

Tide to Go Night (Erase the past and move forward)

Date: January 7th, 6:30-10:30pm

Location: Sofia's House (61 Olive Court Mountain View)

Chapters: El Al BBG and Atz' Chaim BBG

Staff: Mike and Laurie, Sofia's parents

Cost: \$5.00 + the cost of their own plain t-shirt

Estimated attendance: 25

Planned by Sofia and Natalie

Goal: To let go of the past negative parts of the past move on to the new year with a new mind

Schedule:

6:30-6:45

People arrive

6:45-7:00

Mixer (Sofia leads so Natalie can set up dinner. If set up is done, Natalie leads)

7:00-8:00

Explanation of Dinner+Dinner+cleanup+birkat (Natalie leads)

8:00-8:20

Havdallah

8:20-8:40

Homelessness simulation (Sofia leads)

8:40-9:15

Making toiletry packs (Together)

9:15-9:40

Clothes Race (Together)

9:40-10:10

Words of Encouragement (Sofia leads)

10:10-10:30

Signing shirts

Supplies:

- Girls bring their own shirts (Linor is bringing 9 extras)
- Markers (Natalie is bringing, Sofia has some at home as well)
- El Al's Havdallah Box (Sophie Mann is bringing)
- Bucket of water (At Sofia's house)
- Girls bring toiletry products to donate
- Cellophane and ribbon (Sofia has)
- Silverware, utensils, plates and cups (Linor)
- Notecards (Sofia rewrote 40 of them)
- Misc Clothes (Sofia has at home, Linor is bringing some too)
- Birkat cards (Sofia has)

- Food (Natalie bringing all except for PB, which Linor has)
 - Citrus Salad
 - PB and Jelly Sandwiches
 - Lemon water
 - Chocolate pomegranate seeds
- Cardboard to put in between the shirts so nothing bleeds through (Sofia has)

Programming:

6:45-7:00 Mixer- Go around, say name, grade, chapter and what your reaction would be if you got bleach on your favorite piece of clothing (and act out that emotion.) Example: My name is Sofia, I'm a Freshman at Mountain View High and I'm in El Al. If I got bleach on my friend's-sweater-that-I-permanently-borrowed, I would look like this: *do ridiculous scared/upset/oh no face in one*

7:00-8:00 Dinner [Judaism]- Each food has a symbolic meaning. Most of the foods have a "cleansing" or detoxing property. Explain each food. This is related to Judaism because after all, Jewish people are big fans of food! find more ways to incorporate how food=Judaism dinner will consist of:

- citrus salad = the zest represents spunk and life change
- peanut butter and jelly = the nuts are things we overcome the jelly is the thing that smooths us out
- lemon water = purify the soul an detox sins
- chocolate pomegranate seeds = well pomegranates duh can't get more Jewish than that

Sing the Birkat after we eat because El Al is trying super hard to do that more often!! :)

8:00-8:20 Havdallah

8:20-8:40 Homelessness simulation (social action): Speak out loud to the girls- Imagine your most prized possession was taken away from you, your bed, your privacy, your favorite teddie bear, your childhood blanket. Your Facebook , Tumblr, iChat account. Your computer. Imagine getting home and the roof over your head get taken away and you are left in the street, worried about where you are going to sleep that night or when you're going to eat again. Where are you going to go? To a friends house, maybe, but can you stay there for the rest of your life? Will you ever leave this town? How can you afford to pay for college, if you can't pay for your next meal? You can open your eyes now. Homelessness is heartbreaking, and it doesn't just affect people on the other side of the country, or in big cities.

If you are lucky enough to find refuge in a homeless shelter, you can't draw attention to yourself. Many shelters have very bad conditions, and often things get stolen from you, or bad things could happen to you. Please stay SILENT while you get everything you brought to this event.

Now, have the girls get what they brought to the event. Have them empty what they have in their purses/bags and add the value of everything. If you don't have a purse, add up how much

your shoes, jacket, phone ect cost. We have SO much stuff in comparison to a homeless person. We are all so lucky to have our things, in addition to a roof above our heads. Move into facts on homelessness:

FACTS ON HOMELESSNESS:

- Each year, an estimated 10,000 people become homeless on the Peninsula and in Silicon Valley
- Over two thirds of these people are families with children.
- That means that there are almost 7,000 children who become homeless in the Bay Area alone *each year*

To combat this issue, we are going to make toiletry packs for the Shelter Network. What is the Shelter Network you ask? Well:

FACTS ON THE SHELTER NETWORK:

- The Shelter Network is a non profit organizations dedicated to helping homeless families and individuals on the San Fransisco Peninsula rapidly and permanently rehouse.
- The Shelter Network not only provided shelter for over 4,400 homeless adults and children but they are committed to breaking the cycle on homelessness permanently
- So, 91% of families and single adults successfully return to permanent housing
- That means that if the Shelter Network could help all 10,000 homeless people, they could keep 9,100 people off the streets!

(Collect money now)

8:40-9:15 Making Toiletry Packs for The Shelter Network: Ask girls to bring in toiletry products in advance. These, according to the Shelter Network website, are some of the most needed items for both family shelters and for individuals. With these products, we will be making little toiletry packs for the shelters.

Have girls go around and take one toothbrush, one toothpaste, a conditioner, a shampoo, a bar of soap/body wash, and a lotion/mouthwash and put into a bag. Then, make a cute little card thing- ie "With love, from Sofia! Heartssss" (but a real heart. like <3)

(see <http://www.shelternetwork.org/donate/host-a-drive.php> and 'Bubble Drive.' We would be ultimately doing this. I also emailed the two people on the side, asking for specifications and what would be best for them)

9:15-9:40 The Great Clothing Race (yes, capitalized) [recreation]- Split girls up into 4 teams. Each team will have an assortment of clothes (2 t-shirts, a lab coat, giant boots, goggles, cowboy hats, Mickey Mouse ears, ect). The first girls each put on all these funky clothes and has to race to the end of the course and do some weird thing that they pulled out of a hat before they start. They then have to run back to the start and take off everything. Then, the next girl puts on all the clothes and the cycle repeats! Each girl has to put everything on in their proper places (shirts on chest, hats on head), but the each girl in your team does not have to have things on in the same order. One catch: before you are done, the person who had to make up

the bi-chapter cheer has to teach it to the rest of the group. Then, the group has to sing it at the top of their lungs before they can be finished.

This symbolizes overcoming battles that are silly but hard to face. If you can accomplish this you can accomplish anything!

Things to do:

- Sing Identity while hopping on one foot
- Make up a bi-chapter cheer while sticking out your tongue
- Sing the chorus of a song that starts with S
- Make a Ruby face and do the chicken dance
- Sing the Hockey Pokey (and do the dance)
- Make a top ten list of why you like Sofia so much
- Act like a frog if you are in Atz' Chayim or a Ladybug if you are in El Al

9:40-10:10 Words of encouragement [creativity]- Have positive words written out on note cards. Have girls sit by one that best represents you. After you choose your word, write something that was bad that happened to you in the past year around the edge of the card. Go around in a circle and say why your word relates to you/why did you take it. After that, rip off the edges and put them into the flaming bucket (loljk, it's water). Sometimes it's hard to see the good in things because the bad surrounds it.

Have t-shirts laid out on the floor/tables ect. Have girls write their word in big, black letters on the top of the back (like where the last names on sports jerseys are). Have other girls go around and write their word on other girls' shirts and if they want a SHORT cute note.

10:10-10:30 Signing shirts and writing cute notes ect [sisterhood]