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summer in israel

TAMUZ

THE DAVID H. SONABEND CENTER FOR ISRAEL | SUMMER 2022

TAMUZ

The David H. Sonabend Center for Israel
Quarterly Magazine | Summer 2022

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WELCOME

During my childhood in Israel, summer was always a time of mixed emotions. My best friend Yinon, from elementary school, would go to Camp Ramah every summer in the far, far away United States in order to perfect his English. This left me feeling both sad and envious. In my imagination, Camp Ramah was like heaven on earth, a combination of Disneyland and Never Never Land. I spent my summers in one of our school camps (*keytana* in Hebrew), receiving my English lessons only from MTV, and anxiously awaiting Yinon's return, even if that meant that the new school year was just around the corner.

It took me a few more years to realize that summer in Israel is actually the best time. Yes, it's hot—very hot—and humid, but there is also a sense of total freedom. As kids, we ran around all summer, barefoot, playing outside until it was dark. Obviously, I did not appreciate it at the time, but as a grown-up, you can't miss that there is something special in the air: leaving work early to go to the beach, staying there 'til way past midnight, spending more time with friends and family who have balconies on the top floors of buildings where you can see the Mediterranean while eating watermelon and feeling the breeze.

Summer is also the season of festivals in Israel; countless music, art, culinary, and local festivals pop up everywhere, in cities all across the country, as a way to get people together. Many of those festivals start in the morning with events for the whole family and go all the way into the night with rock concerts, DJ performances, dancing, and more.



This summer, after two and a half years, many of our community members are going back to Israel for the first time. Here, at our TAMUZ desk, we have your ultimate guide in this "Summer in Israel" issue. We sent our staff to look for the best recommendations for culinary tours, music performances, and, of course, shopping! And we have the perfect dessert from innovative pastry chef Naama Gaon. We also had the exquisite opportunity to sit down with people from the Israel Nature and Parks Authority, to learn more about the best places to visit this summer.

Finally, it makes me smile that our summer issue of TAMUZ is premiering during the month of Tamuz. When we had the idea of publishing a magazine about Israel, the name came first. We wanted something that would represent Israel at its best and Tamuz is just that; it is the best representation of Israel, and of Israelis; it's hot and warm; it's edgy, but also soothing. Just like Israel. This summer issue is all about what Israel has to offer. I'm hoping you will use this magazine if you plan to go to Israel, and if not, please get some watermelon, a nice glass of cold rosé, grab a spot in Central Park, close your eyes, and you can easily be in Israel...in spirit.

Have a great summer,



Udi Urman,
Director, The David H. Sonabend Center for Israel

P.S. If anyone is at Camp Ramah this summer, please find Yinon and say "hi" for me.





NATURE: WALK THROUGH HISTORY

Spending your vacation in Israel this summer?

Whether you're staying in Tel Aviv and looking for a one-day trip, or want to spend a few days in nature, our friends at the Israel Nature and Park Authority offer these recommendations for major sites with glorious Jewish heritage, especially for you.



Dan Spring

I. Tel Dan Nature Reserve

Entering the Tel Dan Nature Reserve, a wonderful combination of greenery and the intense sound of rushing water create the illusion that you've accidentally arrived in another country, not a nature reserve in the Middle East. Tel Dan Nature Reserve encompasses Dan Spring, the largest and most important source of the Jordan River. In addition, Tel Dan, located within the reserve, is identified with the biblical city of Dan, an important landmark on the northern border of ancient Israel. It is one of the largest antiquities mounds in the country, preserving the remains of the 5,000-year-old city. Among the finds at the site: a ritual compound, reminiscent of biblical stories about golden calves, and an ancient flour mill

that has been preserved in its entirety.

It's an easy, stroller-friendly hike to the Dan Spring, which originates in the snows of Mount Harmon. Along the hike, which can take about one to three hours, you will see a variety of animals, trees, and vegetation along the streambed.

The reserve has several hiking trails; the Accessible Trail, suitable for strollers and wheelchairs, is recommended for families. Along the route you will pass Tel Dan, and the impressive wall at its base. According to the Bible, the Danites, who had lived in the center of the country, fled north under pressure from the Philistines, and occupied the city Lish, changing the name to Dan.

According to the Bible, King Jeroboam built an altar here and placed a golden calf in it. Remains of an impressive worship platform were discovered in the center of the mound. Another fascinating find is a fragment of basalt tablet bearing an engraved inscription from the time of King Ahab. The inscription includes the first written testimony about the House of David, and it dates to the second half of the 9th century BCE.



The outlook at Appolonia

2. Tzipori National Park

Tzipori is a place with many incarnations and a long history. The city was first mentioned in the days of Alexander Yanai, in 103 BCE. Herod conquered Tzipori in 47 BCE, taking advantage of its strategic location on top of the hill. After the great revolt against the Romans, Rabbi Yehuda the President came to Tzipori and signed the Mishnah here.

A walk in the Tzipori National Park is uplifting and soul-filling. Everywhere you look you will find examples of the seven species: pomegranate orchards, vineyards, dates, olives, and other tree species.

Explore the remnants of a magnificent and fascinating city from the Roman-Byzantine Period, including public buildings such as

the Nile House, with its spectacular mosaics depicting creatures and figures from Greek mythology. The synagogue, in a Roman villa at the top of the hill, features one of the most striking examples, known as the Mona Lisa of the Galilee, a beautiful woman whose complexion is created with some 900 mosaic stones, which give her visage a special depth. The villa also has a bathroom with a state-of-the-art water system and a mosaic inscription of the word "hygiene."

In Tzipori you will also find an elaborate array of aqueducts and reservoirs that supplied water to the ancient city; the route of the hike follows part of the water system. Interactive exhibits about the heritage left by Rabbi Yehuda the President, editor, and seal of the Mishnah, are suitable for children.

3. Apollonia National Park

Apollonia, also called Arsuf and Tel Arshaf, is an ancient city whose remains are in southern Sharon, west of the Nof Yam neighborhood in Herzliya. Many fierce battles took place over control of the city, the second largest of the coastal cities, after Caesarea. Before its destruction, it was ruled by the Persians, Greeks, Muslims, Crusaders, and Mamluks.

During your visit, explore the first villa in Herzliya Pituach; see the remains of the Crusader fortress and catapults that were used by the warriors; and most importantly, enjoy one of the most beautiful views in Israel, looking towards the beach and the ancient port.

The city of Arshaf (Arsuf) was founded in the 4th century, under Persian rule. Later, it served as a port city under the Greeks, and the name was changed from Arshaf, after the god Reshef, to Apollonia, after the god Apollo. In the Byzantine period it continued to grow and was again conquered, this time by the Muslims. In the 12th century, after defeating the Muslims in the Battle of Arsuf, Crusaders established a kingdom on the coastal plain for the next century. The Hospitaller Knights turned Arsuf into a stronghold, but not for long. In the 13th century, the Mamluk Sultan Baibers himself ascended it. A bitter battle ensued, at the end of which the sultan forced the knights to destroy the fortress walls with their own

hands, thus destroying Apollonia. The site has a special display illustrating the siege tools used in the war between the Crusaders.

The fascinating history of this site is revealed over the course of an easy route that is mostly accessible, and also suitable for families. Enjoy a view of the sea and a pleasant breeze. It is preferable to arrive early in the morning, before the Israeli summer shows its signs and the sun begins to burn.

4. Khan Sha'ar HaGai National Park

Sha'ar HaGai, also known in Arabic as "Bab al Wad," is located on the road leading from Jaffa to Jerusalem. It was an important strategic axis during the years before the establishment of the State of Israel and during the War of Independence. Thanks to its topographical characteristics, as a bottleneck surrounded by ridges, Arabs who ruled the area before the war managed to set up ambushes and damage supply convoys on the way to besieged Jerusalem. During the War of Independence, a decision was made among the commanders to gain control of the area, with Palmach fighters leading the effort.

For years, armored vehicles served as a reminder of the battles, and the area did not receive many visitors, also due to transportation accessibility problems. Following the government's decision to dedicate this location to the memory and

work of the scorers of the road to Jerusalem during the War of Independence, funding was approved for a visitor's center.

Today, the center welcomes visitors with an interactive experience. After an introductory film about battles in the area, and testimonies from warriors, visitors are split into "warrior" groups to experience what it would have been like to handle contacts, supplies, and road conditions, with decisions to be made about how to navigate the route.

5. Herodium National Park

A 15-minute drive from Jerusalem takes you to one of the most impressive sites in Israel. Herodium is one of the most fascinating and adventurous structures of the ancient world. King Herod, who built magnificent structures such as Caesarea, Masada, and even the Second Temple, challenged the forces of nature. Here, at the top of the mountain on the border of the Judean Desert, at the site where he later sought to be buried, he built a summer palace, and, at its foot, an architectural marvel admirable even today.

On a trip to Herodium National Park you can take a closer look at the King Builder's factory, get a glimpse into the glorious life of the king, his family, and subjects; visit a magnificent ballroom, bathhouse, Herod's waterworks, and theater; and see caves and tunnels used by Bar Kochba rebels. Above all is the spectacular view from the top of the mountain towards the Judean Desert,

Jerusalem, Gush Etzion, Nahal Tekoa, and Bethlehem.

Work is underway on the preservation of a spectacular lookout, located on a round and high tower that rose to a height of 42 meters, from which Herod himself could have seen the Dead Sea and the surrounding area, and also Jerusalem and its surroundings. Summer visitors have the opportunity to observe the fascinating and extensive conservation process. In addition, work has recently been completed on another observation deck on King Herod's tomb. Architectural items found at the site illustrate the size and glory of the tomb, which rose to a height of about 27 meters.



Preservation is underway at Herod's lookout

6. Ramon Nature Reserve and Crater Visitor Center

The southern state of Israel is known as a must-visit place for the “perfect vacation.” Israelis flock there on holidays and vacations, and the warm weather is very suitable for many who enjoy a relaxing vacation. In addition, the south is a great place for hiking.

Ramon Crater is one of the most special areas in the country, with spectacular landscapes, unique geological formations, desert colors, and of course, peace and quiet.

One of the most recommended places to visit is the Ramon Crater Visitor Center, which includes a memorial hall dedicated to the late astronaut Ilan Ramon. Visitors can follow the path Ramon took from his time as a pilot in the Israeli Air Force to his mission as the first Israeli astronaut to take part in a Space Shuttle flight. Ramon was among seven astronauts who died when the Space Shuttle Columbia disintegrated upon re-entry into the Earth’s atmosphere on February 1, 2003. The site also commemorates his son, Assaf Ramon, an Israeli Air Force pilot who was killed in a training accident.

In the first years of the State of Israel, Ramon Crater was an active quarry for the production of minerals such as gypsum, kaolin, and other clays. However, thanks to the activities of the Israel Nature and Parks Authority, parts of the crater were gradually



Layers of color at Ramon Crater

declared a nature reserve. Mining at the site stopped in the early 2000s

As part of the restoration of the crater, a national geological garden was established, as the excavations created by the rock-cutters reveal fascinating geological phenomena. In collaboration with the Quarry Rehabilitation Fund, the Nature and Parks Authority and the Mitzpe Ramon local council, the Ramon Colors Route was created to draw attention to the beautiful colors of the various soil layers exposed during the quarrying years. All the quarry structures were removed from the area except for the huge clay baking oven that still stood on the site.



In collaboration with the Israel Nature and Parks Authority, Orit Steinfeld, director of the Public and Community Division





Just when you think you've seen everything Tel Aviv, Jerusalem, and Haifa have to offer, it's time to rediscover them.

A food tour is the best way to learn about a city's heritage, culture, and people. Even if you have visited the place many times, take a culinary tour and you will experience a brand new adventure! We researched the best culinary tour for your next visit (and we gained many pounds along the way).

Erez Golko—Wadi Nisnas, Haifa

Come discover all the main (and hidden) roads of this magical wadi, where chefs from all around Israel come to be inspired. Wadi Nisnas is one of the most authentic places in Israel; it hasn't changed a bit in over 50 years. This neighborhood offers all the raw materials and the basics of cooking, all from the Galilee and the surrounding farms. During the tours, you'll learn not just about the food, but about the community members, mostly Christian and Muslim, who open their homes and hospitality for Erez and his guests.

For a taste of Erez's tours, visit [inmykitchen.co.il](https://www.inmykitchen.co.il).



Culirany—Carmel Market, Tel Aviv

Join Liran Zaviessa from Culirany for a three-hour tour of the Carmel Market (Shuk HaCarmel). Liran will help you dive right into the authentic Carmel Market, with a chilled glass of wine in your hand. You will taste delectable dishes such as the famous pita; a crazy take on a traditional Israeli sabich; an exclusive carpaccio, made just for the tour, paired with Yemenite bread; the best fisherman sandwich in Tel Aviv; and much more.

During the tour, you will get to speak with the people who make Carmel a unique Israeli market and learn about the best local produce and spices to take back home.

For a taste of Culirany tours, check out Liran’s [Instagram](#), or send an email to culirany@gmail.com.

David Kichka—A Creative Gastronomic Experience

David is an expert who is very much involved in the Israeli culinary scene. He is also the chairman of the Israeli Association for Culinary Culture. One of David's favorite things is strolling the local markets, where he knows all the best hidden gems and local vendors. You can have a wonderful, multicultural, and tasty experience on a David Kichka culinary tour through one of the multiple markets of Jerusalem and Tel Aviv, if you can find an available date.

For a taste of the local market tours, check out David's [Instagram](#), or send an email to kichkad@gmail.com.

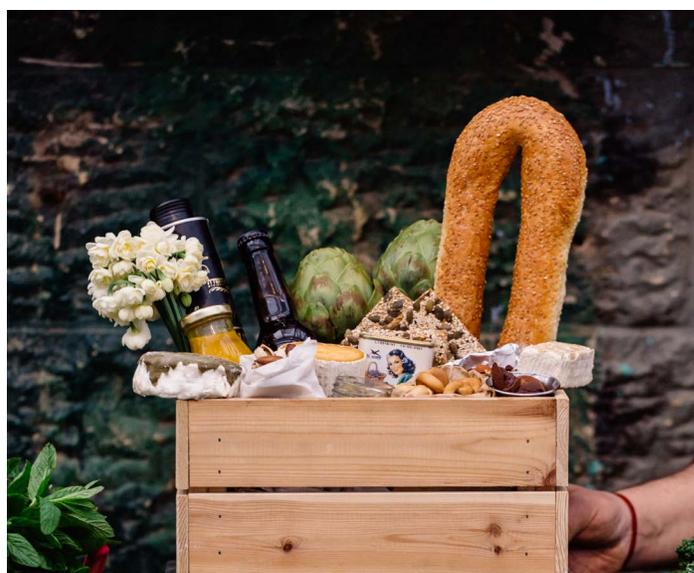


Box From Jerusalem—Chen Koren

In the 19th century, when the Ohel Moshe Synagogue was built in an alley off Jerusalem's Agripas Street, a central oven was installed underneath, so that all the communities in the area could use it on Fridays. At noon, locals crammed in, bringing trays of challah, and when they came to collect them later in the day, they left cholent in pots to be picked up on Saturday morning after the prayer. The breads and pastries baked there were, and still are, a unique reflection of the various kitchens that existed around the market and influenced it, and the different characteristics of each culture were embodied in that central oven.

The foundation of the Machane Yehuda food tour is rooted in this very concept, through the sweet smells of challah and fresh bagels, hot rugelach dripping with citrus syrup, and other traditional pastries that will fill your heart and palate with nostalgia. During the tour, you will walk around the market, get to see the prolific places, taste amazing bites, and discover all the market's secrets. The tour is approximately two hours.

For a taste of the Box From Jerusalem food tour, visit mamadiali.co.il/en/.



PHOTOS: AVISHAG SHAAR-YASHUV

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FEATURE



STYLE:
GET YOUR
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LIST READY



Israeli designers have always been known for their innovation, creativity, and artistry—even in their unique fashion creations, accessories, and home goods.

In order to bring you three incredible designers to showcase, we shopped 'til we dropped. Here is what we found on our journey. We know you will love the designers showcased below as much as we do!

ASUFA

Asufa is a store and home for unique and creative Israeli design, located in Tel Aviv. All of its products are the work of Israeli designers, from design students to known brands. Asufa, as its name implies in Hebrew, is a collection—of products, talents, inspiration, and innovation. At Asufa's two locations, you can find prints, books, home decor, Judaica, ceramics, toys, and more.

**Asufa's Tel Aviv stores are in Jaffa, at Nachman 2,
and Dizi, at Dizengoff 212.**

Or shop online at asufadesign.com.





PHOTO: DORIAN KERIDO





KARINA

“Every woman who walks in here is instantly becoming a friend, part of our family. I want it to be a place where you can forget about your day-to-day and just have a moment of peace. My mission for Karina is to be a place that connects designers, friends, clients,” says Karin Laufer Dayan.

Dayan founded Karina about seven years ago and it's now a store located in Kfar Azar, but also an online store delivering products all over the world. Karina is also the home for the About Us and Our Story Design fairs. Both the retail and online stores and the fairs host Israeli designers of fashion, accessories, and home goods, alongside hand-picked items from designers around the world.

Karina, Hey Be'iyar 1, Kfar Azar

Or shop online at karinaonline.co.il.

SOHO

SOHO, a leading chain store for both international and Israeli-designed items, has been described as the Mecca of design stores in Israel. SOHO offers a variety of contemporary designs, ranging from home decor, kitchen and bath accessories, fashion items, and designed gadgets to office products, paper goods, and children's items.

All this and much more is available at SOHO's 12 stores in Tel Aviv, Jerusalem, Haifa, Ramat HaSharon, Kfar Saba, Rehovot, and Rishon LeTzion.

Or shop online at sohocenter.co.il.





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PHOTO: AYA WIND

CUISINE



FUDGY BROWNIES WITH NAAMA GAON

Naama Gaon, 31, from Haifa, began baking at a very young age; it was, and still is, her greatest passion. She started working as a pastry cook at the age of 21 and has worked in restaurants and bakeries ever since.

At the same time, Naama started to develop recipes and photograph her creations. Her two favorite styles are American and Japanese baking, and she loves combining the two. Today, Naama works as an independent pastry chef, focusing on building her own business.

See examples of her creations and find recipes and other updates from Naama on her [Instagram](#), or visit her website, naamagaon.com.



Ingredients

- 7 tbsp (3.5 oz) unsalted butter
- 7 oz semisweet chocolate, chopped
- 1 oz espresso
- 3 eggs, at room temperature
- 1 cup (7 oz) granulated sugar
- 1 cup (5 oz) all-purpose flour
- 1/4 cup (1 oz) Dutch-processed cocoa powder
- Pinch of salt
- Maldon sea salt



Preparation

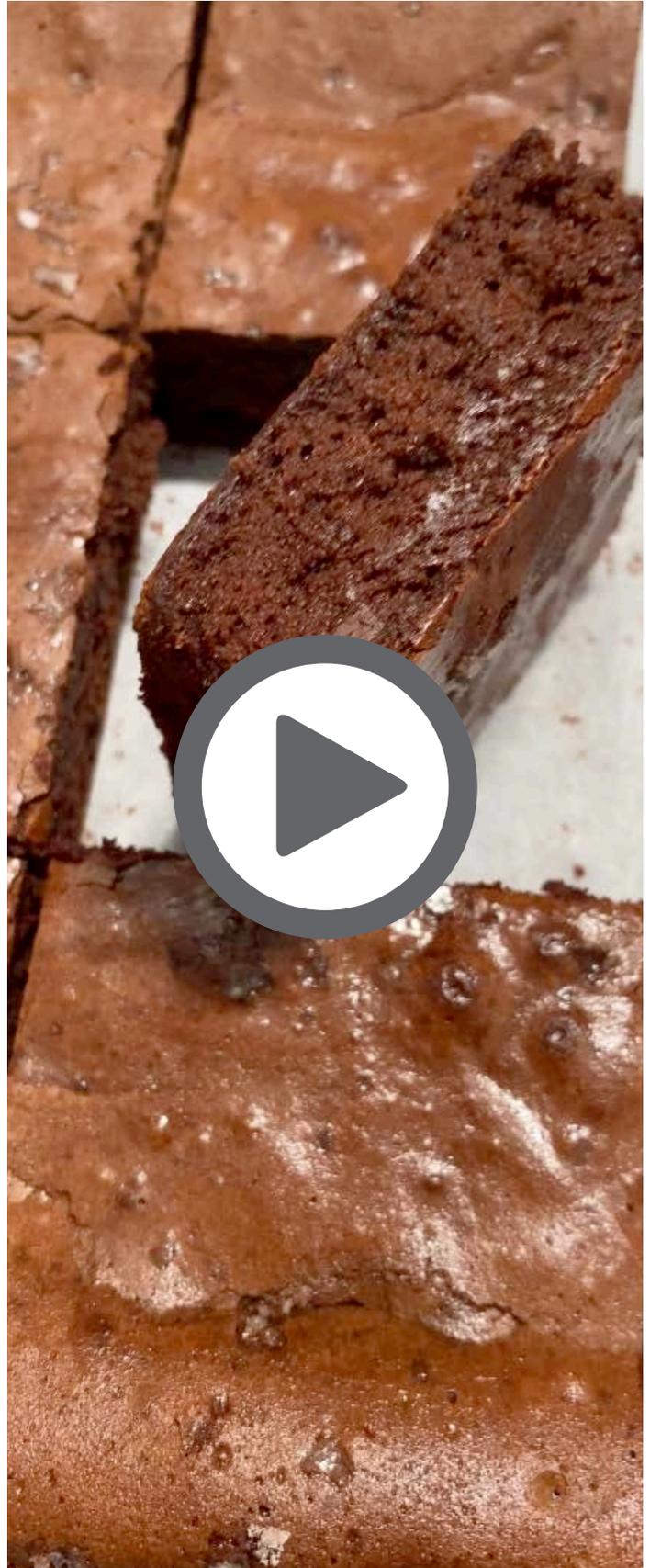
Preheat oven to 350 degrees. Line a 9-by-9-inch baking pan with parchment paper.

In a microwave-safe bowl, combine the butter and chocolate. Melt in 30-second increments, whisking after each, until completely smooth. Add the espresso and whisk until combined. Let cool at room temperature for 10 minutes, until slightly cooled.

Combine granulated sugar and eggs in the bowl of a stand mixer fitted with the whisk attachment. Whip on medium-high until extremely thick and fluffy, about 5 minutes.

Meanwhile, sift together flour and cocoa powder. Reduce mixer speed to low and pour in the melted chocolate and butter. Once incorporated, turn off mixer and add cocoa-flour mixture all at once. Fold in using a flexible spatula, scraping and folding to ensure batter is well mixed.

Pour into prepared pan and top with a sprinkle of Maldon sea salt. Bake until brownies are firm on the sides but just barely firm in the center, about 20 minutes. Immediately transfer the warm brownies to the freezer, as it will stop the cooking process, and will help achieve extra-fudgy brownies. Once the brownies are completely cool, remove from the pan and cut into 16 slices. Store in an airtight container in the fridge for up to a week.



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Many of our TAMUZ readers are all about Israeli music!

In recent months, you've joined our Zoom session with Elai Botner and our in-person conversation with Keren Peles at the Meyerson JCC, along with her sold-out live concert. In this issue, we round up some of the biggest musical performances in Israel that you don't want to miss this summer. Get your concert tickets early!

For ticket information, visit www.zappa-club.co.il.

July 27

Natasha's Friends, Zappa Amphitheater Shuni

Natasha's Friends (Ha Chaverim Shel Natasha) was one of the most successful Israeli rock bands before its split in 1996. Two of the band members, Arkadi Duchin and Michah Shitrit, went on to successful solo careers. This summer the band reunites for a short tour, including this stop at Shuni, in the northern part of Israel, about 50 minutes from Tel Aviv.

July 27

Ivri Lider sings the songs of Leonard Cohen with the Israel Philharmonic, Tel Aviv

Ivri Lider has sold over a million records and his sellout shows across the country attract fans of all generations, from teenagers to older adults. His songs are a symbol of Israel's soundtrack. For this show, Lider takes on a new challenge, performing Leonard Cohen songs alongside the Israel Philharmonic. You don't want to miss it.



August 9

Aviv Geffen, Mini Israel, Latrun

One of the most popular performers in Israel, rock musician and singer Aviv Geffen rose to fame as a favorite of Israeli youth who were known during the 1990s as the “Moonlight Children.” Today, in addition to his successful concerts and albums, he has also served as a judge in the Israeli version of *The Voice*. Geffen will perform his greatest hits at Mini Israel, a miniature park located on the way to Jerusalem, near Latrun, that includes replicas of hundreds of Israeli buildings and landmarks.

Listen to a preview of Aviv Geffen's music [here](#).

August 15–27

Hutzot Hayotzer International Arts and Crafts Festival, Jerusalem

A major event of the summer, this annual festival has taken place in the first half of August for more than 30 years. Outdoor events are staged at the Hutzot Hayotzer Arts and Crafts Center, Mitchell Gardens, and the Merrill Hassenfeld Amphitheater in the Sultan's Pool. Handmade works of Israeli and guest artists are exhibited. In addition to the marvelous exhibitions, culture and art shows take place.

See a [preview](#) of the arts and crafts festival, and view the full schedule [here](#).

August 18

Miri Mesika, hosting Keren Peles and Ampy Mevaseret Zion

Singer and actress Miri Mesika is considered the vocalist of the decade in Israel. Known for her exceptional hit list, she broke out as soon as she graduated from Rimon School of Music in the early 2000s and her award-winning theater and film performances have garnered critical praise. In this special concert she will host her best friend and fellow superstar Keren Peles. If you missed Peles' performance at the JCC in May, don't miss it while in Israel.

Listen to a preview of music by Miri Meika and Karen Peles [here](#).

September 7

Yuval Dayan, Zappa Amphitheater Shuni

Known for her enchanting and strikingly pure vocals, the promising singer/songwriter quietly commands the attention of the room with each and every one of her works, and she has found popular and critical acclaim in doing so.

Listen to a preview of Yuval Dayan's music [here](#).

MORAN SAMUEL

Moran Samuel is an Israeli paralympic basketball player and world champion rower. She was chosen to light a ceremonial torch on Israel's Independence Day in 2019, and she represented Israel at the 2020 Summer Paralympic Games in Tokyo, where she won the silver medal in single scull rowing.



10 QUESTIONS

What is your favorite part of the day?

I love my morning training. It's meditation through sport.

If you could meet with anyone, living or dead, who would it be?

I would love to get to know my parents during their 20s.

What has been the most challenging time in your life?

When I was 24 years old, I suffered a rare condition called spinal stroke. In two hours, I switched from being a professional basketball player to being paralyzed in over 50 percent of my body. I truly believed at that time that my life was over.



What is one of your proudest moments?

In 2015 I won the gold medal in the World Rowing Championships by less than one second. It was an amazing race. I'm also proud of myself for being able to win the silver medal in the World Rowing Championships in 2017 while I was two months pregnant, and then again in 2018, four months after giving birth!

What is your favorite Israeli dish?

Hummus, falafel, and vegetable salad with tahini on top.

What is your favorite location within Israel and why?

It's almost impossible for me to choose one location. But if I must, I love the part on Mount Carmel where you also have a clear view of the sea.

Who is an inspiration for you?

I believe that when a person learns how to become their own inspiration, they do not have to go and look for it elsewhere. In order to do that, you have to know that you own your own strength, you have to be able to use positive and instructional self-talk, and you have to believe in your journey, regardless of the outcome.

What advice would you give a young person who wants to change the world?

Dream big, but then release the dream and start working hard every day, giving 100 percent motivation, 100 percent action, and 100 percent perseverance. Remember that mental flexibility will be your answer to mistakes and failures along the way, and embrace that so you can improve. My life philosophy is: If you look at an obstacle as an obstacle it will knock you down, but if you look at an obstacle as a challenge, it will give you maximum energy to overcome.

What is your biggest fear?

To fear something.

If you could change one thing about Israel what would it be?

I would definitely change the typical Israeli driver...And I think civil marriage is a must in a democracy.

TRAIL OF ISRAEL





A VIRTUAL WALK

Miza Films recently recorded a six-part video series highlighting different paths along the Israel National Trail. Later this year, the JCC's Center for Israel will present the results in *Trail of Israel—A Virtual Walk*. The series will focus on discovering all aspects of life and communities in Israel, such as the Orthodox, the Druze, technology hubs, kibbutzim, and a view of Israelis living their everyday lives.

During the series, we will meet people from different regions along the trail. Through these encounters, we will learn about what it means to be Israeli while exploring Israel layer by layer: her social, demographic, and cultural aspects of life.

In this and subsequent issues of TAMUZ, we will share small parts of our trip along the trail. Let this be your inspiration to visit the trail, or parts of it, during your next visit to Israel.

In this clip, we start at the top of the trail in the Galilee.

Tour Guide

Michael Even Esh

Videographer

Maor Kinsbursky

Editor

Yaniv Mizrahi, Miza Films

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