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Visit www.pjcc.org
to sign up now!

Online Registration

Register for your favorite class
at "Online Registration"
at www.pjcc.org.

For More Information

Learn more about PJCC
programs or events.

Visit www.pjcc.org or
call 650.212.PJCC (7522).

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Fitness Center

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San Francisco, the Peninsula,
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London Calling for Marathon Runner, Mary Cicalese

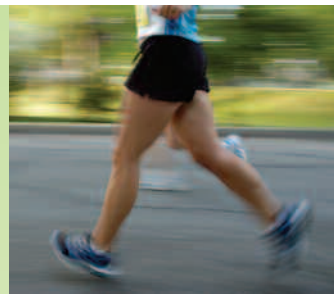
If you think trying to get fit is a challenge, try shaping up for a grueling marathon. Center Member, Mary Cicalese, of Woodside, decided to partner with PJCC personal trainer, Karen Pinckard to take her workout to the next level in preparation for the April 26.2 mile Flora London Marathon.

"Karen's the ideal trainer. She's run many marathons and understands the importance of cross training when preparing for a race," Cicalese said. "She designed a personal program for me and every time I leave our session, I feel great. She even keeps tabs on my activity outside of our sessions and has made recommendations for the race itself. "As part of her fitness routine, Cicalese works at

PJCC's state-of-the-art facility with weight related

machines as well as the treadmill, elliptical, free weights, "...and the dreaded BOSU ball." In addition, she runs two days a week with a long run on weekends. "My goal is to reach a 20 mile run before the marathon since that peak should occur no less than three weeks prior to the event," she said. Weekly aqua jogs and Spinning at PJCC are also part of her regimen.

PJCC personal trainer, Karen Pinckard says that Cicalese is full of enthusiasm, eager to learn and ready to train. "She's very committed to finishing her race."



HOW FIT ARE YOU?

The American College of Sports Medicine recommends assessing four crucial components of physical fitness prior to starting a regular exercise program, then repeating each assessment every six weeks. This enables you to track your progress, see how far you've come, celebrate your progress and set new goals.

- 1. Aerobic Fitness** Prior to taking a one mile walk (either outdoors or on a treadmill), note the time and then take your pulse. After completing the walk, note the time again and record how long it took you to finish the walk. Also re-check and record your pulse.
- 2. Muscular Fitness** Regular or knee push-ups can help you measure muscular strength. Record how many push-ups you complete before needing to stop for rest.
- 3. Flexibility** The sit-and-reach test measures the flexibility of the backs of your legs, your hips and your lower back. Secure a yardstick to the floor, placing a piece of tape across it at the 15 inch mark. Place the soles of your feet even with the 15-inch mark. Ask a friend to place their hands on top of your knees to anchor them. Then reach forward as far as you can, holding the position for two seconds. Write down the distance you reached. Rest. Repeat the test two more times. Record the best of three reaches.
- 4. Body Composition** To determine whether you're carrying too much weight around your abdomen, measure your waist circumference at its smallest point, usually at the level of your navel. Record your waist circumference with your other fitness scores.

Now that you know where you're starting from, you can plan where you want to go! Take advantage of our personal trainers' expertise and let them help you determine your best course of action. Call 650.378.2775 and start getting fit today.

(Excerpted from "How Fit Are You? See How You Measure Up," Mayo Clinic.Com, Mayo Foundation for Medical Education and Research)

The Counting of the Omer: Lag B'Omer

Iyar 18 / May 6

The 49-day period between *Pesach* (Passover) and *Shavuot* is known as the *Omer*. This is a somewhat somber period on the Jewish calendar that serves to remind us of the link between Passover, which commemorates the Exodus, and *Shavuot*, which commemorates the giving of the Torah.

The *Omer* reminds us that the redemption from slavery was not complete until we received the Torah. However, the 33rd day, known as *Lag B'Omer* provides respite. This joyful day is marked with picnics, bonfires, music, outdoor games and revelry.

The Feast of Weeks: Shavuot

Sivan 5 – 7 / May 22 – 24

Shavuot is celebrated every year on the 50th day after the start of Passover. Like many Jewish holidays, *Shavuot* has both agricultural and historical/religious elements. *Shavuot* marks the beginning of the wheat harvest, and also marks the receiving of the Torah by the Jewish people.

Shavuot encourages us to cherish our freedom while reminding us that true freedom comes only with responsibility.

The holiday is observed by eating dairy products, decorating with flowers and greenery, and holding all-night study sessions.

Celebrate @ the Center!

Lag B'Omer Family Fun! Sunday, May 6 • 3:00 – 5:00 pm

Shavuot in the Lobby! Free! Tuesday, May 22 • 12:30 – 4:30 pm

The Bay Area Jewish Community Centers' Jewish Cultural Collaboration presents ...

KLEZMER ON THE BAY

Sunday, June 10 • 6:45 – 9:00 pm
\$45 JCC Members • \$50 Non-Members

Join fellow Klezmer lovers for an unforgettable evening of music, dinner and dancing. Don't miss **The Red Hot Chachkas**, voted best Klezmer band in the Bay Area, for a rockin' rollin' night onboard a top-line Red and White Fleet Ferry. Price includes kosher-style dinner, cruise, entertainment and first drink. **Get your tickets today—call 650.212.PJCC (7522).**

This event is partially supported by generous grants from the Walter and Elise Haas Fund and the Koret Foundation.

Klezmer music first originated in the shtetl (villages) and ghettos of Eastern Europe. Jewish troubadours, known as klezmerim, traveled from village to village performing traditional music, folk songs, folk dances and solemn hymns before prayers. The music is unique and easily identifiable through its distinctive sound reminiscent of the human voice, ranging with emotions from laughter to weeping. Klezmer music is universally appreciated as a rich Jewish cultural art form.



Open Your Hearts and Homes to Israeli Guests

This summer the PJCC is welcoming two staff members from Israel to serve as *shlichim* (delegates) to our camp community. Typically, these spirited, friendly young adults ages 19 – 25 have been our greatest resource in exposing our community to an enriching slice of Israeli culture. The PJCC is seeking host families for a three-week period (sometime between June 15 – August 24). If you would like to experience the joys of a foreign exchange guest, please contact Todd Braman at 650.212.7522.

Member Appreciation Week: May 14 – 18

James Taylor once sang, "Shower the people you love with love, show them the way that you feel." And that's just what we're going to do during Member Appreciation Week! Visit the lobby and let us show you how great we think you are.

Be a Summer Camp Counselor!

Experience what it's like to make a difference in the life of a child. Counselors must be entering 12th grade or older in Summer 2007. For more information, email campjobs@pjcc.org or call 650.378.2704.

Too young to be a counselor?

Gain valuable training and experience in our Counselor in Training (CIT) program for teens entering Grade 11 in Summer 2007. CITs are mentored and trained by our CIT Coordinator and other camp staff, and may be invited to interview for junior counselor positions after the completion of one session of the CIT program. For more information, please call 650.378.2767.

Summer Memberships @ the Center

Now the entire family can enjoy Center fun this summer!

- Through July 31, 2007 Center Members may purchase 3-month summer memberships for children ages 2 – 17.
- Child/student (with valid student ID) must have previously paid the registration fee or been a member.
- If child/student has not been a member nor paid the registration fee before, he/she must pay the fee at the same time they activate their membership.
- Previous discounts do not apply to returning children/student memberships.
- Payment for a minimum of 3 months will be due at time of registration.

Returning members can call Member Services at 650.378.2702. New members, please call the Membership office at 650.378.2701.

Take Advantage of New IRA Rules!

The new IRA charitable rollover may provide a wonderful opportunity for you to make a gift to the PJCC. If you are 70½ years of age or older, you may transfer any amount up to \$100,000 from your IRA, this year only. Distributions must be made by the IRA trustee directly to the PJCC. This amount will be

excluded from your income and will count toward your annual minimum distribution requirement. If you have any questions, would like more information, or would like to receive instructions to give your IRA administrator, please call Judy Edelson at 650.212.7522.

Please consult with your professional tax advisor as this information is not intended as legal advice, and merely conveys information about a new law. It is not intended to be applied to an individual's specific circumstances or to be relied upon or used by any taxpayer to avoid penalties that may be imposed by the Internal Revenue Service.



THE MYSTICAL HEBREW ALPHABET: LAYERS OF MEANING, FABRIC OF TIME

by April Berger

This colorful display is leaving the Center on May 24, but that doesn't have to be the end of your enjoyment! If you are interested in adding one of these rich tapestries or collages to your collection, please visit Denise Smurthwite in the PJCC's administrative office or call her at 650.212.PJCC.

FASHION IN FULL COLOR PRESENTS



FASHION WEEK IN NEW YORK SUNDAY, MAY 20 • CROWNE PLAZA CABAÑA, PALO ALTO

Attend the Center's Annual Fashion Show benefiting the Older Adult and Early Childhood Education departments and experience a virtual "New York" at its finest! After a scrumptious sit-down meal, enjoy discovering the latest styles for men, women and children. Shop in the fashion capitol of the world without ever setting foot on a plane! Raffle tickets featuring fabulous prizes are on sale **now**. Get yours today when you visit the Welcome Center or when you make your reservation at 650.212.PJCC (7522).

holiday hours may/june 2007

Regular Hours	Wed., May 23 Shavuot	Mon., May 28 Memorial Day
Byer Athletic Center Mon – Fri 5:30 am – 11:00 pm Sat – Sun 7:00 am – 7:00 pm	5:30 am – 11:00* pm	8:00 am – 5:00* pm
Early Childhood Education Mon – Fri 7:30 am – 6:00 pm	CLOSED	CLOSED
Membership Office Mon – Fri 9:00 am – 8:00 pm Sat – Sun 9:00 am – 5:00 pm	9:00 am – 8:00 pm	9:00 am – 4:00 pm
Administration Office Mon – Fri 8:30 am – 5:00 pm	CLOSED	CLOSED
Welcome Center Mon – Fri 8:00 am – 8:00 pm Sat – Sun 9:00 am – 5:00 pm	CLOSED	CLOSED

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



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PROGRAM SPOTLIGHT

For Your Eyes Only

Monday, June 4

Don't miss this exclusive tour of two private art collections. Call 650.212.PJCC (7522).



Israel in the Gardens

Sunday, June 3 • **FREE!**

11:00 am – 6:00 pm

Yerba Buena Gardens
San Francisco

The largest Jewish community family festival in Northern California!

Foster City Art & Wine Festival

Saturday & Sunday, June 2 – 3



An annual city favorite! Drop by our booth & spin the wheel of fortune to win a prize!

Fee Information

*Discounts on Non-Member rates are available to Foster City residents for most programs. Quantities are limited.

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



Preschool – Grade 12
June 18 – August 31

PJCC Summer Day Camp 2007

Spaces are filling fast, so hurry up and take advantage of our one, two and three-week camp sessions. Get your camp brochure at the Welcome Center or www.pjcc.org.



Summer Sports One Week Specialty Camps Learn and play in one of our week-long camps including Swim, Flag Football, Basketball, Gymnastic Jamboree, Sports Conditioning and Soccer. For dates, call 650.378.2704.