

# FEDERATION PROGRAMS

## Young Leadership (Ages 21-45)



Find us on facebook [facebook.com/groups/YJLCHA/](http://facebook.com/groups/YJLCHA/) or email us to get on the mailing list at [Israel@jewishchattanooga.com](mailto:Israel@jewishchattanooga.com).

WEBSITE: <http://www.Jewishchattanooga.com>  
423-493-0270



YL Shabbat

Nov. 1, 8p.m. Comedian Benji Lovitt at the JCC  
(free for campaign donors)  
Nov. 13, 5p.m. YJL Networking happy hour @ Community Pie

Your gift to the Annual Campaign enables the Federation to partially fund Young Leadership. Thank you!



YL at the Comedy Catch

Social Committee- Tal Cohen handles mixers and entertainment. (518) 256-5464  
Philanthropy- Rachel Privett handles volunteer events and community service projects. (423) 280-6588  
Networking- Erica Newman handles events for making new connections/growing relationships. [Ericagnewman@gmail.com](mailto:Ericagnewman@gmail.com)

**YJL is always  
looking for new  
members!**

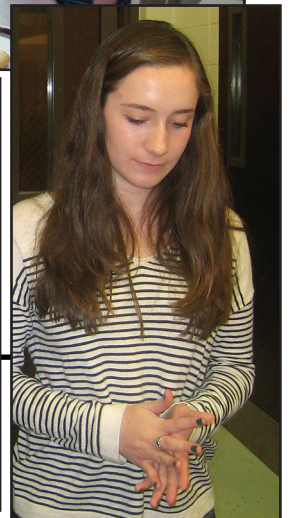
The Young Leadership Group, YJL, of the Jewish Federation of Greater Chattanooga, is a vibrant mix of young adults from the Chattanooga area. Our mission is to engage 21 to 45 year olds to participate in Jewish Federation, Shabbat dinners, community service, and social action events, through a combination of local and national programs, and social mixers.

**J\*CREW**

by Alison Lebovitz and Andy Hodes, co-advisors

## Jew Crew Diamond Project

Thanks to our shlichah, Noa Hadad, the Jew Crew went to Israel in September, at least virtually. They cooked and ate authentic Israeli food and also learned about Noa's brother, Yair, who is serving in a combat unit in the IDF called Yahalom, which means "diamond" in English. After watching a video about this elite unit, the Jew Crew members filmed their own video introducing themselves to Yair and his entire unit and asking questions about their service and daily lives. The goal is for our members to "adopt" this unit and create meaningful bonds of friendship and support for one another throughout the year.



Your gift to the Annual Campaign enables the Federation to partially fund the Jew Crew. Thank you!

# COMMUNITY LIFECYCLES

## Micah Hodes to Become a Bar Mitzvah November 8 at B'nai Zion Congregation



Micah Hodes, son of Andy and Melody Hodes, brother of Jonah Hodes, and grandson of Alvin and Elizabeth (z'yl) Hodes of Chattanooga and Audrey Minns (z'yl) of New York City, will become a Bar Mitzvah November 8 at 9:30 at B'nai Zion.

Micah is a 7th grader at East Hamilton Middle School. He is in the Advanced Studies program, is a member of the Junior National Honor Society, and serves on the Student Honor Court. He also plays clarinet in the East Hamilton Middle School Band.

This past summer Micah studied robotics, chemistry and physics at the URJ 6-Points Sci-Tech Academy in Boston, the first Jewish Science and Technology camp in the country. He previously attended Camp Ramah Darom. For fun Micah enjoys family vacations, playing Minecraft, and creating spaceships on his computer's Kerbal Space Program.

For his bar mitzvah project, Micah participated in the B'nai Zion Synagogue/First Church of the Nazarene Family Promise week, where he helped prepare and serve hot meals for homeless families. Last December he co-chaired the B'nai Zion Christmas luncheon at Memorial Hospital for the families of patients confined to intensive care.

### Jewish Federation Tributes

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.

#### In Honor Of

Aleph Bet

**David, Lundi, Lilah, and Ellie Frank**

**Amy Boulware**

Gail Lindsey

### MAZEL TOV

...to Rob Cowan on his appointment as Dalton Municipal Court Judge.

...to Rosie and Shaul Perlstein on the birth of Yisroel, on June 1.

...to April and Desucre Center Guzman on the birth of Oliver James, on August 27.

...to Cara Weiner and JR Hill on the birth of Ellen "Ellie" Cecelia Hill, on Sept. 23.

...to Cassandra and Kevin Rose on the birth of Elizah Linh on Sept. 30.

### CONDOLENCES

**We are saddened by the passing of the following beloved members of our Federation community:**

Jules Martin Pitkow, husband of Toby Pitkow, father of Andrea Pitkow, died September 22.

Evie Sergent, wife of Rod, and beloved mother, grandmother and friend, died October 3, 2014

*Our heartfelt sympathies are extended to the bereaved.*

*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*



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.

### Last Call! 60th Anniversary Reunion November 14-16

The entire Chattanooga Jewish Community is invited to join any or all of the following events of the 60th anniversary reunion of the B'nai Zion Hebrew School and Chattanooga Hebrew Academy during the weekend of Nov. 14-16. All events will take place at the Jewish Cultural Center. Guests of honor are Mr. and Mrs. Albert Freireich, former principal and teacher at the two schools. Please RSVP to Joel Susman immediately and send in payment ASAP. Checks should be made out to: Bnai Zion--Hebrew Academy Reunion and mailed to:

Joel Susman  
715 Swansons Ridge Rd.  
Chattanooga, TN 37421

You can reserve over the phone at (423)894-2114 or via e-mail at jds@epbf.com. Please give your name and check off which event(s) you wish to attend.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

- \_\_\_\_\_ All meals, including Fri. night (11/14) Shabbat meal, Shabbat luncheon (11/15)
- \_\_\_\_\_ Sat. night dessert social (11/15) and Sun. morning brunch (11/16) \$100
- \_\_\_\_\_ Friday night sumptuous, elegant full-course Shabbat meal (\$40) 7:15 P.M.
- \_\_\_\_\_ Shabbat full course meal (\$30) 1:00 P.M.
- \_\_\_\_\_ Saturday night dessert social with live entertainment and nostalgic quiz of the 50's. (\$18) 7:00 P.M.
- \_\_\_\_\_ Sunday morning brunch (\$20)

### Take Home Chef Alice Goss-Morgan's "Bowls of Love"

Purchase matzo ball soup or chili for just \$4 for a one-bowl container or \$8 for a two-bowl size.

**Call ahead to reserve; we do run out.** Contact Ann Treadwell (do *not* call the kitchen directly), 493-0270, ext. 13; atreadwell@jewishchattanooga.com to get your order packaged and ready to go!



### The Shofar wants to know!



**Will your senior be graduating high school in 2015? Please send a short bio (activities, interests, honors and awards) and a photo to dshavin@jewishchattanooga.com so we can announce it.**

### Monica Gifter, M.D., FACP

**Board Certified in Internal Medicine**

Special Interest: Preventive Cardiology, Hypertension, Diabetes, Cholesterol, and Healthy Aging

*New Patients are welcome*

#### ACADEMIC INTERNAL MEDICINE

Erlanger Physician Office Building

Suite 601B

979 E. 3<sup>rd</sup> St., Chattanooga 37403



**423-778-8179**

# CHATTANOOGA JEWISH CONGREGATIONAL RELIGIOUS SCHOOL



## Let's Talk Teachers

by Co-Directors Paula Israel  
CJCRSDir2@gmail.com;  
423-802-8434 and Jackie  
Rosenfeld; CJCRSDir@gmail.  
com; 423-762-0104

### Top 10 Qualities of a Great Teacher:

A great teacher is one a student remembers and cherishes forever. Teachers have long-lasting impacts on the lives of their students, and the greatest teachers inspire students toward greatness. To be successful, a great teacher must have:

1. An Engaging Personality and Teaching Style. A great teacher is very engaging and holds the attention of students in all discussions.
2. Clear Objectives for Lessons. A great teacher establishes clear objectives for each lesson and works to meet those specific objectives during each class.
3. Effective Discipline Skills. A great teacher has effective discipline skills and can promote positive behaviors and change in the classroom.
4. Good Classroom Management Skills. A great teacher has good classroom management skills and can ensure good student behavior, effective study and work habits, and an overall sense of respect in the classroom.
5. Good Communication with Parents. A great teacher maintains open communication with parents and keeps them informed of what is going on in the classroom as far as curriculum, discipline, and other issues. They make themselves available for phone calls, meetings, and email.
6. High Expectations. A great teacher has high expectations of their students and encourages everyone to always work at their best level.
7. Knowledge of Curriculum and Standards. A great teacher has thorough knowledge of the school's curriculum and other standards they must uphold in the classroom. They ensure their teaching meets those standards.
8. Knowledge of Subject Matter. This may seem obvious, but is sometimes overlooked. A great teacher has incredible knowledge of and enthusiasm for the subject matter they are teaching. They are prepared to answer questions and keep the material interesting for the students.
9. Passion for Children and Teaching. A great teacher is passionate about teaching and working with children. They are excited about influencing students' lives and understand the impact they have.
10. Strong Rapport with Students. A great teacher develops a strong rapport with students and establishes trusting relationships. (Source: Teaching.org)

We are so lucky at CJCRS to have strong teachers. Did you know that four of our teachers have received or are close to receiving their Master of Education degree? They are: Rachel Sadowitz (3rd grade), Jason Cathcart (4th/5th grades), Rebecca Parker (6th/7th grades), and Riki Jordan Odineal (8th grade). Cynthia Wolchuk (Mishpachot/Early Childhood) also has advanced degrees as well as a law degree. Paula Israel has her Master of Education degree. Some of our younger teachers are in their first or second year of college, also pursuing degrees.

A big *todah rabah* (thank you very much) to all of our dedicated, hard-working, caring teachers and madrichim. Readers-- if you know of any students in our community who are not taking advantage of our great pool of Jewish educators, please encourage them to try us out, and please contact Jackie or Paula to let us know about them.

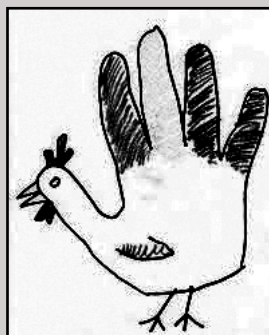
In other news, our ISJL Fellow, Noah Westreich, will be visiting with us in early December. He will be at Mizpah Temple on Friday, December 5th, for First Friday dinner. On Saturday the 6th he will attend services at B'nai Zion Synagogue, and on Sunday, Dec. 7th he will engage our CJCRS students, teachers, and madrichim in an activity. We are looking forward to it!

### BABY IT'S (ALMOST) COLD OUTSIDE

In the event of inclement weather, you can check for school closings on the news crawl at the bottom of your TV screen. Or feel free to contact Paula or Jackie at the above-listed emails and phone numbers.

November classes are the 2nd, 9th, 16th, and 23rd. No class November 30th because of Thanksgiving.

### Annual Turkey Train for the Chattanooga Food Bank Sunday, November 16th.

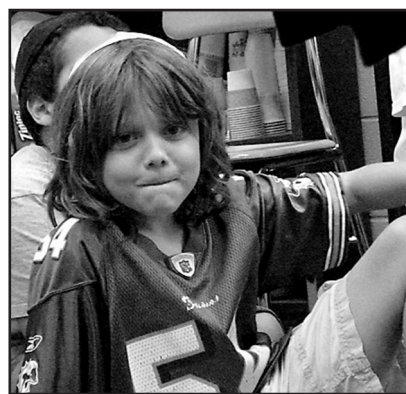


All rabbis, teachers, students, madrichim, and CJCRS Board Members are asked to donate at least one frozen turkey (does not have to be kosher). The Turkey Train was started in Chattanooga by Karen Stone many years ago and has remained a popular and important community program. Our goal this year is 75 turkeys. You don't have to have kids in CJCRS to participate. Bring by your donations (or check or monetary contribution) early on November

16th. And don't forget: bring mittens and gloves along for your kids so their hands don't get frostbitten!

Turkey Train ties in with our Mittens & Gloves campaign. Starting in November and through mid-December, we will be collecting new or gently used mittens and gloves of all sizes, kids and adults. We'll safety pin them together and be sure to donate them before it gets too cold outside.

Contact Paula or Jackie at the email or phone # above.



Your gift to the Annual Campaign enables the Federation to partially fund CJCRS. Thank you!

# B'NAI ZION CONGREGATION



## B'nai Zion Congregation

*For Our Ancestors, For Us, For Our Descendants*

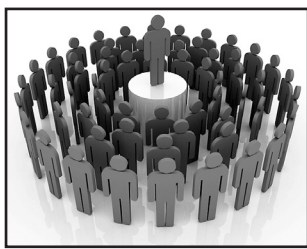


### BLT

Sunday, November 2: 9:30 a.m.  
Monthly Bagels, Lox and Tefillin Minyan  
Come for the praying and stay for the food!

### Make a Difference!

B'nai Zion and the Church of the Nazarene are teaming up to make a difference and change the lives of local families—we invite you to be that change! The week of November 24-30, we will be hosting families currently experiencing homelessness at the Church (the former JCC). We are looking for volunteers to sponsor or cook meals, serve meals, and/or plan and facilitate an evening program. For more details or to express interest, please contact Ruth Votava [mommabear@aol.com](mailto:mommabear@aol.com) or Rabbi Tendler [rabbi@bzcongregation.com](mailto:rabbi@bzcongregation.com).



### Honoring our Gabbaim

A Gala Dinner Program honoring all of our B'nai Zion Gabbayim is planned for Saturday, December 6. Our five gabbayim include Reuben Dubrow, Howard Gropper, Joel Susman, Lester Votava, and Lester Cohen.

Please help us honor them with contributions in our tribute book. Contact Lynn Hochman

([lynnhochman@comcast.net](mailto:lynnhochman@comcast.net)) with questions about the tribute book.

Mark your calendar for December

Barnes and Noble Day, Dec. 3

Honoring our Gabbaim, Dec. 6

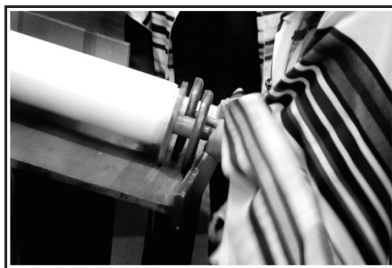
Bar Mitzvah of Ben Hillner, Dec. 13.

Chanukah Friday Night Services and Dinner, Dec. 19

### Fun Around Beit Sefer Ivri!

Beit Sefer Ivri Meeting Dates – November 5, 12, & 19

Junior Congregation – November 1 & 15, 10:00 a.m.



### USY Event

Camp Out to Stamp Out Family Homelessness

Saturday, Nov. 1 -- 7:30 p.m.  
at the AT&T Field.

Join USY as we build our Choosy Box City, lead Havdallah for the community,

raise awareness for homelessness in Chattanooga, participate in the Camp Out activities and much more!

Please RSVP to Jason Cathcart: ([Jason@bzcongregation.com](mailto:Jason@bzcongregation.com)) or Rachel Dzik, USY President: ([racheledzik@gmail.com](mailto:racheledzik@gmail.com)).

USY is for 9th—12th graders.

*For more information about Hebrew school or upcoming youth events, contact Jason Cathcart: 894-8900 x103 or [jason@bzcongregation.com](mailto:jason@bzcongregation.com)*

### Contact Information

114 McBrien Road Chattanooga, TN 37411  
Telephone: (423) 894-8900 Fax: (423) 894-8902  
Email: [shul@bzcongregation.com](mailto:shul@bzcongregation.com)  
[www.bnaizioncongregation.com](http://www.bnaizioncongregation.com)

### Adult Education



### Lunch & Learn

Lunch & Learn

Thursday, Nov. 13: 12 p.m. @ BZ

Join us for invigorating conversations with Rabbi Tendler. RSVP to Marcia with your lunch preference (tuna or egg salad). Cost is \$5.



### Judaism In Depth

Judaism In Depth

More than an introduction, this course is unique in that it is designed not only to present information in a comprehensive, relevant and timely manner. Designed for those who may want to convert, those who want to celebrate adult bar or bat mitzvah and those who simply want to unlock doors and delve deeper (or be supportive

of their partner who falls into either of the other two categories).

Open to all (and pre-registration not necessary); \$18 for members/\$72 for potential members (financial arrangements possible). Even though this class has already begun, we would love to welcome you!

### Lessons Of Leadership: Timeless, Jewish, and Effective

Thursday, November 6: 12 p.m.

Beginning again in November, join us the first Thursday of the month for an invigorating conversation of how the Tanakh and today's leaders can influence our personal model of leadership.

There will be two classes for your convenience:

East Brainerd – Barnes & Noble, Hamilton Place

Downtown – The office of Ross Sadoff & Innovative Financial Group, LLC: 735 Broad Street, Suite 900

Please bring your own dairy or parve bag lunch. We look forward to seeing you!



### Questions about Adult education?

Contact Jason Cathcart at [Jason@bzcongregation.com](mailto:Jason@bzcongregation.com).

### Fun and Learning at BZ



# MIZPAH CONGREGATION



**Did you know that...?** On the afternoon of Saturday, November 8, the Chattanooga Office of Multicultural Affairs, in celebration of our City's 175th Anniversary, will lead a tour of downtown historic houses of worship – including Mizpah Congregation? Contact Rabbi Bill S. Tepper at Mizpah for further information if you wish to join us!

## NOVEMBER 2014 WORSHIP-STUDY SCHEDULE

### Friday November 7

5:45 pm Oneg Shabbat  
6:15 pm Kabbalat/Erev Shabbat Service honoring Micah Hodes (who will become a Bar Mitzvah at B'nai Zion Congregation on November 8)  
First Friday Shabbat Dinner

### Friday November 14

5:45 pm Oneg Shabbat  
6:15 pm Kabbalat/Erev Shabbat with Guests from Dalton First United Methodist Church

### Friday November 21

5:45 pm Oneg Shabbat  
6:15 pm Shabbat Shirim – A Shabbat of Song with Guests from Christ Church Episcopal of South Pittsburg

### Friday November 28

5:45 pm Oneg Shabbat  
6:15 pm Kabbalat/Erev Shabbat with Guest Clergy speaking on the message of Thanksgiving

### Saturday November 1, 8, 15, 22, 29

9:00 a.m -11 a.m. Breakfast and Torah Study  
11:00 a.m. Shabbat Morning Service

### Saturday November 22

Havdalah and Israeli Dancing with Shlichah Noa Hadad [please check time/details with Mizpah's Cathryn Cohen]

### Talmud Torah: Jewish Learning at Mizpah Congregation

**Sundays 12:30 to 1:30 p.m.**

Confirmation Class [no class on November 30]

**Tuesdays 7:30 to 8:30 a.m.**

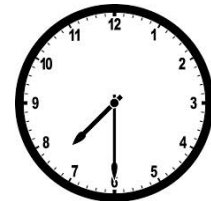
Early Morning Study: "Well-known [and not so well-known!] Jews and their Achievements"

**Wednesdays 4:30 to 6:00 p.m.**

Mizpah Academy: Hebrew Language Learning Program [no classes on November 26]

**Thursdays 4:00 to 5:00 p.m.**

Conversion to Judaism Class [no class on November 27]



### Tuesday Morning Learning with Rabbi Bill S. Tepper

In Mizpah's Harris A. Gould Library

**Nov. 11, 18, 25 @ 7:30 a.m.**

"Well-known [and not-so-well-known]

*Jews and their*

*Achievements"*

Recent studies: Israeli Author S.Y Agnon,

Rabbiner Regina Jonas [First ordained

female rabbi in Europe] and

Nazi-Hunter Simon Wiesenthal.

There is no charge, all are welcome and the coffee is always fresh. Please join us!

**Mizpah Congregation**  
**923 McCallie Avenue**  
**Chattanooga TN 37403**

Phone: (423) 267-9771

Fax: (423) 267-9773

Email: [mizpah@epbf.com](mailto:mizpah@epbf.com)

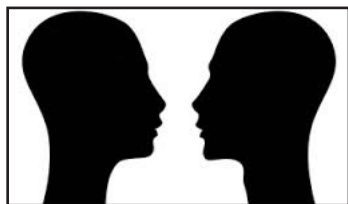
Website: [www.mizpahcongregation.org](http://www.mizpahcongregation.org)

**Wednesdays 4:30 - 6:00 pm in the Temple's School Wing**

**Mizpah Academy, Our Congregation's Hebrew Language Program for Children and Youth:**

**Learning "The First Language" of the Jewish People** Using the *Mitkadem* ["Progressive" Curriculum of the Union for Reform Judaism (URJ)]

## INTRIGUING CONVERSATIONS 2014



This Fall, our 6th Annual Intriguing Conversations series returns, planned and presented by a committee chaired by Herb Cohn. Each session begins with refreshments served at 7:00 pm. Programs start at 7:30 pm, with time for questions at the end. Schedule as follows:

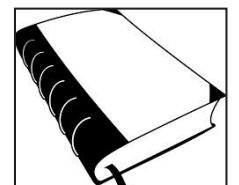
\* **November 5: Restaurant Entrepreneurs:** Michael and Taylor Monen, former owners of Sticky fingers, now owners of Taco Mamacita, Urban Stack, Community Pie, Milk & Honey and Clyde's. Interviewed by Dr. David Monen.

\* **November 19: Healthcare 2014:** "Why your doctor doesn't have time to talk to you anymore" – A panel discussion with Drs.

Steve Coulter, Monique Gefter, Jeff Gefter and Beverly Coulter CFNP. Moderated by Dr. Frank Miller

## MIZPAH BOOK GROUP

The Education Committee is sponsoring the reading of *The Provincials*, by Eli N. Evans. First published in 1973, updated in 1977 and reissued in 2005 with commentary by the author, this book remains a seminal look at the Jews who immigrated to America and made their way south, or those who were born in the south or moved there. Meet on Sunday, November 9th, 10:30 am at the home of Richard Zachary and Ruth Longway for potluck and talk!



Far left, *Amelia Kaplan reading Torah during the Yom Kippur Children's Service*; near left: *Ava Kaplan reading from Torah, assisted by Deborah Tepper*

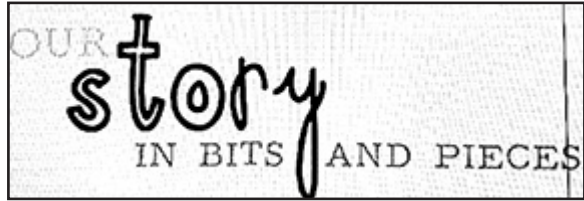


Left, *Mizpah's Yom Kippur Morning Children's Service, led by Amy Cohen, Caroline Kaplan and Deborah Tepper*

# CHABAD OF CHATTANOOGA



Chabad  
of Chattanooga  
by Rabbi Shaul Perlstein



More than 1000 years ago, there lived a great and holy leader and teacher called Rabbi Saadiah Gaon (882–942). The Gaon (as the leading sages of Babylonian Jewry were titled at the time) had many hundreds of pupils, and all of them had a great thirst to learn. Even a casual movement or word from their revered teacher provided them a lesson for life.

One winter morning, two of his pupils happened to be walking in the mountains when they heard a strange sound on the other side of a hill. When they approached the summit, they saw, to their great surprise, their master sitting on the snow-covered ground, weeping, praying and engaging in other acts of penitence. What could a tzaddik (perfectly righteous person) such as their teacher possibly need to repent for? Could he have committed some sin, G d forbid? They hurriedly departed from that place. But later that day, they could no longer restrain themselves, and they asked their teacher what the scene they had witnessed had been about.

“I do that every day,” he said. “Every day I repent and plead with G d to forgive my shortcomings and failings in my service of Him.”

“Your failings?” they asked. “Of what failings does the Gaon speak?”

“Let me tell you a story,” said Rabbi Saadiah. “Something that happened to me a while ago. At one point in my life, I decided that all the honor and attention I was receiving from everyone around me was interfering with my service of the Creator. G d must be served with joy, and without complete humility, joy is impossible. So I decided that I would spend several months in a place where no one recognized me.

“I dressed in simple garments and began my self-imposed exile, wandering from town to town. One night I was in a small inn run by an old Jew. He was a very kind and simple man, and we spoke for a while before I went to sleep. Early the next morning, after I had prayed shacharit (the morning prayer), I bade him farewell and was again on my way.

“What I didn’t know was that several of my pupils had been searching for me, and several hours after I left the inn they appeared, hot on my trail.

“Did you see Rabbi Saadiah Gaon?” they asked him. “We have reason to believe that he was here.”

“Saadiah Gaon?” replied the bewildered old Jew. “What would the great RavSaadiah be doing in a place like mine? Rav Saadiah Gaon in my inn? No . . . I’m sure that you are very mistaken! There was no Rav Saadiah Gaon here!”

“But when the young men described me to him and explained about my exile and ‘disguise,’ the old Jew grabbed his head and cried: ‘Oy! Rav Saadiah! Rav Saadiah was here! You are right! Oy, Oy!’ and he ran outside, jumped into his wagon and began urging his horse to go as fast as possible in the direction I had taken.

“After a short time he caught up to me, jumped from his carriage and fell at my feet, weeping: ‘Please forgive me, Rav Saadiah. Please forgive me. I didn’t know that it was you!’

“I made him stand up and brush himself off, and then said to him: ‘But my dear friend, you treated me very well, you were very kind and hospitable. Why are you so sorry? You have nothing to apologize for.’

“No, no, Rabbi,” he replied. “If I would have known who you are, I would have served you completely differently!”

“Suddenly I realized that this man was teaching me a very important lesson in the service of G d, and that the purpose of my exile had been fulfilled. I thanked and blessed him, and returned home.

“Since then, every evening when I say the prayer before sleeping, I go over in my mind how I served G d that day. Then I think of that old innkeeper, and say to myself: ‘Oy! If I had known about G d in the beginning of the day what I know now, Oy! If I had known the greatness of a Mitzvah in the beginning of the day the way I know now, I would have served Him and performed his Mitzvot completely differently!’

“And that is what I was repenting for this morning.”



A PROPER EDUCATION  
SHOULD INCLUDE MORE COURSES LIKE THIS  
ONE WHICH TAKES UP BASIC QUESTIONS OF  
MORALITY THAT ARE IMPORTANT TO LIVE A  
SUCCESSFUL MINDFUL LIFE.

ELLEN LANGER, PhD  
Professor of Psychology, Harvard University; Author of eleven books  
including Mindfulness and The Power of Possibility

“How Happiness Thinks” is much more than a tool to boost your happiness. It is an exciting journey into your own mind and psyche. Drawing on classical Jewish and mystical teachings, this course will present you with a deeper understanding of yourself, and help you flourish by giving practical advice which, when implemented, will radically enhance your happiness quotient.

Accreditation:

Earn up to 15 CE credits from:

The American Psychological Association (APA)  
The American Council for Continuing Medical Education (ACCME)  
The National Board for Certified Counselors (NBCC)

6 Tuesdays beginning Oct. 28-Dec. 2  
7:00 p.m.-8:50 p.m.



November 3 and 17  
7:45 - 8:45 pm  
Led by Rosie Perlstein at her home  
22 Pisgah Ave.

Women get together to sip tea, enjoy light refreshments and learn/discuss beautiful and inspiring Torah insights.

Torah and Tea is held in memory of our neighboring Chabad Rebbetzin Rashi Minkowitz Ob”m from Alpharetta, GA who passed away at the age of 37. Rashi left behind 8 young children. As she dedicated a big part of her life to her ‘Torah and Tea’ classes, we proudly join the hundreds of other Chabad centers in remembering her legacy by having our own “Torah and Tea” in her honor.



## Hebrew School in Action



For more information about any of the events on this page  
or to RSVP, please contact  
423-490-1106 or  
rabbishaulp@gmail.com

# HADASSAH NEWS



**HADASSAH**

by *Judy Sachsman*  
Past President

Barbara Oxenhandler and Dana Waxler hosted the annual "Margaritas, Mah Jongg, and More!" event for a fun-filled start to the Hadassah New Year. Members learned new games and shared

sweet and savory dishes.

On Sunday, November 9, the "Novel-Tea" will be held at Sandy Tabakin's home with Catherine Cohen leading a discussion of the book *Gone to Soldiers* by Marge Piercy, and Sandy pouring the tea. Participants will contribute \$18 to Hadassah and will have an opportunity to dress up in vintage clothing if they wish. A rumor of hats is circulating... Contact Catherine about book purchases although there is no need to read the book in advance!

December starts with the Chanukah celebration, in conjunction with Federation, chaired by Carolyn Sherman. Then the annual Mizvah project is scheduled for December 23 at the NHC Home, across from Memorial Hospital, which will be chaired by Rosalyn Vogel. Members who want to get involved should call Carolyn and Roz and offer their help.

Chapter members should be ready for an impressive year to follow an incredible beginning. Join Hadassah and make a commitment. Membership in Hadassah is the perfect gift that fits every occasion. Congratulations to Joy Gendreau, who recently won an annual membership, and Noa Hadad, Federation shlichah, who was gifted with an annual membership by Sandy Tabakin.

And for every and any occasion, Hadassah cards are available from Paula Israel (423-802-8434). JNF trees and water certificates, starting at \$18, and a variety of Hadassah certificates, starting at \$18, are available from Millie Lander (423-698-1613). Think Hadassah for life-cycle events!

The entire Hadassah family wishes the Chattanooga community Shanah Tovah, a year of health and happiness for 5775. Hadassah promotes bringing peace to the land and people of Israel and to the communities all over the world who are suffering from disease, natural disasters and war.



*Millie Lander plants a sapling at Jewish National Fund Center, Israel*



*Margaritas and Mah Jongg, hosted by Barbara Oxenhandler and Dana Waxler.*

*Above, l-r: Rosalyn Vogel, June Collins, Phyllis Bell, Sandy Tabakin*

*Above: Cathryn Cohen, Rosalyn Spiegel, Ellen Freiberg, Carol Young, Dana Banks*

*Right: Marion Shuman, Paula Israel, Fran Byrd, Judy Sachsman, Dana Waxler*



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## ***The Shofar***

Published ten times a year by the  
Jewish Federation of Greater Chattanooga

Warren Dropkin, Board Chair  
Michael Dzik, Executive Director  
Dana Shavin, Editor

*The Shofar* is mailed at no charge to local members of the Jewish community. The cost for out-of-town subscribers is \$25 a year. The views and opinions expressed are those of the authors and not necessarily those of the Jewish Federation or the editorial staff of this newspaper.

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## **Jewish Federation Mission Statement**

The Jewish Federation of Greater Chattanooga builds and fosters a strong unified Jewish community and strives to ensure its well-being and continuity locally, in Israel, and throughout the world.

## **Jewish Cultural Center Statement of Purpose**

The Jewish Cultural Center, funded by the Jewish Federation of Greater Chattanooga, is a venue for programs, classes, and exhibits; social services; and a preschool—all rooted in Jewish values. The facility enables the Jewish community to raise its visibility, foster relationships, and strengthen its identity in the Chattanooga area.

## **Shofar Policies and Procedures**

### **Article/Advertising Deadline**

The deadline for *Shofar* articles, announcements, photos and advertising is the 8th of the preceding month. Submit articles via email to *Shofar* editor Dana Shavin at [dshavin@jewishchattanooga.com](mailto:dshavin@jewishchattanooga.com). Photos should be emailed as high resolution (300 dpi) jpeg files. Hard copies of photos will be returned once they are scanned and the issue has gone to press.

### **The Shofar calendar**

The Federation maintains an online calendar for the community that includes congregational events, social activities, special services and celebrations. Contact Carolyn Sherman or Sarah DiStefano at the Federation (493-0270, ext. 10; [federation@jewishchattanooga.com](mailto:federation@jewishchattanooga.com)) before scheduling your event and/or to add your date to the calendar. View the online calendar by visiting [www.jewishchattanooga.com](http://www.jewishchattanooga.com) and clicking the calendar tab.

Only Jewish Federation and Federation-sponsored events are listed on the *Shofar* calendar, which appears on the back page of each issue.

### **Letters to the Editor**

It is the policy of *The Shofar* to encourage letters to the editor. For a letter to be published, it must be signed. The writer's name will be printed. Letters may be edited for length and are selected for publication at the discretion of the editor. Letters should be no more than 200 words.

### **Mazel Tovs and Condolences**

Please contact Dana Shavin (or [dshavin@jewishchattanooga.com](mailto:dshavin@jewishchattanooga.com) or 493-0270, ext. 12) with information regarding mazel tovs and condolences. These announcements are accepted until the 20th of the month.

Articles about upcoming Bar/Bat Mitzvahs, weddings and other special events are featured on the Community Voices page. Text and photo must be provided in accordance with *Shofar* deadline on the 8th of the month preceding the issue.

### **Corrections**

Please contact *Shofar* editor Dana Shavin if you find an error in *The Shofar*. We aim for accuracy.

### **Community Directory Updates**

If you have updates/corrections to the community directory, please contact the Federation at [federation@jewishchattanooga.com](mailto:federation@jewishchattanooga.com) or 493-0270, ext. 10. You can also make corrections at our website, [jewishchattanooga.com](http://jewishchattanooga.com).



# November 2014 Cheshvan/Kislev 5775

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 CJCRS Jew Crew	27 Foreign Policy Supper Club 6pm, JCC	28	29 Mideast Dance 10:30am, JCC  Golden Agers Noon, JCC	30 Print Exhibit Meet the artists reception 5:30 pm, JCC	31  Candle Lighting 6:30	1 Performance by comedian Benji Lovitt 8pm JCC  Candle Lighting 7:25
2 CJCRS Israeli Art Expo 10am-8pm, JCC Hebrew Coffee 2pm Israeli Treats 4pm Cafe Dilemma 6pm	3 Israeli Art Expo 10am-8pm, JCC  Israeli Food, 6pm Mission trip returns	4 Israeli Art Expo 10am-8pm, JCC  Israeli Music 6pm	5 Mideast Dance 10:30am, JCC  Golden Agers Noon, JCC	6	7  Candle Lighting 5:23	8  Candle Lighting 6:20
9 CJCRS	10 Foreign Policy Supper Club 6pm, JCC	11	12 Mideast Dance 10:30am, JCC  Intergenerational Lunch Noon, JCC	13 An Evening with Dana Shavin 7pm, JCC  YL Networking Happy Hour Community Pie 5pm	14  Candle Lighting 5:18	15  Candle Lighting 6:15
16 CJCRS  Jew Crew 12:15-2pm	17	18 Noon Nosh 12pm, JCC  Pie Ordering Deadline	19 Mideast Dance 10:30am, JCC  Golden Agers Noon, JCC	20 ALEPH BET FALL PROGRAM 11:30	21  Candle Lighting 5:14	22  Candle Lighting 6:12
23 CJCRS  Major Gifts 5:30pm	24	25 Pie Pickup 9am-4pm	26 Mideast Dance 10:30am, JCC  No Golden Agers  Pie Pickup 9am-noon	27 FEDERATION CLOSED FOR THANKSGIVING  ALEPH BET CLOSED	28 FEDERATION CLOSED FOR THANKSGIVING  ALEPH BET CLOSED  Candle Lighting 5:12	29  Candle Lighting 6:10
30 NO CJCRS						

*For an up-to-the-minute version of a calendar that displays events for all Jewish community organizations, click the Community Calendar tab on the homepage of [www.jewishchattanooga.com](http://www.jewishchattanooga.com). The Shofar calendar lists only Jewish Federation and Federation-sponsored events.*

## Key Jewish Federation Dates

### Comedian Benji Lovitt

Saturday, Nov. 1

### Israeli Art Expo and Celebrate Israeli Culture

Sunday-Tuesday, Nov. 2-4

### Aleph Bet Thanksgiving

Thursday, Nov. 20

## Calendar Abbreviation Key

<b>Aleph Bet</b>	Aleph Bet Children's Center
<b>BZ</b>	B'nai Zion Congregation
<b>CJCRS</b>	Chattanooga Jewish Congregational Religious School
<b>JCC</b>	Jewish Cultural Center
<b>YL</b>	Jewish Federation Young Leadership
<b>P2G</b>	Partnership 2Gether

*Please see page 18  
for Shofar policies and procedures.*

**This issue was mailed on or before October 27.  
Please contact your mail carrier or local postmaster  
if you did not receive it promptly.**

*The Shofar is online at the Federation website. Go to About Us>Publications.*

*Our website is under construction and should be completed by  
January, 2015.*

*The online Community Calendar is current during this rebuilding  
period, however & community activities are up-to-date.*



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THE STRENGTH OF A PEOPLE.  
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# This Month @ the Jewish Cultural Center

**Benji Lovitt** *COMEDIAN & WRITER*  
*"Because the Middle East is Funny..."*

**Saturday, November 1**  
**8:00 p.m., \$18\***  
**21 and over**



**Jewish Cultural Center**  
 5461 North Terrace Road

\* Free if you have pledged the Jewish Federation of Greater Chattanooga's 2015 Annual Campaign

**Print** an exhibit of writings, reliefs, ceramics and graphic design  
 October 30 - December 12

Meet-the-Artists Reception October 30, 5:30 pm  
 Jewish Cultural Center

<p><b>Michael Schulson</b></p> <p>It is the condition of the religious moderate to live with ambiguities. It is the condition of the radical to expunge them. One can be deeply religious, but still a moderate. It's only when pushing a religion to its extremes, twisting and dodging around potential contradictions, and following the results no matter where they lead, that one becomes a radical.</p>	<p><b>Judith Paul</b></p>  	<p><b>Erik Haagensen</b></p> 	<p><b>Voices &amp; Visions</b></p> 
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Support Israel's artists! Don't miss this!

**Bar Kocva Israeli Art Expo**  
 Nov. 2-4, 10 am - 8 pm

Jewish Cultural Center  
 5461 North Terrace Road

**45 Israeli artists!**

ceramics, glass, metal, wood and paintings



**Judaica**

Think ahead to the gifts you'll need this year!  
 This is a wonderful opportunity to buy outstanding items found in galleries and fine stores internationally!

**Sunday, November 2**

**2 pm Hebrew Coffee**  
 Come speak Hebrew



**4 pm Israeli Treats**  
 Kids program - RSVP



**6 pm Café Dilemma**



**Celebrate Israeli Culture**  
 with Noa Hadad,  
 Jewish Federation's Shlichah

**Monday, November 3**

**6 pm Israeli Food**  
 \$10, RSVP



**Tuesday, November 4**

**6 pm Israeli Music**



Let us know you are coming...  
[rsvp@jewishchattanooga.com](mailto:rsvp@jewishchattanooga.com)  
 or 493-0270



**Aleph Bet Children's Center Fall Program**  
 Thursday, November 20

Doors open at 11:30. Program starts at noon.  
 Classroom performances followed by a delicious lunch prepared by Alice Goss-Morgan

\$10 for adults. To make your reservation, mail payment or email [alephbet@jewishchattanooga.com](mailto:alephbet@jewishchattanooga.com)

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