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The antisemitic events of the last few weeks and months are a constant reminder of the vulnerability of the Jewish community. Your Federation remains at the forefront of the efforts to combat hate, educate others, and

convene our friends in what is unfortunately a constant struggle.

Here's what we're doing: After the Pittsburgh shooting, your Federation's Community Relations Committee (CRC) decided we need a more proactive

from the executive director

approach towards fighting hate. Various types of public programming that educates and gathers

other faith and culture groups together would be our first step.

We brought together dozens of our clergy and faith leader friends for two interactive planning sessions. We also continued to be heavily engaged with the Mayor's Council Against Hate. We decided we should find a program that would resonate with the entire community, and last month we welcomed TM Garret, former white supremacist and KKK leader now living in Memphis.

Mr. Garret grew up in a dysfunctional home in Germany. He was bullied as a teenager, even called a Nazi. Mr. Garret found he thrived on the attention, and his vulnerabilities led him to hate music and eventually hate groups. As a young adult he took on leadership roles within different hate groups. His hate grew from white nationalism to hatred of anyone who wasn't like him.

About 18 years ago, Garret realized the brainwashing and propaganda he'd bought into wasn't reality. Still, escaping his past was difficult. He needed to own it while trying to right his many wrongs. Today Mr. Garret partners with faith and cultural leaders to show love and compassion to all people. He tells the story of how people showed him compassion even as he showed them none, and how this moved him.

We must start educating our children earlier about compassion. We must bring together all races, religions, cultures, and ethnic groups in order to have a better understanding of our similarities--and we should celebrate them! We must find our commonalities.

Over the next few months we are looking to start a dinner round table. Community members would host people from different backgrounds to break bread, find commonalities, and communicate. In a time of great division, this will be a beautiful way to bridge gaps and bring people closer together.



My Leadership Journey

Mike Spector mspector@kleenamatic.com

My leadership journey started many, many years ago. When I was a young boy, I was sometimes

upset when my father was away many evenings. He was always at some board meeting or volunteering for some organization. But, I also have many pleasant memories of going with my father to activities where he was involved. Like to the East Ridge Lions Club where as president he led the Glaucoma Clinic. To Federation and JCC activities when he was chair. He seemed to always be fundraising. I would not know anything about that! I learned at a very young age how important commitment to the community is.

from the

My family asked me to come home to join the family business in 1980. I left Proctor & Gamble in

Sacramento to come to Chattanooga and work at Kleen-A-Matic Rental Uniforms.

It was easy to get involved with the Jewish community. This is such a tight knit community. My kids were always at the JCC. I got involved in fundraising with the July 4th Firecracker Spectacular. And, when my children enrolled in Chattanooga Jewish Day School, I became one of the presidents. I still get emotional when my girls read from the Torah.

When we sold the rental uniform company, Federation Executive Director Michael Dzik was on me immediately with a "Let's go to lunch!" He persuaded me to serve as Campaign Chair for two years. Now as I prepare to become your Federation Board Chair, it is with pride that I take up the mantel from all those wonderful leaders in our rich history. This community has always set a wonderful example to Jewish communities across the country. I will strive to continue that legacy.



Mike Spector (right) with father Mark Spector, June, 1988. The elder Spector was being honored for his leadership at Jewish Federation.

There Was a Tree



Ann Treadwell atreadwell(a) jewishchattanooga. com 493-0270 ext 13

When my family moved from the city to the suburbs. my mid-western

parents picked a neighborhood with a dead end street. No more hustle and bustle of traffic. No more sirens screeching at all hours. Space, a fenced yard for our beloved Airedale, Rockyand trees.

Ours was the last house at the end of the street, past which sat two empty lots. My father always lamented that he couldn't afford that property as well as ours, to keep more space for us, and sure enough, eventually two more houses were built.

In our back yard, one particular tree stood out. It was a red maple, but not the small, decorative, oriental type we see these days. This tree was large, and, I was

from the program director color. In the fall, they

certain, female. Her red leaves never changed fell, and I waited patiently for them to

reappear in the spring. The tree sheltered my younger sisters' swing set. As a teenager, it was where I would take a lawn chair and pout while contemplating how to change the world. This tree captured the essence of my soul. She was the source of many, many drawings and paintings until I left home.

As an adult, I moved back into cities: Cleveland, Ohio and Pontiac, Michigan. In these cities, I found arboretums and gardens, close by and far away. There were pretty trees, autumn trees full of color. A boyfriend once said that I could see a greater variety of the color green in a tree than anyone he knew. But in spite of all these trees. I never found a kinship tree like the red maple of my childhood.

Eventually my parents divorced and moved away from the old neighborhood. Whenever my sister went back for a visit, I would ask her to see if my tree was still there. It always was--until recently. I had so many questions. Did children continue to play under her limbs after I left? Did she die a graceful death? Or was it a painful, neglected death? Either way, I was devastated about the loss of a tree I hadn't see in over 35 years. Is it any wonder Tu B'shevat, the day we celebrate the new year of the trees, is one of my favorite Jewish holidays?

Looking wider and more globally, February at the Federation will be about recognizing our responsibility in climate change. On February 5th, we will screen the last film of the documentary series. Picture of His Life, which is about one photographer's quest to capture images of swimming polar bears on film. The topic for Foreign Policy Supper Club on the 17th is Climate Change and the Global Order. I am sure that the congregations, Hadassah, and Chabad will each have events recognizing trees and the environment.

As for me, I will celebrate this month by sitting out on my porch and looking into the woods that surround my house. Although I still don't have a kinship tree, I have learned to embrace the lifecycles of the trees I do have. Anxious as I am to see the leafing out of spring, I respect their incubation time. Perhaps this is the best time to reflect on their growth, and how we can protect their environment.

Jewish Federations of North America Help Out in Weather-related Crises



When Hurricane Harvey devastated the Houston Jewish community, Federations across North America sprang into action. Hurricane Harvey bore down on Houston, unloading 19 trillion gallons of water on the city — more than a year's worth of rain in just five days.

The impact on the local Jewish community was devastating. More than 2,000 Jewish households flooded, and seven major Jewish institutions suffered extensive or catastrophic damage, including two of the largest synagogues, a day school, the JCC and a senior care center. A vital fund, from Federation dollars, helped provide immediate assistance to individuals and families after the storm, including financial assistance, furniture and appliance grants, and much more. Federations also provided Houston with countless packages of essential supplies, including air mattresses, clothing and more. Source: Jewishfederations.org



2019 Volunteers of the Year



At the Annual Meeting on \overline{F} ebruary 12th, each organizations' Volunteer of the Year was recognized for their selfless contribution of time, energy, and enthusiasm. Please see photos from the Annual Meeting on pages 10 and 11.

Since enrolling her daughter at **Aleph Bet** in 2016, **Maria Mantel** has been a constant helper. Maria comes to us before every program asking how she can help. She is full of resources and insights for the school, and has been a reliable member of our Parent Group Association. We know that whenever Aleph Bet is in need, we can count on Maria to show up and help get the job done.

Howard Kaplan, head of the **B'Nai Zion** Building Committee, has led the way through the maze of mounting problems BZ encountered with its building this past year. While consulting with experts in several fields, he continues to meet the challenging demands of the physical structure of B'nai Zion. We honor Howard for the many, many hours he has volunteered in this endeavor.

In addition to all the time and effort **Carla Evans** devotes to helping those less fortunate in Chattanooga, she has put in countless hours helping out at **Chabad of Chattanooga**. Carla's warm, friendly and caring personality has made her a friend to many, and has been instrumental in creating the warm and friendly environment Chabad is known for. Whether it is seating thousands of people, organizing a kitchen, or stitching a beautiful Parochet, Carla is always ready to help.

Hadassah's Chair of Wellness for the Chattanooga Chapter, Bev Coulter, has been coordinating medical programs for the last two years with great success. Her most recent Wellness Cruise helped members understand how to navigate the labyrinth of medical providers as women advocate for themselves and their loved ones. Previously, Bev organized a health meeting with the Federation Social Worker, helped coordinate the nurses' participation in Hadassah Shabbat at Mizpah on Purim, and has hosted a program featuring another nurses' mission trip on a special medical track to Israel. Her attention to detail is only matched by her enthusiasm for medicine and Hadassah. Bev currently works at University Diabetes and Endocrinology Consultants in Chattanooga. Last year Bev received the Hadassah Southern Region award for Woman of the Year.

The Jewish Federation of Greater Chattanooga is proud to nominate Tal Cohen and Ken Goldsmith as our 2019 volunteers of the year. Tal has been an active leader with our local Young Jewish Leadership group for nearly ten years. He has served as committee chair for both Young Jewish Leadership and Aleph Bet Children's Center, and has participated in the Federation's P2G program for several years, attending the leadership retreat in Israel in 2019. Tal was a 2020 Federation Campaign Ambassador, engaging younger community members in the importance of giving back.

Ken has been an active member of the Federation Board for many years, chairing the leadership committee. He helped create and lead three leadership classes for the Jewish community; these cohorts now meet every few months to address big issues for the community and Federation. Additionally, Ken is a member of the Federation's Nominating Committee, a 2020 Campaign Ambassador and attended the FRD leadership mission to Berlin and Budapest in 2018.

Being a volunteer means enthusiastically replying *Hineini*, or "Here I Am", when answering a call or a need in our community. **Will and Glyn Melynk** are always the first to answer a call for chugim (elective) leaders at **Machanoga**. They have a genuine love for teaching their craft to others, and it shows in the patient and caring way that they have taught our students to weave on many occasions in the last year. There is a lot of work that goes into putting on their classes--beyond just what our students and their parents see, but Will and Glyn do it happily, and deliver the final project to each student with a smile.

Marianna Allen shares responsibilities as a co-director of the Mizpah High Holiday choir. She prepares cue sheets, selects music, and schedules rehearsal times. She combines outstanding leadership with her musical talent to enhance worship for all who attend the Holidays at Mizpah. During the year Marianna manages Mizpah's choir and serves a music consultant for Mizpah activities. In addition to planning and leading choir during Shabbat services, she often brings her guitar and performs solo. Marianna also adds her voice to the Mizpah Passover Seder. She has stepped up to coordinate and lead the Interfaith choir at the annual Interfaith Thanksgiving service. Her willingness to share her immense talent and so much of her time is a blessing to Mizpah and the entire Jewish community.

Educators' Mission Trip to Israel

The Most Amazing Journey

By Kathy Kennedy Lead Teacher, Blue Room, Aleph Bet

Where do I find the words to describe the most amazing journey of my life? Visiting Israel has changed me forever: spiritually, professionally, and in the way I view life in general. I'm so extremely grateful to Federation for giving me this opportunity to grow and learn, and for helping me see through the eyes of other educators.

I've learned so much to implement in my own classroom. This experience reminded me that children need to be allowed to explore and grow in all areas of their lives, and not just be given "schoolwork" to do while sitting at a table. They must be led to feel pride in their heritage and history--and they need us to help guide them in that journey.

While visiting the high school and meeting with the teenagers and young adults, I immediately noticed not only the differences in their faiths and backgrounds, but so many similarities. They worked so well together to reach a common goal. If we look to the young, we'll see they have so much to teach us about how to work together for a better future.



Kat Kennedy (2nd from left) and other delegates working on New Year's resolutions with Israeli high school students.

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A Newfound Passion for Israel by Alexis Chenkus

My trip to Israel began with a misplaced suitcase and a visit to the lost luggage line. Luckily, my bad luck ended there! On day one of the mission, we met all of the other Americans: twenty-three teachers from all over the Southeast. I was so proud to represent Machanooga and to share about our community in Chattanooga. I was excited to meet Jason Cathcart, former youth director at B'Nai Zion, and Raoul Molnar, a Federation shaliach from 2011 to 2012.

This trip was a total immersion in Israeli life and community. It was all about forming relationships and truly grasping the importance of Israel--which, when in Chattanooga, can seem so far away and unconnected to what we're doing. Partnership 2Gether, the program that connects our Southeast region with Hadera and the Czech Republic, goes a long way toward rectifying this.

Every moment was special. We visited the Yitzhak Rabin museum; gardens in our region; ate the best sufganiyot in the world (including *svenj*, a traditional Moroccan donut that I will be bringing back to my family!); lit Chanukah candles; actually rested on Shabbat; visited the Old City; visited Yad Vashem; and saw the Shuk in Jerusalem. We also had an unplanned visit to Neve Michael, the orphanage for which we raise money each year via the Night Run.

In addition to the above, we also visited schools in our region. I witnessed so much innovation and brought back ideas to use in our classrooms. One of my biggest takeaways is how Israel is passionate about thinking creatively while at the same time

infusing Judaism into everything.

The trip ended with a double rainbow, which I took as a symbol for my time in Israel, which was miraculous, and transformative. I came home with a love for Israel as well as around forty new friends and contacts!

And somewhere in there, I got my bag back.

Above, a visit to Neve Michel. Below, the whole P2G group together in Jerusalem.





Join the Jewish Federation Legacy Society

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

Anonymous (2) *Allen, Amelia Allen, Owen *Alper, Maxine Balser, Jeff Balser, Robin Barukh, Rebecca Berz, Bob Binder, Claire Black, Bonnie Black, Stephen Bogo, Jerry Bogo, Rosalee *Bohn, Jerry Brooks, Ellyn Brooks, John Brouner, Betsy

Brouner, Lee Center, Austin Center, Marilyn Cohen, Tal Cohn, Herb *Cohn, Sue Cowan, Rob Diamond, Karen DiStefano, David Hodes, Melody DiStefano, Susan Dittus, Sandy Dropkin, Warren Israel, Scott Dzik, Michael Dzik, Paula Fairchild, David *Frank, Estelle Hanan, Jan

Hanan, Michael Hanan, Rachel Hanan, Victor Hill, J.R. *Hochman, Colman Hochman, Lynn Hodes, Alvin Hodes, Andy Howard, Lynn Israel, David Jaffe, Dot

*Jaffe, Sam Lebovitz, Alison Lebovitz, Alan Lebovitz, Betty

Lebovitz, Charles Lebovitz, Lauren Lebovitz, Michael *Levine, Lawrence Lowe, Beth Lowe, Rob *Malsh, Rebecca *Nash, Ike Oxenhandler, Barbara Winer, David

Parker, Jordan Pregulman, Helen Richelson, Alan Rose, Cassie Rose, Kevin Rosenfeld, Jackie Rosenfeld, Roy Siskin, Pris

Sivils, Janet Spector, Linda *Spector, Mark Spector, Mike Susman, Gail Susman, Joel

Weiner, Cara White Dropkin, Donna

Winer, Elaine Winer, Finette Winer, Sanford Zachary, Richard

* Deceased

See how easy it is to join the Legacy Society!

Call Michael Dzik at 493-0270 ext 15.

You must RSVP to all programs to ensure we have adequate seating and/or food. RSVP on our website at Jewishchattanooga.com; by email at Rsvp@jewishchattanooga.com; or call(423) 493-0270. Specify if vegetarian.



Show your support and keep up with Alice Goss-Morgan. Sign in to her Caring Bridge site.

caringbridge. org/visit/ alicegossmorgan

Tuesday Cafe



Join us for lunch every Tuesday at noon. Menus in weekly email. Vegetarian options available with advance notice. \$10. Rsvp@ jewishchattanooga. com or 493-0270.

Mitzvah Meals **Suggested Donations**

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

Meals are available for pick-up or delivery.



To-go orders from any/all community programs will be charged the program fee (\$10-\$12) as opposed to the Mitzvah Meal fee. All Mitzvah Meal recipients must be pre-approved by the Director of Social

Services. Menus are set by the Kitchen Supervisor and Director of Social Services.

Community Voices: Environmental Awareness

Earth is our Bayit, Let's Treat it as Such

The word ecology is derived from the Greek word oikos, which means house, because the ancient Greeks recognized that the Earth was the house for life on Earth. In Hebrew, bayit is the word for house. It may not have walls, a roof, or furniture, but the Earth is our bayit, yet more and more, it seems like many people treat it like a meez-bah-lah; a garbage dump.

You wouldn't allow people to throw trash around your personal house, use up all your water, eliminate your pets, or set your thermostat to extreme limits, yet many accept pollution, unsustainable resource use, species extinction, and climate alteration.

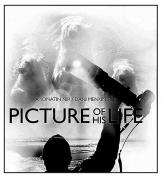
There are a number of reasons why people resist making changes (both at a personal level, as well as a policy level), such as giving up choice, not wanting to change lifestyles, or fear of economic harm. I remember when recycling was made mandatory in the Washington, DC area, which is where I grew up. My father grumbled about having to save newspapers, plastic bottles, and aluminum cans, and how he had to separate them before setting them out at the curb, but eventually it just became a household routine.

Many energy efficient devices may cost more initially, but lower operating costs mean you will actually pay less over the life of that device. Yes, there will be adjustments, but ultimately they will be worth it. We can do better; it's our bayit. David Aborn is an Associate Professor in the UTC Dept. of Biology, Geology, and Environmental Science.



A beach clean up in Eilat kicked off a conference Aborn attended last spring.

Picture of His Life," Final Documentary Film, Screens February 5



World renowned wildlife photographer Amos Nachoum has one final photographic dream remaining - to photograph a Polar Bear underwater, while swimming alongside it. The film follows Amos in the Canadian

Arctic, as he prepares for his ultimate challenge. As the journey unfolds, so does an intimate and painful story of dedication, sacrifice and personal redemption. *English*, *Hebrew*, *Inuktituk*, *Running time 72 minutes*.

Foreign Policy Supper Club Monday, February 17 at 6 p.m. \$12, RSVP Climate Change and the Global Order

Climate change has become one of the defining issues of our time. As much of the world bands together to come up with a plan, the U.S. remains the notable holdout. What is the rest of the world doing to combat climate change? What impact will the effects of climate change have on global geopolitics?

RSVP@jewishchattanooga.com, 493-0270, or on the website at Jewishchattanooga.com.

Raise Your Voice!

We are seeking community voices (like the one on this page, top left) on monthly themes. Articles should not exceed 300 words and will be edited for clarity and space. There is no guarantee that every article sent in will be published; inclusion in *The Shofar* is contingent on space and editor's discretion. We look forward to hearing your voices!

March: Paying it forward
DUE FEBRUARY 7th
April: Personal rituals
DUE MARCH 9th
May: Israel
DUE APRIL 6th
June: Reflections
DUE MAY 8th



young jewish leadership



Saturday, February 29 8 p.m. Jewish Cultural Center

YJL has movie nights! This month join us for *Maktub*. "After surviving a restaurant bombing

in Jerusalem, two criminals decide to change their ways. They fulfill the wishes of strangers by answering prayers left at the Wailing Wall." Maktub received lots of praise at last year's Chattanooga Jewish Film Series. RSVI to rsvp@jewishchattanooga.com

Please follow us on the YJL Facebook page, Young Jewish Leadership of Greater Chattanooga for updates on this and more great events, dinners, and happenings!



social services



Christi Haustein, LMSW Social Services Director chaustein@jewishchattanooga.com 893-9241

STRESSED!!!!

This seems to be how I feel lately. Well, to be completely truthful, it's how I feel more often than I'd like to admit. I've made de-stressing my life my personal goal for this year, so keep your fingers crossed!

I don't know about you, but I also feel like more and more people around me are feeling pressured. Pressured to perform at their absolute best and be seen as someone who's without fault or mistakes. Pressured with time-lines and longing for more time. Pressured to meet everyone's expectations. The list goes on and on. Then there are life stressors like family relationships and family worries, loss of a loved one, divorce, financial burdens, health concerns, emotional problems--and again, the list goes on.

What impact does stress have on us? According to *Psychology Today*, stress impacts the mind and body in powerful ways. Stress zaps our energy and contributes to fatigue, negative thinking, and distressing emotions, including anxiety, fear, frustration, anger, self-pity, and depression. Ongoing stress makes us more susceptible to emotional imbalance, illness, and disease. Numerous medical conditions are caused or exacerbated by stress, including hypertension, heart disease, and cancer. It can play a major role in beginning involvement with alcohol and other drugs, and in continuing that involvement. For people in recovery, stress is frequently involved in relapse.



So what can we do to help improve our overall wellness when it comes to stress? Some suggestions that could help include: engaging in hobbies, becoming physically active, surrounding yourself with



friends or family, intentional breathing, meditation, yoga, counseling, journaling, spending time with your pet, watching something funny on television, listening to music, prioritizing and learning to say NO. It's perfectly OK to say no and take things off of your plate--and it's healthy!

We (and I'm including myself here) need to practice self-care. Like they say before an airline flight, in case of emergency, put on your own oxygen mask first. In other words, you have to take care of yourself before you can be of service to others. I will if you will. Are you with me?

William M. Hillner, Ph.D. Clinical Psychologist

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2020 Annual Meeting

January 12 Annual Meeting Covers All Bases

The 2020 Annual Meeting was well attended, with well over 100 community members gathered. We shared a light meal of chili and soup and then dove into business. Campaign Chair Mike Spector shared the status of Campaign 2020 (\$926,259 and counting). Erica Newman announced the new Board of Directors, and Federation Executive Director Michael Dzik presented Immediate Past Board Chair Austin Center with a gift from Israel: a rose sculpted from a Kasam rocket.

Cara Weiner announced the Volunteers of the Year (to read about them, please turn to page 3), each of whom was presented with a framed plaque honoring their service. Julie and Rob Cowan introduced "Where are they now?" a video project which featured Chen Dahan, Noa Hadad, Raoul Molnar, and Shiran Amir catching us up on their lives since leaving Chattanooga.

To round out the program, Any Hodes introduced Israel's Consul General to the Southeastern United States, Anat Sultan-Dadon, who spoke about the upcoming elections in Israel, the spread of antisemitism, Iran, and BDS. As a thank-you, she was presented with a gift of art by Flora Rosefsky. Thank you to all who attended.









Rob and Julie Cowan: Where are they now?

Michael Dzik, Anat Sultan-Dadon, Mike Spector, Austin Center



Volunteers of Year: Marianna Allen, Tal Cohen, Ken Goldsmith, Glyn Melnyk, Will Melnyk, Howard Kaplan, Carla Evans. Not pictured: Maria Mantel and Bev Coulter



Sultan-Dadon receives artwork by Flora Rosefsky



Cara Weiner presents Volunteers of Year



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