



BNEI AKIVA
OF THE UNITED STATES & CANADA

Yom Ha'atzmaut

AT HOME

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Incredible Country
מדינה מדהימה

Bonus: Israel Trivia Questions



Hebrew Words מילים בעברית

1. הכרזת העצמאות Hachrazat Ha'atzmaut = Israeli Declaration of Independence

This year the country of Israel will celebrate its incredible 72nd year of Independence! What happened on this date? The Israeli הכרזת העצמאות, declaration of independence was signed to allow Israel to be its own independent country!

2. טקס הדלקת המשואות Tekes Hadlakat Mesuot = Torch-lighting Ceremony

Many communities have public ceremonies, to represent the transition between Yom HaZikaron (remembrance day) and Yom Ha'atzmaut. During these ceremonies torches are lit to signify the everlasting flame of our country

3. מטס אווירי Matas Aviri = Formation Flying

What better activity than watching fighter jets fly over in a מטס אווירי! The IDF puts on an incredible airshow that most Israelis watch from the beach, parks and all over Israel.

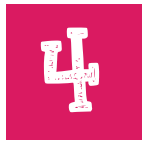
4. זיקוקים Zikukim = Fireworks

Of course a holiday in Israel would not be complete without זיקוקים to light up the sky!

5. מנגל Mangal = BBQ

Every Israeli sets up their מנגל to grill a tasty steak, hamburger, or even veggies to share with their family and friends!





Israeli Fun Facts

עובדות ישראליות

Did you know:



1. During the day of Yom Ha'atzmaut there is the annual reception of the President of Israel for honoring 120 of the most distinct IDF soldiers. This event takes place in the President's official residence in Jerusalem. There is also the international "Chidon HaTanach" contest and the "Israel Prize" ceremony, both of which are held in Jerusalem in the presence of the President and Prime Minister



2. Yom Ha'atzmaut is a day where the Israel Defense Force opens some of its bases to the public! Go visit, tour and see where all the action takes place!



3. Israel is the only country in the world that entered the 21st century with a net gain in its number of trees. Yom Ha'atzmaut is a perfect day for remembering this, as many people celebrate the country's independence with going on hikes and picnics in parks under the trees (during regular non-pandemic years of course)!



4. This year the levels of the Kinneret are overflowing! Due to the influx and rain and snow, these are higher than ever :) YAY for water!





Tasty Recipes

מתכונים טעימים

Felafel

Al Pi Rafi Engleheart

Ingredients:

2 cups DRY chickpeas
3 branches of celantro
5 branches of parsley
2 small-medium onions, quartered
5 garlic cloves
2 tsp cumin
1 tsp salt
1/2 tsp spicy paprika
1/4 tsp black pepper
1/2 baking soda
2 tsp water

Directions:

Soak chickpeas for 12-24 hours, covered, in the fridge, before making the falafel. Change the water once or twice. Do NOT for any reason boil the chickpeas. Canned Chickpeas will NOT work.

Drain the chickpeas

In a food processor, combine all the ingredients until well-blended into a mash. Spices can be moderated according to taste.

Heat up oil in a pot, and using your hands (rolling them into a ball) or a small melon scooper, drop the falafel balls into the oil. Remove when well cooked. Adjust temperature if necessary. Falafel should not be too dark on the outside, and cooked through on the inside.

Beteavon!



Sabich Recipe

A Jamie Geller Recipe

Sabich. Falafel's best friend. It's healthy, vegetarian (could be made vegan) and delicious! Sabich is traditionally served for breakfast and is Israel's answer to breakfast on the go. Usually served in a pita it always includes eggplant and egg. But there are many variations.

You can use a hard boiled egg like we do here or a fried egg. You can add hummus, Israeli salad, tahini, boiled potatoes, cabbage salads, etc.

Ingredients:

Sabich:

5 whole wheat pita breads

1 eggplant

1 tablespoon salt

Extra virgin olive oil, for frying

1 bunch parsley, finely chopped

3 potatoes, peeled and sliced
red cabbage, shredded

3 eggs, hard-boiled and sliced

Salt and pepper

Tahini

Amba (Pickled Mango Sauce)

Schug (spicy chili paste), optional

Sliced pickles, optional

Israeli Salad:

2 tomatoes

2 cucumbers

1 tablespoon lemon juice

1 tablespoon extra virgin olive oil

pinch of salt and pepper

Preparation:

1. Cut the eggplant into half-inch slices. Place the slices on a baking tray.

2. Sprinkle the eggplant with salt on both sides. Wait 20 minutes for the salt to pull the water out of the eggplant and make the eggplant soft. Wipe off the salt and water with a paper towel.

3. In the meantime, bring a large pot of water to a boil. Peel and slice the potatoes. Add them to the boiling water, cover and cook for 10 minutes. This is also a good time to prepare the hard boiled eggs.

4. Add enough oil to a frying pan to cover the bottom of the pan, and bring to medium-low heat. Add the eggplant and cook on each side for 4-5 minutes. If the flame is too high, the eggplant will burn without cooking on the inside.

5. Remove the eggplant from the oil and place on a paper towel-lined tray. Place more paper towels on top and squeeze them down with a spoon to remove the oil from the eggplant.

6. Prepare the Israeli salad, chopped parsley, shredded cabbage, tahini, salt and pepper.

7. Time to stuff the pita! Add each ingredient twice, and don't forget the pinch of salt and pepper- it changes everything.



Shakshuka

The most delish and commonly found dish in Israel, but more-so in Tel Aviv - the Shakshuka Capital!

Shakshuka is a classic North African and Middle Eastern dish and one that's eaten for breakfast or any meal of the day. It's made from simple, healthy ingredients and is vegetarian. Shakshuka literally means "a mixture" and the traditional version uses tomatoes, onions and spices as the base with eggs poached on top.

It's really easy to make shakshuka, especially if you use canned tomatoes (though you can always use fresh tomatoes as well).

Ingredients:

1 medium onion, diced
1 red bell pepper, seeded and diced
4 garlic cloves, finely chopped
2 tsp paprika
1 tsp cumin
1/4 tsp chili powder
1 28-ounce can whole peeled tomatoes
6 large eggs
salt and pepper, to taste
1 small bunch fresh cilantro, chopped
1 small bunch fresh parsley, chopped

Directions:

1. Heat olive oil in a large sauté pan on medium heat. Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
2. Add garlic and spices and cook for an additional minute.
3. Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
4. Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
5. Garnish with chopped cilantro and parsley.



2 Fun Games פעילויות כיפיות

Yom Ha'atzmaut Escape Room (Escape Exile)

What you'll need:

- A phone/device with a screen lock of 8491
- A printer
- Masking tape (or other tape that won't ruin walls or cabinets)
- Envelopes
- Toy sword/shield/war weapons (can be cut out of cardboard)
- Gemaras - specifically tractates Eruvin, Bava Metzia and one other one.
- Post it notes
- Any book of Rambam
- An additional Phone/device with QR reader
- Pen and paper
- Tissue Box
- Marker
- The printed clues from the Clue Material PDF (click to print below)
- Kids eager to learn and have fun

Prompt: 70 CE and you are on the run.

Yerushalaim has been destroyed, and with it your home and Beit Hamikdash. Where will you go? When will you return? All you have with you is your bag for the memories you will collect.

****Print clues and instructions: [HERE](#)**

Pin the City on the Israel (Ages 6-12)

Props:

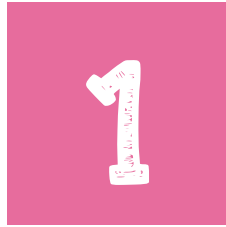
- Map of Israel
- Pictures or names of famous locations in Israel

Activity:

Make two teams. One person comes up from each team, and they each have a chance to place the city on the proper place on the map. Whoever's is closer wins. You can do this either blindfolded or not, depending on how hard they are.

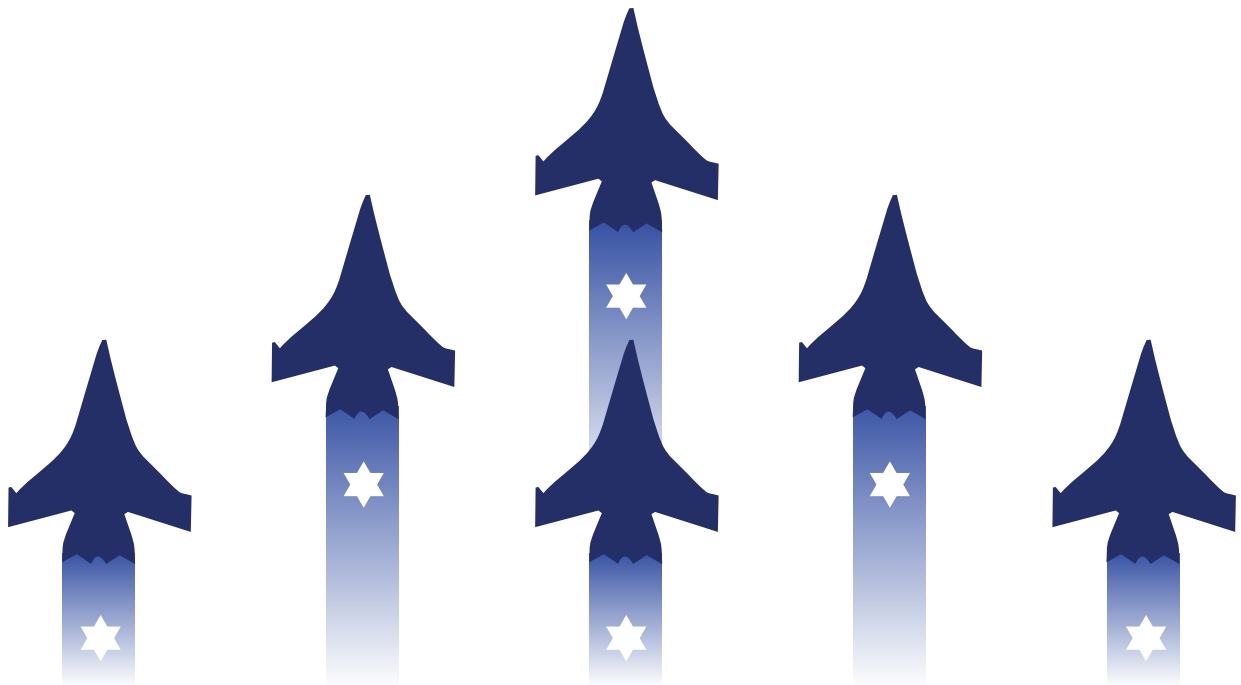
****Print map and locations: [HERE](#)**





Incredible Country

מדינה מדהימה



Bonus Trivia Games!

Do you know the Answers?

Aside from its culture and physical beauty, why is Israel so special to us?

Eilat is known for this kind of wildlife. (Coral Reef)

David Ben Gurion declared Israel's independence in this famous room. (Independence Hall)

Jews from all over the world come to pray at this special wall. (Kotel)

This is Israel's national anthem. (Hatikva)

This is the kind of money they use in Israel. (New Israeli Shekel)

This building was built by King Solomon, and used to be in the center of Yerushalayim. (Beit Hamikdash)

Israel is this many years old. (72)

This is how people drink chocolate milk in Israel. (Shoko Ba'sakit!)

This is the only mountain in Israel where you can go skiing. (Har Chermon)

This is where you land when you fly to Israel. (Ben Gurion Airport)

This is the capital and holiest city in Israel (Yerushalayim)

This means, "Israeli Independence Day" (yom haatzmaut)

This man is currently Prime Minister of Israel. (Bibi Netanyahu)

This is how you say "the land of Israel" in Hebrew (Eretz Yisrael)

This city is known for its beautiful beaches (Tel Aviv)

This is the date of Yom Ha'atzmaut. (אייר ה')

This is the most popular Israeli radio station. (Galgatz)

This is what Israelis love spreading on their pita. (Chummus)

This is Israel's international airline (El Al)

This was the year that the modern state of Israel was founded (1948)

This mountain in the middle of the dessert has an old fortress on top. (Massada)

This was the first Jew to go to Israel (Avraham)

This iconic flag is blue and white, with a star of David in the middle. (Israeli Flag)

This delicious Israeli food can get very messy if you fill it with too much stuff! (Falafel)

This Israeli bus company is famous for wishing you Shabbat shalom and other happy holidays (Egged)



Guess the right answer and learn a fun fact

Q. Which dietary style has taken Tel Aviv by storm?

- a. Vegan**
- b. Paleo
- c. Mediterranean
- d. Vegetarian

Q. When eight miners were trapped underground for three days in a South African mine, which Israeli device was used to save their lives?

- a. Lubo Airway Collar
- b. FirstCare Emergency Bandage
- c. Skysaver
- d. Agilite Instant Harness**

Fun Fact: The Agilite Instant Harness was used to rescue the miners trapped underground for three days. Riga Rescue volunteer Graham Holmquist tweeted to the South African supplier of the device, invented by three Israeli army veterans

Q. Refugees from which country's civil war are receiving free medical care in Israel?

- a. Lebanon
- b. Syria**
- c. Saudi Arabia
- d. Jordan

Israeli hospitals have treated hundreds of Syrian civilians since the Syrian civil war began

Q. Name the mysterious ancient underwater village found off the coast of Haifa.

- a. Caesarea
- b. Atlantis
- c. Atlit-Yam**
- d. Jericho

A water well that may be the oldest wooden structure ever found, and the oldest evidence of an ancient olive-oil industry, is among the preserved remains of this prehistoric village discovered underwater off the coast of Atlit-Yam.

Q. Israel has the most WHAT per capita?

- a. Museums
- b. Medical device patents
- c. Engineers
- d. All of the above**

Israel has more than 230 museums, more than 1,000 medical device firms and a constantly expanding corps of highly trained electrical, mechanical, civil and chemical engineers.

Q. How much honey do Israelis consume in total for Rosh Hashana?

- a. 1,600 tons**
- b. 16,000 tons
- c. 160 tons
- d. 160,000 tons

Israel's 100,000 commercial hives at about 450 apiaries produce an average 3,500 tons of honey per year, of which some 1,600 tons of the sweet stuff are eaten at the Jewish New Year.

Q. When the notes in the Western Wall are cleaned out, where are they buried?

- a. Mount of Olives**
- b.. Hiriya landfill
- c. Yad Vashem
- d. Mount Herzl

Twice a year, before Passover and Rosh Hashana, employees at the Western Wall in Jerusalem carefully remove hundreds of thousands of handwritten notes placed between the ancient stones by worshippers all over the world and bury them at the Mount of Olives

Q. More than 60% of Israel's fresh vegetable exports come from which area of Israel?

- a. The Galilee
- b. The Arava Desert**
- c. The Carmel
- d. The Golan Heights

The desert is blooming as more than 550 farms grow fresh vegetables in the Arava Desert, a 112-mile strip of arid land stretching from the Dead Sea to the Red Sea.

Q. On Independence Day, Israelis love to fan their barbecues with what tool?

- a. Their hand
- b. A kifkef
- c. A nafnaf**
- d. A hair dryer

In Israel, you can't barbecue without a nafnaf. This plastic or cardboard fan keeps the coals glowing. (The word comes from the Hebrew for "waving" or "flapping.")

Q. IsraAID-The Israel Forum for International Humanitarian Aid organization has sent disaster-relief teams to which of these countries?

- a. Japan
- b. Haiti
- c. Philippines
- d. All of the above**

IsraAID-The Israel Forum for International Humanitarian Aid sends teams around the world in the wake of massive disasters and epidemics. The aid organization, which has sent volunteers to over 22 countries and has delivered over 1,000 tons of relief and medical supplies, also helps afflicted communities learn to help themselves.



More Ideas!



- Play “Red Light, Green Light” using Hebrew words instead (“kachol” for blue and “lavan” for white).



- Make and enjoy blue-and-white snacks: vanilla yogurt and blueberry parfaits, rice cakes with cream cheese and blueberries, pound cake with vanilla frosting and blue sprinkles.

Redemption – How Do We Know It's Time?

Rav Shaul Feldman

Part I: How will the redemption process happen?

1. תלמוד ירושלמי (וילנא) מסכת ברכות פרק א

רבי חייא רבא ורבי שמעון בן חלפתא הוו מהלכין בהדא בקעת ארבל בקריצתה (היו מהלכין בבקעת ארבל לפנות בוקר) וראו איילת השחר שבקע אורה. אמר רבי חייא רבה לר' שמעון בן חלפתא בי רבי כך היא גאולתן של ישראל בתחילה קימאה קימאה כל מה שהיא הולכת היא רבה והולכת. מאי טעמא [מיכה ז ח] כי אשב בחושך ה' אור לי. כך בתחילה [אסתר ב כא] ומרדכי יושב בשער המלך ואחר כך [שם ו יא] ויקח המן את הלבוש ואת הסוס ואחר כך [שם יב] וישב מרדכי אל שער המלך ואחר כך [שם ח טו] ומרדכי יצא מלפני המלך בלבוש מלכות ואח"כ [שם טז] ליהודים היתה אורה ושמחה.

[Paraphrased] The rabbis were walking in the very early morning and saw the dawn begin to break. Said Rabbi Chiya: such is the redemption of Israel—bit by bit, until it becomes very great. Just as in the story of Esther.

What can we learn from Rabbi Chiya regarding our question? Why is pointing to in comparing the Geula to the Megilla story?

2. סדר תפילה

את צמח דוד מהרה תצמיח, וקרנו תרום בישועתך כי לישועתך קוינו כל הם. ברוך אתה ה' מצמיח קרן ישועה

May the seed of David flower quickly....for we hope for your salvation.

What can we learn from the language of seeds and plants in our Tfila regarding to redemption?

3. ירמיהו פרק כג

(ה) הנה ימים באים נאם ה' והקמתי לדוד צמח צדיק ומלך מלך והשכיל ועשה משפט וצדקה בארץ

The days are coming, says G-d, in which David will reign a king and prosper, and will judge and bring righteousness to the land.

ר"ק ירמיהו פרק כג

(ה) הנה ימים באים, צמח צדיק - זהו המשיח וקראו צמח שיהיה צאתו בעולם כצאת צמח השדה

“Tzemach Tzadik” refers to Mashiach. He is called tzemach (lit: a plant) because his entry into the world will be like a plant growing from the field.

Redemption – How Do We Know It's Time?

Rav Shaul Feldman

Part II How do we recognize the time of redemption?

4. תלמוד בבלי מסכת סנהדרין דף צח עמוד א

ואמר רבי אבא: אין לך קץ מגולה מזה, שנאמר: "יחזקאל" ו+ ואתם הרי ישראל ענפכם תתנו ופריכם תשאו לעמי ישראל וגו'.

רש"י מסכת סנהדרין דף צח עמוד א

מגולה מזה - כשתתן ארץ ישראל פריה בעין יפה אז יקרב הקץ, ואין לך קץ מגולה יותר

Why did Rabbi Aba choose the blooming of the land of Israel as a sign for redemption? Perhaps the following source will explain:

5. מהרש"א חידושי אגדות מסכת סנהדרין דף צח עמוד א

אין לך קץ מגולה מזה וכו' שנאמר ואתם הרי גו'. לפי שכל זמן שאין ישראל על אדמתם אין הארץ נותנת פירותיה כדרכה אבל כשתחזור ליתן פירותיה זהו קץ מגולה שקרב לבא זמן גאולה שיחזרו ישראל על אדמתן

The land flowering means that we are back home. Rashi addresses this in the Torah:

6. ויקרא פרק כו

(לב) והשמתי אני את הארץ ושממו עליה איביכם הישבים בה:

I will make the land desolate so it will become desolate for all of your enemies who live in it.

רש"י ויקרא פרק כו

(לב) והשמתי אני את הארץ – זו מדה טובה לישראל שלא ימצאו האויבים נחת רוח בארצם, שתהא שוממה מיושביה

This idea also plays out in tefilla every day!

7. תלמוד בבלי מסכת מגילה דף יז עמוד ב

ומה ראו לומר קיבוץ גלויות לאחר ברכת השנים - דכתיב: "יחזקאל" ו+ ואתם הרי ישראל ענפכם תתנו ופריכם תשאו לעמי ישראל כי קרבו לבוא

Part III: How do we move forward?

8. ספר הכוזרי מאמר ה

ובהערת בני אדם והתעוררותם אל אהבת המקום ההוא הקדוש ינחץ הענין המיוחל, שכל גדול וגמול רב, כמו שנאמר: אתה תקום תרחם ציון כי עת לחננה כי בא מועד, כי רצו עבדיך את אבניה ואת עפרה יחוננו, - רוצה לומר כי ירושלים אמנם תבנה כשיכספו בני ישראל לה תכלית הכסף עד שיחוננו אבניה ועפרה

Jerusalem will be rebuilt when Bnei Yisrael long for it with such an ultimate desire that they redeem its stones and dirt.

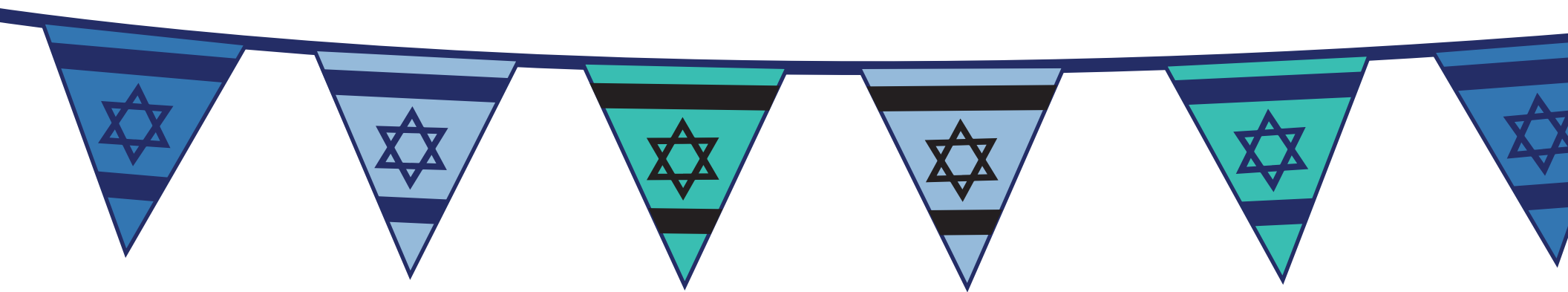


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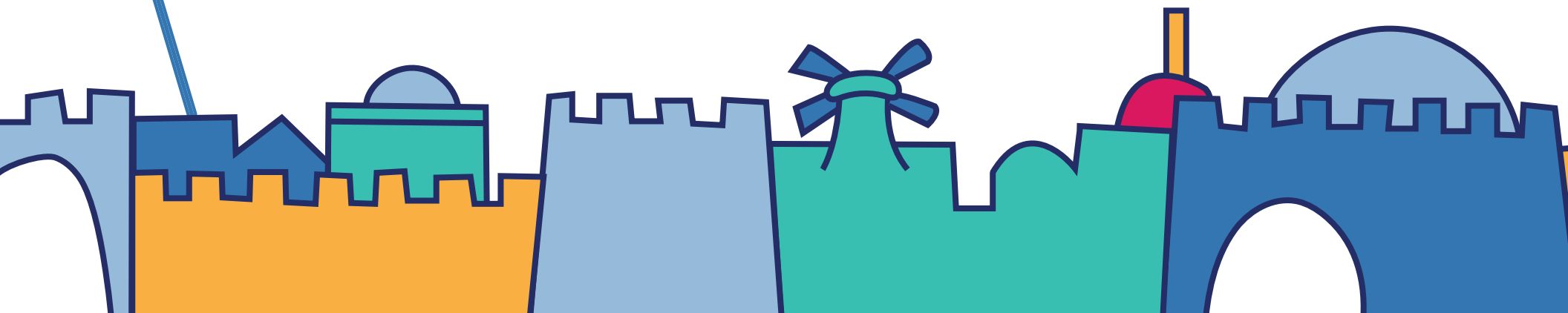
Printable Pre-Colored Banner

Print, tape and hang!



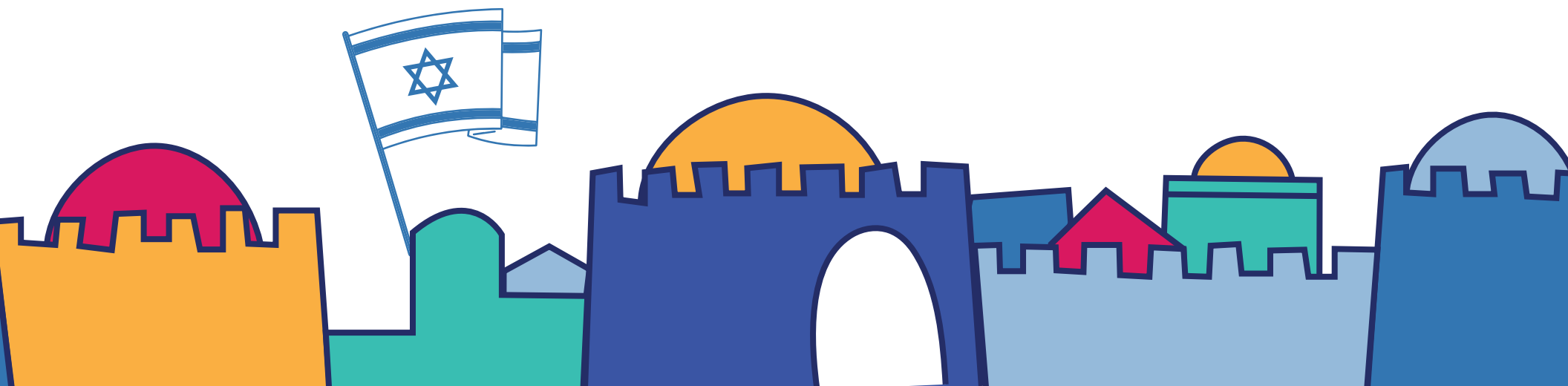


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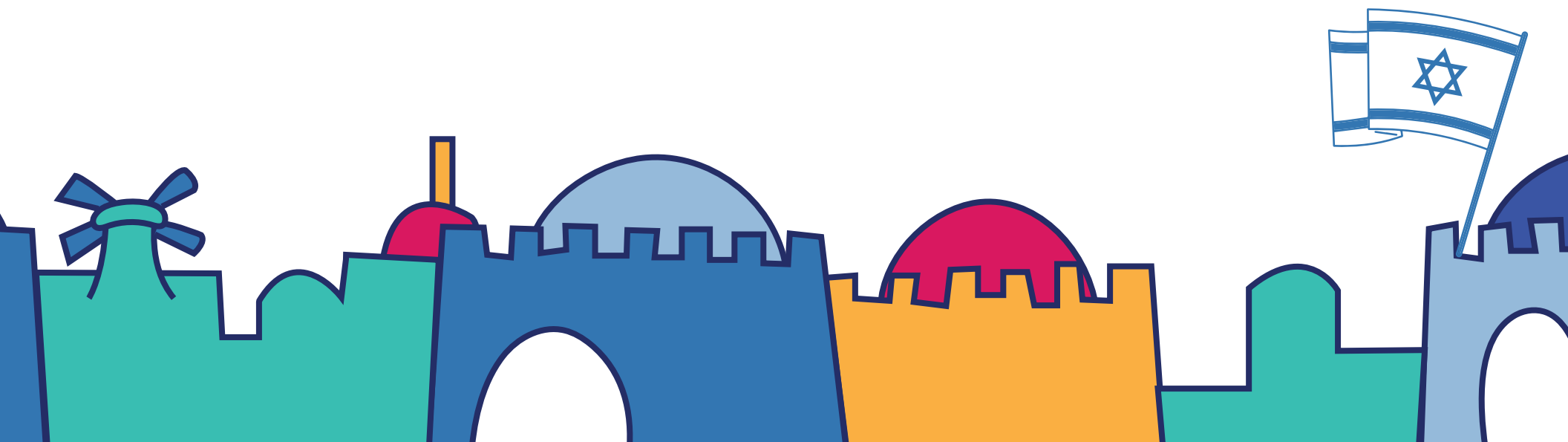
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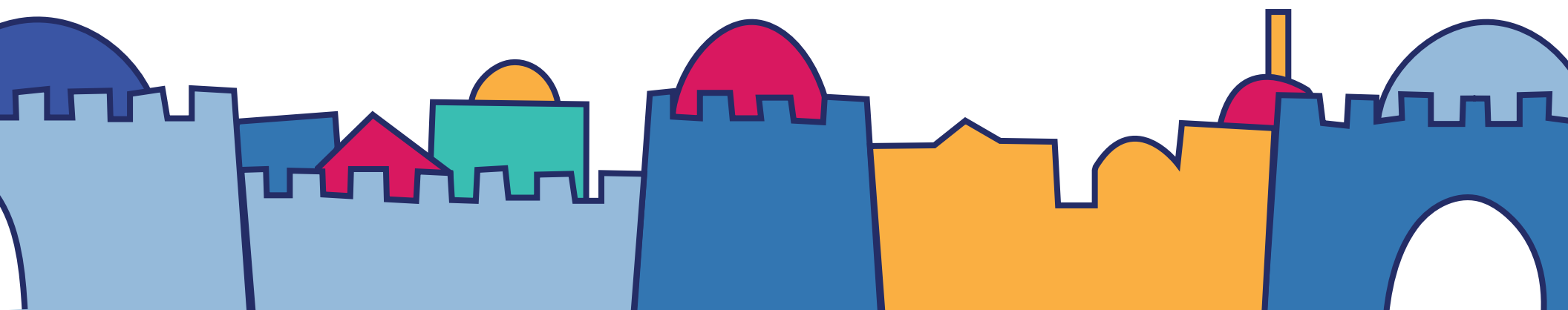
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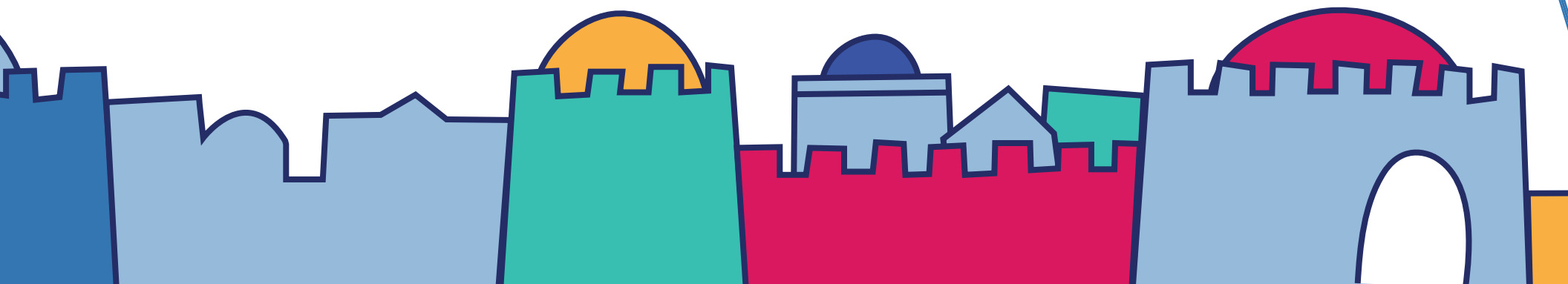
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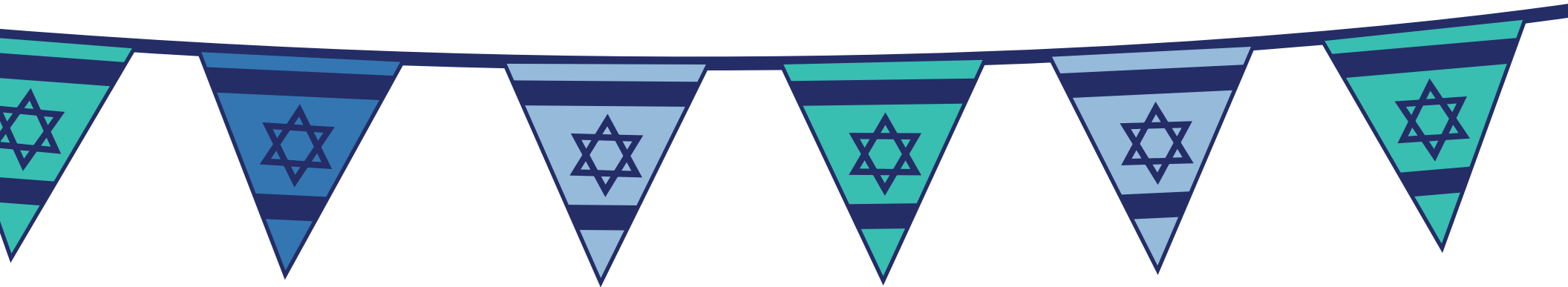


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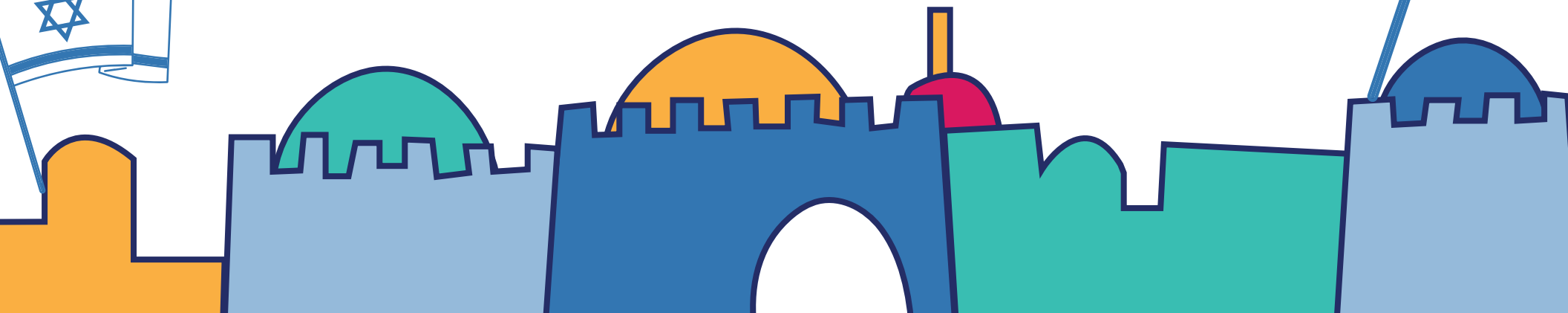


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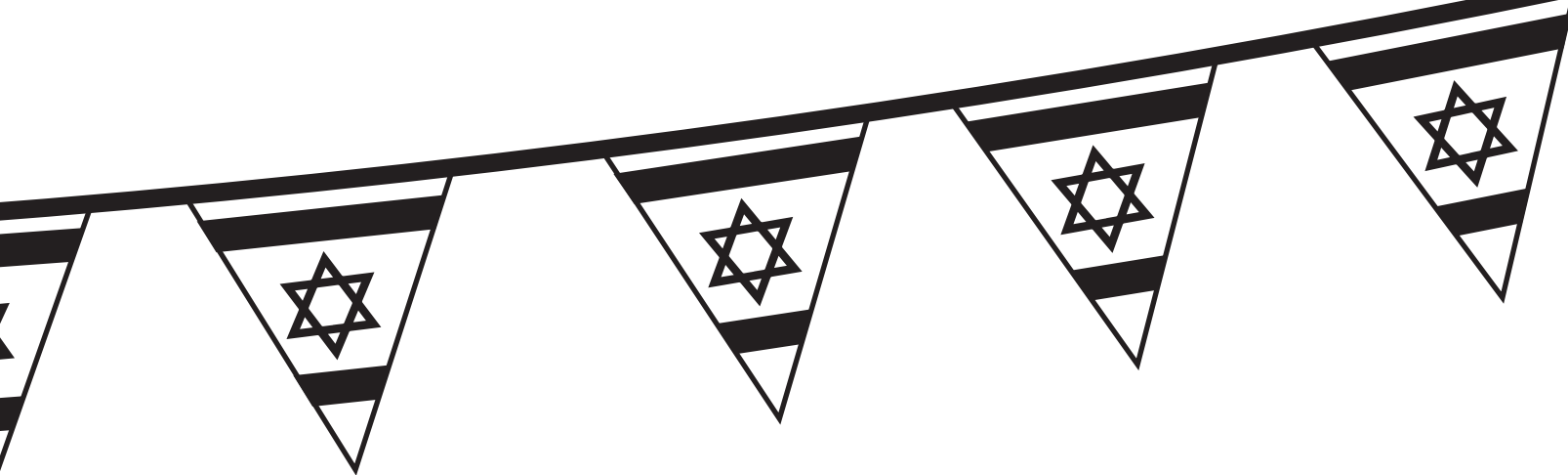
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Color Your Own Banner

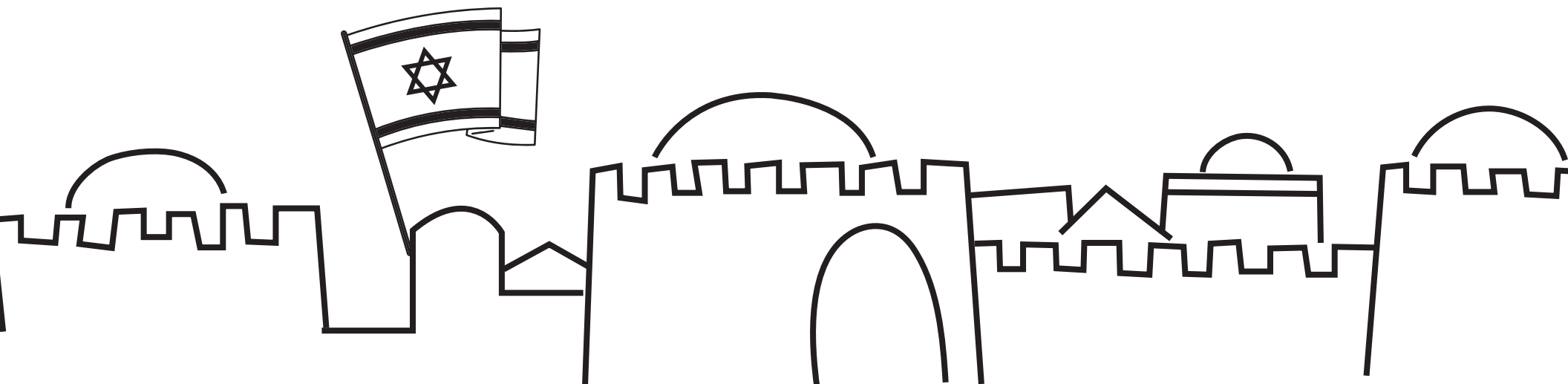
Print, color and tape!







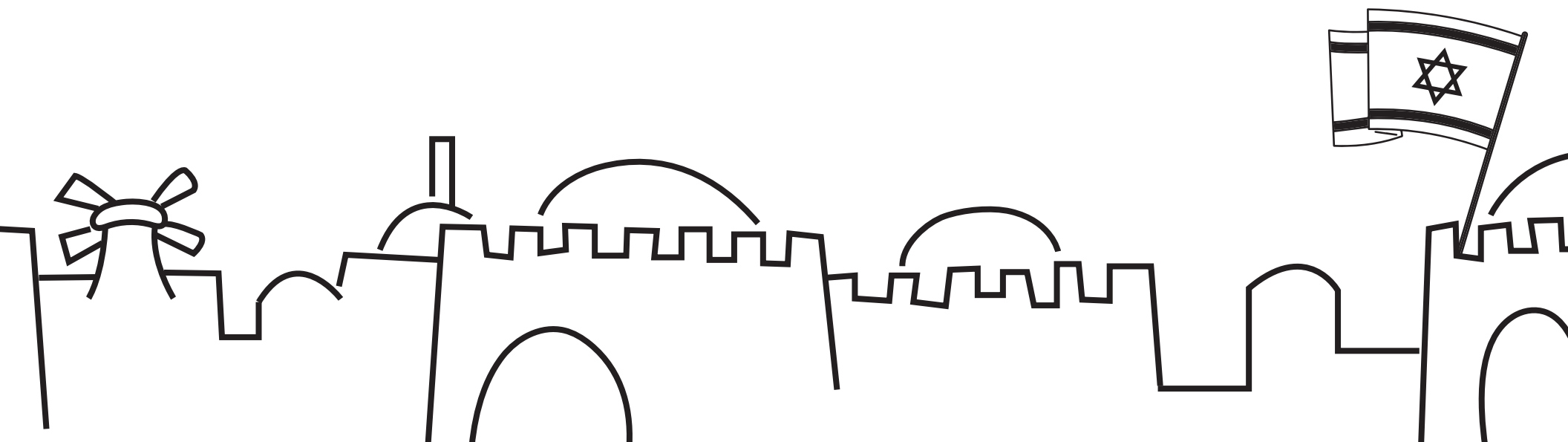
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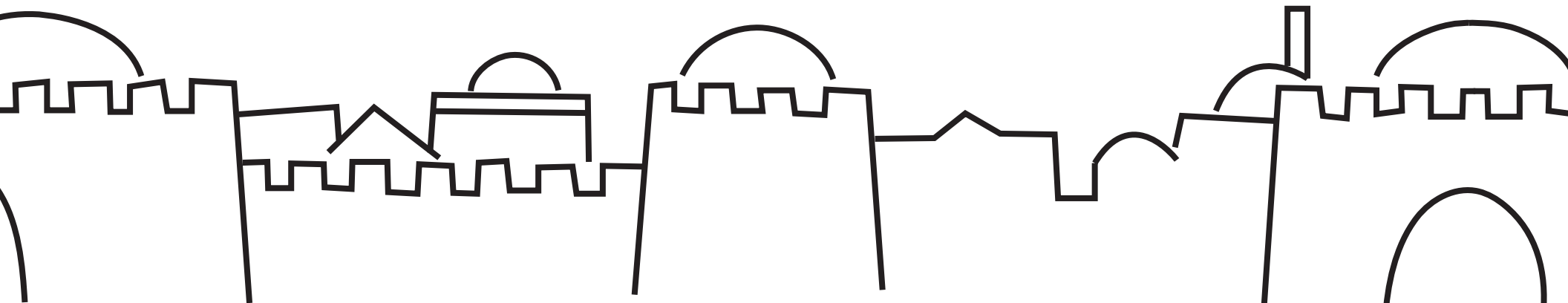
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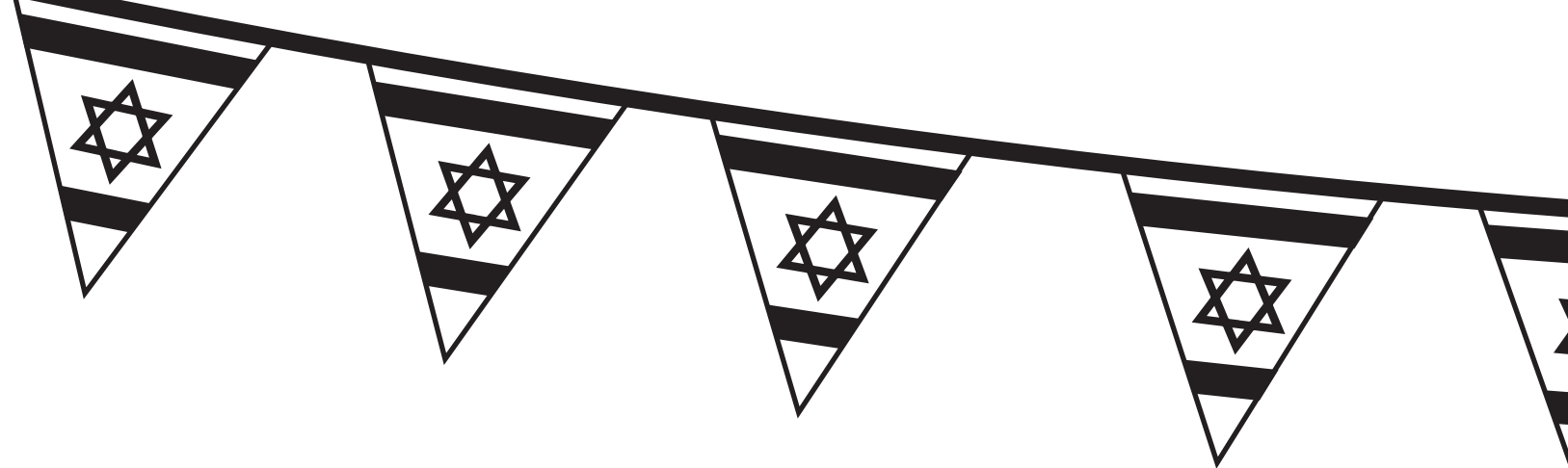


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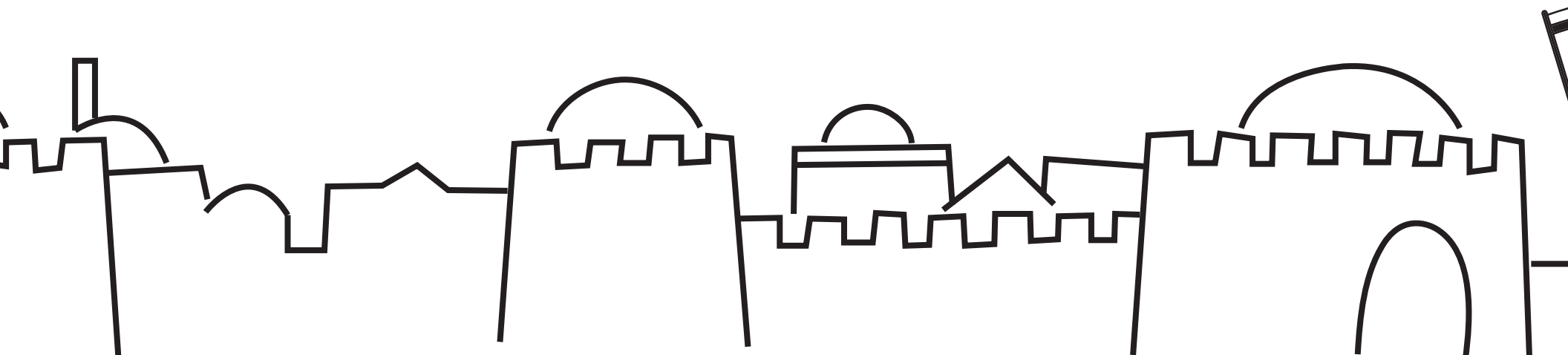
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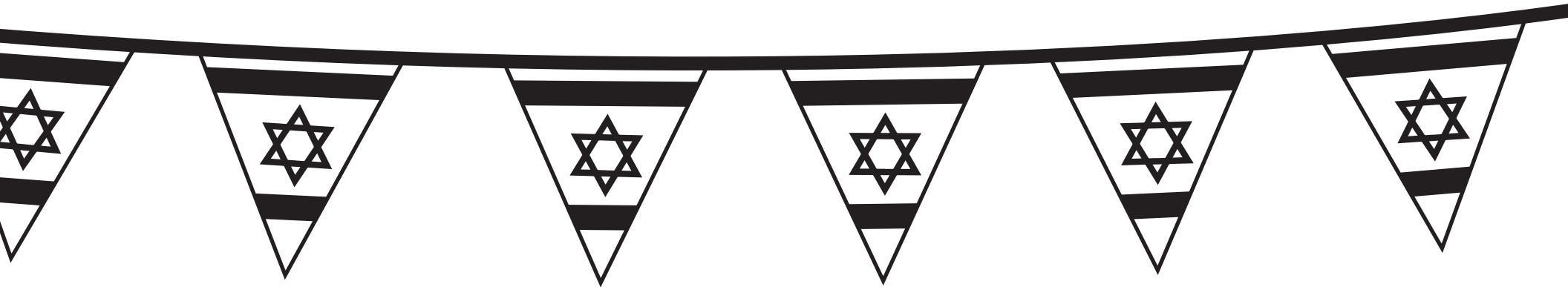


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ISRAEL

