

# New Wellness Series

## Nutrition for a Time-Crazed World

Thursday, May 8  
11:00 am – 12:00 pm, Conference Room A

**FREE!**

## Nutrition for the Heart

Thursday, May 29  
11:00 am – 12:00 pm, Conference Room A

Presented in partnership with

**KAISER PERMANENTE**  **thrive**

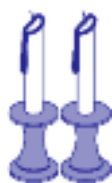


**Peninsula Jewish Community Center**  
800 Foster City Blvd.  
Foster City, CA 94404

Nonprofit Organization  
U.S. Postage PAID  
San Mateo, CA  
Permit No. 822

## Program Spotlight

## BAC Holiday Hours May/June 2008



### SHABBAT DINNERS FOR TEN: CELEBRATING ISRAEL'S 60<sup>TH</sup> Friday, May 16, 7:00 pm

Enjoy an intimate vegetarian dinner with lively conversation. Subjects include meeting fellow fluent Hebrew speakers, visiting Israel and learning about Israel's LGBT community. \$15 M/\$18 NM\*



### BRING-A-FRIEND FRIDAY

**May 16 and June 20** Bring your guest to the Membership office on designated Fridays for their **FREE** guest pass. Center Members only. Call 650.378.2701.

### MEMBER APPRECIATION WEEK Friday, May 16 – Friday, May 23

### PJCC BLOOD DRIVE *Give the Gift of Life* Friday, May 23 • 8:30 am – 12:30 pm

Look for our booth at these events ...

**FOSTER CITY ART & WINE FESTIVAL**  
Saturday, May 31 – Sunday, June 1  
Leo Ryan Park, Foster City

**ISRAEL IN THE GARDENS**  
Sunday, June 1 • Yerba Buena Gardens, San Francisco



### Byer Athletic Center

Monday, May 26	Memorial Day	Open Regular Hours
Monday, June 9	Shavuot	Open Regular Hours

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



**CenterView** is published by:  
**Peninsula Jewish Community Center**  
800 Foster City Blvd., Foster City, CA 94404  
P 650.212.PJCC (7522) • F 650.378.2799  
[www.pjcc.org](http://www.pjcc.org)  
*A beneficiary agency of the Jewish Community Federation of San Francisco, the Peninsula, Marin and Sonoma Counties.*

**FAMILY FAVORITE Fitness Center**  
**FAMILY FAVORITE Swim School**



# Center View



MAY / JUNE 2008 • ADAR I / ADAR II / NISSAN 5768

NEWSLETTER OF THE PENINSULA JEWISH COMMUNITY CENTER

## Celebrate Israel's 60<sup>th</sup> Anniversary

# Israel at 60



Sixty years ago, on May 14, 1948 (5<sup>th</sup> of Iyar 5708), a milestone was made in Jewish history when the State of Israel became an independent modern nation. This spring, Jewish communities around the world will mark the momentous occasion by commemorating the miracle of Israel's birth and existence, applauding her accomplishments, and celebrating this important landmark of contemporary Jewish life. Look for the 60<sup>th</sup> Anniversary logo next to PJCC programs celebrating this historic occasion.



### Eight Twenty Eight

Thursday, May 22 • 7:00 pm  
A deeply personal, poetic film about one of the most fascinating social experiments in human history—the *kibbutz*. Afterwords, Israeli Ilan Vitemberg will talk about his experience as a *kibbutz*nik.

The PJCC thanks the following for their generous program support.

RICHARD AND RHODA  
GOLDMAN  
FUND



WALTER & ELISE HAAS FUND

### Yom Ha'atzmaut in the PJCC Lobby Thursday, May 8 • FREE 1:00 - 4:00 pm

Celebrate Israel's 60<sup>th</sup> year of Independence with crafts, music, games and special Israeli food!



### Israel Independence Day Peninsula-Wide Celebration

Thursday, May 8 • FREE  
Temple Beth Jacob, Redwood City  
Festivities 5:00 pm • Program/Concert 7:00 pm  
Featuring in Concert  
**Miki Gavrielov**

Meet family and friends to celebrate this joyous occasion with a very special performance by one of Israel's most influential musicians! Enjoy music, crafts and sumptuous snacks. A collaboration of North and South Peninsula Congregations, Jewish Community Centers and Jewish Organizations.

## Israel on the Bay Sunday, June 22



Don't miss an unforgettable evening of Israeli music, dinner and dancing onboard the Royal Prince Ferry. Includes kosher-style dinner, cruise, entertainment and first drink. Call 650.212.PJCC (7522) today for tickets.

An event of the Jewish Cultural Collaboration, partially supported by generous grants from the Walter and Elise Haas Fund and the Koret Foundation.

# Swim Your Way to Fitness

Swimming simultaneously improves muscle strength, posture and flexibility, as well as providing a good cardiovascular workout that maximizes your body's use of oxygen without stressing your heart. Follow these tips to make your swim even more productive:

- **Swim frequently** — studies show that if the option is between two long workouts versus four shorter ones, swimmers fare better with shorter, frequent sessions.
- **Practice good form** — maintain the best possible form at all times and don't stress about speed.
- **Include drills in each workout** — practice techniques to improve your swimming skills and form.
- **Vary your routine** — different workouts yield different results and keep you from getting bored.
- **Wear a suit made for competitive swimming** — the right type of suit will make it easier to slice through the water.



**FREE!** • **Swim Across Israel** • **May 1 – June 30** Join us in the outdoor pool to celebrate Israel's 60<sup>th</sup> anniversary! Track your workouts and see how far your swimming equates in covering distance on land throughout Israel. *Center Members only.*

**FREE!** • **Spin Across Israel** • **May 8 – 31** Enjoy "spinning" your way across Israel in this fun fitness class. Answer trivia questions about Israel correctly in class and qualify for a prize drawing!

## CELEBRATE LAG B'OMER!

### Lag B'Omer Swimming and S'mores Party

Thursday, May 22  
5:30 – 8:30 pm



Lag B'Omer (log-b'oh-MER) is the 33<sup>rd</sup> day of the 49 day period between Passover and Shavuot. Known as the Omer, this somewhat somber period on the Jewish calendar 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 33<sup>rd</sup> day, known as Lag B'Omer provides respite. This joyful day is marked with picnics, bonfires, music, outdoor games and revelry.

## HAPPY SHAVUOT!

### Shavuot in the Lobby

Tuesday, June 10  
1:00 – 4:00 pm • FREE



### Shavuot Family Farm

Sunday, June 8  
2:00 – 5:00 pm

Shavuot (shah-voo-OAT) is celebrated every year on the 50th day after the start of Passover. This Jewish holiday simultaneously commemorates agricultural, historical, and religious events: the reaping of the spring wheat harvest, and the Giving of the Torah to the Jewish people. Shavuot

serves as a reminder that true freedom comes with responsibility. The holiday is observed by eating dairy products, decorating one's home, synagogue and Jewish Community Center with flowers and greenery and holding all-night study sessions.



## Heather Lauren Klein: Famous Swan Songs

Sunday, May 18 • 2:00 pm

\$12 Member / \$15 Non-Member  
\$18 at the door

A familiar face in the local Yiddish music scene, Heather will be accompanied by pianist, Alla Gladysheva. The popular young vocalist will perform beautiful, haunting and yes, even humorous songs in Yiddish about death, dying and loss. Afterwards, stay for an exclusive "meet the artist" reception.

Presented as part of

**The Jewish Life Cycle**

PJCC Art Gallery Presents

## I Will Wake the Dawn

On display in the PJCC Lobby and Koret Center Hallway  
June 11 – August 20

Don't miss this stunning illuminated interpretation of selected psalms by artist Debra Band, accompanied by insightful analysis by scholar Arnold Band. In shimmering gold and brilliant color, you will experience the intense emotion embodied within these beloved ancient verses.



## Exciting Things are Happening at the PJCC



*These are exciting times both at our JCC and in our greater community. It is my pleasure to share some of the Center's news here. As many of you know, we have a new Executive Director, Deborah Pinsky. Her energy is infectious and we are delighted to have her working with us. If you haven't met her, please feel free to stop in the administrative offices and say hello.*

*We continue to create exciting opportunities to enrich and strengthen our relationship with Foster City. In February, both Foster City and the PJCC welcomed the Special Olympics. It is always wonderful to share our beautiful facility with these amazing athletes and their families. We are also preparing for several special open houses for Foster City residents.*

*In other exciting news, we are in the preliminary phase of our capital campaign to build a culture and arts center right here on the North Peninsula Jewish Campus. The new center will house a host of new entertaining, educational, and stimulating performing arts programs offered by the JCC, Hillbarn Theatre and other collaborative partners. Once completed, it will be a top cultural destination for the entire Peninsula. This transformative opportunity will help further the PJCC as a hub for our community and a cultural center, as patrons and participants come to our new downtown in Foster City.*

*If you have any thoughts you would like to share, please feel free to contact me (scott.hartley@fswh.com) or Deborah (dpinsky@pjcc.org). I look forward to seeing you around the Center.*

*Scott Hartley, President, PJCC Board of Directors*

*Pictured above: PJCC President Scott Hartley with wife, Sharon, and daughters Ariella (6) and Elana (2). Born and raised on the Peninsula, Scott learned how to swim at the PJCC in Belmont and has practiced law in San Mateo since the late 1980s. The Hartleys are members of Peninsula Temple Shalom. Ariella attends the Ronald C. Wornick Jewish Day School and Elana will start at PJCC's preschool in the Fall.*

## PJCC Aquatics: Making A Difference

We all know swimming is both fun and healthy. For several students at the PJCC, swimming has more far-reaching benefits most people might take for granted.

Several times a week, PJCC swim instructor Laurie Gardner teaches students with a range of special needs—from fine and gross motor skill coordination and Down's Syndrome to Asperger's Syndrome, autism and cerebral palsy.

"It's amazing to see what these kids can accomplish," Laurie says. "Swimming for them is therapy. I feel like God has given me a gift—I love being able to help them overcome their challenges."



*PJCC swim instructor Laurie Gardner with student Miles Bernstein.*

"One grandmother was told her 7-year-old grandson would never be able to coordinate his arms, legs and breathing to do the freestyle stroke," she remembers. Not only has he proved his doctors wrong, he's even accomplished bilateral breathing."

Beams the proud instructor, "I get goose bumps when I see my students reach these milestones."

## Career Closet Clothes Drive May 14 – 19

The PJCC and Career Closet are collecting interview-quality, professional clothing (on the hanger) for economically disadvantaged women. Shoes, purses jewelry, coats, garments and new make-up are appreciated. Help women gain and retain employment, advance their careers and improve family stability. **To learn more, please call Laurie Reinelt at 650.378.2708.**



## It's a Camper's Life at the PJCC—Last Chance to Register for Summer Day Camp 2008

**Preschool – Grade 12  
June 16 – August 29**

### Select Camp Programs Available

Check out our two-and three-week camp sessions. Get your camp brochure at the Welcome Center or download it at [www.pjcc.org/camp](http://www.pjcc.org/camp).

### Be a Summer Camp Counselor

Counselors must be high school graduates (or older) in summer 2008. For more information, email [camp\\_jobs@pjcc.org](mailto:camp_jobs@pjcc.org) or call 650.378.2704.

### Too Young to Be a Counselor?

Gain valuable experience in our Counselor in Training (CIT) program for teens entering Grades 11 and 12. Get a chance to interview for counselor positions after the completion of just one session! Learn more by calling 650.378.2767.

### Host an Israeli Guest this Summer



The PJCC is again honored to welcome two Israeli staff members, ages 19 – 22, to serve as *shlichim* (delegates) to our camp community. Typically, these friendly young adults provide an enriching glimpse of Israeli culture. If you would like to serve as a host family, please contact Stephanie Levin at 650.378.2768 or [slevin@pjcc.org](mailto:slevin@pjcc.org).