



Naivelt Notes Vol. 8: July 25, 2020



*BLM Poster Making
Image: Maiyan Ross, H3 #18*

Hello Naivelters!

Welcome to Volume 8 of your weekly update!

A few important updates this week:

1. Camp Committee has received some questions about COVID protocols at Camp, 'social circles' and whether guests are welcome: Can Naivelters have guests up at Camp who are not a part of a person's 'bubble'?

The answer is yes! Guests who are not in your 'bubble'/'social circle' of 10 are absolutely welcome at Camp, as long as physical distancing is possible in and around your cabin, and other COVID protocols can be maintained.

We've included the COVID protocols again in this week's Notes as a reminder.

2. This Week in Photos: With so many beautiful photos flowing in, it's not easy to choose what to include and what not to include in each week's Notes. This was recently trickier by a discovery of the acronym **TLDR** — **Too Long Didn't Read**. Thank you fellow Naivelter for introducing me to this as something to consider when creating each week's Notes — you know who you are. :)

But who doesn't love photos??? So this week, I'm trying something new — in addition to the Notes filled with everything you've come to expect, I'll be producing a second 'This Week in Photos' email to stream through, no reading — only smiles... at the silly/wondering/inspiring/fun things your neighbours are getting up to.

As always, this week's Notes is your guide to what to read/write/watch /make/do!

Deadline for content: Wednesday at noon of each week. Please email me directly. Feedback and ideas are also very welcome. Thanks! ~Sarah H2#28

COVID Protocols at Camp

- Sanitize both gates before and after you open and close them (we hear some people are using gloves; please also use sanitizer or rubbing alcohol;
- Social distance at all times (minimum 6 feet), except with those in your 'social circle';
 - Wash your hands frequently.

Protocols on Sizes of Gatherings, 'Social Circles' and Guests at Camp

- Size of group that can gather with physical distancing in effect remains at 10 for now;
- Social circles (e.g., families and groups of up to 10) that include people who **do not physically distance** also remain at 10.*
- Guests are welcome at Camp, as long as the provincial COVID protocols can be maintained (i.e. physical distancing if not a 'bubble' member).

*No one should be part of more than one social circle.

Please don't hesitate to email [Sarah](#) (H2, #28) if you have any questions about our approach to COVID precautions at Camp.

This Week's Program

Programming Week #3: Food for Thought

Food, glorious food! This week we are thinking about food. None of us can survive long without it. Eating is a part of our daily rituals and cultural routines and a necessity for life. We are also thinking about how the food industry is organized and managed both locally and internationally and how access to healthy reasonably priced food is shaped by the organization of the food industry. We hope you will enjoy this deep dive into all things culinary and digestive, and that you will take time to create something delish this week!

THINGS TO READ

Jewish Food Society: Based in NYC, the Jewish Food Society celebrates Jewish food both old and new. Find recipes that have travelled the globe as Jewish families have moved to new homes over the generations, find links to other interesting food related sites or just look up a recipe or two.

Toronto Food Policy Council: This Toronto partnership is active on any number of issues related to food systems and food security in the city. Find out more about the local initiatives that they are working on and read about local food issues.

Safe Treyf: New York Jews and Chinese Food: Authors Gaye Tuchman and Harry G. Levine examine the way that Jews who immigrated from Eastern Europe to New York City, and especially their children and grandchildren, have incorporated Chinese restaurant food into their new Jewish-American culture.

Food insecurity in Canada during COVID 19: Read this Statscan report which provides information on how the pandemic is affecting food security in Canada.

COVID 19 jeopardizes essential migrant workers: Read about the negative effects that measures taken to manage COVID 19 are having on Canada's migrant workers.

THINGS TO MAKE

In keeping with our theme this week, we suggest you get cooking:



Start your day with some [Blintzes](#).

Make a simple and delicious [borscht](#).

Join all the people baking during COVID and try your hand at homemade [challah](#). It is easier than you might think!

Buy some local cucumbers and make [Authru Schwartz's homemade Kosher dill pickles](#).

If, like us you are missing Alan Cantor's bagel making workshop you might try this recipe for [Montreal Style Bagels](#).

Check out this recipe from the Toronto botanical gardens for [Sumac pink lemonade/tea](#) it can be made with the fuzzy red berries of the sumac trees that grow on Hills 2 and 3 and on the road side outside Hill 1.

SOMETHING TO WATCH



Watch this video discussing the [History of Pastrami](#).

[Food Glorious Food](#) from the movie *Oliver*.

Watch some of these films which explore the politics of food production and distribution:

Food INC: A 2008 American documentary film directed by filmmaker Robert Kenner. The film examines corporate farming in the United States, concluding that agribusiness produces food that is unhealthy, in a way that is environmentally harmful and abusive of both animals and employees. The film is narrated by Michael Pollan and Eric Schlosser.

Cowspiracy: Also available on netflix The Sustainability Secret is a 2014 documentary film produced and directed by Kip Andersen and Keegan Kuhn. The film explores the devastating impact of animal agriculture on the environment, and investigates the policies of environmental organizations on this issue. Environmental organizations investigated in the film include Greenpeace, Sierra Club, Surfrider Foundation, Rainforest Action Network, and many more.

Hungry for Change: This documentary takes a look at the widespread availability of junk food and how it's affecting the world. It also investigates the diet industry and its false advertising by closely examining food labels and how the industry markets a product as healthy by placing a 'diet' label on it when, in fact, it is still processed and therefore, contains sugars and other harmful chemicals.

Realfood Media Film Library: The Real Food Films library is a curated selection of the films submitted to the contest over its three year run. All of the films are four minutes or less and touch on topics of food, food production and food distribution.

18 Films about Food to Inspire, Outrage, and Mobilize: Check out this list of diverse films about food.

Food chains: Streaming on Hulu; rent on Amazon This documentary won the 2016 DOC IMPACT AWARD and focuses on farmworkers in Florida as they battle for rights against the global supermarket industry. It sheds a new light on just how the big impact supermarkets have on the food industry and the importance of fair treatment for farm laborers in the United States.

Enough documentaries already?

Here are a few films where food figures prominently:

Waitress (trailer): Available on Amazon prime and Hulu. Waitress tells the story of a woman who works in a small town diner, where she creates incredible desserts. Stuck in a terrible marriage, the main character (played by Keri Russell) dreams of escaping her situation. For any fan of pies, this film is a must-see, but beyond that, **Waitress** is a heartwarming story about how food can be an escape from even the worst situations. The cooking sequences are also beautifully shot in a dreamlike style, adding to the whimsical nature of a film that still keeps its feet on the ground.

The Lunchbox (trailer): Available on Amazon prime. For anyone who is a fan of cuisine in India, The Lunchbox is a must-see film. It tells the story of a neglected housewife whose notes to her husband, which she places in lunchboxes to be delivered to him, are accidentally sent to a widower played by Irrfan Khan. The two begin a long distance exchange of letters, sharing stories about their lives with each other and falling in love. The film is sweetly romantic and tells a beautiful love story that revolves around some truly delicious-looking dishes.

Dreaming of a Jewish Christmas: Set largely in a Chinese restaurant (located on Bathurst street), this is an offbeat, irreverent musical documentary that tells the story of a group of Jewish songwriters, including Irving Berlin, Mel Tormé, Jay Livingston, Ray Evans, Gloria Shayne Baker and Johnny Marks, who wrote the soundtrack to Christianity's most musical holiday. It's an amazing tale of immigrant outsiders who became irreplaceable players in pop culture's mainstream – see if you can spot the appearance of a Naivelter as you watch.

Kid friendly viewing

Ratatouille: Remy, a rat who is obsessed with good food, teams up with a clumsy kitchen assistant to make delicious food at a famous restaurant in Paris. Ratatouille not only draws attention to great food, but the passion, hard work, and artistry that goes into making it, delivering a great message to anyone who fears the kitchen: anyone can cook.

Cloudy with a chance of meatballs: Also available on Amazon. After aspiring scientist Flint Lockwood creates a machine that converts water into any kind of food, it seems like he has finally solved the town's food shortage. However, it's not long before the machine malfunctions and begins creating spaghetti tornadoes, giant dangerous pancakes, and avalanches of ice cream. While it may be totally unrealistic, there's just something about all that giant food that makes us wish this machine could become a reality (as long as all the culinary catastrophes can be averted).

DISCUSSION PROMPTS

Get together with a few other folks up at camp and have a food related discussion. Share stories from your memories about food growing up, or pick one of these keywords/phrases as a starting point: food and celebrations, hundred mile diet, kosher, spicy, vegetarian/pescatarian/vegan, food blogging, hunger, animal rights and food production, diets and dieting, food as medicine, indigenous relationship to foods, overeating, food allergies and food intolerances, delicious foods, disgusting foods, unusual foods, fermenting and pickling, baby food.

WRITING PROMPTS — Food for Thought

Linda Lappin states that “to write about food is to write about our evolution, our feelings, and our deepest identity.” Here are two food poems with some writing suggestions. Set a timer for 5 minutes and start writing! Feel free to write about anything the poem inspires from your memory or imagination.

lessons

by [Jacqueline Woodson](#)

My mother says:

*When Mama tried to teach me
to make collards and potato salad
I didn't want to learn.*

She opens the box of pancake mix, adds milk
and eggs, stirs. I watch
grateful for the food we have now—syrup waiting
in the cabinet, bananas to slice on top.

It's Saturday morning.

Five days a week, she leaves us
to work at an office back in Brownsville.
Saturday we have her to ourselves, all day long.

Me and Kay didn't want to be inside cooking.

She stirs the lumps from the batter, pours it
into the buttered, hissing pan.

*Wanted to be with our friends
running wild through Greenville.*

*There was a man with a peach tree down the road.
One day Robert climbed over that fence, filled a bucket
with peaches. Wouldn't share them with any of us but
told us where the peach tree was. And that's where we
wanted to be
sneaking peaches from that man's tree, throwing
the rotten ones
at your uncles!*

Mama wanted us to learn to cook.

*Ask the boys, we said. And Mama knew that wasn't fair
girls inside and the boys going off to steal peaches!
So she let all of us
stay outside until suppertime.*

*And by then, she says, putting our breakfast on the table,
it was too late.*

- Write about a favourite meal
- Write about a favourite kitchen gadget or appliance
- Write about something you learned to cook from a parent or grandparent
OR something you wished you had learned
- Write about a recipe or cookbook that is meaningful to you
- Write about something handed down (or lost) from the previous generation

September Tomatoes

by *Karina Borowicz*

The whiskey stink of rot has settled
in the garden, and a burst of fruit flies rises
when I touch the dying tomato plants.

Still, the claws of tiny yellow blossoms
flail in the air as I pull the vines up by the roots
and toss them in the compost.

It feels cruel. Something in me isn't ready
to let go of summer so easily. To destroy
what I've carefully cultivated all these months.
Those pale flowers might still have time to fruit.

My great-grandmother sang with the girls of her village
as they pulled the flax. Songs so old
and so tied to the season that the very sound
seemed to turn the weather.

- Write a poem starting with a month and a food you like (for example,
July Strawberries...)
- Write about a food (or plant) you have grown
- Write about something "tied to the season" of summer for you
- Write about letting go of summer (or something else)

For more creative writing prompts involving food memories see:

<https://magiclibrarybomarzo.wordpress.com/2018/02/02/7-food-writing-prompts>

WHERE TO DONATE



Naivelt food drive:

Join us over the next week or two in collecting food to support a local food bank. Which hill will gather the most?

As we know COVID 19 has exacerbated existing inequalities and food banks are experiencing increasing demands.

Next time you do a run for more milk or eggs, pick up a couple of items for our Naivelt food drive.

Drop off your donations at the following spots:

Hill 1: Nellie's cabin #

Hill 2: Nicole and Jacob's cabin #9

Hill 3: Ingrid's cabin #

Mazon Canada: Consider donating to this grassroots network that feeds both Jewish and non-Jewish Canadians in need by supporting food projects across the country — including food banks, school nutrition programs, hot meals at shelters, community gardens and more. Each year, Mazon supports 130+ programs across the country with purchasing food and equipment in order to serve more people better, healthier food. Watch your emails for food related pop up events this week!

August programming themes

August 3-9: Peace

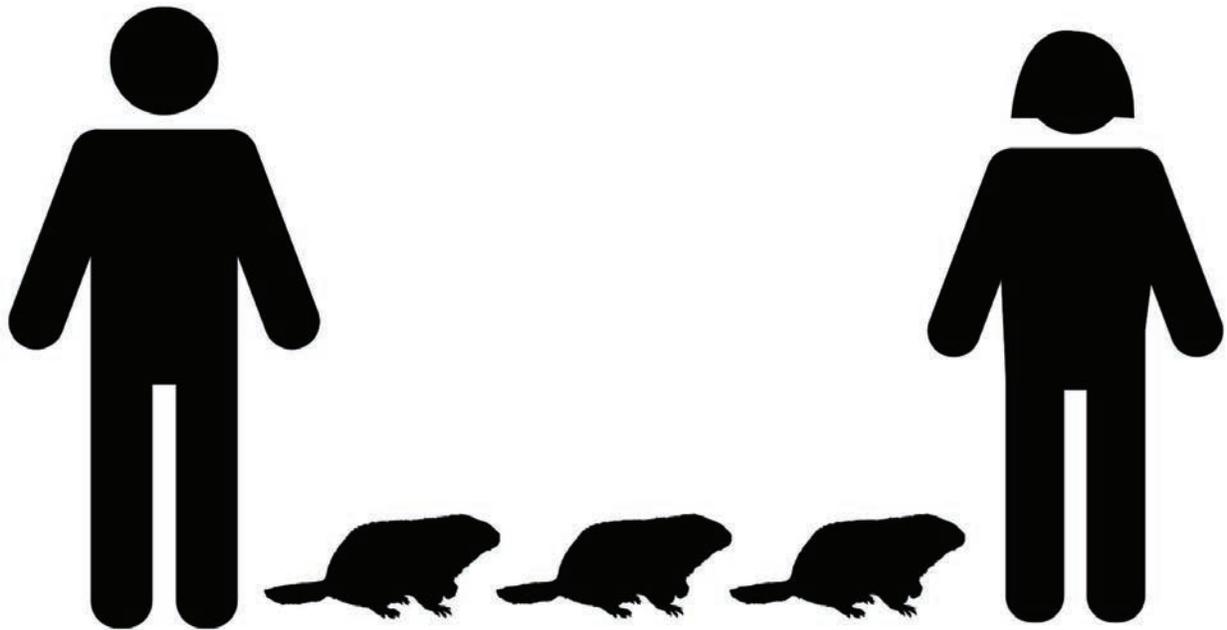
August 10-16: Programming by Ruth Howard/Jumblies

August 17-23: Programming by the UJPO Indigenous Solidarity Working Group

August 24-31: Naivelt History

We are still working to finalize plans for August and welcome any input that community members might have related to these themes.

Let's keep up keeping physical distance



2 metres/6 feet = 3 large groundhogs

The Naivelt Program Committee continues to develop programming which is in keeping with provincial and local recommendations and requirements during the pandemic. At present, this includes 6 feet physical distancing, use of masks when distancing is not possible, and a maximum of 10 people at an outdoor gathering.

Reminder... don't forget to register for the Non-Medical Mask Making Workshop. Weather permitting, it will be held this **Sunday, July 26th 10 a.m.-12 noon**, on the Hill 2 circle.

No experience required.

Material kits will be provided.

Please be sure to register ahead of time by contacting Marina:

Sokolovmarina60@hotmail.com.

Youth Programming Intern

Maiyan Ross, H3, #18

This week Naivelt is showing support towards Black Lives Matter movement by making posters. Poster-making happened on Hill two and three on Tuesday. Hill one will be making posters on Friday at 9:30 a.m.

You can come see these awesome posters on the bulletin board near Hill two circle.

Another way to show support is to be informed. Check out the email from the programming committee that provides a list of resources for reading, listening and watching.

Hills Two and Three have started a new tradition! Saturday happy hour at 5:00 p.m.! Many people came out and enjoyed a great socially distanced time together.

There was a huge storm Sunday afternoon. Luckily nothing was damaged but the trees were definitely blowing. It was fun to watch it (from the safety of the cottage).

Photos of BLM poster making:

1. Lisa and Nicole
2. Jude
3. Rosa
4. Rosa, Jude, Abbie, and Nicole
5. BLM posters
6. Paul admiring his posters made by his new printer!

Images to Inspire from Last Week's Program Activities
Maiyan Ross, H3, #18







GALLERY

Submitted by Naivelters



*Zimri in Tie-Dye
H2, #11*



*Puzzle Time
Amelia and Maiyan*



Working From Home (WFH)... at Naivelt

RITZ PROTOCOLS



How to Use the Ritz Safely:

1. Only one person (or family) in the Ritz and using the facilities at a time.
2. Please bring your own soap/shampoo/conditioner with you and remove all personal items once finished.
3. Sanitize your hands, the doorknob and lock prior to entering the Ritz.
4. Display the 'In Use' sign on the door to let others know that you're in the building
5. The shower should be sprayed with the bleach solution provided before and after each use.
6. If used, the toilet should also be sprayed with the bleach solution provided before and after use; please also make sure to close the toilet lid before flushing.
7. Use the soap and disposable hand towels provided to wash your hands, as necessary.
8. Please leave the light on (to reduce touchpoints that require disinfecting).
9. Sanitize the doorknob, lock and hands after leaving the Ritz.

***The combination lock code is: 905**



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Camp Committee 2020

Tina Blazer, Max Wallace, Gillian Halstead, Olga Minkin, Ann Pohl, Marina Sokolov, Ross Mckie and Ilana Gutman. Program Committee Rep: Nicole Bennett; Admin: Sarah Latha.

ECAL Board of Directors

Marsha Fine (Chair), Shelly Cope, Robert Bredin, Jeremiah Bennett, Gord Meslin, Michael Blazer, Barbara Blaser

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