

CENTERPIECE

INSIDE

JCC Summer Campers make a difference in Louisville and in Israel during Caring and Sharing Week.

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Stand with Israel at Israeli Scouts Performance



by Niki King
PR Specialist

The Israeli Scouts are coming to Louisville to celebrate Israel's culture and achievements with two concerts on July 29, and the community is encouraged to attend the 6:15 p.m. "I ♥ Israel" concert to show their love and support of the Jewish State.

The event is free and open to the public.

The Friends of Israel Scouts, Inc. – Tzofim, will also perform at 2 p.m. for JCC summer campers and their families, and will spend the rest of the day interacting with the campers.

The show, which travels to various camps and JCCs around the country, offers a medley of contemporary and traditional songs from the U.S. and Israel. "Given the situation in Israel, this is a great opportunity to show our support for Israel and these young Israelis,

as they share their spirit and love for the Jewish State," said Sara Wagner, JCC senior vice president and COO.

"It'll be fun, the kids will really enjoy them," said Rachel Lipkin, JCC middle school director.

Formed in 1995, the Tzofim program seeks to strengthen relationships between Israel and North American Jewry, project Israel in a positive light and form strong bonds of friendship between the Israeli youth and their American counterparts. The scouts have come to be a fun, well-loved summertime tradition.

There will be 12 scouts in Louisville, all of them Israeli teens, staying with volunteer host families.

The scouts will also do some educational activities with Camp Keff while they're here.

For more information on the "I ♥ Israel" concert or the Israeli Scouts, contact Rachel Lipkin, middle school director at 502-238-2701 or rlpikin@jewishlouisville.org

JCC Fitness Classes at Standard Club

By Niki King
PR Specialist

The JCC is experimenting with new ways to keep you in shape.

The Health and Wellness Department just announced a new series of fitness classes beginning Aug. 4 at the Standard Club, 8208 Brownsboro Rd., off Ky. 22 in eastern Jefferson County.

The classes range from pilates and yoga to boot camp, golf-conditioning and aquatics, will be offered on weekdays throughout the week in the morning and evening. The classes will be held outside on the club's 150-acre campus that includes a rolling 18-hole golf course, Olympic-size swimming pool and tennis courts. The fee is \$100 for Standard and JCC members and \$120 for others.

JCC AT STANDARD CLUB

All classes begin the week of August 4 at the Standard Club

Summer Time Yoga

Tuesdays at 11 a.m. with Michelle Mardis

Golf Conditioning

Wednesdays at 10:30 a.m. with Denise Joseph

Mat Based Pilates

Wednesdays at 5:30 p.m. with Mary Delk

Movement Awareness in Water

Thursdays at 10 a.m. with Dorothy Henning

Women Only Workout

Thursdays at 6:30 p.m. with Denise Joseph

Men's Health and Fitness

Thursdays at 6:30 p.m. with Ryan Perryman

THE Bootcamp

Fridays at 11 a.m. with Ryan Perryman

Call 502-238-2727 to register by August 1.

CenterStage Kicks Off 100th Season with Birthday Party and Spring Awakening

CenterStage, the oldest continuously operating theatre in Kentucky, is kicking off its 100th Season with a grand anniversary celebration July 30, followed by the Broadway hit, *Spring Awakening*, Aug. 7-17.

The anniversary party will feature an open bar sponsored by Heaven Hill Distilleries, birthday cake, special performances by popular CenterStage performers highlighting the upcoming season and attendees will mingle with Louisville dignitaries.

The event, starting at 7 p.m., is free, but an RSVP is required as seats are going fast.

"It's going to be tremendous centennial year, truly worthy of CenterStage's history and legacy for top-notch community theatre," said John Leffert, CenterStage artistic director.

"It's a way to workout outside with the same great instruction you'd get here," said Tom Wissinger, Senior Director of Membership & Wellness.

The classes will be taught by some of the JCC's most well-loved trainers, including Denise Joseph, who has taught Woman Only Workout for years.

"The success of these programs could lead to additional programming opportunities throughout the community," Wissinger said.

Standard began on River Road as a country club for Jewish executives who weren't allowed to join Louisville's Gentile clubs, according to *Adath Louisville, The Story of a Jewish Community* by the late journalist and historian Herman Landau.

The Jewish Heritage Fund for Excellence Inc. completed a deal late last year for the purchase and partial lease back of the Standard Club property. Standard Club continues to offer golf, pool and tennis memberships.

Spring Awakening, the rock musical that took Broadway by storm, begins CenterStage's stellar 2014-15 season of Broadway shows and public events.

In this rousing musical, a group of pubescent students navigate the anxieties of coming-of-age in a provincial world as their budding sexuality unfolds from youthful lust to tragic consequences. It is ultimately a timeless portrayal of the issues teens have faced throughout generations and the ongoing communication, or lack thereof, between parents and their children.

Fusing morality, sexuality and rock and roll, *Spring Awakening* caused critics to exclaim that it awakened Broadway like no other musical. It won eight Tony Awards including Best Musical and was hailed by the New York Drama Critics Circle, Drama Desk and Outer Critics Circle as the Best Musical of the Year.

Join CenterStage on Sun., Aug. 17, at 4 p.m., immediately following the 2 p.m. performance, for #TeenAwakening, a conversation with local teens and parents to discuss what it's really like to be a teen in 2014. The discussion will be facilitated by therapeutic professionals. All participants will have the opportunity to ask questions or share comments anonymously.

Season tickets are still available, but selling briskly. Visit www.CenterStage-JCC.org or call 502-459-0660 to get your season or individual show tickets today.



SPRING AWAKENING

August 7	7:30 p.m.
August 9	7:30 p.m.
August 10	2 p.m.
August 10	7 p.m.
August 11	7:30 p.m.
August 12	7:30 p.m.
August 14	7:30 p.m.
August 16	7:30 p.m.
August 17	2 p.m.
August 17	7 p.m.

#TEENAWAKENING

Join CenterStage as we explore what it is like to be a teen in 2014. Local therapeutic professionals will answer anonymous questions or comments from teens and parents immediately following the August 17th 2 p.m. performance of *Spring Awakening*. The event is free and open to the public.

Caring and Sharing Week at JCC Summer Camp Teaches Many Lessons

by Rivka Golding
Community Intern

Like most camps, the Jewish Community Center Summer Camp is jam-packed with exciting trips, arts & crafts projects, swimming and sports. The camp has had over 600 campers throughout the summer, and offers programs for children ages two to ninth grade.



What sets the JCC Summer Camp apart from other camps is its focus on the importance of social action, and its ability to incorporate Jewish values into its programs. This year's camp theme is "Superheroes", and the camp motto

is, "You don't need superpowers to be a superhero; you just need JCC Summer Camp." Campers' superpowers come in the form of helping others.

Every week the campers partake in a camp wide values-based program, in which they learn about the importance of various Jewish values including Tzedakah (charity), Kehillah (community), Gemilut Chasidim (kind deeds), and Tikkun Olam (social action).

This past week's program included a performance by Drama by George, to help educate the campers about bullying. Throughout the performance, campers learned to recognize bullying, strategies to prevent bullying and ways to stop bullying if it is occurring among their friends.

July 14-18 was JCC Summer Camp's fifth annual Caring and Sharing Week, where campers typically raised money to go to a charity and food for the JFCS Food Bank. This year's project took on a much larger role with the attacks in Israel.

Dafna Chen, the JCC Summer Camp shlichah (Israel emissary) originally came to Louisville to teach the campers about Israeli culture, and to give them a taste of what it is like to live in Israel. When Israel started being attacked, Dafna, or Dafi as she likes to be called, thought that she would need to return home but decided to stay and help Israel from here.

When the code red sirens go off in Israel, warning of an approaching missile, citizens living in the South have only 15 seconds to seek shelter. With rockets constantly being launched at Israel, Israelis may sit in bomb shelters for hours on end. With Dafi's help, the campers

came up with their own ideas as to what they could send to Israeli children to keep them entertained, and to take their minds off of the rockets.

During Arts & Crafts time, they created decorations for the bomb shelters' otherwise grey, concrete walls. They made card games, paper puppets, and costumes, for the Israeli children to play with, and wrote letters to let them know they are thinking of them.

Dafi hopes that the care packages will, "allow children in Israel to forget a little bit about what is going on outside the bomb shelter, and give them a sense of comfort inside the shelter."

During Caring and Sharing Week, the campers received a tour of the JFCS Food Pantry, and were very excited to see some of the several hundred pounds of food they collected throughout the summer sitting on the shelves. After the tour, the children were committed to reaching their fundraising goal. It was hard to miss the campers eagerly selling snacks in the JCC lobby, or offering car washes in the parking lot.

On Friday, July 18 the camp donated \$450 to the Sonny & Janet Meyer Family Food Pantry Fund. They are still collecting donations.

Kim Toebe, Volunteer coordinator at the JFCS, was impressed with the children's enthusiasm, and explained that the camp's donation would directly benefit families with children because, "children who receive reduced lunches in school may go hungry during the summer months."

Caring & Sharing Week is a vital part of the JCC Summer Camp's mission, and it allows the campers to see how their actions can affect the world around them.





TEEN CONNECTION
JEWISH YOUTH GRADES 6-8

AUGUST 10

DROP OFF AT JCC AT 9AM,
PICKUP AT JCC AT 8PM

Fee: \$70,
JCC Members: \$50
Please register by
August 3 at 5pm.

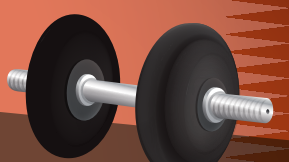
Contact Mike Steklof at
msteklof@jewishlouisville.org
or 502-238-2774.

TEEN POWER

AUG. 4 - 25

MONDAYS 4:30-5:15 p.m. with Denise Joseph

Fee: \$80



For more information or to register, call the
Health and Wellness Desk at 502-238-2727.





FREE FOR MEMBERS*

Bring your children in to play while you work out at the JCC!

Please call ahead to check availability at **502-238-2705**.

*90 minute limit. 15 children capacity. Parents must remain on the premises during the time their children are in J-Play and J-Play+. Available for use by children of Family Members and Single Parent Members.

J-PLAY HOURS:

Monday-Thursday
8:30 a.m. - Noon & 5 p.m. - 8 p.m.

Saturdays
10 a.m. - Noon

Sundays
9 a.m. - 1 p.m.

J-PLAY+ HOURS:

Saturdays
10 a.m. - Noon

Sundays
9:30 a.m. - Noon



Varied Routines and Trust Allow Davis to Lead JCC Personal Training

By Niki King

As one of the JCC's favorite personal trainers, Sylvester Davis is pretty in demand.

"I keep busy," he said, with a smile. Since coming to the JCC in 2010, he's instructed countless people, helping them advance their personal fitness goals.

Some have been working out for years and want to take their routine to the next level. Others, like Robin Brown and her husband, have never worked with a trainer before.

"He keeps our training varied, and keeps us on track. We're in our mid-50s and I look at the results as an investment in me – as we age," she said. "My husband and I are more flexible, have much better core strength and are overall just feeling better."

A number of Davis's clients started in the Exceed Foundations Program, which is designed for new members or individuals looking for the best fitness program to meet their needs.

Exceed Foundations provides two 45-minute sessions with a certified trainer that includes a complete Health Assessment and Fitness Evaluation and an additional 45-minute training session.

The program is only for members who have never purchased personal training or pilates sessions. A discounted personal training package is available upon completion of the Foundations program.

"Exceed is a good introduction," Davis said. "It's a good opportunity to make sure you mesh with a trainer, that there's good rapport and trust. It's a good

ice-breaker."

Those elements were key for Richard Breen, who's trained with Davis. He really needed to feel like he could trust Davis, he said.

"Trust is a very important part of working with a personal trainer. I personally need to feel like what the trainer is having me do is good for me, and will not injure me," he said. "(Davis) is worthy of the trust. He is very knowledgeable and works hard to learn a client's needs, then tailor a training program to bring about the best results."

Davis said his philosophy is to focus foremost on good technique and form, so people can work learn to work out independently with confidence.

"Exceeds introduces people to that and helps them progress to higher levels of form and fitness," he said.

If interested in the Exceed Foundations program, call Ron Peacock in the Health and Wellness Department at 238-2792. The fee is \$30 for members.



Teens to Teach Teens about Judaism in Keshet Cafe

No slideshows, no power points, no bells, no whistles -- just enlightening, informal talks about Judaism with local teens.

That's what Mike Steklaf, teen director, hopes to achieve with the new program, Keshet Cafe.

The program, which runs Aug. 31-May 2015, will meet Sundays noon-1 p.m. at

Panera Bread, 1801 Rudy Lane.

Participants will be asked to make presentations for their fellow peers throughout the year. There will be guest speakers as well from the Jewish community. But mostly, it will be teens leading discussions and talking about issues of Judaism that interest them, which could mean potentially controversial topics such as what the texts say about sex or relationships.

"I want to meet teens where they're at, I want it to be informal" Steklaf said.

Steklaf said formal Jewish education typically ends at 10th grade in Louisville. For some time now, he's hoped to offer some kind of educational programming for 11th and 12th graders.

A teen lecture program called Keshet Kentucky used to be offered by the JCC in which teens heard from leaders in the Jewish community. Steklaf wanted to revamp it and envisions it working kind of like a small, local, teen-led TED Talk. TED is a national nonprofit devoted to spreading ideas, usually in the form of short, powerful talks of 18 minutes or less.

Keshet Cafe costs \$125, \$100 for JCC Members. Contact Mike Steklaf, Teen Director at 502-238-2708 or msteklaf@jewishlouisville.org to register.

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Thursdays
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Cost: \$48
JCC Members Only
502-238-2727

CenterStage
at the Jewish Community Center

PRINTED TWEET

#Teen Awakening

Sunday, August 17th

@ 4 p.m.

by CenterStage
@jccCenterStage

Join us following the 2 p.m. performance of *Spring Awakening* on Sun., August 17 for a conversation with local teens and parents to discuss what it's really like to be a teen in 2014.

There is no charge for this event!

502-238-2709



AGES 4+ SIGN UP NOW AT

MIGHTY TITAN

ADVENTURES.COM

YOUTH OBSTACLE SPRINT RACE

AUGUST 8 at the JCC

Register online at

MightyTitanAdventures.com

SENIOR CALENDAR

JULY 29
Bingo, 12:45 p.m.

AUGUST 5
Movie & Popcorn, 11 a.m.

Do you enjoy laughing, if yes, join us as we watch the "Best of Abbot & Costello" and "Sid Caesar".

We will also celebrate August birthdays and anniversaries.

AUGUST 18
Gourmet Dining Club, 5:30 p.m.

Join us for dinner at Carrabbas Italian Grill on Hurstbourne Parkway.

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

AUGUST 12
Bingo, 12: 45 p.m.

AUGUST 19
Sing a-long with Mary & Ludmila, 12:45 p.m.

AUGUST 26
Bingo, 12: 45 p.m.

SEPTEMBER 7
Lunch & Show-"Chicago", 12:15 p.m.-
Lunch 2 p.m.-Show

Join us for a catered lunch prepared by Gerry Burns, followed by this wonderful musical set in Chicago during the roaring 20's.

Cost of lunch & show: \$25/JCCM, ASCM, \$30/NM.

Paid reservations by Friday, August 29th.

Four honored at AquaVenture at JCC Patio Gallery

Thomas Powell won first prize in the Kentucky Watercolor Society annual Water-Based Media Show, AquaVenture for "Tending." Judy Mudd took home second place for "Spring in the Bluegrass" and Mary Lou Hall won third for "Corsica." Honorable mentions were given to Susan Huttenlocher for "The Yellow Brick Road" and Thomas Powell for "The Out-of-Towners."

AquaVenture is on display until August 26 at the Patio Gallery in the Jewish Community Center. The show is a competition open to both members and non-members of the Watercolor Society. A total of 50 submissions were accepted and 24 pieces will be exhibited.

This year's juror was realist painter Gabrielle Mayer, M.F.A., who is an associate professor at University of Louisville. Her work has been exhibited locally and nationally including last year's



Thomas Powell's first place winning piece "Tending"

show U.S. Global Perspectives on America's Heartland at the Yeiser Art Center in Paducah, Ky. She's been an Al Smith Fellowship recipient and a visiting artist at the American Academy in Rome and an artist-in-residence at the Blue Mountain Center.

The Kentucky Watercolor Society was formed in 1977 to promote water media as an important medium in the arts community and provide support and educational opportunities for water media artists. To that end, the society sponsors exhibitions, competitions and workshops for professional, hobbyist and beginning artists. The Kentucky Watercolor Society is a non-profit, nationally recognized, all-volunteer organization.

The Patio Gallery presents a broad variety of different media, artists, groups and individuals. It features shows that range from representational to abstract and from traditional to cutting edge.

Patio Gallery tries to foster an appreciation of today's 2D and 3D artists. It often includes artists who reside outside of Louisville and offers exhibits that address significant social issues. Patio Gallery hours are Sun., 9 a.m.-7 p.m.; Mon.-Thurs., 8:30 a.m.-9 p.m.; and Fri., 8:30 a.m.-6 p.m.

W.O.W. WOMEN ONLY WORKOUT

AUG. 12-SEPT. 16

Tuesdays, 6-6:30 p.m. with Denise Joseph

\$108 | JCC Members Only

Hey Ladies! Do you have 30 minutes per week to get into shape? Then we have the workout for you!

For more information or to register, call the Health and Wellness Desk at 502-238-2727.

SIGN UP FOR JCC TEXT ALERTS

New Text Message Alerts

Text JCCLOU
(JCC Building Notifications)

or

JCCPOOL
(JCC Pool Notifications)

to 51818 for up to the minute emergency notifications.

THE PJ LIBRARY

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A FREE Treasury of Jewish Books & Music

For Ages 6 Months to 8 Years

Call (502) 618-5325

or sign up online at jewishlouisville.org/pjlibrary

SCHOOLS OUT DAYS

IN THE MIGHTY JUNGLE

Monday, August 11 | 9 a.m.-3 p.m.

THE WILD, WILD WEST

Tuesday, August 12 | 9 a.m.-3 p.m.

Fee per day: \$62*, JCC Member: \$42*

* \$5 off if registration is received by 5 p.m. on August 4.

Download registration form at www.jewishlouisville.org/SOD or call 238-2718 for a registration form.



FITNESS DEMO
JULY 27 @ 2 P.M.

INTERVAL TRAINING

FREE FOR JCC MEMBERS IN THE UPPER GYM

FITNESS DEMO
AUGUST 24 @ 2 P.M.

PILATES

