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FROM THE EXECUTIVE DIRECTOR

Your Federation Staff – It's Personal!

Q&A with Christi Haustein, Social Services Director



Q. Tell us a little about yourself.

A. I'm originally from Tuscaloosa, Ala., but we moved all over the state, as my dad is what I called a "professional student." Wherever he attended school (undergrad, medical school, and then law school), we moved. I grew up in Tuscaloosa, Mobile, and Montgomery, and mostly recently lived in Huntsville after dating and marrying my husband, Carsten. After nearly 10 years in Huntsville, Carsten took a job at Volkswagen, which changed our lives in many, many ways.

Q. What was your family like?

I have the most wonderful family! I have a loving mother who sacrificed for her children but at times suffered from depression from a failed marriage and death of her second husband to cancer. My father wasn't always there during my childhood but eventually became an integral part of my life. My father remarried as well and now, there are six of us children, three boys and three girls. I love having a large family and feel very fortunate to have parents who, although divorced, remain very close friends. We also had pets, big and small, throughout most of my childhood. My rescue dogs were on the cover of the June 2020 Shofar!

Q. How did you connect to the Federation? Weren't you living in Germany when you applied?

I researched employment in the Chattanooga area, and something spoke to me about it. Here I am, three and a half years later! We were in Germany for two years,

and they [Volkswagen] wanted a longer contract. But I missed my family dearly. My husband is from Germany, so he was quite happy to visit with his childhood friends and his beloved grandmother, who has since passed away.

Q. What led you down a path to social work?

I had many life experiences that led me down the social work road. In the beginning, I wanted to help people like my brother Jake, who suffers from addiction. I still have a heart for individuals suffering from drug addiction. I worked for many years with individuals diagnosed with HIV/AIDS. That one was a tough one for me at first, only because I was uneducated. I loved working with all of my patients there too. In fact, I had lunch with my old boss, now the CEO of Thrive Alabama, not too long ago. I've always managed to work for great agencies and have had wonderful bosses along the way, including today.

Q. What are some of your personal achievements?

I think any time I can help someone in turning their needs into their strengths, that is a success. I would also say graduating from college. I had very little confidence in myself growing up, so being able to graduate with my BA and MSW from Alabama was a huge achievement in my book.

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

Spending time with my family is my favorite pastime. I also enjoy being with my closest friends and watching SEC football, and, yes, that's Alabama football! And

I am always down for table tennis. I'm fairly competitive and used to play in a league, so if you want to challenge me, let me know! (I'm talking to you, Michael Dzik.) Anytime I can be outdoors and with my dogs, makes for a perfect day as well.



Q. What do you like about the Federation/community?

I love that we are so diverse and serve such a diverse population. I love the services that we provide for people, mostly seniors, who wouldn't ordinarily be able to access what we offer. I like that we work and act like a family here. I've often felt that our community is a tight knit group that likes to look after one another and be there when it counts. You don't necessarily see that in other communities.

Q. Where are your favorite places to visit?

I love the mountains, especially the Alps, Rocky Mountains, and the Black Forest (considered a Block Mountain). I love to travel anywhere internationally because I love taking in different cultures, foods, and traditions. Of course, traveling to Tuscaloosa to tailgate is also on that list!



FROM THE BOARD CHAIR

Mike Spector Mspector19@Gmail.com

Meet Ken Goldsmith, Executive Committee Member of the Federation Board of Directors

Q. Favorite Book: How about all? I love reading legal biographies, in part because of my profession and in part because of the impact judges and attorneys have on us and on our society. I recently finished Cixin Liu's Hugo Award-winning science fiction trilogy, which was amazing even if you don't care for science fiction. Eric Larson, the author of *In the Garden of Beasts* is an amazing storyteller in all his books. And I just purchased and cannot wait to read *Cloud Cuckoo Land* by Anthony Doerr, the author of *All the Light We Cannot See*.

Q. First Concert: Cat Stevens, when I was 15 years old at Miami Beach Auditorium (renamed later as the Jackie Gleason theater). I invited Mindy Cohen, who I had a crush on to go with me. I wasn't allowed to drive, but I did own a Honda 100 motorcycle, and Mindy and I were off to see Cat Stevens. Later on the motorcycle got stolen and I lost touch with Mindy, but it was a great night.

Q. First Car: A firetruck-red Ford Torino, which I purchased with my own money, but my dad let me know, "you are sharing this car with your mother." The car was a tank,

heavy and solid, but it provided great freedom during my high school days.

Q. Biggest Accomplishment: My relationship with my wife. Next April we will have been married for eight years and together for 18. I got married later in life and had some habits that maybe were not the best for marriage.

Jan knocked off some of my rough edges (she would tell you the battle is ongoing). Nothing else I've done matches up with being her husband.

Q. Most Important Jewish Experience: My JFNA [Jewish Federations of North America] mission trip to Berlin and Budapest. I met children at a Jewish summer camp, who were in some instances first learning about their Jewish heritage and culture. I met a Holocaust survivor, who relies on all of us for her shelter, food and companionship. That trip helped me understand the global reach of the Federation and how my engagement with the Federation can touch many more people than I ever thought possible.



FROM THE PROGRAM DIRECTOR

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

Making Lemonade from Lemons

I'm tired of being flexible, of pivoting and making lemonade from lemons. But we all have to do just that right now. To give myself strength, I took a deep breath and looked back into my family history for stories of strength in tough times. One immediately came to mind.

My only non-immigrant grandparent was Orr Bronson Treadwell. The Treadwell family is vintage Americana, tracing back almost to Mayflower times. My section of the family were explorers who ended up in Michigan in the early 1800s. Prior to WWI, the Treadwells were involved in labor organizing and were kicked out of Michigan amid serious death threats. They moved to Cleveland, Ohio. As a young man my grandfather went to Europe and fought in WWI. Upon returning from the war, he joined the family's

barrel making business. Soon after the prohibition movement seized the United States. What does a barrel maker on the shores of Lake Erie do then? The family business naturally turned to bootlegging.

My father told stories of the trucks arriving in the middle of the night with barrels of whiskey. The trapdoor in the living room floor, covered by a rug, led to a basement full of whiskey barrels from Canada. My favorite story includes how my grandfather once was paid with an alligator, Evangeline, who lived in the bathtub until she became too big and was then taken to the Cleveland Zoo. All this under the nose of my grandmother's father, a police officer.

Once prohibition ended, significantly decreasing the need for wooden barrels, my grandfather formed a container business specializing in cardboard boxes. He became a "proper" businessman, with an at-

Cont. Page 4



FROM THE SOCIAL SERVICES DIRECTOR

Christi Haustein Chaustein@JewishChattanooga.com • 893-9241

Be Aware of Fraud!

This probably won't surprise you: there are "bad actors" working to take advantage of Medicare recipients and commit fraud on Medicare itself. There are two overarching messages around fraud prevention and detection that always apply no matter what scam is currently being perpetrated.

- Medicare will NEVER contact you for your Medicare number or other personal information.
- Don't share your Medicare number or other personal information with anyone who contacts you by phone, email, or approaches you in person, unless you've already given them permission in advance to do so.

Please be aware of these current scams:

1. COVID-19 Scams:

- Offers to send faxes to a doctor's office for signature for COVID test kits or N95 masks
- Free virus test kits in exchange for Medicare number
- Imposter scam using COVID-19
- Grandchild needs money; stuck in Philadelphia because of the virus
- Unauthorized test kits sold online (always consult your MD)
- At-home serology tests sold online (no FDA approval)
- Phony coronavirus contact tracers
- Fake cures for sale on social media
- Email or text messages re: COVID

2. Medicare Brace Scams:

- Calls supposedly from Medicare with offers for a "free" or "low cost" brace
- A box of braces show up at your door when your doctor has not prescribed any braces

3. Cardiovascular Genetic Testing Scams:

- Calls supposedly from Medicare saying that you have requested and Medicare has approved genetic testing for you
- Caller is offering "free" or "at no cost" test
- A DNA kit arrives at your home
- You could be responsible for the entire cost of the test, from \$9,000 to \$11,000

4. Social Security Scams:

- Caller claims to be an investigator with Social Security Administration and states that your social security number has been used fraudulently and there is a warrant out for your arrest
- They might also say there is an issue with your social security
- Do not give out any information over the phone
- Call 1-800-269-0271 and report any social security fraud to Social Security Administration OIG

5. IRS Scams

- Caller claims to be with the IRS and says that you owe back taxes. After receiving a call or listening to a message, do not offer any information and hang up.
- You can report IRS or Treasury-related fraudulent calls to phishing@irs.gov.
- If you report a call, try to have the caller's phone number, the number you were instructed to call, and a brief description of the communication. If possible, try to get the (fake) employee name, phony badge number, and the exact date and time of the call.

You are always welcome to call me if you run across any of these activities or other scams I have not listed. I can get you in touch with the state employee who handles these cases.

Ann Treadwell (Lemonade)

Cont. from Page 3

home desk for his various businesses. Following my grandfather's death, my father inherited his desk. Following my father's death I inherited the desk, the stories, and, I hope, the ability to adjust to changing times.

Our challenge at the Federation community is to pivot again. I'm not suggesting we go into an illegal business. I am suggesting that we get creative over the next several months. We will have to think out of our four walls to stay connected and move forward. We are cautious due to Covid, but our facility's

renovation is the reason the building will likely be unusable from December until April.

A program can't be successful unless there is at least one passionate person, other than staff, to make it a reality. Bring on your ideas, suggestions, and passions. I come from a long line of people who are willing to be creative. Let's work together to do great things outside of our facility.



Marki Kaim, MSW, QMHP - Social Worker

Mkaim@JewishChattanooga.com (423) 322-8641

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

Catastrophizing: A Common, Cruel Habit and Ways to Mitigate it

Catastrophizing. Unfortunately, it is human nature. Inherently, our brains are built to perceive danger and signal us when there is risk. This is a protective measure that is advantageous to our survival. However our brains sometimes spiral and exaggerate the weight of an event, feeling, or situation. We mull over the worst-case scenario and get stuck in a loop of negative thinking.

This is a subconscious process; most individuals do not recognize their vicious cycle of unproductive thoughts. My goal in writing this is to help increase self-awareness so the next time you feel yourself begin to drown in stress, self-depreciation, or panic you have a tool or two to help you cope before things get out of hand.

Let's start with a couple of examples from everyday life.

Example one: You forget an appointment

Catastrophizing: Your brain tells you something along the lines of: "This is horrendous. I will never get another time slot. Everyone will think I am unreliable. I am a failure."

Example two: Your friend has not called in a couple weeks

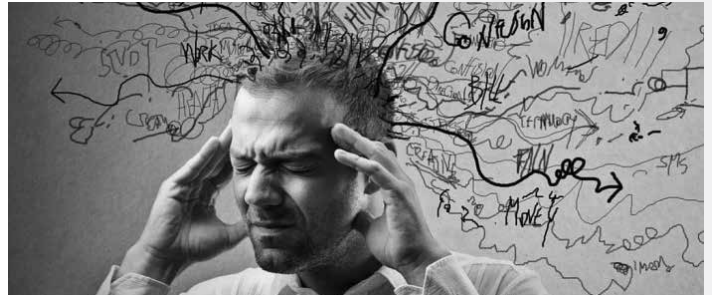
Catastrophizing: Your brain sorts through all your recent interactions, telling you that you must have done something wrong or said something out of line. Your brain is shouting "They don't like me anymore, maybe it was that comment I made months ago. Actually none of my friends like me anymore, I am worthless."

Perhaps at this point you are thinking "Marki, this has never happened to me or this doesn't resonate." If that's the case, that is amazing. However catastrophizing is an automatic response for many of us. As a mental health counselor, a major part of my job is to help people help themselves by recognizing their feelings and thoughts so their brain works with them instead of against them. If you can relate to the above examples, I hope you find the following helpful.

Coping Mechanism: self-talk.

It may sound bizarre or embarrassing — and it may not remedy your situation right away. But with repetition and commitment, we can reframe our self-sabotaging thoughts and actually rewire unproductive thinking patterns.

Try this: When trapped in panic, we can actually say to ourselves "I am creating a narrative that does not exist." Or "this scenario I dreamed up is probably unrealistic." Because



sometimes we exacerbate events, thoughts, and emotions that have no basis in fact.

Some of my clients have decreased anxiety stemming from catastrophizing by saying to themselves "Brain, I acknowledge that you are anxious, but this is not useful and I am going to move on now." And they then shifted activities to interrupt the unproductive thoughts.

Coping mechanism: evidence from the past

To support the self-talk, it is most helpful to sort through evidence from the past, to remember times when something similar happened and things ended up being okay, for instance. This helps rationalize the event.

Let's apply this thinking to the second example, the one in which your friend has not called in a few weeks. Try this: Think about a time in the past when a friend did not call or you worried about social interaction but your worry was unfounded. For instance you may have a memory of a friend not calling and you concluded that they were ignoring you but it turned out they were sick, busy at work, had family in town, or their phone was not working.

Intentionally analyzing the many alternative possibilities helps take the blame off of ourselves and settles our minds. I hope this gave you another way to look at potentially stressful situations in your life. Please check back in December for information about another mental health topic!

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or visit www.jewishchattanooga.com.

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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

Condolences

We are sad to announce the passing of

Melba "Jean" McFadden - died on Sept. 30, in Mobile, Ala. She was the mother of Patrick (Hallie) McFadden, Kathleen McFadden, Michael (Lisa) McFadden, Sean McFadden, and Anna (Larry) Mouton; and grandmother of Shehan and Eamon McFadden.

Sarah Lev - died on Oct. 12, in Israel. She was the grandmother of Chattanooga shlicha Inbal Lev. She is survived by her husband, Meir; son and Inbal's father, Alon (Limor); and daughter, Dalit (Udi).

Lester Votava - died on Oct. 21, in Chattanooga. He was preceded in death by his son Steven. He is survived by his wife, Ruth; and son Alex.

Frances Jackowitz - died on Oct. 21, in Lakewood, FL. She was preceded in death by her husband Herbert. She is survived by her children, Mark (Ronda), Elaine (Steve), Ken (Lori), and Judy (Kenny); her sisters, Sibby (Yale) and Duffy; her ten grandchildren, including Rabbi Sam Rotenberg; and her eight great-grandchildren.

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.

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A SHABBAT DINNER DRIVE-THRU TO BENEFIT ALEPH BET

FRIDAY
NOVEMBER 19 | 2PM-4:30PM



MENU

Thanksgiving-style Shabbat dinner, including
challah, candles, and grape juice

RESERVATION AND PRE-PAYMENT REQUIRED BY NOVEMBER 10

Children 12 & under: Free
7-12 years: \$8
\$15 per person -OR- \$28 for two

A choice of turkey or vegetarian must be made at
time of order. Delivery option available by
request when ordering.



DON'T DELAY, RSVP TODAY!

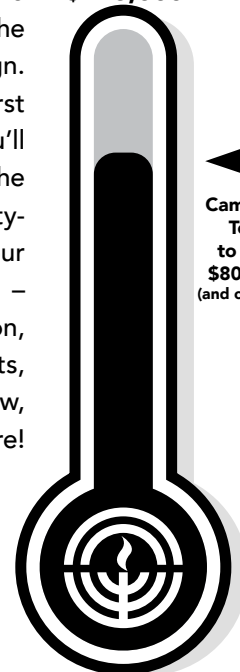
Visit jewishchattanooga.com
to place your order or give a gift
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NO LAST MINUTE ORDERS, PLEASE

2022 FEDERATION ANNUAL CAMPAIGN UPDATE

Thank you to the over 250
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Whether a long time or first
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GOAL!
\$925,000



Campaign
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Thanksgiving Pies



Pecan
\$20



Pumpkin
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Apple Cranberry
\$15

**Donation
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To order pies visit www.jewishchattanooga.com

*Deadline to order is Thursday, November 18

*Pick-up is November 23, noon to 4 pm and November 24, 9am to noon

* Proceeds benefit the Mitzvah Meal Program



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Looking Forward!

We have so much to look forward to in November! If you haven't already, it's not too late to sign up for Aleph Bet's first-ever 5K event. The Gobble Wobble Virtual 5K is the perfect way to get out and move in whatever way you like in support of your favorite Children's Center! Visit aleph-bet.com to register. Make sure you also follow our Facebook event page for updates and to cheer each other on.

We're very happy to be bringing back "Thankful for You," our Thanksgiving themed drive-thru Shabbat dinner. This was such a big hit last year that we knew everyone would look forward to once again enjoying a delicious meal prepared by Alice Morgan in the comfort of their own home. RSVP at jewishchattanooga.com by Nov. 10 so we can be sure to have enough comfort food for everyone. Pickup is Friday, Nov. 19, from 2:30 to 4:00.



THANKFUL FOR YOU

A SHABBAT DINNER DRIVE-THRU TO BENEFIT ALEPH BET

FRIDAY | 2PM-4:30PM
NOVEMBER 19

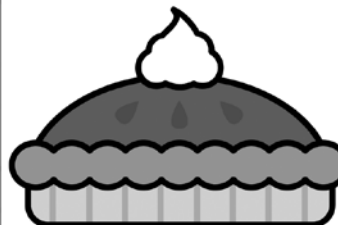
MENU

Thanksgiving-style Shabbat dinner, including challah, candles, and grape juice

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Children 12 & under: Free
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NO LAST MINUTE ORDERS, PLEASE



Inbal Lev Federation Shlichah

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

My Father's Father

Editor's Note:

Inbal's grandmother, Sarah, passed away after Inbal submitted this month's article. May Sarah Lev's name always be for a blessing.

On Simchat Torah, Saba Meir, my dad's father, celebrated his 90th birthday. Saba (grandfather) was born in Yavne'el, one of the oldest rural Jewish communities in Israel, located in the northern part of the country, right next to the Kinneret-Sea of Galilee. His mother, Osnat, immigrated from Poland to Israel as a pioneer in the 1920s with two of her sisters, followed by their mother a few years later. His father, Yehoshua, was the son of an old Israeli family whose roots were in Safed and Meron for three to four generations or more. Meir was the fourth child in his family. He had two sisters and a brother.



Finding a decent job in Israel those days was not easy. When Saba was three years old, his father got a job at the First Jordan Hydro-Electric Power House, a conventional hydroelectric power station on the Jordan River, established by Pinhas Rutenberg. This station produced much of the energy consumed in Mandatory Palestine until the 1948 Independence war. The family moved to the workers' village in Naharayim, also known as Tel Or.

It was a residential neighborhood built near the plant to house employees. It was the only Jewish village in Transjordan at the time. Living conditions were not easy, the family had a two-bedroom house for two parents, four children, and their grandma. Every house had a vegetable garden that helped support the family, and it was the first town in Palestine where each house had its own refrigerator (due to the extreme warm weather).

Saba Meir had a very happy childhood in Naharayim, with many adventures and experiences bicycling and hiking in nature. He studied in the small local school until eighth grade and then he studied in Safed. In November 1947, the United Nations adopted the Partition Plan for Palestine and riots began between Jews and Arabs all over Palestine, which led to the War of Independence later on. In Safed, which had an Arab majority, it was decided to close my grandfather's school and send the students home. Saba went back to Naharayim.

On May 15 1948, the day in which the British mandate was over and the War of Independence officially began,

the Arab Legion launched a mortar and artillery attack on the Naharayim police fort and Kibbutz Gesher. Saba Meir, along with several other friends and a weapon, fled Naharayim while being shot at and reached Menahamia, not far from the Sea of Galilee.



Saba volunteered to join the battle to defend Kibbutz Gesher against the Arab Legion that invaded the area, and a few days later he was wounded. With that the War of Independence ended for him. He was 16 years old at the time.

While Grandpa fled Naharayim, his father (along with about 30 workers of the Power Plant) was captured by the Jordanian Army, and was a prisoner of war along with 700 other civilian prisoners for about nine months.

Later Saba got to Haifa, and worked for Israel Electric Corporation until he retired in the early 1990s. One of his favorite things was traveling, especially abroad. In the early 1950s, before he met my grandmother, he traveled to Europe. And, at the end of the 1950s, after their wedding, my grandparents hitchhiked all over Europe. Over the years, Saba traveled all over the world. Today, he always carries in his wallet the longest list, with every country he traveled to and the year he visited.



My grandparents have lived in Haifa all these years. A few years ago they moved into an assisted living facility there. Mazel Tov Saba Meir!

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 <p>RSVP TO INBAL AT ISRAEL@JEWISHCHATTANOOGA.COM</p>	<p>COME PLANT AND HAVE ALICE'S CHILI WITH US!</p> <p>SUNDAY NOVEMBER 14TH 12-2PM AT THE JCC</p>



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14th Annual

Chattanooga Jewish Film Series

Virtual Only: Noon, November 2—Noon, November 5

Continues in November

Thou Shalt Not Hate The son of a Holocaust survivor who lives in Trieste as a surgeon begins to doubt his actions of refusing to help a victim of a traffic accident that he encountered on his way home from work. Polish origin, Italian, subtitles, 1h 36min
Speaker, Rabbi Sam Rotenberg, will discuss medical ethics from a religious point of view on Wednesday, November 3. The discussion will be available via Zoom at approximately 7:30 pm. The discussion will also be recorded for future viewing.



Virtual Only: Noon, November 9—Noon, November 12

Starry Sky Above the Roman Ghetto In her Roman attic, a girl finds an old picture of the Jewish child Sarah Cohen whose family had been killed by the Nazis in World War II. She will track down Sarah's past with help of current and new friends. Italian, subtitles, 1h 40min

Want one film at a time? Each film will cost \$12 and only be available virtually.
To purchase tickets visit www.jewishchattanooga.com.

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Chattanooga
Jewish Film Series

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Mary Chastain
Ruzha and Clif Cleaveland
Harris W. Daniel
Karen Diamond and Clark White
Eron and Valerie Epstein
Donna and Larry Etkin
Cora and Ted Feintuch
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Jeff and Monique Gefter
Ival and Doris Goldstein
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Barbara Oxenhandler and Sheldon Gelburd

Helen Pregulman
Irvin and Judi Pressman
Clayton and Janice Rhodes
Jacqueline and Roy Rosenfeld
Anonymous
Shire Facial Plastic Surgery
Martin and Shelley Simms
Pris and Robert Siskin
Mitzi Smith
Stanley and Helen Smith
Fuz Spector
Sheila St. Aubin and John Reis
Susan and Taylor Stein
Karen Stone
Gail and Joel Susman
Edie Sutter
Betsy and David Temple
Kathleen Tice
Alan and Susan Waxenberg
Dana and Richard Waxler
Norty and Terry Wheeler
Elaine and Sanford Winer
Richard Zachary and Ruth Longway

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

November 15 - The End of Globalization?

Is globalization really at an end, or in need of a refresh?
As the United States enters another election season, the merits and drawbacks of globalization are again being debated by the presidential candidates. With the passing of the Brexit vote and Donald Trump's America First doctrine, protectionist policies have become more prevalent, challenging globalization. What is globalization and how will it be affected by protectionist trade policies? How will the United States and the world be affected by such policies?





the JEW CREW

Shmoozing and Sculptures

by Alison Lebovitz and Andy Hodes, Jew Crew Co-Advisors

In September, the Jew Crew spent a spectacular Sunday afternoon at the Sculpture Fields at Montague Park, a 33-acre public park on Chattanooga's Southside populated with sculptures from all over the world. After a picnic lunch, the group of 16 teens engaged in some competitive, interactive activities and challenges followed by a self-guided tour of the Southeast's largest sculpture park. The day was filled with fun, food, and fabulous company - what more could we ask for?



YJL

YJL is Back

Now in its eleventh year, YJL, the Jewish Federation's young professional group, organizes Shabbat dinners and social events for members who are post-college through their mid-40s. Programs range from family-friendly Lookouts outings to after-work happy hours.

Interested in joining us?

Find out more in our Facebook group:
[facebook.com/groups/YJLCHA](https://www.facebook.com/groups/YJLCHA).
We encourage you to attend one of these upcoming programs!

Sunday Nov.14: YJL Bowling Night

Sunday Dec. 12: UTC Basketball Game

Friday Jan.14: Shabbat Dinner

Drop your gently used Halloween costumes by the Federation by November 19. They will go to children in our Hadera Eiron, Israel P2G partnership for Purim.



YJL NOVEMBER PROGRAM

LET'S ROLL!

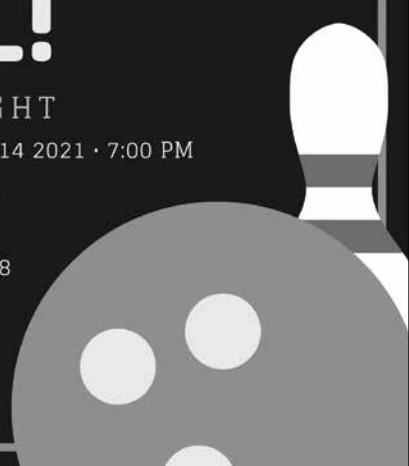
BOWLING NIGHT

SUNDAY · NOVEMBER 14 2021 · 7:00 PM

SOUTHSIDE SOCIAL

1818 Chestnut St.

Chattanooga, TN 37408



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 Travels On

It's hard to believe that we are halfway through our fall semester. Our theme has been, "A Great Adventure Awaits, and we have been traveling through the Torah along the Israel National Trail. We've made many amazing stops during our journey. Our first trail led us to the sukkah. Students decorated the ceiling to the stars with handmade etrogs, pomegranate suncatchers, and beaded corn. They took turns fulfilling sukkot mitzvot by shaking the lulav and having a special treat.



Our Sukkot Trail led to our Simchat Torah program. Students read from the Torah and learned how to hold and reroll our Machanooga learning Torah. We made edible Torahs and danced all seven hakafot to the live band with our plush Torahs. We thank the Federation for allowing us to use their great tent.



After completing those hikes, we started a new trail at the beginning of the Torah with parashat Bereshit, the Creation story. Students separated day from night with their own beautiful day and night paintings. Shlichah Inbal Lev joined us as we traveled further north on the map of Israel. The next time she joins us, we'll be in a tent of our own – a Bedouin tent!



When we learned about Noah's Ark, Noah himself made a special visit to Machanooga! He introduced us to his friend Juniper Russo, an animal rehabilitator. We got to see the animals up close and learn the story of each. We saw turtles, a frog, a lizard, a starling, and even a bobcat. Thank you, Juniper! Our littlest Machanoogans decorated the ark as we blessed our stuffed lovies for the journey.

We are currently taking a short break from the trail to restock our packs for the second half of our hike. When we hit the trail again, we will start with a wedding, complete with a reception. There is so much to look forward to, including games in which students will wrestle with visions such as Jacob's and dreams such as Joseph's. Let's not forget all the celebrating we'll be doing as Chanukah comes early this year.

Machanooga meets on Sunday mornings from 9:30a.m. to noon. We have rolling registration, which means that students are welcome to join us at any time. If you want your student to try it out, please email me at roshnooga@gmail.com to arrange a visit. See you on the trail!

MACHANOOGA FALL 2021-2022
November 7, 2021
November 14, 2021
November 21, 2021
No School November 28, 2021
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 Now Open

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

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 and fifteen or more for Torah study. We read portions of the parsha and discuss extra-biblical commentary. ZOOM LINK is included in our bi-weekly announcements email.

Sukkah Team Thank You

Todah Rabah — *thank you very much* — to Team Sukkah Build and Take Down Jonathan Speal, Art Lewis, George Fine, Roy Rosenfeld, Richard Zachary, and Temple staff Steve Smith.



MIZPAH Ongoing and Special Activities

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

- Sundays:** Machanoooga 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
Nov. 13 Family Havdalah 6:30 p.m.

For Details: www.MizpahCongregation.org

Adult B'nai Mitzvah Classes to Begin

Beginning November 4, Mizpah will offer ongoing classes for adults who wish to work towards their B'nai Mitzvah. Classes will address: Hebrew language skills, worship service "101", life cycle and major holiday facts and a bit of Jewish history. Participants will learn sufficient skills to participate in a concluding ceremony demonstrating their learned skills. Cost is \$18 per student. Email the Mizpah Office to sign up.



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.



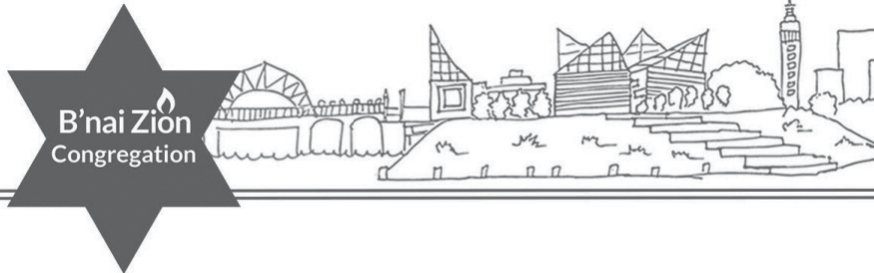
P.O. Box 3293
Cleveland TN 37320
423-894-8900

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

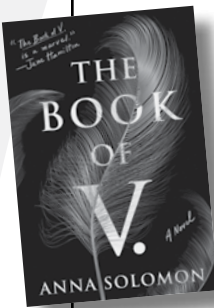
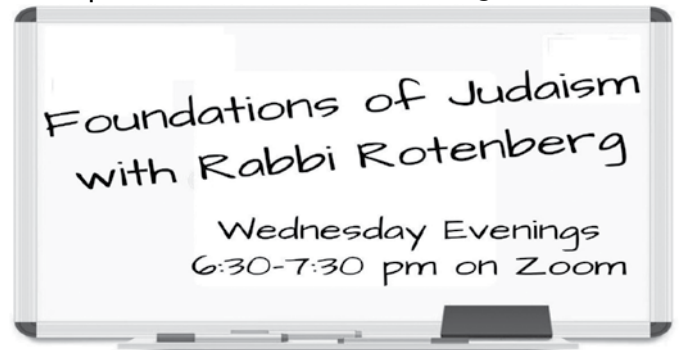


Shabbat Muffins

A new shabbat program for kids of all ages on the 1st Saturday of each month, led by Rabbi Rotenberg. Beginning November 6 at 10:30 am in the BZ Office at Mizpah.

Foundations of Judaism - Continues Every Wednesday Evening at 6:30 p.m. via Zoom only

Each month we will explore a new topic core to Jewish tradition alongside Rabbi Rotenberg. We hope to have you join us for November's run of classes, in which we will study texts about having a crisis of faith. To participate in the conversion or Adult B'nai Mitzvah track, please contact Rabbi Rotenberg.



B'nai Zion Bookclub

Sunday, November 21 at 11:00 a.m.

Zoom Meeting ID: 895 8729 6334

Passcode: book (2665)

The Book of V. is a bold and contemporary investigation into the enduring expectations and restraints placed on women's lives. We will delve deep into this one, and we hope you can join us!

Rabbi Rotenberg's Installation at the Jewish Federation: Saturday, November 13, 7:00 p.m.

Celebrate a new chapter in B'nai Zion history as we welcome Rabbi Sam Rotenberg. We'll bring in this special moment with Havdalah, learning, and dessert as we join together to honor our new rabbi and raise a toast to our new chapter.



HANUKKAH IS AROUND THE CORNER

Barnes and Noble Day at Hamilton Place:

Wednesday, December 1

A day of holiday fun, learning and community. We will have stories, songs, games and more! Gift wrapping will be available and a portion of the proceeds from purchases made will benefit B'nai Zion.

Sufganiyot and S'mores: BZ' s Hanukkah Havdalah:

Saturday, December 4, at Mizpah

Gather around the campfire for Hanukkah Havdalah, Sufganiyot, and S'mores! We will have games for kids, refreshments, and a whole lot of fun around the campfire.

Jeans and Jammies:

Friday, November 19, 5:30 p.m. at Mizpah

We are moving our family, Friday night kabbalat shabbat services indoors for the winter months. Join Rabbi Rotenberg in Feinstein Hall at Mizpah 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.

FUN SUKKOT TIMES



BTH CHATTANOOGA'S ANNUAL

MENORAH CAR PARADE

THURSDAY, DECEMBER 2
 5TH NIGHT OF CHANUKAH

6:00 PM Parade Begins
 Chattanooga Theatre Center - 400 River St

6:30 PM Chanukah on Ice
 Ice on the Landing - 1400 Market St.

7:00 PM Lighting of GIANT Ice Menorah

BRUCE'S LATKES & JELLY DONUTS
 RSVP REQUIRED PARADE@JEWISHCHATT.COM

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



Judy Sachsman,
President of Chattanooga
Chapter of Hadassah

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.

Support Hadassah Associates, the men's Division of Hadassah. Make a \$360 donation and receive a Gary Rosenthal B'samim Box, the ceremonial box used during the Havdalah service. This fundraising project will equip an Ambulatory Care facility at the Round Building at Hadassah En Kerem.



Generations of Young Judaeans took part in "Keeping the Campfires Burning," a program that paid tribute to our Keepers of the Gate and Chai Society members. The event featured Chattanooga's Sanford and Elaine Winer, who met at a Young Judaea camp. To join Keepers of the Gate and/or Chai Society, contact Dana Waxler.

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 Hadassah members in the **Supersouth Turkey Trot**, any time, any place, in November. Celebrate Hadassah's Heart Healthy program by supporting cutting edge research at Hadassah Medical Organization by registering at hadassahsupersouth.org/turkeytrot and receive a cool sling bag swag!



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

- | | |
|------------------|----------------------------------|
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| 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

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Cost for out-of-town subscribers is \$30/year.

Find us online at
JewishChattanooga.com



Chanukah!

Community Celebration

Celebrate the third night!

Bring your menorah.

We will supply the candles.

Tuesday, November 30, 5:30 p.m.

Place: Waterhouse Pavilion and Miller Park – outdoors and
covered (850 Market St, Chattanooga, TN 37402)

Latke Eating Contest * Spin Like a Dreidel Contest

Donut Decorating Chanukah Music and much more!

Menu: Baked chicken, green beans, latkes, sufganiyot
(donuts) and vegetarian option ordered in advance

Cost: adult \$12, \$5 children 5-14 years old, under 5 free,
family of four \$25

**RSVP www.jewishchattanooga.com
for more information 493-0270**

The Jewish Federation of Greater Chattanooga is
working with Hadassah to bring this program to you.

