

ABC... It's easy as 1,2,3

Program Ideas Release for 2012!

Hey gals! Are programming ideas and initiatives getting more complicated as the months of your term go by?! Are you running out of AMAZING, CREATIVE, and INSPIRING programs to do with your chapter? WELL, today is your lucky day! This is a release all about helping, motivating, and teaching other members of your chapter to run awesome programs.

IDEAS – for members that are not execs to run programs

1. Run a programming workshop. Make every girl get with a partner and walk through the steps on how to plan a program. Once they have planned their programs, take out a calendar and schedule the date for each pair's program. Make sure to follow through with them on supplies, scripts, and itinerary.
2. Ask a girl who has potential to help you run the next chapter program. Get her to help you handing out supplies, getting people quiet, etc. Then, tell the same girl that you have an idea for a program you want to do the next month and ask her if she wants to help you PLAN it. This way, it's progressive.
3. With the list of programs you have below, you could give the girls ideas and make them choose from the list. This could be part of your workshop. (You could also get an even bigger list of programs, just call me up and I'll send you a HUGE release from the International S'ganit a few years back!)

IDEAS – for chapter execs

1. You can ask for an Exec meeting to discuss and plan programs for the whole year, or the next month.
2. You can send them a release such as this one:

Hey Chapter _____ BBG execs! I have made this awesome release for all of you so that you can see programming on a different level. Our programs are going great! For the New Year, I want our chapter programs to reach their highest potential, and I need YOUR help! SO, I have put your position next to the type of programming you are responsible for, or folds that I would like you to program around. Please pick 4 programs from the list below or any other ones you have in mind, to run on Wednesday nights OR on weekends. BE REALISTIC about the programs you want to run. After you have done this, please send me an email at _____ with the 4 programs you want to run, and the month you want to run each one. (Remember, January's programs are already set, you have to have a program for each of February, March, April and May.) After all of you have sent me an email, I will put a calendar together for the programs we will have for the rest of the year. Please send me the email by (Due date – make sure you set the date BEFORE your February calendar and planners are due). THANK YOU SO MUCH FOR TAKING THE TIME TO DO THIS! (see program list below)

PROGRAM IDEAS FOR EACH FOLD!

SISTERHOOD (MORAH):

1. **MIT Night** - don't forget to include this program, it is a **MUST!**
2. **Awards Night** - funny awards with certificates that each girl will get ("Girl with the biggest smile" or "girl who gets all the guys" etc)
3. **PMS Party** - pig out, watch girly movies and maybe even do warm fuzzies
4. Have a night dedicated to watching "**Sisterhood of the travelling pants,**" then use a chapter shirt as the "travelling" item! Have rules for the shirt, like in the movie!
5. **Spa night**, with face masks and massages!
6. **Establish Big Sis/Lil' Sis**
7. **Make BBG Jars!** - have jars for each BBG, each girl has to write a small note in each jar. Whenever anyone feels upset, they can take out their notes and read them
8. **Quote Book** - make a book of quotes that you take out during meetings to read out cute ones
9. **Relating, Dating and Mating** - have a serious program about relationships.

JEWISH HERITAGE (SHLICHA):

1. **Israeli Boot camp** - have an army-style work out session!
2. **Israeli food night**
3. **Israeli dance (Rikud)** - bring someone in to teach dances
4. **Combine first three** - you can make this a culture night, with Israeli dancing, food and music!
5. **MOCK JEWISH WEDDING**
6. **Jewish sex talk** - what the torah says about sex before marriage, "kosher" sex
7. **pre-pasover pig out night !!**
8. **Israeli tour** (go around building with different places in Israel and learn about each one in rotations)
9. **mock seder** (for pesach) with funny food
10. **Tutorial of different branches of Judaism** - comparing each branch
11. **Lifecycles** - have an entire playing out of a Jewish life (from brit milah to shiva)

12. *Life on a Kibbutz* - learning about how they live
13. *Watching Jewish episodes* - of popular sitcoms such as *Family Guy*, *Seinfeld*, *Friends*, *Simpsons*
14. *Model UN: Discussion on Israel*
15. *Jewish trivia*

COMMUNITY SERVICE (MAZKIRAH):

1. *Toys for Tots* - collect and donate toys or videos to a children's hospital or homeless shelter
2. *tzedakah box* - Make a chapter box and collect spare change every week
3. *Food drive* - collect canned foods

SOCIAL ACTION (MAZKIRAH):

1. *Obstacle course* with each member having a different disability
2. *Environmental Awareness*
3. *Awareness* - choose a common issue that your chapter is passionate about and have a "fact/myth" activity, and other activities to teach them the issue
4. *Guest Speaker* - for any given issue

CREATIVITY (N'SIAH):

1. *Making Sisterhood Candles* - for life, or installations, or inductions
2. *Finger Painting night!*
3. *Vegetable Races* - get members to bring in veggies and ask them to build a vehicle that can roll
4. *Host a talent show* - This could work for the entire region, not JUST your chapter!
5. *Make a movie night* - This may take more than a Wednesday night to do... but wouldn't it be awesome?!
6. *Newspaper Fashion Show*

RECREATION (S'GANIT):

1. *Back to your Childhood* - program on reminiscing, bringing baby pictures, playing duck duck goose and acting like we think we acted when we were 7.

2. *Newlyweds* - pick someone of the opposite gender to answer questions about you, and test how much they know you!
3. *Food fight!*
4. *Twister*
5. *Human Board Game Night!*
6. *TV Game Shows Night* - Jeopardy, Family Feud, Who's Line is it Anyways, Don't Forget the Lyrics, etc.
7. *Random Fact Night*

BBGG (S'GANIT):

1. *Play Girls Football*
2. *80's workout night* - get girls to dress up in neon colours and have 80's music to work out to
3. *Sillyolympics* - random, fun games such as pie tosses, wheelbarrow races and pin the tail on the donkey
4. *Colour wars!*
5. *Skating*
6. *Salsa dancing/ Zumba*
7. *Yoga/pilates night!* - followed by a low-fat meal and discussion on nutrition

*****Try to make it your goal to have at least 3 programs each month NOT run by you OR your N'siah. *****

Submitted with undying love for creative programs, Lake Ontario Region and Beautiful B'nai Brith Girls,

I remain Melanie Levy-Hara,

*Regional Signit of Lake Ontario Region for the 2011-2012
programming year.*