Women’s Megillah Reading – a First for Harrisburg

It was historic! Harrisburg’s first Women’s Megillah Reading was conducted at the JCC, Purim morning, March 8, 2012, before a congregation of over sixty women.

Eighteen women, from 4 different local congregations, ranging in age from 12 to 50+, volunteered to read from the parchment of Megillat Esther. They learned the special musical cantillation of the Megillah and the requirements for representing the women for whom they read -- every word must be heard.

Organizers Marian Frankston and Dr. Holly Engelman welcomed the attendees. Holly dressed as Ms. Piggy, announced, “I might not be kosher, but this Megillah reading is!”

Holly continued, “Our coming together hearkens back to the coalescing of the Jewish community of Shushan behind Esther as she bravely executed her plan to plead for the survival of our people.”

“What a challenge it was to learn the Megillah reading!” said Mindy Solomon. “What a great feeling to be part of this collaboration,” she added. Tammy Reid reflected, “I really felt the pressure and the responsibility of reading accurately for other people. This was an unusual feeling for a woman in a religious setting. It was truly a life-changing event for me. I hadn’t anticipated that this experience would be as meaningful as it was.”

Vivian First was moved by the manner in which the cadence enriched the meaning of the words. “Before reading the Megillah, I had been unaware of that interplay.” Cantor Sharon Kunitz said, “Relearning the trope for Esther... gave me the chance to really sink my teeth into the Megillah and do something I normally don’t get to do. I also appreciated getting to know other women in the community. I’m looking forward, not just to next year’s Megillah reading, but to more of these types of opportunities.”

Reconstructionist Rabbi Melissa Klein and Rabbi Kate Palley, Director of Jewish Life at Susquehanna University, were anxious to be part of Harrisburg’s inaugural women’s reading joining local readers Dr. Andrea Lieber, Sally Jo Bronner, Jacklyn Rubin, Leah Muroff, and Susan Leviton.

Yael Muroff, Nina First, and Julia Zharichenko, three students from The Silver Academy chanted the Megillah as well as first-year Hershey Medical School student C. Rose Kyrtsos, PhD. Yael said, “I proved to myself that I could do it. I think we all did a great job.”

The JCC was the perfect place for the cross-community venture. The Megillah reading was conducted in a room decorated with a Persian motif. Traditional refreshments, including hamantashen and schnaps, were served following the reading. The children of the ECD paraded through in costumes adding to the joyous celebration.

Luisa Narins appreciated the significance of the Women’s Megillah Reading. “It is fitting that we read the story of Esther, a heroine who exhibited poise, courage, strength, beauty, confidence, resilience, and intelligence... Just as Esther is an inspiration to us, all of the women who participated in the Megillah reading exhibited Esther’s attributes and serve as an inspiration for others to come.”

Yes, it was inspirational. And next year should be just as meaningful.
After a very thorough due diligence process and lengthy deliberations, our Federation board determined that despite the exciting potential of this particular option to reshape what we offer to the community, the short and long term prospects did not present us with a viable option for a successful venture.

Our successful application to FEMA as an “Essential Private Non-Profit,” allows to recoup almost all of our losses from the September flood. A grant from the Emergency Committee of the Jewish Federations is pending and along with a six figure donation from former members of the community in honor of their parents, will help us complete the remediation of the JCC.

I have asked Sandy Cohen to reconvene last summer’s Special Ad Hoc Committee for the Sustainability of the Jewish Federation of Greater Harrisburg/JCC. Their purpose is to;

1. look at all options for our present location and,

2. be especially attentive to other potential options in the greater Harrisburg area that may be available.

We expect this process to take about 3 months and we will report back as soon as possible.

We look forward to the continuation of all the programs and services that the Jewish Federation of Greater Harrisburg has always provided to our community. We want to create a viable and compelling vision for our future, and with your help, this can be accomplished.

A MESSAGE TO THE COMMUNITY FROM
MARILYNN ABRAMS, PRESIDENT OF THE JEWISH FEDERATION OF GREATER HARRISBURG

March 30, 2012 –

In response to a community meeting held after Tropical Storm Lee caused severe flood damage to our Jewish Community Center, the board of the Jewish Federation of Greater Harrisburg (JFGH) last October, began exploring one option for relocating the JCC to the Linglestown Road corridor.

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Thank You
TO THE FOLLOWING FOR DONATIONS TO
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Blank Page Writing
Marlene & Herman Minkoff
Mollie & Rich Bronstein
THE SAVE GREEN HILLS FUND
Marjorie M. Sherman

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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.
A Tale of Two Interns: Putting Knowledge into Practice

Cindy Horshaw, JFS Intern
Being an MSW Intern at Jewish Family Service in the AdoptionLinks program has provided me a unique opportunity to not only see the wonderful work that the agency performs on behalf of families and children, but also to see the work performed as part of being a licensed adoption agency in Pennsylvania. In addition to my pursuit of an MSW degree, I am also the Director of the Program Policy Unit within the Department of Public Welfare’s Office of Children, Youth and Families. My internship at JFS has given me a unique opportunity to see first-hand how the policies I create in my work position directly impact the ability of the staff within AdoptionLinks to perform their roles as adoption coordinators and deliver units of service through the Statewide Adoption Network (SWAN). This internship has allowed me the chance to perform direct service with children and families, which is something I have missed since taking a job with the Commonwealth ten years ago; it was actually one of the main factors in my decision to return to graduate school after 16 years. While my internship will end in May, I will continue to use the skills, knowledge and abilities I have gained through my experience at JFS AdoptionLinks and the amazing staff who have allowed me to learn from them and shadow them in their daily work. I will also continue to strive to make adoption-related policy change in ways that assist workers in completing their jobs without being hindered by menial tasks. One key piece of knowledge that I have tried to use, strengthened through my internship, is that in order to write effective and meaningful policy, you must enlist the thoughts of those most directly affected by the policy! Thank you to the staff at JFS for allowing me this great opportunity.

Allie Perlmutter, JFS Intern
Shippensburg University is well known for providing excellent, hands-on education. This is especially true for the Bachelor in Social Work program. Students in their final semester are required to complete a 450-hour internship at an agency in the area. As a final semester senior graduating in May, I am interning with AdoptionLinks at Jewish Family Service. I have a seminar class in Shippensburg on Mondays, and for the rest of the week I am interning full time at the agency. Interning has been a very rewarding experience, so far. I have been able to see the concepts that I have learned in class put into practice, and every day I learn something new. I feel that this opportunity has helped me to sharpen my skills when it comes to working with clients and has given me a feel for what it will be like after graduation in the “real world.”

Duties include going on home visits with workers, helping to complete and revise family and child profiles, organizing a respite event, assisting with support group as well as a variety of other tasks that come up throughout the week. So far, one of my favorite tasks has been going on home visits with workers. I love to meet the families and interact with the kids! I have also really enjoyed working on family profiles. I am also required to complete an agency-based research project which I am currently working on. I am examining how comfortable adoptive parents are with their children having contact with birth families through social media website.

In recent years, Facebook has become widely used for social networking, as the majority of people and businesses (including JFS) have a Facebook account. This has coincided with open adoption becoming more common as opposed to private adoption. There have been recent articles and publications on birth families and children reconnecting through Facebook, with both positive and negative outcomes. This can either be a stressor or a joy to all parties involved. My research will take a look at how clients of JFS feel so the staff can better assist clients if the issue arises. I am in the process of collecting my data through a survey and am very excited to see what results come in.
Wherever you find joy and caring and Jewish values, that’s where you’ll find the Jewish Federation.

This Passover help us leave behind the recent flood devastation and help us build a strong and vibrant community. Your commitment to the 2012 Annual Campaign will help ensure an exciting tomorrow

Building Community Together ...

The Good We Do Is Up To You!

THE GOOD WE DO IS UP TO YOU!
MAIMONIDES SOCIETY
of the Jewish Federation of Greater Harrisburg

PRESENTS ANNUAL BRUNCH EVENT:
Uncommon Wisdom: True Tales of What Our Lives as Doctors Have Taught Us About Love, Faith and Healing with Lawrence P. Levitt, M.D.

Make your reservations today for the annual Maimonides Society Brunch scheduled for Sunday, April 22nd at 10 A.M. at Blue Ridge Country Club. Dr. Lawrence Levitt, co-author of UNCOMMON WISDOM written with neurologist, John Castaldo, M.D., will share anecdotes from his career—chaired full of life lessons.

Dr. Levitt is a published author, retired neurologist, and founding member of the Lehigh Valley Maimonides Society. A dedicated philanthropist who has been a dedicated supporter of the Lehigh Valley Jewish Federation, Dr. Levitt is a trustee for the Poole Trust at Lehigh Valley Hospital. He also has been asked to speak at the prestigious Chataqua Society.

Dr. Levitt’s program will expand upon his book, Uncommon Wisdom, in which he and co-author John Castaldo, M.D., share what they have learned in their many years as doctors, not just from tests and labs, but from years of listening and learning from their patients.

In light of the escalating costs of healthcare in the U.S. and the on-going debate about appropriate health insurance reform, it’s easy to forget about the human side of medicine and the importance of the doctor-patient relationship.

You may make your reservation online at www.jewishharrisburg.org and click on the Maimonides Society tab or call Francine at 236-9666 Ext. 3299 or Beth at Ext. 3204. A dairy brunch will be served. Glatt Kosher meals are available by request with advance notice. Price is $18 per person. RSVP deadline is April 16th.

The mission of the Maimonides Society is to: To promote fellowship among Jewish health care professionals in the greater Harrisburg area; To strengthen commitment to Jewish values through educational and cultural programs; To respond to Jewish needs in the greater Harrisburg area, Israel and throughout the world; To mobilize health care professionals to serve as resources to the entire community.

The prescription for success for our Maimonides Society is a fellowship whose programs integrate medical and Jewish concerns and demonstrate the unique contributions that health care professionals can make to improve the community.

Please join us in our efforts. Become a Maimonides Society member with a minimum contribution of $1,000 to the Jewish Federation of Greater Harrisburg Annual Campaign.

This program is generously underwritten by Dr. Todd and Sara Barron, Dr. Mark Glick and Dr. Margaret Grotzinger, Dr. Ira and Joanne Sackman, Dr. Zachary and Nancy Simmons, and Dr. Charles and Janice Yanofsky and is open to the entire community. This program is open to the entire community.

THE GOOD WE DO IS UP TO YOU!
At this time of year, as members of the community prepare their tax returns, we receive the same telephone call, questioning why this or that contribution is not deductible.

The Internal Revenue Service follows tax code. As we all know, the tax code is huge, detailed and terribly confusing. But the IRS has, thankfully, announced that it has created an online search tool called Exempt Organizations Select Check. This new tool is extremely helpful in determining whether a gift to a charitable organization currently qualifies for a deduction.

On www.IRS.gov, select Charities and Nonprofits – More Topics. On the right side of the screen, select Search for Charities and load the Exempt Organizations Select Check page.

The page allows three types of searches:

- Exempt Organization Publication 78 – Organizations qualified to receive deductible contributions.
- Non-exempt Organizations – Because many smaller organizations did not file the required IRS forms, their exemptions have been revoked.
- Qualifying Form 990-N Organizations – Those organizations that did comply with required form filing.

If you have any question about the deductibility of a contribution, check with the IRS through this new web page before making the contribution. Note that many smaller charities have lost their tax status due to lack of filing the required IRS forms. Remember, it is your responsibility to assure that your gift is deductible.

There are, of course exceptions to the above. (Every rule has its exceptions, especially when dealing with government!) Religious institutions, churches, mosques and synagogues, will not appear on the lists. Yet, contributions to them are deductible. The government does not interfere with religions (1st amendment again).

Of course, should you have any questions about contributions, please feel free to contact us at the Foundation. We are glad to do all we can to assist.
Center Pieces

What's Happening in and Around the JCC

Summer Camp
June 18 – August 10, 2012

Camp K’ton Ton (Little Ones)
Toddler and Turning 3’s (2 years by 6/20/12)
Choose from a 3-or 5-day a week indoor-based program. Camp K’ton Ton emphasizes separation from parents, socialization and introduction to preschool and JCC routines. While based indoors, outdoor experiences are enthusiastically incorporated into camp.

Camp Yeladim (Children)
Turning 4’s: 5-year-old Pre-K 4-years-old by 6/20/12
This camp is a combination of being based indoors and outdoors. A 3 or 5 day program is offered for turning fours and Pre-K campers. Camp Yeladim emphasizes the world outdoors as children explore music, movement, make believe, arts and crafts, sports and games, discovering nature and Jewish culture. Participants receive swim instruction as part of camp. Pre-K’s will visit the Green Hills Camp twice a week. Shabbat and Jewish activities are integral to the daily and weekly programs. For more information about Camp K’ton Ton or Camp Yeladim, contact Early Childhood Department at 236-9555, x 3107.

Camp Gan (Garden)
For campers turning 5 as of 9/1/12
This camp offers unique and individual experience for campers entering kindergarten. Camp Gan is a special adventure where friends and memories are made and cherished. With professional staff, this full-day program features a careful balance of daily activities, a rest period and story-telling time. For an unbearable summer of positive growth, you can’t beat Camp Gan!

Camp Chaverim (Friends)
For campers entering 1st & 2nd grades as of 9/1/12
This camp gives children the opportunity to have summer time fun in a safe and pleasant environment. The group experience and the camp program offers campers the chance to enhance their personal development and acquire new skills, as well as enhance their social development by making new friends and learning to be responsible, sharing and caring people.

Camp Sabra (Israeli Native)
For Campers entering 3rd & 4th grades as of 9/1/12
Campers never run out of new challenges and adventure in Camp Sabra. This camp offers socialization, new experiences and, even more important, having fun! It’s a chance to break away from the traditional summer doldrums.

Camp Giborim & Camp Maccabee (Travel Camp)
For campers entering 5th & 6th grades as of 9/1/12
This is our unique travel camp that creates a special atmosphere and companionship. With professional staff, our travel campers see parts of the country the best possible way-with friends.

Instructional Swim: Professional water safety instructors supervise and teach campers as they progress throughout the summer.

Athletics: We’ve got it all! Whether you’re looking to learn new skills or to play your favorite sports, our athletics program is focused around both individual and team sports.

Arts & Crafts: Campers can explore their creativity through nature crafts, candle making, tie-dying, paper mache, ceramics, sand crafts, modeling and lots more.

Performing Arts: Campers strut their stuff each summer as they enjoy a range of expressive arts including theater, mime, talent shows, plays, skits, song and dance.

Environmental Living: Campers gain an appreciation for the out-of-doors by hiking, creek walks, cookouts, nature crafts, orienteering, fishing and developing a sensitivity to the environment and ecology throughout the campsite.

Jewish Life: Israeli song and dance, Shabbat and Jewish theme programs, and learning about Israel are all part of the fun of Jewish Heritage.

Summer Fun Days
Before and After Specialty Camps | Each camper should bring lunch, bathing suit and towel

Adventures On The Go Week
June 11 to June 15, 2012
8:00 am – 6:00 pm
(Friday close by 5:30 pm)
For: Grades K – 8
Fee: $260 entire week/JCC Member
$275 entire week/Non-Member
Anything goes during this fun and exciting week of mystery and adventure.

Anything Goes Week
August 13 to August 17, 2012
8:00 am – 6:00 pm
(Friday close by 5:30 pm)
For: Grades K – 8
Fee: $290 entire week/JCC Member
$300 entire week/Non-Member
Anything goes during these 5 days. Children will have fun participating in cooking, art, sports, outdoor play and much more.

New This Summer!

Specialty Camps

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.

Spend 9:00 am – 12:00 pm with the specialty instructor focusing on specialty-based programming and from 12:00 pm – 4:00 pm doing campy things such as free swim, art, sports, nature, theme days and lots more (specialty campers will not have instructional swim). Half day registration is also available for those that choose to attend only the specialty portion of the day. Please call Andrea (717) 236-9555, ext. 3108 or email: a.weikert@jewishfedhbg.org for rates and for an entire listing of camps

See back page for a complete list and dates of specialty camps.

For more information or to schedule a tour of the facility please contact
Linda Skulsky at (717) 236-9555 x3050 or l.skulsky@jewishfedhbg.org
Land & Specialty Classes

**Boot Camp**
Instructor: Jeremy Kreiser
Wednesday/Friday: 12:15 – 1:00 pm
Cost: Non-member $5 per class
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.

**Cardio Kick Box Drills**
Instructor: Gina McDonald
Tuesday: 6:15-7:00 am
Cost: Non-member $5 per class
A fun way to incorporate strength training into your physical activity program. Limited choreography – one minute Kickboxing (punches or kicks), one minute of Strength exercises. Use of body bars, medicine balls, dumbbells throughout the sessions to vary your strength training experience.

**Fitcamp Fusion – Strength & Sculpt**
Instructor: Arthur Knitz wolf or Lauren Jacobs
Tuesday: 5:30-6:30 pm
Cost: Non-member $5 per class
Firm and tone all your muscles. Using a variety of equipment learn how to get an incredible work out and see results!

**Gentle Yoga (Floor and Standing)**
Instructor: Cheryl Yablon
Monday: 9:45 am – 10:30 am
Tuesday: 5:00 pm – 5:45 pm
Cost: Non-member $5 per class
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
Wednesdays: 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.

**Motherwell Yoga**
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, ext. 3115.

**Pilates**
Instructor: Stacie Reiterber
Tuesday: 9:00 – 10:00 am
Thursday: 9:00 – 10:00 am
Cost: Non-member $10 per class
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 Rush
Monday/Thursday: 8:30-9:30 am
Cost: Non-member $5 per class
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 welcomed. Work at your own pace. Focus is on correct positioning for optimum results.

**ZUMBA**
Monday: 4:30-5:30 pm
Tuesday: 6:00 – 7:00 pm
Instructor: Kelly Straub
Cost: Non-member $7 per class or punch card available
Dynamic fitness workout that will blow you away. Come join the party!

**Super Stomach / Core Training**
Instructor: Michele or Lauren
Sunday: 10:30 – 11:00 am
Cost: Non-member $3 per class

**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.

**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. Handheld weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**Spinning** (Indoor Cycling)
See Times and Instructors Below
Cost: Non-member $9 per class
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

**Lunch-Time Spin**
Monday: Noon – 12:45 pm
Instructor: Michele Rush or Lauren
Thursday: Noon – 12:45 pm
Instructor: Arthur Knitz wolf

**Evening Spin**
Monday: 5:45 – 6:45 pm
Instructor: Arthur Knitz wolf
Tuesday: 4:30 – 5:15 pm
Instructor: Lauren Jacobs
Wednesday: 4:30 – 5:30 pm
Instructor: Arthur Knitz wolf
Wednesday: 5:45 – 6:45 pm
Instructor: Arthur Knitz wolf
Friday: 3:30 – 4:30 pm
Instructor: Arthur Knitz wolf

**Sunday Spin**
Early Sunday Spin: 9:00 – 10:30 am
*Second Sunday of the Month: 8:30-10:30 am
Instructor: Arthur Knitz wolf
Mid AM Sunday Spin: 11:00 – 11:45 am
Instructor: Arthur Knitz wolf

For more info or to schedule a tour of the facility contact Linda Skulsky at (717) 236-9555 x3050 or l.skulsky@jewishfedhbg.org
Sports, Fitness, & Recreation
Children & Teens

Jr. Maccabi
Hosted By Harrisburg JCC
Open to Jewish pre-teens ages 10 – 12
Sunday, May 20, 2012
Contact: Andrea at a.weikert@jewishfedhbg.org

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 please contact Terri Travers at t.travers@jewishfedhbg.org or 717-236-9555 ext. 3110

JCC Maccabi Games
Rockland County NY
August 12-17, 2012
Sports Offered: Boys Basketball, Girls Basketball, Baseball, Softball, Soccer, Volleyball, Boys Inline Hockey, Girls Lacrosse, Swimming, Tennis, Table Tennis, Bowling, Golf

JCC Maccabi ArtsFest
Houston TX
August 5-10, 2012
Art Specialties: Acting/Improv, Creative Writing, Culinary Arts, Dance, Jazz Ensemble, Musical Theater, Rock Music, Visual Arts and Vocal Music

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, ext. 3101 to schedule an introduction.

Other Activities

50 Mile Swim
See Kelly Coons for details

Personal Training
Cost: $40/Hour or 3 Sessions for $100

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, ext. 3101.

Green Hills Family Swim Club
All JCC Memberships include a membership to Green Hills Family Swim Club, a pool and park facility located on Fishing Creek Valley Road. Green Hills is open from Memorial Day to Labor Day weekends and is open seven days a week. Enjoy a summer day in the serene, wooded surroundings of Green Hills.

Semi-Private and Private Swim Lessons are Available. Contact Terri at t.travers@jewishfedhbg.org for more information.

Features:
• Large swimming pool
• A quiet, peaceful creek winding through the park
• Volleyball Court
• Basketball Court
• Large Pavilion
• Children’s Play Equipment
• GAGA Court (Israeli Dodge-ball)
For more information on Green Hills or to obtain a form for membership, please contact the Sports, Fitness & Recreation Director at 236-9555 ext 3110 or email at t.travers@jewishfedhbg.org

Cost:
• $200 Family
• $100 Single Adult
• $75 Senior Family
• $75 Senior Single

JCC Members have a Free Green Hills Membership for 2012!

Dates & Times
Opening Weekend
May 26-28
Closing Weekend
September 1-3
Weekends & Holidays 11:00am to 8:00pm
Open Week Days June 4 to August 24
Weekdays 1:00 pm to 7:00 pm

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.

On Tuesdays, the program begins with a lively discussion group, with topics both serious and fun. Thursdays, the program begins with the Senior Club’s Sing-A-Long Group. The Discussion Group is led by Helen Cytryn.

On both Tuesday and Thursday, the program continues with an invigorating low impact Exercise Class, led by Ann Feierman, followed by an enjoyable Dance Class, also led by Ann, then lunch with the day capped off with an entertaining and informative program.

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

Yiddish Club
The Jewish Federation’s Yiddish Club has been meeting monthly under the direction of Ann Feierman. Please check the Community Review for dates and times of the meetings which are held at The Residence. It you would like to participate in this group, please call Ann at 441-8863 to get on the Yiddish Club rolls.

For more information on any Sports, Fitness & Recreation program, please contact Terri Travers at t.travers@jewishfedhbg.org

Water Classes

Evening Aqua Fit
Instructor: Lori Erickson
Monday: 6:00-6:50 pm
Cost: Non-member $5 per class
An energizing water workout consisting of range of motion, muscle strengthening and endurance exercises. Both deep and shallow water depths will be used for the workout. (Individuals with movement limitations may find this class challenging).

SilverSplash®
Instructor: Diana Budd
Monday / Wednesday: 9:30 – 10:30 am
Cost: Non-member $5 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.

Aqua Zumba
Instructor: Beverly Sable
Friday: 9:30 – 10:30 am
Cost: Non-member $5 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 $5 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.

Motherwell Water Exercise
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, ext. 3115.

Water Pilates Plus
Instructor: Diana Budd
Thursday: 8:30 – 9:30 am
Cost: Non-member $5 per class
The class creatively adapts Pilate movements in the water for total body conditioning. Resistance, buoyancy and depths of the water are used to maximize the workout. Cardio activities are also included. For all fitness levels, no swimming skills required.
ELC Enrichment
To register for a class, please stop by the Atrium desk or call 236-9555, ext. 0. Payment must be made at time of registration.

MONDAYS
Artistic Afternoon
1:00 to 1:45 pm - Ages 3 to 5
Cost: $70/M, $110/NM
Instructor: Jodie Reifensperger

Future Super Stars
Intro to Sports
1:00 to 1:30 pm - Ages 4 to 5
Cost: $35/M, $55/NM
Instructor: Terri Travers & Jeremy Kreiser

NEW! Martial Arts Heroes Class
12:30 to 1:15 pm - Ages 3 to 5
Cost: $40/M, $80/NM
Instructor: Master Joe Johnson
Master Joe Johnson will help your child develop the skills they need to be successful in life, through martial arts. If you child is ready for an adventure, this is the program to join!

TUESDAYS
Artistic Afternoons
1:00 to 1:45 pm - Ages 3 to 5
Cost: $70/M, $110/NM
Instructor: Jodie Reifensperger
Ganeinu at The Silver Academy
12:00 to 3:30 pm - Dates: School Year
Ages: Must be 4 years old by September 1st.
Cost: $157.50/month - Tuesday & Thursday
Instructor: Miriam Tanana (Tammy Reid)
Must register through The Silver Academy (717) 238-8775 - Hot Lunch Provided.
An afternoon program for preschoolers that fosters Hebrew language literacy through the study of Jewish holidays, Jewish ethics and Israel culture.

KEEP Your Eye on the Ball
12:30 to 1:00 pm - Ages 2 to 5
Cost: $35/M, $55/NM
Instructor: Terri Travers & Jeremy Kreiser
Learn the basics of some of your favorite sports

WEDNESDAYS
Swim Instruction
12:30 to 1:30 pm - 1/2 hour lessons based on child's age
Ages: 3 to 5 - 20 Kids Maximum
Cost: $48/M, $68/NM
Instructor: Kelly Coons

Computer Tots
at the Silver Academy
12:30 to 2:30 pm - Ages: 3 to 5
Cost: $20/M, $40/NM
Instructor: Gail Reubke
An introduction to the computer and how it works using fun, interactive programs and activities. Students will get the chance to work in a real computer lab in the Silver Academy.

THURSDAYS
Suzanne's Jumpin' Jitney
12:30 to 1:00 pm - Ages 2 to 5
Cost: $40/M, $80/NM - Monthly

FRIDAYS
KinderDance
12:30 to 1:15 pm - Ages 3 to 5
Cost: $40/M, $90/NM - Monthly
Instructor: Miss Candy
Shalom Sesame
12:30 to 1:00 pm - Ages 3 to 5
Cost: $40/M, $60/NM
Instructor: Leslie Wiener
Produced by Sesame Workshop, the non-profit creator of Sesame Street around the world, Shalom Sesame, offers children and families an introduction to Jewish life and Israel.

Summer Specialty Camps

Magic Camp*
(Entering grades 2-4)
Dates: June 18 – June 22
A fantastic introduction to magic and the art of illusion and trickery! No experience necessary.

Gymnastics Camp*
(Entering grades 1-4)
Dates: June 18 – June 22
Join the Harrisburg School of Gymnastics for this fun-filled week.

Make & Take It Home*
(Entering grades 1-4)
Dates: June 25 – June 29
Science projects you take home - that teach - that are fun.

Basketball Camp*
(Entering grades 1-4)
Dates: June 25 – June 29
A fun and challenging experience where your child will learn passing, shooting and dribbling skills as well as game fundamentals and team play.

Multi-Sport Camp*
(Entering grades 1-4)
Dates: July 2 – July 6
No camp on July 4
Can't decide what sport is right for you? Try them all in the multisport camp. Basketball, flag football, dodgeball, volleyball, soccer, hockey and more.

Let's Get Cooking
(Entering grades 1-4)
Lisa McNair, Certified Health Coach
Dates: July 9 – July 13
Kids learn about delicious healthful eating and how to fend for themselves in the kitchen. On the last day, campers use their new cooking skills for a luncheon for themselves and a guest.

This specialty camp will be held at the JCC. At noon campers will be transported to Green Hills for afternoon activities.

Art With Jodie*
(Entering grades 1-4)
Dates: July 16 – July 20
Learn about various techniques and art materials, combining them to create unique and individualized creations in drawings, paintings, collages, and other works of art, using imagination and creativity.

Prospectors Mystery Rock Workshop*
(Entering grades 1-4)
Dates: July 16 – July 20
In this workshop you will get to excavate for valuable gems, fascinating rocks, and some ancient fossils. All are yours to keep. The identities of the 10 specimens found in your Mystery Rock have been kept a secret from you. You will experience the thrill of discovery.

Craftrageous*
(Entering grades 1-4)
Dates: July 23 – July 27
Imagine. Design. Create. You will learn about and use different mediums to produce artwork such as painting, drawing, clay, photographs and more.

CSI Camp*
Dates: July 20 – August 3
(Entering grades 2-4)
Campers will use their forensic skills to investigate a kidnapping. Learn how to dust for fingerprints and analyze blood, fiber, paper and ink.

Around The World
(Entering grades 1-4)
Dates: August 6 – August 10
Each day explore a different country's culture, language & customs. Campers will make a craft, learn a game and enjoy food associated with each country.
This specialty camp will be held at the JCC. At noon campers will be transported to Green Hills for afternoon activities.

The Rocket Robot*
(Entering grades 1-4)
Dates: August 6 – August 10
Build and take home your own Rocket Robot. It is sound activated. Be a part of robotic technology and have fun investigating the future effects it will have in our lives.

* Campers will be transported round trip to Green Hills for these camps.
During Passover we reconnect with our roots as we celebrate our ancestors’ exodus from Egypt. This defining moment in our history binds us together as a people and connects us to our fellow Jews everywhere.

This is our legacy and it reflects who we are. Our collective commitment to one another is what makes our Jewish community strong.

Happy Passover

from the Board of Directors and the Staff

of the Jewish Federation of Greater Harrisburg
2 Exciting New Specialty Camps being offered at the JCC Day Camp:

Let’s Get Cooking

For: Campers entering 1st – 4th grades as of September 1, 201
July 9 – July 13, 9 a.m. – 4 p.m.

Spend 9 a.m. - Noon in the specialty camp and from Noon – 4 p.m. doing campy things such as free swim, art, sports, nature, themed-day events and more
Instructor: Lisa McNair, Certified Health Coach
Make summer a fun time for your kids to learn about delicious healthful eating and how to fend for themselves in the kitchen. The camp will cover food safety, basic food preparation, nutrition, etiquette and include a trip to the farmer’s market. On the last day, the campers will show off their new cooking skills with a luncheon for themselves and a guest.
Fee: $290/M, $300/NM

Around The World

For: Campers entering 1st – 4th grades as of September 1, 201
August 6 – August 10, 9 a.m. – 4 p.m.

Spend 9 a.m. - Noon in the specialty camp and from Noon – 4 p.m. doing campy things such as free swim, art, sports, nature, themed-day events and more
Instructor: Lisa McNair, Certified Health Coach
Get ready to tour the globe this summer. Each day we will explore a different country’s culture, language & customs. Campers will make a craft, learn a game and enjoy food associated with each country.
Fee: $290/M, $300/NM

To register, please call the JCC Front Office at 236-9555, ext. 0.
B'nai Tzedek Teen Mitzvah Day 2012

On Sunday, March 18th, over twenty teens took time out of their busy Sunday to participate in the 2012 B'nai Tzedek Teen Mitzvah Day. Teens 16 and older went to a Habitat for Humanity worksite where they learned about what Habitat for Humanity does and helped clean a home that Habitat was constructing.

Teens younger than 16 were divided into two groups: one group went to the Jewish Group Home on 2nd Street where they helped to wash the outside of the house. The second group went to the Jewish Group Home on Green Street where they helped to paint the kitchen cabinets.

All three groups celebrated their good work with an ice cream party back at the JCC. All participants brought non-perishable Kosher for Passover food items to be donated to the JFS Food Pantry.

If you are interested in having your teen participate in B'nai Tzedek programs, please contact Stuart Gasner, stuartgasner@gmail.com or Julia Frankston-Morris, juliafrankstonmorris@gmail.com. All B'nai Tzedek members should keep a lookout for information on our end-of-year banquet on May 9th.

The Best Week of My Life: Alternative Spring Break with Penn State Hillel

By Arleen Williams, Penn State Student and Harrisburg Resident

When I signed up for the Hillel Alternative Spring Break trip to Los Angeles, I knew that it would be a great experience. What I didn't know was that it would be the best week of my life. Our trip placed us in an underprivileged urban elementary school, Woodcrest Elementary, in south central LA. Our mornings at Woodcrest were spent painting murals, building benches, and installing a community garden. We painted different murals every day, ranging from prominent and influential people to vegetables to encouraging words to college logos. Before this trip, I had never hammered anything, and by the end of our second day, I had helped to build a bench. I had never been more proud of myself.

In the afternoons, we interacted with the students, helping them with homework, playing sports with them, and talking to them about college. The fifty-four students and seven staff-members from six different schools were separated into "after-school" groups, and I was placed with kindergarten, which I loved! We did a lot of coloring and reading books and playing "duck-duck-goose." What surprised me about the children the most was that they all want to go to college or go into the Army. We all became very connected to a few of the children, and saying goodbye was heartbreaking.

What shocked me the most at the school was how grateful the students and the staff were. There were multiple times when children I had never met came up to me, gave me a hug, and thanked me for making their school beautiful. It was so rewarding to see the direct effect we had on the community. In the evenings, after dinner, we broke into our campus groups and had discussions. They really made me think about my understandings of education, privilege, power, and volunteering. This one week in LA made a huge difference in the lives of many at Woodcrest and will continue to have an impact in my life as well. I sincerely hope that everyone has a chance to experience an Alternative Spring Break and see for themselves how truly amazing it is!
synagogue life

BETH EL TEMPLE PRESENTS
“CRITICAL ISSUES” ADULT EDUCATION SERIES
Four Mondays beginning April 16

Please join Beth El Temple Educational Director Bob Axelrod for his popular series “Critical Issues Facing the Contemporary American Jewish Community.” With a focus on the Jewish perspective of each topic, Bob reviews current events in the news, places the issues within historical context, and encourages spirited dialogue among participants.

Each session is independent, and you are invited to attend as many as you wish. Classes meet in Rosen Sisterhood Hall, beginning promptly at 7:15 p.m. and lasting one hour. The Monday night dates are April 16, 23, 30 and May 7.

If you follow events in the news you will be sure to hear about them in Bob Axelrod’s “Critical Issues” series and put them in the context of what Judaism has to say about the core issues. RSVP to the Temple Office (232-0556) is requested so we know how many to plan for.
VIVIAN GOLDBERG

Vivian Goldberg, longtime resident of Harrisburg, passed away on Friday, March 16, 2012 at the Jewish Home of Greater Harrisburg. Born in 1922 in Baltimore, MD, she moved to Harrisburg after marrying. She was preceded in death by her loving husband of over fifty years, Morris Goldberg, a Harrisburg native. All her life, Viv was known for her wonderful cooking and baking. Family and holiday gatherings were her specialty. Thoughts of her brownies and homemade goodies will always bring sweet memories to all that knew her. Vivian volunteered in the hospital and taught typing. Her volunteer work included being a “Grey Lady” at the hospital and teaching typing at the Yeshiva Academy as well as Susquehanna Township High School. She was also a member of Kesher Israel Congregation, Harrisburg, PA. Vivian is survived by her sisters, Ruth Lock of Harrisburg and Irene Cohen of Maryland. She also leaves behind three children; Richard and Donna Goldberg of Camp Hill, PA, Ms. Pia Stadiem of Cary, NC and Deborah and Richard Polay of Freehold, NJ; seven grandchildren, Purusha Mostoller, Raymond Stadiem, Brandon Stadiem, David Stadiem, Jacob Stadiem, Jesse Goldberg and Bradley Polay. She also was blessed to have two great-grandchildren, Mackenzie Mostoller and Matthew Stadiem. Funeral services were held on Sunday, March 18th in the chapel of Kesher Israel Cemetery, with Rabbi Eric Cytryn officiating. Arrangements were handled by the Hetrick-Bitner Funeral Home. In lieu of flowers, memorial contributions may be made to Beth El Temple Endowment Fund, 2637 North Front Street, Harrisburg, PA 17110 or Hospice of Central Pennsylvania, 1320 Linglestown Road, Harrisburg, PA 17110. To send condolences to the Lench family, please go to www.hetrickbitnerfuneralhome.com.

SUSAN MARK LENCH

Susan Mark Lench, 71, of Harrisburg, passed away peacefully on March 15, 2012. Born on June 20, 1940 in Youngstown, Ohio she was the daughter of the late Joseph Mark, Florence Berliner Mark and Rose Mark Jaffe. Susan was a graduate of Rayen High School, Youngstown, and attended Case Western Reserve and Ohio State School of Nursing. She was a nurse for Dr. Richard Magill, Harrisburg. Her greatest passion was her grandchildren, and she loved attending every activity in which they participated. Her favorite pastimes were her weekly Mah Jongg games and spending time at Rehoboth Beach, Delaware. Susan was a member of Beth El Temple, Harrisburg and its Sisterhood and Seaside Jewish Community, Rehoboth Beach, Delaware. Susan is survived by her husband of 48 years, Ronald Lench; her daughters Jennifer Lench and Myra (Matthew) Gallardo; her grandchildren Dustin, Ethan and Drew Augustine, and Madeline and Mason Gallardo; her sisters, Bobby (James) Pazol and Stephanie Spatz. Funeral services were held on March 18th at Beth El Cemetery Chapel with Rabbi Eric Cytryn officiating. Arrangements were handled by the Hetrick-Bitner Funeral Home. In lieu of flowers, memorial contributions may be made to Beth El Temple and Ron Lench Endowment Fund, 2637 North Front Street, Harrisburg, PA 17110 or Hospice of Central Pennsylvania, 1320 Linglestown Road, Harrisburg, PA 17110. To send condolences to the Lench family, please go to www.hetrickbitnerfuneralhome.com.
Not All Hospice Care Is The Same

When time together matters most... There is only one

Hospice of Central Pennsylvania

For more information about how we can help or our Hospice Residence, please call 732-1000.

hospiceofcentralpa.org

SEEKING JEWISH RIDERS TO REPRESENT THE USA AT THE 19th WORLD MACCABIAH GAMES

PHILADELPHIA, PA - February 23 - Maccabi USA is seeking Jewish Riders to represent the United States at the 19th World Maccabiah Games in Israel, July 17 - 30, 2013. For the first time ever the equestrian sports of Show Jumping and Dressage will be included. The Games will consist of over 41 sports, lasting 14 days with 7000+ athletes from over 60 countries. The World Maccabiah Games are the third largest international sporting competition in the world and the world’s largest international Jewish event. To learn more about the sports offered and to access an application, please visit our website: www.maccabiusa.com.

Sloane Milstein, USA 19th Maccabiah Equestrian Chair, is working to recruit both riders and coaches to represent the USA in both team and individual events. While the competition specifications have not been completed we know that the 19th Maccabiah USA Organizing Committee is working to field a USA Team that is 1000+ strong and will be the largest traveling delegation from the USA to participate in any international sporting event.

The Maccabiah is more than an international sporting competition; it is a celebration of Jewish culture, unity and pride. Israel Connect, Maccabi USA’s unique cultural and educational program, takes place for seven days prior to the start of the Games. All Open, Youth and Juniors athletes participate in the program where they have the opportunity to tour historical and religious sites, take part in cultural identity seminars and become a B’nai Mitzvah, all while bonding with each other. Maccabi USA uses Sports to build Jewish Pride.

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PUBLIC SERVICE ANNOUNCEMENT

FRIDAY, APRIL 6 – EREV PASSOVER
JCC BUILDING CLOSES AT 5:30 PM.

SUNDAY, APRIL 8 – PASSOVER
ALL FACILITIES CLOSED

TUESDAY, APRIL 10
NO SENIOR ADULT PROGRAM – PASSOVER BREAK

THURSDAY, APRIL 12
NO SENIOR ADULT PROGRAM – PASSOVER BREAK

SUNDAY, APRIL 15
Yom Hashoah Observance, 10 a.m.
Holocaust Monument, Front

TUESDAY, APRIL 17
Senior Adult Lunch Program – 10 a.m., JCC
Program: Business Meeting

WEDNESDAY, APRIL 18
Yom Hashoah - Reading of Names, 7:30 p.m.,
Beth El Temple

THURSDAY, APRIL 19
Yom Hashoah Reading of Names, Ongoing,
Beth El Temple
Senior Adult Lunch Program – 10 a.m., JCC
Program: “The Jewish Perspective” with
Bob Axelrod, 12:30 p.m.