



Attractions

Tammuz - Av - Elul 5769
Volume XXX, No. 11

July/August
2009

Tisha B'Av

Tisha B'Av is a Jewish holiday that commemorates the destruction of Jerusalem and the first and second temples. It is observed on the ninth day of the Hebrew month Av. This year, that date is July 30. It is considered the saddest day in the Jewish calendar, observed by fasting.

SHABBAT CANDLE LIGHTING TIMES

- July 3, 8:44 p.m.
- July 10, 8:42 p.m.
- July 17, 8:37 p.m.
- July 24, 8:31 p.m.
- July 31, 8:23 p.m.
- August 7, 8:14 p.m.
- August 14, 8:04 p.m.
- August 21, 7:52 p.m.
- August 28, 7:40 p.m.

Team St. Paul Prepares for the 2009 JCC Maccabi Games

Imagine one week and thousands of young athletes from across the world competing through sports and participating in community service projects, enhancing their Jewish identity and making new friends. That's just what the JCC Maccabi Games® are all about. This year, 39 Jewish athletes and eight coaches from across the Twin Cites will continue the long and rich tradition of participating with Team St. Paul in the 2009 JCC Maccabi Games. The Games, which are being held in San Francisco, August 2-7, are open to Jewish athletes ages 13-16. This week-long event has united Jewish teens internationally through sports, culture and social events since 1982.

"Over the years our JCC has been fortunate to send hundreds of young athletes to the Games, in addition to St. Paul hosting the JCC Maccabi Games in 2005," commented Rich Danov, St. Paul JCC Program Director and Maccabi Games Delegation Head. "As part of the 2009 Team St. Paul, our athletes will be competing in boys and girls basketball, boys and girls tennis, boys soccer and baseball." [See page 3 for a list of the 2009 Team St. Paul athletes.](#)



Coach Ken Agranoff instructs players on the Girls Maccabi Basketball Team.

Israeli Scouts Visit St. Paul

Thurs., July 23, 7 p.m. at the St. Paul JCC

Each year the Israeli Scouts sends a delegation of 40 teens to the United States. The selected teens have proven leadership experience, a broad knowledge of Israeli and Jewish history, a high level of scouting achievement, fluency in English and strong communication skills. Most of all, they have a love for their country and their people. Some of these Israeli teens will perform in one of four touring troupes as part of the Friendship Caravan, bringing the joy of Israeli culture to North America through song, dance and story.



This year, the Friendship Caravan will visit the St. Paul JCC, several Jewish summer camps (including Camp Butwin), Sholom Home West, Temple Israel, Basilica of St. Mary's and The Lake Harriet Band Shell. The July 23 event at the St. Paul JCC is free. For more information, contact Bette Blumenberg at 763-540-0009.

Inclusion Program Celebrates 25 Years

The St. Paul JCC's Inclusion & Accessibility Services (IAS) program will celebrate its 25 year anniversary in October. As a tribute, this is the first in a series of articles that will appear in the newsletter up through the program's anniversary.

The Torah teaches us *b'tzelem elohim*, respect for human beings as made in God's image. This Jewish value of inclusion has a rich history at the St. Paul JCC. Since the fall of 1984, the JCC has been fully inclusive to individuals with disabilities and has created a community acceptance of people of all abilities.

The IAS program began with families who felt their children with disabilities needed opportunities to interact socially with children without disabilities. In response to this community need, with the endorsement of the JCC Board of Directors and assistance from the University of Minnesota, a grant proposal was developed to start the IAS program. Initial funds were provided through the McKnight Foundation and the program has been growing stronger ever since.

For the last 25 years, youth with disabilities have been part of many JCC programs, including theatre productions, camp (both as campers and counselors), swim lessons and after school programs. [Turn to page 2 for a look back at the IAS program in 1984 and for details about the 25th anniversary celebration this October.](#)

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[Staff Farewell]

Erez Frankel, St. Paul Shaliach

The St. Paul JCC bids *I'hitraot* (see you soon) to Erez Frankel, who returns to Israel at the end of August after serving as the St. Paul Jewish community's *Shaliach* (Israeli emissary) for two years. His position was sponsored by the United Jewish Fund and Council of St. Paul. He worked directly with UJFC's beneficiary agencies: the St. Paul JCC, Talmud Torah of St. Paul, Hillel at the U of M and the St. Paul synagogues. At the Center, Erez taught Café V'Ivrit and Israel Connections classes, worked at Camp Butwin, and brought an Israeli flavor to the St. Paul JCC through many other programs. Erez was instrumental in bringing the Peace Dove Project to the Twin Cities' Jewish community in honor of Israel's 60th anniversary. He will return to his hometown of Rosh Pina and begin studying for his college entrance exams. His goal is to earn a political science degree at the University of Tel Aviv.



Join us on August 21 from 2-4 p.m. at the United Jewish Fund and Council to wish Erez well and thank him for the wonderful Israeli spirit he brought to St. Paul. Call Penny Schumacher at 651-255-4732 for more information.

Feel Better by Supporting the St. Paul JCC's Annual Fund

Nonprofit organizations rely on annual fund solicitations to help sustain the quality and quantity of their programs and services and the St. Paul JCC is no exception. While we strive to provide a broad range of programs and services to meet the needs of our members, we cannot fully achieve our goals without the generous financial support of our membership.

“Member support of the St. Paul JCC makes a difference, no matter the size of your gift.”

From mid-April until the end of August each year, we appeal to JCC members to support the Center. We ask each member to do what they can to help ensure the strength of this organization. The combined gifts of our members make a big difference in the operations of the St. Paul JCC.

Please consider the things you value most at the JCC. Think about what your favorite program or service means to the quality of your life and the lives of your friends and family members. Can you translate your appreciation into a gift of support through the Annual Fund? Member support of the St. Paul JCC makes a difference, no matter the size of your gift.

Part of what the St. Paul JCC does is to help those in the community who cannot help themselves. The Center provides exciting and interesting programs that enhance life in our community. Our JCC makes St. Paul a wonderful place for our families to grow and prosper.

Join in supporting the St. Paul JCC. You'll feel better!

A Look Back...

The following is a portion of a 1984 St. Paul JCC “Attractions” article that was published during the inception of the Inclusion & Accessibility Services program.

“Most children who have developmental disabilities do not have an equal opportunity to participate in mainstream recreational activities. But they do at the JCC. The Center is one of the few community agencies across the country which actively encourages participation in programs by youngsters with disabilities.”



All age-appropriate JCC programs are open for integration by children and youth, ages six months to 21 years, who have intellectual and/or physical disabilities. Children have an equal chance to take part in regular community programming. They also develop friendships with non-handicapped children, self-esteem and self-confidence are heightened, they increase physical fitness and learn new recreation skills.”

The IAS program will honor it's 25th anniversary on October 25, 2009 with a benefit at the Lodge on the Lake at Camp Butwin. Current JCC members as well as past inclusion participants and staff are welcome to attend.

What's New?

- New address? Seasonal address?
- New phone number?
- New email address?
- New baby? New job?
- New bank or credit card information?

Please inform the membership office if there are any changes to your membership. Your prompt notification will help us best serve you and be sure there are not interruptions to your membership. Call 651-255-4754 to update your information.

2009 Team St. Paul *(continued from page 1)*

Girls Basketball

Bari Applebaum, Samantha Agranoff, Rachel Burbul, Alexis Burbul, Hannah Johnson, Maggie Johnson, Gabriella Jonas, Natalie Kramer, Sadie Stone

Boys Basketball

Todd Barin, Nate Cohen, Saxon Dorshow, Shai Hillman, Nick Hoffman, Jeffrey Lurie, Gabe Mast, Jack Sussman, Brett Ward

Girls and Boys Tennis

Adison Becker, Jackson Kelner, Maddie Soskin

Baseball 14 and Under

Eli Badower, Eli Cooper, Ryland Dorshow, Robert Dworsky, Josh Gallop, Joseph Kohen, Nathan Levin, Zach Miller, Sam Niedorf, Noah Staples, Alec Weissman

Baseball 16 and Under (mixed team with Austin, Texas)

Malcolm Kelner, Brandon Klugman

Boys Soccer (mixed team with Detroit, Mich.)

Natan Harosh, Aaron Maccabee, Anthony Moreno, Jonah Rothstein, Jacob Oberman

Coaches

Ken Agranoff, Mike Badower, Jon Gallop, Julia Halpern, Ann Johnson, John Kenney, Max Sterenson

Delegation Head

Rich Danov

Canvas, Camera, Computer

A Digital Fine Arts Exhibit by Local Artist and Member Steven David Clark through August 27

A California native, Steven Clark now makes his home in St. Paul. Since retiring from Honeywell Corporation, Steven has actively pursued and honed his artistic interests in painting, photography and computer graphic design. He has had two successful art shows in a Lowertown gallery. Since that time, he has focused his artistic talents on computer designed graphics creating enhanced photo collages, portraits and abstract designs.

“The system I use to create my art is simple: I begin by drawing a rough sketch of what I have in mind and then, with the computer mouse, I design each individual piece that will fit into the design. I work back and forth modifying, adding color and



picking out individual forms until I have created the choices I will use to generate the image I have sketched. My goal is to create excitement or peaceful harmony.”

Steven’s favorite subjects to incorporate into his digital creations are St. Paul landmarks. You may even notice him taking some pictures in and around the St. Paul JCC as he plans to create a new piece focusing around the Center.

Steven’s art will be on display in the St. Paul JCC Gallery Walk through August 27. Works in his exhibit are printed on various materials such as stretched canvas and watercolor paper. Steven has been a member of the St. Paul JCC since 1997.

Save the Dates for Fall Aquatics Programs!

Synchronized Swimming Clinic

Sun., September 13, 1-3 p.m.

Taste of Logrolling

Starting Mon., September 14
Mondays, 4-5 p.m.

Synchronized Swimming Classes

Starting Tues., September 15
Tuesdays & Thursdays, 4-5 p.m.

Fall swimming lessons will start the week of October 18!

St. Paul JCC Camp Guide Wins Creative Award



HERMES
CREATIVE AWARDS

The 2009 Summer Camp Guide for the St. Paul JCC received a Hermes Creative Gold Award from the Association of Marketing and Communication Professionals. The Guide won in the category of “Publications/Program Guide.”

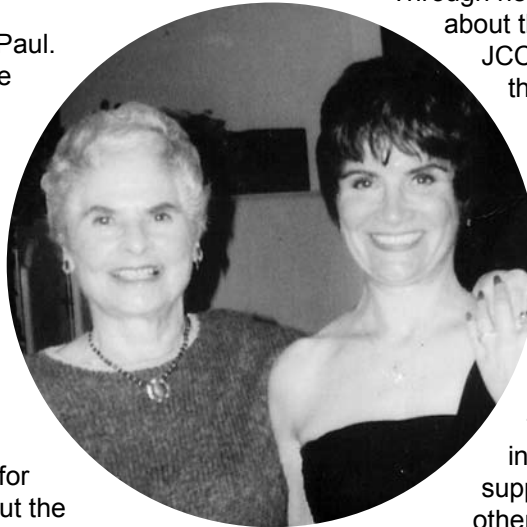
Hermes Creative Awards is an international competition for creative professionals involved in the concept, writing and design of traditional and new media. Judges each year are industry professionals who look for companies and individuals whose talent exceeds a high standard of excellence and whose work serves as a benchmark for the industry. Approximately 3,700 entries were received from around the U.S. and other countries for the 2009 competition. Melissa Harrison, the JCC’s contracted Publications Manager, submitted the piece to this year’s competition.

[Endowment Fund Highlight]

Shores Family Endowment Fund

Marjorie Shores was born and raised in St. Paul. She took great pride in the city and loved the change of seasons. Marjorie never had a desire to move to a warmer climate—she grew up here and wanted to remain here as part of the community.

Marjorie came from a family of six. She grew up with three older brothers to whom she was very close and devoted. She and her brother Allen, who also remained in the St. Paul area, were especially close. The Shores Family was always charitable and throughout her own life, Marjorie did volunteer work and looked for ways to help the community. She cared about the welfare of those less fortunate and for those who could not always care for themselves. She felt a special obligation to help the Jewish community.



Marjorie Shores Freeman (left) with her daughter, Merle Lee Freeman.

Through her brother Allen, Marjorie learned about the good work of the St. Paul JCC. Allen felt that the Center was the best way to help the Jewish community and encouraged Marjorie to give back through the Center.

Shortly after her death on October 4, 2007, the Shores Family Endowment Fund was established through an estate gift left in Marjorie's will. Her generous gift and commitment to helping the Jewish community in St. Paul provides monetary support for Center programs and other needs. Her legacy lives on through the endowment she left to the St. Paul JCC and we are all truly grateful for her support.

To learn how you can set up an Endowment Fund in memory of a loved one or in support of a program at the St. Paul JCC, contact Peter Mansfield at 651-255-4730 or Dori Denelle at 651-255-4731.

Member Benefit Alert!

Grab your swimsuit, lunch and family for four beautiful days at the Camp Butwin pool! Join us for open swim and boating each Sunday in July.

July 5, 12, 19 and 26
Noon–5 p.m.; FREE!

Members may bring one guest free per family.
Additional guests are \$10 each.

In addition to open swim and boating, there will be three additional add-on activities:

Sun., July 12

Ropes Course Open*

Sign-ups from 1-4 p.m.

*Must have closed-toe shoes.

Sun., July 19

Horseback Riding**

Sign-ups from 1-4 p.m. (limited space)

**Must bring long pants and closed-toe shoes.

Sun., July 26

Softball on the new Harold and Patrice Kaplan Family Recreational Fields. Grab your glove and let's play!

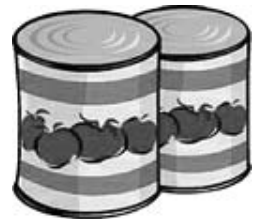
For more information, contact Alyssa Golob at agolob@stpauljcc.org or 651-255-4768.

Camp Centerland Summer Mitzvah Projects

Camp Centerland at the St Paul JCC is the "place to be" for saavy preschoolers who want to get the most out of their summer through hands-on learning, loads of fun and being with friends. This year, as in years past, our amazing preschool community will be participating in some BIG projects that teach about *Mitzvot* (good deeds) and *Tikun Olam* (repairing the world).

Each session of Camp Centerland will be devoted to a specific Mitzvah project that will benefit children and families in our greater community. Beginning in June, we will be collecting new children's picture books for Children's Hospital. In July, we will be collecting non-perishable food items for Neighborhood House Food Shelf. Finally, in August, we will once again be collecting school supplies for the Stuff For School program in partnership with St. Paul's National Council of Jewish Women and 3M.

We look forward to successful Mitzvah collections and can't wait to see the great pride and accomplishment among our campers and the entire preschool community. Feel free to help out by dropping off your items at the childcare desk. *Todah Rabah!*





It's Movies! It's Outdoors! It's... Flicks Al Fresco at the JCC!

Grab the kids and a couple of lawn chairs and head over to the St. Paul JCC for two summer movies under the stars. We'll have hot dogs and soda for sale, or bring your own picnic dinner. The movie and popcorn is on us!

Come at 7:30 p.m. and watch the JCC juggling students wow you with their skills. We'll be amazed, we'll eat and then, at dusk, we'll sit down for a great movie!

Wednesday, July 8 see "Duck Soup" (1933) featuring some of the Marx Brothers' zaniest routines and quips. It's a laugh-out-loud spectacle of politics-gone-haywire as Groucho becomes the leader of Freedonia, which is quickly invaded by soldiers of neighboring armies. Reserve your spot at the front desk.

Wednesday, August 26 it's "The Point" (1971), a charming animated feature about Oblio, a boy with a round head who is banished from the land of pointy-headed people. The allegoric classic features a great musical score by Harry Nilsson. The message is simple and timeless: accept everyone for who they are, not who you think they should be. Reserve your spot at the front desk.

Celebrating a Centenarian

Imagine growing up during The Great Depression, surviving two World Wars, 19 presidential terms and watching a man walk on the moon. Those are just a few of the major events that have occurred during Edna (Milavitz) Engelson's life. On June 14, family and friends gathered at the St. Paul JCC to celebrate 100 healthy and remarkable years.



Born June 15, 1909 in Superior, Wis., Edna was the second eldest of eight children. She worked as an airplane inspector, an English teacher and an electrolygist. In fact, Edna recalls the first time she saw a "flying machine." Her junior high class was dismissed for the day so they could witness the grand event. Years later, Edna took her first plane ride when she went to New York for electrolysis training.

Edna started exercising at the St Paul JCC when she was 89 years old and has been coming twice a week ever since. She has a quick wit, enjoys singing "old-fashioned songs" and still crochets any chance she gets. *Mazel Tov* on a century of life, Edna!

JEWISH LEARNING & LIVING

Israeli Dancing

Wed., July 8, 15, 22, 29; August 5, 12, 19, 26
\$5 member, \$8 community

Master Israeli dance teacher Shira Schwartz will lead novice and expert dancers alike to join hands in an ever-expanding repertory of dances, all performed with Israeli flair. Class starts at 7 p.m. with open dance from 8-9:30 p.m. This is a drop-in class, so no need to preregister.

Modern Hebrew Classes Begin in July

The next session of modern Hebrew classes will begin on July 27 and 29 and continue through September 9 (no class on Sept. 7). Classes are open to the community and are a great way to learn Hebrew in an intimate, relaxed and informal environment. Cost for 6 sessions is \$90 members/\$135 community. Cost for 7 sessions is \$105 members/\$157.50 community. Contact Sharon Stiefel at 651-255-4737 for additional information.

Kitah Alef: Beginner (6 sessions)
Mondays, 6:30-8 p.m.

Kitah Bet: Intermediate (7 sessions)
Wednesdays, 8-9:30 p.m.

Kitah Gimel: Advanced (7 sessions)
Wednesdays, 6:30-8 p.m.

Become a Locavore: Learn How to Can the Harvest

Wed., August 12, 7 p.m., \$10 members, \$15 community

A locavore is someone who strives to eat foods grown or harvested within a 100 mile radius of their home. When we choose to eat locally, we are reminded to eat with the seasons, show our concern for our environment, eat healthfully and get the best possible price for our food.

This class is a must for anyone interested in being a locavore and learning how to can local fruits and vegetables. Join us as we learn how to can and preserve the harvest, just like our grandmothers did! Reservations are required at the front desk by August 10. Call Penny Schumacher at 651-255-4732 for more information.

Rabbi Sharon Stiefel Helps with Judaic Questions

Sharon Stiefel, St. Paul JCC Jewish Education Director, is available to help individuals with specific questions about Judaism. If you would like to explore a particular topic of Jewish interest such as Jewish history, observance or the weekly Torah portion, she can search with you for the information you are looking for.

Please contact Sharon to discuss your ideas and arrange a time to study. She can be reached at 651-255-4737 or [sstiefel@stpauljcc.org](mailto:ssstiefel@stpauljcc.org).

Adults

All programs are for St. Paul JCC members only, unless otherwise noted. You may e-mail your questions to: [Barbie Levine, blevine@stpauljcc.org](mailto:BarbieLevine@stpauljcc.org); [Beth Gendler, bgendler@stpauljcc.org](mailto:BethGendler@stpauljcc.org); [Beth Friend, bfriend@stpauljcc.org](mailto:BethFriend@stpauljcc.org)

Adult Programs

Flicks al Fresco!

Wed., July 8 and August 26

Doors open at 7:30 p.m., film starts at dusk. FREE movie and popcorn. See page 5.

The Alzheimer's Project Film and Discussion

Wed., July 22 and August 19, Noon–1:30 p.m.

This multi-platform series continues with a close look at ground-breaking discoveries made by the country's leading scientists and the effects of this debilitating disease.

July 22: "Grandpa, Do You Know Who I Am?" with Maria Shriver. Geared towards children and young teens coping with a grandparent's illness. **August 19:** "Momentum in Science" details the current explosion of knowledge within the scientific and medical communities.

Bowling and Barbecue at the Lodge on the Lake

Thurs., July 2, 5–9 p.m.

\$8 includes dinner and transportation.

Catch the St. Paul JCC bus for a summertime feast and Wii bowling tournament at the Lodge on the Lake at Camp Butwin.

"Ella" at the Guthrie

Wed., July 29, Noon–4 p.m.

\$25 includes ticket and transportation.

"Ella" explodes onto the stage in a torrent of jazzy passion, weaving together the music and life of vocal legend Ella Fitzgerald. In this unique presentation by playwright Jeffrey Hatcher, actress Tina Fabrique makes her Guthrie debut as Ella in a portrayal Variety called "a must-see performance!" Reservations necessary by July 3.

Annual Reading of the Creative Writing Group

Tues., August 18, 2 p.m., Free.

Enjoy the literary fruits of your friends from the JCC's weekly writing class. All are welcome.

Interest Groups

Volunteer Corps

Mon., July 6 and August 3, 3:45–6 p.m.

Help serve dinner at People Serving People in Minneapolis.

Wed., August 5, 9:30 a.m.–Noon.

Facilitate Film & Discussion at the Rossy and Richard Shaller Family Shalom East Campus. Call Beth Gendler at 651-255-4736 or bgendler@stpauljcc.org for more information or to register. No experience necessary. Training and transportation provided

Road Scholars – Challahpalooza!

Fri., August 21, 10 a.m.–12:30 p.m.

\$5 includes transportation and samples. Which Twin Cities bakery makes the best challah? You be the judge! We will take a driving tour of 6 bakeries spanning both sides of the river and sample the challah at each one. We'll tabulate our results and publish them in an upcoming newsletter. Foodies, critics and lovers of bakeries unite! Bring some extra cash to take home your favorites. Reservations necessary at the front desk by August 17.

Women's Roundtable:

"Investigating a Crime Scene—For Real!"

Mon., July 27, 9:15 a.m.

Meet Katherine Igowsky, who's worked with the Minnesota Bureau of Criminal Apprehension (BCA) and in the Cold Case Homicide Unit. She's now with the FBI Mitochondrial DNA Program and a member of the crime scene team. She'll offer an inside look into the team's work evaluating evidence as they search to solve crimes.

"Minnesota Teacher of the Year!"

Mon., August 24, 9:15 a.m., \$2 breakfast.

Amber Damm, Minnesota's 2009 Teacher of the Year, talks about addressing the needs of all learners. Damm is a seventh and eighth grade English and language arts teacher at Clara Barton Open School in Minneapolis who deeply touches the lives of the students she serves. Come and meet her for an inside look into the vibrant and complex world of middle-school education.

JCC Book Club

New members always welcome. Bring your friends. Contact Beth Friend at 651-255-4735 or bfriend@stpauljcc.org for more details.

"Dreams From My Father: A Story of Race and Inheritance"

Thurs., July 23, 10 a.m.

Barack Obama's memoir tells the story of growing up as the son of a white American mother and a black Kenyan father whom he never knew. Follow his story through college, his time as a community organizer on Chicago's South Side, and as he visits Kenya to find the world of his dead father and "authentic" self.

"The Plague of Doves: A Novel"

Thurs., August 27, 10 a.m.

Louise Erdrich's "A Plague of Doves" is rooted in the 1911 slaughter of a farming family near Pluto, North Dakota. The family's infant daughter is spared, and a posse forms, incorrectly blaming three Indians and lynching them. One, Mooshum Milk, miraculously survives. Over the next century, descendants of both the hanged men and the lynch mob develop relationships that become deeply entangled, their stories held together by Evelina, Mooshum Milk's granddaughter.

55 Alive

Wed., July 15, 9 a.m.–1 p.m.

Open to the community. \$12 AARP members; \$14 non-AARP members. Sponsored by AARP for those 55 years and older.

B'Yad V'Lev: "By Hand and Heart" A Craft Workshop for Adults

Ongoing, Tues. and Thurs., 10 a.m.–Noon.

Free and open to the community.

Creative Writing Workshop

Ongoing, Mon., 10:30 a.m.–Noon.

Funded by the Frances and Ted Shuirman Endowment Fund and the Calmenson Family Fund. Call Deborah Chapdelaine at 651-698-0751.

Door-to-Door Transportation

Between your home and St. Paul JCC programs. Register at the front desk or call 651-698-0751.

Men's Club

Mon., July 6, 9 a.m.

Breakfast meeting, \$4.
Tom Stinson, the State of Minnesota Economist and Professor at the University of Minnesota, will give us the pulse on our state's economy

Mon., July 13, 9 a.m.

Breakfast meeting, \$4.
John Radsan, Professor of Law at William Mitchell College of Law, Former Assistant General Counsel at the CIA, and Director of the National Security Forum, will talk about the legality of enhanced interrogation techniques.

Mon., July 20, 9 a.m.

Breakfast meeting, \$4.
Adam Platt, food writer and blogger for Minneapolis St. Paul Magazine, will share his Twin Cities food faves.

Mon., July 27, 10 a.m.

Men's Roundtable. Timely topic TBA.

Mon., August 3, 9 a.m.

Breakfast meeting, \$4.
Lou Lachter will give us an update on Israeli current events

Mon., August 10, 9 a.m.

Breakfast meeting, \$4.
Speaker TBA.

Mon., August 17, 9 a.m.

Breakfast meeting, \$4.
Ann Kaner-Roth and Tim Meyer will speak about the Family Equality Council (rescheduled from June 15).

Mon., August 24, 10 a.m.

Men's Roundtable. Timely topic TBA.

Adults

Aquatics, Sports, Wellness & Fitness for Adults

All programs are for St. Paul JCC members only, unless otherwise noted.

Health & Fitness contacts:

- Cynthia Mueller, Health & Fitness Director, cmueller@stpauljcc.org, 651-255-4763
- Travis Pugliese, Fitness Center Director, tpugliese@stpauljcc.org, 651-255-4764
- Ann Johnson, Athletics Director, ajohnson@stpauljcc.org, 651-255-4766
- Robin Feickert, Aquatics Director, rfeickert@stpauljcc.org, 651-255-4762
- Barb Brihn, Women's Health Center Supervisor, proshopbarb@stpauljcc.org, 651-255-4765

Krav Maga Israeli Self Defense

Mon. and Wed., 8 p.m., July 14-August 18
Member, \$120; Community, \$180.
Register at the front desk by calling 651-698-0751 or visit www.stpauljcc.org.

Tae Kwon Do

Tues. and Thurs., July 2-Sept. 29, 7-8 p.m.
Member, \$60; Community, \$90.
Conditioning and self-defense sport for beginning, intermediate and advanced students age 12 and older.

Tennis Co-ed Tournament

Sun., August 9, 9 a.m. (rain date August 16)
Contact Ann Johnson at 651-255-4766 for more information or to sign up.

Tennis Ladder

Sun., July 5 - Aug. 30
\$5 each ladder; register at the front desk
Love to play tennis but don't know anyone to play with? Sign up for Tennis Ladder to play several games with members just like you!

Tennis Lessons

Private and semi private lessons available throughout the summer for all ages!
Private : \$35; Semi-private (2 participants): \$56

Cardio Tennis

July 8 - August 26, 6-7 p.m.
Member, \$40; Community, \$60
This new, fun group activity features drills to give players of all abilities an ultimate, high-energy workout. Call Ann Johnson at 651-255-4766.

Parents! Check Out Our Teen Fitness Classes For Summer!

Teen Yoga

Tuesdays, July 7–August 11, 4:45-5:30 p.m. (ages 13-17 years)
\$30 members; \$45 community

Join us as we bring the world of Yoga to the teen experience. Learn poses, get fit and have fun in this class just for teens. Register at the front desk.

Teen Boot Camp

Mondays and Wednesdays, July 13–29, 1–2 p.m., \$35
Mondays and Wednesdays, August 3–19, 1–2 p.m., \$35
For ages 13-17 years. See details on page 9.



Muscular Strength and Range of Movement (Low Intensity)

Ongoing, Mon., Wed., Fri., 10:45–11:30 a.m.
Improve strength, flexibility, balance and movement.
Participants do not need to be SilverSneakers® members to join the class.

SilverSneakers® SilverSplash

Ongoing, Tues., Thurs. 8–8:40 a.m. (through 8/15)
This class offers fun and shallow water moves to improve agility, flexibility and endurance using music and a special kickboard.

SilverSneakers® Strength Circuit

This award-winning program enables older adults to take charge of their health and maintain active, independent lives. For a complimentary training session, contact the Fitness Center at 651-698-0751, ext. 707.

NEW! SilverSneakers® CardioFit

Wed., June 1–Aug. 26 8–9 a.m.
This new SilverSneakers class provides the next level fitness class for those in the MSROM class. Led by Mary or Barb in the aerobics studio.

SilverSneakers® classes are open to all JCC members.

Adults

Spa Services

Massage Therapy

Call the Pro Shop at 651-698-0751, ext. 705 to schedule a massage appointment. Massage tickets are purchased at the front desk and presented to the therapist at the time of the appointment. Non-members must be accompanied by a member to use massage services. 24-hour cancellation required.

Rates* (Health Center Member/Non-Health Center Member):

- 30 minutes, \$35/\$45
- 60 minutes, \$50/\$65
- 90 minutes, \$75/\$100

**All massage services are subject to Minnesota sales tax.*

Visit the St. Paul JCC for Stone Therapy

This age-old technique utilizes Mother Nature's lava and smooth river stones. Smooth stones are used during massage to produce deep stimulation and relaxation of aching and tired muscles. Applied with gentle pressure and massage, these stones emit heat and release tension to stressed areas of the body—stimulating circulation and metabolism while increasing blood flow to vital organs and tired muscles. Gentle massage helps the body rid itself of toxins and stagnant blood flow caused by stress, muscle cramping and fatigue. Stone therapy can be targeted to problem areas or generalized.



Stone therapy is a special service offered to female JCC members and their guests during a 90-minute massage. Gift Certificates and tickets may be purchased Sunday–Friday at the front desk.

Fitness Services

To schedule an assessment, call the Fitness Center, 651-698-0751, ext. 707.

The JCC Fitness Department offers assessment services to members at no charge: Introduction/Orientation to the Fitness Center, Basic Fitness Program Set-up, Blood Pressure Check, Flexibility Assessment

Personal Training

By appointment. Contact Travis Pugliese at 651-255-4764.

Individual:

- 30-minute session, \$30 (10 sessions, \$275)
- 1-hour session, \$50 (10 sessions, \$425)

Dual Partner:

- three 1-hour sessions, \$180
- ten 1-hour sessions, \$550

Pilates Reformer Sessions

Contact Cynthia Mueller at 651-255-4763 for an appointment.

Fees:

- 1-hour session: \$60 (3 sessions: \$160; 5 sessions: \$250)
- Dual Pilates session (bring a friend), 2 machines, 2 people, 1 instructor**
- 1-hour session: \$65 (\$32.50/person); 3 sessions: \$195 (\$97.50/person)

Nutrition Services

Contact Travis Pugliese at 651-255-4764.

New Leaf™ Fitness and Weight Management Packages

Exercise smarter and fuel correctly for your metabolism to meet your nutrition goals.

Resting Metabolic Assessment

Measure the calories the body uses for fuel at rest, plus the type of calories your body prefers to burn. Initial test, \$145; retest, \$90.

Individual Fitness Assessment

Measure oxygen intake and carbon dioxide output while exercising to determine optimal training zone. Initial test, \$150; retest, \$95.

Weight Loss Training

Includes Resting Metabolic Rate Test, Body Fat Analysis, Submax VO2, Heart Rate Monitor, one-time material fee, and 1-hour Assessment Consultation with counselor for \$400.

Wellness Specialty Classes

July 6–August 30
Registration begins Monday, June 21

Fees (8 classes):

Member	Non-member
\$60	\$100

Multi-class discount: Sign up for more than one class in this session and receive a one class value discount.

Sundays

Continue Flow Yoga, 10 a.m.

Mondays

Sunrise Yoga, 6:15 a.m.
Int. Pilates Mat, 9:30 a.m.
Cont. Flow Yoga, 5:30 p.m.

Tuesdays

Beg. Pilates Mat, 9:30 a.m.
Beg. Flow Yoga, 5:30 p.m.
Beg. Pilates Mat, 5:45 p.m.
Int. Pilates Mat, 6:45 p.m.

Wednesdays

Pilates Sculpt, 9:30 a.m.
Lunchtime Yoga, 12:30 p.m.
Cont. Flow Yoga, 5:30 p.m.

Thursdays

Sunrise Yoga, 6:15 a.m.
Outdoor Tai Chi Chih, 8:30 a.m.
Beg. Pilates Mat, 5:45 p.m.
Int. Pilates Mat, 6:45 p.m.

Fridays

Yoga Fusion, 8:30 a.m.
Adv. Pilates Mat, 9:30 a.m.

Child Care

Contact Stacy Dockman at 651-255-4757 for information on the following child care programs.

Reserved Babysitting Hours

Mon.–Fri., 9 a.m.–1 p.m., \$2 per hour/per child. Children 6 weeks–6 years while parent is at the St. Paul JCC. Call front desk 48 hours in advance for reservations.

Infant/Toddler Care

Mon.–Fri., 7:30 a.m.–6 p.m. Members only. Children 6 weeks–36 months. 2, 3, and 5 day packages available.

August Jamboree

August 17–September 2

7:30 a.m.–6 p.m.

For children who completed grades K-7. Contact Cheryl Kerner at 651-255-4769.

Camp may be over, but the summer isn't! There is still lots of fun to be had before school starts. When we are not on a fabulous field trip, we will be having activity options during the day such as art and sports rotations. Check out the fun field trips we have planned for your child and don't let them miss one moment of the fun—they will never let you forget it!

August 17

Grades K-7: Hike the trails and swim at the beach at Elm Creek Park Reserve.

August 18

Grades K-3: Step back in history and make homemade ice cream at Gibbs Farm Museum.

Grades 4-7: Strike up the fun as we bowl and enjoy the arcade at Brunswick Bowl.

August 19

Grades K-7: Surf and swim at Bunker Beach Wave Pool.

August 20

Grades K-3: Bounce and climb when we pump it up at Pump It Up.

Grades 4-7: Golf, batting cages, and bumper cars all in one fun place—Grand Slam!

August 21

Grades K-7: No summer is complete without a trip to Valley Fair.

August 24

Grades K-7: Cool off with us at the Richfield Water Park.

August 25

Grades K-3: Presto! Brian Richards will bring his magic tricks to amuse us.

Grades 4-7: Climb to new heights at Vertical Endeavors.

August 26

Grades K-7: Always a summer fave, we will head to Cascade Bay.

August 27

Grades K-3: Giant bubbles and more as Mad Science comes to visit.

Grades 4-7: If it is August, it's time for the Great Minnesota Get Together—the state fair!

August 28

Grades K-3: Leonardo's Basement will help us tap our creativity.

Grades 4-7: Five hours of unlimited rides at Nickelodean Universe.

August 31

Grades K-7: Slide down the mountain, Wild Mountain that is.

September 1

Grades K-7: We will preview all the fun Club J has to offer during this fall with a day full of activities.

September 2

Grades K-7: Come with us as our Minnesota Twins take on the dreaded Chicago White Sox in what is sure to be a preview of the playoffs!

September 3 & 4

Cub J closed for Staff Development

September 7

Club J closed for Labor Day

Babysitter's Training Class

August 17, 9 a.m.–4 p.m.

Members, \$85; Community, \$100

Registration Deadline: August 7

The National Babysitter's Training Certification Course prepares youth ages 11-15 to safely and responsibly care for themselves and/or other children in the absence of parents or guardians. Youth will learn important skills in four core areas: leadership and professionalism, safety and safe play, basic care for infants and children, and first aid. Course fee includes a Babysitter's Handbook. Students should bring a bag lunch to class. Students must also arrive on time and be picked up promptly after class. **Prerequisite: Students must be age 11 by the first day of class. There are no exceptions to this policy.**

Auditions for the 5th and 6th grade play "Alice in Wonderland" will be Sunday, September 13 from 3-5 p.m. and Monday, September 14 from 6:30-8 p.m. Learn about theater, make new friends and be part of a wonderful production! Contact Cheryl Kerner at 651-255-4769 for more information.

Teen Boot Camp (Ages 13–17)

Mon., Wed., July 13–29, 1–2 p.m., \$35

Mon., Wed., Aug. 3–19, 1–2 p.m., \$35

Designed to help you reach your fitness goals! Classes will include cardio, strength, and flexibility training. Come prepared for an intense workout. ALL fitness levels welcome!

Soccer Camp (Ages 7–12)

July 20–24, 9 a.m.–Noon

Member \$80; Community \$120.

Each day will include individual foot skills, technical drills and games. Learn lessons in self-discipline, good sportsmanship and respect for others and for the game.

Adventure Camp at Camp Butwin

August 17–21, 9 a.m.–4 p.m.

Member \$225; Community \$335

An all-day sports camp where participants are introduced to a variety of sports including the climbing wall, canoeing, field games and more. Transportation to camp is provided by the JCC.

The Best of Club J—Coming This Fall!

Join us for synchronized swimming, log rolling, dance, flag football, Tae Kwon Do and more! Look for the Club J mailing early-mid August and sign your child up for our after school enrichment program.

Thank You for Your Generous contributions to the St. Paul JCC Endowment Funds and Special Programs

May 1 - 31, 2009

This list acknowledges with gratitude contributions of \$10 or more that were received from May 1 - 31, 2009. If we have inadvertently omitted or misspelled your name, please notify Evie Kamin and we will include it in the next time we acknowledge contributions. Thank you for your generous support of the St. Paul JCC's funds and programs.

Abrahamson Family Endowment Fund

Barbara Kaster

In honor of Bonnie Abrahamson's special birthday

Annual Fund Appeal

Betty Baumgarten

In honor of Conductor Joseph Schlefke

Ida Rapoport

In honor of Jerry Lavin & Bonnie Ross

Donation:

Alvin & Bonnie Abrahamson

Sandra & Edward Abramson

Anonymous

Arlene & Murray Appelbaum

Jerrold & Carrie Bader

Steve & Wendy Baldinger

Paul & Jean Bender

Don & Paula Bernstein

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William & Ryvelle Tilsner

Cheryl Toenjes & Brian Kroeger

Roxanne Toutant

Hillard & Helene Ward

Sheri Wilson

Kay Witkowski

Naomi and Neil Arnold Women's Health and Wellness Fund

Elaine & Stuart Steinman

In honor of Aidan Arnold's Bar Mitzvah

Aquatics Department

Rachel Hertel

Donation

Earl and Harriet Bailey Fund

Burt & Lucille Garr

Wishing Earl Bailey a speedy recovery

Jane & Don Rutman

Donation

Ron & Ruth Bear Memorial Health and Fitness Fund

Esther & Jim Paletz, Steven & Lauren

In memory of Melvin Shear

David & Paula Schrabner & Sons

In loving memory of Myrtle Sadoff

In memory of Dr. Henry J Abramowicz

In memory of Gerald Reisburg

In memory of Marvin Gotlieb

In memory of Richard Baer

In memory of Rosa Nisenholz

Sincere wishes for Serene Paletz's good health

Fannie and Maurice Birnberg Cultural Arts Fund

Herman J. Birnberg

In memory of Myrtle Sadoff

Herman J. Birnberg Endowment Fund

Herman Birnberg

Wishing Sidney Applebaum a speedy recovery

Susan S. and Gary J. Bloom Fund

Gary & Susan Bloom

Donation

Jack Butwin Camp Scholarship Fund

Dori Denelle

In honor of Michael Waldman receiving his MBA

Burt & Lucille Garr

In memory of Dick Baer

Calmenson Family Fund for Senior Adults

Dori Denelle

In honor of the birth of Elsie Inez Roberts

Child Care Scholarship Fund

Burt & Lucille Garr

In honor of the birth of Marty & Candee Kvasnik's new grandson

Cultural Arts Fund

Stan & Delores Karon

In honor of Sue & David Gordon's 50th wedding anniversary

Dori Denelle Staff Initiative Fund

Dori Denelle

In memory of Mel Shear

Charlie & Janet Leavitt

In honor of Angelo Marasigan becoming a U.S. citizen

Michael Falk Memorial Special Needs Fund

Steven Falk & Eloise Hartmann

Donation

Fantle Family Fund

Ann & Hersh Specktor, Lorrie Waller Stelzer & Jan & Bruce Waller

In honor of Herb Fantle's special birthday

Connie and Harold Field Endowment Fund

Danny Field

In memory of Ben Calmenson

In memory of Bob Calmenson

In memory of Buddy Howell's sister Donna

Burt and Lucille Garr Fund

Burt & Lucille Garr

In honor of Josh Dorn's college graduation

In honor of Rita Shear's granddaughter's college graduation

Barry & Rena Glaser

In honor of Eleanor & Henry Lesser's children Marc & Sarit's engagement

In honor of Zachary Ringer's graduation

General Endowment Fund

Vladimir & Bella Binkin

Donation

General Operating Fund

Marvin & Beverly Edelstein

In memory of Mel Shear

Blaine Nodes

In memory of Dick Baer

Donation:

Chesed Shel Emes Society of St. Paul

Bill Cosgriff

Ernest & Malka L Goodman

Michael Benjamin Glaser Fund for Inclusion and Accessibility Programming

Barry & Rena Glaser

In memory of Paul Beahm's mother

Randee Glaser

With appreciation to the Staff at Mendota Elementary for making Sarah Eleanor's grade school years so fabulous

Lisa Schibel

In honor of Missy Barenbaum's graduation

Harold & Maxine Slobof

In honor of Rena Glaser's recovery

Inclusion & Accessibility Fund

Tim & Carole Bloom

In memory of Virginia Stern

Evelyn and Mel Kamin Endowment Fund

Bert Shear

In memory of Mel Shear

Wishing Howard Goldman a speedy & full recovery

Wishing Rita Shear a speedy and full recovery

Cy Kaster Youth Health & Fitness Fund

Barb Kaster

In honor of Laura & Gregg Stone's wedding anniversary

In memory of Harold Witkin

Mark, Sandie, Julie & Brandon Kaster

Wishing Barbara Kaster a belated happy Mother's Day

Kleinglass Family Fund

Nessa Kleinglass

In honor of the birth of Sue Parks' granddaughter

Steven & Nessa Kleinglass, Ellen Kaplovitz & Mark Parsons

In memory of Elaine Nevins

Pearl And Joseph Krawetz Family Hebrew Ulpan Fund

Leah Krawetz

Donation

Leavitt Family Jewish Education Fund

Charlie & Janet Leavitt

In honor of Michael & Noah Smith's graduations

In memory of Melvin Shear

Hattie and Henry Marofsky Administrative Fund

Stuart & Joann Marofsky

In memory of Burt Corwin

Sherman and Evelyn Marrinson Memorial Music Fund

Sandra Schloff

In memory of Milt Saliterman

MARvelous Education Fund

Dan & Amy Farsht & Family

In memory of Mary Virginia Connelly Hendrickson

Bill And Rose Marvy Camp Butwin Endowment Fund

Herman J. Birnberg

In memory of Rosa Nisenholz

Men's Club Endowment Fund

Stan & Delores Karon

In honor of Irving Rosenblum's special birthday

Miscellaneous

Ruth Rischall

Donation of a 1954 Baldwin Acrosonic piano

Sally and Hershel Orenstein Fund

Sally Orenstein & Bob Perwien

In honor of Barbara Hirsekorn's 80th birthday

In honor of Fred Hirsekorn's 85th birthday

In memory of Tom Silver

With Mazel Tov on the birth of Midge & Barry Frailich's grandson

Mary and Julius Pertzik Jewish Cultural Arts Fund

In honor of Marvin Pertzik's 80th birthday

David & Paula Hedlund

Elaine Dufresne & Bruce Kessler

Wendell Eric Petersen Special Needs Fund

Mary Jane Petersen

In memory of Terry Jewett

Heath Rosenbloom Youth Athletic Memorial Fund

Bill & Nancy Rosenbloom

In memory of Carol Marie Beaurline

In memory of Israel Watchman

Eve Schnitzer Ettinger, Max Schnitzer, Ann Schnitzer Hymanson and Idellie Schnitzer Osman Camp Fund

Ethel Mayeron

Thinking of Idellie Osman on her birthday

Rose And Clarence Siegel Jewish Cultural Series Fund

Leighton & Dianne Siegel

Wishing Heather Zavod a speedy recovery

Dianne Siegel Library Fund

Dianne & Leighton Siegel

Wishing Carol Rosenblatt speedy recovery

Sidney Silberberg, Gail Tilsen Silberberg and Tari Tilsen Memorial Fund

Laraine & Howard Miller

In recognition of Mother's Day to Doris Tilsen

Harry & Addie Silverman Endowment Fund

Michael & Joanne Silverman

Donation

Milton G. and Evelyn S. Smith Day Care and Camp Scholarship Fund

In memory of Milton Smith

Judith & Borah Jacobskind

Harold & Maxine Slobof

Norman S. and Ethel D. Smith Day Care and Camp Scholarship Fund

Norman & Ethel Smith

In memory of Milt Saliterman

Harry and Betty Ward Family Fund for Childcare Scholarships

Pearl Rosen

In memory of Robert Calmenson

Wishing Marion Klein a speedy return to good health

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OF THE GREATER ST. PAUL AREA**
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Parting Shot: Senior High Basketball Champs

Congratulation to team Our House for their 55-53 victory over team Schraber in the Sr. High Championship on Sunday, April 26. Pictured, front row: Dan Goldstein, Justin Oskey and Adam Parritz. Back row: Sam Dorn, Jesse Newell, Jake Burnstein, Gabe Ciuraru, Isaac Ziman and John Rikess



Closings in July

The St. Paul JCC will be closed on Saturday, July 4. The JCC Board of Directors and staff wishes all members a happy and safe 4th of July holiday!

Following is the Russian translation that tells how to learn about JCC activities:

Информация Джей-Си-Си

Информацию о наиболее важных событиях, мероприятиях, лекциях, классах и программах в Джей-Си-Си вы можете узнать из вашего ежемесячного календаря, или позвонив по телефону 698-0751, www.stpauljcc.org.

St. Paul JCC Major Events in July and August

Unless otherwise noted, see articles or listings in this issue for specific details.

July

- 2** Bowling and Barbecue at the Lodge on the Lake
- 5** Open Swim at Camp Butwin
- 8** Flicks Al Fresco: "Duck Soup"
- 12** Open Swim at Camp Butwin
- 19** Open Swim at Camp Butwin
- 22** Alzheimer's Project Film and Discussion
- 23** Israeli Scouts
- 26** Open Swim at Camp Butwin

August

- 9** Tennis Co-ed Tournament
- 12** Become a Locavore
- 17** Babysitter's Training Class
- 18** Annual Reading of the Creative Writing Group
- 19** Alzheimer's Project Film and Discussion
- 26** Flicks Al Fresco: "The Point"

Save the Dates!

**Kids of Steel Triathlon
at Camp Butwin**

**Sunday, August 23
For ages 5-12 years**

**St. Paul JCC
Inclusion Program's
25th Anniversary
Celebration**

**Sunday, October 25
Lodge on the Lake**