

The Jewish Community News

February 2024



2310 Oneida St., Utica, NY 13501 • Phone (315) 733-2343 • Fax (315) 733-2346 • www.jccutica.net

Upcoming Events

Jewish Short Stories

Monday
Feb 12
12:30 p.m.
J.C.C. library

Dinner and a Movie Night

Tuesday
Feb. 13
6 p.m.
J.C.C. library

Board Meeting

Thursday
Feb. 15
7:15 p.m.
J.C.C. library

Book Rap

Monday
Feb. 19
11 a.m.
J.C.C. library and ZOOM

Burton Basketball Camp

Monday - Thursday
Feb. 19 - 22
9 a.m. - 1 p.m.
J.C.C. gymnasium

Preschool Closings

Monday - Friday
Feb. 19 - 23
Winter Break

Yiddish Stories With Lunch Return on Feb. 12

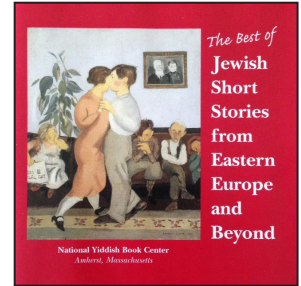
Join us for "Jewish Short Stories from Eastern Europe and Beyond" on Monday, Feb. 12, at 12:30 p.m. in the J.C.C. library. Bring a dairy bag lunch. Coffee and dessert will be available.

Written in English or translated from Yiddish, Hebrew or Russian,

these stories come to life in recordings made by leading actors such as Rhea Perlman, Claire Bloom, Carol Kane and Elliott Gould. Each story reflects the wide range of secular, religious, political and cultural experiences of immigrant Jews of Eastern Europe.

Admission is \$5.

Reservations are due by Friday, Feb. 9. Please call 315-733-2343.



Dark Comedy Plays in Feb. 13 Dinner-Movie Night

Dinner and a movie night begins on Tuesday, Feb. 13, at 6 p.m. with Pizza Classic fare: eggplant parmigiana and salad, plus fruit, beverages and dessert. After dinner, watch "My Best Enemy."



In this dark, subtitled World War II comedy, Victor Kaufmann, son of a wealthy Jewish couple who own an art gallery, tells his best friend, Rudi, a well-kept family secret:

the Kaufmanns possess a drawing by Michelangelo that was believed lost. To survive, Victor changes places with his Nazi friend.

Admission to dinner and a movie is \$15 for center members and \$20 for nonmembers. Reservations are due by Friday, Feb. 9. Please call the center at 315-733-2343, or e-mail Lindsay@jccutica.net. No-shows who do not cancel reservations will be billed.

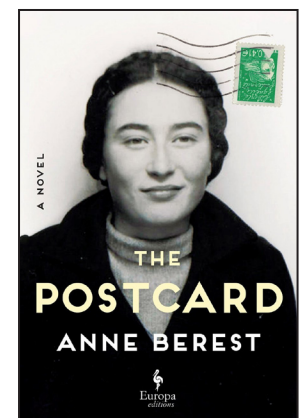
Book Rap Discusses Berest's Novel on Feb. 19

Book Rap will meet on Monday, Feb. 19, at 11 a.m. in the J.C.C. library and on Zoom. We will discuss Anne Berest's novel "The Postcard."

This novel is a vivid portrait of 20th century Parisian intellectual and artistic life. It's an enthralling investigation into family secrets and a poignant tale

of a Jewish family devastated by the Holocaust but partly restored through the power of storytelling.

This book is available in local libraries and in hardcover. Readers are welcome to attend monthly book discussions. Admission is free for center members and \$5 per discussion for nonmembers.



UJA:
MAKING
JEWISH COMMUNITY
HAPPEN

**THE HELEN AND LEON SPERLING
HOLOCAUST EDUCATION
ESSAY CONTEST**

Dear Educator,

January 27th of this year marked the 79th anniversary of the liberation of Auschwitz, the most infamous of the Nazi concentration camps established during the Holocaust. For over 40 years, Helen Sperling, a well-known member of our local community, spoke at many of the schools in our area about her personal experiences in that dark chapter from our human history. Helen taught thousands of students the important lessons to be learned from the Holocaust, urging her young audience members not to countenance evil or stand by indifferently when they saw others being treated with inhumanity. In an effort to keep Helen's memory alive and to help carry on her vital work, the Helen and Leon Sperling Holocaust Memorial Committee would like to invite your students to take part in an essay contest. Cash awards will be given for the first (\$108), second (\$72), and third place (\$54) entries in two age groups, grades 6-8 and 9-12. In keeping with Jewish tradition, the cash prizes will be in increments of 18, the number representing the Hebrew word **chai**, which stands for "life, alive, or living."

More information about the contest and guidelines for students can be found in the attached sheet.

Also a link can be found at OHM BOCES for a video.

HELEN SPERLING PRESENTATION (DM32149)

Digital Media, 9-12, 29:02, OHM BOCES, 2016

We look forward to your students' participation in our essay contest as we strive to carry on the mission and legacy of a very special woman.

If you have any questions, please address them to Marsha Silverman at the following number:

(315) 725-7787 or email at Beauboxer@aol.com

**THE HELEN AND LEON SPERLING
HOLOCAUST EDUCATION
ESSAY CONTEST**

The lessons of history are many. How to better view the present and to react with understanding, foresight and courage is important.

Choose **one** of these topics for your essay:

1-How do events of the Holocaust have meaning in our current time of increasing anti-Semitic events occurring in the United States?

2-How has your personal life been affected by the study of the Holocaust?

Guidelines:

- This essay contest is open to students in two categories.
 - Grades 6-8 and 9-12.
- **Submit a PDF approximately three pages**
Using 12pt. Times New Roman font double-spaced.
- Cite your references and sources since plagiarism will disqualify essays.
- Grammar, punctuation and spelling will be taken into consideration.

Entry forms are available on the following websites:

JCCUTICA.net TBEUTICA.org TEMPLEEMANUEL-UTICA.org

- Submit completed application and essay to: **Beaboxer@aol.com**
- **Deadline for submission is April 19, 2024**

Cash prizes will be awarded.

The first-place essay will be published in the program for
The Annual Helen and Leon Sperling Holocaust Memorial Lecture

May 9, 2024
Jewish Community Center
2310 Oneida St. Utica NY 13501

**SPONSORED BY THE HELEN AND LEON SPERLING
HOLOCAUST MEMORIAL COMMITTEE**

Helen and Leon Sperling Holocaust Education Essay Contest Entry Form

Student Name: _____

Telephone number: _____

Email address: _____

Sponsoring teacher: _____

Email address: _____

School name: _____

Telephone number: _____

Submit completed application and essay to: Beauboxer@aol.com
Deadline for submission is April 19, 2024



A Tribute to Arlene and Harry Stein *submitted by Sherry Cooperman*

Perhaps some of you already knew about the passing of Arlene Stein of Tamarac, Florida on September 2, 2023. She had been predeceased by her dear husband, love of her life and musical partner, Harry Stein. They were my cousins. Many looked forward years ago to their visits to Utica, where Arlene was born and raised. She was the daughter of Moe and Mae Cohen, who opened Erwin's Home Interiors in 1944 on Columbia Street in downtown Utica.

Arlene was so proud of her ancestors, including her parents, who came with their families to the United States from Russia and Poland in the early 1900's. She had such a happy childhood in their home on Leslie Avenue in Utica with her parents and brothers. She graduated from John F. Hughes School and Utica

Free Academy and was quite musically gifted. Arlene studied piano with Professor Cecil Davis, a well-known Utica piano teacher and performance artist, who prepared her so well as she continued her studies at the Eastman School of Music in Rochester, NY. She later became a music educator, as well as vocalist and piano accompanist.

It was in Rochester that Arlene met her beloved Harry, who had a beautiful tenor voice. Together they made the wonderful music which we had the privilege of hearing each year. They gave concerts at our Jewish Community Center, the Utica Public Library and other venues in Utica, Rochester and Florida.

Arlene was also an author. She published several

books about her family, who meant everything to her, and about life in Utica during the 1940's through the 1970's. She took much pride and joy in her Jewish roots and heritage. The family was very involved in Jewish life in Utica and Florida.

I just wanted to pay tribute to this special couple. They will be missed.



J.C.C. Security Appreciation



If you've been at the J.C.C. during the day the past few months, you've probably noticed an SPO officer on duty. This brings another layer of security to our building and our preschool.

We want to acknowledge and thank these officers for being

here and making us feel safe every day we walk into the J.C.C.



MID WINTER BREAK 4-DAY BBALL CAMP

FEB. 19TH - 22ND
9AM - 1PM @ JCC

CO-ED GRADES K-12
(SPLIT UP BY GRADES)

REGISTER @
BURTONBASKETBALL.COM

INSTRUCTORS:

**SEAN
BURTON**

**JOSH
GREGORY**

**MATT
SPROWELL**



**** DAILY SNACK PROVIDED!**



J.C.C. Preschool Registration 2024 – 2025



The Jewish Community Center Preschool registration for the 2024 – 25 school year began Monday, Jan. 15, for all J.C.C. members. Registration forms were put in cubbies for all preschoolers. Registration forms for members will only be accepted along with the \$100 registration fee. Placement is on a first-come, first-served basis, so please return your form and payment early to ensure your child's spot. Beginning on Monday, Feb. 12, registration will open to the public. Nonmembers can email lindsay@jccutica.net to receive a registration form and be put on a waiting list. No deposit is required until we know we can place you.



Call Lynne at (315) 733-2345 for more information.

Pickleball at the J.C.C.!



When: Mondays, 5:30 - 7:30 p.m. and Thursdays, 5:30 - 7:30 p.m.
Sundays, 8 - 10 a.m.

Cost: **Nonmembers:** \$6 per person, per session
Members: \$4 per person, per session

Beginner Classes: **Mondays, 2:30 - 4:30 p.m., \$6/person**
Fridays, 2:30 - 4 p.m., \$5/person

Where: J.C.C. Gymnasium ♦ **Who:** 18 and over
**All equipment provided!



For more information, call (315) 733-2343,
or e-mail David at dmeislin@aol.com

Did You Know??? Space at the J.C.C. is available for rent!

Host your next event, party, child's birthday party or fundraiser at the J.C.C.

Our air-conditioned gymnasium, auditorium, library and lobby are all available for your next function.

Contact Lindsay in the main office at (315) 733-2343 or Lindsay@jccutica.net for availability and rental rates.

Also, check our website at www.jccutica.net/facility-rental



Maintaining Heart Health with Sitrin

According to the Centers for Disease Control and Prevention (CDC), heart disease is the leading cause of death in the United States. With February being American Heart Month, it is an especially important time to focus on cardiovascular health.

“The statistics are real,” Dr. Philip Fess, physical therapist at Sitrin, said. “By maintaining a prescribed cardiovascular therapy program, individuals can decrease their risk of heart failure and other chronic diseases.”

Many individuals think of physical therapy for sports injuries or recovering from surgeries. As a result, they are unaware of the role physical therapy plays in maintaining a healthy heart.

At Sitrin, Fess treats a variety of cardiovascular and cardiopulmonary issues. During a patient’s first visit, a formal cardiovascular evaluation is conducted which may include a detailed interview of any past medical history, medicine list, cardiopulmonary function tests, primary functional complaints, and personal goals. In addition, a physical examination

will include range of motion and strength measurements, cardiac and pulmonary baseline vitals, and cardiopulmonary function testing. The goal of these tests is to establish a safe baseline of aerobic capacity, all the while monitoring pulse rate, oxygen saturation, and perceived shortness of breath and exertion.

After the evaluation is complete, Fess will create an individualized therapy program that may include breathing techniques and principles, aerobic exercises and weight resistance training for upper and lower body. The frequency and type of exercise will focus on achieving each patient’s personal goals and ensuring competency with exercise execution. The goal of the program is to promote lifelong health, wellness and cardiopulmonary disease management. Depending on the individual, this can help delay progression of an already existing disease or prevent cardiopulmonary disease in the first place.

Fess suggests adults achieve the recommended 150 minutes per week of moderate to intense aerobic activity or 75 minutes per week of vigorous aerobic activity.

Sitrin offers a variety of therapy options both on land and in water. Treatment plans may include the use of Sitrin’s gym equipment such as the treadmill,

elliptical or recumbent bike. In addition, the heated therapy pools are another great option for those looking for low-impact exercises.

A physician referral is required for appointments. For more information or to schedule an appointment, call (315) 737-2246. Pictured is Philip Fess, PT, DPT,



CSCS. Fess provides treatment for a variety of cardiovascular and cardiopulmonary conditions at Sitrin.

ABOUT SITRIN: Sitrin, a not-for-profit corporation, provides a variety of services for people of all ages and abilities, including comprehensive medical rehabilitation (inpatient and outpatient), long-term care, assisted living and enriched housing (Cedarbook), NeuroCare, residential care for people with intellectual disabilities and medically complex conditions, medical and social model adult day program, military program, adaptive sports, (STARS Program), a Wellness and Aquatic Center, orthopedic injury program, concussion management, child care, and dental clinic.

Stay Heart Healthy

— with Sitrin PT

Treating a variety of cardiovascular and cardiopulmonary conditions including:

<input type="checkbox"/> COPD	<input type="checkbox"/> Congestive Heart Failure
<input type="checkbox"/> Emphysema	<input type="checkbox"/> Chronic Bronchitis
<input type="checkbox"/> Cystic Fibrosis	

A physician referral is required for physical therapy appointments with Philip Fess, PT, DPT, CSCS.

For more information, call (315) 737-2246.

SITRIN
The Help. The Hope. The Healing.

2050 Tilden Avenue, New Hartford • www.Sitrin.com

EOE/AA

The newsletter of the Jewish Community Federation of the Mohawk Valley is published monthly by the Jewish Community Federation of the Mohawk Valley
 2310 Oneida St., Utica, NY 13501 • (315) 733-2343 • www.jccutica.net

Newsletter

The Jewish Community
Federation of the Mohawk
Valley
2310 Oneida St.
Utica, NY 13501

Phone: (315) 733-2343
Fax: (315) 733-2346

Non Profit
Organization U.S.
Postage
PAID Permit #852
Utica, NY

We're on the Web
www.jccutica.net



Going away for the winter?? Let us know!!
We can update your address!



Executive Director:
Victor Pearlman

Office Hours:
Monday - Friday
10 a.m. - 2 p.m.