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Honor Hightshue, FNP  
Lee Perry, MD  
Brittany Hamby, FNP  
Marc Cromie, MD



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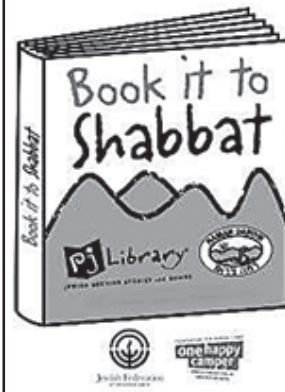
Cleveland · Dalton · Downtown · Erlanger Wellness Center  
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# ALEPH BET CHILDREN'S CENTER



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



Book it to Shabbat:  
A Ramah Darom and PJ Library  
Chattanooga-Atlanta-Nashville-  
Charleston Family Retreat for six  
months through age 10.  
October 16-18, 2015  
Register at [www.ramahdarom.org](http://www.ramahdarom.org)  
Email: [pjlibrary@jewishchattanooga.com](mailto:pjlibrary@jewishchattanooga.com)  
for more information.  
Local subsidies available.



## DONATIONS

- The Smith Family**-glue, glue sticks, scissors, Kleenex, markers, paint, dry-erase crayons, wipes, bug spray, and erasers.
- The Sheppard Family**-ABC large puzzle and stickers
- The Cox Family**-Kleenex
- The Smith Family**-bug spray, wipes, and school supplies
- The Richards Family** -wipes and stickers
- The Ellis Family** -glue sticks
- The Herstik-Berger Family** -batteries
- Leta Berger**-construction paper
- The Cathcart Family**-ABC beads, soap, and soap refill

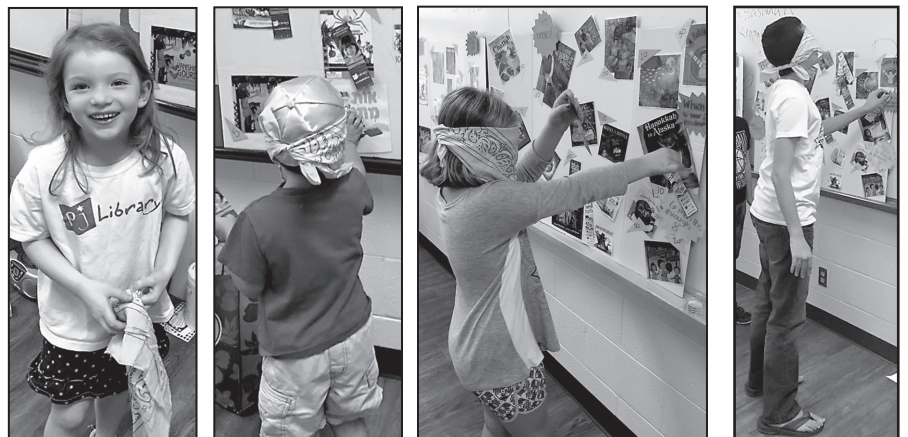
We are so fortunate to have so many people donate supplies for Aleph Bet. For your convenience, Aleph Bet Children's Center has set up a wish list on Amazon.com. For more information contact Vicki Cathcart.

## Abe Lebovitz's Bar Mitzvah Project



Recently, Aleph Bet alumnus Abe Lebovitz celebrated his bar mitzvah in Israel. For his bar mitzvah project, Abe decided to raise money to renovate the AB teachers' workroom. We are so grateful for Abe's continued support for and connection to his first school. Abe will also spend time volunteering this year. If you would like to make a donation in honor of Abe, visit [www.aleph-bet.com](http://www.aleph-bet.com). Checks may be mailed to Aleph Bet, Attn: Abe Lebovitz's Bar Mitzvah Project, 5461 N. Terrace Road, Chattanooga, TN 37411.

## PJ Library and Sifriyat Pijama B'America (SP-BA) at CJCRS



The students enjoyed playing "Pin the bookmark on the Book" and learning all about PJ Library and Sifriyat Pijama B'America with PJ Library and SP-BA Coordinator, Vicki Cathcart. If you would like to enroll your child (ages six months through age 8 in PJ Library and ages 2-6 in Sifriyat Pijama B'America, visit [www.pjlibrary.org](http://www.pjlibrary.org). Choose Chattanooga as your community.)

## Friends, family, and fun at Aleph Bet



Aleph Bet Children's Center Reunion  
has been rescheduled to the Spring.  
Date TBD.



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](mailto:alephbet@jewishchattanooga.com) / [www.aleph-bet.com](http://www.aleph-bet.com)



# CHATTANOOGA JEWISH CONGREGATIONAL RELIGIOUS SCHOOL



## Bring on Fall!

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

One of our favorite activities at CJCRS is our Annual Turkey Train, which was started many years ago at the suggestion of Karen Stone. All students, teachers, madrichim, and rabbis are asked to bring in one small, frozen turkey. Students line up and pass the cold turkeys down the line, from one to another, to the waiting truck where they will be transported to the Chattanooga Food Bank. This year's Turkey Train will be November 15th.

And what do we need to avoid getting frostbite from handling all those frozen turkeys? Why, we need gloves and mittens, of course! So we will collect gloves, mittens, hats, and scarves through December. These are also donated to a local organization in need. Stay tuned for more information!

Cynthia Wolchuck attended the annual ISJL conference in Jackson, MS June 28-30. Read on for her thoughts about it. Cynthia is teaching Kindergarten/First Grade this year at CJCRS.

## 2015 ISJL Education Conference

by Cynthia Wolchuk

The conference was very well organized, with approximately 160 attendees representing more than 70 congregations in the 14 southern states. Quite impressive! I mention this because the composition of delegates included an overwhelming number of rabbis, synagogue board members, directors of education, and some Sunday school teachers, and apparently these numbers have been growing steadily year by year.

What was inspiring and encouraging was that all congregations were represented. There were delegates from reform, conservative, orthodox, Chabad, and reconstructionist congregations, and they all have the same objective: to teach our children a love of Judaism.

ISJL and the curriculum was created without halachic bias as a means to standardize teaching and to give religious school educators frameworks and common standards to strengthen teaching skills and raise Jewish literacy and education opportunities by pooling resources in the region. More to the point, the curriculum is designed to help educators implement a user-friendly curriculum to impart a common body of Jewish knowledge, and to apply the collective energy of top Jewish educators to build a strong, consistent curriculum that can be overseen and guided in an area with few Jewish professionals.

I hail from South Africa, where attending a Jewish Day School was the norm. As such I was surrounded by more than 400 very large and vibrant shul communities, with large and active religious schools and youth groups. In America, I lived in Southern California, Washington, DC, and Connecticut, where I experienced Judaism in differing levels of availability and intensity, so coming to the South was a bit of a revelation.

Before I moved here, I had always thought that Chattanooga was really small compared to some of the places where I have lived and been exposed to, and also what I was familiar with. I am impressed by the Jewish Community in Chattanooga, its cohesiveness and strength. I was thus humbled to learn firsthand from attendees at the conference, how small most communities are in the South and how ISJL provides the lifeline and structure to Jewish learning and all that is Jewish.

When the conference started, I was instantly struck by the professionalism and dedication of the ISJL staff. This enthusiasm was translated into entertaining, useful and interactive tracks. During the conference, the ISJL's professional staff along with guest faculty from across the country provided both an overview of the entire program and specific age-appropriate instruction for returning and new communities.

Larger sessions with renowned key note speakers raised overarching questions and topics that are so relevant today. We learned about core issues that affect all Jewish communities such as "The invention of Jewish Identity," "Peoplehood," and "Whatever Happened to the Jewish People." A very thought provoking session titled "Ripped from the Headlines" gave us insight on how important it is to change the negative narrative of synagogue education "...that we synagogue school educators are not affecting the Jewish future.

The conference provided an excellent opportunity to discuss the material, ask questions, and network with other teachers from schools similar to ours. After the conference and throughout its duration, the ISJL education staff

Save the Date  
November 15  
Annual Turkey Train

helped answer questions and were totally available to continue helping us implement the program.

As an attendee, I had the opportunity to choose sessions that addressed the needs of our specific classrooms and school. This was really difficult as there was a smorgasbord of options to choose from. We were all able to select sessions that were interactive and inspiring and would allow a "take home and apply immediately" result. For my electives I chose sessions that focused on music, art and theatre. These sessions provided methodical yet interesting ways to bring ancient texts to life through music drama and art with the focus being on the journey not the physical result.

We have a new ISJL Fellow, Allison Duhan. She is motivated, smart, and always eager to answer questions and help with special curriculum requests. She will serve as our educator-in-residence, and will visit us for Shabbat, provide adult education, teacher training, in addition to cultural and religious school programming. She will also be available by phone and e-mail as curriculum "tech support."

We want our children to have an outstanding Jewish education and experience. We know that current methods of teacher training and student involvement are less than ideal. We as teachers are strapped for the time that is essential for preparing a quality religious school lesson plan. This is where the ISJL and its curriculum fill the gap.

This past year, more than 70 congregations used the curriculum. The curriculum includes ten key content areas: Jewish holidays, Bible, Jewish values, God, Prayer, Israel, Jewish history, culture and community, and basic Hebrew. Designed as a spiraled curriculum, the program revisits these key content areas in different grades. This technique reinforces the material and allows students to encounter these topics with increasing sophistication. Music, art, and technology supplement reading-based learning to engage students and to provide multiple avenues for student expression. The ISJL curriculum provides class-by-class lesson plans for each grade, which include both the big picture (goals and objectives) and the details (things to prepare and supplies needed). They have even provided a script and a time allocation for teachers who want further guidance in the classroom.



## 2015-2016 SCHEDULE

**FALL**  
September 13, 20, 27  
October 11, 18, 25  
November 1, 8, 15  
December 6, 13

**SPRING**  
January 10, 17, 24, 31  
February 7, 21, 28  
March 6, 13, 20, 27  
April 3, 10, 17  
May 1



# B'NAI ZION CONGREGATION



**BLT**  
 Sunday, October 11: 9:45 a.m.  
 Monthly Bagels, Lox and Tefillin  
 Minyan  
 Come for the praying and stay for the food!



**Simchat Torah Celebration**  
 Monday, Oct. 5 - 6:00 p.m. Join us for our fabulous soup, salad, and pasta bar dinner. As we come to the end of the Torah, we'll begin all over again. It's traditional to sing, dance, and circle with the Torah. Featuring our annual candy parade for kids of all ages. Contact office to RSVP.



**Lunch & Learn**  
 Thursday, Oct. 8 & 22: 12 p.m. @ BZ.  
 Join us for invigorating conversations with Rabbi Tendler. RSVP

to the office with your lunch preference (tuna or egg salad). Cost is \$5.



**The Fall Classic** is a great example of the best in baseball. Help raise money for B'nai Zion while cheering on your favorite AL or NL team! Contact the office to participate in this fun and competitive game.



**Mark your calendar**  
 Scholar in Residence: Rabbi Rick Sherwin, Nov. 13-15  
 Women About Women: Self Defense, Nov. 16



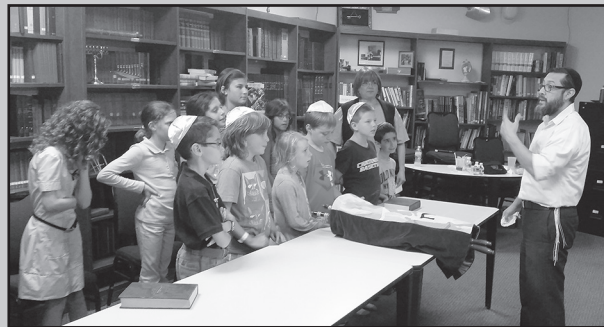
### 5 Bridges for Peace

We already have 4 bridges in Chattanooga. Let's build a 5th bridge that honors the five fallen soldiers and aspires to bring peace to our community. Let's commit to doing 500 acts of kindness over the school year. We hope to provide additional inspiration through a congregational book read of "God's To-do List: 103 Ways to Be an Angel and Do God's Work on Earth" by Ron Wolfson. Wednesdays, 5:15-6pm. Dates: Wednesdays, 5:15-6:00 pm beginning in October. Chronicle your actions on our bridge of peace located at B'nai Zion. Share the good you put into the world on social media using the hashtag: #5bridgesforpeace

### Beit Sefer Ivri

October brings the beginning of a new program. This year we will offer our students a new choice in the BSI classes. Our new electives begin this month on the topic of Israel. We're excited that Noa Hadad, David Fairchild and Rachel Salomon will offer an exciting set of classes around the topic of Israel. I know that our students are all looking forward to this exciting new program at BSI!

Right: *BSI students learning from master sofer Rabbi Salazar*



### Beit Sefer Ivri Meeting Dates

October 14, 21, 28  
 BSI Gan Class (Pre K & Kindergarten) – October 14, 28  
 Super-Sized Shabbat – October 24, 10:00 a.m.



*Choosy had a delicious time at our opening program!*

### Youth Group Events

USY and Kadima Fall Convention in Nashville – Nov. 6-8  
 The convention will be a weekend full of fun, friends and amazing experiences. This fall's convention will be held at West End Synagogue in Nashville, TN from Nov. 6 to 8. For the third year in a row, USY & Kadima will join together for this amazing weekend. More than 75 USY'ers and Kadimaniks from Georgia, North Carolina, South Carolina, Alabama and Tennessee will participate in this great event.

Contact Jason Cathcart: (Jason@bzcongregation.com) to get an application.

USY is for 9th-12th graders, Kadima is for 6th-8th graders. Questions about USY/Kadima? Email our Choosy Chapter President Murray Lebovitz at choosyusy@gmail.com



### Open House Shabbat Friday, Oct. 2: 7:00 PM

A twist on the traditional Shabbat dinner. Our first Open House Shabbat will be at the home

of **Dennis & Susan Matzkin**. This Sukkot dairy/vegetarian potluck is a new program of B'nai Zion. Join us for this twist on the traditional Shabbat dinner and an authentically Jewish way to celebrate life while strengthening community. There is no cost to the program. We just ask that you sign up here or with the office to bring a dish. We hope that you will enjoy this opportunity to engage in a meaningful Shabbat experience with friends, new and old, in our community.

For info about Hebrew school or upcoming youth events, contact Jason Cathcart: 894-8900 x103 or jason@bzcongregation.com

The BZ Weekly email provides details about upcoming events, holidays, and services.

Don't currently receive our weekly email?  
 Not sure if you are in our database?

Please contact the office to help us update your records.

You do not need to be a member to receive our weekly email.



Contact Information:

114 McBrien Road Chattanooga, Tennessee 37411

Telephone: (423) 894-8900 Fax: (423) 894-8902

Email: office@bzcongregation.com

www.bnaizioncongregation.com



# MIZPAH CONGREGATION



by Donna Etkin

## October Worship Schedule

### Friday October 2

Oneg Shabbat Refreshments and Socializing at 5:45 pm  
Kabbalat/Erev Shabbat Service at 6:15 pm  
First Friday Shabbat Dinner to follow

### Friday October 9

Oneg Shabbat Refreshments and Socializing at 5:45 pm  
Kabbalat/Erev Shabbat Service AND Simchat Torah at 6:15 pm - with Unrolling/Re-rolling of Torah, Changeover of Torah Covers and Consecration Ceremony

### Friday October 16

Oneg Shabbat Refreshments and Socializing at 5:45 pm  
Shabbat Shirim - A Shabbat of Songs at 6:15 pm

### Friday October 23, 30

Oneg Shabbat Refreshments and Socializing at 5:45 pm  
Kabbalat/Erev Shabbat Service at 6:15 pm

### Saturday October 3, 10, 17, 24, 31

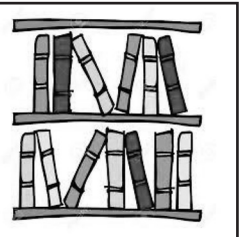
Breakfast and Torah Study at 9:00 am  
Shabbat Morning Service at 11:00 am



**Sukkot Final day service:**  
**Sunday, October 4th, 11:00 am**, with Yizkor



**Simchat Torah Friday, October 9th**, Shabbat, Simchat Torah, with the unrolling and re-rolling of the Torah, and changing from the High Holy Days Torah covers to the year-round, more colorful covers, as well as the Consecration Ceremony.



### JEWISH BOOKS FOR SALE

Check out the previously-owned/ gently-used Jewish books for sale in Mizpah's Library. There is something for everyone, and the prices can't be beat!

## INTRIGUING CONVERSATIONS 2015

Herb Cohn and his Committee announce the following lineup for Fall 2015 Intriguing Conversations:

**September 30th:** Dr. Clark White: "Blues Culture and the American Experience", Introduction by Karen Diamond

**October 14th:** Dr. David Sachsman: "Journalism in America: From the Civil War to Climate Change", a conversation with Dr. Carol Berz

**October 28th:** "Why I Chose to Become Jewish: A Personal Journey", moderated by Helen Smith

**November 11th:** "The Legacy of the Chazen Family", interview conducted by Bob Berz



## MIZPAH ACADEMY RETURNS – B'RUHIM HABAIM! WELCOME!

Faculty members Cathryn Cohen, Cynthia Wolchuk and Rabbi Bill S. Tepper welcomed new and returning students to MIZPAH ACADEMY on Wednesday, August 19th. Mizpah Academy, our congregation's Hebrew Language Learning

Program for children and youth, is held on Wednesdays from 4:30 to 6:00 pm in our newly-renovated school wing. We use the cutting-edge Mitkadem ['Progressive'] Hebrew Language curriculum created by our umbrella congregational organization, the Union for Reform Judaism [URJ]. For information on enrolling your child/children, please contact Rabbi Tepper at Mizpah, who looks forward to speaking with you!

## TUESDAYS WITH THE RABBI ... GET TO KNOW SOME WELL - KNOWN JEWS

7:30 am to 8:30 am in Mizpah Congregation's Harris A. Gould Library  
Enjoy coffee, conversation, learning and friendship on Tuesday Mornings, as we explore the lives of Jewish personalities. There is no charge, all are welcome and the coffee is always fresh! Upcoming: Bella Abzug, labor lawyer, social activist, U.S. Representative, and a leader of the Women's Movement; and Harold Abrahams, the 1924 British Olympic athlete whose story was told in the 1981 Oscar-winning film, Chariots of Fire.



Bella Abzug



Harold Abrahams



## WINE-TASTING FUNDRAISER SUCCESS

Organized by the Cohn/Cohen family, the first program in Mizpah's newly renovated Feinstein Hall-- French Wine-tasting presented by Geoffrey Cohen in August--was a resounding success. The sell-out event raised more than \$3,400 for the congregation. Geoffrey, son of Amy & John Cohen, brother of Ethan and Aliza and grandson of Herb and the late Sue Cohn, studies wine commerce in France, and did a wonderful job introducing congregants to French wines, their history and how they are made. Everyone enjoyed

sampling the wines and voting for their favorites.



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