



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



Best Swim Center

CenterView is published by:

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

Monday, Sept. 1	Labor Day	8:00 am – 5:00* pm
Monday, Sept. 29	Rosh Hashanah (Erev)	5:00 am – 5:00* pm
Tuesday, Sept. 30	Rosh Hashanah	Closed
Wednesday, Oct. 1	Rosh Hashanah	Closed
Wednesday, Oct. 8	Yom Kippur (Erev)	5:00 am – 5:00* pm
Thursday, Oct. 9	Yom Kippur	Closed

BAC Holiday Hours September/October 2008

Nonprofit
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 San Mateo, CA
 Permit No. 822

Save the Date!
May 9, 2009
PJCC 60th Anniversary Benefit Gala

Learn more about our fall gallery show and enjoy a guided tour of this PJCC exhibit with Israeli artist representative, Simcha Moyal.
Daffy Dave Ice Cream Social • 3:00 – 4:30 pm
 Families love the hilarious Daffy Dave and his slapstick approach to magic and juggling!

Art Opening Reception for Works on Iron
 1:00 – 2:00 pm

Get fit with healthy snacks and fitness assessments; meet representatives from Kaiser Permanente Redwood Medical Center, MORE Physical Therapy, Inc., and much more!

Health & Fitness Open House
 10:00 am – 1:00 pm

Every member of your family will enjoy this free, event-filled day, so save the date — you won't want to miss one single minute!

Sunday, September 14
is your day at the PJCC!



לְשָׁנָה טוֹבָה
L'Shana Tova
Happy New Year
5769

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

CenterView



SEPTEMBER / OCTOBER 2008 • ELUL 5768 / TISHREI 5769

NEWSLETTER OF THE PENINSULA JEWISH COMMUNITY CENTER

THE SEASON OF HIGH HOLY DAYS AND FALL FESTIVALS



Each autumn, the Jewish Community enters a season of five High Holy Days. Always beginning at *erev* (sundown), the autumn holidays are fixed on the Jewish calendar, but move around on the civil calendar due to the shifting number of days that make up the Jewish lunar-solar calendar. To our non-Jewish friends, we hope you enjoy learning more about these special days, which are explained on the following page. And to everyone, *shalom!*



THE PJCC ASKS, "WHAT FOND MEMORIES DO YOU HAVE OF THE HIGH HOLY DAYS?"



Jessica Rosenberg (with baby Molly and mom, Gayle Goldman, left)
Member since 2007

"As a kid, my mom would take me shopping to buy my new High Holy Day dress to wear to Temple. It was always a special time to spend with my mom."



Joan Wilkerson
Member since 2006

"I'm not Jewish, but when I was in the 8th grade my mother married a Jewish man. To this day, I have special memories of this time of year because my stepfather was a wonderful man who celebrated our different faiths together."



Mara Langer

Member since 2004

"My favorite memories are of walking to shul (synagogue) with my husband David, and our two children. We take this time to talk about the year that has passed and make resolutions for the year ahead."



Rich Donner

Member since 2005

"My favorite memories of the High Holy Days were going to Temple Beth Jacob in Menlo Park with my family and sharing the pride of being a member of the Jewish community."

CELEBRATE AT THE CENTER

Reflect, Renew and Refresh:

A High Holy Day Workshop for Families
Sunday, September 7 • 2:00 pm

FREE!

Rosh Hashanah Crafts in the Lobby

Friday, September 26 • 12:00 pm

PJCC Sukkah Building Party

Ages 13 – Adult

Sunday, October 12 • 1:00 pm

FREE! Sukkot in the Lobby

Friday, October 17 • 1:00 pm

Sukkot Sleepover Under the Stars

Friday, October 17 • 5:30 pm



Lori Reddy

Member since 2004

"After fasting on Yom Kippur, my father always had warm challah toast and butter waiting for us in the car. To this day, that's one of my favorite memories."

THE SEASON OF HIGH HOLY DAYS AND FALL FESTIVALS

ROSH HASHANAH Tishrei 1 – 2 / September 29 – October 1

The Jewish New Year is marked by synagogue attendance and festive meals with apples and honey, along with other fruits, such as pomegranates, symbolizing a sweet new year. A round *challah* (HALL-uh) bread represents the cyclical nature of life.

YOM KIPPUR Tishrei 10 / October 8 – 9

This solemn Day of Atonement is observed with a 25-hour fast and penitential prayer. Some choose to wear white on this day to symbolize their wish for a pure start in the New Year.

SUKKOT Tishrei 15 – 21 / October 13 – 20

This day marks the conclusion of the harvest season and commemorates the Jews dwelling in the Sinai wilderness en route to the Promised Land of Israel. In recognition of this historical event, *Sukkot* (sue-coat) (temporary huts) are built and decorated with pumpkins and gourds. During the week-long festival, parties and meals are held inside the *Sukkot*.

SHEMINI ATZERET Tishrei 22 / October 21

People attend synagogue and pray for rain, as this day marks the end of the harvest and the beginning of a hopefully rainy season in Israel.

SIMCHAT TORAH Tishrei 23 / October 22

Jewish communities worldwide rejoice by dancing with the *Torah* (the five books of Moses). *Simchat Torah* (Joy of the *Torah*) marks both the ending and the beginning of the annual *Torah* cycle, or the year it takes to read the *Torah* in its entirety.

In biblical times, a ram's horn, or shofar, was sounded to announce important events.

The blowing of the shofar, announcing the ten day period from Rosh Hashana to Yom Kippur, is a mitzvah, or Torah commandment: "Then you shall transmit a blast on the horn; in the seventh month, on the tenth day of the month, the day of Yom Kippur, you shall have the horn sounded throughout the land ..." (Leviticus 25)

Shofar Trivia

- It is the *carrying* of the shofar, not its sounding, which prohibits its use on Shabbat.
- It is sounded exactly 100 times throughout the High Holy Days.
- It is sounded *before* the High Holy Days—during the preceding month of *Elul*, every day after morning services.

Exercise Today for a Healthy Tomorrow

From staving off fatigue to staying fit, it pays to exercise.

Just ask Center Member, **Jon Post**. When chest pains drove him to see a cardiologist, he soon found himself undergoing coronary artery bypass surgery. But instead of recovering in intensive care for the standard three days, Jon spent just one.

"I do aerobics and weights, and my doctors told me that's why I enjoyed such a quick recovery," he shared. "They also said my operation went smoothly because my lungs were strong, which reduced the risk of pneumonia."

Exercise also helps reduce risk of heart disease, high blood pressure,



According to his doctors, Center Member Jon Post owes his quick recovery from heart surgery to a history of regular exercise.

osteoporosis, diabetes and obesity. It keeps joints flexible, aids better sleep, acts as an appetite suppressant ... and that's just for starters. Experts recommend exercising at least 20 minutes a day, three days a week, but any exercise is better than none. "I park clear across parking lots to get an extra five minutes of walking," Jon shared. "And I don't run on the treadmill. I just walk while reading. Exercise doesn't have to be hard."

Discover the exercise that's right for you. Talk to a Personal Trainer at 650.378.2775 and start getting fit at the PJCC today to enjoy a healthy tomorrow.

From the President *Scott Hartley*



As I begin my second year as President of the PJCC, I am excited to share successes and goals.

Community Engagement Executive Director **Deborah Pinsky** and I have met with community agencies and individuals, local rabbis and other religious leaders to discuss how we can better serve our community.

We enjoyed meeting with **Cheryl Young** of Community Gatepath to explore potential opportunities in our Early Childhood Education department. A scheduled meeting with elected officials, including Assembly person **Jackie Speier**, will ensure that we are doing all we can to efficiently serve our JCC members. And, our partnership with Kaiser Permanente continues to thrive with interactive programs that engage our community.

Board of Directors It's an honor to announce new Board members, **Dennis Jermaine, Linda Oberstein, Kathy Reich** and **Yash Snider**. We welcome the enthusiasm and experience that these talented community members will bring to our hard working Board.

Ronald C. Wornick Jewish Day School In July we welcomed **Susan Weintrob** as the new Head of School for the Ronald C. Wornick Jewish Day School. Our relationship with our Wornick neighbors has already produced dynamic programming such as our successful *Lag B'Omer* event and the *Shavuot* celebration.

I feel privileged to serve our community through my work with our JCC. Please share your thoughts with me at scott.hartley@fswh.com or with Deborah at dpinsky@pjcc.org. See you at the Center!



Todah Rabah! (Thank you!)

PJCC Enters "Best of the Best" Hall of Fame

For the third year in a row, readers of *Bay Area Parent* magazine have voted the PJCC "Best Swim Center!" This third win catapults the Center into the magazine's Hall of Fame. We extend our deepest thanks for all your votes and look forward to providing you with the "best of the best" for many years to come.

Bring-a-Friend Friday **September 19 • October 17**

Bring a friend to work out with you **FREE** every third Friday! Call 650.378.2701.

Flu Shots *Sutter Health and the PJCC* **Monday, October 27**

8:00 am – 12:00 pm

No appointment necessary. Doctor's note required for first trimester pregnancy and children ages 9 – 13 (no children under 9). Medicare billing available for non-HMO seniors with card. \$25.

Blood Centers of the Pacific and the PJCC

Blood Drive

Wednesday, September 17

8:30 am – 12:30 pm

Drop in, give blood, save lives!

Weight Watchers

Wed., 7:00 pm • Thurs., 10:00 am

Stop dieting, start living! Contact **Becka Boscarino**, Member Services Director at 650.378.271.

2009 Entertainment Books

Enjoy discounts from local restaurants, hotels, entertainment venues and more. Available for \$25 at the Welcome Center.

Volunteer as a Reading Tutor

In partnership with The Jewish Coalition for Literacy, **the PJCC has adopted a local elementary school** and is seeking volunteer tutors. Just one hour, once a week; hours are flexible and the PJCC will provide transportation to the school. For more information, please call 650.378.2712 or email dpinsky@pjcc.org.

Works on Iron

September 4 – November 24, 2008
PJCC Art Gallery

Don't miss this amazing display by contemporary Israeli artists, Helen and Asnat. Their work features authentic elements derived from the past and integrated in modernistic large scale compositions on iron. Using materials such as coins, amulets, bracelets, amber and silver

beads, the two renowned artists strive to link Jewish, Israeli and regional cultures. The result is an artistic bond between cultures that illustrates common characteristics.



Congratulations "Spin Across Israel" Winners!



First place winner, **Michelle Klafter**, has been a Center Member since 2004. She enjoyed reading facts about Israel during the competition, particularly since her daughter was planning a month-long trip. "It refreshed my memories of my trip to Israel when I was a teen," Michelle shared.

Second place winner, **Maria Contente** just joined the PJCC in 2008. What the new Center Member enjoyed most was reading the map and figuring out answers to questions about Israel while competing with her Spinning colleagues. "I learned some city names and interesting information about Israel that I didn't know before," the exuberant cyclist declared.

