

THE SHOFAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 30 Number 7 March 2017

10th Annual Jewish Film Series Is Just Around Corner



The 10th Annual Jewish Film Series will kick off Wednesday, March 15 with a sponsor event and screening of *Harmonia*. It will run six consecutive Wednesdays (with the exception of Passover week).

This year's films, in order of their screening, are: *Harmonia*, *The Women's Balcony*, *Fever at Dawn, 1945*, *The Last Mensch*, and *AKA Nadia*. For descriptions of all of the films, see page 12 of the February *Shofar* (<http://www.jewishchattanooga.com/Shofar>). And turn to page 9 for fun facts about the film committee members' experience choosing this year's films.

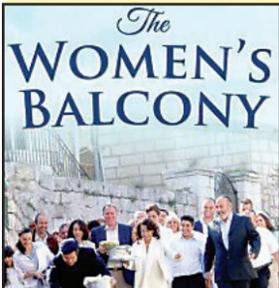
There's still time to be a sponsor! Sponsors will enjoy a festive and delicious opening night which will include heavy appetizers, live music, adult beverages, a screening of *Harmonia*, and tickets to use at their discretion. For more information about becoming a sponsor, see page 9 or contact Ann Treadwell at atreadwell@jewishchattanooga.com or 493-0270 ext 13. Please plan to join us as we mark ten terrific years of the Jewish Film Series.

March Films

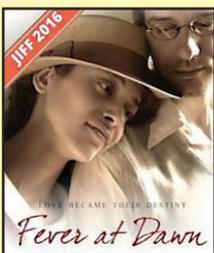


Harmonia/March 15 is a modern adaptation of the biblical story of Sarah, Abraham, Hagar, Yitzhak and Ismail from the book of Genesis, set in the world of a philharmonic orchestra in present day Israel. Sarah, the harpist of the Jerusalem Philharmonic, is married to Abraham, the orchestra conductor. When Hagar, a young horn player from East Jerusalem joins the orchestra, Sarah's world changes.

SPONSOR EVENT



The Women's Balcony /March 22 A close-knit congregation fractures along gender lines after a catastrophe at their synagogue. The film shows the relationships and tensions between different groups within Orthodox Judaism in Jerusalem, and provides a cautionary tale about religious fundamentalism. *RABBI APPLEBY TO SPEAK FOLLOWING FILM.*



FEVER AT DAWN / March 29 The story of a love born in the strangest of circumstances between two long-suffering survivors of the Holocaust. Their love overcomes all obstacles in its path. The story is set in the Swedish rehabilitation camps during the autumn and winter of 1945.

Standing Together Against Hate

Federation Executive Director Michael Dzik was joined by 40 local faith leaders and six speakers, and approximately 60 community members across from the Joel Solomon Building downtown on February 3rd. Dzik, Bassam Issa, Rabbi Susan Tendler, Reverend Charles Neal, Reverend Clay Thomas, Reverend Jeffrey Wilson, and Pastor Dennis Flaughter spoke out against hate speech and discrimination. Dzik's remarks are below.

"Thank you to all of the community faith leaders and clergy who are here today. It is so important that we find common ground – as human beings, as Chattanoogaans and as Americans. I appreciate all of you, my friends and colleagues, who said "YES, how can I help?". Today we speak with our feet – being present, standing arm and arm together. I am overwhelmed at your eagerness to stand together – this is truly a beautiful sight. I couldn't be more proud of this community.

The recent uptick in hate is disturbing, and all of us here today stand in support of our rights and freedoms as Americans:

- o Jewish community with 57 bomb threats in the last 3 weeks
- o Mosque in Texas that recently burned
- o My Hindu friend who has been harassed about her citizenship

Edmund Burke once said: "The only thing necessary for the triumph of evil is for good men to do nothing." Today, we do something! *(continued on page 4)*



SAVE THESE DATES!

Good Deeds Day April 2
Aleph Bet Spring Fling April 7

Reminder: Foreign Policy Supper Club is Monday, March 13 at 6:00 p.m.. See page 6 for more information.

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THE POWER OF A COMMUNITY

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

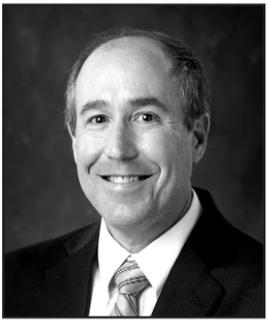
A fun 5K run/1 mile walk on the Riverwalk

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

NOTES FROM LEADERSHIP



Assuring Our Jewish Tomorrows

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

Last month, leaders and philanthropists from B'nai Zion, Mizpah and the Federation celebrated the successful completion of step 1 of a major journey for our community: our first year of organized solicitation and giving to

the Life and Legacy program.

The motto of the Life and Legacy program is "Assuring Jewish Tomorrows." I was humbled to be among the group of caring, hardworking individuals who met February 6.

The Life and Legacy Giving program is being developed and spotlighted in Jewish communities throughout the country. It is a valuable and necessary program, especially given the aging demographics of not just our local community, but the overall American Jewish population.

But our community's involvement in the program is unique in one very special way. Whereas other Federations and congregations are tackling this cause independent of one another, our community has chosen to focus on our unity. We are coordinating the Life and Legacy campaign for the Federation's own future viability, but also to ensure the viability of our B'nai Zion and Mizpah congregations.

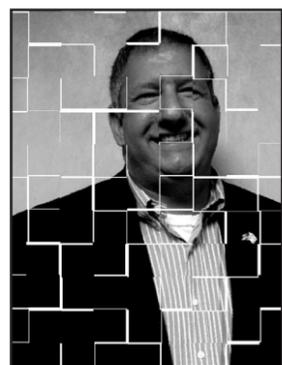
The Federation chose to take the lead on the local Life and Legacy Giving project. It serves as the central Chattanooga Jewish agency for the project, and

is responsible for building a centralized Life and Legacy committee, setting goals, training solicitors, educating community members, handling all related paperwork and accounting information, and ensuring that each agency stays on target for reaching its goals.

The February 6 event was truly a community-wide celebration, with each of B'nai Zion, Mizpah and the Federation surpassing its respective first year goals for Letters of Intent in 2016. Plans for a successful second year are already underway.

The Federation has worked toward meeting its mission "to build and foster a strong unified Jewish community and strive to ensure its well-being and continuity locally, in Israel, and throughout the world" for the last 75 years; the Life and Legacy Giving program is the next step in continuing our mission for 75 plus more years. We need your help in continuing the momentum of this program. Please reach out and volunteer your support for this vital cause, or be willing to meet with representatives of our Life and Legacy Giving committee when approached.

If you have any questions regarding the Life and Legacy program (or any other Federation-related matters), please feel free to contact me at boardchair@jewishchattanooga.com or 488-8499. I look forward to hearing from you, and more importantly, to working with you toward our shared goals.



Compartmentalizing My Day

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

I thought I'd try a different type of article this month. Join me as I open up my office door (which is actually always open!) and let you in on some of the big projects the Federation is working on.

One of the top priorities for the Federation, and really for our entire Jewish community, is Life and Legacy. Life and Legacy is about educating and growing our endowments. Here's how it works: community members sign a form (called a Letter of Intent) stating their intention to bequest the Federation a monetary gift, and then follow through with estate planning. Between Federation, B'nai Zion, and Mizpah, 70 Letters of Intent were signed our first year in the program. While we do not know the exact amount yet, we do know these estate gifts approach \$3 million. In return for our success in 2016, each of the three organizations will receive an unrestricted \$5,000 gift from the Grinspoon Foundation. If you've not already signed a Letter of Intent, please consider doing so. It's one of the best ways you can ensure your Jewish community thrives for generations to come.

The Annual Campaign is the lifeblood of the Federation. Without it, the heart of our community ceases to beat. Federation services and programs are all funded through your generosity. The campaigns we run each fall (like the most recent 2017 campaign) is what we base our budget on for the upcoming year. Although our campaign is most active from the last weekend in August to December, we are really working on campaign all year long – from the last few pledges that come in, to the planning that happens throughout the year.

Leadership development is another big topic for the community. The Federation ran its first ever YESOD leadership class in 2016 – helping develop future (and current) leaders for our Jewish community. A second class will gear up in the Fall of 2017. If you are interested, or you know someone who should be nominated for this class, please let us know.

Volunteers are the master key to the success of our Jewish community. There are dozens of volunteers who participate in Federation committees and dozens more who help lead various programs and projects. We had nearly 40 volunteers this past year who helped on the Annual Campaign. Aleph Bet just completed its most recent fundraiser, Cocktails on the Catwalk (see page 11) with the leadership of volunteers. Our Night Run committee is in full gear for the 2017 event, while the Archives committee volunteers continue their important work. Philanthropy Camp happens each summer because of the generosity of so many volunteers. And the list goes on! Looking for meaningful volunteer work? The Federation has a variety of opportunities. And if you have an idea for something that's not on our list, reach out and ask us – maybe we can add it to the many good things we already do.

Jewish education is so important to our families with children. Of course

Judaism is all about life-long learning too! Our community is re-affirming our commitment to youth Jewish education and finding ways to energize our families and make learning more interactive, creative and fun. The Federation has been leading this charge to assist B'nai Zion, Mizpah and Chabad reimagine our community Sunday program. Several leaders travelled to Atlanta to experience the Jewish Kids Group Sunday program, while research on various curriculums and teaching methods is underway. The congregations have recommitted to owning the community Sunday program, and the Federation is proud to be helping and leading this journey.

Security seems to be on the minds of many lately. There were three "waves" of bomb threats that affected Jewish communities across North America in January. Thankfully, Chattanooga was not on this terror list, but many others in our region were (Nashville, Birmingham, Charlotte, Atlanta). Your Federation works directly with the Secure Community Network (SCN) to share information with congregations and the community on security issues or concerns. Although policies and procedures were already in place at the Federation, we have reviewed and are making some additional enhancements so that staff, Aleph Bet students/families, volunteers, and all visitors to the Jewish Cultural Center will feel welcome and safe. Additionally, a special meeting was held with Chattanooga police chief Fred Fletcher and his staff to reinforce our partnership and communication between the Federation and police department.

With all of these big issues, it is still our number one priority to provide the necessary programs and services to this community. Our social services remain one of the key elements of this Federation – social worker, nurse, drivers and meals. Diverse programming occurs each and every day of the week. Annual events such as our Jewish Film Series (which celebrates its tenth anniversary this year), Night Run, and the community "Yom" events (Yom HaShoah, Yom Hazikaron, and Yom Ha'atzmaut) remain fresh and uniting for our community. Aleph Bet remains strong, with more and more involvement from Jewish community professionals. And the Shaliach program engages more and more people each year.

Now you have many of the components of "a day in the life" of Michael Dzik – some days are more routine than others, but none are ever dull. Recently someone in the community said, "I don't know how you do what you do at the Federation. I'd never want to sit in your chair." My response was that this is the very chair I want to be sitting in; in fact, I'd feel out of place sitting anywhere else.

I enjoy guiding you, this community, helping us all to fulfill our philanthropic passions through the Federation. I am honored to work for and with this Jewish community. I look forward to seeing you at the many activities going on this month.

VOLUNTEERS **CAMPS**
NIGHT RUN **SECURITY**
ANNUAL CAMPAIGN **YESOD**
EARLY JEWISH EDUCATION **LIFE AND LEGACY**
SUNDAY SCHOOL

@JEWISH CULTURAL CENTER



What I Learned from Esther and *Harmonia's* Hagar

Ann Treadwell, Program Director
atreadwell@jewishchattanooga.com

No, this is not a Purim tale or Torah study. Well, not exactly. My story this month begins with a trip to Birmingham. Federation Executive Director Michael Dzik and I spent about 24 hours in the company of our peers from small Jewish organizations in the South talking about our needs and concerns, while learning some additional leadership strategies. The Leadership Commons program was put together by the William Davidson Graduate School of Jewish Education under the premise of strengthening communities and inspiring the future. To be honest, Michael and I were bemoaning going, but felt it was important to meet our organizational counterparts in this mixed group of agencies and a few Federations.

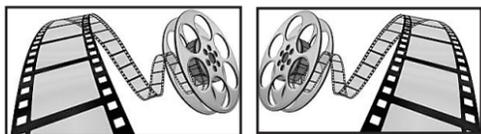
Following the standard welcome, ice breakers, and review of small and medium-sized Jewish organizations in the Southeast, we ventured over to the Birmingham Civil Rights Institute for an experiential leadership activity. I've been at the Institute several times over the years, mostly taking my son Jacob through as a way to discuss the period of time I grew up in and how activism works. On this trip, we were asked to look at things through the lens of leadership, and to answer questions such as "What was the style of the leader(s)? What was the reaction of various community members to the prospect of change? What Jewish values do you see as you go through this exhibit?" Our tour ended with a great debriefing session.

We ventured on to the Birmingham JCC for dinner. I had the opportunity to meet lots of people who know Alison Lebovitz (Goldstein) and one who was even her childhood babysitter. (She sent "a warm hello"). We had been forewarned that it would be a working dinner though all of us ignored the papers on the table, preferring to interact with new acquaintances. Then Dr. David Ackerman from the JCC Association got up to speak. "Oh, no," I thought, "another national view of a national organization..." – but instead he asked us to turn our attention to the papers on the table. To my glee and relief, there was a summary of the story of Purim.

What Dr. Ackerman did next was give each of the four tables a character from the story, with Biblical excerpts describing them. Our table got Haman. Each table was then asked to list by chapter and verse the characteristics of our person. Dr. Ackerman then took us through an exercise that helped us understand the leadership qualities and disposition of each character. For example: Mordecai is the good Jewish leader who considers the community before himself but didn't evoke God. King Ahasuerus listens to everyone and therefore has no real direction. And Esther changed to meet the needs of her community. I was really taken by the exercise, the history lesson that included where and when the Purim story took place, and the fact that Dr. Ackerman chose a story that featured a woman leader.

So what does this have to do with Federation in March? The sponsor event for the Jewish Film Series will screen *Harmonia*, the tale of Abraham and Sarah set in contemporary Jerusalem. Taking my new lens of identifying major characteristics of the lead characters in the story, I applied it to Sarah and Hagar in particular. What did I discover? Sorry, you'll need to see the film on March 16 to find out. The two additional films in March *The Women's Balcony* (March 22) and *Fever at Dawn* (March 29) also have characters who can inform not only our leadership characteristics, but help us define our commitment to community.

See you at the movies.



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.



Tuesday Cafe

Tuesdays, March 7, 14, 21, 28. Always at noon.
Rsvp@jewishchattanooga.com or 493-0270 ext. 10. Cost: \$10.

Aleph Bet Intergenerational Lunch

Wednesday, March 8 @ noon.

For information, contact AB Director Megan Graybeal at alephbet@jewishchattanooga.com or 893-5486.

Israel in Conflict: Origins to BDS

Wednesday, March 1, 8 @ 6p.m. (final two classes)

Taught by Dr. Norton Wheeler. Contact Ann Treadwell for more information, 493-0270 or atreadwell@jewishchattanooga.com.

Matter of Balance

Tuesday, March 4, 11 (final two classes). 10-noon. Rmills@jewishfederation.com for more information or 893-9241.

Foreign Policy Supper Club

Monday, March 13 @ 6p.m. Trade and Politics. See page 6 for more information. Dinner and discussion. Rsvp@jewishchattanooga.com or 493-0270 ext. 10 to register. Cost: \$12 includes dinner and materials.

Jewish Film Series Sponsor Event and Screening of *Harmonia*

Wednesday, March 15 @ 6 p.m.

Hors d'oeuvres, live music, and screening. Must be a sponsor to attend. atreadwell@jewishchattanooga.com or 493-0270 ext. 13 for information.

Jewish Film Series Screening of *Women's Balcony*

Wednesday, March 22 @ 6 p.m.

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

Aleph Bet Preschool Exhibit "How I See My World"

March 27-April 7

Preschoolers turn their cameras and crayons on the world. Join us for this very special, first-time children-created exhibit. For more information see page 11. On view through April 7. There is no cost to view.

Jewish Film Series Screening of *Fever at Dawn*

Wednesday, March 29 @ 6 p.m.

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

Fabric of our Lives Exhibit

Exhibit highlight fabrics that define who we are. On view at JCC during office hours through March 17. There is no cost to view. For more information, atreadwell@jewishchattanooga.com or 493-0270.

Seeking Directors for Philanthropy Camp and Camp Tikkun Olam, Summer 2017

The successful candidates must be 21 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 be available for a minimum of 52 hours July 31 – August 4. Camp directors receive an honorarium for their service. Training for counselors will be held July 26, 27 and 28 and Directors are expected to attend.

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. There are six high school-aged counselors and a lead counselor to help manage the approximately 50 children in camp.

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. This year campers will use radio to document the good work they have accomplished during 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.

FEDERATION NEWS AND PROGRAMS

Standing Together Against Hate

(continued from front page)

We stand here today – a diverse community – representing Jews, Muslims, Christians, Hindus and people of all faiths and backgrounds. We stand here today as Americans – men and women – people of all colors, genders, faiths and cultures. We stand here today unified against hate in all of its evil forms. We stand here with shared values and with a commitment to support each other. And hate is not a value.

We stand up today to say, “This is not acceptable.” When one group of people is discriminated against, we all are discriminated against. I stand with all of you, just like you stand with me – thank you. Martin Luther King Jr. once said, “Injustice anywhere is a threat to justice everywhere.”

I conclude my remarks with a more modern take on a famous quote:

“They came for the Muslims – and I didn’t speak out, because I’m not Muslim. They came for the Jews – and I didn’t speak out, because I’m not Jewish. They came for the Latinos – and I didn’t speak out, because I’m not Latino. Then they came for me but there was no one left to speak for me.”

By the Numbers

2,528

Number of Mitzvah Meals provided in 2016

Why Endowments NOW?

Endowments, in the past a luxury, are now an essential element of any non-profit’s long-term financial stability strategy as a result of:

- Dramatic fluctuations in investment returns
- Lowest interest rates in decades
- Diminishing government grants
- Fewer financial resources and higher demands for services

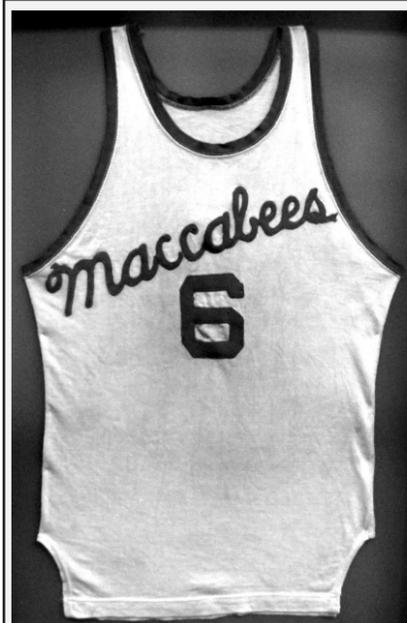
Philanthropic advisors state: If 20% of your operating budget is not coming from your endowment by 2025 then your organization will be in fiscal crisis Sounds like a great reason to me!

Contact Federation Executive Director Michael Dzik to discuss your giving options.

493-0270 ext. 15
mdzik@jewishchattanooga.com

Chattanooga Jewish Archives Committee Seeks Jewish Memorabilia

The Jewish Archives Committee of Chattanooga is getting ready to inventory and catalogue all of its items. If you are downsizing, cleaning out, or going through your memorabilia, and you have items you might like to share, please contact Ann Treadwell at atreadwell@jewishchattanooga.com or 493-0270. The committee is particularly interested in receiving donations of items that pertain to the history of Jewish Chattanooga.



Mitchell Bush Jersey from the Collection of Stuart Bush

This jersey was worn by Stuart’s father Mitchell when he played on a winning team at the YMHA in Chattanooga in the late 1930s or early 1940s. The manager of the team was Abe Phillips. Stuart found the jersey and several other athletic items in an old suitcase that his father had saved. The term Maccabees comes from the leaders of a Jewish rebel army that took control of Judea, deconsecrated the Temple in Jerusalem, and in modern times has become associated with great athletes and victories.

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

Upcoming events:

March 4th - Purim Party with Knoxville YJL

Save the Dates:

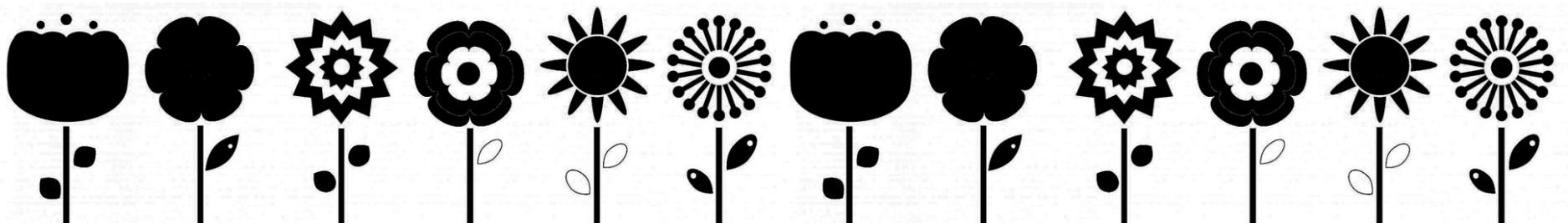
April 21st - Shabbat dinner

May 13th - YJL Lag Ba’omer

If you would like to host a Shabbat or have an idea for an event please contact Josh Schklar at jbschklar@hotmail.com.

JEW CREW

The Fabulous, Awesome, Too Wonderful to be Believed Jew Crew retreat was February 26-28 at Camp Ramah Daron. Stay tuned next month for the scoop, and get the lowdown on upcoming events for Spring! What?! Yes, Spring!



Your campaign dollars help fund Young Jewish Leadership and Jew Crew

PASSOVER GREETING FORM



2017 Passover Greetings

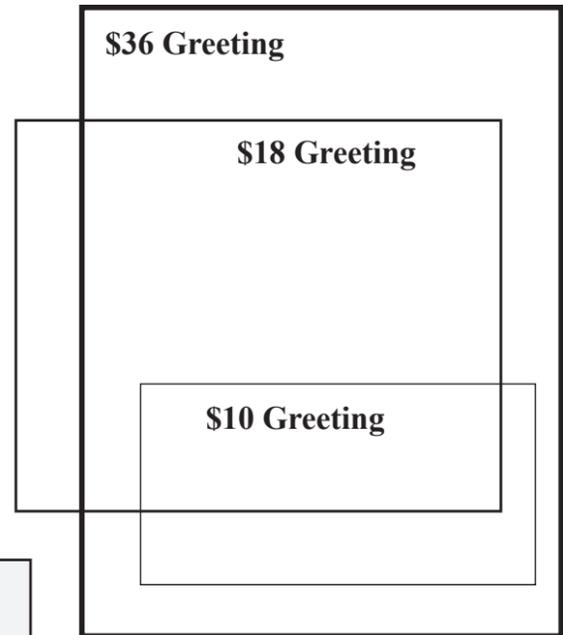
The first seder is **Mon., April 10**. Extend your holiday wishes to friends, family, and colleagues with a greeting in *The Shofar*.

Sample Passover Greetings

1. Happy Passover from...
 2. Next year in Jerusalem! Happy Passover from...
 3. Have a Healthy & Happy Passover
 4. Passover Greetings from...
- (Selections 1-4 may be used for any size)

(Selections 5-6 available for the \$18 and \$36 greetings only)

5. Let All Who are Needy Share the Hope of Passover.
Greetings from...
6. Why is this Night Different from all Other Nights?
Happy Passover from...
7. Wording of your choice not to exceed 12 words (excluding your name)



Passover greetings must be at Federation office on or before Wed., March 15. If you prefer, pay online and email Dshavin@jewishchattanooga.com a note with size and wording of your preferred greeting.

Choose one of these three ways to secure your greeting spot:

1. Send an email to Shofar editor (Dshavin@jewishchattanooga.com). You must specify:
 - Which greeting you would like
 - What size
 - How you want your name to appear
 - Then drop a check in the mail to *The Shofar* P.O. Box 8947; Chattanooga, TN 37414 or call 493-0270 and give Courtney your credit card info.
2. Go to our website (<http://www.jewishchattanooga.com>)
 - click on CLICK HERE TO GIVE. Choose "General Donation," and in field below where it says "in honor of" type "Passover greeting". Key in your credit card info and you're done!
3. Print this form out, circle your preference, indicate how you want your name to appear, and mail to *The Shofar* P.O. Box 8947 Chattanooga, TN 37414 by March 15 with your payment or CC information (see below).

Card Type: ___ Visa ___ MC ___ Amex ___ Discover
 Name as it appears on card: _____
 Card No. _____
 Exp. Date _____



It's Just Around the Corner!

Monday, April 10-18

COMMUNITY NEWS & EVENTS

CONDOLENCES

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

- Gloria Epstein Fershko**, mother of Rachel Weir, Amy Sue Ellis, Jane Fershko-Taylor, grandmother to Theo and Emma Ellis, and Jesse and Jake Taylor, on January 7.
- Minnie Kaliser**, grandmother of Beth (Rob) Lowe, great grandmother of Rachel and Hannah.
- Michael Kleinstub**, son of Judy and Jerry Kleinstub.
- Mildred L. (Mickey) Leventhal**, mother/mother-in-law of Robin Leventhal and Rob Piper, Marvin Leventhal and Kris Leventhal.

TRIBUTES

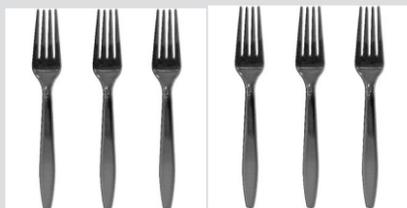
- In memory of Sylvia Green, *Helen Pregulman; Larry and Sandy Zuckerman; Janet Wile; Claire Binder; Andy and Melody Hodes; Louise Spector*
- In Memory of Jay Goldblatt, *Andy and Melody Hodes*
- In Memory of Clara & Alvin Shoenig, *Alan and Missy Shoenig; Brenda Shoenig and Peter Kastel*

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

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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Sat. 10:30 to 5:00
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fax 266-8646 (TOGO)



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Foreign Policy Supper Club Looks at Trade and Politics



The U.S. political mood toward trade has gone sour. One need look no further than the 2016 presidential contest for the popular narrative: trade means that China wins, at America's expense. But do the numbers support that conclusion? The metrics used to gauge economic strength—Gross Domestic Product and balance of trade—have not kept up with the realities of modern manufacturing. Obtaining an accurate picture of U.S. economic stature requires a critique of those numbers. Only then can the U.S. develop appropriate policy solutions for the challenges at hand. 6 p.m., JCC. \$12 includes dinner and materials.



Dear Editor,
I have always heard the words Tikkun Olam. However on Christmas Day, I saw this Jewish concept, which is defined by acts of kindness, performed for several hours at Erlanger's downtown campus.

I walked around that day not only proud of my Jewish heritage but proud to know I live in a community that is filled with people who understand how powerful a simple Mitzvah can truly be in someone's life.

I was reminded how great it was to see many of my Jewish friends filling in for Christian employees on Christmas day so that they can celebrate the holiday. Volunteers like you are a reminder to our staff they remain essential to the community and are not forgotten. It was as simple as serving them a special meal.

No act of kindness, no matter how small is ever wasted. We all do the best we can to try and make the world a better place. Thank you. Giving back should remind us all how truly lucky we are.

*Jed Mescon
Vice President
Public Relations, Marketing
Erlanger Health System*

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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Coming Next Month!
2017 Camp Tikkun Olam and Philanthropy Camp registration forms!
Camps run July 31-August 4

SOCIAL SERVICES



Singing The Blues: How to Cope

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

As we are coming into the month of March and winter is still clinging on, many people may feel an increased sense of sadness and loneliness creep in. The shorter days, and cold and dreary weather often bring about isolation, either due to inability to get out, or simply not wanting to brave the elements. Sometimes these feelings are more than just the “winter blues”. Seasonal affective disorder (SAD) is a well-documented, specific kind of depression that is directly related to the fall and winter seasons and that deeply impacts many people.

What can you do about those general feelings of isolation or loneliness that are often associated with the winter months? It is very important to make a concerted effort to be involved and in contact with your friends, family and community—people who build you up and bring joy and fulfillment to your life.

If you do not have a close network of family or friends, getting involved with a community of some kind is very important—whether it be a faith community, a neighborhood community, or a volunteer community. Being involved with other people, and especially doing something to give back to your community, is a great way to combat loneliness and sadness. Taking up a hobby and exercising (safely and to your ability) are also great ideas. Hobbies and exercise both are proven to keep you motivated and promote a positive mental outlook and forward thinking. Eating healthily is also a very important step to take, to boost your mood and overall wellbeing. Make sure to get a variety of foods, especially fruits and vegetables, and not just load up on sugary, carbohydrate-loaded “comfort” foods. It’s also beneficial to get more light into your days. If you are at home or indoors at work most of the day, try to sit by a window with the blinds open, and try to get outside when the weather permits.

Hopefully incorporating these steps may help the rest of your winter pass more enjoyably and healthfully!

Please always remember if you are having serious thoughts of depression or harming yourself, do not hesitate to reach out for help.

What are the signs of depression?

- Sadness or feelings of despair
- Unexplained or aggravated aches and pains
- Loss of interest in socializing or hobbies
- Weight loss or loss of appetite
- Feelings of hopelessness or helplessness
- Lack of motivation and energy
- Sleep disturbances (difficulty falling asleep or staying asleep, oversleeping, or daytime sleepiness)
- Loss of self-worth (worries about being a burden, feelings of worthlessness or self-loathing)
- Slowed movement or speech
- Increased use of alcohol or other drugs
- Fixation on death; thoughts of suicide
- Memory problems, slowed movement and speech
- Neglecting personal care (skipping meals, forgetting meds, neglecting personal hygiene)

Depression in the Elderly: What You Should Know

While depression and sadness might seem to go hand and hand, many depressed seniors claim not to feel sad at all. They may complain, instead, of low motivation, a lack of energy, or physical problems. In fact, physical complaints, such as arthritis pain or worsening headaches, are often the predominant symptom of depression in the elderly. *Source: Helpguide.org*

PLEASE NOTE:
Community Nurse Edie Redish's
number has changed.
Her new number is 423-682-1401



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

March is National Nutrition Month!

With the slogan “Put Your Best Fork Forward, the Academy of Nutrition and Dietetics is emphasizing the many things you can do to improve your overall diet. Below are just a few. For more, go to <http://www.eatright.org>

Eat Breakfast

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

Make Half Your Plate Fruits and Vegetables

Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal.

Watch Portion Sizes

Get out measuring cups and see how close your portions are to the recommended serving size.

Be Active

Adults should get 2.5 hours of exercise per week. Take a walk after dinner or play a game of catch or basketball.

Fix Healthy Snacks

Try raw veggies with low-fat cottage cheese, or a tablespoon of peanut butter with an apple or banana.

Get to Know Food Labels

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

Get Cooking

Resolve to learn some cooking and kitchen basics, The collection of How do I... videos at www.eatright.org/howdoi will get you started.

Dine Out without Ditching Your Goals

Plan ahead, ask questions and choose foods carefully. Look for grilled, baked, broiled or steamed foods.

Drink More Water

Quench your thirst by drinking water instead of sugary drinks.

Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

Experiment with more plant-based meals

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out, then increase the number as you adjust.

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

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979 E. 3rd St., Chattanooga 37403



423-778-8179

SHLICHIM PROGRAM



We Can Do It!

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

There's a reason I like the holiday of Purim so much. Aside from the fact it's a great opportunity for me to express my creativity, I can also be whatever I want for a few hours. Purim is a holiday that champions, among other things, women's empowerment. It is based on a biblical story which features two brave, strong women, Queens Vashti and Esther, who have something to teach us.

Queen Vashti was seen as a strong woman who stood up for others. Some have even called her a "feminist icon". She lived during a time when women lacked rights, the Jewish people were a minority living in an exile, and the governing regime was a monarchy. Anyone who tried to oppose the King's power was severely punished.

Queen Vashti held women's banquets throughout the kingdom. One night, after too much wine, King Ahasuerus sent for the Queen so he could show off her beauty. Vashti declined the king's order, which caused the inebriated king to expel her from the kingdom. After a good night sleep, King Ahasuerus realized his mistake, and called for Vashti to return the palace. But it was too late.

There's no doubt that the story of Vashti is exceptional. During her time, women were not asked their opinions, and in most cases they were the property of their husband or father. They were often considered to be sexually impulsive and manipulative. Vashti might have been labelled a brazen prostitute at the time she lived, but in 2017 she is seen as a bold, independent activist.

The days when women sit silently through exploitation and degradation are gone. This year, women are represented in record numbers in the Israeli Knesset: 33 to be exact, which is 27.5% of all 120 Knesset members. The rise of women in the Knesset is part of a world wide political phenomenon; the proportion of women in various parliaments has steadily risen since the mid-90s. Queen Vashti might be proud!

And then there is Queen Esther. Every year in Israeli kindergarten classes, at least five girls dress up as Queen Esther. Everyone loves her and wants to be like her. She was the first female character to be presented positively, and with her own story, aptly named The Book of Esther. Esther saved the Jewish people from extermination. Yet she is perceived in the eyes of modern women as weak and defeated compared to Vashti. Why?

It may seem like Esther was merely an extension of her cousin Mordecai at the palace of Ahasuerus. She did what she was told to do, and nobody saw her as a key figure. But when we take a closer look, we see an anonymous girl from the city of Shushan who finagled her way into the King's exclusive circle, impressed those who were around her at the palace, was chosen to be a queen, and exerted great influence on the king. Throughout history men fought and spilled blood for less than that! Esther may not have initiated her rise to power, but once there, she exploited it fully. True, she didn't challenge the existing patriarchal system, but she integrated into it and was able to change the balance from the inside, to her favor.

This month, the world will mark International Women's Day on March 8th. We will celebrate love and respect for women and their political, economic and social achievements. In the Israeli and the Jewish context, women are celebrated in a number of ways. Purim celebrates women's activism. And we recognize Hadassah, the Women's Zionist Organization of America, which was founded on Purim and is named after [the Jewish name of] Queen Esther, which was Hadassah.

We can also learn about the power of women and women in Israel through the IDF. In Israel, military service is mandatory for men and women. (Israel is one of only two countries in the world which introduced conscription for women; the other is North Korea.) The status of women in the army, the roles available to them and their opportunities for advancement, have changed over the years. Women make up 33% of all soldiers and 51% of officers. Approximately 90% of IDF positions are open to females. Women can serve in combat roles, including infantry units and armored divisions (although those women must serve three years plus reserve service, like men do). They make up 3% of all combat soldiers.

Women participated in the Jewish defense force from the very beginning, even before the IDF was founded, first in supporting positions, and later in combat positions. During World War II, some 4,000 Jewish women from Israel were drafted into combat support roles in the British army. In the early stages of

the War of Independence, women participated in most roles, including combat roles on the front lines, and as fighter pilots.

This all changed in 1948 with the establishment of the Israeli army under the command of British officers. They decided the roles of women would be settlement protection, professional administrative roles, and supporting positions only. No combat.

For thirty years, until the 1980s, the model of women in the Israeli military service remained unchanged until the IDF stepped in. New professions in warfare, such as instructor's infantry, armor, and shooting began to open up to women. In 1995 the Supreme Court ruled that the IDF allow women to volunteer for the pilot courses, like men. Consequently, many combat roles were opened for women as well. In 2001 the chief of staff of Women's Affairs Advisor implemented the army's policy to promote equal opportunities for women and men, and provide a safe environment, free from discrimination. And the army combined the training of women and men for the same positions instead of separating it by gender.

The world is moving towards equality of men and women. We can see it over the past seventy years in Israel, and we can certainly learn about it from our ancestors and the history of our people. Women, please remember the power you have in this world. Remember that you can do anything you would like to do, and achieve anything you want. Men, please keep in mind that the woman next to you is equal to you in power. Everyone, respect all living beings everywhere, regardless of ethnicity, race, religion and sex. We can do it! Happy Woman's month!



On Thursday, March 9, Federation shlichah Shiran Amir will lead a movie and discussion program. *Barriers* follows the story of Uri, a young officer who, together with two soldiers under his command, is manning a checkpoint. Two women from the "Watch" organization are filming events at the checkpoint. Uri receives an order to close the checkpoint because of a bomb threat, and tension rises as an ambulance carrying a sick child arrives from a Palestinian vil-

lage. Uri's choices will either save or sacrifice people's lives.

Following the 22 minute film, Shiran will Skype live with Oded Israeli, the shaliach from Sarasota Florida, who will answer questions about his experiences serving at military checkpoints.

Right, *Oded Israeli, Sarasota, Florida shaliach*



Purim in Chattanooga Party! March 4 @ 7:30 pm, \$20



YJL Chattanooga and Young Jewish Adults of Knoxville (YJAK) are cordially invited to a Masquerade party at the Chattanooga JCC. Karaoke, drinks, snacks, dancing and more! \$20 per person. See our Facebook page to register: **Purim in Chattanooga** or contact Shiran at Israel@jewishchattanooga.com.

The Shlichim Program is made possible by your campaign dollars.

10th Annual Jewish Film Series

Join us for the 10th Annual Jewish Film Series at the JCC! Running for 6 consecutive Wednesdays (excluding Passover, April 12), this series brings you the most entertaining and hard-hitting recent films. The Series begins with a sponsor event on March 15, complete with amazing cocktails, a buffet, and live music, followed by a screening of *Harmonia*. See front page for March film descriptions.

Become a sponsor of the 10th Annual Jewish Film Series



Producer's Circle: \$90 includes ten single admission tickets plus two tickets to the March 15 screening of *Harmonia* and Sponsor Reception at the JCC

Director's Circle: \$72 Includes five single admission tickets plus two tickets to the March 15 screening of *Harmonia* and Sponsor Reception at the JCC

Sponsors will enjoy an amazing culinary event, live music, and a private screening of *Harmonia* (film description on front page). All sponsorships received by March 11 will be recognized on a poster at each Jewish Film Series screening. Additionally, sponsors' names will appear in *The Shofar*.

ASK the Committee Everything You Wanted to Know about Choosing the Films But Didn't Know How to Ask

Ever wonder what goes into choosing the films for the Annual Jewish Film Series? This year I asked committee members Sheila St. Aubin, Frank Miller, and Stephen Black eight questions about the experience, ranging from the complex to the lighthearted. You'll find those questions, and their answers, below.

1. What was particularly challenging for you as you screened the movies for this latest Series and made your decisions?

Sheila: Deciding whether a really great movie had enough audience appeal to show. I also needed to remember to distinguish between a good movie that I don't like, and a bad movie.

Frank: Sometimes we had to review several movies in a short period of time. One day I watched 3 movies. It was difficult to make the final selections. There was significant compromise by all of us in order to reach a final agreement.

Stephen: Sorting through the selections and ranking them by my own criteria so that I could clearly differentiate which were my favorites.

2. What is your favorite movie, Jewish themed or not, of all time, and why?

Sheila: My favorite movie all-time is now *Fences*. The screenplay was based on August Wilson's play; the direction and acting by Denzel Washington and supporting actress Viola Davis and others was terrific. Three-quarters of the way through the film, I felt my heart open up and break. An intense portrayal of one man's experience as part of the larger African-American experience and the universal experience of all flawed human beings. I kept thinking about the film for days and wanted to call everyone and tell them to see it. Other favorites include: *Midnight Cowboy*, *Tender Mercies*, *The Separation (Iranian)*, *Brokeback Mountain*, *Bethlehem*, *Moonlight*, *The Lemon Tree*, *Quincinera*, *Amrika*, *Corrina Corrina*, *Terms of Endearment*, and *Driving Miss Daisy*.

Frank: *Dr. Zhivago*. It is a wonderful love story with majestic scenery and an incredible music score. I love "Laura's Theme."

Stephen: *The Sound of Music*. It is my favorite because it had joy, great music, a story that was familiar to me having visited the Von Trapp family lodge in Vermont and meeting several family members, and great acting.

3. In considering the quality, universality, entertainment value, and historical value of the films selected for this year's Series, how would you rank the importance of each?

Sheila: Quality, universality, entertainment value, and historical value in that order.

Frank: Quality, entertainment value, universality, and then historical value.

Stephen: Each film had different characteristics that led me to recommend them. They were all selected for all of the reasons in your question, perhaps with the exception of historical value with respect to *The Women's Balcony*. (CONTINUED ON PAGE 12)

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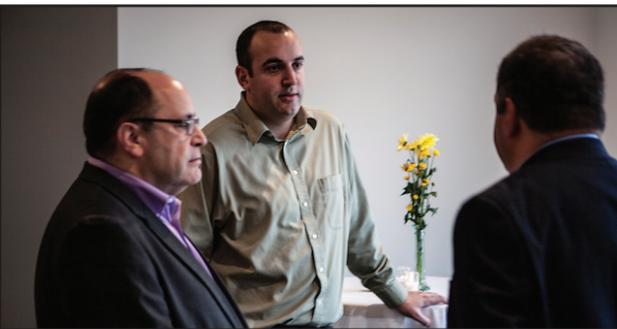
Above: a scene from *Harmonia*



FEDERATION NEWS

Life and Legacy Celebration Event, February 6

On February 6 the Federation held a celebration event at the Cameron Harbor Townhomes to honor community Legacy Society members and those who have signed Letters of Intent.



Join the Legacy Society

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

*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 Michael Dzik at 493-0270 ext. 15



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