

## Hazon 2011 Shabbat Schedule

### FRIDAY

<b>When</b>	<b>What</b>	<b>Where</b>	<b>Leader</b>	<b>Details</b>
12- 5 pm	Registration Open	Outside Dining Hall		
12-2	Lunch	Dining Hall		
1-4	Lake Open	Lake		Life guard on duty.
1-3	Think Outside the Bottle: Homemade Salad Dressings	Dining Hall	Leah Koenig	The key to making a spectacular salad is a truly delicious dressing. With just a few simple ingredients, you can create an array of diverse, flavorful, dressings to complement any bowl of greens. At this session you'll learn to make two dressings from Leah's new cookbook- <i>The Hadassah Everyday Cookbook</i> . We will enjoy these dressings over the weekend.
1-3	Challah Baking	Dining Hall	Susan Fishman & Doris Rubinsky	Doris and Susan both bake challah, traditional egg bread, regularly at home for Shabbat and the holidays. In this hands-on workshop you learn the process of baking challah. We will enjoy the fruits of your labor at dinner.
1-3	Pickling Workshop	Canteen	Adamah Staff	Adamah staff will lead you in a hands-on workshop on pickling. While supplies last you can make your own jar using Adamah cucumbers. Learn about lacto-fermentation from an expert. Your pickles will meet you at the finish line.
1-3	Yiddish on one foot	Jewish Heritage Center	Naftali Ejdelman	This introductory Yiddish lesson uses linguistic knowledge that English speakers already possess to learn some basic conversational Yiddish. Participants will be learn to construct Yiddish sentences, and will learn to sing a traditional Yiddish song.
1-3	Teva Exploration for Kids	Teva Building	Teva	Be like the Israelite scouts as we venture into the woods with Teva's educators. Sneak like a fox, listen like a deer, build your own survival shelter and get up close and personal with some big parts of creation. Please wear long pants, close-toed shoes and come ready to have fun!
2-5	Bicycle Maintenance and Rental Bike Pick Up	Tennis Courts	Aaron Destanik	Drop-in when you have time and check on your bike to make sure it is in good working order before the Ride.
3-5	Teva Teen Challenge	Teva Building	Teva	Israelites in the wilderness were radical, creative designers of camps, tents and even a traveling home for G'd. Bring your brainpower, imagination and scouting skills to this year's Teen Challenge – we'll be using materials from the woods to build a traveling mascot for the Bike Ride.
3:00 and 3:30	Flat Changing Workshop	Tennis Courts	David Ludwig	Learn how to change your own flat tire – it will make you a more confident cyclist and able to help others on the road.
3-4	Mikveh	Meet at the Pagoda	Jeremy Zorn Sarah Chandler	Women and men will separately and privately experience this unique ritual of immersion in Sylvan Lake to prepare spiritually for Shabbat. Please wear a bathing suit and bring a towel.
3-4	Shabbat 101: Hazon Style	Jewish Heritage Center	Steve Golden	Hazon is a special community with a range of Shabbat observances. This informal session will review some of unique features of a Hazon Shabbat, such as why we welcome Shabbat early, the use instruments at Havdalah and an

				explanation about the eruv. If you have any questions about Shabbat, you will find your answers.
4-4:45	Get Ready for Shabbat			If you want to shower and change into festive clothing or take a quick nap this is your chance.
4-4:45	Shabbat Schmooze	In front of the Performing Arts Center (PAC), or inside if raining		Meet friends old and new though a game of human bingo. Alcoholic and non-alcoholic beverages will be served, along with snacks for everyone. The rest of the evening activities will follow immediately after this, so come prepared with whatever Shabbat clothing and materials you want.
5:00	Orientation	Performing Arts Center	Jessica Saragovi, Ezra Weinberg,	NY Ride Co-chairs and Hazon staff will welcome you to the Ride as a community.
6 pm	Candle Lighting	Performing Arts Center	Shelia Peltz Weinberg	Together we will welcome Shabbat with songs and lighting Shabbat candles. Actual candle lighting time is 7:07pm.
6:15	Early Dinner Seating for Families	Dining Hall	Danielle Stillman and Dasee Berkowitz	Families who cannot wait until 8:00pm should come to the dining hall for an abbreviated menu with kid-friendly food. We will lead the group in Shabbat blessings over the wine and challah.
6:30-7:45	The Sitting and Walking Meditation	Motel Lawn	Jeff Hoffman	Perfect for experienced and those new to meditation, this prayer alternative will introduce you to the practice of meditation using easy exercises and Jewish guided imagery. As the sun sets, we will appreciate all the amazing things around us with refectation and mindfulness.
6:30-7:45	Traditional Egalitarian Kabbalat Shabbat	Jewish Heritage Center	Shuli Passow	A full Kabbalat Shabbat and evening Shabbat service in Hebrew with mixed seating.
6:30-7:45	Musical Shabbat Service	Mini Social Hall	Regina Lambert-Hayut and Amy Small	Family-friendly, musical Kabbalat Shabbat with singing, learning songs and brief explanations of the service. Musical instruments will be used.
6:30-7:45	Mechitza Minyan	Gelman Activity Center	Chad Haller	A full Kabbalat Shabbat and evening Shabbat service in Hebrew with separate seating for men and women.
8 -9	Shabbat Dinner	Dining Hall		Please sit according to the color on your name tag. We will start the Shabbat meal with a communal kiddush blessing, followed by hand-washing and motzi by table. The meal will end with a communal birkat hamazon, grace after meals.
8:30-9:30	Night Stroll for Kids Ages 7-12	Meet in front of the dining hall	Teva Staff	Use all of your senses to explore Shabbat through awareness games, songs and the nature around us on this exploratory walk. Wear closed-toe shoes and long pants.
9	Late Arrival Orientation	Rear of Dining Hall	Wendy Levine	Missed orientation? We will meet for a brief orientation to the schedule, the site and Hazon.
9:15-10:15	Book Club: <i>Kosher Nation</i>	Mini Social Hall PAC Jewish Heritage Gelman Activity PAC	Mark Kaiserman David Hoffman Shuli Passow Val Yasner Mark Melzer	<i>Kosher Nation</i> is a revealing look at the kosher food industry and the people to work in it. Kosher food is \$12 billion industry in the U.S. and affects the entire food industry, whether or not you follow the biblical edicts. Choose to discuss this engaging book and the issues it uncovers with one of our five book club leaders. Due to the expansive nature of the topic, these discussions will be interesting to everyone—even if you haven't read the book. There will be a Saturday afternoon option as well.
10:30-Midnight	Tisch/Oneg	Guest Dining Hall	Tsvi Aranoff	<i>Tisch</i> , Yiddish for table, is a traditional Friday night activity featuring singing,

				learning, storytelling, snacks and adult beverages.
9:30 -10:30	Night Walk Geared for 12-18 year olds	Meet in front of the dining hall	Teva Staff	Experience Shabbat in a new way through this intermediate night walk, challenging yourself as you adjust to the sights and sounds around you. Wear closed-toe shoes and long pants.
10:30	Friends of Bill W.	Jewish Heritage Center		
10:30-11:30	Night Walk for Adults	Meet in front of the dining hall	Teva Staff	Celebrate Shabbat on this night walk through the woods, guided by the light from the moon and stars, and your own awakened senses. Please wear closed toe shoes and long pants.
10:30 pm	Balderdash Birthday Bash	Canteen	Belinda Lasky	Bananagrams, Taboo, Times Up, Apples to Apples, and Rowboat – bring your games and we will have some as well. Join us for some fun and birthday cake to celebrate Jessica Saragovi’s birthday.

**SATURDAY**

7:30-10:30 am	Breakfast	Dining Hall		
8:30-11:30	Pool open			
9:30-11:30	Traditional Egalitarian Service	Mini Social Hall	Marc Melzer & Yael Beuchler	Morning prayers and Torah service conducted in Hebrew with mixed seating.
9:30 -11:30	Mechitza Minyan	Gelman Activity Center	Chad Haller & Naf Hanau	Morning prayers, Torah service and Musaf conducted in Hebrew with separate seating for men and women.
8:30-9:45	Yoga	Beach	Shaina Hecht	Based on the Shiva Namaskara Vinyasa flow; a series created by Sri Dharma Mittra designed to strengthen and purify the entire system. The class is open-level and will include classical yoga postures, breathing exercises, deep relaxation and meditation. Bring your own mat.
10-11:30	Teva Children's Service and Shabbat Activities	Jewish Heritage Center	Teva Staff	Come with your children, ages 6-12, or drop them off for a special and interactive family Shabbat service, plus storytelling and outdoor games.
9-11:30	Morning Prayer Hike	Meet at the Pagoda	Nili Simchai	A spiritual and physical journey as an expression of Shabbat morning prayer. Wear comfortable, sturdy shoes.
10-11:30	Morning Bike Ride	Meet at the Kinder Ring Office near the camp exit	Josh Gitlitz, Michael Yasner, & Brian Kabincell	14-mile unsupported bike ride with lots of hills. Be sure to eat breakfast.
10:30-11:30	Avodat Lev: Service of the Heart	Motel Lounge/Lawn	Simcha & Shawn Zevitt	Singing, chanting and contemplative Shabbat morning service. Musical instruments will be used.
11:30-Noon	Kiddush	Performing Arts Center	Matt Becker	We will come together for kiddush and some light snacks before our keynote panel.
12:15-1:15	Keynote: Creating a Fair Food Future	Performing Arts Center	Ruth Messinger, Karin Fleisch, & Gary Oppenheimer, Moderated by Judith Belasco	Noted change-makers present engaging solutions as to how we can change our food systems on a global, national and local level. There is enough food on the planet to feed everyone, yet people go hungry –even in America. Learn about innovative and transformative systems working to create equity in what we grow, produce, buy, process and eat.
12:15 -1:15	Kids Nature Walk	Meet at the Pagoda	Teva Staff	Camouflage! Prepare to be amazed when you join Teva on the trail for awareness activities and group-building games, as we explore themes of ecology and responsibility.
12:15-1:15	Teen Keynote: Be the change you want to see	Mini Social Hall	Emily Kaplan	Come challenge yourself to make decisions in your own daily life that make the world a more sustainable place. Join us for an interactive event about the power of one to take positive actions for all of creation.
Noon	Early Seating for Lunch	Dining Hall		Families who cannot wait until 1:30pm should come to the dining hall for an abbreviated menu with kid-friendly food.
1:30-2:15	Lunch	Dining Hall		Seating by interest groups: Century Riding, Greening Fellowship, Israel Ride, Arava Institute, Cross-USA Ride, Adamah, Teva and other partner groups will have designated tables where you can learn more about a particular topic.
2:30-6	Lake Open	Lake		Lifeguard on duty.
2:30-3:45	Food Deserts – A Jewish Response	Mini Social Hall	Nathan Martin	Several major urban areas in the U.S. are in danger of becoming supermarket deserts: places where healthy, affordable food options are limited, at best. What are ways that Jewish tradition can inform us to be more aware and

				responsive to this situation? This session will draw from Jewish texts as well as from our own personal experience to wrestle with this challenging issue.
2:30-3:45	Hydrofracking: Energy and the Environment	Gelman Activity Center	David Fitterman	Hydraulic fracturing (called fracking) is a technique that has been used for more than 60 years to increase production in oil, gas and water wells. Recent interest in gas-bearing shales around the U.S., including in Pennsylvania and New York, raises environmental concerns about fracking. We will explore the how and why of fracking, its environmental impact and the current situation in New York.
2:30-3:45	Bringing it Home: Making Our Organizations More Inclusive and Lowering Barriers	Jewish Heritage Center	Valerie Lieber	Our organizations want to be perceived as warm, welcoming and open environments. We will address how to involve and welcome Jews who are in historically underrepresented groups in organizations: Sephardic and Mizrahi, physically disabled, the very young, the very old, GLBT, people living in poverty and more.
2:30-3:45	Teva Kids	Teva Building	Teva Educators	Eco-Drama – theatrical fun to discover new meaning in Jewish stories.
2:30-3:45	Teva Teens	Teva Building	Teva Educators	Develop your outdoor wilderness skills and strengthen your team’s sense of togetherness while out on the trail, as we find new ways to engage with the forest and her plants, animals and each other.
4-5:15	Ultimate Frisbee	Field across from the Motel	Ezra Weinberg & Eytan Kurshan	Always a highlight of the retreat.
4-5:15	When Sustainable Food Policy and Trade Policy Collide	Mini Social Hall	Rachel Ackoff	The fight for the future of sustainable agriculture in the U.S. and abroad depends on each country having the right to determine sensible farm and food policies that meet the needs of farmers and consumers. Rachel, former trade policy staffer at the Sierra Club, will explain how current trade pact rules curtail the ability of governments to implement good food policies.
4-5:15	Book Club: <i>Kosher Nation</i>	Jewish Heritage Center	Jessica Haller	In case you missed the Friday night sessions, Jessica will facilitate a discussion of the book <i>Kosher Nation</i> . Due to the expansive nature of the topic, this discussions will be interesting to everyone-even if you haven’t read the book
4-5:15	Learning Your Labels	Gelman Activity Center	Leah Koenig	Organic, Fair Trade, Single Origin, Vegan – With so many labels competing for real estate on our food wrappers, it can be a challenge to figure out what's really inside. This interactive session will explore the history of food labeling; help decode some common label myths and share tips and tools for how to make decisions in the supermarket aisle.
4-5:15	Yoga	Performing Arts Center	Shuli Passow	Stretch the mind, body and spirit in this yoga class, which will include mindful breathing and asana (posture) practice focusing on alignment. The practice will help open up hips and legs, getting riders ready for coming days. Open level class, with options available for both beginners and those with more experience.
4 4:30	Flat Changing Workshop	Tennis Courts		We want every Rider to feel a high level of confidence in being able to change a flat tire. It will make you a more confident cyclist and able to help others on the road.
5:30-6:15	Cross the Country With Hazon	Pagoda	Wendy Levine	In 2012, Hazon is planning another trip across the country. The route is set and registration is open. Come learn about the journey of lifetime.
5:30 -6:15	Bringing it Home: Hazon’s	Jewish Heritage	Anna Hanau	In combination with our Food Guide, Hazon is launching a Food Audit you can

	Food Audit	Center		use in your organization or home to gauge your progress towards sustainability. Anna will walk you through a sample audit and show you how you can use this new tool to create change in your organization's food policy.
6-6:30	Mincha	Mini Social Hall	Yossi Hoffman	Egalitarian afternoon prayers will be in the Mini Social Hall.
5:30	Early Seating for Dinner	Dining Hall		Families who cannot wait until 6:30pm should come to the dining hall for an abbreviated menu with kid-friendly food.
6:30-7:45	Dinner	Dining Hall		Seating by Riding Teams, there will be tables for new riders,
8 pm	Maariv	Gelman Activity	Steve Golden	A brief closing evening service with separate seating for men and women.
8-8:30	Havdalah	Performing Arts Center	Minna Bromberg	Official Havdalah time is 8:07 pm.
8:30-9:30	Safety Speech & Route Briefing – <b>MANDATORY</b>	Performing Arts Center	Josh Gitlitz & Nancy Lipsey	Riders must attend the safety and route briefing.
8:30 -9:30	Crew Meeting – <b>MANDATORY</b>	Guest Dining Room	Belinda Lasky	All Avodah Crew will meet for team meetings.
8:45-10	For our Shabbat only guests we are please to present: <b>People of the Cookbook</b>	Guest Dining Room	Leah Koenig	While rich, celebratory favorites like kugel and brisket will always have a place on the table, the Jewish love of eating extends far beyond Shabbat and the holidays to the everyday. Join the author of the newly released <i>Hadassah Everyday Cookbook</i> to learn how to make healthy, seasonal, Jewish-inspired dishes – like Israeli Couscous with Dried Cherries and Mint and Muhammara (Middle Eastern red pepper and walnut dip) a part of your regular menu.
10-11:30	Bike Mechanic on Site	Tennis Courts	Aaron Destanik David Ludwig	Check on your bike and make sure it is in good shape for the Ride.
10	Camp Fire	Beach		