

THE SHOEFEAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 29 Number 6 February 2016

Annual Meeting Covers a Lot of Territory

The 2016 Annual Meeting was held at the Jewish Cultural Center Sunday evening, January 17. Board Chair Warren Dropkin welcomed the audience and then introduced Campaign Co-Chairs Richard Zachary and Roy Rosenfeld, who gave an update on the state of Campaign 2016, emphasizing that while the dollar amount is over a million, the campaign is not yet over. They encouraged those who have not yet pledged to do so.

Federation Director Michael Dzik introduced Jewish Federation's new Social Services Director, Rebecca Peck. Rebecca officially began work the following day, January 18. He then presented Warren with a plaque thanking him for his service as Board Chair the past two years.

Andy Hodes spoke about the purpose and importance of the Legacy Society and encouraged participation. He also read the names of the five deceased Legacy Society members for whom candles were burning at the front of the room.

Fern Shire, member of the nominating committee for new board members, thanked outgoing members, and read the names of incoming members. A vote was taken, and new members were confirmed.

Lee Brouner, incoming Board Chair, spoke about his respect for the Federation's past leaders and his commitment to bring the same level of strong leadership to the position going forward. (Read his article on page 2.)

In a moving ceremony, Mayor Andy Berke declared January 17 "Rabbi Bill Tepper Day," and presented him with a proclamation plaque to that effect. Rabbi Tepper will leave Chattanooga soon to move back to Toronto to be with his family.

On a lighter note, Robin Balsler introduced the Volunteers of the Year, who were each given a plaque of appreciation. (See full VOY list on page 5.) Rounding out the evening was Maestro Bob Bernhardt, introduced by Bob Berz; Bernhardt entertained the audience with a passionate, funny, and fascinating look into the era of Hollywood movie music and the composers who rose to the forefront.



Michael Dzik presents Warren Dropkin plaque for service as Board Chair



Andy Hodes talks Legacy Society



Candles burn in honor of deceased Legacy Society members



Fern Shire announces new board



Lee Brouner, incoming Board Chair



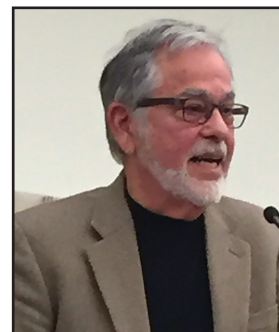
Richard Zachary, Roy Rosenfeld: campaign update



Rebecca Peck, incoming Social Services Director



Rabbi Tepper, Mayor Andy Berke, and Michael Dzik (far right)



L-r: Robin Balsler, Bob Berz, Bob Bernhardt

DATES Feb 21. Genetic Screening (page 6)
TO Feb. 28 Israeli Wine Tasting (page 7)
SAVE Mar. 16 Film Series Sponsor Event (page 4)

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2016 Volunteers of the Year. L-r: James Brown (Mizpah); David and Beverly Rice (Mizpah); Carolyn Sherman (B'nai Zion); Steven LeVine (CJCRS); Abe Lebovitz (Aleph Bet); Austin Center (Federation). Not pictured: Finette Winer (Hadassah) and Jay Goldstein (Chabad)

NOTES FROM LEADERSHIP



Here to Help

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

I have uttered the words “I’m here to help” many times, usually when telling people who I am and what I do. I first spoke them when I was an auditor. Unfortunately they came off like the punchline to a bad joke. Nobody seemed to believe me when I said, “I’m your auditor, and I am here to help.”

Likewise when I changed jobs and began working for the government. Again, nobody seemed to buy it when I said, “I’m with the government, and I’m here to help.”

But I will try again now. And I hope you’ll believe me when I say, “My name is Lee Brouner. I’m with the Federation, and I’m here to help.”

I am honored to follow Warren Dropkin as the Federation Board Chair. Over the years, the Federation has been blessed with strong leadership. I have tried to learn from Warren, and from Andy Hodes before him, and I will do my best to maintain the high standards that they, and previous Board Chairs, set.

Our Chattanooga Jewish Federation is exceptional. I am continually amazed at the incredible things our small Jewish community achieves on a daily basis. Our Volunteers of the Year were recognized last month at our Annual Meeting, and I’d like to say thank you once again. Each one of you has been of tremendous service to our community.

I also want to thank our outgoing Campaign Committee Chairs Richard

Zachary and Roy Rosenfeld for the amount of time and passion they brought to this year’s campaign. As a result of their hard work and dedication, and the outstanding generosity of our community, we attained our highest fundraising total ever: \$1,074,434.

As we all know, the Federation uses these dollars in many ways to help those in our local community, in Israel, and throughout the world. For a community our size, the reach of our social service efforts locally is astounding. And our Federation continues to allocate 50% of all funds raised toward helping Jews in Israel and other countries.

Thank you for allowing me to serve as your Federation Board Chair. If there is anything you need from me, please call or e-mail. Just like our local Jewish Federation, I am here to help.



Hitting the Ground Running

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



Maybe it’s just me but this has felt like one of the busiest beginnings to any year yet. The year kicked off with an amazing Chai Nite celebration January 17. A huge thank you to our three co-chairs: Julie

Cowan, Laura Israel and Rachel Privett. It was great to see so many generations present and enjoying a great evening together.

The Annual Meeting soon followed and we officially welcomed Lee Brouner as our incoming Board Chair. I’ve known Lee for decades, have watched his children grow and mature, and even traveled abroad with him last summer--on his first trip to Israel!

With any change, I am both excited and a little nervous. I’m sure Lee is as well. But I have the utmost confidence in him. Lee is passionate, thoughtful and caring. I know he will lead the Federation in a positive direction and I look forward to building an even stronger relationship with him. And I welcome the many new Executive Committee and Board members as well. I appreciate in advance everyone’s willingness to give of themselves for the benefit of the entire Jewish community.

One of my favorite parts of the Annual Meeting is when we recognize our community Volunteers-of-the-Year. I am very aware that it is our volunteers who make each of our organizations special and successful. We could not be and do everything we are and do without them. A special thank you to Federation’s own Volunteer of the Year, Austin Center. I look forward to much more from Austin in the near future! And a special shout-out to our youngest ever Volunteer of the Year, Abe Lebovitz, who was honored by Aleph Bet for his Bar Mitzvah project, which helped his alma mater. Thank you, Abe!

The day after the Annual Meeting was a big day for the Federation staff, as we officially welcomed Rebecca Peck as our Director of Social Services. By the time you read this article she will have had a couple weeks under her belt – a true veteran at that point! Rebecca is wise beyond her years and already has a good grasp on the Federation from her past experience with us as an intern. I’m excited to have her new ideas and upbeat personality and look forward to both teaching and learning from Rebecca.

As you read this article, I am in Los Angeles at the National Federation (JFNA) Board meeting with Andy Hodes and Alison Lebovitz. One of the highlights is a training course on Life & Legacy, a special endowment initiative by JFNA and the Harold Grinspoon Foundation. I’m looking forward to sharing our learning with you soon. Additionally, I’m attending my yearly small Federation institute meeting, piggybacking the JFNA Board meeting. I look forward to sharing my new-found knowledge and enthusiasm with you upon my return.

This month we are starting our newest volunteer adventure, having community members help with our Mitzvah Meals. That’s right – you have the opportunity to volunteer in the Federation kitchen with Alice. And I promise, no experience is necessary! Our administrative assistant is lining up volunteers now to help Alice on Wednesdays (with Mondays, Tuesdays and the occasional Thursday also available). This is a way for us to engage you, the community, while also cutting back on some of our labor expenses for this necessary service. Whether you can help once a week, once a month or just once in a while, please reach out to Courtney and let her add you to our schedule.

So, what are you waiting for? Call up the Federation...or B’nai Zion, Mizpah, Chabad or Hadassah – find the right project to volunteer for and get involved. We will all be better off with your involvement!

Thinking About Volunteering?

Here at the Jewish Federation, we depend on volunteer support.

How can you help? Let us count the ways! You can help with Mitzvah Meals, make calls to homebound clients, help install exhibits, conduct oral histories, help plan and set up for special events, read books to children, help with Chai Nite, cook in the kitchen with Alice for Mitzvah Meals and other programs, and call donors for the annual fundraising campaign...just to name a few.

Why should you help? Ah, let us count the whys. Through volunteering there is the opportunity to learn new things, acquire new skills, and to get experience in a specific area. Volunteering also allows you to contribute your time and know-how to the community. And in doing so you’re likely to meet new people, make friends with like-minded folks, and strengthen existing friendships.

In short, we volunteer because it makes us feel good to help, and to further the cause of something we believe in. Why NOT volunteer?

If you would like to learn more about volunteering your time to Federation, contact federation@jewishchattanooga.com, 493-0270, or go to our website (<http://www.jewishchattanooga.org>), click on the Volunteer button, and fill out the form. We will do our best to match your interests to our needs.

IMPORTANT NOTICE

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

CAMPAIGN NEWS

2016 Annual Campaign

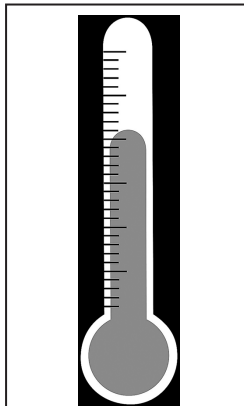
Hatikvah \$3,000 - \$4,999

Gail and Stanley Dressler
 Laura Lea and Keith Dressler
 Monique and Jeffrey Gefer
 Rebecca and Jordan Parker
 Pam and Richard Schulman



Ben Gurion \$1,000 - \$1,799

Ross Cohn
 Susan and David DiStefano
 Marty Redish
 Barry Schulman
 Cheri and Neil Spitalny



Campaign Goal:
 1,118,000
Total as of 1/21:
 1,074,434

Mensch \$500 - \$999

Susan Anderson
 Christie and George Fine
 Laura and Howard Grody
 Caroline and Paul Kaplan
 John Miles

Aliyah \$250 - \$499

Malina and Jeffrey Rothenberg
 Jeffrey Cohen
 Issi Goldberg
 Marjorie Goldberg
 Elichai Hoenig
 Myrna and Howard Kaplan



Chavarim \$1 - \$249

Anonymous	Kat Kennedy
Carole and Joseph Blass	Joan and Irwin Koplan
Donna and Mark Butler	Bobby Levine
Daniella Cathcart	John Lewis
Jordan Cathcart	Stella and Michael McHugh
Samara Cathcart	Kathryn and Arthur Rosenberg
Sonya Golden	Janiece and Jim Rosenbloom
Pam Gordon	Randi and Jeff Weiss
Kimberlee and Joel Gravitz	
Meghan Greybeal	
Vivian and Martin Hershey	

Please note, this list reflects only those who pledged after the December issue of The Shofar went to press.

Why I Endow

by Richard Zachary



Like most Federation donors, my parents and grandparents endowed me - not with a pledged amount of money - but with something even more important.

My grandparents on my father's side, Herman (Chaim) and Katie Zukowsky arrived at Ellis island from Russia and Poland and settled in lower Manhattan. Herman was an upholsterer by trade and my grandmother took care of my dad and his brother and two sisters. These grandparents died before I was born, sadly.

My grandparents on my mother's side - Louis and Rachel - also came to this country from Russia and Poland, like 90% of us. Zeda and Bubbi settled in New York, on the Lower East Side, and slowly but surely carved out a life. Though meager by modern standards, they managed to feed, clothe and pay for the education of three children. My father and mother met on a blind date, married and moved "south" to Virginia, to follow a job opportunity. Here my older brother, sister and I were born and raised.

My parents, like many first-generation American Jews, were not as observant as their parents. Zeda "davened" every day, and Bubbi kept a strictly kosher kitchen. My visits to New York were memorable for lots of reasons, one of which was seeing their immersion in the "old ways" of Jewish life.

My parents, however, were not slackers. Mom and Dad taught us - endowed us - with all the ways of Jewish life, from life-cycle events, to regular synagogue attendance, to Jewish youth group events. But most importantly, they endowed us with the values and meaning of what it meant to be Jewish.

So, why do I endow the Federation? The same reason I endowed Mizpah Congregation: it is vitally important that these organizations continue to lead, to be successful, and to ensure that future Jews of Chattanooga have all the opportunities available to them to be successful Jews of the 21st century and beyond.

Join the Legacy Society

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

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.**

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 Relationships shouldn't.**

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 warren.dropkin@wellsfargo.com

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Getting Dressed

by Ann Treadwell,
Program Director
atreadwell@jewishchattanooga.com

I am a morning dresser. After I get up, walk the dog, and feed the family, I scan my day book. Hmmmm, up and down the ladder for an exhibit, meeting with volunteers...this calls for nothing too "office professional." Is it a stay-at-home day? That looks like jeans, a sweatshirt, and cowboy boots. And of course each day must

have accessories: I always put on a little piece of art in the form of either hand-crafted earrings, bracelets, or a necklace. And maybe I add a scarf.

Then there's the "mental dressing." Is it a "sunny personality," reflective, spiritual, moody, or challenge-the-world kind of day? Very occasionally there is mean streak, angry dressing, that has to be managed. And more occasionally (thankfully) there is the sad, self-pitying, downtrodden, leave-me-alone kind of day.

Then I turn my attention to how the environment is dressed. Out of the dining room glass doors I can see if the field below is wearing ice, puddles, or sunshine. I can see if the hills are dressed in purple majesty or green. In December, the world seemed dressed in thick, red-brown mud, which crept into our basement with the flooding.

Before heading out the door, I adorn a plate. Sometimes it's buckwheat pancakes dressed with real (from upstate New York) maple syrup that glides on with a golden cast. Other times it is strawberries on Cheerios, reminding me of a strawberry shirt I had as a child. In winter I dress homemade bread with preserves.

You get the idea. We all dress every day. Sometimes we dress spiritually, sometimes fancifully. Sometimes we dress for others. Sometimes we dress for ourselves. And sometimes the world dresses for us. Yes – another play on words to get us thinking about what and how we put on our many "hats" and how the world adorns itself for us. The exhibit *Dressed* will be on view in the JCC gallery through 4:00 p.m. on March 11. Won't you come play dress-up with me?

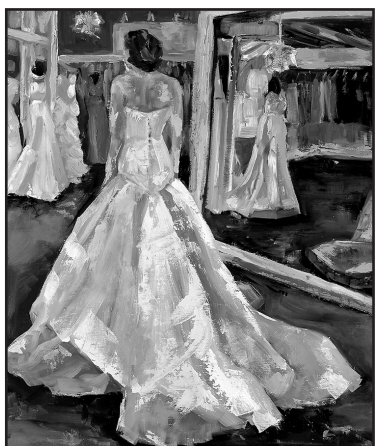
On a more serious note, I'm sure you've noticed that since late fall there have been articles on genetic screening in every *Shofar*. I hope these have been informative. Please consider coming to the Jewish Cultural Center to participate in the FREE genetic screening on Sunday, February 21 from 1-4 p.m. Although we recommend an RSVP (as listed on the information in the *Shofar*) it is not required.

Whether you choose to be screened or not is strictly a personal decision. In any case I hope you will come and sit through a slide show about genetic screening, at which time you will be able to ask questions of a specialist. You can then choose whether to have the screening done.

If you are in a high risk category for the BRAC1 gene, I hope you will take this screening seriously. If you are at risk for other genetic diseases this is an opportunity to speak with a specialist. Doctors Helen and Scott Furr have agreed to be our local contacts for this program. Many of us have health issues due to genetics. Many of us have hidden health issues that we may or may not want to know about, or want insurance companies or others to be aware of. All I ask is that you use this opportunity to make an informed decision.

Dressed Explores Outer Boundaries of the Theme

Dressed explores the concept of dressing in any form, including (but not limited to) actual dresses, images of dresses, dressing up, and things that are covered or dressed. Media include fabric, assemblage, paint, and more. Meet the artists reception is Thursday, Feb 4. The exhibit will run through Mar. 11.



"Bride and Gown," Oil on linen
by Barbara Brogdon



Mixed Media Collage and Assemblage:
"The Jewish Home," by Ellen Filreis



Tuesday Cafe

Tuesdays, Feb 2, 9, 16, 23 @ 12p.m. RSVP \$10. Email rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10.

Meet the Artist Reception: Dressed Exhibit

Thursday, Feb. 4 @ 5:30 pm. No cost, no RSVP needed. Exhibit runs through March 11. (More information, below left.)

Chattanooga Jewish Archives Meeting

Thursday, Feb. 11 @ 1pm, JCC.

Genetic Screening (FREE)

Sunday, Feb. 21 1-4pm. See page 6 for details.

Israeli Wine Tasting with Noa

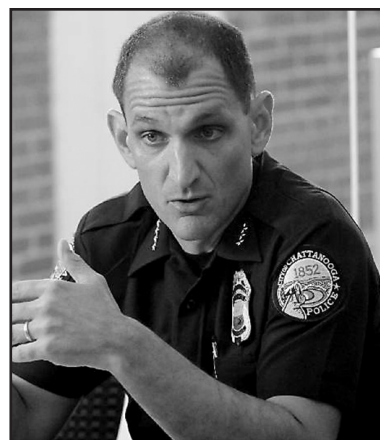
Sunday, Feb. 28 @ 7pm, JCC. See page 7 for description. Regular ticket - Double Chai (\$36); Exclusive Club - \$54 (2 additional tastings of boutique wines, separate seating) Email rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10.

Foreign Policy Supper Club

Monday, February 29 @ 6pm. \$12. Rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10.

The Middle East

From a proxy war in Yemen to an ongoing civil war in Syria, a number of ongoing conflicts have shaken the traditional alliances in the Middle East to their core. As alliances between state and non-state actors in the region are constantly shifting, the U.S. has found itself between a rock and a hard place. In a series of conflicts that are far from being black-and-white, what can the U.S. do to secure its interests in the region without causing further damage and disruption? Email rsvp@jewishchattanooga.com, go to <https://www.jewishchattanooga.com/> or call 493-0270 ext. 10.



Chattanooga Chief of Police Fred Fletcher spoke to Noon Nosh on Jan. 12. Chief Fletcher has 20 years of law enforcement experience and spoke about Chattanooga as well as his law enforcement philosophy. Much of the conversation was audience driven, as there were a number of questions.

Is there a topic you'd like addressed at an upcoming Noon Nosh? Call or e-mail Ann Treadwell with your suggestions. 493-0270 ext. 13 or atreadwell@jewishchattanooga.com. We'd love to hear from you!

The 9th Annual Jewish Film Series Begins March 16

In Search of Israeli Cuisine



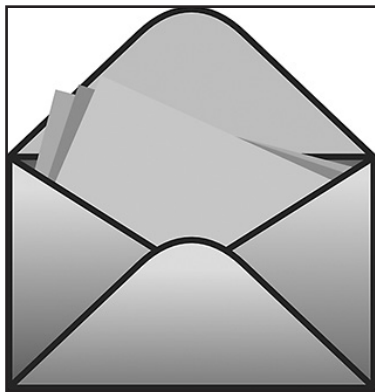
Chef Michael Solomonov talks Israeli Cuisine with Meir Adoni at his Mizlala in Tel Aviv.

The 9th Annual Film Series is almost here! Mark your calendar for Wednesday, March 16, when we will kick off with our Sponsor Event and a screening of *In Search of Israeli Cuisine*, a documentary film by Roger Sherman, which he calls "A portrait of the Israeli people told through food."

Watch for sponsorship information in the March *Shofar* and in your mailbox. For more information call Ann Treadwell at 493-0270 ext. 13.

FEDERATION NEWS

The Envelope Please. . . . 2016 Volunteers of the Year Announced



The results are in, and the winners have been announced. Please join us in congratulating--and more importantly, THANKING--the following volunteers for their selfless service.

Jewish Federation of Greater Chattanooga

Austin Center has been a tremendous asset, taking leadership roles in many activities. He was on the planning committee for the first Israel Night Run and is also on the 2016 committee. Austin attended the National Federation Campaigners Mission this past summer, returning with knowledge, enthusiasm, and commitment to the

Federation mission. He then volunteered for the Annual Campaign, and chaired Sweeps Week. Additionally, Austin has taken a leadership role with our Partnership2Gether (P2G) consortium, and has participated in several cultural exchange programs. We are thrilled to honor Austin with this award and look forward to many decades of productive volunteerism with the Federation and Jewish community.

Aleph Bet Children's Center

Aleph Bet Children's Center is pleased to nominate Abe Lebovitz as our 2015 Volunteer of the Year. Abe is a proud alumnus of Aleph Bet, and he finds ways to stay connected to the school. During Good Deeds Day, Abe cleaned the Aleph Bet playground and classroom equipment. For the community Yom Ha'atzmaut program, he taught the children about Yaffo-Tel Aviv by playing Clock Tower Jenga and pretending to make shakshuka at the Aleph Bet/PJ Library booth. For his bar mitzvah project, Abe wanted to raise money to remodel the teachers' workroom. Due to his hard work and philanthropic skills, Aleph Bet is now enjoying new counter tops, shelving, cabinets, tables, a desk, and more. Abe will also help plan the Aleph Bet Children's Center reunion scheduled for the spring of 2016. We are all grateful for Abe's kindness and generosity and look forward to his continued volunteer work with Aleph Bet.

Chattanooga Jewish Congregational Religious School

Steven LeVine moved to Ringgold, GA from Pompano Beach Florida in September, 2014. A native of Miami Beach, he was educated at the Miami Hebrew Academy. This is his second year volunteering at CJCRS. He does a little of everything, including acting as our computer wizard. He always has a friendly ear for the students and madrichim. Thank you Steven, for all you do each week.

B'nai Zion Congregation

Carolyn Sherman is an extraordinary volunteer. An expert seamstress, she created a new Kiddish table cover, beautiful tablecloths, and table runners for our social hall, as well as lovely wine gift sacks for our gift shop. She worked almost single-handedly to thoroughly clean and reorganize several of our large storage rooms, even donating multiple new shelving units to create far more functional space than what we had. Carolyn not only gives of herself through her many talents, but also in her enthusiasm and genuine caring. She volunteered to be the primary caregiver for one of our ill members, bringing home-made meals and baked goods on a regular basis, and providing loving companionship and encouragement. Carolyn has volunteered her time in our office, served our members at Break-the-Fast, attended our many events, and is a regular at our Shabbat morning services. Where she sees a need, she fills it. We are so grateful and proud to name her this year's Volunteer of the Year.

Mizpah Congregation

James Brown is a devoted Mizpah member who volunteers his time to our Temple office, occasionally leads Torah study, and participates in numerous congregational programs. David and Beverly Rice are dedicated Mizpah members who contribute to the success of our Shabbat Morning Breakfast and Torah Study, while occasionally leading Shabbat Morning Services. David is also a Shabbat Morning song leader.

Chabad of Chattanooga

Chabad of Chattanooga is pleased to nominate Jay Goldstein as our Volunteer of the Year. The Goldsteins moved to Chattanooga 14 years ago. When Jay met Shaul and Rosie Perlstein and learned about Chabad, he knew he had discovered his Jewish home. Jay immediately made an impact by volunteering for everything from cooking and repairing things to making phone calls. In 2015, Jay tackled a project of huge proportions: with his background in real estate and development, he contributed to the creation of Chabad's new, beautiful home at 950 Vine Street. He has overseen the demolition, construction and designing of the state-of-the-art Chabad Center for Jewish Life and Learning, giving selflessly of his time and resources.

Hadassah

When Finette Winer was still new to (and learning her way around) Chattanooga, she volunteered to chair a dance for Hadassah...which wasn't unusual. Finette has a long history of volunteering, including sitting on boards of Mizpah Congregation, Hadassah, the Chattanooga Symphony, the Chattanooga Theatre Center, F.A.C.E.S, C.A.R.E.S, Johnson Mental Health Center, the American Lung Association, and the Arthritis Foundation. This past spring (2015) she chaired Hadassah's 100th anniversary celebratory luncheon, and was named Hadassah's Woman of the Year as well as a Chattanooga Woman of Distinction.

Summer Exhibit Seeks FUN Memories

by Karen Diamond,
Program Committee Chair

The Program Committee asks each Federation member to help with the planning of a summer exhibit. This summer's exhibit, "Party Time!" will be a light-hearted look back at the many ways our Jewish community members have come together through the years to socialize and celebrate. The exhibit will open June 9 (with a party?) and remain on display until July 22.

You can help in three ways. First, spend a few minutes jotting down your reminiscences about Jewish-oriented parties you've attended (family gatherings, dinner parties, dances, sock hops, boat rides, fancy dress balls, skating, bowling, or other lighthearted, joyful affairs). Secondly, share a fancy dress or suit you wore, a souvenir from an event, a pair of dancing shoes, or any object that relates to a specific celebration from your past. Thirdly, select some party pictures



from your photograph albums (we know you have lots of these) with identifications of people pictured. We will be happy to scan them for display and return the originals to you.

Here are some of the organizations that we hope to include in the exhibit: the JCC; Colonial Club; Pi Tau Pi; Hadassah; Mizpah, B'nai Zion and Beth Sholom congregational events and their Sisterhood and Brotherhood parties; the Emanon Club; AEPi and other fraternity and sorority groups; the Jewish Country Club on Brainerd Road (yes, there was one!). And let us not forget family reunions, children's birthday parties, bar and bat mitzvah parties, sweet sixteens, and Jewish holiday get-togethers.

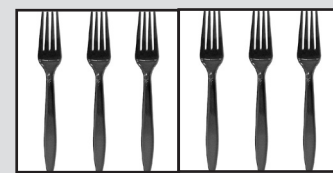
Back in the "old days," when Chattanooga's country clubs were not welcoming to Jews, small dinner parties at people's homes were held almost every Saturday night, and guests actually dressed in their finery. Have photos from these? Share them!

Someone will contact you soon to ask for your help. Or you can save us a phone call by letting us know you're willing to share (see e-mail address below). If you like, take a photo of a piece of clothing or an object you think would fit the exhibit and attach it to your e-mail.

All material must be in our hands by April 21. Want to join the committee and help? Just let Ann or me know.

It's Party Time and you're invited! Let's have some FUN!

Contact Karen Diamond at kdiamondgran@comcast.net for more information.



Mitzvah Meals (NEW) Suggested Donations

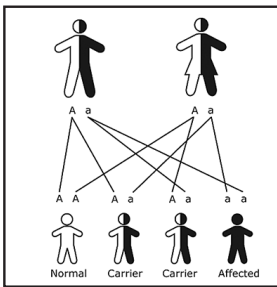
- \$8 per meal
- \$90 per month based on 3 meals/week
- \$125 per month based on 4 meals/week
- 160 per month based on 5 meals/week
- 190 per month based on 6 meals/week



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

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

SOCIAL SERVICES



Free Genetic Screening at JCC Feb. 21

In previous articles we've discussed sporadic cancer, hereditary causes of cancer such as mutations in either BRCA1 or BRCA2, causative of Hereditary Breast and Ovarian Cancer (HBOC) syndrome, how genetic testing is performed and the different types of test results

that might be returned following testing. Given that genetic test results are not as black and white as we would always hope, it is important to consider and weigh its risks, benefits and limitations prior to the pursuit of testing. Therefore in this month's article, we will focus on what individuals may consider prior to undergoing genetic testing.

Some of the limitations of testing have already been noted; for instance, its ability to provide a yes or no answer. In addition, no single genetic test can tell an individual everything about their genetic makeup or risk. And finally, as genetics is constantly evolving, so is genetic testing. A genetic test completed ten years from now will likely look different, and may provide more information, than one completed at this point in time.

Risks that may be considered by individuals is how the result may be perceived or interpreted, how an individual may perceive themselves if they test positive, family dynamics and how to approach family members about moving forward with genetic testing and sharing the information with family members, insurance coverage and insurance discrimination.

As noted in our previous article, genetic test results are not always clear, therefore it is easy to misinterpret the meaning of a result. And what do I mean by this? If a questionable result is returned, without a family history indicating risk, an individual may undergo increased surveillance that is unnecessary. And while some may consider increased surveillance would only be of benefit, there are risks present for each screen performed. For instance, there are risks to undergoing colonoscopy, such as perforating the colon, therefore, an increased frequency of these screenings is only recommended for those that may have an increased risk of colon-related diseases.

On the other hand, if a negative test result is returned, in some instances, this is misinterpreted as no risk. And general population screening exams that apply to all populations may not be pursued. There isn't a single genetic test out there that can give an individual a risk of zero. For instance, if an individual screens for BRCA1 and BRCA2 and is negative, an individual may think they no longer have a risk for breast cancer. However, unfortunately, every

Screening is free with a valid insurance card regardless of whether or not insurance covers the test.

woman has a general population risk of 12.5% to have a detected breast cancer, even with negative BRCA1 and BRCA2 genetic test results.

Some individuals report that they think differently about themselves in light of positive results, as if there is something wrong with them, which may increase anxiety. However, it is important to remember that everyone carries genetic mutations.

Additional consideration related to family members is often discussed prior to undergoing genetic testing as results will not only impact that one person, but due to inheritance, have bearing on the entire family. Therefore, discussing testing with family members prior to moving forward is often encouraged. Who might want to know this information should a positive result be returned? And who may not want to know this information, regardless of the result? It is always encouraged to know what other family members may or may not want to know to ensure that, just as your decision to pursue or decline testing, there decision is also respected.

And in terms of family members, special consideration is made for children. The screening or testing of children for carrier conditions, such as cystic fibrosis, or conditions that pose no risk during childhood, such as HBOC

COMMON JEWISH GENETIC DISEASES

Spinal Muscular Atrophy
Dihydrofolate Dehydrogenase Deficiency
Familial Hyperinsulinism
Glycogen Storage Disease type 1A
Maple Syrup Urine Disease
Nemaline myopathy
Usher Syndrome Type III/1F
Joubert Syndrome
Walker-Warburg Syndrome
Cystic Fibrosis

Canavan Disease
Familial Dysautonomia
Niemann-Pick Disease Type A/B
Fanconi Anemia Type C
Gaucher Disease
Bloom Syndrome
Mucopolysaccharidosis IV
Tay-Sachs Disease
NEB-related Nemaline Myopathy

RSVP to nxgenscreening@gmail.com

syndrome, is not recommended. Rather, the discussion and sharing of this information over time is encouraged. This ensures the respect for that child's autonomy, or their ability to make a decision when they are of reproductive age, or over 18, to pursue testing and obtaining that information if they so choose. Further, by the time an individual becomes of age to make a decision regarding testing, testing will likely be even more advanced, and may be able to provide additional information.

As one might imagine, many questions regarding risk are related to insurance. Insurance coverage is often a concern. The extent to which a test is covered is often related to the usefulness of test results in managing an individual's health, or further, if it is indicated or recommended based on National guidelines. For example, cystic fibrosis carrier screening is recommended to be discussed with all individuals of reproductive age. Therefore, a portion of this testing is often a covered benefit. In the example of BRCA1 or BRCA2, testing for three specific mutations is recommended to be discussed for individuals of Ashkenazi Jewish descent given their frequency in this specific population. Full gene testing of both BRCA1 and BRCA2 is recommended to be discussed if there is a significant family history suggestive of a mutation in one of these genes, regardless of ethnicity. Instances of genetic testing outside of guidelines may not be a covered benefit and therefore, may be costly if pursued.

And in that same vein, insurance discrimination may be a concern or risk considered. Generally speaking, federal protections are in place to prevent genetic discrimination against an individual for health insurance or employment. However, elective insurances, such as life insurance or long-term disability are not covered by these federal protections. Each State has its own genetic discrimination laws, some extending into the realm of elective insurances, but it varies state by state. Therefore, it is always encouraged to seek and ask questions related to insurance prior to proceeding with genetic testing, as the sample collection date is equivalent to undergoing genetic testing, regardless of when the results are returned.

Now, while we've discussed quite a few limitations and risks to genetic testing, this isn't to say that there aren't benefits to testing. In the instance of a family with a history of cancer, if a genetic cause can be identified, it will be of benefit to note who is and who isn't at an increased risk, so appropriate surveillance may be pursued as indicated. Further, some individuals find genetic testing anxiety alleviating, knowing that they are at an increased risk, or are not.

In the realm of carrier screening, as everyone carries genetic conditions, it can be beneficial to family planning to know if one is a carrier of a common genetic condition. And then further, if their partner is also a carrier of that same genetic condition. If not, while their risk as a couple is not zero, it is significantly reduced. If they are each a carrier of the same genetic condition, while it increases the risk, the risk is not 100%. Carrier couples then have testing options prior to, or during, pregnancy. They also then have the time and ability to learn more about that genetic condition and connect with providers that are familiar with the condition and other families that may have a similar risk.

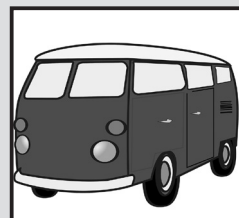
And finally, it is important to recognize everyone processes and weighs information and the pros and cons of genetic testing differently. And each individual given the same information may come to a different decision to pursue or decline genetic testing. Most importantly, there is no right answer in whether or not one pursues genetic testing. Rather, there is a right decision for you.



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.

Van Schedule



Monday and Wednesdays

Rick Jacobs 432-2222

Tuesdays and Thursdays John Schneider 504-6324

Welcome back additional driver
Eddie Reel (423) 503-0238

FEDERATION SHLICHA



Eretz Yisrael: My Tu Bishvat

by Noa Hadad, Federation Shlicha
Israel@jewishchattanooga.com

The importance of a physical connection to Eretz Yisrael is a strong value in Israeli culture. Hiking, trekking, and touring the land is a favorite pastime of countless Israelis. As most of you know, one of my favorite things to do is to hike. Tu

Bishvat, to me, is the day we celebrate that connection, that Israeli predisposition to explore.

As early as elementary school, kids are introduced to the Annual Trip, a two-to-four day hiking trip that every grade takes together. During those trips the kids go outdoors to hike and learn about the topography and history of different parts of the country.

I remember how, in the 4th grade, the trip was all we could talk about in class: who would be bringing what, what would be on our playlist to listen to on the way, the excitement we all felt. I remember waking up at five in the morning and rushing my dad to give me a ride to school with my heavy bag full of mandatory items: a hat, 2 liters of water, sun screen, comfortable walking shoes, a sleeping bag, and a change of clothes in case we hiked through water.

After spending an hour or so on the bus, screaming out songs and cheers,



listening to music and eating snacks, we would arrive at our starting point. We would leave the big bags on the bus and take only a backpack with items necessary for a day outdoors.

Growing up in Modi'im, I usually took my Annual Trips near the Jerusalem and Tel Aviv area. The surrounding mountains and valleys provided many hiking options.

As I grew older, the hikes became more and more challenging, and we

made it to the far south and north of Israel. One of my most challenging trips took place when I was a senior in high school. We spent four days in the red mountains around Eilat, hiking five to seven hours a day. It was physically exhausting: the sun was bright, our bags got heavier by the minute, and the breaks were too short. What made the experience enjoyable was the company.

But difficult experiences have brought people together since the beginning of time, and by nightfall, we were sitting around the fire and singing, sharing experiences, and laughing. We headed back to our tents a few hours before sunrise for some much-needed rest before waking up the following day to a new walking path.

Celebrating
Tu B'Shevat



Why is the Annual Trip the first thing that comes to my mind when I think about Tu Bishvat in Israel? It's because the values of Tu Bishvat are everywhere in Israeli culture: taking the time to appreciate the non-urban view, knowing why a pine is planted in a particular spot, acknowledging and experiencing firsthand the ecosystem around us. By the end of each

Annual Trip, I could link the information I had learned in school to my hands-on hiking experience. I saw the symbiosis of two plants. I climbed rock formations thousands of years old. I tasted herbs and plants I had never seen before. And I learned how to enjoy the country in its most natural form.

Tu Bishvat is when we take the time to celebrate the trees' birthday, noticing the importance of the natural cycle around us (nature, green, recycling, and more). Israeli Tu Bishvat is one more day when we strengthen our connection to Eretz Yisrael. Today I still love hiking and exploring Israel on foot. I think it's one of the best ways to learn, experience and appreciate.

Tu Bishvat in Israel: 15 fascinating facts

1. Tu Bishvat celebrations began in the 16th century
2. Cutting down a tree in Israel is a criminal offense. Even if the tree is in your own backyard, you need a special license from the District Forest Officer.
3. The forest area is 8.5% of Israel land space.
4. Israel is the only country in the world that entered the 21st century with an increasing number of trees, while about 60% of the area is desert.
5. In the past 50 years, 260 million trees were planted in Israel by JNF (Jewish National Fund).
6. Of all the paper consumption in Israel (approximately 700,000 tons per year) only 30% is recycled. The most effective tool to reduce environmental impact is a reduction of paper use.
7. Israel produces approximately 2.8 billion kilograms of garbage, enough to fill an entire soccer stadium up to a height of 2 kilometers. In every second 4 hectares of rainforest are denuded.
8. Israel invented the drip irrigation system, a development that provides the world's most advanced and innovative techniques in plant irrigation, making the growth of crops and a variety of other plant life possible in extremely arid regions.
9. Cherry tomatoes are also an Israeli invention. The modern strain found in grocery stores was developed in the Negev.
10. In the field of water desalination, Israel is among the most advanced in the world.
11. Israel is the largest citrus fruit exporter in the world.
12. Israel Trail is a hiking trail that starts in northern and southern ends and is nearly 940 kilometers.
13. Israel has 150 kinds of plant species unique to her.
14. Israelis consume more fruits and vegetables per person than any other nation in the world.
15. Israel is the world's largest crossroads for migratory birds, which stop there to rest.

DID YOU KNOW?

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



Israeli Wine Tasting Sunday, Feb. 28 @ 7pm Jewish Culture Center

Open your eyes, mind, and taste buds to the world of Israeli wine! Sample a selection of wines from all over Israel and learn about Israeli wineries and the unique flavors, color, and varietals. *Cost includes tasting of five wines plus appetizers (cheese, fruit, desserts).*

Regular ticket - Double Chai (\$36)
Exclusive club - \$54 (2 additional tastings of boutique wines, separate seating)

FEDERATION PROGRAMS

Young Jewish Leadership (Ages 21-45)



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**Shabbat
Dinner
February 19
at 6:30pm.

Place TBD.**

Scenes from Chai Nite



JEW CREW

Chopped, Kosher Style

The Jew Crew entered 2016 with vigor and vinegar when 20 teens gathered in January for the first program of the year: a kosher-style cooking competition at Mizpah Congregation. Inspired by the television series *Chopped*, we divided 20 teens into three groups and gave them each a bag of ingredients from which they had to create an appetizer, an entree and a dessert. Each creation was judged on creativity, presentation, and taste.

To make it even more challenging, two additional mystery items were presented at the beginning of each round, which had to be incorporated into the dishes. First place bragging rights went to chefs Rachel Raisin, Will Potts, Ben Hillner, Mariah Frauwirth, Kali Agudo and Megan Raisin, whose Israeli-influenced salad, salmon-stuffed potato latke, and Noa-look-a-like-dessert won over the judges' hearts and stomachs.



The judges, above

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



The winners, above



COMMUNITY LIFECYCLES

Mazel Tov

--to Lauren Lebovitz, Ramah Darom's honoree for "The Power of One". It is an honor given to those who have made a difference in the lives of people with disabilities.
 --to Daryl Thetford (husband of Dana Shavin) whose 18'x7.5' public art mural was selected for the Loveland, Colorado Development Center.

Condolences

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

--**Sam "Buddy" Baras**
 --**Doris Wright Shalett**, mother of Sally Shalett-Delashmitt and the late Edward Benjamin Shalett, grandmother of Anna Delashmitt and Christopher Delashmitt, great-grandmother of Landon Hammonds, on December 19.
 --**Marilyn Yagoda**, who died January 13

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

Dear Board and staff of The Jewish Federation of Greater Chattanooga, Mifalot Education and Society Enterprises would like to thank you for your donation to the "Know Your Neighbor" program for Jewish and Arab Israelis. Your generosity and partnership will help us to run the program for the 2015-2016 academic year. This new partnership between our organizations will allow us to accomplish the goals of "Know Your Neighbor": building a foundation of trust, understanding and acceptance among Jewish and Arab children and youth in Israel, increasing the participants' capacity to resolve conflicts peacefully, and the internalization and appreciation of conflict resolution values.

Thank you again for your support – we hope to continue our relationship with the Federation into the future. I am also happy to arrange, per your request, a short video to raise money for the program – an exceptional idea that we are thrilled to assist with.

L'shalom,
 Dr. Meir Orenstein
 Executive Director, Mifalot Education and Society Enterprises
Editor's note: proceeds from Night Run benefitted this program

Tributes

In memory of
Ethel Rosenthal (Sharon Bass)

In honor of
Marvin and Candy Berke's 50th anniversary (Diane Stoller)
Sanford and Elaine Winer's 50th anniversary (Diane Stoller)

To make a tribute, please contact the Federation at 493-0270, ext. 10 or federation@jewishchattanooga.com. Tributes of any amount are payable in cash, by check (to JFGC), or by MC, Visa, Discover, or Amex.

When you make a tribute, you may designate who receives a card acknowledging your tribute, and you will also receive a written record of your donation. Tributes made after *The Shofar* goes to press will appear the following month. You may choose to make a tribute anonymously.



Is your high school senior graduating in 2016? The Shofar would like to profile him or her! E-mail dshavin@jewishchattanooga.com for more information

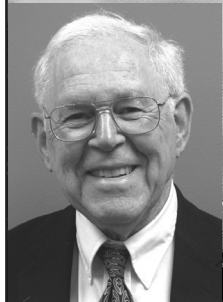
Save the Date Interfaith Panel

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



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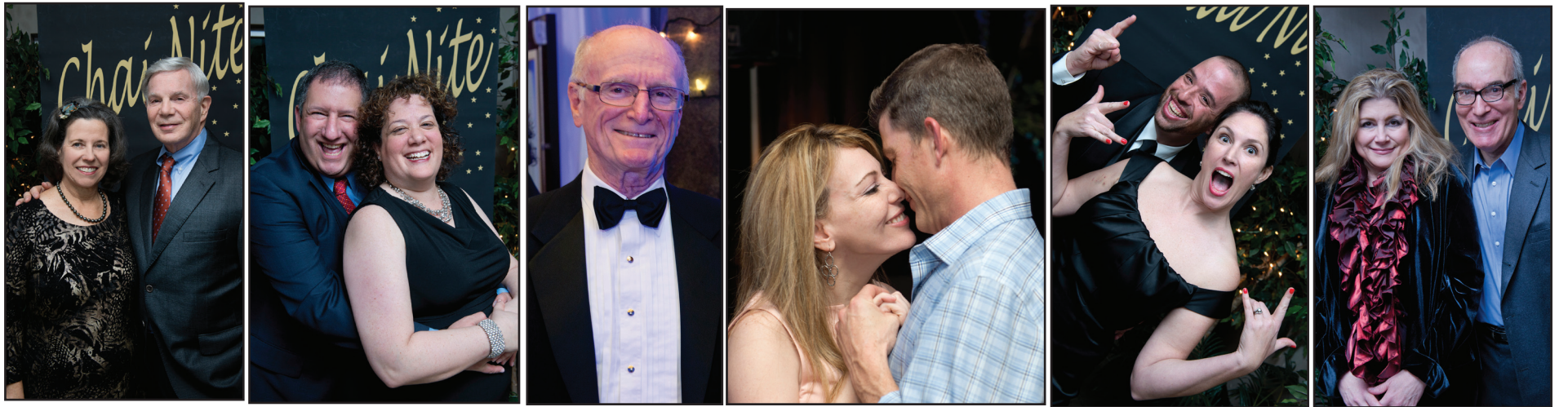
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FEDERATION NEWS



Chai Nite

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