



Appendix A:

Additional Programming

Rosh
Hashana

Yom
Kippur

Succoth

Hanukka

Purim

Tu
Bishvat

Shavuot

Lag
Ba'Omer

Pesach

Die:

1. What are we celebrating?
2. What are the rituals of this holiday?
3. Historical figure that is connected to the holiday
4. How do you celebrate?
5. What's the Hebrew month?
6. What would you add to this holiday?



Appendix B:

Russian Games

Russian Games

- 1) Horses and Riders "Ioshadi i vsadniki"
(English rules from playgroundfun.org.uk)

Rules

One person (normally the strongest) is the horse and the other person is the rider.

The rider puts a jump rope loosely around the "horse" and then they will ride around the playground.

The rider will not get on the "horse's" back. The rider and "horse" stay one in front of the other.

When the "horse" is tired, they swap places so that the rider is now the "horse".

The game ends when both rider and "horse" are forced to stop for a break.

What you need

Two people.

One long jump rope.

- 2) **Hide and Seek (Priatki)** --You know the rules!

- 3) **Geese-geese (Gusi-gusi)** [from www.virginia.edu/slavic/seefa/GAMETRAD.HTM]



"The players start by choosing the leaders, a "mama goose" and a "grey wolf." Once the vedushchie (leaders) are chosen, and the game begins. To start the game, the mama goose stands at one end of the playing field. The goslings (all of the children besides the mama and the wolf) stand at the other end. The wolf remains in the middle of the field. The mama and her goslings engage in a poetic interchange:

Mama:	<i>Gusi, gusi!</i>	Goosey, goosey!
Goslings:	<i>Ga-ga-ga!</i>	Honk-honk-honk!
Mama:	<i>Est' khotite?</i>	Do you want to eat?
Goslings:	<i>Da-da-da!</i>	Yes-yes-yes!
Mama:	<i>Nu, letite!</i>	Well, fly on over!
Goslings:	<i>Nam nel'zia!</i>	We can't!
Mama:	<i>Pochemu?</i>	Why not?
Goslings:	<i>Seryi volk za goroi</i>	The grey wolf behind the hill
	<i>Ne puskaet nas domoi.</i>	Won't let us come home.

Another variant ends in the following way:

Goslings:	<i>Nam nel'zia idti domoi</i>	We can't go home--
	<i>Seryi volk pod goroi</i>	The grey wolf is behind the hill--
	--	
	<i>Zuby tochit,</i>	He's sharpening his teeth,
	<i>Nas s'est' khochet.</i>	He wants to eat us.
Mama:	<i>Nu letite</i>	Well, fly on over
	<i>Kak khotite!</i>	As you wish!

At this point, the goslings run across the field. The wolf attempts to tag as many of them as possible. Each gosling that he tags becomes a wolf. The game continues, with multiple wolves catching an ever-diminishing corps of goslings".

4) *Tretii lishnii*) [from www.virginia.edu/slavic/seefa/GAMETRAD.HTM]



"*Tretii lishnii*" exemplifies the type of game where the majority of players unite against one player, making the task of joining the group more difficult. Instead of one player "beating the odds" (or the rest of the players), the majority excludes the one outsider, who is quite literally outside of the group.

In "*Tretii lishnii*," players stand behind each other in two concentric circles. One player is denoted "Extra;" he is the chasee. The chaser is "It." As It chases the Extra, the latter may opt to replace himself with another player. To do so, the Extra stands in front of another player (in one of the circles), who then becomes Extra. In some variants, only the inner circle may be replaced, at which point the inner player steps back into the outer circle and the outer player becomes Extra. [There are] several variants, [with] basic rules and regional ones. For example, when players run through the circle, they must hop on one foot. When one runs outside the circle, he or she may run normally. If the player being chased is caught, he is out of the game OR becomes "it," depending on the local rules. Children create the rules for each game from a mix of "standard" rules that everyone "should" know and their own play group's rules. "

Appendix C:

Russian Recipes

Russian Recipes

Recipes

The first 2 recipes below are from Cooking the Russian Way by Gregory and Rita Plotkin.

Cheese Pancakes (Sirniki)

(Can be eaten for breakfast or dinner and are usually served with sour cream, honey, or jam)

- Prep time: 25 to 30 min
- Cooking time: 25 to 35 minutes total
- Serves 4 to 6

Ingredients:

- 2 lb. farmer cheese or ricotta cheese
- 1 egg
- 1/2 c. sugar, plus extra for sprinkling
- 1/2 tsp. salt
- 1 to 1 1/2 c. all purpose flour
- sunflower oil for frying

Procedure:

- 1) In a large bowl, mash cheese with a fork. Add egg and mix well. Stir in sugar and salt.
- 2) Add flour, a little at a time, until dough is firm enough to knead by hand. Continue adding flour and kneading until dough can be shaped easily with hands.
- 3) Dust hands with flour and scoop up a piece of dough about the size of a medium apple. Roll into a ball between palms and press to form a pancake about 1 inch thick. Make a batch of 3 or 4 before frying.



- 4) Pour a thin layer of oil into a large frying pan and heat over medium heat for 1 minute. Carefully place pancakes in pan with a spatula and fry for 3 to 4 minutes, or until bottoms are golden brown. Turn over and fry until second side turns golden brown. Remove and place on paper towels.
- 5) Continue making and frying sirniki, adding more oil to pan when necessary, until dough is used up. Sprinkle with sugar and serve.

** For a special summertime treat, serve sirniki with fresh strawberries or raspberries.*

Pancakes (Blini)

Prep time: 25 to 30 min

Cooking time: 25 to 35 minutes total

Serves: 4 to 6

Ingredients:

4 c. all purpose flour

2 c. buttermilk

1 egg

1/2 tsp. salt

1 tbsp. sugar

1/2 to 1 c. warm water (optional)

sunflower oil for frying

Procedure:

- 1) Place flour in a large mixing bowl. Gradually add buttermilk, beating well with spoon.
- 2) Add egg, salt, and sugar and stir until blended. Mixture should be the consistency of pancake batter. If mixture is too thick, stir in 1/2 c. warm water. Set batter in a warm place for 10 to 15 minutes.
- 3) Lightly grease a small frying pan with 1 tsp. oil. Heat pan for several seconds over medium heat. Pour 1/4 c. batter into pan, quickly swirling pan so a thin, even layer covers the bottom. (If batter has thickened, add a little more warm water to mixture in bowl and beat well.) When edge of pancake lifts easily from a pan (about 2 to 3 minutes), carefully flip over with a spatula.
- 4) When other side lifts easily from pan, remove pancake, place on a plate, and cover with a cloth towel. Repeat with remaining batter, adding more oil to the pan when necessary. Serve warm.



The recipe below is from [The People of Russia and Their Food](#) by Ann L. Burckhardt:

Apple-Potato Salad

Serves: 6

Ingredients:

1 pint potato salad
1/2 cucumber, peeled and chopped
1/2 cup frozen peas
1 small apple, cored and shredded
1 carrot, peeled and shredded
Mayonnaise or yogurt, if needed

Put potato salad in a medium bowl. Put peas in a strainer. Hold under hot-water faucet until the ice is off the peas.

Add cucumber, peas, apple, and carrot to the potato salad. Mix well. Mayonnaise or yogurt may be added if needed to hold the salad together.

Add salt and pepper to taste. Cover the salad. Chill until time to serve.