

A Month of Celebrating Tomorrow's Leaders

By Bunny Bramson, president, Charlotte Chapter of Hadassah

November corresponds to the Hebrew month of Cheshvan, commonly called "Mar Cheshvan." The Hebrew word "mar" means bitter or disappointing. Mar Cheshvan contains no Jewish holidays, which, in the wake of the festive, holiday-filled month of Tishrei, can feel like a letdown. In Israel, Mar Cheshvan is thought of as a time when, in place of special occasions and celebrations, Israelis return to their regular, everyday life and routines.



Bunny Bramson

Mar Cheshvan is also the time when a thousand Young Judaea campers begin eagerly looking forward to the summer, and when participants of the Young Judaea Year Course Program buckle down to their own daily routines of studying and volunteering in Israel. These students—who have chosen to postpone college and experience living in Israel for a year—have completed their initial weeks of orienting themselves in Israel, and are settling into their study/work routines that will con-

tinue for the nine months ahead. These nine months will be broken down into three semesters—one spent in the Negev, one in Bat Yam, and one in Jerusalem—each filled with intensive Hebrew and academic study, community volunteering, local field trips, and numerous cultural and social activities.

And while it may seem like just another year, it actually marks the beginning of so much more. Research studies have shown that participation in long-term programs in Israel, like Young Judaea's Year Course, is the most effective tool for shaping the next generation of Jewish leaders and for cultivating Jewish awareness and a sense of Jewish and Zionist identity.

This year, Young Judaea celebrates its 100th Anniversary. Over the last 100 years, Young Judaea has brought together thousands of Jewish youth from across the country and around the world

through its Year Course and other programs in the U.S. and Israel. This month, as you settle into your own daily routine, think of the Young Judaeans in Israel. Sure, they will be enjoying themselves and falling into their own day-to-day patterns and regularities. But

they will also be embarking on a path to becoming the next generation of strong Jewish leaders who are empowered to truly make a difference in their communities, and in the world. This month, that alone is reason enough to celebrate. ☆



The Levine JCC Welcomes Group Exercise Staff

The Levine JCC invites you to visit the David Silverman Fitness Center to meet our new Group Exercise staff. Lyn Ady, Group Exercise Coordinator, joins the J with over ten years of experience in the fitness industry. Most recently, as the Group Exercise Coordinator for the Cornwall Center (Myers Park Baptist Church), Lyn was responsible for the development, coordination and scheduling of an extensive array of group exercise classes and programs. Additionally, Lyn is a certified instructor in Zumba®, athletic conditioning, kick boxing and more.

Jenna Bertram, Assistant Group Exercise Coordinator, has a Bachelors of Science in Kinesiology and joins us following her internship as an Assistant Fitness Coordinator at Penn State University. Jenna's responsibilities included the creation, execution and monitoring of the University's Fitness Center and

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Jenna Bertram, Assistant Group Exercise Coordinator (left) and Lyn Ady, Group Exercise Coordinator (right)

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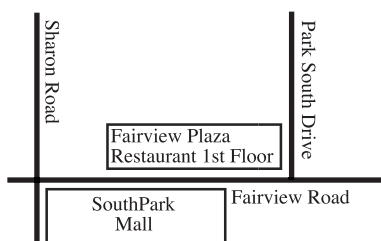
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