

Torch Award Submission: **TA11- 051**

- Full Title of Entry (80 char max): Men's Club Wellness Hikes
- Entry Category (You can select up to 2, although you will only win in one):
 - Men's Club Shabbat Yom HaShoah / Yellow Candle Israel / Masorti Hebrew Literacy / Ritual Literacy
 - Hearing Men's Voices Men's Health Youth Programming Programs for Young Men (21-40)
 - World Wide Wrap Shomrei Ha'aretz Club Administration Non-FJMC Program
 - Best Overall Programming* [*Best Overall Programming is not on the basis of a single program, but your club's entire year. A single program submitted in this category will be re-categorized.]
 - I'm not sure, so please select for our club's submission.
- Contact Person: Gary Katz
- Email address for Contact Person: gary.katz@csun.edu
- Club number & Club name: [#1036 – Temple Etz Chaim Men's Club]
[Is it a Men's Club or a Brotherhood? Please specify]
- Number of club members: 76
- Synagogue name, city and state: Temple Etz Chaim, Thousand Oaks, CA
- Club President name (at time of entry): Gary Katz
- Club President name (at time of convention): Gary Katz
- Person preparing entry: Gary Katz
- Email address of person preparing: gary.katz@csun.edu

Part II. Summary Information (2 – 3 sentences):

Building upon the success of our Havdallah and Hike program, two Men's Club Board members thought that we should embark upon a more ambitious Shomrei Ha'Guf / Men's Health initiative and have the Men's Club Sponsor *monthly* hikes or other wellness activities throughout the year. So far, we have planned several hikes that have been well attended by a range of temple and Men's Club members. We hope to branch out into other activities including bike rides and martial arts sessions.

Part III. By submitting this document, I certify, on behalf of the club, that this submission has not been submitted by our club for a Torch Award in a previous year.

This program has not been submitted for a Torch Award in a previous year.

Part IV. Entry Documentation

At the 2007 and 2009 FJMC Conventions, there were many presentations and initiatives discussed and planned regarding Men's Health Issues. To this end, our Men's Club responded by planning a yearly Havdallah and Hike program, which was gradually increased to two or three times per year. Nonetheless, two of our Men's Club Board Members felt that if we wanted to be serious about Men's Health and Shomrei Ha Guf, we really should have monthly, if not weekly events. While weekly events proved difficult to establish on a consistent basis, we have been quite successful in sponsoring monthly hikes in and around the greater Conejo Valley area in southern California.

Planning for these hikes is thankfully quite easy. We announce in the temple bulletin and EMAIL blasts where the hike will start and we are careful to choose hikes and locations that will enable parents to drop off their kids at Religious School on a Sunday morning and join us for the hike. The hikes all end shortly before Religious School ends, so we can get back to the temple in time for pick up.

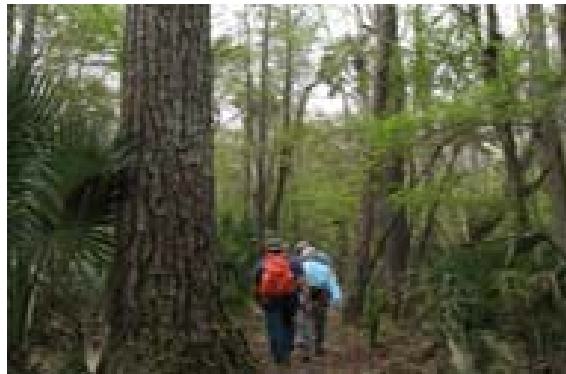
Although our Temple Etz Chaim Men's Club Wellness Initiative is still early in development, we are looking to expand our monthly events to include areas of exercise and wellness that build upon our club members' areas of expertise. Short-term plans include a morning of martial arts training as well as bicycling. On a rare Sunday during the school year where there is no religious school, we have also planned longer hikes.

Appendix Follows

THE TEC MEN'S CLUB
WELLNESS PROGRAM

FOR ALL TEC MEMBERS

**MEN'S CLUB WILL BE HOSTING DIFFERENT
WELLNESS EVENTS ON A MONTHLY BASIS**



APRIL'S EVENT WILL BE A HIKE AT WILDWOOD PARK

*Exit Avenida de los Arboles off the 23 Freeway and go west. Follow Arboles until it ends at Big Sky Drive.
Make a u-turn and the park entrance is on the right side of the road.*

**SUNDAY, APRIL 10, 2011
10:45 - 12:15**

THIS EVENT IS FREE AND OPEN TO EVERYONE – NO RSVP IS NEEDED

BRING WATER

**QUESTIONS? CONTACT KEN LEON AT 805-241-8808
SPONSORED BY TEC MEN'S CLUB**