

This Week's Activities

Friday Hebrew Word of the Week	Saturday Parsha D'var Torah + Parsha Video	Sunday Nature Exploration with Eleanor	Monday Sweet Potato Ravioli in the Old City Kitchen
Tuesday Israel Day!	Wednesday Jeopardy	Thursday Bluegrass Session	Ongoing Community Art Project S'Bread the Love

Gratitude (Hakarat Hatov): הַפְּרַת הַטּוֹב

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 Gratitude. Below you can find both activities and guiding questions to accompany the document.

Parents Guide: Questions

- What does Gratitude mean to you?
- What are ways that you express your gratitude? Can you give an example?
- Who is someone in your life that you are grateful for? Can you share why you are grateful for them?
- What is an item that you are grateful for? Can you share why are grateful for that item?
- What are ways that we express our gratitude at home? What are ways we express our gratitude at camp? Are they the same or different?
- What are ways that Judaism helps us express our gratitude? Can you give an example?

Friday

Hebrew Word of The Week

Friend (Chaver) : חבר

Make sure to tune into Friday Night Services on YouTube or Camp Barney's Facebook Page at 8PM.
[Download the program here so you can sing along from home.](#)

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 "Friend" for the hebrew word "חבר". 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 think about different songs that you know that use "חבר". HINT: tune into Friday Night services at the chapel that might include a song using the hebrew word of the week!

Discussion Topics:

- What are the ways that you express gratitude towards your friends? Are they different then the ways you express your gratitude towards your friends? Can you give an example?
- How do your friends express their gratitude towards you? Can you give an example?

Saturday

Parsha

Mattot-Masei: This week we read a double Torah portion!

This week's parasha, or Torah portion, begins with a listing of all the places that the children of Israel visited during their 40 years of wandering from the time they left Egypt until when they were preparing to enter the Promised Land. It's odd that the Torah bothers to give us this list. After all, the entire Book of B'midbar tells us in great detail about the time the Israelites spent wandering in the desert. Shouldn't the people at this point be looking to the future?

Let's think about this question the following way: Imagine that you are riding in a car with a parent or with some other adult. Your mom says, "Look, Sarah, there is the book store. Do you remember when we went there and the nice woman helped us find the new Harry Potter book?" Or, how about, "Look, Danny, we are near Grandma's house. Remember when you were there last time and Grandma baked cookies with you?" Or maybe, "Look Rachel, there is your nursery school. Do you remember when you used to go there and play with your friends? You really liked to play with the dress-up clothes." Or even, "Look, Billy, there is Dr. Smith's office. Remember when we had to go there when you broke your arm? You were in so much pain, but then Dr. Smith put the cast on and you felt much better!"

When people remind us of places we have been and things that we have done, it helps us remember and appreciate the good things that have happened to us and the kindness of others. In the same way, repeating the list of places the children of Israel visited helped remind them (and us) of all the wonderful things that God did for the Israelites while they wandered in the desert.

At times, we may take the wonderful activities we get to do at home and at camp for granted, and forget to express our gratitude for the opportunity to do them. Imagine you are back at camp this summer. As you pass by the halpern center, try to think of all the great sports you played there with your friends. When you pass the chippy, think of the exciting theatre games that you played there. Imagine you are passing by your bunk (or group meeting place), and try to remember all the fun activities you have done there with your friends and counselors.

While we couldn't all be in person at camp this summer, just imagine all of the new activities and experiences that you will be able to add to your list when you get to arrive at camp for summer 2021!¹

Looking for a new perspective? Check out a Biblical Rapping video on Parsha Mattot from the Bible Raps by clicking [here](#).

¹ Adapted from JCC Association TAG Curriculum

Sunday

Nature Exploration with Eleanor

Every day at Camp Barney we have opportunities to explore the natural beauty of the Blue Ridge Mountains, typically with the guidance of our very talented Naturecrafts staff. Eleanor, a very knowledgeable member of our Naturecrafts staff has put together a series of videos to help you learn to explore the natural beauty wherever you are this summer.

In this episode, Eleanor goes on an adventure in an old creek bed and teaches you to find interesting fossils and identify cool plants.

We'll air the video on our Facebook and [YouTube](#) at 2PM on Tuesday. Consider planning on taking a hike afterwards to see if you can put anything that you learned from the video to good use!

Discussion Topics

- What are ways you express your gratitude in nature? Can you give an example?
- In this video, Eleanor finds and shows off fossils from thousands of years ago and interesting species of plants and animals. Are there places near where you live where you can discover similar things? Who is responsible for protecting places like this?

Monday

Sweet Potato Ravioli

In the Old City Kitchen

After a whole summer of delicious recipes from the Old City Kitchen, Wendy and Meredith have one more delicious dish for you to try out with your family. Their delicious recipe for Israeli-style Sweet Potato Ravioli will become one of your new favorite dishes. Check out an instructional video on our Facebook and [YouTube](#) at 2PM on Monday.

Recipe

Instructions

1. Cook sweet potatoes for 1 hour at 400 degrees (should be soft) When cool peel off the skin
2. In a sauté pan cook butter, shallots, and garlic until soft.
3. Add mashed sweet potatoes. Cook together for 5 minutes
4. Stir in heavy cream. Continue cooking for 2 minutes
5. Add cheese and let cool
6. Mix the dough ingredients in a mixing bowl.
7. Knead the dough for 5 minutes
8. Cut dough into 4 pieces and wrap with Saran Wrap
9. Refrigerate for 30 minutes
10. Watch the video for instructions on rolling out and filling the pasta.

Filling Ingredients

- 1 tablespoon butter
- 2 shallots
- 1 small clove of garlic
- 3 medium sweet potatoes
- 2 tablespoons heavy cream
- 2 tablespoons Parmesan cheese
- Nutmeg to taste
- Salt and pepper to taste

Pasta Dough Ingredients

- 2 cups all purpose flour
- 3 eggs
- 1/4 tsp salt
- 1/4 tsp olive oil

Hints:

- When you boil homemade pasta it should only cook for 2 minutes!!
- Be gentle when handling
- Top your delicious ravioli with olive oil, a pinch of sea salt, and Parmesan cheese

Discussion Topics:

- What are ways that you express your gratitude while cooking? Do you help others put the dishes away? Do you help clean up? What is an example of one thing you do?

Tuesday



Israel Day!

We've got a whole bunch of great activities scheduled for Israel Day! Try your hand at Israel trivia, learn how to make delicious Israeli food, learn about Israel from Israeli staff from all around the country, and more. We'll have more information available soon on our website at CampBarney.org/Summer2020.

Wednesday **LEOPARD** CBM Jeopardy

Wednesday night at 8PM, tune in on Facebook and [YouTube](https://www.youtube.com/) for a live Jeopardy game featuring Camp Barney trivia. CBM staff, families, and alumni will team up to compete with each other to see which team has the best CBM knowledge. You can play from home as part of the audience team too. Watch on Facebook live and try to put the right answer in the comments. If you can answer a question before the live contestants, you'll earn points for the live audience team. See if you can help the live audience beat the on air competitors!

Discussion Topics

- The Jeopardy program features many people who have gone to or worked at Camp Barney Medintz over the years. Who at Camp Barney has done something special for you? How did you express your gratitude to them?

Thursday

Bluegrass Session

For the past 15 years, members of the Naturecrafts staff have hosted Bluegrass sessions where they share their passion for Bluegrass music with campers and staff. Bluegrass sessions have been held in the nature shack, the JIT village, the Chippee, and even in the woods. This summer, former Naturecrafts leaders Jonny Kleinman and Jaren Mendel have organized a group of Naturecrafts staff and alumni from four generations of staff to create a socially distanced Bluegrass session for you wherever you are. Tune in on Facebook or [YouTube](#) at 8PM on Thursday to watch this special event.

Discussion Topics

- Many of the musicians on Nature staff are grateful to other members of Nature staff for helping them refine their musical skills through playing and practicing together. Who has helped you develop knowledge or skills in your life and how do you express gratitude to them?

The final episode of Under Your Amazing Roof will be on Camp Barney's Facebook and YouTube pages at 8PM on Saturday July 25th. This show features a special CBM community havdalah service to close out the summer.