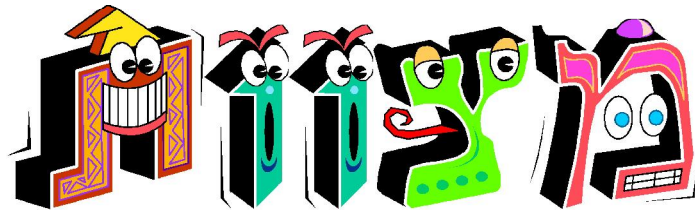


5772 TEMPLE ISRAEL OF GREAT NECK

GUIDE TO MITZVAH PROJECTS



for B'nai Mitzvah Students and Families

This guide is meant to provide you with ideas for your mitzvah project, but it is not by any means comprehensive. There are many other wonderful mitzvah projects that you could do - feel free to research and select other projects beyond this guide. Once you have selected your project, please fill in the “Bar/Bat Mitzvah Mitzvah Project Form” at the back of this packet, sign and date it, have your parent sign, and turn it in to your Vav Jewish Values/Jewish History teacher for his or her signature.

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VAV MITZVAH PROJECT STEPS

Instructions for Vav Students:

1. Mitzvah projects should be hands-on activities, not just raising money.
2. For a mitzvah project to be meaningful, it should be more than a one-time event.
3. To find an appropriate project, pick your area of interest and research several organizations.
4. All research must be done with parental approval.
5. You may do your project alone, or work with one or two other Vav students. Your family may join you in doing the project, but you must do the research and create the final project yourself.
6. Keep detailed notes for each organization you research, including the name of the organization, its purpose, its web site or other contact information, and the names and phone numbers of people with whom you spoke and the dates of your conversations. You may need to check several organizations until you find the one that meets your needs.
7. When researching an organization find out (and include in your final report):
 - What is the organization's primary purpose?
 - How much of each dollar donated is used for the purpose intended?
 - What are the requirements to volunteer or donate (minimum age, dollar amounts, etc.)?
 - Where is the organization located?

Time-line:

End of November –mid-December: Research and select your project.

December 18 or 19: Complete and turn in your Mitzvah Project Form (in the back of this packet).

January 3 or 4: Teacher will let you know if your project is approved.

January 8-April 30: Do the mitzvah project (note: if you've selected an ongoing project, such as tutoring, you may begin earlier and continue the project as long as you need to). Use the log at the back of this packet to track your hours.

May 2 or 3: Turn in the final report on your project, either in report form with a cover, or as a poster. Include photos. Include the Hebrew name of the mitzvah you performed (e.g. – *ma'achil r'eivim* - feeding the hungry). Include your full name and class (e.g. Vav S1, Vav S2 or Vav M). The log of your hours is also due on this date.

Mitzvah Project Ideas

This information was updated in November 2011.

Note: Before starting any project, please contact the agency you'd like to work with. Make sure the project you're considering is still needed, that you meet their age requirements, find out if there is a minimum time commitment, etc.

STEP ONE: Decide what you're interested in. Here's a list of volunteer interests and organizations:

Animals: Town of North Hempstead Animal Shelter,

Helping the hungry and/or homeless: Blue Card, FECS, Interfaith Nutrition Network, Hatzilu, Hazon Yeshaya, Met Council, Midnight Run, M'Yad L'Yad, Oneg Shabbat, RockCANroll, St. Aloysius Food Pantry, TANS, TIGN Chesed Connection.

Helping disadvantaged children: FECS, North American Conference on Ethiopian Jewry, Oneg Shabbat, TANS, TIGN Chesed Connection, Tikva Childrens Home

Helping sick children or adults: The Cancer Center for Kids at Winthrop, Chai Lifeline/Camp Simcha, North Shore/LIJ/Cohen Childrens Medical Center of NY, Ronald McDonald House of Long Island, SoaringWords, Sunrise Day Camp, TANS, TIGN Chesed Connection, Yad B'Yad

Helping children or adults with special needs: Great Neck ACLD, Friendship Circle of Chabad of Great Neck, Manhasset SEPTA, Nassau County Museum of Art, Port Washington SEPTA, Sid Jacobson JCC, Unlimited Sports Action, Wildcats Soccer

Holocaust/Shoah Remembrance: Blue Card, Holocaust Memorial and Tolerance Center of Nassau County, iVolunteer, Shoah Committee at TIGN

Projects in Israel: Hazon Yeshaya, North American Conference on Ethiopian Jewry, A Package from Home, SoaringWords, Society for the Protection of Nature in Israel, Yad LaKashish

Items for donation: The Cancer Center for Kids at Winthrop, Chai Lifeline/Camp Simcha, FECS, Midnight Run, M'Yad L'Yad, North American Conference on Ethiopian Jewry, North Shore/LIJ/Schneiders Hospital, A Package from Home, Ronald McDonald House of Long Island, TANS, TIGN Chesed Connection, Tikva Childrens Home.

Creating something to donate: DOROT, M'Yad L'Yad, Make It Count, Project Linus, SoaringWords, Sunrise Day Camp, Tikva Childrens Home.

Visiting or helping the elderly: The Atria, Blue Card, DOROT, iVolunteer, Parker Institute at LIJ.

Tutoring children: COPAY

Environmental organizations: Society for the Protection of Nature in Israel, TANS

STEP TWO: Find an organization that matches your interest.

THE ATRIA: Children are welcome to come to the Atria to do a performance or sing-along, to make challah with the residents or to do a crafts activity, under the supervision of the Atria's staff. For health reasons, children are not permitted to visit individually with the residents.

The contact person at the Atria Cutter Mill is Nina Gordon (516-773-8730). Nina would love to have the children visit to play games (Boggle, Scrabble, Jenga) with the residents; help the residents record their personal histories; play instruments; entertain for Chanukah; do crafts together; read to the vision-impaired residents and for general intergenerational visits and conversation. One successful model is a boy who comes to play Scrabble with the residents every other Sunday.

The contact person at the Atria Great Neck Road is Babs, the Activity Director. Contact Babs, (516-829-4100) to coordinate visits and activities (make challah, craft, performance, help with computers, etc.) at that location.

BLUE CARD provides financial assistance to destitute Holocaust survivors. Blue Card in partnership with the Anne Frank Center created the Simcha Project. The Simcha Project allows bar/bat mitzvah students to study the history and the lessons of the Holocaust through Anne Frank's diaries, with lessons by the Center and mentoring by an actual Holocaust survivor, in cooperation with the regular Bar/Bat Mitzvah teacher. Contacts are Maureen McNeil at the NYC-based Anne Frank Center, mmcneil@annefrank.com and George Wolf at The Blue Card, bandgwolf@aol.com.

THE CANCER CENTER FOR KIDS (WINTHROP HOSPITAL): The Cancer Center for Kids (CCFK) meets the complex challenges of children's cancers and related blood disorders with dedication to improving the lives of the patients and their families. An extensive wish list is attached to the end of this document. Contact Glenn Schifano, Child Life Specialist, at GSchifano@Winthrop.org. (See p. 15 for wish list.)

CHAI LIFELINE/CAMP SIMCHA: Since 1987, Chai Lifeline's mission has been to restore the light of childhood to children whose innocence ended when life-threatening or lifelong illness was diagnosed. Through programs that address the emotional, social, and financial needs of seriously ill children, their families, and communities, Chai Lifeline restores normalcy to family life, and better enables families to withstand the crises and challenges of serious pediatric illness. Go to www.chailifeline.org for more information.

Donations of new toys (for children of all ages); new (and in original package) craft supplies (i.e., no single sheets of paper or stickers, no loose crayons, pens or pencils); and children's DVDs (can be used, but should be in excellent condition) for the DVD library. Contact Leah Carlebach at (212) 699-6635 when the donations are ready. Office is at 151 West 30th Street, New York, New York 10001 (at 7th Avenue), right near Penn Station.

COHEN CHILDREN'S MEDICAL CENTER OF NEW YORK in New Hyde Park offers the highest quality adolescent, pediatric and children's health care services to screen, diagnose, and treat a wide variety of injuries and illnesses. Our mission is to offer the best pediatric and children's health care services in a safe, comfortable, and stress free environment for your child. For information on

volunteering, please contact: Maxine Legall, LMSW, Coordinator, Volunteer Services, (718) 470-3258, mlegall@nshs.edu. (For a wish list, see p. 12)

COPAY: Daycare and after school program in Great Neck for low-income children. They need tutors for their after-school program. Tutors must be at least 12 years old and must be available from 4:00 p.m. to 6:00 p.m. once a week. Bar/Bat Mitzvah students expressing interest in being a tutor should have a parent call Ruth Trujillo to set up an appointment for the parent and student to meet with Ruth and complete an application and get an "orientation". Call Ruth Trujillo at 516-466-2509.

DOROT: Provides social services, food and other support to poor elderly Jews in New York City. Children can make cards that will be sent to seniors for their birthdays. Cards should be made using 9 x 12 paper (folded into a card), with a colored outside and a white inside. Writing should be in large block print letters to make it easier for the seniors to read. Once completed, cards should be mailed to DOROT, Attn: Cardmaking Project, 171 West 85th Street, New York, New York 10024 with the Volunteer Return Form (attached). Another volunteer project is to visit homebound elderly. More information can be found at www.dorotusa.org. The telephone number is 212-769-2850.

FEGS/LI is a comprehensive social service agency for Long Island and has a variety of opportunities for volunteer projects, whether hands-on or collection of items. These include: (i) coordinate a collections drive (i.e., winter clothes, school supplies, sporting goods, etc.); (ii) volunteer at their food pantry, flexible schedule available; (iii) "adopt" a family in need; (iv) perform friendly visits to seniors. Contact Debbie Weiss, Volunteer Coordinator: 516-496-7550, dweiss@fegs.org, www.fegs.org

FRIENDSHIP CIRCLE OF CHABAD OF GREAT NECK is a unique program that pairs children with special needs with caring, dedicated volunteers who form special relationships with them, and provides support to their families. Bar/bat mitzvah children meet regularly with their buddies and participate in a full range of Jewish and social experiences as well as just hang out with their buddy. For additional information please call: (516) 487-4554 or email FriendshipCircle@ChabadGN.com

GREAT NECK ACLD (Adults and Children with Learning Disabilities House) is a home for the developmentally disabled. They love to have people who are good with computers teach their residents. Gardening projects can include planting and maintaining with the residents. 15 Old Mill Rd., Great Neck, 516-829-5410

HATZILU provides food and emergency assistance to needy Jewish families in Great Neck. Contact: Manny Bardash, Temple Israel member at 516-466-4297, mbardash@ieec.org; or Van Frankel, 212-684-5490, ext. 10 or 201- 933-8111, metrovjf@firstgate.net.

HAZON YESHAYA operates Israel's most efficient network of soup kitchens, vocational training courses, free dental clinics and food distribution centers, with help from teams of volunteers. Among its many humanitarian efforts, HY provides assistance to poverty-stricken Holocaust survivors and organizes Bar Mitzvah and Bat Mitzvah celebrations for orphans and children from abusive or dysfunctional homes. HY provides over 200,000 hot meals a month at 38 distribution points across Israel. For students visiting Israel, there are opportunities to volunteer at one of Hazon Yeshaya's soup kitchens. There are also opportunities to twin with a bar/bat mitzvah child in Israel. www.hazonYESHAYA.org; volunteers@hazonYESHAYA.org

HOLOCAUST MEMORIAL AND TOLERANCE CENTER OF NASSAU COUNTY is dedicated to educating people about the Holocaust and the lessons that can be drawn from this horrific period of time. Volunteers can be involved in various ways including hosting tolerance workshops, twinning with a child who died in Holocaust, participating in the annual Children's Walk to Remember, helping maintain the Children's Garden and more. Contact: Sylvan Galo or Barbara Karlowich at 516-571-8040 or barbarakarlowich@holocaust-nassau.org. (See p. 16 for list of community service ideas.)

"INN" - MARY BRENNAN INTERFAITH NUTRITION NETWORK is a soup kitchen for the homeless and hungry on Long Island. Go to www.the-inn.org/wish-lists.html for lists of their current needs, which include toiletries, diapers, baby wipes, pajamas, towels, kitchen and household items, and non-perishable food items. Contact: Dave Golbert, 516-487-7175 (hm) or 917-418-2451 (cell).

iVOLUNTEER is a friendly visiting program which pairs Holocaust survivors with volunteers for weekly visitation. Volunteers visit the survivors in their homes providing them with assistance and creating lasting relationships: www.ivolunteerny.com.

MAKE IT COUNT PROJECT The concept is to provide creative yet useful craft projects, to be completed at your event, for charitable donation. You choose the project you want and the charity organization that will benefit. Examples include jewelry making and journal cover design. Contact info@makeitcountproject.com, www.makeitcountproject.com or 818-461-9922.

MANHASSET SPECIAL EDUCATION PTA has a variety of programs (many sports programs, music programs, preschooler programs) that provide a safe and learning environment for children with special needs. B'nai mitzvah children can serve as peer mentors: www.manhassetsepta.org/root/.

METROPOLITAN COUNCIL ON JEWISH POVERTY fights poverty through a host of social services. MetCouncil has several possible programs including spending an afternoon making food or toiletry packages for those in need, planting a garden at one of Met Council's low-income housing residences, serving brunch and playing bingo with seniors, sponsoring a food drive and distributing it to needy New Yorkers, and making Shabbat packages for homebound seniors. Many other options are on the MET Council Website under the Kids and Teens tab (or customize your own). Contact is Stefanie Greenberg sgreenberg@metcouncil.org or 212.453.9619 www.metcouncil.org

MIDNIGHT RUN is an organization that serves the homeless population of New York City. Temple Israel goes on approximately four Midnight Runs each winter to deliver food, warm men's clothing, and toiletries to the homeless at designated locations throughout the streets of Manhattan. Children can help sort clothing or help to prepare bagged meals prior to the Run. The items that are most in demand are clothing for men -- men's underwear, socks, long underwear, hats, gloves, pants, shirts, winter coats and jackets -- as well as blankets, small sized toiletries, and bags that someone can carry their goods with, such as gym bags, backpacks, and canvas shopping bags. Anyone wishing to donate clothing or toiletries can bring them to the main office of Temple Israel. More information at www.midnightrun.org, or contact Dr. Rob Panzer for information about Midnight Runs from Temple Israel: panzerwizado@gmail.com, 516-487-0515.

M'YAD L'YAD-HELPING HANDS is dedicated to enhancing the lives of the needy on Long Island through the anonymous pairing of volunteer sponsors with recipients. This encourages ongoing relationships and provides friendship and dignity, as well as material support. Possible projects include shopping for a gift for a recipient or adopting a family. The organization can also use help with their website. 74 Hauppauge Rd., Commack, NY 11725. Contact Mark Zimmerman at 631-486-6636, hands@myadlyad.org, www.myadlyad.org.

NASSAU COUNTY MUSEUM OF ART has a monthly art program for kids with special needs. It is held the first Monday of each month from 4:00-5:15 pm. Children can serve as peer mentors. Contact is Cindy Wittels: cwittels@gmail.com.

NORTH AMERICAN CONFERENCE ON ETHIOPIAN JEWRY provides school supplies, mentoring, academic scholarships and more for impoverished Ethiopian Jewish children in Israel, and advocacy and direct aid on behalf of the Falash Mura Jewish returnees waiting in Ethiopia to make *Aliyah*. See www.nacoej.org for detailed information about Mitzvah project ideas. (Click on "Mitzvah Project Page" on the right side, then "Project Ideas, Guides, Tools and Materials.") Contact: 212-233-5200, mitzvah@nacoej.org, 132 Nassau St., #412, NY, NY 10038.

NORTH SHORE/LIJ HOSPITAL/COHEN CHILDRENS MEDICAL CENTER: The Child Life Program at Cohen is looking for donations of new books for their "Books on Wheels" program for children in the hospital as well as teen and infant/toddler items. Due to infection control issues, the books must be new and they cannot be shared. A wish list is attached. Delivery must be coordinated in advance through Child Life at 516-470-3005, option 3. Contact Michael Swenson, Donations Coordinator.

ONEG SHABBAT is a privately funded food pantry that delivers meals to over one thousand struggling Orthodox Jewish families all over Brooklyn. Oneg Shabbat delivers eggs, meat, bread, as well as clothing and many other desperately needed items. Contact Mrs. Deutsch, 917-335-4567 or 347-486-1963.

A PACKAGE FROM HOME collects and packages snacks, toiletries, batteries, and other useful items, as well as letters of support, to soldiers in Israel who have no families or who are serving in particularly difficult circumstances. Items cannot be sent to Israel, they must be brought to Israel. The website contains numerous (and current) examples of others who have made A Package from Home their mitzvah project. For a list of items that are needed, go to www.apackagefromhome.org and click on "Items to Bring." Israeli contact e-mail is emess@netvision.net.il. Local contact is Daniel A. Lindenfeld, Esq., 445 Central Ave., Suite 332, Cedarhurst, NY 11516, aygdf@aol.com.

PARKER INSTITUTE AT LONG ISLAND JEWISH (LIJ): Children are welcome to visit with the residents to make holiday cards, perform holiday songs or older children can help residents with their Bingo cards. Visits are for about 45 minutes. Sunday mornings are better than weekday afternoons. Contact Jacob Berlin at 718-289-2184.

PORT WASHINGTON SEPTA website lists local sports programs geared toward special needs kids. Many welcome peer mentors: www.portsepta.org/sports.php

PROJECT LINUS collects new, handmade, washable blankets from volunteers, then distributes them as gifts to seriously ill and traumatized children, ages 0-18. It is Project Linus' policy to accept blankets of all sizes, depending on local chapter needs. All blanket styles are welcome, including quilts, tied comforters, fleece blankets, crocheted or knitted afghans, and receiving blankets in child-friendly colors. Blankets must be homemade, washable, free of pins, and come from smoke-free environments due to allergy reasons. Go to www.projectlinus.org to get the pattern and instructions for making a simple blanket. They can be knitted, crocheted, quilted or made from fleece. The contact person for the Nassau/Long Island Chapter is Mary Reardon. Her e-mail address is reardon8@aol.com. Mary will come to pick them up from us.

ROCK CAN ROLL, INC.,™ is a volunteer, nonprofit, hunger relief organization committed to restocking the dwindling shelves of local food pantries, soup kitchens, safe homes and shelters. It collects and delivers much needed items to organizations devoted to helping the neediest. Go to www.rockCANroll.org and click on "Most Needed Food List" to find out the current needs. Contact: Aimee Holtzman, 516-822-3457, aimee@rockCANroll.org for further information.

RONALD MCDONALD HOUSE: The Ronald McDonald House in New Hyde Park (267-07 76th Avenue, New Hyde Park, NY 11040) is in need of various household items, cleaning supplies, linens, toys, etc. A wish list is attached. Children can also schedule a time to come to the House to bake desserts weekdays between 2 and 4 pm. Contact Mike Pfeiffer, Program and Volunteer Manager at 718-343-5683 x133 or mpfeiffer@rmhlongisland.org for further information. (See p. 14 for wish list.)

SHOAH COMMITTEE at TIGN Third generation (grandchildren of) Holocaust survivors and others interested in projects related to family lineage and personal histories of the Holocaust can contact Ruthe Golden at 516-482-0483 or morahruthe@aol.com.

SID JACOBSON JCC in Roslyn has a wide variety of volunteer opportunities for students. Options include website maintenance, theater, musicians, working with children with special needs and more. Detail: Scenic designers, set builders, artists, costumers, lighting and sound technicians, stage managers and stage crew can help with productions. Musicians—especially keyboardists, drummers, guitarists and horn players-- can play in the "pit" for productions. There are several different opportunities to work with teens and children with special needs, including teaching sports and life skills. Being a peer mentor in the Sunday morning BOOST program at 9 am and Shooting Stars basketball program at either 10:30 a.m. or 11:30 a.m. are popular for mitzvah projects. Contacts vary by interest: www.sjjcc.org.

SOARINGWORDS is a non-profit organization devoted to helping millions of ill children and their families to heal, through therapeutic activities in the hospital and through gifts of personalized pillows and quilts. Quilts and pillows can be designated for local hospitals or hospitals in Israel. This organization has a "turn-key" mitzvah project that could be customized based on the mitzvah project child's interests and is extremely flexible to work with. Contact www.soaringwords.org, heal@soaringwords.org, or 646-674-7105.

SOCIETY FOR THE PROTECTION OF NATURE IN ISRAEL: Society for the Protection of Nature in Israel's goal is to protect Israel's environmental assets against the consequences of unbridled development. SPNI is the largest independent membership organization in Israel, with over 100,000 members (an equivalent organization in the United States would have a membership base of 5 million.)

SPNI leads the public and decision-makers in the search for environmentally sustainable and economically sound ways to promote growth while protecting Israel's unique environmental heritage through education, organizing public involvement, informing decision-makers and proposing creative solutions to development plans. Hands-on projects for bar/bat mitzvah students visiting Israel can be coordinated ahead of time. There are guided hikes from field schools, and programs in Jerusalem, Ein Gedi, Eilat and Beer Sheva, as well as other parts of Israel. The U.S. office is located in Great Neck. Contact Robin Gordon at 800-411-0966 or robin@aspni.org.

ST. ALOYSIUS FOOD PANTRY is the only food pantry in Great Neck. It provides food, clothing and emergency services to the most needy people in Great Neck. The pantry is located directly behind St. Aloysius Church, 529 Middle Neck Rd. Contact Bertha Del Carpio, 516-482-2771.

SUNRISE DAY CAMP, for children ages 3-16, is the only dedicated day camp in the nation for children with cancer. It is a camp designed to meet the emotional, social, recreational and physical needs of these children while allowing them to enjoy the comforts and safety of their own homes at night. It is operated by the Friedberg JCC. The camp is offered free of charge to all children being treated for cancer on a non-sectarian basis. Donations are needed for **Sunrise on Wheels**, which is an incredible, year-round outreach program for children and families who are in the Outpatient Clinic for part or all of the day. The contact person is Lindsay Mauer 516-766-4341 (ext. 163), lmauer@friedbergjcc.org.

Sunrise on Wheels is a program where volunteers roll out a rainbow tie-dye trunk into the waiting room/playroom of the Pediatric Hematology/ Oncology Clinic at Cohen Children's Medical Center (formerly Schneiders) every Monday and Friday morning. The trunk is filled with games, cards, coloring books, crafts and stickers, and individual hand held games like electronic baseball, Simon, and Mini Guitar Hero.

TIGN CHESED CONNECTION is the arm of Temple Israel that organizes and spearheads many mitzvah projects and good works. Contact the Chesed Connection for more information about the ways you could work on or lead one of the many projects TIGN is involved with. For example, bar/bat mitzvah children could help with one of the several "drives" each year including food drives for the High Holy Days and Purim, a winter coat drive, etc. Students could also get involved with making food for the hungry in the January Campaign Against Hunger. A list describing many of the "chesed" works is attached. Contacts: Laura Gal, drsgal@gmail.com or Rebecca Sassouni, rebeccasassouni@gmail.com.

TIKUN ALLIANCE OF THE NORTH SHORE (TANS) is a consortium of area synagogues that plan social action initiatives such as feeding the homeless, coat drives, birthday parties for kids in shelters, saving the environment, etc. TIGN contacts are Rebecca Sassouni, rebeccasassouni@gmail.com and Laura Gal, drsgal@gmail.com.

TIKVA CHILDREN'S HOME in Odessa, Ukraine cares for the homeless, abandoned and abused Jewish children of Odessa, Ukraine. Tikva provides them with a loving home, essential social services, a first-rate education in the environs of a revitalized Jewish community, and an opportunity for a brighter future through immigration to Israel. Tikva operates boys' and girls' homes, an infant home, a Meals on Wheels programs, co-ed elementary and preschools, and boys' and girls' high schools serving over 650 Jewish children from Tikva's homes and the Odessa region. Possible projects that students can

do to support Tikva: jewelry sales (students make bracelets to sell to friends and family and can also be sold through Tikva website); blanket/hat/scarf donations (students can knit winter gear to donate to Tikva's children or can be made in connection with "sewing/knitting circles" with elderly community members). Contact Rebecca Gottlieb, 917-262-1818, rebeccag@tikvaodessa.org, www.tikvaodessa.org

TOWN OF NORTH HEMPSTEAD ANIMAL SHELTER: Jenna Givargidze has a wealth of knowledge of animal-related project ideas. Ideas include children making posters of animals available for adoption and then asking local businesspeople to post in their shop windows, sewing toys together for the animals to play with, helping with plantings for their nature trails in the spring and summer, decorating collection boxes and asking to put on local businesses' counters, organizing a pet walk. More ideas can be found at www.humaneteens.org and www.kindnews.org Town of North Hempstead Animal Shelter can be reached at 516-869-6311 and ask for the Animal Shelter, www.theshelterconnection.com or Givargidzej@northhempsteadny.gov.

UJA GIVE A MITZVAH/DO A MITZVAH: This program of UJA enables bar and bat mitzvah students to create their own unique mitzvah projects that connect their interests and hobbies to UJA-Federation of New York's work on Long Island, within the U.S., in Israel and around the world. Alongside a UJA-Federation mitzvah coordinator, participants brainstorm individual projects and then contribute their time, energy, and a portion of their gifts to their own special mitzvah project. Examples: David, who loves computers, donated laptops to the pediatric unit of a hospital and taught some of the kids how to play his favorite computer games. Zoe, who loves to swim, helped restore a pool and bought uniforms for a swim team of underprivileged children, and hosted a pizza party for the swimmers after a big tournament. <http://www.ujafedny.org/mitzvah-programs/>. Contact Orna Sheena, sheena@ujafedny.org or 516-677-1832.

UNLIMITED SPORTS ACTION in Port Washington has a weekly 45-minute sports class for children aged 5-12 on the autism spectrum. Sessions run 10 weeks long. Volunteers are needed to assist with the class and pair up with the children. Contact Frank at 516-767-7675.

WILDCATS SOCCER The New Hyde Park Wildcats Soccer Club runs a program for children with special needs. Volunteers please call Richard Bletsch at (516) 328-3043. www.nhpwildcats.org/.

YAD B'YAD (Hand in Hand), organized and funded by the Sisterhood of Temple Israel, assists members in time of illness, emergency, family death and other crisis situations. Volunteers bring food, provide transportation, do grocery shopping, help with car pools and provide other support services, when daily life is interrupted by unforeseen events. Contact Brenda Kopelowitz, 516-482-2787, bkopelowitz@yahoo.com.

YAD LaKASHISH provides Jerusalem's needy elderly and disabled with the opportunity to remain active through creative work opportunities in an array of artistic workshops. Students travelling to Israel can visit the workshop. Ways of getting involved from the U.S. include organizing a Yad LaKashish booth at an upcoming school or Israel fair or suggest that your synagogue gift shop or local Judaica store incorporate items from Yad LaKashish. Yad LaKashish has a strong connection with the Conservative movement. www.lifeline.org.il.

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Chesed Connection

Social Action at Temple Israel of Great Neck

Looking for a project based at Temple Israel of Great Neck or organized by TIGN members? There are many chesed (social action) activities for members to get involved with at. Your participation is warmly welcomed.

Bikur Cholim. Visits the ill, recovering and homebound. Contact Karen Ashkenase, 487-3048

Birthday in a Box. Annual project to assemble the makings of a birthday party including food items, goody bags and a few gifts for a local child in need. Project in conjunction with the Tikkun Alliance of the North Shore. Contact Laura Gal, drsgal@gmail.com

Blood Drive. Semi-annual blood drive coordinated through Men's Club. Contact Charles Adler, ciadler@aol.com

Campaign Against Hunger. Annual event to assemble and serve a hot meal to those in need in Nassau County. Project through the Tikkun Alliance of the North Shore done in partnership with other synagogues. Contact Laura Gal, drsgal@gmail.com or Rebecca Sassouni, rebeccasassouni@gmail.com

Chesed Connection. Coordinates good deeds work at TIGN. Collaborates with other local synagogues through participation in the Tikkun Alliance of the North Shore. Also organizes several additional chesed events and drives. There are various opportunities for congregants to chair one-time or annual events. Contact Laura Gal, drsgal@gmail.com

Food and Clothing Drives. Various times during the year including high holiday food drive, chametz drive, winter coats drive, prom dress drive. Each drive could use a chairperson. Contact Laura Gal, drsgal@gmail.com

Great Neck Sisters Project. Coalition of women from a host of Great Neck synagogues work together on an annual chesed project to benefit a local charity, usually one that helps women. Contact Karen Ashkenase, 487-3048

Green Committee. Works to help make TIGN an environmentally "green" responsible place. Contact Alex Schoen, alexschoen@gmail.com

Hatzilu. Provides financial assistance and food to needy Jews living in Nassau County. Temple Israel leaders were among its founders and remain involved in its leadership today. Contact Manny Bardash, mbardash@ieee.org, www.hatzilurescue.org

Midnight Run. During winter months, delivers clothing, blankets and sandwiches to homeless men living on NYC streets. Makes several late night runs each year, leaving from TIGN. Contact Rob Panzer, panzerwizado@gmail.com

Minyan. TIGN holds morning and evening services every day of the year. Services can be very important, especially for those who need to say Kaddish, and it is oftentimes hard to get an official 10-person minyan, especially weekday mornings. Attending this short service could prove extremely helpful to fellow synagogue members.

Shabbat Dinner Delivery. Cooks and delivers Shabbat dinners to needy individuals and families in GN. Contact Lori Freudman, loripaul2@aol.com

Tikkun Alliance of the North Shore. TIGN participates in this collaborative community effort formed to address tikkun olam, repairing the world, including tackling problems such as hunger, poverty and the environment. Seeking a TIGN representative to TANS. Contact Laura Gal, drsgal@gmail.com

Yad b'Yad. Does whatever it can to make life easier for congregants in times of stress including setting up a home for shiva, assisting with the meal after a funeral, providing a Shabbat dinner, delivering care packages, doing grocery shopping and helping with carpools. Contact Brenda Kopelowitz, travelwithbrenda@yahoo.com



Cohen Children's Medical Center of NY Wish List 2010, Child Life Department

Thank you for your interest in providing items for the patients at Cohen Children's Medical Center of NY. To assist you in making decisions about what to provide, here are our donation guidelines:

1. All items **MUST** be **NEW** and/or in their original packaging.
2. Please leave items **UNWRAPPED**. Gift-wrapped items will be unwrapped before distribution.
3. Cohen Children's Medical Center of NY only accepts **SCHEDULED** donations dropped off at the hospital. (Pick-ups are unfortunately, not available). [516-470-3005 ext.2]
4. **The hospital is unable to accept items associated with a particular religion or belief system.**

Ideas for toys and donation items (see list below for further details)

- **GIFT CARDS** in \$10-\$15-\$20 increments to such retailers as:
Best Buy Blockbuster Toys R Us Babies R Us American Eagle
GAP Old Navy Target Circuit City iTunes
- **PHONE CARDS**
- **MAKE CHECKS PAYABLE TO CHILD LIFE DEPT./COHEN CHILDREN'S MEDICAL CENTER OF NY**

INFANT/TODDLERS

Baby Blankets
Baby Clothes
Baby Socks and Hats
Infant Activity Centers
Plastic baby toys
Baby Mobiles (plastic)
Toys with lights, sound, colors
Toy appliances (play phones, radios, etc)
Lullaby CD's

DVD's Please, No VCR Tapes

Baby Dolls (Cloth or Plastic)
Teethers
Brand New Tagged Stuffed Animals
Crib Mirrors

SCHOOL AGE CHILDREN

Art Kits (Markers, Crayon Packs)
DVD'S
Journals
Computer Games
Model Kits
Coloring Books
Popular Board Games (See list below)
Puzzles

PRE-SCHOOL CHILDREN

DVD'S
Play dough (Individual or Set)
Little Tikes/Fisher Price items
Popular Board Games
Matchbox/Hot Wheels cars

GAME LIST

Chutes and Ladders
Candyland Cranium Games
Connect Four, Clue
Chess, Checkers
Guess Who, Jenga
Monopoly, Sorry
Puzzles and Brain Teasers
Regular Playing cards
Trivial Pursuit teen edition
Trouble, Taboo
Yahtzee

ELECTRONICS

Portable CD/Cassette player radios
Portable DVD Players
DVD Movies (most recent)
 Rated G or PG-13 only
CD Discmans
Small Electronic Keyboards
GameBoy, Game gear & Cartridges
Playstation 2, 3
Gamecube
Nintendo Wii
X-Box 360 X-Box

DISTRACTION/THERAPEUTIC

(These items help patients cope with painful procedures)
Fisher Price Medical Kits
Sound Books with push buttons
“I Spy” Books
Hand Held water toys
Hand Held electric games
Kaleidoscopes
View Master with Slides
Bubbles (Small ones)

MUSICAL INSTRUMENTS

Hand percussion instruments by Remo or LP
Small Electronic Keyboards
Remo Drum Shapes

ADOLESCENTS

DVD movies
PlayStation 2 Games
I-Tunes Gift Cards
Best Buy gift cards
American Eagle Gift Cards
Old Navy Gift Cards
Target Gift Cards
Adolescent clothing
Apple iPod Shuffle
Spalding NBA Elevation Official Basketball
Beach Pillow Speaker
Portable MP3 Speakers
Bead Kits
Art Kits
Arts/Crafts Supplies
Remote control car
Sportscraft Door Jamz Basketball
Magnetic Double-Sided Dart Board
LEGO - Bionicle Series
Tech Deck Sk8 Shop
Nail polish/make up kits

ARTS AND CRAFTS ITEMS

Washable Markers
Elmer’s Glue
Crayons in small personal sized packs (ex. 4, 6, 8, 16, and 24 packs)
Play Doh and Play Doh play sets
Sequins
Velcro
Colored Pencils
Fabric Markers and Paints
Craft Projects/Kits with directions for teens and adults
Stickers
Glue sticks
Small Elmer’s glue

Donations of Unused Brand New Generic Wrapping Paper would also be appreciated



The Ronald McDonald House of Long Island

267-07 76th Avenue

New Hyde Park, NY 11040

718-343-5683 or 516-775-5683

Wish List Program September 2010

Gift Certificates (\$10, \$15 & \$20 increments) to any of these stores:

- Waldbaums/Pathmark/Stop&Shop
- PC Richards and JCPenney (combined for major appliance purchases and house linens)
- International Phone Cards

Family Support and House Needs

To help maintain integrity, please be sure that all items are new and in their original packaging.

Pantry – Snack Foods (Chips, Pretzels and Cookies - snack size/individual pre-packaged), Baby Food, Cooking Spray, Vegetable Oil and Clear Plastic Wrap.

Cleaning Supplies – Liquid Hand Soap, Disinfecting Spray, Laundry Soap, Soft Scrub (Cleaning Cleanser), Glass cleaner, and all purpose spray.

Linens – Full Size Mattress Protectors (plastic and white), Full Size Fitted Mattress Pads (white only), Shower Curtain Liners (white or clear), Standard Size Bed Pillows (solid white only), Standard Size Pillow Protectors (white only), Bath Mats (terry looped white only), Bath/Hand/Face Towels (solid white only), Umbrellas and Travel Size Pillows

Kitchen –Automatic Dishwasher Liquid, Dishwashing Liquid, Oven Cleaner and Stainless Steel Tea Kettles

Electrical Items –Vacuums

Family requests –Diapers (any size), **Batteries (AA)**, Baby Wipes, New Infant Toys, New Car Seats, New Strollers and Toilettes (travel size - toothbrushes, soap, lotions).

Prior to donating any new toy items, please check that it's not on the recall list:

www.recalls.gov





Cancer Center for Kids Wish List

The Cancer Center for Kids (CCFK), positioned within the framework of Winthrop-University Hospital's broad-based pediatric programs, meets the complex challenges of children's cancers and related blood disorders with a relentless spirit and dedication to improving the lives of our patients and their families. If you could see the tears turn to smiles the way I do every day, you'd be as proud of our awesome team of pediatric oncology specialists as I am. They foster hope and healing...they shine their light on all who cross our threshold. With your help we are creating a safe haven of comfort and caring for our children and their families.

Here is a list of toys and other items for our precious children.

Please note that

1. ALL ITEMS MUST BE NEW AND/OR IN THEIR ORIGINAL PACKING.
2. Please leave items UNWRAPPED. Gift wrapped items will be unwrapped before distribution.

IDEAS FOR TOYS AND DONATION ITEMS:

- Gift cards in small denominations - supermarkets, drugs stores, Toys R Us, Target, Wal-Mart, gas cards, food chains are some examples.
- New Current DVD's • Games for PS3 • Games for Wii • Batteries "AA", "AAA", "C"
- Stickers, Band-Aids, Tattoos • Arts and craft items

Infants/Toddlers

- New Baby clothes, socks, hats • Infant Activity Centers • Plastic baby toys • Baby Dolls
- Baby mobiles (plastic) • Walking Toys (Pushing/Pulling) • Ride on Toys (Using Feet)
- Toys with lights, sound, colors

Pre-School Children

- Pin wheels
- Play dough
- Little tikes/Fischer price Items
- Matchbox/Hot Wheels Cars

School Age Children

- Journals
- Model Kits
- Coloring Books
- Popular Board Games
- Puzzles
- Action figures - super hero's, wrestlers.

Adolescents

- Any gift card
- Books-hard cover
- Nail polish/make up kits
- New Adolescent clothing
- Current Music CD's

Distraction/Therapeutic-

These items help patients cope with painful procedures;

- Fisher price medical kits
- Sound Books with push buttons
- "I Spy" books
- Hand Held water toys
- Kaleidoscopes
- View Master with Slides
- Bubbles (small bottles)

Musical Instruments

- Small hand percussion instruments
- Small Electronic Keyboards
- Remo Drum Shapes
- Kazoos
- Disposables wind instruments



MORE GREAT MITZVAH PROJECT IDEAS CAN BE FOUND AT THESE WEBSITES:

www.Jchoice.org www.Mitzvahheroesfund.org www.Mitzvahchic.com

www.eMitz.com (Good Deeds section) www.areyvut.org



The Holocaust Memorial and Tolerance Center **Community Service Opportunities**

The Holocaust Memorial and Tolerance Center was created by a group of survivors as a living memorial teaching the lessons of the Holocaust to fight intolerance in today's world. The Holocaust Center's programs are far-reaching and positively affect students and adults. The Center's professionally designed Holocaust museum opened this January as a state-of-the-art, multi-media experience for visitors.

The Center offers community service opportunities that translate into life long lessons and educational experiences for each participant. Community service days include a presentation by the Center's education staff as an interesting and thought-provoking touchstone for beginning conversations and activities relating to the lessons of the Holocaust.

Tolerance Workshop

Host a Tolerance Workshop for your Bar/Bat Mitzvah class, at your school or as part of your club. With the assistance of a Center volunteer, the candidate will help facilitate the Workshop. The Workshops give a brief overview of the Holocaust with relevance to current events discussing the roles of perpetrator, victim, bystander and hero. The class will discuss intolerance in the students' own environments and the roles they play in those circumstances.

Tolerance Club

Begin a "Tolerance Club" at your school. Every seven minutes a child is bullied at school. Unfortunately, teachers intervene in only 4% of all school bullying incidents, and students intervene only 11% of the time. The most profound way to teach students about the consequences of intolerance is to listen to a Holocaust Survivor or Liberator in person, and our student programs for grades 5-12 include live testimony. Our Tolerance Workshops provide students with effective tools to challenge intolerance successfully and safely. Trained facilitators, films and small group discussions and activities designed to teach these powerful life lessons are included. Interactive discussions with trained facilitators, films and activities present students with specific ways to decrease hatred in their schools and communities. Tolerance Workshops focus on transforming bystanders into upstanders by relating to the roles played by individuals during the Holocaust.

A Walk to Remember

Children's Memorial Walk, an event to honor the memory of the children lost in the Holocaust, is an opportunity for youth to raise funds, build awareness and create a permanent relationship with the Center as they earn an engraved butterfly, bench, or garden section recognition in the Garden. The Garden's exquisite array of plants provides beauty in every season. Colorful flowers and fragrant lavender attract a myriad of butterflies. Holocaust Center guests and visitors to the Welwyn Preserve, where the garden is located, are drawn to its serenity and inspired to meditate on how the world could allow such a tragedy to occur. The walk is part of the J-Serve Community Service Day. Our event provides an opportunity for organized Jewish youth groups as well as individuals from across Long Island to get involved with an important community service project while learning more about the Holocaust from the perspective of the various situations faced by children during that time in history.

Hands On Gardening

The Children's Memorial Garden, is a living tribute to 1.5 million children murdered during the Holocaust and to the countless number of other children whose lives were lost during World War II. When weather permits, a stroll through the Garden has become part of every educational program and students are encouraged to reflect on what they have just learned during their programs at the Center. Flowers, like children need nurturing. Annual and seasonal maintenance costs, repairs of watering systems, pruning and replacement of plants are causes for concern.

Million Penny Collection

Raise one penny for every child who perished during the Holocaust. Donate the monies to the Holocaust Center's Children's Memorial Garden. A butterfly plaque with your name will appear on the wall of the Garden.

Twinning Program

Twinning grants you the privilege of forging a sacred, symbolic *dov l'dor* (generation to generation) with a child of the Holocaust. Learn how you can share your Bar/Bat Mitzvah with a local survivor who did not have the opportunity to have B'nai Mitzvah during the Holocaust. Or share your B'nai Mitzvah with one of the 1.5 million Jewish children who perished during the Holocaust. The Center will provide you with the name and information about a young victim.

Public Relations

Individuals can become the Center's ambassadors in their school. Introduction for Center's unique Tolerance programs, hosting of a Tolerance Club which initiates scheduled tolerance initiatives, or host Holocaust Center activities in their community.

Internships

On-site learning experiences through internships and volunteer opportunities are available for high school and college students.

**Contact: Barbara Karlowich, barbarakarlowich@holocaust-nassau.org
Holocaust Memorial and Tolerance Center of Nassau County
100 Crescent Beach Road, Glen Cove, NY 11542
Phone: 516-571-8040, x-117 Fax: 516-571-8041**

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For any additions or changes, please contact Jackie Einstein Astrof at jastrof@optonline.net
We welcome hearing about other ideas you have encountered that we could add to this list!

**Thanks to our Religious School Mitzvah Committee for their work on this comprehensive list:
Jackie Einstein Astrof, Rachel Geula, Esther Rowin Katz, Miriam Kobliner and Roya Shavolian.**

Step 3: Start your project! Follow your passion... come up with your own idea incorporating your interests! Here's an example:



TZEDAKA BOX

Focusing on young people and their mitzva projects

Cupcakes for kids

Name: Rebecca Engel

Age: 12

Town: Rockaway

School: Thomas Jefferson School, seventh grade

Parents: Craig Engel and Elissa Cohen Engel

Bat mitzva: Sept. 10, 2011

Synagogue: White Meadow Temple, Rockaway

Mitzva project: Rebecca teamed up with Mara's Cafe and Bakery in Denville to design a signature cupcake to sell as a fund-raiser for St. Jude Children's Research Hospital. "Becca 4 St. Jude's Kids Cupcake" has a chocolate base filled with chocolate mousse and is topped with white chocolate butter cream and a handmade chocolate heart. Twenty cents from the sale of each cupcake will go to the hospital.

When: Through August 2011

How it helps: The money raised will go toward funding research to combat children's cancer and toward covering the cost of treatment and care for any child who cannot afford the cost of the hospitalization.

Why this project: "I decided to do this project because I love the work St. Jude Children's Research Hospital does for kids," said Rebecca. "I think it is wonderful that St. Jude takes in kids who cannot pay. In this economy, it must be very hard to gather the resources they need to help the kids they treat. I also enjoy baking and LOVE chocolate."

Inspiration: "During the time I was looking for what I wanted to do for my bat mitzva project," said Rebecca, "I had a math-athon at school that was a fund-raiser for St. Jude. I had an assembly for different ideas for the projects I could have done, and none appealed to me. I wanted to do something out of the ordinary. Shortly afterward, my mother and I went to Mara's, and I had an awesome cupcake. My

mother and I were brainstorming over what I could do for my project, and the idea of pairing Mara's cupcakes and fund-raising for St. Jude came easily."

The project, said Rebecca, "is meaningful to me because it allows me to do a mitzva by giving back to the community and helping sick children. I believe this is what a bar/bat mitzva should be about, not a giant party."



Rebecca Engel and Mara, owner of Café and Bakery in Denville, offering Becca 4 St. Jude's Kids Cupcakes.

Who helped: "The Magley family, who owns Mara's, Ian and Mara specifically, were instrumental in getting this project off the ground," said Rebecca. "They embraced the idea immediately and helped me get started right away. They allowed me to design the cupcake and gave feedback about its name. I would also like to thank my mother who was with me the whole way and helped achieve this dream."

How others can contribute: Go to Mara's Cafe and Bakery in Denville and purchase the "Becca 4 St. Jude's Kids Cupcake."

Bar/Bat Mitzvah Mitzvah Project Form

Name: _____

Project description: _____

Name of organization or agency: _____

Time commitment: _____

Date project will begin: _____

Anticipated date of completion: _____

Agreement: _____ Date: _____

Student: _____

Parent: _____

Teacher: _____

