


APRIL BIRTHDAYS

When I was growing up in New York, the forsythias used to always bloom on my birthday, which is April 8. That's nice, but the weeping cherry trees used to always bloom on my sister's birthday, which is April 21, and I was jealous because I used to think they were much more beautiful. With two birthdays in April, Passover almost inevitably fell on one of our birthdays. That meant one of us had to have an ice cream cake. I always prayed it didn't fall on my birthday because I prefer a traditional chocolate cake. I'm not sure my sister cared about her cake, but having a

birthday on Passover is never great. Despite all of this, I still think April is the best month for a birthday. Spring has just started and the flowers are blooming. The temperature is usually great – warming up, but not too hot yet, and there seems to be a sense of ease in the air. Perhaps that is because summer suddenly feels within reach. Maybe everyone feels this way about their birthday month. All I know is that I think April is awesome!

Remember to live, love, laugh and enjoy!

Leshel



Israeli Foods

Art Market

Israeli Jazz Band

64 ISRAEL INDEPENDENCE Day

THE SOUND AND TASTE OF TEL AVIV

Thursday, April 25, 5:45 PM, Uptown JCC - Free and open to the public

Free Food • Israeli Jazz Band From Rosh Ha'eyin • Art Market

RSVP by date listed for each event to Rachel Ruth at 504.897.0143 or rachel@nojcc.org unless otherwise stated.

MARVELOUS MONDAYS

Exercise Class

Mondays, Tuesdays and Thursdays
10:30 - 11:30 AM, \$2.00

This class is designed for seniors at all levels and abilities. Either exercise from a chair or standing, according to your comfort level. This class involves stretching and strength training. Wear comfortable clothes and closed shoes. Check with your doctor before starting any exercise program.

Movie Day with Hillel: *Herb and Dorothy*

Monday, April 2
12:00 - 2:00 PM, no charge

This movie has been rescheduled from March 26.

Chronicling the story of unlikely art collectors



Herb Vogel and Dorothy Vogel, filmmaker Megumi Sasaki demonstrates that it's not necessary to be wealthy in order to build a significant collection in this fascinating documentary. A postal clerk and a librarian, the Vogels share a passion for art, which they pursued over decades, becoming two of

the most important collectors of minimalist and conceptual art with more than 4,000 pieces. The Students from Hillel will lead a discussion on this poignant story. Movie snacks will be served.

RSVP by Friday, March 30.

Piatigorsky Foundation Concert starring pianist Doris Stevenson

Monday, April 23

12:00 - 1:30 PM

\$3 member/\$5 non member

We are fortunate enough to have the Piatigorsky Foundation return to New Orleans with another wonderful concert. This show will feature solo pianist Doris Stevenson. Stevenson has won lavish praise from critics and public alike in performances around the world. She has soloed with the Boston Pops, played at Carnegie Hall and Alice Tully Hall in New York, the Kennedy Center in Washington D.C., Salle Pleyel in Paris and Suntory Hall in Tokyo. Her acute sensitivity and profound musicality have made her a sought-after partner with some of the leading lights in string playing. Finger sandwiches will be served. **RSVP by Thursday, April 19.**



TREMENDOUS TUESDAYS

Games Day

Every Tuesday of the month

11:30 AM - 3:00 PM

Bring your lunch on Tuesdays and stay for Games Day after the exercise class finishes. Rummikub is going strong. Let's get a Bridge game going as well. We have a few people interested already. Call me if you are interested in Bridge. Coffee and desserts are provided. Come out and spend the afternoon with your friends.

Mah Jongg in Metairie

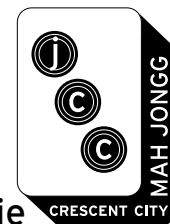
Every Tuesday of the month

11:00 AM - 4:00 PM, \$2.00

Goldring-Woldenberg JCC-Metairie

Bring your game and enjoy the afternoon. Debbie is happy to teach you how to play if you want to learn. Coffee and desserts are provided. Come out and spend the afternoon with your friends.

For more information, or to RSVP, contact Debbie Pesses at 504.887.5158 or debbie@nojcc.org.



TERRIFIC THURSDAYS

Lunch & Learn With the Rabbi

Thursday, April 5

12:00 - 1:30 PM, \$3 member/\$5 non member

Rabbi Linden from Shir Chadash will lead an interesting discussion on a topic close to his heart. Join your friends for a stimulating afternoon discussion. A light lunch will be served.

RSVP by Monday, April 2.

Lunch at Kosher Cajun

3520 North Hullen

Thursday, April 12

12:00 - 1:30 PM, lunch is on you

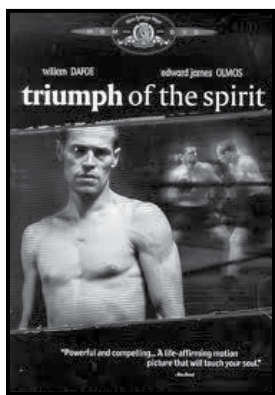
Join your friends for a fun, delicious, kosher for Passover lunch at Kosher Cajun.

RSVP by Monday, April 9.

Movie Day: *Triumph of the Spirit*

Thursday, April 19

12:00 - 2:00 PM, no charge



In honor of Yom Hashoah, we will show a movie about the Holocaust. In this movie, Willem Dafoe fights the battle of his life as Salamo, a Greek Jew (and former champion boxer) who's incarcerated in Auschwitz by the Nazis and must defeat all comers in

weekly boxing exhibitions. If he doesn't, he faces the gas chamber. Based on a true story, *Triumph of the Spirit* recounts one man's fight to stay alive against almost insurmountable odds.

RSVP by Monday, April 16.

Simcha Lunch

Thursday, April 26

12:00 - 2:00 PM

\$10 member/\$12 non member

We are very lucky to have the Rosh Ha'Ayin Jazz Band perform for us at this month's luncheon. Rosh HaAyin is New Orleans' sister city in Israel. The jazz band will be playing all over the city on their visit here. This is sure to be a great concert. Join your friends for a delicious meal and an exciting program. **RSVP by Monday, April 23.**

RACHEL'S RECIPE CORNER

AVOCADO-STRAWBERRY SALAD WITH ORANGE VINAIGRETTE

(Gourmet, August 2009)

- 2 navel oranges
- 1 pint Louisiana strawberries, quartered
- 2 Haas avocados, halved, pitted, peeled, and cut into 1/2 -inch pieces
- 1 tablespoon plus 1 teaspoon fresh lime juice, in all
- 2 tablespoons extra-virgin olive oil
- Salt and freshly ground pepper to taste
- 6 cups baby arugula
- 4 ounces mild goat cheese, crumbled

Cut and peel all white pith from oranges. Working over a bowl, cut segments free from membranes. Reserve any juice in another bowl, squeezing membranes for more juice.

In another bowl, gently toss together orange segments, strawberries, avocados, and 1 teaspoon lime juice.

To bowl holding reserved orange juice, add oil, remaining lime juice, salt, and pepper. Add arugula, toss, and divide among 6 plates. Top with avocado-strawberry mixture and sprinkle with cheese.

5772
2012

April

nisan
iyar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1 ^{9 nisan}	2 Exercise 10:30-11:30 Movie Day with Hillel 12:00 - 2:00 <i>RSVP by March 30</i>	3 Exercise 10:30-11:30 Mah Jongg in Metairie 11:00-4:00 Games Day 11:30-3:00	4 ^{12 nisan}
8 ^{16 nisan} EASTER PASSOVER	9 ^{17 nisan} Exercise 10:30-11:30 INTERMEDIATE DAY	10 Exercise 10:30-11:30 Mah Jongg in Metairie 11:00-4:00 Games Day 11:30-3:00	11 ^{19 nisan} INTERMEDIATE DAY
15 ^{23 nisan}	16 ^{24 nisan} Exercise 10:30-11:30	17 Exercise 10:30-11:30 Mah Jongg in Metairie 11:00-4:00 Games Day 11:30-3:00	18 ^{26 nisan}
22 ^{30 nisan} Yom Hashoah 7:00 ROSH CHODESH	23 Exercise 10:30-11:30 Piatigorsky Concert 12:00 - 1:30 <i>RSVP by April 19</i>	24 Exercise 10:30-11:30 Mah Jongg in Metairie 11:00-4:00 Games Day 11:30-3:00	25 ^{3 iyar} Israel Independence Day Celebration 5:45 Uptown
29 ^{7 iyar}	30 ^{8 iyar} Exercise 10:30-11:30		









Cabs are available for all Southern Rims events, both to the Uptown Center and the Metairie Center for \$4 round trip, courtesy of the Krieger Senior Citizens Transportation Fund. This service is for JCC Members Only.

All cabs must be reserved through Rachel Ruth the day before to ensure proper pickup.

Thank you to the Krieger Family for their wonderful generosity!

We would like to thank the following donors who have contributed to the Krieger Senior Transportation Fund:

*In memory of Alfred Rapoport
Kay and Mel Resnick*

THURSDAY	FRIDAY	SATURDAY
5 <small>13 nisan</small> Exercise 10:30-11:30 Lunch & Learn 12:00 - 1:30 <i>RSVP by April 2</i>	6 <small>14 nisan</small> FIRST SEDER 	7 <small>15 nisan</small> PASSOVER 
12 <small>Exercise</small> 10:30-11:30 Lunch at Kosher Cajun 12:00 - 1:30 <i>RSVP by April 9</i>	13 <small>21 nisan</small> PASSOVER 	14 <small>22 nisan</small> PASSOVER  <i>Yizkor</i>
19 <small>Exercise</small> 10:30-11:30 Movie Day 12:00 - 2:00 <i>RSVP by April 16</i>	20 <small>28 nisan</small> 	21 <small>29 nisan</small> Shemini 
26 <small>Exercise</small> 10:30-11:30 Simcha Lunch 12:00 - 2:00 <i>RSVP by April 23</i>	27 <small>5 iyar</small> 	28 <small>6 iyar</small> Tazria-Metzora 
MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MAY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

SOLUTION TO PUZZLE
(Puzzle on page 7)

E	D	E	N	E	D	E	D	S	P	E	E	S	E	V	A	S	E
G	O	L	O	G	S	E	N	O	R	S	E	N	I	E	D	T	I
R	L	U	R	B	L	O	N	O	T	I	O	N	S	S	A	B	S
I	C	H	I	A	C	H	I	S	S	S	S	S	S	S	L	I	O
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S	A	R	M	S	A	R	M	S	A	R	M	S	A	R	M	S	A

Southern Rims Health & Wellness

FITNESS MYTHS

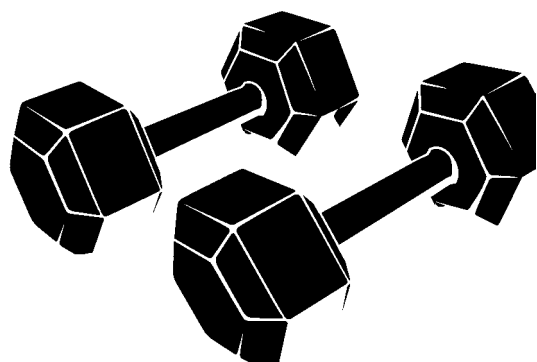
Eating after 8 PM Causes Weight Gain

“The most important factor affecting your weight is how many total calories you eat each day, not what the clock reads when you eat them,” says Suzan Farrell, R.D., a Denver nutritionist and a spokeswoman for the Academy of Nutrition and Dietetics. That said, skimping on meals during the day may cause you to overeat at night, causing weight gain. A recent study in the Journal of Nutrition found that the less food people ate for breakfast and lunch, the more they ate after sundown – and the higher their total calorie intake for the day.*



Women Get Bulky if They Lift Heavy Weights

Testosterone, it isn't enough to build bulk. In fact, lifting weights, even heavy weights, will increase lean muscle mass, making women look toned and will improve metabolism over time.



Specific Exercises Reduce Trouble Spots

While a leg lift might make your thigh muscles stronger, the only way to reduce fat in a “trouble” area is to lose overall body fat.



Exercise Can Erase My Bad Eating Habits

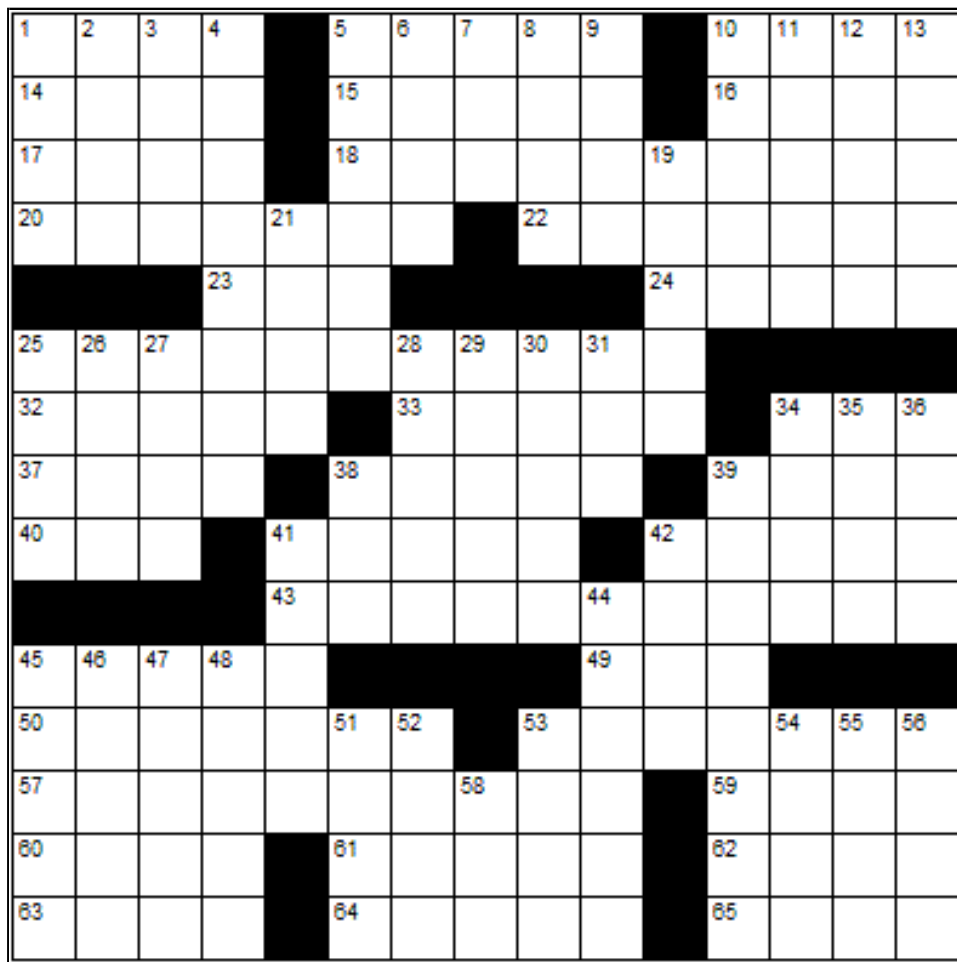
This myth can lead to the never-ending hamster wheel. “If I just spend 20 extra minutes running, I can eat dessert,” or “it’s ok to eat chips at lunch because I’ll burn 1,000 calories in indoor cycling.” People tend to underestimate how many calories, fat and salt they ate and overestimate how much they burn. Worse, a poor diet can cause nutrition-related health problems from diabetes to hypertension. Eat a balanced diet with a variety of foods.

A Diet Limited To Particular Food Fads Will Burn Fat

Despite long-standing rumors, there is no scientific evidence proving that any particular food, such as the Cabbage Soup or the Grapefruit Diet, can burn, melt or flush away fat. People who lose weight on these diets probably do so because they restrict their diet to a handful of specific foods and maintained a low daily caloric intake.

*Source: www.sparkpeople.com/resource/nutrition_articles.asp?id=1704

PUZZLE PAGE



Down

1. Bogus
2. Magma
3. Throat-clearing sound
4. Clothes
5. Personification
6. Gist
7. Paintings
8. Harvest
9. Hard work
10. Small terrestrial lizard
11. Jewish scholar
12. Units of distance
13. Cubic meter
19. Medical professional
21. Chocolate cookie
25. Bright thought
26. Cab
27. Bit of gossip
28. Comment to the audience
29. Museum piece
30. Unreactive
31. S
34. Decorative case
35. Burst of wind
36. Comply with
38. Friend
39. Friendly
41. Handrail post
42. Arm or leg
44. Showered
45. Tablet
46. Leg bone
47. Thorny flowers
48. Positive pole
51. Stars
52. Cease
53. A flexible pipe
54. LummoX
55. Large
56. Weightlifters pump this
58. Fury

Across

1. Smelting waste
5. Not together
10. Not legs
14. Laugh
15. An small olive-grey bird
16. Pace
17. Affirm
18. Possible
20. Gigantic
22. He fixes pipes
23. Historic period
24. Lift
25. Travel plans
32. Philippine tribal chief
33. Feel
34. Conceit
37. X X X X
38. Heaps
39. Counterfoil
40. Ambition
41. Point of greatest despair
42. Wingless bloodsucking insect
43. Alternating current
45. Chaff
49. French for "Friend"
50. Queen of the jungle?
53. A portable brazier
57. Salvation
59. Make unclear
60. Fastened
61. Like the Vikings
62. Corporate image
63. Leisure
64. Velocity
65. Biblical garden

solution on page 5

Yom Huledet Same'ach!

**Happy Birthday
to our
April Birthdays**

**Mildred Covert, Margot Garon,
Beverly Jacobs,
Donatella Martinelli, Rachel Ruth**

*Let us know the dates of all your special
events so we can celebrate them together!*



Jewish Community Center
5342 St. Charles Avenue
New Orleans, LA 70115
504.897.0143

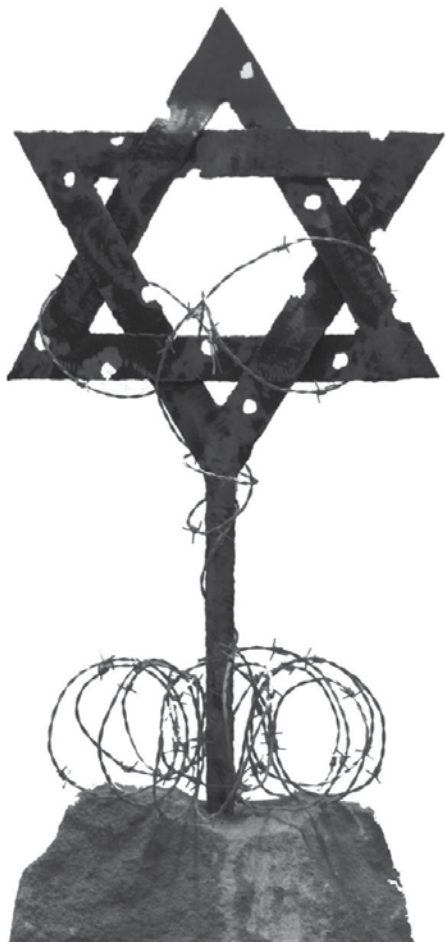
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Jewish Federation
OF GREATER NEW ORLEANS



**COMMUNITY-WIDE
HOLOCAUST MEMORIAL PROGRAM**

YOM HASHOAH

**REMEMBERING & HONORING
NEW ORLEANS HOLOCAUST SURVIVORS**

SPEAKER: Dr. Leon Bass

Liberator, Educator, Author, and Civil Rights Activist

**SUNDAY, APRIL 22, 2012 - 7:00 PM
NEW ORLEANS JCC - UPTOWN
MINTZ AUDITORIUM**

*Dessert reception following program to honor New Orleans Survivors,
Dr. Bass, and the Honorees*