

THE SHOFAH

A Publication of the Jewish Federation of Greater Chattanooga

Volume 30 Number 8 April 2017

Community Commemoration of Yom HaShoah with Survivor Yehudit Bar-Tov



Yehudit Bar-Tov

The Jewish Federation will hold a community observance of Yom HaShoah, to commemorate victims of the Holocaust, on Monday, April 24 at the JCC. The program will begin with a candle lighting ceremony at 7:00 p.m., which will include prayers and readings by rabbis and members of the community. Holocaust survivor (and mother of Merav Balazs) Yehudit Bar-Tov will talk with Alison Lebovitz about her experiences during and after the war. There is no cost to attend. Below is an excerpt of Bar-Tov's story, in her own words.

"...I clearly remember that night the Nazi SS soldiers reached us. I heard them banging forcefully on the door with their gun butts and shouting in German, "Open quickly!" They came in and commanded my father to take his pants off so they could see if he had been circumcised. This was in October 1944. I was exactly 8 years old.

"My father jumped out of the window, and I never saw him again. After the war I heard he had been murdered. My mother and I arrived at Birkenau together. For a few days we were in a transit camp, and then together with many others we were transferred in the infamous cattle cars to Auschwitz-Birkenau.

I remember the welcome – SS soldiers with a cruel look in their eyes, with clubs and dogs, screaming out orders in German. They took away our clothes, cut off our hair, tattooed our arms, and clothed us in prisoners' uniforms.

And then one day they sent my mother to a work camp in Germany. My memories from my camp are mainly a feeling of fear, which dominated any other feeling, even the feeling of hunger and cold. I remember the lineups, in the background all the time screaming and yelling out of orders, and dogs barking. We stood in the freezing cold wearing only the thin prisoner gowns, in the coldest winter months, in the snow..."

Come hear the rest of her story April 24.

Yehudit Bar-Tov as a child on her father's lap



Night Run Sprints Into Town Again

Night Run is a timed 5K race which will take place on the evening of Saturday, April 22, starting at Shelter # 4 in the Riverpark next to the Hubert Fry Center. Not a runner? Not a problem! Come join us for a one mile walk! Kids are welcome too! The event begins at 9:15 p.m.

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, and strengthen confidence and friendship.

In 2016 over 300 people participated. We were able to donate \$4200 to the youth soccer programs. With the great success of 2016, 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, 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 Grill which includes two beers and appetizers for each participant wearing the Night Run T-shirt.



Saturday, April 22, 2017 @ 9:15 p.m.

A fun 5K run/1 mile walk on the Riverwalk

Begins at Shelter #4 in Riverpark next to the Hubert Fry Center, 4501 Amnicola Highway

All Ages Welcome! Register www.nightrun5k.org

Make a difference in a child's life. Proceeds benefit interfaith youth soccer teams in Chattanooga and Israel

After party at Big River! Don't want to run OR walk? Just come to the after party! Please register (see website above). Want to volunteer? Go to the website for that too, or you can email Rob Lowe, Austin Center, or Rob Cowan (see page 3). To get a Night Run t-shirt or come to the after party you must register!



10th Annual Jewish Film Series Continues

The 10th Annual Jewish Film Series kicked off March 15 with the much-anticipated, well-attended Sponsor Event. Sponsors enjoyed dinner-quality appetizers, live music, adult beverages, and a screening of the film *Harmonia* (photos page 10).

The Series continues Wednesdays April 5, 19, and 26, with, respectively, 1945, *The Last Mentsch*, and *AKA Nadia*. Films screen at 7p.m. and \$7 includes popcorn and a soft drink. Movie descriptions on page 4.



Aleph Bet Spring Fling
Friday, April 7
9 a.m.
\$10 adults, \$5 non AB kids

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SAVE THESE DATES!

| | |
|--|--|
| <p>May 2</p> <p>May 15</p> <p>May 18</p> <p>May 25</p> | <p>Yom Hazikaron and Yom Ha'atzmaut</p> <p>Foreign Policy Supper Club</p> <p>Memory Screening</p> <p>AB graduation</p> |
|--|--|

NOTES FROM LEADERSHIP



Jewish Education: Inspiring News from the Field

*Lee Brouner, Federation Board Chair
boardchair@jewishchattanooga.com*

As I have discussed previously, the Federation is actively working with the congregations, Chabad, and the community toward developing a comprehensive and innovative plan for the Jewish education of the youth in our community. I came across the following article that summarizes the vision of our group much better than I ever could. My goal is for our community to soon become a model, and to be recognized as a leader in Jewish education.

The following column by Mark S. Young appeared in eJewishphilanthropy.com.

“Have you heard the news? More and more of our young learners today are enjoying the educational experience in their congregation or other part-time Jewish education settings. One might think Jewish education coupled with fun and enjoyment would only refer to experiences at summer camp, Israel, or youth group conventions. No longer.

“We are used to referring to Jewish learning in these settings as “Hebrew school.” Certainly that’s the terminology familiar to boomers, Gen Xers, and early Millennials (as a 1981 baby I straddle Gen X and Millennial, so I can relate). Many in these generations judged their Hebrew school experiences as uninspiring or mediocre. We’ve read this in testimonials and in the 2013 Pew study, and we’ve seen evidence through a drop-off in synagogue life.

“This piece, and those forthcoming in this series on eJewishPhilanthropy, aim to tell a new truth: inspiring things are happening in these Jewish education environments. Increasingly, congregational and part-time Jewish learning are making great strides in instilling both the knowledge and skills for the next generation of Jews to become active and confident in Jewish life and in building strong positive Jewish identity in our learners, who are better equipped to navigate today’s opportunities, issues, and challenges.

“So what has changed? To start, the learning is more experiential, interactive, and reflective. It’s created and led by better-trained and better-supported directors and educators. It actively involves parents and other family members in the learning. In many cases, these experiences are more intentionally interwoven into the larger synagogue community.

“Today’s Jewish education is providing compelling experiences that prepare learners and families far beyond the b’nei mitzvah. Instead, learners are prepared for a lifetime of engagement in Jewish community, ritual, and spiritual life. This includes, but is not limited to, participation in both social action and ongoing learning through teen and adult learning experiences in the congregational community and beyond.

“I’ve been struck by the vivid signs at recent protests and demonstrations proclaiming, “This is what I was trained for in Hebrew school,” or “This is what Hebrew school prepared me for.” To me, this demonstrates a long-heralded success of teaching in these environments: Jews have learned that we must not take for granted one’s rights and privileges and we must stand up for what is right. This success will continue and only increase as we further strengthen the educational experiences in these settings.

“Certainly, the enterprise of congregational and part-time Jewish learning remains subject to challenges. Educators have a limited amount of in-person time to teach and inspire learners. There are limited financial resources for teacher compensation and training. This sector of Jewish education also has a branding problem, even if it is not as mediocre as its old “Hebrew school” brand may infer.

“In response, this coalition is leading a movement to nurture widespread transformation within this particular and vital arena of Jewish education. Together, we can overcome these challenges. We aim to directly address, for example, the branding issue, and reinforce that even more so today than in the past 70 years, the congregational and part-time Jewish learning enterprise has become an emergent soaring success – and we need to make this clear and known.

“Don’t believe me? I encourage you to pay close attention to the upcoming series of articles by colleagues from across our sector in the weeks ahead. The Leadership Commons at The Davidson School of JTS has partnered with Shinui (a network of 10 central agencies for Jewish education), along with URJ, USCJ, RRC, HUC-JIR, Hebrew College, Gratz College, and JFNA, aiming to advance continued positive change in congregational and part-time Jewish education throughout North America.

“In each article a member of or partner to the coalition will either further expand on the history of how we got here, or share specific examples, including learning models, stories, and perspectives, naming successes from their cities and congregations. They will also name challenges and convey how we are navigating through and overcoming them. We write with a spirit of optimism and excitement as we collaborate to further strengthen our already invigorating work.

“It is important to note here that this emerging change is not yet widespread. As the writer William Gibson once stated, “The future is already here – it’s

just not very evenly distributed.” We hope the work of the coalition can be a catalyst to better distribute this success, to further the nurturing of the exciting future we are beginning to see among communities across the continent.

“More and more, learners today, in these settings, are becoming inspired through learning about the rights and responsibilities each of us has to make our Jewish community and world a better place. They learn to read and sing Shema and Oseh Shalom, understanding the call for unity and peace. They learn to pray or read in Hebrew, study Bible, or celebrate ritual, connecting the lessons as a call to take action, to participate, to be involved, and to help others in the spirit of tikkun olam, klal Yisrael, and b’tzelem elohim.

“Inspiring things are happening ... in congregational and part-time Jewish education.”



Social Benefit Corporation: Thoughts on the Nonprofit Image

*Michael Dzik
Federation Executive Director
mdzik@jewishchattanooga.com*

When you hear the term ‘nonprofit’, what images come to mind? What descriptive words? Knowing that many types of nonprofits exist, what, in your mind, are some of the key elements? According to Webster’s dictionary, the term “non-profit” is defined as an organization that is ‘not conducted, existing, or maintained for the purpose of making a profit’.

I recently returned from a JFNA professional institute where I attended a workshop on nonprofit governance. “Boring,” you’re thinking, right? But actually it was quite interesting. We discussed some of the images and thoughts that come up for people around the term ‘nonprofit’. The list included: asks for money/does fundraising, volunteers, low compensation for staff, mission driven, and slow decision making. There were other interesting terms, some positive and others thought provoking. Then we were challenged: What if we stopped calling ourselves ‘nonprofits’ and moved to a more business-like term, ‘Social Benefit Corporation’? Would people have a different picture of this type of organization?

I personally happen to see nonprofits (your Jewish Federation for example) as a business. Legally, we are a 501c3 non-profit corporation. We are required to have a license from the State of Tennessee to solicit gifts as well as complete a yearly audit and submit a 990 report. Sounds like a corporation, right? Unlike many Federation Executive Directors, I work hard to run the Federation like a business. We work within an approved budget and have monthly financial reports to “check in” on our income and expenses. However, there is another piece to the Federation as well – the ‘Social Benefit’ piece. How is this measured?

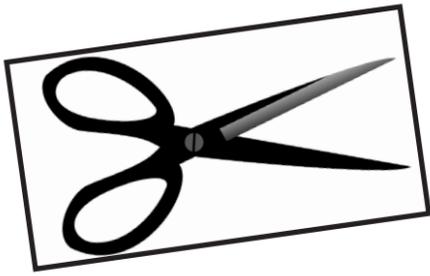
Businesses are always looking for the measurable goals. Did we sell enough widgets this month? Did our marketing have an impact? In the Federation world, our product is a little different. For example, is our social services in the field, in the community, providing the necessary programs, services and assistance to those in need? Is Aleph Bet providing a safe, educational and Jewish experience for our children and families? On a more basic level – are the services and programs the Federation provides known and accessible to the community? Are we meeting the needs and wants of our community?

The Federation is always seeking feedback about our programs and services. We are here to serve you! Fundamentally, the Federation has engaged and integrated committees that fulfill our mission. For example, the Program Committee works to develop interesting and worthwhile programs for the community. The Aleph Bet Advisory Committee assists the Director with projects and fundraisers while giving guidance as needed. Similarly, the Social Services committee gives professional expertise to our staff to ensure we are meeting community needs. Each committee engages community members to meet the mission of the organization. Others are engaged to work on various projects – from Night Run to the Film Series. Volunteers are the lifeblood of the Federation – as both human and financial resources. You are the eyes and ears that give guidance and direction to the Federation. In essence, your feedback is how we measure our success!

I’m going to think more about this new term – Social Benefit Corporation. It has a positive ring to it – maybe a 21st century feel. It may not change the way nonprofits work, but maybe it will give people a more positive perception of what we do. Food for thought.



@JEWISH CULTURAL CENTER



Snip History

Ann Treadwell, Program Director atreadwell@jewishchattanooga.com

I have many objects sitting on shelves and table tops around my house, but particularly in my kitchen. They are placed so that I have to use them frequently. And although these objects look ordinary, they are, for me, the vehicles through which I stay in contact with my past.

I have been my family's female elder since 1999, and sole elder since 2001. It's a job I didn't expect or want, and it entails knowing a good bit of oral history. My siblings and their children, and my cousins and their children, were not old enough to remember the history of (particularly) the women in my family. So I have objects to remind me to tell their history to Jacob, my son, and to talk about it to my sisters in hopes they will share it with their children.

In my kitchen drawer I have two pairs of scissors. One pair, which I use daily, is almost 100 years old. They belonged to my maternal grandmother. They remind me of the farm life my grandparents settled into after World War I. *Snip*, cutting meat raised on the farm. *Snip*, cutting vegetables raised in the four acre kitchen garden. *Snip*, opening a large envelope containing cloth to be made into a beautiful suit. *Snip, snip, snip*, the sound of my grandmother's voice, talking about the journey from Germany and the inventions made by her father while she worked the fabric.

The second pair of scissors belonged to my mother. They are a bit wimpier than those belonging to my grandmother. My mother was not a good cook, and that is being polite. I'm not really sure why she had farm kitchen scissors, since we lived in New York! But while she would occasionally use them, my real memories are of Pearl using them. Pearl was the maid my father hired to help us out from the time I was eight until I was about 11 or 12 years old. She was Jamaican, a Jehovah's Witness, and she could cook. She used those scissors with care and precision. We were not allowed in the kitchen when she was working.

Why are snips important? The things we save, solid objects, can invoke memory or be the vehicle to tell us a history about ourselves and about culture. At the end of April, we will commemorate an important part of cultural history through Yom HaShoah, Holocaust Remembrance Day. It may be the candle lighting that evokes the history of victims, or it may be shoes, a yellow star, or a striped uniform. But this year on April 24, we welcome a Holocaust survivor to the Jewish Cultural Center to tell her story in words, rather than in objects. Won't you come listen?

The Federation and Aleph Bet will be closed for Passover on the following dates:

Monday, April 10 at 3p.m.
Tuesday, April 11
Wednesday April 12
Monday, April 17
Tuesday, April 18



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.

CALL FOR VOLUNTEERS TO HELP WITH NIGHT RUN!

Email Rob Lowe (robertlowe17@att.net), Rob Cowan (robcowan@optilink.us), or Austin Center (acenter@acuityonline.com).



Tuesday Cafe

Tuesdays, April 4 and 25. Always at noon.
 Rsvp@jewishchattanooga.com or 493-0270 ext. 10. Cost: \$10.
No Tuesday Cafe April 11 & 18 due to Passover. (Kitchen closed April 11-18.)

Jewish Film Series Screening of 1945

Wednesday, April 5 @ 7 p.m.

See page 4 for film description. Dr. John Swanson of UTC will discuss the film following the screening. \$7 includes film, popcorn and drink. Rsvp@jewishchattanooga.com or 493-0270.



Taste of Israel: Understanding Ethnicity Through Food

Thursday, April 6 @ 7 p.m.

Learn about the various ethnicities in Israel through food. See page 8 for more information and how to RSVP. Cost is \$5.

Aleph Bet Spring Fling and (Last Day of) Preschool Exhibit "How I See My World"

Friday, April 7 @ 9 a.m.

Preschoolers perform onstage! Also, see what they came up with when they turned their cameras and crayons on the world. Join us for this very special program and first-time children-created exhibit. For information, contact AB Director Meghan Graybeal at alephbet@jewishchattanooga.com or 893-5486.

Archives Committee Meeting

Thursday, April 13 @ 12:30

Jewish Film Series Screening of *The Last Mentsch*

Wednesday, April 19 @ 7 p.m.

See page 4 for film description. \$7 includes film, popcorn and drink. Rsvp@jewishchattanooga.com or 493-0270 ext. 10.



Night Run

Saturday, April 22 @ 9:15 p.m.

See front page and <http://www.nightrun5k.org> for more info.

Yom HaShoah Commemoration

Monday, April 24 @ 7p.m. Candle lighting, prayers, and spoken program featuring Holocaust survivor Yehudit Bar-Tov, mother of Merav Balazs.

Jewish Film Series Screening of *AKA Nadia*

Wednesday, April 26 @ 7 p.m.

See page 4 for film description. \$7 includes film, popcorn and drink. Rsvp@jewishchattanooga.com or 493-0270 ext. 10.



Philanthropy Camp and Camp Tikkun Olam, July 31-August 4

Be a (fun!) part of the solution!



Philanthropy Camp is a nationally recognized one-week camp that introduces children in rising first through rising sixth grade to community service through day themed service models.

Camp Tikkun Olam is designed to provide hands-on service to local non-profit organizations, discuss the mission of those organizations, and at the end of camp award a small financial donation to one of the organizations.

Camp is offered jointly by the Jewish Federation and Chattanooga First Church of the Nazarene.

To register, see our website at jewishchattanooga.com. For more information contact Ann Treadwell at 493-0270, ext. 13 or atreadwell@jewishchattanooga.com.

10th Annual Jewish Film Series

April Films

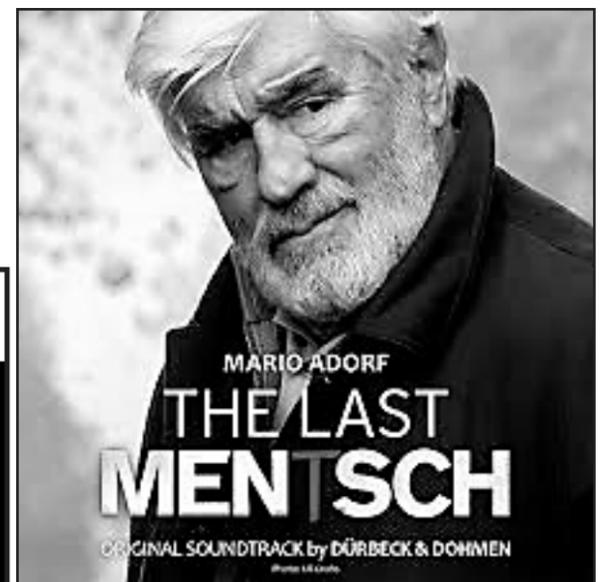
Films screen Wednesdays at 7 p.m. \$7.00 gets you a seat, popcorn and a drink.

April 5 1945 On an August day in 1945 two Orthodox Jews arrive at the train station of a European village with mysterious boxes labeled "fragrances." The town clerk fears the men may be heirs of the village's deported Jews and expects them to demand back their illegally acquired property which was confiscated during the war. Other villagers are afraid more survivors will come and pose a threat to the property and possessions they have claimed as their own. **91 minutes. Hungarian with English subtitles.**

April 19 THE LAST MENSCH Born as Menachem Teitelbaum, Marcus Schwarz escaped Auschwitz with his life, only to exterminate his Jewishness. When faced with his own mortality, Marcus sets out with an unlikely friend on a journey that will irrevocably change them both. **93 minutes, German, Hungarian with English subtitles.**

April 26 AKA NADIA Maya is a happily married mother of two. She is a successful choreographer and everything seems to be perfect...but this life is a lie. Unbeknownst to her family and everyone around her, she has a hidden past. **115 minutes. Hebrew; English; Arabic with English subtitles.**

No film Wednesday, April 12 due to Passover.



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COMMUNITY NEWS & EVENTS

CONDOLENCES

We mourn the passing of the following beloved friends and family:

- Marsha Kleinstub, sister-in-law of Jerry and Judy Kleinstub, on February 26 in Tampa.
- Larry Levy, father of Abe, Harold and Herb, on March 7 in Mt. Kisco, NY.
- Phyllis Niman Metsky, mother/mother-in-law of Ellen and Ken Hays, grandmother of Stephanie Hays, on March 11.

TRIBUTES

- Tribute to Gene Boulware's recovery: *Helen and Stanley Smith; Helen Pregulman*
- In Honor of David and Judy Sachsman: *Ed and Jane Purdy*
- In Memory of Sylvia Green: *Sharon Farber*
- In Memory of Phyllis Metsky: *Pris and Robert Siskin; Iris and Lee Abelson; Jon and Amy Cohen; Randi Kirshbaum; the Public Education Foundation*
- General Donation: *Ansel and Carolyn Peak*

Although the Shofar deadline is the 8th of the month, mazel tovs and condolences are accepted at any time. Please contact Dana Shavin at 493-0270, ext. 12 or dshavin@jewishchattanooga.com



WITH THANKS FROM THE KLEINSTUB FAMILY

The outpouring of love and support for all of Mike's family has been overwhelming. We, along with Serena, Kayden and baby due in late August and his sister, Sandi, and nieces Sydney and Jolie, are so very grateful to all of our wonderful family and caring

friends.

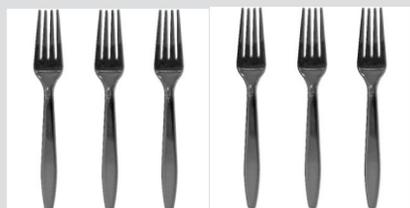
Thank you for the cards, donations, hugs and for helping with the meal served following the Memorial Service. Michael was a presence when he entered a room. He was full of love as well as fun-loving and accomplished a great deal in his much too short life. He had plans to do so many other things. We are all devastated and at the same time so very appreciative of everyone's care and concern.

--Judy, Jerry, Serena, Kayden, Sandy, Sydney and Jolie

Do You Have Something to Tell Us?



Is your high school senior graduating this spring? *The Shofar* wants to know! Please email dshavin@jewishchattanooga.com to find out how to have your child spotlighted in an upcoming issue of *The Shofar*.



Mitzvah Meals 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.

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By the Numbers

267

Weight (in pounds) of world's largest matzoh ball (see photo bottom of page 9)

Sonia Young Receives Ruth Holmberg Arts Leadership Award March 7



Left-right, Sonia Young's daughter Melanie, Sonia, and Austin Center.

Want the Fun Without the Food?



Want to come to a meal-time program but don't wish to eat? Now you can, at half the cost. (If lunch program is \$10, you'll pay \$5.) Why is there still a cost? Fees pay not just for the meal but for labor, marketing, and other associated expenses. **Regardless of whether or not you eat, you will still need to RSVP in order to reserve a seat.**

Note: Please do not bring outside food or beverages into the Federation. If you would like to suggest a beverage or food to be served at an event, please contact Ann Treadwell. She and Alice Goss-Morgan, Kitchen Supervisor, will consider your suggestion.

Food allergies or restrictions? Please contact Ann Treadwell at atreadwell@jewishchattanooga.com or 493-0270 ext. 13. We will do our best to accommodate you.

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SOCIAL SERVICES



“Broaden and Build”: Change Your Perspective, Change Your Life

Rebecca Mills, MSW
Social Services Director
rmills@jewishchattanooga.com
893-9241.

Some days it is hard to be positive. Life can be scary and stressful. Turn on the TV and you can feel the anger, sadness or panic setting in. Sickness, financial problems, family strife and a multitude of other issues pop up from day to day in our lives and the lives of those around us. But does it mean we need to only focus on the bad?

Barbara Fredrickson is a positive psychology researcher at the University of North Carolina. Fredrickson tested the impact of positive emotions on the brain by performing an experiment. During this experiment, she split research subjects into five groups and showed each group different film clips.

The first two groups were shown clips that created positive emotions. Group 1 saw images that created feelings of joy. Group 2 saw images that created feelings of contentment. Group 3 was the control group. They saw images that were neutral and produced no significant emotion. The last two groups were shown clips that created negative emotions. Group 4 saw images that created feelings of fear. Group 5 saw images that created feelings of anger.

Afterward, each participant was asked to imagine themselves in a situation where similar feelings would arise and to write down what they would do. Each participant was handed a piece of paper with 20 blank lines that started with the phrase, “I would like to...”

Participants who saw images of fear and anger wrote down the fewest responses. Meanwhile, the participants who saw images of joy and contentment, wrote down a significantly higher number of actions that they would take, even when compared to the neutral group.

In other words, when you are experiencing positive emotions like joy, contentment, and love, you will see more possibilities in your life. These findings were among the first that suggested positive emotions broaden your sense of possibility and open your mind up to more options.

Fredrickson has termed this phenomenon the “broaden and build” theory which basically boils down to the more positivity you have in your life the greater your sense of possibility in life.

Now I definitely consider myself to be a realist and life is just plain old hard and sad some days, but why not try and allow a little more positive thought and experience in your life and see what possibilities may come your way!



Please note: Federation kitchen will be closed for Passover April 11-18.



Congratulations to the 11 participants who successfully completed the Matter of Balance course taught by Social Services Director Rebecca Mills and Community Nurse Edie Redish. Matter of

Balance is an evidence-based course that mixes exercise and group discussion to prevent falls and promote safe and healthy aging practices.

Did you know? Your campaign dollars help fund Social Services!

Need help finding things to be positive about? Pick one (or all!) of these days and celebrate!

- | | |
|---|--|
| April 1st National Love Our Children Day | April 16th Nat'l Wear Your PJs to Work Day |
| April 2nd National Reconciliation Day | April 17th Nat'l Ellis Island Family History Day |
| April 3rd National Chocolate Mousse Day | April 18th National Lineman Appreciation Day |
| April 4th National School Librarian Day | April 19th National Hanging Out Day |
| April 5th National Deep Dish Pizza Day | April 20th National Lima Bean Respect Day |
| April 6th National Student-Athlete Day | April 21st Nat'l Chocolate Covered Cashews Day |
| April 7th National No Housework Day | April 22nd National Earth Day |
| April 8th Take your Parents to the Playground Day | April 23rd National Lost Dogs Awareness Day |
| April 9th National Name Yourself Day | April 24th National Pigs in a Blanket Day |
| April 10th National Siblings Day | April 25th National Hug a Plumber Day |
| April 11th National Pet Day | April 26th National Help a Horse Day |
| April 12th National Bookmobile Day | April 27th Nat'l Take Our Sons/Daughters to Work Day |
| April 13th National Scrabble Day | April 28th National Great Poetry Reading Day |
| April 14th National Reach as High as You Can Day | April 29th National Zipper Day |
| April 15th National Take a Wild Guess Day | April 30th National Adopt a Shelter Pet Day |



JUST A REMINDER:
Community Nurse Edie Redish's
new number is 423-682-1401.
Hours of availability are
Monday-Thursday 8-5
Fridays as needed

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!



Ride with Pride--On Us

Contact Rebecca Mills, Director of Social Services, for approval to receive transportation services. Once you have been approved, you may call the appropriate driver for the day you need transportation. See below for drivers' days/contact information.

Mondays- Rick
Tuesdays- Jason
Wednesdays- Rick
Thursdays- Eddie



Jason Shuman: 423-320-1480
Rick Jacobs: 423-432-2222
Eddie Reel 423-298-7169

Monica Gefter, M.D., FACP Board Certified in Internal Medicine

Special Interest: Preventive Cardiology, Hypertension, Diabetes, Cholesterol, and Healthy Aging

New patients by referral

ACADEMIC INTERNAL MEDICINE

Erlanger Physician Office Building
Suite 601B
979 E. 3rd St., Chattanooga 37403



423-778-8179

PASSOVER GREETINGS

**Have a Healthy
and Happy
Passover**

**Robin, Seth,
Jake, and Sam
Balsler**

**Have a Healthy &
Happy Passover**

**Dr. Sam and
Dana Banks**

**The Blood
Applied, All
Were Safe Inside**

**God's Blessings
During Passover
Lee Fick and
Friends**

**Happy
Passover
From all of
us at 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**

**Best wishes for a joy-
ful Passover filled with
health, peace,
and freedom
Helen Pregulman**

**Happy Passover
Dr. Larry and Carol
Young, Traci and
Elijah Young**

**Love at Passover
Cecile Garry Parris**

JEW CREW

Jew Crew Retreat: A Weekend to Remember

By Rachel Dzik

On February 24, thirteen teens met Alison Lebovitz, Andy Hodes, and Shiran Amir at the JCC for the annual Jew Crew Retreat. Nervous and excited, we made our journey to Camp Ramah Darom in Clayton, Georgia.

As we arrived at camp, I could feel the stress of my busy life lift off my shoulders. We had a very interactive Kabbalat Shabbat service that incorporated prayer styles from both B'nai Zion and Mizpah Congregations, and then enjoyed a delicious Shabbat dinner. I can assure you that the spiritual connection that you get being around nature and in a Jewish environment really makes Shabbat come alive.

After dinner, we moved on to what was my favorite part of the weekend, Mrs. Alison's game of Celebrity. We were randomly paired and raced against the clock to play a mixture of "\$25,000 Pyramid" and "Password" inspired games. Later, we made our way up to the bunks for a midnight movie and snacks.

On Saturday, we had a short D'var Torah led by Andy Hodes and an interactive Israel program with our shlichah, Shiran Amir. Later in the day, instructors from North Carolina came to teach us about teamwork and climbing. All of us either climbed or were part of the support team for the climber. As someone who is afraid of heights, it was very difficult for me to build up the courage to climb the tower. On my first climb I wasn't able to make it to the top, however, after everyone finished their individual climbs, Ross Binder and I did a partner climb, and I made it. I think I can speak for everyone when I say that we all felt closer after we climbed together. We all cheered each other on and gave strategies as others climbed the tower.

As the day came to an end, we participated in a Jew Crew annual tradition of competing in the board game "Are You Smarter than a Fifth Grader?" That night we watched another movie and had snacks. A group of us stayed up long into the night laughing and talking.

As the weekend came to an end, we said our highlight of the weekend and who we connected with the most. As a senior about to graduate, I felt that this retreat gave me a chance to stop and take a breather. I made so many new friends who I never would have connected with if I hadn't gone on this retreat. We all came together for this weekend despite where we go to school or syna-

gogue, which made this weekend even more special for me. I encourage all you Jewish teens out there to go on this retreat at some point in your high school career. I promise you won't regret it!



Your campaign dollars help fund Jew Crew

SHLICHIM PROGRAM



Four (or more) Questions, and Answers

*Shiran Amir
Israel Emissary
Israel@jewishchattanooga.com
493-0270 ext. 31*

Why is this night different from all other nights, and why should it interest us? Every year we sit around the Seder table with our family and ask the Four Questions. But what is the idea behind them? Why should we care if on all other nights we do not dip vegetables even once, but on this night, we dip twice? What are the messages we need to understand from the Four Questions on Passover?

Passover is remembrance and attestation for exodus. Each year the people of Israel eat matzah and celebrate the holiday and thus preserve the memory of the miracle and the great salvation. But things can become routine. We clean and cook, and buy new things for our homes and dear ones. During the Seder itself, we wait for the great meal, and the Haggadah we read without really understanding what it says. For seven days we eat matzah because this is what is required. The question is what is the inner essence of all of this and how can we not take the holiday for granted?

If we will take a closer look, we can see clearly that in the Seder there are a lot of unconventional moments. Stealing the afikoman, washing hands twice, uncovering the matzah and then covering it again, drinking one cup and then pouring a new one, saying half Hallel and only after the meal saying the second half, and eating and drink reclining.... All of these Passover traditions are to encourage us to ask questions about it. The essence of Passover is to ask difficult questions.

The questions itself are a reminder that we are capable of thinking seriously and of not getting caught up in routine. It's possible to live life without stopping even once to think whether we are on the right path. It's possible to celebrate Passover every year with all its traditions and yet not fully understand what we're celebrating or why. Asking questions puts us into thinking mode. Because with no questions, there are no answers that will make us see things differentially.

What is the meaning in your life? What is important? What do you want to spend your time on? Do you think yourself a good person? How can you improve yourself and your surroundings? Regarding your Jewish identity, where are you in the community? What can you contribute to your people? What can you take upon yourself Jewishly? What is the place of others in my life? And so on. The questions are to inspire us and give us the motivation to think bigger, to explore and understand. To make our existence here better. A person who really asks these questions and is interested in getting some answers will eventually reach inner truth. We only need to take a closer look at the ordinary things and think. And then, just like on Passover Seder night, to do things differently. To break the routine and habit. To make a little change. To remember why.

Seder night is trying to provoke us and change everything we are familiar with to make us ask questions. Why is this night different from all other nights? What exactly was going on in the exodus? What is our uniqueness as a people? What is the lesson we can learn from our history?

Out of these questions can draw conclusions that lead us further and help us discover more and more of our personal and collective inner truth. The Four Questions we ask in the Seder bring us to a thinking state of mind. We all know our origins and know the history of the Jewish people. Hence we need to know this night's traditions' main purpose so we can learn from it and take it to the next level. So for that I want to wish you all, dear community, a Happy Passover full of meaningful questions that will give rise to some new goals.

HAPPY



PASSOVER!

The Shlichim Program is made possible by your campaign dollars.

Taste of Israel: Understanding Ethnicity Through Food

Ashkenazim? Spaniards? Neither?

What do you know about ethnic groups in Israel? Let's learn about them together--through food!

Join us for this delicious and educational event at the home of Beth & Rob Lowe.

RSVP ASAP!

There's limited space for this non-Kosher event.

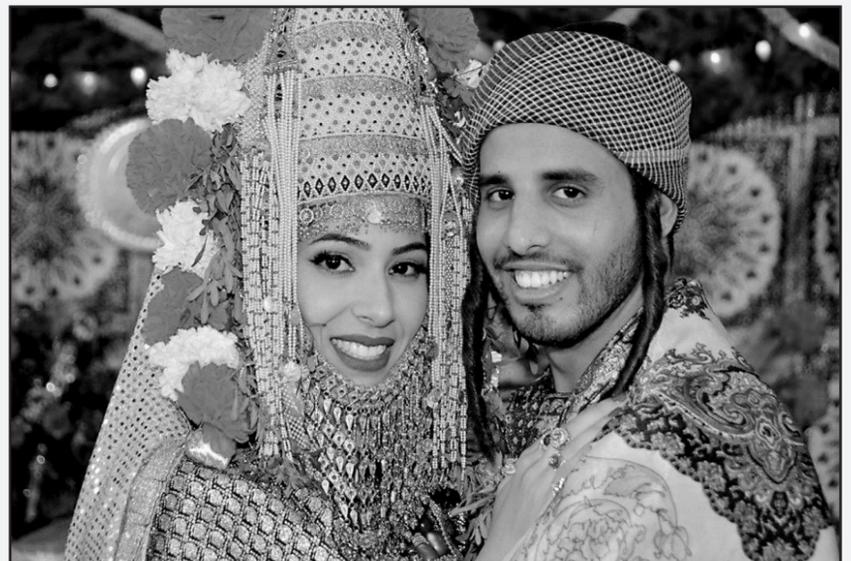
Cost to participate: \$5

*April Shlichim Program:
**Taste of Israel:
Understanding Ethnicity Through Food***

*Thursday, April 6, 7:00 PM \$5 fee.
The event will take place at Beth & Rob Lowe home, a non-Kosher event, limited space and **MUST RSVP** 493-0270 or rsvp@jewishchattanooga.com*

Ashkenazi? Sephardic? Neither? What do you know about ethnic groups in Israel? Let's learn together about the different ethnic groups in Israel through food, and making it.

Upcoming Exhibit: Signs/Simanim Jewish Yemenite Folklore April 24-May 19



Yemenite Jewry is an ancient Jewish community that, according to belief, reached Yemen immediately after the destruction of the First Temple. Thus, its traditions are unique and different from the other communities in Israel. The uniqueness of Yemenite Jewry, which began in Israel at the beginning of the 20th century, was manifested in clothing, culture, tradition, ceremonies, Torah reading, food and more. This exhibit will highlight different aspects of the Israeli Jewish Yemenite culture.

**2017 Camp Tikkun Olam
and Philanthropy Camp
registration forms are here! Go to
Jewishchattanooga.com and
fill them out online!
Camps run July 31-August 4**

FEDERATION NEWS



Jewish Federation of North America's 2017 National Young Leadership Summer Mission to Israel

NYL SUMMER MISSION DATES: July 3-9, 2017

**The mission begins in Israel Monday, July 3rd at 6:30 PM and ends Sunday, July 9th at 8:00 PM.*

WHO PARTICIPATES IN THIS MISSION: The mission is open to young adults, ages 25-45, who are passionate about *Tikkun Olam* (Repairing the World) and building Jewish community with peers from across North America. We expect more than 100 young adults to join the mission.

COST: Land price (double occupancy): \$2,899. Single supplement: \$919

**Price includes first-class hotel accommodations, transportation, guides, most meals, taxes, tips, group transfers, and security.*

SPECIAL LEADERSHIP DEVELOPMENT TRACK: Led by incoming National Young Leadership Co-Chairs, Michelle Hirsch (Cleveland) and Jeff Rum (Washington, D.C.), the Leadership Development Track has been designed to engage young adult chairs, young adult campaign chairs, and key volunteers from local Jewish Federations from across North America. The experience will include skill building sessions, focused conversations about leadership and a best practices roundtable with other young leaders on the mission.

REGISTRATION: ifeds.org/NYLMission2017

REGISTRATION DEADLINE: Friday, June 2, 2017

SUBSIDIES: Please contact your local Federation to find out if subsidies are available.

SUGGESTED MINIMUM GIFT: At the end of the mission, participants will share reflections from the trip during a meaningful group conversation (caucus). Following the caucus, it is suggested that participants make a minimum gift of \$500 to the 2018 Annual Campaign of their local Jewish Federation to support their Jewish community at home, in Israel, and around the world.

For full itinerary, go to <https://www.jewishfederations.org/calendar/nyl-summer-mission-to-israel-2017>

Join the Legacy Society

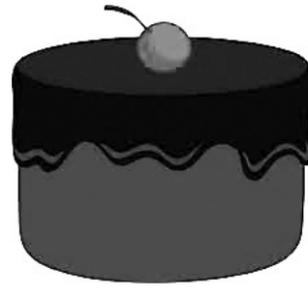
| | | | |
|-----------------|------------------|----------------------|----------------------|
| Allen, Amelia | Cohn, Herb | Jaffe, Dot | Rosenfeld, Roy |
| *Alper, Maxine | *Cohn, Sue | *Jaffe, Sam | Siskin, Pris |
| Balser, Jeff | Diamond, Karen | Lebovitz, Alan | *Spector, Mark |
| *Baras, Jack | DiStefano, David | Lebovitz, Alison | Spector, Michael |
| Berz, Bob | DiStefano, Susan | Lebovitz, Charles | Susman, Gail |
| Binder, Claire | Dropkin, Warren | Lebovitz, Lauren | Susman, Joel |
| Black, Stephen | Dzik, Michael | Lebovitz, Michael | Weiner, Cara |
| Bogo, Jerry | Dzik, Paula | *Levine, Lawrence | White Dropkin, Donna |
| Bogo, Rosalee | Fairchild, David | *Malsh, Rebecca | Winer, David |
| Brooks, Elynn | *Frank, Estelle | *Nash, Ike | Winer, Elaine |
| Brooks, John | Hochman, Colman | Oxenhandler, Barbara | Winer, Finette |
| Brouner, Betsy | Hochman, Lynn | Parker, Jordan | Winer, Sanford |
| Brouner, Lee | Hodes, Alvin | Parker, Rebecca | Zachary, Richard |
| Center, Austin | Hodes, Andy | Pregulman, Helen | |
| Center, Marilyn | Hodes, Melody | Richelson, Alan | |
| Chambers, Sandy | Howard, Lynn | Rose, Kevin | |
| Cohen, Tal | Israel, David | Rosenfeld, Jackie | |

*Deceased

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.

See how easy it is to join. Call Call Michael Dzik at 493-0270 ext. 15

From the Editor's kitchen:



For some reason, come Passover, my mother always felt it necessary that we suffer through boxed kosher cakes in flavors as nondescript as their finished appearance. When I became an adult and started

hosting my own seders, I realized there was no reason to deny my guests great desserts. Homemade flourless chocolate cake has Passover written all over it, don't you think? The recipe below is from Real Simple magazine. And I promise, it's real simple. Enjoy!

INGREDIENTS

1 cup (2 sticks) unsalted butter, cut into pieces, plus more for the pan

1/4 cup unsweetened cocoa powder, plus more for the pan

1 1/4 cups heavy cream

8 ounces bittersweet chocolate, chopped

5 large eggs

1 cup granulated sugar

1/2 cup crème fraîche or sour cream

1/4 cup confectioners' sugar, plus more for dusting

DIRECTIONS

-Heat oven to 350° F. Butter a 9-inch springform pan and dust with cocoa powder.

-In a medium saucepan, heat the butter with 1/4 cup of the heavy cream over medium-low heat until the butter is melted. Add the chocolate and stir until melted and smooth; remove from heat.

-In a medium bowl, whisk together the eggs, granulated sugar, and cocoa powder. Whisk in the chocolate mixture.

-Transfer the batter to the prepared pan and bake until puffed and set, 35 to 40 minutes. Let cool in the pan for 1 hour. Run a knife around the edge of the cake before unmolding.

-Using an electric mixer, beat the remaining 1 cup of heavy cream with the crème fraîche and confectioners' sugar until soft peaks form. Dust the cake with cocoa (or confectioners' sugar) and serve with the whipped cream mixture.

World's Largest Matzoh Ball



From the New York Daily News, August 2009 "Weighing 267 pounds and measuring 29.2 inches in diameter, the biggest matzo ball in the world...[spent] 19.5 hours on a slow boil in a custom-made 100-gallon New Jersey kettle... The massive orb was lifted out of its kettle by two dozen workers with a special soup sling. They heaved it into a large protective crate for the trip from Teaneck, N.J., to Manhattan in a 24-foot freight truck."

10th Annual Jewish Film Series

Sponsor Event, March 15, JCC

