

“Make a Difference” Day Educational Materials 2006

Resources for Schools, Communities and
Families

By Shira Hammerman and
Daniel Rothner

These materials are sponsored by the Omnicare Charitable Foundation

Additional copies of this document can be downloaded at:
www.areyvut.org



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Table of Contents

Topic	Page(s)
Introduction.....	3
Planning Unit Developed for Areyvut by Susan A. Abravanel, Education Director at SOLV	4-13
Students.....	14-16
Adults.....	17-20
Samples of Programs and Projects.....	21-26
Information about the “Make a Difference” Day Expo in New York.....	27

Introduction

On behalf of *Areyvut*, I welcome your participation in our second annual “Make a Difference” Day. The *A-Kindness-A-Day Calendar: 365 Ways to Make the World a Better Place* desk calendar is already uniting Jewish communities across the country in an effort to inspire acts of kindness through its 365 suggestions of how to incorporate *tikkun olam* (social justice) into everyday life. On “Make a Difference” Day, we will strengthen this effort as thousands of schools, synagogues, families and community organizations dedicate Friday, March 31st as a time to turn the calendar’s suggestions into action. Participants will be extending the activities throughout the weekend (Sunday, April 2nd) so that everyone can be included in this event.

On March 31st, the *A-Kindness-A-Day Calendar* encourages people to:

“Try to be totally unselfish today.”

By using the educational material that *Areyvut* has developed, you will be able to bring this powerful suggestion to life. Participating in “Make a Difference” Day will be a meaningful experience because it enables each individual to incorporate *tikkun olam* into the context of his/her busy life. This marks a large step in fulfilling *Areyvut*’s mission to make the helping of others into a lifelong ambition of each individual.

The following resources may prove helpful in participating in “Make a Difference” Day. The 2006 “Make a Difference” Educational Materials presented in this resource include a project planning unit to guide your participation in a social action project, 100 ways for children and adults to make a difference and information about all “Make a Difference” Day projects that have been registered on our web site. For additional ideas, please refer to the 2005 “Make a Difference” Day Educational Resources that can be found on our website at: www.aryvut.org/calendar/make1.pdf.

We hope that these educational resources help schools, communities, families and agencies become better equipped to “Make a Difference” in their lives, family, school and community. Please use them as a starting point to spark your own ideas and interests, and remember that even the simplest act of kindness can make a difference in someone else’s life. We encourage you to let us know what you are planning by registering on our website or by e-mailing all information to projects@aryvut.org so that we can share your ideas with others.

I would like to thank *Areyvut* Board Chair Ezra Tuchman for developing the idea of “Make a Difference” Day; Shira Hammerman, our Special Projects Coordinator, for her help in developing these resources and her work on bringing the *A-Kindness-A-Day Calendar* to fruition; Susan A. Abravanel, Education Director at SOLV (www.solv.org) for developing the attached project planning unit; Jonathan Kops from JK Technology Group for his help making these educational resources accessible, and Aryeh Mezei and Nachum Shapiro from Judaica Press for their help and partnership with the calendar. I would also like to express my gratitude toward all the organizations and individuals who gave of their time, sent us educational materials and offered helpful suggestions.

Good luck!

Daniel Rothner
Founder & Director



”Make a Difference” Day: Project Planning Unit

Service-learning is . . .
a teaching and learning strategy that combines
meaningful community service with academic study
to enrich learning,
teach civic responsibility,
and strengthen communities. *

This *Areyvut* Project Planning Unit will help you:

- **Assess** your community and respond to a real community need;
- **Connect** community service to in-school or classroom learning;
- **Reflect** purposefully throughout the project, to connect the service you are doing, your academic goals, and your own lives;
- **Celebrate** your success, recognizing all participants; and
- **Evaluate** your accomplishments and the process you used.



* National Commission on Service-Learning (2002). *Learning In Deed: The Power of Service-Learning for American Schools*. Battle Creek, MI: W. K. Kellogg Foundation.

Assessing Your Community

❖ **Areyvut's Mission Statement:**

*Areyvut empowers Jewish youth with the experiences that will enable them to infuse their lives with the core Jewish values of *chesed* (kindness), *tzedakah* (charity) and *tikkun olam* (social justice).*

❖ **Your group's Mission Statement:**

Insert your group's "mission statement" – the purpose why your group exists – in the space below. If you do not have one, brainstorm together and write one!

❖ **Identify the problem(s) and select your project:**

What issue(s) does your mission statement address? <small>THE PROBLEM</small>	What would you like to see instead? <small>THE SOLUTION</small>	What could YOU and your classmates do to help? <small>THE PROJECT</small>

❖ **Making your selection:**

From the list of project choices, decide which ONE you will select. Evaluate your choices by asking these questions:

- ❓ **Volunteers:** Will your project attract enough volunteers to be completed as planned?
- ❓ **Time:** Will you and your volunteers have enough time to design, develop and implement this project?
- ❓ **Resources and funding:** Will your project need funding?
If so, how will you secure the needed funds and/or in-kind support?

Task Checklists:

One of the best ways to “get it all done” is to divide the tasks into the following four categories. You may choose to have four groups, each working on one of the categories, or have everyone work together on all tasks:

1. Logistics

- ❖ Estimate the number of volunteers you will need for the project.

- ❖ Contact any community organization you are working with on your project. Make an appointment to share your project idea and to find out whether it fits in with their needs. Be prepared to discuss the following information about your project:
 - ✓ A thorough description of your project, including what you hope to accomplish by the end of the day
 - ✓ Date and time that you would like to do your project
 - ✓ How many volunteers you think you will have in your project group
 - ✓ What kind of help you will need from staff at the organization
 - ✓ What the organization may be able to provide, and what you will need to provide in order to do the project (special equipment, tools, snacks, protective clothing, etc.)

Be prepared to be flexible and sensitive to the needs and capacity of the organization.

- ❖ Visit the selected project site(s) to know what to expect on Project Day.
 - ✓ Determine best placement for on-site coordination “staging area”, arrange for registration table and folding chairs (if needed).
 - ✓ Make arrangements for purchase (if necessary), and for delivery of special equipment, tools, snacks, etc. to the project site.

Task Checklists: *(continued)*

2. Working with Volunteers

- ❖ **Contact other students and adults** who might be willing to help you with the project. Keep an accurate, up-to-date list of the following contact information for all volunteers:
 - ✓ Full name
 - ✓ Home Address
 - ✓ Phone number (home or cell)
 - ✓ E-mail address

- ❖ **Prepare a letter to distribute project information to all volunteers.** Include information about:
 - ✓ What the project is
 - ✓ Where and when to meet (including directions to the project site, and the availability of transportation)
 - ✓ Appropriate clothing they should wear
 - ✓ Anything they may need to bring (for example, ID, a notepad, water, food, tools or other equipment, etc.)

- ❖ **Copy and distribute volunteer waivers.** You will need to have a waiver from all participants—students and adults—for your event. Consult your teacher - as well as any community organization you are working with on your project - to see what specific waiver language they may require.

- ❖ **Plan out the “Make a Difference Day” project presentation for volunteers.** You will want to include:
 - ✓ An introduction to the project leaders for the day;
 - ✓ What you will be doing, project goals and clear instructions (if needed);
 - ✓ Appropriate behavior and safety reminders;
 - ✓ Restroom locations;
 - ✓ A big THANK YOU for helping!!

Task Checklists: *(continued)*

3. Resources

- ❖ Determine costs (if any) for materials, equipment and services you will need as you implement your project.
Your costs might include:
 - ✓ Tools or special equipment
 - ✓ Materials (such as paint, books for a literacy project, bags for a clothing drive, plants and mulch for a planting project, paper materials for advertising, etc.)
 - ✓ Water and snacks for volunteers
 - ✓ Recognition/thank-you items (t-shirts, buttons, stickers, hats)

- ❖ Develop the project budget and include any expected income (donations, fundraising proceeds) that could offset your expenses.

- ❖ If needed, seek additional support - other funding in-kind donations - for the project.

- ❖ Be sure to keep a detailed record of all donations and in-kind support you receive for the project. (Donors will want a copy of this record for their files.)

- ❖ Remember to recognize and thank all sponsors, donors and volunteers after the event.

4. Publicity, Media and Documentation

- ❖ **For publicity**, you may want to:
 - ✓ Prepare flyers or posters about the project to help recruit other students in your school, synagogue or neighborhood. Provide a phone number so they can call to ask questions or sign up as a volunteer.
 - ✓ Inform local business and elected officials about your project. Invite them to attend and to support your efforts.

- ❖ **For media**, you may want to:
 - ✓ Write advance news releases or articles about your project for your school newspaper or other local media. Include interviews with team leaders and participants telling how they are planning to make a difference.
 - ✓ Find out what other community or group newsletters (synagogue, PTA, etc.) might be willing to carry information about your project.
 - ✓ Once your project is complete, announce your results to your school, the media, your neighborhood and the community.
 - ✓ After your project, write a letter to your school paper thanking everyone who helped out.

- ❖ **To document your project**, consider the following:
 - ✓ Take “before” and “after” photos to show the impact of your project.
 - ✓ Videotape interviews with community members, project planners and participants about the benefits of your project.
 - ✓ Prepare a “how-to” video or PowerPoint using steps from your project to show others the process that you followed.
 - ✓ Be sure that you have permission from anyone whom you film or videotape.
 - ✓ Compile a “reflection video” in which project participants are asked to talk about their experience.

Reflection ⇨ Connection

Reflection – throughout and after your project – helps you to connect your service activity:
to what you are learning in school,
to your community, and
to your life outside of school.

Some Questions that Prompt Reflection:

- What did you enjoy most about what you did?
- What did you learn that you didn't know before?
- How does this connect with your Jewish tradition?
- How do you think you made a difference in your community?
- Why do you think that the project you did is your responsibility?
- If you did the same project again, what would do differently?

Try to use a variety of ways to reflect:

Write -

personal journals, group journals; stories, poems, essays; letters to the editor, newspapers; informational brochures; music lyrics

Read -

articles and books about service or related to the project; other people's journals; informational data about the need you are addressing

Speak -

class or group discussions, debates; presentations or skits for others; informational interviews

Create-

collages, posters, scrapbooks, photo essays, videos, PowerPoint presentations, story boards, murals, mobiles, cartoons, puzzles, songs, dances

Post-Project Reflection

Special Opportunity:

Areyvut invites you write a reflection essay and submit it for posting on our website (www.aryvut.org).

Send your completed essay as a **Word document attached to an e-mail**, to projects@aryvut.org. Please include photos of your project experience!

Please Select ONE of the following “prompts” to help you get started:

1. Discuss the problem(s) that your project addressed. How did you address these issues during your project? Do you have more, or less, understanding for the problem that you addressed than you did before your project experience? Why?
2. Did this experience have any impact on the way that you see yourself, the world around you, or how you will become involved with your community in the future?
3. Choose three words that best describe your service-learning experience, and develop an essay around these words.



Project Completion Report

Please return by mail, e-mail or fax to:

Areyvut

1001 Avenue of the Americas, Ste. 1208

New York, NY 10018

projects@areyvut.org

FAX: (212) 813-2951

Name of Teacher/Project Advisor _____

Name of School, Youth Group, or Synagogue _____

City _____ County _____ Zip _____

Grade Level(s) _____ Number of classes involved _____

Project Site _____

Community Partners for the Project (if applicable) _____

How many people participated? Students: _____ Adults: _____

What was your Group's Mission Statement? _____

How did your service-learning project connect to your Mission Statement?

Continued on next page – please complete both pages

Project Completion Report *continued*

Your project goals _____

Did you meet your goals? Yes No

Project Results _____

What went well? _____

What problems did you have? _____

What would you do differently next time? _____

Was the *Areyvut Project Planning Unit* helpful to you? Do you have suggestions for changes or additions to this unit?

Please attach additional comments or information as needed.

50 Ways to “Make a Difference” – Students

- 1) Offer to run an errand or do a chore for an elderly neighbor.
- 2) If your friends begin to gossip, walk away.
- 3) Become a pen pal with a child who has a serious illness.
- 4) Contact Locks of Love (<http://locksoflove.org>) or Zichron Menachem (www.zichronmenachem.org) to find out how you or someone you know can donate a lock of hair.
- 5) Create a gift (such as paper flowers) and deliver it to the local police or fire station to thank them for their work.
- 6) Set aside a portion of your allowance for charity.
- 7) Volunteer for an hour at an organization of your choice. Organizations such as Children for Children (www.childrenforchildren.org) and Kids for Community (www.kidsforcommity.org) can help you find an activity that meets your interests.
- 8) Pray for someone who is having a difficult time.
- 9) If you see someone struggling to carry their backpack, offer to help.
- 10) Call and wish Shabbat Shalom to an out-of-town relative.
- 11) Baby-sit your siblings while your parents take a nap.
- 12) Gather a group of friends to sing Shabbat songs at a local nursing home.
- 13) Donate books you have already read to a local shelter.
- 14) Offer to help a classmate with his or her homework.
- 15) Don't hesitate when asked to share your possessions with family and friends.
- 16) During lunch, sit with a classmate that you do not know so well and spend the time getting to know him or her a little better.
- 17) Make cheerful cards for patients in a local hospital. If possible, deliver them personally.
- 18) Try extra hard not to call out during class.
- 19) Make the day “judgment free.” Don't be judgmental of those around you.
- 20) Go out of your way to joyfully greet people you interact with today, whether in person or on the phone.
- 21) Thank the person who drives you home from school, whether it be a bus driver, parent or sibling.
- 22) Make a welcome basket for a new kid in town. This can include useful telephone numbers, a neighborhood guide and food.
- 23) Study a Jewish text with a friend so you can learn from one another. Study, for example, *Pirkei Avot*, *The Ethics of Our Fathers*.
- 24) Try to remain as cheerful as you can all day. Remember – moodiness is not a victimless crime.

- 25) At recess, find five pieces of garbage in your school's playground or field and put them in a garbage can.
- 26) Offer one of your snacks to someone who forgot to bring a lunch to school.
- 27) Write a handwritten letter (because it's more personal than a typed letter) to a grandparent or elderly relative. Ask about their life experiences, and take to heart the advice that they offer.
- 28) When you have the urge to gossip about someone, say something positive about him or her instead.
- 29) Do household chores you normally shy away from.
- 30) Write thank-you notes for the secretaries and custodial staff at your school.
- 31) During recess, ask your teachers if there is anything you can do to help them.
- 32) Offer to help organize the *siddurim* in your synagogue before Shabbat.
- 33) Offer to set the table before dinner and clean up afterwards.
- 34) Write a letter to the President or your congressmen in support of Israel.
- 35) Find an article of clothing that you haven't worn all season and donate it to someone in need.
- 36) Think of something in our world that is not quite right and write an essay suggesting how you would fix it.
- 37) Create posters reminding your schoolmates that it isn't right to be a bully and hang them up around the school. (Make sure to get permission from a teacher or school administrator first!)
- 38) Create a piece of art to donate to your synagogue.
- 39) Record books or *sefarim* on tape for the visually impaired and blind.
- 40) Make sandwiches to give to a local shelter, soup kitchen or agency.
- 41) Take a few minutes to pray for those who are ill.
- 42) Decorate and distribute bins to collect paper, cans and bottles for recycling. (Make sure to get permission from a teacher or school administrator first!)
- 43) Go through the school supplies that you have and collect all unused supplies to be donated.
- 44) Make a list of ways in which you have wronged others over the past week. Resolve to spend the next week asking forgiveness for your actions.
- 45) Show your hospitality and invite a friend for Shabbat.
- 46) Ask each of your friends to donate a toy and bring them to a local charitable thrift shop.
- 47) Hold the door open for those who enter or leave after you.

- 48) Prepare a Shabbat box – with food and any religious items needed – for someone who will be staying in the hospital over Shabbat to be with a family member.
- 49) Be on the lookout for opportunities to perform good deeds and act upon them.
- 50) Adopt a pet from your local A.S.P.C.A (www.aspca.org) or pet shop.
(With your parents' permission, of course!)

Please see the *Areyvut* database to find additional organizations that can help you make a difference!

(www.aryvut.org/Resource/links.asp)

50 Ways to “Make a Difference” – Adults

- 1) If a conversation turns into a gossip session, walk away.
- 2) Check to see if your workplace or local restaurant donates its leftover food to organizations that serve the hungry. If not, offer to put them in touch with City Harvest (www.cityharvest.org), Table to Table (www.tabletotable.org.il) or a similar organization to arrange pick up of leftover food.
- 3) While at work today, be especially mindful of your business ethics.
- 4) Arrange for your children, grandchildren or students to become pen pals with Jewish children of other denominations.
- 5) Encourage your temple, synagogue, or organization to “adopt” Israeli victims of terror through organizations like the One Family Fund (www.onefamilyfund.org), All 4 Israel (www.all4israel.org) or your local federation. If they already have set up such a program, see what you can do to help.
- 6) Support a friend’s business.
- 7) Help support the Israeli economy by purchasing Israeli products at local stores and on the Internet. Sites like www.standbyisrael.org will provide you with links to Internet sites where you can purchase Israeli goods.
- 8) Make yourself available to drive someone the doctor or hospital.
- 9) Contact The Gift of Life Bone Marrow Registry (www.giftoflife.org) to find out how you can join the bone marrow registry. If you are already in the registry, ask what else you can do to help.
- 10) Begin to research the issue of organ donation in Jewish law, and consider donating organs. The Halachic Organ Donation Society (www.hods.org) has a number of helpful resources.
- 11) Buy one extra non-perishable food item and bring it to a homeless shelter, food pantry, soup kitchen or senior center, or bring it to an organization that distributes food to the hungry.
- 12) Think of something you do well and how you can use your talent to benefit others. For example, perform magic in a children’s hospital or play an instrument for residents of a nursing home.
- 13) Take your child to visit children in a hospital. Bring games for them to play together. Then leave the games as gifts for the patients.
- 14) Open a separate checking account for *tzedakah*. Deposit a certain percentage of your earnings into the checking account and donate that money to charity.
- 15) Loan someone money, free of interest.
- 16) Volunteer for an hour at an organization of your choice.
- 17) Help an organization like OHEL (www.ohelfamily.org) by offering to provide transportation for a child or adult to family visits or therapy.

- 18) Become a big brother or big sister to a child in a foster home, or a mentor for teens at risk.
- 19) Donate over-the-counter pharmaceuticals, such as aspirin and anti-acids, and food packages to organizations like the American Jewish Joint Distribution Committee (www.jdc.org), who, through local Jewish organizations, will distribute them to Jews in other countries.
- 20) Write to the President, your congressman, or a local official about a social injustice being done.
- 21) Contact the UJA or similar organization (http://ujc.org/section_display.html?ID=5) regarding how to go about sending Jewish literature, religious texts, and prayer books, in the appropriate languages, to Jews in other countries, to help develop community and personal libraries.
- 22) Become a philanthropist by making a gift to an organization that is underfunded and taking an active role in their work.
- 23) Visit a website like Volunteer Match (www.volunteermatch.org) or IdeaList (www.idealists.org) to figure out what you can do to help make the world a better place.
- 24) Call your siblings today and congratulate them on their achievements, both big and small.
- 25) Give a baby or wedding gift you owe.
- 26) Offer to pick up medication for someone.
- 27) If you know a family with young children, volunteer to play with the children or take them out of the house for a few hours.
- 28) Send a package to a soldier in the Israeli army through www.pizzaidf.org, www.flyacake.com/idf or other similar sites.
- 29) Work on minimizing one of your negative traits like anger, jealousy, laziness or lack of focus.
- 30) Volunteer to teach a special skill that you have to others. For example, volunteer to teach first aid, CPR or a course in a foreign language.
- 31) Put a *tzedakah* box—a charity box—at a convenient place in the house. Whenever you have spare change, put it in the *tzedakah* box, and each week, have your children put money into the box before lighting Shabbat candles. When the box is full, bring it to the specified charity.
- 32) Donate furniture you no longer use to charity.
- 33) Treat a friend to dinner unexpectedly.
- 34) Invite a lonely neighbor to join your family for dinner.
- 35) Give your child a blessing. Mention someone he or she did this week that made you proud.
- 36) Sign up for a course in sign language or any other skill that can be used to help others.
- 37) Don't raise your voice today.

- 38) Deliver flowers to your local police or fire station as a thank-you for a job well done.
- 39) If you see someone in synagogue who is having difficulty finding the place, take the time to help them. Make sure that they feel welcome and comfortable with their surroundings.
- 40) Try to make peace between two people who are angry with each other.
- 41) Call an organization that provides people who are hearing impaired, blind or in wheelchairs with dogs to assist them. Ask how you can help.
- 42) Donate an old cell phone to help save a life. Phones can be donated to Ateres Zvi (http://www.wirelessfundraiser.com/Donors/donate_org.asp?id=1652), Congregation Beth Jacob in Irvine (http://www.wirelessfundraiser.com/Donors/donate_org.asp?id=1532), the Council for Jews with Special Needs (http://www.wirelessfundraiser.com/Donors/donate_org.asp?id=1357) or to another organization that collects cell phones.
- 43) Make a special effort to console and assist those who have recently lost their loved ones.
- 44) Let someone who has fewer items go ahead of you at the supermarket.
- 45) Allow another driver to merge into your lane.
- 46) Fight assimilation and anti-Semitism by writing a letter-to-the-editor for a local paper about the joys of being part of the Jewish community.
- 47) Buy large-print prayer books and *Chumashim* (Bibles) at your local Judaica store and donate them to your synagogue.
- 48) Look for opportunities to help strangers. For example, help someone bring a stroller up or down the stairs.
- 49) Collect children's videos from friends and relatives and donate them to the children's ward of a hospital.
- 50) Give up your seat on the subway or bus to an elderly person or to someone else who may be having trouble standing.

Please see the *Areyvut* database to find additional organizations that can help you make a difference!
(www.aryvut.org/Resource/links.asp)

Arizona

Project Title: Operation Noah Stuffed Animal Collection

Organization: Operation Noah

Contact Person: Dennis Fries

E-mail: operationnoah@cox.net

Phone Number: 480-899-0022

Location: Chandler, Arizona

Target Audience: Pre-teens and Teens

Brief Description: Operation Noah is an organization dedicated to comforting hospitalized children by collecting and donating new stuffed animals. For “Make a Difference” Day, Operation Noah will be collecting animals and distributing them to hospitalized children to “make a difference” to them and brighten up their day.

Illinois

Project Title: Book Sale

Organization: Solomon Schechter Day School, Northbrook, IL

Contact Person: Diane Halivni, Parent volunteer

E-mail: dhalivni@comcast.net

Phone Number: 847-254-2024

Location: Solomon Schechter Day School foyer, Northbrook, IL

Target Audience: 4th grade (approximately 80 students)

Brief Description: The 4th grade will collect gently used books and organize a lower school (grades K-4) book fair. The proceeds of the sale will go to a synagogue in New Orleans affected by Hurricane Katrina. A fellow teacher grew up at the synagogue and will speak to the children about her memories of Jewish life in New Orleans and what the synagogue hopes to rebuild.

Project Title: D’var Torah for Shabbat *Parashat Vayikra* to be sent out on Thursday, March 30th

Organization: JCC’s of Chicago

Contact Person: Ronna Weinstock

E-mail: rweinstock@gojcc.org

Phone Number: 847-763-3630

Location: Skokie, Illinois

Target Audience: There are approximately 500 names on the e-mail list consisting of staff, lay leadership, Jewish community leaders, members of the Jewish community and community rabbis.

Brief Description: The short d’var Torah discusses the concept of “making a difference” and mentions Areyvut’s “Make a Difference” Day.

Project Title: Pesach Mitzvah Project

Organization: Early childhood Centers of the JCC of Chicago

Contact Person: Patricia Nisenholz

E-mail: Pnisenholz@gojcc.org

Phone Number: 847-763-3622

Location: Mayer Kaplan JCC, Skokie, Illinois

Target Audience: Early Childhood

Brief Description: Each school is adopting at least one financially challenged Jewish Family who is unable to buy their own Kosher for Passover food. Families will be able to sign up for an item or two, of a non perishable item to shop for with their child. In addition, families can contribute \$1.00 to give towards a perishable item.

Florida

Project Title: Make a Difference for Passover

Organization: Martin J Gottlieb Day School

Contact Person: Edith Horovitz

E-mail: edibruce@bellsouth.net

Phone Number: 904-268-4200

Location: Jacksonville Jewish Center

Target Audience: Senior citizens and young people

Brief Description: 6th Grade – The 6th grade shopped last week for kosher for Passover food baskets for seniors. This week they will put on a model *seder* for younger students.

7th Grade –The 7th grade will deliver 40 kosher for Passover food baskets to needy seniors in Jacksonville.

8th Grade - As part of an ongoing program- one group will do pre-Passover visits with residents of a local Jewish Nursing Home, another group will be visiting a Jewish Hospice patient in a "pre-Passover" visit and the final group will teach a lesson on Passover at a local public elementary school.

Project Title: Tuna Drive for Forster Family Kosher Food Pantry

Organization: Weinbaum Yeshiva High School

Contact Person: Heather Andron, Community Service Coordinator

E-mail: MHA@wyhs.net

Phone Number: 561-417-7422

Location: Boca Raton, Florida

Target Audience: High school students helping their community

Brief Description: Over a ten day period, the Weinbaum Yeshiva High School students will be collecting hundreds of cans of tuna fish for the Forster Family Kosher Food Pantry, a food pantry that uses over 1500 cans of tuna fish a month. The students will be making a difference immediately through their efforts because the pantry distributes to over 500 family members ages 2-102. Weinbaum Yeshiva High School hopes to collect 1500 cans of tuna fish to support the pantry for one month!

Project Title: Walking and Volunteering at Multiple Sclerosis Walk

Organization: Weinbaum Yeshiva High School



Contact Person: Heather Andron, Community Service Coordinator

E-mail: MHA@wyhs.net

Phone Number: 561-417-7422

Location: Boca Raton, Florida

Target Audience: High school students helping their community

Brief Description: Every year the National Multiple Sclerosis Foundation hosts walks across the country to raise money for researching a cure for Multiple Sclerosis. On Sunday, April 2, 2006 Weinbaum Yeshiva High School students will be walking and/or volunteering at this event. Through cheering people on, distributing water, handing out completion certificates or simply by showing support, our students will be helping out at this most important event and making a difference for those suffering with this challenging disease.

Maryland

Project Title: Day of Kindness

Organization: Yeshivat Rambam of Baltimore

Contact Person: Sharon Buck, Psy.D.

E-mail: bucks@yrambam.org

Phone Number: 410-358-6091

Location: Baltimore, MD

Target Audience: Elementary School, Middle School, High School

Brief Description: Students in Gan through 12th grade participated in Yeshivat Rambam's second annual Day of Kindness, which took place on March 29th. The elementary school students were busy doing activities with themes of "kindness" and "making a difference." Some activities included a play with a message that it is far better to focus on positive attributes of people rather than focusing on differences that only serve to alienate and isolate others. Students talked about friendship, *chesed* and ways to show respect to one another. Some students played a "Random acts of Kindness" game and others did a word find with "kindness" words. The Middle and High School students participated in a special assembly about how the Jewish Community in New Orleans is managing since Hurricane Katrina hit last year. The assembly was presented by two people who went down to New Orleans and volunteered to help the community.

New Jersey

Project Title: Get Well Cards

Organization: Yeshivat Noam

Contact Person: Yehuda Jeiger

E-mail: rabbijeiger@hotmail.com

Phone Number: 201-930-8540

Location: Woodcliff Lake, NJ

Target Audience: 2nd Grade

Brief Description: Yeshivat Noam's second graders will be making get well cards for patients at Valley Hospital, in honor of the upcoming holidays.

New York

Project Title: Baking and Donating *Matzah*

Organization: RIETS/YU

Contact Person: Avi Fried

E-mail: avfri@aol.com

Phone Number: 917-328-6223

Location: Tzelem Pupa *Matzah* Factory, Williamsburg NY

Target Audience: RIETS/Yeshiva University Students

Brief Description: Students will learn about the process of baking *matzah* and relevant laws, in particular the *mitzvah* of *maot chitim* (donating *matzah* to the poor).

Students will work together (alternating different stages/jobs) to bake *matzah*. The vast majority of the *matzah* will then be donated to a worthy charity.

Project Title: Darfur Talk at Yeshivat Chovevei Torah *Yom Iyun*

Organization: Yeshivat Chovevei Torah

Contact Person: Ross Shapiro

E-mail: shapiroross@yahoo.com

Location: Lincoln Square Synagogue, New York, NY

Target Audience: College students and Adults

Brief Description: At this pre-*Pesach yom iyun*, students from YCT Rabbinical School will be leading an informational session on the genocide in Darfur that encourages attendees to get involved.

Project Title: Dorot pre-*Pesach* package delivery

Organization: Dorot and Yeshivat Chovevei Torah

Contact Person: Lisa Horowitz

E-mail: lorowitz@dorotusa.org

Phone Number: 212-769-2850

Location: New York, NY

Target Audience: Homebound elderly

Brief Description: Home delivery of food to elderly Jews combined with a friendly visit.

Project Title: Hebrew Institute of Riverdale (HIR) Sunday Senior Luncheon Model Seder

Organization: SAR Academy and HIR

Contact Person: Rochelle Zak

Phone Number: 718-796-4730

Location: HIR, Riverdale, NY

Target Audience: Grade school children



Brief Description: Participate in a model *seder* with independently-living seniors from the Bronx. The children add a level of spirituality and *ruach* that brightens the seniors' eyes and engenders warmth and laughter.

Project Title: Pesach Package Delivery

Organization: SAR Academy and Bronx Jewish Community Council

Contact Person: Niti Minkove

E-mail: sparemed@aol.com

Phone Number: 718-884-5769

Location: Bronx, NY

Target Audience: Families

Brief Description: Families will deliver Pesach packages to homebound seniors and provide the food that they need to make Pesach—you can't buy *matzah* at the local bodega—and spend time visiting with the seniors.

National:

Project: Submit Entries for Areyvut's 2007 "A Kindness a Day" Calendar

Organization: Areyvut

Contact Person: Daniel Rothner

E-mail: calendar@areyvut.org

Phone Number: 212-813-2950

Location: New York, NY

Target Audience: Families, schools, synagogues, and community organizations

Brief Description: *Areyvut* invites students, educators and families to submit entries for our 2007 "A Kindness a Day" Calendar. Each entry should have a suggestion for a kindness and if possible be accompanied by a Jewish source that relates to it.

Please note if the entry is meant for a specific day (November 12th or *Shabbat*). All

entries should include the students name, mailing address, phone number, e-mail

address, age and school or synagogue. Entries can be submitted via e-mail

(calendar@areyvut.org), called in to the office (212-813-2950) or mailed (to the

address below). All entries should be received by May 15th. Those whose entries are

used in the calendar will be credited.

Project: Letter Writing to American Soldiers Serving Overseas

Organization: Areyvut

Contact Person: Daniel Rothner

E-mail: daniel@areyvut.org

Phone Number: 212-813-2950

Location: New York, NY

Target Audience: Everyone

Brief Description: Take a few minutes to write a letter to American soldiers serving overseas. Letters should be sent to the addresses below and will be delivered to the soldiers.

Afghanistan

CH Ira Kronenberg
C/O CH Birch
CJTF Chaplain
APO AE09354

Iraq

Chaplain Mitch Schranz
Multi-National Force-Iraq
Chaplain
Camp Victory
APO AE 09342-1400

CH (LTC) Scottie Lloyd
Deputy CFLCC Chaplain
APO AE 09306