

THE SHOFAAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 29 Number 9 May 2016

Federation Selects 2016 Shlichah

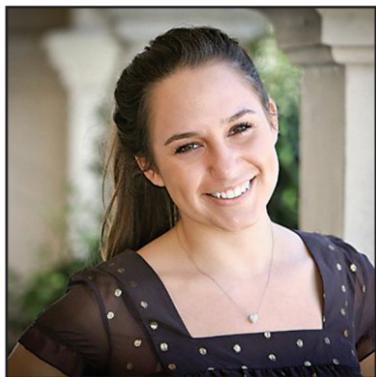


After a thorough interview process, the Federation has chosen Shiran Amir to be our new shlichah beginning in late August. Shiran is 26, has an undergraduate degree in sociology and anthropology, and is finishing her Master's in the next few months. She currently lives in Rehovot and teaches leadership skills to middle and high school children. She has a younger brother and sister.

Shiran comes to Chattanooga with a unique background, as her family is Yemenite. She has many of the qualities we were looking for: an engaging and outgoing personality, and the drive to both share and learn. Shiran describes herself as a family-centered person, and we are thrilled to welcome her to our Chattanooga family.

Not only is Shiran bright, she has a bubbly, fun-loving and caring personality. She enjoys working with children, youth, teens, young adults, older adults, and seniors--preschool too! She has great communication skills (which served her well in the IDF). There is so much more, but this will give you your first "taste" of Shiran!

Rayna Rose Exelbierd, StandWithUs Educator, to Address Tuesday Cafe



There is growing concern among supporters of Israel about the BDS movement (Boycott, Divestment and Sanctions) that was initiated in Palestine in 2005. Rayna Rose Exelbierd, StandWithUs educator and anti-BDS supporter, was born and raised in Memphis, Tennessee. She recently graduated from Florida Atlantic University with an International Business Degree.

Rayna is based out of South Florida, as the StandWithUs Southeast High School coordinator. She works with high school students in Georgia, Tennessee, North Carolina, South Carolina, Virginia, and Florida.

In her role, Rayna trains, mentors, and educates students. Her love for Israel comes from her 5 visits there. Throughout college Rayna became a leader in Jewish and pro-Israel organizations on campus. Rayna will speak at Tuesday Cafe on May 17 at noon. Please rsvp@jewishchattanooga.com or call 493-0270 to reserve your spot. \$10 includes lunch. See website for menu. (<https://www.jewishchattanooga.com/kosher-kitchen/>).

SAVE THESE DATES

June 5 Wear White Party/exhibit reception

June 21 Oldies Sing-A-Long

June 8 ADL

June 23 AIPAC Chattanooga

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Chattanooga Boys Choir to Sing at Yom Hashoah May 5



The Chattanooga Boys Choir will present a program of hope and healing in observance of Yom Hashoah, the commemoration of victims of the Holocaust, on Thursday, May 5 at the JCC. The program will include Joan Varner's *When I Am Silent*, *Inscription of*

Hope by Z. Randall Stroope, and Paul Caldwell's *Ani Ma'Amin*. 6:00 p.m.: Reading of Names. 7:00 p.m.: Commemoration. There is no cost to attend.

Federation to Commemorate Yom Hazikaron

We will remember the fallen soldiers and victims of terrorism as well as the 10th year of the Second Lebanon War on Wednesday, May 11, 6:45 p.m. at the JCC. There is no cost to attend. *Please wear a white shirt.*

Celebrate Yom Ha'Atzmaut With Band "Exit 10"



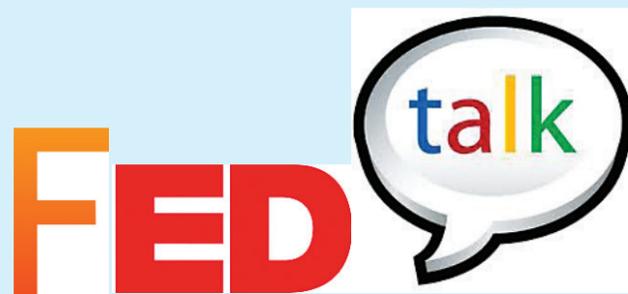
We are excited to host the Israeli rock band Exit 10. The band will be in the house Thursday, May 12 at 6:00p.m. to get this celebration rocking!

This all-Israeli band hails from Atlanta and will be playing a selection of the greatest hits of Israeli and American rock. *Must be 21 years old or older to attend.* Bring your dancing shoes! \$18 includes dinner, live concert and a lot of fun! RSVP@jewishchattanooga.com or 493-0270



Aleph Bet Children's Center End of Year Program

Thursday, May 26 @ 4p.m. at the JCC. Join us as we celebrate our young graduates and honor all of our children! We will also be bidding farewell to AB Director Vicki Cathcart.



Coming to the JCC this summer: FEDtalks! You've heard of TED talks, where the world's leading thinkers and doers give a talk in 18 minutes (or less) on topics ranging from technology, entertainment, design, and education, science, history, business, global issues, and the arts? We are taking the concept and bringing you FEDtalks, whereby community members are invited to submit a proposal to speak on their topic of choice. We are so excited to see what YOU come up with! Please see page 3 for details, conditions, and how to apply. We can't wait to hear what you have to say!

NOTES FROM LEADERSHIP



There's No Time Like the Present

Lee Brouner
Federation Board Chair
boardchair@jewishchattanooga.com

The Federation held our latest board meeting last night. As the presentations were made by volunteer committee chairs, I grew more amazed and more humbled by all of the incredible things our Federation and community continue to do every day.

Our Young Jewish Leadership group continues to conduct entertaining and meaningful programs that make me envious for the days when I was younger and eligible to join. Aleph Bet Children's Center volunteers have been busy interviewing candidates for director, and are dedicated to selecting the very best one. Alison Lebovitz gave a presentation on the activities of the Jew Crew and the bright future these current and graduating high school kids represent for our community. The Federation's YESOD leadership class continues, providing the May graduates of the class with a new set of tools for leading our Jewish and Chattanooga community forward. The Jewish Film series, in its ninth year, continues through the end of April and is setting records for attendance. Kudos and thank you to Sanford Winer and his entire committee. And Austin Center, our 2016-17 Campaign Chair, reported on his efforts to organize this year's Campaign, and the community support he has already received for it.

We touched on our upcoming programs for the rest of April and May. Noa,



Father-Daughter Trip to Israel Has Many Highlights

Michael Dzik
Federation Executive Director
mdzik@jewishchattanooga.com

Family trips are always memorable. I enjoy spending low-stress quality time with my whole family, strengthening bonds and relationships. It's nice to be unscheduled, to talk about topics having nothing to do with work or school.

But having daddy/daughter time – traveling just the two of us – is, for me, one of the most special experiences in the world. I took my oldest daughter Rachel to Israel 2½ years ago. And just a few weeks ago, I took my younger daughter, Rebecca, to Israel. Both trips were post-Bat Mitzvah presents from me. And although I want to share every last detail about this latest trip with you, I thought I'd try a different approach: I "interviewed" Rebecca about her experiences and impressions of Israel. Here are some of her thoughts:

Dad: What were your impressions of Israel?

Rebecca: So many people told me how amazing Israel would be, and they were right. The trip actually exceeded my expectations. I saw so much history, and got to see where my Judaism started. I loved meeting new family members and getting to see our friend Tal and his family as well as Noa's family. I still can't believe I was actually in Israel!

Dad: What was the #1 highlight of your trip?

Rebecca: That easy: getting to do a tandem sky dive! (Photo, below) I jumped out of a plane at 11,000 feet. It was a beautiful day and I was on the coast, just south of Haifa. I really wasn't scared. I was so high up that during my free fall I could see all the way to Mt. Hermon! I'm so glad I have pictures and a video of this experience. And I can't wait to do another jump soon.

Dad: So many people find the Western Wall (Kotel) so special. How did you feel?

Rebecca: That was hard, actually. It was emotional, but I still don't think I completely understand those feelings yet. We did do the Tunnel Tours and got to go underground to see the entire wall and even walk on the old Roman streets. I still can't believe how big some of the stones are; how did they move them with just man and animal power? I did feel sad that, although we could get close to where our old Temple was, the Jews are not allowed to get to exactly that place or even excavate to see what might still be there.

Dad: What were some of the people-to-people connections that were special?

Rebecca: First, I got to see my friend Sapir. (We hosted Sapir at our house last year for a week when she was here for Tikkun Olam.) Her family was so nice and friendly. Sapir's sister Topaz is actually an Israeli TV star – she is the child on an adult TV show called "Mermaids." I also got to see all of our former shlichim. I had lunch with Raoul and Hadas together. I also got to see Einav during Purim – she was dressed up which was very cool. We stayed with Noa's mother for a few nights and had Shabbat dinner with her entire family. The following weekend we stayed with Tal (friend and tour guide) and had Shabbat dinner with their extended family.

our shlichah, planned and organized the April 16 Night Run, whose proceeds will go to support Israel.

The month of May will be busy with our 'Yom Ha' programs, beginning with Yom Hashoah (Holocaust Remembrance Day) May 1, Yom Hazikaron (Day of Remembrance for the Fallen Soldiers of Israel and Victims of Terrorism) on May 11, and Yom Ha'atzmaut (Israel Independence Day) on May 12. And of all this is in addition to the regular busy schedule of the Federation and its staff. To paraphrase a good friend of mine and former president of Mizpah, the late Henry Stoloff, it's a great time to be Jewish in Chattanooga!

Wishing you a very happy Passover.

Father-Daughter Trip, continued

Dad: Was there a favorite person you met?

Rebecca: It was nice meeting so many of my cousins who now live in Israel (including your two first cousins, both married and together raising 6 kids). It was also very special to get to see Baras Lebovitz. But my favorite was probably meeting our new shlichah, Shiran. She is so nice! I feel like I already have a connection with her – another big sister for me and Rachel! I think people are really going to like her.

Dad: What were some of your fun adventures besides sky diving?

Rebecca: Driving an ATV through the Golan Heights, which, I learned, is actually on a volcano! The view of the valley was so pretty – and I also made sure to drive into every muddy area possible. Also I enjoyed the archeological dig. (They have been working in this area for about 15 years, digging further down into history.) I found so many pieces of pottery. It was amazing because I personally uncovered these pieces, touching what had been untouched for over 2,000 years. Also, getting to go to school with my friend Sapir was great. The kids were very nice and much more respectful of their teachers than we are here in America. One of the classes was an English class so everyone was asking me for the right answers. I loved going to the Neve Michael, which was my bat mitzvah project. I was really happy to see how they are helping these kids with their family problems. I felt proud that I could help make a difference there.

Dad: Tell me about the food; I know you were worried about it.

Rebecca: It was actually pretty good. I loved the fresh Israeli salad. The fresh squeezed pomegranate juice was fantastic – sweet and tart at the same time. I also found out I love shawarma. I also loved drinking chocolate milk from a bag and the Magnum ice cream bars. One of my favorites was the Nana Tea I had almost every day. I even picked it fresh in some places.

Dad: What did you think about Purim in Israel?

Rebecca: Oh, my gosh. That was so fun. I loved seeing all the adults dressed up. There were parties and music everywhere. I think more people in Israel dress up for Purim than Americans dress up for Halloween. And there were some very funny costumes too. Purim seemed to last for 3 or 4 days.

Dad: All first-timers go to Masada and the Dead Sea. What were your impressions?

Rebecca: I think that too was one of my favorites. I learned more about King Herod and the history of Masada. The dirt ramp that the Romans built is still there and I learned that the Jews said they'd rather die than be Roman slaves. I also got to experience the special "echo" area on Masada. The Dead Sea was the coolest experience of my life. I was floating in inches of water! I rubbed mud all over my body and even brought home some mud and salt that I found under my feet. I saw and heard all different types of people – Jews and Arabs but also people who spoke many other languages.

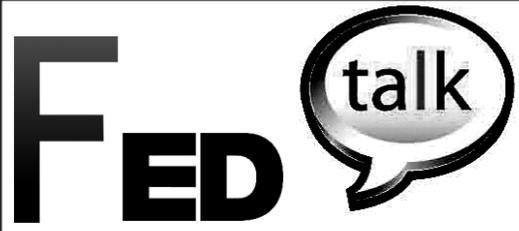
Dad: Is there anything else you want to share with people?

Rebecca: I really felt safe everywhere I went. Before the trip, my dad and I talked about the terrorist stabbings that were happening but I really never thought about it when I was there. We walked on the beach and through Jaffa which was both fun and beautiful. I saw that Israel has so many parks and green spaces. I also noticed how friendly people were, even to strangers. Really, I felt at home. I can't wait to go back sometime soon. It was amazing going with my dad and doing all of these special things together and I wouldn't give that up for anything. But we were always on the go and he really wore me out! Maybe next time I'll go with friends!

Rebecca tandem skydiving over Haifa



@JEWISH CULTURAL CENTER



Thoughts Worth Spreading

Ann Treadwell, Program Director
atreadwell@jewishchattanooga.com

Each week a few people come up to me, send me an e-mail, newspaper article, web search, or a note suggesting a program or an activity that we might present at the Jewish Cultural Center. Some of these program ideas work well with what themes or events we already have scheduled and I place them in the calendar. Other ideas I'm afraid may not draw an exclusive audience and should be coupled with something else, or are not appropriate for the community. And some of the ideas are wonderful but we just don't have the space or time to include them.

So I was thinking....you've probably heard of TED Talks, where the world's leading thinkers and doers give the talk of their lives in 18 minutes or less. These talks focus on *technology, entertainment and design* (hence "TED"), but there are also talks on education, science, history, business, global issues, the arts and much more.

In our community we have our own awesome storytellers, thinkers and doers--so why not FEDtalks? FEDtalks will take place through the summer months at the Jewish Cultural Center. We will group four, 10-minute presentations together per evening. Want to give one? Guidelines follow; a committee will review all proposals submitted.

- Preference will be given to Jewish-themed talks.
- Please keep in mind that the Federation offers cultural programs and that all religious services are presented by the congregations and Chabad. Any proposal containing information usually given by the congregations must have rabbinical approval as part of the proposal.
- Talks must be 10 minutes and no more. The talk will be timed.
- Additional time will not be allotted for questions.
- There will be no more than four talks during a FEDtalk evening.
- Talks cannot be given to solicit money for other organizations, programs or activities.
- Talks cannot be used as infomercials to advertise a product or service, or, in this hotly contested election year, to promote any candidate or political party.
- No fee will be charged for a FEDtalk event, and the Federation will not give an honorarium to the presenter. The Federation will not purchase supplies for the presenter.
- The Federation reserves the right to pull any FEDtalk that is not presented as outlined in the proposal.
- Presenters can be of any age.
- If food is served as part of the FEDtalk it must receive the prior approval of the kitchen supervisor, Alice Goss-Morgan, and meet the Federation's kosher standards.

Please keep in mind the presenter will have limited staff support which will include access to our projection system if the proposal includes a Power-Point, or WiFi/web information, or other digital media.

Each proposal must include the presenter's name and contact information (preferably phone number and e-mail address), a one paragraph biography, and no more than a one page typed explanation/outline of the topic the presenter wishes to share during the FEDtalk. Proposals must be delivered by snail mail, e-mail (atreadwell@jewishchattanooga.com) or dropped off at the Federation's offices no later than Friday, May 13 at 4p.m.. Decisions will be made the following week. If a proposal is accepted, Ann Treadwell, Program



Director, will contact the presenter and request a photograph and discuss proposed dates and times.

I am really excited to see what interesting subjects our community wants to share. If you have any questions about FEDtalk and its guidelines please give me a call (423) 493-0270 ext. 13. See you on stage or in the audience!



Tuesday Cafe

May 3, 10, *17 (speaker), 24, 31 @ 12p.m. \$10. See menus on our website. Email rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10. *On May 17 join us to hear BDS speaker Rayna Rose Exelbierd, BDS speaker. See front page for details

Yom Hashoah (Holocaust Remembrance Day)

Thursday, May 5 @ 6:00p.m. See front page for details.

Yom Hazikaron (Day of Remembrance for Fallen Soldiers of Israel and Victims of Terrorism)

Wednesday, May 11 @ 6:45. Please wear a white shirt.

Yom Ha'atzmaut (Israel Independence Day)

Thursday, May 12 @ 6:00p.m. Must be 21 or older. See front page for details.

Intergenerational Lunch

Wednesday, May 18. RSVP. \$10

POINTS of YOU Exhibit

Open through May 20. No cost, no RSVP. needed.

Aleph Bet End of Year Program

Thursday, May 26 @ 4pm. vcathcart@jewishfederation.com or 493-0270 ext. 19.

No Foreign Policy Supper Club in May

Enroll Now for Philanthropy Day Camp

A camp for rising 1st through rising 6th graders.

This camp teaches children the value of *tikkun olam*, or "repairing the world." Games and activities will help children explore philanthropy, faith, family, and community.

Enroll Now for Camp Tikkun Olam

A camp for rising 7th through rising 9th graders

Each day, campers will engage in hands-on service at a different local non-profit organization, and have fun learning about each of those organizations.

On Friday, the group will give a presentation to Philanthropy Camp.

Both camps run August 1-5, 9:00 a.m. to 4:00 p.m.

Co-sponsored by the Jewish Federation and First Church of the Nazarene

\$120/camper

(\$100 for each additional sibling)

Registration WITH PAYMENT

must be made to hold your spot

For more information or to register, contact

camp@jewishchattanooga.com

or Ann Treadwell at 493-0270 ext. 13.

You can also register online at

<http://www.Jewishchattanooga.com>Camps>

Have You Lost Touch?

No longer getting weekly e-mails from the Federation? Please call Courtney at 493-0270 to make sure we have your correct e-mail address. If we do, but you're still not getting them, you may have accidentally unsubscribed. It is very easy to get you back in touch. Just let us know.

FEDERATION SHLICHA



And all that Yoms...

Noa Hadad, Federation Shlichah
Israel@jewishchattanooga.com

“Yom” in Hebrew means just a regular random day. But when you add a powerful word to it, it can change to something more meaningful. The Yoms are special days, each more powerful than the other because of the one that precedes it. The programs below will give you a taste of what we do in Israel to mark, honor and celebrate these meaningful days. Please join us and come to the real ISRAELI

May 5: Yom HaShoah (Holocaust Memorial Day) at 6 p.m.

Jew Crew and Young Jewish Leadership will begin by reading the names of those who died during the Holocaust.

6:00 p.m. Reading of the names. 7:00pm Commemoration. There will be beautiful and spiritual music performed by the Chattanooga Boys Choir. We will conclude the evening with prayers.

May 11: Yom HaZikaron (Memorial Day for Israeli soldiers) at 6:45 p.m.

This year is the 10th anniversary of the second Lebanon War. Young Jewish Leadership is creating a memorial ceremony which will be followed by a talk by Captain Gilad Pasternak, an IDF officer who will share his personal memories and stories of loss as a result of this war.



May 12th Yom Ha'Atzmaut (Independence Day for Israel) 6 p.m. for 21+ only. We will have a special Israeli dinner, the Israeli band Exit 10, and lots of fun.

8. Neshama, Motek & Mami
Relationship-related names; Neshama - soul, Motek - sweetheart, Mami - baby



9. Achi, Gever & Chabibi
Achi - bro, Gever - man (“Ezeh Gever” - what a guy!), Chabibi - dude



10. Combina
An “under the table” or “off the record” deal

11. Yesh!
Yes! or #winning



12. C'illoo & Legamre C'illoo - like, Legamre - totally

13. Leezrom
Literal translation is “to flow” but in slang it means to go with the flow

GO WITH THE FLOW



16 Must-Know Hebrew Slang Words



1. Sababa
Cool, chill, alright, or right on

Since Israel is celebrating her 68th birthday this month, I decided it's time to teach you some Hebrew! But not just random Hebrew. I will teach you the 16 most used Hebrew slang words. These are words that you will probably hear if you go to Israel. I promise you, you'll impress any Israeli with your command of these words.



3. Gadol
It literally translates to “big” but in slang it means awesome.

2. Le'echol Sratim
The literal translation is “to eat movies” but when you say it to someone, it means they love drama, they're acting crazy, or they think there's an issue when in fact there is not.



4. Balagan--Mess



5. Yalla & Yalla Balagan Let's go & Let's go all out!

6. Chai B'Seret
Literal translation is “living in a movie” and is used to mean someone is being unrealistic

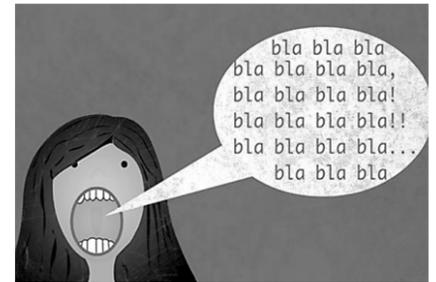


7. Tachles--The Bottom Line



14. Magniv & Achla--Cool

16. Chaval Al Hazman
Literally translates to “waste of time” but in slang it means the best thing ever (you know, like Taglit-Birthright Israel)



15. Lachfor
Literal translation is “to dig” but in slang it means someone who talks too much



A big special THANK YOU to all our Good Deeds Day volunteers from last month! We had over 120 people taking part in this special day! 9 projects and 1 AMAZING community (that I'm so proud to be part of!). Thank you for giving back to our community.



A big special THANK YOU to all the participants and sponsors of the 2nd Annual NIGHT RUN CHATTANOOGA!

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

FEDERATION NEWS



ADL Southeast Region &
its Center on Extremism Presents:

Responding To Extremism's Influence On The Internet

The ADL was founded in 1913 "to stop the defamation of the Jewish people and to secure justice and fair treatment to all."

About Guest Speaker Jonathan Vick:
ADL Assistant Director Cyberhate Response.

Over ten years as ADL's anti-cyberhate strategist. Previously with Hearst Publishing for online marketing, marketing for Philips Electronics and trade development intelligence for the British Government. Specialist on the technology, business and politics of the Internet and connected technologies, extensive writing on cyberhate and abuse of online resources, creating training materials for use domestically and internationally, consumer safety tools and ADL's technology industry liaison. Community training in the U.S., South America and Europe on cyberhate research techniques, monitoring and response tactics. Panel moderator at SXSW Online Harassment Summit 2016. Board member of the International Network Against Cyber Hate (INACH). Syracuse University, Newhouse School of Communications.

Wednesday, June 8th, 7:00 PM

Jewish Cultural Center 5461 North Terrace Road Chattanooga, TN

Coffee & desserts provide Free to attend but registration required. RSVP to Jackie Beres at jberes@adl.org or 404.262.3470 by Friday, June 3rd

MEMORY SCREENING DAY

WEDNESDAY, JUNE 1

At the Jewish Cultural Center

--Dr. Robert A. Catanese, Cleveland Clinical neuropsychologist and memory disorders specialist, will be conducting memory screenings for anyone over the age of 55 who may be concerned about their memory.

--Screening will take approximately 45 minutes. Results will be provided at that time. Previous participants are encouraged to return for their annual memory checkup. Medicare and most insurances are accepted



**Please call Dr. Catanese's
office to schedule
your appointment
(423) 339-3996**

Due to high response rate, additional days will be
made available as needed

FEDERATION NEWS

Tributes

In honor of Alice Goss-Morgan, Robin Balser; Claire Binder and Family; Bridgeman and Guines families; Mark and Carol Oshman

In memory of Sara Dinberg, Robert and Pris Siskin, Chambliss, Bahner and Stophel



By The Numbers
161
Attendance at
screening of
“Dough”

Left, Chattanooga Center for Creative Arts Quartet performed at Tuesday Cafe April 5.

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Join the Legacy Society

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

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

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



Michael T. Czarnnecki, M.D.
(Dr. Mike)
Board Certified

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SOCIAL SERVICES



Why I do what I do: Part I

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

The obituary read like this: *Paul Kovalski was born in Perth Amboy, New Jersey, on January 21, 1924, along with his twin brother Peter. His parents were John and Malvina Kovalski. Paul had four other brothers, John, Bill, Emil and Andrew, and one sister Olga. Paul was the youngest. The Kovalski family were farmers; farming tomatoes and potatoes for the Campbell Soup Company.*

In 1949, Paul joined the Army and served during the Korean War. He drove trucks and worked as a mechanic and was proud of his service to his country. On May 4, 1952, he married Joan Haliniak in Paterson, New Jersey. Paul and Joan had one son, Paul Jr, and one daughter, Linda. They had four grandchildren, Rebecca and Jessica Peck, and Paul III and Joanna Kovalski. Paul owned his own business, doing asphalt paving and tractor work. He retired in 1984.

In case you missed it, Paul Kovalski, who grew tomatoes and potatoes in New Jersey, was my grandfather. He was the most hard-working, generous person I would ever meet. He and my grandmother had the epitome of a good marriage, in that they loved and took care of each other in good times and in bad. He provided for his family and took wonderful care of his children and grandchildren. He was a fiercely independent person but always willing to help anyone out with anything. And he was quick with a joke (although half of them I never quite got). Sadly the mind and body of this independent, funny, loving, hard-working man would be ravaged by the horrible monster that is Alzheimer's disease.

Alzheimer's disease is a degenerative brain disease which gradually destroys a person's ability to complete simple day-to-day activities such as feeding and dressing him or herself, getting out bed, and communicating with loved ones. The disease causes loss of brain tissue and nerve cell death, especially in those regions responsible for making plans, having complex thought processes, and forming and storing memories. As the disease progresses, the brain actually shrinks, causing the patient's brain functions to decrease until death. The rate at which this occurs varies from person to person and depends on factors such as age of diagnosis and other health conditions. And Alzheimer's disease is just one is one of many types of dementia.

If you keep up with my *Shofar* articles, this is not the last you'll hear me talk about both Alzheimer's disease or my grandfather. I am passionate about Alzheimer's treatment, research, and other dementia and aging-related issues.

I called this article "Why I do what I do: Part I" because I believe everyone has driving forces behind why they do what they do. Watching my grandfather die from Alzheimer's disease is one of the main reasons I have such a passion to work with senior adults, and especially those with Alzheimer's disease and related dementias.

Check back in the coming months. You'll find more on this and other topics about which I'm passionate right here.

Left, Paul Kovalski and Joan Haliniak



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A GIFT FOR
JEWISH CHILDREN
AND THEIR FAMILIES



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.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

The Federation is happy to announce that we will be hosting this award winning fall prevention program which teaches practical skills and strategies for managing falls. Rebecca Peck and Edie Redish are certified MOB Coaches.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

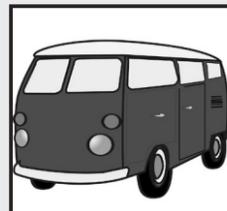
WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

The program will be held every Tuesday from 10 a.m. to noon. beginning May 24.

The program is limited to 12 participants.
For more information call 423-893-9241 or e-mail rpeck@jewishchattanooga.com

Van Schedule



Monday and Wednesdays

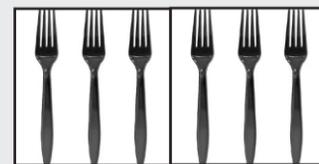
Rick Jacobs 432-2222

Tuesdays and Thursdays

John Schneider 504-6324

Monday-Thursdays as needed

Eddie Reel (423) 503-0238



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.

FEDERATION PROGRAMS

Jew Crew and Young Jewish Leadership

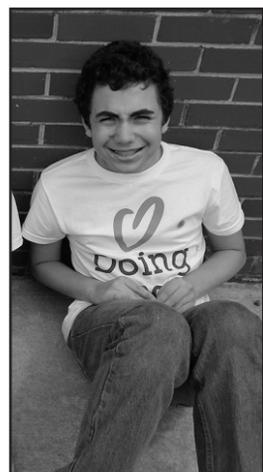
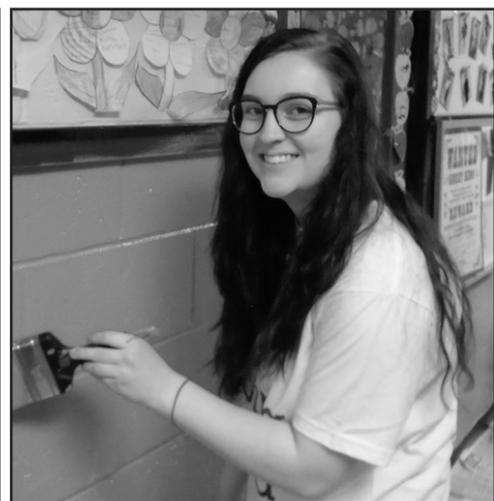
Jew Crew

Making a Vision a Reality through Good Deeds Day

Rabbi Abraham Joshua Heschel once said, "A Jew is asked to take a leap of action rather than a leap of faith." Last month the Jew Crew did just that when it turned its monthly social gathering into a social action project.

Approximately 17 teens joined forces with members of the Federation's Young Jewish Leadership Division (which included several Jew Crew alumni) on Good Deeds Day (April 10) to help refurbish and renovate some of the halls at Barger Academy of Fine Arts. In just a few hours, the entire crew transformed the white walls into a stunning shade of blue that the students and teachers will certainly appreciate. According to Barger's parent volunteer coordinator, this was a project she had been hoping to complete before the end of the school year, and thanks to our group, her vision became a reality.

IT'S TRUE, IT'S TRUE! Your campaign dollars help fund the Jew Crew!



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

YJL Brunch
Sun., May 15th
11:00 a.m.
Location TBD

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

YJL Purim Party, Good Deeds Day, and Networking Event



Children enjoying Purim



ALEPH BET CHILDREN'S CENTER



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



Learn and Play with Us!

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

Spring Fling Celebrated Rain, Sunshine, and Rockin' Robins

Thank you to the over 160 people who attended our April 15 Spring Fling and Read-a-Thon Kickoff! It was a great turn-out and a fun and festive morning. Aleph Bet Children's Center thanks everyone who came, watched, helped, supported, ate, clapped, and made it such a success.



Aleph Bet thanks Kathy Weber, left, for her years of service to Aleph Bet. Kathy will be retiring from Aleph Bet after 10 wonderful years.

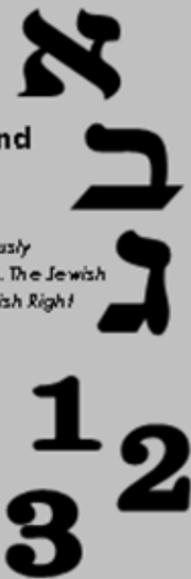
A gift for you... that will last a lifetime!

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

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

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

*must meet eligibility requirements



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

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

At the Jewish Cultural Center / 5461 North Terrace Road 37411
(423) 893-5486 / Director: (423) 493-0270, ext. 18
alephbet@jewishchattanooga.com / www.aleph-bet.com

Good Deeds Day 2016

Good Deeds Day 2016 got underway Sunday, April 10 with 120 community volunteers. Projects ranged from cleaning and organizing to painting to making pencil cases and scarves to a tea party for senior citizens. This page and next: photos from each of the projects. **THANK YOU TO OUR DEDICATED VOLUNTEERS WHO MADE THE DAY A HUGE SUCCESS!**

Aleph Bet Playground Organization and Clean-up



YJL and Jew Crew paint Barger School hallway



Workers clean out gardens and plant flowers at Mizpah



Chabad volunteers organize new building



Federation makes pencil cases

