

“I CAN HELP” Form
Tikkun Olam/Social Action Committee
CONGREGATION BETH ISRAEL

Please indicate your interest and return to us. More information about each project or program can be found at www.cbisd.org. This form can be folded into a mailer for return by mail to Bonnie Graff, CBI, 9001 Towne Centre Drive, San Diego, CA 92122.

NAME: _____
ADDRESS: _____

PHONE: _____
EMAIL: _____

_____ **KEEP-A-KID-WARM program**

October 2006

Contact: Marsha Janger, marshajanger@pacbell.net

Winter coat & sweater collection for needy children

_____ **MAMA'S KITCHEN FOOD COLLECTION**

November 2006

Contact: Bob Metz, rmetz@cox.net

Non-perishable food collection with the First United Methodist Church

_____ **SOCIAL ACTION SHABBAT ON DARFUR**

November 17, 2006

Contact: Ami Minter, aminter@aol.com & Judy Fisher, jfisher@san.rr.com

Rabbi Lee Bycel speaker

_____ **SAN DIEGO WALK FOR DARFUR**

November 19, 2006

Contact: Ami Minter, aminter@aol.com & Judy Fisher, jfisher@san.rr.com

_____ **INTERFAITH THANKSGIVING SERVICE**

November 22, 2006

Contact: Bonnie Graff, bgraff@cbisd.org

_____ **RUN FOR THE HUNGRY**

November 23, 2006

Contact: Maureen Glaser, moglaser@cox.net

Thanksgiving Day 5K Run/Walk for JFS Food Pantry

_____ **VOLUNTEER FOR A VOLUNTEER**

December 24 & 25, 2006

Contact: Bob Metz, rmetz@cox.net

Stand in for volunteers who aren't available on Christmas

_____ **GLOBAL WARMING EDUCATION PROGRAM**

February 4, 2007

Contact: Deborah DeBow, debdebow@cox.net

Panel & eco-event on world warming & what we can do

_____ **ANIMEALS**

February 2007

Contact: Sarah Schrier, ssschrier@sbcglobal.net

Pet food & supplies for housebound elderly & disabled persons

_____ COLLECTIBLES: The Bookman & New Alternatives

March through May, 2007

Contact: Glenn Farber, glennfar@cox.net

Clothes, books & other items for children & others

_____ PRIDE PARADE

July 2007

Contact: Bonnie Graff, bgraff@cbisd.org

Community walk celebrating diversity

_____ HABITAT FOR HUMANITY

Quarterly on a Sunday

Contact: Glenn Farber, glennfar@cox.net

Builds homes for needy

_____ USO DINNER

2nd Tuesday of the month

Contact: Phil/Fran Ginsburg, ginsbury@aol.com or 858-456-9903

Prepare & serve dinner at the USO

_____ ENVIRONMENTAL ACTION

New program to be developed!

Contact: Deborah DeBow, debdebow@cox.net

Develop programs & projects

_____ CARING FOR KIDS

Ongoing as needs arise

Contact: Marsha Janger, marshajanger@pacbell.net

Provide extras for foster children through their voluntary Advocate

_____ YAD L' YAD Blanket making

Knit or crochet a square any time

Contact: Susan Schlesinger, shifra1@cox.net

Create blankets for Vista Hill Parent Care Program babies

_____ HUNGER PROJECT at St. Vincent de Paul's

Any Sunday Morning

Contact: Vickie Raun @ 858-535-1111 x0 or vraun@cbisd.org

Serve brunch to needy families & individuals

FOLD HERE

Put stamp
here

CONGREGATION BETH ISRAEL
SOCIAL ACTION COMMITTEE
9001 TOWNE CENTRE DRIVE
SAN DIEGO, CA 92122-1222

ATTN: B. GRAFF