

Student paintings add colour to Centre

Two colourful new paintings are hanging in the Jewish Community Services Centre, thanks to the talents and hard work of Massada College's 5-7 class.

According to the class' teacher Nicky Brennan, each student in the class participated in the creation process.

The students who participated in creating the paintings for JCS include: Snir, Rachel, Lilli, Daniel, Sofia, Sonia, Lisette, Yarden, Ron, Sam, Alosha, and Michal.

"Every child had a hand in each painting," Nicky said. "It was a class project."

To develop each painting, the class discussed the themes and symbols they wanted to portray. One painting is based on the school's desire to become an international peace school with the United Nations. The painting represents inclusion, understanding and building understanding between different communities and religions.



The colourful paintings created by the Massada College 5-7 class for JCS.

The second painting is based on the same themes as a DVD recently made by the school. The painting represents knowledge, inclusion and the idea that knowledge builds understanding between cultures.

"For each of the paintings we discussed it and the children all drew

up an idea," Nicky said. "We put all the ideas on the table and went through and chose the ideas that worked well together."

Nicky said that parts of every student's idea were used in each painting.

>>>Continued, **Page 3**

From the CEO

With another year over, I can only reflect on our achievements.

One of these was this year's Rosh Hashanah lunch. In attendance were 100 community members, volunteers for the lunch, and the wonderful children from Masada. During the lunch, Rabbi Kaminski provided an insightful talk on the festival.

For me, the highlight of this festival is the blowing of the shofar, and Matan



Cohen did a wonderful job.

Another achievement was the AGM. The guest speaker at the meeting – Helen Connolly, Executive Manager of Family Community & Enterprise Services at Anglicare – provided details of some of the insightful services conducted by Anglicare. It is always good to see community based programmes that work.

Also, a new Board was elected at the meeting. The new Board consists of Joe Kertesz (Chair), Barry Katzenberg (Treasurer), Jill Peisach (Secretary), Viv Bolaffi, Ilana Culshaw, Dr Sylvia Lenthall, Dr David Mattison, Simone Simmons, Justice John Sulan, Mark Zammel and Dr Leon Zimmel.

To ensure that we have continued success next year, we are having a planning days during January.

>>>Continued, **Page 3**

This Issue

News Flash

Take care of yourselves in the summer heat and drink plenty of water.

Centre Sayings

“Don’t look a gift horse in the mouth.”

Regulars

- From the CEO.....1
- Bagels Wrap.....2
- Upcoming Events.....4
- Activites Update.....4

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Bagels Wrap

Rosh Hashanah 2009

This year’s Rosh Hashanah Bagels Lunch was a success.

More than 100 people attended the event. Attendees were from Jewish Community Services, the greater Adelaide Jewish community, and South Australian cultural organisations.

Thirty people completed an evaluation of the event and the responses were overwhelmingly positive.

Favourite parts of the event included the atmosphere and company, having an opportunity to catch up with friends, and having an opportunity to learn more about the Jewish faith and the holiday of Rosh Hashanah.

Most respondents had no comments on areas needing improvement.

However, some respondents indicated that they thought it would be nice if members from outside the community were seated with members from the Jewish community.

JCS will continue its tradition of hosting a Rosh Hashanah lunch for the 2010 festival. 🇺🇸

Focus Group Survey

A survey was completed to get feedback on how JCS events went during the past year, and what could be improved on in the future.

Some of the favourite events from 2009 were lunch at the Duke of Brunswick, Debbie’s presentation on Client Rights and Responsibilities, exercise demonstrations, the Scottish dancing, and the pharmacist’s presentation.

The survey provided JCS with several ideas for Bagels Lunch topics and programs, which will assist JCS when the organisation plans for 2010.

Some of the suggestions for future Bagels programs included: the history of South Australia, coping with aging, a trip to Adelaide Zoo to see the giant pandas, Scottish or Irish dancing, dealing with specific medical issues, nutrition information, and going to the movies. 🇺🇸



Top: Rabbi Kaminski watches as Massada student Matan Cohen blows the shofar.



Bottom: Community members enjoy apples and honey to celebrate a sweet new year.

Students create JCS art

<<< from **Front Page**

For each stage of the painting process, decisions were made jointly by the class through the use of discussion groups and negotiation between the students. Even the background colours were voted on.

The project took the students a term and a half to complete. Students worked on the paintings during each week's art lesson.

According to Nicky, students

also volunteered their own time during recess, before and after class, and in between lessons to



work on the paintings.

"It was a long process, but it was worth it," she said.

Nicky

said the students were pleased to be asked by JCS to do the paintings.

"They were so proud," she said. "We saw it as a very positive community involvement. We wanted to show the community what we think and our values.

Part of our values are a fair go, and even the children who aren't artistic had a hand in the paintings." 🇮🇸



Have you considered making a bequest to Jewish Community Services? Doing so will help us meet our community's needs.

CEO News

<<< from **Front Page**

We wish to discuss what went well during 2009 and consider what programmes to introduce next year.

If you would like to join us on January 15 and 22, please let me know. This is open to all Community Care Workers, clients and any interested parties. If someone is interested in being part of JCS, this would be a good time to see how we work.

Please take care of yourself during the summer. Drink plenty and ensure you remain cool. If you need additional help during this time, then please contact the office. Enjoy the journal, and I look forward to next year. 🇮🇸

Summer Safety

Stay safe this summer during the heat. Heatwaves can have a negative impact on our health and wellbeing.

However, there are easy ways to reduce the impact of extreme heat this summer.

- **Stay hydrated:** Drink two to three litres of water a day and avoid carbonated, alcoholic and caffeinated beverages.

- **Dress for summer:** Wear lightweight, light coloured clothing which reflects heat and sunlight.

- **Check on those at risk:** Visit at risk individuals at least twice a day.

- **Minimise sun exposure:** Keep out of the sun as much as possible. Do not forget to slip, slop, slap, seek and slide. Doing so will help prevent sunburn, which limits your body's ability to cope with the heat.

- **Prepare your home:** Make sure your home will keep you cool. Curtains, awnings, and blinds can help you do this. Service or replace your air conditioner before you need it.
- **Use your air conditioning:** Use your own or make use of public facilities such as shopping centres, art galleries, and cinemas.

- **Remember your pets:** Make sure they have plenty of water and shade.

- **Seek medical advice if necessary:** Contact your GP or Healthdirect Australia on 1800 022 222. For life threatening emergencies telephone 000.

Information prepared by the Government of South Australia and the State Emergency Service.



Keep the date free...

THE CELEBRITY PARACHUTE DEBATE

The WIZO/JCS Airbus A380 is flying from Adelaide to Tel Aviv. Our celebrities will find themselves with only one parachute. Who will wear it? Whose life will be saved? They will assert their cases and you will decide!

Sunday, 21 February 2010

10:30 am – 1:30 pm

The Observatory Function Centre, Hackney Road, Hackney

FLY WITH US

Profits raised will benefit WIZO's important humanitarian projects & Jewish Community Services in Adelaide.

WIZO SA - wizosa@internode.on.net



Upcoming Events

Planning Sessions

JCS will begin planning the upcoming year in January.

Please feel free to join us for our planning sessions on Friday, February 5 at 11 a.m. at the Centre, and on Friday, February 19 at 11 a.m. at the Centre.

These sessions will be used to plan the year's activities and grant applications.

2010 Activities

We plan to bring back our community bus trip in 2010. No dates have been set but we are looking at heading into the Adelaide Hills.

Bagels Lunches will continue to be held on the

third Tuesday of each month.

Tai Chi lessons will also continue in 2010.

New activities planned for the new year include a teddy bear making workshop.

Jewish Holidays

Two major Jewish festivals occur in the next few months. These are Purim, which is on Sunday, February 28, and Passover, which begins on Monday, March 29. 🇮🇱



Community members listen to the proceedings at this year's AGM.