



A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA

Claude Riedel - "Ner Tamid"
Featured in our Exhibit
'Out of Darkness Into Light'



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FROM THE EXECUTIVE DIRECTOR

Building a Stronger Jewish Community



Over the past few months I've met one-on-one with many community members – over a drink, lunch, or just around town. Most of the people I met with are in their 30's – some single, some married, some parents. I would consider all of these community members friends, people that I socialize with outside of my Federation responsibilities. I appreciate that these friends understand my work and can separate the professional and personal. Meanwhile, I continue to reach out to more community members in this demographic to continue learning.

To some degree, I'm at the perfect "sweet spot" age – close enough to have similar interests and life experiences, while old enough to serve a sibling/father role. I remember what it's like to have a new baby, to have kids in school, or the excitement and challenges of raising children. I definitely feel "seasoned."

I typically reach out to community members to make connections to engage them in the work of the Federation. I was specifically reaching out to this age group, both new and established, to get to know their specific needs and expectations as we develop plans for building a stronger Jewish community. I want to ensure we're helping every community member find meaning, purpose, and connections.

How can the Jewish Federation be relevant to your/their lives? Some common threads emerged. First, most are very interested in volunteer/social action/service projects, both within and outside of the Jewish community. They

want to feel and be part of something larger than themselves, e.g. volunteering at the Food Bank or with Bridge Refugee Services. When I let them know that the Federation will have an Aleph Bet volunteer day on Sunday, Oct. 9, they were excited! When I mentioned that we are installing a new playground surface but must first remove the existing surface, I heard, "Count me in!"

I also hear a desire to build relationships with the general community, educating them about the Jewish community. "Did you know there are people in Chattanooga who say they've never met someone Jewish before?" some told me. One person told me, "I'm incredibly thankful our Federation takes an active role in combating antisemitism. Also, the work done in February with McMinn County and the issue about "Maus" was so powerful." Or, "My favorite program was the film and panel discussion on 'Shared Legacies.'" FYI – this was the documentary film we showed approximately a year ago about the African American and Jewish communities working together during the Civil Rights movement. Yes, our younger community members are interested in building bridges with other faith communities as well as with other Chattanooga communities and cultures.

Regarding programming, some thought we should offer more throughout Chattanooga, and most preferred smaller, more intimate events that gave them the opportunity to meet new people in a more casual setting. All really love the bi-monthly Federation-sponsored Young Leadership Shabbat dinners. There was great

interest in holding these Shabbat dinners at someone's home or at a local park. Downtown/North Chattanooga was the most requested location. Some like events with adult beverages; others didn't have a strong opinion. Most wanted some, even brief, Jewish content as part of an event. And everyone loved that the Federation connected them to other Jewish community members. Most had met each other through Federation happenings and were grateful for that opportunity. Those with children at Aleph Bet LOVE our Jewish preschool. Several with new babies asked to be on the list for 2024!

What I've learned is that there is no doubt the Federation is meeting many of the needs of our younger community. I'm also hearing that they want deeper engagement through volunteering with coordinated opportunities that the Federation leads (FYI: our community-wide blood drive is Nov. 20). The people I spoke with like the diversity of offerings and are appreciative they've met friends through the Federation. These respondents are thankful that the Federation exists and represents the Jewish community throughout Chattanooga.

To the friends and community members with whom I've met (with more to come), I appreciate your taking the time to share your honest opinions. Your guidance will help create an even better Jewish community for you and all generations!

Michael Dzik

Michael Dzik

mdzik@jewishchattanooga.com
893-5443



FROM THE BOARD CHAIR

Rob Lowe roblowe1770@gmail.com

Jewish Federation Shaliach Program

One of my favorite programs offered by the Jewish Federation is the shaliach program. The shlichim are Israeli emissaries in their 20s who have completed military service in Israel. Participants (shlichim if they're female and shaliach if they're male) spend extensive time training with a Jewish Federation partner, The Jewish Agency for Israel (JAFI), before being hired to work in a U.S. city, where they advocate for and educate about Israel, both to Jews and non-Jews.

The shlichim (plural) bring their unique perspectives to many of our programs, including Jew Crew, Machanooga, Hebrew schools, and Young Jewish Leadership. They bring awareness and advocacy for Israel through special programming, including holiday celebrations, presentations, and engagement. They visit local schools, colleges, volunteer organizations, and churches. Each shaliach (applies to either gender) commits to a two-year stay with the option to return to Israel after one.

Chattanooga has been incredibly fortunate to welcome the most amazing shlichim to our community for the past 11 years -- Raoul, Einav, Hadas, Noa, Shiran, Chen, Amit, Inbal, and our newest shlichim, Adva Kasay. Every one of them has been incredibly impressive with their enthusiasm, intelligence, positivity, and sense of adventure.

This group of shlichim has personally enriched my family, and I know they have done the same for many people in our community. Our family has built strong friendships and shared in many activities, creating memories, including whitewater rafting, amusement parks, ice skating, concerts, and countless hikes, paddle boarding, dinners, holidays, parties and much more. The shlichim have been role models and like older sisters for my two girls.

One personal highlight for me was directing, along with several volunteers, the Night Run, a 5K race that raised money for children's organizations in

Cont. Page 5



FROM THE PROGRAM DIRECTOR

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

Quiet What?

Not long ago I read an article about the assistant of a famous comedian who said that for years she has been quiet quitting. I read a little more and discovered that quiet quitting means doing just what's needed to keep a job and nothing more. It took me aback that this could be a post-Covid trend. I mean, really. After working from home, not really being able to extend yourself personally or professionally, quiet quitting is a thing? When did it become okay to give up, to have no self-discipline, to take advantage of others, or for being lazy to be a lifestyle? Is it a generational phenomenon?

Then I remembered. In the early 1980s my mother had a book called *Living Above the Level of Mediocrity*. The title scared me. I never thought of my mother leading a mediocre life. I thought about how my mother courageously struggled with her health, aggressively pursued her civil rights

activism, and defied the Mad Men corporate wife stereotype. I thought about how she raised her daughters to be independent, free-willed but to care for others. I felt great sadness for her when I saw the book. Somehow she felt that she didn't live up to her own expectations of what she could achieve. I never opened the book, continuing in disbelief that she would need what it might say. Did the words provide her passion, energy, and purpose? The book remained packed up for over 20 years with the many of her other belongings I could not deal with after her death.

I came across the book about the same time that I heard the phrase "quiet quitting." I was a little indignant at the thought that people were seeing this as a purposeful way to live. After taking a deep breath, I began looking at the Federation's programming in a slightly different way. In October

Cont. Page 5



FROM THE SOCIAL SERVICES DIRECTOR

Lorri Lipski llipski@jewishchattanooga.com • 893-9241

Now is the time...

...to get outside! I understand we may be in "false fall" but as I write this article, it is a gorgeous day. It's the time of year when we can worry less about sweating and sunburn (but DO wear that daily sunblock!) and get outside to take in nature.

In Japan, this is a practice known as "Shinrin-yoku." Shinrin=forest and yoku=bath. Forest bathing sounds a little crazy, but stay with me. A relaxing visit to a forest is thought to be natural aromatherapy – breathing in phytoncides (wood essential oils). This has a significant effect on us! Why? There is a lot of chemistry involved (affects adrenaline, dopamine and serum adiponectin), and being in nature reduces pulse rate, increases vigor, and decreases scores that measure depression fatigue, anxiety, and confusion. How does one go about forest bathing? First, find a spot. I like to go to the trails near Volkswagen (the Enterprise Trails) and the trails near Southern Adventist University.

Second, pack away your technology. Some say leave it behind, but I like to have a lifeline. Just keep it tucked away, and enjoy your surroundings.

Third, take your time. It doesn't matter if you don't get far. It's not about the destination; here it's truly about the journey.

Finally, make sure you are intentional about using all of your senses. Experience nature through your ears, eyes, nose, mouth, hands, and feet. **Listen** to the songs of birds and the wind rustling in the leaves of the trees. **Look** at the different colors of the leaves and the sunlight filtering through the branches. **Smell** the fragrance of the forest, and breathe in that natural aromatherapy. **Taste** the freshness of the air as you take deep breaths. **Place** your hands on the trunk of a tree. **Dip** your fingers or toes in a stream. **Sit or lie** on the ground. Release your sense of joy and calm. This is your sixth sense, a state of mind. Enjoy!

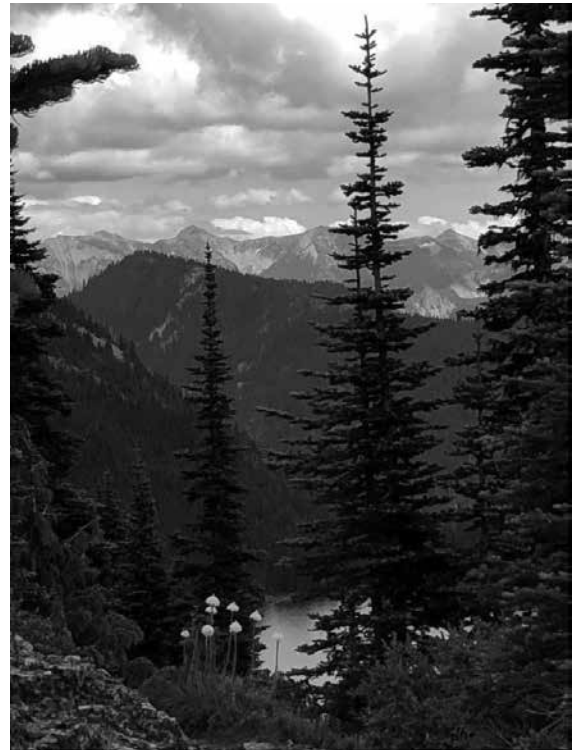


Photo by Lorri // Mt. Rainier National Park

COMING SOON!

MEDICARE PART D

Opens October 15 - December 7; our first appointment will be Oct. 19th. Please call to request an appointment. You will be mailed forms to complete and return. Once we receive these forms, your appointment will be scheduled.

Tech Goes Home is a digital inclusion program for residents across Hamilton County. This is a free course designed to help residents develop skills and habits required for smart technology and Internet use. Participants receive fifteen hours of classroom training to help them understand why the Internet is relevant in their daily lives, have the option to purchase a new Chromebook or tablet for only \$50 (upon completion of the course), and receive assistance in obtaining access to low-cost home Internet. Call to reserve a spot.

Care Giver Support Group - We will tentatively meet Oct. 28th at 10:30 at the JCC. Please contact Lorri at llipskis@jewishchattanooga.com if you are interested in joining us.

Legal Aid of East Tennessee will be here to help you establish or update legal documents. We have 30 min sessions available on October 6th. Please call 423-493-0270 to schedule your session.

Rob Lowe (Shaliach Program)*Cont. from Page 3*

Chattanooga and Israel. It was launched in 2016 under the direction of a former shlichah, Noa, who took the idea from a similar annual race in Tel Aviv. Noa's commitment and energy created a fantastic, unique, fun event that brought together a mix of people from across the community. After Noa's time here ended, a team of volunteers and sponsors kept the Night Run going for five years. Event posters that hang in my home office remind me of the great learning experience and fun that led to my increased engagement with the Federation.

When my daughter Rachel was in Israel in 2021 on Ramah Seminar, Noa, Chen, and Inbal all came to visit with her and show her love (and bring her ice cream). When I was in Israel on a Federation mission trip in 2016, along with Federation Executive Director Michael Dzik and other Federation Board members, we reunited with Einav, Raoul, and Hadas over dinner and drinks, making the trip even more special. A couple of us were even welcomed to stay at Noa's mother's home. She and her partner were incredibly hospitable, showing us around Tel Aviv on our first evening.

It's wonderful knowing when members of our Jewish community go to Israel, they will be welcomed by our former shlichim who leave Chattanooga having given us their hearts, their friendship, their kindness, and their love for Israel. And likewise they leave with many new friends who are like family, and a love for our special city.

I strongly encourage you to reach out to our newest shlichah, Adva. Meet her for coffee or lunch, invite her on a hike or to your home for Shabbat dinner, share with her the parts of Chattanooga that you love the most. You will immediately have a new friend, and I promise both of you will be enriched by the relationship. You will also definitely want to attend some or all of Adva's thought-provoking and educational programs about Israel presented from her unique perspective.

**Ann Treadwell (Quiet What?)***Cont. from Page 3*

at the Jewish Cultural Center I am determined that we provide you some examples of ways for you to move away from quiet quitting and towards embracing opportunity. The exhibit in the gallery *Out of Darkness Into Light*, is full of examples of celebrating the joy of life, post-quiet. Noon Nosh on October 13, with Marina Peshterianu, gives us a glimpse into the work of the Bridge Refugee Services, a nonprofit that facilitates the resettlement of refugees in East Tennessee. There will be an opportunity to participate in a free movement class with the professionals of Carol Dorfman Dance Company as they begin to plant seeds for their week-long residency and performance of the Holocaust piece *Legacy Project* in May. Foreign Policy Supper Club will discuss Russia. And, Tech Goes Home will offer a new session for adults over 60 years old.

Importantly I remind you that the Jewish Federation, the Jewish Cultural Center and all of its services are here because of you. You don't quit and we don't quit you. Your gift to the Annual Campaign ensures that we do not support quiet quitting. We are here because you do not give up.



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Thursday, November 10 - "Family Justice Center"

\$10 charge for your meal



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Mitzvah Meals Delivered

Suggested Donations

\$9 per meal

- \$108 per month based on 3 meals/week
- \$144 per month based on 4 meals/week
- \$180 per month based on 5 meals/week
- \$216 per month based on 6 meals/week

Menus are set by the Kitchen Supervisor.

We are delivering meals on Thursdays.

Contact: Social Services (423) 893-9241

All Mitzvah Meal recipients must be pre-approved by Social Services.

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 drivers practice strict cleaning procedures before and after each client.



Monday - Thursday: Joel
Tuesday & Thursday: Susan
Wednesday & Thursday: Jonathan

Contact them directly for rides:
Joel Scribner - (423) 321-4236
Susan Berner - (423) 508-4895
Jonathan Snyder - (423) 298-7169

Community Blood Drive

Sunday, November 20th
9:00 a.m. - 1:00 p.m.

Bloodmobile:
Mizpah Synagogue Parking Lot
off of Oak Street

To schedule an appointment:
Contact Pam Nemeck at 423-834-2862 or
visit bloodassurance.org/jewishchatt



Jewish Federation
OF GREATER CHATTANOOGA



HADASSAH
the power
of women
who DO

Condolences

We extend our sincere condolences to...

...Laura and Scott Israel and their children, Zachary and Madelaine, on the death of Laura's father, Jerry W. Bentley on Aug. 28.

...family and friends of Henry Green, who died on Sept. 5.

...family and friends of Gitta Stein, who died on Sept. 9. She was preceded in death by her husband, Herbert Stein. She is survived by a brother, Norman Hofferma (Peggy); children, Ethan Kind, Alan Stein (Griselda), Stuart Stein, and Ira Stein (Leslie); grandchildren, Leah Brumley (Todd), Noah Stein (Ashley), Hannah Stein, Talia Stein, and Celia Stein; and three great grandchildren, Alex Brumley, Ari Stein, and Elliot Stein.

...family and friends of Robert Berger, who died on Sept. 14 in Rossville, Ga. He is survived by his wife, Leta Berger; children, Lance Berger (Gina), Nicole Berger (Miriam Herstik), and Shari Cobin (Darren); a sister, Phyllis Boyce-Ziner (Saul); a brother, Larry Berger (Joan); and grandchildren, Samuel Quinn, Ryan, and Sarah.

...family and friends of Christopher (Chris) Michael Neely, who died on Sept. 19. Chris is survived by his son, Jackson; his mother, Renay Metzger Birnbaum (Moshe), father, Robert Neely (Nancy), and step-father, Richard Metzger; his brothers, Jason (Robyn), Ryan, and Sean; his sister, Erin Broholm (Travis); and Jackson's mother, Kerri, and Jackson's half-sister, Everett.

...to family and friends of Marilee Kodsi, who died on Sept. 22. She is survived by her husband, Joseph; sons, Neil Kodsi (Clarice) and Matthew Kodsi (Angela); and grandchildren, Samantha, Devin, and Jessica.

Mazel Tov to...

...Herb Cohn, who received the Times Free Press' 2022 Health Care Volunteer of the Year award as part of the Times' annual Champions of Health Care awards to those who provide outstanding work in various categories of health care. Herb was recognized for his longtime volunteer service for Erlanger hospital. He has logged more than 8,000 hours of volunteer service in his 25 years at Erlanger's information desk.

...to Rachael Waxler-Ruiz and Oscar Ruiz on the birth of a daughter, Sofi Claire Ruiz, on August 11. Sofi is also welcomed by older sister, Lettie, and local grandparents, Dana and Richard Waxler.

...to Chelsea London for earning the Women in Tech award from ChaTech.

Chattanooga Allergy Clinic



Todd Levin, MD; Jessica Van Mason, MD; Marc Cromie, MD;
Jennifer Patel, MD; Hyman Kaplan, MD; Lee Perry, MD

423-899-0431 • chattanoogaallergyclinic.com



ALEPH BET CHIDRENS CENTER

Rebecca McDonald rmcdonald@jewishchattanooga.com • 893-5486

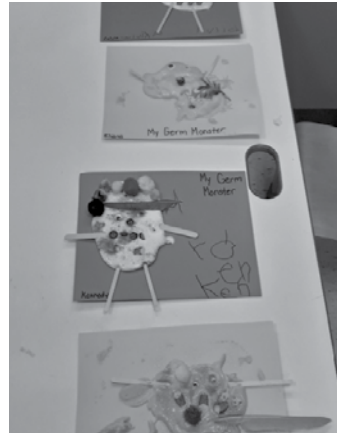


Aleph Bet provides an educational, interactive and developmentally appropriate preschool program enriched by Jewish traditions and values.

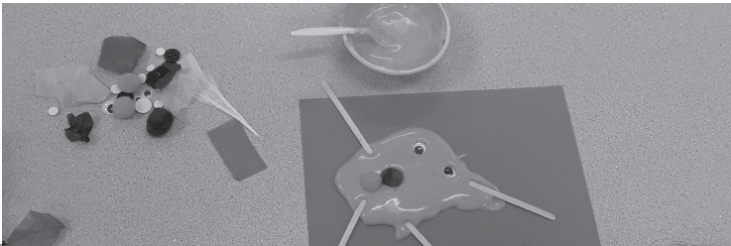
MESSY PLAY

We have been focusing on some messy play this last month! Research on child development shows that messy play is one of the best ways for children to learn and develop.

We extend a huge thank you to Randi Weiss and shlichah Adva Kasay for making challah with the children for Shabbat. Everyone had a wonderful time, rolling and kneading the dough! It was messy but oh-so worth it!



A big THANK YOU to Charlotte and Marla Jacobson for their icredibly generous donation that allowed the Federation to throw Deli Day to benefit Aleph Bet Children's Center. The donation was made in memory of Charlotte's husband, Alan Jacobson.



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Adva Kasay *Federation Shlichah*
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Hello! I'm Adva

Hello! I'm Adva, the new shlichah in Chattanooga, and I want to share some things with you.

I come from a small city in Israel named Kiryat Gat, which I love. Before I came, I heard that Chattanooga is a small city, but this is not a small city. In my city we don't have a normal mall; you have four malls or large shopping centers. We have five restaurants; you have so many that I can't even count! Chattanooga, I'm happy to tell you that you are one big city!

Let's talk about more differences. You can go right on a red light. Am I the only one who thinks for a couple of minutes before I make the turn? (Trying to remember which is left and which is right.)

And why do you have so much of everything? One hundred brands of ketchup, 100 brands of cottage cheese, even pens. It took me at least ten minutes to choose a pen (ask Ann Treadwell). What is the thing with napkins? Where I come from, we don't use napkins. We just eat until someone says we have something on our face!

I love the not-honking part. Amazing! In Israel, and specifically in my area, drivers will honk even when the light is yellow. Patience? Not in my hometown.

With all of those differences, I found out that I like them. I like the differences because I find beauty in them, different people who act differently, but have the same beliefs and values.

I think that in every single thing or situation, there is something I can learn. For example, patience is so important, not rushing other people but caring and understanding that people being different from who we are is normal and okay.

As I write this, I've been here only a few weeks, but I'm already starting to love Chattanooga. I went to Nashville one weekend, and that was amazing and fun. The shaliach from Atlanta drove through Chattanooga to drop me home afterwards. When we got to Chattanooga, I said, "finally I'm home!" We both laughed because I was so excited. I have never had a second home, but I'm starting to feel that maybe I have found one.



Come Drink Tea in the Sukkah with Adva

Thursday, October 13 from 1-4pm
Jewish Cultural Center

THE ANNUAL JEW CRUISE

The Jew Crew embarked on another fun-filled, fantastic year of socials and social-action projects in August when 17 teens (representing two states and nine schools) joined advisors Andy Hodes and Alison Lebovitz for the annual Jew Cruise on Lake Chickamauga. We were thrilled to welcome five new ninth graders to the Crew and our new sensational shlich, Adva Kasay, who had been in Chattanooga for less than a week and still showed up and made a splash with the group.



As a reminder, the Jew Crew is a program of the Jewish Federation of Greater Chattanooga that brings together all Jewish high school teens (9th through 12th grade) in our community. We meet every other month for social activities and social action projects. Basically, we make the world a better place and we have a great time doing it. Our next Jew Crew program will be on Sunday, October 16. For more information, email jewcrewchattanooga@gmail.com.



Two Words of Advice for the Concerned Buyer or Seller:

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15TH ANNUAL CHATTANOOGA JEWISH FILM SERIES SPONSORSHIP RECEPTION

2022



FEDERATION EXECUTIVE DIRECTOR MICHAEL DZIK HONORED FOR LEADERSHIP

Dzik presented with artwork at Annual Campaign Kickoff on Aug. 28

I continue to be humbled by your trust in my leadership of the Jewish Federation. Your gift of artwork, given to me at the Aug. 28 Annual Campaign Kickoff was so touching. My tears were genuine (nothing like crying on stage in front of 150 of your best friends!). It is such an honor to lead this community, my community.

As I begin my 25th year at the Chattanooga Jewish Federation, you have my word that I will continue to lead with honesty, energy and passion – helping to foster relationships and engagement while ensuring we meet our mission every day. I will continue to advocate for the Jewish community, in Chattanooga, Israel, and around the world. I will continue to build and foster bridges throughout the community, with community leaders, elected officials, and multi-faith partners. I serve on your behalf – to guide, to inspire and help the community grow closer and more unified. I look forward to the next 25 years working together. The strength of a people, the power of community.

Thank you for the beautiful artwork. I absolutely love the piece; it hangs in my office across from my desk, where I get to see it every day. ~ Michael Dzik



THE STRENGTH OF A PEOPLE | THE POWER OF A COMMUNITY

by Ken Goldsmith, Annual Campaign Chair



In May on a study abroad trip with honors students, some students and I were talking in a central London hotel ahead of a scheduled event. I was talking about moving to Chattanooga from Florida, teaching at Chattanooga State, and how even after 15 years, I still felt like an outsider living in Chattanooga. I mentioned how my connection to the city, outside of teaching at Chattanooga State, was my work with the Jewish Federation e.g. teaching leadership, attending the Jewish film festival, and serving on the Board of Directors.

As soon as I mentioned the Jewish Federation, one of my students said that she was familiar with the Federation and that her kids both

went to Aleph Bet. And before I could react, she went on to tell me how wonderful the school was. She told me how wonderful the Director and the teachers were.

Well, of course, I knew that, but what I didn't know was how my non-Jewish student had found Aleph Bet. Then I realized her choice of Aleph Bet transcended religion. Aleph Bet was, for her, the best place in the Chattanooga community for her children to attend pre-school. Her choice was as simple as that.

A couple of weeks ago, I got a postcard from the Jewish Federation on the topic of LIFELONG LEARNING. When I turned the card over, the word Education was written and Aleph Bet was the first bulleted point.

But there was something else written on that side of the card;

two phrases written in the return address. Those two phrases encapsulated what we are to each other as Jews and what we are to each other as neighbors; it encapsulated my student's choice of Aleph Bet for her children.

The Strength of a People The Power of a Community

Aleph Bet exists for her children and for all our children and grandchildren only because of your consistent donation to the Federation Annual Campaign. And that is true for the many programs and services offered by the Federation. Talking with that student while "across the pond," as they say in the UK, was another reminder that your gift – every gift – creates our wonderful Chattanooga-area Jewish community.

FOREIGN POLICY SUPPER CLUB: RUSSIA

Monday, October 24 - Dinner at 6pm, Program at 6:30pm.
Readings available, \$12 for dinner.

Russia and the United States have many areas of conflict and some possible areas of mutual interest. Arms control, Russian interference in U.S. elections and support of cyberattacks, the status of Ukraine, the fate of opposition politicians in Russia, all continue to be concerning. How will the new administration in Washington approach these issues?



Special Speaker: Dr. Adam Bronstone holds a doctorate in international politics from the University of Hull (UK). Adam specialized in researching western security issues. This work included understanding NATO-Russia security relations after the fall of the USSR, with in-depth interviews with American and Russian diplomats (he has great side stories of this time!). Adam has continued to publish on this and other topics related to politics and international relations, and serves as a part-time lecturer at Tennessee State University, with international relations as his primary field.

FREE ADULT MOVEMENT CLASS

Thursday, October 20, 3 to 4:30 p.m.

- All skill levels:
from just for fun and exercise to more
- All age levels
- Special guests:
Carolyn Dorfman Dancers
visiting from New Jersey

Also, learn about the history of this dance company and its work with community groups.

Register



TOP SECRET

Now is your chance to become P2G.HE.SE Agent

Join us in a fascinating Jewish people escape room

October 2

1:00pm EDT

12:00pm CDT

8:00pm ISR

- Share intel. on our P2G programs
- Discover clues about the Jewish World
- Solve our Jewish secret codes ****



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For more information [HERE](#)



[Application Forms](#)

no later than November 6th



מסע מаса ISRAEL JOURNEY



ONE2ONE ENGLISH



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

JOIN US

- ✓ one-on-one English tutoring on Zoom
- ✓ Israeli middle school students
- ✓ Once (or twice) a week

January - March 2023

9am-11am EST

8am-10am CST



Leadership2Gether Online Learning Program

P2G Hadera-Eiron invites you to connect with other young Jewish people from Israel to explore your Jewish identity and develop skills to become a Jewish leader in your community.

- Get matched with an Israeli partner
- Receive an online module to work through once a month
- Attend an online group session every month
- Opportunity to travel to Israel at the end of April 2023 for a Leadership Seminar



Open to ages 25 to 45



The program begins in Mid-November 2022 and will run for six months through April 2023

"My friendship with my Israeli counterpart is the best part! I feel connected to her and significantly more connected to Israel."

Program Alumni 2022

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



Jen Lewis
roshnooga@gmail.com

JEWISH EXPLORATION

Machanooga kicked off an amazing year of Jewish exploration by asking: What does it mean to be here? What does it mean to be Jewish?

Since we know that one key factor is us being together, this year we invited parents and guardians to join us for morning tefillah. What is morning tefillah? It's when we sing prayers, learn the letter of the day, and review the week's Torah portion before going to kita (our classrooms).

The first week of Machanooga we painted with watercolors as we reviewed the Shema and the letter of the day: shin! We met Adva Kasay, the community's new shlichah, set up our classrooms, and celebrated being back together with a visit from the Kona Ice Truck! It was a fabulous first day.

What does a typical Machanooga day look like? We have three rotations: kita, mercaz, and tarbut. During kita (classroom) we learn about the week's Torah portion. During mercaz (center), we do lots of fun crafts and experiments in the crafts & STEAM (science, technology, engineering, arts, and math) room, that are based either on the Torah portion or a Jewish value. Tarbut (culture) is usually when we meet with Adva to learn about Israel or explore our Jewish culture.

In mid-September at Machanooga we learned about Rosh Hashanah, Yom Kippur, and Sukkot. We made High Holy Days magnets, and during tarbut we learned about tashlich using really neat dissolving paper.

We always end our day with a recap of what we did, havdalah, and the singing of Hatikvah (the Israel national anthem). This is a special time to honor our students by holding the besamim (spices), a kiddush cup full of grape juice, the braided candle, or the Israeli flag.

What do parents do during Machanooga? They join the Parent Walking Club, a group of parents who like to get a walk in while they get to know each other and also grab a cup of coffee.

Machanooga will take off a few weeks for the High Holy Days and for Fall Break. Please note that Machanooga has rolling enrollment meaning that your student(s) can enroll at any time. Please email us at roshnooga@gmail.com for the link to the registration form. Machanooga is for pre-K (potty trained) to 8th Grade and takes place on Sundays from 9:30 a.m. to noon. . We welcome you at any time. Machanooga communications go out every Thursday. Email us if you'd like to get on the list. Additional information is posted on our Facebook page.

MACHANOOGA CALENDAR 2022-2023

Oct 23, 2022

Oct 30, 2022

Nov 6, 2022

Nov 13, 2022

Nov 20, 2022

Dec 4, 2022

Dec 11, 2022

Jan 22, 2023

Jan 29, 2023

Feb 5, 2023

Feb 12, 2023

Feb 26, 2023

Mar 12, 2023

Mar 19, 2023

Mar 26, 2023

Apr 16, 2023

Special Events:

Simchat Torah Oct 18, 2022

Purim Carnival Mar 5, 2023

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.

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
 Bar / Bat Mitzvah training
 Zoom, Temple Livestreaming and Facebook Live



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

Mizpah High Holy Days Schedule 2022

Sunday, October 2nd:

2:00 p.m. - Kever Avot Service in Mizpah Cemetery

Tuesday, October 4th:

7:30 p.m. - Kol Nidre Service

Wednesday, October 5th:

10:00 a.m. - Adult Services

10:00 a.m. - Children's Service

12:45 p.m. - Adult Discussion Session

2:00 p.m. - Afternoon Service

4:00 p.m. - Yizkor service with Book of Remembrance

5:00 p.m. - Closing Service with Havdalah

Break-the-Fast meal to follow (please RSVP)

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.

Torah Portions for October

Oct. 1: Vayeilech

Oct. 8: Ha'Azinu

Oct. 22: Bereshit

Oct. 29: Noach

Break-the-Fast

Wednesday, October 5th to follow Closing Service. Please RSVP to the Office.



Shabbat Services in the Sukkah

Friday, October 14th



MIZPAH Ongoing and Special Activities

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

Wednesdays: 7:30 a.m. Morning Mussar (contact Rabbi Lewis)

Thursdays: 6:30 p.m. B'nai Mitzvah Class

Fridays: Kabbalat Shabbat services 6:00 p.m.
 1st Friday each month: 5:30 kids meal
 6:00 worship service

Saturdays: 9:15 a.m. Torah Study
 11:00 a.m. Shabbat services and Torah reading

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.



923 McCallie Ave.
Chattanooga, TN 37403
423-894-8900
www.bnaizioncongregation.com
office@bzcongregation.com

NEW LUNCH & LEARN

Starting Oct. 8, BZ will host a bi-monthly Lunch and Learn after Shabbat services! Join us from 12:15 p.m. to 1:15 p.m. on the following Shabbatot to explore the Torah portion, colorful Talmudic texts, and current issues of the day! We are also taking suggestions for a more creative title than Lunch and Learn. Please send your ideas to Rabbi Rotenberg.

Oct. 8 and 22
Nov. 5 and 19
Dec. 3 and 17

BZ BOOK CLUB

This month we're reading *The Secrets of the Notebook* by Eva Haas. Join our discussion on Oct. 9 at 4:30 p.m. Books to be discussed in coming months are *The Secret Jewish Soldier* by Irit Keynan (November) and *A Greek Doctor in Jerusalem* by Ety Shahaar (December). Please contact the BZ office for more details.

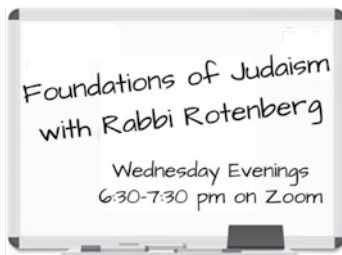
B'nai Zion Calendar

Morning Shabbat Services
9:45 am at Mizpah Congregation and via zoom
Kabbalat Shabbat Friday services:
6:00 pm in person and zoom

October	1	Shabbat Muffins
	8	Lunch & Learn
	13	Scotch & Steak in the Sukkah
	21	Shabbat in the Park
	28	Home-Style Kabbalat Shabbat

Ashwood Kabbalat Shabbat - Oct 7 at 6:00 PM
BSI - Oct 19 & 26 (zoom session) at 4:30 PM

FOUNDATIONS OF JUDAISM



Each month we explore a different topic core to Jewish tradition. Our October topic is "Finders Keepers? The Jewish Perspective on Lost Objects."

Meeting ID: 845 0521 2418



High Holy Days

MONTHLONG ITINERARY



SATURDAY* SEPT 17 8:00 PM - MUSICAL SELICHOT & HAVDALAH	TUESDAY ~ OCT 4 6:30 PM - KOL NIDRE	TUESDAY* OCT 11 9:45 AM - SUKKOT II
SUNDAY/ZOOM SEPT 25 6:00 PM - EREV ROSH HASHANAH	WEDNESDAY ~ OCT 5 10:00 AM - YOM KIPPUR	THURSDAY* OCT 13 5:00 PM - MEN'S CLUB ^o STEAK & SCOTCH
MONDAY ~ SEPT 26 9:00 AM - ROSH HASHANAH I	11:00 AM - KIDS SERVICE	MONDAY* OCT 17 9:45 AM - SHIMINI ATZERET & YIZKOR
10:30 AM - KIDS SERVICE	1:30 PM - YOGA	TUESDAY* OCT 18 9:45 AM - SIMCHAT TORAH
TUESDAY ~ SEPT 27 9:00 AM - ROSH HASHANAH II	5:00 PM - JONAH TEXT STUDY	5:00 PM - KID'S CELEBRATION
SUNDAY OCT 2 11:00 AM - BZ CEMETERY KEVER AVOT	6:15 PM - MINCHA	6:00 PM - ADULT CELEBRATION
1:00 PM - TVA BOAT RAMP TASHLICH IN THE PARK	7:00 PM - NEILAH & MAARIV	
	8:00 PM - BREAK THE FAST ^o	
	MONDAY* OCT 10 9:45 AM - SUKKOT	

PROGRAM KEY: ~ AT FEDERATION * AT MIZPAH ^o RSVP REQUIRED

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.

TORAH READING CELEBRATION

Sing and dance in celebration of the annual completion of the Torah reading. Young and old will become the legs of our holy Torah, enabling it to dance. Enjoy a lavish kiddush, refreshments, and plenty of l'chaim as we dance with the Torah!



PIZZA IN THE SUKKAH

Oct. 13

- Make your own pizza
- Featuring the ROCCBOX pizza oven
- Bounce house
- Do the Lulav Shake
- Sukkot crafts
- Pizza by professional pizza maker, Chef Shlomo A.



CHABAD OF CHATTANOOGA
 WISHES YOU A
HAPPY SUKKOT!

Come inside!

WE'VE GONE MOBILE!



Look for our Sukkah Mobile driving all around town, giving all an opportunity to hop on board, say a blessing, do the Lulav Shake, and have an awesome Sukkot!

Oct. 17: Sing! Dance! Celebrate! Enjoy the Holy Smokes BBQ Competition!



INTRODUCING

SALMON PASTRAMI

HOLY SMOKE'S BBQ COOK-OFF

BRISKET RIBS

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**

BUSY IN SEPTEMBER

Chattanooga Hadassah members were busy in September. Dana Waxler, Millie Lander, and Janet Perfetti Sivils attended the Tri-Region Conference in Atlanta, celebrating and learning with members of our three regions. Then Dana Waxler and Bev Coulter co-sponsored a pool party and Havdalah for Annual Givers who are Keepers of the Gate and Chai Society Members. Those attending ate, splashed, and prayed together in celebration of Hadassah.

HADASSAH TRI-REGION CONFERENCE

Local attendees to the recent Hadassah Tri-region conference that was held in Atlanta, enjoyed the Keepers of The Gate reception.



L to R: Dana Waxler, Millie Lander, Susan Smolinsky and Janet Sivils



Say Goodby to Summer

Pool Party, Havdalah, Cocktails and Hors d'oeuvres... Hadassah Chattanooga Celebrated Our Keepers of the Gate and Chai Society Members.

SUPPORT THE HADASSAH MEDICAL HUMANITARIAN MISSION

As community members receive the High Holiday card sponsored by Hadassah, please feel free to make additional contributions. More than a century ago Hadassah, the Women's Zionist Organization of America, set up clinics and hospitals in pre-state Israel, curing blindness, containing the 1918 Pandemic, and saving women from a 50% maternal death rate. Today Hadassah is supporting the Israeli Humanitarian mission in the Ukraine by treating more than 31,000 war victims, sending more than 15 medical delegations; welcoming more than 55 war refugees at Youth Aliyah Villages; donating \$30,000+ worth of medical supplies; and raising more than \$1.1 million to support the Hadassah Medical Humanitarian Mission.

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 dwaxler@hadassah.org.

100th NATIONAL CONVENTION

Next month Hadassah will celebrate its 100th NATIONAL CONVENTION. Together in Israel: Our Pride. Our Purpose. Nov. 14 to 17. Kvell together! Join Hadassah women from across the globe to celebrate Hadassah.

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

* Deceased

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

**Thank you
for insuring
our future.**

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 Balser | Federation@JewishChattanooga.com |
| Dawn Hildebrand, RN, BSN | Nurse@JewishChattanooga.com |



Jewish Federation
OF GREATER CHATTANOOGA

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

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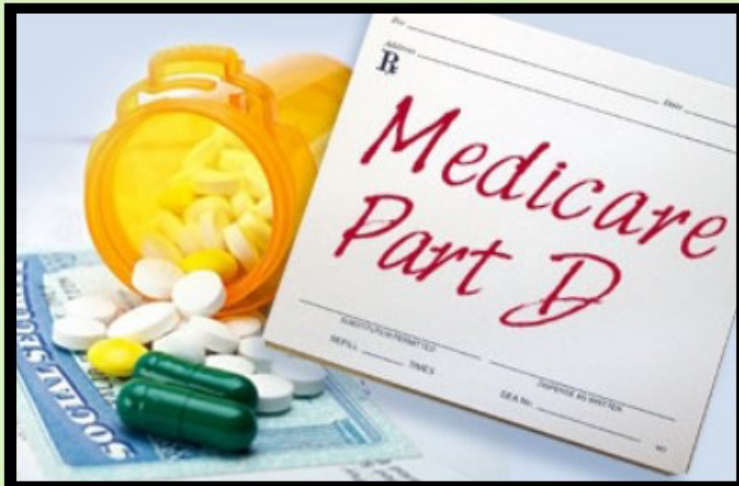
the
Shofar

Published ten times a year by the
**Jewish Federation of
Greater Chattanooga**

Rob Lowe, 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



Do you need help
signing up for your
Medicare
Prescription
Coverage?

Lorri Lipski, Social Services Director, and Dawn Hildebrand, Community Nurse Advocate, with the Jewish Federation, can help you navigate your Medicare Part D choices!

Open Enrollment Period is October 15 - December 7, 2022.

**Contact Jake at the Federation if you would like an appointment at
423-493-0270 or federation@jewishchattanooga.com.**

Appointments are in-person, socially distanced in the conference room.