



we do not inherit the
earth from our ancestors;
we borrow it from

our children



Be a Macabee with Hadassah: This *Hanukkah*, Take Action for the Environment!

In the story of *Hanukkah*, a small amount of oil, which should have lasted for only one day, miraculously sustained a flame for eight days. When it comes to the consumption of the world's natural resources we are, unfortunately, unable to make them stretch as far as the oil in the story. *Hanukkah* reminds us of the importance of conserving our natural resources so that we, much like the flame in the story, will continue to thrive.

Hadassah's work has a deep concern for our environment and a commitment to conservation. This commitment is derived from Judaism's traditional view of humans' stewardship of the earth. The Jewish principles of *bal tashchit* – "do not destroy" – and *tikkun olam* – "repairing the world" – oblige us to conserve our natural resources and take action to alleviate environmental degradation.

PLEASE READ ON AFTER THE CANDLE LIGHTING CEREMONY FOR INTERESTING INFORMATION ON WHAT HADASSAH AND YOU DO FOR THE ENVIRONMENT – IN ISRAEL AND IN THE UNITED STATES. MORE ADVOCACY INFORMATION, TOO!

WHAT YOU CAN DO FOR THE ENVIRONMENT

Environment *Menorah* Lighting Ceremony

REDUCE YOUR OWN CARBON FOOTPRINT.

TAKE ACTION AS YOU LIGHT THE *MENORAH*

Please consider using this candle lighting ceremony as you light your personal *menorah* or as you light Hadassah's virtual *menorah*. After you recite the prayers please read aloud one way (one for each night) that you will make a difference for the environment and conservation.

First Night:

Change a light

Replacing one regular light bulb with a compact fluorescent light bulb will save 150 pounds of carbon dioxide a year. *I can and will do this for the environment!*

Second Night:

Drive less

Walk, bike, carpool or take mass transit more often. Save one pound of carbon dioxide for every mile I don't drive! *I can and will do this for the environment!*

Third Night:

Recycle more

I can save 2,400 pounds of carbon dioxide per year by recycling just half of my household waste. *I can and will do this for the environment!*

Fourth Night:

Check your tires

Keeping my car's tires inflated properly can improve gas mileage by more than 3%. Every gallon of gasoline saved keeps 20 pounds of carbon dioxide out of the atmosphere! *I can and will do this for the environment!*

Fifth Night:

Use less hot water

It takes a lot of energy to heat water. Use less hot water by installing a low flow showerhead (350 pounds of carbon dioxide saved per year) and washing clothes in cold or warm water (500 pounds saved per year). *I can and will do this for the environment!*

Sixth Night:

Adjust your thermostat

Moving the thermostat down just 2 degrees in winter and up 2 degrees in summer saves about 2,000 pounds of carbon dioxide a year. *I can and will do this for the environment!*

Seventh Night:

Turn off electronic devices

Simply turning off the television, DVD player, stereo and computer when not using them will save thousands of pounds of carbon dioxide a year. *I can and will do this for the environment!*

Eighth Night:

Contact your elected officials

Whether it's on the local, state or national level, let the people who represent me in government know what I think – and what I expect – concerning issues that are important to me. Write, phone and e-mail the mayor, governor and state and national legislative representatives to let them know I am watching – and that I vote. *I can and will do this for the environment!*

Source: The information above was found at www.climatecrisis.net and www.nrdc.org.

SUPPORT HADASSAH'S EXTRAORDINARY WORK

**EVERY VIRTUAL CANDLE YOU LIGHT ENSURES THE WORK OF HADASSAH IN THE ENVIRONMENT,
MEDICINE & HEALTH, CHILDREN & THE FUTURE AND EDUCATION.**

**PLEASE READ ON FOR INTERESTING INFORMATION ON
WHAT HADASSAH AND YOU DO FOR THE ENVIRONMENT – IN ISRAEL AND IN THE UNITED STATES.
MORE ADVOCACY INFORMATION, TOO!**

WHAT HADASSAH AND YOU DO FOR THE ENVIRONMENT

Environment and Hadassah Medical Organization



Did you know?

- Researchers from The Hadassah Medical Organization are studying the environmental factors that may cause asthma and are searching for the genes responsible for an increased susceptibility towards the disease.

Environment and Hadassah College Jerusalem



Environmental Health Awareness

Hadassah College Jerusalem offers a Bachelor of Science degree in environmental health sciences. The curriculum explores the impact of environmental factors on individuals, populations and ecosystems.

Did you know?

- Volunteering in the community is part and parcel of the Hadassah College Jerusalem code of ethics. Three students from the Environmental Health Department volunteer at a secret battered women's shelter in Jerusalem. Recognizing talent and intellectual ability, they have helped several women apply for HCJ scholarships.

|

Environment and Youth Aliyah/Children at Risk



In addition to celebrating years of educating and changing the lives of needy children, the *Meir Shfeyah* Youth Village has been a leader in agricultural development in Israel. Ever since Baron Edmund Rothschild planted vineyards and trained new immigrants to work the land, *Shfeyah* has been involved in farming as both an educational and therapeutic tool.

Did you know?

- *Shfeyah's* dairy received a prize for the quality of the milk produced by their pampered cows.
- In response to the still underdeveloped ecological awareness in Israel, both *Meir Shfeyah* and *Hadassah Neurim* have adopted recycling programs.
- The *Ziv Neurim* Project is a unique course offered at *Hadassah Neurim*. It is led and coordinated by the Israeli Navy. The course exposes teenagers to the sea by teaching them how to operate sea crafts. Twenty students at *Neurim* will be given the opportunity to take a full two-star diving course at the Red Sea.

Environment and Young Judaea



Tikkun Olam, repairing the world, is taken literally at Young Judaea. Year-round American programs range from cleaning a local park in the Midwest to nationwide efforts to mobilize support for those impacted by hurricane Katrina.

Jewish National Fund

In keeping with these imperatives, Hadassah partners with the Jewish National Fund (JNF), which promotes ecological conservation in Israel and all over the world. During our 82-year partnership, we have built over 150 dams and reservoirs, developed over 250,000 acres of land, created more than 400 parks, and planted thousands of trees.

HADASSAH and THE ENVIRONMENT in the UNITED STATES

In addition to our environmental efforts in Israel, Hadassah has long believed that the United States must decrease its dependence on foreign oil. As Zionists, we are obliged to ensure that the U.S. is never positioned at the whim of regimes that are hostile to Israel. Thus, one of our top domestic priorities is to ensure that the U.S. develops a comprehensive energy policy that decreases U.S. dependence on foreign sources of oil while advancing alternative energy solutions to protect our nation's environment. Our 300,000 members tirelessly advocate to advance this environmental agenda. To receive up-to-the-minute information about our environmental advocacy efforts, join our E-mail Action Network by clicking [here](#).

Conservation is a critical part of reducing the effects of global warming, which is exacerbated by the release of high levels of carbon dioxide and other greenhouse gases into the atmosphere. Small changes in our daily lives can significantly reduce levels of carbon dioxide produced each year. As you celebrate the eight days of *Hanukkah* this year, we hope you will include our "Environment *Menorah* Lighting Ceremony" and take the eight steps to reduce your own carbon footprint.

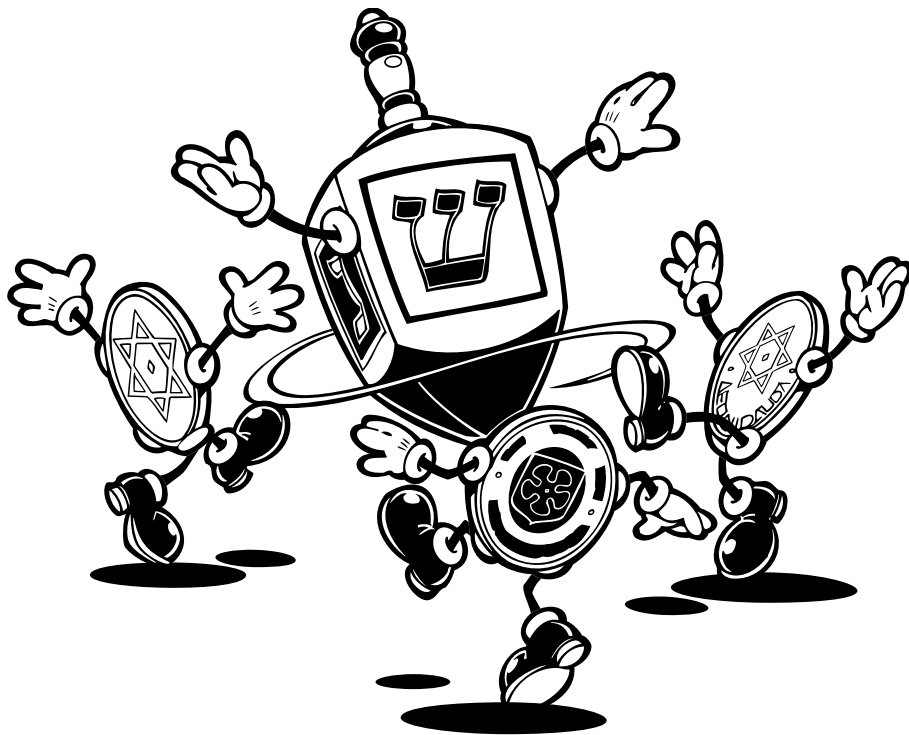
HAPPY HANUKKAH!

Support Hadassah's Extraordinary Work!

Every virtual candle you light ensures the continuation of Hadassah's work in the environment, medicine & health, children & the future and education.

Honor your family by lighting
Hadassah's Virtual Menorah!

www.hadassah.org/hanukkah

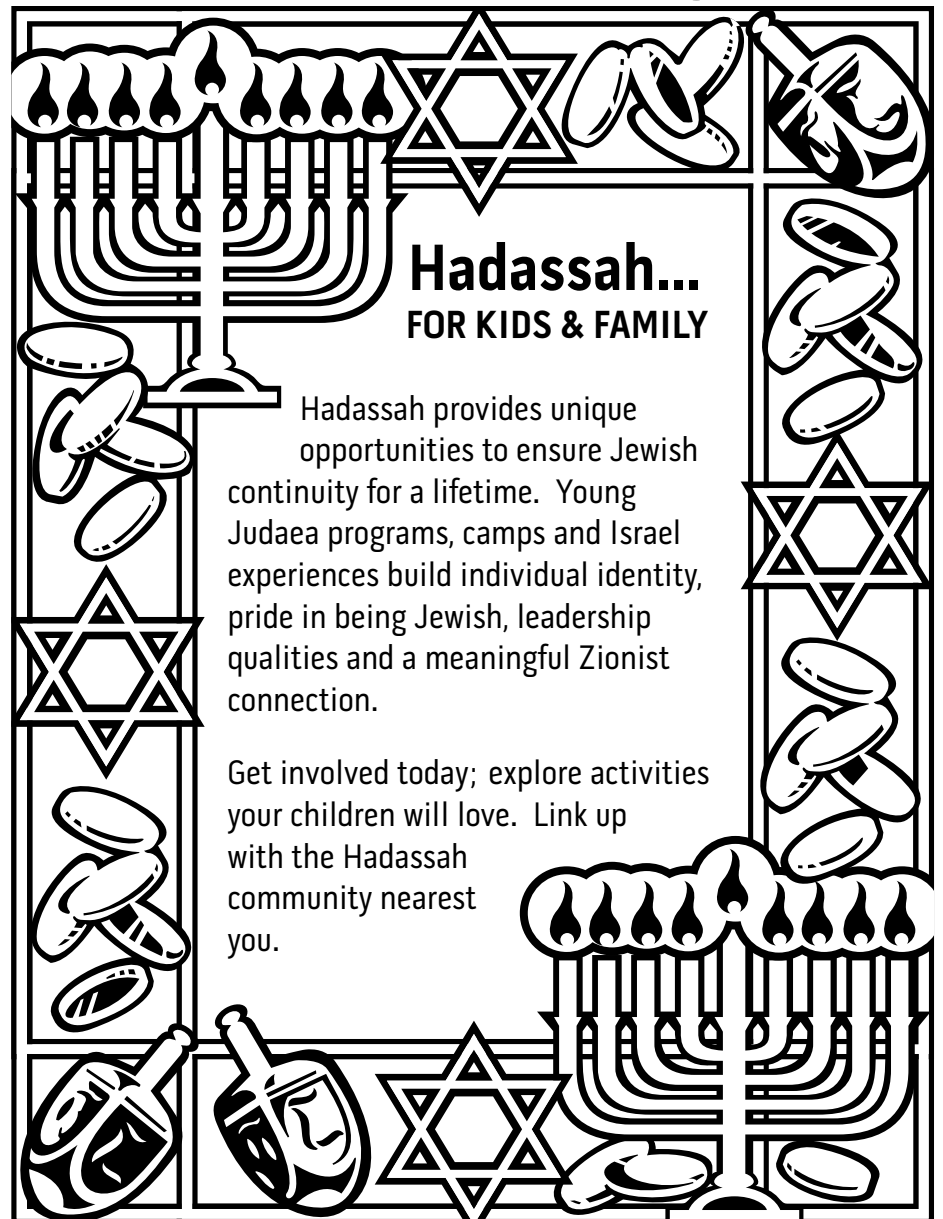


www.hadassah.org

800.644.4524 | membership@hadassah.org

©2010 Hadassah, The Women's Zionist Organization of America, Inc.
Hadassah is a registered trademark of Hadassah, the Women's Zionist Organization of America

Hadassah Coloring Book

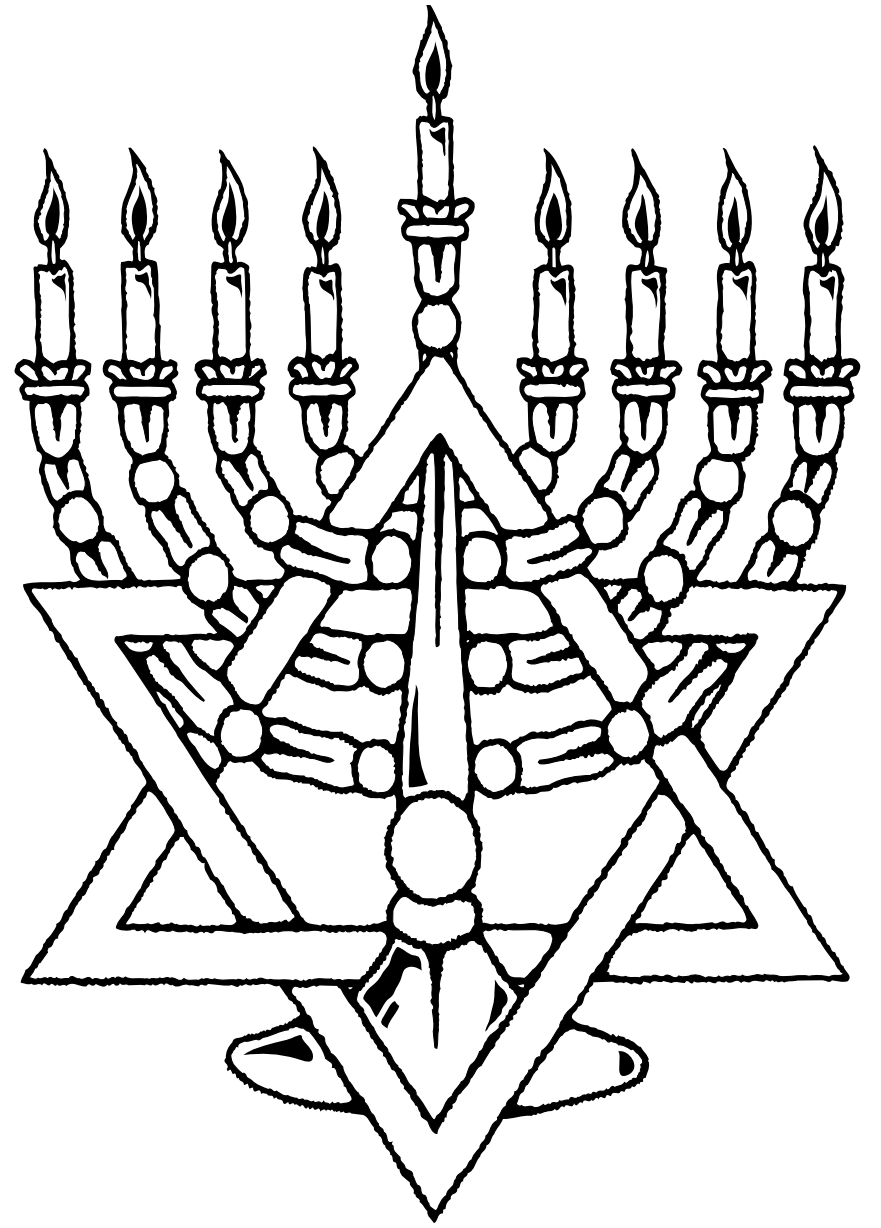


Hadassah... FOR KIDS & FAMILY

Hadassah provides unique opportunities to ensure Jewish continuity for a lifetime. Young Judea programs, camps and Israel experiences build individual identity, pride in being Jewish, leadership qualities and a meaningful Zionist connection.

Get involved today; explore activities your children will love. Link up with the Hadassah community nearest you.

Happy Hanukkah





Play a game of *Dreidel!*

The Hebrew letters on each side of the *Dreidel* are: *Nun, Gimel, Hay, and Shin.* They form an acronym in Hebrew which means, "A great miracle happened there."

Each player gets an equal number of pennies, candy, stones or whatever you wish to use.

Each player takes turns spinning the *Dreidel.*

If it lands on:

Nun



-- the player receives nothing.

Gimel



-- the player takes all of the pot.

Hay



-- the player takes half of the pot.

Shin



-- the player puts a playing piece into the pot.

Each time the pot is emptied out, each player should put in a new playing piece and the game continues until one person has won it all or until you decide to end the game.



“Handprint Menorah” Project

Supplies:

Finger paint
Paper
Glue or Gluestick (optional)
Glitter (optional)

Instructions:

Help child dip hands into Finger paint and place on page with thumbs overlapping. The four fingers on either side of the thumbs become the candles and the thumbs create the *Shamas*.

(Optional) Add light and sparkle to your menorah by creating candle flames with a dab of glue at the top of each “finger candle”. Sprinkle glitter over the glue to make the flames sparkle.

This project can be used as a decoration for “custom made” *Hanukkah* cards, as a wall decoration, for placemats, or as part of a *Hanukkah* memory book.

“Macaroni Menorah” Project

Supplies:

Pasta odds and ends: Penne, Shells, and Spiral pasta work well
Glue
Construction Paper or Cardboard
Pencil
Paint (optional)
Paintbrush (optional)

Instructions:

Draw a menorah shape on the paper or cardboard. Place glue over the drawn lines and cover with different shaped pasta. Penne and spirals work well for the candles, Shells work well for flames.

(Optional) Paint the pasta before or after it is glued onto the paper or cardboard.

This project can make a special “gift” to a family member or friend, or can be used as a decoration during the holiday.

Reprinted from the, “The Hadassah Jewish Holiday Cookbook: Traditional Recipes from Contemporary Kosher Kitchens” (Universe/Rizzoli).



Lots of Latkes!

Potato Latkes

4 large potatoes
1 large onion
2 eggs, lightly beaten
1 teaspoon salt
Dash of freshly ground pepper
2 tablespoons all-purpose flour
Oil for frying

1. Grate potatoes and onion on fine grater and squeeze out about half the liquid.
2. Add remaining ingredients except oil to potato mixture.
3. Heat oil in medium skillet over medium heat. Put about 2 tablespoons batter for each latke into hot oil and fry until golden on both sides, turning once. Remove from skillet to paper towels to drain.

Serves 4

-Jean Gelfand, Sioux City Hadassah, Iowa

Carrot Latkes

1 pound carrots
2 eggs
1 scallion, finely chopped
½ clove garlic, minced
Salt and freshly ground pepper to taste
½ to ¾ cup matza meal
Oil for frying
Sour cream and chopped scallion greens for garnish

1. Clean carrots and grate finely. Transfer to a fine strainer or colander. Place carrots against sieve and allow liquid to drain 10 minutes.
2. Beat 2 eggs in a large bowl. Add drained carrots, the scallion, garlic, and salt and pepper. Add sufficient matza meal with frequent mixing until mixture is fairly firm and can hold the shape of a latke.
3. Heat oil in medium skillet over medium heat. Put about 2 tablespoons batter for each latke into hot oil and fry until golden on both sides, turning once. Remove from skillet to paper towels to drain. Garnish with sour cream and scallion greens.

Serves 4

-Abe Koblin, Dyan Group, Baltimore Hadassah, Maryland

Elaine's Apple Cinnamon Latkes

- 1 egg
- 3 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- 3 cups coarsely chopped apples (approximately 3 apples)
- $\frac{3}{4}$ cup all-purpose flour
- Oil for frying

1. Beat egg until foamy. Add sugar, cinnamon, and salt. Mix well.
2. Add chopped apples to egg mixture a few at a time. Add flour and blend mixture until smooth.
3. Heat oil in medium skillet over medium heat. Put about 2 tablespoons batter for each latke into hot oil and fry until golden on both sides, turning once. Remove from skillet to paper towels to drain.
4. Cover and keep latkes in 250 degree oven until all are made.

Serves 4 to 6

-Elaine Binder, Chaverot Hadassah, Suffern, New York