

Hebrew High Students Focus on Israel

The third session of the Hebrew High school year is about to begin, and teachers and students are gearing up for new elective classes that focus on our connection to the Jewish state. Students will learn about the culture, language and spirit of Israel in this new and exciting round of class offerings. Below is a sampling of the ways our teens will explore Israel this session:

*** Israel Is Really Delicious** – A culinary journey through the many wonderful foods that make the Israeli food scene so unique.

*** Israel Poetry from Psalms to Slam** – Expressions of national-

ism and emotions as chronicled by Israeli poets in the past and today.

*** Israel, Land and People** – Using the book, *The Israelis*, as a guide, the class will learn about the diverse population that is Israel today.

*** From Memory to Zikaron** – A special project for 9th graders to connect to a family in our sister city of Hadera that has lost a loved one during Israel's wars. The group will participate in the annual Yom HaZikaron commemoration sponsored by Federation.

*** Conversational Hebrew** – The group will have fun while learning basic vocabulary.

Hopefully, this new skill will be useful for future travel in Israel.

*** Israel through Film** – Students will learn about the way that Israel is portrayed in movies. Both American and Israeli films will be included in this survey class.

*** An Artist's Journey through Israel** – Art students will learn about the different locations in Israel and then produce original art work that reflects their discoveries.

This spring, Hebrew High students will explore Israel and build connections with the Jewish state that will last a lifetime. ☆

BBYO Today

By Nicole Hamilton (Ohavim Katvanit)

The weekend of February 4-6, 125 Charlotte BBYO teens, along with 120 AZA's and BBG's from all over North Carolina, moved into the JCC for the biggest con-



Emily Hollander and Deena Cronson

vention of the year, Winter Cultural. Allie Michel and Alex Ransenberg, the North Carolina Council Vice Presidents, planned a great weekend around the "How Do You Spell Spirit?" theme. To prepare for this weekend each chapter has been rehearsing a chapter song, dance, cheer, and many other events that revolved around their secret themes. Shabbat Rocks provided extra *ruach* at Shabbat services Friday evening. The traditional prayers were recited to contemporary tunes.

Other new events added to Winter Cultural, were a Spelling Bee and Girls' Volleyball. The new events were enjoyed by all participants. Everyone's eye was on the Spirit Cup, the most impor-



Nicole Hamilton, Becca Cook, Allie Michel

tant award of the weekend. Congratulations to Raleigh BBYO chapters Shaina BBG and Saul Nahum AZA for being this year's Spirit Cup winners. Not only was this convention a showcase of spirit and chapter unity, it was a great opportunity for members to reconnect with old friends, make new friends and have a great time. ☆

SYNAGOGUES & CONGREGATIONS

Order Shmurah Matzah at Ohr HaTorah

It is a special Mitzvah to use Shmurah Matzah for the Seder on Pesach. What exactly is Shmurah Matzah? Shmurah means watched, and it is an apt description of this matzah, the ingredients of which (the flour and water) are watched from the moment of harvesting.

The day chosen for the harvesting of the wheat is a clear, dry day. The moment it is harvested, the wheat is inspected to ensure that there is absolutely no moisture. From then, careful watch is kept upon the grains as they are transported to the mill. The mill is meticulously inspected by Rabbis and supervision professionals to ensure that every piece of equipment is absolutely clean and dry. After the wheat is milled, the flour is again guarded in its transport to the bakery. Thus, from the moment of harvesting through the actual baking of the matzah, the flour is carefully watched to ensure against any contact with water.

The water, too, is carefully guarded to prevent any contact

with wheat or other grain. It is drawn the night before the baking, and kept pure until the moment it is mixed with the flour to bake the shmurah matzah.

Also in the bakery itself, shmurah matzot are under strict supervision to avoid any possibility of leavening during the baking process. This intensive process and careful guarding gives the Shmurah Matzah an added infusion of faith and sanctity — in fact, as the matzah is being made, all those involved constantly repeat "l'shem matzot mitzvah" — "We are doing this for the sake of the mitzvah of matzah."

Shmurah Matzot are round, kneaded and shaped by hand, and are similar to the matzot that were baked by the Children of Israel as they left Egypt. It is thus fitting to use Shmurah Matzah on each of the two Seder nights for the matzot of the Seder plate.

To order Shmurah at \$18.50 per pound, please call Ohr HaTorah at 704-366-3984 or email Brenda@chabadnc.org. ☆

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