



THE UHI BULLETIN

The Weekly Newsletter of United Hebrew Institute, Kingston, PA



Dear Parents,

One of the greatest gifts G-d bestowed upon mankind is the power of speech. This ability is one of the defining characteristics that elevates people above the rest of the animal kingdom. Speech is vital to our ability to communicate effectively and we cannot imagine our society functioning without verbal interaction. As with any other skill, talent, or ability, it must be used appropriately.

The U.S. Constitution grants each one of us the freedom of speech. However, that right carries with it a responsibility not to harm others with our expressed words – oral or written. The Torah is much more structured in dictating how we may express ourselves. We are commanded to guard our tongues from saying anything that may harm or disturb anyone anywhere. Just the possibility of causing shame, discord, or monetary loss to another person renders a comment or statement forbidden. My father, of blessed memory, had many very wise expressions. One his favorite was, "It takes a child two years to learn how to speak, and seventy years to learn how to be quiet."

The great sage, Rabbi Israel Meir [HaKohen] Kagan, also known as *The Chofetz Chaim*, (b. circa 1840 d. 1933) authored a landmark book detailing the laws of speaking properly in accordance with Jewish law. He wrote it anonymously and called the book, "Chofetz Chaim" which means [He Who] Desires Life. The title is based on the verse King David wrote, "Who is the one who desires life? Guard your tongue from speaking evil." Eventually when his identity became known, he was fondly and respectfully referred to all of Jewry as "*The Chofetz Chaim*."

In his book he notes that nothing more ill will and discord than gossiping. Slander divides people and families, and tears at the very fabric of the Jewish nation. He also notes that the verse quoted above also informs us that the key physical health lies in our quality of our speech.

This connection between speech and life recently came together during the recent Israeli incursion into Gaza. As many of you are aware, the students regularly say psalms for people who are ill or injured, and this certainly includes wounded Israeli soldiers. Many leading rabbis felt that it would wise to prevent injuries in the first place by Jews the world over committing themselves to speaking properly.

I agreed to join this effort and commit our students (on a voluntary basis) to participate. Each student agreed to take upon himself/herself one half hour a day to be especially diligent in speaking properly. I was very encouraged with the zeal with which the students volunteered their half hour commitment. The sign up placards are hanging in the hallway with the students' names in designated half hour increments.

Now I open this project up to our parents as well. If you would like to commit to one half hour per day to speaking only proper speech, please find an available slot on the chart and then see Mrs. Seewald or me. I feel it would be not only a wonderful practice for one's own self-improvement, but it would serve as a great example for your children as well.

I look forward to your joining the students and staff in this truly meaningful undertaking. May this and our other good deeds find favor in G-d's eyes so that we experience no more suffering, and instead usher in the final redemption.

Shabbat Shalom, Rabbi Raphael Nemetsky

A NOTE FROM TALY

The lunch program continues to be a big hit with the children. Again, thanks to all the volunteers, you make it all happen! **Please remember to send in your child's completed lunch form for session two which begins on February 3.** Additional copies are available at the UHI office.

The January 29 PTA meeting was cancelled and details for next meeting will be announced.

A Tu B'Shvat Family Fun Day at UHI will take place on Thursday, February 5, from 4:00 to 6:00 p.m. Malka Seewald is coordinating this festive event and is in need of volunteers. Please contact her or Jenny Rizel for more information or to volunteer.. Attached is a Tu B'Shavat Family Fun Day flyer and hope to see you at this fun, family event!

Taly Kornfeld, PTA President



CALENDAR OF SCHOOL EVENTS

- ◆ February 6 - Grandparents / Special Friend Day (watch for details)
- ◆ February 16 - President's Day, School Closed
- ◆ February 18, UHI Learning Fair (watch for details)

GOOD AND WELFARE

Mazel tov to:

Rena Schoenfeld on the birth of a Granddaughter!

Get Well to:

Leah Lowy

Rosemary Chromey

Condolences to:

Mr. & Mrs. Vozniak in Memory of their daughter Lisa

Atty. & Mrs. Bishop in Memory of father, Abraham Bishop

The Feldman Family in Memory of I. Eric Feldman

Mrs. Irving Moskow & Barbara Weiss in memory of mother,
Sylvia Weiss



Have a special day? Or Yahrzeit,
UHI PTA Invites you to share with:
Parnas HaYom!

What is Parnas HaYom? Meaning "sustainer of the day" in Hebrew, Parnas HaYom gives people the opportunity to remember a loved one or celebrate a joyous event by underwriting the study of Torah by UHI students for a day, a week or even a year. Parnas HaYom is now conducted in countless Jewish day schools nationwide, and school supporters use it to remember a Yahrzeit, celebrate a birth, wedding, anniversary or bar/bat mitzvah, or to reap the spiritual benefits for a speed recovery (in Hebrew, *refuah sheleimah*) from illness.

But how does it work? The students are made aware for whom they are learning through an announcement at the beginning of the day, as well as a placard at the entrance of the school noting that day's Parnas HaYom and notices placed in the school newsletter.

How can I be part of this? Individual days may be obtained for \$18, a week for \$72 and the rest of the year can be sponsored for \$360. Days in perpetuity, along with a special Etz Chaim plaque, can also be reserved so that your loved one can always be remembered by UHI in a living, vibrant and uniquely Jewish fashion. Please contact Barbara Bell at 570-696-4447, Malka Seewald at 570-288-7317 or return the attached form to the UHI front office at 570-287-9600 in order to reserve a date for your special commemoration.



Please remember to use Price Chopper Scripts and your Advantage Card for UHI's participation in the "Tools for Schools" program (School Code 17362) which will end on February 14, 2009.

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UHI LUNCH PROGRAM MENU

Week One of the Second Session

Tuesday, February 3 - Hot Dogs & French Fries

Thursday, February 5 - Macaroni & Cheese w/corn

Fresh fruit and salad served at every lunch

PTA NEWS

- ◆ January 29 PTA meeting was cancelled due to inclement weather, Next meeting details to be announced.
- ◆ A Tu'B'Shvat Family Fun Day at UHI will be held on Thursday, February 5, from 4:00 to 6:00 p.m. at UHI. There will be a Falafel and Israeli salad dinner along with activities, games, art projects and raffles. Dinner is \$6.00 with no entrance fee. Volunteers are needed. For more information or to volunteer contact Malka Seewald at 288-7317 or Jenny Rizel at 287-7071. See attached flyer for details.

JCC COMMUNITY NOTES.

- ◆ February thru March from 6:30 to 8:00 p.m., Rabbi Roger Lerner, Rabbi Larry Kaplan and Rabbi Nachman Bruce are leading an Introduction to Judaism class. This will be an 18-week class covering all topics such as history, textual Hebrew and more. Cost is \$18 plus cost of books. JCC 824-4646.
- ◆ February 4 - April 1, JCC Institute of Learning will meet on Wednesdays from 10:30 a.m. - 11:30 a.m. at the Center from January 14th thru April 1, contact JCC for topics, speakers and dates, 824-4646.
- ◆ February 22 (Sunday), a presentation by Dr. Sheldon Spear discussing his new book on Dan Flood, at 11:15 a.m. A congregational lunch will follow, contact the JCC for reservations.
- ◆ March thru April (Thursdays), Eezy-Peezy Poetry Class at JCC from 7:00 to 8:00 p.m., cost is \$25 per student plus cost of book. Instructor is Jim Landon, local poet and photographer. For more information call Barbara Sugarman at 824-4646.

JEWISH FAMILY SERVICE

- ◆ JFS thanks UHI for their kindness and generosity on the recent in-school food drive to fill the shelves at Sarah's Table.
- ◆ JFS would like to buy two children new bicycles through the Samuel Nelson Bicycle Fund. Please call Lisa Morgan at 823-5137 with your request. All requests are confidential.

PAINTING AND SCULPTING IN ART CLASS

Teacher: Sara Eneboe

The students at UHI have been studying the techniques of painting and sculpting in



Art Class. Kindergarten and first grade have discovered "new" colors by mixing watercolors noting that the secondary colors give a strong contrast to primary colors. The crayon resist paintings demonstrate warm and cool contrast and medium clashes because of the wax against water.

The second and third grades are studying 3_D sculpture. The second grade rolled and imprinted African Amulets. This aboriginal art helps students understand the culture

of Ancient Africans. Third grade has been studying deductive carving by working on a soap sculpture, which is very soft material compared to Michelangelo's chiseled heavy marble. The recessed areas will retain the dark black paint to simulate ancient patina.



Fifth and sixth grades have been studying Greek, Roman and Italian ancient pottery. This unique art in the round reflects ancient people experiencing everyday life of human caring, food and weapon preparation as well as period dress.

All of the students will have wonderful art to share at the Learning Fair.

LEARNING BRACHOT IN 3Y

Judaic Teacher: Jenny Rizel

The 3Y children have been learning their Brachot (blessings). We started with the blessing on bread, Hamotzie lechem min ha'aretz (He who brings bread from the earth). We spoke about the concept of saying thank you and realizing that our food doesn't just



appear from the sky that it has to come from somewhere. First the farmer plants the little seed of wheat and then it grows slowly but surely but only after Hashem brings the rain. After the wheat gets big and tall, the farmer cuts it down and takes out the little wheat kernels, and then grinds them into flour. We now can use that flour to bake our bread.

We spoke about different kinds of bread and we decided to bake our very own matzah! The children loved measuring out the flour, pouring in the water, and mixing these ingredients. Each child then got a piece of flour dough that was rolled and stretched until it was very flat like a pancake. Everyone had a chance to poke holes into their matzah and then watch it bake!



The Bracha (blessing) of Borei Pri HaGafen (Creates the fruit of the vine) was next. This is the Bracha on wine and grape juice.



The children had a great time making the grape juice! First, the grapes were washed in a large bowl, and the next step was to take off the stems; then came the fun part – crushing! The bottom of a glass cup was used to crush the grapes; and after a lot of work, the children were thrilled as we poured the grapes through a

strainer and out came fresh grape juice!

Next we spoke about the Bracha (blessing) of Borei Menai Mezonot (Creates different types of food). This is the Bracha on food made from grains and



flour, but not bread. We had such a great time making 'mezonot' cookies! The children loved measuring and pouring in all of the ingredients, mixing and rolling out the dough, and the baking!

All of the children loved learning their Brachot and tasting their delicious home made treats!

UHI JEWELS

(Special Photos of our Little Ones, Enjoy!)



SO VERY SWEET!



Hope you enjoyed the "little" photo album of our jewels!

WEATHER OR NOT! HERE WE COME!

Teacher: Amy Baylor

The kindergarten and first grade children are excited to come to school because they are learning to be amateur meteorologists! The kindergarten children enjoy our Smartboard learning activities as they manipulate words and pictures that teach about weather and seasons. Using their creative minds, they draw pictures and write about their favorite weather and seasons during journal writing time. From our children's literature unit on the author Jan Brett, the children learned why wearing white gloves in the snow posed a problem in the story The Mitten! The children are carefully designing more appropriate gloves to wear on a snowy winter day!

The first grade children take the weather topic a step further. The boys and girls began to participate in a yearly first grade tradition of keeping a weather journal. From our inside weather station, the children read the thermometer and record the outside temperature in their journal on a daily basis. They also record the date and the weather conditions. The children compare the inside temperature and outside temperature, and we calculate the difference as a class. Since most winter days in our area are cloudy, the children are learning to identify the clouds they see! The "mackerel sky" on Tuesday was a sure sign that the winter storm was coming on Wednesday!

Next week we will begin to plot the weather conditions on a graph and calculate how many days we experience each weather condition.

UHI FOOD DRIVE A HUGE SUCCESS



UHI TEACHERS AND STUDENTS PRESENT FOOD ITEMS AND MONETARY DONATIONS FROM THE UHI IN-SCHOOL FOOD DRIVE TO LISA MORGAN OF JEWISH FAMILY SERVICE TO FILL THE SHELVES OF SARAH'S TABLE. Thanks to Mrs. Welch for coordinating this wonderful effort!