

2024-2025



SHINSHINIM



ISRAELI

COOKBOOK



Bon Appetit בתיאבון

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SHALOM!

Hi everyone!



What a year it's been, the best year EVER, all thanks to you.

And now, after such an incredible journey, it's time to say Toda and farewell. We had the privilege of discovering everything Rochester has to offer – we learned how to ski, tried playing football, and even got brand new boots to survive the (very) harsh winter.

But what made this year truly unforgettable wasn't just Rochester and the experiences that came with it – it was you, the best community ever. The amazing people we met along the way, your support, your warmth, and your love made every moment ten times better.

Of course, the year wasn't without its challenges. But through it all, a few things kept us going – the love from this incredible community, and the flavors of home – our families' cooking that always brought us comfort.

And so, as a small token of our appreciation, we want to share something very special with you – our favorite recipes from home. We hope these dishes will remind you of us and the time we've shared together.

The book in front of you has all of our favorite recipes, each one of us has chosen two recipes from home and one recipe from "Taste of Memories", a unique cookbook containing recipes of fallen soldiers and victims of terror.

We will cherish the memories that we made here in Rochester forever. Thank you for being such a meaningful part of our lives.

Yehonatan, Ziv, Hadas and Ofer
The 2024–2025 ShinShinim



YEHONATAN'S RECIPES

- Matbucha
- Challah Schnitzel
- Yonatan Savitsky's Pavlova



MATBUCHA

INGREDIENTS

- ½ cup canola oil (approx. 120 ml)
- 4 garlic cloves, 2 minced
- 2 heaping Tbsp. salt
- 1 tsp. ground cumin
- 1.5 kg ripe tomatoes, peeled and chopped (about 9-10 tomatoes)
- ¼ tsp. ground cardamom
- 2 Tbsp. hot paprika
- 1.5 tsp. turmeric
- 1 level Tbsp. sugar
- 1½ Tbsp. Silan (date syrup).



INSTRUCTIONS

1. In a deep, heavy-bottomed pot, heat the canola oil and lightly sauté the minced garlic until just golden.
2. Add the chopped tomatoes, salt, sugar, and Silan. Bring to a boil, then reduce heat and simmer for about 2 hours, stirring occasionally, until the mixture thickens.
3. In a small pan, heat 3 tablespoons of canola oil. Add the sliced hot peppers (if desired) and sauté briefly.
4. Add the paprika, cumin, turmeric, and cardamom, and stir for about 30 seconds until fragrant.
5. Add the spice and pepper mixture to the tomato mixture. Stir well and cook for another 20 minutes.
6. Check consistency and adjust seasoning if needed. Let cool before serving.

CHALLAH SCHNITZEL

INGREDIENTS

- 1 kg chicken breast, thinly sliced (approx. 4-5 breasts)
- 1½ cups breadcrumbs (about 150 grams / 5.3 oz)
- 4 Eggs
- 1 cup oil for frying (about 240 ml / 8 Fl oz)
- 2 tsp. cumin
- 2.5 tsp. za'atar
- 3 tsp. salt
- 1.5 tsp. turmeric
- 2 tbsp. hot paprika



INSTRUCTIONS

1. In a medium bowl, mix the spices together with the breadcrumbs.
2. In a separate bowl, beat the eggs.
3. Dip each chicken slice first into the eggs, then coat it well with the spiced bread crumbs.
4. Press gently to make sure the coating sticks.
5. Fry the schnitzels in hot oil until golden and crispy on both sides.
6. Remove to a plate lined with paper towels and set aside.
7. Place the Schnitzel in a challah with all the toppings you would like.
We recommend Matbucha, Hummus, fried eggplants, Tahini and Israeli salad.



TASTE OF MEMORIES



Staff Sergeant Yonatan Savitsky, z"l

Who he was

Yonatan Savitsky was born on September 22, 2002.

He was an incredible young man, a Gentleman and warrior. He was born and raised in our partnership city of Modi'in, he took part of the "Tzofim" (Israeli scouts) and made a wonderful special connection with a German teenager whom he met during summer camp. His friends describe him as a smiling, friendly, and kind-hearted young man, he stood out especially for his sensitivity to those around him and his constant desire to help others. From the age of 14 he joined a special team dedicated to preparing for military service. He met his girlfriend of 4 years Adi during this training.

Yonatan was a combat soldier in the Egoz commando unit, which specializes in anti- guerrilla warfare and special reconnaissance. He fell heroically in battle at the Kissufim outpost on Saturday, October 7, 2023. That morning of the Hamas terror attack, Yonatan and his team were deployed to the south. They advanced on foot toward the outpost and encountered heavily armed terrorists. During a battle that lasted about seven hours, Yonatan fought bravely, rescuing fellow soldiers and female observers. Even after being wounded, he continued to fight until he was fatally shot through a vulnerable spot in his protective vest.

Why I chose him

Yonatan was my brother Itamar's childhood friend and a very dear person to him. His memory will always be carried in my heart. Yonatan loved this pavlova, a few days before he was killed, he spent the night at home and took a few pieces with him to eat later.

YONATAN'S PAVLOVA

INGREDIENTS

- 3 egg whites
- 100 grams (½ cup) sugar
- 250 ml (1 cup) heavy cream
- 1 Tbsp powdered sugar
- 1 package frozen berries
- 50 ml (3 Tbsps. + 1 tsp) water
- 1 Tbsp. sugar
- 2 Tbsps. lemon juice



INSTRUCTIONS

1. Separate 3 cold egg whites into a clean, dry bowl.
2. Beat until foamy, then slowly add the ½ cup of sugar.
3. Continue beating until stiff, shiny peaks form.
4. Spread into a round shape with a dip in the center on baking paper.
5. Bake in a preheated oven at 130°C (265°F) for 15 minutes.
6. Lower heat to 100°C (210°F) and bake for 2 hours.
7. Turn off the oven and let it cool inside for 2 more hours, door slightly open.



Whipped Cream

1. Beat 250 ml heavy cream with 1 tbsp powdered sugar until fluffy.
2. Spoon into the center of the cooled pavlova.

Berry Syrup

1. Heat 1 pack frozen berries with 1 tbsp sugar, lemon juice, and a bit of water.
2. Cook until it becomes syrupy. Let cool and pour over pavlova.

OFER'S RECIPES

- Shakshuka
- Israeli Salad
- Ido Baruch's Cheesecake



SHAKSHUKA

INGREDIENTS

- 3 Tbsp. Olive oil
- 2 Peppers
- 3 Garlic cloves
- 6 eggs
- 1 Tbsp. Paprika
- 5-6 Tomatoes
- 1 Onion
- 1 Tbsp. Parsley or Cilantro
- 1 tsp. cumin
- 6 Oz Tomato paste



INSTRUCTIONS

1. In a large skillet, heat the olive oil over medium heat. Add the chopped onion and sauté for 5-7 minutes until it softens and becomes translucent.
2. Add the diced bell peppers and cook for another 5-7 minutes, stirring occasionally, until the peppers soften.
3. Stir in the minced garlic, cumin and paprika, cook for 1-2 minutes to let the spices become fragrant.
4. Add the chopped tomatoes to the pan, season with salt and black pepper, and let the mixture simmer for 15-20 minutes, stirring occasionally, until the sauce thickens. Add tomato paste.
5. Using a spoon, make small wells in the sauce for the eggs. Carefully crack an egg into each well. Cover the skillet with a lid or foil and let the eggs cook for 5-8 minutes, depending on your preferred level of doneness.
6. Remove the skillet from the heat, garnish with chopped parsley or cilantro, and serve immediately with bread or pita.

ISRAELI SALAD

INGREDIENTS

- 2 Tomatoes
- 1 Big Cucumber
- 1/2 Pepper
- 1/2 Red onion
- Handful of Basil
- 3 Tbsp. Lemon juice
- 5 Portobello Mushrooms
- Handful of Parsley
- 2 Tbsp. Olive oil
- 8-10 Olives
- 1/2 cup Tahini

INSTRUCTIONS

1. Wash all of the vegetables.
2. Cut the Tomatoes, Pepper and the mushrooms to small and thin pieces and throw them into a big bowl
3. Cut the onion for a bigger size (rings recommended) and then wash it quickly before adding to the bowl.
4. Cut the olives, also in a ring shape and add them to the bowl.
5. Add olive oil, parsley, 2 spoons of lemon juice, basil, half spoon of salt and half spoon of black pepper and mix the salad.
6. taste the salad and add more spices if need.
7. For The sauce take a bowl and poor ½ cup of tahini, ¼ cup of water, spoon of lemon juice and ¼ salt spoon. mix it all, of course taste and poor it on the salad and mix it all.



TASTE OF MEMORIES



**Staff
Sergeant
Ido
Baruch, z"l**

Who he was

Ido was born in Herzliya on June 25, 2001. The eldest son of parents Einav and Eitan and the brother of Yael and Naama.

Ido was full of light, generosity and most importantly, lived a life full of meaning. Since middle school Ido volunteered wherever he could. Throughout high school he was active in his youth movement, the Israeli Scouts. After he graduated high school, he volunteered for a service year as part of the 'Kadima' organization at a youth center for at-risk youth in Or Yehuda. During this year, he mentored seventh-grade students and among other activities, volunteered with his mentees packing and distributing food for families in need.

Following his gap year, Ido joined to the IDF and served in the Givati brigade. On October 11, 2022, while he was securing the "Samaria march" with his unit near the settlement of Shavei Shomron, a terrorist shot from a passing vehicle towards the position he was in and hit him. He was evacuated to the hospital in Kfar Saba and sadly succumbed to his wounds.

Why I chose him

I chose Ido because he is the brother of one of my friends who also was in the same class as me for 4 years, during High School.

IDO'S CHEESECAKE



INGREDIENTS

- 6 Large Eggs
- 1 Cup Sugar
- 350 gr. (1.5 cups) Cream cheese
- 2.5 Cups Vanilla Instant pudding mix
- Cup Cornstarch
- 300g/10.5 Oz Plain Whole Milk Yogurt
- 1 tsp. vanilla extract

INSTRUCTIONS

1. Put in a mixer 6 egg whites, make sure that there are no yolks at all! beat on Medium speed and then slowly add $\frac{1}{4}$ cup of sugar and beat on High speed. Add another $\frac{1}{4}$ cup of sugar and beat to stiff peaks. It should take approx. 6-7 minutes.
2. Put in a Mixer 6 egg yolks, $\frac{1}{2}$ Cup of sugar, cream cheese, instant pudding mix, cornstarch, plain whole milk yogurt and vanilla extract. Mix until uniform.
3. Combine the 2 mixtures by folding one into the other and bake on 320F for 25-30 minutes.
4. Put in the refrigerator overnight or 3 hours in the freezer

HADAS'S RECIPES

- Gondi Nokhodi
- Green Persian Rice
- Noa's Krembo Cake



GONDI NOKHODI



INGREDIENTS

chicken balls:

- 150 grams (about $\frac{3}{4}$ cup) Chickpea flour
- $\frac{1}{2}$ kg (1.1 pound) ground chicken breast
- 2 large onions, grated
- 1 tsp. turmeric
- $\frac{1}{2}$ tsp. ground cardamom
- 1 tsp. salt
- $\frac{1}{4}$ cup oil
- 2 tsps. rose water (optional)

Soup:

- 1 medium onion, sliced into strips
- 2 garlic cloves, minced
- 8 cups of water
- 1 carrot, roughly sliced into rounds
- 1 cup cooked chickpeas
- 2 celery stalks, sliced into rounds

INSTRUCTIONS

1. Mix all the chicken ball ingredients in a bowl and place in the refrigerator.
2. In a pot with oil, lightly sauté the onion and garlic.
3. Add water, spices, celery, and carrots.
4. When the water boils, form balls from the meatball mixture and cook in the soup for 20 minutes



GREEN PERSIAN RICE

INGREDIENTS

- 3 cups jasmine rice
- 1 bunch cilantro
- 1 bunch dill
- 1 bag frozen peas (approx. 14 oz / 400 g)
- 3 tsp. salt
- ¼ cup oil (vegetable or canola oil recommended)
- 3 cups water
- potatoes, sliced and peeled, for lining the pot (optional but traditional)

INSTRUCTIONS

1. Wash the rice three times with cold water. Drain well.
2. In a pot, bring 3 cups of water to a boil. Add 3 teaspoons of salt and ¼ cup of oil.
3. Add the 3 cups of rice to the boiling water.
4. When the water evaporates (you'll see steam holes and the rice begins to dry), gently flip the rice over to help it cook evenly.
5. Line the bottom of a clean pot with slices of potatoes to create a golden crust.
6. In a bowl, mix the cooked rice with chopped cilantro, chopped dill, and frozen peas. (for plain white rice, skip this step)
7. Transfer the mixture into the potato-lined pot.
8. Place a paper towel or clean kitchen towel under the lid to absorb steam. Cover the pot and cook on low heat for about 1 hour.
9. The rice is ready when the bottom turns golden brown - you can carefully peek from the side to check.

TASTE OF MEMORIES



Noa Marciano, z"l

Who she was

Noa was a daughter to Adee and Yuval and an older sister for 3 siblings, she was born on 12.10.2004 in Modi'in.

From a young age, Noa loved reading, singing, and dancing. She performed at school ceremonies and directed her high school's end-of-year play. She was a bright, talented and charismatic young woman – an outstanding student and socially active leader. Noa served as a youth guide in the national field education program (Shla"ch) and received an excellence scholarship for her volunteer work with the school's leadership group. Her dedication to the community also earned her a special award from the Mayor of Modi'in.

On October 7, 2023, Noa Marciano was kidnapped from the Nahal Oz outpost during the Hamas attack. About 40 days later, her body was found in Gaza. She was murdered by a terrorist.

Noa fell on November 9, 2023, at the age of 19, and was posthumously promoted to the rank of Corporal.

Why I chose her

Noa grew up in my hometown, which made me feel an immediate connection to her. She had leadership skills, social awareness, and a deep desire to serve and contribute in a way that simply couldn't be ignored. Even though I didn't know her personally, Noa is a role model for me and for many others. We hope to learn from her and draw inspiration from her life.

NOA'S KREMBO CAKE

INGREDIENTS

For the cake base:

- 6 eggs, separated
- 2 Tbsp. sugar
- 1 packet vanilla sugar (or 1 tsp. vanilla extract)
- 1 packet chocolate instant pudding mix (approx. 3.5 oz / 100 g)

For the cream layer:

- 1 packet vanilla instant pudding mix (approx. 3.5 oz / 100 g)
- 1 cup milk (8 fl oz / 240 ml)
- 1 container heavy cream (8.5 fl oz / 250 ml or 1 cup + 2 Tbsp.)

For the chocolate glaze:

- 100 gr. dark chocolate, broken into squares (about 3.5 oz)
- 1 Tbsp. milk
- 50 gr. butter or margarine (about 3.5 Tbsp.)

INSTRUCTIONS

1. Preheat the oven to 320°F (160°C). Grease a springform pan (about 9 inches / 23 cm).
2. In a mixer, beat the egg whites until stiff peaks form.
3. Gradually add the sugar and vanilla sugar, and continue beating for 1 more minute.
4. In a separate bowl, whisk the egg yolks, then stir in the chocolate pudding mix until smooth.
5. Fold the yolk mixture into the egg whites gently until fully combined.
6. Pour the batter into the greased pan and bake for about 15 minutes, or until the cake is set. Let it cool completely on a wire rack.

Prepare the cream layer:

7. In a bowl, beat the vanilla pudding mix with the milk and heavy cream using an electric mixer until a firm cream forms.
8. Spread the cream over the cooled cake base and refrigerate.

Prepare the chocolate glaze:

9. In a saucepan, cook the chocolate, milk, and butter over low-medium heat, stirring constantly, until you get a smooth, glossy glaze.
10. Let the glaze cool slightly, then pour it over the cream layer.
11. Refrigerate the cake for at least 2-3 hours before serving.



ZIV'S RECIPES

- Couscous and Soup
- Pita with Hummus
- Amit's Kubeh



COUSOCUS AND SOUP



INGREDIENTS

For the Couscous:

1 (12 oz.) box Trader Joe's

Couscous

For the soup:

- 1 small onion, finely chopped
- Chicken parts (drumsticks, wings, thighs – your choice)
- 2 potatoes, peeled
- 2 carrots, peeled
- 1 onion, halved
- 2 garlic cloves, roughly chopped
- 1 cup chopped cilantro and/or celery leaves (a mix is recommended)
- Seasoning:
 - 1 tsp ground turmeric
 - 1 tbsp chicken-flavored soup powder
 - Salt, to taste
 - A pinch of black pepper

INSTRUCTIONS

1. For the Couscous you will need to go by the instructions on the box.
2. Finely chop an onion and sauté it in a pot with a little oil.
3. Add the chicken pieces, lightly season with salt using a shaker, sprinkle a pinch of black pepper, and sear for about one minute on each side.
4. Add the vegetables: potatoes, carrots, onion, and garlic.
5. Pour boiling water into the pot until it reaches about two-thirds of its height.
6. Add cilantro or celery, and season with turmeric, chicken soup powder, salt, and black pepper.
7. Stir, cover, and cook over low heat for about one hour.
8. Once the soup is ready you put in a bowl couscous and top it off with soup and vegetable's.

PITA WITH HUMMUS



INGREDIENTS

- Pita bread (2 pitas per person)
- Olive oil
- Za'atar seasoning

For the hummus:

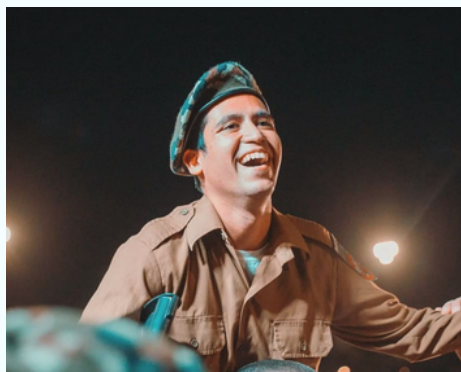
- Canned chickpeas (550 grams, drained weight 290 grams)
- 1 cup raw tahini
- 5 tablespoons lemon juice
- 1 garlic clove
- ½ teaspoon salt
- ⅔ cup cold water
- ¼ teaspoon ground cumin



INSTRUCTIONS

1. Drain the canned chickpeas and rinse them under cold water.
2. In a food processor, combine the chickpeas, tahini, lemon juice, garlic clove, salt, and cumin.
3. Blend for about 1-2 minutes until the mixture is fairly smooth.
4. While blending, slowly add the cold water. Continue processing for another 2-3 minutes, until the hummus is very smooth and creamy.
5. Taste and adjust seasoning if needed - you can add more lemon juice, salt, or cumin to your liking.
6. Heat up your pita's
7. Transfer hummus to a serving bowl. Drizzle with olive oil and sprinkle with za'atar.

TASTE OF MEMORIES



Staff Sergeant David Amit Habura, z'l

Who he was

Amit Habura z"l was born in Tel Aviv to parents Baruch and Dalia. At the age of three, the family moved to Modi'in, where they reside to this day.

From a young age, Amit was involved in various activities. He began playing classical music on the piano and participated in several competitions during his childhood. His second passion, similar to his love for Maccabi Tel Aviv, was sports. At the age of five, Amit started training in karate, and by 18, after a challenging three-day examination, he earned his black belt. Following his passing, his family received a special suit in his memory, embroidered in Japanese and crafted in Tokyo.

Upon enlisting, Amit was assigned to Shayetet 13 (Israeli Navy SEALs), but on the last day, he was reassigned to the Kfir Brigade. He participated in a commanders' course, graduated with honors, and specialized in navigation. Later, he moved to the Reconnaissance Battalion and the Duhifat Commando Unit, a unit engaged in carrying out arrests and capturing wanted individuals.

On May 24, 2022, during an arrest operation in the West Bank, Amit lost his life in a confrontation near Al-Arub, where he was killed. His father, Baruch, described the loss as receiving an atomic bomb at home.

Why I chose him

When I went to my grandfather's memorial at the cemetery I went also to the military part of the cemetery where I met Baruch and Dalia (Amit's parents). My sister and I talked with them and they told us about Amit and about the amazing, extraordinary person he was. Since then, I opened an Instagram account in Amit's memory that is now managed by his father, Baruch. He shares memories and stories about Amit and sometimes just uploads photos of him. The account is called: _Remember_amithabura.

AMIT'S KUBEH

INGREDIENTS

For the filling:

- ½ kg (1.1 lbs) ground beef (20% fat)
- 1 large onion, finely chopped (I use a food processor)
- 2-3 medium celery stalks with leaves, finely chopped (I use a food processor)
- 3 cloves garlic, crushed
- ½ tsp. salt
- ¼ tsp. ground black pepper
- 2 Tbsp. oil

For the Shell:

- ½ kg semolina (3 cups)
- ½ tsp. salt
- 1½ cups water (280 ml)

For the Soup:

- 4-5 medium beets, with skin
- 1 bunch beet greens (Swiss chard)
- 1 large onion, chopped
- 3 cloves garlic, crushed
- 1 Tbsp. tomato paste
- 2 Tbsp. sugar
- 1 Tbsp. salt (or to taste)
- ½ tsp. black pepper
- ¼ cup freshly squeezed lemon juice
- ¼ cup oil and boiling water

INSTRUCTIONS

Filling:

1. Heat the oil in a large skillet over medium heat and add the chopped onion, sprinkle with a pinch of salt, and sauté until golden brown, about 15 minutes.
2. Add the chopped celery and crushed garlic and sauté for an additional 2-3 minutes.
3. Add the ground beef, salt, and pepper. Increase the heat to high and sauté while breaking the meat into crumbles. Continue to sauté until all the liquid evaporates, the meat develops a slight browning, and only a thin layer of rendered fat remains at the bottom of the skillet, about 15-20 minutes (depending on the amount of filling being prepared).
4. Transfer the filling to a bowl, let it cool slightly, cover with plastic wrap, and refrigerate for at least 3 hours. (Alternatively, freeze for 1 hour, stirring occasionally to prevent freezing solid.)
5. Once the filling has cooled completely, stir well, as the fat tends to settle at the bottom. It's important that the filling is thoroughly chilled from the refrigerator; otherwise, it won't adhere to the balls. If it doesn't stick, refrigerate for a few more hours.
6. Shape the meat mixture into balls and place them on a tray lined with plastic wrap.
7. Cover the balls with plastic wrap and freeze for at least 1.5-2 hours or until they are completely frozen.

Shell:

1. Once the meatballs are completely frozen, you can prepare the semolina dough for the kubbeh. Mix the semolina with the salt.
2. Gradually add the water, stirring to combine, and knead the dough by hand until it reaches a very soft, pliable consistency, similar to very soft modeling clay.
3. If the dough is too dry, add a little more water; if it's too wet, add a little more semolina.
4. Cover the dough with plastic wrap and let it rest for about 15-20 minutes.

Wrapping the Kubbeh Balls:

1. Arrange the following on your work surface: the tray with the frozen meatballs, the bowl of dough,
2. a small dish of water, and a tray lined with plastic wrap.
3. Wet your hands slightly.
4. Take a handful of dough and roll it into a ball.
5. Flatten the ball into a thin disc.
6. Place a frozen meatball in the center of the disc.
7. Carefully fold the dough around the meatball to enclose it completely.
8. Remove any excess dough and roll the ball to smooth it out.
9. If you desire a smoother finish, lightly wet your hands and roll the ball again.
10. Place the wrapped kubbeh on the tray lined with plastic wrap.
11. Ensure that the kubbeh balls are not touching each other or stacked on top of one another to prevent sticking.



Beetroot Kubbeh Soup Preparation:

1. Preheat the oven to 180°C (350°F).
2. Prepare the beets: Trim the tops and bottoms of the beets and wash them thoroughly. Place the beets in an oven-safe dish.
3. Add a small amount of water to the dish, just enough to reach about one-quarter to one-third of the height of the beets. Cover the dish with aluminum foil.
4. Bake in the preheated oven for approximately 1 hour, until the beets are slightly tender but not fully cooked. Reserve the cooking liquid. Cool the beets slightly, peel them, and cut into small to medium cubes.
5. Prepare the beet greens: wash and chop the beet greens (including the white stems) into medium-sized pieces.

Cook the soup base:

1. In a large, wide pot, heat the oil over medium heat.
2. Add the chopped onion and a pinch of salt, sautéing until golden brown, about 15 minutes.
3. Add the crushed garlic and sauté for about 1 minute.
4. Add the tomato paste, sugar, salt, black pepper, cubed beets, beet greens, lemon juice, reserved beet cooking liquid,
5. and boiling water to the pot. Bring the mixture to a boil.
6. Add the kubbeh: Carefully drop the prepared kubbeh balls into the boiling soup.
7. Reduce the heat to low and simmer for 30-40 minutes, until the kubbeh are cooked through.



Keep In Touch!

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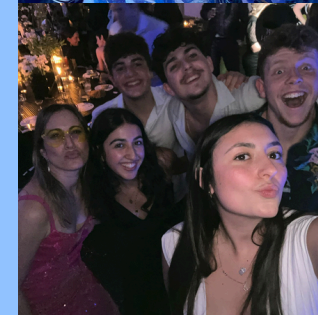


THANK
YOU
FOR THE
BEST YEAR
EVER!





LOVE,
THE
2024-2025
SHINSHINIM
YEHOANATAN, HADAS,
OFER AND ZIV



The ShinShinim program is a partnership between the
Jewish Federation of Greater Rochester
and the Jewish Agency for Israel,
and is a program of Partnership2Gether (P2G), Rochester's
amazing connection with the people of Modi'in!
We could not be more grateful for the opportunity to be a
part of this incredible program and serve as ShinShinim!



Jewish Federation of Greater Rochester

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