

Boogie & Splash - Family Fun Day at Camp Hilbert!

Come join us Sunday, June 7 from 11:00 a.m. to 3:00 p.m. for live music, field games and pool games for both kids and adults, inflatables, volleyball, sno-cones, popcorn and canoeing on Lake Rosalie! Food is available for purchase or bring your own picnic. This event is free and open to the community.

Hillel Wins Award

Virginia Commonwealth University honored our own local Hillel chapter with the Spiritual Student Organization of the Year award. Along with the recognition Hillel will receive \$100 towards continuing their mission of excellence at VCU.

In addition, some of the students took home some fantastic awards:

- Our chapter of AEPi (a Jewish boys fraternity) took home Highest GPA
- Our chapter of AEPi (a predominantly Jewish Sorority) took home Best Chapter Management
- The presidents of both received presidents of the year recognition
- Julie Bunson the president of AEPi took home Sorority President of the Year
- One of our most active Hillel students, Jessica Robertson, also an AEPi member took home Sorority Woman of the Year

There are roughly 340 student organizations at VCU and we are thrilled to have so many Greek/spiritually active, incredibly motivated, and amazingly talented students in our organization! Mazel tov to them all and to Hillel of Richmond, VCU Hillel for the honors!!

Camp Hilbert Scout Arrives in June; Israel Scouts Caravan Community Performance Thursday, June 25.

Every summer since 1975, the Israel Scouts Friendship Caravan (Tzofim) has come to Richmond, bringing a taste of Israeli culture through song and dance that the whole family can enjoy. Richmond is one of the original cities to host the Israel Scouts and have been hosting long enough to see the second generation of Host Families who are willing to house the teenagers. It is such a life-changing experience to host the teens that there is a waiting list to have these vibrant and talented Israeli teenagers stay in your home.

This summer, the Israel Scouts will arrive Tuesday June 23 and will be with us through Sunday. They will perform for the entire community at the Weinstein JCC on Thursday evening, June 25th at 7pm. The Israeli Café will open at 5:30 for dinner before the performance.

The Caravan will also visit with and in some cases perform at Beth Sholom, 5400 Men's Club (together with Women's Room, Grand Group and Grand Tones), Camp Ganim, Camp Hilbert and possibly other organizations in the community.

In addition to the Israel Scouts, Richmond will host our "Camp Scout" Tamar Mazursky, who will spend the summer as Israeli Life Specialist at Camp Hilbert. In a short time, this young Israeli will become a part of the Richmond Jewish community forever as she, like others before her, will become friends with other teens and their families for life. The Camp Hilbert experience is greatly enriched by having an Israeli Scout involved.

Special Thanks to the Israel Scouts Chair, Gary Weiner, and his committee: Beth Weiner, Ellen Renee Adams and Ronnie Hecht.

Anyone wishing to house the Camp Hilbert Scout for one week may call Ronnie Hecht at 527-1171. To house Caravan members for a few days, please call Ellen Renee Adams at 740-2350. For more information contact KB Levin 804-545-8657

Infants and Toddlers can learn to sign!

The Weinstein JCC is offering a new class, Sign, Say & Play™ this summer for babies 6-36 months. Learn how to use the Baby Signs® Program to talk with your hearing baby before your baby can talk! This fun class meets for six weeks on Mondays, June 8 through July 13, 2009 from 4:30 PM to 5:15 PM. The fee (handouts included) is \$90M/\$115NM. Register in person or online at our website, weinsteinjcc.org.

Sign, Say & Play™ is taught by Nicole Harris, an Independent Certified Baby Signs® Instructor since 2006. Nicole leads the group in fun games, songs, and themed activities that highlight important developmental skills. Families registered in the class, have the option to purchase the large At-home kit (\$65 value) at a \$15 off discount that includes a DVD, board books, CD of songs from class, and more great products to help your baby learn the signs introduced in class. The kit is not required for participation in the class.

Nicole began signing with her daughter, Rachel, after attending a Baby Signs® Parent Workshop in the Richmond area. As a former 1st grade teacher and Reading Specialist, she was thrilled to see the early literacy and language benefits that sign language can bring to babies. After seeing the tremendous benefits that the Baby Signs® Program provided her family, as well as learning about the extensive research, she was excited to begin teaching other parents and babies about the Baby Signs® Program.

Nicole also offers a Baby Signs® Potty Party (\$10 per family) on Wednesday, June 3, 2009 from 12:00-1:00pm. The \$10 fee can be applied to the purchase of the optional Potty Training Kit. Contact Nicole at 804-539-9542 or see pottytrainingwithbabysigns.com for more information.

Learn more about Baby Signs® with Nicole at babysignrichmond.com

2009 NPA Ms. Virginia Bodybuilding Champion hails from Weinstein JCC Fitness Center

The cheering was loud this year at Virginia State University, where the 2009 NPA Mr. /Ms. Virginia bodybuilding championships were held. The event, sponsored by the Natural Physique Association (NPA), included men's and women's events in a number of age and weight categories. Hannah Cohen, fulfilling a two year dream, entered two of these bodybuilding competitions.

For Hannah, it began two years ago on a family cruise celebrating her 60th birthday. It was then that she decided that she should shed 25 lbs off her 5'2" frame. The success of her weight loss program was in large part due to a rigorous exercise routine. To help her with her exercises, she hired Karen Romer a Weinstein JCC Personal Trainer. Her dedication and development led Karen to suggest that Hannah consider bodybuilding (Karen was already a champion bodybuilder for the past 19 years). Hannah was encouraged enough to embark on an even more rigorous training program. Eventually she reached a point where she decided to have a go at an actual competition. In addition to requiring mandatory poses, the competition includes a dance routine to emphasize and show off specific muscle groups. Fortunately, she was able to enlist Lindsey Lowe, her Zumba Class instructor at the Weinstein JCC, to help her develop a professionally choreographed dance routine. "[She] put so much dedication and so much of herself into it," Lindsey said "and it showed on stage."

On the day of the show, she learned that, while there were many women competing in the Figure contests, she was the only registered contestant for any of the Women's Bodybuilding events. This was Hannah's first contest and she had no idea what to expect. Though she came prepared to compete, with no other contestants, she was assured of winning every event that she entered. Nevertheless, the judges required her to go through all of the prejudging, mandatory posing, and her dance routine at the final contest showing.

By the end of the contest she collected five trophies and is now the reigning NPA Ms. Virginia Bodybuilding Champion. "Without the Weinstein JCC none of this would have been possible," an excited Hannah exclaimed, "A great training center with great equipment and the encouragement and help from all of the staff was instrumental in keeping my enthusiasm going. Check out the Weinstein JCC Fitness Center, I'll be there."