



A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA



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FROM THE EXECUTIVE DIRECTOR

Your Federation Staff – It's Personal!

Q&A with Jake Balser, Communications Manager

Q. Tell us a little about yourself.

A. I was born and raised in the Chattanooga Jewish community. I grew up on Signal Mountain and now live in the North Shore area. I graduated from UTC with a bachelor's in Communications and work in that field. I've thought about leaving this city in the past, but I just love this place so much! For now, this is home.

Q. How did you connect to the Federation? Did you participate in Federation programs growing up?

A. I went to the Sunday School program growing up and then worked as a madrich, youth counselor, throughout high school and went on to teach my own class for a few years in college. I was a counselor at Philanthropy Camp for several years and was a participant in Jew Crew. Loved those years!

When I was in high school I participated in a P2G program, where I went to Israel for two weeks and stayed with someone, and they came back and stayed with me for two weeks. It was an amazing trip that really got me connected to my culture. I still feel very connected to my friends I grew up with and participated in these programs with.

Q. What have you done that you are most proud of?

A. The thing I am most proud of in my life is coming out as a gay man. That is never an easy thing to do. Living my life authentically is very important and I'm very thankful that the community here in Chattanooga has been very accepting and loving.

Q. What do you like to do in your free time?

A. I love, love, love being with my friends! I'm a talker, as many people painfully know. My friends really are my chosen family, and I spend as much time with them as possible.

Q. What do you like about working at the Jewish Federation?

I have a very personal connection to the local Jewish community. Growing up here and always feeling part of something special and unique, I really love that I can be even more connected now in my adult life. Working for the Federation and working with all of the local Jewish community members feels right. I am very lucky to be where I am.

Q. What is your favorite place to visit?

A. I go to New York every chance I get. I grew up a theatre kid, so seeing live shows on Broadway, nothing can beat that. I also just love the atmosphere in the city. It always feels new and exciting when I go back because it is always changing.

Q. What is something on your bucket list?

A. I have always wanted to go to Australia. I love the accent, the water looks amazing, and it would mean a nice, long vacation. Also, who doesn't want to become friends with a kangaroo?

What is your favorite food?

A. Wow, this is the hardest question I've ever been asked. Food is my passion. You can find me daily at a local restaurant called Kumo. I live and breathe hibachi! Look for me sitting in a booth staring lovingly at my feast of edamame, miso



soup, a romantic roll, and some variation of a teriyaki protein dish, with at least three sides of white sauce.

Who is your favorite artist (musician)?

A. I love Brandi Carlile. If you haven't heard of her, run, don't walk to the nearest record store, and get her new album. She never fails to hit all of my emotions. I cry, I smile, and I am encouraged when I listen to her honest lyrics and raspy vocals. Not only do I love her music, but the life she lives just really inspires me. Maybe we will be friends one day; everyone please keep your fingers crossed!

Happy Chanukah!





FROM THE BOARD CHAIR

Mike Spector Mspector19@Gmail.com

Meet Cara Weiner, Secretary of the Jewish Federation of Greater Chattanooga's Board of Directors.

Q. Favorite Jewish Tradition: We have weekly Shabbat dinners as a family. We have a tradition at dinner that we call "Proud." When Rabbi Tendler was here, she told me that on Shabbat her family would go around the table and each take a turn telling each other what they are proud of the others for doing. It has become part of our Shabbat tradition, and I look forward to it every week. My girls are still young, five and seven, and it is so lovely and enlightening to hear them tell each other – and J.R. and me – what they are proud of us for doing during the previous week. And each girl beams when we tell them why we are proud of them. As a parent, I feel like I am so often correcting or fussing at my children, and I love having a tradition where I tell them all the wonderful things they do that make me so proud!

Q. Where You're From: I was born and raised in Georgia. I grew up in Marietta, just northwest of Atlanta. I went to UGA for undergrad and Georgia State for law school and never imagined moving away. I always say I moved to Chattanooga kicking and screaming. J.R. and I got married in March 2012 and he was offered a job in Chattanooga that fall. At the time, I was working at a fantastic boutique law firm in midtown, loving city life, and I was not excited to move here. Now, nine years later, I am thrilled we ended up in Chattanooga. It is a delightful city! I landed at a law firm that I love, continuing

to practice medical malpractice and insurance defense. Chattanooga is an easy place to raise a family with two working adults. My kids go to a great public school, and I do not have to sit in traffic to commute to work! And, of course, the Jewish community is second to none! We instantly fell in love with the sense of community here.



Q. What You Find Special About the Chattanooga Jewish Community: There is just so much to love about the Chattanooga Jewish community. We had been here about a year when we found out I was pregnant with Ellie. The community was so excited that there were four pregnant couples in the community! They threw a community shower for us to get to know each other. From the start, we were supported and loved and so were our children. In addition, we have been so lucky with the tremendous shlichas that we have had come to Chattanooga. We have enjoyed our relationship with each of them so much!

I also cannot say enough wonderful things about our Federation social services staff, who work so hard and quietly that sometimes the community does not even know what wonderful things they do! From taking people to appointments, to ensuring people

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FROM THE PROGRAM DIRECTOR

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

Do You Have Loose Ends?

I am the eldest grandchild on the maternal side of my family. I am also the eldest of my siblings. More than 20 years ago, I began to learn the importance of planning ahead, not for personal goals, but for the death of the people I love and its aftermath.

In hindsight, I realize that the last several phone conversations I had with my father were about his final wishes. He was splitting his time between my home in Georgia during the winter months and living near my sister in the Adirondack Mountains of Northern New York the rest of the year. He had just moved into a new apartment, closer to town in New York. His questions were things about furniture and small mementos. I assumed they were related to his moving. It was fall. He had not come to Georgia.

Six weeks after the calls, an unexpected massive heart attack took his life. When my sister and I went to the apartment, we found envelopes laid out on his bed containing very specific instructions for my sisters and me, and wrapped birthday gifts

for each of our kids. There was a legal pad with handwritten directions. There was no way he could have known that his life would end the afternoon he started to put this together. There wasn't a will or any formal papers.

My mother knew death was a matter of months away. My sisters and I were given specific roles prior to her death. I handled all finances, insurance, caregivers, and funeral and legal arrangements. My middle sister handled all medical and palliative care. My youngest sister handled communicating with family and my mother's loved ones. When my mother died, all of her wishes were in place, making that horrible time much easier.

My mother's father survived both my parents. I knew his end-of-life wishes, which I thought he had made clear to my uncle. But my uncle put my still-sharp grandfather in nursing care against his wishes when my mother was too ill to actively protest. My uncle controlled my grandfather's finances, and my grandfather had no will or other legal papers, only a piece of paper stating that any item from my grandfather's side of the family would go exclusively to my uncle and his son

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FROM THE SOCIAL SERVICES DIRECTOR

Christi Haustein Chaustein@JewishChattanooga.com • 893-9241

Two New Sources of Assistance: Handy Helpers and Caregivers Support Group

Introducing Handy Helpers

The Federation is so excited to offer our new program, Handy Helpers. It came about because of the number of calls from our clients who needed minor and sometimes, larger home repairs and the limited resources in our area to help these individuals. The Jewish Federation is now collaborating with St. Alexius and green spaces for certain home repair requests. green spaces can assist with winter weatherization and energy efficiency (greenspaceschattanooga.org). We are also working with ACE Hardware to fill requests for professional work.

When I conceptualized this program before we received the funding, I anticipated using it for individuals and families with minor repair needs who would otherwise struggle to pay for the work themselves. While we will consider all requests, please keep in mind that we have many in our own community who simply cannot afford to hire a handyman or woman. Having access to these minor repairs and/or help in their home help keep individuals stably housed and independent.

Guidelines for requesting assistance from Handy Helpers:

Examples of home repairs or needs in your home covered by Handy Helpers might include: weatherization, small roof leaks, repairs to a ramp, unclogging a sink or toilet, repairing or replacing broken door locks or window panes, replacing out-of-reach light bulb, minor plumbing, and moving furniture within your home to prevent a fall. This list does not cover all requests or needs.

Handy Helpers cannot be used to renovate or remodel your home (painting walls, putting down new flooring, etc). If you need these services, you're welcome to call and we can research local companies and give you feedback. Generally word of mouth from friends or others in the community is your best bet.

Due to limited funding for this program, we are likely not able to approve large home repairs. It may be that you need

to consult with your home insurance agent to see if your repairs are covered. Please keep in mind, we are relying on volunteers for this program, so larger requests/needs would require a professional. Please contact us and we will discuss on our end to see if we can tackle your need or if we need to give you the name of local agencies to assist.

Before we can approve your home repair or need, we will have to look at the job. If you can send pictures of the work needed, this will be a great help. Please text or email photos to Marki Kaim 423-322-8641 or mkaim@jewishchattanooga.com or Christi Haustein 423-394-3922 or chaustein@jewishchattanooga.com. If pictures are not possible, we will visit to determine whether we can assist.

Handy Helpers cannot provide non-medical care in your home. We cannot send people to your home for cleaning or meal prep. Again, if you have these types of needs, please reach out to Marki or me for referrals.

Handy Helpers is not a moving company. If you need help relocating, please call for a list of local companies.

We are pleased to say that we have already received many requests. Some we unfortunately could not help with; others are now on our list. Please bear with us if things don't move as quickly as you'd like. This is a new service, and we are trying our best to get to each request as they come in. **It is our goal to help fulfill your needs within the guidelines of the program. If we cannot assist, we will gladly provide referrals or give you other resources in the area.**

Caregivers Support Group Starts this Month

There has been a huge increase in caregivers in our community. Knowing the stress this can ignite, the Federation presents a new Caregivers Support group starting Wednesday, Dec. 1. This group will meet on Wednesdays at Mizpah Congregation from 1:30-2:30 p.m. Please see the flyer and RSVP with Marki Kaim. The Federation will provide drinks and snacks. Please join us!

Ann Treadwell (Loose Ends)

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in California. My mother was to receive everything from my grandmother's side, which I was to distribute upon her death. My uncle put everything in my hands except the sale of the house and farm. My sisters and I went through the valuables in the house and marked them for my aunt and uncle, cousins and ourselves. We held lotteries equitably distributing jewelry and other valuables. And then, quietly, one family member came with a large rental truck and cleared out most of the valuables without anyone's knowledge. No written directions, no will, and lots of long term hurt feelings. Many of us have not spoken in decades and I regret that fact.

COVID has taught us many things. Among those things it

reminds us that regardless of how old we are, we all need to make sure we have tied up our loose ends when it comes to death, dying, and final wishes. As with other COVID-related issues, tying up these loose ends is not only about us, it is also about the people we love and care for.

I strongly encourage you to participate in the education program Tying Up Loose Ends on Tuesday, Dec. 7, at 7:00 p.m. The program will feature a panel discussion about issues related to wills, estates, aging, caregiving, mental health, and hospice. See more about this program on back page. I extend my thanks to community member Marilyn Goler for reminding me of the importance of tying up loose ends, and to the evening's panelists for agreeing to share about these important topics.



Marki Kaim, MSW, QMHP - Social Worker

Mkaim@JewishChattanooga.com (423) 322-8641

Hours: Mon., Tues., and Wed., 9:00a.m. to 5:00p.m.

Increasing Motivation: Improving Productivity in the Face of COVID

In the midst of the worldwide pandemic, the subsequent stay-at-home orders, and lack of human interaction our lives have drastically changed. One common theme is that individuals of all ages and in all situations are experiencing less of the willpower and motivation needed to accomplish tasks.

It is vital to recognize that energy levels fluctuate for all of us throughout our lifetime. Whether or not it is visible, everyone goes through periods of mitigated drive. With this, we can begin to remove the guilt associated with doing less. I often remind clients (and myself) that when we are unable to perform as we desire we in turn offer our bodies something else: a break from the rush of life and the "should" mentality. Instead of feelings of disappointment or worthlessness, we can work to reframe (a word you will read here often).

For Example: You intended to clean the house today but struggled to even get out of bed. Your mind may call you "lazy" or you may experience feelings of low self-esteem.

Reframing: Rather than give into the negative feelings, tell your brain: "Thank you for signaling that I needed rest." Remind yourself that though you did not check off everything on your to-do list, you did take time for self-care/rest/ time to unwind. List the things you did do! Even if those things seem simple, such as getting out of bed, making breakfast, or reading. You fueled your body by getting out of bed and eating. Reframing allows us to remove the guilt and highlight our strengths or accomplishments, no matter how miniscule they may feel. Give yourself credit for all the things you managed.

How to Increase Motivation: Low productivity can be overwhelming, especially if a job has now piled up and seems too daunting. Instead of dictating that you must get up and finish the full task at hand, break down the goal. Telling yourself that you only need to do five minutes of cleaning or work sounds much more manageable to our brains and allows us to get started more easily.

Step one: Drastically cut down your goal. If you have six items on your list for the day, cross out five and start one. If you have three hours of house cleaning ahead of you, set an alarm to do only five minutes to begin. Sometimes it also helps to set a timer for when you want to get started.

Step two: Set a small reward for after the five minutes are complete. Once your five-minute alarm goes off, give yourself credit for accomplishing your goal. If you feel good and now have the energy to continue, go for it! If the five minutes was agonizing, and you now need a break, take it! Give yourself the reward you set, whether it's a ten-minute break, a snack, etc.

Step three: If you choose to take a break, set another alarm

(or choose a time on the clock) to begin your next round when your break ends. Commit to it. Don't linger.

If five minutes was all you could manage for the day, that is okay! Acknowledge your success and build up to more time throughout the week.

Step four: Give yourself credit again. Force any feelings of disappointment or guilt out of your mind to make room to highlight anything that went well.

Continue to set your day up for success by decreasing your day's tasks. Though setting an alarm is not a mental health solution, it could be the catalyst for breaking the vicious cycle of lessened activity, depressive feelings, and isolation — something you can read about in the coming months.

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Check our website for our daily menu

Mike Spector (Cara Weiner)

Cont. from Page 3

select the best Medicare plan for their situation, our social workers truly work hard to make the entire Chattanooga community – Jewish or not – a better place.

Q. Conversation You'd Like to Have with Anyone, Living or Dead: I would love to sit down with my maternal grandfather who died when I was a teenager. He had a master's degree in Divinity from Furman and was, for a time, a Baptist preacher in Pennsylvania. He was fired from his church over a dispute regarding race. In short, a choir was coming to perform in Pennsylvania and members of the choir needed a place to stay before and after the performance. He asked his congregation to house them and intentionally failed to tell the congregation that the choir was a gospel choir and the singers were African American. Once his congregation found out that the choir was African American, they did not want to provide the housing. It was his position that the race of the choir was irrelevant. He ended up leaving his church over the incident, moved to Florida and continued to fight for justice on behalf of minorities and also for those with intellectual disabilities throughout his life. He later joined a Methodist Church and was always incredibly supportive of his Jewish family.

Tuesday Cafe via ZOOM December 7 and 14

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



Do you need assistance
with your home
to stay independent?

Handy Helpers

Are you 60 years old or older?

Do you need assistance with home maintenance, repair, or minor accessibility upgrades?

Do you want to decrease your utility bills ?

For more information or to register
contact **Christ Haustein, (423) 493-0270**
or visit www.jewishchattanooga.com.

Brought to you by the Jewish Federation of Greater Chattanooga, St. Alexius Outreach Ministries, United Way of Greater Chattanooga, Impact 1 and Build It Green.



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

Mazal Tov!

Mazal Tov to
Sandy Dittus

who was recognized
and honored as a
*2021 Chattanooga
Woman of Distinction*
on October 27.
Thank you, Sandy, for
your leadership,
volunteerism and
involvement with so
many local organizations
– including the Jewish
Community!



Sandy Dittus pictured with Federation Executive Director, Michael Dzik

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 / Zev

Joel Scribner (423) 321-4236
Susan Berner (423) 508-4895
Billy Joe Ragland (423) 298-7169
Temp: Zev Kaplowitz (423) 298-7169

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ARTS FOR OLDER ADULTS: Free online art classes with The Chattery

REGISTER:
and find more details and classes online at
<https://www.thechattery.org/arts>

Modern Art Collage

December 5th

Watercolor Painting

December 10th

Celebration Banner Creation

December 12th

Ornament Painting

December 14

REFRESH RENOVATION UPDATE



*Our Refresh project begins
December 1, 2021.*

J&J Contractors have been hired, and we are very excited to finally get started with this project. Within the first week you'll see electricians, plumbers, carpenters on site. Materials are on order, and we should start seeing deliveries soon.

The completion date is April 5, and we already look forward to welcoming you back to our Refreshed 2022 JCC facility. During renovations, the Federation will remain OPEN. Aleph Bet will have regular hours. Meals, transportation, and social services will continue. We will have more limited staff at the JCC each day but all staff will be working full time either from the office or home. You can always call our main line (493-0270), and we'll connect you with any staff person, and, of course, you can correspond with staff by email as you normally would. We will keep you updated on progress through The Shofar, community emails, and photos on jewishchattanooga.com. Even with the renovation disruption, we'll work 110% to make sure we continue engaging, connecting, communicating and helping. **We're here for you!**

ORT AMERICA Impact Through Education

ORT America planning centennial celebration weekend in New Orleans

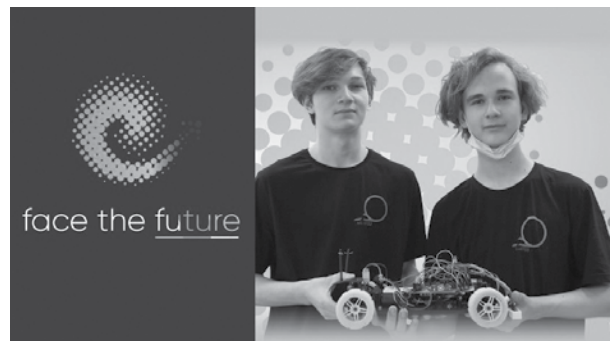
For an anniversary party, what better place than New Orleans? ORT America will celebrate its centennial with a celebratory mission to New Orleans, Jan. 16 to 18.

The weekend will include visits to the Museum of the Southern Jewish Experience, National World War II Museum, Whitney Plantation and Touro Synagogue. While the MSJE visit will be a major highlight of the trip, Tova Kantrowitz, ORT America director of communications, said the World War II Museum visit "is particularly significant for our organizations as survivors of the war were given a second chance after receiving ORT training at DP camps in Europe before coming to the U.S. to start new lives."

The idea for the mission came from Austin Center in Chattanooga, a national board member who touts the Jewish history of the South. ORT was founded in 1880 in Russia to teach Russian Jews essential trades and professions. Now in over 30 countries, ORT schools teach skills to empower people and strengthen communities, with high-level science and technology education, "bridging the gap between ability and opportunity."

For more details and to register, visit www.ortamerica.org/new-orleans.

Because of the uncertain times, there is a no-commitment pre-registration form available.





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Happy Chanukah

love,

ALEPH BET





Inbal Lev Federation Shlichah

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You are the cutest my Savta

On October 12 my dear Savta (grandmother) Sarah passed away.

Savta had a regular day on the prior day, she enjoyed the evening program at her assisted living facility, had dinner with Saba (my grandfather, Meir, who I wrote about last month), and went to bed. She didn't wake up the next morning.

It helps to think that she passed away with no pain, in her own bed, peacefully, next to her beloved husband of the past 63(!) years, not connected to any machines. This gives me a little comfort in the situation.

I was in Denver, Colo., getting ready to sleep before my morning flight back to Chattanooga when my mom called to tell me. I was lucky to be surrounded by amazing friends I was traveling with, who were there to hold me. When I talked to my dad, he was honest with me and said they are not going to wait for me for the funeral but asked me to try writing something about Savta they could read that day. So I did:

My grandmother is the cutest.

I am always so proud to tell people how present you were, Saba and you, in our lives. How you used to come to Alon HaGalil every week to spoil us and help our parents. How we used to sit together to solve crossword puzzles, I was telling you what was going on at school and you were telling me all your stories and what interesting things happened that week. I am always telling people of our Shabbat dinners with all the family at your apartment in Haifa, what a unique, home feeling we had there, and how much I miss your home cooked meals and Saba's famous salad.

I have spent the past year so far from home. I went to fulfill myself on my shlichut journey. The main difficulty – more than the cultural differences, the language and the different lifestyle I experience – is being so far away from home. It is the feeling that I'm missing important moments of my life in Israel. My biggest fear of traveling here came true today. During my last visit in Israel, I felt how much weaker you've become, and I still could not have imagined it was my last goodbye from you. You are so strong and so special. I'm glad you said goodbye to us on your own terms, without hospitals, machines and needles - but quietly, at home, next to Saba.

I remember so many times you told me to come back home, you couldn't really understand why I went away for such a long time. Towards the end of my first year in Chattanooga you told me that one year was enough, and that I should come back and be with my family in Israel. Any such conversation made it difficult for me, and in fact, these were the only moments that for a second, I thought it might be better to return home. But through it all, I am so proud of myself for my journey here



and I believe in what I do. And I know you were proud of me too. I have the chance to share and tell other people about myself and Israel every day. So, I'm talking about you, all of you – what an interesting and amazing family I have. I am happy that we got to spend quite a bit of time on my short visit to Israel and that I was able to tell you a little more about my life and work here. I'm learning so much about myself and our family. I really feel like you are the reason I am here in Chattanooga.

You taught me to listen to others and the ability to have a conversation with literally every person I meet. You taught me to sew. I did not think it would turn out to be such a useful tool, to repair any tear or button that fell off the clothing of everyone around me. I feel and notice every day. You are so special. I had you for 23 wonderful, formative, and important years. You were so present in them - it's not going to change. You made me become a better person and a more successful shlichah.

It's hard for me to have missed you in the last year and a half. It never feels like we talked enough. I am happy that thanks to amazing Ella [the caregiver] we could FaceTime occasionally, and we could even argue about who is cuter, as usual. You are the cutest my Savta. you have always been the cutest and most mine. And you are always going to be the cutest and most mine. I wish I was there with everyone today.

*Love you as much as possible and hugging from afar,
Inbal*

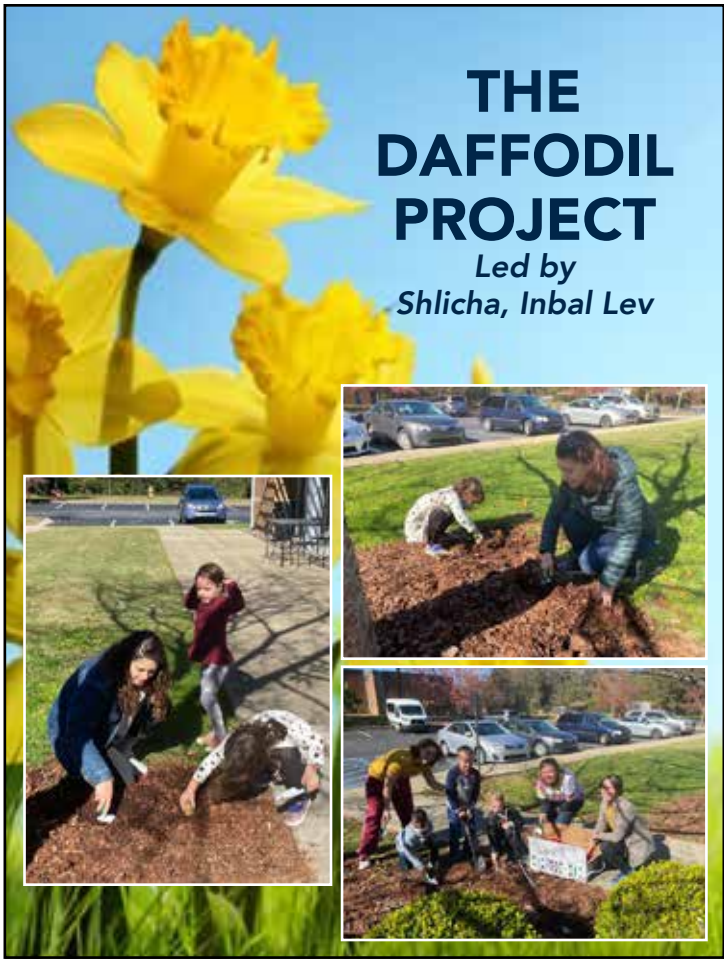




Let's get together



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Did You know?

Your Chattanooga Jewish Federation is collectively part of Jewish Federations of North America

- 146 Jewish Federations
- 300 smaller network communities
- Collectively raise and distribute \$3 Billion annually
- Protects and enhances the well-being of Jews worldwide through values of
 - o Tikkun Olam
 - o Tzedakah
 - o Jewish learning and identity
- Leaders in: caregiving, aging, advocacy, philanthropy, disability, health care, security and so much more!
- Chattanooga has TWO JFNA Board Trustees – Andy Hodes and Michael Lebovitz (Michael is also a past JFNA National Campaign Chair)

Learn more about Federation’s worldwide impact at www.jewishfederations.org

SAVE THE DATE

Tuesday, January 25th, 7PM

Jewish Federation Annual Meeting

Due to JCC Renovations, event will be held at Mizpah (923 McCallie Ave, Chattanooga, TN 37403)

Special Guest:

JFNA President and CEO, Eric Fingerhut

Election of New Board, Volunteers of the Year, dessert reception following



Jewish world population increases to 15.2 million with 45.3 percent living in Israel

The number of Jews worldwide stands at roughly 15.2 million, according to statistics released by the Jewish Agency for Israel on the eve of the Jewish new year 5782.

That number is up from 15.1 million the last Jewish new year (5781).

The number of Jews in Israel is nearly 6.9 million (compared to 6.8 million in 5781). The number of Jews living in the Diaspora is 8.3 million, of which 6 million are in the United States, according to an Israeli government press statement.

The percentage of Jews living in Israel out of all the Jews in the world stands at 45.3 percent, an increase of half a percent over the previous year. The estimated number of Jews in the United States increased by 300,000 following a new survey by the Pew Research Center.

The numbers include those who define themselves as Jews and don't identify with another religion. When also including those who are eligible

for Israeli citizenship under the Law of Return, the world total rises to 25.3 million people, of which 7.3 million are in Israel and 18 million live outside Israel.

The updated estimates by Professor Sergio Della Pergola of the Hebrew University of Jerusalem will be published in the American Jewish Year Book 2021.

Updated Jewish population figures from additional countries include:

- France: 446,000
- Canada: 393,000
- Great Britain: 292,000
- Argentina: 175,000
- Russia: 150,000
- Germany: 118,000
- Australia: 118,000

- Brazil: 91,500
- South Africa: 52,000
- Ukraine: 43,000
- Hungary: 47,000
- Mexico: 40,000
- The Netherlands: 30,000
- Belgium: 29,000
- Italy: 27,000
- Switzerland: 18,500
- Chile: 16,000
- Uruguay: 16,000
- Sweden: 15,000
- Turkey: 14,500
- Spain: 13,000
- Austria: 10,000
- Panama: 10,000

An estimated 27,000 Jews live in Arab and Muslim states: 14,500 in Turkey, 9,500 in Iran, 2,000 in Morocco and around 1,000 in Tunisia. Another 38 countries have Jewish populations of 500 or fewer.

Chattanooga Shlichah Inbal Lev speaking at Ashwood Square to 25 Jewish and non-Jewish residents



Chattanooga Shlichah Inbal Lev and Rabbi Keilah LeBell at Normal Park



"Tying Up Loose Ends" See back page



"One day Son all this will be yours."

Happy Chanukah

from the Jewish Federation staff!



ONE2ONE ENGLISH



Are you an experienced educator?
Do you miss teaching young people?

We invite you to register for our program matching American educators with Israeli middle school students for one-on-one English tutoring twice a week.

Sundays in January - February 2022

9am - 11am EST
8am - 10pm CST



הסוכנות היהודית
JEWISH AGENCY FOR ISRAEL
ישראל
Every one of us, together.



www.facebook.com/P2GHaderaEironSE
[p2g_hadera_eiron](https://www.instagram.com/p2g_hadera_eiron)



Welcome Mika-Ela Monar

Former Chattanooga Shalaich Raoul Molnar and his wife, Matilda, welcomed their second child on Nov. 3, 2021. Daughter Mika-Ela Molnar was born four weeks early. Mother and daughter are both doing well, and the family is delighted to share the news.



Portrait Models Wanted

Artist and retired cardiologist David Salerno seeks three to four volunteers, preferably male, to paint as part of his Together – A Portrait of Americans project showcasing our shared humanity. Paintings of 25 to 30 volunteers from different religious faiths will be included in an exhibit. The paintings in the exhibit will be unlabeled with no identification of name or faith.

Volunteers will be asked to sit for about three hours, with breaks. At the conclusion a quality print of their painting will be given to participants. The project is fully funded, no cost to volunteers. Contact the artist at davesotrue@gmail.com or (423) 902-4780 for more information or to inquire about volunteering. Michael Dzik and Ann Treadwell have both met with Salerno to verify the project. About the artist: David Michael Salerno is an oil painter trained in classical realism. In 2016 he achieved the designation of Signature Artist in the National Oil and Acrylic Painters' Society (NOAPS). He is also a member of the Oil Painters of America, the American Impressionist Society, and the Portrait Society. Salerno is an instructor at Townsend Atelier in Chattanooga. Salerno has painted throughout his life, even during his years as a practicing cardiologist. His website is dmsalernoart.com

Perlstein Became a Bar Mitzvah, Nov. 1, 2021

Mendel Perlstein became a Bar Mitzvah on the 26th of Cheshvan (November 1, 2021). Perlstein, a son of Rabbi Shaul and Rosie Perlstein attends Cheder Lubavitch of Illinois.



A member of Chabad of Chattanooga, Perlstein enjoys reading and spending time with family, including his five siblings, Yossi, Sara, Sruly, Tzvi, and Mushka.

Perlstein said of becoming a Bar Mitzvah, "It's the understanding that every action I do makes a difference so I need to be responsible and thoughtful in what I say or do. It means to live by example a meaningful life guided by the Torah." Perlstein shared that while he loves studying in Chicago, he misses his friends and community in Chattanooga. "I am thankful that so many of you joined me at my Bar Mitzvah," he said. "I can't wait to see you all for Chanukah!"

JOIN THE JEWISH FEDERATION'S
**CARE GIVERS
SUPPORT
GROUP**

**Meetings at Mizpah
Congregation
Every Wednesday from
1:30-2:30 starting
December 1**

RSVP
Marki Kaim
(423)322-8641
mkaim@jewishchattanooga.com

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



Susan Caminez
roshnooga@gmail.com

Machanooga on the Move

Machanooga has been making its way through the Torah this year, following the Israel National Trail. It has been an adventure and a half! At the end of October, Isaac and Rebekah got married, introducing students to the Jewish lifecycle event of the wedding. Our stuffed animals, Drew (a green crayon) and Margaret (an ostrich), were wed under a chuppah made by our second to fourth graders. The couple drank from kiddush cups, made by our kindergarten and first graders, and the Rabbis read from the beautiful ketubah made by our fifth to eighth graders. Our preschoolers made the rings and bouquet for the bride and groom. It was a fantastic event that ended with a reception featuring live music and a wedding cake.



We only have a few more stops along our trail in December, and the stops are packed full of fun as we celebrate Chanukah and explore Jerusalem with our own shuk and kotel. Don't think that our students are the only ones having fun! Our parents are also spending quality time together with our parent Walking Club. They've been all over the city enjoying coffee together and getting in their exercise. In November they took on Aleph Bet's Gobble Wobble together to support the preschool.

Machanooga meets Sunday mornings from 9:30 a.m. to 12:00 p.m. Our spring semester starts on Jan. 23. We have rolling registration, which means your students are welcome to join us at any time. If you want your student to give it a try, please email me at roshnooga@gmail.com to arrange a visit. See you on the trail!



In November at Machanooga we learned a lot about working together, unlike Jacob and Esau. We put our skills to the test with team games, such as getting our team from one galaxy to the next and using teamwork to lift a ball off the floor with string. Our students walked along a crazy obstacle course at an Aleph Bet Children's Center event as they learned about giving back to their community. Classrooms also competed in our Tzedakah Challenge to raise funds for the Chattanooga Area Food Bank.



When Jacob received his new name in the Torah, our students learned all about their own Hebrew names by attending the baby naming for the adopted baby of Drew the crayon and Margaret the ostrich. Further along the Torah trail, we met Jacob's son, Joseph, and his coat of many colors. Our students then made their own colorful coats with string art.

Further up the Israel trail, community shlichah Inbal Lev joined us as we visited a Beduoin tent right inside our classroom! Inbal wore a traditional dress and we enjoyed Beduoin tea. On another Sunday, our students learned all about chickpeas as we made our own hummus.

MACHANOOGA FALL 2021-2022
December 5, 2021
December 12, 2021
No School December 19, 2021
No School December 26, 2021

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

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.

Temple Open for Business!
Rabbi Lewis and our Board Welcome You!

Friday Kabbalat Shabbat services
 Shirei Shabbat: Sabbath of Song
 Torah Study
 Bar and Bat Mitzvah Classes and Celebrations

Weddings
 Individual Hebrew teaching for children
 Zoom, Temple Livestreaming and Facebook Live
 Bar / Bat Mitzvah training

Please check with Temple Administrator Angela Rickert for details and read our Weekly Email Announcements

TORAH STUDY

Shabbat Morning Torah Study | 9:00 a.m.

Join Rabbi Lewis for Torah Study. We read portions of the parsha from Plaut Commentary and other chumashim. ZOOM LINK included in our bi-weekly email announcements

Intriguing Conversation December 9th

Time: 7:00 pm. Zoom link available

Tune in via zoom on Thursday, December 9th for our next Intriguing Conversation: "What is it like to be a Jewish college student in the 21st century?"
 A panel discussion featuring current Mizpah college students.



MIZPAH Ongoing and Special Activities

*Please attend your favorite Mizpah activity
 We offer in-person and virtually everything
 you've come to expect*

- Sundays:** Machanooga 9:30 a.m.
- Wednesdays:** 7:30 a.m. Morning Mussar (contact Rabbi Lewis)
- Thursdays:** 6:30 p.m. Adult B'nai Mizpah Classes
- Fridays:** Kabbalat Shabbat services 6:00 p.m.
- Saturdays:** 9:00 a.m. Torah Study
 11:00 a.m. Shabbat worship services

Dec. 3 Hanukkah at Camp Jordan 6:00 p.m.

Dec. 5 Hanukkah at Mizpah with Fort Wood Neighbors 6:30 p.m.

For Details: www.MizpahCongregation.org

MIZPAH HANUKKAH CELEBRATION!

Friday, December 3rd - 6:00 p.m.

Camp Jordan (East Ridge)

The Kitchen Pavilion (Main entrance, on the left)



Food: Brisket and side dishes

prepared by David and Paula Israel

Each family: Being your menorah with candles

Latkes: Families bring 10-15 latkes to share
 We will have the apple sauce and sour cream!

Desserts: Families bring desserts to share

Cost: same as 1st Friday Shabbat meals

MIZPAH HANUKKAH CELEBRATION

Sunday, December 5th 6:30 pm

McCallie Avenue Main Entrance

"On the Steps"

Invited Guests: Our Fort Wood Neighbors!
 Hot chocolate, hot cider, jelly donuts and
 Hanukkah celebration!

8th Night of Hanukkah! Lots of Light!

Come ready to sing!



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.



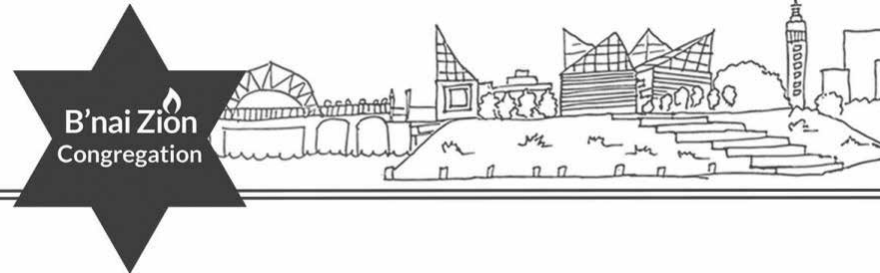
P.O. Box 3293
Cleveland TN 37320
423-894-8900

www.BnaiZionCongregation.com
Shul@BZCongregation.com

Want to learn more about BZ?

Contact Rabbi Rotenberg
to set up a time to meet!

rabbi@bzsynagogue.com / 423-894-8900, ext. 702



Shabbat Muffins

A new Shabbat program for kids 0-10 years old, on the 1st Saturday of each month. Led by Rabbi Keilah Lebell on December 4 at 10:30 am in the BZ Office at Mizpah!

Mazal Tov to Rabbi Rotenberg on his installation!



Scholars of the Scroll

New day and time! Join us via Zoom over at noon over lunch on Thursdays. Meeting ID: 827 0926 3058 / passcode: torah

Southern Schmooze at Ramah Darom

Join us in the North Georgia mountains for a fun-filled weekend with members of our congregation and a chance to schmooze with others from around the Southeast.



February 4 - 6, 2022

Learn more and register at

ramahdarom.org/schmooze



Happy Hanukkah with SUFGANIYOT & S'MORES

Saturday, December 4
7:00 pm in the Mizpah Parking Lot

JAMMIES AND JEANS

Friday, December 17 at 5:30 pm at Mizpah

For our winter months, we have moved our family Shabbat services indoors! Join Rabbi Rotenberg in Feinstein Hall for a fun and musical family service. All ages are welcome, and kids are invited to wear pajamas!



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.

YOU BELONG HERE

JOIN A WEEKEND YOU'LL NEVER FORGET

If you are Jewish and in high school you could be part of the fastest growing network of Jewish teens.

FEBRUARY 24 - 27, 2022
CTEEN.COM/SHABBATON

Mahjong Circle
Wednesdays at 6 pm

Join the Mahjong Circle for an evening of camaraderie and fun with sangria and snacks!
 Men and women invited!

CTEEN shabbaton

This was our first time experiencing a CTEEN shabbaton! Going on this trip we had no clue what it was going to be, but now coming out of it, I've never had more fun then I did at the ATL CTEEN shabbaton. Each day we met new friends, ate authentic Jewish food, and made Jewish friends and memories that will last a life time! The next CTEEN is an international event being held in time square with thousands of Jewish teens! It will be a blast for other Jewish teens to join us in NYC!!

If you have any questions about the shabbaton or are interesting in joining on the trip to NYC please reach out at (423)-987-0010 or (423)-827-6196

Dorian Furr & Callie Czarnecki



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

WOULD 50¢ A DAY REALLY MAKE A DIFFERENCE?

by Linda Freedman Block, Hadassah National Keepers of the Gate Chair

It takes so little to do so much! If you can afford even 50¢ a day, you can—and should—become an Annual Donor and make a difference in someone's life. Chai Society members donate a minimum of \$180 a year (just 50¢ cents a day), Silver Chai Society members at least \$360 a year (99¢ a day) and Keepers of the Gate donate a minimum of \$1,000 a year (\$2.74 a day).

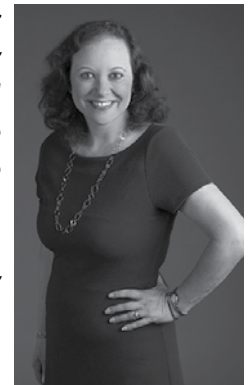
Approximately 7,350 Annual Donors gave more than \$4,500,000 last year!

In just the last year, accident victims received the best possible rehabilitation at our Mt. Scopus hospital. COVID patients had the finest medical service available in the Round Building, the original hospital at Ein Kerem. Surgeons operated on patients with state-of-the-art medical equipment at our Sarah Wetsman Davidson Tower at Ein Kerem. Our Youth Aliyah Villages provided a safe haven for more than 1,000 young people, and we helped many Jewish youngsters attend Young Judaea camps and Year Course in Israel.

Annual Donors' gifts to Hadassah make this possible.
Join this caring group today!
Contact me at Lblock@hadassah.org or 713-858-5531.

NEW CEO/EXECUTIVE DIRECTOR

"At a time when our world faces so many crises and challenges, I am convinced that the leadership, intelligence and vision of women — especially Hadassah women — are desperately needed." These are the inspiring words of our new CEO/Executive



Director Naomi Adler. Learn more about her vision in a Hadassah Magazine interview at <https://bit.ly/3bXkCEn>

Hadassah and Federation members celebrated Chanukah on the third night with dinner, the lighting of menorahs, and Chanukah games and music at the Waterhouse Pavilion in Miller Plaza.



Hadassah members who participated in the SuperSouth Turkey Trot received this "swag," a beautiful daypack celebrating Hadassah: the power of women who DO. Hadassah's Heart Healthy program supported cutting edge research at Hadassah Medical Organization.



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 Judaea 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 (\$1,000/year)**
- Chai Keepers (\$1,800/year)**
- New Silver Keepers (\$2,500/year)**
- Golden Keepers (\$5,000/year)**

Those who are already Annual Givers should consider increasing donations or stepping up to the next level.
Contact Dana Waxler at dwxler@hadassah.org.

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 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	Oxenhander, 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	
Brouner, Lee	Hanan, Rachel	Lebovitz, Lauren	Spector, Linda	

* Deceased

**Thank you
for insuring
our future.**

**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**

CONTACT LIST

Michael Dzik	Mdzik@JewishChattanooga.com
Annette McJunkin	Amcjunkin@JewishChattanooga.com
Ann Treadwell	Atreadwell@JewishChattanooga.com
Inbal Lev	Israel@JewishChattanooga.com
Christi Haustein	Chaustein@JewishChattanooga.com
Marki Kaim	Mkaim@Jewishchattanooga.com
Meghan Greybeal	Alephbet@JewishChattanooga.com
Jake Balsler	Federation@JewishChattanooga.com



Jewish Federation
OF GREATER CHATTANOOGA

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

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

The Shofar is mailed at no charge to local members of the Jewish community. Cost for out-of-town subscribers is \$30/year.

Find us online at
JewishChattanooga.com



Tying Up Loose Ends

A panel discussion about end-of-life issues

Tuesday, December 7

7:00 p.m. via Zoom

Meeting ID: 820 5011 3417

Passcode: 071930

Overview

Legal

Medical and Mental Health

Spiritual

Federation Services

Your end-of-life plan
should include:



Sufficient life insurance.



A will that names guardians for minor children and directs the distribution of your assets.



A living will that tells a hospital your wishes concerning life support.



Powers of attorney for health care and finances so that another person can make decisions on your behalf.



Plus: A letter of instruction and suggestion.