A WELCOMING HAND, the exterior mural located on the brick wall facing St. Paul Avenue, features three core values of the St. Paul JCC spelled out in stylized Hebrew letters: kavod (respect), kehilla (community), and l’dor v’ador (from generation to generation). The mural culminates in an outstretched hand inviting all to join. See page 29 for more.
Rosh Hashanah (Jewish New Year)

Rosh Hashanah is a time for rejoicing and introspection, and marks the beginning of the High Holy Days. Between Rosh Hashanah and Yom Kippur we contemplate our past, present, and future actions and attempt to clean the slate so we may be inscribed in the Book of Life.

Sukkot (Feast of Tabernacles)

Sukkot, a 7-day festival of joyous celebration, is all about giving thanks for the autumn harvest and commemorating the 40 years Israelis spent wandering the desert after leaving slavery in Egypt.

Yom Kippur

Day of Atonement

Yom Kippur is the most solemn day of the Jewish year. Many Jews fast, refrain from work, and attend synagogue services. It is a day set aside to atone for our sins and focus on how we will change in the coming year.

Simchat Torah

End of Sukkot and Celebration of the Torah

Simchat Torah, an exuberant celebration, marks the completion of the annual cycle of reading the Torah (scroll containing the five books of Moses) and emphasizes gratitude for being given the Torah.

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MEMBERSHIP

We offer a variety of membership options for every walk of life. Whether you are an individual, couple, family, or senior, we have a membership to fulfill your specific needs. For more information please contact our membership sales department at 651 + 255 4764.

ALREADY A MEMBER?

Refer a friend to the JCC and receive a 25$ Visa Card. Ask us for details!

RECIPIROCITY

St. Paul JCC + Sabes JCC = One JCC membership.

EXECUTIVE NOTES

People of all ages, abilities, and backgrounds rely on the JCC for reasons big and small. They look to us to connect with others, to support their health and wellness, and to experience the joys of a welcoming and inclusive community. The JCCs have played a role in our community for more that 100 years and it is our job to build upon that legacy.

Over the past several years, the Sabes JCC and St. Paul JCC have worked together in a number of areas to great success, including our Film festival, the annual benefit, cultural arts programming, and more. To build upon that collaboration, a steering committee comprised of leaders from the Minneapolis and St. Paul community has formed to develop a vision for the future and the best path forward to accomplish that shared vision.

For the past eight months, this dedicated group of community leaders have been exploring and assessing the possibility of a Twin Cities JCC with multiple campuses. Their work is quantitative and forward-thinking, and is evaluated using critical objectivity. Most importantly, the work is simple yet powerful: to lay the foundation for a strong, stable, and unified Twin Cities Jewish community for years to come.

This fall you will be invited to attend community information meetings to hear the findings of the steering committee and next steps. We are excited about what the future holds and how we can more holistically and impactfully serve our members, guests, and the broader Twin Cities Jewish community now and in the future.

Wishing you a happy and healthy New Year.

ST. PAUL JCC HOLIDAY HOURS: MONDAY, SEPTEMBER 30: CLOSED
TUESDAY, OCTOBER 8: CLOSING AT 6 PM • WEDNESDAY, OCTOBER 9: CLOSED

COMMUNITY INFORMATION MEETINGS

All are welcome.

SEPTEMBER 27
8:30 AM
St. Paul JCC

OCTOBER 3
5:30 PM
St. Paul JCC

OCTOBER 11
8:30 AM
Sabes JCC

OCTOBER 16
5:30 PM
Sabes JCC

After another wonderful summer filled with camp magic, we are now preparing for a busy fall! Autumn means the beginning of the school year and our hallways are filled with the laughter and voices of our ECC kids. Our School’s Out program is excited to offer fun activities at the J, as well as a wide range of field trips. Are you an adult looking for adventure, learning, or community? Check out the Out-On-The-Town excursions and breadth of enrichment programs. Our fitness center continues to offer the latest and greatest classes, services, and social fitness events to meet your needs. The Twin Cities Jewish Film Festival was a great success and we are excited for our Winter Symphony Concert and the 11th annual Humor Fest. And, don’t forget to mark your calendar for December 22 for the Light, our Hanukkah Celebration Day of Giving. Pshew! No wonder they say, “we’re more than a gym, we’re a community.”

Wishing you a Shana Tova!
Our Early Childhood teachers dedicate their life's work to nurturing, educating, and caring for our young children. We are so fortunate to have such a loving and dedicated group of teachers who work every day to meet each individual child's emotional, social, cognitive, physical, and cultural needs as they grow.

We love the JCC ECC program. The teachers are so wonderful and they do a fantastic job caring for our children. The swim lessons and enrichment classes have been helpful in the development of our children's confidence. We are very thankful to be a part of this wonderful community.

– Meghan S, ECC Parent

Did you know?

OUR STAFF:

Interests include:
- Crocheting, Jigsaw Puzzles, Soccer, Family, Sign Language,
- Sewing, Cooking, Dogs, Bicycles, Guitar, Online Shopping, Disney,
- Camping, Ice Cream, Minnesota Twins, Video Games, Biking, Netflix

Colleges attended:
- University of Minnesota, UMD, Metro State University,
- Normandale Community College, St. Paul College, Inver Hills Community College,
- Pacific Northwest College of Art, University of Northern Iowa,
- St. Catherine University, Hamline University, St. Thomas University

Average Age: 39

Have a combined total of 193 years experience at the JCC

Have a combined total of 33.5 children of their own

ECC ENRICHMENT CLASSES

AGES 3–5

Whether your child is enrolled in our ECC program or not, our enrichment classes are designed to engage and encourage creative exploration. Each month we offer a range of programs such as:

- COOL CONCOCTIONS
- CRITTERS & CREATURES
- FIRST STEPS DANCE
- FITNESS
- KIDS IN THE KITCHEN
- MESSY HANDS
- MINI SCIENCE LAB
- SPORTS
- YOGA
- AND MORE!

Classes are 30 minutes long and run 4–6 weeks. Check out our website for the latest list of classes. For more information, visit stpauljcc.org

We love our teachers!
Dull moment at the St. Paul JCC, your one-stop spot for fun! Also provide quality care for your school-age child all year long. Between programs from recreation & fitness to the arts that create opportunities for your kids to learn and grow. We know that our youth need something different in their programming. The St. Paul JCC provides a full range of programs in our community.

For more information, contact Tracey Agranoff.

BEGINNING DANCE • GRADES K–5
Learn the basics of a variety of dance styles; ballet, jazz, modern, and more.

CONTINUING DANCE • GRADES K–5
Continue to learn the basics of a variety of dance styles; ballet, jazz, modern, and more.

SCHOOL’S OUT
$44 MEMBER RATE • $28 CLUB J MEMBER RATE
GRADES K–6
When school’s out, the JCC is in! Join us for fun arts & crafts, gym games, swimming, field trips, and more. Registration closes one week prior to the program. Non-member? Contact Bess Brown. To see the fall/winter schedule or to register visit stpauljcc.org.

LEAGUE READINESS CLINICS
SUNDAYS, NOVEMBER 3–21
$50 • $60 MEMBER VALUE PRICE
Age appropriate shooting, dribbling and passing drills, along with offense and defense schemes that will be used during League Play starting in January.

LEAGUE EVALUATION DAY
SUNDAY, DECEMBER 15
PRICE INCLUDED IN LEAGUE PLAY
Interested in playing on one of our League Play teams? Come to Evaluation Day to be evaluated by our coaches and placed on a team!

LEAGUE PLAY
SUNDAYS, JAN 5–FEB 23
$160 • $105 MEMBER VALUE PRICE
Game on! Ready to have fun and play in an age appropriate, semi-competitive league? During these eight weeks, we will play against other St. Paul JCC teams. All leagues conclude with a mini tournament.

For more information, contact Tara Freiberg.

Shrek, the St. Paul JCC’s first all-ages show in over 40 years, brought together close to 50 actors – grandparents, parents, and kids – for a truly multigenerational experience. In addition to some veteran JCC actors, there were 28 first-timers on stage. Plus, close to 1,000 people attended this magical, musical production!

Upcoming Productions...

A YEAR WITH FROG AND TOAD
A hit on Broadway. A Year with Frog and Toad was nominated for three Tony Awards – including Best Musical. Based on Arnold Lobel’s well-loved books, and featuring a hummable score by Robert and Willie Reale, this whimsical show follows two great friends – the cheerful, popular Frog and the rather grumpy Toad – through four fun-filled seasons.

PERFORMANCES: NOVEMBER 7 • 7 PM / NOVEMBER 9 • 7 PM / NOVEMBER 10 • 2 PM
AUDITIONS: TUESDAY, NOVEMBER 12 • 4 PM

YOUNG FRANKENSTEIN • GRADES 8–12
Grandson of the infamous Victor Frankenstein, Frederick Frankenstein (pronounced Frank-en-steen) inherits his family’s estate in Transylvania. With the help of a hunchbacked sidekick, Igor (pronounced Iyee-gore), and a leggy lab assistant, Inga (pronounced normally), Frederick finds himself in the mad scientist shoes of his ancestors. “It’s alive!” he exclaims as he brings to life a creature to rival his grandfather’s. Eventually, of course, the monster escapes and hilarity continuously abounds.

AUDITIONS: THURSDAY, NOVEMBER 14 • 6 PM
PERFORMANCES: JANUARY 30 • 7 PM / FEBRUARY 1 • 7 PM / FEBRUARY 2 • 2 PM

FROZEN JR. • GRADES 5–7
The enchanting modern classic from Disney is ready for your Broadway junior stars! A story of true love and acceptance between sisters, Frozen Jr. expands upon the emotional relationship and journey between Princesses Anna and Elsa. When faced with danger, the two discover their hidden potential and the powerful bond of sisterhood. With a cast of beloved characters and loaded with magic, adventure, and plenty of humor, Frozen Jr. is sure to thaw even the coldest hearts!

AUDITIONS: TUESDAY, FEBRUARY 4 • 4 PM / THURSDAY, FEBRUARY 6 • 6 PM
PERFORMANCES: MARCH 19 • 7 PM / MARCH 21 • 7 PM / MARCH 22 • 2 PM

For more information about these productions or All Children’s Theater, contact Ben Savin.

M A R V E L O U S
Joe Kase, the 2019 recipient of the MARvelous Scholarship, can’t remember a time in his life that didn’t include the St. Paul JCC. Joe took swimming lessons, played youth basketball, spent his afternoons in Club J, performed in the All Children’s Theater program, ran in the annual Dreidel Dash, and spent his summers at Camp Butwin – later becoming a CIT and Junior Counselor. In the winter, he helped coach basketball at the JCC and eventually refereed games. Joe committed himself to his academic goals and priorities, maintaining a full scholarship to St. Paul Academy, graduating Cum Laude, and achieving a near perfect score on the ACT. Joe committed himself to his academic goals and priorities, maintaining a full scholarship to St. Paul Academy, graduating Cum Laude, and achieving a near perfect score on the ACT.

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$5,000 MARvelous Education Fund Scholarship
Applications being accepted Nov 1–Feb 28. For more information or to apply, visit stpauljcc.org.

Established by Dan & Amy Farbik, and Steve & Stephanie Farbik to honor their grandparents, Marion Farbik, and great aunts, Anita Marx and Rose Shapiro.

CONTACTS
Bess Brown
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651 + 255 4767
Ben Savin
Youth & Camping Director
651 + 255 4768
Lisa Rosenfield
Director of Youth & Children’s Services
651 + 255 4736
Tracey Agranoff
Jewish Life & Family Coordinator
651 + 255 4759
Tara Freiberg
Sports & Recreation Manager
651 + 255 4761

YOUTH BASKETBALL LEAGUES • Grades K–6
LEAGUE READYNESS CLINICS
SUNDAYS, NOVEMBER 3–21
$50 • $60 MEMBER VALUE PRICE
Age appropriate shooting, dribbling and passing drills, along with offense and defense schemes that will be used during League Play starting in January.

LEAGUE EVALUATION DAY
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$160 • $105 MEMBER VALUE PRICE
Game on! Ready to have fun and play in an age appropriate, semi-competitive league? During these eight weeks, we will play against other St. Paul JCC teams. All leagues conclude with a mini tournament.

For more information, contact Tara Freiberg.

For more information, contact Tracey Agranoff.
16 Overnight Camp Outs

10 Late Nights

1,000 Kosher S’mores Eaten

100 Miles of Trail Covered on Horseback

150 Loaves of Challah Eaten

2,400 Freeze Pops Eaten

In 2019, we had

3 Israeli Shlichim
1 Israeli CIT
7 Israeli Campers

250 Fish Caught

Looking forward to next summer!

Registration opens in January.

THANK YOU CAMP BUTWIN SHLICHIM

Yasher Koach to Reef Tzoran and Tamar Tsurbery, our truly amazing Camp Butwin Summer Shlichim 2019! Reef was our Teva (Nature) Specialist and Tamar was our Omanut (Arts & Crafts) Specialist this summer. They brought creativity, fun, and a special Israeli flare to each day of camp. Their impact was far reaching, enjoyed and embraced by our staff, campers, and their host families. We feel very fortunate to have been able to welcome them to our Camp Butwin Community. We hope they are enjoying their US travels and look forward to staying in touch and learning what will come next for them! Todah Rabah Tamar and Reef you will be missed!

Thank you to our Shlichim Host Families!

The Tramer-Lerman, Sogin, Truesdell, Goffman, and Petit-Shuster Families.

Without the generosity of our host families opening up their homes, we would not be able to welcome our amazing and inspiring Israeli staff each summer. Many thanks to all of you for welcoming them into your families. If you are interested in finding out more about the summer host family program, please contact Tracey Agranoff.

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Lisa Rosenfield
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Zoua Vang, and her husband Darrell Wong, describe their 10-year-old daughter, Alyssa as spunky, popular, and extremely social. Yet Alyssa has an incredibly hard time making friends. It isn’t her fault. Alyssa was born with Angelman’s Syndrome, a rare genetic disorder affecting one in 15,000 babies. Alyssa is nonverbal and uses a communication device to speak, and she has seizures from time to time. She also endures a rigorous evening care regimen.

Last summer, having recently moved to Minnesota, the Wongs consulted their Angelman’s support group for places where they could, as Zoua said, “get Alyssa proper supports so she can live a full life – not a life full of supports. We want her to be part of the community, not segregated due to her disability. It’s very rare to find a place and a program that does inclusion well.”

Another parent suggested the Wongs consider the St. Paul JCC. It’s not an easy commute, ranging from 30 to 40 minutes one way from their home in Hugo, but Zoua enrolled Alyssa in a two-week day camp at Butwin. Before camp started, Inclusion & Accessibility Coordinator, Megan McClanahan, met with the family and introduced Alyssa to her 1:1 inclusion facilitator, Bella. Immediately, the entire family was impressed with how well the JCC accommodated Alyssa, how many friends she made, and how much she generally thrived. Her brothers even saw how much fun she had, and pressed Zoua and her husband to let them go with their sister next time. “At Camp Butwin, Alyssa wasn’t different or special,” Zoua said. “She was just another kid, and Megan and Bella made her experience great. It was immediately clear to us that inclusion is a major part of the overall experience at the JCC, not just an add-on.”

Alyssa’s 2018 camp experience was a success, but she wanted more this year. She wanted to fully participate – which meant spending a night camping in a tent at Camp Butwin with the other kids. Alyssa hadn’t ever had a sleepover before, because her family wasn’t sure others could properly care for her. But, as Zoua said, “The relationship and trust we have with the JCC, and the amazing staff that work with Alyssa, made all the difference.” First, Alyssa’s family and Megan designed small experiences to get Alyssa familiar with sleeping away from home, and also had her sleep in a tent outdoors, on a family camping trip for practice. Then they decided to go for it. Alyssa had her first sleepover, and as Zoua said, “It was the highlight of her entire summer!”

The Wongs are grateful to Megan, Bella, and the entire JCC for all they’ve done. “They’ve been so wonderful and accommodating,” Zoua said. “They met Alyssa where she’s at and helped her learn and grow. Also, we’re not Jewish, but she and her brothers have still experienced the traditions and values that make the JCC and the Jewish faith special. It’s been so worth it.”
When it comes to improving health and performance, there is no one-size-fits-all approach. No matter where you are on your path to health, fitness, and performance, our team will help empower you to achieve your goals. All our fitness professionals are certified and committed to helping you reach higher and achieve more! For more information, contact Anna Golv.

Janet Stevermer, a Highland Park resident, had been coming to the JCC to work out once in a while for the past couple of years. This past January, though, her attitude toward fitness changed completely.

Janet’s health started to really worry her. She had rheumatoid arthritis, a condition that (among other things) makes it hard to move comfortably. She was also severely overweight, which made getting around and enjoying life even harder. In addition, her father died at age 60, and his weight seemed to be a factor in his health problems; she saw herself as being at risk of similar issues. Janet was on the verge of being an empty nester, and she wanted to golf more, stand on the paddleboards she owns with her husband, set a good example for her kids and generally participate more in life. Altogether, she became passionately motivated to be more active.

When Janet used to work out, she used elliptical machines. She wasn’t seeing the physical progression she wanted, and she found it boring. So, in January she met with JCC fitness manager Anna to explore her options. Soon afterward, she started meeting twice a week with her personal trainer Abby. Now, in any given week, she’s at the JCC five times – twice for personal workout sessions with Abby, twice for group fitness classes and once for a spin class that she finds challenging but also exhilarating to complete successfully.

Janet’s new fitness regimen, and her dedication to improving her health, has paid off tremendously. She has dropped 70 pounds in a steady, healthy fashion. She also says she’s never had as strong of a core as she does today – even when she was an athlete in high school. She plans to stick with her routine as long as she can. “I’m happy and confident,” she said. “It’s all about feeling good, and I feel like life is really great right now.”

Janet credits the JCC with helping her improve her overall health. “Trainers here are so nice and helpful, even if you’re not in a one-to-one session with them. Even before I lost a single pound here, I never felt intimidated or embarrassed.”

Janet also appreciates the JCC’s community spirit and welcoming atmosphere. “The JCC is full of very real and authentic people from across the entire spectrum of the community. It feels nice to have people here know who I am and feel like I’m part of it all. I feel completely confident here.”

For more information, contact Tara Freiberg.
HEALTH & WELLNESS

personal trainer spotlight

HOLLIE CARR
Hollie graduated from St. Paul College with a degree in Personal Training. She focuses on functional movement training, so the skills you learn with her can be incorporated into your daily life. She believes that focusing on the little things allows you to move better, live better, and feel better! Hollie loves to research and learn new skills that she can pass on to her clients. She can help you step outside your box and challenge yourself to make positive change in your life!

- AAS Personal Training, St Paul College
- ACE Certified Personal Trainer
- RYT-200 Yoga Instructor Teacher Training, Saint Paul College and additional 125 hours of Training in Core Strength Vinyasa Yoga
- Precision Nutrition, Level 1 Nutrition Coach
- USA Weightlifting Sports Coach

ABBY MOHAMMED
Abby is a graduate of St. Catherine University with a Bachelor of Science in Exercise & Sports Science. Her passion for fitness stemmed from a desire to become stronger, and has grown to encompass the health and wellness of those seeking self-improvement. Building a solid foundation is important to achieving meaningful and sustainable results. Bringing a holistic approach to health and fitness, Abby is eager to empower and support you through your progress with an approach tailored to your needs. She emphasizes creating habits that will lead you to consistent success in your personal journey. In her spare time, Abby loves to explore state parks, take long hikes and go camping with her dog, Wesley.

- B.S. Exercise and Sports Science, St. Catherine University
- ACE Certified Personal Trainer
- EXOS Fitness Specialist

CONTACTS

Carolin Magstadt
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Chris Whipple
Aquatics Director
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Anna Golv
Fitness & Group Exercise Manager
annag@stpauljcc.org
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AQUATICS

Our Aquatics Center is the perfect place for people of all ages to enjoy recreation and exercise in the water. With two separate swimming pools, including a 25-yard lap pool with deep-end for exercise and learning, as well as a family-friendly recreation pool with water slide and play & spray features, this is the place to be! For more information, contact Chris Whipple.

As lifelong best friends, Lindsey Jo Horowitz and Stacy Danov-Johnson say, “the St. Paul JCC is our heart. It’s literally our second home.”

Lindsey Jo and Stacy met at age two when their families enrolled them in the JCC’s Early Childhood Center (ECC). That led to trips to Camp Butwin, acting in JCC plays, babysitting lessons, swimming programs and much more. Stacy’s father was program director at the JCC for 30 years. Lindsey’s father and uncle both served as the JCC’s board president, and her grandmother worked at the JCC until she was 80 years old. As such, Lindsey Jo and Stacy were always around the building for one thing or another. Stacy even met her husband on the JCC stage, in a production of Bye Bye Birdie about 20 years ago. They were so intertwined with the JCC and each other that, after getting married to their husbands, the two couples had condos literally above and below each other a short distance from the JCC in Highland Park.

After starting their families, they moved to Mendota Heights – literally still next door to each other. And they stay as involved in JCC life as ever. Their focus now is on their kids: Zoey and Maxwell Horowitz and Zachary and Eli Johnson are all enrolled in the ECC themselves, and best friends just like their mothers. Zoey (5) and Zachary (4) also are in swimming lessons, and have progressed several levels each in a short time. Lindsey Jo and Stacy have been impressed with the program’s ability to tailor activity to each child’s age and needs. Lindsey added, “The staff are really good at communicating with us and welcoming the entire family – even grandparents and extended relatives.”

Lindsey Jo and Stacy instinctively involve their kids in the JCC. When Stacy became pregnant with Zachary, she knew the JCC would be the place her kids would go. Stacy said, “When I walk around the building, I see all the things I used to do – and now our kids get to go through it.” Lindsey immediately added, “When you get pregnant, you tell the JCC first – almost before the rest of your actual family. There’s no other place we’d go.”
PARENT & CHILD: AGES 6 MONTHS - 3 YEARS

SWIMMING WITH PARENT

CLASSES ARE 30 MINUTES

1:1 CHILD TO INSTRUCTOR RATIO

By using songs, games, and colorful equipment, this interactive class is designed to create comfort in and around the water.

PRE-SCHOOL: AGES 3 - 5

TADPOLES (LEVEL 1)

CLASSES ARE 30 MINUTES

3:1 CHILD TO INSTRUCTOR RATIO

For children who are new to swimming or nervous in the water, this class is designed to develop confidence, breath control, and proper body position.

TURTLES (LEVEL 2)

CLASSES ARE 30 MINUTES

4:1 CHILD TO INSTRUCTOR RATIO

For children who are comfortable in the pool and will go underwater, this class focuses on learning proper breathing techniques, improved floating skills, kicking strength, and survival skills.

SEALS (LEVEL 3)

CLASSES ARE 30 MINUTES

4:1 CHILD TO INSTRUCTOR RATIO

For children who can swim independently and are ready to learn the basics of all four competitive strokes - freestyle, side breathing and side kicking, backstroke, dolphin kicks, and breast stroke kicks.

GRADE SCHOOL: AGES 6 – 11

JELLYFISH (LEVEL 1)

CLASSES ARE 30 MINUTES

4:1 CHILD TO INSTRUCTOR RATIO

Through fun and games, this class will teach swimmers to streamline, front & back kicks, jump in the water & recover, elementary backstroke, freestyle with rollovers, and swim underwater to pick up toys.

OTTERS (LEVEL 2)

CLASSES ARE 30 MINUTES

5:1 CHILD TO INSTRUCTOR RATIO

An introduction to all four competitive strokes, including how to start in ready position, freestyle with side breathing, backstroke, sidde, and the basics of breaststroke and dolphin kicks.

DOLPHINS (LEVEL 3)

CLASSES ARE 30 MINUTES

6:1 CHILD TO INSTRUCTOR RATIO

A prep class for those who want to join the swim team - tread water, swim freestyle & backstroke with good rotation, and butterfly & breaststroke with proper technique.

TEEN & ADVANCED SWIMMER

TEEN

AGES 12-17

CLASSES ARE 40 MINUTES

5:1 SWIMMER TO INSTRUCTOR RATIO

A supportive and individualized pace to learn basic swimming and water safety skills taught in a fun, relaxed way.

STROKE DEVELOPMENT

AGES 9-17

CLASSES ARE 30 MINUTES

8:1 CHILD TO INSTRUCTOR RATIO

Designed to increase endurance, efficiency, and confidence with emphasis on refining technique in all four competitive strokes, introduction of racing turns, flip turns, and pace clock usage.

ADULT: AGES 18+

BEGINNING ADULT

CLASSES ARE 40 MINUTES

6:1 SWIMMER TO INSTRUCTOR RATIO

A supportive and individualized pace to experience one of the most relaxing, body-friendly types of exercise. We will help you have fun in the water by using barbells, pool noodles, kickboards, and buoys.

INTERMEDIATE ADULT

CLASSES ARE 40 MINUTES

6:1 SWIMMER TO INSTRUCTOR RATIO

Designed for those who are comfortable underwater but seek help to swim laps with a concentration on proper breathing and a variety of swim strokes such as breaststroke, backstroke, elementary backstroke, and sidestroke.

SWIM CONDITIONING

Mondays & Thursdays

October 24 – November 25

STROKE CLINIC

Sundays, December 1 – 15

AGES 5-15

Designed for anyone looking to improve their skills and condition their bodies for swim team, with a focus on tight streamline, proper breathing, efficient turns, proper stroke technique and some endurance training.

STINGRAYS SWIM TEAM • AGES 5-15

Saturday, January 7 – March 15

Our coaches work with swimmers to develop starts, turns, and the four competitive strokes while keeping the emphasis on fun.

STINGRAYS MASTERS SWIM TEAM

Mondays & Thursdays

January 7 – March 15

Sundays

January 8 – March 13

8:1 SWIMMER TO INSTRUCTOR RATIO

To prepare swimmers 18 and older for swim team, with a focus on tight streamline, proper breathing, efficient turns, proper stroke technique and some endurance training.

STINGRAYS MASTERS SWIM TEAM

Mondays

January 7 – March 15

8:1 SWIMMER TO INSTRUCTOR RATIO

For adults who are MSG rated and looking to stay in shape for swim team.

STINGRAYS MASTERS SWIM TEAM

Sundays

January 8 – March 13

8:1 SWIMMER TO INSTRUCTOR RATIO

For adults who are MSG rated and looking to stay in shape for swim team.

SHORE STROKE DEVELOPMENT

AGES 5-15

Tuesday, January 9 – March 15

4:1 CHILD TO INSTRUCTOR RATIO

STROKE CLINIC

Sundays, December 1 – 15

AGES 5-15

This class helps participants learn how to swim, with a focus on tight streamline, proper breathing, efficient turns, proper stroke technique and some endurance training.

NOOBS

AGES 5-15

Tuesday, January 9 – March 15

4:1 CHILD TO INSTRUCTOR RATIO

STROKE CLINIC

Sundays, December 1 – 15

AGES 5-15

This class helps participants learn how to swim, with a focus on tight streamline, proper breathing, efficient turns, proper stroke technique and some endurance training.

SWIM TEAM • AGES 5-15

January 7 – March 15

Our coaches work with swimmers to develop starts, turns, and the four competitive strokes while keeping the emphasis on fun.

SATURDAY SPLASH

Start your day with a great cardio, muscle strengthening and stretching workout.

AQUA FIT FOR LIFE

A fun and gentle class that is great for people with arthritis, MS, and limited mobility conditions. Work on balance, gain strength, and increase range of motion without putting strain on muscles and joints.

AQUAMOTION

A low impact class designed to increase your heart rate, while working almost every muscle group.

ASL WATER YOGA

By taking the principles and poses of traditional yoga and adapting them for a gentle stretching and strengthening experience, you will feel relaxed and balanced. Taught in American Sign Language working primarily with the Deaf, Deaf Blind, Hard of Hearing, or ASL community, everyone is welcome for the cultural and language experience.

DEEP WATER FITNESS

Using a variety of exercises and the help of an aqua-jogger belt, you will experience a cardio and strength workout.

STRENGTH H2O

Gain muscle, increase endurance, and improve your overall health.

aQUA AEROBICS

A low-impact, high-energy aquatic exercise to your fitness routine. This class blends the Zumba® philosophy with water resistance, for one pool party you won’t want to miss!

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Aida Zlatina’s story is a story of courage, strength, social connection, and community.

“When I came to this country, everything was new. I wanted to study and learn. I wanted to integrate.” Through the JCC, Aida was connected with a tutor and transportation. But, the many social programs at the JCC were the key that opened the door to a broad and diverse community. “I met and became friends with people from all backgrounds and circumstances. That is something I could never have experienced in the Ukraine.”

Aida relies on the JCC to help her stay active, healthy, and connected to a community of friends. She rarely misses a social excursion like those to the Guthrie Theater Costume Shop and the Bell Museum, and she attends group fitness classes. When she has a medical appointment, the JCC provides an interpreter and transportation – assuring that she gets the care and understanding she deserves.

Aida recognizes the role that the JCC plays in transforming lives by supporting the Annual Fund. When asked why she gives to the Annual Fund, Aida simply said “Because the JCC is home.”

People of all ages, abilities, and backgrounds rely on the JCC for reasons big and small. They look to us to connect with others, to support their health and wellness, and to experience the joys of a welcoming community center rooted in Jewish values. Perhaps most of all, they depend on us for programs and services that enhance their overall quality of life. This is certainly true for Aida Zlatina.

Your gift, of any size, will allow the JCC to continue to make a difference for everyone in our community in ways big and small. stpauljcc.org

Please join Aida in supporting the Annual Fund today.
once upon a time at the St. Paul JCC, three perfect strangers enrolled in a creative writing class — and a remarkable friendship was born. It began 13 years ago when Ray Sevett’s buddies in the JCC Men’s Club talked him into trying creative writing. He worked as an engineer during his career; that didn’t afford him many opportunities to explore writing, but he always had an interest in it. So, one day, with a friendly nudge, he decided he’d join the JCC’s class.

Sieglinde Gassman joined in similar fashion about six or seven years ago. She worked at the JCC at the time, and her friend Charlie Ewen had been in the creative writing class with Ray for a couple of years. As Sieglinde said, “I wanted to summon the courage to expose my writing to others.” Charlie recruited her to join the class, and she enrolled. It didn’t take long for the three of them to band together.

In any given week, the three spend about 90 minutes in class and three to eight hours at home writing. Their subject matter depends on the assignments they’re given each week by their instructor Christine Sikorski, an accomplished writer and inspiring teacher. Sometimes it’s poetry or fiction, other times creative nonfiction. Or a memoir about personal experiences from decades earlier. Or something else entirely. They say that part of the fun... hearing about others’ backgrounds and interests in a supporting, nurturing environment.

“I love the way the class is handled, and I love the people in it,” said Ray. “There’s a tremendous feeling of accomplishment when I write something and people like it.” Charlie added, “I love sharing my work with my husband, kids and grandkids,” she said.

They credit Christine and the JCC with focusing their work and discussions appropriately. “I need to write,” Charlie said. “It’s good for my soul and helps me know what’s going on in my own head.” Ray agreed, “When we’ve had things happen to us, writing it down helps us understand it on a whole other level. It helps us move on from negative things.” Because of the bond they’ve forged through the class plus all the other benefits, they plan to continue on together as long as they can. As Sieglinde said, “Til death do us part!”

The trio has found that their best audience is often their families. “My best fan is my wife,” said Ray. “My oldest son has even made a few of my writings into an e-book on the Internet with photos, so others can read them.” Sieglinde added, “I write for my sister. She’s always had so much faith in me.” Charlie also writes for her family. “I don’t have much interest in being published, but I love sharing my work with my husband, kids and grandkids,” she said.

MEY’S CLUB ROUNDTABLE AT SHOLOM EAST 4TH MONDAY OF THE MONTH • 9:00–10:00 AM Engage in thought provoking discussions on current world events in a roundtable setting. Everyone learns, everyone teaches.

WOMEN’S ROUNDTABLE 4TH MONDAY OF THE MONTH • 10:30–11:30 AM Here’s your chance to meet the most interesting women in town, in a forum that’s up-close and personal! Our speakers share their life stories and take us inside the worlds in which they work.

AARP DRIVER SAFETY OCTOBER 3–NOVEMBER 14 • 1–3 PM Tune up your skills and knowledge of the rules of the road. Cash or check only, to be paid to instructor at the time of the class.

LUNCH FOR EIGHT 4TH FRIDAY OF THE MONTH • 11:45 AM–1:00 PM Enjoy some delicious food and get a chance to dine with friends both new and old. There are only eight spots available, so don’t delay. Transportation is provided, lunch on your own.

BLOOD PRESSURE CLINIC HIGHLAND BLOCK NURSE PROGRAM 4TH MONDAY OF THE MONTH • 10:30–11:45 AM

out on the town
Join us as we delight in theater, opera, museums, music, and more. If it’s happening in the Twin Cities, we’ll be there!

SHAKESPEARE’S THE WINTER’S TALE @ THE J WEDNESDAY, OCTOBER 16 • 7 PM Ten Thousand Things is coming back to the J, with an epic story of love, magic and redemption, that asks questions about love, renewal and forgiveness that are relevant to audiences of all backgrounds and life experiences.

STEEL MAGNOLIA AT THE GUTHRIE SUNDAY, NOVEMBER 10 BUS LEAVES AT NOON FOR 1 PM PERFORMANCE

Learn at the j
NEW TO MEDICARE? THURSDAY, OCTOBER 17 • 6–7:30 PM Need help learning about Medicare? This is the seminar for you.

stepping on THURSDAYS, OCTOBER 3–NOVEMBER 14 • 1–3 PM An fall prevention program that has been researched and proven to reduce falls in older adults.

In partnership with Allina Health.

LOFT LITERACY CENTER CLASS: SNAPSHOT STORIES TAUGHT BY KARLYN COLEMAN THURSDAYS, SEPTEMBER 26–NOVEMBER 21 10 AM–NOON We’ll guide and support each other over eight weeks as we write down memories, anecdotes, and Family history – one paragraph, one story at a time.

OLLI CLASSES The Osher Lifelong Learning Institute (OLLI), an affiliate program of the University of Minnesota College of Continuing Education, is run entirely by volunteers. Programs focus on active learning in dynamic and respectful environments. No tests, no pre-requisites – this learning just for the joy of it! For a list of upcoming classes and to register, visit our website or contact Barbie Levine.

BAUBIS, ZAYDIYS & BOOKS AVAILABLE TIMES: MONDAY – THURSDAY, 10 – 11:45 AM Do you love reading stories and illuminating the imagination of a child? This opportunity, allows Baubis and Zaydiys (Grandma and Grandpa) volunteers, the chance to meet and share stories with our preschool classrooms. We ask that you be able to make a commitment to come on a regular basis please. If you are interested in volunteering, please contact Sarah Hewuse.

Contact:
Sarah Hewuse
Volunteer Program Coordinator
shewuse@stpauljcc.org
651 + 255 4746

Barbie Levine
Director of Adult Services & Programs
blevine@stpauljcc.org
651 + 255 4734

For more information, contact Barbie Levine.
JEWISH SECRETS FOR DEALING WITH LIFE’S STRUGGLES
NOVEMBER 2019
This course offers formulas to remain upbeat and happy despite hardships, feelings of guilt, or personal inadequacy. Based on Tanya chapters 26–34, this course studies spiritual mechanisms that allow one to survive – and thrive – despite life’s difficulties.

GIFTS OF THE JEWS
JANUARY 2020
This course explores some of the most notable values and attitudes that the Jews have shared with the world. Once considered preposterous, many of these teachings are taken for granted today. The story of this transition is both instructive and fascinating. The course also considers how Judaism can continue to serve as a beacon of light and fountain of wisdom for all of humankind.

PIRKE AVOT: ANCIENT RABBINIC WISDOM FOR TODAY’S WORLD
1ST & 3RD FRIDAYS • 11 AM–NOON
The imperative to live life from your true self, as the image and likeness of God, flowers in the words of the early Rabbis (250 BCE–250 CE) who captured God’s call to be holy in Pirke Avot – a collection of pithy sayings on how best to live an ethical life. Come study this ancient work with much to say to our lives today. Drop in, no experience is necessary.

JEWISH MINFULNESS MEDITATION
1ST & 3RD SATURDAYS • 11–11:45 AM
Mindfulness meditation is a practice that can support and sustain our Jewish lives and the fulfillment of our Jewish values. This practice helps to make our minds more spacious, perceptive, and free. Each session will include a short teaching followed by a sitting period. No experience is necessary.

CONTACTS
Tracey Agranoff
Jewish Life & Family Coordinator
tagranoff@stpauljcc.org
651 + 255 4759

MEET THE NEW SHLICHA!
Keshet Berlinsky Edry
My name is Keshet (my full name is Keshet rainbow warrior Berlinsky Edry), but that’s something we can talk about later. I’m from a moshav called Masshen, located next to a city name Ashkelon. I come from a modern family and have a total of 5 brothers and sisters.

I was an education instructor for many years, and I was in BBYO Israel and in LEAD organization. I spent one year in Kibbutz Lotan prior to my army service where I, then, served as a commander, then as a tour guide for soldiers in Jerusalem. After the army, I came back to the kibbutz and worked as a kindergarten teacher. Then, I went on a three months trip to the US, and had an amazing adventure. I was lucky to be in many great places and to meet amazing people. I was even in Minnesota, in a town called Pipestone, volunteering with the Keepers of the Sacred Tradition of Pipe makers, a non-profit American Indian organization.

I love the outdoors, traveling, arts & crafts, and meeting new people. I’m really excited to meet everyone and to get started as you Schlicha. I know it’s going to be an amazing ride!

JEWISH LEARNING
Looking to learn something new? Enlivening Jewish education runs the gamut at the JCC, from classes in text study, ethics, and holidays, to cooking and the arts. We are proud of our dynamic partnerships with Jewish agencies and synagogues presenting community-wide learning opportunities. We offer a variety of rich Jewish learning, in partnership with Hineni: Adult Jewish Learning and Contemplative Practices. We are also home to the Jewish Learning Institute, a project of Chabad of Greater St. Paul. For more information, contact Tracey Agranoff.

ENGAGE!
An evening of Jewish learning
Saturday, January 18
7 pm
Talmud Torah of St. Paul

SAVE THE DATE
SUNDAY, OCTOBER 27, 6:30 PM • NORTHROP, UNIVERSITY OF MINNESOTA
A first-hand account of the life of Anne Frank and the discovery and printing of her famed diary.
For more information and tickets, visit northrop.umn.edu
The JCCs are a proud partner of this event, presented by Chabad.
The arts can open new ways of seeing the world, spark our imaginations, and allow us to connect with ideas and concepts through a uniquely creative, Jewish lens. We are dedicated to engaging the community in the exploration of Jewish identity and culture through film, performance, theater, visual arts, and music. For more information, contact Robyn Awend.

**Are you enjoying our 25th Anniversary Season?**

**DON'T MISS OUR POST FEST FILMS!**

**SUSTAINABLE NATION**
**WEDNESDAY, OCTOBER 23 SHOWPLACE ICON**
In a world where water is everything, Sustainable Nation follows three individuals doing their part to bring sustainable water solutions to an increasingly thirsty planet as they work to change the status quo of a world where one in ten people lacks access to safe drinking water. The work of this visionary trio highlights the nexus between food, energy and water, and shows how fixing global water issues is not only a matter of life and death, it’s the start of healing the world.

Directed by Micah Smith | USA, 2019
Documentary | English | 60 mins.

**LEONA**
**THURSDAY, OCTOBER 24 SHOWPLACE ICON**
An intimate, insightful, and moving film that tells the story of a young, Jewish mural artist, from Mexico City, who finds herself torn between her family and her forbidden love with a non-Jewish man.

Directed by Isaac Chemi | Mexico, 2018
Drama | Spanish w/English subtitles
95 mins. | Contains nudity

**FAMILY IN TRANSITION**
**SUNDAY, OCTOBER 27 ST. PAUL JCC**
Co-presented as part of the 2019 Gender Reel Film Festival
Shot over the course of two years, Family In Transition tells the story of a family in Nahariya, a small traditional town in Israel, that deals with the effects when the father transitions into a woman.

Directed by Ofir Trainin | Israel, 2018
Documentary | Hebrew w/English subtitles
70 mins.

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**JAN 25–FEB 1, 2020**

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**Winter Symphony Concert**
**WEDNESDAY, DECEMBER 11**

**CONDUCTOR’S TALK • 6:30 PM / CONCERT • 7 PM**

Presented by the Marvin J. Pertzik Jewish Cultural Arts Department, which is generously supported, in part, by St. Paul JCC Endowment Funds

Celebrating the Jewish contribution to the world of humor.

Featuring stand-up comedy, improv, storytelling, film, visual art exhibitions, and more!

Do you love our Festivals? Only 10% of Festival costs are covered by ticket sales. To make a donation or to become a sponser, contact Tamar at tfenton@sabesjcc.org or givetothej.org
SABES & ST. PAUL JCC GALLERIES

JUDAISM, ART & SCIENCE INTERWOVEN
Featuring 36 new works by six participants in the Partnership2Gether Artist Exchange Program with Israel.

SEPTEMBER 9 — OCTOBER 27

RELATED EVENT
PANEL DISCUSSION & RECEPTION
SEPTEMBER 12 • 6–8 PM, PANEL DISCUSSION AT 6:30 PM
SABES JCC

Local artists, with video highlights from Israeli artist participants, will be discussing the impact of this artist exchange and how this process has affected their personal work and their connection to one another.

Partnership2Gether (P2G) is a collaboration between the community of Minneapolis and Rehovot, Israel where new relationships are formed by connecting through different platforms. This artist exchange engages artists from both communities as they work together throughout the year creating art work and participating in discussions on Israeli, Jewish Identity and Peoplehood through their own art creations and Jewish texts.

The theme, Judaism, Art & Science Interwoven, was chosen to reflect the shared focus and integration of science within each city. The approach is Re-Art where each artist modifies another’s work, adapting and re-interpreting each of the pieces, creating a new work of art.

Artists include: Linda Passon-McNally, David Sherman, Cathy Tobias, Pazit Assouline, Anatt Friedman, and Roni Schechber, as well as select 2018–19 P2G alumnis.

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SABES JCC GALLERY

NEW WORK BY
LET’S PAINT & DRAW
ART STUDIO
NOVEMBER 14–DECEMBER 20

RELATED EVENT
ARTISTS RECEPTION
NOVEMBER 14 • 6–7:30 PM

You are invited to mingle and get to know the artists from the Let’s Paint & Draw Art Studio. Come ready to be inspired!

This exhibit features new works created by the participants of the Sabes JCC’s Let’s Paint & Draw Art Studio. Each Monday, dedicated artists come together to paint and draw. This exhibit celebrates their talent, artistic diversity, and the new works created during their time together. Led by artist and instructor Lou Kotlarz. Lou is a local artist with extensive training in various schools of classical realism. Kotlarz specializes in Figurative, portrait, landscape, and still life.
The witness to the horrors, hardships, and brutalities of the Holocaust is shifting from those who saw and survived, to a retelling of their testimony. We are shifting our focus from the power and reliability of sight and personal experience to the trustworthiness and importance of hearing. It is my hope and prayer that these images add an important visual proof to accompany the oral testimony.

"… After 70 years since the end of the war, we are in the midst of a ‘transfer of memory.’ The witness to the horrors, hardships, and brutalities of the Holocaust is shifting from those who saw and survived, to a retelling of their testimony. We are shifting our focus from the power and reliability of sight and personal experience to the trustworthiness and importance of hearing. It is my hope and prayer that these images add an important visual proof to accompany the oral testimony." David Sherman

This exhibition is curated by JCRC staff members, Laura Zelle and Susie Greenberg, and is a collaboration between photographer David Sherman, writer Lili Chester, and the Jewish Community Relations Council of Minnesota and the Dakotas.

Transfer of Memory

A photo exhibition of Holocaust survivors living in Minnesota, at home, and in full color.

November 7–December 31

Each Holocaust survivor in Transfer of Memory shares a story of survival during exceedingly difficult circumstances, yet as a collection, these images focus on life and hope. From Europe to Minnesota, it was here they fashioned their dreams, their futures, and their families – their lives a constant reminder of the value of freedom and the enduring human spirit. The exhibition features 45 portraits of survivors living – or who lived – in Minnesota. The color images depict the survivors as living full and fulfilled lives – full of life and vitality – not defined by victimhood.

Photographer David Sherman and writer Lili Chester, in partnership with the Jewish Community Relations Council of Minnesota and the Dakotas, created this photography exhibition.

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A Welcoming Hand

Hillel Smith's art doesn’t have a "type." While his pieces may follow similar threads, each piece of art tends to be different. So, when he painted a mural on the outside of the St. Paul JCC, it became something unique – something designed especially for our J, that encompasses our values and mission.

The common threads of my art, Smith said, "are more minimalism, bright colors, geometric shapes, and texts. But, beyond that, I like trying different things." He added, "I know people who have made impressive careers out of the same thing, I like the challenge of doing something new every time."

The section of the brick on the exterior wall facing St. Paul Avenue had been marred by anti-Semitic graffiti, said Robyn Awend, Twin Cities Jewish Cultural Arts Director. "We thought that installing a mural that speaks to our core value of kehillah (community) in this place is the perfect way to face down the ugliness of hatred." "This wasn’t a piece of artwork for me," Hillel said. "I did it for the J and I worked closely with the JCC to create the right design for the space." Smith’s process is the same whether it’s a mural in Israel or Los Angeles or St. Paul, and it starts with making sure that what he is going to do fits the environment.

"It’s always important that whatever I do fits the space well, and reflects the values of the organization," he said. "I worked closely with Robyn and the JCC to understand their values and what they want to express."

Awend first met Smith at an international artists retreat and immediately connected. The Sabes JCC brought him in for an exhibition of his work several years ago, so he is not new to the Twin Cities Jewish community.

The mural culminates in an outstretched hand, inviting all to join. The image is designed using squares and quadrants of various sizes in bright primary colors, illuminating that these values are the building blocks from which our community is constructed.

Made possible with support from the Howard B. & Ruth F. Bint Jewish Arts Endowment, a fund of the Minneapolis Jewish Federation’s Foundation.
Sunday, November 10
MINNEAPOLIS MARRIOTT CITY CENTER
Featuring a unique performance produced by Illusion Theater, based on real-life JCC stories that have changed lives.

Recognizing…
Rhoda & Don Mains and Shelley Kornblum & Judge Mickey Greenberg for their outstanding contributions to our community!

EVENT CO-CHAIRS
Rollye Rinkey and Caren Page

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With best wishes for Joanne Smith’s speedy recovery
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JACK & LILLIAN GELLER FAMILY ENDOWMENT FUND FOR CHILDREN AND YOUTH WITH SPECIAL NEEDS
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In honor of Rose & Lauren Geller’s 50th wedding anniversary

GENERAL ENDOWMENT FUND
Jeri Glick-Anderson
In memory of Bar Sigal receiving the Sharon Gilbert Award

TRIBUTE DONATIONS

This list acknowledges, with gratitude, contributions of $10 or more that were received March 1, 2019-August 31, 2019. If we have inadvertently omitted or misspelled your name, please notify Mary McCarty at 651 + 255 4730 and we will include a correction in the next issue of Attractions.

Thank you for your generous support of the St. Paul JCC’s funds and programs.
TRIBUTE DONATIONS

In honor of Jon Parritz's birthday
Alan Olstein & Phyllis Karasov

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In memory of Linda Dunn
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With best wishes for Herb Buchbinder's speedy recovery
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1–3:30 PM @ ST. PAUL JCC

A Community Hanukkah Celebration of Giving!

Jennifer Hladik
Chief Development Officer
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of THE GREATER ST. PAUL AREA
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