

the Shofar

February 2021



A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA



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FROM THE EXECUTIVE DIRECTOR

New year, new resolutions, new outlook. Over the last year, I'm sure we've all re-evaluated what is most important to us: family time, experiences, community, health, caring for others, friendships, and so much more. But these are much more, much bigger than just words—they're the things I'm most passionate about. To me, these words also define and shape our Federation.

I couldn't be prouder of the Federation—the board, staff, and all of the volunteers this past crazy year. Within days, we swiftly adapted our environment from in-person to virtual. But somehow we were able to keep the Federation's special personal touch to everything we did. I still felt connections. Everything still felt like family and friends. Experiences still occurred: sometimes virtual, sometimes with drive-through events. How can an organization remain connected when we aren't in the same physical space?

I've come to a few conclusions on this. Caring for others is a value, even a commandment, in the Jewish community. But you can't be forced to "care" about others. I think this Jewish community is special. We are part of an atmosphere of caring people. The Federation is many things to many people, yet the overarching value is that people care about people.

Second, Jews are known for coming together in times of celebration and sadness. COVID has only enhanced these emotions. The loss of friends and families has been tragic. The way we mourn and bury our loved ones has taken on new forms. Loss of jobs or even a business has been life-altering. Meanwhile, celebrations of weddings, bar/bat mitzvahs, and even our holidays have been shining examples of how strong a community we are. Although

the way we experience life has changed, we continue to work even harder to ensure we are together, if even virtually.

**Caring for others
is a value, even a
commandment, in the
Jewish community.**

The pandemic hasn't desensitized or changed me. In fact, I think my senses are stronger and deeper today than before. I feel more attuned to my strengths and weaknesses, my likes and dislikes, and the values that are most important to me. I've learned a great deal about myself, others, and the community. As we all take an accounting of the past year, I'm only energized further to continue building relationships, caring for others, and strengthening our Jewish community and Federation. We will continue offering the best of programming and services during these challenging times. I look forward to being back together in person; it's on the horizon. In the meantime, I'll continue giving virtual hugs to all of you through these social distancing days.

Michael Dzik

Michael Dzik

Mdzik@JewishChattanooga.com
893-5443

**Without a
sense of
caring,
there
can be no
sense of
community.**



FROM THE BOARD CHAIR

Mike Spector Mspector19@Gmail.com

A New Year

Aren't we all looking forward to something different in 2021?

I am not one that puts much faith in resolutions—I tend to break them as soon as I make them. Instead, let's talk about what we would like to see as opposed to what we need to do.

I would obviously like to see people being able to safely get together and congregate again. Mostly, I would like to see normal, whatever that means. I think I have forgotten what normal is. I do know some who have received their first dose of the vaccine. The social services department, Christi and Brenda, have been deemed essential and have received theirs. Our drivers and Aleph Bet teachers are next in line. At my age, my peers have lined up, too. Not me yet, but hopefully soon. Perhaps by the end of February, the social services department may be able to meet with some of our community members in person.

I am also ready to start watching something different, including the documentary series from Stephen Black's committee. The series began in January, but

there are several more this month. You can go to the Federation website and purchase tickets now. Thank you, Stephen and committee, for choosing some wonderful films.

January 25 was the Federation's annual meeting, and I'm excited about my second year as board chair. I also welcome our newest board members, Lindsey Dodson and Rob Cowan. Thank you for taking a leadership step forward and putting ourselves out there. Mazal Tov to all of our community volunteers of the year from all of our local Jewish organizations and congregations. Your hard work and dedication helps to make this Jewish community so special. And, I am especially appreciative of my wife, Linda, as well as Lynn Howard, who were honored as Federation's Volunteers of the Year for their contribution to drive-thru programs and for baking lots of desserts for the community over the past year. Yum!

I'm looking forward to seeing all of you on my computer screen soon.



FROM THE PROGRAM DIRECTOR

Ann Treadwell Atreadwell@JewishChattanooga.com • 493-0270 ext 13

Knowing When To Perform Alone Or As A Team

Many decades ago, as a freshman and sophomore in high school,

I was on my school's and New York State's gymnastic team. My love was soaring through the air, on the uneven parallel bars, wrapping around the bottom bar and floating to the grounding of the floor. I was better than pretty good. The bars made me understand the vault and timing. I could also twist and fly. I loved floor exercises. Occasionally, I dream about the feeling of mastering a sequence of things, flips, jumps, and pivots to music. If I didn't think it would hurt so much from the passage of time, I would still attempt to do a round-off backflip. I was horrible on the balance beam: I always struggled to balance my desire to move forward with the reality of the beam. And, I was by far not the best all-around.

So why did I win medals? Teamwork. I only have one medal that is a single event medal--all the rest are team medals. After a learning curve, it became clear that being the best in everything was not the best for me or for the team. I knew I wasn't going to the

Olympics, and I wasn't in the running for a college scholarship for my sport. I also knew that my parents would not allow me to be myopic in my lifestyle choices. Ultimately, I knew I could be there for the team.

And then life radically changed. I fell. Not a little fall, but one that resulted in me missing the bottom bar, flying over it and landing on my back on the floor. If my spotting coach, Mrs. Wilkinson, hadn't broken my fall, I would have been paralyzed. And no, I still can't watch the uneven parallel bar competition in the Olympics without feeling pain.

As it was, I spent most of my junior year in traction and a neck brace, very occasionally attending school. I managed to graduate halfway through my senior year since I didn't have my gymnastic distraction.

My teammates moved on, and I acquired a series of new teams and a new vision of how to belong.

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SOCIAL SERVICES DIRECTOR

Christi Haustein Chaustein@JewishChattanooga.com • 893-9241

Information about COVID-19 vaccines in our area:

Currently, vaccines are rolling out in phases, and every state and county is handling things differently.

For Hamilton County residents, please go to the Hamilton County Health Department's website:
<http://health.hamiltontn.org>.

For Northwest Georgia residents, please go to the Northwest Georgia Health Department's website:
<https://nwgpublichealth.org>.

These departments do not cover all the counties we serve, so please locate your county's health department to obtain the most relevant and up-to-date information on the COVID-19 vaccine. Please subscribe to receive updates from your local health departments, as changes and updates can occur daily. It might be difficult to reach your local health department via phone, but call if you do not have access to email. If you need help in looking up any phone numbers or web addresses, please feel free to contact me at 423-394-3922.

A few at-home exercises you can practice:

Stretch out your upper body – Stand with feet hip width apart, extend arms overhead interlacing fingers. Gently lean to the left, hold for 20 seconds. Return to the center and repeat on the other side. This can also be done from a sitting position.

Knee to chest stretches – Lie flat on floor with legs extended. If uncomfortable, bend your knees with your feet flat on the floor. Bring your right knee toward your chest slowly; grasp the back of your thigh to hold this position for 20 seconds. Then switch legs and repeat 10 times per leg. This stretch can also be done from a seated position.

Wall push-ups – Stand three feet away from a wall with your feet shoulder-width apart and your hands flat on the wall. Lower your body toward the wall, with the spine straight in a plank position, and then push back. Repeat 10 times. This helps improve shoulder and chest strength.

Step up, step down – Wear supportive shoes and step up, then down, on the bottom step of a staircase. No need to walk all the way up and down the stairs. This simple up and down step will suffice. Repeat 20 times, then rest for a minute and repeat again.

Pilates or yoga online – Both of these programs are low-impact and help build muscle strength and total body mobility. Free online classes are readily available to watch and exercise along with the instructor. You can learn the moves, then start out slowly and go at your own speed.

Chair yoga – If you're starting out with yoga or have balance issues, you can still perform yoga moves sitting in a chair. Sit up straight, then lean forward to lay your torso on your thighs. Take five deep, even breaths while in this position. You'll stretch your spine and back muscles while massaging your intestines.

Take a walk – Start out slowly and gradually add more time to your walks. It's a great way to get fresh air and is totally free. You might also have social engagement with neighbors while observing physical distancing. Great for both mind and body.

Resistance/Weight training – You don't need gym equipment to train at home. Rope or nylon ties are ideal to use as resistance bands. You can even try an old t-shirt or towel, too. Pull in opposite directions with both hands above your head. Try using that spare soup can in your pantry or a full bottle of shampoo as a weight. Fill an empty water bottle with sand or cat litter. You can move up to heavier items like filled gallon-size bottles if you're looking for more of a challenge.

Resources: For more information, go to "Hackensack Meridian Health"



Brenda McColpin, RN, LMSW Nurse@JewishChattanooga.com
Hours: Monday/Tues/Thursday • (423) 322-8641

The Correlation between COVID-19 and Increased Falls in the Elderly

When analyzing protocols for dealing with COVID-19, we recognize that quarantine, lockdowns, and social distancing all impact how we engage in physical exercise, especially for older individuals. Our elderly community members are encouraged to stay in to avoid exposure to the virus, but we also recognize that not engaging in physical activity can have detrimental effects.

The chance for falls is even more pronounced when mobility is restricted because the lack of physical activity can exacerbate underlying conditions. The good news is that staying physically active has been proven to reduce the risk and frequency of falls in the elderly.

For those elders that contract COVID-19, one symptom can be a drop in oxygen saturation. It is important to be aware drops in oxygen saturation can produce dizziness or cloudiness in the mind and thus increase the susceptibility to falls. It is a good idea to keep a check on your oxygen saturation level.

Discuss with your doctor the option of having a pulse oximeter available for at-home use.

It may be a while before everyone is vaccinated or the threat of contracting the virus is gone. This means that the number of falls will rise this year. Engaging in physical exercise at home is one way to improve strength and mobility and prevent falls. There are many YouTube videos available that offer instruction for home exercises for the elderly. Don't let inactivity increase the risk of a fall for yourself or your loved ones.

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Check our website for our daily menu

Ann Treadwell

Cont. from Page 3

The people who helped me reinvent myself included musicians, outdoorsmen, artists, politicians, and justice activists. My head spun with possibilities. The vision became "learn to reinvent yourself and adapt."

What does this have to do with the Federation? Everything. Reinvent and adapt. As the pandemic begins to wane, programming at the Federation will come back in person to the Cultural Center: maybe in full, maybe with a virtual component.

But it won't be the same. I'm sure we will have health restrictions and new protocols. I am also sure that after months of being cooped up, we'll have wants and needs. I want to be social, not necessarily in an educational format, at least in the beginning. I don't want to do the dishes or make lunch or dinner at least once a week. What do you think reinvented should look like?

You are my new team. "New?" you might be wondering. Of course, you were here and you are still here, but I would argue that none of us are the same. We are all reinventing ourselves and adapting. I am here as your team member to help as we, together, become.

FEDERATION SEEKING VOLUNTEER HANDYPERSONS

**The Jewish Federation is putting
together a handyperson corps!**

Seeking volunteers who can do odd jobs
and light repairs around the home.
Could include changing light bulbs, air filters,
small repairs and more.

Contact Christi Haustin

Chaustin@JewishChattanooga.com or 423-493-0270 x16



Tuesday Cafe via ZOOM February 2, 9, 16, 23

Fix your lunch, sit down in front of your computer, laptop, or phone, and let's chat!
Meeting number: 747 223 9161
Password: 940790



**Purchase matzo ball soup
or chili for just \$5 for a
one-bowl container.**

Call ahead to reserve – we do run out.
Contact Jake Balsler at 493-0270, or
Federation@JewishChattanooga.com

NEED A RIDE?

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 offer these for free but we can cover the cost of delivery if you need help.

**Our van drivers practice
strict cleaning procedures
before and after each client.**

Contact them directly for rides.

Monday-Thursday: Joel

Tuesdays & Thursdays: Jason
(Jason is primary contact for Tuesday)

**Joel Scribner (423) 321-4236
Jason Shuman (423) 320-1480**



Mitzvah Meals Delivered or picked-up

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

We are delivering meals on Thursdays.

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.

Contact:

Christi Haustein

Chaustein@JewishChattanooga.com
(423) 893-9241

**Your campaign gift helps support
Mitzvah Meals and Social Services,
which makes meal delivery and
transportation available to our community.**

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Foreign Policy Supper Club Dates and Topics 2021

Foreign Policy Supper Club takes place once a Month, on Mondays at 6:00pm virtually. Until further notice the meetings will be virtual. To receive the link to each session video and receive the corresponding article please RSVP@JewishChattanooga.com - There is no cost to attend virtual sessions.

Zoom Login ID: 747 223 9161 • Password: 940790

February 15 - Global Supply Chains and U.S National Security

The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item? Countries suddenly unable to meet the demand for certain supplies are faced with growing calls for economic nationalism. What are some of the lasting effects that the pandemic could have on global supply chains and trade? How would this affect national security?

March 15 - The Future of Persian Gulf Security

April 19 - Brexit: Taking Stock and Looking Ahead

May 17 - The Coldest War: Toward a Return to Great Power Competition in the Arctic?

June 21 - China and Africa

July 19 - The Two Koreas

August 16 - The World Health Organization's Response to Covid-19

October 18 - The End Of Globalization?



Condolences

We are sad to announce the passing of

Janette Kronenberg Kanfer - was preceded in death by her first husband Bernard H. Kronenberg and second husband Paul Kanfer, survived by her children Judi (Martin) Abrams, Dr. Joel (Suzie) Kronenberg, and step-son Joe (Pam) Kanfer.

Sandra Ann Siskin - former Chattanooga. Survivors include her sons, Brian Mallen (Melanie) and Rick Mallen (Laurie); her grandchildren, Sophie and Sam Mallen; her brothers, Jim Siskin (Dianne) and Harvey Siskin; and her nephew, Brad Siskin.

Richard Krause - He is survived by his wife, Shirley Krause; brother Edward (Diane) Krause; sister Linda Patterson; sister-in-law, Pam Kiser.

Nicki Greenberg Lasky - former Chattanooga, who was predeceased in death by her husband Dr. Richard Lasky. Her children are Kendall (Jyo) Lasky Hamid; Justin (Jennifer) Lasky; and Kaylan (Dan) Lasky. Nicki's brother Paul (Joy) Greenberg and sister Janis Greenberg Scott.

Joy E. Adams - Mother/Mother in-law of Lee and Iris Abelson, Pat Maner and Patty Mitchell, Sister to Louise (Fuz) Spector.

JOIN THE FEDERATION STAFF!

The Jewish Federation seeks
Part-time Driver
Approximately 15 hours per week
Tuesdays with flexibility for
Wednesday/Thursday



Drivers transport community members to doctor appointments, pharmacies, grocery stores and more.

Applicants should be friendly, caring and have a clean driving record

Contact **Christi Haustein**
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or 423-493-0270 x16



ALEPH BET CHIDRENS CENTER

Meghan Graybeal AlephBet@JewishChattanooga.com • 893-5486



Aleph Bet provides an educational, interactive and developmentally appropriate preschool program enriched by Jewish traditions and values.

Most years, the third Monday in January at Aleph Bet has been a day for teacher in-service. Typically, we give the kids the day off and take a little time to refresh and revive the classrooms and brush up on essential knowledge. However, with all of the disruptions we've had this school year, we decided to stay in session for our first ever Aleph Bet Day of Service!

Like so many organizations across the country, we chose to honor the legacy of Dr. Martin Luther King, Jr. by spending our day reminding our kids of the

value of helping others. With the spirit of Tikkun Olam, January 18th was dedicated to mitzvot for our community. We partnered with the Brainerd Community Food Pantry and Welcome Home of Chattanooga to help gather some of their necessary items and to bring a little sunshine to their day. We also reminded the kids that helping our community doesn't always have to be a big gesture—it can start by simply being helpers at home, at school, and everywhere we go.



NOW ENROLLING
AGES 2-5 PICK FOR 2020-2021



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Online: aleph-bet.com

Save The Date!

Breakfast for Dinner



A drive-thru meal & pajama party to benefit Aleph Bet

Wednesday, March 10th



Inbal Lev Federation Shlichah

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Three Generations of Social Workers

First Generation

My maternal grandmother, Avital, was born and raised in Kibbutz Ein HaMifratz, in the northern part of Israel. She went to college to learn how to be a social worker when she was nearly 30 years old. She was away at school during the week, leaving my mom and her younger sister at the kibbutz with my grandfather, and coming home on the weekends. When she graduated, she worked as a community social worker in the kibbutzim around them. While living in a kibbutz in the 1970s, every family lived their own lives, but every big decision needed to receive approval from the community. For example, going to study at the university, or going on a trip abroad required approval by a community gathering.

As a community social worker, Avital had to deal with disputes between members of the kibbutz—sick people, people injured in the army, and more—to bridge the gap between them and their kibbutz communities. Over the years, she was very well known in the area as a great social worker and organizational consultant. She retired from the regional social service department and did some private advising. Unfortunately, she passed away young, right before her 70th birthday.



Second Generation

My mother, Limor, decided to become a social worker as well. She earned two degrees from Haifa University.



Over the years, her career took several paths. She started as a volunteer coordinator in a small town, then for a few years, she worked in an employment agency finding caregivers for the elderly. After that, she was director of a day center for the elderly. For the past 17 years, she has worked for the same NGO

(a non-profit organization). The purpose of the organization is to promote vulnerable populations in various fields. They provide early childhood services, services for teen girls & young women at risk, families living in poverty and exclusion, people with vision loss, and support for children and youth victims of sexual assault. One of the highlights of my mom's career is that a proposal she wrote was accepted by the Israeli government as a governmental program, providing services to children and youth victims of sexual assault.

Third Generation

My oldest sister, Maya, served as an officer in the IDF for four years. Afterward, she chose to study social work at Tel Aviv University and graduated as a community social worker. Maya got a job in a fairly good neighborhood in Tel Aviv. In her first few months there, she noticed that there are problems for those who apply for services. The application process is complicated, and the solutions that the system can offer are insufficient. This situation creates frustration and lowers the motivation of my sister and her colleagues. Under these circumstances, we are not sure if my sister should continue this type of social work.



Please Join Us!

On **Monday, February 22 at 6pm EST**, my mother will speak about social gaps in the northern periphery of Israel. You're all invited to join in!

Zoom

Link is 747-223-9161

Passcode is 940790

Shabbat Dinner Pick-Up!

Jewish Cultural Center

Friday, February 12 2pm – 4:30pm

Delivery option available by request when reserving

Reservations and pre-payment

required by Monday, February 8

www.JewishChattanooga.com or call 423-493-0270

Children under 7 free; 7-12 years \$7.00

\$14 per person; \$25 for two adults



Included in Shabbat dinner: Challah, candles, grape juice
Southern baked chicken, red skin oven roasted potatoes, green beans,
heavenly cupcakes

Vegetarian option: Vegetable loaf

Children will have drumsticks unless otherwise noted

Please specify how many children/adults,
white or dark meat, when ordering.

Please specify if the adults are having their meal together or separate.

Sorry no late orders.



Meet the Parents PART TWO

**MONDAY
FEBRUARY 22
6PM**

ID: 747 223 9161
PASSCODE: 940790

**MY MOM, LIMOR
WILL GIVE YOU AN
INSIGHT OF
SOCIAL GAPS IN
NORTHERN ISRAEL**



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Chattanooga Jewish

DOCS

Documentary Film Series



February 2-4

Rabbi Goes West A Chabad rabbi and his wife adapt to their new home in Montana and encounter a mixed reception from the state's small Jewish community. *English, 73 minutes*

February 9-11 Chewdaism: A Taste of Jewish Montreal Struggling with their own proverbial "YidLife Crisis," two Montrealers on the cusp of middle age return to Montreal to discover their own mixed-up heritage in the story of Jewish Montreal, as told through an entire day's worth of eating in and around the city. *English, 62 minutes* followed by the short film **Gelfite**, about the making of this special Jewish dish. *11 minutes* **Thursday, February 11 , 7 :00 p.m.** Join Stephen Black virtually as he shares the making of a delicious Canadian favorite.



February 16-18 Nobody Was Interested, Nobody Asked Montreal after the war became home to Canada's largest community of Holocaust survivors, and after New York, the second largest in North America. The film describes how those who survived the Holocaust were marginalized. *English, 60 minutes* **Thursday, February 18 , 7 :00 p.m.** director Max Beer, and producer Deena Dlusy-Apel will hold a Zoom conversation about the film.

All films will screen virtually for 48 hours beginning at noon the day listed (Tuesdays) and ending at noon 48 hours later (Thursday). Scheduled discussions about the film will take place virtually at 7: 00 p.m. on the Thursday of that film's screening. Virtual screenings must be pre-paid in advance by visiting www.JewishChattanooga.com; you will receive the login code the morning of the screening and a Zoom code for discussions, if any, on Thursday. **\$12 one film at a time.**

LETTER TO EDITOR:

This is a wonderful film (**Shared Legacies**), inspiring and instructive, humanizing and intimate in a way seldom seen in historical documentaries. I've been familiar with much of the content of the film and met a few of the people when I lived in Atlanta, but I certainly know more about it now. Better yet, **I now know that I know** those things, and I feel so much closer, emotionally, to those people. I was an empathetic, deeply feeling child, then teenager, in Demopolis, Alabama - 40 miles down Hwy. 80 from Selma. I remember thinking and feeling sadness about some things I heard and witnessed as a small child and as a preteen. However, I was living in a

strictly segregationist town, in a segregationist family, and, by the time of the Selma march, I remember parroting some of what I had heard from adults or other kids about it. Until I began to attend Agnes Scott College, I didn't know that Jews were extremely important in the Selma march or in the civil rights movement in general, though Demopolis had long been home to a Jewish community, a synagogue, a Jewish cemetery, and a rabbi who always participated in our town-wide ecumenical youth week (for us white kids) with all the Protestant ministers. I certainly didn't know what the relationship was between Jews and Blacks in Demopolis. However, through some church-

sponsored summer jobs and later, through the thirty years I lived in Atlanta, I developed close relationships with Jewish and Black friends. I am so grateful to have a much fuller picture of these two groups of people who have been so important to me and a deeper understanding of some of my most important friends.

This film has also brought feelings of warmth and comfort to me in this sad and uncertain time. Thank you.

Judith DeWitt



2020 Volunteers

JEWISH FEDERATION - Lynn Howard & Linda Spector

This year, the Jewish Federation is pleased to announce that Lynn Howard and Linda Spector are our Volunteers of the Year. Even before the COVID shutdown in the spring, Lynn and Linda were integral to keeping the Federation kitchen running smoothly. They came in weekly to make desserts for Mitzvah Meals, and after Alice Goss-Morgan returned from sick leave, they continued to assist whenever asked. Linda became an ongoing kitchen steward. Lynn has diligently assisted with Holocaust programming for the schools. But it hasn't been all work and no play - giggles and laughter can be heard from the kitchen, even as tasks are carried out. We are so appreciative of this dynamic duo.

ALEPH BET - Our Families

While we had no "traditional" volunteer opportunities in 2020, we were blown away by the outpouring of support from our Aleph Bet families and the community at large. You gifted us with kind words of encouragement, social media love, participation in fundraisers and events, and monetary donations. Without you, we would not have been able to maintain our high standards for the children trusted to our care.



MIZPAH CONGREGATION - Dana Banks

Dana Banks has been an active member of Mizpah Congregation for many years, participating in all aspects of congregational life. We nominate her for Volunteer of the Year for her continued outstanding work as chairperson of the Cemetery Control Board. In this role, Dana meets with congregants to support them in difficult times. She maintains the grounds of the cemetery, which includes cleaning and repairing

the monuments, upgrading the landscaping, monitoring the grounds for downed trees and limbs, and negotiating with our neighbors, UTC, and the adjoining Confederate Cemetery.

Dana has also been the chair of our Mizpah's Break the Fast committee for many years. The congregation can attest to the wonderful spread that she and her committee produce each year, even creating a Yom Tov

box for each family to pick up this year. She frequently cooks and takes meals to congregational members who may not be able to make meals for themselves.

We are proud and delighted to recognize Dana for her many contributions to Mizpah Congregation.

MACHANOOGA - Our Parents

As we've heard echoed again and again this year, 2020 was a year like no other. Throughout our transition to virtual programming at Machanooga, one group of people stands out for their incredible contributions. This year, our volunteers of the year are all of our students' parents.

Our program would not exist without the tireless dedication of our partners in Jewish education who have gone

above and beyond the call to ensure their children are learning. We realize that this time has not been easy. Parents have turned on the computer, checked and rechecked the internet, sat beside their children during online learning to make sure that they stay engaged and focused. They've learned along with their children, encouraged sing-alongs, and crafted masterpieces with glue and crayons. We appreciate

all the hard work that our students' parents have put in this year to make sure that Jewish learning and growth can outlast a pandemic.



CHABAD - Callie Czarnecki

Chabad of Chattanooga takes great pride in honoring Callie Czarnecki as our Volunteer of the Year. After graduating from Chabad Hebrew School, Callie wanted to give back and ensure that other Jewish children receive the same love, pride, and joy of Judaism that she received. With her warm, friendly, and caring personality, Callie was there to inspire the children at Camp Gan Izzy and to make sure each and

every child had the best summer of their lives. Each week, the children at Chabad Hebrew school are lucky to have Callie teaching and sharing her love for Judaism. All of us at Chabad say THANK YOU and wish a Mazal Tov to Callie Czarnecki for being nominated as Volunteer of the Year!

Great Job!

B'NAI ZION - Joel Susman

It is no surprise that Joel Susman is such a passionate music enthusiast and aficionado, as the BZ family and congregation have relied on the steady rhythm of his volunteerism and the powerful beat of his dedicated spirit for many years. Besides serving as a longtime member of the BZ board of directors and executive board, he has also served as board president (2008-2010), treasurer and Vice President as well as many years as President of the Men's Club. He serves as Gabbai, works to include congregants in reading Torah at weekly Shabbat

services, and has always been equally active in the synagogue's day-to-day activities. What some might perceive as minutia, Joel sees as meaningful. An instrumental part of our congregation (yes, pun intended), Joel went above and beyond for B'nai Zion during the High Holy Days over the past two years. This year, he coordinated continuously with Rabbi Ed Bernstein on Torah readers; ordering goods, putting together and distributing bags for Break the Fast with Irv Ginsburg and others; and working alongside the B'nai Zion

office team to help meet all of their High Holy Day needs. We are grateful for Joel's tremendous investment of his time in making sure B'nai Zion's virtual HHD programming was so successfully inclusive. The lengths that Joel goes to serve this congregation knows no bounds and we are lucky to call him one of BZ's own.

HADASSAH - Carla Morrow

Carla has always been active in the Chattanooga chapter when she has lived in town. Most recently she has coordinated food donations to the Brainerd Food Pantry/Chattanooga Food Bank and toiletry donations to Room in the Inn. From the smallest detail of decorating the boxes to the actual delivery, Carla does it all!

Previously, Carla supervised the Annual Hadassah-Federation Hanukkah Dinner, even hiring the Klezmer musicians (Ed Bergin and Gordon Inman). Just last Purim, Carla helped with the Hadassah-Chabad tea by assisting with baking the Hamantaschen.

Throughout the years, Carla has served on many donor event

committees, making these annual fundraising events truly special. Carla worked on invitations, decorations, and planned for entertainment!

Hadassah is lucky to have Carla Morrow as a member. Despite working full-time, she has enjoyed contributing to Hadassah and the entire Jewish community.



Machanooga is a joint program between Mizpah and B'nai Zion that serves children from pre-K to 8th grade.



Lily Dropkin



Traci Sloan

Hi all!

We've had a slow start to our school year at Machanooga. While we had this break, our staff and teachers have been working hard on making our program the best it can be. Thank you all for continuing to support us and to entrust your children's Jewish learning to us. While we continue to plan this year, please let us know if you have any ideas for Machanooga! There are so many more opportunities available when we are in school virtually. Have an idea about a speaker, program, or video that we could use at our school? Let us know at Youth@MizpahCongregation.org or Traci.Sloan@Gmail.com.

We also still have a limited number of Machanooga face masks for sale! These masks are two layers of soft cotton and are available in red, orange, and teal for \$7 per mask.

Please email Lily at Youth@MizpahCongregation.org if you would like to support us and buy them! We will arrange delivery with you on a case-by-case basis.



Purim
is
Coming!
In Person
Drive Through
February 28th
10:00 AM

Machanooga
2020 -2021

Modified Spring Calendar 2021
All school days are subject to change.

January 24 - First Day of School
January 31
February 7
February 14 - President's Day - NO SCHOOL
February 21
February 28
March 7
March 14
March 21
March 28 - Pesach - NO SCHOOL
April 4 - Spring Break - NO SCHOOL
April 11
April 18
April 25
May 2 - Last Day of School

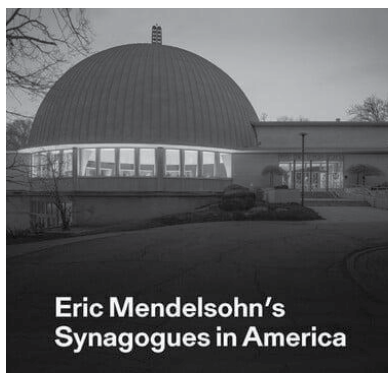
923 McCallie Avenue
 Chattanooga, TN 37403
 423-267-9771
www.MizpahCongregation.org
Office@MizpahCongregation.org



We are a welcoming and inclusive congregation, offering worship, learning, social action, and social programming that enhances the lives of our members, helping us as we make choices of our lives that we might better ourselves and our world by our actions.

COVID-19 update

Many of us are anxious to get back inside our building. We also know that some of us have received the vaccine, though many have not. When the Board and leadership of Mizpah and B'nai Zion deem it safe, rest assured we will welcome everyone back. Your safety is our ultimate responsibility. In the meantime, please enjoy all our online offerings, reach out to others, stay connected, and be well.



Eric Mendelsohn's Synagogues in America

Eric Mendelsohn's Synagogues | February 18 at 7:00 pm

On Thursday, February 18 at 7:00pm, Michael Craig Palmer will share a Zoom presentation of his photo book about the American synagogues of the German Jewish architect Eric Mendelsohn (1887-1953).

Eric Mendelsohn designed and built four synagogues in the United States that became benchmarks for modern American synagogue architecture, as Neville Teller wrote in the Jerusalem Post.

The book aims to bring Mendelsohn's lyrical architecture to the attention of contemporary Jewish communities and to discuss the roots of his Jewish identity and the way it influenced his work.

Purim Baskets

Friday,
 February 26

Purim baskets are gifts of food or drink that are sent to family, friends and others. The mitzvah of giving, Mishloach Manot, or the "sending of portions," derives from the Book of Esther. It is meant to ensure that everyone has enough food for the Purim feast, and to increase love and friendship among Jews and their neighbors.



Mizpah Ongoing and Special Activities

Please attend your favorite Mizpah activity. We offer *virtually* everything you are used to:

Sundays:	Introduction to Hebrew	4:30 pm		
Tuesdays:	Introduction to Judaism	6:30 pm		
Wednesdays:	Mussar- Must sign up	7:30 am		Hebrew School 4:30 pm
Thursdays:	Lunch 'n Learn	12:15		
Fridays:	Kabbalat Shabbat Services	6:00 pm		
Saturdays:	Torah Study	9:00 am		Shabbat worship: 11:00 am

Family Promise: February 1 - 6
 February 14: Black - Jewish Online Dialogue 4:00 pm
 February 18: Zoom presentation of the work of Synagogue Architect Eric Mendelsohn

For Details: www.MizpahCongregation.org



Mizpah mourns the loss of our congregational icon, **Joy Effron Abelson Adams**, who passed away at age 97 on January 8, 2021. We extend our sympathies to her family, friends, and associates. May her memory be for a blessing.

All Mizpah worship and study programs are online.

Refer to your Monday and Friday email announcements and reminders. We continue to evaluate and judge when it is safe to reenter the building. Thank you for your patience. Please stay connected!

Celebrate and Enrich Jewish Life

B'nai Zion's vision is to inspire a vibrant, uplifting, and inclusive community connected to the dynamic traditions of Conservative Judaism.



P.O. Box 3293, Cleveland TN
37320
423-894-8900
www.BnaiZionCongregation.com
Shul@BZCongregation.com

WEDNESDAY CLASSES WITH RABBI NORRY

AN 8- WEEK JOURNEY
STUDYING MISHNAH
THROUGH ALEPH-BET

WEDNESDAYS AT 6:30 PM
BEGINS FEBRUARY 3 AND
EXTENDS THROUGH MARCH 24

MEETING ID: 845 0521 2418
passcode:service

אֶלֶף-בֵּית

Rabbi's classes are back. Beginning February 3, take this 8-week journey through the structure, logic, and personalities of the first major work of rabbinic literature. An 8 week journey through the structure, logic, and personalities of the first major work of rabbinic literature. Follow the Aleph-Bet and learn Mishnah together with Rabbi Hillel Norry. Each passage studied will begin with a different letter of the Hebrew alphabet. Learn about this fundamental Rabbinic source text, and a wide range of topics. Don't know Hebrew? Don't worry. All the texts are available in English. Come to one, or join us for them all!

Superbowl Fundraiser

Sunday, February 7 at 5:30 pm

It's time for our annual Super Bowl Fundraiser! Starting at 5:30 pm, we will have a Zoom Schmooze Pre-Game to chat and enjoy your favorite Super Bowl foods. Kick-off is at 6:30 pm. We will have two boards: one with \$100 squares and one with \$50 squares. Payouts will be \$1000 and \$500 respectively, per quarter. The Zoom link will be provided in the BZ Monthly email on February 5.

Havdalah and Idea Schmooze

February 20 at 6:00pm

Meeting ID: 815 9500 0196

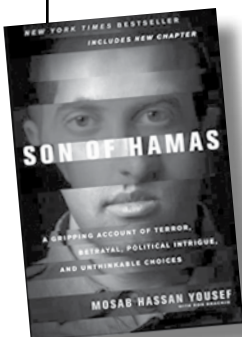
Passcode: service

Our monthly havdalahs, led by Rabbi Norry, are a fun chance to enjoy each other's company. Let us light candles together, bring your own festive spices, and wine or grape juice for a fun night of community.

B'nai Zion Bookclub

Tuesday, February 23 at 10:00am
Zoom Meeting ID: 881 7003 6650
passcode: book (2665)

This month, the book club will read the gripping account of Mosab Hassan Yousef, *Son of Hamas*. Raised as a young boy inside the terrorist group known as Hamas, Mosab reveals new information about the world's most dangerous terrorist organization. He unveils the truth about his own role in the organization, and his life after turning away from terror and violence.



PURIM CELEBRATION THURSDAY, FEBRUARY 25 AT 6:30 PM

Purim is here and so is our Virtual Purim Celebration! Starting at 6:30 pm, we will have a short program devoted to the children. Log-on in costume for storytime!

Adults and youths, join us for our Megillah reading starting at 7:00 pm, which will be read partially in Hebrew as well as English. We will celebrate, schmooze, and shindig together!

MEETING ID: 825 2548 6981
PASSCODE: SERVICE

950 Vine Street
 Chattanooga TN 37403
 423-490-1106
 www.JewishChatt.com
 Rabbi@JewishChatt.com



Chabad is a philosophy, a movement, and an organization.

Chabad is an educational organization dedicated to helping every Jew, regardless of background, affiliation, or personal level of observance, to increase their level of Jewish knowledge, enthusiasm, and commitment.

Online Classes:

- Feb 2 - JLI Journey of The Soul
- Feb 7 - Relationship Tips with Rabbi Manis Friedman
- Feb 9 - Talmud Pesachim Daf 78
- Feb 11 - JLI Journey of The Soul
- Feb 14 - Talmud Pesachim Daf 85
- Feb 16 - JLI Journey of The Soul
- Feb 21 - Talmud Pesachim Daf 92
- Feb 23 - JLI Journey of The Soul
- Feb 28 - Talmud Pesachim Daf

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Chabad's Purim celebrations are always awesome.

We've celebrated Purim in the Shtetl, in Africa, China, Italy, and Mexico, at the circus, in a stadium, in outer space, in the Wild West, and even under the sea.

This year, we're celebrating Purim in New York City!

Join us for a deli dinner, street artists, and Megillah reading outdoors. All CDC requirements will be followed, including social distancing.

Who hasn't wondered what happens when we die?

JOURNEY OF THE SOUL

A fresh look at life, death and the rest—in peace

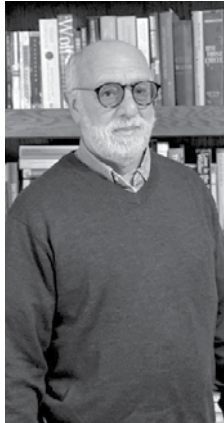
6 Tuesdays 7:00 pm - starting Feb 2
 JLI@JewishChatt.com

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. Now, and always, we are Hadassah. Be proud of who you are, Hadassah women.



**Judy Sachsman,
President of Chattanooga
Chapter of Hadassah**

On Sunday, January 31, at 2 PM, Hadassah presented a Zoom program "Holocaust Education in Tennessee, the USA and Beyond" featuring: Dr. Irven Resnick, Chair of Judaic Studies at UTC; Alison Lebovitz, a member of the Tennessee Holocaust Commission; Inbal Lev, the Israeli Shlichah; and Nashville Hadassah member Erin Coleman, who is making a movie about the grandchildren of Holocaust survivors.



Hadassah congratulates Volunteer of the Year Carla Morrow for her efforts over the years as a member of the Chattanooga chapter. Most recently, she coordinated food donations to the Brainerd Food Pantry and toiletry donations to the Room in the Inn, a facility for homeless women and their dependents. Throughout the years, Carla has served on many donor event committees, making those annual fundraising events truly special. Hadassah is lucky to have Carla as a member.



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. In the time of a global pandemic, we are Hadassah. Be proud of who you are, Hadassah women.



Annual Giving enables Hadassah to allocate support of its many medical programs on an annual basis.

Annual Givers start with:

- Chai Society members (\$180/year)**
- Silver Chai members (\$360/year)**
- Traditional Keepers (\$1000/year)**
- Chai Keepers (\$1800/year)**
- New Silver Keepers (\$2500/year)**
- Golden Keepers (\$5000/year)**

Anyone who is interested in becoming an Annual Giver should contact Dana Waxler at dwxler@hadassah.org.



Chattanooga will host its Donor Mask-erade event on Zoom this February 24 at 7 PM in honor of Purim, the holiday that honors Queen Esther, also known as Hadassah. This Zoom event will include a mask contest, entertainment, and a tribute to the medical personnel heroes of today in Chattanooga. Information will be sent out in February and registration will be required to participate.

In honor of Tu B'Shevat (January 28), Hadassah again promoted selling tree and water certificates. These \$18 certificates are available all year by contacting Millie Lander at millander523@gmail.com

Join Hadassah@Home for interesting recipes, videos, concerts, and interviews. See how Hadassah is fighting the war against COVID-19. Let Hadassah take you places!



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 or a strong future Jewish community into a reality. Join today.

- | | | | | |
|-----------------|------------------|-------------------|----------------------|-------------------------|
| Anonymous (2) | Center, Austin | Hanan, Victor | Lebovitz, Michael | Spector, Mark* |
| Allen, Amelia* | Center, Marilyn | Hill, J.R. | Levine, Lawrence* | Spector, Mike |
| Allen, Owen | Cohen, Tal | Hochman, Colman* | Lowe, Beth | Susman, Gail |
| Alper, Maxine* | Cohn, Herb | Hochman, Lynn | Lowe, Rob | Susman, Joel |
| Balser, Jeff | Cohn, Sue* | Hodes, Alvin | Malsh, Rebecca* | Weiner, Cara |
| Balser, Robin | Cowan, Rob | Hodes, Andy | Nash, Ike* | White Dropkin,
Donna |
| Barukh, Rebecca | Diamond, Karen | Hodes, Melody | Oxenhandler, Barbara | Winer, David |
| Berz, Bob | DiStefano, David | Howard, Lynn | Parker, Jordan | Winer, Elaine |
| Binder, Claire | DiStefano, Susan | Israel, David | Pregulman, Helen | Winer, Finette |
| Black, Bonnie | Dittus, Sandy | Israel, Scott | Richelson, Alan | Winer, Sanford |
| Black, Stephen | Dropkin, Warren | Jaffe, Dot* | Richelson, Miriam* | Zachary, Richard |
| Bogo, Jerry | Dzik, Michael | Jaffe, Sam* | Rose, Cassie | |
| Bogo, Rosalee | Dzik, Paula | Lakow, Harry* | Rose, Kevin | |
| Bohn, Jerry* | Fairchild, David | Lebovitz, Alison | Rosenfeld, Jackie | |
| Brooks, Ellyn | Frank, Estelle* | Lebovitz, Alan | Rosenfeld, Roy | |
| Brooks, John | Hanan, Jan | Lebovitz, Betty | Siskin, Pris | |
| Brouner, Betsy | Hanan, Michael | Lebovitz, Charles | Sivils, Janet | * Deceased |
| Brouner, Lee | Hanan, Rachel | Lebovitz, Lauren | Spector, Linda | |

**See how easy it is to join the Legacy Society!
Call Michael Dzik at 493-0270 ext 15.**

STAY INFORMED

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

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!
423-493-0270**



You are invited to join a FREE "LIVE" Webinar

GROUNDBREAKING NEW DISCOVERIES IN ISRAEL!

Ze'ev Orenstein - Director of International Affairs for City of David will be guiding us on this extraordinary tour of recently discovered sites and artifacts in the City of David, Israel.

RSVP for your February 22 – 10:00AM (EST) NOW!
Margaret Bean: Cell: (423) 645 1552 OR mrbean1@catt.com

 **Jewish Federation**
OF GREATER CHATTANOOGA
CHRISTIANS UNITED FOR ISRAEL



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THE **POWER** OF A COMMUNITY

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Mike Spector, *Board Chair*
Michael Dzik, *Executive Director*

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