

THE SH FAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 28 Number 3 November 2014

Celebrate Israeli Culture!

Comedian Benji Lovitt



This month at the Jewish Cultural Center brings many exciting opportunities to celebrate a variety of aspects of Israeli culture. We hope you'll join us for all of them! Saturday, November 1, comedian Benji Lovitt will be bringing his original brand of Israeli humor to Chattanooga. "By deconstructing the details of Israeli culture and the immigrant experience in Israel, Benji's energy and enthusiasm will make you laugh out loud as he sheds light on El Al security, Jewish holidays, and exactly what makes American and Israeli Jews different

from each other." (Source: Benjilovitt.com)

Benji spent a year in Israel on "Young Judaea Year Course," then graduated from the University of Texas at Austin. He worked for five years in the high-tech sector before making the jump to the Jewish professional world, at the Israeli Consulate in Atlanta and with Hadassah's Young Judaea and Israel programs, after which he was inspired to move to Israel. He has living there since 2006.

Lovitt has performed in clubs across North America and Israel and for Taglit-Birthright Israel, Masa Israel Journey, the Jewish Federations' General Assembly, Hillel, Israel Bonds and more. Admission is free for campaign donors; all others \$18. RSVP@jewishchattanooga.com or call 493-0270.

From Benji Lovitt's "64 Things I Love About Israel":

- I love how Israelis can be completely indifferent to politics but will still argue about their favorite hummus place until they blow an artery.
- I love the "mmm-bye" farewell greeting used by certain Israelis when hanging up the phone. It's a cross between "I'hitraot" and a Hanson song.
- I love that after striking up a conversation with a complete stranger at the Ben-Gurion baggage claim, not only did he offer me a ride home but we also discovered that we shared over 60 mutual Facebook friends. Seriously, how are there any Jews who still don't know each other?

(Read more: [Sixty-four things I love about Israel | Benji Lovitt | The Blogs | The Times of Israel](http://blogs.timesofisrael.com/sixty-four-things-i-love-about-israel/#ixzz3GoPAjm33) <http://blogs.timesofisrael.com/sixty-four-things-i-love-about-israel/#ixzz3GoPAjm33>)

Bar Kocva Israeli Art Expo



Oil on Canvas



Roman Glass



Titanium



Bronze Fiddler

On tap from Sunday, Nov. 2 through Tuesday, Nov. 4 is the Bar Kocva Israeli Art Expo, now in its 15th year. Over 45 Israeli artists will be represented, working in a variety of media including painting, jewelry, ceramics, glass, metal, and wood. Don't miss this opportunity to view and purchase exquisite, one-of-a-kind pieces carefully selected from galleries and stores internationally. Admission is free; hours are 10a.m.-8p.m. all three days.

Celebrate Israeli Culture Days with Noa Hadad

From Sunday, Nov. 2 through Tuesday, Nov. 4, Federation shlichah Noa Hadad will host a variety of programs designed to get you in touch with your Israeli side. Come to one or all! RSVP@jewishchattanooga.com or 493-0270.



2 p.m. Sunday, Nov. 2: join Hadad for "Hebrew Coffee." This is your chance to talk about your experience and knowledge of Israel and to practice your Hebrew. Along with hot fresh homemade Israeli coffee, we'll have tea and cookies. Note: this is for Hebrew speakers only.



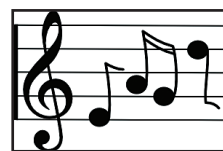
4 p.m. (also Sunday): Noa will segue into the "Israeli Treats" portion of the program. Kids ages 3-12 are invited to learn Israeli games including Pass the Package, Telephone, and Find the Toffee. They will also learn Israeli songs and build a house from Israeli candies! Free but RSVP@jewishchattanooga.com.




And at 6p.m., don't miss Cafe Dilemma. Enjoy discussing or want to learn more about Israeli politics? We'll talk about Israel's stand on Palestinian rights. Is Israel doing enough? Also Zero Tax or Zero Sum, the fight over the budget, and the question of a return to the 1967 borders.



On Monday, Nov. 3 at 6p.m., come back to the JCC and enjoy a variety of traditional Israeli foods including our almost famous red cabbage salad, baba ganoush, tabouli salad, desserts, and beverages. \$10. RSVP@jewishchattanooga.com.



On Tuesday, Nov. 4 at 6p.m. there will be a fabulous program of Israeli music.



Aleph Bet Children's Center
Fall Program
Thursday, November 20
See back page

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It's Pie Time! See page 3 for ordering information. Yum.

NOTES FROM LEADERSHIP



Strengthening Connections

by *Warren Dropkin*
Federation Board Chair
boardchair@jewishchattanooga.com

This month brings one of the highlights of the year for me – the Jewish Federation’s annual meeting called the General Assembly (GA). The GA highlights what is happening in our Jewish world, not just locally or even nationally but internationally. We hear from the highest level speakers as well as our many partners with “boots on the ground” throughout our Jewish world. November 9-11 I will be in Washington DC.

This will be my 4th GA and each one has been special. I enjoy networking and meeting people from other communities who are just like me – equally supportive of the work of Federation, people who face similar challenges in their Jewish worlds, and sharing in our many successes as a Jewish people. As I’ve said on many occasions, Chattanooga has a phenomenal reputation within the Jewish Federation and I love it when people approach me and see “Chattanooga” on my name tag! I feel incredibly proud and humble when I hear about how highly Chattanooga is thought of. But living, breathing and working in our great Chattanooga is a special feeling only a Chattanoogaan knows.

I hear the Federation GA model is changing this year. It will keep its informational platform but be more exciting and action-oriented, taking a lead from AIPAC and the reform movement’s biennial. We will celebrate our achievements. We will discuss, tackle and take action on challenging issues that face our community. We will show our support for Israel and Jews around the world. We will challenge each other to do more and to do better. It will be an inspiring few days.

All year I’ve spoken about how we are one, and the GA is the epitome of this phrase, bringing together thousands of committed Jews from North America with a common bond, mission and dedication to the work that we do – in our own communities and for our fellow Jews around the world. We are one organization, unified and strong, working together to create a better world. We believe that every Jew is responsible for others. We believe in *tikkun olam* and we believe in building connections and bridges with our Jewish brothers and sisters. Coming home from the GA, I know that I will feel an even stronger connection to We are One.

This year’s speakers include:



Leavin’... On a Jet Plane

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

All my bags are packed, I’m ready to go...After over a year of planning, the Chattanooga community trip to Poland and Israel is coming to fruition. I look forward to a great adventure with 21 others – sharing and learning together as we become the newest connected mission trip from Chattanooga.

Why are these types of trips so important? I believe one of the most special reasons is the opportunity it affords us to make a connection with Israel – not just the land, but the people. As Jews we have an inherent connection to Israel – but what does that really mean? One must experience it – be there physically--to fully understand why Israel is such a special place. Learning about our history, where it actually unfolded, visiting holy sites, having our Torah come to life, and having the opportunity to create a lifetime bond to this amazing country, are all reasons to visit Israel.

Many of you know that I’m a history buff (my degree is in education with a concentration in history). Israel abounds with stories and historical sites, from Masada and the Western Wall to newly discovered places such as the City of David.

I learn something new every time I go to Israel. I love the ancient architecture and antiquities that seem to be discovered daily. Equally, I learn more about the politics of religion (and politics in general) of the holy sites and how Israel, and only Israel, gives everyone the freedom to visit any and all sites. I never get bored hearing about Herrod and his quest for the biggest and most spectacular creations. For me, the history is alive as I travel throughout the country.

Once the reality of “where we are” sets in (*we’re really in Israel!*), my trip-mates will begin to make connections with the people of Israel. We will have eleven days with my friend Tal, who will be our guide throughout Israel. Tal and I are great friends and we speak throughout the year. I’ve also become friendly with his family, and we share stories about our respective lives.

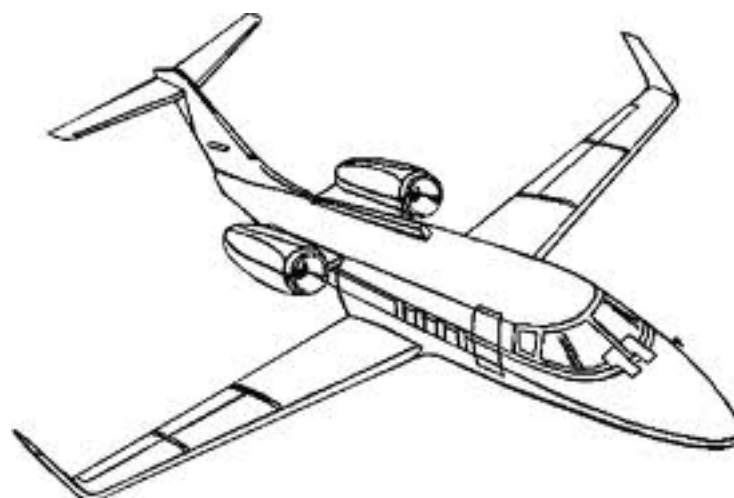
We will have opportunities to meet other Israelis throughout our trip as well. Our first Shabbat, for example, will be hosted by a family in Jerusalem. A few days later we will visit our partnership city of Hadera and see Federation-

funded programs in action, then have dinner with community members, many of whom we know through educational and teen exchanges. In the north we will be visiting with IDF soldiers and hearing about their incredible sacrifices of service to their country. And throughout our journey we will meet restaurant owners, shop owners and even vintners to learn more about daily life in Israel.

On November 3 we will return to Chattanooga a bonded group, this journey having become OUR story. I hope you will reach out to the many travelers and ask them about their trip, what the most memorable moments were, and what made them special. Ask them about their deeper connection to Israel and their Judaism. I don’t know what answers you’ll get from everyone, but I do know that each answer will be unique.

Thank you, in advance, for asking, for letting us share our Israel with you.

In case you didn’t make it this time, don’t worry. There’s a special women’s mission to Israel called Heart2Heart, February 1-5, 2015. This National JFNA trip is being chaired by Lauren Lebovitz. Please see page 9 or contact the Federation for additional information. Also, the Federation has led trips to Israel every other year – so there will probably be another trip in 2016! Contact me if you are interested.



FEDERATION PROGRAMS



From Found to "Lost" To Found Again

by Ann Treadwell, Program Director
atreadwell@jewishchattanooga.com

I have been called lots of things: Ma'am, Mrs., Ms., Mom, Annie, Honey, Red, Bless Your Heart. I've been called a rowdy, a hippie, "one of those artist types," an activist, and a baby boomer. And this is just a partial list.

But recently I was labeled a member of the "lost generation," and that got me thinking.

How is it that a person between 46 and 70 years old could possibly be part of the lost generation? Weren't we the ones who ushered in the sexual revolution and women's rights and who protested the Vietnam War? Weren't we the young women who dared to wear pantsuits, then jeans, to school? Weren't we the ones who talked about racial justice and rights for immigrant lettuce workers, and who boycotted non-union wine? Weren't we the ones who mourned JFK, Martin Luther King and Robert Kennedy? Didn't we listen to Abbie Hoffman, Bob Dylan, Pete Seeger, Carole King, Malcolm X, and Jerry Garcia? Weren't we the ones who attended rock and roll concerts, played 8-track tapes, and hitchhiked around the country as signs of personal freedom? Wasn't "I dare you" a huge part of who we were?

So where are we now? We have gone to college, bought houses, paid mortgages, educated children, worked out of the home, and contributed to society in what turns out to be a very traditional manner. We are parents and in some cases grandparents. We are diligent and responsible to ourselves and our loved ones, and we seem to have little time to be social, cultural and in many

cases religious, at least until we think about "slowing down." And retirement, with its connotations of passivity, is definitely a bad word. So as we become less constrained by our various responsibilities and involvements, what are we going to do? Definitely not age gracefully!

At the Federation we pulled the names of this so-called "lost generation" from our database. Of the 586 names (yes, all live in the greater Chattanooga area), I know 224 pretty well. They are not lost. We may be slightly out of the spotlight due to our belief that "socializing" is synonymous with slowing down. We may be somewhat idolated from one another by not taking advantage of the wealth of knowledge and fun we can share. It's ironic that while in our youth we were deeply invested in community building and community-related concerns, only to become, in our later years, lax in building a community of our peers.

So I dare you - if you are among the "lost generation" and have a program idea you would like to share or implement, give me a call (493-0270 ext. 13). Although I am no longer an Abbie Hoffman-listening, pantsuit-wearing wine boycotter, I'm still up for fun learning and social experiences. I bet you are too.

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Place your order (by November 18) by phone. You may pay with a credit card over the phone or pay in person (check or credit card) at pickup. Call Ann Treadwell at 493-0270 (ext. 13).

Pick up your perfect pie(s) at the Jewish Cultural Center Tues., Nov. 25 between 9:00 a.m. and 4:00 p.m. or Wed., Nov. 26 between 9:00 a.m. and noon.

**The Federation provides Mitzvah Meals at no charge in times of need (e.g. post-surgery, after the birth of a child, in a time of mourning).

Community members may also register to receive ongoing Mitzvah Meals for any reason. Those who regularly receive meals pay what they can, but their contribution does not cover the full cost of food, staff time, and, in many cases, home delivery.



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ANNUAL CAMPAIGN



Give...and Take

by Richard Zachary and
Roy Rosenfeld
2014 Campaign Co-chairs

*We Are One; Tell Your Story-
Bringing Chattanooga to Israel;
The Strength of a People, the
Power of a Community; Remem-*

bering Means Preserving; What a Welcome, Shalom, Ya'll!

These are all headlines from our October *Shofar*, and they also happen to be themes of our Federation Annual Campaign. What do they say about our Jewish community? For one thing, they say that *We Are One*, as Federation Board Chair Warren Dropkin and our parent organization, the Jewish Federations of North America, which adopted the slogan, remind us.

As Jews, we all have unique and exciting stories which tie us together, and we urge you to tell yours. We are proud of our community and proud to be sharing our stories with Israel. We are indeed a strong and powerful community, as evidenced by the awesome programming we offer through our Federation, and the examples of national Jewish leadership from members of our Jewish community.

It is imperative that we remember and preserve the very best of our current Jewish selves for our future families. We are a welcoming community, packed full of "shalom, ya'll." Just ask the two Israelis, Huda and Adi, who were visiting here on their way up the East coast. They came for a quick in-and-out, and were so enthralled (thanks to our generous and outgoing schlichah, Noa Hadad) that they stayed for days.

But of course slogans and headlines don't make a community, nor do they define a Federation campaign. They do, however, give us a glimpse into who we are and what we are about. Like a roadmap, they give us direction. I urge you to take to give selflessly to our Annual Campaign--financially, through volunteer efforts, or both. Your Chattanooga Federation has much to offer and so much to give. Won't you support this worthwhile cause? Shalom.

2015 Jewish Federation Campaign Honor Roll

indicates campaign worker

*indicates Federation/Aleph Bet Staff

King David \$100,000+

Charles Lebovitz
Lebovitz Family Charitable Trust

Jerusalem \$75,000 - \$99,999

Anita and Julian Saul

Maccabi \$25,000 - \$49,999

Dalton Jewish Community
#Alan Lebovitz
#Alison Lebovitz
Betty Lebovitz
#Lauren Lebovitz
#Helen Pregulman
#Pris Siskin
Robert Siskin

Kadima \$10,000 - \$17,999

#Amelia Allen
Claire Binder
Sally and Gary Chazen
#Jackie and #Roy Rosenfeld

Lion/Herzl \$5,000 - \$9,999

Anonymous
Dana and Sam Banks
EMJ Corp.
Gail Cohen
#Lynn Hochman
Peggy and Norman Hofferman
Ira Kraus
Ernie Kresch
Lynda and Scott Norman
Fuz Spector

4 November 2014 *The Shofar*

Campaign Goal: 1.1 Million
Total as of October 15: \$887, 973

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

Anonymous (2)
#Jeff Balsler
Jane and Bob Berz
Herb Cohn
Gail and Stanley Dressler
Laura Lea and Keith Dressler
Fran and Joe Dzik
*Michael Dzik
Doris and Ival Goldstein
Lynne and Michael Herman
Colman Hochman
Gary Lander
Lisa and Stephen Lebovitz
Judy and David Monen
Jim Shire
Donna White-Dropkin & #Warren Dropkin
#Elaine and #Sanford Winer
#Richard Zachary

Pomegranate \$1,800 - \$2,999

Anonymous
Monique Berke
Ellyn and John Brooks
Dot and Reuben Dubrow
Jan and Michael Hanan
Melody and #Andy Hodes
Shirley and Richard Krause
Jay Menuskin
Sunny Paty
JoAnn and Maish Richelson
Judy Richelson
Lance Silverman
Shelley and Martin Simms

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

#Owen Allen
Anonymous
Robin Balsler
Melanie Berson
Betsy and #Lee Brouner
Lynn and Stuart Bush
Marilyn and Morton Center
Amy and Jon Cohen
#Karen Diamond
#Susan and David DiStefano
Stephen Dreskin
Valerie and Eron Epstein
David Fairchild
Cora and Ted Feintuch
Izzie Frumin
Shelton Goldblatt
Barry Hoffman
Lynn Howard & #Alan Richelson
Paula and Al Jarman
Krissy and Charles Joels
Louise Kushner
Brenda and Paul Lefkoff
Ruth Longway
Marty Redish
Ann Richelson
Jackie and Marty Scheinberg
Barry Schulman
Rachel and Henry Schulson
#Fern Shire
#Amy and Robert Snetman
Linda and Michael Spector
Judy and Kevin Spiegel
Cheri and Neil Spitalny
Sandy and Ben Tabakin
#Finette and David Winer
Sandy and Larry Zuckerman

ANNUAL CAMPAIGN

Mensch \$500 - \$999

Marion Abrams
 Susan Anderson
 Beth Backer
 Alexis and Barry Bogo
 *Amy and Gene Boulware
 #Austin Center
 Erin and # Tal Cohen
 Billy Cordell
 Ruth and Manny David
 Laura and Howard Grody Dot Kaset
 Paula Londe
 Allison and Brandon Lowry
 John Miles
 #Barbara Oxenhandler
 Barbie and Steve Potts
 Carolyn and Keith Reisman
 Janice and Clayton Rhodes
 #David Sachsman
 #Judy Sachsman
 Elwynn Schwartz
 Carolyn and Steven Sherman
 Diane Stoller
 Joel Susman
 Trudy and Tom Trivers
 Dot and Herman Trotz
 Rosemary Wolff

Aliyah \$250 - \$499

Joy Adams
 Anonymous
 Merav and Tom Balazs
 Ada and Murray Berger
 Carol Berz & Charles Dupree
 Barbara Bohn
 Jerry Bohn
 Nancy and Michael Brody
 Erika Brouner
 JacobMyers Deli
 Rabbit and Jerry Finkle
 Sheldon Gelburd
 Cristine Goldberg
 Roy Hames
 Sally and Frank Hendrick
 Millie Lander
 Sherie and Bill Lefton
 Beth and Rob Lowe
 Ellen and Arnold Manaker
 #JoAnn Morris
 Rosemary and Pat Park
 Rachel Privett
 *Edie Redish
 Janet and George Sivils
 Deborah and Rabbi Bill Tepper
 *Ann Treadwell
 Morris Weinberg

Chavarim \$1-\$249

Anonymous	Marguerite Moses	Dorothea and Milton Wolinsky
Zach Beker	David Navas	Cindy Wood
Daniella Cohen	Barbara Paper	Samuel Wyner
*Sarah DiStefano	Eddie Reel	
Sylvia Green	Beverly and David Rice	
Paula and David Israel	Marion and Ethan Ruben	
*Maurice Jones	Jeanice and John Schneider	
Marilee and Joe Kodsi	Gerte Shavin	
Susan and David Leininger	Lillian Siegel	
Robert Levine	Helen and Stan Smith	
Gail Lindsey	Rosalyn Spiegel	
Stella and Michael McHugh	Paul Stahl	
*Annette McJunkin	Roslynne Steinberg	
Teddi Mendel	Janet Stock	
Judy Mogul & Tom Farnam	Sharon Stratton	
Eileen and Neil Loeffler	Gail Susman	
	Joyce Thomas	

Join the Legacy Society

Balser, Jeff
 Binder, Claire
 Chambers, Sandy
 Cohn, Herb
 Cohn, Sue (Deceased)
 Dzik, Michael
 Fairchild, David
 Hochman, Lynn
 Hodes, Alvin
 Howard, Lynn
 Jaffe, Dot



Jaffe, Sam
 Lebovitz, Alison
 Lebovitz, Charles
 Lebovitz, Lauren
 Malsh, Rebecca (Deceased)
 Nash, Ike (Deceased)
 Pregulman, Helen
 Richelson, Alan
 Siskin, Pris
 Zachary, Richard

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

Linda Hurwitz to speak at Annual Campaign Major Gifts Event



Linda A. Hurwitz is the National Campaign chair of The Jewish Federations of North America (JFNA). She is the immediate past president and past chair of National Women's Philanthropy (NWP), and recently served as JFNA's National Training chair.

Linda was the 2009 Campaign chair for The Associated: Jewish Community Federation of Baltimore and has also served as the Federation's Young Women's Leadership chair, Women's Department Campaign chair, Major Gifts, New Gifts and Upgrade chair.

Linda is also chair of Planning and Allocations for The Associated, and a founding co-chair of the Ashkelon Partnership with Baltimore. She has served as chair of The Associated's Commission on Israel and Overseas. She is also a past president of the Board of Trustees of the Beth Tfiloh Dahan Community Day School.

Linda has received all three of The Associated Young Leadership Awards. She is a graduate of the Wexner Heritage Foundation and the ACHA-RAI: Shoshana S. Cardin Leadership Development Institute. A Phi Beta Kappa graduate of Duke University in Education, she earned a degree from The Johns Hopkins University in Administration and Supervision of Education.

Sunday, November 23, 5:30 p.m.
 at the Home of Sally and Gary Chazen

Major Gifts Chair: Lauren Lebovitz
 Minimum Gift: \$3,000

MEXICO CITY



WHO

Ben Gurion Society members (Young adults ages 22-45 making a gift of \$1000+ to the Jewish Federation of Greater Chattanooga)

WHAT:

This mission will show participants a Mexico they have never seen before. Participants will tour beautiful and historical sites, engage with the young Mexican Jewish community, and most importantly, see and experience firsthand the incredible work of the Federation system and our partners, which their gifts support. (land only)

WHEN:

January 14-20th, 2015
 Begins with an Opening Party in the evening of the 14th

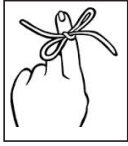
WHERE:

Hotel: JW Marriott, Polanco neighborhood

HOW:

Cost: \$2799 double occupancy, \$950 single supplement. The Jewish Federation of Greater Chattanooga is making subsidies available. Please contact Michael Dzik or Ann Treadwell for more information.

@JEWISH CULTURAL CENTER



Unless otherwise noted, all of the events on this page take place at the Jewish Cultural Center and YOU MUST RSVP at 493-0270, ext. 10 OR federation@jewishchattanooga.com.

Middle Eastern (Belly) Dancing

Wednesdays at 10:30 a.m.

Jillanna Babb-Cheshul of Merry Bellies teaches this drop-in, one-hour, very fun class.. Pay as you go. \$5/class. No RSVP.

PRINT Exhibit Meet the Artists Reception

Thursday, October 30, 5:30 p.m. Exhibit runs through Dec. 12
Erik Haagensen, Judith Paul, Michael Schulson, Voices & Visions. No RSVP.

Comedian Benji Lovitt

Saturday, November 1 @ 8p.m. See front page for more info.

Bar Kocva Israeli Art Expo

Sunday, November 2-Tuesday, Nov. 4, 10a.m.-8p.m.

Original paintings, ceramics, jewelry, bronze, and more. 45 artists represented from international galleries. Free admission. No RSVP.

Celebrate Israeli Culture

Sunday, November 2-Tuesday, November 4

Federation shlichah Noa Hadad hosts a variety of programs.

Nov. 2@2pm: Hebrew Coffee; 4p.m. Israeli Treats Kids' Program; 6p.m. Cafe Dilemma

Monday, Nov. 3 @6 p.m.: Israeli Food

Tuesday, Nov. 4 @6p.m.: Israeli Music

Foreign Policy Supper Club

Monday, November 10, 6:00 p.m. U.S. Trade Policy

Discussion: promoting the benefits of democracy and the free market as China and other emerging nations battle the U.S. for global influence.

Enjoy a family-style dinner, watch a brief presentation, and discuss a different topic on a Monday each month. Articles produced by the Foreign Policy Association and Great Decisions will be available prior to the discussion, and, when possible, an informed guest will join the discussion.

Cost: \$10 includes dinner.

An Evening with Dana Shavin

Thursday, November 13, 6:00 p.m.

Author and *Shofar* editor Dana Shavin will read from her new memoir, *The Body Tourist*, about the six years following her recovery from anorexia nervosa. Q&A after. See page 8 for more information. Book signing and dessert reception. Cost: \$5. RSVP.

Noon Nosh

Tuesday, November 18 @ 12 p.m.

Music by musicians of the Folk School of Chattanooga

Aleph Bet Fall Program

Thursday, November 20 @ 11:30

Major Gifts

Sunday, November 23 @ 5:30

Home of Sally and Gary Chazen. Contact Michael Dzik for details. Mdzik@jewishchattanooga.com

The Federation will be closed
Thursday and Friday
Nov. 27 and 28,
for Thanksgiving.



Medicare Part D

Open Enrollment Began October 15

Contact 493-0270, ext. 10, to request the required forms. Once your forms are submitted, we will contact you to set up your appointment.

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FEDERATION SHLICHA



A Fresh Start

by Noa Hadad, Federation Shlichah
Israel@jewishchattanooga.com

The holidays may be over, but they are my favorite time of the year! During Rosh Hashanah you greet everyone with Shana Tova (good year). At Yom Kippur you get to have a fresh start, and at Sukkot you get to meet your neighbors and host people at your sukkah. The atmosphere of a new beginning, hospitality, inspiration, and aspiration is almost magical in Israel.

Yom Kippur is a very meaningful time of year for me. Every year I have spent it with my paternal grandparents in Netanya. We all wear white clothes, and my little brother and I help my grandparents walk to synagogue (in Israel we don't drive on Yom Kippur, and the synagogue is 20 minutes away from their house). Because my parents are divorced, I don't see these grandparents as often as I used to; Yom Kippur allows us to once again feel like a whole family. This year, 10,000 km away from my family, was extremely hard for me. I didn't have enough time to call them before the fast.

This time away has made me think about how lucky am I to have a big and supportive family, despite our challenges. I have learned from the holidays to be appreciative and thankful for what I have and who I am. Make sure that your family and friends know how much you love them, and thank them any chance you get for being there for you.

Sukkot reminds me of my story here in Chattanooga: I just got here, I have a fresh new start, and all of you are being so nice to me. You have invited me to your houses (*sukkah*) as a guest (*ushpizin*); you've made me feel at home and like a part of your families. The hospitality is overwhelming. Because of it, I feel that I belong here. I want to thank all of you for your warm welcome, and for all that you do for me. There aren't enough words to say how much I appreciate it, not in English, and not even in Yiddish!

Wishing you a sweet and amazing new year, better than the one before, from your shlichah from the holy land and the holy city.

Your gift to the Annual Campaign enables the Federation to fund the Shlichim program. Thank you!

Celebrate Israeli Culture Days

Sunday, November 2-4 No cost to attend unless noted

Sunday, Nov. 2 @ 2 pm: Hebrew Coffee. Speak Hebrew? Join us as we talk about the hottest things happening in Israel. Over fresh Israeli coffee, of course.
4 pm: Israeli Treats: Israeli games complete with my favorite treats. Free but please Rsvp@jewishchattanooga.com or 493-0270
6:00 pm: Café Dilemma: We'll discuss some of the laws in Israel, including Tal Law (which states that every 18 year-old must serve in the army); and the Tax Law (large discounts for those who serve in the army when they buy a house).
Monday, Nov. 3 @ 6 pm : Israeli food. Come enjoy a variety of foods, beverages and desserts. \$10. Rsvp@jewishchattanooga.com or 493-0270
Tuesday, November 4 @ 6 pm: Israeli Music Through History. Explore how Israeli music changes through history, the impact it has, and your connection to it.

On October 5, we went hiking at Greenway Farm. The weather was great, the people were wonderful, and it was a beautiful place for a hike. Thank you to those who participated, for making it a remarkable day. Now that you know how delicious Israeli coffee, fresh herbs, tea, and my cookies are, I'm hoping you'll want to join in again next time!



Holiday lunch, first day



Holiday dinner, first night



Dinner with my host family, the Brooks

Help Me Out!

In January I will be mounting an exhibit at the JCC called **Israel For Me**. I need people of all ages to answer the question, "What is Israel to me?" Your answer can be reflected by a photo, object, art, or in words. Your contribution will be presented with a photograph of you and a few words about your entry. Want to participate but haven't been to Israel? You can still share your feelings and thoughts. Contact me, Noa, at 493-0270 ext 31 or on my cell: 385-0098. I look forward to hearing from you!



Support *Shofar* and directory advertisers.
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SOCIAL SERVICES



To Have a Friend, Be a Friend

by Amy Boulware
 Social Services Director
 aboulware@jewishchattanooga.com
 -Senior Programming
 -Intergenerational Programming
 -Family Support
 -Community Partnering
 -Friendly Visits
 -Excursions
 -Advocacy

The first time I met my best friend Dee was over twenty-seven years ago, and she would tell you the meeting was typical Amy. We were in our first year of graduate school and Dee was presenting something in class when all of a sudden she ran out of the room crying. While neither she nor I can remember what triggered it, we do remember that she was stressed out about work, school, living in her future in-laws' basement, and trying to plan a wedding on a budget.

I followed Dee out of the room even though I didn't know her. As she was sobbing in the hall, I tapped her on the shoulder and asked her if she needed a hug. I introduced myself and said, "I think you need a friend right now."

Neither of us would ever be the same after that day. That small gesture in the hallway of Brown School of Social Work was the beginning of a friendship that has seen happiness, sadness, birth, death, illness, and triumph and all while learning that life is better spent when you have a truly good friend to share it with.

Dee is the friend who made dinners for my family every night while our baby was in the neonatal intensive care unit, and left them in the fridge. She's the one who straightened out my messy linen closet because she knew

that it would bring some order to my life during a particularly distressing time. Dee is also the person who called me last month and surprised me with a (fully paid) trip to Europe with her, to ease me into my time as an empty nester. All of this she did without expectation of reciprocation or reimbursement of any kind. She did it because she wanted to.

Our friendship has always been a two way street; we are unconditionally available to one another always. I can laugh just as easily as I can cry with Dee. We have supported each other through our moms' cancers and eventual deaths, have encouraged each other as we tried to lose weight and eat healthier, and we have laughed at ourselves as we got lost on a walking path in the middle of the English countryside crossing a farmer's field. She will never let me forget the time I put a plastic grocery bag over my head as a rain hat in the middle of Prague as we toured an old castle.

None of which would have ever happened if I hadn't run after Dee that day in class. And what a loss that would be. As Thanksgiving approaches, I encourage each of you to reach out and connect to someone who needs a friend. It may be one of the best things you ever do.

Your gift to the Annual Campaign enables the Federation to fund the social services program. Thank you!

Kosher products donated to the Federation are on hand from Passover. If you are interested, contact the front desk at 493-0270 or federation@jewishchattanooga.com

NURSE'S NOTES

Stayin' Alive



by Edie Redish
 Community Nurse
 nurse@jewishchattanooga.com

Want to live an extended life? Choose your parents well. Want to be healthy until the day you die? Laugh more, get more sleep, and get a tetanus shot.

"Longevity has a strong genetic component, but how healthy you are as you age is largely up to you," says Havey Cohen, M.D.,

director of the Center for the Study of Aging at Duke University in North Carolina. Cohen tells us how to go the distance in the best shape possible.

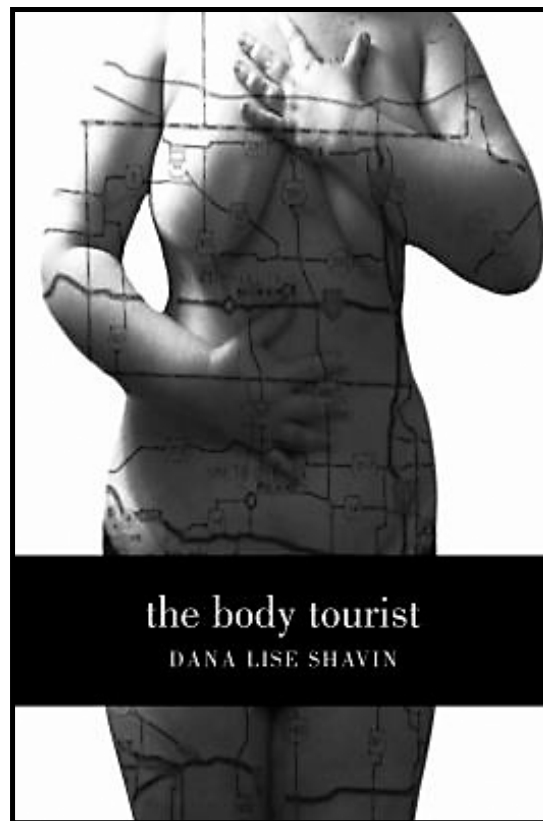
It's very simple: first of all, laugh. Laughing can express mirth, pleasure, derision, or even nervousness, but always includes an audible, vocal expulsion of air from the lungs, ranging from a burst of sound to quiet chuckles. Numerous studies have shown that laughter can reduce stress, improve your immune system, and even relieve pain. It helps people deal with difficult situations. These findings have prompted the proliferation of "laughter clubs" around the globe, whereby participants, many of them with chronic illnesses, gather together to laugh and do breathing exercises.

Second of all, sleep. People 50 or older who get six to nine hours sleep every night think better than those who get fewer hours. Sleep seems to strengthen the connections between brain cells, helping older adults process information more readily. Researchers at University Hospital Medical Center in Cleveland found that poor sleepers show signs of premature skin aging, including fine lines, uneven skin tone, and reduced elasticity.

Contrary to popular belief, a yearly physical has not been demonstrated to be all that helpful in preventing disease. Sometimes a better bet is to get a specific screening for heart disease, and breast and colon cancers, as well as vaccines for flu and shingles. Do check to see if your tetanus vaccine is up-to-date. It has a long duration of effectiveness, but if you live a long time, you might exceed this.

Third, play games. New research shows that "brain games" work to keep certain portals in the brain open, portals which, according to physicians, allow for rapid learning (and that typically close in early childhood). Combining brain games with exercise is an even better idea, as this combination greatly boosts memory and cognition.

So it's simple: laugh, sleep, and play games for a healthier, longer life.



Join us at the Jewish Cultural Center Thursday, Nov.13 @ 7:00p.m. for a reading and book signing. Dessert reception.

To read an excerpt: LittleFeatherBooks.com.

To order a book: Amazon.com Littlefeatherbooks.com or call Dana (423)240-4284

The Body Tourist is riveting reading...Dana Lise Shavin can write with both hands, by turns comic and tragic, and always fiercely honest."—Jacquelyn Mitchard, author of *The Deep End of the Ocean*

What makes the book so compelling is Shavin's elegant prose and her intensely personal writing style. The book is distinctive because it pulls off a rare triple play, blending Shavin's points of view as a writer, professional therapist, and patient."--Mark Kennedy, *Chattanooga Times Free Press*

For more information: www.DanaShavin.com danalise@juno.com

FEDERATION NEWS

HEART TO HEART

A WOMAN'S JOURNEY TO ISRAEL February 1-5, 2015



Join our intrepid group of smart, motivated women on a journey to Israel. Learn how Israeli women and their families are moving forward after last summer's conflict, and how we can continue to support them. Meet amazing women who are playing leading roles in the fields of medicine, fashion, art, business and spirituality. Experience groundbreaking, Federation-supported programs that are improving the lives of vulnerable Israelis. Return home empowered to be a leader in your community.

Mission Highlights

- Participate in a workshop and fair with artists from Southern Israel
- Meet the spouses of IDF commanders and learn about their daily lives
- Meet with female combat soldiers in the desert
- Take part in a Heart-to-Heart-Style "Amazing Race" around Jerusalem, meeting female artists, chefs, designers and entrepreneurs along the way
- Learn from Israeli women who are in the forefront of some of the world's most interesting scientific achievements
- See some of the unbelievable programs and projects that are changing and saving lives, thanks to support by Jewish Federation dollars and our overseas partners.

Co-chaired by our very own Lauren Lebovitz! Contact her directly at 423-505-3090 or lalalebovitz@gmail.com

Please go to <http://www.jewishfederations.org/heart-to-heart.aspx> for a comprehensive overview of the trip

CHRISTIANS UNITED FOR ISRAEL (CUFI)

A Night to Honor Israel

Thursday, November 13 @ 7PM

The Colonnade in Ringgold, GA

264 Catoosa Circle, Ringgold GA 30736

The Jewish community is invited to participate and show support for Israel with our Christian friends

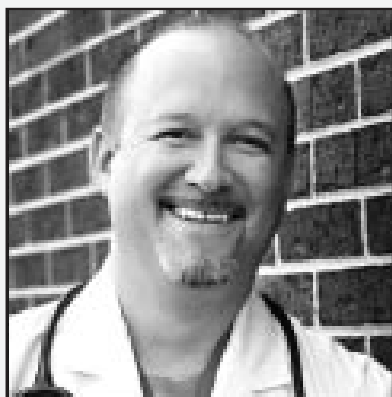
No charge for the event

For more information contact Michael Dzik

mdzik@jewishchattanooga.com

**Annual Campaign dollars are here for you!
Apply for Federation subsidies for Jewish
summer camp or travel to Israel.
Applications due next month (Dec. 15).**

Your contribution to the Federation's Annual Campaign makes these subsidies possible. **THANK YOU.**

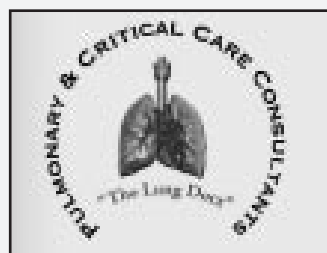


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ALEPH BET CHILDREN'S CENTER



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



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*must meet eligibility requirements, non-financial need based



Save the Date!-Aleph Bet's Fall Luncheon

Thursday, November 20

Doors open at 11:30, Performances at noon

Delicious pasta lunch

Mail payment to Aleph Bet:

5461 N. Terrace Road, Chattanooga, TN 37411 or

call Vicki at 893-5486 with a credit card

\$10 adults, children over age 5-\$5, Aleph Bet Children no cost.

We appreciate the following donations:

Carolyn Sherman
The Frank Family
The Rich Family
Virginia and Ralph Murray
Barbara Oxenhandler
Donna Lawson (in memory of Marilyn and Herbert Rosenbergbin):
stickers, duct tape, paper towels, Lysol, Kleenex, crayons, and paint
Gail Lindsey (in honor of Lindsey Elizabeth Griffith):
paper towels, disinfecting wipes, stickers, paint, and colored paper

100 pack laminating sheets
4 rolls patterned duct tape
Pumpkin
Jumbo-sized glue sticks and scratch paper
Recycled bottles

Hands-on-learning at Aleph Bet Children's Center Exploring! Baking!
Painting! Moving! Come join us! Limited spaces still available for children ages 3-5. Call
893-5486 or email alephbet@jewishchattanooga.com to schedule your personal tour.



Wish list--Please consider donating the following:

Lysol
Kleenex
Paper towels
Glitter paint
Low temperature glue gun
Card stock
Stamp markers
Stickers
Duct tape (any colors)
Gift cards to Home Depot, Wal-mart, Target, craft stores



Above: **United Way Day of Caring crew from UPS Freight**



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