



TSOFIM BRING FLAVOR OF ISRAEL AND JOY TO JCC CAMP DALEVILLE



On Monday July 25th, the Israel Scouts (Tsofim) Friendship Caravan visited JCC Camp Daleville (Scranton JCC's summer day camp in the Poconos). Their caravan rolled into camp with a lot of excitement! As they drove in, they were singing Israeli songs and making their presence known. After enjoying lunch with the campers, they led informal educational activities for each camp group which included learning about Hebrew names, Israel's geography & culture and Israeli games! The day culminated with an amazing music and dance performance like no other! The campers joined in song & dance as they experienced a taste of Israel in the Poconos!

Following the performance, the Israel Scouts made their way down to the JCC for dinner and a "mifgash" (Hebrew for meeting) with our BBYO youth group members. This was an opportunity for our American Jewish teens to interact with Israeli teens of the same age. Friendships were born, and fun was had by all.

The Israel Scouts Friendship Caravan consisted of 5 males and 5 females who were selected among 300 Israeli teens who auditioned. They travel across North America to share their lives in Israel through song, dance and story. This was the first time the caravan visited JCC Camp Daleville in fifteen years. Three caravans travel throughout North America each summer as emissaries, typically reaching over 35 states, including 250 camps, community centers, churches, senior homes and schools, performing for an audience of nearly 100,000 people. Each teen in the Friendship Caravan is a member of the 60,000 strong Tsofim (Israel Scouts) movement which, in turn, is part of the International Scouting Movement.

JCC Camp Daleville & the Scranton JCC would like to thank the Jewish Federation of Northeast PA & the Steven Bruce Arenberg Jewish Cultural Memorial Fund for their generous donations in helping to make this day possible.

See p. 3 for more photos



JCC NEWS BRIEFS

HOW TO CONTACT THE JCC STAFF

Now it's easier than ever to contact the JCC staff to share your suggestions, have questions answered or get the information you're looking for. We're waiting to hear from you! Call the JCC at 346-6595.

Name	Title/Positon	E-Mail	Extension
Dan Cardonick	Executive Director	danc@scrantonjcc.org	119
Jodi Teaman	Business Manager	jodi@scrantonjcc.org	110
Gary Beckhorn	Membership Registrar	garyb@scrantonjcc.org	101
Vince Kalinoski	Program Director	vka13@scrantonjcc.org	115
Rika Schaffer	Early Childhood Director	rika@scrantonjcc.org	120
Lisa Berardelli	Dir. Adult Services Comm. Resources	lisa@scrantonjcc.org	135
Ashley Snyder	Dir. of Youth Services & Recreation	ashleys@scrantonjcc.org	116
Cara Sherman	Wellness Director	cara@scrantonjcc.org	117
Liz Williams	Admin. Asst.	lizw@scrantonjcc.org	102

The JCC Is Closed Saturday Nights
During Daylight Saving Time, the JCC is closed on Saturday evenings until the return of Eastern Daylight Time.

JCC HOLIDAY SCHEDULE

Labor day | Mon, September 5 | Open 8 am—1 pm



**GO GREEN
WITH**



The JCC is now offering GREEN water bottles as part of our GO-GREEN initiative. These attractive bottles can be filled at our water coolers and accompany you on your workout. This will provide you with cool water "on the spot" and conserve paper by avoiding the use of paper cups. Bottles are \$5 each, and part of the proceeds go to programs here at the JCC.



JCC HOURS OF OPERATION

	<u>Sunday*</u>	<u>Monday—Thursday</u>	<u>Friday</u>	<u>Saturday</u>
OFFICE	9:00 AM—1:00 PM	8:30 am—9:00 pm	8:30 am—4:30 pm	
HEALTH CLUBS	6:00 AM—1:00 P M	6:00 am—9:00 pm	6:00 am - 6:00 pm	ALL FACILITIES CLOSED
FITNESS CENTER	6:00 am—1:00 pm	6:00 am—9:00 pm	6:00 am - 6:00 pm	
POOL	8:00 am—1:00 pm	8 am - 8:30 pm M, Th 8 am—8 pm T, W	8:00 am - 5:00 pm	
GYM & COURTS	6:00 am—1:00 pm	6:00 am—5:00 pm	6:00 am - 6:00 pm	

The JCC is open until 1:00 pm on Sunday ONLY during the summer months.

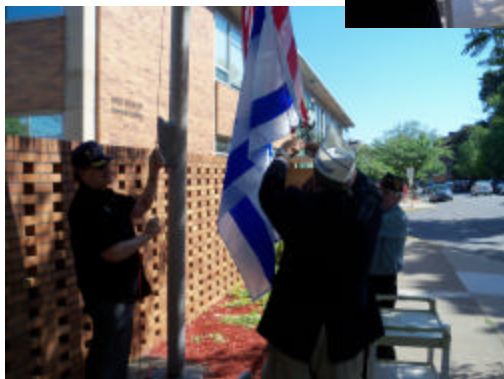
TSOFIM BRING FLAVOR OF ISRAEL AND JOY TO JCC CAMP DALEVILLE



JEWISH WAR VETERANS DONATE NEW FLAGS TO THE JCC



Jewish War Veterans (JWV) presented the Jewish Community Center with a new American flag, Israeli flag and POW/MIA flag. The American flag was generously donated by local state representative Ken Smith. The flags were raised during a special ceremony on July 1st in front of the JCC. JCC Executive Director Dan Cardonick, JCC President Michael Roth, JWV Commander Joe Albert were in attendance along with fellow veterans and community members. The JCC would like to express appreciation & thanks to the JWV for these important gifts.



CAMPERS BEAT THE HEAT WITH ISRAELI DANCING

Despite record-setting temperatures, Camp Daleville “turned up the heat” as campers enjoyed Israeli dancing with instructor Sarah Alter. Again this year Sarah brought the campers up to speed with Israeli moves and rhythms. This is the second year for this popular program.





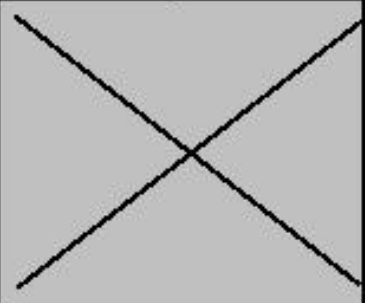
JCC ACTIVE ADULTS ENJOY CULTURAL TRIP TO PHILLY

Combining Jewish heritage with a dash of contemporary culture, JCC members and guests spent Sunday, June 26, in Philadelphia. An extended opportunity to visit the newly remodeled National Museum of American Jewish history was followed by a performance a Tony-winning play, "Next to Normal." Judging by the smiles, everyone had a good time.



JCC AQUATICS DEPARTMENT

Summer Pool Schedule

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
7:00 am - 8:00 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	CLOSED
8:00 am - 9:00 am	↓	↓	↓	↓	↓	Lap Swim
9:00 am - 9:30 am	↓	↓	↓	↓	↓	↓
9:30 am - 10:00 am	Female Swim	Open Swim	Open Swim	Female Swim	kid swim	↓
10:00 am - 10:30 am	↓	↓	↓	↓	↓	Open Swim
10:30 am - 11:15 am	Aquasize	Aquasize	Open Swim	Aquasize	↓	↓
11:15 am - 12:00 pm	Water Walk	Open Swim	Arthritis Class	Open Swim	Arthritis Class	Parent Child Swim
12:00 pm - 1:15 pm	Cancer Wellness & Watercise	↓	Cancer Wellness & Watercise	↓	Cancer Wellness & Watercise	Open Swim CLOSE AT 1:00
1:15 pm - 2:00 pm	Arthritis Class	Water Walk	Arthritis Class	Water Walk	Arthritis Class	
2:00 pm - 3:00 pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	
3:00 pm - 4:00 pm	↓	↓	↓	↓	Male Swim	
4:00 pm - 5:00 pm	Open Swim **	Open Swim **	↓	↓	Open Swim	
5:00 pm - 5:30 pm	↓	↓	Female Swim	↓		
5:30 pm - 6:00 pm	↓	↓	↓	Scheduled		
6:00 pm - 6:30 pm	↓	↓	↓	Summer		
6:30 pm - 7:00 pm	↓	Female Swim	Male Swim	Swim Lessons		
7:00 pm - 7:30 pm	Male Swim	↓	↓	& open swim		
7:30 pm - 8:00 pm	↓	↓	↓	↓		
8:00 pm - 8:30 pm	↓	CLOSED	CLOSED	↓		

****There may be 'Learn to Swim' classes during open swim time, and occasionally the pool may be closed for birthday parties during this time.
The Pool Schedule is subject to revision by the JCC Aquatics Department.
** Please note that on Monday & Tuesday afternoon open swims, one lane will be available for lap swimming.**

SWIMMING LESSONS

Lessons are available for all levels of swimmers, both children and adults. Arrangements for lessons may be made by calling Cara Sherman Aquatics Director, at 346-6595, ext. 117. Lessons are 1/2 hr and prepayment for a minimum of four lessons is required for registration. Fees are per lesson, per student.

FEES

Private Swimming Lessons

JCC Members: \$12

Non-members: \$18

Arthritis Water Exercise

Work through a wide range of exercises designed to increase flexibility, range of motion and strength. Led by a

Certified Arthritis Instructor.

Must preregister with the JCC Aquatics Director at 346-6595, ext. 117.

Fee: \$1.50 donation per class.

Aquasize

A fitness class designed to stretch and tone muscles, promote cardiovascular fitness, reduce stress and improve physical appearance. Classes are held three times a week and are taught by our longtime member and instructor Iris Liebman.

Time: 10:30 - 11:15 A.M.

Fee: JCC Members:

1 day per week - \$20.00

2 days per week - \$32.00

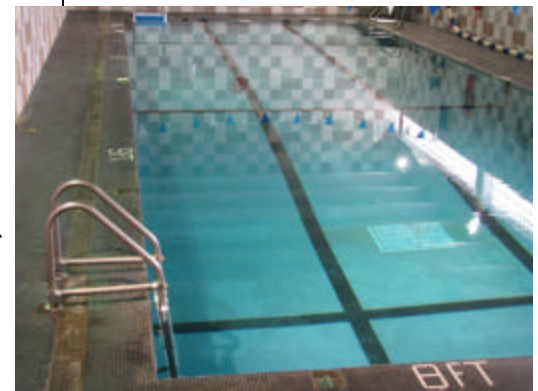
3 days per week - \$36.00

Non - Members:

1 day per week - \$24.00

2 days per week - \$40.00

3 days per week - \$48.00



JCC AQUATICS DEPARTMENT

LEARN TO SWIM AT THE JCC

Children are taught water safety, stroke development, water sports and games, and acquire aquatic independence. Classes are taught by our certified swim instructors.

Private Swim Lessons

Members:

4 lessons for \$40.00

Non Members:

4 lessons for \$50.00

**Lessons must be paid for prior to the first lesson
by stopping at the front desk.**

Call 570-346-6595, ext 117 to schedule your lesson



PHYSICAL EDUCATION DEPARTMENT

GYM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
8 – 10 A.M. Men's Pickup Games	8 –12 pm Open Gym	8–9:30 Open Gym	8–11:30 am Open Gym	8–12:45 pm Open Gym	8–5 pm Open Gym
10 –12 am NE Stars Rent	12 - 1 pm Pre-School Gym	9:30 - 10 am Preschool Gym	11:30–12 Day Care Gym	12:45–i:30 pm Day Care Gym	
12–3 pm Youth Leagues	1 - 5 pm Open Gym	10 am - 9 pm Open Gym	12–6 pm Open Gym	12–5 pm Open Gym	
3-5 pm Children's Leagues	5 - 7 pm Rental		6–9 pm Leagues	5 –7 pm Pickup Games	
	8–10 pm Rental			7–9 PM Open Gym	





WELLNESS DEPARTMENT

Fitness—that's what it's all about!

Classes Available in...

Cardio Choice—a fast, upbeat, high-tempo class that will get your heart pumping and show you what your workouts are missing.

Spinning —a high-intensity, fast-paced class that will truly test your level of endurance.

Cardio-Sculpt— a high-intensity workout that combines cardio and body sculpting with light weights; for those ready for a more serious workout and those who want to get into weights.

Yoga — a relaxing, low-impact, stress-reducing class; emphasis on well-being and balance.

Pilates —a combined series of movements to loosen your body, improve your coordination and get you ready for serious fitness.

Body Sculpt — a fast-paced series of movements and exercises to upgrade your strength and endurance.

Tai Chi—the classic Chinese group exercise based on martial arts, to improve balance, coordination, and muscle control and relieve stress with relaxing movements.

Muscle Madness — using weights & resistance equipment to sculpt your muscles.

BodyPump — aerobic dance steps using barbells for muscle conditioning/weight loss

Sun	8:30 - 9 am	Pilates	
	9 - 10 am	Cardio Choice/Boot Camp	Jo
	10 - 11 am	BodyPump (Members Only)	Mindy/Mindy
Mon	8:15 - 9 am	Spinning	Jo
	9 - 9:45 am	Cardio Sculpt	Jo
	5 - 6 pm	Tai Chi (auditorium)	Rick
	5 - 6 pm	Cardio Sculpt	Mindy
	6 - 7 pm	Zumba/Pilates	Jo
Tues	7:30 - 8 am	Spinning	Jo
	8 - 8:30 am	Muscle Madness	Jo
	8:30 - 9 am	Yoga	Jo
	5 - 6 pm	Spinning	Mindy
	6 - 7 pm	Yoga	Mindy Hill
Wed	8:45 - 9:45 am	Cardio Sculpt	Jo/Mindy
	4 - 5 pm	Body Sculpt	Jo
Thurs	7:30 - 8 am	Cardio Choice	Jo
	8 - 8:30 am	Muscle Madness	Jo
	8:30 - 9:15 am	Spinning	Jo
	9:30 - 10:30	Cardio Choice/Pilates	Mindy
	5 - 6 pm	BodyPump (Members Only)	Mindy/Mindy
	6 - 7 pm	Yoga	Mindy Hill
Fri	7:30 - 8:30 am	Dance Aerobics	Mindy

Seniors Only (55+)

Mon	10 am	Movement
Wed	11 am	Healthy Steps
Fri	10:30 am	Zumba Gold

**Free to JCC
Members
All others:
\$8 per regular class
\$ 5 per Senior class**



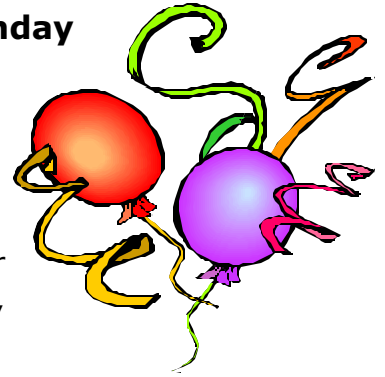
For a birthday party that really makes a splash...



SWIM, SPORTS OR THEMED PARTIES!

Book your child's birthday party at the JCC!

You get two hours of supervised play time and swim time (or if you prefer - you can use our basketball court for a sports party.) Your kids will get pizza, beverages, pretzels—and a custom cake!



We'll work with you to provide the birthday theme that will thrill your child - pirates to princesses, magic to music—even Hello Kitty!

WE DO ALL THE WORK!

A basic party (2 hours) costs:

Up to 12 children - \$180

Up to 15 children—\$210

Up to 20 children—\$240



Many party themes are covered by the cost of a basic party. We will work with you if your child's theme requires additional expense, or if you would like a longer party.

Contact Ashley, 346-6595, ext. 116, for more information.



Want them to jump for joy? Add an hour of the Bounce House for just \$40!



JCC POST CAMP

For children ages 4-12

Week I: Friday, August 12th, Monday, August 15th to Friday, August 19th

Week II: Monday, August 22nd to Friday, August 26th

9 am to 5 pm

Before/After Care—8 - 8:30 a.m., 5 - 5:30 p.m., \$10 extra per week

JCC Members: \$115 per week—\$30 per day

Non-Members: \$130 per week—\$40 per day

Come and meet all your friends, old and new! The program features theme days, swimming, sports, games, picnics, playground time, field trips, summer fun crafts, and more! Participants bring their own lunch. Kosher snacks and juice will be offered. Here are some of the great activities we are in the process of planning— but there will be many surprises as well (schedule may be subject to change):

- ✓ Friday, August 12th - **Chillaxing** Movie Popcorn and PJ's Day
- ✓ Monday, August 15th - Children's Tour of the Scranton Fire Station
- ✓ Tuesday, August 16th - Preteens Community Service at Elan Gardens
- ✓ Wednesday, August 17th - Half Day at Camp Daleville (all ages) 10-2pm



Surprise Theme - Black and White Day! Dress in black or white or both, Crafts will be done too!

- ✓ Thursday, August 18th - Half Day at Camp Daleville (all ages) 10-2pm
Surprise Theme - Decades Day! Dress as if you're living in in the 50's, 60's, 70's, 80's, or the future!
- ✓ Friday, August 19th - Children's Trip to the Movies. (Additional Fee \$12)
K-4th grade

- ✓ Monday August 22nd-- Jewish Culture Day! Also - Post Camp Swim Meet and Water Carnival!
- ✓ Tuesday, August 23rd - Trip to Sno Cove - All age groups will participate. (Additional fee required—TBA)



- ✓ Wednesday, August 24th - Half Day at Camp Daleville (all ages) 10-2 pm Surprise Theme—Dress Up Day! Girls: Dress Like your fave celebrity! Boys: Wear your fave sports jersey!
- ✓ Friday, August 26th - Abington Park Rec Day and Picnic. Cost \$5 All ages - Jumping Sprinkler, Basketball, and Baseball. Bring your bathing suit and your baseball glove!

- ✓ For registration form please contact Ashley, 346-6595, ext. 116

Senior Adult Club Trip

September 13, 2011

Relax and enjoy a beautiful scenic ride to
Callicoon NY

VILLA ROMA
Resort and Conference Center



- ✓ Depart JCC 9:00 am
- ✓ Refreshments Upon Arrival:
- ✓ Musical Interlude with pianist Frank Santoro
- ✓ Participation in Organized Activities
- ✓ Use of Hotel Facilities including shops, gelato bar, OTB
- ✓ Lunch in the Grand Ballroom

Lunch Menu to include:

Appetizer Fruit Cup Pumpkin Soup

Entrée : **Turkey and stuffing or Eggplant Parmesan or Tilapia
Vegetable and Potato Du Jour

Chef's Surprise Dessert

Coffee, Tea, Decaf

- ✓ In the Forum Nightclub:

Live Show starring Mary Mancini & Mario Tacca

- ✓ Departure: (approx.) 3:00 pm

Price (includes all activities, lunch, transportation and driver tip)

\$54.00 SAC Members

\$59.00 JCC Members

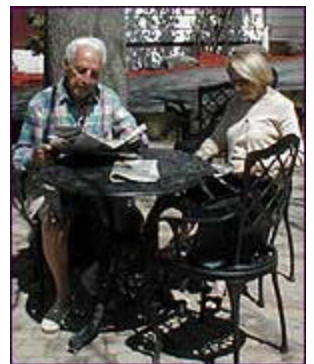
\$64.00 General Public

TICKETS WILL BE ON SALE JULY 12 - AUGUST 23

**Menu selection must be provided at the time of registration

Contact : Lisa Berardelli

More info at www.villaroma.com



SENIOR ADULT



Senior Adult Club Picnic in the Park! Wednesday, August 24 Mc Dade Park Pavilion

Menu:

Deli platter:

Turkey

Bologna

Salami

...all on rolls

Chips

Fruit

Cookies

Cold Drinks

All provided by the Jewish Home

Suggested meal donation \$1.50

Registration opens July 18th

and closes August 19th.

Call 346-6595 ext. 102

Join us at Mc Dade Park for a picnic lunch.

And a great day filled with ~

☺ Beautiful scenery

☺ Fresh air

☺ Stroll around the park

Transportation (School Bus) will be provide to and from the JCC.

Depart 10:30 am. Return to JCC approximately 3:00 p.m..

Transportation is free to Senior Adult Club members.

\$5.00 for JCC members (includes 2011 SAC membership).

\$5.00 for all others.

Payable at the time of reservation.

For adults age 60+

Senior Camp Daleville 2011

Each morning begins with coffee and a light snack. Games, swimming or hiking fill the time before lunch, all on the beautiful grounds at Camp Daleville. Transportation provided to and from the JCC. Depart 10:00 a.m. and return approximately 3:30 p.m.

Make your reservation by calling 346-6595, ext. 100, by Friday before each trip.

COST: (includes meal donation, programs and transportation)

Senior Adult Club Members: \$4.00 per day

JCC Members: \$5.00 per day - 1st day includes SAC Membership!

General Public: \$9.00 per day

Invite your friends, age 60 and over!

July 6th

Hot Dog Party—Our annual summer fun & food fest - bring your appetite!

And after lunch- Music by DJ Tony Berardi!

Menu: Hot Dogs, Baked Beans, Chips & Pickles, Dessert

August 3rd

Pizza & Trivia!

Bring your thinking cap for this one!

Menu: Pizza, Garden Salad, Fruit, Dessert

SENIOR ADULT

SENIOR SUMMER BASH A BIG HIT

The Senior Adult Club had a patriotic fling at their annual Summer Party with the music of Wildfire. Seniors gave their all as backup singers and chorus line members, and proved that they can still "rock" the JCC!



Summer Film Series

Mondays August 1st, 15th & 29th

This year we will explore the movie making of British film director and playwright Mike Leigh. Each of the films were Oscar nominated and have won many awards and critically acclaim.



August 1st Happy Go Lucky *A look at a few chapters in the life of Poppy, a cheery, colorful, North London schoolteacher whose optimism tends to exasperate those around her.*

Aug. 15th Another Year *A look at four seasons in the lives of a happily married couple and their relationship with their family and friends.*

August 29th Secrets and Lies *A successful black woman traces her birth mother to a lower class white woman, who denies it; emotions run high as everyone's secrets are exposed.*



Stop by the center in July to get more info and reviews on each of these 4-star films!

FORMER JCC BBYO MEMBER WINS GOLD MEDAL AT MACCABI GAMES

Former Clarks Summit resident David Douglass won a gold medal in two man beach volleyball representing the United States at the 13th European Maccabi Games held in Vienna, Austria. The European Maccabi Games had over 2,000 Jewish athletes representing 37 countries competing in 12 sports from July 6 through July 12, 2011. David and his teammate, Daniel Newman, finished round-robin (pool) play with a 5-1 record and then beat a team from Austria in the gold medal match 21-14 and 21-13.

A 2002 graduate of Abington Heights High School, David was a four-year letterman in volleyball and co-captain of the 2002 school volleyball team. He then graduated from the University of Pittsburgh where he played on its nationally ranked intramural volleyball team.

While in high school, David was active in USY, where is served on both the Regional and Chapter Boards and in BBYO at the Jewish Community Center. He is the son of JCC Board member Atty Donald Douglass & his wife Joyce, of Clarks Summit, and currently resides in Denver, Colorado, where he is the West Regional Trainer for Samsung Home Appliances.

David Douglass receiving the Gold Medal



JCC DAY CARE

The Caring Place...Quality day care at an affordable price!

2011 FEE SCALE

As of January 1, 2011

Weekly Fees

(More than 21 hours)

	INFANT/TODDLER	TODDLER II	BIG KIDS
JCC MEMBER	\$155.00	\$145.00	\$135.00
NON-MEMBER	\$170.00	\$160.00	\$150.00

Part-Time Fees

(Full Day - 5 hours or more; Half Day - Less than 5 hours)

	INFANT/TODDLER	TODDLER II	BIG KIDS
	Full/Half	Full/Half	Full/Half
JCC MEMBER	\$34/\$28	\$33/\$27	\$32/26
NON-MEMBER	\$37/\$31	\$36/\$30	\$35/\$29

DISCOUNTS

1. For siblings attending full-time, 5 days for more than 5 hours, there is a 10% discount on the total weekly fee (for each additional child.)
2. For full-time Big Kids who also attend the JCC preschool 5 days a week, there is a \$10 per week day care discount.
3. There is no charge for day care on dates it is closed, i.e., national and Jewish holidays. In addition, each family is entitled to one week's vacation per year equal to their regular weekly attendance.
4. The drop-in rate (on a space-available basis) is \$9 per hour.



In our community.....

ISRAEL BONDS REPRESENTATIVE TO VISIT JCC

Bonnie S. Abrams, Registered Representative of the Development Corporation for Israel/State of Israel Bonds, will be at the JCC in Scranton from 11:00 am to 1:00 pm on August 29, September 19, October 24, November 28, and December 19. Bonnie can be contacted at 800-752-5671 or bonnie.abrams@israelbonds.com.





Hesed, Hallah & Honey



To order: Make checks payable to "Temple Hesed Sisterhood" and specify plain or raisin challah or alternate gift.

Mail to Carol Leventhal
125 Welsh Hill Road
Clarks Summit, PA 18411

For more information, phone Carol at 587-2931 or email her at jeff@graphicsart.net

ALL ORDERS MUST BE IN BY SEPT. 21, 2011

DELIVERIES WILL BE MADE TO ANY ADDRESS IN SCRANTON OR THE ABINGTONS



The Temple Hesed Sisterhood Wishes You:

L'Shana Tova Tikatevu!

Continuing a Sisterhood Rosh Hashana fundraising tradition started by Roseann Smith Alperin (o.b.m.) we begin 5772 in her memory.

Hesed, Hallah and Honey gift bags are an ideal:

☆ way to wish someone "a sweet new year"

☆ Thank you gift

☆ Token of friendship

Gift bags include:

A Kosher Challah (plain or raisin, apples, a container of honey, two Yom Tov candles.

Delivered Sept, 28th (Erev Rosh Hashanah)

Only \$20!

(Proceeds benefit Youth Religious Education)



NEW!

For those who want a Challah, Apple, honey, etc, alternative, the sisterhood will substitute a lovely flowering plant in place of the usual gift bag array, This is an ideal gift for residents of the Jewish Home and Elan Gardens or any other facility that discourages or prohibits outside food items. The price is still \$20.

Hesed, Hallah & Honey

ORDER FORM

(last day to order is 9/21/2011)

TO: Name _____	Challah <input type="checkbox"/> Plain <input type="checkbox"/> Raisin
Address _____	<input type="checkbox"/> Or Plant
_____	QTY _____ \$20 each

TO: Name _____	Challah <input type="checkbox"/> Plain <input type="checkbox"/> Raisin
Address _____	<input type="checkbox"/> Or Plant
_____	QTY _____ \$20 each

TO: Name _____	Challah <input type="checkbox"/> Plain <input type="checkbox"/> Raisin
Address _____	<input type="checkbox"/> Or Plant
_____	QTY _____ \$20 each

YOUR INFORMATION:

NAME _____

Address _____

Phone _____

Check enclosed payable to
Temple Hesed Sisterhood

Mail order to:
Carol Leventhal
125 Welsh Hill Road
Clarks Summit, PA 18411

Phone: (570) 587-2931



SENIOR LUNCHEONS

Monday, August 1

Vegetable Soup
Blintzes
Peas
Tossed Salad
Rye Bread/Margarine
Dessert

Monday, August 8

Juice
Egg Salad/Salmon Salad
Lukshen Kugel
Lettuce/Tomato
Rye Bread/Margarine
Dessert

Monday, August 15

Minestrone Soup
Honey Dipped Chicken Leg
Baked Potato
Peas & Onions
Rye Bread/Margarine
Dessert

Monday, August 22

Brisket w/Gravy on Side
Noodle Kugel
Buttered Carrots
Rye Bread/Margarine
Dessert

Monday, August 29

Juice
Blintzes w/Butter
Sour Cream
Peas
Tossed Salad/Dressing
Rye Bread/Margarine
Dessert

Wednesday, August 3

Cream Cauliflower Soup
Tuna Noodle Casserole
Broccoli
Tossed Salad w/dressing
Wheat Bread/Margarine
Dessert

Wednesday, August 10

Pizza Squares
Tossed Salad
Melon Wedge
Wheat Bread/Margarine
Dessert

Wednesday, August 17

Baked Salmon
Rice Pilaf
Mixed Vegetable
Wheat Bread/Margarine
Dessert

Wednesday, August 24

Fried Chicken
Baked Sweet Potato
Cauliflower
Wheat Bread/Margarine
Dessert

Wednesday, August 31

Juice
Bagels/Lox/Cream Cheese
Sliced Lettuce & Tomato
Three Bean Salad
Wheat Bread/Margarine
Dessert

Thursday, August 4

Split Pea Soup
Lemon Salmon
Seasoned Br. Rice
Creamed Spinach
Challah/Margarine
Dessert

Thursday, Aug 11

Krelach Soup
Ziti w/Meatballs
Sauce
Tossed Salad/dressing
Challah/Margarine
Dessert

Thursday, August 18

Sliced Turkey
Potato Salad
Coleslaw
Challah/Margarine
Dessert

Thursday, August 25

Vegetable Soup
Corned Beef
Boiled Potatoes
Baby Carrots
Challah/Margarine
Dessert

Thursday, September 1

Juice
Stuffed Cabbage
Mashed Potatoes
Carrots
Challah/Margarine
Dessert

All meals served are kosher and include coffee and tea. Suggested donation is \$1.50. Lunches are served at noon in the auditorium. Reservations are required and should be made by noon the day prior.

CONTRIBUTIONS

May the days ahead bring you and your loved ones occasions of joy, honor and celebration. We hope that those marked by loss or sorrow will be few and far between. Whether the event be one of joy or sadness, the most meaningful way to remember and honor is through a contribution to one of the JCC's many Tribute and Memorial Funds. Contributions can be made by calling (570) 346-6595, ext. -0-. Specially designed cards will be sent in your name to the family you designate.

THE STEVEN BRUCE ARENBERG ISRAELI YOUTH TRAVEL MEMORIAL FUND

IN HONOR OF YOUR RECOVERY TO
MRS. BURTON BENOVIKZ
Eileen and David Feibus

IN HONOR OF YOUR GRANDDAUGH-
TER'S MARRIAGE TO MARGERY AND
PAUL ROSENBERG
Harlene Arenberg

IN MEMORY OF YOUR BELOVED
GRANDSON CHARLES MARKS
Harlene Arenberg

IN HONOR OF YOUR DAUGHTER'S MAR-
RIAGE TO FAYE AND BOB ROSENBERG
Harlene Arenberg

IN MEMORY OF OUR DEAR FRIEND ELI
TO HARLENE ARENBERG
Harriet and Miv Brotter

IN HONOR OF YOUR SPECIAL BIRTHDAY
TO DR. HOWARD FRAGIN
Bonnie and Ken Green

IN HONOR OF YOUR SON'S MARRIAGE
TO JANICE AND HARRIS CUTLER
Faye and Richard Bishop
Harlene Arenberg

IN MEMORY OF YOUR BELOVED
MOTHER TO DR. STEVEN VALE
Harlene Arenberg

IN HONOR OF A SPEEDY RECOVERY TO
DR RICHARD STEIN
Eileen and David Feibus

IN MEMORY OF YOUR DAUGHTER TO
MRS WESLEY HARRIS
Eileen and David Feibus

IN HONOR OF YOUR HAPPY SPECIAL
BIRTHDAY TO MRS. HOWARD GONEHAR
Eileen and David Feibus

THE EARL J. BIRNBAUM EARLY CHILDHOOD FUND

IN MEMORY OF YOUR DAUGHTER-IN-
LAW TO DOLORES GRUBER
JCC Board and Staff
Donald and Carol Lambert

IN MEMORY OF SAM SCHECTMAN TO
RENEE SCHECTMAN AND FAMILY
Harriet Goldman

THE BUILDING FUND

IN MEMORY OF IRVING TO
BERNICE ECKER

Naomi and Paul Alamar
Janice Cutler

IN MEMORY OF YOUR BELOVED SISTER
TO DAVID HARRIS
Janice Cutler

IN MEMORY OF YOUR BELOVED
GRANDSON TO ROZ MARKS
Janice Cutler

THE BRUCE LEWIS GELB MEMORIAL FUND

IN HONOR OF THE BIRTH OF YOUR
GRANDSON TO RABBI DOVID AND
MALKY SAKS
Rick Gelb

IN MEMORY OF IRVING TO THE ECKER
FAMILY
Ruth Gelb and Sam Rosen

IN HONOR OF YOUR 90TH HAPPY BIRTH-
DAY CELEBRATION TO MRS. FRANCES
GELB

Winnie, Sarah, Stefanie and Gregory
Dorothy Silverman
Shirley Friedman
Molly Grossinger

IN MEMORY OF YOUR BELOVED ELAINE
TO THE FAMILY OF ELAINE NUSBAUM
Sam Rosen and Ruth Gelb

IN HONOR OF YOUR 90TH BIRTHDAY TO
FRANCES GELB
Mike, Janet and Amy Gelb

THE CLAIRE AND HOWARD JACOBSON BEAUTIFICATION FUND

IN MEMORY OF YOUR BELOVED FATHER
TO DOUG FINK AND FAMILY
Gail and David Dickstein

THE LEON KAPLAN PARENTING CENTER FUND

IN HONOR OF YOUR SPECIAL BIRTHDAY
TO RENEE SCHECTMAN
Margery and Paul Rosenberg

IN HONOR OF YOUR GRANDDAUGH-
TER'S MARRIAGE TO MR. AND MRS.
PAUL ROSENBERG
Renee Schectman

IN MEMORY OF NORMAN
BEHR TO GLENN BEHR
Margery and Paul Rosenberg

THE DAVID KAUFMAN SIMCHA FUND

IN MEMORY OF IRVING TO
BERNICE ECKER

Eileen Baine

THE EUGENE AND DOROTHY ROSENSTEIN CHILDREN'S BENEFIT GOLF TOURNAMENT FUND

IN HONOR OF YOUR SPECIAL BIRTHDAY
TO MRS. PENNYE WEINSTEIN
Bonnie and Philip Rosenstein

IN HONOR OF THE MARRIAGE OF YOUR
GRANDDAUGHTER TO MARGIE AND
PAUL ROSENBERG
Bonnie and Philip Rosenstein

THE SENIOR ADULT CLUB FUND

IN HONOR OF THANK YOU FOR MY
BIRTHDAY CELEBRATION TO THE
SENIOR ADULT CLUB
Joan Ruben

THE BEN SPIZER MEMORIAL FUND

IN MEMORY OF YOUR BELOVED FATHER
TO JUSTIN ALUNNI
Rochelle and Howard Spizer

THE SCOTT AND STEVEN TEPPER EDUCATIONAL FUND

IN HONOR OF YOUR 90TH BIRTHDAY TO
FRANCES GELB
Amy, Eric and Zach Jellson
Renee Schectman
Cindy, Jaime and Samantha

IN MEMORY OF YOUR DAUGHTER
DEBBIE TO JUDY HIGGINS
Toby and Alan Tepper

IN HONOR OF A SPEEDY RECOVERY TO
ROSE WEINSTEIN
Margery and Paul Rosenberg

IN MEMORY OF CATHY TO THE HARRIS
FAMILY
Margery and Paul Rosenberg

THE GUS AND LENA WEINBERGER ACADEMIC SCHOLARSHIP FUND

IN MEMORY OF YOUR BELOVED
MOTHER RITA OSTROSS TO NATE
OSTROSS
Judy and Michael Solomon

IN MEMORY OF YOUR MOTHER TO
BARBARA PARTICA AND FAMILY
Maria Huggler

IN MEMORY OF YOUR SISTER CHRIS-
TINE TO ANN KURZWEIL AND FAMILY
Maria Huggler

IN HONOR OF YOUR BAR MITZVAH TO
SAM MYERS
Adele Baldinger

CONTRIBUTIONS cont'd.

IN MEMORY OF KAREN TO MRS CLAIRE
DUBIN

Ann Cadden

**THE RONALD A. WILLENSKY FITNESS
CENTER FUND**

IN LOVING MEMORY OF YOUR HUSBAND
IRVING TO BERNICE ECKER
Iris Liebman and Mike Mardo

IN MEMORY OF YOUR DAUGHTER IN
LAW HANNAH TO THE FAMILY OF
DOLORES GRUBER

Iris Liebman and Mike Mardo

IN LOVING MEMORY OF YOUR MOTHER
TO LAURIE FIEGLEMAN
Iris Liebman and Mike Mardo

IN HONOR OF THE BIRTH OF YOUIR
GRANDCHILD TO RABBI DOVID AND
MALKY SAKS

Iris Liebman and Michael Mardo

IN MEMORY OF YOUR FATHER TO
JUSTIN ALUNNI
Iris Liebman and Michael Mardo



ABOUT THE MONTH OF TAMMUZ

Tammuz, the tenth month of the civil year and the fourth month of the religious year, always has 29 days. The zodiac sign of the month of Tammuz is Cancer. The word Tammuz is of Babylonian origin, Tammuz being the name of a god who figured prominently in the Summerian and Babylonian pantheon. While the Bible refers several times to the "fourth month," the word Tammuz appears only in reference to the Babylonian god: (Ezekiel 8:14). "Then he brought me to the door of the gate of the Lord's house which was towards the north; and behold, there sat women weeping for Tammuz."

ויבא אתי אל-פתח שער בית-יהוה אשר על-הצפונה
והנה-שם הנשים ישבות מנכות את-התמוז.

17 Tammuz: The breachings of the walls of Jerusalem by the Babylonian king Nebuchadnezzar in 586 BCE, and by the Roman emperor Titus in 70 CE are commemorated on this day.

The date marks the commencement of the annual three weeks of mourning culminating in the fast of Tish'ah be-Av. According to tradition, Noah also sent a dove out of the ark of the 17th of Tammuz.

The 17th day of the fourth month, Tammuz (known in Hebrew as Shiv'ah Asar be-Tammuz) commemorates the breach of the walls of Jerusalem three weeks before the complete fall of the city and the destruction of the Temple.

"In the eleventh year of Zidqiyahu king of Yehuda, in the tenth month, Nevuhadnezzar king of Bavel and all his army came against Yerushalayim, and they beseiged it. In the eleventh year of Zidqiyahu, in the fourth month, the ninth day of the month, a breach was made in the city...." [1]

According to Jeremiah, the breach of the walls by the Babylonians under Nevuhadnezzar in 586 BCE took place on 9 Tammuz, and the fast was presumably observed on that date until the building of the Second Temple, when minor fasts were abolished.

When the break into Jerusalem made by Titus in 70 CE fell on 17 Tammuz, the latter date was chosen for the fast to commemorate both tragedies. [2]

The seventeenth of Tammuz marks the start of Bayn ha-Mezarim (the three weeks of mourning) which culminates in Tish'ah be'Av (the ninth of Av). Shiv'a-asar be-Tammuz (the seventeenth of Tammuz) is observed from sunrise to sundown and special Torah readings are inserted in the morning and afternoon prayer services, and selihot (penitential prayers) are read.

The prophet/priest Zechariah (kingdom of Judah; 6th century BCE, following the destruction of the First Temple) projected a future day when all nations would recognize the sanctity of God and Jerusalem. On that apocalyptic day, he prophesied, all the fasts would be annulled and observed instead as days of joy and gladness. Among those fasts was the fast of the fourth month – the seventeenth of Tammuz.

"Thus says the Lord of hosts: The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall become times of joy and gladness, and cheerful feasts to the houses of Yehuda; therefore love the truth and peace."