

# News & Fun Activities

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## Tri-Valley Cultural Jews

Your East Bay Secular Humanistic Jewish Community

[TriValleyCulturalJews.org](http://TriValleyCulturalJews.org)

[info@tri-valleyculturaljews.org](mailto:info@tri-valleyculturaljews.org)

(925) 485-1049

**Affiliated with the Congress of Secular Jewish Organizations**

**Our mission statement:** "A Secular Humanistic community serving those who identify with the Jewish People through family, culture and history, rather than through religion."



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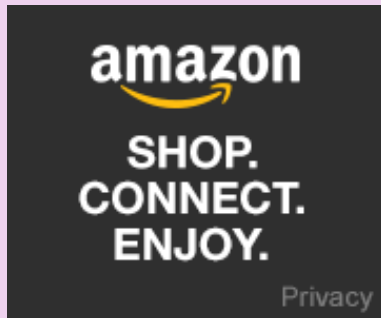
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## ***October 12th, 2019***



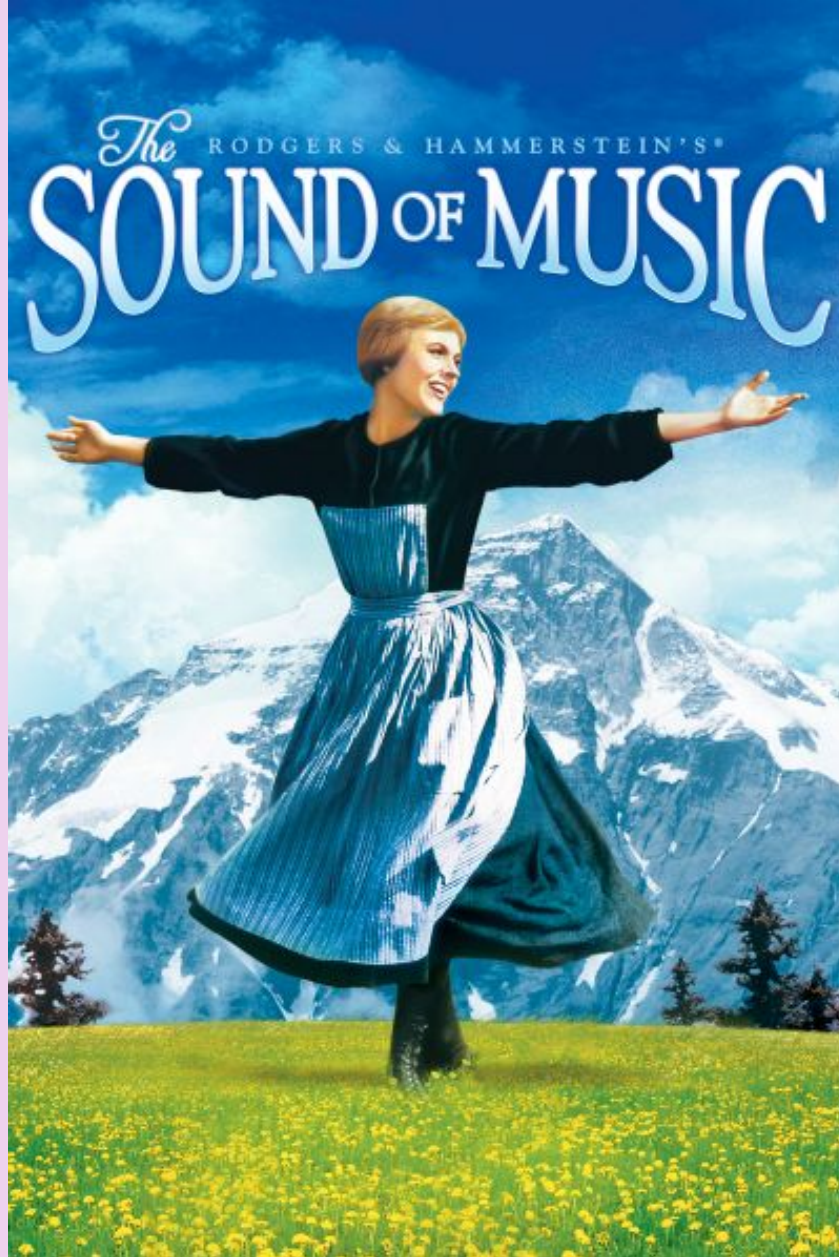
Mazel tov to Marisa Castaldini, Ira Ehrlich and Bret Mogilefsky on starting new jobs. Mazel tov to Michelle Coren for starting Central Washington University.



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## **TVCJ Community News**

### **Havdalah Movie Night & Vegetarian Potluck**



**Date:** Saturday, October 19th, 2019

**Time:** 4:00 p.m. to 8:00 p.m.

**Place:** The Randel Residence, 302 Hillcrest Court, San Ramon CA 94583

**For More Information:** 925-362-3245

Come join us for a vegetarian potluck and movie night. We will be showing **The Sound of Music**. Please bring a vegetarian potluck dish to share. We will provide dairy and non-dairy ice cream that is gluten free.

## **October Hike**

**Las Trampas Regional Wilderness:**

**Rocky Ridge View Trail Hike**

4.6 mile loop with a total elevation gain of 1150 feet

**Date:** Saturday, October 26th, 2019

**Time:** 10:00 a.m.

**Place:** We'll meet at the Main Parking Lot on Bollinger Canyon Road. Go north on 680

and exit Crow Canyon. Then cross over the freeway and turn right onto Bollinger Canyon Road. Follow this until it ends, with the park entrance on the left. Carpooling is encouraged.

This hike will deliver beautiful canyon views and glimpses of Mount Diablo. We'll be walking along a dirt fire road, some trails, and one paved fire road. Some of the rock formations along the trail contain seashells, as this land (30 miles east of the Pacific Ocean) was originally formed under the ocean! Pit toilets will be available at the trailhead so plan accordingly. Part of the hike may be a bit steep for some folks so feel free to bring hiking poles if needed.

Dogs are allowed. Please ensure you bring enough water and snacks. Also, parts of the hike will be baren with full sun exposure, so bring a hat and whatever sun protection is needed.

**Hike Lead:** Leah, 650-223-9073

## **Board Meeting/TVCJ Planning**

**Date:** Tuesday, November 12th 2019

**Time:** 7:00 p.m. to 9:00 p.m.

**Place:** We're using Google Hangouts to meet remotely for the next few months. If you wish to join the Google Hangout please call Joy at 510-898-8789 and let her know.

**All members are welcome**

## **Last Month's Havdalah Game Night**



Our September Havdalah was so much fun! We played a board game called Telestrations. Each player begins by sketching a Telestrations word. All players, all at the same time, pass their sketch to the next player, who must guess what's been drawn. Players then simultaneously pass their guess -- which hopefully matches the original word (or does it?) -- to the next player who must try to draw the word they see -- and so on."

## **Rosh Hashanah Observance**

## Jewish Calendar Year 5780



Thanks to the following people: Jamie who organized the Rosh Hashanah program, Karen and Jazz who organized the room setup, Noah who lead Tashlich, Ira and Rebecca and others who were greeters, Wendy who did the shopping, Jamie who lead the program, Judy and Rebecca who lead the music, Sophia who blew the shofar, Joy who organized the cleanup and Mary Frances who washed the table clothes.

### **Our Rosh Hashanah resolutions have an environmental theme. Here are some of our resolutions:**

-This year, my meals will be more eco-conscious. I will eat less meat and dairy and/or I will not buy conventionally-raised meat.

-This year, my purchases will be more eco-conscious. I will buy in bulk to use less packaging and/or I will ask my grocery store to use less produce packaging.

-This year, my consumption will be more eco-conscious. I will use less water, less plastic, less paper and/or I will find ways to re-use, repair or repurpose things instead of throwing them out and I will buy fewer things I don't really need.

-This year, my home will be more eco-conscious. I will set the air conditioner a little higher and the heat a little lower and I will turn off lights when I leave the room and/or I will research getting solar panels for our home

-This year, my transportation will be more eco-conscious. I will invent a huge carbon vacuum to suck carbon out of the atmosphere. Until that's commercially available, I'll drive less and walk or bike or take public transportation more and/or I will find a car that uses less gasoline.

-This year, my waste will be more eco-conscious. I will pick up trash and/or separate my recyclables and green waste.

-This year, my outdoors will be more eco-conscious. I will plant drought tolerant plants and/or I will eat from my garden and compost my waste.

-This year, my use of disposables will be more eco-conscious. I will stop using single-use plastics and/or I will use beeswax cloth instead of plastic wrap and/or I'll use a refillable water bottle instead of buying water in plastic bottles and/or I will bring reusable plates, cups, straws and eating utensils for my lunches.

-This year, my civic life will be more eco-conscious. I will write to legislators and demand they protect the earth and I will work for candidates who trust science and who will protect the environment. I will encourage others to conserve and recycle and to vote for politicians who trust science and care about the earth.

-This year, I resolve to challenge the idea that our future resides in continuing the systems of the past. I am choosing to believe that another, better world is possible, and refusing to succumb to despair as we struggle to create it.

## **Yom Kippur Observance**

Thanks to everyone who helped with our Yom Kippur Observance.

-Thanks to Karen Furst for organizing

-Natalie Kostinski for playing Kol Nidre so beautifully

-Amy and Derek Greenberg for song-leading

-Rebecca Ireland for song-leading

-All those who volunteered to be readers

-Jazz Salwen-Grabowski and Jamie Ireland for greeting

-All those who volunteered to set up and clean up

-All those who shared words about their loved ones

# SUKKOT

## AT THE FARMER'S MARKET

THURSDAY, OCT 17TH  
4PM-7:30PM  
TODOS SANTOS PLAZA,  
CONCORD

PJ LIBRARY BOOKS - CRAFTS -  
FACE PAINTING - FREE TOTE BAGS -  
AND MORE!

JCCEastBay

jcc  
contra costa

Questions or feedback? Contact Alystar  
alystars@jcceastbay.org | 510.848.0237, ext. 118

## East Bay International Jewish Film Festival (EBIJFF)

**Date:** Sunday, October 27th, 2019

**Time:** 3:00 p.m.

**Place:** Acalanes High School Theatre in Lafayette

**Cost:** Pre-admission: \$8; At-the-door: \$12; Students 18 & under are free.

For more information & tickets: [jewishworldcinema.org](http://jewishworldcinema.org)

EBIJFF has showings of film between their festivals. The next film will be **THE BEST OF MEN**, a powerfully stirring British drama that captures the determination of a German Jewish doctor who spends WWII in England treating soldiers seriously wounded in battle. His innovative work with paraplegics led to the creation of the Paralympics. Suitable for age 12 through adults.

**Who We Are**





## In October We Remember:

Taki Greenberg  
Adina Senensieb  
Mary Gates  
Seymour Seid



## Happy October Birthdays:

Our organization has no birthdays in the month of October.

## Board Members:

Karen Furst 925-784-1775  
Jazz Saluen-Grabowski 718-578-7876  
Ira Ehrlich 310-995-4149  
Jamie Ireland 510-888-1404  
Rebecca Ireland 510-888-1404  
Bret Mogilefsky 510-610-1956  
Joy Randel 925-362-3245

**Newsletter:** Joy Randel 925-362-3245

**Webmaster:** Noah King 925-371-8585

**JCS Teachers:** Judith Seid,  
Jamie Ireland

## Family Shabbat/Havdalah

**Coordinator:** Scott  
Pepper 650-296-6295

**Movie Coordinator:** Wendy  
Berenson 925-829-0554

**Adult Programming:** Karen  
Furst 925-784-1775



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