



ALLIANCE NEWS



Honoring
**ISRAEL'S
NATIONAL
DAYS**
PAGE 4 - 5

VOLUME 33
#09



ROCHELLE STODDARD
730-2100 ext. 276

Dear Friends,

With my term as Board Chair coming to a close, I hear the words of Mr. Rogers, "Look for the helpers. You will always find people who are helping." I am proud to serve our JCA, where these words are exemplified from the minute we are welcomed through our doors to the many ways we serve our mission to enhance the quality of life of our entire community.

In the last two years, through all we have experienced, the JCA surrounded us with the "helpers" to which Mr. Rogers referred. I am so incredibly proud of our staff members and all we've accomplished along the way. Our JCA family has never lost sight of our mission to continually help strengthen our minds, bodies and spirits with every

event, program, class and family-friendly activity planned. We truly enhance the quality of life for families throughout Northeast Florida.

As the school year comes to a close and we look forward to Summer Camp, I hope you will consider supporting our *Send A Kid* campaign and help us share the JCA Summer Camp experience with even more children in 2022. As a third-generation JCA board member, proud graduate of Jewish summer camp and our Michele Block Gan Yeladim Preschool & Kindergarten at the JCA, I know first-hand how valuable these programs are to our community and the role they play in strengthening Jewish life throughout the greater Jacksonville area.

From our fitness and aquatics expertise, the cultural enrichment available in every J Institute event, our phenomenal support of the arts to all of the unique Jewish programs we host - our JCA touches the lives of so many. This May, as we continue in our mission to strengthen Jewish life, we hope you will join us to honor Israel's National Days with our community Shaliach Stav Brener. On page 4, I encourage you to read more about all that's planned this month and mark your calendars for our community-wide celebration of Israel on May 15. I am truly grateful for all the helpers I have encountered while serving in this important role for our JCA - my fellow board members, our past leaders, staff members, and most of all our CEO Adam Chaskin. Our JCA board is a caring group of volunteers who are unquestionably dedicated to the future of our outstanding organization. It is always such a beautiful day in our neighborhood, and I am so honored to be part of it.

In gratitude,

Rochelle Stoddard
Board Chair

JCA BUILDING HOURS

Sun.....	8 am – 6 pm
Mon – Thu.....	5:30 am – 9 pm
Fri.....	5:30 am – 5 pm
Sat.....	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 | info@jcajax.org
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...

- MURIEL LITT**
by Karen and Philip Adler
Joy and Howard Korman
RONNIE DANN
by Bunni and Myron Flager
RICK NELSON
by Bunni and Myron Flager
MARTIN KESSLER
by The Board and Staff of the JCA
CYNTHIA PARLO
by Michele Steinfeld
JACKIE SIDLE'S MOTHER
by Bunni and Myron Flager
RICHARD NYKERK
by The Miller Family
DR. CHARLIE BROWN
by Rochelle and David Stoddard
RONALD MAIL
by The Board and Staff of the JCA

FRANK WOODARD

by Michele and David Steinfeld
Regina and Adam Chaskin
The Board and Staff of the JCA
MICHAEL MACK
by Michele and David Steinfeld
DR. STEPHEN SHPEEN
by Regina and Adam Chaskin
The Board and Staff of the JCA

In honor of....

HAZZAN JESSE HOLZER'S BIRTHDAY
by The Spring and Miller Family
The Board and Staff of the JCA
SABRINA CUSUMANO AND STEVEN SHERMAN'S WEDDING
by Shelly and Marty Cohen
DAVID MILLER'S ONEJAX SILVER MEDALLION HUMANITARIAN AWARD
by Bunni and Myron Flager
The Board and Staff of the JCA

MIA SHELTON'S ENGAGEMENT

by Rochelle and David Stoddard
LOR SPRING BECOMING A MEMBER OF THE WEAVER PHILANTHROPIC INITIATIVE CLASS OF 2022
by Rochelle and David Stoddard
NICOLE BROWN BECOMING A MEMBER OF THE WEAVER PHILANTHROPIC INITIATIVE CLASS OF 2022
by Rochelle and David Stoddard
MARC MAYO'S ONEJAX SILVER MEDALLION HUMANITARIAN AWARD
by The Board and Staff of the JCA
THE BIRTH OF AUGUSTIN ERNEST TERRILL
by Regina and Adam Chaskin
The Board and Staff of the JCA

STEPHANIE GREEN FUND

In memory of....
PAUL HAYNES
by Jackie and Woody Haynes



SHALL WE *Dance?*

By Beth Milograno, Communications & PR Specialist

Shine up your shoes, stretch your legs and get ready to boogie! We are planning a swinging good time as professional dance lessons return to our JCA! Also called the *Lindy Hop* or *Jitterbug*, these are just a few reasons why you should come learn the *Swing* in June with **Monarch Ballroom and Dance Studio**.

Research shows when your body begins to move, your brain releases dopamine, adrenaline and endorphins to boost your mood. Stepping into more points - dance is a great way for people of all ages, shapes and sizes to stay fit. Aside from having fun with friends, dance enhances flexibility, mental health and emotional healing.

Need more reasons to get into the swing of things with us this summer? If you are ready to get your groove back - dance is a great way to start. So, point your toes and move to the music; medical experts agree that the gentle exercises involved in dance help people of all ages improve cardiovascular health, balance and strength.

Come learn the swing at the JCA with professional dancers! Experience is not required, there is no partner needed - couples and singles are welcome! Please visit jcjax.org to register today.

Dance Lessons

Tue | 7 - 8 pm

Jun 7, 14, 21 and 28

\$105 | Valued member \$70



Israel's NATIONAL DAYS



By Beth Milograno, Communications & PR Specialist

Forgetfulness leads to exile, while remembrance is the secret of redemption. – Ba'al Shem Tov

As the people of Israel join in remembrance and celebration in honor of Israel's National Days - **Yom Ha'Shoah**, Holocaust Remembrance Day (April 27 - 28), **Yom Ha'Zikaron**, Memorial Day for the Fallen Soldiers of the Wars of Israel and Victims of Actions of Terrorism (May 3 - 4), and **Yom Ha'Atzmaut**, Israel's Independence Day (May 4 - 5) – we are privileged to learn from and share in these historic Israeli holidays with our community Shaliach Stav Brener.



STAV BRENER

“Where I grew up in Tel Aviv, our observances and celebrations during the National Days are very significant. Each of the holidays, *Yom Ha'Shoah*, *Yom Ha'Zikaron*, and *Yom Ha'Atzmaut*, begin at sunset and end at sunset the following day,” explains Stav Brener who has served as community Shaliach - an Israeli emissary for the Jewish Federation

& Foundation of Northeast Florida since September 2020. “This time of year is somber as we remember lives lost during the Holocaust on *Yom Ha'Shoah* as well as the soldiers who died for Israel and victims of terrorism during *Yom Ha'Zikaron*. However, Israel's National Days become celebratory on *Yom Ha'Atzmaut* – Israel's Independence Day. I love how much respect Israelis give to every national holiday.”



In addition to providing us important education about *Yom Ha'Shoah*, *Yom Ha'Zikaron* and *Yom Ha'Atzmaut* - Stav has planned some very special events in association with Israel's national holidays for our entire community.



“On *Yom Ha'Shoah*, Holocaust Remembrance Day, Israel's flag is lowered to half-staff, the President and Prime Minister deliver speeches and Holocaust survivors light six torches symbolizing the six million Jewish people who perished,” explains Stav. “At 10 am on *Yom Ha'Shoah*, an air raid siren blows, calling for Israelis to be still and stop everything they are doing, including driving, to observe two minutes of solemn reflection.”

On **Monday, May 2 at 10 am**, we join our partners at the Jewish Family & Community Services in honor of *Yom Ha'Shoah* to tour the **Frisch Family Holocaust Memorial Gallery**. The gallery was created to remember the past and represents a place in Jacksonville for speaking, understanding and telling the stories of the Holocaust.

“A week after we recognize *Yom Ha’Shoah* in Israel, *Yom Ha’Zikaron* opens at 8 pm with a one-minute siren. During that time, we stop everything and stand in silence to commemorate the fallen and show respect,” explains Stav, who will lead a **Yom Ha’Zikaron Ceremony at the JCA at 7 pm on Tuesday, May 3**. To help us honor the fallen soldiers of Israel and victims of terrorism, please wear white to our **Yom Ha’Zikaron Ceremony**.

“By law, all places of entertainment are closed on the evening of *Yom Ha’Zikaron*. Regular television programs cease for the day so the names of every soldier who died for Israel are displayed in a 24-hour period,” says Stav. “The next day, a two-minute siren is sounded at 11 am marking the beginning of all memorial ceremonies and private remembrance gatherings at cemeteries in Israel.”

As *Yom Ha’Zikaron* ends, *Yom Ha’Atzmaut* begins with an official ceremony held for Israel’s Independence Day on Mount Herzl. “The *Yom Ha’Atzmaut* ceremony includes a speech by the speaker of *Knesset* (Israeli Parliament), performances by artists and Israeli soldiers who march in unison to form elaborate structures like menorahs or Magen David (Star of David),” says Stav. “There is also the ceremonial lighting of twelve torches,

one torch for each of the Tribes of Israel. After the all-night celebration, families travel and have picnics in the park to continue the festivities the next day.”

To kick off our *Yom Ha’Atzmaut* celebrations during Israel’s National Days, **Comedian Joel Chasnoff**, author of *The 188th Crybaby Brigade*, will join us at the JCA on **Thursday, May 5 at 7 pm** for a **Yom Ha’Atzmaut Comedy Show**. Then, on **Sunday, May 15 at 12 pm**, our Jacksonville community will gather in a family-friendly **Yom Ha’Atzmaut Community Celebration** at the **Jacksonville Jewish Center’s Beth Shalom Park**. Stav has planned this unique celebration of Israel as an opportunity to “visit” Israel without a passport.

Our planned events for Israel’s National Days are FREE and OPEN TO OUR ENTIRE COMMUNITY. If you have questions or would like more information about our celebrations of Israel’s National Days, please email our community Shaliach Stav at jaxshlichut@jewishjacksonville.org. Please register to attend; visit jcajax.org today.

✧
ISRAEL’S INDEPENDENCE DAY ✧ יום העצמאות

YOM HA’ATZMAUT

Community Celebration

Sun, May 15 | 12 – 3 pm

This unique journey, organized by our community Shaliach Stav Brener, takes you on an adventure to Israeli-themed booths representing cities throughout Israel.

✧ **Be'er Sheva**

✧ **Haifa**

✧ **Tel Aviv-Yafo**

✧ **Bnei Brak**

✧ **Jerusalem**

✧ **Tsfat (Safed)**

✧ **Eilat**

✧ **Kiryat Shmona**

✧ **Hadera**

✧ **Nazareth**

Get a stamp at every city you visit to earn a prize or two from Israel!

Thanks to the **Jewish Federation & Foundation of Northeast Florida** and 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.



THE MAGIC OF SUMMER

By Kendall Sisisky Valliere, Development Director

Summer is a magical time, and we think that is especially true for the children who join us for Summer Camp at the JCA. As it is every summer, our mission is to help young campers make everlasting memories in our safe and enriching environment.

I speak from first-hand experience when I share how much children wholeheartedly enjoy their days at JCA Summer Camp - and us parents do too. Whether kids are busy swimming, playing, experiencing one of our specialty camps, or on an off-site adventure - parents know their children are safe, engaged and learning while they make lifelong memories and friendships at the JCA.

Each summer, we make every effort possible to ensure campers have unique and fun experiences with us. It is in that spirit that I am so pleased to share a recent letter of Summer Camp praise, a "review" of sorts, from one of our young campers.

My name is Ben and my favorite part of Summer Camp at the JCA is swimming in the pools! They have three pools here - and if you are afraid of getting in the water, the instructors are there to help. Being on stage with my friends at Theatre Camp is so cool too! At the end of the summer, we get to put on a show together on the stage!

I get so excited to go to camp at The J every day during the summer and I can't wait until this year. We have so much fun! My best friends go there too and we get to play all day!

- Ben, age 7



Children like Ben benefit from the JCA's *Send a Kid* fund, designed to offer kids a summer experience who otherwise could not afford to attend JCA Summer Camp or participate in the JCC Maccabi Games®.

I hope you will consider joining us in the effort to make this summer unforgettable for kids in our community!

To make a donation please visit jcjax.org/sendakid. If you have questions, please contact Kendall Sisisky Valliere at kendall.valliere@jcjax.org or call (904) 730-2100 ext. 231.

PAC Presents Annie

By Beth Milograno, Communications & PR Specialist

Shows: May 8 and 15 | 1 pm and 4 pm

You're never fully dressed without a smile! Bring your smiles and get ready to watch our production of *Annie* in the Bessie Setzer Frisch Auditorium this month. A classic since 1977 with three different runs on Broadway, non-stop national tours and three major motion pictures – we all know that *the sun will come out tomorrow!*

The children in our JCA production of *Annie* are ready to sing and shine on stage this month. We hope you will join us to watch this special show that holds a place in the hearts of so many.

Announcing the JCA 2022 Cast of *Annie*

Adaline Sowada - Addy Skinner - Adelyn Azevedo - Adoration Boothe - Amit Sakofs - Anastasia Beltz
Annabel Fernandez - Asa Boothe - Aubrey Franklin - Augie Gargasz-Paschall - Avery Hunter - Bethenny Zaner
Bobby Herman - Brenna Walter - Caley Shapiro - CeCe Greaser - Charlotte Russell - Clara Zeno - Dafna Holzer
Desmond Taylor - Ellison Kestner - Ellyette Howerton - Emily Parry - Emma Holstein - Frankie Anderson
Gigi Beran - Hannah Trest - Harper Braddock - Harper Fahlbusch-Miles - Heather Timmerman - Ita Shapiro
Joshua Solomon - Kaija Worrell - Lilly Tamanini - Lily Fahlbusch-Miles - Martin Zeno - Michaela Brietzke
Mira Sakofs - Moar Arad - Patrick Ferricane - Pavel Ratchev - Rena Holzer - Sadie Phipps - Saige Sowada
Scarlett Munns - Scarlett Wilson - Feivel Shapiro - Sofia Tesler - Sophie Cohlma - Taliah Herman
Tali Werner - Zachary Fritchman - Zohar Arad

\$10 | Open to the community



These shows will sell out! Visit jcjax.org/theatre to purchase your tickets!

Educate, Nurture and Inspire

What it Means to be an Educator at the JCA

By Beth Milograno, Communications & PR Specialist



In her fifteen years as an early childhood educator at our JCA, Mrs. Jessica Satterfield has had the privilege of teaching every age group in our Michele Block Gan Yeladim Preschool & Kindergarten.

“There is no greater feeling than the end of each school year when I can see how much growth and development has occurred with each child and with the entire class. I love being an educator here because working with children during their pivotal early years of development is so rewarding,” says Jessica Satterfield.

As one of our Junior Kindergarten teachers, Jessica starts her school day at 7:15 am with classroom setup and gathering the variety of supplies needed for daily classroom activities. With the children at the center of her daily goals, Jessica says nurturing her students’ ideas is the most fulfilling part of being an educator in our schools.

“Our JCA offers child-driven, engaging, hands-on learning while we develop a trusting and nurturing environment for every student,” explains Jessica. “I ask myself a lot of questions when I am preparing lessons. What have the children been showing an interest in? Does it offer lots of inquiry and will it elevate their level of thinking? Is it intentional? How is this lesson connected to the seven Jewish Lenses? What skills do we need to sharpen? Will this activity keep the children engaged?”

Jessica, as with every early childhood educator at the JCA, practices the Reggio Approach to Learning which believes that every child is “rich, strong and powerful,” and has the right to early childhood experiences that will help them develop their potential while expanding their love for learning. Using the 65-year-old teaching philosophy, our teachers observe children and then apply their observations to daily classroom lessons.

“We ask students open-ended questions to stimulate a higher level of thinking, increase participation in conversations, and to guide the children to solutions for conflict resolution,” says Jessica. “When a planned activity is successful and loved by the children it is a wonderful feeling.”

In addition to its reputation for educational excellence, the Reggio Approach inspires learning and engagement through the Jewish Lenses – allowing our teachers to emphasize Jewish values to stimulate creativity.

“We look at children with dignity and potential through the Jewish Lens of *Tzelem Elohim* (divine image). Together, teachers, children and parents go on a journey called a *Masa* (reflection, return and renewal) where we form a covenant of belonging and commitment through the lens of *B’rit* (covenant) with intentionality and presence through *K’dushah* (holiness),” explains Jessica. “We teach amazement and gratitude through *Hit’orerut* (awakening), inquiry, dialogue and transmission through *D’rash* (interpretation) – and our community duty to repair the world through *Tikkun Olam* (responsibility).”

As she continues to educate, nurture and inspire children at our JCA, Jessica says hearing, “I love you Mrs. Satterfield,” may be the most fulfilling part of her day. Additionally, thanks to the support and encouragement from her fellow educators and the leaders in our school, Jessica says she has been fortunate to shape so many young lives.



“The JCA is a really warm and welcoming place to be an educator,” says Jessica. “The comradery, teamwork, support from management - You almost instantly notice a wonderful feeling of community when you are walking through the building.”

For more than 30 years, our Michele Block Gan Yeladim Preschool & Kindergarten has provided a premier early childhood educational experience to families throughout Northeast Florida. We are so proud to enrich young lives in our school with our unique programming and many community partnerships. Our exceptional early childhood education staff is dedicated to planning and executing meaningful experiences for children.

If you are inspired to join our amazing educators in providing influential and positive experiences to children, please visit jcjax.org/ece to learn more about our schools and apply today.

Parents, enrollment for the 2022 - 23 school year is underway. To secure a space for your children, please request a registration packet. For more information about our preschool and kindergarten programs, please contact the early childhood education office at ganyeladim@jcjax.org or call (904) 730-2100 ext. 235.



REGISTRATION IS OPEN

FOR 2022 - 2023 SCHOOL YEAR



MICHELE BLOCK
GAN YELADIM
Preschool & Kindergarten



**EXCEPTIONAL LEARNING
ENVIRONMENT**

SAFE AND NURTURING

NAEYC ACCREDITED

FOR MORE INFORMATION, CALL (904) 730-2100 EXT. 235 OR VISIT JCAJAX.ORG/ECE.

Michele Block Gan Yeladim Preschool & Kindergarten is open to all children regardless of race, religious affiliation or ethnic origin. JCA membership is not required, but JCA members have priority registration. DCF lic. # C04DU0213



A SUMMER OF FUN AND MUCH, MUCH MORE!

By Evan McInnis, Youth Services Assistant Director

"We didn't realize we were making memories. We just knew we were having fun!"

The secret is out across Northeast Florida - our JCA Summer Camp is synonymous with **FUN!** Whether your children choose to embrace their creative side, indulge in adventures with us or simply make life-long memories in our environment of fun, harmony and friendship – our extensive JCA campus has something for every child this summer.

From arts, music and theatre to unique Israeli programs, concerts, science, nature and sports - children learn, grow and discover during summer camp at our JCA. Our extensive campus offers access to indoor and outdoor pools, tennis courts, a full-court gymnasium, an indoor running track, art studio, dance and aerobic studios, a theatre auditorium and a variety of playgrounds. Our second summer campsite, located at the Jacksonville Jewish Center (3662 Crown Point Rd.), includes a multifunctional indoor space, basketball and tennis courts, swimming pool and baseball field.

Beyond all of the fun and enriching activities we are planning this summer, the summer camp programs we create have immeasurable benefits. Citing unforgettable experiences and life lessons beyond the classroom, the American Academy of Pediatrics (AAP) agrees and recommends summer camp programs to help children reach important social, emotional and developmental milestones. Summer camp helps kids make new friends, embrace new skills, embark on new adventures and unlock creativity in brand new ways.



Parents, don't delay; space is limited in all of our popular Summer Camp programs. Please visit jcjax.org/camp for more details about every camp we offer, then register your children for a wonderful summer at the JCA! We are excited to enrich your children this summer and give them a safe environment to learn, grow and have **FUN!** Whether for a week or the entire summer, by sending your kids to camp you are giving them an experience and memories that will last a lifetime.

 **If you are interested in helping children have an experience they will never forget this summer, please turn to page 6 to read about our **SEND A KID!** campaign. Each year, the support from our community affords dozens of children the opportunity to join us at summer camp.**



STROKE AWARENESS, PREVENTION AND SUPPORT IN PARTNERSHIP WITH BAPTIST HEALTH

By Beth Milograno, Communications & PR Specialist

A stroke can happen to anyone, anywhere, at any time – and how quickly you recognize the signs of a stroke makes a big difference in recovery. According to the **Centers for Disease Control and Prevention (CDC)**, every 40 seconds someone in the United States has a stroke. Additionally, the CDC reports that more than 795,000 people in the U.S. have a stroke each year and every 3.5 minutes - someone dies of a stroke.

Please join us at the JCA on **Wednesday, May 4 at 6 pm** to learn more about stroke awareness and prevention with Nima Aghaebrahim, MD, an interventional neurologist at Baptist Health.

This important Wellness Connexion program teaches:

- ✓ **BE FAST – and what the acronym means**
- ✓ **Help someone who is having a stroke**
- ✓ **Stroke risk factors and what you have the power to change**
- ✓ **Stroke prevention tips**
- ✓ **Overcoming barriers to seek prompt care for victims of stroke**

**Our Stroke Awareness program is
FREE AND OPEN TO OUR ENTIRE COMMUNITY.
Please visit jcajax.org to register.**

Wellness
CONNEXION



SPOT A STROKE

LEARN THE WARNING SIGNS AND ACT FAST

B

E

F

A

S

T



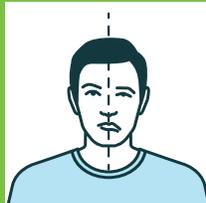
BALANCE

LOSS OF BALANCE,
HEADACHE
OR DIZZINESS



EYES

BLURRED VISION



FACE

ONE SIDE OF THE
FACE IS DROOPING



ARMS

ARM OR LEG
WEAKNESS



SPEECH

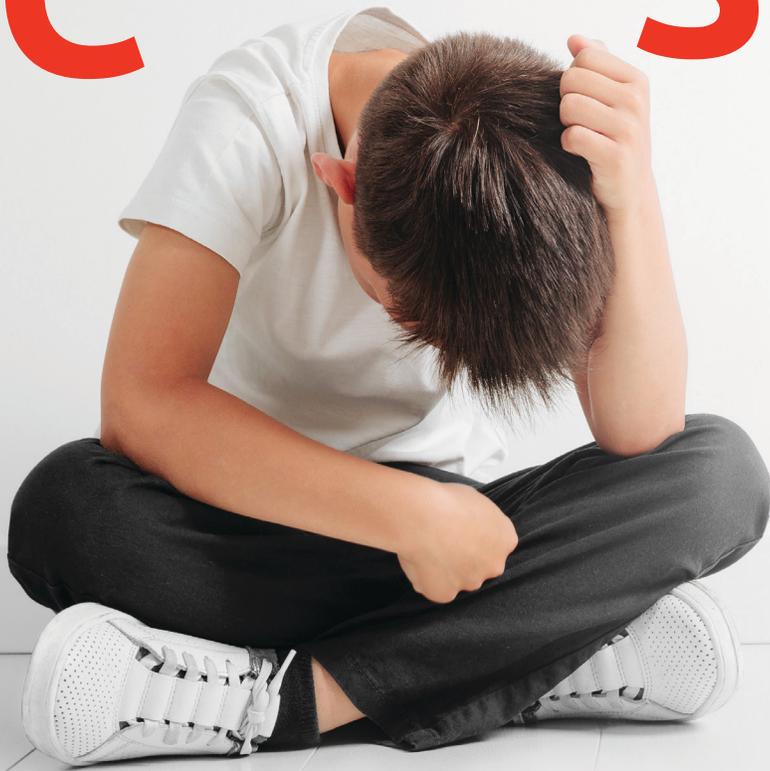
SPEECH DIFFICULTY



TIME

TIME TO CALL
FOR AMBULANCE
IMMEDIATELY

HELPING KIDS THROUGH CRISIS



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

Adolescence is a unique and revealing time, full of physical, emotional and social challenges. However, while our children learn, grow and experience life, they also become more vulnerable to struggles with mental health.

A recent study from the **Centers for Disease Control and Prevention (CDC)** is warning parents across the country of an accelerating mental health crisis associated with the pandemic – with four out of every ten teenagers reporting they feel “persistent sadness and hopelessness.” Additionally, the American Academy of Pediatrics declared a national emergency in child and adolescent mental health in October 2021, sharing that the organization was, “caring for young people with soaring rates of depression, anxiety, trauma and loneliness.”

While this jarring news about the mental well-being of our children is difficult to process, it serves as an important message to parents and educators everywhere. Now is a critical time to help our kids cope with stress factors and difficult feelings to help support and improve their mental health. In fact, mental health experts say one of the most crucial things parents can do right now is to keep lines of communication open, ask their teens how they are doing and create a space where children can speak honestly to get help when needed.

May is Mental Health Awareness month.

As we join in the national movement to raise awareness, fight stigma, provide support and educate the public about mental health, we encourage you to join us at the JCA for our day-long **Youth Mental Health First Aid Workshop** in partnership with our **Wellness Connexion** starting at **9 am on Friday, May 20.**

Designed to educate parents and caregivers about the challenges facing young people (ages 12 – 18), this workshop teaches adult participants a five-step plan to help teens and preteens in crisis and non-crisis situations. Upon completion, participants will receive a three-year certification from **Youth Mental Health First Aid (YMHFA).**

Our Youth Mental Health First Aid Workshop is **free and open to our entire adult community.** Please register in advance at bit.ly/YMHFAworkshop. If you have questions, please contact the professionals in our Wellness Connexion at (904) 730-2100 ext. 333.

An organization designed for teachers, parents and adults who regularly interact with young people, **YMHFA** shares tools to discuss anxiety, depression, substance use, disorders in psychosis, disruptive behavior disorders (AD/HD) and eating disorders. Please visit mentalhealthfirstaid.org for more information about YMHFA.



LET'S PLAY CAPOEIRA

By Beth Milograno, Communications & PR Specialist

In a capoeira game participants say, “let’s play!” not “let’s fight!” A combination of fight, acrobatics, music, dance and rituals in an elegant exercise, capoeira develops physical strength, power and flexibility while encouraging confidence, concentration, courage and creativity.

While the origins of capoeira are mostly uncertain, scholars believe it was created in Brazil between the 1500 and 1700s by slaves from Africa who fought against their masters. A once banned martial art, capoeira is now a celebrated and cherished staple of the Brazilian culture.

The basic aesthetics of capoeira emphasize kicking and complex maneuvers from the world of acrobatics and dance used in both self-defense and as a performance. Now practiced all over the world, capoeira came to the United States in the early 1970s. It was notably brought to Israel in the 90s, where the sport quickly attracted the interest of thousands. Today, a capoeira event in Israel is known to attract nearly 5,000 people.

Our Capoeira Mestre

Mestre Bundo, also known as Fabio Rodrigues, serves as our master of the capoeira game at the JCA. Under his leadership, Mestre Bundo shares the art of capoeira with our community. Being the Mestre means Bundo is the person who carries the dialogue and sets the tempo for the tricks a player can use during a capoeira game.

A native Brazilian born in Sao Paulo City, Mestre Bundo grew up listening to the stories his parents shared about capoeira Mestres and their incredible abilities. When he turned 16, he started training to become a Mestre. In 1999, Mestre Bundo moved to the United States with his family to work as an IT solutions architect and engineer in Georgia. When he was placed on assignment in Jacksonville a few years later, he fell in love with our city and has called it home ever since.

Mestre Bundo teaches capoeira in many places throughout Jacksonville and works closely with nonprofit organizations in our area to use capoeira to help young teens cope with life’s hardships. If you are interested in learning more about capoeira group sessions for adults or children, or taking private lessons from Mestre Bundo at the JCA, please email Coach Rio at rio.robinson@jcjax.org.

Tue

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

(Ages 11+) 5:45 - 7 pm

Session II Jun 7 - Jul 19

Thu

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

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

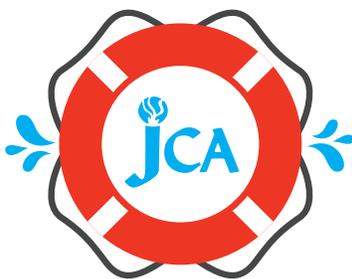
and

Thu | 6:30 - 7:30 pm

Session II Jun 7 - Jul 14

\$165 | Valued member \$110





SUMMER SWIMMING SAFETY

STAY SAFE IN ALL TYPES OF WATER

By Josie Martin, Aquatics Manager

We provide several Red Cross Aquatic and Water Safety courses at our JCA, where Red Cross certified instructors integrate a wide range of water safety topics in every swim lesson they teach.

As we quickly approach the summer months when families in our community plan to swim in pools, lakes and oceans - it's an important time to remember these summer water safety rules.

-  **Swim as a pair, near a lifeguard chair.** Swimmers should sit near a lifeguard's chair at the beach or lakefront and never swim alone.
-  **Reach or throw, don't go!** Do not go in the water after someone who needs help. Distressed swimmers may pull you under with them. Instead, find something that floats to throw to a distressed swimmer. If they are close enough to you, reach out your arm or leg to pull them to safety.
-  **Too much sun is no fun!** Please be sure to wear your sunscreen this summer. Sunglasses, hats or swim shirts are great items to protect skin against the sun. Planning your summer days in the shade or under an umbrella can also help avoid sunburns.
-  **Don't just pack it, wear your jacket.** Wear a lifejacket on any watercraft you choose. Whether it's a boat, kayak or canoe - adults should too!
-  **Look before you leap.** Never jump or dive into a lake or river where you cannot see past the surface. In a pool, be aware of other swimmers to avoid jumping in on others.
-  **In your house or in your yard - be on guard!** Never swim alone. Always have supervision and avoid going near streams, rivers and lakes.
-  **Wave, tide or ride - follow our guide.** Rules are made to keep us safe in, on and around the water. We hope you have a safe summer filled with lots of fun in the sun!



Family Fun Day and 12th Annual Cardboard Regatta:

Get your crafting skills ready for some family fun! The Memorial Day Family Fun Day and 12th Annual Cardboard Regatta happen on **May 30** at the JCA. Join us for food, games, prizes, music, a greased watermelon race and our Cardboard Regatta from **11:30 am - 2:30 pm!** This Family Fun Day is **FREE** to valued members. Please be sure to register your boat for the regatta at jcjax.org.

+ 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)

Please call Josie at ext. 240 or email josie.martin@jcjax.org for more details and to schedule lessons.



Summer Makos Swim Team

We hope you plan to splash into another great summer with our member-only, co-ed swim team. The JCA Summer Makos Swim Team competes in the River City Swim League. Our inspiring coaching staff motivates swimmers to achieve their goals by building endurance and technique, while children grow as a team and have fun! The minimum

requirement of all swimmers is to swim one length of the pool unassisted. If your swimmer is unable to meet the requirement, please consider one of our swim lesson programs. We look forward to seeing you at the JCA Howard and Joy Korman outdoor pool this summer.

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

GRASS, HARD, CARPET OR CLAY

What's in a Tennis Court Surface?

By Aline Berkenbrock, Tennis Professional

A tennis court surface highly influences the bounce of a tennis ball. Consequently players must adjust to play their best game, no matter what's on the court surface.

The four most prominent court surfaces are **grass, hard, carpet,** and what we enjoy at the JCA – **clay.**

Grass courts are the fastest tennis surface. Grass courts are where tennis was born and first played. A grass-court surface favors offensive players with big serves and a strong net game. To put the speed of a grass court into perspective - If a ball travels 100 mph before it hits the ground, it will travel at 92 mph after it bounces on grass - an 8 mph difference. History notes, that the best grass-court players of all time include Roger Federer, Bjorn Borg, Serena Williams and Billie Jean King.

Neither fast nor slow, a **hard-court** surface presents players with very few disadvantages. The biggest disadvantage is that a hard court is a demanding surface for players' actions. Tennis players tend to get injured playing on hard courts from the lack of flexibility and softness of the court. Despite this, college tennis throughout the United States is played on hard courts. Novak Djokovic, Pete Sampras, Andre Agassi, Boris Becker, Kim Clijsters and Monica Seles are known to be the best hard-court players in the game.

Carpet courts are mainly found indoors and are considered a dead surface, only used for practice. Almost never used on the professional circuit, carpet courts are made of artificial turf mixed with sand. This tennis court surface is mostly found in Asia.

In my opinion and that of our many valued members who play here, **Har-Tru clay courts** are the dream surface for baseline players. The French Open is dominated by clay court players because these courts are the most sensitive to spin and the slowest.

Patience and a strategic mind go a long way in terms of playing tennis on clay courts. Players are less prone to joint injuries because of the softness of the surface and its ability to slice. The best clay court tennis players of all time are Rafael Nadal and Steffi Graff.

At the JCA, we have six Har-Tru clay tennis courts available for our valued members to play, take lessons and refine their skills in our clinics.

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@jcaja.xorg 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



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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**

*AGES 2 - 16