Printer
  - Crayons, Colored Pencils, or Markers
  - Scanner or Camera
- For Digital Painting
  - Phone, Tablet, or Computer
  - A digital painting app such as PicsArt Color Paint (available for [iOS](#) or [Android](#)) or Microsoft Paint
- For Photo Editing
  - Phone, Tablet, or Computer
  - Photo Editing software such as Photoshop or [GIMP \(free\)](#)

### Instructions

There are three different ways that you can create a leaf for the community tree. With the traditional media option, you can print out a template of the leaf and draw in your artwork or design using crayons, colored pencils, or markers. If you'd like to pursue a more green option, you can pursue the digital painting option and create your design on a phone, tablet, or computer. If you'd rather express yourself with photographs, you can pursue the photo editing option.

#### Traditional Media Instructions

1. [Download and print out the traditional media template.](#)
2. Draw in your design or artwork with crayons, colored pencils, or markers.
3. Anything outside of the lines will not be included in the project.
4. Scan your finished image (or take a picture if you don't have a scanner) and send it to [Summer@CampBarney.org](mailto:Summer@CampBarney.org).

#### Digital Painting Instructions

1. [Download the digital media template.](#)
2. Open the template in a coloring app like PicsArt Color Paint (available for [iOS](#) or [Android](#)) or Microsoft Paint

3. Color in the leaf with a design or drawing that makes you think about Camp Barney.
4. Anything outside of the lines will not be included in the project.
5. Save your finished image and send it to [Summer@CampBarney.org](mailto:Summer@CampBarney.org).

### **Photo Editing Instructions**

1. [Download the photo editing template.](#)
2. Open the template in a photo editing app with support for transparency and layers (like Photoshop or [GIMP](#)).
3. Add whatever other content you'd like (photos, drawings, etc) and send the new content to the layers below the template.
4. Save your finished image as a JPEG or PNG file and send it to [Summer@CampBarney.org](mailto:Summer@CampBarney.org).

### **Discussion Topics**

- How does a tree represent a community to you? What are the importance of the leaves?
- A tree is a beautiful depiction of community. Are there other symbols that represent community to you? Can you give an example?
- Think about the art supplies you have in your home. What other art projects can you and your family do together that represent different aspects of your family community?

## Wednesday

## Improv Games with Theater Staff and Unit Heads

Improv games are a great way to get creative with family and friends. Even better, many of them can be played remotely over Zoom or other video chat services. On Wednesday at 2PM, we'll be airing a special Improv session hosted by CBM Theatre alumni Tommy Walker with members of our Theatre staff and Unit Heads. You can watch on Facebook or [YouTube](#). If you'd like to play the same game with friends and family (either at home or online) the rules for the game are below.

### Instructions

This activity requires at least 3 to play. At least 1 person acts as the interviewer, while at least 2 people act as an "expert" with multiple heads (tip: link arms to help embody the idea of a multi-headed all-knowing alien-like being for extra fun!). You can have as many "heads" as you want, depending on how many are in your household! Interviewers will take turns asking the "multi-headed expert" open-ended questions (examples: What is the meaning of life? How does a car engine work? How do you make the perfect sandwich?). The "multi-headed expert" will then answer the questions; but the trick is that only 1 "head" can say 1 word at a time! Answers can go on as long as the experts like as long as the words create a proper sentence! Remember: this is improv, there are NO WRONG ANSWERS! By working together (speaking only one word at a time) those who embody the "expert" are working on their listening, teamwork, and community skills to act as ONE!

### Discussion Topics

- Who played the role of the interviewer? What did it feel like to interview the "multi-headed expert"?
- Who played the role of the "multi-headed expert"? What did it feel like to have to work together to create a story?
- How do you think the game "multi-headed expert" added to your family's definition of community?

### Thursday

### Family Group Initiative

With Nature Staff

At Camp Barney, every cabin takes part in “Group Initiative” activities or “GIs.” Through games and conversations, cabins learn to communicate with each other, work together, and empathize with one another as a team. This week, our Nature staff will teach you a few GIs that you can do with your family.

We’ll air this video on Thursday at 2PM on our Facebook page and [YouTube](#). We’ll update this document with more information and instructions for the GI later in the week.

#### **Magic Carpet Supply List**

- A tarp or old sheet

#### **Communications Breakdown Supply List**

- A bandana or other object to use as a blindfold
- A rope or other boundary marker
- Random objects like tennis balls or hula hoops

## Communications Breakdown Instructions

### **Rules:**

1. The do-er cannot remove her blindfold until you tell her to.
2. The speaker cannot turn around or look behind her until you tell her to.
3. The mimes are not allowed to speak, lip sync, or move outside of the area that you define.

### **Procedure:**

1. Separate two group members and send them out of earshot from the rest of the group. One will be referred to as the speaker, the other: the do-er.
2. Create an oval on the ground slightly larger than the group using the rope. Ask the remaining group members to stand in the oval. They will be referred to as the mimes.
3. Think of three tasks that you would like the do-er to do (while blindfolded). Some good examples are hula hooping or collecting a few tennis balls that are scattered about.
4. Place the objects needed to perform the tasks at least 15’ in front of the mimes.
5. Explain to the mimes that all they have to do is get the do-er to perform three simple tasks. The catch is that they will not be able to speak or move outside of the oval. Explain that the speaker will be able to see them and speak, but will not be able to move or see the objects required to complete the tasks. Explain that the do-er will be blindfolded.
6. Explain the three tasks that you would like the do-er to perform to the mimes.
7. Give the mimes a couple of minutes to discuss strategy.
8. Position the speaker 5’ in front of the mimes, facing them so that the tasks are behind the speaker. Inform the speaker that she is not allowed to turn around or move for any reason.
9. Blindfold the do-er and place her somewhere in the play area.
10. As the mimes mime actions and the speaker communicates, follow the do-er closely to ensure that she doesn’t run into anything.

## Magic Carpet Instructions

### Game Objective:

- Keep the entire group on a tarp or sheet while folding it as many times as possible.

### Rules:

1. No part of any person can touch anything save for the tarp/sheet or other members of the group.

### Procedure:

1. Lay a tarp/sheet on the ground and ask all participants to stand on it.
2. All participants must fold the tarp/sheet in half without stepping off of it.
3. Repeat as many times as possible while keeping everyone on the tarp/sheet.

### Alternate Challenge:

- Instead of folding the tarp/sheet, see if you can flip it completely over without anyone stepping off.

## Human Knot

### Game Objective:

- The group must return to a circle with their hands still connected. Since the group is connected to the problem physically, this should aid in them connecting mentally.

### Rules:

1. Participants cannot take the hand of the person directly next to them at the beginning of the game.
2. Participants cannot let go of either hand during the process. However, they can keep their palms touching and release fingers while they rotate their wrists.

### Procedure:

1. Participants stand in a circle.
2. Everyone raises their right hand, then reaches out to hold another person's right hand who isn't directly next to them.
3. Once everyone has a partner, do the same with your left hands.
4. Now, the group must untangle themselves and recreate a perfect circle.
5. You may have trouble if everyone is trying to untangle themselves at once. Working through each knot individually is often more effective. This can be a great thing to discuss after the game.
6. On some occasions the group may have created two interlinked circles, which makes the puzzle "unsolvable." However, if they get down to the final knot, they have still completed the GI!

## Discussion Topics

- What role did each family member take in the Family Group Initiative activity?
- What was the role of communication in the Family Group Initiative activity? In what ways does communication impact how a community operates?
- In what ways did the Family Group Initiative activity strengthen the family community that you're a part of? Can you give a few examples?



We'll be uploading the activity guide for June 19th - June 25th to [CampBarney.org/Summer2020](https://CampBarney.org/Summer2020) on Friday, June 19th.