

July / August - Tammuz / Elul 2023

Hebrew word:

Tackles
תכלס

Literal translation:

In reality, bottom line or totally.

Used to get to the root of what someone wants or agree with.

Tackles



Jewish calendar

Tisha B'Av – July 27

Tisha B'av (The Ninth of Av) is a day of mourning and fasting. On this day, we remember various tragedies that befell the Jewish people throughout history, particularly the destruction of the two temples in 586 BCE and 70 CE.

Tu B'Av – Aug 2

Did you know that there is a Jewish Valentine's Day? It is Tu B'Av (The Fifteen of Av), and this year it falls on August 2. While it is not widely observed, the holiday can be a fun way to celebrate all different types and expressions of love. It is also a great opportunity to put into action Jewish values and teachings related to love such as Gemilut Hasadim – doing acts of love and kindness, as well as V'eahavta L'reacha Kamocha – love your fellow as yourself. It became a special day for Jewish weddings. For kids, love is understood through actions (hugs, kisses), helping and good deeds.



Discuss with your family:

What are some acts of love and kindness that you can do in your life? How do you show people you love them?



30°C



Did You Know?

- July and August are Israel's sunniest months when temperatures easily climb to 30°C and higher.
- In July 1949 - the Israeli airline EL AL makes its first flight from Tel Aviv to Paris.
- 1993 - Ruth Bader Ginsburg, a longtime supporter of Israel, is sworn in the Supreme Court Justice in 1993.
- Summer 2004 - Gal Friedman, a professional windsurfer, was the first Israeli to win a gold medal, at the Summer Olympic Games of 2004.



JNF Project: Campsites in Goren Park



Goren Park covers approximately 500 acres in the Western Galilee woodlands, created in 1963 as Israel's first and largest common oak forest. The park's hiking trails lead to Nahal Kziv, Ein Tamir and the impressive Montfort Fortress from the Crusades. Its magnificent green mountains and flowing springs, in combination with the vast possibilities for outdoor recreation, have made Goren Park one of the Galilee's most important destinations.



Blue's favorite places to visit in Israel:

- **The beach** is the ultimate summer playground, and with 273 kilometers (170 miles) of beautiful coastline in Israel, you just cannot miss!
- **The Ramat Gan Safari** near Tel Aviv combines the safari and zoo experience. Drive your car (or take a safari bus) through the open-air exhibits, then enter the zoo area for a closer look at the Middle East's largest collection of furry and feathery friends across 250 acres.
- **Jordan River Rafting** in the Upper Galilee is your address for rafting and kayaking on the historic river. The route is relatively short, but there is more fun at the site, with an enormous zip-line plus paintball, archery, Jeep trips, guided hikes and a kosher restaurant.
- A great dig for kids: the **Temple Mount Sifting Project** in a scenic pine grove at the meeting point of Mount Scopus and the Mount of Olives, not far from the Hebrew University campus. You can find real buried treasure here among rubble from the Temple Mount.
- Almost everyone who visits Jerusalem has their favourite vendor or restaurant at the famous **Mahaneh Yehuda Shuk**, which recently celebrated 100 years old! Plus a local Jerusalem artist Soloman Souza keeps the shuk hip with unique graffiti. [Watch this cool video of the shuk here.](#)

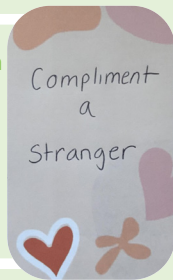


Blue's Favourite Activities

Tu B'Av is the holiday of love - learn how to make Kindness Notes, Heart-shaped Sun Catchers, or a Decorative Heart Collage to show your love and kindness today!

[Link to Activities](#)

Compliment
a
Stranger



Blue's Recipes!

Pearl Couscous with Olives and Roasted Tomatoes

Best served with a green salad or a piece of meat or fish



[Click here for recipe](#)

Watermelon, Feta, and Mint Salad

This salad resembles a classic Caprese—both juxtapose a sweet, watery fruit with a single herb and a creamy cheese



[Click here for recipe](#)

Chard-Wrapped Fish with Lemon and Olive

As easy as 1,2,3 - Chop up olives, spread it on fish and wrap in chard



[Click here for recipe](#)

Israeli Fruit Salad

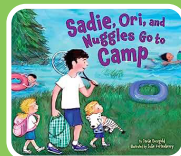
Don't worry we just found your new favorite summer dessert



[Click here for recipe](#)

Blue's Favourite Books

1. **Sadie, Ori, and Nuggles Go to Camp** by Jamie Korngold
2. **Camp Wonderful Wild** by Laurel Snyder
3. **Tia Fortuna's New Home: A Jewish Cuban Journey** by Ruth Bahar
4. **The Tower of Life: How Yaffa Eliach Rebuilt Her Town in Stories and Photographs** by Chana Stiefel



Blue's Playlist For

- <https://www.youtube.com/watch?v=UwEQfDNjgTM>
- <https://www.youtube.com/watch?v=uim07hvsHXE>
- <https://www.youtube.com/watch?v=GXr4gDRF6LE>
- <https://www.youtube.com/watch?v=->

