



הדרכה למדריכים
A Handbook for the Synagogue Youth Advisor/Youth Director

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613 Mitzvah Corps application, Heschel Honor Society application, Hechalutzim application, list of free publicity materials all available on the USY website.

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Chapter 1: Introduction

גורלך, תפיל בתוכנו כיס אחד, והיה לקלנו. — Throw in your lot among us; let us all have one common purse- *Mishlei/Proverbs 1:14*

What is USY? Why Join Kadima?

“The Department of Youth Activities, of [The United Synagogue of Conservative Judaism](#), inspires Jewish youth to explore, celebrate and practice ethical values, Zionism and community responsibility based on the ideology of the Conservative Movement.”
USCJ Department of Youth Activities Mission statement

Join the Club! What is Kadima?

- Kadima is the pre-teen arm of the Department of Youth Activities, sponsored by the United Synagogue of Conservative Judaism.
- This age group could range from 5th grade-8th grade, depending on the chapter.
- Most chapters limit Kadima to the middle school years and invite their 8th graders to USY events in the second semester of the school year.
- Kadima offers social programs, outings, Jewish holiday celebrations and social action opportunities through your local Conservative congregation. Membership in Kadima entitles you to participate in all Kadima activities.
- Kadima is the foundation of our youth movement. Without a strong Kadima, it is more challenging to recruit members for USY.

For additional information on Kadima, please refer to section on “programming for pre-teens.”

YAD B’YAD: The Kadima Social Action/Tikun Olam Program

Yad B’yad began as a partnership program with Camp Ramah to recruit potential USYers to participate in *Tikvah*, the Ramah special needs program. The teens affected by Yad B’yad funding are teenagers that participate with the Camp Ramah *Tikvah* special needs program during the summer and have interest in continuing their participation during the school year, through USY.

There are about 8-10 special needs teenagers that are able to participate at each regional event because of this amazing program. These USYers are welcome in the region and actively participate in all the programming.

When Kadimaniks raise funds for Yad B’yad, all contributions are sent to the USY Central Office. All contributions receive a letter of acknowledgement.

Each year the total of the contributions to Yad B’Yad are sent to USY regions engaged in special needs programming, as well as the National Ramah office. All Yad B’Yad funds are used as scholarships to enable more Jewish youth to participate in these unique programs, and to provide fully trained staff to work with them.

U.aSk.Y?

What is the United Synagogue Youth?

- Established in 1951, the United Synagogue Youth is the youth branch of the Conservative movement, sponsored by the United Synagogue of Conservative Judaism
- Any high school student with a Jewish mother may (should!) join USY
- USY is committed to building and fostering positive Jewish experiences for Conservative affiliated youth through leadership training, Jewish worship, programming, conventions, outings, informal Jewish education and commitment to Zionism and Israel.

The World According to USY

*Adapted from "The World According to HaGalil"
Courtesy of Hagalil Region*

USY has its own unique lingo that can often seem like a jumble of acronyms and insider information. This list, adapted from Hagalil region, so a vocabulary list has been devised for you to help you understand the ins and outs of USY.

Acshav: The International USY magazine, now published only online (literally means "now" in Hebrew).

Advisor: Adults (college students or members of the congregation or community) who work with USY chapters and supervise chapter and regional events.

Abraham Joshua Heschel Honor Society: An honor society for USYers who excel in areas of Hebrew study, Mitzvoth, and Torah.

Benching: (See Birkat) The act of saying the prayers recited after meals.

Birkat Hamazon: The prayer said after meals (See Benching)

Chofesh: The Hebrew word for free time. At a convention Chofesh is a time to have fun with friends, catch up on old times, or just sleep!

Curfew: Some sort of time constraint that is supposed to be derived for our benefit, but not always viewed as such.

Dugma: Hebrew word used to mean "good example".

Encampment: A week long USY camp held during the last week in August. A wonderful end to the summer!

Etgar: Discover the Israeli side of Israel. Meet the challenge of study combined with volunteer work, hiking, and interaction with Noam (USY's sister movement in Israel).

Executive Board: A group of 6 USYers who were elected by the people for the people. It consists of President, Executive/Israeli Awareness Vice President, Religious/Education Vice President, Social Actions/Tikun Olam Vice President, Membership/Programming Vice President, and Communications Vice President.

General Board: Selected by the Exec Board (See Executive Board). These individuals assist the exec board in running the Region in certain areas.

Hechalutzim: A USY club for those interested in learning and teaching about Israel and Zionism.

International Convention: An annual gathering during the winter break of USYers from all over America and Canada. It is a time to see your friends from Pilgrimage (See Pilgrimage), Wheels (See Wheels), Etgar (See Etgar), Ramah Israel Program, or to meet new people from other Regions.

Kadima: The pre-USY organization for sixth, seventh, and eighth graders.

Kinnus: A home hospitality convention held from Friday afternoon until Sunday.

Kita, Sicha: Literally, kita means class, and sicha means conversation. In USY all three are incorporated in the study groups. At every convention there is a theme, which is then the discussion during the study sessions throughout shabbat.

Kol Kadima- the online Kadima magazine

Listserver: A "ListServer" (also known as just a "ListServ" or "List") is a system that allows USYers to be informed about current events, updates, and anything else that might be important.

L. T.I.: The Leadership Training Institute for the exec board (See Executive Board), general board (See General Board), and chapter boards.

Macher: A big shot USYer, or past USYer

Maariv: The evening service

Mincha: The afternoon service

Nativ: A year long program designed for college freshman. This consists of six months of study at Hebrew University and four months of Kibbutz life.

Noam- the Youth organization of the Masorti Movement in Israel (USY/Kadima in Israel).

Pilgrimage: USY's Israel Adventure, Poland/Israel seminar, Eastern/European Israel seminar and Spain/Israel seminar.

Ruach: Singing, dancing, and SPIRIT!

SA/TO- Social Action/Tikun Olam- Community Service and fundraiser efforts for USY Tzedakah organizations.

Shacharit: The morning service

Shmira: Watchers/guards at conventions to make sure that no illegal activity is going on after curfew (See Curfew).

613 Mitzvot Corp: For just \$6.13 (Which goes to T.O...See Tikun Olam) you can join the international Mitzvot club where you will receive special mailings.

Social Action: Acts of loving kindness, actions on behalf of a cause or a community.

Tikun Olam: The USY tzedakah fund for "repairing the world"; money raised to be allocated to the Conservative movement, charities chosen by the region and scholarships for USY summer programs. All fundraising efforts are done by USYers alone.

Wheels: A six and a half week tour of the United States, with stops in Canada and Mexico. An amazing experience!

Clubs

Abraham Joshua Heschel Honor Society. This is a club for USYers who have a strong commitment to Judaism. The members of this club commit to standards based on Torah, Tefillah (prayer) and Gemilut Chasadim (helping others). There are a few requirements to be in this club. They are: one must attend services four times a month, one of which being on Shabbat, do a social action project once a month and take part in at least two hours of Jewish study each week. Membership in this club allows you to receive a special newsletter, Boer Ba'esh, and to attend late night study groups at conventions. At each International convention there is an induction ceremony for new members. All you have to do is fill out an application.

HeChalutzim. This is a club for Israel lovers. Being a member allows you to receive a newsletter, HeChalutzon, as well as attend late night study sessions. There is also now a listserve for members of HeChalutzim. All you have to do is fill out an application and include \$10. Each year, each region has the opportunity to send one person to Israel on the Hechalutzim Seminar.

613 Mitzvah Corps: As a member of the 613 Mitzvah Corps you receive a monthly newsletter, that is distributed internationally, about how you can incorporate Social Action and Tikun Olam into your everyday life and how to fulfill the 613 mitzvot. All you have to do is include \$6.13 and fill out an application.

**USY SUMMER PROGRAMS-THERE ARE SOOOOOO MANY CHOICES!
IT'S NOT TOO EARLY TO MAKE PLANS FOR THIS COMING SUMMER!!**

USY hosts summer adventures throughout the North America through the USY on Wheels program, and in Europe and Israel through USY Pilgrimage. These experiences are life changing and most summer program participants return to their regions to fill leadership roles.

USY also hosts a gap year pre-college leadership program in Israel called *Nativ*. *Nativ* combines learning with volunteer service in Israel and is also, life changing.

USY High is a two month high school program in Israel where teens get to live and learn in Israel while gaining high school credits. How exciting for a teen to be on their own while learning and living life to the fullest in the Jewish homeland!

Programs are subject to change

North America:

"Classic" USY on Wheels

Spend six and a half weeks traveling coast to coast and experience North America, from sunrise on the rim of the Grand Canyon to pizza and blues in Chicago, as you connect with the people and places of this great continent.

USY on Wheels, Mission: Mitzvah

Mission: Mitzvah Wheelniks interact with and learn about various communities throughout North America through intensive social action projects, while participating in many of the same social, educational, touring, and sightseeing programs as the "Classic" Wheels program.

USY on Wheels, East

USYers who have just completed 8th grade will join together for a four-week journey through the East Coast of North America.

Israel and Europe:

Israel Adventure PLUS

Spend five weeks experiencing a complete introduction to the land of Israel, including a week in Gadna.

Eastern Europe/Israel Pilgrimage

Spend two weeks exploring Germany, the Czech Republic and Poland and then four weeks in Israel for an amazing journey.

Israel Adventure

This four-week trip will be an exciting, awe-inspiring summer: traveling, experiencing and learning Israel from tip to tip.

Israel Pilgrimage/Poland Seminar

Your first week takes you to Poland, your next four weeks will take you to Israel, for an uplifting and life-changing experience.

Spain/Israel Pilgrimage

Explore the great heritage of Jewish Spain and then enjoy the next four weeks living and learning about Israel.

Italy/Israel Pilgrimage

Begin your experience with a week of travel in Italy and then spend four weeks experiencing all that Israel has to offer.

For more information, check out the USY Website: www.usy.org/escape for descriptions of programs, sample itineraries, pictures, and much more

Structure of USY

The Chapter- local USY- it all starts with the chapter, the heart of USY. Synagogues affiliated with the United Synagogue host a USY chapter. The chapter is the local arm of USY and runs a number of programs, activities and gatherings each month. Without the chapter, there are no members. Without members, there is no USY.

The Region- there are 17 regions that make up USY. The region is comprised of many chapters that stretch across a particular geographic are. Each region has its own Regional Executive Board (REB) as well as a Regional General Board (RGB) comprised of committees.

Sub-regional/divisional- a number of regions are divided in smaller sub-regions to make programming more accessible and easier to facilitate. These sub-regions have their own conventions and events.

International USY (the "Central" office) - This office is the head office for the Department of Youth Activities. All international programs are run through this office. Mailing address: 820 Second Ave in Manhattan.
10th floor

New York, NY 10017
212-533-7800

The Central office has a full staff and oversees the International Executive Board (IEB) of USY leaders. All special clubs, summer programs and International Convention are run through this office.

***International Convention-** IC is the biggest USY gathering of the year. Located in a different major city each year, this gathering includes over 1100 USYers from all over the U.S. and Canada. IC is packed with social programming, leadership training, educational sessions on a given theme, and specialty programs.

USY Program Areas

- **Social:** This is the most popular program area. Even though every program is social in nature, programs that fall under the “social” category are usually a fun, interactive, group activity. Social programs can be anything from an Oscar Red Carpet night to a video scavenger hunt to a spring kayaking trip.
- **Social Action/Tikun Olam:** These programs are either activism based, community service based or are a fundraiser of some kind to raise funds for the International USY Tikun Olam program.
- **Religion/Education:** These programs are Judaically based. Even through every program should have Jewish content in some way, rel/ed programming is primarily Jewish in nature. Rel/ed programs can include holiday celebrations, creative services, Shabbat dinner programming, Jewish cultural programs and anything else Judaically significant
- **Israel:** These programs are solely Israel based. Programs range from inviting a former soldier to speak about life in the army at an Israeli themed dinner, to an evening in Tel Aviv Israel culture program, to a viewing and discussion of a controversial new Israeli film.

The USY Tikun Olam Program

One of the crown jewels of the United Synagogue Youth program is the Tikun Olam Tzedekah program.

For complete information on the USY Tikun Olam Program please see the USY website or contact Karen Stein, 212-533-7800 x1114, stein@uscj.org

Where do my T.O dollars go?

UNITED SYNAGOGUE YOUTH TIKUN OLAM PROGRAM ALLOCATION PERCENTAGES

An annual grant of \$10,000 will be made for 13 years to the Fuchsberg Center for Conservative Judaism dormitory/education center project (extended 5 years to conclude with funds raised in 2010-2011). Funds remaining after this grant will be distributed as follows:

- 40% To Tzedakot approved by the Tikun Olam Allocations Committee.** Additions or deletions can only be made by this committee. Local Tzedakah is explained briefly in the printed material. It may include a United Synagogue Congregation in Israel, if the region has adopted one.

30% Scholarships: These can be applied to USY Summer Programs, Nativ and USY High the following programs

Guidelines for the allocation of scholarships are approved by the International USY Board. An accounting of monies allocated is sent to each region in the winter. In many instances, the region does not allocate all of its scholarship monies in a given year. In such an instance, there is an amount left over which we refer to as a "credit". This amount is only held for one year. If, during the following year the region does not allocate monies in excess of its "credit" from the previous year, the balance of the "credit" is forfeited and reverts to the 40% Tzedakah Fund.

30% Conservative Jewish Socio-Religious programs in Israel

\$15,000 of this 30% is taken off this portion to cover the operating expenses of the program, including the printing and authoring of source materials dealing with Tzedakah and Klal Yisrael. If the money raised in chapters and regions exceeds \$185,000, \$100 is added to the operating expenses for every additional \$2,000 raised. \$3,000 will be deducted from the operating expenses section to make up for the portion of the Fuchsberg Center Funds that would have gone to regional scholarships.

The remainder of this 30% is divided as follows:

- A) **30% to the Center on Campus** outreach program coordinated by the Jerusalem Center for Conservative Judaism.
- B) **50% available for NATIV scholarships.** Any unallocated scholarship funds will be given to Rabbinical students of the Jewish Theological Seminary of America spending the year at Neve Schechter in Jerusalem.
- C) **20% to the Fuchsberg Center for Conservative Judaism dormitory/ education center project.** In years in which a Chalutzim Seminar goes to Israel, \$3,000 of this portion will go to subsidize the trip

For Tikun Olam fundraising ideas, please consult the USY website.