

A Message from the President...

The tragedy in Connecticut last Friday has refocused JCC staff and Federation leadership on the importance of security at the JCC and its on-site schools. As a campus, we are committed to the security of all our members, students and guests and take the balance between safety/security and facility access as one of our key responsibilities. Over the past few days, existing security procedures and staff training were reviewed and in collaboration with both Silver Academy and the ECD, the JCC's facilities team have identified and will implement several changes to the overall security program. We will continue assessing our security and invest in changes where necessary and feasible.

Campus leadership and staff will continue to be vigilant keeping the safety of all our members, guests and students as a primary concern and ask that you also make staff aware of any concerns or observed issues as identified. Safety and security is everyone's responsibility, please support the Federation, the JCC, Silver Academy, the Brenner Early Childhood Development Center and all of the other programs using the JCC throughout the week by doing your part - "Speak Up" when in doubt.

~ Steven B. Roth ~

Middle School Basketball Plays for a Reason



From left to right: Becca Smith, Jenna Shoop, Alexa Schwab, Skyleer Oken, Alexa Romanchock, Madison Schwab, Terri Travers

The Harrisburg JCC and the Harrisburg Academy recently teamed up to make their middle school basketball games count for more than just their team records. On December 5th, the two teams held their annual Pink Out Game where fans and players wore pink in order to help raise money to fight cancer. The games were held at the JCC in front of a standing-room-only crowd. The Harrisburg JCC girls' and boys' teams all wore pink-out shirts for warm-ups that the teams decorated after a recent practice.

The Harrisburg JCC girls won 33-11. The game started out close, with the girls having a 9-8 lead at the end of the first quarter. In the second quarter, the girls came out more confident and were able to capitalize on their ability to force turnovers with their aggressive defense. They held the Academy scoreless in

the second quarter and finished the half with a score of 22-8. The team was led by Jenna Shoop who finished the day with 8 points.

In the second half of the afternoon double header, the JCC boys were edged out by the Harrisburg Academy squad by a close score of 24-23. The game was back and forth with numerous lead changes occurring. The boys were led by scoring efforts from Kwame McCray who had 8 points and Isaiah Owens who completed his day with 7 points.

However, the real winner of the day was the fight against cancer. "The games raised awareness and allowed us to hopefully make a small difference. The kids were the reason we held the pink out, they wanted to play for a cause," stated coach and SFR Director Terri Travers. The event raised \$130, which will be donated.

Strength Training – Important for ALL

By Brenda Hoover

We often think that as long as we are incorporating cardiovascular exercise (biking, walking, running, etc.) we are meeting our physical exercise needs. The reality is, while cardiovascular exercise is important, it is not all encompassing. It does not provide the balance to all muscle groups nor does it meet the resistance training needs for our skeletal muscles.

Once we reach the age of 30, we start to lose lean muscle through the aging process. Muscle dictates our metabolism. The more lean muscle mass we have, the higher our metabolism and the more body fat we use for energy throughout the day. Women, especially, need to incorporate strength (resistance) training as this helps to increase bone density.

There are many ways to incorporate strength training. It doesn't require large equipment or really any equipment at all. There are many exercises you can do with your own body weight. A stability ball and a few dumbbells can provide as much variety as gym equipment. This is actually better than equipment because you are supporting your own body weight in every exercise.

If you are not familiar with or comfortable with strength training, it is highly recommended that you consult with a certified personal trainer (certified through an accredited organization). A personal trainer can assist in program

design, as well as actually training you until you are comfortable working on your own. You can even train with a couple of friends to reduce the cost per session. Many trainers offer small group sessions as well as individual sessions.

Reflect on your current exercise routine and be sure it is balanced. The perfect routine includes cardiovascular, strength and some mode of flexibility training. Get the best results with a comprehensive and safely designed plan.

Absolute Wellness Group offers many programs and services covering the spectrum in fitness. Boot Camp and their new Boot Camp-Basic Training provide challenging workouts utilizing nothing more than body weight and dumbbells. For more information about Boot Camps and the other services provided by Absolute Wellness Group, please visit their website www.absolutewellnessgroup.com.

~ Brenda Hoover is a Wellness Coach and Personal Trainer with Absolute Wellness Group ~



DON'T KISS THE MESSENGERS

Most of them were represented – the Lil' Abners, the Supermen, the Bye Bye Birdians, the Music Men, the Oklahomans, the Get it for you Wholesalers, and on and on. They came along with the notable athletes, the student leaders and the generally sociable kids, now middle-aged, who had the distinct pleasure of growing up in Harrisburg and mostly attending Susquehanna Township or William Penn from loosely 1965 – 1975. This group, many of whom are now former Harrisburgers, meets each year as "Friends Again – Harrisburg" to re-tell and in many cases, expand upon the legends of their storied high school past. During the rest of the year, this affinity group, now 379 members strong, satiates its need for nostalgia by exchanging pictures and stories on Facebook.

This year's gathering, held over Thanksgiving weekend, celebrated a new purpose – tzedakah! A portion of each attendee's registration fee was set aside for a charitable gift among a choice of 3 to be decided upon by the group. The recipient of the first Friends Again donation really was quite obvious for there was one denominator common to many in attendance – the Jewish Community Center, and more specifically its teen drama department. You see, most of us first got our dramatic feet wet on the JCC stage because it was there that we were assured of a role, whether on stage or off, and where our parents and relatives got to kvell over our achievements. It was there that we may have been first exposed to the concepts of commitment, practice and truly hard work that served us well in life. And it was there that we acquired memories, literally, to last a lifetime.

Credit for the idea of giving back belongs to Friends Again moderator, Bobby Nucel, the JCC Youth Activities Director from 1972-1976 (and an active JCC teenager immediately prior). As he states, "I'm so happy to be able to give back to a place that had such a positive impact on so many lives." The votes to support Bobby's concept, without any hesitation, came from the rest of us in attendance. So, it is with tremendous pride and a strong dose of sentiment that "Friends Again – Harrisburg" presents an \$818 contribution to Teen Drama Programming. It is the group's sincere expectation that the long history of JCC Teen drama productions will be aided by this modest, but very symbolic donation.

Michael Solomon
("Music Man", 1969)

Sheri Minkoff Solomon
("I Can Get It for You Wholesale", 1970; "Oklahoma", 1971)

A NEW YEAR.

A NEW YOU!

Join the J in January and pay just \$20.13 a month for the first 3 months!

For information please contact Linda Skulsky at 236-9555 ext. 3050 or
l.skulsky@jewishfedhbg.org

**Community
Review**

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Mission Statement of
The Community Review:
Inform readers about local,
national and international
events of interest to Jews.
Promote Jewish values,
Jewish identity and a
sense of Jewish community
in central Pennsylvania.

The opinions expressed in
the *Community Review* do not
necessarily reflect the position of
the Jewish Federation of Greater
Harrisburg. *The Federation does
not endorse any candidate or
political party for any elected
office.*

JFGH Community Update



The following is a reprint of a community-wide email send on Thursday, December 6, 2012:

As many of our readers know, the Board of Trustees of the Jewish Federation of Greater Harrisburg recently completed an important discussion and vote relative to the JCC's guiding principles and hours of operation on Shabbat and Jewish holidays.

For several years, the Federation staff and leadership have been carefully examining the JCC's hours and days of operation and have recently recommended to the Board changes that reflect this study. These recommendations are in response to demands and challenges within our own local Jewish community and trends throughout the North American Jewish Community Center movement. Throughout North America, 86% of Jewish Community Centers associated with the Jewish Community Centers of North America (JCCA) are open on Shabbat. Federation leadership, including the Strategic Task Force prior to the flood, has focused on the Federation's mission and vision and Jewish community's values, as well as market growth, competitive positioning and economics. Leadership's goal was to make sure that these recommendations helped to further our vision of creating an inclusive Jewish environment, building Jewish community and allowing people to find multiple paths for connectivity within our Jewish community.

Staff and Executive Committee members met with the Rabbis from every congregation, spoke with key community leaders, and surveyed both non-members and current and former members of the Jewish Community Center. They collected feedback from JCCs around the country to educate themselves on the reasoning of the majority of JCCs that are now open on Shabbat.

We soon began to view this as a critical communal question and agreed that Shabbat is among the most important of those shared values that have helped to sustain the Jewish people for thousands of years, and yet one in which the range of acceptable practice and observance varies quite widely. We appreciate that there are many points of view on this topic, often strongly held.

The Board of Trustees was determined to find a balanced approach that respected differences while broadening the availability of the JCC as a welcoming home for those who would like to utilize the JCC on Shabbat.

We struggled with numerous issues; key among them were the following:

If the JCC is to maintain its vital role in Jewish life, do we best do so by remaining closed on Shabbat and Jewish holidays or by opening our doors to the Jewish community? As an organization whose primary mission is the building and caring for a community, how do we best represent the needs of that community without sacrificing so central a tenet in Jewish life?

What programs should the JCC offer, possibly in partnership with the synagogues, that will draw members together on Shabbat but which in no way conflict with those offered by the synagogues? How can Shabbat access to the JCC be additive to the community?

How do we best service a diverse community through a single policy decision?

How can we survive when local fitness centers are opening convenient to home, staying open longer hours and charging less for membership?

We seriously pondered these questions and concluded that in order to survive we must acknowledge Shabbat while providing a central place for Jewish people to gather on that day whether for fitness or simply to be with friends and family sharing the Sabbath.

Effective January 5, 2013, the JCC operating hours and schedule will be expanded to open no earlier than 6:00 a.m. and close no later than 7:00 p.m. on Shabbat (excluding planned community programming, which may require the building to be open later). In addition, the JCC will be open on Jewish holidays, except as outlined below, within the hours of 6:00 a.m. – 7:00 p.m. The JCC will remain open year-round on Fridays, closing no later than 6:00 p.m.

The JCC and Federation will remain closed on the following holidays, regardless of the day of the week on which they fall:

Erev Rosh Hashanah Early closing at 6:00 p.m.

Rosh Hashanah – First Day Closed all day

Erev Yom Kippur (Kol Nidre) Early closing at 6:00 p.m.

Yom Kippur Closed all day

Erev Passover (First Seder) Early closing at 6:00 p.m.

First Day of Passover Closed all day

Adopted Policies/Procedures:

- 1) Absolutely no business will be transacted on Saturdays. The main office will remain closed, and staff will not engage in any financial transactions. This means that guest passes, membership cards, swim lessons, etc. must be secured in advance during our Sunday-Friday hours of operation. Regular JCC enrichment classes will not be scheduled or conducted on Saturdays or Jewish holidays so as not to exclude anyone who would like to participate.
- 2) The kitchen may only be used under the direct supervision of the Mashgiach. In addition, the kitchen will continue to operate under current kashruth policy and will remain locked for the duration of Shabbat.
- 3) The main lobby will be fashioned in such a way as to promote the concept of Shabbat as a unique day of family, rest and reflection.
- 4) We will work cooperatively with organizations and individuals to provide Jewish education/Shabbat-oriented programs for those community members who would like to participate.
- 5) We will establish a standing committee to review potential Shabbat programming.

Our JCC remains in a precarious situation due to last fall's flooding and the severe financial consequences of its damage. Our community has been galvanized around saving our JCC, and in order to do so, some difficult but long-term focused decisions need to be made. This decision reflects our commitment to our mission and our desire to be an active part of strengthening Jewish and communal life during Shabbat in a respectful and thoughtful manner.

Thank you for allowing us to share this change of policy with you. We appreciate your ongoing support of our community and hope to see you soon at the Jewish Community Center.

Sincerely,

Steven Roth

President, Jewish Federation of Greater Harrisburg

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Reading Room & Gallery
Lower Level of the Midtown Scholar

Great Used Books • Fair-Trade Coffees & Teas • Art Gallery • Acoustic Music



“From Art to Heart”

An International Photography Exhibit Coming to the Harrisburg Community February, 2013 at Holy Spirit Hospital

An opening reception for this exhibit, hosted by the Jewish Federation of Greater Harrisburg, in conjunction with Holy Spirit Hospital, will take place on Sunday, February 10, 2013 ~ 2pm at Holy Spirit Hospital.

Save a Child's Heart (SACH), together with the Ministry of Foreign Affairs in Israel, launched an international photo exhibition around the world, as part of Israel's 60th Anniversary Celebrations. The photographs, taken by seven photographers, are mainly of children, in vastly different regions of the world and representing a wide variety of ethnic backgrounds. What links them - and the more than 2,200 other children from over 35 developing countries - is the fact that their lives were saved by the dedicated Israeli doctors, nurses and support staff who form the core of **Save A Child's Heart (SACH)**.

To help us raise \$10,000 to save our “adopted child,”
Glads Sollo age 1 of Tanzania, visit
www.jewishharrisburg.org



Jewish Federation
OF GREATER HARRISBURG

3301 North Front Street
Harrisburg, PA 17110

Do you have a new phone number, email address? Let us know.

We want to be able to keep you up to date on programs and services that the Jewish Federation of Greater Harrisburg offers.

Please complete the form below or email b.romano@jewishfedhbg.org with your changes.

(Please Print Clearly)

Date:	
Name:	
Address:	
City/State/Zip	
Home Phone:	Email:
Cell Phone:	
Work Phone:	Do you want to be added to our email list? Y / N

Mail completed form to Beth Romano at 3301 N Front Street, Harrisburg, PA 17110
or by fax at 717-236-0965 or email b.romano@jewishfedhbg.org



Jewish Federation
OF GREATER HARRISBURG

HELP US CREATE LIFE-LONG MEMORIES



SUPPORT THE 2013 ANNUAL CAMPAIGN
OF THE JEWISH FEDERATION OF GREATER HARRISBURG

JCC Adult Programs

Classes available at the Jewish Community Center:

SilverSneakers® MSROM – Have Fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. Tuesday/Thursday mornings 9:15 -10:00 a.m. AND Wednesday morning at 9:45 – 10:45 a.m. Drop-in Fee \$5.00 per class. Free to JCC members and SilverSneakers® participants.

SilverSneakers® CardioFit – Get up & go with an aerobic class for you – safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. Mondays and Wednesdays at 10:45-11:30 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

SilverSneakers® YogaStretch –YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair

support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Mondays and Wednesdays 11:45-12:30 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

Gentle Yoga – Easy Poses for those new to Yoga. Must be able to get down on to floor. Mondays at 9:45 -10:30 a.m. or Tuesdays at 5:00-5:45 p.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

SilverSplash® – Activate your aqua urge for variety! SilverSplash® offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Mondays/Wednesday 9:30 -10:30 a.m. Drop-in Fee \$5 per class. Free to JCC members and SilverSneakers® participants.

The Jewish Community Center is offering the following senior events:

Every Tuesday at 9:15 a.m.-10:15 a.m. SilverSneakers MSROM
10:15AM – Discussion Group

Every Thursday at 9:15 a.m.-10:15 a.m. – SilverSneakers MSROM

Senior Lunch will be served Tuesdays and Thursdays at Noon.

Reservations are preferred two days in advance if possible, but no later than 4:00PM the day before. Call Cheryl 236-9555 EXT. 3115

After-Lunch Programs are:

December 27, 2012 – Seniors New Year’s Luncheon Party. Entertainment by D.J. Bill Barton. Cost: \$10 Members/\$20 Non-Members

January 1, 2013 – CLOSED FOR NEWYEAR’S DAY

January 3, 2013 – Herb Rochman – “Something Historic”

January 8, 2013 – Business Meeting/Birthday Party. Blood Pressure Screening by a Bayada Nurse

January 10, 2013 – Dr. Andrea Lieber-Merwin, “One Hundred Blessings a Day”

January 15, 2013 – “The Jewish Perspective” by Robert Axelrod, Educational Director of Beth El Temple. Come join the discussion. Bob really brings out some very controversial subjects and everyone’s opinions are heard!

January 17, 2013 – Come and enjoy a Sing-a-Long with our retired professional pianist, Al Goodman.

January 22, 2013 – Lecture and musical selections by former Concertmaster of the Harrisburg Symphony Orchestra, Odin Rathnam.

January 24, 2013 – “Medicare Fraud Prevention” presented by Bonnie Clapp from The Center for Advocacy for the Rights and Interests of the Elderly (CARIE)

January 29, 2013 – “War of 1812” a lecture by Dr. Donald Koonen of HACC

January 31, 2013 – Don’t miss this fascinating story presented by Dusty Knisely, who was born in China to missionary parents and was put into a concentration camp under Japanese occupation between 1942 – 1945.

Harrisburg JCC Drama Department Presents

Dear Edwina JR.

AUDITIONS

Audition Date: January 6, 2013

Location: Harrisburg JCC | Mary Sachs Auditorium

Time: 12:00-4:00 pm

Ages: 2nd-7th grade

Participation Fee: \$50 members \$100 Guest
(Fee Includes Cast Party, Script and T-Shirt)

Come with a prepared song
(You may only be asked to sing part of the song)

You may come audition around your schedule and Leave.

Performance Dates: Thursday, March 21 & Sunday, March 24

13-year old Edwina Spoonapple has very talented siblings. Because of this, she thinks that she isn't special or talented. Yet Edwina has many talents including leadership, singing and advising. She combines all of them by directing musicals out of her garage. The topic of these musicals is letters written to her by neighborhood kids who need advice. She gives them advice through songs and dances that she orchestrates with her friends. One of the main themes of *Dear Edwina* is Edwina's desire to be in the "Advice-a-palooza" festival because she feels it will prove that she is as talented as her siblings. This is all going on while Edwina's love interest, Scott, is trying to win her over. But, since Edwina is so concerned about her show, she doesn't care about Scott. Scott wins her heart by singing her a song as an impromptu performance on the show. The talent scout calls, and asks for Edwina to perform at the festival, not Edwina. She is heartbroken when she runs into Katie Spoonapple, who has just run away from the Summer Math Olympics because she was getting made fun of by the other girls. She tells Katie not to listen to those kids, and to do what you love to do. Katie hugs her, and Edwina realizes that love is far more important than getting a prize.



Turn Silver into GOLD

The Referral Incentive Program

Bring in a new student. Get a \$100 Gift card!

- The Silver Academy will offer a \$100 Giant gift card to anyone who refers a new or returning family (*returning family must have left the school for at least one school year*). The enrollment must be a direct result of their recruiting effort.
- There is no limit to the number of families that can be recruited.
- Teachers and faculty are eligible as well.
- This is only for new or returning families (*siblings of current students not eligible for referral bonus*).
- This is a one-time bonus per family.

Some eligibility restrictions may apply

Contact Jackie Rubin at
jrubin@silveracademypa.org
for more information.



TZEDAKAH MEMBERS 2012-2013

The JCC would like to thank the following individuals, couples and families who have supported the JCC as Tzedakah Members. These members are special friends of the JCC who, through their generosity, help to support the ongoing operations of the Center and help provide financial assistance to others.

PLATINUM

Esther & Edward Beck
Joan & Ron Isaacman
Marlene & Herman Minkoff
Patty & Dan Schwab
Mary Sachs Estate

GOLD

Marilynn & Richard Abrams
Josephine Brenner
Marcia & Sandy Cohen
Jane & Gary Kay
Myrna & Bert Rubin
Linda Schwab

SILVER

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Glenda & Brian Dechowitz
Ricci & Michael Doctrow
Holly Engelman & Moshe Bell
The Steven Etter Family
Faith & Davy Goldsmith
Lois & Herman Gordon

Ileane & Harold Hurwitz
Jill & Steven Kusic
Debbie & Arthur Kravitz
Irene Berman-Levine & Sam Levine
Jay Maisel
Marian Frankston & Burton Morris
Marti & Gerry Morrison

Colleen & Jay Prenskey
Alvin Rostolsky
Jennifer & Stephen Rubin
Marjorie Sherman
Jody & John Yoffe
Miriam & Michael Weinstock

For information on a Tzedakah membership, please contact Linda Skulsky, at (717) 236-9555, ext. 3050 or email at l.skulsky@jewishfedhbg.org.

COMMUNITY REVIEW AD DEADLINES

JANUARY 11, 2013 ISSUE

DEADLINE DECEMBER 31, 2012

JANUARY 25, 2013 ISSUE

DEADLINE, JANUARY 13, 2013

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CenterPieces

What's Happening in and Around the JCC

A NEW YEAR A NEW YOU!

Join the J in January and pay just
\$20.13 a month for the first 3 months!

For information please contact Linda Skulsky at 236-9555 x 3050
or l.skulsky@jewishfedhbg.org

JCC OPEN HOUSE

Sunday, January 13th, 2013 | 10:00 am – 2:00 pm

community HAVDALLAH

Saturday, January 5, 2013 | 6:30-8:30 pm
Kindergarten-7th Grade

There is no fee for this event

Join us in the Mary Sachs Auditorium for Havdallah, a performance by the Harrisburg Jewish Youth Choir, and activities in the pool and gym.

Co-sponsored by Beth El Temple, Chisuk Emuna Congregation, Jewish Federation of Greater Harrisburg, Keshet Israel Congregation, The Silver Academy, Temple Beth Shalom, Temple Ohev Shalom

Please have your child wear their swim suit under their clothes.

RSVP to your religious school principal or a.weikert@jewishfedhbg.org by December 20.



L-1000 B

Refer a Friend!

Tell your friends about all the great programs you enjoy at the JCC and how they, too, can be a part of the fun! Your enthusiasm about the JCC is valuable and helps our membership grow.

Refer a friend, colleague, neighbor or family member to the JCC. For each person that joins the JCC, you will receive credit against your membership payment for the following year

- \$100 credit to members who bring a new family category membership
- \$50 credit for members who bring any other membership category

Tell all your friends and join the JCC family today!

For more information contact Linda (717) 236-9555, x 3050, l.skulsky@jewishfedhbg.org, or stop in.

- Some restrictions apply -



Saturday, February 2, 2013 | 7:00 PM | JCC

One price includes: Professional Monte Carlo games; live & silent auctions filled with a variety of fantastic merchandise; delicious hors d'ouvres and wine & beer, live music by DJ Frank.

Texas Hold 'Em Tournament

Special prizes will be awarded to the top winners.

To register for this exciting event call 236-9555, x 0 or register online at www.jewishharrisburg.org

MONTE CARLO SPONSORSHIPS:

- Sponsor Black Jack Table: \$125
- Sponsor Craps Table: \$225
- Patron: \$36 per person
- Sponsor Roulette Table: \$175
- Donate products or service
- Texas Hold 'Em: \$60 per person

COMMUNITY PURIM CARNIVAL

Sunday, February 24
11:00 am-1:00 pm

Jewish Community Center

Exciting carnival games for all ages, arts & craft projects, prizes & inflatable fun.

Free to the entire community

Lunch is available at a nominal fee

This program is sponsored by the Jewish Federation of Greater Harrisburg in coordination with Beth El Temple, Chisuk Emuna Congregation, Keshet Israel Congregation, Silver Academy, Temple Beth Shalom & Temple Ohev Shalom



Land & Specialty Classes

Boot Camp

Instructor: Jeremy Kreiser

Wednesday/Friday: 12:15-1:00 pm

This class combines resistance training with aerobic exercise. Regardless of your fitness level, emphasis will be placed on having a safe, fun and effective workout.

Gentle Yoga (Floor and Standing)

Instructor: Cheryl Yablon

Monday: 9:45 am-10:30 am

Tuesday: 5:00 pm -5:45 pm

Class designed as a preventive program for a healthy population that suffers, either intermittently or chronically, from mild to moderate back pain or from back pain of non-specific origin. Also appropriate for healthy seniors or beginners who have had no prior yoga experience.

Hatha Yoga

Instructor: Marlene Saxe, RN

Monday: 5:30 or 6:30 pm

Wednesday: 5:30-6:30 pm

Cost: Non-member \$7 per class

Strengthen your balance, increase your flexibility, rejuvenate your mind, body, and spirit, and promote relaxation.

Les Mills BodyPump

Sunday: 10:30 to 11:30 am

Tuesday: 5:30 to 6:30 pm

Thursday: 6:30 to 7:30 pm

Friday: 9:30 to 10:30 am

Instructor: Varies

A barbell workout that strengthens your entire body. Tones muscles, changes your body shape, increases your metabolism, makes you stronger, and gives you better muscle and cardiovascular endurance.

Senior Adult Programs

The JCC Senior Adult Club continues its wonderful schedule of bi-weekly programming on Tuesdays and Thursdays. The Club offers something to meet the interests of almost anyone, with a tasty lunch "sandwiched" right in the middle.

For more information on all Senior Adult Programs contact: Cheryl Yablon (717) 236-9555, x 3115 or c.yablon@jewishfedhbg.org

Mah Jongg Cards

The Harrisburg Senior Adult Club will be selling National Nah Jongg League's cards for 2013. Deadline: January 24, 2013. For more information contact Cheryl Yablon (717) 236-9555, x 3115.

AARP Driver Safety Class

March 14 & 15, 2013: 12:30 to 4:30 pm

You must attend both days.

Motherwell Yoga

Instructor: Cheryl Yablon

Wednesday: 6:00-7:00 pm

A medically endorsed pregnancy/postpartum health and fitness program. For cost and more information contact Cheryl Yablon (717) 236-9555, x 3115.

Pilates

Instructor: Stacie Rettberg

Tuesday: 9:00-10:00 am

Thursday: 9:00-10:00 am

This class will help improve posture and develop core control, which is the ability to move effectively and efficiently by transmitting force from the body's center through the torso and limbs. The exercises emphasize precise alignment and efficient sequencing of movement.

Body Sculpting

Instructor: Michele Ruth

Monday/Wednesday: 9:00-10:00 am

5 minute warm up, 5 minute stretch, then working each muscle using weights, body bar, medicine ball, big ball, and bands for building muscle strength. From beginner to advanced, all levels welcome. Work at your own pace. Focus is on correct positioning for optimum results.

ZUMBA

Monday: 5:30-6:30 pm

Thursdays: 5:30-6:30 pm

Instructor: Kelly Straub

Dynamic fitness workout that will blow you away. Come join the party!

AARP Safe Driving Refresher Course

April 11, 2013 from 12:30 to 4:30PM – One Day – 4 hour refresher course. Must have attended AARP Safe Driving Class three years ago.

AARP courses - for more information contact Cheryl Yablon (717) 236-9555, x 3115

SilverSneakers® Classes

Instructor: Cheryl Yablon

Cost: Non-member \$5 per class



Muscular Strength & Range of Movement

Instructor: Cheryl Yablon

Tue./Thur.: 9:15-10:15 am

Wed.: 9:45-10:45 am

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Cardio Fit

Mon.: 10:45-11:45 am

Wed.: 10:45-11:45 am

Get up & go with an aerobic class for you – safe, heart healthy and gentle on the joints. The workout includes easy to follow low-impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

YogaStretch

Mon.: 11:45 am-12:45 pm

Wed.: 11:45 am-12:45 pm

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Spinning (Indoor Cycling)

See Times and Instructors Below

A challenging stationary group cycling class, set to music, utilizes various training and motivation techniques to simulate actual outdoor riding experiences such as hills, sprints and racing. A heart rate monitor may be used. **Water and towel are required.**

Early Morning Spin

Monday: 6:15-7:00 am

Instructor: Gina McDonald

Wednesday: 6:15-7:00 am

Instructor: Gina McDonald

Friday: 6:15-7:00 am

Instructor: Gina McDonald

Lunch-Time Spin

Monday: Noon-12:45 pm

Instructor: Michele Ruth or Lauren

Thursday: Noon-12:45 pm

Instructor: Arthur Kravitz

Evening Spin

Monday: 5:45-6:45 pm

Instructor: Arthur Kravitz

Tuesday: 4:30-5:15 pm

Instructor: Lauren Jacobs

Wednesday: 4:30-5:30 pm

Instructor: Arthur Kravitz

Wednesday: 5:45-6:45 pm

Instructor: Arthur Kravitz

Friday: 4:00-5:00 pm

Instructor: Arthur Kravitz

Sunday Spin

Early Sunday Spin: 9:00-10:30 am

Instructor: Arthur Kravitz



**For more info
or to schedule a tour of the
facility contact
Linda Skulsky at
(717) 236-9555 x3050 or
l.skulsky@jewishfedhbg.org**

Basketball



Iddy Girls Basketball

Instructor: Terri Travers

Ages: 5 & 6

Date: Jan. 6 to Feb. 24 (8 sessions)

Sundays: 3:00 – 4:00 pm

Cost: \$50 Member/\$82 Non-member

Biddy Girls Basketball

Instructor: Terri Travers

Ages: 7 to 9

Date: Jan. 6 to Feb. 24 (8 sessions)

Sundays: 3:00 – 4:00 pm

Cost: \$50 Member/\$82 Nonmember

Iddy Boys Basketball

Instructor: Terri Travers

Ages: 5 & 6

Date: Jan. 6 to Feb. 24 (8 sessions)

4:00 – 5:00 pm

Cost: \$50 Member/\$82 Non-member

Biddy Boys Basketball

Instructor: Terri Travers

Ages: 8 to 9

Date: Jan. 6 to Feb. 24 (8 sessions)

Sunday: 5:00 – 6:00 pm

Cost: \$50 Member/\$82 Non-member

Mom's Basketball

Sundays: Ongoing

6:00 to 7:00 pm

Instructor: Terri Travers

Cost: \$25 Member/\$50 Non-member

Women of all ages are invited to join. Learn the basics for the game while getting exercise and having fun with friends. We have players

of all abilities including lots of beginners who

have never played. Join today and get your fall off to a great start!

Members Only Basketball League

Wednesdays: 8:00-10:00 pm

Ages: 18+

Cost: Free for Member/Non-member fee \$5



Water Classes

Aqua Zumba

Instructor: Bev Sable

Tuesday: 9:30-10:30 AM

Wednesday: 5:45-6:45 PM

Friday: 9:30-10:30 AM

Cost: Non-member \$7 per class

A challenging water-based workout that's cardio-conditioning, body toning, and most of all, exhilarating beyond belief.

Deep Water Exercise

Instructor: Diana Budd

Monday/Wednesday: 8:15-9:15 am

Cost: Non-member \$7 per class

The deep water provides an environment for exercises that are stress free on the joints yet build muscle strength and endurance. Cardio activities are included. A great way to work hard, have fun and start your day energized. Flotation belts are worn/no swimming skills required.

SilverSplash®

Instructor: Diana Budd

Monday/Wednesday: 9:30-10:30 am

Cost: Non-member \$7 per class

Activate your aqua urge for variety! SilverSplash offers lots of fun and shallow

water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Motherwell Water Exercise

Instructor: Cheryl Yablon

Monday: 6:00-7:00 pm

A medically endorsed pregnancy/postpartum health and fitness program. For cost and more information contact Cheryl Yablon (717) 236-9555, x 3115.

Introduction to Deep Water Exercise

Instructor: Diana Budd

Monday: 10:40 to 11:30am

This class is designed for those who wish to enjoy the healthy benefits of water exercise, but have back and joint problems or are unable to stand in the shallow water for long periods of time. The 30-minute class will work on balance, strength, coordination, stretching and relaxation. You do not need to know how to swim, but should be comfortable in the water. Flotation belts and props are used. Join us and learn how much fun deep water exercise can be.

Sports, Fitness, & Recreation Children & Teens

Hip Hop

Ages 6 and older

Feb. 5-March 12

4:30 to 5:15 pm

Free: \$75/Regular Rate, \$50/JCC Member Hip-Hop is an upbeat and energetic dance form. Our Kids' Hip-Hop after school classes teach cool moves to the songs they hear on the radio while encouraging positive creativity and exercise. In learning movement and dance, students develop coordination and improve their self-expression and confidence. If this day and time does not work into your schedule, please check out tapnarts.com/ classes for a full listing of dance classes. Call

the JCC at (717) 236-9555, x 0 to register.

Art Class

For Grades K thru 5

Mondays: 4:30-5:15pm

Instructor: Jodie Raffensperger

Cost: \$70 Member | \$110 Non-member

Discover the artist in your child! During the session learn the basics such as shading, tinting, perspective and color, taught in simplified terms.

Kid Certified Fitness Program

This program allows children ages 12 and up to use the Fitness Center after completing the program with a Fitness Center Manager. Call 236-9555, x3101 to schedule an introduction.

Girls Sports and Fitness Nite

Date: January 12, 2013

Place: Sports City – Linglestown Road

Time: 7:00 to 9:00 pm

Cost: \$10

Ages: Girls in 1st thru 8th grade

The evening will allow our young female athletes to try out a number of sports and fitness activities. All participants who sign up in advance will be given a t-shirt. For registration from or more information contact Terri at t.travers@jewishfedhbg.org

Jr. Maccabi

Hosted By Kaiserman JCC

Open to Jewish pre-teens ages 10-12

Sunday – May 5, 2013

Contact: Andrea at a.weikert@jewishfedhbg.org

JCC Maccabi Games

Orange County, Calif.

For Jewish Teens 13 to 16

August 4 – 9, 2013

Sports Offered: Boys Basketball, Girls Basketball, Baseball, Softball, Soccer, Volleyball, Boys Inline Hockey, Lacrosse, Swimming, Tennis, Table Tennis, Bowling, Track & Field.

JCC Maccabi ArtsFest

Orange County, Calif.

For Jewish Teens 13 to 17

August 4 – 9, 2013

Art Specialties: Acting/Improv, Dance, Jazz Ensemble, Musical Theater, Rock Music, Visual Arts and Vocal Music.

The JCC Maccabi Games and JCC Maccabi ArtsFest are amazing programs open to Jewish teens who will be 13-16 years of age as of July 31, 2012.

For more information on these programs contact Terri Travers at t.travers@jewishfedhbg.org or 717-236-9555 x 3110

50 Mile Swim

See Becca Doctrow for details

30 Minute Circuit Training/Workout

A structured 30 Minute Fitness Workout that is doable and fun in a comfortable environment. See how you can improve your quality of life spending just 30 minutes a day, 3 times a week!

For details or an appointment call Fitness Manager at 236-9555, x 3101

The Brenner Family Early Learning Center

A Quality Preschool with Childcare Options | For info contact Angie Stoll at (717) 236-9555, x 3107 or a.stoll@jewishfedhbg.org

Infants: (6 weeks+)

An experienced and loving staff caters to your infant's daily emotional needs, as well as providing developmentally appropriate activities for infants' ever-changing physical needs.

Toddlers (approximately 12-18 mo.)

The staff caters to the children's ever growing need to explore; daily walks (inside and out), singing, and playing are how Toddlers spend their days.

Turning 3s (2 yrs. old by Sept. 1) Activities are centered on the sense of independence that comes along with being two. Children are encouraged to participate in activities that explore art, music, science, and simply getting along.

Turning 4s (3 yrs. old by Sept. 1) and Pre-K (4 yrs. old by Sept. 1)

These groups are exposed to activities that promote reading and math readiness, scientific discoveries, music appreciation, and just plain fun. They also participate in field trips that coordinate with classroom activities. Pre-K is required to attend a minimum of five mornings.

Licensed by the Department of Public Welfare

ELC Enrichment

To register for a class, please stop by the Atrium desk or call 236-9555, x 0. Payment must be made at time of registration.

MONDAYS

Artistic Afternoon

1:00-1:45 pm | Ages 3 to 5

Cost: \$70/M, \$110/NM

Future Super Stars Intro to Sports

1:00-1:30 pm | Ages 4 to 5

Cost: \$35/M, \$55/NM

Martial Arts Heroes Class

12:30-1:15 pm | Ages 3 to 5

Cost: \$40/M, \$80/NM

TUESDAYS

Artistic Afternoons

1:00-1:45 pm | Ages 3 to 5

Cost: \$70/M, \$110/NJ

Ganeinu at The Silver Academy

12:00-3:30 pm | Dates: School Year

Ages: Must be 4 years old by September 1st.

Cost: \$157.50/month | *Tuesday & Thursday*

Must register through The Silver Academy (717) 238-8775 – Hot Lunch Provided.

Keep Your Eye on the Ball

12:30-1:00 pm | Ages 2 to 5

Cost: \$35/M, \$55/NM

WEDNESDAYS

Swim Instruction

12:30-2:30 pm

½ hour lessons based on child's age

Ages: 3 to 5 | 20 Kids Maximum

Cost: \$48/M, \$63/NM

Casa Soccer

1:00-1:30pm / Ages 3 to 5

Cost: \$50/M, \$70/NM

THURSDAYS

Suzanne's Jumpin' Jitney

12:30-1:00 pm | Ages 2 to 5

Cost: \$40/M, \$80/NM Monthly

FRIDAYS

KinderDance

12:30-1:15 pm | Ages 3 to 5

Cost: \$40/M, \$90/NM Monthly

Shalom Sesame

12:30-1:00 pm | Ages 3 to 5

Cost: \$40/M, \$60/NM

SUMMER CAMP

June 17 – August 9, 2012

Camp is about Fun, friends and new experiences...

Join us for a fun-filled summer that includes exciting activity program featuring outdoor programs, sports and games, performing arts and drama, instructional swim and recreational swim, cultural activities, arts and crafts, music, environmental living and nature and Israeli Culture plus special theme days, camp-wide programs, late nights and overnights, carnival, hobby days and LOTS MORE!

Check Out a Specialty Camp...

What can you explore in one week? Anything and everything! We've got activities galore and truly something for everyone. Help your child build skills in the activities they like best with a JCC specialty camp.

Calling all entering 5th – 8th graders...

Have you always wanted to see the open road, experience interesting things and places, spend time with old camp friends and meet new ones? Then our travel camp is just for you - It's like no other camp! Every day is a new and exciting place to visit and explore. This summer campers will visit Williamsburg, VA, Great Wolf Lodge, Club Getaway, Philadelphia, Boston and lots more.

Please contact Andrea at a.weikert@jewishfedhbg.org for a detailed itinerary.

For more information or to receive a copy of the 2012 Day Camp Brochure contact Andrea at 236-9555, ext. 3108, a.weikert@jewishfedhbg.org or Terry at 236-9555, ext. 3121, t.fisher@jewishfedhbg.org for more information.

SCHOOL'S OUT...The "J" Is In!

For: K thru 5th graders

January 21, 2013

Caring and Sharing Day. Come and make treats for the Jewish Group Home and participate in other mitzvah projects.

Pack a lunch, bathing suit and towel

Registration Deadline: January 11, 2013

Fee: \$80/regular rate, \$40/JCC Members

JCC Newly Extended Hours

Monday thru Thursday:

6:00 AM to 9:30 PM

Friday:

6:00 AM to 5:00 PM

Saturday:

6:00 AM to 7:00 PM

Sunday:

7:00 AM to 7:00 PM

A Place of Play A Place to Pray



A PARTNERSHIP PLAN

New Members* can receive a discount in 1 of 3 ways:

1. Synagogue members who join the JCC!*
 2. JCC members who join an area synagogue!*
 3. New members who join area synagogue & JCC!*
- * New memberships only.

THE DISCOUNT

36% Reduction (2X Chai) for first year dues!
18% Discount (Chai) for the second year dues!

THE PARTNERSHIP PLAN

The Jewish Community Center and synagogues have united to help residents take advantage of membership at a discount.

PARTICIPATING SYNAGOGUES

Beth El Temple, Chisuk Emuna Congregation, Keshet Israel Congregation, Temple Beth Shalom, Temple Ohev Shalom

FOR ELIGIBILITY REQUIREMENTS

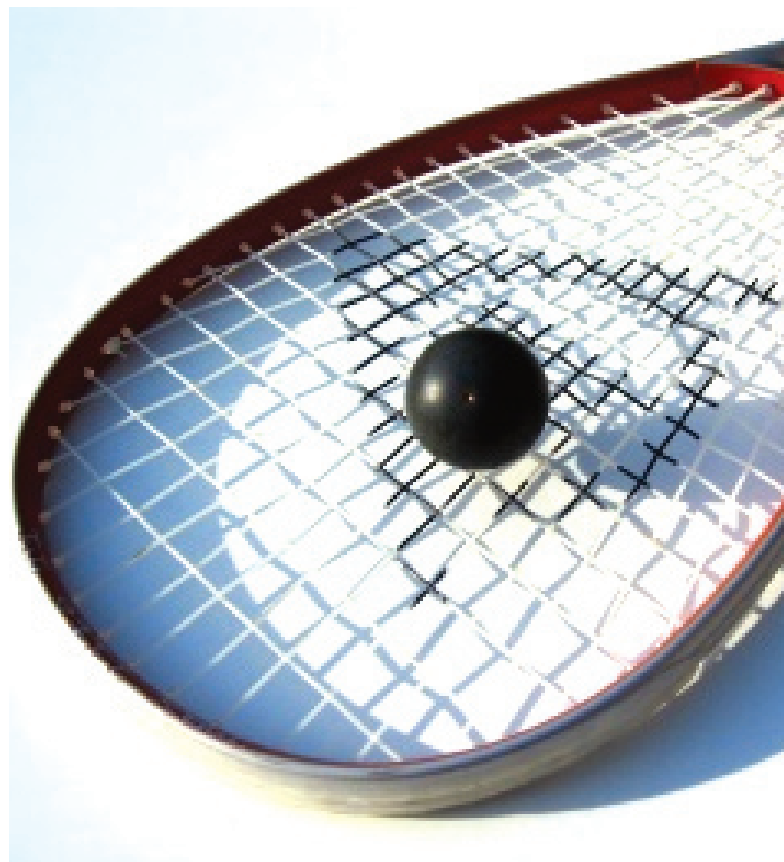
call Linda Skulsky, JCC Membership Director at 717-236-9555, x 3050, email: l.skulsky@jewishfedhbg.org or contact one of the synagogues.

Improvements Continue: Racquetball Coming Back to the J New Group Fitness Room to Be Added

The Harrisburg JCC continues to live up to its new slogan Back and Better than Ever as the Sports and Fitness Department proudly announces the newest improvements in the works. By March, the racquetball courts, which have been out of commission since the flood in September 2011, will be renovated and back in use.

One of the courts will be receiving a brand new wood floor and will soon be ready for the playing to begin. "We are excited to get our racquetball players back in the building and playing here at the JCC," stated Terri Travers, SFR Director. In addition to holding racquetball, this court will provide an additional space to be utilized by the youngest children as a place to get exercise when the gym is in use. The room has also been a spot used in the past for gaga tournaments and wallyball play, and there are high hopes it will continue to house these special events.

The work being done on court two is far more extensive and has already begun. This court is being converted in to a group fitness studio. The ventilation is being fixed to accommodate a class of individuals exercising, and the floor will be made to



handle high-impact classes. In addition mirrors, a sound system and new lighting are being added. Travers continued, "We are thrilled at the opportunities this room will present for the JCC. We have plans of new classes and how to expand current offerings. Overall the improvements allow us to have a home for fitness classes and better serve our members."

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Dr. Lieber will speak at the Senior Adult Club



Dr. Andrea Lieber, Ph.D.

Sophia Ava Asbell
Chair of Judaic Studies
Associate Professor of Religion, Dickinson College

Dr. Lieber will speak at the Senior Adult Club's Thursday, January 10, 2013 luncheon. Her topic will be "One Hundred Blessings a Day – Why Jewish Spirituality Begins with Gratitude"

Dr. Lieber will explore why an attitude of gratitude is a key element of Jewish prayer. She'll also talk about how to cultivate a positive mindset when we are faced with life's inevitable challenges. Please make your reservations early. Call Cheryl at 236-9555 Ext. 3115.

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A Chanukah Letter to Students -- and the Rest of Us

By Rabbi Akiva Males



Each year at this time, Ricki Gold leads Keshet Israel Congregation's effort in sending out Chanukah care packages to our college students. This is a beautiful project that our Shul is proud to carry out. Over the years, many students have told me how much these care packages have meant to them. I am always happy to write a short holiday letter to be included in the package.

After writing my letter for this year's Chanukah package, it struck me that while my letter was written for today's college students, the message below is one that is relevant to all of us as American Jews -- regardless of age.

Wishing you and your family a wonderful Chanukah,
 Rabbi Akiva Males

Chanukah 5773 / December 2012

Dear KI students,

I hope you're well. With Chanukah upon us, I've been thinking about the many different ways I've celebrated Chanukah over the years. This morning I remembered how about fifteen years ago, some friends and I went driving around one Chanukah night in what we thought was a very non-Jewish neighborhood deep in Long Island, NY.

What were we doing? A Jewish outreach organization had told us Chanukah was a once a year opportunity for discovering which homes were in fact Jewish. While the homes in that neighborhood may have looked alike on other nights, during Chanukah many of the homes identified themselves as Jewish by placing a Menorah in the front window.

Accordingly, my friends and I had volunteered to drive around that neighborhood and leave Jewish informational materials at homes -- which if not for Chanukah -- we would never have known were Jewish.

Chanukah has a way of bringing out the best in us as Jews. During Chanukah, we seem to realize there are good reasons to be proud of our heritage and traditions. I have my own theories why this is so. Have you ever thought about this? Would you agree? I'd love to hear from you.

Layala and I wish you continued success at school. Have a wonderful Chanukah!

Sincerely,
 Rabbi Akiva Males
 rabbimales@yahoo.com

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A Chanukah Celebration of Generations!



On Tuesday, December 11 the Pre-K students from The Brenner Family Early Learning Center and The Silver Academy Seventh Grade students joined the JCC Seniors for a Chanukah Celebration. They created delicious Menorahs out of chocolates and heard the Pre-K sing beautiful Chanukah songs. The Pre-K class then joined The Silver Academy's Kindergarten class for a fantastic lunch. They had a wonderful time celebrating the holiday together!



The Silver Academy
Central Pennsylvania's Jewish Day School



Odin Rathnam, past Concertmaster of the Harrisburg Symphony Orchestra, presents program to the Senior Adult Club



On Tuesday, January 22, 2013 Odin Rathnam, past Concertmaster of the Harrisburg Symphony Orchestra, will lecture and play selections for the Senior Adult Club after lunch program.

Since his critically acclaimed Lincoln Center debut in 1993, the American violinist has established himself as one of the most passionate and versatile artists of his generation. He

has received unanimous praise from critics and audiences for his "captivating temperament," "brilliant technique" and "recalling the legendary violinists of the past." A veteran performer at many major European and American festivals including the Algarve International Music Festival in Portugal, Denmark's Tivoli and Vendsyssel Festivals, Deia International Festival in Mallorca, Aspen and Caramoor, he has also appeared in recital on the Market Square Concerts series, Lincoln Center's Alice Tully Hall and Carnegie Recital Hall, where Rathnam first appeared at the age of 15. As a soloist, he has performed with the Baltimore Chamber Orchestra, the New Amsterdam Symphony, the Columbian National Symphony, the Camden and Hayes Orchestras in England, the York Symphony, the Hershey Symphony, the Lancaster Symphony, the Central Pennsylvania Symphony and the Harrisburg Symphony, enjoying collaborations with conductors including Stuart Malina, Richard Westerfield, Stephen Gunzenhauser, Anne Harrigan and many others.

For reservations, please call Cheryl at 236-9555 Ext. 3115

WOMEN WEARING A TALLIT?

A Hands-on Exploration of the History, Laws, and Folklore of Tallitot will be presented on Sunday morning, January 6th from 9:30 to 12:30 at the JCC by Women of Chisuk Emuna. The entire community is invited.

Shirley Waxman, accomplished fiber artist and Judaic folklorist, will provide the answers to questions such as: Is a tallit "one size fits all"? What shapes are acceptable? What materials are suitable? Can you make your own tallit? How is the tallit measured and constructed?

Ms. Waxman was awarded First Prize in Wearable Art in the 1995 Potomac Craftsmen (fiber) Guild 50th Anniversary Show. Her work appears in several books, such as The Best of Silk Painting by Diane Tuckman and Jan Janus and The New Work of Our Hands by Mae Rockland Tuplo.

Her philosophy comes from a folklore background - teach others and you will learn; express what is meaningful for people and hopefully they will understand and feel joy from your work.

She will bring some of her amazing work for display and purchase.

Women of Chisuk Emuna will hold follow-up sessions during which women may make their own tallit under the able instruction of Susan Leviton and Cory Schneider.

Bring your daughters and mothers to this informative and enjoyable program. Light snacks will be provided. An RSVP is appreciated to Ivy Levine at 717-652-4906 or mikaian@aol.com

Tips for Keeping Seniors Safe This Winter

Marjorie Koch, LSW, C-ASWCM, JFS Senior Services Coordinator



As the mercury in the thermometer drops this season, there are some safety issues to keep in mind, especially for senior citizens. Some of the most common dangers are house fires due to faulty or improper use of heaters, injuries from falling or shoveling, increased risk of heart attack and stroke and increased depression. Many of the potential safety issues of the winter season are preventable with a little bit of planning and self-care.

Here are some tips for avoiding wintertime dangers:

1. Make sure that smoke and carbon monoxide detectors are installed on every level of the home, and have fresh batteries. Have a fire extinguisher in the home and learn how to use it.
2. Make sure that space heaters are at least three feet away from any flammable objects or surfaces. Ensure that all auxiliary heaters (i.e. portable fireplaces/wood stoves, space heaters and kerosene heaters) are in good working condition.
3. Dress warmly when you go outside, including hats, gloves and scarves. We often hear about frostbite and hypothermia, but the cold can also increase risk of stroke or heart attack as your blood vessels constrict to conserve heat.
4. Find someone to shovel for you. Ask a teenager, neighbor or inquire whether your synagogue or church has volunteers to help out when there is a snow or ice storm. Shoveling snow is strenuous work and can increase your chance of stroke and heart attack. Walking on snowy and icy sidewalks and driveways can easily cause falls, which are especially hard on senior citizens.
5. Get some sunlight when the weather is moderate. Fifteen minutes of sun a day helps your body make vitamin D to decrease risk of osteoporosis, heart attack, dementia and other health issues. Sunlight can also help ward off symptoms of depression that is caused by Seasonal Affective Disorder.

With many seniors being isolated due to loss of a spouse/partner and family living out of town, it is especially important this time of year to keep an eye on vulnerable family, friends and neighbors. If you have concerns about yourself or any seniors in the community, contact the senior services department of JFS at 717-233-1681 or call the Dauphin County Area Agency on Aging at 717-780-6130.

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SULAM FOR EMERGING LEADERS AT BETH EL TEMPLE



Beth El Temple Sulam participants engaged in learning: Assaf Zilbering, Madelaine Weinstock, Loren Barisch, Debra Kaunitz, Ross Wiener

Beth El Temple has been selected to be a launch site for Sulam for Emerging Leaders (SEL), United Synagogue's new leadership engagement initiative to develop "emerging" leaders in kehillot (congregations) throughout North America. The program provides our kehillah (our congregational community) with a dynamic curriculum to engage and energize participants in meaningful conversations about how communal involvement in a Conservative kehillah can enhance their lives. After a successful pilot last year with 14 kehillot (congregations), United Synagogue is excited to launch Sulam for Emerging

Leaders in approximately 19 congregations in North America this year. Sulam for Emerging Leaders (SEL) is United Synagogue's new leadership engagement initiative to develop "emerging" leaders across the continent. We are honored to have been chosen to participate in the Sulam program this year.

Sulam for Emerging Leaders is led by a rabbi and facilitator team, modeling partnership and collaboration. Each brings his or her unique perspectives, passion and gifts to the table and shares them with the group. The SEL curriculum is designed to be customized and augmented

by the facilitators. Rabbi Eric Cytryn and Executive Director Michael Schatz participated in United Synagogue training for this program and are excited about our congregational facilitator Dr. Robyn Chotiner joining our training team. Dr. Chotiner received her Doctorate of Philosophy and Masters in Education from Temple University and holds a Bachelor of Science with a

major in Science and a Minor in Spanish from Penn State. Robyn is a School Psychologist with the Central Dauphin School District. Robyn grew up at Beth Sholom Congregation in Elkins Park, Pennsylvania. She is married to Dr. Erik Chotiner. They are parents to Lauryn and Michael who attend the Beth El Temple Religious School.

Over a dozen congregants

in the 35 to 45 year old age group have been selected to participate in the Sulam program. Sulam for Emerging Leaders at Beth El Temple began with a participant dinner in November and will continue with sessions through the spring of 2013. We look forward to developing future leaders for our congregation and the Jewish people.



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Kvell and Kvetch!!

Yiddish words meaning "to be delighted with" (kvell) and "one who complains" (kvetch).

Please...let us know how we're doing! You can let the JCC staff know how we are meeting your needs by writing your comments on a "Kvell And Kvetch" sheet and inserting it into the suggestion box, located in the Atrium. Tell us about a positive experience you had in a program, a staff member who went out of his or her way for you, a program idea, or something that we can improve upon. If you'd like to chat, you are welcome to give Andrea Weikert, Program Director, a call at 236-9555, ext. 3108 or a.weikert@jewishfedhbg.org. We really appreciate your input - this is one more way that the JCC staff is striving to make sure you have the best possible experience every time you're here.

community calendar

MONDAY, DECEMBER 31 -

NEW YEAR'S EVE

BUILDING CLOSSES AT 7 P.M.

TUESDAY, JANUARY 1, 2013 -

NEW YEAR'S DAY

POOL OPEN 7 A.M.-NOON

FITNESS CENTER OPEN 7 A.M. - 2 P.M.

ALL OTHER FACILITIES CLOSED

THURSDAY, JANUARY 3

SENIOR ADULT LUNCH PROGRAM - 10 A.M., JCC

PROGRAM "SOMETHING HISTORIC"

WITH HERB ROCHMAN, 12:30 P.M.

FEDERATION BOARD OF TRUSTEES MTG., 7:30 P.M., JCC

SATURDAY, JANUARY 5

COMMUNITY HAVDALAH, 6:30 P.M., JCC

SUNDAY, JANUARY 6

BETH EL SULAM FOR EMERGING LEADERS,

9 A.M. - NOON, BETH EL TEMPLE

CHISUK EMUNA WOMEN'S TALLITOT PROGRAM,

9:30 A.M. - 12:30 P.M., JCC

TUESDAY, JANUARY 8

SENIOR ADULT LUNCH PROGRAM - 10 A.M., JCC

BUSINESS MEETING/

FREE BLOOD PRESSURE SCREENING

THURSDAY, JANUARY 10

SENIOR ADULT LUNCH PROGRAM - 10 A.M., JCC

PROGRAM "ONE HUNDRED BLESSINGS A DAY"

WITH DR. ANDREA LIEBER, 12:30 P.M.

PUBLIC SERVICE ANNOUNCEMENT

BETH EL TEMPLE

232-0556 | www.betheltemplehbg.org

Minyan 7 a.m. daily and 5:30 p.m. Sunday morning at 9 a.m.

PUBLIC SERVICE ANNOUNCEMENT

CHISUK EMUNA CONGREGATION

232-4851 | www.chisukemuna.org | info@chisukemuna.org

Minyan times: Monday, Thursday mornings, 6:50 a.m.

Sunday through Thursday evenings, 7:15 p.m.

Tuesday, Wednesday and Friday mornings, 7 a.m.

Friday evening services at 7 p.m., Saturday evening at same time as Friday evening candle-lighting time. Saturday morning services at 9:15 a.m.

For more information about Chisuk Emuna programs and services, please call our office at 232-4851.

CONGREGATION BETH ISRAEL

Lebanon | 273-2669

Visit the Congregation Beth Israel Web Site at www.congregation-beth-israel.org

All are welcome to our egalitarian services: Sundays at 9 a.m., Mondays and Thursdays at 7:30 a.m. Our Shabbat services, lead by Rabbi Paula Reimers, are at 8 p.m. on Friday evenings and on Shabbat morning at 9:30 a.m. followed by Kiddush.

PUBLIC SERVICE ANNOUNCEMENT

CONGREGATION BETH TIKVAH

Carlisle | 245-2811 | www.bethtikvah.org

PUBLIC SERVICE ANNOUNCEMENT

HISTORIC B'NAI JACOB

Middletown | 319-3014 | www.bnai-jacob.org

Historic B'nai Jacob Synagogue, Water and Nissley Streets in Middletown, will conduct Shabbat services on Friday, January 4, 2013 at 7:30 p.m.

We are a Community Shul - all are welcome.

Visit Web Site for more information or call our Voice Mail at 717-319-3014

PUBLIC SERVICE ANNOUNCEMENT

KESHER ISRAEL CONGREGATION

238-0763 | www.kesherisrael.org

Participate in our daily Minyanim. Mornings: Sundays and Federal holidays at 8 a.m., Monday through Friday at 6:45 a.m. Rosh Chodesh and fast days at 6:30 a.m. Evening services begin at 20 minutes before sunset.

Please join us for our 9 a.m. Shabbat morning services - followed by kiddush

PUBLIC SERVICE ANNOUNCEMENT

TEMPLE BETH SHALOM

697-2662 | www.tbshalom.org

Join us for our contemporary Kabbalat Shabbat at 7:15 p.m. or our more traditional Shacharit Shabbat at 9 a.m. Temple Beth Shalom is proud to offer a range of programming for all ages.

To find out more about our programs and events, visit www.tbshalom.org or contact us at tbs.temple@verizon.net.

PUBLIC SERVICE ANNOUNCEMENT

TEMPLE OHEV SHOLOM

233-6459 | www.ohevsholom.org

Friday, December 28: Shabbat Service, 5:45 p.m., with Beth El Temple, at Beth El

Friday, January 4, 2013: Lay Led Shabbat Service, 6 p.m., Lehrman Chapel

Friday, January 11: Family Shabbat Service, 7:30 p.m., Sanctuary

Friday, January 18: Shabbat Service, 6 p.m., Lehrman Chapel

Saturday, January 19: Tot Shabbat, 10:30 a.m., Lehrman Chapel

Friday, January 25: Shabbat Service, 6 p.m., Lehrman Chapel

IRIS RUTH BERLINER HARAD

Iris Ruth Berliner Harad, 77, of Harrisburg, passed away on Thursday, December 6, 2012 at Harrisburg Hospital. She was the wife of the late Stanley R. Harad. She was born in Binghamton, NY on March 20, 1935 and was the daughter of the late Louis and Anne (Dunie) Berliner. Iris was the director of the Milestone Program for Pinnacle Health, retiring after 20+ years of service. Surviving her memory are 3 daughters, Gayle Hochheiser and her husband Alan, of Cleveland, OH, Beth Light and her husband Gregory, of Lemoyne, and Ellie Robertson and her husband Thomas of Phoenix, AZ; 5 grandchildren, Leslie, Morgan, Evan, Kara and her fiancée Josh Geller, and Ethan; a brother, M. Harold Berliner and his wife Judith of Philadelphia; a sister, Sandra Rifkin of Buffalo, NY; and a sister-in-law, Judith Dolinger of Wilmington, DE. Funeral Services were held on Sunday, December 9th at Beth El Cemetery Chapel, with Rabbi Eric Cytryn officiating. Burial followed. In lieu of flowers, contributions may be offered to Keystone Children and Family Services, 3700 Vartan Way, Harrisburg, or to Central PA Food Bank, 3908 Corey Rd., Harrisburg. To offer the family condolences, please visit www.HetrickBitner.com.

EDWARD R. MAGLIN

Edward R. Maglin, 88, of Harrisburg, entered into eternal rest December 2, 2012, four years to the date of his wife, Diana's passing. He was born in Pittsburgh, PA on August 13, 1924 to the late Ethel and Harry Maglin. At the age of 19, he served his country as a nose gunner in a B-24 Liberator in the Pacific Theater during WWII. In 1948, he married Diana Bernstein in Pittsburgh and then later moved his family to Harrisburg in 1957 to become the District Manager for Pennsylvania Life Insurance Company, a position he held for many years until his retirement. He was a very involved congregant at Beth El Temple. Whenever possible, he could be seen playing golf at the Blue Ridge Country Club where he served as a past president. The last years of his life he was a resident at the Jewish Home of Harrisburg. He will be remembered as a loving husband, father and grandfather. He will be greatly missed. Ed is preceded in death by his loving wife, Diana Maglin and sister, Reva Maglin Abes. He is survived by his daughters, Marcy Parnes and husband, Herb of Harrisburg, Harriet Maglin and husband, Joe Ravetz of Santa Cruz, CA; his son, Larry Maglin and longtime companion, Sheryl Meyers of Harrisburg; 2 grandchildren; Lauren Parnes Sacks and husband, Jonathan of New York, NY and Adam Maglin-Ravetz of Los Angeles, CA. Services were held on Wednesday, December 5th at the Beth El Cemetery Chapel with Rabbi Eric Cytryn officiating. Burial was in the Beth El Cemetery. In lieu of flowers, contributions can be made to the Leukemia & Lymphoma Society Central PA Chapter, 2405 Park Dr. Suite 100, Harrisburg, PA 17110 or to the Jewish Home of Greater Harrisburg, 4000 Linglestown Rd. Harrisburg, PA 17112. Condolences can be made online to HetrickBitner.com.

GEORGE CARL MEALS

George Carl Meals, 71, of Shiremanstown, PA, passed away Thursday, December 6, 2012 at home. He was born September 18, 1941, in Carlisle, PA the son of the late Marlin and Marian (Chadwick) Meals, residing in Harrisburg area all of his life.

George was owner of Moe's Bar & Grill for 30 years, something he is well known for in the community. Over the years, George had been a friend to many and friendly to many more. He is survived by his wife of 40 years, Dolly Meals; a daughter, Torian Elizabeth McCormick, her husband Todd and George's first grandchild, Cecelia Kay McCormick; a son James Stewart Meals and his wife, Neely; two sisters from FL; Elizabeth Russell, her husband, Tom and their three children and Constance Dawson. Funeral services were held on Saturday, December, 15th at Neill Funeral Home. All remembrances can be sent to Hospice of Central PA, 1320 Linglestown Rd. Harrisburg, PA 17110.



**BRACHENDORF
MEMORIALS, INC.**

REPRESENTATIVE: JOHN MCGINNESS

2131 HERR STREET • HARRISBURG, PA 17103

PHONE (717) 234-7909 • FAX (717) 234-7900

E-MAIL: BRACHENDORF@COMCAST.NET

ALL MAJOR CREDIT CARDS ACCEPTED

We are honored to be selected as the funeral home for the Jewish Community.

We have served the greater Harrisburg community for over 70 years and are committed to helping families before, during and after their time of need.

If you have any questions or concerns during this time of transition, please call either Nathan Bitner or Graham Hetrick at 545-3774 and we will be happy to assist any of your needs.

**Hetrick-Bitner
Funeral Home, Inc**

3125 Walnut Street
Harrisburg, PA 17109
(717) 545-3774
Nathan Bitner, Supr

CANDLELIGHTING

December 284:31 p.m.

January 44:36 p.m.

January 114:43 p.m.

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545-1081 or
Steve Bomgardner • Office
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2013 JEWISH FEDERATION OF GREATER HARRISBURG ANNUAL CAMPAIGN

BE A "SUPER" HERO!



**SUPER
SUNDAY**



JANUARY 27, 2013

HELP STRENGTHEN THE
HARRISBURG JEWISH COMMUNITY.
VOLUNTEER TO MAKE THE CALLS
THAT MAKE A DIFFERENCE.

SHIFT 1

9—11AM

SHIFT 2

11—1 PM

SHIFT 3

1—3 PM

SHIFT 4

3—5 PM

**TOGETHER WE DO
EXTRAORDINARY THINGS**

To volunteer please contact:

Lauren Jacobs at l.jacobs@jewishfedhbg.org or 236-9555 ext. 3133