



WHAT'S INSIDE:

Post-Baby Bodies at the JCC

OrCaS Swim Team Wraps Up

Contributions

PAGE 2

FEC Update

Teaching Your Kids About Planning

PAGE 3

New Mexico Humanitarian Awards Donors

Volunteer with JFS

PAGE 4

The Ronald Gardenswartz Jewish Community Center of Greater Albuquerque

5520 Wyoming Boulevard NE • Albuquerque, NM
505-332-0565 • jccabq.org

The Chile Paper

SEPTEMBER 2011

The Band Burnin Bridges to Rock the J in September



Do you love Classic Rock? Which are your favorite bands from late 60's, 70's, 80's and 90's? The Stones, Pink Floyd, the Who, Doobie Brothers, Steely Dan, Deep Purple, Heart and Journey? How long since you've been electrified at a live rock concert? You know the kind that makes you remember the lyrics you thought you forgot, so you find yourself singing along? And propels you out of your seat to boogie to all your old favorites?!

If it's been so long you can't remember, then you and your friends will not want to miss our first ever "ROCK the J" concert on Saturday night, Sept 10 at 7:30 pm.

The J is excited to bring you Burnin Bridges, a local rock band that has been gaining fans and building momentum over the past couple of years. Larry Michaels, drummer, got together a group of solid rock musicians who pump their bass, guitar and keyboards. The stand out is B.B.'s dynamic lead rock vocalist, Alison Colton. Together, this band, well, ROCKS!!

All you have to do is show up, (after you've made your reservations, because we do expect this event to sell out). We've got the rest covered, including beverages & munchies, but you must be 21 or over to be admitted. We've got your child care covered, too, with a

simultaneous 'Parents Night Out' provided by the JCC's own Mr. Matt and team.

So here are the details: Saturday September 10th at 7:30 ; the doors open at 7 pm. Tickets are \$15 for J members and \$20 for nonmembers. Childcare will be provided from 6 – 10 pm and costs \$15 for first child and \$25 for two with a concert ticket. Reservations must be made in advance.

You don't want to wait to make your reservation. You will be very happy you did!!

- Phyllis Wolf

Contributions

Capital Campaign

Kathleen & Seth Gardenswartz
Richard Roy

Programs & Services

Nanci Beckes
Sarah Custer
Norma & George Dallal
Cathleen Driscoll
Debra & Howard Friedman
Diane Hajek
Herb & Shelley Koffler
Donald Koskoff
Stephen Kunitz
Frances Luftschein
Michael Rinck
Richard Roy
Ellen Saunders & Don Green
Stanley Schneider

New Mexico Humanitarian Awards

Barbara and Lewis Barsky
Alan and Bronnie Blaugrund
Susan & Richard Braun
Ed and Ramona Caplan
Chant Associates
Robert Cohen
Congregation Albert
Phyllis Crossley
Mark and Ellen Diamond
Ronald Escudero
Jim Folkman
Talia Freedman
Beth Ann Fuld
Anette Garcia
Rob Goldstein
Marcia Greenbaum
Marian & Larry Greher
Linda Hayon
Helen Grevey & Jay Hertz
Bonnie Ivener
Rosanne & Philip Kaplan
Gary King
Laun-Dry Supply
Joanne Matzenbacher
Janice Moranz
Leba and Elliot Pierce
Leslie Pivar
Stuart Rabin
Gilbert Raff
Red Shovel
Erika Rimson and David Bernstein
Beverly Ann Rogoff
Scotti Romberg
Ed Romero
Harvey and Laurie Ruskin
Susie and John Sandager
Sandia Office Supply
Steve Shelly Landscapes
Ronald Short
Vivan and George Skadron
Marlene Sigel
Matthew Vance
Judy & Peter Weinreb

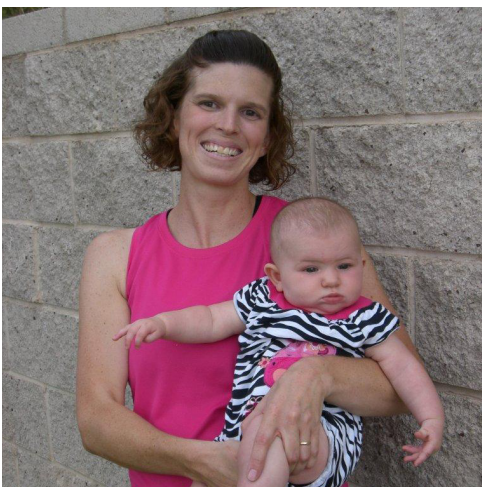
Post-Baby Bodies at the JCC



Sarah & Arwen (9 months)



Susanna & Elliot (4 months)



Jana & Lucy (6 months)

You may have seen dramatic weight gains (and losses) in some of the JCC staff recently... something's in the water! Congratulations to the JCC's marketing assistant Sarah Suski, personal trainer Jana Brewer and Fitness Director Susanna Pier on their new baby girls. These busy moms know all about working hard to reach the post-baby body.

Sarah participated in the 'Back to Babes' and 'Bikini Bootcamp' programs while Susanna took the 'Body Project' course. The best thing about participating in a program – besides the variety of fun exercises you learn – is definitely the accountability of the group. Jana believes in metabolic conditioning that gets your heart rate close to your anaerobic threshold while strength training. This type of training can be done in as little as 20 minutes, and that can often be all the time that a new mom has. Besides the lack of time, moms need to find a place for their little ones that they really trust. The JCC's Drop-in-Daycare is just the place! All the ladies want to thank the Drop-in-Daycare staff for the amazing, loving work they do each and every day.

Be on the lookout for the Back to Babes program later this fall. This program offers all the above: accountability, metabolic conditioning and drop-in-daycare services. Whether you have an 8 week old – or 8 year old – this program is for you! For any questions, please call Susanna at 348-4521.

OrCaS Swim Team has Stellar Season

The JCC Orcas Swim Team had a fantastic summer of swimming, socials and service! Our kids practiced every day for 8 weeks and competed in several swim meets throughout the summer, improving their times and skills with the help of our dedicated coaching staff. In addition to practices and meets, we gathered for several socials (thanks to our very organized parent group) including the annual pool party, the pie and ice cream social combined with talent night, an 80's dance, pancake breakfasts, game night, an outing at Chuck E. Cheese for our youngest swimmers, and the end-of-season banquet/dance. Our swimmers also participated in two service projects - our blanket-tying evening where families gather to cut and tie fleece blankets

and donate to the D'Vora project, housed within the JCC community, and our older kids filling 1000 baggies with cereal at Roadrunner Food Bank to help with the APS backpack food project, where children's backpacks are filled with food every Friday so that they can have breakfast over the weekends.

Our coaches and families are grateful to the JCC staff for welcoming us back each summer and making us feel at home. The entire staff, from the maintenance crew to our front desk and membership office to our accountants and lifeguard staff go out of their way to take care of our swimmers and families every summer, which truly makes the JCC feel like a community.

Family Enrichment Center Update



Happy New Year! I know that it is still August, but with the beginning of school here at the FEC, and with the Jewish New Year almost here, the sentiment seems more appropriate now than in January, smack in the middle of the winter.

I love the beginning of the school year—new notebooks and pencils, new school clothes and new hope and goals. Children seem excited, parents bring them in with cameras in tow to document the day, and everyone seems fresh and ready to learn.

This year, in preparation for the beginning of the year, I asked my teachers to make some “New Year’s Resolutions.” I wanted them to think about the year as a whole, where they were starting and where they wanted to end up next August. It is easy to get caught up in the day to day happenings, and lose sight of our overall vision and commitment.

The FEC is not simply a child care center. What we offer, and what we do every day involves more training, planning and implementation. We spend time observing every child who comes here, looking at their strengths and the areas of development that may need special attention. We then set individualized learning goals for each child and only then do we de-

velop a curriculum that follows the children’s interests and allows them to meet their goals and then exceed them. Our staff includes dedicated teachers, who found setting some New Year’s Resolutions a chance to articulate that commitment and set some priorities.

Here is what they said:

Infant Room: (Laura Fleher, Rosario Delgadillo and Marcey Warner)

1. To have children thrive in all developmental areas through the most positive teacher-child interactions, stimulating activities and a dynamic environment.
2. To be as effective and I can to support goal #1!
3. To have the teachers thrive together as a strong team.

Toddler Room: (Sheryl Troy, Rosa Martinez and Margaret Baca)

1. The children, parents and staff experience emotional and physical safety and have fun in the process!
2. Trusting, caring and compassionate relationships are built between parents, children and staff.

Two’s Room: (Anna Griego, Victoria Romero, Yolanda Aguilar and Andrea Blackerby)

1. To have a smooth transition and then to have the year to prepare the children to be ready to move on to the next class.
2. To have the entire class potty trained!

Three’s Class: (Erica Ortegon, Anadine Anzara and Jenn Filip)

1. I have so many goals and hopes that I want to accomplish in my classroom this year. I want the children in my class to be socially and emotionally stable. I also want to include more play-based academics. I want to try new teaching and assessment techniques. I also want to

include more “games” into centers, song cards and new flannel storyboards. I have so much I want to do and explore with the children!

2. I want children and my co-workers to be happy!
3. I want to inspire, motivate and encourage the children to reach their full potential and to love the children unconditionally.
4. I want to have a safe and loving environment.

Four’s Class: (Michele Wallin, Emily McCracken and Huiqing Su)

1. We want to promote problem solving skills with little teacher involvement.
2. We want to prepare the children emotionally and academically for kindergarten.

Support Staff: (Sherri Davidman, Cathy Fritsch and Katie Carrell)

1. I want each day to be a child’s best day ever. I also hope that each day teachers feel supported and encouraged to be the best teacher they can be.
2. I want to get to know more about the new children and their families.
3. I want to get more involved with the families who have children here, supporting the parent/child relationship as it is the most important one.

These are certainly admirable and lofty goals! The FEC staff is also a committed, dedicated and creative staff, who are certainly capable of accomplishing all this and more. And so, with our pencils all sharpened, our boxes of 64 Crayola Crayons ready and our strong relationships in great shape, we promise to make all this happen...and more!! Happy New Year!
Sherri Davidman, M.Ed. Director of the FEC

FEC Wish List: A swing set for the infant playground, a rocking chair and children’s books.

A Message from One of Our JCC Partners

As a parent, you know there are many important lessons to teach your children -- and learning to save is certainly one of them. Though college may be down the road for your kids, getting them involved early on in the saving process can help signal the importance your family puts on education – as well as the value of good saving habits generally.

Consider these useful tips to help make college a shared family endeavor:

Sharing ownership

Encouraging your children to save money from their allowance, birthday, or holiday gifts will instill good saving habits early—habits that ideally they’ll maintain throughout their lives.

It’s valuable for your children to feel some ownership of the college savings process, particularly as they grow closer to college age. Yet surprisingly, just 30% of parents with children age 15 or older participating in our “College Within Reach” poll (February 2 and 26, 2009) said that, to a great extent, they are encouraging their older children to find employment to help absorb college costs. Employment, in the right balance with their other obligations, can be a good way for your children to take shared responsibility for their own future.

Putting a value on education

Nearly nine in 10 parents in our “College Within Reach” poll (February 2 and 26, 2009) said that they have talked to their children about the

importance of education to a great extent. It’s an encouraging finding. Teaching your kids to save is only half the battle; just as challenging is instilling an appreciation of higher education’s value. Be sure to talk to your kids not only about the importance of pursuing higher education, but also about the opportunities that a college degree creates. And there isn’t just one way to get there: from a four-year private college to community college to vocational school, there are a wide range of satisfying higher education options worth exploring.

For more information about college savings, visit www.theeducationplan.com



THANK YOU TO OUR 2011 NEW MEXICO HUMANITARIAN AWARDS SPONSORS:

Table Sponsors

French Mortuary
Samaritan Counseling Center
Meryl Manning Segel and Ron Segel
Shelley and Herb Koffler
David Drake
Jewish Family Services
Genie Stuart
Clara Apodaca: National Hispanic
Cultural Center Foundation

Event Supporters

Marilyn and Sheldon Bromberg
Kathleen Church
Mimi Efroymsen
Pauline and Melvin Eisenstadt
Rabbi Arthur Flicker
Linda and Marty Fisher
Linda Friedman
Judith and Michael Frieman
Judy Gardenswartz

Event Supporters Cont.

Sonya Priestly & Art Gardenswartz
Judy and Alan Greenfield
Debra Epstein Greenhood
Susan and Samuel Keith
Karen and Bill Knauf
Jordan Kosberg and Juanita Garcia
Sherry Lewis
Acy DeBois & Milt Lasoski
Shirlee and Larry Londer
Betsy Messeca
Jennie Negin & Harold Folley
Estelle H. Rosenblum
Barbara Rifkin
Tom and Lois Ruby
Susan & Richard Seligman
Diane and Matthew Sloves
Judith Ann Smith
Mitchell Steinberg
Solomon Schechter Day School

Supporting Sponsors:

Genie Stuart
Citadel Broadcasting Corporation
Eye Associates of New Mexico
National Metal & Recycling
The Education Plan
Home Instead Senior Care
Builders Source Appliance Gallery
Academy Heating, Plumbing, & A/C
REDW
Pulakos CPAs
New Mexico Mutual
Sutin Thayer & Browne
Sole Comfort
Dion's Pizza & Subs
Renewal by Anderson
Southern Wine & Spirits of
New Mexico
Graphic Connection
Four Seasons Sunrooms
Santa Fe Trust
New Mexico Fleet Design
Steward's Plumbing

JFS Food Pantry Needs Your Help

The debt talks at the federal level are affecting us here in New Mexico and many people in our community will go hungry without your help. We're finding that a lot of food pantries in the community are closing their doors owing to the inability to keep up with increased demand and decreased funding. The JFS Food Pantry receives the majority of its funding through FEMA (the Federal Emergency Management Agency), and we've just received notice that this year's funding was cut 100%. This means our Food Pantry will be more dependent than ever on donations from our supporters. We've been



feeding families in need in our community since 1999, and will do everything we can to continue helping those in need of food and basic provisions. Food donations are always welcome, and since we can make your food dollars go significantly further by getting food from Roadrunner Food Bank, monetary donations are even more welcome at this time.

Please go to our website, www.jfsnm.org, and make a secure donation online using your credit card, or mail it to JFS at 5520 Wyoming Blvd NE, Albuquerque, NM 87109. We thank you for your support!

Volunteer with JFS!

Are you or someone you know looking for a way to make a difference to others, meet new people, or maybe just get out of the house and feel useful? JFS needs you! We're looking for volunteers to help in the office

and out in the community. You can help our staff and callers by answering phones for JFS and helping seniors and others find services at JFS or with our service partners. Volunteer once or twice a week in the morning or afternoon, or as often as you like!

JFS also needs caring people to deliver food for our HANDS program once a month. If you or someone you know can drive their own vehicle and carry a 25-35 lb box we could use your help to feed home bound seniors. If you want to help feed the hungry but don't drive, you can volunteer at our Food Pantry helping to prepare and hand out food boxes to those in need.

If you are interested in either of these volunteer opportunities with JFS please call Debbie at 291.1818. Thank you for wanting to make a difference!