



קול שופר KOL SHOFAR

July 4, 2009

COMMUNITY ANNOUNCEMENTS

Ulpan at USF

July 6 – July 24, 2009, Monday – Friday, 9:00 AM – 2:00 PM.

Emphasis is placed on conversation, accompanied by reading, writing and grammar, enhanced by video, film clips, songs, drama and audio materials. Also, included are guest lectures, Friday communal lunches, singing and dancing. For registration information and inquiry, e-mail student program assistant Celeste Wilson at crwilson@dons.usfca.edu.

Managing Sleep and Stress with Robyn Greene, MFT

July 23, 2009, 6:30 – 8:00 PM

JFCS, 600 Fifth Avenue, San Rafael

These challenging times can be stressful, and the ability to manage that stress is important to our health and well-being. Whether you're struggling with job loss, unemployment, or financial worries, getting a healthy night's sleep is crucial to helping you face the next day's challenges. Come and learn the skills to improve sleep, reduce stress, and manage negative thoughts. These skills are key to moving forward in positive ways.

Free, but pre-registration required. Contact Bonni Schiff at 419-3632.

TOWER SOUNDS: Ancient Music and Media Mix

Sunday, July 12 - ,

An original composition interweaving traditional Jewish and Islamic music and performed in an award winning eight story tower, created by artist Ann Hamilton at the Oliver Ranch, located in Sonoma County's beautiful Alexander Valley. Tickets are \$120 per person to benefit Congregation Shomrei Torah, Santa Rosa, and include a reception following the concert and round trip transportation to the Oliver Ranch from Geyserville. To learn more about this very special event, please go to www.shomreitorah.

Israeli Dance Class

Thursday mornings, 10:15 AM - 12:45 PM, Marin Osher JCC

Cost: \$3/members; \$5/non members.

This class is open to young and old, and all ages in between. We start with easy dances and progress to more advanced dances, so there's something for everyone. Drop in's are welcome. Questions? Call Julia Gilden, at 415-726-6794.

COMMUNITY ANNOUNCEMENTS CONTINUED

Host a Jewish Athlete for the 2009 Maccabi Games:

From August 2nd to 7th, San Francisco JCC will host the renowned 2009 Maccabi Games, an event that brings together 1,300 Jewish Athletes ages 12 to 16 for five days of Olympic-style athletic competition, social events and a day of social action. The Maccabi is a pinnacle Jewish-community building event, at multiple venues, nationwide, every summer - this is the first time ever, that San Francisco has served as a Host community.

There's presently a need to find housing for over 600 participants. You need NOT have a child or a child participating in the Games - NOR do you have to live in San Francisco. In the case of early in the morning and late at night to SF quite onerous. Please consider opening your home to these athletes.

If you are interested, please Register today at www.jccmacreg.org . For more information please contact Katie Wallenberg at 415.292.1270 or kwallenberg@jccsf.org.

A New and Unusual Camp: Summer IMPACT!

Do you have a youngster entering grades 6, 7 or 8? If you do, you'll want to know about Jewish Family and Children's Services' (JFCS) exciting summer program - **Summer Impact!** Campers will learn about social issues that affect us, discover how JFCS and other service organizations help our community - and find out how THEY can make a difference! Summer Impact will run on **weekdays from Monday, August 3 through Friday August 14, from 9:00 am to 3:00 pm**. Using JFCS in San Rafael as a home base, campers will learn about social justice, community service, and pressing local social issues. In addition to the learning, they will go into the community, roll up their sleeves and do community service work every day. In the process, they'll have fun, make new friends, and learn the value of giving direct service. The cost is \$180 per week and scholarships are available.

For information or an application, **contact Lorraine Harris at LorraineH@jfcs.org or 415-419-3635.**

**David White talks about [Sippin' On Top of the World](#)
Mon, Aug 03, 2009, 7:00 PM, Book Passage, Corte Madera**

This work is filled with 88 inspirational wine passages ("sips") describing benefits of moderate wine use. He invites the reader to learn more about wine to help celebrate life, promote healthy living, enhance food, and learn spiritual lessons from the vineyards. Book will be available for purchase (\$14.95).

Grief & Growing: A healing weekend for bereaved individuals and families

September 11th -13th, 2009 at Camp Tawonga

Participate in this professionally guided bereavement retreat for adults, children, teens, extended families, and friends who are experiencing grief from recent or past losses in their life. Take time away from the day-to-day demands of life to reflect and renew with fellow mourners of all ages and backgrounds in a supportive Jewish community and environment. For more information and a brochure call the Bay Area Jewish Healing Center at 415 750-4197 or Sinai Memorial Chapel at 415-921-3636 or visit

www.jewishhealingcenter.org

COMMUNITY ANNOUNCEMENTS CONTINUED

HAZAK Journey to Israel - The Magic of Israel for Active Seniors

January 17-28, 2010 (hosted by United Synagogue for Conservative Judaism)

www.authenticisrael.com/hazak

LEFFERTS JEWISH COMMUNITY LIBRARY

Open every Sunday from 9:30 AM - 3:00 PM, located at the Osher Marin JCC

Enjoy the quiet space of the, with 5,000+ volumes of Jewish books on every subject and for every age.. www.bhds-marin.org

Looking for a Job?

Over the last 35 years, JVS has helped numbers of people find employment. We're offering dozens of workshops and panels - including a 50+ job search support group - both at JVS and around the Bay Area. Contact us at <http://www.jvs.org/Calendar.html> or hire@jvs.org Just as importantly, if you have open positions in your business, or hear of any job openings in your field, please let us know. We can help you find the right person for the job.

Interested in "Greening" your household?

California Youth Energy Services is an environmental nonprofit in the Bay Area working to help people save energy, water, and money in their homes. The CYES program provides 'green house calls' for residents in the bay area, which include a **free** energy efficiency audit, and the installation of **free** energy efficient hardware, such as CFLs, clotheslines and efficient flow showerheads. For more information contact: California Youth Energy Services, 510.508.9734
chan@risingsunenergy.org www.risingsunenergy.org