

# Pulse of the Centre

8100-123 Doncaster Street • Winnipeg, MB R3N 2B3 • 477-7510

## 2nd Annual Rady JCC Indoor Timed Triathlon Sunday, March 25

Register today to compete in the second annual Rady JCC Indoor Timed Triathlon. Participants will race in three different disciplines: swim, bike, run. Race results will be determined by calculating a score based on how you finished in each of the three timed segments.

Race Events: Pool Swim - 10 minutes  
Stationary Bike - 30 minutes  
Treadmill Run - 20 minutes

Age Categories (male and female)  
Open Elite / 14-19 / 20-39 / 40+ / Relay Team

For more information, please call Jeff at 477-7542 or email jbooke@aspercampus.mb.ca

## MUSIC 'N MAVENS

Winter 2001

We've got your Tuesdays & Thursdays booked! • 2:00 pm - 3:00 pm  
Upcoming Concerts & Lectures:

Tuesday, February 20  
"Sounds from History", by classical guitar virtuoso Richard Tyborowski.

Thursday, February 22  
Helmuth-Harry Loewen, "Globalization of Hate in the 21st Century".

Tuesday, February 27  
The Boreas String Quartet will discuss and perform a number of chamber works by those composers who were sent to the Theresienstadt Concentration Camp.

Thursday, March 1  
"From Classics to Klezmer", music for winds and piano. Connie Gitlin, clarinet, Steven Field french horn, and Shannon Fingerote, piano.

All lectures are free  
Concerts: \$3.00 RJCC Members (with membership card)  
\$5.00 for non members

## School's Out, Rady's In!

The Rady JCC is offering school's out programming on Friday, February 23rd and Monday, February 26th, from 9:00 a.m. - 4:00 p.m. Throughout the day there will be cooking, swimming, wall climbing, movies, arts and crafts and organized gym activities. Don't miss out on the fun! Register today at the Rady JCC Reception Desk. For more information, call Tenise at 477-7539.

## Spring and Passover Day Camp March 26 - 30 and April 6, 10 - 12, 2001

Watch for the brochure coming out soon!

## Bands, Musicians, Poets, Dancers, and Odd Talents Wanted!

The Hillel/Jewish Students' Association is having a Coffeehouse and we need your help. We want performers of any kind to perform on the night of March 8, 2001. This will be part of an entire week of crazy activities with an Israeli Purim theme. If you would like to be in our Coffeehouse, please contact Andrew at 895-0220. Any talent will be welcome - especially odd ones. Here are more programs coming up in the world of Hillel/JSA:

- Israeli Purim Week - March 5-9, 2001
- Falafel at both universities with information booths about Universities in Israel, volunteer opportunities and more.
- Coffeehouse
- Babas, Birthrighters, and Haman's Tash
- Professional Programs Shabbat Dinner
- Megilla readings at both universities
- Interfaith Passover Seder
- PB and Jam at the University of Manitoba - March 15 and 16, 2001
- Street-ball Tournament for Charity

For more information please contact Lesley Herstein at (204)-477-7508 • lherstein@aspercampus.mb.ca

## The Rady Jewish Community Centre's 29th Annual "Y" Sports Dinner

May 30, 2001 Winnipeg Convention Centre

Featuring:  
ESPN - Up close Prime Time Host - Roy Firestone

Master of Ceremonies: Allan Blye

## RADY JCC DAY CAMPS - FLAT OUT FUN!

The Rady JCC Day Camps are looking forward to seeing your child at camp next summer. For 2001, look for new sport intensive camp programs as well as theme weeks and special projects. As always, the Rady JCC Day Camps ensure the highest quality of programs and best staff available.

- The Rady JCC Day Camps have the best camper/counsellor ratio of any day camp in the province (averaging 5:1).
- The Keshet Day Camp is an accredited member of the Manitoba Camping Association which ensures safety, the highest standard of program content, the best staff training, and the finest facilities.
- We offer bus transportation to and from camp from several areas of the city.
- Our camps have vibrant guest speakers, and tremendous on-site activities (such as the super bounce jungle gym).
- Discounts for early registration.
- The best pre-school camp in the city.
- Sport intensive camps run by nationally and internationally recognized athletes and coaches.
- Performing Arts Camps that are second to none with the best instructors in the city.
- Weekly cookouts for full day programs.
- Introductory overnight experiences.

For information on the Rady JCC Day Camps, their philosophies and programs, please contact Sean Pollock at 477-7453 or call for a brochure at 477-7510. See you this summer.



## Donations to the Centre-January 2001

**Tributes**  
The Rady JCC wishes to thank the following individuals:

Dorothy Hershfield  
Rachelle & Gerry Koffman  
Rikla Marmel  
Blumie Portnoy  
Gertie Schwartz  
Pearl & Sidney Slonim

Tributes are an appropriate way to mark an occasion or honour/memorialize friends or relatives. You can donate any amount starting at five dollars and we will send an acknowledgement according to your wishes. The Tribute Fund is used to improve the facilities and services offered at the Centre. Cards are available at the Reception Desk.

## See the World....

The Israel Pavilion-Shalom Square is inviting candidates to apply for the positions of

**Male and Female Youth Ambassadors**  
**Male and Female Adult Ambassadors**  
For Folklorama 2001

Sunday, Aug. 5 - Saturday, Aug. 11  
at the Asper Jewish Community Campus.

Youth applicants must be at least 13 years of age and no older than 17 years of age by December 31, 2001.

Adult applicants must be at least 18 years of age by June 30, 2001.

Application forms are available at the Rady Jewish Community Centre's Reception Desk.

If you would like additional information, please contact Tamar at 477-7537

## Jewish Community Choir

We are looking for men and women who are interested in singing in a new community choir. Choir director is Yuri Klaz, music director and conductor of the Winnipeg Philharmonic Choir.

Please call Tamar at 477-7537 for further details.

## Upcoming Programs to Consider!

To register or for more information call 477-7510.

**Biomechanics of the Lower Limb- How They Affect Walking, Running and Our Footwear Choices**  
Understanding the biomechanics of the lower limb can help you avoid injury and overcome current problems you may be experiencing. Common problems will be described, footwear choices and their effects on the foot and lower limb will be discussed. The appropriate use of custom orthotics will also be explained. In addition, those in attendance will have the opportunity to try pressure mapping their own foot imprint. This is an essential presentation for anyone who is on their feet all day or for those considering running the upcoming marathons.

7:00 p.m. - 8:00 p.m. • Tuesday, February 20  
Free of charge • Instructor: Barb Webb, BPT

**Clay Creations**  
This new 4 week introductory ceramics class will give children the opportunity to develop their skills in creating both functional and sculptural pieces. The emphasis is of having fun while exercising their creativity. All supplies included, just bring your imagination!

Tuesdays, February 20 - March 13  
4:30 p.m. - 5:30 p.m. (6 - 8 year olds)  
5:45 p.m. - 6:45 p.m. (9 - 12 year olds)  
\$40.00 Member/ \$50.00 Non-Member

**Therapeutic Touch**  
Therapeutic touch promotes healing and wellness. This hands on healing technique uses the energy in and around the body to increase physical and emotional healing in yourself and others. This simple technique relieves stress, relaxes muscles, increases blood and oxygen circulation and allows the body to heal itself. Step from thinking and doing to listening and feeling and enter into an easier, healthier, more joyous way of living. Please wear loose fitting clothing and comfortable flat shoes.

7:00 p.m. - 8:30 p.m. • Thursday, March 15  
Free of charge • Instructor: Anne Nesbitt

Asper Foundation Performances: Lecture Series in partnership with the Rady Jewish Community Centre present

## KALLAH: The Gathering

L'Takein u L'Kadeish • To Transform & To Elevate

Via live simulcast, three multifaceted and interactive programs will be presented from the 92nd Street Y in New York. Renowned Jewish thinkers and leaders will share their thoughts about the sanctity of our tradition, the Jewish responsibility of tikun olam, repairing the world, the complexities of our history, and the challenges and joys of leading a Jewish life.

Sunday, March 11 • 6:30 pm  
The Future of North American Jewry

Tuesday, March 20 • 8:00 pm  
Great Jewish Thinkers, Great Wisdom

Sunday, March 25 • 6:30 pm  
An Evening with Elie Wiesel.

Please watch for the Kallah brochure in this week's issue of the Jewish Post and News. For more information, contact Tamar at 477-7537.

## Asper Foundation Performances: Jazz Series

Two shows each Sunday in the intimacy of the Berney Theatre: 1:00 p.m. matinee or 8:00 p.m. late show

Sunday, March 11  
Peter Appleyard & Friends

Sunday, March 25  
Benny Green Trio

Sunday, April 22  
Toots Thielemans  
(special times! 3:00 p.m. and 8:00 p.m.)



2000 - 2001

For individual tickets to these concerts, please call TicketMaster at 780-3333.

## Institute of Jewish Adult Education UPCOMING PROGRAMS

For further information or to register, please call the RJCC at 477-7510.

JEWISH COOKING WORKSHOPS Bountiful Breakfasts & Better Brunches Cookies, Cookies & More Cookies	Wednesday, February 21 Tuesday, March 6
CHESED SHEL EMES / JEWISH BURIAL RITUALS	Wednesday, March 21
"IN THE JEWISH TRADITION" - PASSOVER PREPARATIONS	Tuesday, March 27
ROOTS OF JEWISH SECULARISM SERIES Problems of (Almost) Eternal Life Wittgenstein, Popper, Ayer Spinoza	Wednesday, March 14 Thursday, March 1 Thursday, February 22
JEWISH GENEALOGY WORKSHOP FOR BEGINNERS	Thursday, March 8
SOUNDING THE DEPTHS	Sunday, Mar 11 - March 25

## Asper Foundation Performances: Cultural Arts In association with the Rady Jewish Community Centre and the Winnipeg Jewish Theatre A WEEK LONG JEWISH FILM FESTIVAL

Sunday, March 31 - Thursday, April 5, 2001 • Berney Theatre, Asper Jewish Community Campus

Saturday, March 31, 8:00 p.m. Sunday, April 1, 2:00 p.m. Sunday, April 1, 7:30 p.m. Monday, April 2, 7:30 p.m. • Thursday, April 5, 7:30 pm Tuesday, April 3, 7:30 p.m. Wednesday, April 4, 7:30 p.m.	SOLOMON AND GAENOR A TICKLE IN THE HEART A SUMMER IN LA GOULETTE PASSOVER FEVER YANA'S FRIENDS KADOSH
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Don't miss this rare opportunity to see contemporary, five-star and award winning films. Headliners at Toronto, Montreal and Vancouver's Jewish Film Festivals.

Individual Tickets: \$8.00 (plus GST) / Festival Pass: \$35.00 (plus GST) • Rush Seating  
Tickets on Sale - March 1, 2001 • Winnipeg Jewish Theatre Box Office 477-7478  
• Rady JCC reception desk 477-7510

## Share the Joy of Passover: Community Pesach Seder • Sunday, April 8

Join us for the tenth annual Community Pesach Seder on Sunday, April 8 at 6:00 p.m. at the Asper Jewish Community Campus. Celebrate Passover with friends and family in a meaningful and enjoyable atmosphere. Using the Haggadah, we will sing songs, tell the story of the Exodus from Egypt and enjoy a delicious kosher four-course meal. For more details, please call the RJCC at 477-7510.



On the beautiful Lake of the Woods, Kenora, Ontario

## SUMMER 2001

A CAMPING EXPERIENCE FOR ALL AGES

Limited Spaces in some sessions  
For Registration Information please contact the Camp Office at 477-7512

## Aesthetician Wanted

We are seeking an experienced individual who will provide aesthetic services to clients. Access to over 5000 members as well as non-members.

Must be a graduate of a recognized School of Aesthetic Services and licensed.

If interested, please call 477-7538.

