



**RENEW.
REFRESH.
REFED.**

***In This
Issue***

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FROM THE EXECUTIVE DIRECTOR

Your Federation Staff – It's Personal!

A conversation with Alice Morgan, Kitchen Supervisor



Last month I wrote about my personal side - of the Federation and myself. In sharing, you feel a little closer and more connected to me. When we build friendships, it's always about being personal! This month, and in future months, I'll be interviewing staff members and sharing more of their personal side. I hope you'll feel more connected to our incredible staff members and feel a little closer with each of them.

This month, I am featuring Alice Morgan, our Kitchen Supervisor!

Q: Tell me about yourself and your early connection to the Jewish community.

A: My mom, Claudia Askew, was the cook at B'nai Zion for over twenty years. I grew up in Chattanooga, attended Brainerd High School, and we lived in the house next to B'nai Zion. In fact, we rented the house from B'nai Zion. My mom didn't drive so it was a perfect arrangement.

I was at B'nai Zion all the time after school. My older sister, Step and I (I also have 3 older brothers) would help around the kitchen and when weekly Hebrew school was in session, we would be in class! No, we were not Jewish. Yes, we attended church weekly. But my mom wanted us to learn about other cultures and religions. I was about 12 years old before I realized I wasn't Jewish. My friends were having Bar/Bat Mitzvahs and I wasn't!

Q: Tell me about your family.

A: I am part of a huge family. My mom was one of 16 siblings, so I had many Aunts and Uncles and we would travel to see them all the time. Although I divorced many years ago, I have two amazing kids – AJ (26) and Taylor (21). AJ works in HR for YUM Brands and Taylor goes to school at MTSU.

Q: What led you to cooking and eventually the Federation?

A: Honestly, I never thought I would end up in the kitchen or catering as a profession. I saw my mom work so hard and thought "that's not for me—I think I'd prefer a desk job." My mom insisted that I apply for the kitchen job at the Federation when it opened in 2002. She told me: "If you take care of the Jewish community, the Jewish community will always be there to take care of you as well." And the rest, as they say, is history.

Q: So no formal training? You just love to cook?

A: I don't just love to cook, I LOVE to cook! I realize now how much I learned from my mom. Running a kosher kitchen was already in my DNA and Rabbi Perlstein has been very supportive. As an adult, I have two favorite things—going to the movies (mostly for the "real" popcorn) and cooking. I read Southern Living magazine cover to cover. I pick up recipes from family, friends, and online and test them out on the Federation staff first! I feel most like myself when I'm in the kitchen. I enjoy the process and seeing the smiles on people's faces after they've tasted my food. I feel empowered to run my kitchen as I want, to be creative, and to be part of an organization that is much bigger than just me. I know I play a role and am part of a team that is engaging and helping this Jewish community.

Q: I know you like to travel. What are some of your highlights?

A: I'm a big fan of cruising. I've been to Alaska, Belize, and many destinations in the Caribbean. One of my travel highlights was to Israel a few years ago on a Federation trip with Office Manager Annette McJunkin. I got to see, feel, smell, touch, and taste all of Israel. I saw hands-on what the Federation does for the entire Jewish community and even had

a few private culinary experiences that were set up just for me!

Q: Many people know of

your health issues these past couple of years. How are you doing?

A: I was diagnosed with Stage 4 Pancreatic Cancer in June 2019. Thankfully, my family, the Federation, and my friend Amy Boulware immediately advocated for me. I was scared but never thought of the worst. I knew I was going to kick cancer's butt! After getting in to see doctors at Emory, the diagnosis became Stage 3, which meant I had many more options. I started with chemotherapy and then doctors performed the Whipple surgery. I lived in Atlanta for months as I had daily treatments. The Federation made arrangements for my transportation, every day, to and from the hospital. Although I have health insurance, bills and expenses were challenging. I was out of work for nearly 12 months but the Federation and you, the Jewish community, helped support me financially to make sure I could make my mortgage payments and live as normal a life as possible. I've now been back at the Federation for 10 months, feeling stronger than ever and cancer-free! My mom was right—the Jewish community would take care of me in ways that I could never imagine.

I am so appreciative of what everyone has done for me these past two years. Thank you doesn't seem like enough. I look forward to getting back to in-person events and being able to share foodie experiences with everyone soon. And yes, plenty of hugs with everyone too!





FROM THE BOARD CHAIR

Mike Spector Mspector19@Gmail.com

A Personal Conversation with Lynn Howard & Alan Richelson

To learn more about our community and to share that knowledge with you the readers, we are sitting down with community leaders and asking some questions. In early April, Linda and I chatted with Alan Richelson and Lynn Howard at Harrison Bay while they were RVing. I hope you enjoy learning a little more about Lynn and Alan!

Q: What's the first concert you remember?

A: Alan remembers West Side Story which he saw live when his family visited New York. Lynn recalls a free Duke Ellington Band concert she attended in college.

Q: Who was your celebrity crush when you were growing up?

A: Alan enjoyed folk music like Joan Baez, and Lynn had a crush on Paul McCartney and Paul Newman.

Q: What is an accomplishment that you are proud of?

A: Lynn and Alan both emphatically noted how proud they were of their marriage and raising four kids.

Q: What was your first job?

A: Starting at a young age, Alan worked for his father at Arrow Auto Glass, where he learned a great deal about supervision and running a business. He also worked for the Symphony and the Opera as a stagehand.



Lynn's first job was babysitting and then working for the State Park system as an Usher at the Book of Job. Her first job out of college had a big impact on her. After graduating, Lynn worked as a House Parent in a home for children in state custody. She says this job gave her so many insights on how varied kids' needs are, and it helped her later in life with her teaching career.

Cont. Page 5



FROM THE PROGRAM DIRECTOR

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

Deep Breath

***"Take a deep breath.
Count 1,2,3,4."***

Proper breathing goes by many names. You may have heard it called diaphragmatic breathing, abdominal breathing, or belly breathing. When you breathe deeply, the air coming in through your nose fully fills your lungs, and you will notice that your lower belly rises. The ability to breathe so deeply and powerfully is not limited to a select few. This skill is inborn but often lies dormant. Reawakening it allows you to tap one of your body's strongest self-healing mechanisms (Harvard Medical School).

As a child, I would sometimes become anxious thinking about what was to come. My mother would stop me, sit me down, and tell me to close my eyes and breathe deeply. "Take a deep breath. Count 1,2,3,4." Afterward, the world always seemed a little bit better.

As an adult, I find deep breaths really do help center me, and yes, also help with self-healing. I take a deep

breath when I am cut off in traffic, but I don't close my eyes. I take a deep breath when paying household bills, wishing I had closed my eyes. I take a deep breath when I come across circumstances I can't immediately or personally change with my eyes wide open.

These days in my role as the Federation's Program Director, I am questioning what I can do to help the community take a deep breath. We have been through a lot in the last year. For some of us, and I count myself in this group, change can hurt, and having a lack of consistency can be harmful.

The one thing I do know is that providing consistency at the Federation is like taking a deep breath. It doesn't have to mean that we replicate the same programs month after month or year after year. Consistency at the Federation might be more about knowing that our space and our staff are here for you. That "here for you" feeling is what is consistent no matter how all the circumstances or contexts may differ.

Cont. Page 4



FROM THE COMMUNITY NURSE

Brenda McColpin, RN, LMSW Nurse@JewishChattanooga.com

Hours: Monday/Tues/Thursday • (423) 322-8641

Finding Peace and Calm

As long as I have been writing monthly for The Shofar, I have not been at a loss for words or ideas. However, this month feels different. Someone mentioned writing about COVID-19 but it seems this topic has been pretty well covered.

There are times when silence is needed. Just moments when you stand back, observe and let your soul find respite and rejuvenation in the calm. For me, nature provides that much-needed break. I find peace when I get out and hike on trails, watch clear blue water trickling over the rocks in mountain streams, feel the softness of new green growth on cedar trees under my fingertips, and find various wildflowers in bloom.

This month, discover a way to celebrate your unique way of finding peace and calm. Maybe for you, that means sitting outside on your porch and catching some rays of sunshine, walking around the block, or seeing your neighborhood in bloom.

Music can also be a source of escape from the hectic seasons of life. Consider stopping and listening to whatever style of music nourishes the calm in you. There are apps on our smartphones that offer free resources, including short guided meditations or relaxing breathing exercises (“Calm” is one such app).

Find your way to bring a sense of calm and peace into your world. It’s healthy to take a moment just to be, to stop, and to reflect on all the things in life that you’re grateful for. Seek and find ways to engage in self-care today!



Mike Spector

Cont. from Page 3

Q: What is your favorite Jewish tradition?

A: Alan enjoys the Sabbath—a time when you change gears and see the world differently and put the emphasis on family. Lynn enjoys the food and learning the Jewish cooking traditions: creative cooking with restrictions!

Q: What are a few things that make this Chattanooga Jewish community so special to you?

A: Alan likes the feeling of community spirit, generosity, and the willingness to accept change. Lynn is grateful for the openness of the community.

Q: What are some of your favorite activities?

A: Lynn enjoys gardening, cooking, sewing, knitting, and bird watching, and Alan likes RVing and working in the yard.

Q: If you could have a conversation with anyone, living or deceased, who would that person be and why?

A: Alan would like to talk to Abraham Lincoln. He would like to know where the President got the foresight and courage as a leader despite receiving such negative public opinion.

Lynn would like to talk to her eighth great-grandmother, Chloe Howard, who came from Virginia with her husband Samuel, a Revolutionary War Veteran. They ended up living for a time in a cave. Chloe and Samuel eventually received a land grant for what is now Harlan County, Kentucky.

Q: We know that Jewish experiences are so important—are there any that stand out to you?

A: Alan enjoys weddings with their promise of a bright future. He also appreciates the mourning process and the burial ritual. Lynn thinks back fondly on their trip to Israel and learning more about the birthplace of three of the world’s religions.

Q: Is there anything else you’d like to share?

A: Alan is especially excited about the future of Mizpah and B’nai Zion Congregations. The two congregations are planning on sharing a building and other resources. Lynn is extremely grateful for the relationships that she has developed with the women in the community.

Tuesday Cafe via ZOOM May 4, 11, 25 (no event on May 18th)

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

Tuesday & Thursday: Susan

Tuesday & Wednesday: Billy Joe

Joel Scribner (423) 321-4236

NEW HIRE Susan Berner (423) 508-4895

Billy Joe Ragland (423) 298-7169



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.

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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BE A STAKEHOLDER

After 20 Years, it's time for our JCC to receive a facelift! Our facility has been loved all these years. **Renew, Refresh, ReFED** will revive and revitalize our home. Supporting this project will enable us to enjoy a post-Covid JCC with an abundance of new energy.



**We welcome your questions, suggestions and input.
This is our Jewish community living room and
your feedback is encouraged.**
MDzik@JewishChattanooga.com • 423-493-0270

We are asking for gifts with up to a three-year commitment. This means that you can pay a pledge over 36 months. We hope you'll consider maximizing your gift with simple monthly donations.

For example:

\$10 per month = \$360 total gift

\$25 per month = \$900 total gift

\$50 per month = \$1,800 total gift

\$100 per month = \$3,600 total gift

We do not want this project to take away from any gift you would consider for our annual campaign. Our annual campaign supports our yearly programs and services that are so vital to our Jewish community. Rather, please consider becoming a stakeholder in this project. With your support, Renew Refresh Refed becomes our thriving home for generations to come.

Giving is simple, safe and secure at www.JewishChattanooga.com.

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 email RSVP@JewishChattanooga.com - There is no cost to attend virtual sessions.

Zoom Login ID: 747 223 9161

Password: 940790

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

U.S. President Donald Trump left many scratching their heads when it was rumored that he was looking to purchase the large island nation of Greenland from Denmark. While any potential deal seems highly unlikely, the event shows the changing opinion within the U.S. government toward engagement with the Arctic region. Because of climate change, large sheets of arctic ice are melting, exposing vast stores of natural gas and oil. With Russia and China already miles ahead with their Arctic strategies, can the U.S. catch up?

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?

Challah Orders from Ricki's Kosher Bakery

By community request, the Federation will be placing occasional Challah orders from the famous **Ricki's Kosher Bakery (rickiscookies.com)**.

Lots of varieties including cinnamon, chocolate and raisin.

*Orders must be placed with the Jewish Federation
(please don't order directly with Ricki's).*

You will be charged the cost of your order plus a small part of the overall shipping costs.

May order is due by Monday, May 10.

Delivery/Pickup will be the following week.

Federation is happy to provide this service to our Jewish community.

Send orders to Federation@jewishchattanooga.com.

We will confirm your order by reply email.



**RICKI'S
COOKIE CORNER**








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.

Aleph Bet Blue Room Graduates "What I want to be when I grow up."

<p>Aiden Skeleton</p>  <p>Wants to be a robot builder.</p>	<p>Andy Applebee</p>  <p>I want to be an astronaut to see the moon and sun very close.</p>	<p>Cy'rie Simpson</p>  <p>I want to look for dinosaurs and dig their bones up to see what they are.</p>	<p>Everett Smith</p>  <p>I want to drive a car like Dad.</p>	<p>Leo Crim</p>  <p>I want to be a firefighter because firetrucks are my favorite vehicle.</p>
<p>GC</p>  <p>I'm gonna do lots of jobs when I grow up.</p>	<p>Lucas Hassler</p>  <p>I want to be a train engineer and a dad.</p>	<p>Rosey Honeycutt</p>  <p>Wants to be a doctor so she can fix people.</p>	<p>Maisy Ferguson</p>  <p>Wants to be a fashion designer, artist, "cooker" and a gymnastic teacher.</p>	<p>Willa Wickens</p>  <p>I want to be a lawyer like Daddy and help people.</p>

Aleph Bet Director, Meghan Graybeal, stopped by the JCC to see everyone along with her new addition, Sam Graybeal.



NOW ENROLLING



June 3- July 30

Eight thematic weeks, filled with art, experiments, exploration, special visitors, and water play fun!

2021-2022 School Year
From August through May, our teachers create immersive lesson plans and learning opportunities every day as part of our 3-Star, elementary prep program.



Aleph Bet serves children ages 2-preK. Schedule your tour today to join in our fun and learning!



Inbal Lev Federation Shlichah

Israel@JewishChattanooga.com • (423) 385-0098

Shavuot festival in Alon HaGalil

In the Bible, Shavuot marks the wheat harvest in the Land of Israel, and according to the Sages, it also commemorates the anniversary of the giving of the Torah by God to the Children of Israel at Mount Sinai. It is also one of the biblically ordained Three Pilgrimage Festivals.

Shavuot is one of my favorite holidays. Believe it or not, as an Israeli secular Jew, I have only started to learn and understand the holiday's Jewish traditions in the past few years. It is not because I wasn't celebrating the holiday, of course, but that I am used to celebrating it in the Kibbutzim* and Moshavim's** traditions.

In secular agricultural communities in Israel, such as most Kibbutzim and Moshavim, Shavuot is celebrated as a harvest and first-fruit festival and a commemoration of the accomplishments of the year. As such, agricultural produce and machinery are presented to the community, and so are the babies born during the preceding twelve months. In these ceremonies, the participants put on a festive show with songs, dances, and a procession of decorated agricultural tools.

The small village I grew up in, Alon HaGalil, is an agricultural community settlement founded as a Moshav in 1980. That's why the first settlers chose to continue the Moshavim's traditions celebrating Shavuot. In order to make the Shavuot festival even more special, the founders decided to celebrate Alon HaGalil's birthday at the same time. As far back as I can remember, every year on Shavuot, all the people who live in Alon HaGalil meet in the field that has just been harvested, wearing white clothes, for the big Shavuot festival. It is an opportunity for everyone to gather, celebrate, and enjoy.

I must admit, it is pretty similar each year: the young kids are dancing in circles, accompanied by their parents so that they won't fall off the stage, 9th graders share the traditional couples dance, 12th graders come up with a comedy segment, the choir sings songs and the families dance with their newborn babies. The farmers decorate their tractors or other agricultural machinery, some might even bring their sheep or flowers. There would also be a great horse show, and of course, for the grand finale, all the participants would join to sing Alon HaGalil's song—some would call it an anthem—up on the stage.



I remember waiting for this event every year, excited with my friends about our special part in the ceremony the next year, keeping the nicest white shirt for the occasion, and looking forward to drinking cold chocolate drinks and enjoying fresh fruit in the field.

Last year, like most things, the event was canceled. It was supposed to be bigger and nicer than the usual because it was the 40th year celebration of Alon HaGalil. People were working hard on the show long before COVID-19 hit, and we were all disappointed. However, like good Israelis, people found creative ways to feel united and together on Shavuot, and Alon HaGalil's 40th anniversary. People exchanged gifts, they met new families in town, and they even filmed a video featuring different people from Alon HaGalil.

I would love to see you all at our Shavuot Community-Wide Blood Drive on **Sunday, May 23, from 11:00 am to 3:00 pm**. Enjoy cheesecake, flowers, and the opportunity to make a difference in our community!

** A Kibbutz is a collective community in Israel that was traditionally based on agriculture. Today, farming has been partly supplanted by other economic branches, including industrial plants and high-tech enterprises. Kibbutzim began as utopian communities, a combination of socialism and Zionism. In recent decades, some kibbutzim have been privatized and changes have been made to the communal lifestyle.*

*** A Moshav is a type of Israeli town or settlement, in particular a type of cooperative agricultural community of individual farms pioneered by the Labor Zionists during the second wave of aliyah. The Moshavim are similar to Kibbutzim with an emphasis on community labor. Moshavim are governed by an elected council (committee). Community projects and facilities are financed by a special tax (committee tax). This tax is equal for all households in the community.*



Community-wide BLOOD DRIVE

ONE DONATION SAVES THREE LIVES



Sunday, May 23
11:00 am - 3:00 pm

Location:
Jewish Cultural Center
5461 North Terrace

Schedule an appointment 1 of 2 ways:
Visit www.bloodassurance.org/jfgc or call 800-962-0628.
Appointments aren't required, but they are appreciated!
Especially if you would like a complimentary piece of cheesecake!

All donors will receive a "Donoritaville" t-shirt and COVID antibody screening



#balifesaver

@bloodassurance



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Yom Ha'atzmaut

Israel's 73rd Independence Day Celebration
 April 18 - Coolidge Park





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2021





JUNE 21 - JULY 2
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AT CHABAD'S CITY & RIVERFRONT CAMPGROUNDS

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Tributes 2020

From Helen Pregulman
In honor of Fern Shire's birthday

From Charlotte Jacobson
*In honor of Joel Susman,
B'nai Zion's Volunteer of the Year*

Mazal Tov!

to Aleph Bet Children's Center Director
Meghan Bixby Graybeal and her husband Jeremiah
on the birth of their son, **Sam Bixby Graybeal**.

Condolences

We are sad to announce the passing of

Eugene McNeill - He is survived by his wife
Nora McNeill.

We don't just place our faith in a better tomorrow - WE BUILD IT.

*Here is some information about how
Federation's overseas dollars are spent.*



For over 100 years, the American Jewish Joint Distribution Committee (JDC) puts the timeless Jewish value of collective responsibility into action when the world needs it most. Today, JDC lifts lives and strengthens communities in 70 countries: We rescue Jews in danger, provide aid to vulnerable Jews, develop innovative solutions to Israel's most complex social challenges, cultivate a Jewish future, and lead the Jewish community's response to crisis.

Tens of thousands of elderly Jews and families around the world live in dire poverty. We ensure they never have to choose between essentials like food and medicine, as well as provide something invaluable - the knowledge that they are not forgotten, but remain part of a global Jewish community that will always have their back.

This includes:

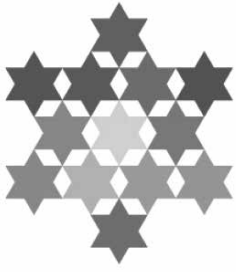
245,000 Lives Touched in Israel over the course of a single year through innovative social programs that are transforming the fabric of Israeli life.

22+ Million Hours of Home Health Care were provided to vulnerable Jews living in desperate conditions in the last year. Tens of thousands of elderly Jews and families around the world live in dire poverty. We ensure they never have to choose between essentials like food and medicine, as well as provide something invaluable — the knowledge that they are not forgotten, but remain part of a global Jewish community that will always have their back.

110,000+ Impoverished Jews across Europe, Asia, Africa, and Latin America receive life-saving aid from JDC in a single year.

25,000+ Camp Szarvas Alumni are the vanguard for a bright Jewish future in Europe and beyond. We believe the Jewish part of Jewish life is worth fighting for. That's why we work hand-in-hand with communities around the world, empowering them to realize their own dreams and care for their most vulnerable. Together, we build new generations of leaders capable of taking on tomorrow's challenges and shaping the future of Jewish life.

Jews around the world still face threats - anti-Semitism, violence, and social and economic upheaval. While our priority is to help Jewish communities live safely where they choose, when those threats endanger Jewish lives or Jewish life, we're the 9-1-1 of the Jewish people. We're there with the boots on the ground and know-how to take them out of harm's way. And we will continue to be there at a moment's notice, wherever we are needed.



Partnership2Gether

A joint program between your Chattanooga Jewish Federation
and the Jewish Agency for Israel

The P2G Fellowship program is an opportunity for two post-college men and women from our P2G Southeast Consortium to spend 11 months in Israel sharing their experiences of growing up Jewish in the United States. The Fellows will teach English, engage in programming with all ages and demographics and share the American Jewish experience. The Fellows will attend Ulpan (Hebrew course) to increase their knowledge of Hebrew in addition to volunteering in the community for 30 hours per week. Transportation to and from Israel and on the ground expenses in Israel are paid by the Partnership. This year's fellows are:



Jasmine Hubara

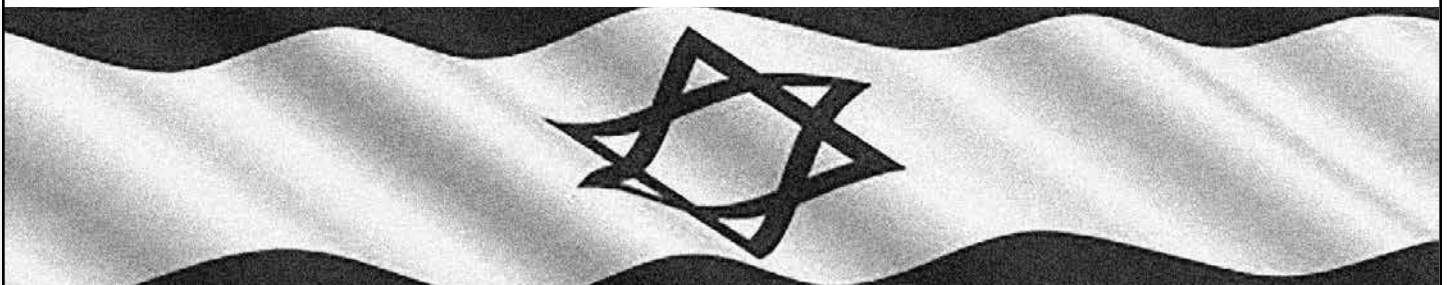
Shalom y'all! I'm Jasmine, and I'm a proud Charleston, South Carolina native. I couldn't be more excited to move to Israel this year- after spending the last two years in France, I'm ready to come back to my favorite place (and never leave). I'm a big fan of music, exploring the world, feeding my friends, learning about Jewish history, and meeting new people, so feel free to send me a message and let's chat!



Benny Winkelmann

I was born and raised in Richmond VA. Growing up I went to the Rudlin Torah Academy Hebrew Day School and then Yeshiva of Virginia for high school. While I did not grow up observant, Judaism has been integral to my life and who I have become, starting with my education. After high school I went on to the University of Cincinnati where I was involved in a variety of activities from playing water polo for the school team to AEPI. Upon graduation I began a year of working as an AIPAC fellow, fundraising to support one of my favorite places - Israel. Naturally when this program came along I couldn't resist and am so excited to get to spend the better part of a year in Israel.

The Southeast Consortium includes Federations and related agencies from Nashville, Knoxville, Lee County/Ft. Meyers, Jacksonville, Pinellas, Flager and Volusia County, Richmond, Charleston, Charlotte and Greensboro. Included in the Partnership is Prague in the Czech Republic and the Hadera Eiron region in Israel.



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



Lily Dropkin



Traci Sloan

Matzah Making at Machanooga with Inbal



We have a limited number of Machanooga face masks for sale! These masks are two layers of soft cotton and come in red, orange, and teal. We are selling them for \$7 each as part of a fundraiser. 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.



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

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 Page Editor: Richard Zachary



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.

SHAVUOT DAY OF LEARNING May 16th, 10:00 am thru 10:00 pm 1-hour learning modules

Learn about topics such as Jewish music, Comics, Archeology, Mysticism and Mindfulness. Rabbi Craig Lewis, Cantor Regina Heit, many more...



MIZPAH Ongoing and Special Activities

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

- Sunday May 2nd:** Book Club 4:00 per zoom: *Snow in August*, by Pete Hamill
- Monday May 16th:** Shavuot 12-hours of Learning: 12 1-hr modules. See box (attached)
- Wednesdays:** 7:30 Mussar: (please sign up ahead)
- Thursdays:** Lunch n' Learn 12:15 pm
- Fridays:** Kabbalat Shabbat Services 6:00 pm
- May 21st:** Shirei Shabbat Sabbath of Song
- Saturdays:** Torah Study 9:00 am
Shabbat worship 11:00 am

Special Event: May 22: Bar Mitzvah of Eli Young 10:30 am

For Details: www.MizpahCongregation.org

TORAH STUDY

Shabbat Morning Torah Study | 9:00 am

Join Rabbi Lewis and fifteen or more for Torah study. We read portions of the parsha and discuss extra-biblical commentary. LINK is included in our bi-weekly announcements email. The highlight of the session is our breakout rooms with small discussion groups.

Parshaot for May:

May 1 Emor | May 8 Behar-Bechukotai | May 15 Bamidbar
 May 22 Nasso | May 29 Beha'alotcha

Passover Drive-thru (March 26)

Huge thanks to Ruth Longway, Carla Morrow, Angela Rickert, Steve Smith and Richard Zachary



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

The BZ Office is Closed for Shavuot on Tuesday, May 18

We Welcome Rabbi Sam Rotenberg to the BZ Family



We are happy to announce that B'nai Zion congregation has found their new rabbi in Rabbi Sam Rotenberg. Currently living in Los Angeles, Rabbi Rotenberg and his family will make the move to Chattanooga early this summer, taking on the role of BZ's rabbi on July 1. Ordained from the Ziegler School of Rabbinic Studies in 2018, Rabbi Rotenberg is a proficient musician, a certified shochet, and an eruv-enthusiast. He grew up in South Florida and spent most of his summers at Camp Ramah Darom in Georgia overseeing the music and tefillah programs.

Rabbi Rotenberg continually seeks to integrate music into the study and practice of Judaism. Before beginning Rabbinical school, Rabbi Rotenberg produced *Rock Shabbat*, a real-time documentary of American Jewish music. Rotenberg and his wife Rabbi Keilah Lebel have two children, Meir and Della, and are expecting another in just a few short weeks! We look forward to welcoming him and his family to their new home at B'nai Zion Congregation.



Erev Shavuot and Shavuot

Sunday, May 16 at 7:00 pm and Monday, May 17 at 10:00 am
Join us for a part Zoom/part in-person Shavuot this month.

On Sunday evening, May 16, we will enjoy a study session on Zoom. The next morning, May 17, you don't want to miss our in-person, masked and socially-distanced Shavuot service, followed by a picnic lunch! So, consider taking Monday morning off from work to gather with us at 10:00 am. Rabbi Norry will lead both services.



"Mixology May" Havdalah

Saturday, May 22 at 8:30 pm
Meeting ID: 897 3652 0233

Let's come together for a special havdalah - Mixology May. Tell us about your favorite cocktails - with or without alcohol - and how you make them. Led by Rabbi Norry, this havdalah will be an opportunity to enjoy each other's company in song and chit chat. Bring your own festive spices and cocktail, mocktail, or grape juice as we light candles together for another fun night of community.

**NEW
Date and
Time!**

B'nai Zion Bookclub

Thursday, May 27 at 3:00 pm
Zoom Meeting ID: 820 9173 5812
Passcode: book (2665)

This month we will read *Waking Lions* by Ayelet Gundar-Goshen. Neurosurgeon Eitan Green has the perfect life - married to a beautiful police officer and father of two young boys. Then, speeding along a deserted moonlit road after an exhausting hospital shift, he hits someone and, seeing the young man is beyond help, flees the scene. When the victim's widow knocks at Eitan's door the next day, holding his wallet and divulging that she knows what happened, Eitan discovers that her price for silence is not money. Such a suspenseful book will lend itself to an incredible discussion. We hope to see you there!



Zoom Movie Night Discussion

Wednesday, May 26 at 6:30 pm
Meeting ID: 845 0521 2418



Who doesn't love a good movie? We hope you will participate in a movie night discussion of *Keeping the Faith*, the early 2000s flick about two best friends, one a Rabbi and the other a priest in the Catholic church. Our own Rabbi Norry was the Rabbinic consultant for the film and will put together a discussion of clips and themes from the movie as well as his own role in the filming. You can rent the movie for a small fee on Amazon and watch it on your own time prior to the night of discussion.

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 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.

CAMP GAN ISRAEL OF CHATTANOOGA

June 21 - July 2 2021 9:00am - 3:30pm at Chabad's City & Riverfront Campgrounds

Camp Gan Israel of Chattanooga is part of the largest and fastest growing network of day camps.

Many children wait all year to come back to Gan Israel where campers enjoy a wide range of exciting activities, trips and overnights in a warm and vivacious atmosphere. The children are guided by loving, patient and caring staff. *This is the place to be!*

Both our facilities are well suited for a full program of sports, art, water sports, swimming and other enriching camp activities.





@Chabad
950 Vine St

MAY 17
6:00 PM

Join us at for an
ICE CREAM CHEESECAKE SHAVUOT

HEAR THE READING OF THE TEN COMMANDMENTS
 DAIRY DINNER
 MEANINGFUL SHAVUOT CELEBRATION

RSVP REQUIRED
 JEWISHCHATT.COM/RSVP
 423.490.1106

A project of Chabad of Chattanooga 

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**

At the board meeting on Zoom, Bev Coulter, Millie Lander, Judy Sachsman, and Dana Waxler discussed upcoming programs for 2021. Most popular would be a Zoom tea, based on a tour of a Florida museum exhibit on Judith Lieber, famous for her purse designs, but members also discussed Annual Givers programs, a visit to the sculpture fields or Sculpture Garden, and an updated Covid 19 health program or "What Happens Next?"



In honor of the 25th Anniversary of Keepers of the Gate, Chattanooga Keepers will be invited to a national congratulatory program on May 10. Keepers and members who are considering stepping up to Keepers, have been invited to a special VIP session, followed by a program open to general membership celebrating the unification of Jerusalem. There is no charge for the VIP or general sessions. Dana Waxler, Hadassah National Co-Chair of Annual Giving, should be contacted by anyone planning to "step up" to become a Keeper at dwaxler@hadassah.org.

Annual Giving enables Hadassah to provide ongoing reliable funds for its many projects such as: Hadassah Medical Organization, which supports saving lives, healing, research, and cutting edge medicine at its two Jerusalem hospitals; Youth Aliyah, which educates and nurtures children at risk; and Young Judea scholarships, which enables children to attend camp and young adults to spend a "gap" year in Israel.

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)**

Those who are already Annual Givers should consider increasing donations or stepping up to the next level.

Contact Dana Waxler at dwaxler@hadassah.org.

Join us in Israel as we celebrate the 25th Anniversary of Keepers of the Gate!



Jerusalem



Meir Shfeyah Youth Aliyah Village



Keeper of the Gate pillars, Hadassah Hospital Ein Kerem



Machane Yehuda market

This year, Keepers of the Gate will celebrate our silver anniversary in Israel. This exclusive tour of Israel gives our Keepers an up-close-and-personal opportunity to see the projects that Keepers of the Gate gifts support.

- Visit the Meir Shfeyah Youth Aliyah Village and meet the students to learn how we are educating and nurturing Israel's most at-risk youth and helping to shape their future.
- Tour both Hadassah Hospital Ein Kerem and Hadassah Hospital Mount Scopus campuses and witness the impact Hadassah doctors and nurses have on the lives of Israelis and our broader global community.
- While visiting Hadassah Hospital Ein Kerem, Keepers who have achieved their 5-year milestone will experience the thrill of seeing their names engraved on the Keeper of the Gate pillars.
- Visit the Knesset, tour Machane Yehuda market, experience Shabbat at the Western Wall and so much more!
Two 4-day post-tour excursions are also available.

DETAILS

November 7-14, 2021
Land package \$3,125.
 Early bird rate of \$2,525 until July 1, 2021.*
 Join as a **NEW Keeper** or **STEP UP** to the next level of Keepers of the Gate and receive an additional **\$250 off your land package!****
 Visit hadassah.org/israeltravel or contact Roz Kantor at rkantor@hadassah.org for more information.

*Land package only. Airfare additional.
 **Offer available for the first 40 new and step-up Keepers who register.



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.

Join Hadassah@Home for interesting recipes, videos concerts and interviews. See how Hadassah is fighting the war against Covid-19 and read about Hadassah programs supporting civil rights, women's health awareness, Holocaust Education and Israel!



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
Balsler, Jeff	Cohn, Sue*	Hodes, Alvin	Malsh, Rebecca*	Weiner, Cara
Balsler, 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

Find up-to-date information about online programs,
cancellations and changes in our:

- Weekly Community Email
- Federation Facebook Page
(Jewish Federation of Greater Chattanooga)
- Federation Website
(JewishChattanooga.com)

**QUESTIONS? Call us!
423-493-0270**

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Jewish Federation
OF GREATER CHATTANOOGA

THE **STRENGTH** OF A PEOPLE
THE **POWER** OF A COMMUNITY

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