



# ALLIANCE NEWS

אביב הגיע

# פסח בא

*Spring  
has come*

*Passover  
is here*



VOLUME 33  
#08



**ADAM CHASKIN**  
730-2100 ext. 272

Dear Friends,

Winter has come to an end. The sun is shining across Northeast Florida and flowers are in full bloom. Spring has sprung throughout our River City; for Jewish people around the world, this time of year begins our preparations for Passover. In this season, we open our hearts to our inner life for reflection and renewal, in pursuit of personal growth. At its core, Passover is about personal renewal. As we see society thriving once again, I too have an especially strong sense of personal renewal this season. As the CEO of our JCA, I am proud to have this renewed purpose and am so honored to work each day with our outstanding staff. I am excited to see what the potential of our JCA might be.

As we all think about personal growth this spring, please remember that our JCA is here for every member of this great community. We offer hundreds of enrichment programs that are attended by thousands of our neighbors in Jacksonville. It is the wonderful diversity found here that enriches our community even further.

For the renewal of your body, our JCA offers a variety of unique wellness programs suited for every person's level of fitness. If you haven't paid us a visit recently, I hope you are inspired to come exercise in Jacksonville's #1 rated fitness center, seek advice from any of our nationally-recognized personal trainers, swim in our pools, run or walk on our track, or play basketball and volleyball in our **Joe and Sophie Witten Gymnasium**. If you need support on your wellness journey, I encourage you to take advantage of the **Baptist Health** professionals, or the **Brooks Rehabilitation** outpatient clinic located on our JCA campus.

Maybe your mind or spirit needs rejuvenating this season. If so, join us to experience meditation or yoga at the JCA. Take an art class in the J Institute, listen to one of our invigorating guest lectures in the **Bessie Setzer Frisch Auditorium**, relax in our beautiful courtyard, take in the monthly exhibits featured in our **Vandroff Art Gallery**, play Mah Jongg or Pennies Canasta, take a day trip with friends to experience all Northeast Florida has to offer, and learn more about the Jewish history found within our city.

We are so proud that our JCA is the place people visit to enhance body, mind and spirit in an environment of fun, harmony and friendship. I could not be more excited to lead this outstanding organization and grow with all of you as we celebrate spring.

Chag Pesach Sameach,  
(Happy Passover Holiday)

**Adam Chaskin**  
CEO

**JCA BUILDING HOURS**

<b>Sun</b> .....	8 am – 6 pm
<b>Mon – Thu</b> .....	5:30 am – 9 pm
<b>Fri</b> .....	5:30 am – 5 pm
<b>Sat</b> .....	1 – 6 pm

The JCA **Alliance News** and **Program Guide** are published monthly except July and August by the:

**Jewish Community Alliance**  
8505 San Jose Boulevard  
Jacksonville, FL 32217

For additional program information and to register, please contact the JCA.  
**P (904) 730-2100 | F (904) 730-2444**  
[jcajax.org](http://jcajax.org) | [info@jcajax.org](mailto:info@jcajax.org)  
[facebook.com/jcajax](https://facebook.com/jcajax)

- Rochelle Stoddard..... Board Chair
- Adam Chaskin..... Chief Executive Officer
- Chelsea Jarrell..... Director of Marketing
- Lee Lemay..... Graphic Designer
- Beth Milograno..... Communications & PR Specialist

**Kid Kare (babysitting)**  
**(904) 730-2100 ext. 325**

- Space limited to 12 kids per shift.
- **Sun - Fri** operation hours **9 am - 12 pm** and **Mon - Thu** evenings from **5 - 8 pm**.
- Snacks are not allowed at open play area, but members of the same household can share the private table at the fenced infant area to snack per request.
- JCA Kid Kare is offered on a first come first serve basis.

**Free for JCA family memberships only**

*In memory of...*

- IRIS JACOBS**  
by Regina and Adam Chaskin  
The Board and Staff of the JCA
- DR. CHARLIE BROWN**  
by The Miller Families  
Regina and Adam Chaskin  
The Board and Staff of the JCA
- RICHARD OCHS**  
by Rochelle and David Stoddard  
The Board and Staff of the JCA
- HILDA GOLDMAN**  
by The Board and Staff of the JCA
- BOBBI MARGOL**  
by Rochelle and David Stoddard  
Michele and David Steinfeld

- GEORGE B. CATHEY**  
by Jessica and Bill Killen  
**PAUL HAYNES**  
by The Board and Staff of the JCA

*For a speedy recovery...*

- MARK GREEN**  
by Rochelle and David Stoddard  
The Board and Staff of the JCA

*In honor of....*

- ADAM CHASKIN'S BIRTHDAY**  
by Rochelle Stoddard
- BARRY CHEFER'S BIRTHDAY**  
by Rochelle Stoddard
- JOEY MORGENTHAU'S BAR MITZVAH**  
by The Spring and Miller Families
- NICOLE BROWN**  
by Hilleri and Harry Zander
- NAN ROTHSTEIN'S SERVICE TO JCA BOARD**  
by Rochelle Stoddard

- THE BIRTH OF MARLOWE KAY VALLIERE**  
by The Spring and Miller Families  
The Miller Families  
Regina and Adam Chaskin  
The Board and Staff of the JCA

**CULTURAL ARTS FUND**

*In memory of....*

- MILDRED HOCK**  
by Thelma Nied
- ELIZABETH HALL**  
by Thelma Neid
- MURIEL LITT**  
by Thelma Neid

**STEPHANIE GREEN FUND**

*In memory of....*

- MURIEL LITT**  
by Karen Lippes and Family

# WHAT'S IN MURRAY HILL?

By Heather Terrill, J Institute Program Manager

When I was growing up, the Murray Hill area of our beautiful River City was known as the neighborhood across the tracks from where I lived. In the early 1990s, my dad and I would frequent a cooking supply store there and although I couldn't tell you exactly where it was, I remember amazing cakes and cookies from Edgewood Bakery that always promised to be full of sugary deliciousness.

If you grew up in Jacksonville like me, you probably also remember the neighborhood needing a lot of love. My parents grew up here and always shared their stories of Springfield, the downtown area, Riverside and Murray Hill. In fact, my brother and I still joke, in our best Dad accent, that every story from my father, no matter what part of town we were in began like this, "back in my day." All jokes aside, there is something magical about the stories my father shared with us and now, as an adult, I am proud to know so much history from my hometown.

The borders of Murray Hill are defined by Cassat Avenue on the west, Park Street on the south, Roosevelt Boulevard on the east and Lenox Avenue on the north. Comprised of houses that date back as far as the 1880s, the boom of Murray Hill didn't take place until the early 1900s. The neighborhood, originally known as the Edgewood Subdivision was re-named in 1906 to become "Murray Hill Heights." Originally, Murray Hill Heights was its own town with its own mayor, clerk and councilmen. However, it was unable to thrive financially, and in 1925 the city annexed Murray Hill Heights. By the 1930s businesses started to open on Edgewood Avenue with several landmark businesses to follow suit in the late 1940s. Edgewood Bakery opened in 1947, the Dreamette ice cream shop in 1948 and the Murray Hill Theatre opened in 1949.

Aside from some very good eats and entertainment, Murray Hill has even more claims to fame. Mae Axton who co-wrote *Heartbreak Hotel* with Tommy Durden, lived on Dellwood Avenue and raised her singer-songwriter-actor son, Hoyt Axton, there in the 1950s. Gary Rossington, a founding member of Lynyrd Skynyrd, grew up in a home off of Stimson Street.

Fast forward to Murray Hill's 106th anniversary this year - the area which was known as the neighborhood across the tracks is now being revived to its former glory as it boasts amazing restaurants, shops and art venues through the center of town. Most notably worth checking out are some of my personal favorites, like Moon River Pizza, Buchner's Bierhalle, Fishweir Brewing Company, Silver Cow, La Cena, Community Loaves and Vagabond Coffee.

There are many, many more treasures to be found in Murray Hill! Join us on **Wednesday, April 20 at 9 am** as we venture off-site to explore this "cool new neighborhood" and discover some new favorite places in Jax during our **Murray Hill History and Mural Tour, Plus Lunch!**

Transportation to the Murray Hill area from the JCA is included. Lunch is at your own expense. Please visit [jcjax.org](http://jcjax.org) to register or email Heather at [heather.terrill@jcjax.org](mailto:heather.terrill@jcjax.org) for more information.

**Apr 20 | 9 am**

**\$42 | Valued member \$28**



Courtesy: Mural Artist Jason Tetlak @jasonstetlak

## Passover Preparations

By Rachel Sandler, Jewish Educator & J Institute Program Coordinator

Our Passover holiday commemorates the Israelites' exodus from slavery in Egypt to freedom – many see the holiday as a time to start anew, honor the renewal of the sun and firmly step into springtime. As the Torah states, Jewish people should observe Passover for seven days, beginning on the 15 of Nisan. This year the season begins at sundown on Friday, April 15, and ends at sundown on Saturday, April 23.

The oldest Jewish holiday, Passover has been recognized for more than 3,300 years. Today, many families celebrate Passover by cooking, spring cleaning, participating in a seder - a service focused on symbolic foods like matzah - and by retelling the Passover story.

You may notice that Coca-Cola bottles have a yellow cap this time of year and the popular beverage tastes a bit different during Passover. Many foods and beverages are made “Kosher for Passover” because Jewish people only consume unleavened bread and also avoid eating any leavened foods during Passover. Coca-Cola, for example, uses sugar during Passover instead of high fructose corn syrup which is forbidden during the holiday.

Our **Chocolate Seder** for Passover will be held at the JCA on **April 19 at 11:30 am**. We will celebrate the traditions of Passover and all elements of the traditional Passover seder will be included – but each will have a chocolate twist. Our Chocolate Seder is free and open to the entire community.

**Advanced registration is required by April 14. Please visit [jcjax.org](http://jcjax.org) or call Rachel at ext. 271 for more details.**



## ISRAEL'S NATIONAL DAYS

Please mark your calendars to join us for our upcoming community-wide celebrations to honor Israel's National Days. This year, our community Shaliach Stav Brener is planning several special events, including ceremonies and gatherings to honor Yom Ha'Shoah – Holocaust Remembrance Day (April 27 - 28), Yom Ha'Zikaron – Memorial Day for Fallen Soldiers and Victims of Terrorism (May 3 - 4) and Yom Ha'Atzmaut – Israel's Independence Day (May 4 - 5).

### JFCS HOLOCAUST MEMORIAL GALLERY TOUR

Mon, May 2 | 10 am

Jewish Family & Community Services,  
8540 Baycenter Road

### YOM HA'ZIKARON CEREMONY

Tue, May 3 | 7 pm

Jewish Community Alliance  
Please dress in white

### YOM HA'ATZMAUT COMEDY SHOW

Thu, May 5 | 7 pm

Jewish Community Alliance

### YOM HA'ATZMAUT COMMUNITY CELEBRATION

Sun, May 15 | 12 - 3 pm

Jacksonville Jewish Center,  
Beth Shalom Park

Thanks to the Jewish Community Center Association of North America, our Yom Ha'Atzmaut Community Celebration at the Jacksonville Jewish Center on May 15, is proudly supported by the Israel Engagement Fund - A JCCA Program Accelerator.



Jewish Federation  
& Foundation  
OF NORTHEAST FLORIDA



# SEND A KID!

## HELPING CHILDREN DISCOVER AND GROW

### By Ben Marcus, Development Director

As we approach the Passover season, we reflect on our mission at the JCA - to strengthen Jewish life and serve as a common meeting ground while we enhance the quality of life for our entire community. While we work to provide the place in the tradition of our heritage where all people come together throughout their lives to enhance body, mind and spirit, in our environment of fun, harmony and friendship - we are so proud to continue the efforts that allow us to welcome hundreds of children to the JCA each year.

More young athletes than ever before have joined our unique sports leagues at the JCA - including our JCA team members who will travel to San Diego to compete in the 2022 JCC Maccabi® Games. The generosity of our donors in the last year allowed us to increase the amount of financial assistance available to families in our community by more than \$40,000. Thanks to those gifts, children of all ages received scholarship money to experience camp, sports, aquatics, theatre, art and many more of our enriching JCA programs.

There is a heightened need for financial assistance this year so we can provide even more children access to our high-quality programming. The positive role models on our staff, coupled with our safe, welcoming environment, help kids build confidence and self-esteem, allowing them to fully explore their budding interests.

Every year, your support makes a difference in the lives of so many young children throughout Jacksonville. Help us give more kids the opportunity to change their lives at the JCA. Consider a donation to our Send a Kid campaign in 2022. Every dollar of every donation made goes directly to children who otherwise could not afford the opportunity to experience our enriching community.



Please email Ben Marcus at [ben.marcus@jcjax.org](mailto:ben.marcus@jcjax.org) or call (904) 730-2100 ext. 318 for more information about our Send a Kid campaign. Visit [jcjax.org/sendakid](http://jcjax.org/sendakid) to support the children in our community today!

# IF THIS STAGE COULD TALK

## 25 years of JCA Theatre

By Shelly Higgins Hughes, Theatre Department & Camping Services Coordinator

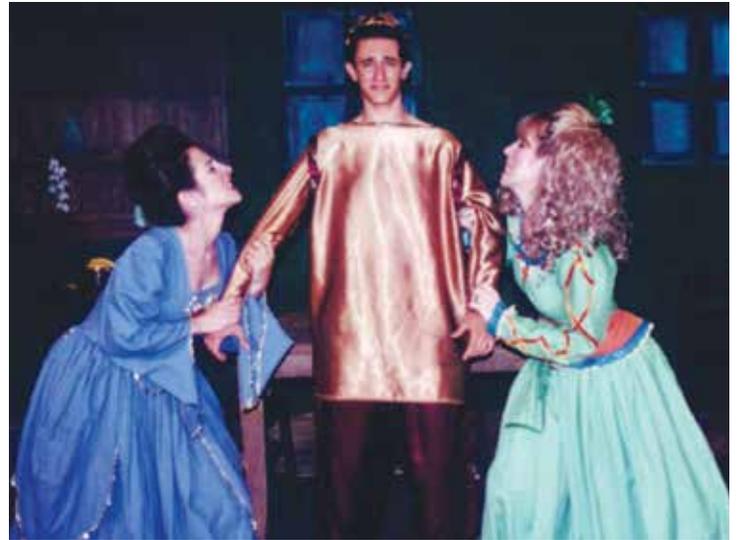
March 1 marked the 25th Anniversary of the JCA Theatre Department. Today, I am so proud to say that we are one of the only Jewish Community Centers with a full-fledged theatre department. Like any new department, our JCA Theatre has had its share of challenges – but in 25 years, the stage inside our **Bessie Setzer Frisch Auditorium** has never gone dark.

It all started back in the spring of 1996 when I was working at Theatre Jacksonville as their Educational Outreach Director. Thelma Nied had called and asked me if I would be interested in producing and directing a Holocaust production at the JCA to commemorate *Yom Ha'Shoah*. As a longtime advocate for Holocaust education, I jumped at this incredible opportunity and began to stage our first production of *I Never Saw Another Butterfly*.

In the summer of 1996, I was directing summer camp at Theatre Jacksonville when then executive director of our Jewish Federation & Foundation, Alan Margolies and former youth services director here at the JCA, Sheri Litt, came to see our end-of-summer camp production. Alan and Sheri noticed how many children from the Jewish community were there as well as the number of JCA members on the stage and quickly decided that the JCA needed its own summer theatre camp – and maybe even a theatre department.

That fall, I was contracted to do a children's play at the JCA. We chose *Alice in Wonderland* as the performance to kick off our program and 50 young promising actors and actresses made it a hit! After the show, Sheri called, and we started discussing what a theatre department at the JCA could bring to our community. It brings me an overwhelming amount of joy to think back on all the programs we've produced and the lives we've changed in our inspirational environment.

Since our inception, we have produced 81 mainstage children's plays with more than 3,000 young performers at the JCA. We have staged 61 JCA Summer Camp productions with more than 3,500 young campers. Our award-winning **Magic Wardrobe Theatre** entertains more than 20,000 students from schools throughout the First Coast every year. We write and produce a Holocaust production that has won scholarship funding and two national awards.



We also host special events through our theatre programs like cabarets and comedy shows to entertain the adults in our community.

Although the numbers are impressive, at the heart of our JCA theatre department are the people who have spent time with us on stage. Some children come to us dreaming of a career on Broadway, while others never stepped foot on stage and came to our JCA to experience something new.

"I would say JCA theatre will always be the warmest childhood memory for me," says Dr. Hallie Morris, who began her theatre journey during our production of *Charlotte's Web* when she was just 5 years old. "Theatre built my confidence and shaped my future in every way - from the friendships I made to choosing pediatrics as a career."

"Our three grown children all participated in JCA theatre during the school year and in summer camp," explains JCA members Drs. Susan and Quinton White. "Although they had a lot of fun and made many friends at the JCA - what they really learned was an appreciation for the arts and how to be confident in front of a group. These are lifelong skills that they will always carry."

"Shelly and her crew have a special knack of uncovering each child's gifts, so everyone in her programs shine," says our valued member, Blake Barkoskie. "Not only does theatre instill a love of music and performing – but it gives children so much more in terms of friendship, confidence and self-expression."

In the past 25 years, I am most proud that we always have a part for any young performer who is inspired to get on stage. It is so wonderful to know that we help nurture the future of kids who have performed on Broadway or have become doctors, educators, engineers, lawyers, marine biologists, architects – just about any other career you can think of. These young professionals are now living all over the United States pursuing the careers of their dreams. More so, we are still connected and in contact because of the time we spent together on stage at the JCA.

# Discover the Benefits of After School Support

By Evan McInnis, Youth Services Assistant Director

When families in our community choose to send their children to the JCA's After School program, they get so much more than a fun and inspiring afternoon for their kids. Our After School program allows kids to grow, learn, and explore their unique interests in our safe, supportive, supervised environment.

According to *youth.gov*, an organization comprised of federal agencies that support services and programs for youth, school-aged children spend 80% of their time outside of school, and one in five children in the United States stay home alone after their school day ends.

Our JCA After School program is designed so that your children do not have to be alone at the end of their day. Our JCA buses transport children from their school\* to the JCA where they have access to programs and activities that will engage, entertain and educate them.

Every After School afternoon at the JCA starts with a one-hour enrichment activity, which we refer to as a Power Hour. From sports, arts, STEM activities, brainteasers, puzzles, games and more – kids rave about the activities and experiences they have during Power Hour. Upon enrollment, parents also schedule their child's time in our Homework Room. This unique kid-friendly setting includes a quiet reading nook, computers for online homework and a dedicated homework counselor to support your children toward success.

**I like making new friends. I love the Radical Recess Power Hour, and I really like all the snacks.**

"I like making new friends. I love the Radical Recess Power Hour, and I really like all the snacks," says Lexi a first-grade student enrolled in our After School program.

Middle and high school students can be enrolled in our Study Central program at the JCA. In Study Central, teens complete their homework in a dedicated room, then take advantage of our JCA facilities with periodic check-ins with their counselor.

"Study Central gives me space away from the younger kids to work on homework," says Jonathan, a ninth-grade student enrolled in Study Central. "I also like the freedom of checking in and out with my counselor so I can play basketball in the gym."

Our JCA After School and Study Central programs are uniquely designed to assure working parents that their children are safe and enjoying a full afternoon of fun at the JCA!

**Study Central and After School registration for the 2022 - 23 school year opened April 1.** Because of the popularity of our After School and Study Central programs, spots fill quickly. Parents, be sure to register today!

**\*Free transportation is provided to the JCA from select schools in Jacksonville with minimum enrollment.**



# WHY WE EAT MATZAH

## - Preparing our Tastebuds for Passover

By Beth Milograno, Communications & PR Specialist

Among the favorite traditions at our Jewish Community Alliance is sharing Jewish history and values with the children in our Michele Block Gan Yeladim Preschool & Kindergarten. Throughout the Passover season, we focus on sharing every ritual and tradition, along with the many foods associated with this season of redemption and renewal.

The first night of Passover begins with a special *seeder*, or ritual dinner service, which features re-telling the story of Exodus, partaking in symbolic Passover foods placed on the *seeder* plate, eating matzah, singing songs, and enjoying the Passover meal with family and friends.

Jewish people must eat *matzah* (unleavened bread) as part of the Passover *Seder* and avoid all leavened foods during the entire week of Passover. We do this because, in their haste to leave Egypt during the Exodus, the Jewish people

did not have time to let their bread rise. As they fled slavery, they strapped unleavened dough onto their backs, causing the unleavened bread to cook in the hot desert sun.

The Talmud explains that leavened bread is considered anything with wheat, barley, rye, or spelt oats, that has leavening. Traditionally, these grains are considered leaven if they're not cooked within 18 minutes of being exposed to water. Kosher for Passover matzah, *shmurah matzah*, is made from flour that is specifically supervised from the time the wheat is cut until it is mixed with water and flash cooked in less than 18 minutes. In fact, those little holes in matzah are there to make sure air bubbles don't cause the matzah to rise.

Each *seeder*, which translates to "order," is based on the *Haggadah* or "the telling," referring to the most important aspect of the *seeder* - reciting the Exodus story. The *Haggadah*, a book of instructions, prayers, blessings and stories, dictates the proper order of a Passover *Seder* and explains the meaning behind why we eat matzah and each of the six traditional items on the *seeder* plate.

**THERE ARE SIX FOODS ON THE SEDER PLATE**, all symbolizing the Jewish struggle toward freedom as they escaped Egypt. As we proceed with the Passover *Seder*, the items on the plate also call for us to reflect on our individual struggles as we seek resolution and renewal this Passover season.

### KARPAS

A green vegetables (usually parsley), act as the symbol of spring. In the *seeder*, *karpas* are dipped in salt water to signify the taste of the tears Jewish people shed while in slavery.

### BEITZAH

A roasted or hard-boiled egg, represents the cycle of life and that even in the most painful times, there is hope for new beginnings.

### MAROR

A bitter herb (usually horseradish), is included on the plate as a symbol of the bitterness of slavery.

### ZEROA

A lamb shank bone does not play an active role in the *seeder* but serves as a visual reminder of the lamb Israelites sacrificed as a special Passover offering when the Temple stood in Jerusalem.

### CHAROSET

A chopped apple, wine and nut mixture that symbolizes the mortar slaves used to construct buildings for Pharaoh. *Charoset* comes from the Hebrew word *cheres* or clay.

### CHAZERET

A second bitter herb that uses romaine lettuce or endives to make a *korech* or Hillel sandwich, consisting of matzah, maror and charoset.



Once the *korech* or Hillel sandwich is finished, it is time to eat the meal. Usually beginning with a hard-boiled egg dipped in salt water, the traditional Passover meal consists of gefilte fish with horseradish, matzah-ball soup, chopped liver, brisket and vegetable kugel or pudding made with vegetables and potatoes.

# Matzah Brei

While we spend the entire week of Passover avoiding leavened products, we indulge in many matzah-based goodies in addition to traditional matzah-ball soup. During Passover, matzah is ground up into meal or farfel and used to cook many mouthwatering matzah dishes.

Matzah *brei* (rhymes with fry) translates to mean matzah mush. Matzah *brei* is an Ashkenazi Jewish dish made from matzah that is fried with eggs. To make the *brei*, matzah sheets are broken, soaked in water, then scrambled with eggs, sweetened with cinnamon and honey, then browned on the stovetop.

Don't worry if you don't have a sweet tooth. Matzah *brei* can also be made savory. Instead of cinnamon and honey, a savory *brei* is made with salt, pepper and chives. This sweet matzah *brei* recipe is a fan-favorite among the kids in our Michele Block Gan Yeladim Preschool & Kindergarten. In our opinion, the best part of this recipe provided by Ms. Renee Schreck, our cooking enrichment teacher, is watching our children as they help us make it.

## Ingredients:

3 matzah  
Lukewarm water (enough to soak the matzah sheets)  
2 large eggs  
Salt to taste  
1 Tbsp honey  
½ tsp ground cinnamon  
2 Tbsp margarine for frying

## Instructions:

1. Break up the matzah and place in lukewarm water to soften for a few minutes. You can also place the mixture in a zip lock bag and let your child do the mashing.
2. Drain the matzah on paper towels and squeeze dry.
3. Beat the eggs and mix in salt, honey, cinnamon and matzah.
4. Heat the margarine in the frying pan. Then fry 2 tablespoons of batter at a time, patting the center down a bit as you go. Once eggs start to cook, turn the batter over and continue to fry the matzah brei until golden brown.
5. Eat as is, or add honey!

Serves 4 – 6 people

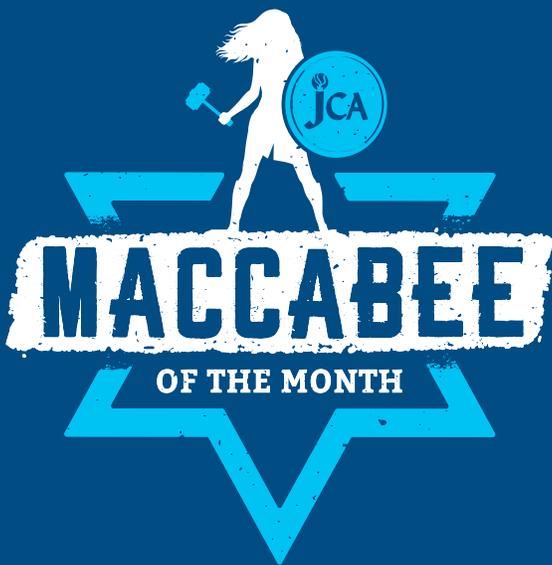
**Ms. Renee's Passover Cooking class for children (ages 3 – 6) is at 3:15 pm on Friday, April 8.**

**Space is limited in this popular enrichment class. Please visit [jcjax.org](http://jcjax.org) to reserve your child's spot today.**

**Fri, Apr 8 | 3:15 – 4 pm**

**\$15 | Valued member \$10**





## JILL CALISE

### By Beth Milograno, Communications & PR Specialist

When Jill Calise walks into our Joe and Sophie Witten Gymnasium for weekly Sit & Get Fit yoga classes at the JCA, she makes sure to arrive at least 45 minutes early.

"We come in early so that we can all catch up before class starts. The friends I have in Sit & Get Fit are more than just friends, they are my role models for aging. I call them my group fitness warriors." Maccabee of the Month Jill Calise explains she has many reasons to be thankful for all her fitness routine does to keep her body and mind active, however, it's the people here who keep Jill's spirits so strong.

"The JCA is a big part of my happy senior life, when I walk in the door I feel at home," says Jill. "I have a great group of friends to be social with and have supportive personal trainers who are superb at what they do. It is such a positive atmosphere here, especially for me."

After retiring from teaching, Jill says the first thing she did was join our JCA. What Jill didn't know when she started her membership, was just how much she would need our network of wellness support.

"In February 2021 I was diagnosed with non-Hodgkin's lymphoma. When my doctor sent me for CT scans of my abdomen and chest, they discovered my kidney was full

of infection from undiagnosed kidney stones. Completely unrelated to the non-Hodgkin's lymphoma, there was no drainage happening in my right kidney and that began to affect the rest of my body," recalls Jill. "I spent time in the hospital, was extremely weak and very fatigued. In one of my two hospital stays, I became septic, and my immune system was compromised. Thankfully though, because of those CT scans my right kidney was saved. My trainer, Karen Cataldo kept in touch with me throughout all of this and told me not to quit."

As any true Maccabee warrior when faced with adversity, Jill leaned on her mental resilience to improve her physical strength and persevere through her life-threatening health issues.

"I was so fortunate to have Karen's help to regain my strength again," says Jill. "As soon as I could, I returned to my senior group fitness classes. I began the road to recovery with my JCA friends by my side."

Today, Jill says she continues feeling healthy and stronger with each workout at our JCA. Our Maccabee of the Month attributes her successful recovery to the support she receives here each week.

"The JCA is the place I can be the best version of Jill I can be. I am so pleased with the results I see. I continue to work out with Karen; she knows just when and how far to push me. I'd really like to have arm muscles like Popeye someday," laughs Jill. "In everything I've experienced over the last year, the JCA turned out to be the best choice for my physical, social and emotional health."

**The Maccabees were Jewish rebel warriors and heroes of the Chanukkah story. Maccabee means "hammer" and has become a symbol of physical might, spiritual strength and mental resilience in the face of adversity.**

# Experience the Power of Healing Touch



**By Beth Milograno,  
Communications & PR Specialist**

“Healing Touch helps people emotionally, spiritually and physically,” explains Healing Touch Practitioner Patty Carroscia. “After a treatment, my patients feel calmer and more relaxed, less depressed, less anxious, more peaceful and introspective, and have decreased pain and discomfort.”

After being introduced to Healing Touch by a friend, Patty says she was instantly inspired to learn more about restorative energy therapy and eventually became a certified practitioner to help people throughout Northeast Florida feel better through the integrative approach to healing.

Using gentle hand techniques thought to help re-pattern a patient’s energy field and accelerate healing of the body, mind and spirit, Patty explains, the goal of Healing Touch is to restore harmony to a patient’s energy system.

“My clients feel less stressed, lighter, more energized and more comfortable,” says Patty. “I’ve had patients tell me that their sleep has improved, that they wake up feeling refreshed, peaceful and clear minded.”

While Healing Touch is not intended to cure diseases or ailments, the therapy complements healing techniques, including conventional medical practices, procedures and treatments. During a Healing Touch session, certified practitioners assess the energy field around a patient with hand motions to detect sensations and imbalances in the body. Using off-body touch, near the body but with no actual contact, and gentle touch over various areas of the body, the practitioner clears the energy field, then scans the body to ensure imbalances were corrected.

“Healing Touch focuses on removing energy congestion from the aura and chakras and leads to balanced frequencies,” explains Patty. “Energy transfers from one source to another. Transfer of energy from one person to another can raise the frequency and balance the vibrations, which means less stress, pain and increased calmness.”

In partnership with our Wellness Connexion and Baptist Health, Patty is offering 60-minute Healing Touch therapy sessions by appointment only at the JCA. If you are interested in booking a Healing Touch appointment with Patty, please visit [healingtouchjca.eventbrite.com](http://healingtouchjca.eventbrite.com). Patty will also be on hand in the lobby of our JCA every **Tuesday, April 5 – 26, from 9 – 11:30 am** with information about the therapy as well as free Healing Touch teaser sessions for valued members in the **JCA Donzinger Library**.

Healing Touch appointments are open to our entire community.

\$65 | 60-minute session



Patty Carroscia is a Certified Holistic Nurse and Healing Touch Practitioner and founder of Holistic Wellness of Jax LLC. A stress/pain management specialist, Patty has extensive training and experience in mind/body and energy medicine. She teaches holistic concepts and provides Healing Touch to individuals interested in actively participating in their own healing process. Currently, Patty is employed as a Registered Nurse at Baptist’s Adult Behavioral Health unit. She is a member of the First Coast Worksite Wellness Council of Jacksonville, Healing Beyond Borders and the American Holistic Nurses Association.



## PRESENTING THE JACKSONVILLE JCA MACCABI GAMES TEAM!

By Rio Robinson, Sports and Recreation Director



Make some noise for the Jacksonville JCA Maccabi Games Team! Excitement is in the air as Jewish athletes from our JCA prepare to compete in the **2022 JCC Maccabi® Games**. The largest annual gathering of Jewish teens in the world, our JCA is so proud to be sending 10 Jewish athletes to the 2022 Maccabi Games in San Diego, California, July 31 – August 5.

Please join us in congratulating **Hayes Bettman, Dante Gaviglio, Jacob Gross, Ethan Logvinov, Scott Miller, George Setzer, Justin Smilowitz and Zane Wolchok**, who are ready for the chase down the flag football field in the 16 & under boys' division. **Jacob Levi Espel Richards** is prepared to lap the competition in swimming come July - and **Anna Holcombe** will serve up her skills on the girls' volleyball team at the 2022 Maccabi Games.

Each year at the Maccabi Games, teens from communities around the globe are immersed in sports and recreation programs instilled with Jewish values and experiences that promote community involvement, teamwork and overall pride in being Jewish. Our JCA athletes will not only compete against Jewish teenagers (13 - 16 years old) from all over the United States, but the Maccabi Games hosts Jewish athletes from Israel, Great Britain, Mexico and Canada. The five days of competition at the JCC Maccabi Games are said to positively change the lives of Jewish athletes who compete forever – and San Diego is sure to deliver.

If you see our Jacksonville JCA Maccabi Games team members practicing around the JCA this spring, please join us in wishing them luck at the games this summer! Our community can support the Jewish athletes traveling to Maccabi Games in San Diego this July with a donation to our Send a Kid campaign in 2022. You can read more about our Send a Kid campaign and how this funding gives children in our community exciting opportunities on page 6.



A signature event of



JCC Association  
of North America

#WeAreJCCMaccabi  
jccmaccabi.org



## **\*NEW\* JCA Youth Summer Basketball: Developmental League**

(Ages 5 - 14)

It's time to shoot some hoops and strengthen your skills on the court in our Summer Basketball Developmental League with Coach Will Holloman.

Athletes meet with Coach Holloman on Sunday afternoons for a one-hour basketball clinic followed by a full-length officiated game. Please call Coach Mike May at (904) 730-2100 ext. 254 for more information.

### **Youth Summer Basketball Developmental League Mandatory Skills Assessment**

Sun, Jun 26

Ages 5 - 6 1 pm

Ages 7 - 9 2 pm

Ages 10 - 12 3 pm

### **Youth Summer Basketball Developmental League Games**

Sun | 12 - 6 pm

Game times vary based on the number of players and skill divisions each week.

Practice and game dates: Jun 26 - Jul 31 (no session on Jul 3)

Ages and skill division times will be communicated following the skills assessment.

\$135 | Valued member \$90



## **Capoeira**

A Brazilian martial art, Capoeira, combines elements of fight, acrobatics, music, dance and rituals in an elegant form. Children and adults develop self-confidence, physical strength, power and flexibility in our unique Capoeira programs.

Tue

(Ages 5 - 10) 5 - 5:45 pm

(Ages 11+) 5:45 - 7 pm

Session I Apr 19 - May 24

Session II Jun 7 - Jul 19

Thu

(Ages 11 - Adult) 6:30 - 7:30 pm

Session I Apr 21 - May 26

Session II Jun 9 - Jul 14

Six classes \$96 | Valued member \$64

### **New Two-Day Capoeira Option**

(Ages 11 - Adult only)

Tue | 5:45 - 7 pm

and

Thu | 6:30 - 7:30 pm

Session I Apr 19 - May 26

Session II Jun 7 - July 14

\$165 | Valued member \$110

# LEARN TO SWIM AT THE JCA

By Josie Martin, Aquatics Manager

Within the ancient text in the Talmud, containing Jewish sayings, ideas and stories, there is a list of things that parents are obligated to do for their children after birth. Among the list of expectations, like providing children with knowledge about values, morals and a sense of shared Jewish history – the Talmud indicates that parents are obligated to teach their children how to swim.

In addition to being an invaluable life skill, swimming builds confidence and resilience in our children. An excellent form of exercise, swimming takes less of a toll on young bodies and helps to increase longevity even at a young age. Plus, staying active in the water helps children maintain a healthy weight, strengthens muscles and improves coordination.

We have a variety of Learn to Swim programs taught by Red Cross Certified Water Safety Instructors for every member of your family, including private swim instruction for children (6 months – 13 years old), sensory safe swim lessons for autistic swimmers, and swim lessons for teens and adults.

Our swim coaches and instructors at the JCA integrate swim team skills and safety into every swim lesson they teach because we believe water safety is crucial at every age.

## Summer Makos Swim Team

Splash into another great season with the Summer Makos Swim Team! Our valued member-only, co-ed JCA Makos Swim Team is a competitive team that competes in the River City Swim League. Our inspiring JCA coaching staff motivates swimmers to achieve their goals by building endurance and technique while growing, learning and having fun!

Every swimmer must be able to swim one length of our Howard and Joy Korman outdoor pool unassisted. Swimmers who are unable to meet this requirement should consider growing their skills in one of our Learn to Swim programs.

Mark your calendars to join us for the **JCA Makos Summer Swim Team Kickoff Party on Sunday, April 10 from 2:30 – 4:30 pm.**

Meet our Makos Swim Team coaches, get fitted for your Makos swimsuit and enjoy refreshments with your new team!

**Summer Makos Swim Team practice starts Monday, May 2!**

**Red Group** (6 and under) | 4:30 - 5:15 pm

**Gray Group** (7 - 10) | 5:15 - 6:15 pm

**Black Group** (11 and up) | 6:15 - 7:30 pm

The JCA Summer Makos Swim Team competes in six meets each summer (Dates TBD) and the River City Swim League Championships. Swimmers may opt to only practice.

\$200 | Valued members only

**Meets Only**

\$180 | Valued members \$120



## **+** American Red Cross Learn to Swim Programs at the JCA

### Little Makos (Ages 2 - 5)

Sun | 11 am or 1 pm

### Jr Makos (Ages 6 - 13)

Sun | 12 pm or 2 pm

### Little Makos or Jr Makos (Ages 2 - 13)

Mon and Wed, or Tue and Thu | 3:30 pm, 4:30 pm or 5:30 pm

### Adult Group Swim Lessons

Mon and Wed | 6:30 – 7 pm

### Parent & Me (Ages 6 months - 3 yrs)

Sun or Mon | 10 - 10:30 am

### Sensory Safe Swimmers

Sun | 4:30 or 5 pm (ratio 1:1 or 2:1)

Spring Session I | Apr 3 – May 15

Spring Session II | May 22 – Jun 26

Please call Josie at ext. 240 or email [josie.martin@jcjax.org](mailto:josie.martin@jcjax.org) for more details and to schedule lessons.

### School Year Makos Swim Team (Ages 5 - 18)

This monthly program introduces competitive swimming and stroke refinement along with building endurance and stamina. Swimmers must be able to swim one length of our outdoor pool unassisted.

Mon - Thu

Ages 5 - 10 | 5 - 6 pm

Ages 11 - 18 | 6 - 7 pm

Sunday Practice

All ages | 3 - 4 pm

One Day per week

\$60 | Valued member \$40

Two Days per week

\$90 | Valued member \$60

Four Days per week

\$120 | Valued member \$80

April 3-28 (no practice April 17 or 21)

# WELCOME, LUCAS CAMPOS!

By Aline Berkenbrock, Tennis Pro



Please join us in welcoming our new Tennis Pro, Lucas Campos, to the JCA family!

Lucas moved to Jacksonville from Belo Horizonte, Brazil, and was able to play tennis and travel before joining our JCA community. A graduate from FUMEC University in Brazil

with a degree in business management, Lucas says he has always been passionate about sports but especially tennis.

Lucas was 7 years old when he started playing tennis and quickly excelled to the junior level, to the collegiate level of play and as a professional tennis player. While playing junior tennis in his youth, Lucas was ranked among the top 10 players under 18 years old as well as a top player in Belo Horizonte for many years.

When he's not out playing and helping members succeed on our Har-Tru clay tennis courts, Lucas can be found enjoying a variety of sports including basketball, soccer and football. Since moving to Jacksonville, Lucas says he's become a big fan of the Jaguars.

As our new JCA Tennis Pro, Lucas joins Aline and Zane to work closely with our adult and junior tennis players.

Get on the court with Lucas this spring and summer; you'll be glad you did!

## Private Tennis Lessons

Private lessons are the most effective way for our members to learn new strokes for their personal style of play. Schedule a private lesson with our tennis professionals at any time.

30 mins | \$30

60 mins | \$60

Doubles | \$80

Package of five 60-minute or ten 30-minute lessons | \$270

Valued members who are interested in working with our tennis professionals, should contact Aline Berkenbrock at [aline.berkenbrock@jcax.org](mailto:aline.berkenbrock@jcax.org) or call (904) 730-2100 ext. 317.



*David A. Stein*  
**Jewish Community Alliance**  
*on the Ed Parker Jewish  
 Community Campus*

8505 San Jose Boulevard  
 Jacksonville, Florida 32217  
 (904) 730-2100

[jcajax.org](http://jcajax.org)



Affiliated with the Jewish Federation and  
 Foundation of Northeast Florida, the United Way  
 of Northeast Florida and the Jewish Community  
 Centers of North America.



Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Jacksonville, FL  
 Permit No. 437

**MISSION STATEMENT** The Jewish Community Alliance (JCA)  
 strengthens Jewish life, serves as a common meeting ground  
 and enhances the quality of life of the entire community.

**VISION STATEMENT** Our vision is to provide **the** place in the tradition of our  
 heritage where all people come together throughout their lives to enhance  
 body, mind and spirit in an environment of fun, harmony and friendship.

**FABULOUS FACILITIES, ENDLESS ACTIVITIES,  
 SUMMER CAMP AT THE JCA IS  
 BETTER THAN EVER.**



**DISCOVER ALL THAT'S PLANNED  
 FOR YOUR YOUNG CAMPER\* AT THE JCA THIS SUMMER,  
 VISIT [JCAJAX.ORG/CAMP](http://JCAJAX.ORG/CAMP)**

\*AGES 2 - 16