

JCC Spring Class Schedule

Dance Fever!

The JCC is beginning a new program of dance instruction for all ages, taught by Claudia Folts and David Heustess.

Ms. Folts has extensive educational credentials, having taught at five schools of dance, including Spirit Square, Charlotte School of Ballet and Raleigh Civic Ballet. Her experience extends from ballet mistress to wardrobe mistress. In addition, Ms. Folts has danced with Ruth Page's Chicago Ballet Company, the New York City Opera and the Baltimore Ballet. She has a substantial Charlotte following who eagerly await Ms. Folts' new class schedule.

Mr. Heustess is an instructor of dance at Charlotte's Community School of the Arts. He danced professionally with Dance Discovery and taught movement in Mecklenburg Public Schools. Mr. Heustess looks forward to teaching the Dancercise class for three and four-year-olds.

(See Dance Schedule on this page.)

Camp Maccabee

This summer, campers will have their choice of a variety of activities. Pre-school children will have their own special program, including swim lessons. Elementary school-aged children will be offered specialty camps as well as a general camp experience. Junior high school-aged youths will have the opportunity to join in the new JCC Travel Camp. A Counselor-in-Training will provide teenagers an educational and fun summer experience.

To accommodate the needs of working parents and vacationing families, five 2-week sessions will be offered from June 17 through August 23.

Meet Our Instructors

- Jim Chamberlin** - Jim works in the field of product engineering. For the past 10 years, he has been an avid cyclist. He is a past president of the Tarheel Cyclists (a local cycling club) and he custom-builds bicycle frames.
- Penny Eisenberg** - Penny is an active member of the "J" and one of our most popular cooking instructors. Her bread-baking class is always in demand. We are also pleased to offer another specialty of Penny's, a pasta class.
- Diannah Ellis** - Diannah is a consultant to Mecklenburg Mental Health Services. She has a BA from Winthrop College; MHDL from UNCC. Her background includes training in advanced growth and counseling.
- Fania Greenwood** - Fania is a native of France. She has a Bachelors in Home Economics. Prior to coming to the U.S. 11 years ago, Fania spent 3 years in Israel. She has taught French cooking for the past 10 years. Fania is currently teaching at the Charlotte Russe and Queens College.
- Lynn Lerner** - Lynn has been interested in needlepoint since childhood. She has been teaching for over 10 years. Lynn travels to Atlanta and New York to purchase the beautiful items that she makes available to you. All proceeds go to charity.
- Schley Lyons** - Schley is an Associate Dean of UNCC's College of Arts and Science, and a former chair of the Department of Political Science. He is well known to the Charlotte community as a political commentator and analyst.
- Carol Shafrank** - Carol attended Virginia Commonwealth and graduated from Mass. College of Art with a degree in weaving and soft art. Her creativity includes taking simple materials and creating a beautiful piece of art. Carol's work has been on display in a number of east coast cities and is available to purchase locally.

Why STEP?

Parents are constantly exposed to advice, some unsolicited, on how to raise their children. Pediatricians give it and so do relatives, friends, neighbors, magazine writers and newspaper columnists.

To replace this barrage of often conflicting information, STEP (Systematic Training for Effective Parenting) offers parents a practical alternative to meet the challenges of raising children today.

STEP is intended for group use because the program's authors have found study groups an especially effective method for parent education.

In a group, parents provide encouragement for each other. They share concerns and soon learn that their problems are not unique. Through discussions, they become aware that their own reactions and attitudes may have influenced their children's unacceptable

behaviors.

More specifically, STEP helps parents learn effective ways to relate to their children. By clarifying the purposes of children's behavior, STEP also helps parents learn how not to reinforce their children's unacceptable behaviors and how to encourage cooperative behavior.

Through STEP, parents discover something else of great value: that they are not necessarily the cause of difficulties with their children. When this burden of guilt is removed, parents are freed to function more effectively.

The Charlotte Drug Education Center will facilitate a STEP group Thursday evenings, March 7 through April 25. Call Irene Komor at the JCC, 366-0357, or Helen Harrill at the CDEC, 336-3211, for more information.

Jewish Camping

By Irene Komor

In early January, the Jewish Community Center generously sponsored my trip to the National Conference on Jewish Camping at Grossinger's resort in upstate New York.

It was well worth the expense. From Sunday night's opening session by Dr. Sol Gordon, Director of the Institute for Family Research and Education at Syracuse University, to Thursday's camp directors' discussion of Day Camp budgets, I found the conference challenging and educational. Now I know how much I have to learn!

Workshops I attended included: Games and Programs for All Occasions; A Practical Guide for Teen Travel; Camping Staff Training and Motivation; as well as a cultural arts showcase of storytelling, danc-

ing and puppetry. In addition, Jewish camp directors had the opportunity to participate in a Limud, or Torah study session, led by Dr. Judith Hauptman, Professor at Jewish Theological Seminary. I found the session enlightening; listening to Dr. Hauptman encouraged me to investigate how we can best introduce a significant amount of Jewish content into our 1985 summer program. I am still exploring alternatives.

All the experienced professionals were more than willing to share their knowledge and questions with each other. Their enthusiasm and serious attention to detail left me overwhelmed and overjoyed. I feel ready for Camp Maccabee 1985, and look forward to sharing my new knowledge with the camp staff, you and your children.

Dance Schedule

March 18 - May 16

Day	Time	Age	Class	Cost*
Mon. - Thurs.	11 a.m. - Noon	Teen - Adult	Aerobics	\$5.50M/\$7NM
Monday	3:00-4:00 p.m.	5 - 7 years	Pre-ballet	\$5M/\$6NM
	4:00-5:30 p.m.	12 & older	Ballet III	\$6.50M/\$8NM
Tuesday	2:30-3:30 p.m.	3 - 4 years	Dancerise	\$5M/\$6NM
	4:00-5:00 p.m.	8 - 12 years	Ballet I	\$5M/\$6NM
Wednesday	4:00-5:30 p.m.	12 & older	Ballet III	\$6.50M/\$8NM
	7:30-8:30 p.m.	Teen - Adult	Adult Beg.	\$5.50M/\$7NM
Thursday	4:00-5:00 p.m.	10 - 14 years	Ballet II	\$5.50M/\$7NM

Class Descriptions

- Dancercise:** Creative movement for pre-schoolers, including getting acquainted with the body, telling a story with dance and music games. D. Heustess
- Pre-Ballet:** Creative movement for children: fundamentals of listening and responding creatively to music. A mixture of mime musicality and beginning dance. C. Folts
- Ballet I:** A children's beginning ballet class. C. Folts
- Ballet II:** Intermediate class for children. C. Folts
- Ballet III:** An advanced 1½ hour class. Students must be over 12-years-old or have permission from the instructor. C. Folts
- Adult Beg.:** Fundamentals of ballet, through a movement-oriented technique. C. Folts
- Aerobics:** Designed to firm up the muscles and strengthen the cardio-vascular system. C. Folts.

All classes at Temple Beth El.

***Cost** is per class.

