



May, 2020

the **Shofar**
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CLASS OF



A publication of the Jewish
Federation of Greater Chattanooga





We Are Here to Help

Michael Dzik
mdzik@jewishchattanooga.com
893-5443

When COVID-19 began affecting Chattanooga, the Federation jumped in immediately to help. Our board of directors, Social Services, and the newly trained Social Services volunteer corps have been calling everyone in the Jewish community over the past several weeks to check in.

Our transportation services continue to take people to necessary appointments. Our drivers pick up medications and groceries, and

from the executive director

in many cases, do the actual grocery shopping for community members. Federation also created a SHIPT grocery delivery account that many community members are taking advantage of. Our weekly delivery of Mizvah meals continues as well.

With Passover approaching, the Federation took orders from 35 families, shopped in Atlanta, and delivered sixty-two boxes of matzo, twenty-seven bottles of horseradish, and dozens of macaroons, jellies and specialty items--even kosher meat--door to door. We'll look at providing this service again next year.

And then came the tornadoes. In the immediate aftermath, the Federation staff reached out to everyone in the affected zip codes. With the help of our parent organization, Jewish Federations of North America (JFNA), we have put together a Tornado Relief Fund for impacted members of the Jewish community to help with housing, food, clothing, and other necessities. If you would like to donate, please see the homepage of our website. We continue to be in touch with community members to assist with any immediate needs.

We are also taking a major role in the Chattanooga recovery from COVID-19. We were one of the first agencies to be asked by United Way to partner with them to distribute Restore Hope Fund money. Of course we said yes, and the Federation has already helped twenty families.

I know that COVID-19, and now the tornadoes, have taken an emotional toll on everyone and that everyone has different struggles, challenges, and needs. Please know the Federation is here to support you, the Jewish community, in any and every way possible. Let us know if you need assistance, guidance, or just to talk. Even separated, we are all going through this together. Let's stay connected. Stay safe, stay strong.



The Times They Are a Changin'

Mike Spector
mspector@kleenamatic.com

We are living in historical times. I would never have imagined I would one day sit home and worry about contracting a virus that could kill me. I was born in 1950, and remember the Cuban missile crisis, the assassination of John F. Kennedy, the first man on the moon, the AIDS epidemic, the assassination of Martin Luther King, Jr, and the attacks of 9/11. Eventually--hopefully sooner rather than later--the COVID-19 pandemic will join these events in my memory as a relic of a bygone era.

But for now, what is important is coming together. Already we have learned to Zoom our board meetings and even our Passover seders. But there is more we can and should do.

from the board chair

Recently I was listening to "How I Built This" on NPR. The main story was about Ventec Life Systems

and how skeptical they were about General Motors, a car company, building ventilators. But Ventec realized the potential benefit to the supply chain. Through intensive planning and resourcefulness, the two companies, working together, made it possible for Ventec to create 10,000 ventilators per month.

Speaking of collaboration, I was recently invited to a Zoom meeting with Jewish Federations of North America (JFNA) CEO, Eric Fingerhut. He is heavily involved in government affairs, and I am proud to say that he was instrumental in lobbying for the CARES legislation that was recently passed. Mr. Fingerhut was amazed at how fast that legislation worked its way through our government bureaucracy. JFNA continues to be involved in the follow-up aid package, which we hope will be approved just as quickly.

Like many business owners, I am waiting patiently for funds through the Paycheck Protection Program (PPP) and the Hamilton County Aid Package, for which I have spent the past two weeks applying. Hopefully, our government can work together like Ventec and General Motors. I am proud to know that our Federation system and Jewish community are helping play a part in getting our country back on its feet.

Please let the Federation know how we can help you during these challenging times.



A Matter of Fashion

Ann Treadwell
atreadwell@
jewishchattanooga.com
493-0270 ext 13

This is the third attempt at writing my article this month. In the first attempt, I wrote about the pride I feel in how the community is reaching out to everyone and engaging around both holy and secular issues. I am proud, but that article was, frankly, a bit boring.

In my second attempt, I talked about the miracles of technology. Skype, WhatsApp, Zoom, FaceTime, e-mail, Tweeting, and texting have all made the pandemic easier to navigate than if it had happened in the early 1980s. This was also a boring article. As you read on, please keep in mind I am cognizant of--and sympathetic to--where we all are with the pandemic and the tornado of April 12th. But I just need to talk about something else for a moment.

Let's talk about my pandemic fashion. On a

from the program director

"normal" day I get up, throw on sweat pants and a T-shirt, and help my family get roused and out. Once they're

gone, I get dressed for work. No one sees that outfit until they arrive home at dinnertime.

Well...now my new office mates (Charlie and Frankie, an English setter and border collie mix, respectively), seem to think that their after breakfast walks should be upgraded to fashionable. Looking down their adorable, sneering snouts, they seem to be saying I should put myself together a bit more since I'll be staying home to work after the walk--at least put on jeans and hiking boots. Then came the floods with the tornadoes, which compelled me to switch into my bright, polka-dotted Christopher Robin boots.

But fashion doesn't stop with the walk. Now I have to decide on my Zoom-wear outfit. Is it a staff meeting day? That calls for a casual flowing top, not too bright...maybe my green flowered tunic? Or is it a United Way-type meeting with professional peers? Or the Emergency Food and Shelter Program meeting? For that I need an ironed, classic top with a cardigan. On my last P2G program call with the folks from Israel, Prague and the Southeast, it turned out that of the eleven of us, only one other person didn't

have pajamas or extremely casual clothes on--and here I had come to the Zoom call with my hair sort of styled, some make-up on, and a carefully selected top that was colorful, fun, and artsy. Though I admit, there were sweat pants on the bottom.

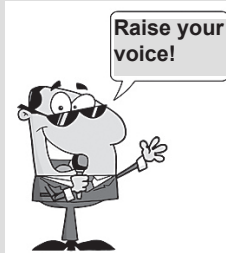
About dinner time, when everyone arrives home, I hear about my outfit. It seems my son thinks I should dress like June Cleaver, the quintessential 1950's homemaker. I should have on an apron and a holiday-style dinner should be on the table. My husband also thinks I should be wearing an apron, though more befitting a French maids outfit....you know the type. Interesting of how the concept of staying at home to work is open to all sorts of interpretations!

If all of this tells me anything, it is that there is the "past" normal, the "now" normal, and soon, what will be the "new" normal. Each stage requires that we find a way to cope while recognizing its challenges and gifts. Personally, I need help in the "now" normal. Feel free to share your ideas about what it will take for me to engage you in programs provided by the Federation (notice I didn't say at, because I'm not sure we will be meeting in person in May).

As for the "new" normal...who knows what that will look like? All I know is that we--you, me, and the community--are the Federation. And WE will determine what we want the new normal to be.

Say WHAT?

Our last community voice runs next month, in the June issue. **The topic is REFLECTIONS.** Your article should not exceed 500 words and may be edited for clarity and space.



There is no guarantee that it will be published; inclusion in *The Shofar* is contingent on space and editor's discretion. We look forward to hearing your thoughts!

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Foreign Policy Supper Club

For now we will try having our discussions via Zoom calls. We will switch back to in-person meetings once we get the all-clear. Each call will begin at 6:30 p.m..

A week prior we will ask you to register by sending a note to rsvp@jewishchattanooga.com. We will send you a scan of the reading and a link to the video.

Quick facts:

- prior to class, send note to RSVP@jewishchattanooga.com saying you would like to register
- Once registered you'll receive all materials and a link to the video
- No charge for this online format

Topics and dates:

May 4 India and Pakistan

India's Prime Minister Narendra Modi rode a wave of Hindu nationalism to a historic reelection in 2019. His first order of business was to revoke the special status granted to the Kashmir region, inflaming the rivalry between India and Pakistan. How will the Kashmir situation affect the region, both economically and politically?

May 11 Red Sea

May 18 Modern Slavery and Human Trafficking

June 1 US Relations with the Northern Triangle (Honduras, El Salvador, and Guatemala)

Leadership2Gether

ISRAEL EXPERIENCE in Charleston, SC

Hevruta (Partner) Program Logistics

- ◆ The online program will begin on a date TDB for new participants and will run for 5 months
- ◆ Open to ages 20s to 40s
- ◆ No cost to participate in the online program

What We Do

- ◆ Connect with other young Jewish people from the US and Israel
- ◆ Explore your Jewish identity
- ◆ Develop skills to become a Jewish leader in your community

How We Do It **Deadline to register is May, 2020**

- ◆ Get matched with an Israeli partner
- ◆ Every three weeks, receive a new online module to work through with your partner
- ◆ Three webinars during the course with both New and Alumni participants
- ◆ Conversations can take place using FaceTime, What's App, etc.

Retreat Details

--Israel experience in Charleston SC March 2021

- No fee to attend...just your travel expenses
- Retreat accommodations included
- Meals, sites and excursions included
- Three webinars to meet new and returning participants prior to the retreat

Contact Ann Treadwell for more information:
Atreadwell@jewishchattanooga.com
493-0270

"The main advantages of this program are the deep discussions we have had over current Jewish topics and leadership. Understanding that while we are similar in one way (Jewish) but may have different opinions leads to great discussions in an open forum and settings while traveling in our communities."

Tal Cohen

When Things Go Exactly Right: Thanks from a Community Member



I am writing to thank the Federation for providing the SHIPT delivery service for our community members and to tell you my experience with them. In short, it was fantastic!

As you may know, Clark and I are quarantined. Besides being "elderly," he is still

fighting an infection with a 24/7 IV antibiotic infusion, which means his immune system is definitely compromised. My son Sam is also quarantined at his home since his surgery. I read about the Federation offering this delivery service and called Christi to see how it works. It was so easy: you order, SHIPT delivers, you tip if you want, and Federation bills you for your order.

When I was ready, I emailed the Federation nurse advocate, Brenda McColpin, my grocery list. A short time later, she called me back to let me know about some substitutions and item shortages. She then sent my list to the SHIPT people and emailed me the delivery time.

Next, a terrific young man named Drake called to tell me he would begin shopping for us and would call back if anything on the list needed substitution. He had a great phone personality and explained that he did this job in the winter to supplement his summer income as a golf caddy.

I did request to add some items to my list. Drake called again to tell me he had almost everything in the basket and asked me about a few he could not get and if I wanted anything else. Then he texted when he was on his way to our house.

He arrived wearing latex gloves and unloaded my bags of groceries in the garage. I thanked him profusely from the doorway and tipped him generously! Shopping is a small challenge compared to the horrendous problems faced by so many during this difficult time. But for us, it is huge, and this service keeps us from having to go out and risk infection.

Thank you to the Federation for having the foresight to join with this company and to provide this service. I'm so proud of our Federation and all it does for our community!

Gratefully,
Karen Diamond



Who is That Masked Lady?

The Federation acquired thirty locally made face masks and gave them to community members on a first come, first served basis. We expect everyone will be wearing masks for the foreseeable future.

Please, for your own safety and the safety of others, stay safe, stay distant, stay masked, and best of all, stay home!



Meal Delivery

**No Tuesday Cafe
for month of May
but we are
delivering meals on
Thursdays.**

Cost: \$8

**Contact federation@jewishchattanooga.com or Christi Haustein
chaustein@jewishchattanooga.com
(423) 893-9241**



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 delivery only until further notice.

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

A Note from Michael Dzik: Tornado Relief, Coronavirus, and Keeping On

Federation colleagues and friends,

As most of you know, significant parts of Chattanooga--East Brainerd, Collegedale, and Ooltewah--were struck by an EF3 tornado the evening of Sunday, April 12th. Approximately 20-25% of the Jewish community lives in these areas. Hundreds of homes were damaged or destroyed, as were many businesses. Among those killed was the nephew of our Federation maintenance supervisor Aaron Russell, to whom we extend our deepest condolences.

The Jewish Federation of Greater Chattanooga has been on the ground assisting ever since. We are a “functional Federation,” meaning we both raise community dollars for programs and services AND implement them. We ARE the Jewish Family Services. We ARE the outreach and engagement for programming. We ARE the Jewish preschool. We ARE the JCRC and Young Leadership. We ARE the communication vehicle (via our monthly magazine *The Shofar*, our Facebook page, our website, and our yearly community directory). We might be a small community but we are mighty and we have a big heart.

Under the leadership of our Federation Board Chair Mike Spector, the Federation board of directors has been calling the entire Jewish community over the past several weeks, checking on them as they are sheltered in place during the coronavirus outbreak. Our social services team has ramped up even further than usual, offering grocery shopping, medication pickups and fulfilling other foreseen and unforeseen needs. Our weekly Mitzvah meal deliveries continue as does our transportation service to necessary appointments. We offer these services throughout the year anyway; as you might expect, the needs have increased in the past month. The Federation is also partnering with our local United Way to distribute Restore Hope Funds to those who need it in the Chattanooga community.

After the tornadoes, the Federation staff called everyone in the affected zip codes to assess needs and check on them to offer any emergency services. Many families were unaffected yet very appreciative of our calls. A significant number of families were still without power while other families were totally displaced due to damage to their homes. The Federation has been in contact with all families to ensure their basic needs are met. We are all thankful to be alive and safe.

COVID-19 and the tornadoes have taken an emotional toll on our community, my staff and me. Sometimes we focus on our work – our passion – and don't sit down to reflect on our surroundings. We become hyper-focused on the community. But we are human too, with the same challenges as those we serve. I have made it a point to give the staff opportunities talk to each other during our regular staff meetings, to share and open up about themselves and their



April 12th tornado devastation in East Brainerd

Tornado Relief Fund

You can donate to the Federation tornado relief fund through our website. Your donations will go to those affected by the storm to help with housing, food, and emergency expenses.

<http://www.jewishchattanooga.com>

feelings during this difficult time.

I am so proud of my Federation team – staff and volunteers. There is no doubt that we will come through these challenges an even stronger, more united Jewish community.

Thank you for keeping us in your thoughts and prayers, as we are keeping you in ours.

Wishing all of you a Shabbat Shalom.

*Michael Dzik, Executive Director
Jewish Federation of Greater Chattanooga
The above letter was sent to Jewish Federations of
North America on April 17, 2020.*

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social services

Here for You



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

COVID-19. Tornadoes. We're all adjusting to these unforeseen events and this new way of life. Here's what Social Services has been up to, to try and make things a little easier for our community members.

--We have trained many wonderful volunteers, with whom you've likely spoken to, if you agreed to be contacted. These are simple check-ins to let you know we're here for you and to remind you of our services at the Federation. I'm very thankful for our volunteers!

--Brenda and I have also been checking in with folks, offering services, placing grocery orders for delivery through SHIPT, and meeting needs as best we can. Our drivers have done a fabulous job picking up groceries for clients and delivering prescriptions and meals.

--We continue to transport to medical appointments.

In addition to the above, the Federation has been participating in the Restore Hope grant offered by United Way, helping individuals impacted by COVID-19 obtain money. It assists those who have lost wages or employment by helping with rent, mortgage, utilities and other necessities. Funds are made available on a case-by-case basis. If you or someone you know needs assistance due to COVID-19, they can call 2-1-1. Those applying will need to provide proof of how they were impacted by the virus in order to be approved.

Lastly, I just wanted to acknowledge all of the very sweet individuals we've reached out to in the last month who've offered their own services, to call others, and even grocery shop for others. It's really shown me how kind our community is and just how willing they are to help out during this time. Your kindness has not gone unnoticed.

If you need any assistance, please feel free to call the main number and speak with Jake Balsler or you can reach the Social Services department directly at 423-893-9241. We are here for you.

**YOU ARE
NOT
ALONE!**

All This and Now More?



Brenda McColpin, RN, MSW

(423) 322-8641

Hours: Monday/Tues/Thursday

Sometimes just when we think life could not possibly get any more difficult, it does! Traumatic events can be extremely overwhelming. During these times emotions are high and fears run deep. There is so much uncertainty. Answers often seem lacking, if not totally missing. The heaviness of burdens can reach a point of despair. The inner despair can bring about depression. Finding healthy ways to cope is vital to a sense of well-being, to survival, and to resilience.

"Coping" may look different for someone with a prior history of dealing with trauma or with a diagnosis of an anxiety disorder than it does for someone who has never experienced trauma or excessive stress. For a person with previous history of trauma or anxiety problems, additional stress may hit harder than those for whom there has been no previous stress, and it may be more difficult for them to bounce back.

Learning from the stressor or trauma--finding meaning from the experience--is considered growth. This process happens rather quickly for some, while others find resiliency and post-traumatic growth require a lot of time and energy. It may happen in a month, a year or more, or may not fully happen over a lifetime.

Coping with struggle involves giving yourself permission to feel what you are feeling in the moment. Not to say that you wallow in it--on the contrary, it is important to accept what has happened to you--past and present--but not allow it to dictate your current response. Developing resilience to further stress entails learning to accept where you been, and taking past experiences at face value. It is important to accept your circumstances, rather than beating yourself up for what you have been through. Keep in mind there is no perfect method to get through hard times.

(Source: <https://www.psychologytoday.com/us/blog/surviving-and-thriving-after-trauma/202004/what-is-post-traumatic-growth-and-coping-in-pandemic>. Edited for space.

Some of you have received calls from us here at Social Services, or from our volunteers. During this difficult time, we want to make your life easier. Please do not hesitate to let us or the volunteer know if you have a need for social services. We may not have all the solutions; however, we have a lot of our own resources and we are aware of many other community resources to assist where we may not offer something.

Community Business Listing

The following businesses are community-owned. This listing is a courtesy of *The Shofar* and is intended to encourage community members to support their fellow business owners. Want your business listed in the June issue? Send info to Dshavin@jewishchattanooga.com

*Allied Eye

Dennis & Susan Matzkin
Ophthalmologist, accepting most insurance plans,
comprehensive optical shop www.alliedeye.com
423-855-8522 call or text for appointment

*Chattanooga Allergy Clinic

Mark Cromie, MD
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Andy Hodes
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O: (423)664-1600

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1280 Market Street #305
(423)886-5269

*River Street Deli

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Home, but in Limbo

It's been three weeks since I left the USA, but I don't yet feel like I've arrived back in Israel yet. I emerged from quarantine a week ago, but still haven't left the house, or met

my friends or extended family members, or eaten my city's famous hummus, or sat for a cold beer at my local pub. I got to have the Seder with my family, but in a very unusual way: my family sat around the table inside the house, and I sat at my own table outside the house (see photo). We kept the door open so I could hear the blessing and be part of the dinner as much as possible.

I'm sending my love and support to all of my Chattanooga family. I miss you all. Stay safe, and we will get through this together!



HADAS (PELED) GOREN

Hi everybody, it's me...Hadas!

These last few years have brought lots of great moments but also some challenging ones – mentally and physically. After my arrival home, I worked at the Reform Movement for four years as a school program coordinator between Israel and the US. After being an educator for so long, I decided to change careers

and am now the Office Manager of a real estate and entrepreneurial company. It is a breath of fresh air; being an educator is rewarding but also very demanding. This work has opened up new areas of interest, and I enjoy it very much.

In addition to a new job, I'm more involved with sports--long distance running and tennis. Who knows, I might show up to the next Night Run Chattanooga!

As for as the juicy stuff... I got married to the love of my life, Amir Goren, in 2018. He is also an educator. We live in Kibbutz Eyal, about 30 minutes northeast of Tel Aviv.

I miss my Chattanooga home –the people and the feeling of belonging. Whenever you want to chat or come visit, get in touch with me (so I can tell you what to bring me from Target)...ha-ha, just kidding...! Sending love, hugs & good health to all.

Community Voices: Former Shlichas Shiran Amir and Hadas Peled in Israel



SHIRAN AMIR: It's been four weeks now that I've been sheltering at home, barely going anywhere, not even talking about seeing anyone. I haven't seen my family face to face, only through video. I haven't seen my friends, my colleagues, my city, my country. But since the lockdown started and the social

distancing rules kept everyone in their homes, we've started connecting on the mental level even more. This is how life goes: you lose one thing, you gain something else.

At first, this whole situation felt absurd. Like a military drill that got out of control. As a soldier, I served in the IDF Spokesperson Unit of The Home Front Command. We used to have two or three big drills a year and we practiced handling major war events and civilian disasters. After all, Home Front Command in the IDF deals with the citizens and the inner part of Israel, everything that is not the borders. As an 18-year-old, old the scenarios always felt so unreal to me. We lived in such a normal world, it seemed impossible that something crazy like this could ever happen.

I am in my thirties now, and it did happen. The streets of Tel Aviv are so empty that the first time I left my apartment and walked to work I felt so much sadness. It's not easy to watch your city --a lion of vitality--go quiet. And not only my beloved city, but every city in Israel.

People keep asking how am I doing these days. To be honest, I'm doing just fine. I still have a job that I'm doing from home, I'm healthy, working out indoors, cooking and baking as much as possible, and trying to be optimistic, to see these times as a glass half full.

If there's one thing I'm certain about it is this: we've had many challenges on this small piece of land, but it was always an outside enemy. This time, the enemy is so sneaky and transparent, that we must be each other's ally. And therefore today we are even more united than ever. My people are helping families and the elderly in need, trying to be good and do good. We're reliving the message of unity and freedom. This is some comfort in times of change and uncertainty.

Micah Hodes to Graduate East Hamilton High School



Congratulations to Micah Hodes, son of Melody and Andy Hodes and grandson of Audrey Minns z'l and Liz Hodes z'l and Alvin Hodes. He is brother to fourteen year-old Jonah Hodes.

Micah particularly enjoys his physics and calculus classes, is a member of the National Honor Society, and is graduating in the top ten percent of his class. He serves as East Hamilton High School manager of the varsity basketball team, and participates in Model UN and Youth in Government.

Outside of school Micah has been involved with Jew Crew and enjoys building and programming online games. This past year he served on the B'nai Zion Board of Directors, and he has volunteered at the BZ/Mizpah Christmas luncheon since its inception. He also worked at Ace Hardware for over two years.

Micah looks forward to attending The Honors College at The University of Alabama at Tuscaloosa. He plans to pursue a degree in aerospace engineering.

EXPERIENCE JEWISH CULTURAL - VIRTUALLY

Save the dates for these incredible events on Zoom:

Sunday, May 3, 6:00pm central
Saul Kaye
Jewish Blues Concert
 New Jewish music from an old soul. Saul Kaye is the pioneer of Jewish blues!

Thursdays, May 7, 14 & 21,
 7:00pm central
Learn with Joel Hoffman
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- May 11th
- May 18th
- May 25th

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Jewish Federation Receives PPP Loan


Small businesses and nonprofits have been hit extremely hard by the rapidly changing economy. The Jewish Federation applied for and received a Paycheck Protection Program (PPP) loan as part of the CARES Act that was recently passed. This loan, all of which will be forgiven, will help cover our payroll costs, especially in our pre-school, which has been closed since mid-March. The Federation has retained 100% of staff as we continue to provide vital services and meet the growing needs within our Jewish community.




Although our in-person programming is temporarily suspended, we are producing several local ZOOM opportunities along with regional, national, and international virtual programs. In April we went **Back to the Future** with special programs from Chattanooga's past shlichim: Raoul, Einav, Hadas, Noa, Shiran, Chen and Amit. These shlichim are more than friends, they are our family. In May we will partner with **ISJL** and many Southeast communities for a live music concert and a three-part education class. **Foreign Policy Supper Club** has moved to ZOOM in May (see page 4). We will continue to provide Jewish programming opportunities from our P2G region and from around the globe. And please join Michael Dzik for **Mondays With Michael**, for his thoughts on Jewish community, world events and local happenings.

SEE YOU ONLINE!







Two Words of Advice for the Concerned Buyer or Seller:


When you buy or sell real estate, and you want assurance that your investment is protected, heed these two words of advice:
Andy Hodes

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D: 423-664-1818
O: 423-664-1600
Andy@AndyHodes.com
www.AndyHodes.com



A Note from Alice Goss Morgan



It's hard to believe that my cancer diagnosis was nearly one year ago. I want to extend a huge thank you to everyone who reached out and supported me during this very difficult personal time. The cards, texts and donations have been so meaningful and helpful. A huge thank you to Sandra

Hammond, who has ably handled the kitchen duties in my absence. I know the entire Federation and Aleph Bet staff also stepped in to help – I appreciate you so much. And a thank you to the many volunteers who came in to bake desserts, too!

My attitude from the beginning has been positive, and it remains so today. I have had months of chemotherapy and radiation and completed the

Whipple surgery last month. This surgery requires 6-8 weeks of recovery, and although I'm ready to be back in the kitchen at the Federation, I know I need a few more weeks of rest. COVID-19 may delay my return a little longer than I would like – but I promise – I will be back soon! And I truly cannot wait!

My son AJ will continue to update the Caring Bridge website. I have scans and additional doctor appointments late in April, so I don't have any more information to share as of this writing. I'll keep everyone updated on my health and when I am able to be back at the Federation.

Many of you remember my mother, Claudia, who was the cook at B'nai Zion for over 20 years. One thing she said always stuck with me – if you take care of the Jewish community, the Jewish community will take care of you. Each of you, in your own special way, has been taking care of me. For the last 18 years, you have taken my family into your lives and made us a part of this special community. I truly do feel a part of the Jewish family. I honestly don't know if I could have made it this far without you. You brightened up many of my days. I cannot thank you enough.

Stay in touch through the website, community email, and our Facebook page. See inside back page of this *Shofar* for handy list of email addresses.

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)	Brouner, Lee	Hanan, Michael	Lebovitz, Charles	Sivils, Janet
*Allen, Amelia	Center, Austin	Hanan, Rachel	Lebovitz, Lauren	Spector, Linda
Allen, Owen	Center, Marilyn	Hanan, Victor	Lebovitz, Michael	*Spector, Mark
*Alper, Maxine	Cohen, Tal	Hill, J.R.	*Levine, Lawrence	Spector, Mike
Balser, Jeff	Cohn, Herb	*Hochman, Colman	Lowe, Beth	Susman, Gail
Balser, Robin	*Cohn, Sue	Hochman, Lynn	Lowe, Rob	Susman, Joel
Barukh, Rebecca	Cowan, Rob	Hodes, Alvin	*Malsh, Rebecca	Weiner, Cara
Berz, Bob	Diamond, Karen	Hodes, Andy	*Nash, Ike	White Dropkin, Donna
Binder, Claire	DiStefano, David	Hodes, Melody	Oxenhander, Barbara	Winer, David
Black, Bonnie	DiStefano, Susan	Howard, Lynn	Parker, Jordan	Winer, Elaine
Black, Stephen	Dittus, Sandy	Israel, David	Pregulman, Helen	Winer, Finette
Bogo, Jerry	Dropkin, Warren	Israel, Scott	Richelson, Alan	Winer, Sanford
Bogo, Rosalee	Dzik, Michael	Jaffe, Dot	Rose, Cassie	Zachary, Richard
*Bohn, Jerry	Dzik, Paula	*Jaffe, Sam	Rose, Kevin	
Brooks, Ellyn	Fairchild, David	Lebovitz, Alison	Rosenfeld, Jackie	* Deceased
Brooks, John	*Frank, Estelle	Lebovitz, Alan	Rosenfeld, Roy	
Brouner, Betsy	Hanan, Jan	Lebovitz, Betty	Siskin, Pris	

See how easy it is to join the Legacy Society!

Call Michael Dzik at 493-0270 ext 15.



923 McCallie Avenue
youth@mizpahcongregation.org
traci.sloan@gmail.com.



Lily Dropkin Traci Sloan



Keeping it Going Despite the Odds

We are heartbroken by the abrupt end to the Machanooga school year. We were looking forward to all the holidays we planned to celebrate together, all the activities we had planned, and all the special moments with teachers, students, and teens still to come. We have spent the last month working on virtual and online resources for our students and their families. Our main goal during this time is to keep our community connected. The relationships that we form in our community are our greatest asset to Jewish life and learning. Keep your Jewish relationships intact--the rest will follow.

In order to help steward these connections, we are offering the following programming. Watch your email for Zoom links!

- Machanooga Shirah, Sundays at 10:00AM - This song session is how we begin each session of Machanooga, and we have moved it online. Come join us in song and spirit!
- Teenager Hangout, Sundays at 11:00AM - We are offering a weekly hangout session for teenagers involved in our program. This is open to teachers, madrichim (teenage teaching assistants), and 7th and 8th graders.
- Grade Level Meetups, Sundays at 1:00PM
 - For 4th to 6th graders, we are offering a weekly meet-up: Jeopardy with Lily.
 - For Pre K to 2nd graders, we are offering Story Time with Traci.

We hope to have a final, in-person closing session when it's safe, but these programs will continue tentatively through May 17th (except Mother's Day, May 10th). Please stay healthy and safe and enjoy the pictures on this page from past events this year. We miss you all.

*L'Shalom,
Lily and Traci*





Meghan Greybeal

alephbet@jewishchattanooga.com

(423) 893-5486

Aleph Bet at Home is in full swing! So much of what we do every day is cultivating personal relationships with our students and families to help them navigate the early childhood ups and downs. Finding ways to do this without being in the same building has certainly been challenging!

I'm so proud of how the Aleph Bet teachers have risen to the occasion, and have worked to motivate, soothe, and connect with the kids they love so much. We've sent home supplies and "assignments" on two occasions, and will continue to be a resource families can depend on to help fill long days at home.

Each classroom now has its own Facebook group. The teachers have used them to tell stories, sing songs, and share some of their favorite resources with parents. Two of my favorite highlights: Ms. Norma hosting a dance party to the Yellow Room's most requested song, and Ms. Julie's son Alex singing the Hatikvah to help the Blue Room practice.

We've also had some Zoom meetups, so the kids could see their friends and teachers, and Miss Shannon has used Zoom to lead a couple of craft projects! As for me, I've really enjoyed opening my home during Facebook live videos to help bring a little bit of our usual Passover fun right into the kids' homes.

Every May we celebrate the end of the school year, and for some of our friends, the end of their time in pre-school. This year those celebrations could look a little bit different, but we are still excited to honor the path our kids have traveled. I know I can speak for all of the Aleph Bet staff when I say to our Blue Room graduates: we love you, we're proud of you, and we

cannot wait to see the worlds you will conquer in all the years that lie ahead.



Zoom staff meeting



Ms. Tammy helping with Hebrew



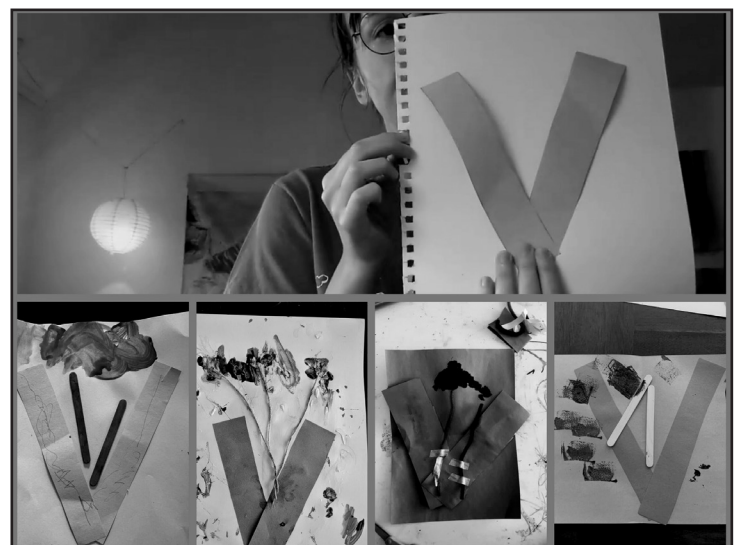
Thrilled to see her friends!



Class supplies for delivery



Cards for community members



Ms. Shannon helping out with a craft project



923 McCallie Avenue Chatt.
TN 37403 423-267-9771

Office@mizpahcongregation.org
www.mizpahcongregation.org

A Message from Rabbi Craig Lewis



Rabbi Abraham Joshua Heschel taught that Sabbath is not dependent upon place. It is a “palace in time with a kingdom for all.... [It] is not to be noticed in the physical structure of things, in their spatial dimension.... The Sabbath surrounds you wherever you go” (The Sabbath, 1951).

Therefore, wherever we are when we sanctify God, our day of rest, our holidays, and our traditions, we share in constructing a palace, a virtual sanctuary that covers us all. We can be together via technology, or we can be together through the knowledge that Jewish families around the world are united in upholding our faith even through difficult times of isolation.

What began with A.J. Heschel, shall conclude with Feivel Mousekewitz: “Even though I know how very far apart we are, it helps to think we might be wishing on the same bright star” (An American Tail, 1986). We, at Mizpah, are working to provide entrances to the “palace in time,” and we invite you to join us, from wherever you are sheltering in place, to be part of our community in spirit.

Shalom, Rabbi Lewis

A Message from Lily Dropkin, Head of Youth and Family Programming

COVID-19 isn't keeping Mizpah from making moves! We have moved much of our programming online with virtual Zoom programming. For Shabbat worship, all services are broadcast via Live Streamed. For adults, we are having Torah Study and Lunch and Learn online. For youth, we have lots going on! We are hosting weekly cooking classes, as well as Havdalah.

Contact the office for more information.
423-267-9771

Homemade challah braids



MAY WORSHIP AND STUDY SCHEDULE

NOTE: This is a COVID-19 Schedule
All Programs are on ZOOM or Live Stream
Check our Mizpah Email Announcements Monday and Friday

Sundays:	Machanooga: Sunday School	10:00 am
	Last day May 3rd	
Tuesdays:	Adult Hebrew	4:30 pm
	Introduction to Judaism	6:00 pm
Wednesdays:	Mussar: Sacred Teachings and Ethics	7:30 am
	Mizpah Hebrew School	4:30 pm
Thursdays:	Lunch 'n Learn: Seasonal / current events	12:15 pm
Fridays:	Oneg/Kabbalat Shabbat Services	6:00 pm
	May 9 Havdalah and Family Program	6:15 pm
	May 15 Shabbat Shirim: Sabbath of Song	6:00 pm
Saturdays:	Torah Study w/ breakfast	9:00 am
	Shabbat Worship services w/ Torah Reading	11:00 am

BE WELL – STAY SAFE- REACH OUT IF YOU NEED ANYTHING

423-267-9771

Office@mizpahcongregation.org

A message from Frank Miller, Mizpah President



As your incoming Mizpah President, I am so proud of how Mizpah Congregation has come together to continue all our activities. We offer worship services

both Friday night and Saturday morning with our Live Streaming service. We are ever-grateful to the legacy of former President Harold Schwartz, Jr. (z"l), and his wife Elwynn, for endowing our Livestream service. Torah Study continues Saturday mornings via the online service Zoom. It is great “seeing” everyone. Our Caring Committee – Chaver l' Chaver – Friend to Friend – initiated by incoming VP -Administration Will Melnyk - is reaching out to congregants who need assistance or just a word of support. We stand together with the entire Jewish Community until--and of course after-- we can congregate together in person.

Frank Miller

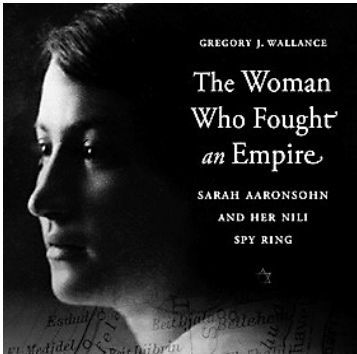


We are pleased to announce a fresh, new, up-to-date website, which is a work in progress but certainly a huge advance! Check it out at www.bnaizioncongregation.com and like us on Facebook!



At times like these we need each other and our faith. In addition to having had a wonderful seder, BZ continues to have weekly Wednesday evening minyan, Friday evening Kabbalat Shabbat services, BSI Scholars of the Scroll, Book Club, and more!

The office is staffed by Amy (ext. 700) 9am- 3pm, Tuesday through Friday. Please do not hesitate to reach out to Rabbi Tandler (ext. 702), who continues to provide pastoral care, and Laurie (ext. 730), who provides opportunities for Jewish education for all.



May Book Club – *The Woman Who Fought an Empire : Sarah Aaronsohn and Her Nili Spy Ring* by Gregory Wallance

Though she lived only to twenty-seven, Sarah Aaronsohn led a remarkable life. *The Woman Who Fought an Empire* tells the improbable but true odyssey of a bold young woman—the daughter of Romanian-born Jewish settlers in Palestine—who became the daring leader of a Middle East spy ring. Set at the birth of the modern Middle East, this tale rebukes the Hollywood stereotype of women spies as femme fatales, and is both an espionage thriller and a Joan of Arc tale.

BZ's youngest!





Rabbi Shaul Perlstein

Seder in a Box

Chabad's Seder in A Box and Shmura Matzah was enjoyed by so many all over Chattanooga. Our community was together, even with the physical separation. It definitely was a challenge this year but it was special knowing that we were all in our own homes, and yet all connected with the same theme, the same idea, and the same experience.



**Virtual
Chabad Hebrew School**

While school is out, join thousands of Jewish children worldwide for exciting Torah learning.
www.ckids.net/hslive
Sunday morning 10am-12pm
April 26
 Character Counts: An Omer Journey
May 10
 Lag Baomer & Mother's Day
May 17
 Israel
May 24
 Shavuot
May 31
 Graduation



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 biblical stories are strange.**

ICONIC STORIES, MYSTICAL MEANINGS,
 AND THEIR LESSONS FOR LIFE

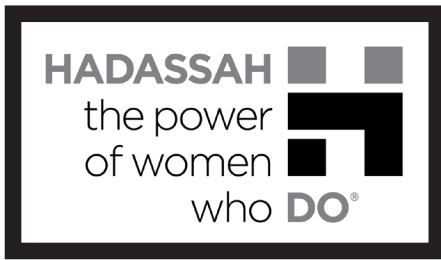
*Some dismiss them as legends; others look deeper
 to discover their profound wisdom for life.*

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SIGN UP TODAY: WWW.MYJLI.COM



Hadassah Happenings

by Judith Sachsman

Hadassah has postponed the May 3rd dinner until late August or early September, when the speakers will describe their Grateful Patient Experience at Hadassah Hospital, and Dana and Richard Waxler will be honored with the Myrtle Wreath Award for service to the community. Spring 2020 will be an opportunity for a No-Show Donor in support of the 360 Degrees of Healing Campaign, expanding medical services in the Round Building of Hadassah Hospital.

On an immediate basis, all Hadassah members can be proud of Hadassah Hospital at Ein Kerem, which has been designated by the Ministry of Health as one of seven hospitals in Israel to take coronavirus patients. At an immense financial cost to the hospital and to avoid any potential risk to other patients and health professionals, a secure, secluded and equipped environment on several floors of the iconic Round Building has been created and is being administered by infectious disease experts. Hospital administrators are expanding the number of ventilated ICU beds, offering more COVID-19 treatment areas and bolstering testing capabilities. Ein Kerem has even developed an in-house, alcohol-based cleaning gel, Hadassol, which is also being sent to the Israel Health Ministry.


The Super South Tri-Region Hadassah Conference planned for Atlanta May 15-17 has just been reconstituted as a VIRTUAL MEETING, "Plug In & Power Up" for the Super South 2020. New National Hadassah President Rhoda Smolow will be a speaker as well as several others. The virtual meeting will take place on Sunday, May 17th, from 10 a.m. to 12:30 p.m.. Members must register but this meeting will be free. This is an opportunity for anyone who has never been able to get away for an entire weekend to take a virtual trip to a Hadassah Tri-Regional event. Incoming Southern Region President Susan Smolinsky can be reached for questions at hahtool@cox.net (225 252 1652)

Annual Giving starts at Chai Society at \$180 a year, and includes Keepers of the Gate, which starts at \$1,000 a year. New members of Chai Society will be the first to receive a specially designed new pin. Annual giving enables Hadassah National to plan the charitable support of Hadassah Hospital in Israel as well as countless other projects. Celebrate each lifecycle event with membership in Hadassah. Contact Judy Sachsman (jmsachsman@gmail.com) for information about

Hadassah enhances the health and lives of people in Israel, the United States, and worldwide. By connecting and empowering Jewish women to effect change, we are the women who do.

(continued from below) annual and life membership and Dana Waxler (dwaxler@comcast.net) for information about Annual Giving.


Those members hunkering down at home can go to the MyHadassah.org website for interesting videos, recipes, concerts, and interviews. Let Hadassah take you places!



PLUG IN & POWER UP TRI REGION CONFERENCE VIRTUAL MEETING

PLUG IN AND POWER UP WITH A 'BYTE' OF THE SUPER SOUTH TRI-REGION CONFERENCE

Join us VIRTUALLY on
Sunday morning, May 17, 2020
10:00AM (ET) - 12:30PM
via GoToTraining
[Click here to register!](#)




featuring
Rhoda Smolow, Hadassah's new President
Steven Frank, Social Media expert at Hadassah

Plug in your computer and your coffee pot & get set to be energized and empowered!

Connect with Hadassah sisters from Southern, Southeastern & Southeast Seaboard

Please let us know you'll be there!

No charge to participate



HADASSAH
SUPER SOUTH

Southern | Southern Seaboard | Southeastern



Federation Happenings

A full listing of monthly programs is also on our website, jewishchattanooga.com, where you can RSVP.

Stay Informed!

Up-to-date information about online programs, cancellations and changes can be found here:

--weekly community email

--Federation Facebook Page

(Jewish Federation of Greater Chattanooga)

--Federation website

(Jewishchattanooga.com)

QUESTIONS? Call us! Our lines are forwarded to our cell phones when the JCC is closed.

TRIBUTES

In Honor of

Will Melnyk
Michael Bunting

Lillian Price
Deborah Dunn

Alison Lebovitz
MJ and Howard Levine

In person Tuesday Cafe will be not be happening in May, but we will be delivering meals on Thursdays!



If you would like a delivered kosher meal, call Christi Hausteин at 893-9241, or email Federation@jewishchattanooga.com.

Vegetarian options available. \$8. Rsvp@jewishchattanooga.com or 493-0270.

CONTACT LIST

all addresses are @jewishchattanooga.com

Michael Dzik	mdzik
Annette McJunkin	amcjunkin
Ann Treadwell	atreadwell
Christi Hausteин	chausteин
Brenda McColpin	nurse
Meghan Greybeal	alephbet
Jake Balsler	federation
Dana Shavin	dshavin

The Federation will continue to provide rides to doctor appointments and the grocery store though we encourage you to utilize grocery store and pharmacy delivery services. Some are now offering these for free but we can cover the cost of delivery.

For the time being we will be cutting back on transportation to non-essential appointments. Stay well and practice social distancing--for yourself and others!

Mazel Tov

--to Aaron and Jen Lincove on the birth of daughter Emilia Beth Lincove.

Condolences

We are sad to announce the passing of

--Dr. Leon Aronson, brother of Rosalee Bogo, in Savannah, Georgia.

--Randall (Randy) Baras, z'l, son of Buddy Baras, z'l and Monica Segal, brother of Lisa Baras (Jeff) Stark and Jeff (Hani) Segal, and father of Miranda (Jordan) Morrison and Zachary (Alexandra) French.

--Paula Garry Savett, daughter of the late Emily and Gus Garry, sister of Judy Garry of Black Mtn., N.C. and Ivan Garry of High Point, N.C.

--Raffell Jenkins, nephew of Aaron Russell, Operations personnel for the Jewish Cultural Center.

--Ethel Kopkin, mother of Mark Kopkin & Marian Kopkin, and aunt of Marcie Mott.



Jewish Federation OF GREATER CHATTANOOGA

P.O.Box 8947
Chattanooga, TN 37414

Jewish Cultural Center:
5461 North Terrace Road
Chattanooga, TN 37411
(423) 493-0270

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Dana Shavin, Editor

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Jewishchattanooga.com



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