

CENTERPIECE

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Wizard of Oz returns
to CenterStage

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JCC Unveils New Smart Cardio Equipment

By Lisa Hornung
Communication Specialist

Members of the Jewish Community Center got a big gift this holiday season – new cardio equipment.

Coming on the heels of the locker room upgrade, the new equipment is a much-needed improvement allowing the JCC to jump to the top of the list of local gyms in fitness technology.

There are 24 new machines by Precor, including two AMTs (adaptive motion trainers), two recumbent bikes, 10 treadmills and 10 elliptical machines. All of them will have computers on board in which users can log in, watch TV, check Facebook and Twitter (and check in at the JCC!) and upload their workouts to their smartphones with the fitness tracking app, Preva. The machines will have workout videos to follow and let members know about upcoming classes and events at the JCC.

"This is the newest cardio equipment on the market," said Ron Peacock, JCC

fitness director. "No other gym in Louisville has this quantity of state-of-the-art fitness equipment."

The AMT is a cross between an elliptical machine and a stair-stepper, except that you control the stride yourself. The machine allows you to climb, run or stride like a gazelle.

According to the Precor brochure, "users can go from short stride to long stride, walking to running, climbing to lunging, allowing them to target different muscle groups. Pushing and pulling the moving handlebars will engage the upper body, resulting in a total body workout."

All the Precor equipment will allow users to read in English, French, Dutch, German, Italian, Russian, Spanish, Japanese or Chinese.

The ellipticals use CrossRamp technology allowing the user to adjust the machine to his or her own fitness level between 13 and 40 degrees of incline with moving upper-body handlebars. The treadmills adjust from a -3 percent to 15 percent incline, and go up to 16 mph.



A JCC Member working out on the new Precor elliptical machine. The new machines will allow you to log in and track your workouts online as well as watch TV and surf the web during your workout.

WINTER HOLIDAY SCHEDULE AT THE JCC

Wed., December 24: 7 a.m.-3 p.m.
Group Fitness:
8 a.m.J-Barre..... Bekki Jo
8:30 a.m.BODYPUMP™..... Tara
9 a.m.Cycle Susan
9:30 a.m.Cardio Challenge. Susan
10:30 a.m.Deep Water..... Beth
10:45 a.m.Yoga Flow Michelle

Thurs., December 25: 7 a.m.-3 p.m.
Group Fitness
10:45 a.m.Yoga Flow Michelle
9-9:30 a.m.Cycle Lite..... Lisa
9:30 a.m.Muscle Blast..... Lisa
10:30-11 a.m.CXWORX™..... Tara
11 a.m.BODYPUMP™..... Tara

Wed., December 31: 7 a.m.-3 p.m.
8 a.m.J-Barre..... Bekki Jo
8:30 a.m.BODYPUMP™..... Tara
9-9:30 a.m.Cycle Susan
9:30 a.m.Cardio Challenge. Susan
10:30 a.m.Deep Water..... Beth
10:45 a.m.Yoga Flow Michelle

Thurs. January 1: 7 a.m.-3 p.m.
9-9:30 a.m.Cycle Lite..... Lisa
9:30 a.m.Muscle Blast..... Lisa
10:30 a.m.Deep Water..... Beth
10:30-11 a.m.CXWORX™..... Penny
11 a.m.BODYPUMP™..... Penny

Dreidels, Bikes Spin for Kentucky Special Olympics at Cycle for Good



By Tara Stone

The Third Annual JCC Cycle for Good took place on Sunday, December 14. There were more than 25 cyclists participating during the four-hour event. The cyclists donated \$25 and cycled as long as they could. Several JCC members made it two hours on the bikes. JCC Assistant Membership and Wellness Director Tara Stone continued her streak

of cycling all four hours for the third year in a row. After getting off the bike, massage therapists were on hand to help work out tense muscles.

This year, Special Olympics athletes participated and cycled along with members. For the first time, donations topped \$1,000 with proceeds going to Special Olympics of Kentucky. Donations can still be made by contacting the Health and Wellness desk.

Meet the Challenge Campaign Renovates Locker Rooms

Donations now total more than \$80,000



On December 5, the Men's and Women's locker rooms re-opened to much excitement. Old metal lockers were replaced with new wooden ones on both sides. New flooring and paint were in put in and the men's vanity was replaced. The upgrade was paid for by the JCC Meet the Challenge Campaign, which is raising \$120,000, all of which will be matched by the Jewish Heritage Fund for Excellence.

Thank you!

Thanks to generous contributions from many of our members to the Meet the Challenge campaign, needed improvements are underway throughout the JCC. The renovated locker rooms are open; new chairs for CenterStage have been ordered; and planning is underway for other projects on our list that will ensure the building serves our members as best we can.

But we're not there, yet. We have raised \$84,000 toward our goal of \$120,000. There's time left by year-end to make

your contribution online or return the Meet the Challenge card sent to you in the mail. As a reminder, every donation will be matched by the Jewish Heritage Fund for Excellence, and your donation may be fully tax deductible. What better time of year to make a long-lasting gift to our second home?

We're glad you're part of our JCC family. We could not have completed the above updates without help. For those of you who have not yet had the chance, please help us finish up the other items on our list.

Thank you again.

Susan Waterman & Bud Schardein
Health and Wellness

Barb Schwartz
BBYO

Seana Golder
Summer Camp

Sarah Harlan
CenterStage

Kate Stratman
Early Learning Center

Margot Kling
Seniors

TEEN CONNECTION

JEWISH YOUTH GRADES 6-8

SKI TRIP TO

PERFECT NORTH

MONDAY, JANUARY 19

8 a.m. Departure from JCC

8 p.m. Arrival Back at JCC

Join us as we take a trip to Perfect North on your day off from school. You can ski, snowboard or tube or do all three. Experience winter at its finest with the JCC.

Transportation, lift ticket and flex rental included
Fee: \$85 | JCC Members: \$80
Please bring spending money for lunch and dinner.

To register, contact Mary Dooley at 502-238-2718.
 Register by Monday, January 5 at 5 p.m.

Register online at

jewishlouisville.org/teen-ski-trip

PARENTS

NIGHT

OUT

For infants-6th grade.
 Snacks will be provided,
 bring your own dinner.

Jan. 17

Theme: Hand in hand

5:30-9:30 p.m.

Fee: \$30, + \$10 per additional child*
JCC Member Fee: \$20,
 + \$10 per additional child*
 * Children must be from the same household.

Register by 5 p.m. Friday, Jan. 9.

Register online at

jewishlouisville.org/family-programming

JCC Patio Gallery Brings Peace in the New Year

By Lisa Hornung
Communications Specialist

The theme of January's Patio Gallery art show is Peace, and there are two artists and an organization that will collaborate in this endeavor January 11-February 24: Laurie Wohl, Terry Taylor and Peace Postcards.

Because all three shows are focused on the same theme, they are displayed in conjunction in the Patio Gallery and outside the gallery in the lobby.

"It's three different forms of art that promote peace," said Slava Nelson, cultural arts director. "With our 125th anniversary this year, it perfectly symbolizes our mission. From the very beginning, the JCC has always promoted peace."

Laurie Wohl

"Birds of Longing: Exile and Memory" by Laurie Wohl, interweaves Muslim, Jewish and Christian poetry and spiritual texts for the period of the Convivencia in Spain (the eighth through the 15th centuries) and from contemporary Middle Eastern poets, particularly Palestinian and Israeli.

Wohl will give a presentation on Sunday, January 11, from 12:15-1:30 p.m., which is sponsored in part by Louisville Area Fiber and Textile Artists (LAFTA). The presentation will be followed by an opening reception 2-4 p.m.

Wohl uses what she calls Unweavings to make her fiber art pieces, using unwoven canvas, textured papers and oth-



"Birds of Longing" by Laurie Wohl

er materials as a foundation to integrate visual and tactile elements with texts, using Arabic and Hebrew calligraphy, with Greek and English calligraphy, too.

There is an audio component to the project and consists of readings in English, Arabic and Hebrew of the portions of the poems and spiritual texts contained in the Unweavings, Wohl said.

"My hope for the project is that its visual and auditory impact will make vivid for viewers the connections among the Abrahamic religions and stimulate reflection on their shared emotional, aesthetic and thematic content," Wohl said.

New Patio Gallery Space Opens with Robert Klein's Photography

Local photographer Robert Klein has a showing in the front lobby of the JCC now until January 6.

The photos take up a recently unused space and bring needed beauty to the lobby of the JCC. The area will be used as additional space for the Patio Gallery to provide more room for future shows.

Even as Klein hung his photos, guests began wandering over to see the photos. It's Klein's first show, and he admitted that it's exciting and intimidating.

The show features some of his work from 1973 to the present, with an emphasis on his two recent trips to Israel. The last visit was as a participant in the Artist in Residency program sponsored by Partnership2Gether. The program pairs artists in various fields in the Partnership's region in Israel, the Western

Galilee.

One of Klein's duties on that adventure was to document the other artists and activities of AIR, and some of those images are included in this exhibition. About a third of the show features photos from Israel, and others are from Kentucky, Cincinnati and Oregon. This exhibition shows a range of subjects and styles reflecting Klein's varied ways of expressing his vision in photographic images.

Klein said he believes that a photographer often sees the world differently, noticing the unusual juxtaposition of things or the visual order of the world. He finds joy in being able to do that and constantly strives to realize his vision with greater technical and artistic skill.

Bette Levy, Patio Gallery director, brought Wohl to the gallery because of her religious vision. "I first became aware of Laurie (Wohl) when I was a vice president of the Surface Design Association and she applied for a grant which was subsequently given to her," Levy said. "I thought, at that time, that her work was particularly intriguing because it focused on the three major religious groups and looked for commonalities in the music, religious writings, and art of the three."

When she later sent Levy a letter at JCC, "I was delighted to offer the opportunity to bring her work to Louisville."

LAFTA is supporting, in part, her presentation and gallery talk, the Sunday prior to the reception.

Terry Taylor

Terry Taylor, executive director of Interfaith Paths to Peace, will present his show, "A Pilgrim Lens," alongside Wohl.

The photos displayed were taken during Terry's "sometimes sacred, sometimes secular spiritual journeys around the US and around the world."

Taylor worked as a journalist early in his career, shooting black and white photos for print. Today he has adopted as an intentional aesthetic the use of an iPhone and simple cameras to produce photos that are printed as-is, with little or no digital manipulation.

Taylor's travels have taken him to 29 nations and all 50 states. He maintains an active membership in the Fellowship of Reconciliation and serves on the Board of Fons Vitae Press, and is a member of the Board of the Louisville Chapter of the American Foundation for Suicide Prevention. He is also a member of the North American Interfaith Alliance. Terry collaborates on projects and events with the Roman Catholic Archdiocese of Louisville; the Jewish Community Relations Council; the Episcopal Diocese of Kentucky; the Islamic Cultural Center of Louisville; the Baha'is of the Kentuckiana area; the Drepung Gomang Institute (Louisville's Tibetan Buddhist community); the Ten Thousand Buddhas Summit Monastery of Corydon, Indiana; the Hindu Temple of Kentucky and Kentuckiana American Indian Advocates.

Peace Postcards

Peace Postcards will also participate in the event with a public art project set up outside of the Patio Gallery. Peace Postcards is a public art project based out of Louisville that allows people to draw on postcards their vision of peace and add them to a gallery of postcards from all over the world. Some of the postcards will be shown in Peace Postcard exhibitions.

Peace Postcards began in January 2009. Allan Weiss, a Louisville lawyer and peace activist working with Interfaith Paths to Peace, wondered what would happen if the public were allowed to draw their visions of peace on postcards. Five years later, Peace Postcards has more than 20,000 postcards from 25 countries around the world.

Weiss takes the postcards displays to showings worldwide. In August 2012, he displayed cards at the Hiroshima memorial in Japan – the first American organization to be part of that memorial. In September 2012, he took 200 cards to the Tehran Peace Museum in Iran.

Weiss said the majority of the cards are from children because it's easier to get schools to participate, but the cards are open to everyone. The display at the JCC will have easels set up for anyone to make art, and the cards will be displayed on the glass walls of the library.

For more information on Peace Postcards, visit Peacepostcards.org.

2014

JCC

Louisville

WINTER

CAMP

Monday-Friday, December 29-31 & January 2, 9 a.m.-3 p.m.
 (Camp is closed on January 1.)

Open to Preschool Campers and K-6 Campers! Extended day options available. Pick up registration forms at the JCC or visit www.jewishlouisville.org/wintercamp. Contact Mary Dooley at 502-238-2718 or mdooley@jewishlouisville.org for more information.

SENIOR CALENDAR

DECEMBER 30
Bingo, 12:45 p.m.

JANUARY 6
Computer Class, 10:30 a.m.

Gregg Benefield from TARC will be back to

Give instructions in using YouTube, Skype, Amazon, Ebay and more.

Free for Club Members, \$10 for NM.

JANUARY 6
Bingo, 12:45PM

JANUARY 13
Senior Retirees Meeting, 12:45 p.m.

Rabbi Nadia Siritsky will speak on "Judaism & Health-Eating Healthy." Refreshments will be served.

JANUARY 19
Gourmet Dining Club, 5:30 p.m.

Join us at Cattleman's Restaurant on Hurstbourne Lane for dinner.

Cost of transportation: \$6/M, \$8/NM

JANUARY 20
Sing-along with Mary & Mila, 12:45 p.m.

JANUARY 27
Bingo, 12:45 p.m.

Clothing Drive for Immigrants from Bhutan (near Pakistan & India)

During the month of January, please bring in either new or gently used men's or women's clothes such as coats, hats, gloves, pants, shirts, etc.

Donation boxes will be in the Senior Adult Lounge.

JCC Garden Club Needs Volunteers

No experience needed!
Seed planting begins in March.
To lend a hand, call
Margaret Mazanec 502-271-7197
Mag Davis 502-326-4920
or Diane Sadle 502-238-2749



TRAIN YOUR WAY

PERSONAL TRAINING AND PILATES AT THE JCC



NOW FEATURING NEW RATES!

Our goal is to provide you with the **motivation and education** needed to help you meet your Health & Wellness needs. Let us help you create a fitness program based on your goals today.

Contact the **Health & Wellness** Desk today for details.
502-238-2727

REGISTER ONLINE TODAY!
jewishlouisville.org/nocardioshred

NEW

NO-CARDIO
SHRED



CARDIO ISN'T THE ONLY WAY TO BURN FAT.

WEDNESDAYS, JAN. 7-28 | FROM 6-7 P.M.

with Ryan Perryman | Fee: \$72, JCC Members Only

Call the Health & Wellness Desk at 502-238-2727 to register or for more information.

Miller Wins Largest Mazin Annual Art Exhibit Ever

By Ben Goldenberg
Marketing Director

Douglas Miller won the largest ever Mazin Annual Art Exhibition for his work "We Are Always There." Teri Dryden was awarded second place for "Champagne Bubbles," and Sherrill Keefe won third place for "Landscape." Honorable Mentions were also given to Ron Anderson, Ada Asenjo, Sally La-Baugh and Allison Renyolds. The show will be on display at the JCC Patio Gallery until January 6, 2015.

This year's showcase was the first to be open to Kentucky, Indiana and Southern Ohio. With the help of Judy Hummel and her sisters Marilyn Mazin Miller and Helaine Mazin David, the daughters of Bernice Mazin, JCC Patio Gallery nearly doubled the award money to \$1,000 for first, \$500 for second and \$300 for third places.

McCrystal Wood, a professor of art from the University of Cincinnati, juried the show. She said it was a very tough decision deciding from 142 entries from 63 regional artists and that "based on the quality, could have created three exhibits."

Patio Gallery director Bette Levy worked tirelessly to increase the visibility of the Mazin Annual Art Exhibit and the JCC Patio Gallery. Patio Gallery assistants Lisa Simon and Katlyn Brumfield helped install the shows and are part of the Visual Art Committee at the JCC.

"We are absolutely blessed with a visual art committee who are always working to help promote this exhibit and all the others," said Slava Nelson, JCC Patio Gallery administrator. "Bernice would definitely be very proud of the level of



2014 Mazin Exhibit Honorees: Ron Anderson, Sherrill Keefe, Douglas Miller, Terry Dryden, Ada Asenjo and Allison Reynolds



Patio Gallery Director Bette Levy, show patrons Emily and Judy Hummel and JCC Adult and Cultral Arts Director Slava Nelson

sophistication and how the show has grown through the years."

Bernice Mazin was a beloved member of the Jewish community who died last year. Ten years ago, she started the annual show to provide opportunities for local artists.

The JCC Patio Gallery will bring Laurie Wohl, a fiber artist from New York in January as well as a photography exhibit from Terry Taylor, the retiring executive director of Interfaith Paths to Peace. A reception for the exhibits will be January 11, 2015 (see CenterPiece page 2).



Latkes in the Lobby took place at the JCC each weeknight during Chanukah. Everyone enjoyed lighting the menorah, stories and latkes with plenty of applesauce and sour cream!

WEEKEND
WARRIOR

Gain an edge in your weekend sports

SUNDAYS, JAN. 2-25 1-2 P.M.

Instructor: Sylvester Davis

FEE: \$72
JCC Members Only

REGISTER ONLINE TODAY!
jewishlouisville.org/weekendwarrior

NEW