

Grab 'n' Go Lesson The Lone Soldier

Good People Grab 'n' Go Lessons are designed so educators have all of the education materials needed in one document to teach a 60-90 minute lesson on a specific topic. Some Grab 'n' Go Lessons will require photo copies while others will require internet access and a projector and speakers; some will require markers while others will require post-it notes each one is unique. We encourage educators to adapt the materials for their environment and learners.

(Note: All stock graphics are free on <http://www.freedigitalphotos.net>)

SUPPLIES: 11x11 Post-it Notes (one per person) <http://tinyurl.com/GPF-supply1>, pens, 3 colors of small post-it notes (i.e. pink, blue, green): <http://tinyurl.com/GPF-supply2>; computer, internet access, projector & audio; Copies of the Good People Profile (if desired); copies of the Lone Soldier brochure (if desired); play money (<http://tinyurl.com/GPF-supply3>) and "shopping lists"; Text Sheet Copies. Additional supplies may be needed based on which "Getting to Good" activity you choose.

5-8 minutes Arrival Activity Part One

1. As each participant arrives, give them a sheet of the 11x11 post-it paper.
2. Instruct them to write a letter to a fictitious friend/family member who is away from home for a long period of time (i.e. at summer camp, at college, on a long-term business assignment, in the military, etc).
3. Have them consider what this person might want/need to hear from a familiar friend.
4. As they finish, have them post them on the walls.

8-12 minutes Arrival Activity Part Two

1. Once everyone has arrived and the letters are hung on the wall, explain that they are now going to go back and look for patterns/trends within the letters.
2. Divide your group into three colors (corresponding to the smaller colored post-its).
3. Assign each color a value. For example:
 - The Blue Group will be looking for examples in the letters where the person's PHYSICAL needs are addressed. They should write them on the blue post-its and place them on edge of each letter.
 - The Pink Group will be looking for examples in the letters where the person's EMOTIONAL needs are addressed. They should write them on the pink post-its and place them on edge of each letter.
 - The Green Group will be looking for examples in the letters where a person's SOCIAL needs are addressed. They should write them on the green post-its and place them on edge of each letter.

4. Then as a large group, talk about some of the findings.
 - Did it matter what situation the person is in as to what needs the letter writer addressed?
 - What needs were mostly addressed in our letters?
 - What other needs might someone who is away from home for a long time need?
 - What needs might the people left back at home (the letter writer) have?

3-5 minutes Set Induction

Explain to your participants that today we are going to learn about a program in Israel called the Lone Soldiers and a man named Tzvika that foresaw the needs that soldiers serving in Israel might have if their families weren't living in Israel. (Note: Please be sure your participants know that most soldiers in this case are between the ages of 18-23.)

8-12 minutes The Good Person Profile: TZVIKA LEVY – FATHER OF THE LONE SOLDIERS

Read aloud Tzvika's story or copy and distribute to participants (handout for copying below)

Did you know that Israel's army includes more than 3,500 young men and women who volunteer for service despite coming from foreign countries? Adjusting to a new country is never easy; adjusting as a soldier is an entirely different and immensely challenging experience. For many *chayalim bodedim* (lone soldiers) **Lt. Colonel Tzvika Levy** (Ret.) is their friend, their parent, their touchstone. Imagine being responsible each year for hundreds of "kids" from all over the world!



Tzvika's warmth radiates wherever he goes. Despite his typical Israeli army rough exterior, inside is a heart of gold. He would do just about anything for the soldiers in his charge. His official position is liaison to soldiers living on *kibbutzim*, but in truth Tzvika's wise counsel extends far beyond. In his quest to help lone soldiers adjust to their new lives he is often called upon to provide them with whatever they might need... a fan, a hot plate, a refrigerator and sometimes even an air ticket home to visit loved ones who cannot afford the trip themselves. As their advocate, he helps them adjust to army life, resolves any problems they may have with their command, their assignments, and whatever else it takes to make this new life more manageable. In times of serious illness, he may become the father or mother who cannot be there to offer support and encouragement. In times of war, he is there to make a barbeque on the front lines or deliver incidental items of comfort to make a soldier's active service more comfortable. Much of what he does goes above and beyond his formal duties — he is beloved by all of his soldiers.

Discuss:

- What do you think it's like for the Lone Soldiers adjusting to a new country?
- What could Tzvika and others do to help them adjust to living in a new country?
- How can getting soldiers simple items like a fan or a magazine help them adjust?
- Why would a BBQ during a war be something Tzvika organizes?
- If you were a parent of a Lone Soldier, what would Tzvika's work mean to you?
- What values do you think motivate Tzvika?
- How do you think Tzvika pays for these items he gives to the Lone Soldiers?

This is an excerpt from an article written by Matan Galin on <http://www.idf.il/1283-17220-en/Dover.aspx>. Consider sharing it with your participants after the initial discussion:

Tzvika's inspiration comes from a very personal place. 18 years ago, Tzvika suffered a tragic loss when his daughter died. Lt. Gen. (res.) Rafael Eitan was there to provide support. He told him, "It will be good for you if you take on a small project, something helping soldiers. It will help you deal with the loss," and that is exactly what he did.

"They started bringing me soldiers, I would scramble some eggs and have them sleep over in sleeping bags," said Tzvika. Yet over time, when Tzvika could no longer accommodate all of the soldiers coming to his home, he began contacting families on kibbutzim all over Israel in order to further the project given to him by Eitan.

Tzvika's choice to accommodate lone soldiers on kibbutzim stems from his personal ideology. He believes the big city is the wrong place for the lone soldiers, and he makes sure to emphasize that in every encounter with them. "A soldier enlists and decides to rent an apartment in Tel Aviv, coming home to an apartment on the 3rd floor, where he his neighbors across the hall don't even know who he is. But when I find a family that cares for a soldier on a kibbutz, I know the soldier comes home on the weekends to a hot meal, and a freshly made bed. He comes home to a mother who worries about him, and looks him in the eye to ask him how he is. You can't find that on Dizengoff," he says.

Discuss:

- How can having an "adoptive family" be a different experience than living on your own in a foreign country?
- Think about being away at a summer camp – how is a cabin like a family? How does that help kids adjust to living at camp (and for many, away from home for the first time)?
- We learn from this excerpt that Tzvika started this project to help him heal from his own loss, have you ever been motivated by loss?

Look back at your initial letters and the needs you identified ... how does Tzvika's work meet needs like these?

7-15 minutes **Getting to Know Tzvika's Lone Soldiers**

Please note there are several programs called Lone Soldier in Israel, all designed to support IDF participants whose families are not in Israel. The Good People Fund specifically works with Tzvika's organization.

Consider ordering ahead of time this book about Lone Soldiers from Amazon:
<http://tinyurl.com/GPF-LoneSoldierBook>

If desired, provide copies of this two-sided brochure about Tzvika's Lone Soldiers: <http://lonesoldieridf.com/wp-content/uploads/LoneSoldiersFlyer.pdf>

1. If you have access to computers, cell phones or tablets and the internet, you can have the group do some research about Tzvika's Lone Soldiers by looking at these references:
 - Website: <http://lonesoldieridf.com>
 - Facebook Page: <https://www.facebook.com/LoneSoldierIDF>
2. Here are some basic facts to share with your group:
 - There are approximately 3500 Lone Soldiers in the Israeli military
 - They represent over 40 countries around the world
 - In addition, there are approximately 1500 Israeli soldiers that are supported by Lone Soldier groups because they are disconnected from their own families or are orphaned.
 - Tzvika's Lone Soldier program has organized over 1000 Kibbutz families who adopt Lone Soldiers.
3. Read this quote from a U.S. citizen who is serving in the IDF "*A normal Israeli soldier goes home, goes to their parents, their mother cooks for them, they go out with their friends,*" [Shai] Berk said. "*For me, for the other lone soldiers, it works out different. Barring the few of us who have close family in Israel, we don't really have someone to go home to.*"
(from : <http://sharon.wickedlocal.com/article/20140618/News/140616553/?Start=1>)
 - Discuss:
 - For Shai, what are the important needs that Tzvika's Lone Soldier program can provide for him?

8-15 minutes

The Lone Soldier during Wartime

1. In small groups (2-4), have the participants hypothesize:
 - What special needs might a Lone Soldier have if they are serving in an active war?
 - What special needs might the family of a Lone Soldier need while their child is serving in an active war?
2. Bring the group back together to share a few responses.
3. Divide them back into small groups and give each group an envelope with \$200 of play money and a list of needs that Lone Soldiers are asking for during war time. The group must decide how much of each item to buy for a troop of soldiers. Encourage them to discuss why each item is particularly needed during war time:
 - a. Camelback Hydration Backpack - \$45
 - b. Solar Cell Phone Battery Charger - \$30
 - c. Battery Operated Fan - \$12
 - d. Batteries (24AA) - \$15
 - e. 3-pack of sport socks - \$13
 - f. Sleep Mask & Ear Plug set - \$10
4. Bring the group back together and have a few groups share what they allocated and why. Be sure to address WHY these items are important particularly during war time.
5. Depending on the age/maturity of your group, discuss what happens when a Lone Soldier dies in battle.
 - a. Who pays for the funeral?
 - b. Who pays to bring the family from a foreign country to Israel and pay for their expenses while there?
 - c. If the funeral is in Israel, who attends? Who attends shiva?
 - d. Listen to a radio interview with Tzvika regarding the deaths of Lone Soldiers during Operation Protective Edge: <http://tlv1.fm/news/so-much-to-say/2014/07/22/father-lone-soldiers-remembers-fell/?a589f5e8>

10-18 minutes

What's Jewish About Taking Care of Lone Soldiers?

Included in this Grab 'n' Go is a Text Study sheet for your use.

Depending on the age of our participants, you may want to choose one text to explore via a projector, a few texts via posters, or provide them with the entire four-page text sheet. For advanced learners, you may want to provide them a *Tanach* for access to some of the original texts.

These texts are organized into a few sub-categories:

- Welcoming the Guest
- Treating a Stranger
- Responsibility to Care for Others
- Taking Care of the Sick
- Caring for the Dead & Those in Mourning

One method for engaging these texts:

1. Divide your participants into 5 groups – one for each of the sub-categories.
2. Give the groups the set of texts associated with their category.
3. Ask them to spend a few minutes reading and coming to understand those texts.
4. Then ask each group to choose the text that they feel best relates to the work of Tzvika and his Lone Soldiers program. This text they will read aloud and explain why they chose it. (NOTE: you can also have each group write its text on a large poster and then have a collection of top 5 texts to view and discuss).

Some questions for consideration:

- Is there one sub-category of texts you feel is the most important in guiding Tzvika's work? Why or why not?
- **Genesis 18** is the basis for our value of **Haknassat Orkhim** – Welcoming the Guest. Why do your participants think that Abraham's actions here define our values?
- Much of our values system around how to treat strangers has to do with our experience in Egypt. How does the experience of the Lone Soldier mirror our experience in Egypt? How is it different?
- **Deuteronomy 15:7** is about our obligation to help our "poor brother." How is a Lone Soldier "poor" even if they come from a wealthy family?
- Take a look at the blue text box regarding Hiddur Mitzvah. In what ways does Tzvika enhance the mitzvot he engages in?

4-8 minutes

The Good People Making a Difference with Tzvika's Lone Soldiers

The Good People Fund supports Tzvika Levy's work because he represents for us an extraordinary example of one person, impacted by a personal tragedy, and now dedicated to helping others in remarkable ways. To so many Lone Soldiers who have left the comfort of family and friends and all that is familiar, Tzvika is a source of light and comfort.

Here are a few examples of our work with Tzvika:

Tzvika's Lone Soldier Program profile on our website
<http://www.goodpeoplefund.org/program/tzvika-levi/>

Working with "A Package from Home" to support Tzvika's Lone Soldiers
<http://www.goodpeoplefund.org/dear-friends-of-a-package-from-home/>

Getting to Good

Depending on the time you have, this can either be a short conversation about some options to get involved or can be a hands-on project adjusted to your needs. Here are some hands-on ideas:

- Write letters to Tzvika's Lone Soldiers. Mail them to "A Package From Home" (another Good People Fund project) to be included in their care packages: <http://www.apackagefromhome.org/>. For a short video about A Package From Home you can view this: <http://www.youtube.com/watch?v=36codGP9mk8>
- Contact your nearest Israeli Consulate or Federation and ask them if there is a former Lone Soldier in your community. Invite him/her to come speak to your community. Charge admission and/or display a tzedakah box to collect donations to pass to Tzvika's Lone Soldiers.
- Conduct a collection drive for items such as small toiletries, toothbrushes, travel games, decks of cards, etc. Ask those traveling to Israel to carry a 50-lb suitcase full and The Good People Fund can help them arrange a pick up of the items which will be distributed to Tzvika's Lone Soldiers.

Your group's tzedakah donations can be contributed to The Good People Fund and earmarked for our work with Tzvika's Lone Soldiers.

<https://www.goodpeoplefund.org/mitzvah-donate/>

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|-----------------------------------|-------------------------------------------------------------------------------|
| • \$36 buys one toaster oven | • \$250 buys a washing machine |
| • \$100 buys four hot plates | • \$360 buys 15 fleece jackets |
| • \$180 buys a small refrigerator | • \$450 covers the cost of a day of leisure and barbeque for 50 lone soldiers |

Why donate to The Good People Fund to distribute your tzedakah?

Shulhan Aruch, Yoreh De'ah 249:6

One able to motivate others to contribute, receives greater reward than the giver.

Shulhan Aruch Yoreh De'ah 249:7

A person should not contribute to a tzedakah fund unless he knows that its management is reliable.

Shulchan Aruch, Yoreh Deah 256:1

Every Jewish community is obliged to appoint charity administrators, respected and reliable individuals who will collect from each person what they are able to contribute ...and give to each poor person sufficient for their needs for the week.

Mishnah Peah 8:7

A public fund needs to be collected by no less than two people, and distributed by no less than three people.

For a copy of our Annual Report, visit: <http://tinyurl.com/GPF-Report2013>

Welcoming the Guest – Haknassat Orkhim

Aruch HaShulchan, Laws of Tzedakah 249:7

....welcomed a poor guest on Shabbat or for a festive meal as is the way of the Jews...

Mishnah Avot 1:15

...greet each person with a cheerful facial expression.

Genesis 18

Looking up, he [Abraham] saw three men standing near him. As soon as he saw them, he ran from the entrance of the tent to greet them and bowing to the ground, he said, "My lords, if it please you do not go on past your servant. Let a little water be brought, bathe your feet and recline under the tree. And let me fetch you a morsel of bread that you may refresh yourselves; then, go on--seeing you have come your servant's way.

Mishnah Shabbat Chapter 18

[On Shabbat] one may even clear off four or five chests of straw or grain, in order to provide room for guests...

Babylonian Talmud Shabbat 27b:

Rabbi Yehuda said in the name of Rav, "Welcoming guests is greater than receiving the face of the Shechina (the Divine presence)..."

Treating a Stranger- Bruchim haGerim

Exodus 22:20

You shall not wrong or oppress a stranger, for you were strangers in the land of Egypt.

Leviticus 25:35

You shall strengthen him, be he a stranger or a settler, he shall live with you...

Leviticus 19:18

You shall love your neighbor as yourself-I am the LORD

Leviticus 19:34

The stranger that sojourneth with you shall be unto you as the home-born among you, and thou shall love him as thyself; for ye were strangers in the land of Egypt:

Sforno

Desire for your neighbor what you would want if you were in his place.

Theodore Herzl

Build your home in such a way that a stranger may feel happy in your midst.

Responsibility to Others – Kol Areyvim Zeh L’Zeh (Areyvut)

Mishna, Pirkei Avot 1:2

Shimon the Righteous was a member of the Great Assembly. He used to say, "By three things the world exists: On the Torah, on worship and on acts of loving kindness."

Leviticus 19:16

You shall not stand idly by the blood of your neighbor.

Deuteronomy 15:7

Do not harden your heart or close your hand from your poor brother.

Exodus 22:20-23

You shall not ill-treat any widow or orphan.

Rambam, Mishneh Torah, Laws of Character Development and Ethical Conduct 6:10

A person is obligated to show great care for orphans and widows because their spirits are very low and their feelings are depressed. This applies even if they are wealthy. We are commanded to [show this attention] even to a king's widow and his orphans as [implied by Exodus 22:21]: "Do not mistreat any widow or orphan." How should one deal with them? One should only speak to them gently and treat them only with honor.

Talmud Bavli Massekhet Ta'anit 11a

When the community is in trouble do not say, "I will go home and eat and drink and all will be well with me."...Rather, involve yourself in the community's distress as was demonstrated by Moses . . . In this way Moses said, "Since Israel is in trouble, I will share their burden." Anyone who shares a community's distress will be rewarded and will witness the community's consolation.

Taking Care of the Sick - Bikkur Cholim

Rambam, Laws of Mourning 14:4-5, (cf. Shulchan Aruch, Yoreh De'ah, 235-238)

Visiting the sick is a mitzvah incumbent upon all and even the great ones visit the small ones. We visit many times a day and the one who visits more is more praiseworthy, provided they don't bother the sick ones with their visits. And anyone who visits a sick person, it's as if he lifted part of his illness and made it lighter. And anyone who doesn't visit, it's as if he's a spiller of blood.

Genesis 17:24 and 18:1

And Abraham was ninety years old and nine, when he was circumcised in the flesh of his foreskin.

And the LORD appeared unto him by the terebinths (trees) of Mamre...

Talmud Bavli Massekhet Sotah 14a

Just as God visited the sick, "And God appeared before Abraham [after his circumcision]," so you should visit the sick; just as God buried the dead, as it says: "And God buried Moses in the valley," so you should bury the dead; and just as God comforts the grieving, as it says: "After the death of Abraham, God blessed Isaac his son," so you too comfort the grieving.

Talmud Bavli Massekhet Nedarim 40a

He who visits the sick will be spared the punishments of the next world.

Sefer Shelah HaKadosh, Massekhet Pesakhim, Ner Mitzvah

Visiting the sick is done by body, soul, and money. How by body? He should run and occupy himself with the sick person's needs and should find for him all his medicines, and so he should take pains in his body in order to care for the rest of [the sick's] needs. . . how by soul? He should pour out his soul in prayers to God to send the sick a full recovery. How with money? To see if the sick person does not have enough money to take care of all his needs, he should try to help because the needs of a sick person are many.

Caring for the Dead & Those in Mourning – Chesed shel Emet & Nichum Aveilim

Talmud Bavli Massekhet Sotah 14a

Just as God visited the sick, “And God appeared before Abraham [after his circumcision],” so you should visit the sick; just as God buried the dead, as it says: “And God buried Moses in the valley,” so you should bury the dead; and just as God comforts the grieving, as it says: “After the death of Abraham, God blessed Isaac his son,” so you too comfort the grieving

Mishneh Torah: Hilchot Avel (Laws of Mourning) 14:1

It is a positive commandment to ..., comfort the mourning, to remove the dead... and to occupy oneself with all the needs of burial; carrying [the coffin] on one’s shoulder, to walk in front of him, to eulogize, to dig, and to bury. And these are ‘Gemillut Chasadim’ that are done with one’s body, that have no measurement.

Iyyov 2:13

They sat with him on the ground for a period of seven days and seven nights. No one said a word to him, for they saw that his pain was very great.

The Value of Hiddur Mitzvah

Exodus 15:2

This is my God, and I will glorify Adonai.

Talmud Baba Kamma 9b

R. Zera therefore said: For [performing a commandment in] an exemplary manner one should go up to a third of [the ordinary expense involved in] the observance thereof.

Rashi on Baba Kamma

If one has a choice of two items to be used for a mitzvah and one is nicer than the other, one should spend one-third more for the nicer item.

Discuss:

- Why would the value of Hiddur Mitzvah be important to consider when serving the Lone Soldiers?
- If we are already engaged in the other values of welcoming them, caring for them when they are sick, treating them like family, why would it be important to even go beyond and ENHANCE that mitzvah?

The Good Person Profile TZVIKA LEVY – FATHER OF THE LONE SOLDIERS

Did you know that Israel's army includes more than 3,500 young men and women who volunteer for service despite coming from foreign countries? Adjusting to a new country is never easy; adjusting as a soldier is an entirely different and immensely challenging experience. For many *chayalim bodedim* (lone soldiers) **Lt. Colonel Tzvika Levy** (Ret.) is their friend, their parent, their touchstone. Imagine being responsible each year for hundreds of "kids" from all over the world!



Photo at the grave of Lone Soldier Michael Levin z'l

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Photo from a BBQ Tzvika hosted for some Lone Soldiers.