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OF GREATER CHATTANOOGA

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NEWS OF THE JEWISH COMMUNITY OF GREATER CHATTANOOGA

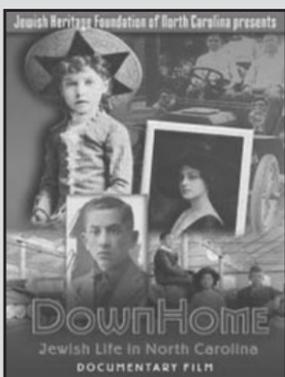
THE SHO FAR



A Publication of the Jewish Federation of Greater Chattanooga

Volume 28 Number 8 April 2014

Seventh Annual Jewish Film Series Announces The Best of Southern Jewish Cooking Sponsor Event



Fried chicken and latkes? Brisket and greens? Pecan pie and apple strudel? Enjoy these and other fusion soul foods at the Sponsor Event for the Jewish Film Series at the JCC April 23, 2014 at 6 p.m.

But that's not all! You'll also get to hear live music and watch "Down Home," a remarkable documentary about Jewish life in North Carolina from its pioneering settlers to the diverse communities of today.

BE A STAR!



BECOME A SPONSOR!

\$90 Producer's Circle Ten single-admission tickets to all 5 movies, plus two tickets to the sponsor reception on April 23, your name on the sponsor board, and recognition in *The Shofar*.

\$72 Director's Circle Five single-admission tickets to all 5 movies, plus two tickets to the April 23 sponsor reception, your name on the sponsor board, and recognition in *The Shofar*.

To become a sponsor, contact Ann Treadwell 493-0270, ext. 13 or atreadwell@jewishchattanooga.com

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Jewish Federation
of Greater Chattanooga

www.jewishchattanooga.com

Yom HaShoah



Sunday, April 27
Reading of the Names, 3:00 p.m.
Commemoration, 4:00 p.m.
Jewish Cultural Center

The Federation's annual Yom HaShoah observance will include a candle lighting and talk led by John W. Steinberg, Chair of the Department of History and Philosophy at Austin Peay State University. He is author of *All the Tsar's Men: The General Staff and the Fate of the Empire, 1898-1914*, co-series editor of *Russia's Great War and Revolution*, and was a Research Fellow at the Center For Advanced Holocaust Studies at the US Holocaust Memorial and Museum. Steinberg is trained as a Holocaust Educator by the Holocaust Education Foundation and is director of a Holocaust study tour to Berlin and Krakow. In addition he is engaged in on-going research on the role of collaborators in the Soviet Union during the Holocaust.

****Save the Date****

Kitchen Tables: Memories of Growing up Jewish in Chattanooga

Community reception May 15

"Everybody has a story. When I was a child, people sat around kitchen tables and told their stories. We don't do that so much anymore. Sitting around the table telling stories is not just a way of passing time. It is the way the wisdom gets passed along. The stuff that helps us to live a life worth remembering."

-Rachel Naomi Remen



**Don't Forget! Aleph Bet Spring Fling Breakfast
Friday, April 4**

8 a.m. Raffle and Silent Auction
8:45 a.m. Doors open for breakfast
9:00 a.m. Classroom performances and breakfast
alephbet@jewishchattanooga.com for more information

FEDERATION NEWS



Reflections on Community and Identity

by Warren Dropkin
Federation Board Chair
boardchair@jewishchattanooga.com

It's hard for me to believe that I've been in Chattanooga for more than 30 years. In that time, I've had the privilege of watching children grow up and into active and involved leadership roles in the community. Sadly, I've

also been here long enough to see a generation grow older and be taken away too soon.

This month alone, our community lost Hal Schwartz and Alena Stahl, two people who cared deeply about their community, their synagogue and their federation. I am fortunate to have known both of them and their families. One of the first bar mitzvahs I attended when I came to Chattanooga was that of Hal's son, Skip; likewise, I remember watching Alena's grandchildren, Geoffrey and Matthew, running around our congregation.

This week, I watched Skip and Geoffrey and Matthew participate in their father and grandmother's funerals; I know how proud these young leaders were of their parents and grandparents and how proud their parents and grandparents were of them. Their commitment to the community, which they nurtured and passed down, keeps us building and renewing strong Jewish identities in our future generations.

I am constantly amazed by all we do here in Chattanooga. We have dedicated volunteers and staff members who work diligently, day after day, year after year, to provide and carry out exciting and meaningful programs. Our social services programs touch the lives of a great many in our community. Every bit of the work we do goes toward building and supporting the Jewish identities of our young people, and links the generations together. And of course, we never forget where we came from and those who sacrificed so that we can enjoy what we have today.

Now in its 12th year, the Federation's Aleph Bet Children's Center is another pillar helping to support the Jewish community and to build young Jewish identities. There, children learn about Jewish traditions, customs, holidays and values. Many of our Aleph Bet families have become active in our community and congregations through their involvement with Aleph Bet and through the Federation sponsored PJ Library program as well.

This month I want to conclude by commending our very own Vicki Cathcart, Aleph Bet Director and PJ Library Coordinator. Vicki has been working diligently to promote Aleph Bet and to increase its enrollment through an active marketing campaign. Several new families have already joined our Aleph Bet family, and I'm certain we'll have more enrollees soon. Additionally, Vicki has worked with the Lebovitz Family Charitable Trust to secure initial funding for a Jewish Right Start program, a Jewish early childhood initiative. Stay tuned for more information about this new, exciting initiative. Thank you Vicki, and all of the Aleph Bet teachers, for your hard work and dedication to helping create a nurturing and engaging learning environment.

Enroll Now for Summer Camps!

PHILANTHROPY CAMP: for rising 1st through rising 6th graders. July 28-Aug. 1, 9:00 a.m. to 4:00 p.m. at the Jewish Cultural Center and Chattanooga First Church of the Nazarene. This camp teaches children the value of *tikkun olam*, or "repairing the world." Games and activities help children explore philanthropy, faith, family, and community. **Cost:** \$120 (\$100 for each additional sibling)

CAMP TIKKUN OLAM: for rising 7th through rising 9th graders July 28 through Aug. 1, 9:00 a.m. to 4:00 p.m. Each day, campers will do hands-on service at a different local, non-profit organization and have fun learning experiences about each of those organizations. On Friday, the group will give a presentation to Philanthropy Camp. **Cost:** \$120/camper (\$100 for each additional sibling). Space is limited!

For registration and information about either camp, contact camp@jewishchattanooga.com or contact Ann Treadwell at 493-0270 ext 13. Registration WITH PAYMENT must be received to hold your spot.



A Small Federation With Big Ambitions

by Michael Dzik
Federation Executive Director
mdzik@jewishchattanooga.com

I recently returned from my annual Executive Directors conference for small city Federations. In case you're wondering, the size of a Federation is determined by both campaign achievement and Jewish population.

As always after I attend one of these events, my batteries are recharged. I learned a great deal about the many new ideas and concepts circulating in our Federation system. Unique to this year's conference was that it was held in Salt Lake City-which, like Chattanooga and sixty other communities, is considered a "small city" Federation.

I know what you're thinking. "Jews in Utah?"

True, Utah's overall population is 61% Mormon, and the state is home to the Mormon church (Church of Jesus Christ of Latter Day Saints or LDS). (Did you hear the one about how Mormons in Utah call their Jewish friends gentiles?) But believe it or not, there are over 8,000 Jews in the state, most of whom reside in the Salt Lake City area.

Given the large Mormon majority, I was fascinated to see the relationship between the Mormon Church and the Jewish community, how they work together and also how similar they are. The Mormon Church helped fund the new Jewish community center in Salt Lake City, and the two communities have monthly gatherings with their respective leadership to discuss issues that Mormons and Jews can work on together. From clergy to lay leadership, there is tremendous respect between Mormons and Jews.

What was most interesting to me however was the unique nature of the LDS humanitarian outreach around the world. We visited the LDS Humanitarian Center to witness the work that is done nationwide. Thousands of pounds of



clothes, food boxes, cleaning supplies, blankets and toiletries are shipped around the world to those less fortunate. As I stood in the Humanitarian Center admiring all of this incredible work, I thought about the work of our Jewish Federation, which I have seen firsthand in my many travels around Europe and Africa. I've delivered food to our most frail elderly, visited clients at our Chesed centers, and delivered all types of goods and supplies to our worldwide community.

To complement the LDS programs that serve people around the world, I also witnessed how they, just like the Jewish community, help take care of their own. From social services to the church itself, the community is quite united, with the family as the central unit. Mormons, like Jews, are philanthropic as well, with their time and with their money.

Salt Lake City was an exceptional setting for our Directors Conference this year, and I am thankful for the opportunity to gather with 25 of my colleagues from around the United States to create new bonds and foster old ones. As a result I continue to appreciate the far reaching mission of our "small" Federation and the big shoes we step willingly, respectfully into, to improve the lives of our all in our community.

FEDERATION PROGRAMS



Jewish, Southern-style

by Ann Treadwell
Program Director
atreadwell@jewishchattanooga.com

About ten years ago my son Jacob answered the telephone and then handed it to me.

"It's Aunt Jodi," he said, "and she won't stop laughing."

I got on the phone, my old New York "banter voice" quickly standing in for my

more natural Midwestern voice.

"Why are you laughing?" I asked.

It was Jacob, she said, or more specifically, Jacob's newly acquired, unmistakable southern accent--an accent that, because it had developed

gradually, I couldn't hear.

"How could you let him become so southern?" she asked.

Which got me thinking. I was born to Midwesterners, but grew up in New York from the age of two, so Jacob didn't learn "southern talk" from me. My husband was also born to Midwesterners, and although he spent a few early school years on an Air Force base in Shreveport, Louisiana, and would occasionally emit a "ya'll," that couldn't have influenced Jacob. So what had turned him so inexplicably southern? At the next parent teacher conference, I met his homeroom teacher, a woman whose speech was distinctly "rural Tennessee." Aha!

But what, exactly, makes a southerner a southerner? Is it when *youze guys* turns into *ya'll*? Or when someone says, "bless your heart" and you know it means something else that isn't at all a blessing? Perhaps it's when you find your preference has switched from hot plain tea to cold sweet tea. Or you call polenta *grits*. Or you ask for greens, knowing you won't get a salad, but will instead be served a hot mess of something that doesn't even qualify as spinach.

This year the sponsor event for the Jewish Film Series celebrates the best of Southern Jewish Cooking. We'll be screening the film *Down Home*, which highlights the lives of Jewish people in North Carolina, and to round out the event, our own Alice Goss-Morgan, renowned kosher chef extraordinaire, will create a menu to go along with the theme. Brisket? Latkes? Fried green tomatoes, corn bread, pecan pie? Who knows? But along with two tickets to the screening and the meal, the price of a sponsorship includes admission to what I think may be one of the best selections of films we've had to date. The *Down Home* event celebrates southern Jewry, but your participation in the Jewish Film Series shows you recognize the importance of being Jewish, period.

Another great way to show your support for southern Jewry is to contribute, either with artifacts or oral histories, to the annual summer exhibit, *Kitchen Tables*, which will document the history of Jewish cultural institutions in Chattanooga. Maybe you have a cocktail dress from one of those fabulous parties of the 1950's, or a playbill from a faux theatre production, or a merit badge from the Jewish Boy Scout troop, or another piece of memorabilia that captures the spirit of the community. Over the past several years, Karen Diamond and her committee of exceptional volunteers have worked diligently to document the traditions, culture and achievements of Chattanooga's southern Jewish community, and to put them in a format that can be archived as well as shared with newcomers. The exhibit will open in mid-May, so it's not too late to contact Karen or a committee member about your treasures.

Despite my occasional "y'all's" and my love of cornbread, I'm not sure that I will ever earn the badge of "true southerner." But I have come to appreciate, and want to cultivate, the history of what it means to be southern and Jewish in Chattanooga.

FeminIsrael Community Reception and Program, March 5



Presenters, l-r: Rabbi Susan Tendler, Sandy Tabakin, Stephani deOlloqui, Hadas Peled (Federation schliha), Erin Cohen, Kyran Heavenrich, Amy Cohen, Erica Newman, Elaine Winer, Brittney Thomas, Susan Matzkin, Bea Lurie, and (below, right) Rosie Perlstein.



FEDERATION PROGRAMS

Community Events

FeminIsrael Exhibit

Exhibit runs through March 28

Golden Agers/Intergenerational Lunch

Wednesday, April 9, 12 p.m.

Jewish Film Series Sponsor Event (see front page for details)

Wed., April 23, 6 p.m.

Community Yom Hashoah Commemoration

Sunday, April 27, 3 p.m. Reading of the Names, 4p.m. Commemoration

WE NEED YOUR HELP!

Please remember to RSVP for Jewish Federation programs
Your RSVP helps us to prepare the right amount of food so that no one is left out and nothing goes to waste.

There are three easy ways to respond:

1. use the RSVP form at www.jewishchattanooga.com
2. call 493-0270, ext. 10
3. email rsvp@jewishchattanooga.com.

Prefer a vegetarian meal? Just let us know in advance.

Thanks for helping us serve you better!

Well-Being

Middle Eastern (Belly) Dancing

Jillanna Babb-Cheshul of Merry Bellies teaches this drop-in, one-hour, very fun class, Wednesdays at 10:30 a.m. Pay as you go. \$5/class. For information, contact 493-0270, ext. 10; federation@jewishchattanooga.com.

Expand Your Mind

Foreign Policy Supper Club

Monday, April 28, 6:00 p.m. Turkey's Challenges

Enjoy a family-style dinner, watch a brief presentation, and discuss a different topic on a Monday each month. Articles produced by the Foreign Policy Association and Great Decisions will be available prior to the discussion, and, when possible, an informed guest will join the discussion.

Cost: \$10 includes dinner

RSVP 493-0270, ext. 10; rsvp@jewishchattanooga.com

SAVE THE DATE May 4, 4 pm Yom HaZikaron/ Yom Ha'atzma'ut

Young Leadership (Ages 21-40)

YL Shabbat: Friday, April 25

See www.facebook.com/groups/YJLCHA for details

Happenings with Hadas (Israeli Shlichah)

Young Leadership Builds a House for Habitat, March 9



FEDERATION PROGRAMS

Seventh Annual Jewish Film Series Starts April 30

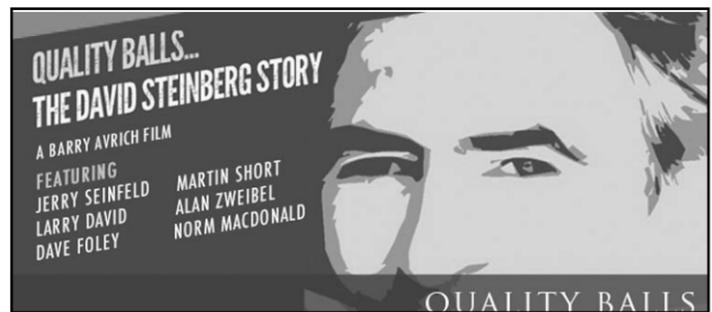
Films screen on 5 consecutive Wednesday nights at 7:00 p.m. at the Jewish Cultural Center. Individual Tickets: \$7 (includes popcorn and a soft drink or water). Films are suitable for ages 16 and older.



APRIL 30 AFTERMATH 100 minutes, Polish with English subtitles

Franek and Jozek Kalina, are sons of a poor farmer from a small village in central Poland. Franek immigrated to the United States in the 80's and cut all ties with his family. Only when Jozek's wife arrives in the US without explanation does Franek finally return to his homeland. Franek discovers that Jozek has been ostracized from the community, and constantly receives various threats. As Franek and Jozek struggle to rebuild their relationship, they are drawn into a gothic tale of intrigue. The two brothers eventually uncover a dark secret that forces them to confront the history of their family and their hometown. Abe Foxman (National Director, Anti-Defamation League), writing for the Huffington Post, called the film, "Riveting. A must-see film. In a sophisticated way, it does a better job of communicating the power and destructiveness of anti-Semitism than almost any other film."

MAY 7 QUALITY BALLS: THE DAVID STEINBERG STORY 80 minutes, English
Americans have long depended on Canada for three things: oil, maple syrup & comedians, and David Steinberg counts among Canada's biggest comedic exports. Born in Winnipeg, he attended Yeshiva in Chicago, abandoning his studies to join the legendary Second City. Film features priceless archival footage of his performances, including *The Tonight Show with Johnny Carson* (where he was 2nd only to Bob Hope in number of appearances) and the standup shows that put him in the ranks of George Carlin and Richard Pryor. At times too controversial for US networks, his religious sermonettes generated more hate mail for CBS than any network had ever received, resulting in the cancellation of *The Smothers Brothers Comedy Hour*. Directing credits include *Seinfeld*, *Mad About You*, *Golden Girls* and *Curb Your Enthusiasm*.

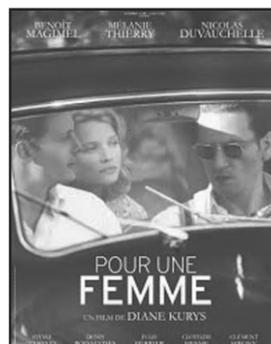


MAY 14 BETHLEHEM 99 minutes, Hebrew/Arabic with English subtitles

This film tells the story of the complex relationship between an Israeli Secret Service officer and his teenage Palestinian informant. Shuttling back and forth between conflicting points of view, the film is a raw portrayal of characters torn apart by competing loyalties and impossible moral dilemmas, giving an unparalleled glimpse into the dark and fascinating world of human intelligence. Winner of Israeli Film Academy Best Film, Best Director, Best Screenplay; Israel's nominee for Best Foreign Language Film at the Academy Awards; and winner of the Venice Film Festival 2013 Federa Award for Best Film.

MAY 21 KIDON 97 minutes, Hebrew, French with English subtitles

A zippy and sleek piece of popcorn entertainment, KIDON imagines the cloak-and-dagger puzzle behind the real-life assassination of a Hamas leader. The tongue-in-cheek action begins when Mahmoud al-Mabhouh is found dead in a Dubai hotel room. The local police immediately blame the Mossad and release security tapes showing what appear to be red-handed Israeli agents carrying out the killing. The shocking story makes international headlines, but no one is more shocked than the Mossad; they have never heard of these agents or their mission. An investigation to discover who carried out such an audacious operation is scrambled. The stellar ensemble includes Israeli stars Sasson Gabai, Raymonde Amsellem, and Sports Illustrated swimsuit model Bar Refaeli. Director Emmanuel Naccache keeps the audience on its toes, packing in more than enough surprise twists, eye candy and escapist fun between the laughs.



MAY 28 POUR UNE FEMME (For a Woman) 100 minutes, French with English subtitles

The unexpected arrival of a brother who supposedly perished during World War II upsets the lives of a Jewish tailor and his pretty bride in this latest film from French veteran director Diane Kurys. Inspired by the director's own family history, this beautifully crafted historical drama goes back and forth between the immediate postwar period and 1980s France, when a young director (Sylvie Testud, from *Sagan*) tries to write a screenplay inspired by the story of her parents. French stars Nicolas Duvauchelle and Benoit Magimel play Ukrainian-born but France-raised siblings, with Melanie Thierry playing the latter's young wife, who finds herself inconveniently attracted to her brother-in-law.

To become a sponsor, contact Ann
Treadwell 493-0270, ext. 13 or
atreadwell@jewishchattanooga.com

The Federation thanks the following Jewish Film Series corporate sponsors (as of March 20):

Chattanooga Allergy Clinic; Henderson, Hutcherson McCullough, PLLC; Raymond James Classic Wealth Advisors; Southport Capital; WTCL, Tennessee's PBS Station.

FEDERATION SOCIAL SERVICES



- Senior Programming
- Intergenerational Programming
- Family Support
- Community Partnering
- Friendly Visits
- Excursions
- Advocacy

The Toilet Paper Incident

by Amy Boulware
Social Services Director
aboulware@jewishchattanooga.com

In our home the event will forever be known as the “toilet paper incident.” It was the culmination of a very stressful time in our lives. Both my mother and grandmother were in the hospital battling life-threatening conditions. I was trying to care for them, work as a geriatric social worker, and be present and involved in the everyday events of my immediate family. I was sleeping nights at the hospital, coming home for showers when I could, and trying to keep up with the needs of my clients and my kids. Of course my husband was somewhere in the mix as well. Fortunately, he has always supported me in taking care of these important women in my life, as he loved them too.

I was part of what is now known as the sandwich generation. That’s the generation of middle-aged individuals who are caught between caring for aging parents (who may be ill and in need of physical care and/or financial help) and children who require physical, emotional, and financial support. (A 2005 Pew Center study estimated that one in eight Americans between the ages of 40 and 60 are simultaneously providing some financial assistance to both child and parent.)

But back to the night of the infamous toilet paper incident. I had spent five nights sleeping at the hospital, shuttling between my mother’s room and my grandmother’s room. At 9:30 p.m. I was getting home for the first time in what felt like forever. One foot over the threshold, I heard my daughter Hannah from the downstairs powder room.

“Mom!” she yelled, “Can you get me some toilet paper?”

How she knew I was coming in the door I still don’t know. My husband Gene and daughter Amanda were in the house, but it was me she called to.

I dragged my overnight bag and tired body up the flight of stairs to our linen closet. To my surprise, there was no toilet paper there. I went into the girl’s bathroom. None! As a last resort I went into the master bathroom.



NURSE’S NOTES

by Edie Redish
Community Nurse
nurse@jewishchattanooga.com

Pollen Shmollen: What You Need to Know Now

Wouldn’t you know it? Just as the snow drifts away, the pollen drifts in. It’s everywhere, and it’s impossible to escape. You can, however, limit your exposure by

following these tips.

Pollen counts are highest on warm, dry, breezy days. The best times to be outdoors are very early morning, evening, during and after rain, or on a cloudy, humid or windless day. If you’re sensitive to pollen, schedule your outdoor activities, including exercise, during these times.

Pollen is sneaky. While it’s best to keep windows and doors closed, and to avoid the urge to air out your home by opening windows, it still gets into your house. Dust often and thoroughly and use the air conditioner. And just so you know, chemical irritants, such as fumes from a wood-burning stove or fireplace, pollution, or cigarette, pipe and cigar smoke can all worsen allergy symptoms.

Rinse your nose. After exposure to pollens, use a salt-water rinse or nasal spray to cleanse your nose. This can be very soothing and tame an allergic reaction. These are available over the counter.

Protect your eyes outdoors by wearing goggles or wraparound glasses. If you are highly sensitive, a pollen-filtering mask, available at most pharmacies, can help.

You guessed it, no toilet paper!

I lost it. I stood at the top of the stairs, screaming, tears streaming down my face.

“I can’t believe I live in a house where nobody buys toilet paper when I don’t! Am I the only one in this house who does *anything*?”

I went into my bedroom and flung myself across the bed, weeping. Through my sobs I heard the front door open and close, and the sound of a car backing out of the driveway. (Meanwhile, back in the downstairs bathroom, there sat poor Hannah still waiting for her toilet paper.)

A few minutes later I heard the car pull back in, then a soft knock at my door. There stood my daughter Amanda holding, in one hand, the largest package of toilet paper you can buy, and in the other, a pint of chocolate-chocolate chip Ben and Jerry’s ice cream.

“Mom,” she said, “Dad and I talked about it on the way to the store. We know this isn’t really about the toilet paper. We just want you to know we love you and that you can eat all of the ice cream by yourself.” Then she quietly slipped out the door.

In that moment, surrounded by a tower of toilet paper and my favorite ice cream, I realized that, despite all my training—about why and how to take care of yourself when you are the caregiver to many—I wasn’t doing a good job of it.

Caregiving is stressful. But there are things you can do to lessen the burden.

First, don’t assume you have to do everything by yourself. At the same time, don’t expect others to do things if they haven’t been asked. Nobody in my family gave much thought to toilet paper until it wasn’t there. Since the “incident,” however, I haven’t bought a single package of it, because I asked my family to step up.

Knowing when you need a break—and taking it without guilt—is another crucial component of being a healthy caregiver. I had to give myself permission to enlist the help of others with my mother and grandmother.

And my last bit of advice is to make sure your spouse and children don’t suffer because of your caregiver role. My husband and I have a Thursday date night that we rarely miss. Everyone knows about it. We turn off our phones, eat together, and catch up. It doesn’t matter where we go, what matters is that we spend that time together. I also have regular mommy-daughter dates where we connect without others around. Even if I have to put it on my calendar in red ink, this reminds me and them that our time together is just as important as the time I spend giving care to others.

Take Home Chef Alice Goss-Morgan’s “Bowls of Love”

Purchase matzo ball soup or chili for just \$4 for a one-bowl container or \$8 for a two-bowl size.

Call ahead to reserve; we *do* run out. Contact Ann Treadwell (do *not* call the kitchen directly), 493-0270, ext. 13; atreadwell@jewishchattanooga.com to get your order packaged and ready to go!



Wash up. After being outdoors, shower and wash your clothes. Wash your hair every day to prevent pollen being deposited on bed linen. Wash your hands frequently.

Avoid activities that stir up pollen. Hire someone to take care of your yard and have them cut the grass two inches or shorter so it can’t pollinate.

Choose landscaping carefully. A large lawn may be beautiful, but it can cause plenty of suffering if you’re allergic to grass pollens. Opt instead for larger flower beds with allergen-free plants.

Take an allergy-free vacation. The beach or areas higher than 5,000 feet have less pollen than other locations. (As if you needed an excuse to go to the beach!)

Know your pollen season. Plants produce pollen at about the same time every year. Knowing which pollens are allergens for you can help you avoid or limit your exposure, thereby reducing your symptoms.

Lastly, over the counter medications may be enough to relieve your symptoms, or you may need a prescription. It depends on the severity of your symptoms. Be aware of the side effects of certain allergy medications, as some can cause drowsiness or jitteriness.

ALEPH BET CHILDREN'S CENTER



by Vicki Cathcart
Aleph Bet Children's Center Director/
PJ Library Coordinator
alephbet@jewishchattanooga.com



Learn and play with us!
Now enrolling

We welcome children of all faiths, nationalities, and cultures.

5461 N. Terrace Road · Chattanooga, TN 37411
alephbet@jewishchattanooga.com
www.aleph-bet.com
423-893-5486

Ask about our current enrollment specials!

A program of the Jewish Federation of Greater Chattanooga

Aleph Bet will be closed for Spring Break
(during the Passover holiday)
Tuesday, April 15 and Wednesday, April 16
Monday, April 21 and Tuesday, April 22

Save the date

Year-End Program and Graduation

Year-End Program and
Blue Room Class of 2014 Graduation
Thursday, May 29
4:00 p.m.
Jewish Cultural Center

Class performances-dessert reception
Child recognition-slide show

Purim Celebration at Aleph Bet



Donations to Aleph Bet (as of March 14)...Thank You!

DONATIONS

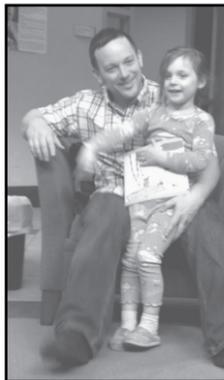
The Lowe Family-books, crafts, games, puzzles, and art supplies
Elizabeth Monson-personal seashell collection
The Watson Family-books and shoe-tying aid
The Poole Family-Lysol
Ival and Doris Goldstein-Mega packs of papertowels (2), Lysol (4 large bottles), card stock (2 reams), construction paper mega packs (2)

WISH LIST

Bingo Markers
Card stock paper (all colors)
Play-doh
Lysol
Wireless mouse and keyboards
IPAD

Below, PJ Library Shabbat with Dr. Paul Kaplan of Diagnostic Pathology Services

Below, Intergenerational Lunch



Right, special Shabbat visitor Lindsay Barukh



Aleph Bet Children's Center, a program of the Jewish Federation of Greater Chattanooga, aims to provide an educational, interactive and developmentally appropriate preschool program that is enriched by Jewish traditions and values and implemented by a trained, dedicated, and nurturing staff.



Aleph Bet is recognized by the State of Tennessee for its commitment to good health



At the Jewish Cultural Center
5461 North Terrace Road 37411
(423) 893-5486
Director: (423) 493-0270, ext. 18

alephbet@jewishchattanooga.com
www.aleph-bet.com

CHATTANOOGA JEWISH CONGREGATIONAL RELIGIOUS SCHOOL



Bring Fun, Drama and Learning to Your Seder Table

by *Ronni Charyn, Director*
ronni.charyn@gmail.com
892-6175

Many people find it difficult to keep children interested and engaged during the Passover seder. I once attended a seder in Scottsdale, Arizona where all of the guests wore masks to denote a Pesach "character". Bringing

the ten plagues to life is another great way to add an experiential, dramatic element to the evening. Plan ahead with some props and you'll see how engaging the seder can be.

Here are some suggestions for enacting the ten plagues:

1. Blood (Dahm): Prepare a large, clear pitcher, empty except for some red food coloring at the bottom. At the appropriate moment, pour in water and watch it turn magically to "blood."
2. Frogs (Tsfardaya): Have everyone get out of their chair and hop around the room, croaking like frogs. This is a good opportunity to stretch.
3. Lice (Keenem) Give everyone a little plastic bag with rice. At the appropriate moment, open and toss the rice onto the lap of the person next to you. Watch the fun.....

4. Wild Beasts (Arov): This is where your creativity heats up. You can use plastic snakes, or put on a tiger or gorilla mask. This really puts everyone in the spirit.

5. Pestilence (Dever): This is the plague where all the animals died of disease. Have everyone make animal noises.

6. Boils (She'chin): The Egyptians were covered with open sores which caused them unbearable itching. Have everyone at your seder table break out into an uncontrollable fit of scratching.

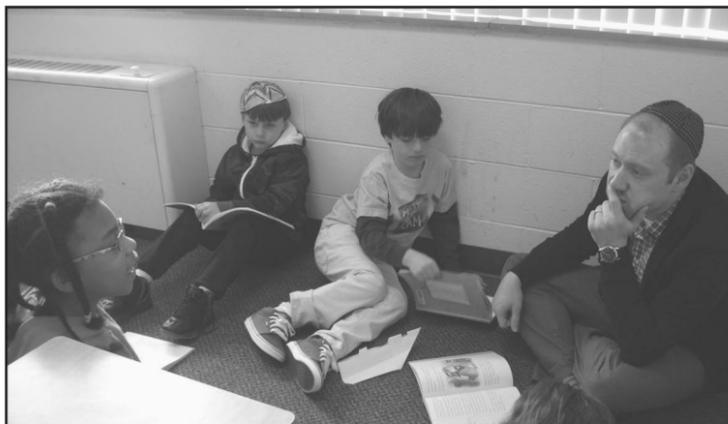
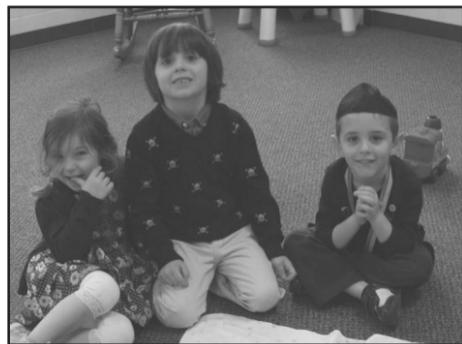
7. Hail (Ba'rahd): Marshmallows (kosher for Passover) work best for this. Foam balls and cotton balls work as well. Ping-pong balls are great too, but be careful if you are going to throw them around.

8. Locusts (Arbeh): A little hopping before the festive meal will get everybody ready.

9. Darkness (Choshech) Have everyone put on a blindfold for two minutes.

10. First Born (Makat Bechoroht): (eternal sleep of the first born): Buy an aqua-colored Mylar "curtain" from a party store, and have everyone pass through the splitting of the sea, decorated with a sign that says "You are now leaving Egypt." Chag Sameach from my family to yours!

Fun and Learning at CJCRS



The Enduring Message of Freedom

by *Adam Wassell, Education Fellow*
Goldring/Woldenberg Institute of
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LET MY PEOPLE GO! Moses exclaimed as he stood face to face with Pharaoh, demanding the freedom of the Israelites. Pharaoh denied Moses' request, as most evil oppressors do when faced with change that will adversely affect their own life.

We have seen examples of this kind of oppression throughout history, with slavery in America, apartheid in South Africa, and forced labor in Burma. These events, each horrible in their own right, played a significant role in shaping today's world. But the story of Moses and the Israelites is one that is remembered, celebrated, and cherished in unique and distinctive ways.

Passover is a time of year that we are asked to take a break. Not just a physical break, but a break from the way we live our lives. We change our diet, we change the way we pray, we cleanse our home, and we even "time travel," by way of the seder, in order to fully immerse ourselves in the rich history of the Passover exodus.

Although Passover lasts for eight days, it marks the beginning of a time period that ends with *Shavu-ot*, the holiday in which we celebrate receiving the Torah on Mount Sinai. A custom in traditional Judaism is to count the *Omer* – the 49 days beginning on the second night of Passover and ending the evening before *Shavu-ot*. The counting of each day represents the spiritual preparation needed to receive the Torah. Scholars suggest that the Israelites were only *freed* from Egypt during Passover; they contend that counting of the *Omer* represents the journey and sacrifice they endured as they traveled through the desert and awaited the Torah. Thus, counting the *Omer* reveals how much the Israelites desired to accept the Torah into their lives.

Deuteronomy 6:21, "we were slaves in the land of Egypt," serves as a constant reminder of the pain the Israelites endured. While we use this holiday season to remember that pain and to celebrate our freedom, it is important to find times in our own lives to help end modern day slavery. To learn more about modern day slavery, visit www.antislavery.org, and, along with Steve McQueen, the Oscar-winning director of *12 Years A Slave*, you can help tear down the walls that oppress people worldwide.

Below, more fun and learning at CJCRS



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Your gift to the Annual Campaign enables the Federation to fund almost half of the operating costs of the CJCRS. Thank you!

FEDERATION SHLICHA



Between Holocaust and Revival, Memory and Victory, Sadness and Laughter, Pain and Healing

by *Hadas Peled*
Israeli Shlicha (Emissary)
israel@jewishchattanooga.com

The essence of the Israeli calendar lies in events that happened thousands of years ago. Our attention moves from the exodus from Egypt (Passover), to other milestones in the historical process that shaped the Israeli nation.

Events from recent past and present include: Yom HaZikaron laShoah ve-laG'vurah (holocaust and heroism remembrance day); Yom HaZikaron (Day of Remembrance for the Fallen Soldiers of Israel and Victims of Terrorism); and Yom Ha'Atzma'ut (Israel's Independence Day). Israel's national holidays, painted in blue and white, stand out against the background of bereavement and ash. These are the days when Judaism and Israeli-ness combine to become one.

The Yom HaShoah date was carefully chosen. It is held on the 27th of Nisan, only seven days before Yom HaZikaron, which is eight days before Yom Ha'Atzma'ut. The date was chosen because of its symbolism, which highlights the transition of the Jewish nation from holocaust to revival. This unique sequence of days allows Israelis to re-experience, every year, the terrible and wonderful events that took place in past generations. Anyone who grew up in or has lived in Israel long enough knows and feels the power of such order.

Every year, I profoundly and personally feel the connection between "Jewish" and "Israeli". For seven days there is incessant pain; my heart hurts and shrinks from grief, and my mouth cannot smile. There is grief and pain about the six million murdered, the tens of thousands of soldiers killed defending Israel, and the many civilians murdered in acts of terrorism.

It is a week in which the radio, television, newspapers, and social networks are filled with personal stories of Jews and Israelis, heroes who were either killed by the Nazis or died defending Israel's land. The collective sympathy, for victims and survivors alike, is intensified. It is a week of national mourning in which the pain sometimes becomes too big.

By commemorating Yom HaShoah a week before Yom Ha'Atzma'ut, it reminds us of the unbelievable sequence of events, the transition from holocaust to revival, in just three years. Over the days of private and national reflection, we consider how it is that in just a few years, those who survived inhuman conditions came to Israel and fought for its independence, many dying in doing so. Some Israeli families mourn for relatives who were murdered in the Holocaust, and then a week later mourn those family members who survived the Holocaust but died fighting for their country.

The pain which starts on Yom HaShoah gradually becomes more and more "Israeli" during the seven days of mourning. The stories alternate and names become familiar on Yom HaZikaron, and the empathy with the loss increases. But on the eighth day, the skies clear and we come out of mourning. Our Jewish soul and Israeli identity are practiced in sharp and fast transitions: from sadness to happiness, from pain to joy. On the eighth day we celebrate Yom Ha'Atzma'ut – an intense day that starts with remembering the soldiers who sacrificed their lives for Israel's independence, and ends with fireworks to celebrate its establishment. Only in Israel can you find yourself going in the morning to unite at the cemetery with your lost love ones, and a few hours later, celebrating the state of Israel as the most tremendous gift of our nation.

Hadas Peled is available for public speaking for civic groups, schools, churches, and other community organizations. Please contact Hadas at Israel@jewishchattanooga.com or 385-0098

JEW CREW



The Crew Goes To Camp

by co-advisors *Alison Lebovitz and Andy Hodes*

The last weekend of February, the Jew Crew headed to quaint Clayton, Georgia, for their annual Jew Crew Retreat at Camp Ramah Darom. It was a short two days packed with an incredible amount of fun, energy and adventure for this cool cadre of campers that included Hannah Boulware, Jessie Fine, Rachel Raisin, Gili Frauwirth, Rachel Dzik, Emma Geftner and Ryan Whited. The Federation shlicha, Hadas Peled, was a dynamic addition and devised an awesome Israeli-themed scavenger hunt for the group that was both entertaining and educational. The Alpine Tower proved a welcome challenge for all,

including Ryan, who scaled the tower and made it to the top completely blindfolded. We shared a wonderful Shabbat experience, celebrated Havdallah around the bonfire, and most importantly, we strengthened our bonds, so that those who were familiar faces at the beginning of the weekend were family by the end. Indeed, we were like the "Jewish Breakfast Club". Jew Crew advisors Alison Lebovitz and Andy Hodes are thrilled it has been such a successful year, and hope to see everyone at the final Jew Crew program on Sunday, April 6. (Details to follow!)

L'Hitraot!
The Jew Crew



Your gift to the Annual Campaign enables the Federation to fund the Jew Crew. Thank you!

COMMUNITY VOICES

Have a Healthy & Happy Passover.
Amelia and Owen Allen

Our Wishes For a Passover of Hope and Help for Those in Need
Helen Pregulman and Family



Shehan McFadden to Graduate in the Spring

Shehan McFadden, daughter of Hallie and Patrick McFadden, granddaughter of Lynn and Colman Hochman and Jean and the late Edward McFadden, and big sister to Eamon, 15, will graduate from Signal Mountain High School this spring. Shehan has been involved with Model UN, Mock Trial, Youth

in Legislature, theatre, and has also tutored. Her favorite subjects are English and history. She is a member of the National Honors Society and Beta Club, and has been named Outstanding Student in biology, English, and theatre. She has received multiple awards at Youth in Legislature and Model UN, and was a National Merit Finalist. Outside of school, Shehan enjoys volunteering at the Mountain Arts Community Center on Signal Mountain. She does not yet know where she will be going to college, but she hopes to study anthropology.

We celebrate our tradition and pray for religious freedom and peace for all.
Happy healthy Passover,
Pris & Robert Siskin and Family

Let This Season Be a Time To Increase Life and Hope.
Happy Passover
Claire Binder & Family

Let This Season Be a Time To Increase Life and Hope.
Happy Passover
Barbara and Jerry Bohn

Why is This Night Different From All Other Nights?

Happy Passover
George and Janet Sivils

Have a Healthy & Happy Passover.
Tracy, John, Cassie and Zoe McCarley

Pray for The Peace of Jerusalem
Mark and Carol Oshman

Have a Healthy & Happy Passover.
Rabbi and Deborah Tepper

Have a Healthy & Happy Passover.
David and Judy Sachsman

Have a Healthy & Happy Passover.

Marcia and Jay Menuskin

Have a Healthy & Happy Passover.
The Dropkin Family

Let This Season Be a Time To Increase Life and Hope.
Happy Passover
Jacob Myer's Restaurant on the River

Next Year in Jerusalem
Beverly and David Rice

Happy Passover.

Norton and Terry Wheeler

Have a Healthy & Happy Passover.
Elaine and Sanford Winer

May Pesach 5774 Bring Peace, Health, Happiness and Prosperity to
כלל ישראל
The Lutins

Moses Said
"Take a Lamb Without blemish,
Kill the Lamb, Apply the blood
Do not break a bone
When I see the blood
I will passover you."

*Have a blessed Passover
The Fick Family and
Your Christian Friends*



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Tuesday - Friday 10-6