

The Stream

Bringing news to the
Volume 5



online community
issue 4

FROM MRS. KAHAN:

With the conclusion of our second full week of classes, our time in school is more fully devoted to the creative, intensive learning that defines Ma'ayanot. Over the past two weeks, I've had the opportunity to visit classes in all grades. It has been a joy to watch our students analyze depictions of colonialism in literature, debate whether it is possible for a Jewish state to be a true democracy, learn how to write compelling dialogue, and explore the development of cell theory. Even more, it is a daily delight to see the active give-and-take, dialogue, and skills-centered work that permeate our classrooms.

This week, our Adult Education Committee hosted its first *shiur*, featuring Rabbi Zev Prince of our *Talmud* and *Halakha* departments. Our guidance department hosted a parent program about eating disorders on Tuesday evening. If you would like to be involved in collaborating with the guidance department on future programs for parents, please contact Dr. Rayzel Yaish at x106.

Many of our Middle States committees have begun meeting, analyzing our school's strengths as well as areas for future improvement. Some of their discussions have already led to practical ideas to enrich areas of our curriculum, and I look forward to the continuing process of reflection and planning that constitutes the re-accreditation process. If you would like to become involved in the Middle States process, please contact Mrs. Ennis at ennisp@maayanot.org.

As always, please feel free to be in touch with any questions or ideas.

Shabbat Shalom,

Rivka Kahan

Rivka Kahan
Principal



Parshat Lech L'cha a Dvar Torah by Mrs. Leah Herzog

The Ways of Parting, The Parting of the Ways

The *parashah* opens with the famous command to Avraham: “*Lech l’cha, mei’artz’cha, u’mi’moladt’cha, u’mi’beit avicha...*” At first glance, this seems like a simple directive for Avraham to leave his home and proceed to where Hashem directs him. The Malbim, in his usual approach of omniscience, takes each phrase as a different directive and a different kind of leave-taking. “*Lech l’cha*” can mean “Go for yourself” (see Rashi, *B’midbar 13:2*) or can mean “Go to yourself.” Malbim explains that Avraham’s leaving Ur Casdim, and then Charan, was completely beneficial to Avraham. Usually, leaving one’s home—especially if that leavetaking is not one’s own choice—puts one in a vulnerable position. As humans, we seek maximal familiarity and maximal control in order to ensure, as best as possible, our survival. Being told to leave what is familiar and to venture across hundreds of miles to an unknown destination is, at the very least, unnerving and upsetting. In the command to go, Hashem is telling Avraham that this journey is a forward movement and one that is to his direct benefit. Furthermore, it is a journey of the spirit as well as of the body. “*Lech l’cha*” also means “Go to yourself;” Avraham’s being commanded by Hashem is the culmination (as we know from many *Midrashim*) of a lifetime of introspection, soul-searching and fighting the predominant norms of his society. So Hashem is effectively validating Avraham by telling him to “go to yourself”—go in the direction that you have always been going because it is the right and true path.

Avraham is commanded to go from “your land.” The Malbim explains that the very geography of the land in which you live has a profound effect on you. Many studies have shown that people living in warmer climates tend to be more laid-back and easy-going, but also more passionate and impulsive. A famous study showed that the highest suicide rates occur in the far northern latitudes such as Scandinavia and northern Russia, where the sun barely shines at all for months at a time, or where it never sets. The American concept of “Manifest Destiny” was predicated on the expanse that seems to run endlessly from the Appalachians to the Rockies and the Pacific. Avraham was commanded to leave the actual land in which he lived so that it would be the harsher but majestic geography of *Eretz Yisrael* that would influence him, rather than the lush basin of the Tigris and Euphrates rivers. Lot’s decision to go back to a lush landscape—S’dom (see *Breishit 13*)—led to his ultimate doom and sealed the irrevocable separation from Avraham. There is something about *Eretz Yisrael* that makes it the place best suited for the kind of spirituality that Avraham stood for (see Seforno, *Breishit 12:1*).

Next, Avraham had to leave “*moladt’cha*”—his birthplace. The birthplace is one’s community and one’s culture. It is the society in which one grows up and with which one identifies most closely. Nationalism has been a driving force in geopolitics since the dawn of human society. One’s birthplace is linked to language, dress, food, expectations, beliefs and cultural norms. Avraham was beginning a new society with a distinct language, dress code, and a revolutionary set of norms. Monotheism, and the ethics and morality it demanded, was something completely different from all of the mores of the time. That is why Avraham feared Paroh and Avimelech and all foreign rulers. That is why he had to leave his home. It was not only for the safety of his body, but for the safety of his *n’shamah* and the future of the society that he was to found. He needed to begin his future and his legacy in a place that was completely separate from the culture of his past.

Finally, Avraham is commanded to leave “*beit avicha*”—your father’s house. The Malbim explains

(Continued on page 3)

a dvar Torah by Mrs. Leah Herzog

(Continued from page 2)

(amazingly, considering he was writing in the middle of the 19th century!) that one's father's house represents the biology one comes from, in addition to the unique influences of the nuclear family. "Your father's house" represents your personal history, both psychological and genetic. How you are raised sets you on a path that is as psychologically unique as your genome. You are indelibly linked to a specific past, and your imprint on the future is both unique and another link in that chain. In a very real way, Avraham starts a completely new family. His heir is not Lot, who also comes from Ur Casdim and Charan, or Yishmael, who has genetic roots in Mitzrayim. Avram and his wife Sarai are effectively "reborn" when their names are changed in *perek* 15, and then they give birth to the first "complete" Jew—Yitzchak. Avraham begins a new line, a new psychology and a new genome. In order to do that, he has to leave behind all of the effects and influences his family had on him.

Avraham parts ways with everything about his past—geography, culture, psychology and genetics—and follows Hashem's orders. The ways of his parting are as crucial as the complete parting of the ways. Avraham embodies that deep and unwavering faith that is founded on a profound knowledge of what is real and true. The Rambam, in his Mishneh Torah, commands that we **know** that there is a G-d. Faith should not be blind; rather, it should be based on the deep understanding of oneself, one's place in the universe and one's subservience to the Master of All. May we all be able to follow in the way of Avraham.



Shabbat Shalom,

Leah V. Herzog

Mrs. Leah Herzog , Tanakh and Israel Guidance

SHABBATON
is coming!!!

When? Friday, October 28 - *Motzei Shabbat*, October 30
Where? The Berkeley Oceanfront Hotel in Asbury Park, NJ

Are you ready? Have you handed in all your forms?

"Stand and Deliver" - Ma'ayanot Style

AIPAC...

Juniors **Elana Blanchard** and **Daniella Greenbaum** were invited, as part of their involvement with "Write On For Israel," to participate in AIPAC's 2010 High School Summit in Washington, DC. The program took place from October 3 through October 5, as part of the AIPAC National Conference.



"Write On," a project of *The Jewish Week* and funded by the AVI CHAI Foundation, is an intensive, two year program to train a select group of high school students to become advocates for Israel through journalism. To learn more, point your browser to www.writeonforisrael.org. AIPAC is America's pro-Israel political lobby. You can learn more about its activities from its website, www.aipac.org.

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☆☆ from left to right are Daniella Greenbaum, ☆
☆☆ Mr. Jonathan Kessler (Leadership Director ☆
☆☆ of AIPAC), and Elana Blanchard ☆
☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

The High School Summit attended by Daniella and Elana was designed to provide high school students with opportunities to learn from Middle East experts in order to teach them how to respond to verbal attacks on Israel. Participants also had opportunities to lobby Congressional representatives, getting a "real world" opportunity to advocate for Israel.

NCSY...

as reported by **Judy Felner '11**

Three Ma'ayanot students, **Judy Felner '11**, **Yeshana Lewitter '11** and **Chani Colton '12**, all members of the New Jersey Regional Board of NCSY went to Buffalo, New York, for a long weekend of *chesed* and *ruach* with the members of the Buffalo NCSY Chapter. On Thursday, October 7, participants rolled up their sleeves and got to work for Habitat for Humanity, helping to build a home for a family in need. On Friday, the group visited a pluralistic Jewish Day School, where they gave a *parsha* class. This was followed by a trip to a home for Senior Citizens to play Bingo. Next came a *Shabbaton* with members of Buffalo's JSU (Jewish Students Union), a public school group for committed Jewish youth. Somehow, there was also time to visit Niagara Falls! To read more about this activity, click [here](#).

and by **Yeshana Lewitter '11**

NCSY Regional Board 2010-11 went on a *kiruv* mission to Buffalo, New York to help the community and to inspire community members about Judaism. We went from Wednesday, October 6 through Sunday, October 10. On this trip were Judy Felner, Chani Colton and I. We were joined by NCSY Board members from other schools as well.

The first day we helped Habitat for Humanity rebuild a house that had been destroyed by an arsonist. Habitat for Humanity is a Christian organization that builds or rebuilds houses for people who can't afford them. Everyone was put to tasks doing anything they could to help out, from cleaning up a mess or installing nails to cutting metal pipes or putting in insulation. We all had a blast working together, and it was

"Stand and Deliver" - Ma'ayanot Style (continued)

amazing to feel that we were doing something good for someone in need.

The staff of Habitat was amazed at what we could do, and grateful that we came. I had a conversation with one of the staff members who said that they rarely have Jewish volunteers and that they were grateful for our efforts. I felt inspired seeing other volunteers come by and also help out, even though they had nothing to do with the family moving in. They just heard that someone needed help, and they came to help out! I found it really moving that this was such a caring community.

After working all day, we decided to take a little break and take a ride on the "Maid of the Mist" at Niagara Falls. You get the chills just by looking at the falls because you can see God's creation at work. There were rainbows, which we learned from *Parshat Noach* are a sign from God.

The next day, we went to one of the very few *yeshivot* in Buffalo. First, we built pre-Shabbat *ruach* by singing songs with the whole school. Then we split up the grades and did some activities to teach *achdut* and *Parshat Noach*. It was nice to see all those smiles on the children's faces after we played with them and showed them we cared.

The next stop was a nursing home. We all chatted a bit with the residents. Many of the residents only get visitors infrequently and they were so happy to have company. We all played a special Bingo game called "unity" bingo, with animals. Even though we had a few "cheaters" among us, always thinking that he or she had Bingo, we could see that everyone had a great time, especially when the game was followed by singing and dancing.

Back at the hotel, we met the JSU of Buffalo. A few Jewish teens our age came over and we had a *Shabbaton* with them. They explained that even though they are a very small Jewish community, they try hard to stay Jewish even without a yeshiva to help them. (JSC members go to the public schools). Right from the start, we all opened up and made new friends, which we will keep in our hearts forever.

GILAD SHALIT...

Ma'ayanot alumna **Carly Davis '09** is no stranger to doing *chesed*. During her Sophomore year at Ma'ayanot, she organized a rally in Votee Park in support of Israeli victims of terror. Her efforts resulted in over \$6000 being raised for One Family Fund. To read more, click [here](#) to access the website of the Jewish Standard, or look back to "The Stream," Volume 2, Issue 3 of October 12, 2007.



Now a student at the University of Maryland in College Park, Carly is a member of the Zionist Organization of America UMD chapter. She is helping to organize a rally for Gilad Shalit on November 11, 2010 on the National Mall in Washington, DC. The rally is called "1600 for 1600," in the hope of attracting (at least) 1600 participants, one for each day of Gilad Shalit's captivity. For more information, please email the ZOA at UMD, 1600for1600@gmail.com.

We're All Connected

"Get involved!" It's axiomatic here at Ma'ayanot that students, and faculty, for that matter, are encouraged to give of themselves to life at school as well as to the larger community. In the words of Benjamin Franklin, "Tell me and I forget, teach me and I remember, involve me and I learn."

To help our new Class of 2014 get involved in school committees, Ma'ayanot held its annual Freshman Committee Fair on Monday, October 11. The student board of each committee prepared a short presentation about the goals of its group and the kinds of programs that they run. The goal was, of course, to get Freshmen excited about ways to become involved. Want to join in? Here are the people to contact:

Chessed Committee

- Rivka Rosenblatt '11 - President
- Danielle Wietschner '12 - Vice President
- Ariella Cohen '11 - Director of Operations
- Chava Danishevsky '12 - Director of Publicity
- Tali Spier - 10th Grade Rep
- Lisa Helrich - 11th Grade Rep
- Rachel Goldstein - 12th Grade Rep

Global Awareness Committee

- Rachel Ullman '12 - President
- Sophie Satloff '12 - Vice President
- Anna Siegel '13 - Publicity
- Lauren Haberman '13 - Secretary



Members of the Environmental Awareness Committee get the audience motivated by bringing along a needy tree!

Environmental Awareness

- Elana Feldman '11 - President
- Evie Notis '11, Talia Moss '12, and Adina Chesir '12 - Members at Large
- Rivky Kreinberg '12, Ayelet Grajower '12, and Penina Freedman '12 - Outreach

Heartbeats

- Tzippy Shteingart '11, Rachel Mendelson '11, Esti Mellul '11, Ayala Schnaidman '11, Lauren Fuchs '11, Leora Engel '11

Holiday Enhancement Committee

- Layla Blenden '11, Elana Blanchard '12, Talia Kaszovitz '12, Miriam Jacobson '12, Michal Fromowitz '12, Rebecca Lipschitz '12

Israel Awareness

- Elana Kook '11, Shifra Arnheim '12, Shira Kaye '11, Ilana Weinberger '13, Rivka Golding '12

SHAC

- Chanina Judas '11 - President
- Ilana Teicher '12 - VP Programming
- Shira Westrich '11 - VP Publicity
- Gali Sadek '13, Molly Brodsky '13 - Outreach
- Emily Blumenfeld '12 - Secretary



From left to right are Gali Sadek, Emily Blumenfeld, Ilana Teicher, Chanina Judas and Shira Westrich apell out "SHAC"

Tefilla Committee

- Chaya Kanarfogel '11, Leora Kook '11, Marcella Berman '11

Torah

- Michelle Zivari '11, Allison Alt '11, Tamar Berger '11, Tamar Novetsky '12, Tzipporah Rossman '13, Tziporah Herzfeld '11, Shira Hanau '13

Tzedakah

- Daniella Greenbaum '12, Aviva Mazurek '12, Jenny Lebowitz '11, Nicole Polonetsky '12, Karen Horowitz '12, Rachel Olshin '13

Sambatyon Takes The Silver



Founded in 1925, the Columbia Scholastic Press Association unites student editors and faculty advisers working with them to produce student newspapers, magazines, year-books and online media. Members come from public and private schools and colleges throughout the United States and from overseas schools following an American plan of education. In the Fall, the CSPA offers a convention for student members and their advisors, featuring lectures, seminars and workshops, the goal of which is to develop and foster journalistic skills. In the Spring, member schools submit their publications for judging and critiquing by the CSPA staff.

Our literary journal, *Sambatyon*, received a silver medal for the June, 2010 issue. *Kol ha kavod* to **Mrs. Ruth Wang Birnbaum**, faculty advisor to that issue, and staff

Talia Stern '11, **Alona Stewart '11** and **Michal Wiseman '11** (Editors in Chief), **Jenny Lebowitz '11** (Literary Editor), **Yaffa Cohen '12**, **Yael Herzog '11**, **Shira Kaye '11**, **Evie Notis '11**, **Ayala Schnaidman '11** and **Tzippy Shteingart '11** (Literary Staff), **Etana Staiman '12** (Photography Editor), **Annie Ritholtz '11** (Photography Staff), **Ariella Cohen '11** and **Amalya Sherman '11** (Art Editors), **Leora Engel '11** and **Becky Winer '10** (Art Staff).

Join the Club!

Every Wednesday afternoon is Club Hour at Ma'ayanot. This year, Club Hour has been expanded to be mandatory for grades 9 through 11. It will include activities such as art, choir, yoga and zumba (to name a few), as well as CPR (a graduation requirement for Seniors), sports practice and meeting time for teams. Some of the teams that meet during Club Hour are Chess, Debate, Mock Trial and Torah Bowl. Our musical production, "Beauty and the Beast," will also hold rehearsals during Club Hour.

Club Hour has also been expanded to involve the community with the formation of "Pay it Forward," the Homework Help Club organized by Ms. Ariella Steinreich. Over 45 Ma'ayanot students are paired with elementary school students who come for help with their schoolwork. Pairs stay the same each week, to build comfort and a relationship between the helper and her pupil.

Tefilla Under the Trees



Recognizing that not everyone relates to *tefilla* in the same way, Mrs. Leah Herzog has started "Tefilla Under the Trees." Students who are interested meet periodically for *Shaharit* with Mrs. Herzog in an outdoor, less formal setting which includes not only *tefilla* but discussion as well.

Big and Little Sisters - That Special Bond



On Tuesday, October 12, you might have thought you were seeing double. Countless pairs of students were dressed alike or were dressed in complementary fashion. What was happening? It was a "just because" activity between Big and Little Sisters (upper classwomen and their Freshman "siblings.") This was a nice opportunity for each pair to meet, chat and catch up, and plan their coordinated outfit for school. There was an informal contest, judged by Ms. Sarah Gordon, Mrs. Madeline Schmuckler and **Zisse Hanfling '12** (Big/Little Sister Committee Chair). Winners were "Mario and Luigi



(**Deena Fuchs '13** and **Hannah Tessel '14**) and Peanut Butter and Jelly (**Tamar Forman '13** and **Malka Schnaidman '14**). Can you tell "who's who" in the photos?



The Ma'ayanot Musical Theater Club proudly presents

Beauty and the Beast



Directed by Mrs. Joyce Heller
Musical Direction by Mrs. Beth Selter

Thursday, December 23, 2010
2:30 and 7:30 PM

CAST

Beast.....Cheli Arussy '11
Belle.....Ayala Schnaidman '11
Gaston.....Elisheva Wrubel '11
Lefou.....Yaffa Stone '14
Maurice.....Aliza Friedman '11
Mrs. Potts.....Tsippora Cohen '12
Chip.....Leora Hyman '14
Lumiere.....Tzippy Shteingart '11
Babette.....Esther Simchi '13
Wardrobe.....Molly Brodsky '13
Cogsworth.....Ariella Applebaum '13
Dr. D'Arque.....Elana Cook '11
Silly Girls.....Chana Miller '12, Lisa Helrich '12,
Tobey Linhart '13, Aliza Kessler '14
Townspople, Forks, Spoons and Knives, Mob.....Eliana Applebaum '13,
Liad Arussy '14,
Hannah Ash '14, Goldie Baum '13, Adina Cohen '14, Leora Engel '11, Judy Felner '11,
Elana Forman '13, Ayelet Golubtchik '14, Ilana Karp '14, Maggie Klein '13,
Sara Linder '14, Tamar Novetsky '12, Yonit Ollech '14, Naama Segal '13, Anna Siegel '13,
Malka Schnaidman '14, Nediva Susman '14, Talia Weiss '13

From the College Guidance Office

-Mrs. Abbie Rabin, College Guidance Director and Mrs. Esther Berezin, College Guidance Counselor

We are delighted to announce that Ma'ayanot is making available two excellent online Test Prep programs. **SAT Method** and **ACT Method** are test preparation courses made available through *Naviance Succeed* by a partnership with *Method Test Preparation*. Students can access these test preparation programs through their Naviance account. Go to the "Colleges" tab and go to the test prep link on the left side of the page.

Accessing SAT Method and ACT Method online allows students to do test preparation activities at their convenience. These activities include listening to audio explanations of test questions; accessing strategy guides for each test; completing full-length practice tests; receiving hundreds of practice questions; reading easy explanations for every question; tracking strengths on each test; receiving valuable test-taking tips; and taking practice quizzes to boost knowledge.

Are Your Scales Tipping in the Right Direction

Last week's issue of "The Stream" shared news of the *Avodah Sheh b'Lev* project Rabbi Donny Besser is doing with his *Halakha* classes, in which students were asked to take a *possuk* from either the Rosh Hashanah or Yom Kippur *tefillot* and then to bring that line to life creatively. This week, **Rachel Klar '14** chose "תשובה תפילה וצדקה מעבירין את רוע הגזירה" by making a diorama with the scales of justice turned into the scales of *חסד* (filled with coins, a miniature *Siddur* and cards from the Board game "Sorry," and *הטא* in the other basket.



Rachel Klar '14 proudly displays her diorama

Sports Update

"Coach" Eileen Schwartz, Athletic Director; Ms. Laura Schuette, Assistant Athletic Director

This week, we proudly present the members of our volleyball teams.

Volleyball A: Amy Landa, Michal Wiseman, Yeshana Lewitter, Elana Feldman, Hanna Erdfarb, Chanina Judas, Judy Felner, Chaya Kanarfogel, Temima Kanarfogel, Deena Fuchs, Gavi Colton, Elianna Isaacs, Pearl Goldman.

Volleyball B: Ilana Teicher, Dassie Goldman, Rebecca Fein, Amira Tepler, Rivky Kreinberg, Talia Moss, Nina Weiss, Daniella Grodtko, Dakota Gottlieb, Rachel Klar, Micayla Rosenbaum, Molly Levi, Ally Margulies, Chani Colton, Shira Hanau.

Watch for news of each team's season opener and come out and cheer the Rapids on to victory!

Last week's list of Varsity Basketball payers inadvertently omitted **Michal Cohen**.

Upcoming Events

- * The **Chesed Committee** will be collecting stuffed animals for "**Bears from Bergenfield.**" The drive will run from Monday, October 4 through Friday, October 22. Please drop off stuffed animal donations in the box marked "Bears from Bergenfield Drive" which will be in the lobby when we return from the *Sukkot* break. Bears from Bergenfield distributes the stuffed animals to 15 hospitals, 5 organizations that assist terror victims, 4 shelters for abused women, orphanages, Jewish Community center in Haifa for impoverished children and day care centers in Israel.
- * Come to **Mishmar** every Thursday here at school, from 5:20 until 6:15 PM. Each week will feature a *shiur*, usually by one of our faculty members, on an interesting and thought-provoking topic.
- * **Parsha Club** offers a free pizza lunch and a *shiur* about the week's *parsha*. Watch for announcements from Rabbi Besser about each week's topic and when the club will meet.
- * **The Ma'ayanot/Moriah Chesed Program** will take place at Moriah on Wednesday, October 20 from 6:30 - 8:30 PM. Moriah is having a Bar and Bat Mitzvah program for its fifth grade students, at which Ma'ayanot students will offer a *Chesed* Fair and do hands-on projects with the Moriah students. Interested? See Ms. Steinreich.

Save the Date

October 17 (Sunday) PLAN (grade 10, optional)

October 28 - 30 (Thursday-motzei Shabbat) - Schoolwide *Shabbaton*

November 2 (Tuesday) - Election Day: No regular classes; Mandatory *chesed* trips for grades 10 and 11, optional *chesed* trips available for grades 9 and 12

November 7 (Sunday) - SAT I and II



The Stream

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Ma'ayanot Yeshiva High School for Girls

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visit us on the web at www.maayanot.org

to learn more about our school and for back issues of this publication