

THE SH FAR

A Publication of the Jewish Federation of Greater Chattanooga

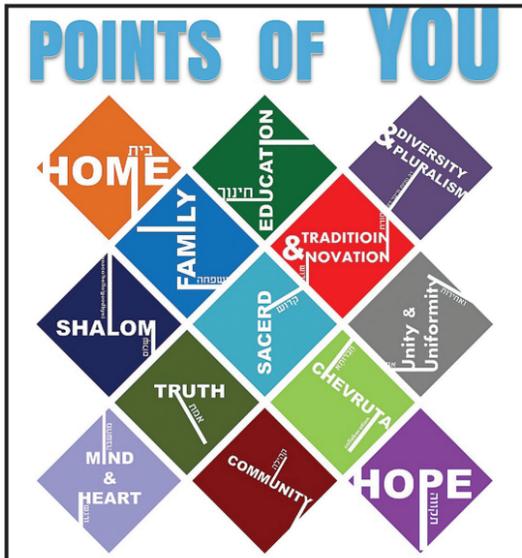
Volume 29 Number 8 April 2016

Federation Replaces Both Damaged Cars and Receives a Third

Thanks to the generosity of our Jewish and non-Jewish community, the Federation has replaced both vehicles damaged in the January 31 arson attack. They are a 2014 Toyota Camry and a 2006 Dodge Caravan. In addition we also received a third car--special thanks to Terry and Nortie Wheeler. We will be selling this car and putting the proceeds into the vehicle fund. We are so appreciative that so many recognized the importance and the urgency of getting us back on the road and in service to our community members. Good Deeds Day may be April 10, but thanks to all of you, it came early.



POINTS of YOU Exhibit to Highlight 13 Shlichim and Three Jewish Values



What do you get when you take 13 shlichim from all over the United States, give them each three questions tapping into various Jewish values, and ask them to respond to at least one of them in pictures? The fascinating, visual-only POINTS of YOU exhibit, which opened at the Jewish Cultural Center March 16.

“Part of my role (as a shlicha) is to educate and share with people of all ages, in both the Jewish and non-Jewish communities,

information about Israel,” said Noa Hadad. “There are over 300 shlichim in North America, and each one of us has a different point of view about Judaism and Israel.”

To that end, Noa asked 13 shlichim functioning in various roles and located in different parts of the United States to talk about one Jewish value. She gave each of them three questions and asked them to answer through pictures only, no text. They were then to explain why they choose the pictures they chose on a two-minute video.

The results will be on display at the Jewish Cultural Center between March 16 and May 20. Be sure to bring your smartphone to fully enjoy the exhibit.

Aleph Bet Spring Fling and Read-a-Thon Kickoff Friday, April 15



Celebrate early childhood education! Come to Aleph Bet Children's Center's annual Spring Fling gala.

Along with a delicious Alice Goss-Morgan breakfast there will be classroom performances, and you'll have the opportunity to learn about the Read-a-Thon and how you can sponsor a child.

The fun begins at 9 a.m. See page 9 for more information.

Federation Welcomes Kristen Schwindt, Intern and Camp Tikkun Olam Coordinator



Kristen Schwindt is currently working on her Master's Degree in Social Work at Southern Adventist University and is interning under Jewish Federation's Director of Social Services, Rebecca Peck. She will also be working with Ann Treadwell as Camp Coordinator at Camp Tikkun Olam. Please say hello when you see her!

Join us for this very fun event to bring Jewish, Christian and Muslim children together through soccer programs designed to encourage empowerment, strengthening, confidence and friendship.

And don't forget the afterparty at Big River Grill! For more information see page 4.



A fun 5K Night Run/1 Mile Walk on the Riverwalk
Saturday April 16, 9:30PM

at the Manker Patten Tennis Club (100 Douglas St)
All Ages Welcome!

Center for Creative Arts Quartet to Perform at Tuesday Cafe



We are excited to welcome a group of talented students at our April 5 Tuesday Cafe. The quartet members attend the Center for Creative Arts, a performing arts magnet school in Chattanooga.

When students are accepted to CCA they choose a major which prepares them for entering college or a conservatory. The chamber group performing April 5 is made up of instrumental string majors. They will play a variety of pop and classical pieces for string trio and piano. Their instructor is Jessica Peck

(pictured in black dress, left), who is also a member of the quartet.

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SAVE THESE DATES

- May 5 Yom Hashoah w/ Chattanooga Boys' Choir
- May 11 Yom Hazikaron Commemoration
- May 12 Yom Ha'atzmaut dinner and live band

NOTES FROM LEADERSHIP



Road Map for Our Federation

Lee Brouner
Federation Board Chair
boardchair@jewishchattanooga.com

A few years back the Federation, under the leadership of Board Chair Andy Hodes, held a series of community meetings to assess the needs of, and develop a long range vision for, the Federation. One question they sought to answer was, "What is the Federation's role in our Jewish community?"

In the interest of answering this and related questions, task forces were established to review and report on the following key areas: Social Services, Programming, Facilities and Administration, Total Financial Resource Development (Campaign, Endowment, Fiscal Issues), Demographics, Facility, Communication and Outreach, and Congregational Engagement.

The process, while meaningful and thorough, did not result in a complete, well-defined and documented road map for the Federation. The final task force reports gave an overview of each area, but a comprehensive vision for the direction of the Federation (and how to get there) was not established.

Last February, Board Chair Warren Dropkin held a Federation board retreat. One of the main topics on the agenda was long-range planning. A lively discussion ensued, and several good ideas for the future role of the Federation were discussed. Endowment and Community Education issues were discussed at

length, but again, a vision and long-term plan was not finalized.

During my tenure, I hope to make another stab at this elusive goal. My plan is to create a working document that will detail the current operations of our Federation and provide an outline for our direction over the next five, ten and ten-plus years. I envision that this document would be used as a guide for current and future boards of directors, to inform the community of the services and goals of our Federation, and to help ensure that the Federation continues to provide essential services in our community. It would be our road map to the future.

Your Federation staff, board of directors, and I will be working on this planning document over the next few months. We will be calling on several community and board members to again help with this vital project. We will look at a community event as well, where everyone can give us input, suggestions and opinions. We want everyone to be part of this healthy process.

Our Federation is near and dear to me – and I'm sure to most of

you as well. To build a successful future we must plan ahead. Please join us in the effort to design and build that successful future.

As always, feel free to contact either Michael Dzik or me if you would like to help.



We Are Family!

Michael Dzik
Federation Executive Director
mdzik@jewishchattanooga.com

"We are family! I got all my sisters with me!" (and a brother). No, I've not slipped back to the 1970's disco era--not completely. I'm actually talking about our Shlichim Program.

Did you know that Noa, Hadas, Einav and Raoul didn't know each other before coming to Chattanooga? Did you know that they have now all become friends with each other...because of Chattanooga? This is not the case in most other communities that participate in this Jewish Agency program. I feel so special that Chattanooga has not only warmly welcomed and engaged each shaliach, but that each shaliach has welcomed and engaged one other. We ARE family!

I've witnessed the work of each of our shaliach – all different, all unique, all very special, and with their own strengths. I've also seen the community engage each shaliach on a deeper and deeper level – connecting with each one and feeling more comfortable as our program becomes a more solid part of the Chattanooga culture. It is hard to believe we have now had a community shaliach for five years. It has both flown by and moved at a snail's pace. I for one have enjoyed every moment.

We were very fortunate that Noa agreed to stay in Chattanooga for a second year. This enabled her programming, engagement and intimate relationships to grow and foster. We connected with Noa personally while allowing for her to show off her Israel to us – her hopes, dreams, family, and so much more. She is a special young woman who will become another Chattanooga living in Israel in August.

Noa will be in Chattanooga for several more months (4 ½ to be exact), but there is a review process which began in January and continues as I write this. It is a process which helps us evaluate our current shaliach with the goal of defining and refining the qualities we would like in our next one. To that end, we ask ourselves *What is our shaliach doing well/not doing well? What would we like to see more/less of? Should our shaliach focus on new/different areas?*

With an updated community outline, we send this off to our Jewish Agency partners in Israel who help us find the best shaliach match for Chattanooga. We receive many applications from candidates that include basic information (high school activities, army service, special interests, etc.) as well as their responses to various questions. We then go through an informal and formal interview process. Informally, the shaliach candidates first speak with Noa, who gives them an overview of our Jewish community and Chattanooga as a whole. She answers many questions from our potential new residents.

Once Noa has spoken to each of the candidates, we then use Skype to formally interview them ourselves. It's not quite the same as sitting in a room together,

but it is the next best thing! We have set questions, but expand on these depending on the answers we get. Believe me when I say our active listening skills are in high gear. We are listening for both what we hear and what we don't hear. Finally, we choose a candidate and invite him or her to Chattanooga.

In years past we've had the opportunity to meet our shlichim in person before they arrived in Chattanooga. And in fact, as you read this I am in Israel meeting next year's shaliach! As many Chattanoogaans will be on the national Federation Campaigners Mission this July in Israel, I'm sure there will be a loud *l'chaim* for our newest shaliach from the Chattanooga delegation.

Like me, I'm sure you're nervous and excited about getting to know a new shaliach, building a new relationship, and seeing a new perspective of Israel through another lens. But also like me, I'm sure you'll be sad to say *l'hitraot* to Noa. But think of it this way: we may be losing a shaliach in Chattanooga, but we'll be gaining a friend, another family member, really--in Israel, and we can--and will--visit Noa when we make our next journey there.

Promise me you'll take advantage of the time you have left with Noa. She still has so much to offer us. Meanwhile, I promise we'll keep you up to date on our search for the next Chattanooga shaliach.



Friends of the IDF, l-r: Seth Baron, Avi Melamed, Major Gilad Pasternak, March 9.

Interfaith Panel
Wed., April 6 @ 7p.m.
First Centenary Methodist



@JEWISH CULTURAL CENTER



Fork University

Ann Treadwell, Program Director
atreadwell@jewishchattanooga.com

At mealtimes during my summers in Ohio, my grandparents, sister and I often had conversations about current events.

These conversations would start with what we had noticed that day. Had anyone ridden Daisy, the plow horse, or had she stayed quietly in her stall? How were the chickens? Did all the eggs get collected? Did the milk truck come on time to pick up the day's milk? Did the barn get swept out? Were all our chores done?

Then the conversations would move to community things. Had we taken our books back to the library (a block away)? What did we check out to read this week? Did we have a chance to visit Captain Horton (a retired Great Lakes Captain who lived across the park)? Did we help the sister neighbors (unmarried retired French and English teachers) in any way? What was the news from Hart's (the corner drugstore, community meeting place, and soda fountain)?

Before the end of the meal, my grandmother (who had been a university science professor) would bring up either an ethical science question or an ethical fashion question (she was also a master seamstress). An ethical science question would be something like, "If you had a choice between letting Shep the farm dog run free, or keeping him penned up, what would you do? (FYI: we chose to let him run free, and later that summer he was hit and killed.) Ethical fashion questions went something like, "Should you wear blue jeans into town?" Or, "What length would a decent girl wear her skirts?" My sister and I would discuss these questions in the vocabulary of the elementary and middle school students we were.

If, during any of these discussions, we put our elbows on the table in order to hold our heads up in pre-teen boredom, our grandfather would stab them with a fork. Which is why, as adults, my sister and I referred to these mealtime conversations as "Fork U."

Which brings me to the Federation. In April you'll have several opportunities for thoughtful meal time conversations. Young Jewish Leadership continues its series of "life lessons" in which they meet with prominent members of the community; this month they will meet with Charles Lebovitz. On April 10, after a hard but fruitful Good Deeds Day, the conversation at dinner will probably revolve what good we can still do for the community.

At Foreign Policy Supper Club on April 18, we will discuss the future of Kurdistan. On Tuesdays the YESOD leadership group will be discussing nurturing vision, effective management change, and inspired communication. As late April moves in, and Passover begins and ends, dialogues and conversations will relocate to homes and congregations.

So in April, amidst all of the activity and fun of spring, take a moment during mealtimes to conduct your version of "Fork U." There are just three easy steps: Have a conversation about what you did that day. Talk about who you helped. And throw out an ethical question. There won't be a certification or diploma—and there need not even be a poke to the elbows—but there will be a healthy connectedness for everyone involved.

POINTS of YOU Exhibit

Open through May 20. See front page for information. No cost, no RSVP.

Noon Nosh

Tuesday, April 5 @ noon. Center for Creative Arts Quartet performs. See front page for information. See menu on our website, and email rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com> or call 493-0270 ext. 10. Cost: \$10



Tuesday Cafe

Tuesdays, April 12 & 19 @ 12p.m. \$10. Hear *The True Story of Soda Stream* on the 19th. Email rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10. See menus on our website.

Film Series Screening of *Dough*

Wednesday, April 6 @ 7pm. See page 10 for film description. \$7 includes popcorn and drink.

Good Deeds Day

Sunday, April 10 @ 3pm. See page 4 for more information, and call 493-0270 to register.

Film Series Screening of *Auf Das Leben (To Life)*

Wednesday, April 13 @ 7pm. See page 10 for film description. \$7 includes popcorn and drink.

Aleph Bet Spring Fling

Friday, April 15 @ 9 am. See page 9 for more information.

Night Run

Saturday, April 16 @ 9:30 pm. See page 4 for more information and how to register.

Foreign Policy Supper Club

Monday, April 18 @ 6p.m. \$12. [Rsvp@jewishchattanooga.com](mailto:rsvp@jewishchattanooga.com), go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10.

The Future of Kurdistan

Kurdistan, a mountainous region made up of parts of Turkey, Iraq, Iran, Armenia and Syria, is home to one of the largest ethnic groups in West Asia: the Kurds. Now, most in the West know them for their small, oil-rich autonomous region in northern Iraq called Iraqi Kurdistan — one of the U.S.'s closer allies in the Middle East and a bulwark against the expansion of the so-called Islamic State. What does the success of Iraqi Kurdistan mean for Kurds in the surrounding region?

Film Series Screening of *The Kind Words*

Wednesday, April 20 @ 7pm. See page 10 for film description. \$7 includes popcorn and drink.

Sephardic Education Program

Thursday, April 21 @ 7pm. Have you ever been in a Sephardic Passover? Did you ever wonder what so different between the Ashkenazi and Sephardic Passover seder? If you want to have a Sephardic experience, join us! Nissim and Yair Hadad (Noa's father and brother) will lead the program, just like they do at home - the Sephardic way. \$5 per person. RSVP

Film Series Screening of *A La Vie (To Life)*

Wednesday, April 27 @ 7pm. See page 10 for film description. \$7 includes kosher for Passover snacks and drinks.

Seeking Director for Philanthropy Camp Summer 2016

The successful candidate must be 25 or older, upbeat, have a current driver's license, and have camp and volunteer experience. Must be available to participate in planning meetings, to assist with training, and for a minimum of 52 hours between July 27 – August 5. Israeli teens, as part of the P2G exchange program, will be involved in camp. Camp director receives an honorarium for his/her service.



Philanthropy Camp is a nationally recognized one-week camp that introduces children in rising first through rising sixth grade to community service through themed service models. There are six high school-aged counselors and a lead counselor to help manage the approximately 50 children in camp. Camp is offered jointly by the Jewish Federation and Chattanooga First Church of the Nazarene.

For more information and to apply for the positions, contact Ann Treadwell at 493-0270, ext. 13 or atreadwell@jewishchattanooga.com.

Save the Date



Philanthropy Camp (rising first through rising sixth grades) and Camp Tikkun Olam (rising seventh through rising ninth grades) will take place August 1 – 5, 2016. Registration forms available March 1.

FEDERATION SHLICHA



See the Water, Share the Good

Noa Hadad, Federation Shlichah
Israel@jewishchattanooga.com

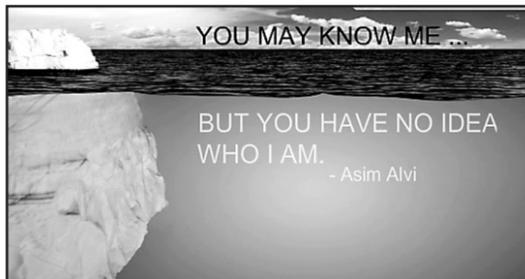
In Hebrew GOOD DEED is MA'ASE TOV: literally, "to do a good thing." I grew up with this sentiment: anytime and everywhere you can, if you have something to give/do for another in need, do it! Because one day you will need someone to help you.

From the time I was a little girl my family and I volunteered with all kinds of organizations and special events, including cleaning the national parks, walking for a cause, raising money for people with needs, making food boxes for the holidays, hosting a lone soldier or students for Shabbat or a holiday, and more. Even today I love to help anywhere I can. I truly believe that it's important to do it as a way of life. It makes you thankful for everything you have, and teaches you about the world outside yourself.

Last month I went to TEDx Chattanooga. One of the speakers, Tracey Carisch, had traveled with her family all over the world, and she writes a blog called "100 Ways to Change the World." She said something that I'll never forget: "See the water."

On their travels, Carisch and her family did a great deal of volunteer work, and in the process saw what other people's lives look like. Some did not have the same educational opportunities or wealth her family enjoyed. Some people didn't know about college, or had never gone out of their city or eaten fresh fruit.

"See the water" meant becoming aware of others' environment. What is their "water" like? Is it clear? Is it dirty? Are there fish in the water, or is it like the Dead Sea? Until we "see the water" we can't judge others' decisions or speculate about what they should be doing.



I never thought a term like "see the water" could describe what took me an entire social work degree to understand: we must see other peoples' water, and, where possible, help them to improve it. I think that everyone deserves the chance to have better water in life, don't you?

Good Deeds Day is April 10



Do good in our community

Save the date and join us on
April 10, 2016

3pm-5pm: volunteering in the community, 5:30pm: a thank you dinner for volunteers

In Hebrew we say YOM HAMA'ASIM HATOVIM, a day with good deeds. All over the world, hundreds of thousands of people choose to volunteer and help others, putting into practice the simple idea that every single person can do something good, be it large or small, to improve the lives of others and positively change the world. Good Deeds Day was initiated in 2007 by businesswoman and philanthropist, Shari Arison of Israel.

"I believe that if people will think good, speak good and do good, the circles of goodness will grow in the world. Good Deeds Day has become the leading day of giving and this year individuals, school children, students, soldiers and employees from many businesses are joining in for the annual Good Deeds Day with the aim of doing a good deed for others."

How it works:

3 p.m.: Meet at the Jewish Cultural Center to get your assignment. All ages welcome! We have projects inside the Jewish community, in the local Chattanooga community, and for Israel.

5:30 p.m.: Meet back at the Jewish Cultural Center for a great THANK YOU to all our volunteers DINNER.

For registration and RSVP: Federation@jewishchattanooga.com or 423-493-0270.

DID YOU KNOW?
The Shlichim Program is made possible through your donations to the Jewish Federation Annual Campaign.

Night Run is April 16

NIGHT RUN 5K CHATTANOOGA 2016

A fun 5K Night Run/1 Mile Walk on the Riverwalk

Saturday April 16, 9:30PM

at the Manker Patten Tennis Club (100 Douglas St)
All Ages Welcome!

Night Run is a timed 5K race which will take place on the evening of Saturday, April 16, starting at the Manker Patten Tennis Club. Don't run? Then come walk with us!

Night Run is adapted from an event held

in Israel. There will be music, glow sticks, concessions, and T-shirts to raise awareness, support and money to bring Jewish, Christian and Muslim children together through soccer programs designed to encourage empowerment, strengthening, confidence and friendship. Any proceeds after expenses support "Mifalot", a non-profit organization in Israel and Operation Get Active a local new program lead by Peter Woolcock, partnering with Chattanooga Football Club.

In 2015 over 300 people participated. We were able to donate \$2,500 to the youth soccer program. With the great success of 2015, and a dedicated group of sponsors and volunteers, we will produce the event again this year. With your support we hope to make it an even greater success. Join us to make this event unforgettable and a value to the Chattanooga community and to the diverse communities in Israel.

After the race enjoy pizza, snow cones, popcorn and surprises. For those over 21, there is an amazing after-party at Big River which includes two beers for each participant wearing the Night Run T-shirt.

See Y'all There!



NIGHT RUN CHATTANOOGA
presents



SATURDAY APRIL 16 | 11 PM | BIG RIVER GRILL (222 BROAD ST)

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Free Appetizers

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Cici's Pizza

Big River Grill

Sear's

Jerry Bohn

Brook Textiles



**Special Thank You to
Manker Patten Tennis Club**



**Have a Healthy &
Happy Passover**

*Ellyn and
John Brooks*

Have a Healthy &
Happy Passover

*David and
Judy Sachsman*

**Have a Healthy &
Happy Passover**

*Elaine and
Sanford Winer*

**Have a Healthy
and Happy
Passover**

*Your Jewish
Federation
Family*

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

**Have a Healthy
and Happy
Passover**

*Robin, Seth,
Jake, and Sam
Balsler*

Our wish and hope for
a joyous Passover to
all and the freedom to
celebrate
*Helen Pregulman
and Family*

Have a Healthy
&
Happy Passover

*Dr. Marty
and Jackie
Scheinberg and
Family*

*Greetings from
Leta and Robert
Berger, Nicole,
Miriam & Samuel
Quinn Herstik-
Berger, Shari and
Darren Cobin*

**Have a Healthy &
Happy Passover**
Arlene Dees

By the Numbers

13

Number of shlichim
featured in the
POINTS of YOU
Exhibit

FEDERATION NEWS

Party Time Exhibit Needs Your Help!



Please remember to send your celebration photos to atreadwell@jewishchattanooga.com by April 15th. And why not take a moment right now to look in your scrapbooks and your attic for some souvenirs of parties, weddings, bar/

bat mitzvahs, dances, balls and any other social activities you might have. Examples are: shoes, gloves, gowns, menswear, hats, wedding cake toppers and party decorations. A hard-working group has gone through the Federation's archives and selected some pretty amazing pictures. We still need more personal items from our Jewish community to make "Party Time" a wonderful summer exhibit.

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THIS PASSOVER REFLECT ON THE PAST AND IMPACT THE FUTURE



Please remember the Jewish community in your will, estate plan or by beneficiary designation.

Call Michael Dzik at 493-0270.

Join the Legacy Society

Allen, Amelia	Israel, David
Alper, Maxine (Deceased)	Jaffe, Dot
Balsler, Jeff	Jaffe, Sam
Binder, Claire	Lebovitz, Alison
Bogo, Jerry	Lebovitz, Charles
Bogo, Rosalee	Lebovitz, Lauren
Brooks, Ellyn	Levine, Lawrence (Deceased)
Brooks, John	Malsh, Rebecca (Deceased)
Chambers, Sandy	Nash, Ike (Deceased)
Cohen, Tal	Oxenhandler, Barbara
Cohn, Herb	Parker, Jordan
Cohn, Sue (Deceased)	Parker, Rebecca
Diamond, Karen	Pregulman, Helen
Dropkin, Warren	Richelson, Alan
Dzik, Michael	Siskin, Pris
Dzik, Paula	Spector, Mark (Deceased)
Fairchild, David	Donna White Dropkin
Hochman, Colman	Winer, David
Hochman, Lynn	Winer, Elaine
Hodes, Alvin	Winer, Finette
Hodes, Andy	Winer, Sanford
Howard, Lynn	Zachary, Richard

The Legacy Society is made up of individuals who, in the tradition of our Jewish faith, wish to share their blessings with others by providing for the future needs of the Jewish community. There are a number of ways to contribute to the Jewish Federation's Endowment through estate planning: a bequest in a will, contribution of the remainder of an IRA or other retirement plan, a life insurance policy, charitable remainder trust, donor advised fund, charitable gift annuity, piece of real estate, securities or other property, or the donation of other assets. However they choose to contribute, Legacy Society members can be sure that their planned gift will turn their dreams for a strong future Jewish community into a reality. Join today. Call Michael Dzik, 493-0270 ext. 15 for more information.

**See how easy it is to join the Legacy Society!
Call Michael Dzik at 493-0270.**

Markets fluctuate. Relationships shouldn't.

We're with you every step of the way.

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Warren Dropkin
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SOCIAL SERVICES



Stressed About Stress?

Rebecca Peck, MSW
Social Services Director
rpeck@jewishchattanooga.com

What is stress? Stress is basically the body's response to a change or a demand. Everyone experiences stress in their life from time to time. But did you know not all stress is bad? A certain level of stress is completely normal and can even be life-saving (the fight or flight response for example).

There is also good stress, which is referred to as "eustress. This is a "positive form of stress having a beneficial effect on health, motivation, performance, and emotional well-being" (Merriam Webster dictionary). Examples of eustress could be the stress of a promotion, running a marathon or taking a vacation.

Short-lived stress, positive or negative, is not generally traumatic, and most people quickly return to their pre-stress state. The heart stops racing, muscles relax, breathing rate returns to normal, and the brain shifts out of overdrive. Stress becomes a problem if either the stressor becomes constant or if the body and/or mind are not able to switch off the stress response once the stressor is gone. In these cases stress can have many negative effects on physical and mental health including lowered immune system response, digestive issues, headaches, insomnia, and mood instability. Left untreated, these conditions can lead to more serious problems including diabetes, high blood pressure, depression and anxiety.

According to the National Institute of Mental Health, there are three major types of stress, all of which carry risks to physical and mental health:

1. Routine stress related to the pressures of work, family and other daily responsibilities.
2. Stress brought about by a sudden negative change, such as losing a job, divorce, or illness.
3. Traumatic stress, experienced in an event like a major accident, war, assault, or a natural disaster, where one may be seriously hurt or in danger of being killed.

So what do we do to avoid going down the stress path?

The first step is to recognize what and where your stress is coming from, and to begin to take practical steps to either eliminate or handle it:

1. Speak to your health care professionals, and know who you can lean on during difficult times.
2. Learn to recognize your body's stress responses and figure out what works best for you, personally, to handle them.
3. Learn to prioritize, and how to say "no." Learning to say "no" can be very difficult for some people--it was for me--but it is very important in the battle against stress and in order to become both a calmer and a more productive person.
4. Exercise and a healthy diet are great ways to reduce stress. Cut down on alcohol and caffeine intake. Find exercise that works for you! We are so lucky to live in Chattanooga, because the options for exercise are endless. Go for a walk across the Walnut Street Bridge, do yoga, go for a hike, swim, dance...whatever works for you!
5. Find ways to relax, even if it's just for a few minutes a day. Listen to music, meditate, practice your spirituality, color (yes, I said color...sophisticated coloring books are the new "in" thing for adults!). Or learn to sit quietly and bask in the beauty of the mountains. I know some days all of this seems easier said than done but it is worth it to your health.

If you or someone you know is overwhelmed by stress, ask for help from a health professional. If you or someone close to you is in serious crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255) or local crisis line (1-800-704-2651).

Get a handle on stress today, so it doesn't get a handle on you tomorrow.

IMPORTANT NOTICE

The 2016 Mission Trips to Israel have been cancelled. Stay tuned for information about 2017 opportunities.



About PJ Library:

PJ LIBRARY IS A JEWISH FAMILY ENGAGEMENT program implemented on a local level throughout North America. Participants receive high-quality Jewish children's literature on a monthly basis. Families raising Jewish children from age six months of age eight years (depending on the community) are encouraged to enroll at www.pjlibrary.org. PJ Library in Chattanooga is sponsored through the generosity of the Harold Grinspoon Foundation, the Jewish Federation of Greater Chattanooga, Aleph Bet Children's Center, and Diagnostic Pathology Services, P.C.

Noon Nosh Menu

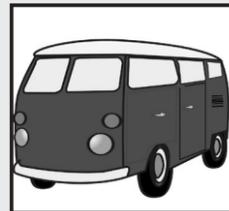
April 5

Fried chicken
Potato salad
Cole Slaw
Chocolate Surprise

(for additional April menus, visit our website, <http://www.jewishchattanooga.com>)



Van Schedule



Monday and Wednesdays

Rick Jacobs 432-2222

Tuesdays and Thursdays

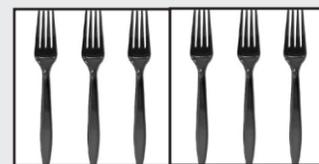
John Schneider 504-6324

Monday-Thursdays as needed

Eddie Reel (423) 503-0238

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) at 493-0270, ext. 13; or atreadwell@jewishchattanooga.com to get your order packaged and ready to go!



Mitzvah Meals (NEW) Suggested Donations

- \$8 per meal
- \$90 per month based on 3 meals/week
- \$125 per month based on 4 meals/week
- 160 per month based on 5 meals/week
- 190 per month based on 6 meals/week

Meals are available for pick-up or delivery. To-go orders from any/all community programs will be charged the *program* fee (\$10-\$12) as opposed to the Mitzvah Meal fee.

All Mitzvah Meal recipients must be pre-approved by the Director of Social Services. Menus are set by the Kitchen Supervisor and Director of Social Services.

FEDERATION PROGRAMS

Jew Crew and Young Jewish Leadership

Jew Crew

Yalla! (Let's Go!)

During our March Jew Crew program, our Shlichah, Noa Hadad, (*ayzeh motek* - what a sweetheart) gave us some lessons *gadol* (awesome) in Hebrew and Hebrew slang and helped us put our newfound vocabulary to the test. At first we thought she was *chai b'seret* (being unrealistic). How could we really learn all of this Hebrew in one afternoon?

But the *tachles* (bottom line) is, during an Israeli salad making competition, a Hebrew version of Taboo (that we renamed Tabrew), and an interactive game of Hebrew musical chairs that required quick reaction time and knowing our *smola* from our *yemina* (left from right), we learned a ton, had fun in the process, and realized that nothing was *combina* (off the record). Overall, the program was totally *sababa* (cool). *Todah Rabah*, Noa! (Thank you very much!)



IT'S TRUE, IT'S TRUE! Your campaign dollars help fund the Jew Crew! And Young Jewish Leadership!

Young Jewish Leadership (Ages 21-45)



Find us on facebook
facebook.com/groups/YJL-CHA/ or email us to get on the mailing list at Israel@jewishchattanooga.com .

WEBSITE: <http://www.Jewishchattanooga.com>
423-493-0270

DID YOU KNOW?
Your campaign dollars help fund Young Jewish Leadership!



Rebecca Sadowitz, Sarah Brook, Larry Gellar, Noa Hadad, & David Scheinberg - 2015 Night Run after party at Big River Grill



Good Deeds Day 2015

April 8 YJL Shabbat Dinner
April 10 Good Deeds Day with Habitat for Humanity
April 16 Night Run
April 18 YJL Networking Event

ALEPH BET CHILDREN'S CENTER



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 for Camp Aleph Bet 2016 and the 2016-2017 school year.
Interested in receiving enrollment information?
Call us! 893-5486 or
alephbet@jewishchattanooga.com.



Read. Volunteer. Sponsor.
Aleph Bet Spring Fling and Read-a-thon Kickoff
Friday, April 15
9:00 a.m.



Children's performances followed by a delicious breakfast prepared by Alice Goss-Morgan
\$10 adults

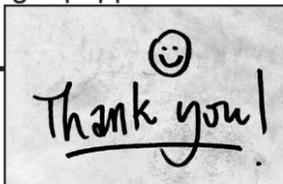
Please consider sponsoring an Aleph Bet buddy for our Read-a-thon from now until May 3. Details, reading sign-up times, and donations can be made at www.aleph-bet.com For more information contact Vicki Cathcart at alephbet@jewishchattanooga.com or 893-5486.

Why donate to Aleph Bet and how will the funds be used? Spring Fling brings the community together to celebrate early childhood education and support Aleph Bet Children's Center. This year we will promote literacy, giving back, and volunteerism, which are part of our program's core values.

Proceeds from this event will help Aleph Bet continue to provide quality teachers, educational supplies, and enrichment opportunities to families in the Greater Chattanooga area while keeping tuition affordable. A percentage of donations will also benefit PJ Library in Chattanooga and the Chattanooga Charter School of Excellence.



The following items were donated to AB this past month:
Bowers Family-boogie wipes and 7th generation disinfecting wipes
Cathcart Family-toys, books, puzzles, games, imaginary play, crafts
Shepperd Family-glue sticks, boogie wipes, finger puppets
Snyder Family-tissue paper and bubble wrap



Spring Springs Up at Aleph Bet!



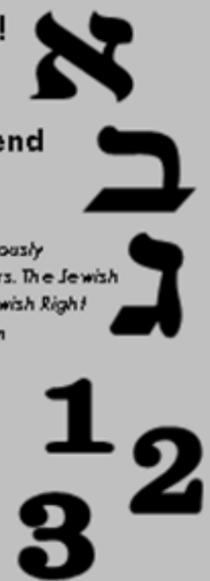
A gift for you... that will last a lifetime!

Your child may be eligible to receive a gift voucher up to \$2,400 to attend Aleph Bet!*

The Jewish Early Childhood Initiative -Chattanooga funding generously provided by the Lebowitz Family Charitable Trust and private donors. The Jewish Right Start Program matching funding provided by the National Jewish Right Start program, an initiative of the Jewish Federation of Metropolitan Chicago, made possible through the generosity of local donors.

Apply at www.aleph-bet.com or call 893-5486 for more information.

*must meet eligibility requirements



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.

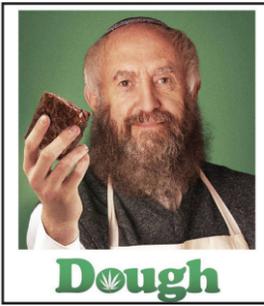
Aleph Bet is recognized by the State of Tenn. for its commitment to good health

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

9TH ANNUAL JEWISH FILM FESTIVAL

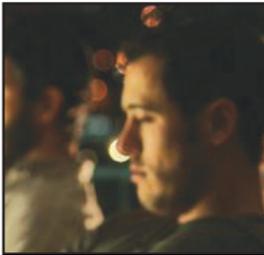
The Film Festival continues with Wednesday night screenings of the following great films:



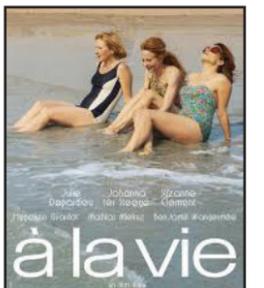
Dough (April 6) is a funny, witty movie about culture clash and generation gaps. An older Jewish baker whose business is in crisis and about to collapse, hires a Muslim teenager. They are as different as can be, divided by race, religion and age. At first this is not a match made in heaven, but as the “recipe” for challah changes, the bakery has unexpected results. The chemistry between the two main characters changes from distrust and confrontation to overcoming prejudice and finding redemption in unexpected ways. This feel good comedy has been an audience favorite throughout North American Jewish Film Festivals. We have “HIGH” expectations for Chattanooga. *Running Time: 94 Minutes. English Cost : \$7 includes popcorn and drink.*



Auf Das Leben (To Life) (April 13) is an odd couple drama that forms a deep bond between an aging Polish born cabaret singer and a young German man. Despite their age difference and entirely opposite life experiences, they form an intense friendship that gives each a reason and purpose to live. Winner of Best German movie at Filmball Vienna in 2015, the movie effortlessly weaves a tale between the present and pre-World War II Germany. The toast, “L’Chaim”, to life, symbolizes the atmosphere of this story. The film features intensely moving, passionate renditions of Jewish music classics that have been re-recorded and newly interpreted that alone are worth the price of admission. *Running Time: 86 Minutes. German with English subtitles. \$7 includes popcorn and drink.*



The Kind Words (April 20) is a comic-drama about a Jerusalem family with three quirky, very different siblings who make you wonder how could they all be from the same womb. When their mother dies, the three pull together to mourn. Then the father drops a truth bomb: he just found out he is totally infertile and could not possibly be their natural father. This revelation sets off a quest for the truth to Paris and Marseilles. “The Kind Words”, through wit, charm and irony, provides insights to issues of identity, family crisis, compromise and love. *Running time: 1 hr, 58 min. Hebrew, French with English subtitles \$7 includes popcorn and drink.*



A La Vie (To Life) (April 27) is a gripping reunion drama about three Auschwitz survivors. After fifteen years searching while in post war Paris, Helene finally finds Lily in Amsterdam. They plan a reunion in Berck-Sur-Mer, France, a beautiful beach in the north of France. A third friend, Rose, whom Helene thought died in the Holocaust, arrives with Lily. They share an intimate vacation in this seaside town confessing their secrets of life, love and friendship. Like life itself, nothing is simple in this absorbing movie. *Running time: 1 hour, 44 min. French with English subtitles. \$7 includes kosher for Passover snacks and drinks*

as of March 14, 2016

Thank You 2016 Jewish Film Series Sponsors!

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