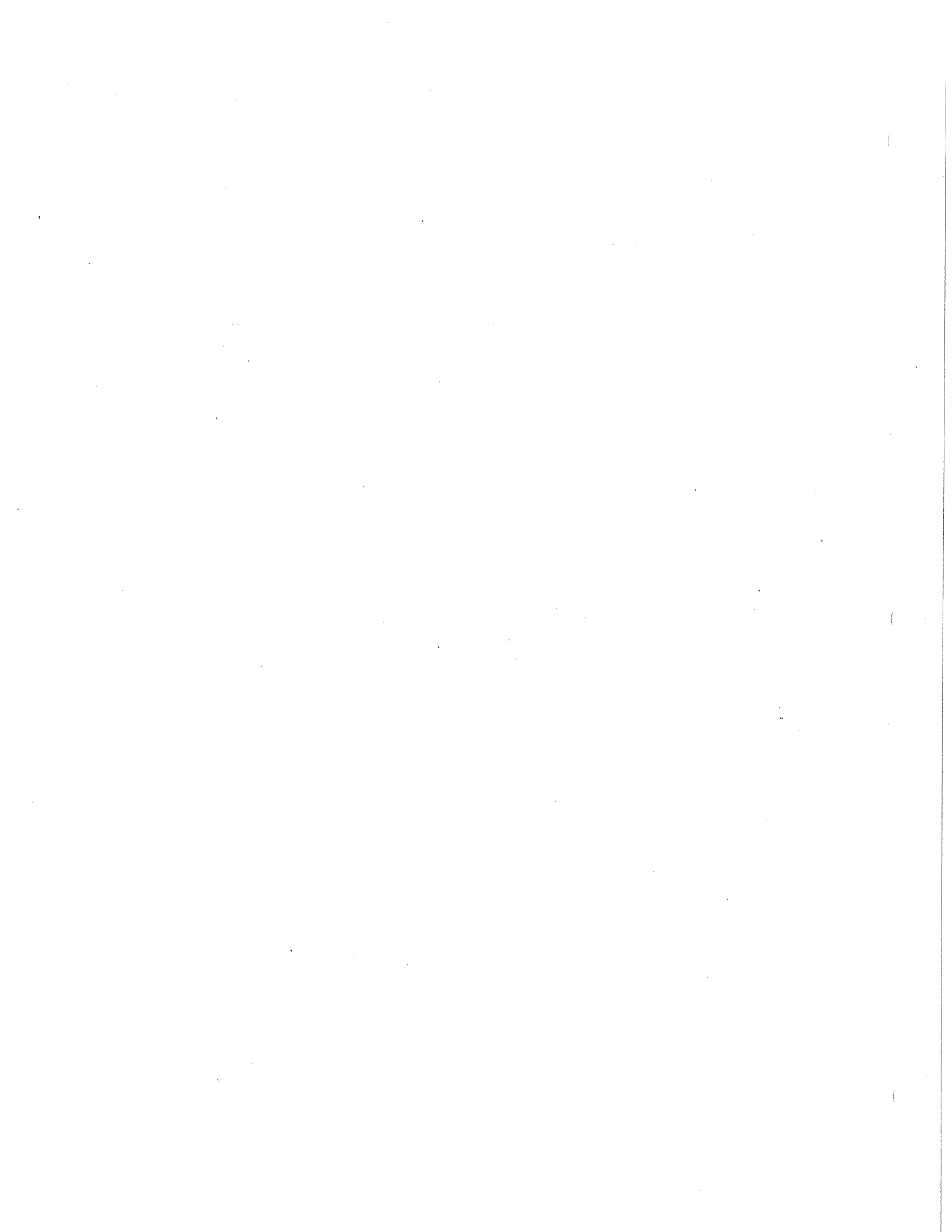


### **Yom Rock The Planet**

Our last Yom Meyuchad for the summer was called "Yom Rock The Planet". Campers were broken up into rock bands where they had to take an issue, learn about it, produce a song about it, and become activists. In the evening, we had a rock concert where each group presented (ie. sang) their song, showed off their t-shirts and publicity.

I was particularly pleased that the Junior Counselors planned this day with minimal input from me - which I took to mean that they too had taken to the idea that we could transmit these values to our campers in a meaningful way. The kids really enjoyed the day and they continued to wear their shirts and sing their songs throughout the rest of the summer.

At the Benefit Concert each group had to explain their issue, show off their shirts and posters, and perform their song. For whatever reason, one group's paragraph explaining the importance of their cause went missing. Someone listening in the audience never would've known that they weren't reading from their sheet because they beautifully and accurately described their issue, demonstrating that they had not only learned about it, but also internalized the information and really taken to the topic.



MAC 2009

## Yom Rock the Planet

iPod Scharit – Dani C. and Rachel K.

10:30 - 11:00am - Introduce Yom (Sam will play a few songs on the guitar written by artists who do charity work)

Split into bands, make band name and assign issue (Adina and Hannah)

11:00 - 11:40am - Migrash - rotations (accomplish each station, earn packets of info that are needed for the rest of the day) (Johanna explains)

1. Over-Under sponge pass (Brian and Dani G.)
2. Human Knot (Yankele)
3. Mummy Wrap (Aaron)
4. Over-Under benches (Nate)
5. Dribble Relay (Sam)
6. Clothing On/Off (Dani C.)
7. Human Pyramid (Dory)
8. Egg Race (Ariel)
9. Dizzy Izzy (Rachel K.)

Group 1 will start at step 1

Group 2 will start at step 3

Group 3 will start at step 4

Group 4 will start at step 5

Group 5 will start at step 6

Group 6 will start at step 8

Group 7 will start at step 9.

Each group will then rotate through all the groups in numeric order.

11:40-1pm - Band proposal (with worksheet), proposal meetings with producers (counselors), posters/flyers, songs, t-shirts/costumes (Adina and Hannah explain)

1-2pm - play practice in va'ads

2 -3:30 pm - lunch and menucha

3:30 - 5: Triathlon relay to agam party: (Dory and Ariel explain)

Starts at ropes course—team building activities handled by ropes staff (One per group does alpine tower, rest do some sort of obstacle course)

1. Knockout on Basketball courts (3 campers / team) (Staff: Sam and Aaron)
2. Running from ga-ga arena to softball field and back (2 campers / team) (Staff—meets campers at ga-ga arena—Dan and Brian)
3. Water chugging and flip-cup in the chadar (1 camper chugs 3 cups of water, all team members must flip one cup) (staff—meets campers at chadar—Hannah and Johanna)
4. Leapfrog to Little House (whole team) (staff—meets campers at chadar—Adina and Rachel K.)
5. Trivia question at Little House (1 camper) (staff—meets campers at chadar—Dani C. and Dory)
6. End at agam—each team must build a sand castle and each team member must do 15 water bobs. (staff—meets campers at agam—Ariel and Yankeleh)

Ends with ice cream party at agam (courtesy of chadar ice cream)

5:30 pm - Zim practice

After Zim. Practice, campers have shower time/time to prep for peulat erev. They must show up at dinner in their costumes and ready to go directly to the concert.

7:30 pm - Dinner

Immediately after dinner, Benefit Concert in Beit Am Bet (planned by Nate and Sam)

1. Shira staff "opening act"
2. Each band sings and presents proposal
3. Karaoke at the end

Bands:

1. Issue: AIDS/HIV:
  - a. Jacob Fielder, Seth Kaufman, Michael Cohen, Sam Roll, Sofia, Claire, Maddie, Ruby
2. Issue: Environmentalism
  - a. Isaiah, Aaron B., Evan F., Taylor, Robin, Emma, Leah S., Elisheva
3. Issue: Animal Rights
  - a. Noah B., Eli K., Matthew F., Kristen, Eliana, Bethany, Rachel Greenspan, Allegra
4. Issue: Domestic Violence
  - a. Yuval, Carmi, Nathan M., Yishai, Leah K., Julia Wolf, Julia Fine, Jillian
5. Issue: Hunger

- a. Kevin, Jonah, Ari S., Emily, Yael, Janie, Roni, Mia
- 6. Issue: Homelessness
- a. Jason, Micah, Avi Young, Esther, Linor, Stella, Jeromi, Meghan
- 7. Issue: Darfur
- a. Ben R., Jonathan S., Sam Felson, Becky M., Elena, Bess, Miha, Elyse

# SONGS from Your Rock The Planet

The Rubber Band: *to the tune of "I'm Yours"*

Our band represents HIV/AIDS  
It's a serious disease that has no cure  
Every 9 ½ minutes someone in the US is infected

## CHORUS:

The only way to stay safe is to be aware of how AIDS is transmitted  
Oh Oh Oh A-A-AIDS

Listen people the red ribbon is an  
International symbol  
Of AIDS awareness  
That is worn by people world-wide  
Year round, year round

## CHORUS

The Empty Bowl: *to the tune of "Single Ladies"*

X7 All the hungry people  
Fill the bowls up  
All around the world  
Little boys and Girls  
Don't have a thing to eat  
But now we're here today  
To come to you to say  
We need to rock to a whole new beat  
We all gotta stop pretending  
We gotta put this to an ending

X2 If you wanna help you should start helping  
Fill the bowl-owl-owl-owl-owl  
Fill the bowl-owl-owl-owl  
Fill the bowl

Repeat from start  
Every day people die  
So we have to try  
To put this to an end  
We have to come together  
No matter the weather  
This situation will end

CHOURS



The Furry Friends: *to the tune of "Just Dance"*

Animals have had a bit too much  
They need rights just like us  
(They need rights, too)  
No experiments, No need to hurt them then.  
If they're hurt help them out.  
What's going on in the world?  
We love these animals  
But they just cant take it anymore  
Give them rights, help the animals out!  
They're getting killed. That's not alright, alright.

Give rights, gonna be okay, da da doo-doo mm  
Give rights, save animals, da-da-doo doo mm  
Give rights, gonna be okay (da-da-doo-doo mm)  
(Just, just give rights, rights)  
Habitat is being lost (oh, oh, oh, oh)  
Pollution is the cause (pollution hurts them)  
Millions poisoned. Why do we hurt them then?  
Rights will help them out  
Let's save the poor animals

These are hurt animals.  
So they just cant take anymore

Give rights, gonna be okay, da da doo-doo mm  
Give rights, save animals, da-da-doo doo mm  
Give rights, gonna be okay (da-da-doo-doo mm)  
(Just, just give rights, rights)

The Gr8 Beat: *to the tune of "Apologize"*

Name calling, put downs, stalking, intimidation are crimes  
Too much violence without any police chimes  
When will all this violence come to a resolving end?  
When will these people ever find a friend?

Abusers we are asking you to just put down your knives  
Every year we lose 5.3 million lives  
Every day more than six hundred families call to report

Just save a life  
Please don't beat your wife...yeah

**CHORUS:**

It's too late to apologize  
Don't beat your kids  
Please don't beat your wives  
Ya its too late

Stronger: *to the tune of "the Odyssey"*

Start after the first "My Odyssey" single

This is a genocide  
This is my prayer  
(verse in between)  
Second "My Odyssey" single

This is a genocide  
This is my prayer  
(Count 1, 2, 3, 4)

Women and girls are raped  
Only AMIS has helped  
Who can save them?

(1, 2, 3, 4)  
What happens to refugees  
They can only escape to Chad  
UNHCR can try to help  
But what happens when they are attacked?  
Who can save them? X2 Now?

(1, 2, 3, 4)  
Janjaweed Militia have used rape  
Organized starvation, threats against aid workers  
And mass murder  
Who can help them (1, 2, 3, 4) besides you?

(1, 2, 3, 4)  
People are displaced inside Sudan  
They are subject to attacks  
Who ca they rely on?  
When even there own government cant help them?

2.5 million Darfur civilians are internally displaced  
80% are women and girls  
How can we let this go on?

(1, 2, 3, 4, 5, 6, 7, 8)

Over 2 million people have died  
160,000 displaced Chadians  
And several million people at risk

(1, 2, 3, 4)  
And why?  
We must stand together and be stronger x2

The Shelter: *to the tune of "Hot and Cold"*

They lose a place and a home every day  
Ya you, on the street, always lookin' for faith  
And you, always think, always speak doubtfully  
You should know, there's a house for you our there

CHORUS:

You're young and you're old  
No house and you're cold  
Don't keep it like that  
Don't sleep with a rat  
There's a roof out there  
Its waiting somewhere  
You'll soon find a job  
You won't need to sob  
You have no place to stay, and you, you have no where to go.

(Repeat first four lines of chorus)

There used to be only houses for few  
But hopefully soon we'll all be wealthier  
No more wind, no more rain  
Only warmth and no pain  
You'll have a bed of your own  
In a place you'll call home  
You should know, this song's for you

(Repeat chorus)

Someone call the shelter  
WE can make it better  
It's a lifelong rollercoaster  
We need to stop this ride

(Repeat first line then first 8 lines of chorus once then first 4 lines of chorus)

The Green Bananas: *to the tune of "Love Song"*

Reduce, reuse, recycle, 'cause the world is dying down

Conserve the energy and help save our world. Fundamental changes need to be made in the way oceans are managed.

Efficiently you should use the water; source reduction is the practice of harmful things.

The waste of people has been increased

CHORUS:

Over the past 200 years, the fossil fuels have increased the air's heat, go green, its best done by recycling, it's the easiest way, help the Earth maintain balance, saving water around the house is simple, compost food and yard waste. So you can reduce the amount of garbage sent to landfills, eco-action, go green!

