

CENTERPIECE

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 Community Shabbat
Dinner and Israeli
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Full Day of Fun at JCC 125 Festival

 by Lisa Hornung
Communications Specialist

Every day the Jewish Community Center has something fun to do. But on August 23, it will have 125 fun things to do to celebrate its 125 years of service to the Louisville community.

The JCC 125 Festival will be 1-5 p.m. and will be a free, fun, family-friendly festival, said Lenae Price, who is helping plan the event.

"The JCC has been serving the community for 125 years, and this is our way of saying thank you," she said. "Wear your bathing suit and tennis shoes because you'll get a chance to use both!"

Some of the activities available include, crafts, pool games, sports, health and wellness demonstrations, food trucks, adult beverages, face painting, Sno Cones, a beanbag toss, live entertainment, karaoke and so much more. There will be multiple events going on at the same time, so there's never a chance to be bored.

"My vision is to use the whole outside of the JCC," said Abby Tasman, co-chair of the event. "We're going to have something fun for all age groups. There will be something for every member and people who don't know much about the JCC can come and find something to do."

"I think this will be a great opportunity to get people with kids and without kids to come and enjoy a day at the JCC and remember why they love the JCC," Co-chair Michelle Tasman said. "It's also a chance for people who don't know about the JCC to come see all the different things they can do here on a daily basis."

The festival is open to everyone, not just members.

"This event is also for everybody who has driven past the JCC and thought, 'I wonder what's going on in there.' Here is our chance to show them," Price said.

In the tradition of service, the JCC has teamed up with the Yum! Brands Foundation to feed the needy with a "Food, Glorious Food" drive. Visitors to the festival are invited to bring non-perishable food items to donate to local food pantries.

"The JCC has served the community for 125 years and continues to do so with this event," Price said. "We encourage everyone to bring their canned food items to this free event and join us in having a day filled with fun and continue to help feed the needy in our community."

Michelle Tasman agreed.

"They can come out and also support a really good charity," she said. "There will be music and fun prizes. It will be really fantastic."



Children from the JCC Early Learning Center enjoy the new climbing area. The new area was made possible through the generosity of the Roth Family Foundation, ELC family and friends and the Jewish Heritage Fund for Excellence who donated to the Meet the Challenge Campaign in 2014. The area is in the lower level across from Health and Wellness and is designed for children 48" and under. Adults should stay with their children use the climbing area and use the cubbies for shoes before entering the space.

Shabbat a Special Time at JCC Summer Camp

 by Lisa Horunug
Communications Specialist

Summer camp is meant to be chock full of summer fun, and the Jewish Community Center Summer Camp is certainly that. But the camp is still a Jewish camp grounded in Jewish values, even if many of the campers are not Jewish.

The JCC's camp accomplishes this by having Shabbat programming every Friday with all of camp. Though our campers are from diverse faith traditions, they get to participate in the joy of celebrating Shabbat, and they like it.

In the morning circle, campers come together with the Early Learning Center children to sing Shabbat songs and get the day started.

In the afternoon, the campers gather for Shabbat in which they say blessings over the candles, the grape juice (instead of wine) and the challah, said Talia Wagner, Keff program director. "We ask volunteers to hold the stuffed candles, challah and juice for the group." Then actual challah is passed out for campers to enjoy.

"It's important for campers to experience Judaism," said Mike Steklof, assistant director of camping and youth. "After all, that's really why we're here."

In the afternoon, Shabbat is made even more fun with a skit.

"I print out the Torah portion of the week, and we translate it into a skit that kids will understand," Wagner said. "We have camp counselors who act out the skit for the children, and they really enjoy it."

Recently, a skit was about how the Israelites were angry that God gave them manna instead of real food, so the skit was about being grateful for what you have. The actors used graham crackers instead of manna and the actors complained about them.

Another recent skit was about inclusion. The male actors were playing basketball, when a girl wanted to join. But the boys didn't want to play with a girl. Then a camp counselor intervened and said that they should all play together and not exclude anyone.

The skits are purposely kept short, said Betsy Schwartz, senior director of camping and youth services. "Younger children can't pay attention very long,

so we make the skits short so that the campers can still get the important message of that week's Torah portion."

Schwartz said the parents of non-Jewish children have all responded positively.

"We like celebrating Shabbat with the campers," Schwartz said. "The Jewish children get to practice their Judaism each week and celebrate together, and it exposes non-Jewish families to Jewish culture and religion. I've gotten lots of feedback from non-Jewish parents saying they are glad their children are learning about Shabbat."

But they are also a little confused.

"Parents call asking, 'What is this challah (often pronouncing it incorrectly), and where can I get it? My kid keeps asking for it!'"

Shabbat becomes a teaching opportunity for parents, too,

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Independence Celebration Makes a 'Big Splash'

The JCC honored the birth of the nation with a celebration on July 5. The biggest hit of the day was the annual Big Splash Contest off the diving board. Members also enjoyed raft races, fitness demonstrations, a DJ and dancing. There was also a Summer Selfie Photo-booth. The party will return next year.



The Punch of Something Different

By Lisa Horunung
Communications Specialist

Morgan Price punched at the mitts on the instructor's hands – jab, jab, hook; jab, jab, hook. She had no fear and no hesitation as she pounded those mitts. Instructor Rebecca Bell shouted encouragement at her, yelling at her to keep her hands up to her face and to use her core. This is not a sweaty boxing gym like you see in the movies. This is Bell's boxing class at the Jewish Community Center.

The popular class, which is held on Tuesday evenings in the lower gym, is a real boxing class, even if the participants aren't planning to get into a ring.

The JCC only has one heavy bag and one speed bag, but that's OK, Bell said. "Boxing involves so many things in order to get prepared for the ring," she said. "You need agility, you need strength and you need speed. Very few programs actually have a speed bag, so JCC is very unique in that respect."

Although only one participant can punch the heavy bag or speed bag at a time, Bell keeps the class occupied with different stations and breaks up the class in intervals using a computer program that dings like a boxing ring bell.

"There's so much more to boxing than just punching, which I think is why so many people were disappointed in the Pacquiao-Merriwether fight because it was a technical fight, but it wasn't a brawl," Bell said.

Fighting experience

Bell is no stranger to the boxing ring. When she was living in New York years ago working as a fitness trainer, boxing was becoming more popular, and she thought, "I bet I could do that." She learned there was a boxing gym right down the street from her, but she strug-

gled to find it.

"I got the exact address, and it looked like a retirement home," she said. "I was about to back out, and someone asked what I needed. They said the boxing gym was down two levels in the sub-basement. You could smell and hear it before you could see it. It was filthy. I thought, 'This is a weird gym.'"

Eventually, she found the guy she was looking for. "He gave me the total third-degree. He didn't want to train me, but eventually he took me on as a client," she said. "It was right about when professional boxer Christy Martin was starting to make a name for herself. She was the first woman boxer who ever made \$1 million on a fight."

"He trained me and thought I could actually do it. I trained for the Golden Gloves, but after the Gloves, I was sparring with a 16-year-old. My trainer realized I didn't fight him like I did the women in the Gloves."

Fighting in the Golden Gloves was an interesting experience, she said.

"It was intimidating, even going to the weigh-ins," she said. "These women looked like prison guards! I had my heart in my throat. I had to tell myself, 'I'm as tough as they are.'"

Training others

Now that she's in Louisville, she trains people to box for exercise but she doesn't change her methods.

"I train everyone the same," Bell said. "I treat everyone as if they are a pro. I obviously have no expectation that anyone in my class is going to get into the ring. However, I still train them in that way, mainly because that's just my experience."

Sisters Morgan Price, 18, and Kaitlin Price, 16, have been taking Bell's class since January, and Bell said she's noticed a big difference in them. When they first came in here, they were giggly teenagers, she said. "Now they come in

and get right to work."

"I had always wanted to try boxing," Morgan Price said, "and when the JCC got it, I was like, 'I have to try it!' It's really different than any other exercise class you go to. It uses different muscles."

"That's why I like it," Kaitlin Price added.

Both girls said they feel tougher since they started taking the class. "When we tell our friends we do boxing, they're like, 'Oh!'"

The biggest change Bell sees in her clients is their demeanor.

"You carry yourself differently," she said. "I see it in my class. It's really empowering!"

Member Suzy Hillebrand has taken the class, too.

"It's one of those classes where I can turn my brain off and focus on it" Hillebrand said. "But it requires me to think a little more, which I like. You have to think of the combinations she wants you to do."

She said she never felt intimidated in the class.

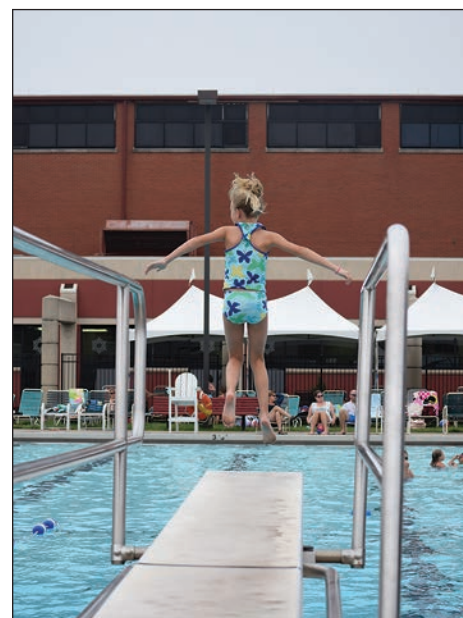
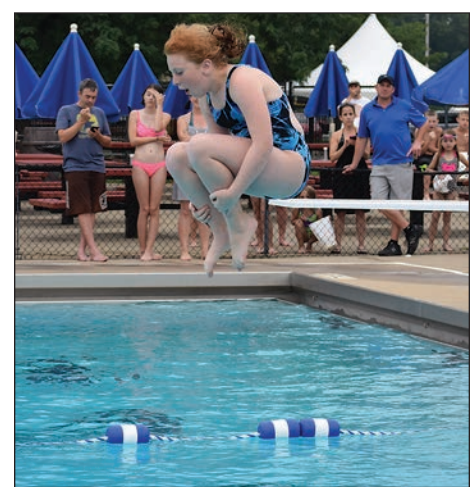
"It was out of my usual scope," she said. "I was on a kick to try something new every week, and that was my thing that week to try. It's so much fun!"

The Price sisters said that Bell is a good instructor.

"She really encourages you and makes you feel like you can do it," Morgan Price said.

Bell is just glad to be teaching boxing. "That's one thing about boxing people, they are so laid back," Bell said. "There's something about boxing that makes people realize that they don't have to get all riled up."

Boxing is 5:30-6 p.m. Tuesdays in the lower gym. The class is free, space is limited so sign-up is recommended up to two days in advance. Call or stop by the Wellness desk to sign up.



'Tumble out of bed and stumble to the kitchen ...' with CenterStage's sizzling summer smash hit musical, '9to5'

CenterStage, with the generous support of title sponsor, Hilliard Lyons, will turn up the heat as Dolly Parton's brand spankin' new musical, "9to5: The Musical" sizzles onto the stage.

Based on the hilarious blockbuster 1980s film, "9to5: The Musical" follows the outrageous adventure of three quirky secretaries, Violet, Doralee and Judy, as they take revenge on their egotistical, lying, hypocritical and chauvinistic boss. Their plan, of course, spins wildly out of control, and what ensues is pure hilarity! The show features a euphoric score by Grammy Award winning composer, Dolly Parton and a clever book by the film's original screenwriter, Patricia Resnick. Mix the perfect blend of Broadway and pop music, witty and smart dialogue and add a touch of Dolly's charming unique style and you get this hysterical, musical tour de force for women that is sure to delight audiences young and old alike.

Doralee is played by Jessica Adamson, who has been in "Oklahoma!," "Brigadoon," "RENT" and "25th Annual Putnam County Spelling Bee." Her most recent role was as Mrs. Walker in "The Who's Tommy." Lauren McCombs, who plays Judy, has been in several Center-

Stage productions, including "Next to Normal," "RENT" and many others. Violet is played by Julie McGuffey, who was in "Light Up CenterState," and "Spring Awakening." Mr. Hart is played by Rusty Henle, who is on his 16th season with CenterStage. Previous roles include Captain Vonn Trapp in "Sound of Music" and the sheriff in "Best Little Whorehouse in Texas."

Starring Dolly Parton, Jane Fonda and Lily Tomlin, the Academy Award nominated film is the 20th highest grossing comedy film of all time and has been named to the American Film Institute's list of "100 Funniest Movies." Dolly Parton's title song, "9to5," received two Grammy Awards, an Academy Award nomination and was certified platinum by the Recording Industry Artists of America. The musical opened on Broadway in 2009 and was nominated for four Tony Awards, including Best Score, and a record-breaking 15 Drama Desk Awards. Since its Broadway run, "9to5: The Musical" has played to sell-out audiences both nationally and internationally.

The show is August 20-30 at the JCC. Tickets are \$20 in advance, \$22 at the door. Call 502-238-2709 or visit www.CenterStageJCC.org for tickets. This season is one of CenterStage's most popular with a record number of season tickets already sold. Most weekend shows are already sold out, but season tickets are still available for Mondays, Thursdays and second Sundays. Get your tickets for the whole season or pick five of the remaining six shows. Contact Anne Ensign-Urteaga at 502-238-2773 or visit www.CenterStageJCC.org for more information.



9 TO 5

Presented by Hilliard Lyons and ABC Signup

Thursday, August 20 7:30 p.m.
Saturday, August 22 7:30 p.m.
Sunday, August 23 2 p.m.
Sunday, August 23 7 p.m.
Monday, August 24 7:30 p.m.
Thursday, August 27 7:30 p.m.
Saturday, August 29 7:30 p.m.
Sunday, August 30 2 p.m.
Sunday, August 30 7 p.m.

Tickets cost \$20 in advance and \$22 at the door and can be purchased at CenterStageJCC.org or by calling 502-459-0660. JCC Member Night at CenterStage is Thursday, August 20, members get an extra \$4 discount when ordering your tickets at the front desk or over the phone.

Presented by Jake Latts & CenterStage

Louisville's got Talent

OPEN AUDITIONS

Sunday, August 30 3-6 p.m. at the JCC of Louisville

Ages 7-18

Entry Fee \$10 per person
Register by August 23
CenterStageJCC.org/talent | 502-238-2773

Live Finale Showcase, Sunday, September 20th at 2 p.m.
Compete to **WIN OVER \$1,000 IN CASH PRIZES!**

TEEN CONNECTION

JEWISH YOUTH GRADES 6-8

Kings Island

TEEN CONNECTION GOES TO KING'S ISLAND

AUGUST 9

DROP OFF AT JCC AT 8 A.M., PICKUP AT JCC AT 8 P.M.

Fee: \$60, JCC Members: \$50
Please register by August 2 at 5 p.m.

For more information contact Mike Steklof at msteklof@jewishlouisville.org or 502-238-2774.

Sports Day

September 6
12:30 p.m.-2 p.m.

Join the J Forty Fivers as we enjoy pizza and sports at the JCC.

The J Forty-Fivers

For Jewish youths in the 4th & 5th grades

Fee: Free

Location: JCC

For more information call Mike Steklof at 502-238-2779 or msteklof@jewishlouisville.org

REGISTER ONLINE TODAY!

<https://jewishlouisville.org/j-forty-fivers/>

Pool Party

August 30 at 4-6 p.m.

Come and join the J Forty-Fivers as we kick off the year with a pool and pizza party at the JCC.

PARENTS NIGHT OUT

ACTIVITIES

Swimming for K-6
Movie • Crafts
Ga-ga

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

August. 22

Theme: Pirates

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 ONLINE TODAY!

www.jewishlouisville.org/family-programming

For more information contact Betsy Schwartz, 502-238-2708 or bschwartz@jewishlouisville.org.
To register, call 502-238-2718.

Unique Perspectives at JCC Patio Gallery

McCrystle Wood, an art professor emeritus at the University of Cincinnati, will present her unique show “Specters and Figments” at the Patio Gallery now through August 25.

Wood is a painter and printmaker who incorporates aspects of nature into her work, which is all computer-generated using 3D modeling. She doesn’t use any photos as a basis, but uses the computer to generate unique and engaging pieces, evoking nature and the female form.

She began using the computer to create art out of necessity because all her creative supplies had been lost in a studio fire in 1987. “The process I use is very much like making a sculpture,” Wood said. “I build and construct objects that have all the dimensions and the three-dimensional mass of a real, physical object, except that they are virtual objects and they exist in virtual space.”

Her show at the Patio Gallery will include pieces from three of her series: “Found, and Lost,” “Specters and Figments,” and “Chimera.”

Wood received her BFA and MFA degrees from Indiana University in Bloomington. Her fine arts work has been exhibited national and internationally, and is included in more than 40 museums and public art collections. She was the juror for the Annual Mazin Show at the Patio Gallery in November 2014, and the Patio Gallery board liked her work and decided to bring her show here.

“We are very excited and looking forward to this show,” said Slava Nelson, JCC cultural arts director. “When our committee approved her to judge the Mazin show, they took a look at her



“Madwoman-Dreamer” by McCrystle Wood is just one of several paintings on display at the JCC Patio Gallery through August 25. The JCC Patio Gallery Showcase is displaying photographs from Catherine Balfe, a local photographer.

work and asked her to show here. We are always looking for different media and genres to show at the gallery.”

Also showing at the Patio Gallery Showcase is “As I See It,” the photography of Catherine Balfe. The Patio Gallery Showcase is just outside the gallery in the lobby of the Jewish Community Center. Balfe lived in Connecticut before her move to Louisville, and her professional career included business and social work, and is now an educator in the Jefferson County Public School System.

“Composition is the formative element of an artfully successful photograph,” Balfe said. “Art is a diverse range of human activities and a product of those activities.” Her photographs have received many awards, citing strong composition and attention to detail.

Stop by the gallery to get a glimpse of this unique work. For more information, contact Slava Nelson, cultural arts director, 502-238-2760 or snelson@jewishlouisville.org.

SENIOR CALENDAR

THURSDAYS

“Walk with Ease”-New Walking Program, 1 p.m.

Join us for this new and exciting Walking Program led by Denise Joseph and Mary Adams. This program will encourage you to start walking and stay motivated to keep a healthy lifestyle. Start your walking plan today and move your way to health.

JULY 27

Bingo, 12:45 p.m.

Join us on this special day as the Trek Camp Group joins us for lunch and Bingo. Refreshments will be served.

JULY 28

Musical Program-French Horn, 12:45 p.m.

Anna Ludig, the Engage Life Director from Atria, St. Matthews will be the guest soloist.

Refreshments will be served.

AUGUST 4

Musical Memories, 12:45 p.m.

Come dance, sing, listen, play and socialize. We will share our life experiences while enjoying music from the 40’s, all the way to present day. It will be a time of fun and meaning. Louisville Music Therapy will be conducting the program.

AUGUST 11

Senior Retirees Meeting, 12:45 p.m.

Matt Goldberg, JCRC Director, will speak on the Iran Nuclear agreement and how Israel will be affected, the general status of the Middle East and how militant group ISIS poses a threat to Israel.

Refreshments will be served.

AUGUST 17

Gourmet Dining Club, 5:30 p.m.

Join us at Smokey Bones on Hurstbourne Parkway.

Fee: \$6/M, \$8/NM.

JCC Book Club, 11 a.m.

AUGUST 18

Musical Memories, 12:45 p.m.

Come dance, sing, listen, play, and socialize. We will share our life experiences while enjoying music from the 40’s, all the way to present day. It will be a time of fun and meaning. Louisville Music Therapy will be conducting the program.

AUGUST 25

Bingo, 12:45 p.m.

The Gaddie family congratulates
DR. BEN GADDIE
 on being named
2015 OPTOMETRIST OF THE YEAR
 by the Kentucky Optometric Association

We are proud to serve Louisville
 and the Jewish Community
 with the very best eye care in the state!



GADDIE EYE CENTERS

OUR FOCUS IS ON YOU

www.GaddieEye.com



Celebrate Israel at Community Shabbat Dinner and Concert

The community is invited to come to dance and celebrate our connection with Israel at the Community-Wide Tzofim Concert and Family Shabbat Dinner on Friday, July 31, at the Jewish Community Center.

The Friends of Israel Scouts Inc., or Tzofim, will come to Louisville and spend the day with JCC campers, teaching them songs and Israeli culture. At 6 p.m., the scouts will perform a concert for the community, and there will be a kosher family Shabbat dinner at 7. The cost for dinner is \$15 for adults and \$8 for children.

The Tzofim will also perform for campers at 2 p.m.

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.

"They are really talented," said Mike Steklof, assistant director of camping and youth. "The show is a lot of fun for the kids and families, and it's another great opportunity for our campers to learn about Israeli culture."

The group will lead Israel education activities earlier in the day to teach campers about Israel and Israeli culture.

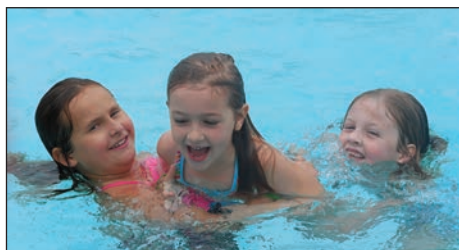


Formed in 1995, the Tzofim program seeks to strengthen relationships between Israel and North American Jewry, project Israel in a positive light and form strong bonds of friendship between the Israeli youth and their American counterparts. The scouts have come to be a fun, well-loved summertime tradition.

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

For more information on the concert or the Israeli Scouts, contact Mike Steklof at 502-238-2774 or msteklof@jewish-louisville.org.

Pictures from JCC Summer Camp



Josie Partin and Isabella Sparling cheer on the JCC Gators to victory in the Louisville Swim Association Division 3 on July 19. The Gators finished second last year but went undefeated this season, including winning the championship by more than 200 points. The Gators had 115 swimmers this season, the most in 5 years. Aquatics Director Johnny Kimberlin said it was a very successful season with a lot of improvement and fun for everyone.

The Jewish Community of Louisville gratefully acknowledges donations to the following JCC SECOND CENTURY FUNDS AND OTHER ENDOWMENTS

IDA AND BERNHARD BEHR HOLOCAUST MEMORIAL EDUCATION FUND

MEMORY OF BARBARA ARFA

JOY & CLAUD BEHR AND ALEX

DR. ROY & RUTH DIAMOND TEEN LECTURE FUND

HONOR OF THE ANNIVERSARY OF SUE & HARRY ROSENZWEIG

JUDIE & ERWIN SHERMAN AND
FAMILY

SADYE AND MAURICE GROSSMAN COMMUNITY SERVICE CAMP FUND

HONOR OF DR. MAX BEHR INDUCTION INTO THE
JCC ATHLETIC HALL OF FAME

HONOR OF THE BIRTHDAY OF ELEANOR ROSE
BRUNO

MEMORY OF DR. MARTYN GOLDMAN

HONOR OF THE UPCOMING MARRIAGE OF
THE GRANDDAUGHTER OF MARCIA & DONALD
GORDON

MEMORY OF MAURY LYNCH

MEMORY OF MAXINE SWITOW

JUDIE & ERWIN SHERMAN AND
FAMILY

MEMORY OF DR. MARTYN GOLDMAN

MEMORY OF MAURY LYNCH

TERRI SHERMAN

BENJAMIN & BERNICE MAZIN VISUAL ARTS FUND

HONOR OF BETTE LEVY

MARILYN MAZIN MILLER

JEWISH FILM FESTIVAL

HONOR OF MARSHA BORNSTEIN RECEIVING
THE TODAY'S WOMAN AWARD

SANDEE & LESTER MILLER

SAMUEL A. GLAUBINGER YOUTH FUND

RECOVERY OF AL GLAUBINGER

BEV & DAVID WEINBERG

JAY LEVINE YOUTH FUND

MEMORY OF JAY LEVINE

LINDA, ELISE & JEFF FOX

MEMORY OF DR. MARTYN GOLDMAN

MEMORY OF MAXINE SWITOW

BEV & DAVID WEINBERG

MARCH OF THE LIVING

HONOR OF NATANIA LIPP

JULIE & MICHAEL SABES

STACY MARKS NISENBAUM FUND

MEMORY OF DR. MARTYN GOLDMAN

LOIS & IVAN MARKS

ANNE E. SHAPIRA LITERACY INITIATIVE ENDOWMENT FUND (REACH OUT AND READ)

MEMORY OF DR. MARTYN GOLDMAN

ANNE SHAPIRA

SKOLNICK-GUMER COMMUNITY ENRICHMENT FUND

MEMORY OF FRIEDA NUELINGER

SUSAN SKOLNICK

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