

Special
Pet
Edition!

CenterView



JULY / AUGUST 2007 • TAMMUZ / AV / ELUL 5767

NEWSLETTER OF THE PENINSULA JEWISH COMMUNITY CENTER

THIS ISSUE

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through Pens and a Lens

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Outdoor Concert

Email Newsletter
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to sign up now!

Online Registration
Register for your favorite class
at "Online Registration"
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Learn more about PJCC
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Visit www.pjcc.org or
call 650.212.PJCC (7522).

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**Peninsula Jewish
Community Center**
800 Foster City Blvd.
Foster City, CA 94404
P 650.212.PJCC (7522)
F 650.378.2799
www.pjcc.org



A beneficiary agency of Jewish
Community Federation of
San Francisco, the Peninsula,
Marin and Sonoma Counties.

Camp: A Look at Jewish Camps Through Pens and a Lens

June 5 – August 30
PJCC Art Gallery

Catch this special exhibition by award-winning photojournalist, Joyce Goldschmid, who captures the adventure, skills, friendship and community of Bay Area Jewish Day camps. "As a photographer I'm always focused on technical issues like motion, sharpness and grain, but with this project, I was more interested in the content itself," Goldschmid revealed. "Rather than trying to take a perfect print, I wanted to capture the excitement and happy emotions of the kids and the energy of the camp. It's all about the kids."

Special Oneg Shabbat Artist Reception—FREE!
Friday, July 13 • 7:15 pm • PJCC Board Room
Meet Joyce Goldschmid and many of the campers who
lent their stories and talents to this joyous exhibit.



This exhibit is sponsored by generous grants from the Walter and Elise Haas Fund, Koret Foundation and Richard and Rhoda Goldman Fund.

••• Jewish Holidays & Celebrations •••

Breaking up the heat of summer come two holidays—one somber and the other joyous:

The Jewish Holiday of Mourning and Memory: Tisha B'Av • 9 Av / July 24

This solemn holiday commemorates the destruction of the ancient Temples in Jerusalem in 586 BCE and again in 70 CE. It is marked with a day of fasting and begins with an evening candlelight service.

The Jewish Holiday of Love: Tu B'Av • 15 Av / July 30

Six days after Tisha B'Av, as the moon shines bright in the night sky, the mood changes to joy as Jews around the world celebrate the Jewish holiday of love, Tu B'Av. During ancient times women wishing to marry would dress in white and dance through vineyards, hoping that potential mates would dance after them. Today this holiday is marked with the exchange of roses, chocolate and romantic gestures.

Celebrate @ the Center!

Young Adult Tu B'Av Dinner and Film Under the Stars

Ages 25 – 40ish • Monday, July 30, 7:00 – 10:00 pm

Triathlon Training with Tiffany Medina

Training for any sport can be a challenge, especially if you're a health and fitness novice or you've never participated in a formal athletic event before. Couple both with being visually impaired and one might be inclined to ease into an exercise regime rather than tackle something strenuous right off the bat.

Not so for **Tiffany Medina**. The Peninsula resident is embracing the challenge by training for her very first endurance event: the 7th Annual Kings Trail Triathlon in Maui, Hawaii this June. The rigorous event entails swimming 0.9 miles, biking 24.8 miles and running 6.2 miles.

"I've spent the last four years in a Ph.D. program studying clinical psychology and I didn't have much time to exercise," the 26-year old admitted. "I'm taking a year off and the first thing I wanted to do was to get more exercise back into my life." When she met PJCC Center Member Larry Prensky through Team



Tammy the Guide Dog

in Training (part of the Leukemia & Lymphoma Society), Larry offered to help her train for a triathlon and invited her to join him with workouts at the Center. "The PJCC has given me a scholarship so I can be a member during my training," Tiffany added. The PJCC scholarship program was instrumental in helping Tiffany afford membership."

Although Tiffany's constant companion is her guide dog, Tammy, the affectionate six and a half year old black lab doesn't participate in training. Instead, she waits in the lobby with Larry's wife, Melodie, while Larry and Tiffany train.

"Working out with Tiffany is always fun," Larry shared. "She's a great swimmer, so she really pushes me in the PJCC pool and whenever I want to slack off a little, she won't let me." Their typical workout includes swimming in the outdoor pool, riding the stationary bikes or taking, as Tiffany phrased it, "...those awesome Spin classes!"



Tiffany Medina and Larry Prensky.

During the triathlon itself, Larry will be Tiffany's guide. "For the swim, we will tether ourselves together with a physical therapy band, and I'll swim behind him, feeling the rope to make sure that I swim straight," she said. "For the bicycle ride, we'll ride a tandem bicycle. For the run, we'll each hold on to the end of a short strap. Larry does an excellent job of narrating the terrain, but the strap helps me by serving as an anchor point."

Tiffany has discovered another advantage of working out at the PJCC: the enthusiastic support of others. "Larry's my number one training pal, but other members of the triathlon team have been offering to work out with me. The PJCC is helping me reach my goal by providing beautiful facilities and friendly, encouraging staff."



Get Healthy — Adopt a Pet!

The old joke goes that an overweight dog means you're not getting enough exercise. And with this issue, as the PJCC celebrates the importance of animals in our lives, what better opportunity to point out the many benefits you have to gain by sharing your life with an animal companion?

Pets can decrease blood pressure, cholesterol levels, triglyceride levels

and feelings of loneliness. They can also increase opportunities for exercise, outdoor activities and socialization,

Studies also show that people who own pets have better odds of surviving heart attacks than those who don't. As a group, pet owners find their chronic pain diminished, make fewer trips to the doctor and are less medicated, lonely, depressed and stressed than their petless counterparts. You may have read that when you pet your dog, your

blood pressure drops and the level of the feel-good hormones such as oxytocin, prolactin and serotonin in your blood increases. Those are just a few of the subtle, unintended benefits of time spent with our four-legged and furry companions.

Adapted from Fitness Unleashed by Marty Becker, DVM & Robert Kushner.



PET ADOPTION THIS SUMMER AT THE PJCC!

Presented by the Peninsula Humane Society

Dogs & Cats: Sat, July 28, 2:00 – 3:00 pm

Cats & Kittens: Tues, Aug. 14, 2:00 – 5:00 pm





The New Year for Animals

According to the *Mishnah* (a book of Jewish law), on the Jewish calendar the first of *Elul* (this year on August 15) is considered a New Year for animals. This date can be acknowledged as a special day for all animals by

visiting a farm, aquarium or a zoo, volunteering at an animal shelter, or taking a nature walk with your children. Together, make a list of all the attributes, such as unconditional love and loyalty, that you can learn from animals.


Congratulations to Center Member, Mary Beth Eadie

Pictured below with Byer Athletic Center Director, Dan Burns, Mary Beth is the lucky winner of the spectacular Sunfire Mountain Bike. Check your email or the PJCC lobby for future exciting giveaways!




P.A.W.S. for Health and Win!

A successful fitness regime includes varying your routine and trying new exercises. To motivate you, participate in this special P.A.W.S. for Health competition by completing TWO hours or sessions each of the following:

P Pilates classes 

A Aerobic group exercise classes 

W Work-out sessions with weights 

S Hours of swimming or Spin class 

The first five people to get all eight "paw prints" initialed on their card will win a FREE gift bag featuring a PJCC water bottle and a copy of the bestselling book about exercising with your dog, *Fitness Unleashed* by Dr. Marty Becker, DVM and Robert Kushner. Twenty-five lucky runner-ups will receive an exclusive PJCC visor! Get your "P.A.W.S. for Health" form at the BAC desk or Welcome Center, and check the lobby poster for a running update of winners who have successfully completed their "P.A.W.S. for Health!"

Fun in the Sun Center Member Pool Party Sunday, July 8 • 1:00 – 4:00 pm

Exclusively
for Center
Members!

It wouldn't be summer without the Center's annual Center Member pool party celebration! Popular clown and entertainer, Daffy Dave, will provide the laughs while guests enjoy swimming, sand volleyball, kid's Jump House and cake and ice cream. Cool gifts for the first 200 members—don't miss the fun! Reservations are required, make yours today. Call 650.212.PJCC (7522).

What's New @ the Center

- Two brand new 32" Sceptre TVs in the men and women locker rooms
- New carpeting throughout the BAC hallway
- Permanent basketball hoops at the Youth & Teen Center

Summer Memberships

Through July 31, Center Members may purchase 3-month summer memberships for children and students. For details, call Member Services at 650.378.2702.



Concerts at the PJCC: Les Yeux Noirs



Spread your blanket across the lawn (or prop a low lawn chair), pack a picnic basket, and enjoy a balmy summer evening with music sensation, *Les Yeux Noirs* (Laze-Yeu-Nwar)! This exuberant French ensemble plays old melodies coupled with Hasidic rhythms and topped with a nod to *Manouche* (French Gypsy) jazz.

Sunday, August 12 • 5:00 – 6:30 pm
PJCC Turf Lawn
\$15 Member • \$18 Non-Member*
\$8 Youth (17 and under)

holiday hours july/august 2007

Regular Hours	Wed., July 4 Independence Day
Byer Athletic Center Mon – Fri 5:30 am – 11:00 pm Sat – Sun 7:00 am – 7:00 pm	8:00 am – 5:00* pm
Early Childhood Education Mon – Fri 7:30 am – 6:00 pm	CLOSED
Membership Office Mon – Fri 9:00 am – 8:00 pm Sat – Sun 9:00 am – 5:00 pm	9:00 am – 4:00 pm
Administration Office Mon – Fri 8:30 am – 5:00 pm	CLOSED
Welcome Center Mon – Fri 8:00 am – 8:00 pm Sat – Sun 9:00 am – 5:00 pm	CLOSED

*Note: Pools close 30 minutes prior to the close of the Byer Athletic Center.



Peninsula Jewish
Community Center
800 Foster City Blvd.
Foster City, CA 94404

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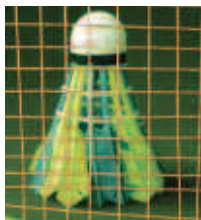
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P R O G R A M S P O T L I G H T



Broadway by the Bay presents the enchanting family favorite

Beauty and the Beast • July 12 – 29, San Mateo Performing Arts Center
PJCC Members — Enjoy a special 20% discount at the Sunday, July 15 matinee performance!
 Mention the code “PJCC” when you call 650.579.5565. Afterwards, stay for a free discussion
 with Joe Marchi, lecturer and founder of The Center for the American Musical.



Adult Badminton League
 July 19 – August 30
 Join our new league with match
 play! \$50 M/\$75 NM*
 In collaboration with
 Foster City Parks &
 Recreation



Sunset Kayak Trip and Dinner
Young Adults (Ages 25 – 40 ish)

Sunday, August 5 • 4:00 – 9:00 pm
 Spend a leisurely afternoon kayaking in
 the protected harbor of Pillar Point,
 Half Moon Bay. No experience necessary.
 \$75 M/\$90 NM*



Volleyball Clinics:
Girls Ages 12 – 18
 July 9 – August 10
 Practice proper serving,
 passing, hitting and digging!
 \$220 M/\$295 NM*



Aloha Saturday Around the Pool
 Saturday, August 11 • 5:00 – 7:00 pm
 Enjoy scrumptious appetizers and
 tasty beverages and maybe even
 win an award for best or tackiest
 Hawaiian attire! \$5 M/\$10 NM*

Fee Information: *Discount on Non-Member rates available to Foster City residents for most programs. Quantities are limited.
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