



ALLIANCE NEWS



SUKKOT CELEBRATION

Page 10

VOLUME 34
#2



SAM STROMBERG

Shalom Friends,

It is an honor to greet you all for the first time as your JCA Board Chair and to share some of the unique experiences we have planned for this remarkable community.

This fall we introduced our ambitious capital campaign, **Building Our Future Together**. On behalf of our campaign leaders, I am pleased to share that our efforts are off to a phenomenal start. We are proud to be planning important upgrades and renovations to our JCA so that we will remain a premier destination in Jacksonville for years to come.

As our annual improvements throughout the JCA campus continue, we are so thankful for the generosity of our JCA donors and supporters. On **page 3**, our **Development Director Kendall Sisisky Valliere** explains what donations to our agency mean and why we are all so inspired to serve as the common meeting ground where people come to enhance mind, body and spirit.

As a graduate of **Michele Block Gan Yeladim Preschool & Kindergarten** (back when our school was located on University Boulevard), I am thrilled that a new generation is here to discover learning through the Jewish Lenses. We are honored these families chose our fantastic early childhood educators to guide the way this school year. On that note, the fourteenth annual **Educator Support Network (ESN)** sponsored by **CSX, Florida Blue and VyStar Credit Union** begins **Tuesday, October 25**, with keynote speaker, **Tom "Teacher Tom" Hobson**. Created to inspire teachers throughout Northeast Florida, ESN is a year-long program comprised of unique and enriching professional development opportunities. You can read more about our free support network on **page 6**.

Our **JCA Cultural Arts** and signature **Jewish Book Festival** is set to begin on **Sunday, October 30** with the sounds of **Joe Buchanan**. Known as a country singer with a Jewish soul, Joe produces music steeped in Torah and the trials of the human spirit. Our annual celebration of Jewish art, films and literature continues through **November 16**. You can read about the variety of Jewish authors coming to our JCA this year on **page 4**. Thanks to the generosity of our festival sponsors, our celebration of the cultural arts is **free and open to the entire community**.

I hope you are as invigorated as I am for a fun-filled fall at the JCA. As our Jewish community prepares for the upcoming holidays, *Yom Kippur* (Oct 4 - 5), *Sukkot* (Oct 9 - 16), *Shemini Atzeret* (Oct 16 and 17) and *Simchat Torah* (Oct 18), we look forward to this season of prayer and reconciliation. This time serves as a reminder to reflect and celebrate our successes while we remain focused on what is to come. I am so honored and proud to serve this wonderful community.

The future of our JCA is bright,

Sam Stromberg
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 each year by the:

Jewish Community Alliance
8505 San Jose Boulevard
Jacksonville, FL 32217

For additional program information and to register, please contact the JCA.

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- Sam Stromberg 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

Operation hours:

- Sun - Fri mornings 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.

Space is limited to 12 kids per shift.

In memory of...

- MIKE PENDLEY**
by Karen and Philip Adler
- SCOTT EBER**
by Michele and David Steinfeld
- EVELYN MEISEL**
by Michele and David Steinfeld
- NAOMI LAZAR**
by Michele Steinfeld

- RUVEN GORDON'S UNCLE**
by Bunni and Myron Flagler
- PATTI ROBERTSON**
by The Board and Staff of the JCA
- BEN WEAVER**
by The Board and Staff of the JCA
- SHIRLEY SACKS KIRBY**
by The Board and Staff of the JCA

For a Speedy Recovery...

GAYE SAGER
by Michele Steinfeld

In honor of...

THE BIRTH OF JACK WISS
by The Miller Families
Regina and Adam Chaskin

In honor of...

BARBI YOUNG'S BIRTHDAY

by Michele Steinfeld

LINDA GRANAT'S BIRTHDAY

by Michele Steinfeld

THE BIRTH OF LILLI ELAINE LIPPMAN

by Myron and Bunni Flagler

Rochelle and David Stoddard

The Miller Families

The Board and Staff of the JCA

JADE STEEL'S BIRTHDAY

by Michele and David Steinfeld

MARILYN SCHWARTZ'S BIRTHDAY

by Michele Steinfeld

SUSAN PIKE'S BIRTHDAY

by Michele Steinfeld

CINDY DEMRI'S BIRTHDAY

by Michele Steinfeld

CINDY COHEN'S BIRTHDAY

by Michele Steinfeld

ROCHELLE STODDARD'S SERVICE

AS JCA BOARD CHAIR

by Michele and David Steinfeld

RABBI GARY PERRAS' BIRTHDAY

by Hollie and Hank Arnold

ANDY CANTOR'S SERVICE TO THE JCA

by Rochelle and David Stoddard

REBEKAH DUCLOS' BIRTHDAY

by Michele and David Steinfeld

MICHAEL KATZEFF'S WEDDING

by Bunni and Myron Flagler

MYRON FLAGLER'S CONTINUED

HEALTH AND HAPPINESS

by Michele and David Steinfeld



KENDALL SISISKY VALLIERE | DEVELOPMENT DIRECTOR | 730-2100 EXT. 231

DEVELOPMENT

GENEROSITY COUNTS

By Kendall Sisisky Valliere, Development Director

GIVING TUESDAY

is a national movement guided by the belief that everyone has something to give and every act of generosity counts. The day has

helped to reimagine a world built on shared humanity and generosity.

As is our mission at the JCA, we are inspired to serve as the common meeting ground for our community and as a place in Jacksonville where all people can come to enhance mind, body and spirit. Celebrating more than three decades of excellence, we are proud to serve in the tradition of our heritage to provide every generation in our beautiful community a wide variety of high-quality and diverse programming in our safe environment of fun, harmony and friendship.

While we continue to do all we can to support our community, the generosity of our incredible donors helps us provide financial assistance to our neighbors, so that they can experience all our JCA has to offer. This **Giving Tuesday, November 29**, please consider a gift to our JCA to help us serve in our mission, giving more people in our beautiful community access to our incredible programs and services.

EVERY YEAR, THE SUPPORT WE RECEIVE HELPS US AWARD CLOSE TO \$400,000 IN FINANCIAL ASSISTANCE TO FAMILIES THROUGHOUT NORTHEAST FLORIDA.

Donations help us support hundreds of JCA members each year. The generosity of our sponsors allows us to bring unique Jewish programming to the JCA like our free Israeli film series, Jewish holiday celebrations and our beloved Cultural Arts Festival.

ON BEHALF OF THE JCA, WE WOULD LIKE TO HUMBLY THANK EVERY JCA SUPPORTER. YOUR GENEROUS GIFTS ENABLE US TO CONTINUE TO SERVE JACKSONVILLE.



Please visit jcjax.org/donate to make a donation. If you have questions or would like more information please call Kendall Sisisky Valliere at (904) 730-2100 ext. 231 or email, kendall.valliere@jcjax.org.

THE TRUE VALUE OF ART

By Heather Terrill, J Institute Program Manager

In our constantly changing world, the arts remain a way for us to break barriers while providing a platform that brings people together. Whether it be literature, films, music or individual masterpieces, art creates a commonality and can even start a healthy debate.

At the JCA, we believe art sparks emotion that inevitably leads to human connections. After a lingering pandemic, I think we can all agree that gathering to celebrate the arts is a much-needed and welcomed change. Which is why we are so thrilled to share the events planned for our community at the **2022 JCA Cultural Arts Festival and 26th Annual Jewish Book Festival**.

Our celebration kicks off on **Sunday, October 30 at 7 pm** with the sounds of **Joe Buchanan** – a country singer with a Jewish soul, who produces music steeped in Torah and the trials of the human spirit. A Texas native, Joe's music is grounded in the idea that there is always room at the table, while highlighting Jewish values, lessons from the Torah, and the history of the Jewish people. **L'Chaim!** According to fans, Joe's music can be cranked up to 18!

The excitement of opening night will continue for two weeks as we welcome a variety of Jewish authors, artists and Jewish-themed films to the JCA. Starting **Nov 3**, our **Vandroff Art Gallery** will feature the work of students from local Jewish schools and synagogues. We are thrilled for our community to experience the gallery show this November; it is the first time in festival history that we've featured young Jewish artists. We can't wait to see you at our Cultural Arts Festival this year! **Please save your spot; register for our festival events at jcjax.org/jcafest.**

Sponsored by:



OPENING NIGHT

SUN, OCT 30 | 7 PM

JOE BUCHANAN

A COUNTRY SINGER WITH A JEWISH SOUL



THANKS TO THE SUPPORT OF OUR GENEROUS SPONSORS, THE JCA CULTURAL ARTS FESTIVAL EVENTS ARE FREE AND OPEN TO THE ENTIRE COMMUNITY.

OCT 30 – NOV 16, 2022

BOOKS • FILMS • MUSIC • VISUAL ARTS • AND MORE!



ANNA SALTON EISEN
Pillar of Salt
WED, NOV 2 | 7 PM



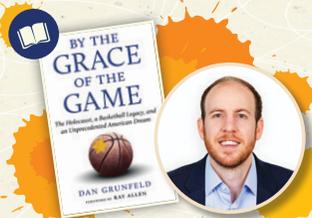
GIOIA DILIBERTO
Coco at the Ritz
WED, NOV 9 | 7 PM
Ladies' Night Out



PERSIAN LESSONS
2020, 2h 7m, Drama
NOV 3 | 7 PM



MICHAEL ROIZEN
The Great Age Reboot
THU, NOV 10 | 7 PM
Sponsored by: STARLING



DAN GRUNFELD
By the Grace of the Game
SUN, NOV 6 | 7 PM



XUETA ISLAND
2021, 1h 3m, Documentary
NOV 13 | 1 PM
Skype with director at 2 pm



LISA BARR
Woman on Fire
TUE, NOV 8 | 12 PM
Book Club | Streaming at the JCA



GREENER PASTURES
2021, 1h 30m, Comedy
NOV 16 | 7 PM

FAMILY PROGRAM AND VANDROFF ART GALLERY OPENING

SUN, NOV 6 | 2 PM



Celebrate the arts with your entire family at the JCA. On Nov 6 we will read, *A Picture for Marc* by Eric A. Kimmel and create a masterpiece during our engaging Family Program with

PJ Library.



Stop by for the opening in our Vandroff Art Gallery! New this year, the work of young artists from local Jewish schools and synagogues will be on display.

Come experience the inspiring pieces by students from:

- Beth El - The Beaches Synagogue
- Martin J. Gottlieb Day School
- Jacksonville Jewish Center
- Etz Chaim Synagogue
- Congregation Ahavath Chesed (The Temple)
- Torah Academy of Jacksonville



JCA POP-UP BOOK STORE

Get inspired! Our Pop-up Book Store opens in the JCA lobby on Oct 13 with a variety of Jewish Book Council (JBC) authors' books for sale. Come see the unique selection of books curated by the JBC.

OCT 13 | 5:30 – 6:30 PM

OCT 19 | 10 – 11 AM

OCT 25 | 4 – 5 PM

For information about sponsorship opportunities please contact, Kendall Sisisky Valliere at (904) 730-2100 ext. 231 or visit jcjax.org/jcafest.





FEATURING
"Teacher Tom"



Announcing the 2022-23 Educator Support Network

By Beth Milograno, Communications & PR Specialist

Our JCA's **Educator Support Network (ESN)** was created for all early childhood educators throughout Northeast Florida to experience continuous professional development at no cost. Thanks to the generosity of our sponsors, ESN helps hundreds of local teachers each year who otherwise would not have access to continuous professional development workshops.

Celebrating fourteen years of inspiring early childhood educators throughout our community, we are thrilled to welcome **Tom Hobson, "Teacher Tom,"** to kick off the **2022-23 Educator Support Network** on **Tuesday, October 25 at 6:30 pm.** An early childhood educator, international speaker, educational consultant, teacher of teachers, parent educator and author, Teacher Tom will lead our year-long ESN series.

Well known for his namesake blog, Teacher Tom's educational blog chronicles the life and times of his preschool in the Pacific Northwest. With the perspective that parents and teachers should collaborate on education, Tom will present his educator workshop **Parents as Partners** to our community. Designed to empower teachers in their communications with parents and guardians, Tom will share his expertise and insights on how to better support children as they learn and grow.

"As we all continue through the lingering pandemic, where communication has changed, Tom's workshop will support our local educators with ways they can improve communications with students' families," explains Natalia Fisher, our ECE Director at the JCA.

"We are so fortunate that Teacher Tom is joining our Educator Support Network series this year. More so, thanks to our sponsors, this program is available to all early childhood educators in our area at no cost."

After our kick-off, Tom will work with participants in three virtual workshop sessions, plus a grand finale experience where Tom will return to the JCA to conclude the series in April 2023.

To learn more about the JCA's **2022-23 Educator Support Network** and to register please visit jcjax.org/ececonf. If you have questions, please email **Natalia Fisher** at natalia.fisher@jcjax.org.

Thanks to the support of our generous sponsors, CSX, Florida Blue and VyStar Credit Union, our annual Educator Support Network is free to early childhood educators and parents throughout Northeast Florida.





ALUMNI CORNER

By Theresa Levy, Alumni Coordinator

Gan Friends for Life

In 1977, at just three years old, Dr. Daryl Eber, Noah Portnoy, Dr. Stephen Wolchok and Dr. Brian Young, became classmates at Gan Yeladim. After preschool, they went on to different primary and secondary schools, colleges and graduate schools, and pursued different careers – but as the years passed, they never stopped being friends.

Nearly 45 years later, they have settled outside our JCA's Beauclerc neighborhood, but their special bond continues. Daryl, Noah, Steve and Brian, make it a point to stay in touch, and each year they, along with childhood friends, Judd Koenig, Chris Shepherd, Ari Silverman and Craig Elinof, plan an annual travel adventure together. So far, the group of friends has gone on twenty memorable trips, most recently flying to Las Vegas to experience the 2022 NFL Draft.



The connection to our preschool has become a family tradition for many of our Gan Grads. The Wolchok and Young families both continued the tradition and sent their children to preschool at our Michele Block Gan Yeladim Preschool & Kindergarten.

As we celebrate 50 years of excellence at our Michele Block Gan Yeladim Preschool & Kindergarten in 2024, our 1977 Gan class will turn the big 5-0! Where do you think the guys will plan to travel for this momentous occasion?



Please help; we want to learn more about the graduates from our Michele Block Gan Yeladim Preschool & Kindergarten. If you are a Gan grad, know one, or have rosters from before our school was in the JCA, please email me at theresa.levy@jcajax.org or call (904) 730-2100 ext. 237.



Take Note and Make Music! Discover Tutoring and Pianos Lessons at the JCA

By Evan McInnis, Youth Services Assistant Director

Picture this. It's 7 pm on a beautiful Saturday evening. You have friends and family over for a small soirée with light hors d'oeuvre and little drinks with umbrellas. The lights dim and your child walks forward holding a laminated straight-A report card for all to see. Then they take a seat on a small stool in front of your piano. A hush falls over the crowd as your child softly begins to play. The room is silent as your child plays the most moving rendition of Billy Joel's Piano Man your party has ever heard. In the end, your child stands, the room is silent for a moment of absolute awe. Then the crowd erupts in thunderous applause. When your guests ask how your child became such a well-rounded player – you simply respond, "They learned it at the JCA."

Take note parents (pun intended). Youth Services is thrilled to offer your children one-on-one tutoring and piano lessons this fall! That's right, your child can be both a scholar and a musician when they work with our incredible tutor, Rona Siegel, and our phenomenal piano instructor, Jacob Ruby. When your kids learn with Rona or Jacob, they are learning from the best of the best tutors and pianists.



Our in-person professional tutor, Rona Siegel, holds a master's degree in Elementary Education and specializes as a reading, spelling and writing coach for children of all ages. In addition, she is certified to tutor math for students up to the third grade. With a wealth of knowledge and experience, Rona is an

incredible asset to our JCA family.



Our team loves watching Rona work with her students, just as much as we like hearing Jacob Ruby work with his. Jacob is a Jacksonville native who has taught piano in Jewish communities for the past five years. He specializes in music education and serves as the director of musical education

at the Jacksonville Jewish Center. Utilizing his background in secondary and early childhood education, Jacob's teaching style has helped his students secure spots at some of Jacksonville's most competitive performing arts schools like Douglas Anderson and LaVilla School of the Arts.

Jacob's approach to music education is hands-on and exciting for his students. He encourages students to select songs they want to learn to play as a "goal song" and teaches the basics of sheet music, notation and rhythm. Jacob prides himself on creating a curriculum that ensures students enjoy and are excited about learning the instrument. He also tailors his lessons for each student with exercises specifically made for them to help them master their goal song. Which means your child can finally master *Fur Elise* or Vanessa Carlton's *Thousand Miles*. You know the song.

We are excited to have Jacob and Rona as valuable resources for our youngest JCA members. If you are interested in securing piano lessons or tutoring for your child, please call **Evan McInnis, Youth Services Assistant Director, at (904) 730-2100 ext. 249 or email evan.mcinnis@jcjax.org.**

OCTOBER MEANS FRESH FALL AIR AND DELICIOUS FLAVORS – BUT IT ALSO MEANS THAT IT IS TIME FOR A J-CATION!

**J-CATION
Days**

On days when school is closed, send your children to explore, create, learn and have fun at the JCA. Children choose from a variety of sports, STEM and art activities throughout the day. Leave your worries at the door as your child enters our safe, nurturing environment supervised by our responsible and energetic staff. We have J-CATION days planned for your children on Oct 14 and 17 (7:30 am – 6 pm) this month.

Please call (904) 730-2100 ext. 228 for more information about J-CATION Day options and registration.



Second Generation Theatre

By Shelly Higgins Hughes,
Theatre Department Director

Since its inception in 1997, our JCA Theatre Department has become much more than a theatre program. It is a family, a place where many young performers come to cultivate lifelong relationships.

It gives us joy and a great sense of pride to watch theatre kids grow over the years and move on to starring in high school plays, heading off to college and becoming young professionals. Some even go on to Broadway, get married and have children of their own. And as is with every family, we love it when “our kids” come home!

Alexandra Cohlmiya (Demetree) starred in many of our PAC shows growing up. When asked what she remembers most about being involved in our program, Alexandra said, “As cliché as it sounds, the JCA theatre program quite literally changed my life. It was the first time I was given the opportunity to be in a musical, and it sparked a lifetime passion for the craft.” Alexandra starred in such shows as *The Sound of Music*, *The Little Mermaid*, *The King and I* and *Peter Pan*, to name a few. When asked if she had a favorite, she replied, “It’s hard to pick a favorite show, but my first, *Grease*, will always hold a special place in my heart.”

Alexandra and her husband, Adam, moved their family back to Jacksonville in the summer of 2021. That fall their 6-year-old daughter, Sophie, made her debut on the JCA stage in *Frozen*. Things really came full circle when Sophie played, Little Belle in *Beauty and the Beast* this past March. Alexandra had played the leading role of Belle in our production in 2000! Of this experience Alexandra says, “Sophie has fallen in love with the JCA theatre program. Watching her up on the same stage that I grew up on is both surreal and amazing.”

As for Sophie, she said, “I love the singing! And I like to dance and learn my lines. It’s fun being up on stage!” Sophie’s 5-year-old brother, Charlie, is also in our JCA theatre family as a proud member of Zoe’s Clubhouse.

“My favorite part about Zoe’s is learning about new things. I really like when we learn all about money and the underwater adventure,” said Charlie. “We always have a lot of fun! Oh, and I like watching Sophie do plays, too!”

The Cohlmiya family is not the only second generation family currently involved in our program. Leah Kennelly (Bartley) spent time on our stage while growing up where she starred in, *Into the Woods* and *Leader of the Pack*. Leah’s son David and daughter Caroline debuted in our 2018 production of *Annie*.

“JCA Theatre is a place where every child shines and it’s been this way for decades. Growing up in Shelly’s theatre program, we all got to be our silly, goofy, awkward selves without hesitation. She made each of us feel like we were special and more importantly, very loved,” said Leah. “Shelly supports her theatre kids throughout their development, with so many of us becoming JCA camp counselors or staff members in our teens and young adulthood. Each of us thought we were Shelly’s favorite - a remarkable, mysterious skill. My own children started theatre with Shelly as soon as they were old enough, and their experience mirrors mine. While she’s a very talented director, Shelly’s true gift is helping every child understand that they are loved and accepted exactly as they are. As a parent, JCA Theatre might seem like all of the magic happens on stage, but it actually happens in every interaction with Shelly and her staff.”

Do your children need help picking out and working on material for their upcoming auditions? New this fall, we are offering audition prep for local students. **Please contact Gary Baker at (904) 730-2100 ext. 248 or email gary.baker@jcajax.org for scheduling and pricing.**





If you have not met her yet, this September we welcomed **Tal Mola** to our Jacksonville community! Thanks to our partnership with the **Jewish Federation & Foundation of Northeast Florida**, Tal will serve as an Israeli emissary, known as our community Shlichah, for the next two years.

Like Stav, Tal joins us from Israel but was born in a small village in Ethiopia and then moved to Israel when she was just three years old. Tal grew up in a small city outside of Jerusalem called Beit Shemesh with ten siblings! She can speak five languages – Hebrew, English, Amharic, Spanish and Portuguese, and looks forward to teaching our **Conversational Hebrew – Medabrim Ivrit** and **Practice Hebrew – Metargelim Ivrit**. She also looks forward to participating in Jewish holidays with our community. Tal says her favorite holiday is Purim because “it is a day where everybody can be whatever they want. Dress up the way

they want, express themselves visually with no rules, it’s pure freedom for me.”

Aside from her love of holiday celebrations, Tal loves to travel, explore, jog and dance, and while she is in Jacksonville, she would like to learn how to swim.

“I am very interested to get to know the Jewish communities overseas. I think it’s very important to experience what it is like to be Jewish in a non-Jewish society,” says Tal.

“I made aliyah when I was very young and the only Jewish life outside of Israel I know is the Ethiopian Jewish life. This makes it very interesting to see the differences between both communities.”

Mark your calendars for Tal’s upcoming programs!

On **Wednesday, October 19 at 7 pm**, Tal will host her first **Café Israeli** with our community. Then on **Wednesday, November 30 at 7 pm**, Tal plans to teach us all more about **Sigd, an Ethiopian Jewish Holiday**.

Our community Shlichah’s programs are **free and open to our entire community**, thanks to our partnership with the **Jewish Federation & Foundation of Northeast Florida**. Please be on the lookout for more details about Tal’s events this fall. If you have questions for Tal or would like more information about her Hebrew classes, please email her at jaxshlichut@jewishjacksonville.org.



Jewish Federation
& Foundation
OF NORTHEAST FLORIDA

Israeli Community Shlichah

More About Melton

By Rachel Sandler, Jewish Educator



Engaging adult learners in the life-enhancing study of Judaism, the Florence Melton School of Adult Jewish Learning nurtures and deepens our Jewish community in Northeast Florida and around the world.

In accessing Jewish texts and ideas, Melton learners connect all the information they learn to what is relevant within their own lives. Through these classes, students become part of a greater worldwide movement and become people who are empowered to enrich Jewish life.

Jewish texts have informed Jewish thought and practice for over 3,000 years. So, how do we connect the words written so long ago? This fall, our Melton course, **Between the Lines: From Text to Life** with **Jewish Educator Justin Sakofs** begins a six-week series of Melton learning at the JCA. Each class examines the many ways that we bring the words of Jewish texts and ideas into our daily lives.

We are excited for the next series of classes to begin at the JCA on **Tuesday, October 25**, and would like to thank

our partners for their support of our Melton School of Adult Learning classes at the JCA: **Beth El – The Beaches Synagogue, Congregation Ahavath Chesed (The Temple), Etz Chaim Synagogue, the Jacksonville Jewish Center (JJC) and River Garden Senior Services.**

You do not need to be a member of any synagogue to participate in Melton classes. Our six-week Melton School of Adult Jewish Learning course this fall will be held every **Tuesday from 7 - 8:30 pm, Oct 25 – Dec 6** (no class on Nov 22). **To learn more about Melton programs, please visit meltonschool.org/Jacksonville.**



SUKKOT CELEBRATION

Let’s come together as a JCA family to celebrate Sukkot! Join in the traditions of shaking the lulav, holding the etrog and other festive activities with dinner. **Registration required by Oct 6.**

Thu, Oct 13 | 6 pm

Free for valued members only

LISTEN AND LEARN,

JOIN US FOR PHYSICIAN CHATS!



**By Katherine Gilsenan,
Coordinator and Wellness Coach, BSH, ACE – CHC**

Physician Chats were created through the JCA partnership with the **Baptist Health Wellness Connexion** as an approachable and convenient way for the JCA community to meet local doctors and clinicians, as well as the medical professionals our neighbors may encounter at some point along their health journey.

In each chat session, participants can listen and learn directly from an experienced local physician about various health topics. Whether the topic may affect an individual's health or that of a loved one, these discussions offer a free way to directly communicate with a variety of medical professionals. In addition to being offered at no cost, Physician Chats are open to everyone in our Jacksonville community.

Since the inception of our Wellness Connexion in 2015, Physician Chats have brought high-quality health education and medical experts outside clinical walls and into an environment that is more accessible and comfortable to the community.

Physician Chats have allowed an enhanced connection between medical professionals and the community members they serve at the JCA. In addition to invaluable knowledge, these events also help patients find new primary or specialty care physicians. We are so proud to offer these chats to our Jacksonville community as they continue to be an incredible opportunity for community members to learn firsthand from medical professionals in Jacksonville.

There are two more Physician Chats scheduled this year. Please mark your calendars and call (904) 730-2100 ext. 228 to register to attend.



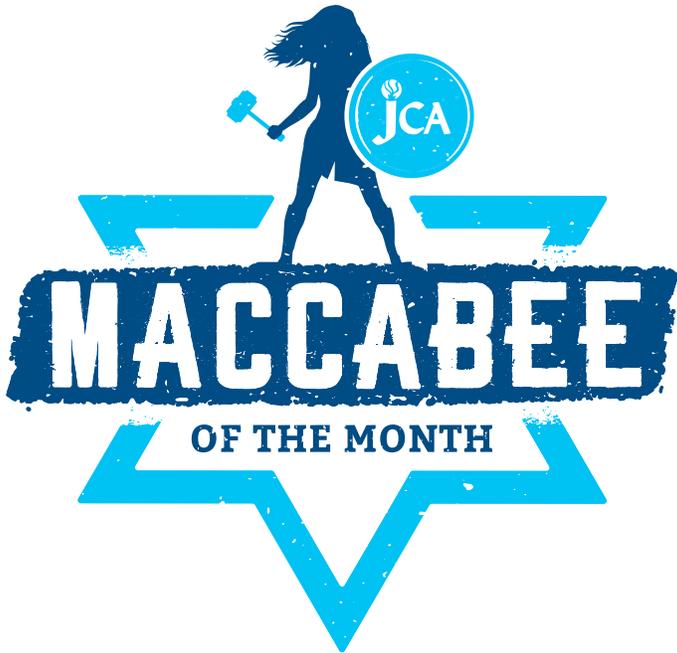
Learn Points for Healthy Joints
Tue, Oct 25 | 6 – 7 pm

Jacksonville orthopedic surgeon **James Vosseller, MD**, with the Jacksonville Orthopedic Institute shares what people can do to manage and prevent foot and ankle arthritis.



Catch Your Zs with Ease
Tues, Nov 1 | 6 – 7 pm

Getting the right amount of sleep can make you feel fresh and rejuvenated but not enough can leave you feeling sluggish and run down. **Peter Nassar, MD**, from the Jacksonville Sleep Center, shares how you can heal through the power of proper sleep.



Stephanie Griffith

By Beth Milograno, Communications & PR Specialist

Slamming battle ropes, weighted lifts, balance exercises, squats, lunges, kettlebells, biking, swimming, running and more running. If you're looking for inspiration and motivation this fall, look no further than our **Maccabee of the Month Stephanie Griffith**.

At 67 years young, Stephanie is a member of Jacksonville's JTC Running Race Team and in the last three decades, has become quite an accomplished runner.

"On my thirtieth birthday, I decided to start running after I heard your body goes downhill at that age. So, I set a goal to run two miles a few times a week, thinking that would be enough to stay healthy," explains Stephanie. "Not only was running a challenge, but it became an experience I looked forward to. Soon, I joined local running groups and surrounded myself with like-minded runners. Then, I started to participate in local races of all distances; 5Ks, 10ks, half marathons – and I've competed in 11 marathons including Boston and New York."

This summer Stephanie added another trophy to her case, placing first in her age group in the Grand Prix races organized by 1st Place Sports, an accomplishment our Maccabee says she achieved thanks to her late husband Chuck and the expertise of her favorite JCA personal trainer, Clint Neale.

"After Chuck's passing last year, I decided to use the remaining sessions and am proud to say that Clint has brought my fitness



to a new level which gave me the competitive edge I needed to win my age division this year," explains Stephanie. "Chuck had Parkinson's and needed help with strength and balance. I observed how Clint handled him with respect and kindness. Clint truly helped Chuck's quality of life and has helped me to improve my athleticism. The work I do with Clint has helped strengthen my core, achieve better balance and develop faster reaction times." Like a Maccabee rebel warrior, through persistence and determination, Stephanie is now a symbol of physical might and spiritual strength with the mental resilience needed to continuously achieve.

"Other runners have asked me what changed, and I tell them it was Clint's personalized program," says Stephanie. "The most powerful weapon is exercise and it's never too late to start. When I first started running, I didn't think I would go more than two miles. Look where I am today."

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.



Hanging Ten in San Diego The 2022 JCC Maccabi Games

By Rio Robinson, Sports & Recreation Director

You could feel the excitement in the air this August as thousands of athletes, coaches, host families, volunteers and spectators, joined for the first time since 2019 to celebrate the return of **JCC Maccabi Games®** in San Diego, California.

Among them, was our Jacksonville JCA delegation, consisting of myself, 10 Jewish athletes, Coach Mike May and our CEO Adam Chaskin. Eight of our JCA athletes competed in the 16U Flag Football division: Hayes Bettman, Dante Gaviglio, Jacob Gross, Ethan Logvinov, Scott Miller, George Setzer, Justin Smilowitz and Zane Wolchok. Jacob Levi Espel Richards competed among the 14U swimmers and Anna Holcombe played on the 16U Mixed Volleyball team.

In his debut JCC Maccabi experience, Jacob Levi Espel Richards earned a gold and bronze medal at the games. Jacob won gold in the 4x100 medley relay and bronze in the 100-yard breaststroke races. His medals weren't the only win Jacob had in the pool; he also had the opportunity to support Maccabi Access, a new program at the games for Jewish teenagers with intellectual and/or developmental disabilities. Jacob and his fellow JCC Maccabi swimmers worked with some of the Access athletes in the pool, helping them practice strokes and breathing techniques.

Our JCA's first female athlete to ever attend the games and our only volleyball player, Anna Holcombe competed on the JCC Maccabi Mixed Volleyball team. Anna played well and her team won two games throughout the week. They didn't make it to the medals but they did have a lot of fun along the way!

Our Flag Football team was undefeated in the play pool throughout the week of matches beating San Diego, Atlanta, New Orleans and a Maccabi Mixed team from Memphis and Austin. In the championship game, Jacksonville was defeated by Atlanta during a last-second two-point conversion. While it was certainly a heartbreaking defeat, with silver medals in hand (and teeth) our JCA team conducted themselves as true champions. Their play and *rachmanus* (sportsmanship) when they narrowly missed the gold medal made us all proud.

At the games, JCC Maccabi officials awarded our JCA flag football player Hayes Bettman with a *midot* (values) medal. Midot medals are given to athletes who demonstrate one of the six core Jewish values which define the JCC Maccabi Games mission – which is ultimately to make the world a better place. Those values are, *Tikkun Olam* - Repairing the World, *Kavod* - respect, *Rina* - Joy, *Ga'ava* - Pride, *Lev Tov* - Big Hearted and *Amit Yehudit* - Jewish Peoplehood.

Months later, we remain filled with pride for our Jacksonville JCA Maccabi team and will always remember all they accomplished in San Diego. Not only did each of our ten athletes have the experience of a lifetime at the JCC Maccabi Games this summer; they also had an incredible amount of fun all while making lifelong friends from all over the world.

Mazel Tov! Congratulations to the Jacksonville JCA 2022 Maccabi Games team!

We are already looking forward to the next summer, when the **2023 JCC Maccabi Games are held in Ft. Lauderdale, Florida, August 6 – 11, 2023**. If your Jewish athletes (ages 13 - 16) are interested in participating in the 2023 JCC Maccabi Games, please **contact me at (904) 730-2100 ext. 250 or email rio.robinson@jcjax.org**.

Our community can support our JCA athletes who travel to the Maccabi Games by donating to our **Send a Kid** campaign. Every dollar of every donation made to the campaign goes directly to children who otherwise could not afford the opportunity to experience all our enriching community has to offer.

Please contact Kendall Sisisky Valliere for more details at (904) 730 -2100 ext. 231 or email kendall.valliere@jcjax.org.



JCA Youth Flag Football League Ages 4 – 16

Our mandatory Youth Flag Football assessments will be held Sun, Nov 20:

Ages 10 - 16 | 1 pm

Ages 8 - 9 | 2 pm

Ages 6 - 7 | 3 pm

Ages 4 - 5 | 4 pm

League play will be from Jan 15 - Mar 5, 2023. Practice is one hour prior to gametime.

Be aware there is a two hour commitment at Bolles High School Stadium Field each Sunday. Please call Rio Robinson at ext. 250 with any questions.

§165 | Valued member §110



MAZEL TOV JACOB RUBIN!

By Beth Milograno, Communications & PR Specialist

When our JCA's swim instructor and Makos coach, Jacob Rubin, returned from the **21st Maccabiah** this summer, his smile was just as vibrant as the gold and silver medals he won at the "Jewish Olympics" in Israel.

"It was an amazing experience to represent the United States, Jacksonville, and of course our JCA at the Maccabiah Games," says Jacob, who proudly displayed the gold medal he earned in the 4X50 men's freestyle swimming relay at the games.

Participating as a swimmer on the USA Open delegation, Jacob was among 10,000 Jewish athletes from 60 countries who competed in 47 sports at the Maccabiah Games in Israel (July 14 – 25). Jacob and the USA men's swim team faced top swimmers from 15 other countries, including the Israeli National and Olympic Teams.

In addition to winning gold, Jacob and his team won five silver medals, in the 4X50 men's medley, 4x50 mixed freestyle, the 4X50 mixed relay, the 4X100 men's freestyle relay and the 4X100 men's medley.

"It was an incredible feeling to compete at this event and of course to bring home these medals for Team USA," explains Jacob. "There was an amazing comradery in Israel and a brotherhood among all the athletes. I met people from all over the world, made lifelong friends and was able to tour Israel throughout."

Now a collegiate swimmer at the University of Montevallo in Alabama, Jacob first made a splash as a young swimmer on Jacksonville's River City Swim League, but the 22-year-old says he did not find his passion in the pool until after high school.

"I fell back into swimming and started training to be a serious collegiate swimmer at 19. Once I made my college swim team, I worked extremely hard to be where I am today and qualify for the Maccabiah Games," says Jacob. "My training paid off. Aside from winning gold this summer - I am proud to now be the fastest freestyle swimmer at the University of Montevallo and among the top 200 fastest freestyle swimmers in the U.S."

Jacob says he will keep swimming through graduate school and continue his training to prepare for the 22nd Maccabiah Games in 2025. Next summer, Jacob hopes to travel back to Israel to train with Israeli National Swim Team.

DID YOU KNOW?

The Maccabiah is the world's largest Jewish athletic competition in tradition and values of Maccabi, emphasizing the centrality of the State of Israel in the life of the Jewish people. The Maccabiah takes place every four years in Israel and is the third largest sporting event in the world. Known as The Jewish Olympics, the Maccabiah Games are the Maccabi World Union's largest and most famous enterprise.

It's not too late to sign your young swimmers up for our School Year Makos Swim Team. This monthly program introduces competitive swimming and stroke refinement along with building endurance and stamina.

Oct 1 - Dec 29

Mon - Thu

Ages 5 - 10 | 5 - 6 pm

Ages 11 - 18 | 6 - 7 pm

Sun

Ages 5 - 18 | 3 - 4 pm



YOUTH MINI-TRIATHLON

Bring your swim gear, bikes, helmets and running shoes to our **Youth Mini-Triathlon**. Participants will compete in age-appropriate groups that include running a mile, biking a mile, then swimming distances according to their age group. Medals will be awarded for first, second place and participation in each age group. Athletes must arrive by 8:45 am on race day. The mini-triathlon will begin promptly at 9 am.

Sun, Oct 23 | 9 - 11 am

\$20 | Valued members only

Registration for the mini-triathlon is required by Oct 17.

If you have questions please email Dustin at dustin.rulien@cjajax.org or call (904) 730-2100 ext. 417.

FAMILY FUN FESTIVAL

Cheer on our triathletes then join us at our first-ever **JCA Family Fun Festival**. We have food and fun planned for all ages with games, music, face painting, a pumpkin drop and a cannonball contest!

Our Family Fun Festival is free for valued JCA members.

EVOLUTION of Tennis



By Aline Berkenbrock, Tennis Professional

THE 80s... An evolution of the tennis racquet is said to have occurred between 1982 and 1983 when professional players abandoned their wooden racquets in droves. The introduction of graphite racquets meant a much stronger but lighter racquet that wouldn't warp like wood. Before the 80s, a racquet might be 12 ounces or heavier. Today, racquets can weigh in at 9 ounces or less.

The change in material led to bigger racquets. However, since most professionals in the 1980s learned to play on wood, the change to an oversized racquet sometimes meant too much power to control. So, professional players mostly took to modest increases in size, which typically meant the racquet was in the low 80 square inches range.

THE 90s... Generally, new and different court surfaces dictated the speed of play during the 90s. Fast grass courts, medium-hard courts and slow clay courts saw the most play. In the mid-90s, Wimbledon reportedly attempted to slow the grass down to encourage longer rallies to take place allowing attacking players like Pete Sampras and Boris Becker to dominate the major tennis events. Additionally, baseline players began to dominate the French Open because tennis balls were much heavier than what we play with today.

THE 2000s... In the 2000s, power players started to assert dominance in tennis, mainly thanks to the change in racquet technology during this time. As technology made tennis racquets more compact and lightweight, top-performing players were able to generate even more power and speed. Thanks to this change, the Williams sisters, Serena and Venus, dominated on the women's side of the game.

INTO THE 21ST CENTURY... As the 21st century progressed, a Swiss player named Roger Federer won his first title in 2003 and baseline play started to take off. Soon, Rafael Nadal joined Federer at the top, then Novak Djokovic did - and their incredible rivalry continues to this day. The players high-energy style calls for a huge increase in fitness, which means there are now less serve and volley players on the courts. In fact, there is no doubt in my mind that tennis is now a more high-energy, skilled and technical sport than ever before.

Through the years, one thing has remained constant – that every great tennis player has a team of support behind them to monitor every aspect of their game. This high level of tennis is set to continue well into the future and promises to bring fans invigorated and exciting match play for many years to come.

Our JCA's Adult Tennis clinics are geared to A, B and C-level tennis players who are participating on our competitive teams. League play continues through April. We also have six-week tennis sessions like Tennis 101 and Cardio Tennis available through the fall. **Please email me for more details, aline.berkenbrock@jcjax.org.** I hope to see you on our Har-Tru clay courts this fall!

Our **Junior Tennis Clinics** are six-week sessions. For the beginning junior player, our quick start programs provide an overview and teach the fundamentals of tennis. Classes focus on proper swinging motions and the most effective way to handle a tennis racquet. All instruction is paced for younger players and supplemented with fun games and drills. **For more information on specific clinic dates, please contact me, (904) 730-2100 ext. 317.**

Junior Quick Start (Ages 7 - 10)

Tue | 4:30 - 5:30 pm

\$108 | Valued member \$72

Pee-wee Quick Start (Ages 4 - 6)

Wed | 4:15 - 5 pm

Thu | 4:30 - 5:15 pm

\$108 | Valued member \$72

Intermediate to advanced clinics focus on stroke production, consistency and match play. This strategy helps older players feel more comfortable during point play and matches.

High Performance (Ages 14 - 18)

Mon | 5 - 6 pm

\$135 | Valued member \$90

Green Dot (Ages 9 - 12)

Wed | 5 - 6 pm

\$108 | Valued member \$72



David A. Stein
Jewish Community Alliance
*on the Ed Parker Jewish
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8505 San Jose Boulevard
 Jacksonville, Florida 32217
 (904) 730-2100

jcjax.org



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 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.

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THANK YOU FOR VOTING US THE BEST IN JAX!