

THE SHOFAAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 30 Number 6 February 2017

Hadassah/Federation Brunch with Award-winning Journalist Ruth Ebenstein



Diagnosed with breast cancer while nursing her baby, Ruth Ebenstein feared that she would die. She joined an Israeli-Palestinian breast cancer support group, hoping to find something "good" in cancer. She found Ibtisam Erekat, a Muslim Palestinian woman whom she now calls kin.

In her memoir, *How to Laugh (and Cry) Through Breast Cancer*, Ebenstein models how we can conquer the lines that divide us and how we can transform darkness into light. It is an empowering take-home lesson for the breast cancer patient and for her loved ones.

Award-winning journalist and writer Ebenstein relays her journey through "breastcancerland" with candor and mirth, beginning with her diagnosis at age 42.

Drawing on raw emotion, she writes with insight and intimacy about surgery and recovery, radiation, genetic testing, and medical menopause. She also shares how she navigates the concomitant emotional rollercoaster with the help of her family and friends, dance therapist, and support groups. This penetrating account celebrates life, prompting the reader to explore how tackling adversity helps us understand who we are in the world, what we hope to accomplish, and how we affect the people closest to us.

In 2004, Ebenstein won a first-place Simon Rockower award for a B'nai Brith Magazine story on President of the Israeli Supreme Court Justice Aharon Barak. In 2013, she won the same award for an essay in *Tablet* about her Israeli-Palestinian breast cancer support group's trip to Sarajevo to meet other survivors who support each other across religious and ethnic lines. Ebenstein graduated from Northwestern University's Medill School of Journalism and completed an M.A. in German history magna cum laude from The Hebrew University of Jerusalem. A native of Southfield, Michigan, Ruth lives with her family in Jerusalem.

Ebenstein will be at a joint Hadassah/Federation brunch event Sunday, February 26 at 11 a.m. to talk about her struggles and what she learned through her friendship with Ibtisam Erekat. Please join us at the JCC for brunch and her program, "Darkness into Light". Please wear pink! Cost is \$8. RSVP on the website at rsvp@jewishfederation.com or call 493-0270.

Legacy Celebration Event to be Held February 6



On Monday, February 6 the Federation will hold a celebration event at the new, beautiful Cameron Harbor Townhomes to honor community Legacy Society members and those who have signed Letters of Intent. The event will get underway at 4:30p.m., with special remarks at 5:45. Light food and refreshments will

be provided to complement the stunning river views. Please call Federation Executive Director Michael Dzik for more information at 493-0270. Rsvp@jewishchattanooga.com or 493-0270.

Grinspoon Life and Legacy Awards Given at Annual Meeting

The Grinspoon Life and Legacy Program awarded the Jewish Federation, Mizpah Congregation and B'nai Zion Congregation each \$5000 for their success in exceeding 18 Letters of Intent (signed letters indicating intention to leave a bequest or legacy gift to an organization) in 2016. Each organization has the opportunity of receiving an additional \$5,000 in 2018 with the completion of another 18 LOI's. Accepting the awards at the Annual Meeting January 8 were Jordan Parker (B'nai Zion), Lee Brouner (Jewish Federation) and Henry Schulson (Mizpah). To see a sample Letter of Intent turn to page 2.



Recipients of 2016 Grinspoon Foundation grants: l-r, B'nai Zion, Jewish Federation, and Mizpah.

Dinner and Fun with Shiran

Federation shlichah Shiran Amir is on a mission: she wants to get to know everyone in the community better. To this end, she's asking that you invite her to lunch or dinner with your family and share your stories. Nothing formal! In return, she promises stimulating conversation about her life in Israel, the possibility of playing a few games, listening to music, and enjoying a video clip here and there. See page 8 for more.

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

Jewish Federation
OF GREATER CHATTANOOGA

P.O. Box 8947
Chattanooga, TN 37414
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THE POWER OF A COMMUNITY

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10th Annual Jewish Film Series Kicks Off in March

The 10th Annual Jewish Film Festival 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). For more information about films and becoming a sponsor, please see page 12.

Save These Dates!

10th Annual Jewish Film Series Screenings

- March 15 Sponsor Event and screening of *Harmonia*
- March 22 *Women's Balcony*
- March 29 *Fever at Dawn*
- April 5 *1945*
- April 19 *Last Mensch*
- April 26 *AKA Nadia*

NOTES FROM LEADERSHIP



The Future of Our Community's Jewish Education

Lee Brouner, Federation Board Chair
boardchair@jewishchattanooga.com

Community leaders met on January 12 to discuss the future of our community's Jewish education. Representatives from B'nai Zion, Mizpah Congregation, Chabad, Aleph Bet, Jew Crew (our Jewish teen youth group), CJCRS and the Federation were present. The meeting was chaired by Debbie Stein, the Federation's consultant from JFNA, who traveled from New York to join us. Prior to the meeting, Debbie held individual phone calls with most of the congregations' rabbis and education directors and with several community lay leaders to create an agenda for, and assist in directing, the discussions.

Several topics were covered during the meeting, including the following:

- Future direction of the congregational Sunday School (the CJCRS)
- Improving the curriculum of the Sunday School program
- Possible future merger of both the Sunday School and the Religious School programs
- Possibility of incorporating Chabad into the community Sunday School

The majority of the meeting focused on the most immediate concern: how to improve the Sunday School program. All participants agreed that it should remain a community-wide endeavor, and that efforts should be made to incorporate Chabad as much as possible into the school. The group also felt there was a need to rearrange the Sunday School organizational structure, with the operation of the school shifting from the CJCRS Board to the professional leaders (rabbis and education directors) and education chairs of each of the congregations. The group felt that the Sunday School should focus its efforts on developing a new 'model' for the school, one that better emphasizes positive Jewish experiences for the students

and incorporates more hands-on learning.

The group felt that we should delay consideration of a possible merger of the congregational Hebrew School programs, but felt each of the rabbis should develop lesson plans to weave the lessons and themes covered during the Sunday School sessions into each respective Hebrew School class. These same themes could also be woven into all programming that happens at the respective congregations.

I left the meeting optimistic and excited about the path we are on. In my opinion, improving education for our youth and families is a critical need of our community. The Federation will continue to lead and assist the congregations and community as needed and requested in this vital area.

Our community-wide conversations have just begun and we need your input. Please join in on the conversations and contact your respective rabbi, congregation leaders, Michael Dzik and/or me to give us your ideas and suggestions as we continue to move through this process.



Discussing the future of Jewish Education with Debbie Stein (standing)



What it Truly Means to Leave a Legacy

Michael Dzik
Federation Executive Director
mdzik@jewishchattanooga.com

On February 6th we celebrate; on February 7th, we continue Chattanooga's journey with Life and Legacy. I'll explain. But first, a story.

One day, a young man named Daniel was walking along a road and saw an older gentleman planting a carob tree. Daniel stopped and asked the man, "How long will it take for this tree to bear fruit?"

The man replied, "Seventy years."

Daniel asked the kind man, "And, do you think you will live another seventy years and eat the fruit of this tree?"

The man answered, "Perhaps not. However, when I was born into this world, I found many carob trees planted by my ancestors. Just as they planted trees for me, I am planting trees for my children, grandchildren and future generations, so they will be able to eat the fruit."

If you were at the Federation's Annual Meeting last month, or have read the recent *Shofar*, you know the Federation is leading the endowment charge for our Jewish community. Our first year goal of 18 Letters of Intent was successfully reached by the Federation, B'nai Zion and Mizpah. Each will receive a \$5,000 unrestricted gift from the Grinspoon Foundation. On Monday, February 6 we will celebrate this accomplishment together. See the front page for information about this exciting event that will be held at a brand new, unique location!

And then, when we wake up on February 7, each congregation will begin again, working toward a second year goal of 18 (at least) Letters of Intent. A Federation and community committee, led by Andy Hodes, will include members of B'nai Zion and Mizpah. This second year will be multi-faceted and extremely engaging. A first order of business will be to work with the first-year signers to ensure their legacy intentions are legally confirmed, through a will with a simple bequest, life insurance policy, a change in IRA beneficiary, annuities, or another vehicle of the donor's choosing.

One of the surprising things I realized this year is that many of you had already made provisions in your estate plans (but not yet told us about them). These were my favorite surprises! Thank you! And it's my guess that there are more of you out there who have made provisions but not yet let us know. Please do so--so that we can thank you AND count you toward our next 18 commitments in 2017.

If you haven't made a provision for one or more of these organizations, it is never too late. The first step is to have a conversation. Then we hope you'll agree to sign the Letter of Intent – a non-legal paper that states it is your intention to include the Jewish community in your estate planning.

In the last twelve months, 70 community members have signed letters of intent. Those who have shared specific dollar amounts (about 40%) let us know that they are committing over \$1.8 million to these organizations. Here's the best part of this program – people of all ages, genders and socioeconomic levels are participating.

Whether you commit a few hundred dollars or millions of dollars, everyone can participate; everyone *should* participate. We may not know what the future holds for the Chattanooga Jewish community or any of our Jewish institutions. But a healthy endowment will ensure that every need will be met. We can and must do this together. Many trees were planted long before you and I started harvesting the fruits of this wonderful Chattanooga Jewish community.

Be part of this new forest that we are planting today – for tomorrow.



Your Jewish Legacy – Declaration of Intent

CONFIDENTIAL

In the tradition of our Jewish faith, I wish to share my blessings with others. Therefore, I make this Declaration of Intent to help provide for the needs of the Jewish community in the future.

I have made a provision in my estate plan already.

I shall make a provision in my estate plan within the next _____ months to include:

- Jewish Federation of Greater Chattanooga
- B'nai Zion Congregation
- Mizpah Congregation
- Other _____

through:

- Bequest in my will
- Life Insurance Policy
- Remainder of IRA and other retirement plan
- Charitable Remainder Trust
- Gift of real estate, securities or other property
- Donor Advised Fund
- Charitable Gift Annuity
- Other (please describe) _____

Continued on other side

The approximate value of my/our commitment will be:

Amount to Federation \$ _____ or _____ % of my estate.

Amount to B'nai Zion \$ _____ or _____ % of my estate.

Amount to Mizpah \$ _____ or _____ % of my estate.

Amount to Other \$ _____ or _____ % of my estate.

Name: _____

Address: _____

To encourage others to make commitments to the future, I permit my name to be listed in printed materials regarding leaving a Jewish legacy.

My name should be listed as:

I prefer to remain anonymous

I understand that this Declaration of Intent is not a legal obligation and may be changed at my discretion at any time.

Signature _____ Date _____

Please return to: Michael Dzik, Executive Director
 Jewish Federation of Greater Chattanooga
 P.O. Box 8947, Chattanooga, TN 37414

Sample codicil language: I give, devise, and bequeath to (name of the organization you wish to leave a legacy gift) the sum of \$----- to be used for its general purpose (or specific).

@JEWISH CULTURAL CENTER



Be a Hero

Ann Treadwell, Program Director
atreadwell@jewishchattanooga.com

My mother died of breast cancer. At her death she was the oldest surviving brain tumor patient in the country. She had the tumor removed in New York by group of surgeons from Columbia Medical Center in January of 1965. Although ill, and struggling with language and motion, she fought for my sisters and me to be kept together, only occasionally relenting to pressure from others to let them help, and sending us to spend summers with an aunt in Rochester, NY, with my parents' closest friends in Ohio, and at my grandparents'. Although the relatives wanted to split us up, she and my father refused to let us go for more than a month at a time.

Once my mother was well enough, about 8 years later, she was active in the civil rights movement in New York, particularly in Spanish Harlem and with Vernon Jordan. She fought for women who were serving life sentences in prison, especially those who had committed murder to save themselves and their children from domestic violence. She worked for the Salvation Army, focusing on homeless families with young children. And she cared for my grandfather, who was over 100 years old.

She fought and she fought and she fought, first through the breast cancer, and then through lung cancer and bone cancer. We could see the cancer move up her spine and into her brain. Only when her heart stopped did we know the fight was over. My mother has always been my hero, because in between her personal health wars, she fought for others to live a free and productive life.

This brings me to talk about a woman I have yet to meet, but in whom I see the same hero traits. Her name is Ruth Ebenstein. In 2013, she won the Simon Rockower award, sponsored by the American Jewish Press Association, for an essay that ran in *Tablet*. It was the inspiring story about her Israeli-Palestinian breast cancer support group, which traveled to Sarajevo to meet other cancer survivors, and support each other across religious and ethnic lines. Through the group, Ruth befriended Ibtisam Erekat, a Muslim Palestinian woman whom she now calls sister. Now, in the wake of her own personal health war, Ebenstein takes her story to others, that they may live a free and productive life. On Sunday, February 26, you can meet and hear Ebenstein's story, at a joint brunch event with our local chapter of Hadassah. I hope you will join us. See the front page for more information.

February brings us other opportunities to see and hear about heroes in action. Foreign Policy Supper Club will discuss *The Future of Europe: Coping with Crisis*. What role did the United States play in Europe's foreign policy, and what will its role be as new policies are formed with a new administration?

On Wednesday evenings in February, Dr. Norton Wheeler will continue to lead discussions centered around Israel, in his adult education class *Israel in Conflict: Origins to BDS*. We are constantly learning about the heroes who helped to build the Israel of today.

On Monday, February 6, Legacy Society members will be honored at a celebration recognizing their commitment to helping our Jewish institutions survive over the long term.

Some people associate February with Valentines Day. This February follow your heart to the Jewish Cultural Center, and meet some role models who care for one other regardless of the personal wars they are waging.



Mary Ann Gebhardt Treadwell



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, February 7, 14, 21, 28. Always at noon.

Warren Posternack will DJ February 28. Rsvp@jewishchattanooga.com or 493-0270 ext. 10. Cost: \$10.

Karaoke Night with Shiran

Thursday, Feb. 2 @ 7p.m., JCC.

Come sing in Hebrew! Shiran will show you how. Must be 21. See page 8 for more information or contact Shiran at israel@jewishchattanooga.com. Rsvp@jewishfederation.com

Israel in Conflict: Origins to BDS

Wednesdays, February 1, 8, 22 @ 6p.m. (NOTE: no class on the 15th)

Taught by Dr. Norton Wheeler. See <http://www.jewishchattanooga.com> for details. Rsvp@jewishchattanooga.com or 493-0270 ext. 10 to register. Cost: \$72, includes dinners and class materials.

Matter of Balance

Tuesdays, February 7, 14, 21, 28, and March 4, 11. 10-noon. Rmills@jewish-federation.com for more information or 893-9241.

Foreign Policy Supper Club

Monday, February 13 @ 6p.m. *The Future of Europe*

Dinner and discussion. Rsvp@jewishchattanooga.com or 493-0270 ext. 10 to register. Cost: \$12 includes dinner and materials.

Hadassah/Federation Brunch: Darkness into Light, with Ruth Ebenstein

Sunday, February 26 at 11 a.m., JCC.

See front page for details. Cost is \$8.

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.

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

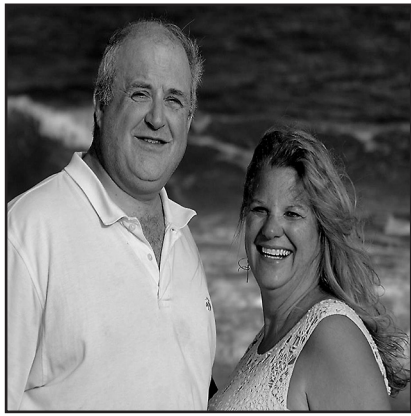
contact Ann Treadwell. She and Alice Goss-Morgan, Kitchen Supervisor, will consider your suggestion.

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.

FEDERATION NEWS

Why We Endow

by David and Susan DiStefano



David E. True wrote “ It takes a noble man to plant a seed for a tree that someday will give shade to people he may never meet.” That is how we feel about putting a financial gift to the Chattanooga Jewish Federation in our will. We won’t be here to experience the benefit of giving the money after we die, but our children and our children’s children, and others we will never know, will have the opportunity to experience Judaism at its best.

If we, as Jews, are not willing to pay for a Jewish future, who will? We believe that not only is it important to give to support our

Jewish community, it teaches our children the importance of doing so. We determine what it is reasonable to leave our children for their futures, and the remainder will be given away to charities that have impacted, and continue to impact, our lives. We want to leave behind something good and meaningful. If we can extend the promise of Judaism for years to come, we have added meaning to our existence, which is truly what Judaism is all about.

Please join us in making a gift. Do it today, because you never know what tomorrow holds. A legacy gift makes a difference. Quaker missionary Stephen Grellet is said to have written, “I shall pass through this world but once; any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall never pass this way again.”

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!*

Join the Legacy Society

- | | | |
|------------------|----------------------|----------------------|
| Allen, Amelia | Dzik, Michael | Parker, Jordan |
| *Alper, Maxine | Dzik, Paula | Parker, Rebecca |
| Balsler, Jeff | Fairchild, David | Pregulman, Helen |
| *Baras, Jack | *Frank, Estelle | Richelson, Alan |
| Berz, Bob | Hochman, Colman | Rose, Kevin |
| Binder, Claire | 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 | |
| Dropkin, Warren | Oxenhandler, Barbara | |

*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



Thank You Celebration Event for Legacy Members

*Monday, February 6
Cameron Harbor Townhomes
See front page for more information*

Federation Annual Meeting Reviews Business, Recognizes Volunteers of the Year

The Federation held its annual meeting on January 8 at the JCC. The new Board was voted in. Michelle Hirsch, Co-Chair Designate of Jewish Federations of North America’s National Young Leadership Cabinet, spoke eloquently and passionately about what the Jewish Federations’ mission has meant to her personally. Grinspoon matching funds checks were distributed to the Federation, Mizpah, and B’nai Zion congregations for their success in securing over 18 new Legacy Letters of Intent apiece in 2016. Thank-you trivets were presented to Izzie Frumin and Andy Hodes for their service on the Federation board. And the 2017 Volunteers of the Year for each of the congregations, Federation, Hadassah, and Aleph Bet were announced and recognized. See page 10 for photos from the event.

2016 Volunteers of the Year

- Aleph Bet:** Tal Cohen
B’nai Zion: Howard Schwartz and Bea Lurie
Chabad: Tania Castagnaro
CJCRS: Donna White Dropkin
Federation: Bob and Rita Brook
Hadassah: Cathryn Cohen
Mizpah: Karen Diamond, Bob Bernhardt and Herb Cohn

Thank You



Cathryn Cohen, Bea Lurie, Donna White Dropkin, Rita Brook, Bob Brook, Tal Cohen, Herb Cohn, Karen Diamond, Tania Castagnaro. Not pictured: Bob Bernhardt and Howard Schwartz

FEDERATION NEWS

In Their Words: Educators in Israel Talk About the Experience



Rebecca Jordan (left and Randi Weiss) in Israel

A Memorable, Amazing, Inspirational Trip

*by Rebecca Parker
5th Grade Teacher
Normal Park Museum Magnet*

I just spent some of the most memorable days of my life in Israel. It wasn't my first trip to Israel and I'd like to think it won't be my last. But this trip was particularly special to me for its focus on education.

Everything on our itinerary centered around learning. We spent two days visiting area schools. In the schools, we saw firsthand what it is like to learn in an environment where Judaism is just a

natural part of who you are and what you do. I was surprised how much I learned about my identity as a Jewish educator from my time in Israel's public schools.

We also visited the ecological greenhouse in Kibbutz Ein Shemer. This greenhouse was established in 1977 with the goal of promoting education, ecology and social involvement in Israel. This particular experience really inspired me, because we learned how students of various backgrounds work together to advance their understanding of science. We learned about education as an incredibly unifying force and I found that very invigorating.

Each experience taught me something or left me with something to think about. In Jerusalem, we listened to Avraham Infield speak about the differences between Jewish identity in America and Israel. In Tel Aviv, we took a walking tour of some of the areas populated by Israel's newest immigrants. We learned how members of BINA organize the youth of Israel to promote social change through Jewish values.

The list could go on and on but I would be remiss if I left out the best part of my trip! What really made the whole experience warm, welcoming, educational, and rejuvenating was my host family.

I was fortunate enough to be matched with a host family that I felt an indescribable connection to. Anat Kidron and her family made me feel at home during the four nights I stayed with them. Anat took me to school with her and I was able to watch amazing learning in her classroom. I was invited to light Hanukkah candles at her mother's house, and her husband made us Shabbat dinner on Friday night. The family had lived in Oregon for 3 years, so I also had the chance to talk to her children about the differences between school and friends in both countries. Many of my memories from this trip will center around the connections I made with my host family. Start to finish, it was an amazing trip. I learned so much and I really value the experience.

Closing the Distance Between Chattanooga and Israel

*by Randi Weiss
Teacher, CJCRS*

The distance from Chattanooga to Tel Aviv is 6400 miles. That seems like it's so very far away. But after participating in the P2G educators' delegation in December, Israel – especially the Hadara-Eiron region – does not seem that far away at all.

I was fortunate enough to spend eight days with Israeli educators as well as fellow educators from our southeast consortium, participating in workshops on how to improve Judaic education at home as well as ways to build bridges and partnerships between our students and their young counterparts in Israel. What an experience it was!

I spent time in the kindergarten class at Katzir Elementary School, where I learned that the children and teachers very much want to build a relationship with our children just as our students want to get to know Israeli children their age. I learned that children are children and they all love playing with blocks and make-believe, running on the playground, dancing and singing to music, petting and holding small animals, and celebrating holidays. (Who doesn't love to celebrate Chanukah?)

Likewise, the teachers encouraged creativity and independence while teaching academics, traditions, and respectful behavior. We are all the same – we are all one people. This theme continued as I got to know my host family and toured Israel with our Israeli counterparts. We toured Herzl Museum, the Old City and the Kotel, the Jerusalem Market, Friends of Zion Museum, S'dot Yam Kibbutz, Yad V'Shem, Independence Hall, and Carmel Market to name a few.

After this wonderful, stimulating and exhausting adventure, I am more dedicated to teaching Hebrew and Judaic studies together with my new friends – young and adult – in Israel, and making Israel feel more real and much closer to our students in Chattanooga.

I also want to take this opportunity to thank, from the bottom of my heart, Michael Dzik, Ann Treadwell, the Jewish Federation, and all who made this trip possible. It is very much appreciated!!

Your campaign dollars help fund the Educators Exchange

Young Jewish Leadership (Ages 21-45)



Find us on facebook
[facebook.com/groups/YJL-CHA/](https://www.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

Save the Dates:

Friday, February 17th - Shabbat Dinner at Edie and Josh Weiss home
Saturday, March 4th - Purim Party with Knoxville YJL
Check Facebook page for more details!



Cara Weiner, Cassie Rose, Rachel Lowe, Federation shlichah Shiran Amir, and Rachel Privett at Shabbat Dinner, Dec. 16, home of Kevin and Cassie Rose



Alex Rose and Rachel Privett, Chanukah 2016



Dinner before the Annual Meeting on January 8th with Annual Meeting guest speaker Michelle Hirsch

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

Your campaign dollars help fund Young Jewish Leadership

COMMUNITY NEWS & EVENTS

MAZEL TOV

--to Sonia Young, who received the 2017 Ruth Holmberg Arts Leadership Award

CONDOLENCES

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

--Pauline Parrott, mother of Jo-Ann Morris, on January 19

--Bluma Vainer, mother of Eduard Kushnir

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

TRIBUTES

In Memory of Clara & Alvin Shoenig, *Alan and Missy Shoeing*

Do You Have Something to Tell Us?



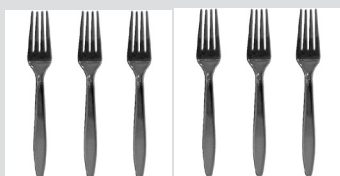
Is your high school senior graduating this spring? *The Shofar* wants to know! Please email dshavin@jewishchattanooga.com to find out how to have your child spotlighted in an upcoming issue of *The Shofar*.

Welcome Newcomers Vicki and Art Lewis



Vicki and Art Lewis moved to St. Elmo from Birmingham last April, to be closer to their daughter and her family. Vicki taught school for 41 years and retired in 2011. Since then she has worked with numerous non-profits, and in her free time enjoys bridge and canasta, reading, cooking, gardening, and travel. Art is a networking systems engineer for Pomeroy Inc. He enjoys fixing things and putting in his workshop, boating, and eating what Vicki cooks. Between them they have five children, ages 31-42, living in Birmingham, Chattanooga, Cleveland, and Tampa. They say they've fallen in love

with Chattanooga and the local Jewish community. Welcome, Vicki and Art!



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.

*Jewish-style food, haimisha atmosphere
Catering for all events!*

OPEN 7 DAYS
Sun.- Fri. 10:30-3:00
Sat. 10:30 to 5:00

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fax 266-8646 (TOGO)



151 River Street
across from Coolidge Park

riverstreet-deli.com

Check our website for our daily menu

Foreign Policy Supper Club Looks at Future of Europe, February 13



The outcome of the United Kingdom referendum on EU membership sent shock waves across the globe. It even caught British voters by surprise. The European Union has helped secure peace in Europe for the past 70 years. Now it faces an uncertain future. Amid a refugee crisis, lingering financial recession and the constant specter of terrorism, unity seems more imperative than ever. But the Brexit vote underscores the complexities of integrating an extremely diverse continent. What will post-Brexit Europe look like, and how can U.S. foreign policy adapt? Join the Foreign Policy Supper Club at the JCC Monday, Feb. 13 for dinner and discussion. 6:00 p.m., cost: \$12 includes dinner and materials.

Sadness and Hope

Paintings by father and son Heinz and Erich and Geiringer, hidden when they were sent to Auschwitz, were discovered after the Holocaust. On exhibit at the Knoxville Museum of Art February 7-26. On loan from the Dutch Resistance Museum in Amsterdam.

P2G Tikkun Olam Teen Exchange Program (age 14-16 years old)

US teens going to Israel:
June 27 – July 12

Israeli teens coming to the US:
July 20 - August 6 (not confirmed)

For more information and deadline for registration contact Shiran Amir
israel@jewishchattanooga.com



Support your local advertisers, as they help support you!

SOCIAL SERVICES



Checking in With Those... Ahem... Resolutions

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

Well folks, it's that time of year: you are about a month into the keeping or breaking of your new year's resolutions. How many of us have already forgotten or fallen short of our goals? Lose weight, save money, be a better person...add yours to the list. And how many of us make the same resolution year after year only to lose complete track of it by February? Although it is wonderful to make a new year's resolution, because we can all use personal growth and betterment in our lives, we do not want to simply set ourselves up for failure and disappointment. Don't worry, even though we are a month into the new year, it's not too late to make or modify your resolutions. So what are some ways we can actually make and stick to them? Below are a few simple suggestions.

Start small and make it realistic: Don't make a mighty and lofty goal that is unrealistic and unattainable. Make sure your goal is doable. Instead of saying you will exercise for 2 hours 7 days a week, say you will exercise for 30 minutes 3 days a week. Then, if you wish to increase the amount, great, but if not, you are still working within your expectation.

Be specific: "I'm going to be a better person" Well that's nice...how are you going to do that? Are you going to do a weekly kind deed for someone or are you going to volunteer monthly at a local nonprofit?

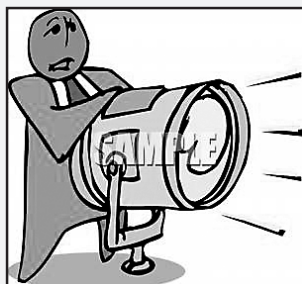
Share your goals with others: Talk about your resolutions and goals throughout the year with others. Get an accountability partner—someone who will hold you accountable to your goals and whom you will hold accountable to theirs. If you see someone for counseling or other professional services, share your goals with them as well.

Don't beat yourself up: If you fall short of your goals, don't be too hard on yourself. We are all people who lead busy lives and things come up. Just try to get back to your goal if and when possible, or modify it to be more attainable.

Be happy: Incorporate something pleasant and enjoyable into your resolution. Do not make it tedious or torturous to carry out. Incorporate things that you already enjoy or that interest you and this will likely make them easier to actually fulfill and succeed.

There you have it! Let's touch base in July, shall we?

Spotlight on Nursing Services: A Community FYI



The Federation is delighted to offer nurse advocate services to the community. The Community Nurse (Edie Redish) is available for phone calls, accompaniment to doctor appointments and advocacy phone calls to physicians' offices and/or pharmacies Monday-Friday between 9a.m.-5p.m.. If you place a call to her outside of those hours, leave one voice mail, and she will return your call within 24 hours or the next

business day. **Calls will not be returned on weekends or holidays.** If you feel you are experiencing a medical emergency or emergency of some other kind, please contact 911, as the Federation is not authorized to function as an emergency response agency. If you are a new client looking to use the services of the nurse advocate, please contact Social Services Director Rebecca Mills directly at 893-9241 or rmills@jewishchattanooga.com.

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!**



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

The Federation is happy to announce that we will once again be hosting this award winning fall prevention program. Our own Rebecca Mills and Edie Reddish are certified MOB Coaches.

The program will be held every Tuesday from 10AM-12 noon beginning January 24th*

The program is limited to 12 participants so please RSVP if interested. This program emphasizes practical strategies to manage falls.

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

For more information please call 423-893-9241
or email rmills@jewishchattanooga.com

***YOU CAN STILL GET IN ON THIS GROUP!
CALL REBECCA MILLS AT THE NUMBER ABOVE FOR MORE
INFO OR TO REGISTER.**

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.



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

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

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!



Monica Gefter, M.D., FACP
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Diabetes, Cholesterol, and Healthy Aging

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423-778-8179

SHLICHIM PROGRAM



"Man is a Tree of the Field": on Family Roots

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

It is believed that in the six days of creation there was a deep connection between Adam (man) and the *adama* (land). Adam, our first ancestor, was created from the ground. The parallel between Adam and *adama*, and the crop that grows out of the land, is reinforced by the phrase, "Because man is a tree of the field". The tree's roots absorb

nutrients from the land; without roots, it would die. So it is for man: he must stay connected to his roots, his source of power, strength and stability, in order to survive and create future generations.

What is the root of the man and how can we sustain our connection? As Tu Bi'shvat will be celebrated this month we remember the connection between the tree and its source, and celebrate the trees' new year. Also in Israel this month we celebrate Family Day, the parallel to Mother's and Father's Day here in United States. Our roots--our source of strength and stability and nurturing--are our family and our traditions. In honor of the month of celebrating roots, I'd like to tell you a little bit about mine.

Both of my grandparents made aliyah to Israel in 1930 from Yemen. Jewish Yemenite people in Israel are known for their strong connection to their unique interpretation of the Jewish Halacha and the Torah. Yemenites are distinctive in their traditions since it's an old community going back more than 2,300 years. Because of that, I grew up in a spiritual religious orthodox household and went to a religious school, studying in a girls only class.

I'm the oldest of three children. My parents divorced when I was seven years old, in the late 90's. My mother, Rivka (Rebecca in Hebrew), is 55 years old. She is a strong, independent, smart, and very ambitious woman and gave us all that we needed growing up, choosing education, books and enrichment classes such as music and art over any kind of luxury. She has been a teacher for twenty years, teaching Citizenship. It's one of the final exams students in Israel must pass to finish high school. It focuses on obligations and civil rights, governmental systems, local authorities, public institutions and the meaning of democracy. It's very challenging to teach, and my mom gives her all to her students.

My father Raphael is 52 and has his own transportation business. He is an extremely good person, with a big heart and a great sense of humor. He loves people and people love him. He loves the vehicles world, loves to drive, and knows almost every corner of Israel. Whenever I'm lost somewhere he can tell me how to find my way back, literally and also metaphorically. I'm glad to say that even apart, my parents cooperate well when it comes to their kids. We have Shabbat dinner together often and celebrate holidays as a family. I'm very proud to have them as a role model for unity and family values.

I have two amazing siblings, who are also my best friends. My sister Ma'ayan ("water spring" in Hebrew) is 25; my brother Na'or ("enlightened" in Hebrew) is 23. My sister married Dekel, 26, ("palm tree" in Hebrew) nine months ago, and is a nursing student at the Hadassah Hospital and the Hebrew University of Jerusalem. Her husband is a great young man who works as one of Prime Minister Benjamin Netanyahu's security men. My brother is a fighter still serving the IDF. He has been a Lieutenant at Givaty Brigade for almost four years. He is very talented, works very hard keeping our country safe, and we are extremely proud of him.

Just as trees take their strength from their roots, so do I. My family is my source or nourishment and strength, from which I grow and evolve. We do not choose our family, but it's our responsibility to nurture the relationships between us and be there for each other to ensure a healthy continuity. Even our Jewish tradition is a root from which we derive our values. While all of us are members of the same religion, we practice it differently, because we are different branches coming from the same trunk. To my eyes, that's part of the beauty of it. I wish you all strong roots from which to always grow.



Karaoke Night

February Shlichim Program

Thursday February 2, 7:00 PM
Jewish Cultural Center
21+, \$10 fee

please RSVP and let me know your favorite tune!
493-0270 or rsvp@jewishchattanooga.com

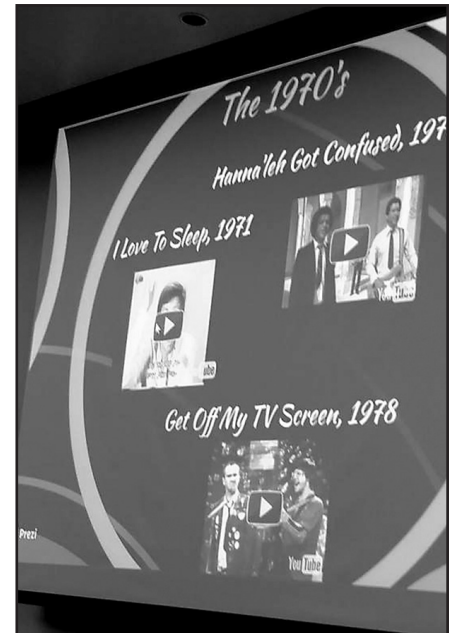
Love music? Love Israel? How about singing? And Karaoke? Join me for a fun evening starting with the best hits translated to Hebrew, and after that all your favorite songs!



DINNER AND FUN WITH SHIRAN!
Shalom my wonderful Chattanooga Jewish community, I want to get to know you better! I have loved being a part of this amazing community for the last five months, serving as your shlichah and helping you to see Israel through my eyes. Now, I would love to have dinner with you and your family and friends. It doesn't need to be anything formal! I would like to hear your stories and tell you mine about growing up in Israel. I can even share Israeli music, games, or videos, or we can discuss a host of topics. I promise it will be fun & educational! Pick a night--any night! Contact me by email or phone and we can make a plan. Thanks for already making me feel so welcome. See you soon! Love, Shiran



Shiran's Jan. 12 music program was well attended (above, and below, right)



Mom, Dad, sister Ma'ayan, brother Na'or, brother-in-law Dekel, Shiran's strong root system in Israel

The Shlichim Program is made possible by your campaign dollars.

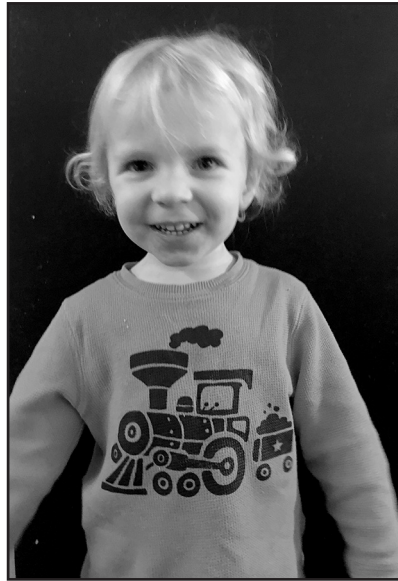
ALEPH BET CHILDREN'S CENTER



Meghan Graybeal
 Aleph Bet Children's Center
 Director
 alephbet@jewishchattanooga.com
 893-5486



New year starts off with a bang!



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 Children's Center this school-year!*

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

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.

*see application for specific 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

PJ Library is sponsored by your Federation, and provides one Jewish book a month to children and families free of charge.

FEDERATION NEWS

Annual Meeting, January 8, JCC



Left-right, Mike Spector, Member-at-Large; Lee Brouner, Federation Board Chair; Andy Hodes, Endowment Chair; Robin Balsler, Secretary of JFGC Board; Alison Lebovitz, Board Member, Speaker Introduction



Left-right, Speaker Michelle Hirsch; 2017 Campaign Chair Austin Center; Center presents Sapir Award to Paul Lefkoff; Federation Executive Director Michael Dzik presents outgoing board member thank you trivet to Izzie Frumin



Left-right, Dzik presents outgoing board member thank you trivet to Andy Hodes; Grinspoon grant checks presented to Lee Brouner, representing the Federation; Jordan Parker, B'Nai Zion; and Henry Schulson, Mizpah Congregation; Donna White Dropkin, CJCRS Volunteer of the Year



Left-right, Volunteers of the Year Cathryn Cohen, Hadassah; Tal Cohen, Aleph Bet; Tania Castagnaro, Chabad; Bea Lurie, B'nai Zion; Rita and Bob Brook, Jewish Federation; Herb Cohn and Karen Diamond, Volunteers of the Year for Mizpah Congregation