

happy  
SUMMER

August 2022



1301 Farmers Lane, Suite C103  
Santa Rosa, CA 95405  
(707) 528-4222  
[www.jccsoco.org](http://www.jccsoco.org)

# Friendship Circle

A program for adults 55+

**Sandy Andresen**  
Program Director  
(707) 528-1182  
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**Friendship Circle is a Program of the Jewish Community Center Sonoma County**



Hello Friendship Circle Members and Friends,

Thank goodness it's summer in Sonoma County! One of the most beautiful times of the year because of all the time we get to spend outside in this amazing place and environment in which we live.

In the month of August, we are taking a bit of a hiatus from Friendship Circle activities. Once again there is an upsurge in a new Covid variant which has created some reticence for folks to congregate. This seems a good time to take a small break in our person-to-person activities, with the exception of **"Out to Eat" with the Friendship Circle** where we will eat outside! See page two.

Please join **Leslie Kline** and **Jeri Phillips** to play or learn Mah Jongg the second and third Wednesdays of the month of August at 1:00 PM, and ongoing, monthly at the offices of the Jewish Community Center, 301 Farmers Lane, Santa Rosa. Please call or email with questions and for further information. The Friendship Circle (707) 528-1182 or Leslie Kline (559) 273-7826

In the coming months (and if the creeks don't rise!), look for more classes from the JCC Friendship Circle in **Chair Yoga** and **Art**. Also, hopefully, a visit to the **Contemporary Jewish Museum** and/or the **Legion of Honor in San Francisco**. And, of course, our annual **Hanukkah Party** (in-person) at Congregation Shomrei Torah!

Lastly, our beloved **Sonya Garzouzi Bamberger** will start her maternity leave August 1st. She and her husband, Jerzy, expect their baby girl the end of August.

In this month's newsletter I have included some of my **favorite pieces of writing and poetry** that have been inspiring to me. I hope they inspire you as well. If you have articles to suggest, poetry, or writings of interest, please send them to me at [friendshipcircle@jccsoco.org](mailto:friendshipcircle@jccsoco.org).

Happy Summer and continue to be kind to yourself, and to each other.

**Sandy Andresen**  
Program Director



Jalena and Cory May's son, Simon, is now 14 months, already! Extraordinarily adorable!



**Mazel Tov Sonya and Jerzy and the Bamberger Family!**



# “Out to Eat” With the Friendship Circle!

COME JOIN US AND MEET UP  
WITH OLD AND NEW FRIENDS!

**Friday, August 12**

**11:30 AM - 1 PM**

**Dierks Parkside Café**



[CLICK FOR MENU](#)

404 Santa Rosa Ave, Santa Rosa  
(707) 573-5955

Food and beverages are purchased  
separately.

**RSVP BY THURSDAY, AUGUST 11**

[Use the reservation form](#)  
or call (707) 528-1182

**WHERE SHALL WE GO NEXT TIME?**

**Contact Sandy at the  
Friendship Circle with requests!**

[friendshipcircle@jccsoco.org](mailto:friendshipcircle@jccsoco.org); (707) 528-1182



## CLOSE

...is what we almost always are: close to happiness, close to another, close to leaving, close to tears, close to God, close to losing faith, close to being done, close to saying something, or close to success, and even, with the greatest sense of satisfaction, close to giving the whole thing up....

Our human essence lies not in arrival, but in being almost there, we are creatures who are on the way, our journey a series of impending anticipated arrivals. We live by unconsciously measuring the inverse distances of our proximity: an intimacy calibrated by the vulnerability we feel in giving up our sense of separation.

To go beyond our normal identities and become closer than close is to lose our sense of self in temporary joy, a form of arrival that only opens us to deeper forms of intimacy that blur our fixed, controlling, surface identity.

To consciously become close is a courageous form of unilateral disarmament, a chancing of our arm and our love, a willingness to hazard our affections and an unconscious declaration that we might be equal to the inevitable loss that the vulnerability of being close will bring.

Human beings do not find their essence through fulfillment or eventual arrival but by staying close to the way they like to travel, to the way they hold the conversation between the ground on which they stand and the horizon to which they go. We are in effect, always, close; always close to the ultimate secret: that we are more real in our simple wish to find a way than any destination we could reach: the step between not understanding that and understanding that, is as close as we get to happiness.

‘CLOSE’

From CONSOLATIONS:

The Solace, Nourishment and  
Underlying Meaning of Everyday Words.  
2019 © David Whyte

## REST

...is the conversation between what we love to do,  
and how we love to be.

Rest is not stasis

but the essence of giving and receiving.

Rest is an act of remembering, imaginatively and  
intellectually, but also physiologically and physically.

To rest is to give up on the will as the prime motivator of  
endeavor, with its endless outward need to reward itself  
through established goals.

To rest is to give up on worrying and fretting  
and the sense that there is something

wrong with the world unless we put it right;  
to rest is to fall back, literally

or figuratively from outer targets,  
not to an inner bull's eye

or an imagined state of inner stillness,

but to a living, breathing inner state of natural exchange...

From Readers' Circle Essay, "Rest" ©2011 David Whyte



## I am Among The Trees by Mary Oliver

When I am among the trees,  
especially the willows and the honey locust,  
equally the beech, the oaks and the pines,  
they give off such hints of gladness.

I would almost say that they save me, and daily.

I am so distant from the hope of myself,  
in which I have goodness, and discernment,  
and never hurry through the world  
but walk slowly, and bow often.

Around me the trees stir in their leaves  
and call out, "Stay awhile."

The light flows from their branches.

And they call again, "It's simple," they say,  
"and you too have come

into the world to do this, to go easy, to be filled  
with light, and to shine.

## Sending Good Wishes to Our Members with August Birthdays



Elinor King  
Rosalia Dague  
James Snarski

Liz Hagen  
Birdie Lane

Pamela Jacobs Letourneau  
Susan Miller  
Eric Andresen

Please contact our office to let us know your birthday  
so we can celebrate YOU!

[friendshipcircle@jccsoco.org](mailto:friendshipcircle@jccsoco.org), (707) 528-1182

**Welcome to our new Friendship Circle Member  
Howard Sidorsky**

## MAH JONGG

with Leslie Kline and Deborah Greenfield  
Beginners and seasoned players are all welcome

**WEDNESDAYS**

**August 10**

**August 17**

**September 14**

**September 21**

**FROM 1-3 PM**

**LOCATION:** Downstairs at the  
Jewish Community Center, 1301 Farmers Lane,  
Suite C103, Santa Rosa, CA 95405

*Masks and proof of vaccinations (copy of card is fine)  
will be required at the door.*

**CONTACT LESLIE KLINE (559) 273-7826**  
(707) 528-1182 or [friendshipcircle@jccsoco.org](mailto:friendshipcircle@jccsoco.org)



## Thank you to our Sponsors and Donors. *You make the world a better place!*

**Shelley Bauer** Zoom Programs  
**Liz Hagen** Zoom Programs  
**Leslie Kline** Zoom Programs  
**Robert Kosbie** Zoom Programs  
**Pamela A Letourneau** Zoom Programs  
**Jim and Ethyl Snarski** Zoom Programs  
**Elisabeth Van Nuys** Zoom Programs

### *Donations*

**Carol King** Friendship Circle End of Fiscal Year Appeal  
**Margaret Livingston** in honor of the Friendship Circle  
**Judy Miller** Friendship Circle End of Fiscal Year Appeal

### *Tributes & Memorials*

**Tribute For Walter Clifford**  
**from Sam George Williams**

*"My grandfather, Walter Clifford, was one of seven brothers who were doctors and dentists in London in the early 1900s."*

**Tribute For Joe Kagan from Ray Kaplan**

*"May his Memory be a blessing."*

**Tribute for Sandy Andresen**  
**from Elisabeth Van Nuys**

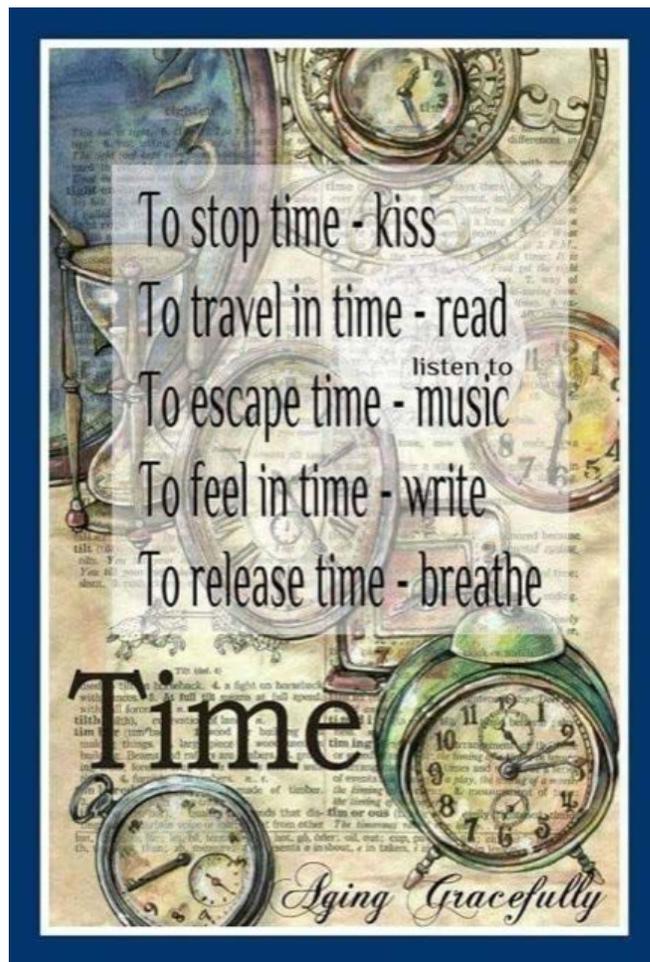
*"For the great programming for Friendship Circle."*

### *Thank You*

**The Friendship Circle Advisory Committee** for your dedication and commitment to the FC  
**Leslie Kline, Jeri Phillips and Deborah Greenfield** for teaching and holding Mah Jongg at the JCC  
**Karen Gould** for producing this beautiful newsletter  
**Mary Valentine** for sending out birthday and thinking of you cards to our members  
**Irène Hodes, Sonya Garzouzi and Diana McNab** for all of your support of the Friendship Circle  
**Edee Sternfield-Squires** for arranging for her Club House for FC Luncheons and now Advisory Committee Meetings  
**Randi Hulce** for electronics support to our members  
**Leslie Kline** for sending out membership renewal notices  
**Congregation Shomrei Torah** for providing space for our events, meetings, and now parking for FC excursions.  
**Evelyn Howard and Leslie Kline** for mailing paper copies of the newsletter

*If you are remembering someone you hold dear, or would like to celebrate a friend or family member, please consider making a [donation to Friendship Circle](#) in their memory or honor.*

♥ **We couldn't do it without you!**  
**We appreciate your generosity!** ♥



## Join Friendship Circle Today!

Membership is good for 365 days from the day of activation. By becoming a member you help Friendship Circle continue to serve adults in our community by providing enriching, educational and entertaining programming for all.

**To become a member of the Friendship Circle online** [click here.](#)

**To join by mail** please send a check for:  
Single Membership: \$55.00  
Couple or Household: \$95.00

JCC Friendship Circle Membership  
1301 Farmers Lane, Suite C103  
Santa Rosa, CA 95405

**Please Include:**  
Name (s) of member  
Address  
Email  
Phone number  
Birthdate (optional)



COMING IN NOVEMBER!

**Jewish 2022  
Film Festival**  
JCC SONOMA COUNTY



**We need your help!**  
*Sustain Jewish culture in Sonoma County*

**Become a Film Sponsor**

- Rialto Season Tickets
- Virtual Season Tickets
- Advertising / Tributes

[Click here](#) for more info or contact ireneh@jccsoco.org

Good morning.

Eyes up.  
Hearts up.  
Minds sharp.

Compassion  
on full blast.

Okay,  
let's go.

Lin-Manuel Miranda

**SRJC OLDER ADULTS  
PROGRAM  
FREE ONLINE Courses in  
GENEALOGY with  
*Denise Beeson*  
FALL of 2022**

Click for [course descriptions](#) and  
[how to register](#).

If you are interested in learning how to do family research, solve "brick walls or roadblocks," trace your family through history, learn about DNA or share your story with future generations, you may also have an ethnic interest and are wondering how best to search for your Jewish heritage.

**VIRTUAL ONLINE PROGRAMMING VIA ZOOM**

- RSVP** Once you have made a [reservation](#) we will send you the link to join two days prior to the program.
- ZOOM** If you are not familiar with Zoom and would like support, please contact Friendship Circle Advisory Committee Member Randi Hulce (206) 499-5422, [randihulce@comcast.net](mailto:randihulce@comcast.net)
- COST** Please consider making a suggested donation of \$5.00 to help pay for Friendship Circle's Zooming! With a donation of \$60.00 you will automatically receive links to all zoom events for an entire year. Plus... our undying gratitude!

***To pay or become a sponsor, [CLICK HERE](#).***