



A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA

**Aleph Bet Students
Welcome The Autumn Season**



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FROM THE EXECUTIVE DIRECTOR

Federation Staff – Consistently Performing Mitzvot

In Jewish tradition, one of the highest forms of tzedakah is making a gift that the recipient doesn't know about and, therefore, can't express thanks for. Many times a burial is used as an example. The community covers the grave with dirt, and the deceased will never know who helped them nor can they thank them. It's truly a mitzvah of highest proportions.

Your Jewish Federation provides services and programs to the community each and every day. Sometimes, these things are tangible – a meal, a ride, an event. Other times, intangible – building relationships, fighting antisemitism. Often we know who is attending an event or receiving services; other times, as you may personally have experienced, assistance is provided discreetly and confidentially, and Federation donors never know. I appreciate and value the trust you have that we are working on your behalf, using community dollars effectively and efficiently, to improve the Jewish community. When giving to the Federation, it sometimes benefits us/you directly – but 100% of the time it benefits the Jewish community – in Chattanooga and around the world. It's what we do!

Recently, a friend and colleague performed a mitzvah for which she would not toot her own horn, so I will do it for her. She made the decision to help a friend in need of a kidney transplant, only to discover that the two were not a match. But this is actually where the story begins. My friend and colleague decided she would still

like to donate a kidney, but now it would go to a stranger! As soon as a match was found within the United States, the wheels would start turning, and this mitzvah would take place.

Within the last few weeks Aleph Bet Director Rebecca McDonald headed to Piedmont Hospital in Atlanta. After several hours in surgery, her kidney was removed, packaged, and shipped to somewhere in Colorado. Someone in dire need received the transplant the very same day. Rebecca learned from her transplant consultant that the Colorado patient's body accepted her kidney and is doing well! Rebecca is a little sore but otherwise doing great.

By giving a kidney to the anonymous Colorado recipient, Rebecca has gotten her friend's name moved to the top of the kidney transplant list. As I write this, the friend is waiting for a call that a match has been found. It's like two mitzvot for the price of one!

There are so many things I love about this story – the kindness, the humanity, and the quickness to jump in and say, "of course I want to help another person," (and a stranger at that). In all likelihood, donor and recipient will never meet. But each feels thankful, grateful and rewarded. We are surrounded by mitzvot!

When I hire people at the Federation I always look for a caring personality. Everything else can be taught. With Rebecca and all Federation staff, I can confidently say they put others first, work as a team, and are generous with their time and expertise –with each other and

with community members. Rebecca performed a mitzvah at the highest level. Similarly, making a gift to the Federation is a mitzvah of the same kind. Sure, you know about the programs and services we provide, but in most cases you don't know the recipient. People are receiving kosher meals or a ride to the doctor here in Chattanooga. A family in Ukraine has food and shelter under the most tumultuous circumstances. A child in Israel participates in an after-school program for children with special needs.

I'm incredibly humbled by the generosity of our community. Thank you for enabling the Federation and its amazingly caring staff to perform mitzvot, large and small, each and every day. Your mitzvah of giving expands exponentially.

Michael Dzik

mdzik@jewishchattanooga.com
893-5443



FROM THE BOARD CHAIR

Rob Lowe roblowe1770@gmail.com

Community is Family

First, I wish everyone in the Chattanooga community a Shana Tova, and I hope for only good health and happiness for everyone in the coming year. Those of you who know me, know that I am a big fan of Chattanooga. I love the weather, the beautiful scenery, and the many opportunities for outdoor activities.

But it is the Jewish community here that has provided me and my family a real sense of belonging. During these high holidays, I thought back to our first Rosh Hashanah 11 years ago when we had recently moved to Tennessee. Following a meaningful, intimate service at B'nai Zion synagogue, a family sitting nearby, and who we had just met, invited our family back to their house for lunch. We were made to feel so welcome and knew we made the right decision to move here. For the first time, we were living far away

from both my wife, Beth's, and my family. Building relationships within our new community was vitally important to our transition.

Over the years, we've gone on to create a tradition of sharing high holiday meals with that same family – for many years at their house, and in recent years at ours. We've also done our best to pay it forward by hosting newcomers to town and new friends whose families don't live nearby.

Whether you are a long-time resident or have lived in Chattanooga for just a few years, I encourage you to reach out to newcomers, especially during the holidays, when they may be missing family or feeling alone. I can tell you from personal experience how meaningful it is to receive that invitation and begin to feel a sense of community in your new home. I've always felt Chattanooga has such a close knit community compared to locations I've lived with

Cont. Page 5



FROM THE PROGRAM DIRECTOR

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

Thanksgiving

On a morning walk with my "boys," our family's two dogs, the brisk weather reminds me that November, along with the memories of family traditions, is here.

Many years ago, my son surprised us with his birth on Nov. 18 instead of his scheduled arrival time of Jan. 18. It was a momentous day full of awe, wonder, fear and challenges. On this day my mother-in-law made it clear that she expected us to host her for Thanksgiving, before allowing my husband to tell her she was a grandmother.

My husband was born on Thanksgiving, a fact that my mother-in-law reminded me of annually. Thankfully my husband doesn't really celebrate his birthday other than wanting a German chocolate cake, and his birthday is rarely on Thanksgiving day itself.

But, Thanksgiving was my mother's favorite non-religious holiday. She could count on all of us being "captured" for a minimum of four days. By Wednesday evening all our school-based activities had concluded. Smells from Irish, Jewish, German, Polish, Italian, and other ethnic kitchens began to fill the neighborhood. Mothers, except for mine, were nowhere to be seen, since they were minding their stoves and ovens. My mother didn't cook, and my father only knew how to grill. For us Thanksgiving usually meant pulling out a children's cookbook from our most recent visit to the United Nations store. In our family we each selected a special recipe of our choice for Thanksgiving with two notable selections. My father always wanted a huge turkey, and my mother made cranberry relish from scratch using the grinder her grandmother had used on the family farm in Ohio. The rest of us would spend either Wednesday night or Thursday morning making our

Cont. Page 5



Jewish Federation Nurse

Dawn Hildebrand, RN, BSN nurse@jewishchattanooga.com

Enjoy Every Moment!

Thanksgiving is just around the corner with many holiday delights that stimulate the five senses. We TASTE amazing foods, SMELL heavenly aromas, SEE beautiful colors, FEEL amazing hugs, and HEAR the sound of music in the air and voices of the ones we love. (Do the senses mentioned remind you of Lorri's article in this space from last month's *Shofar*?)

It's such an amazing time of year! We are venturing out and beginning to welcome getting together with our friends and family after the long months of separation. What are some ways we can be as healthy as possible during this time of year? First of all, make sure you are up-to date on your Covid vaccines and boosters. In September the CDC posted a recommendation for the first new vaccine booster that has added Omicron spike proteins to help cover new strains of Covid and restore protection after waning previous vaccines. These are available at your local pharmacies. Some of you may also want to wear a mask for added protection. The CDC still recommends that masks be worn on indoor public transportation. If you are older or have certain medical conditions, a mask may be useful to wear. Third, eating fruits and vegetables and lean meats and fish (in addition to the yummy holiday treats) while drinking plenty of water can help

fight harmful viruses and bacteria that lead to illness.

Last, but not least, remember to wash your hands! Handwashing is so important for good health especially during travel and being with groups of people. I thought we might revisit a few handwashing rules that we probably all learned in elementary school: Wash your hands: 1) before, during, and after food preparation. 2) before and after eating, being around someone who is sick, or treating a wound or cut. 3) after using the toilet; blowing you nose, coughing or sneezing; touching an animal or handling pet food; or touching garbage.

Here are some simple steps to remember: when washing your hands: 1) Wash with clean running water as you get your hands wet. 2) Lather your hands by rubbing them together with soap on the back of your hands, between you fingers and under your nails. 3) Scrub your hands for at least 20 seconds, the equivalent to singing or humming the "Happy Birthday" song twice. 4) Rinse your hands under clean, running water. 5) Dry hands with a clean towel or air dry.

From the list above, it may sound like we should be washing our hands all of the time! But these important steps will help everyone stay as germ-free as possible. Here's hoping these tips will help us all remember some personal ways we can allow our five senses to enjoy every moment of the upcoming days! Have an amazing Thanksgiving!

(Source: CDC.gov)

CONTINUING

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.



a much higher Jewish population. I still feel very thankful that we moved here. I have little doubt that the sense of belonging we've found in Chattanooga led to our being more connected and involved in the Jewish community.

One of the missions of the Jewish Federation is to build strong Jewish communities. A big part of reaching that goal is achieved by individuals reaching out to each other, whether it be for assistance or simply by making connections.

AMERICAN JEWS AND CHARITABLE GIVING: AN ENDURING TRADITION COMMUNITY PHILANTHROPY

The U.S. Jewish community not only gives more than other religious groups, it gives differently. Jews have developed unique patterns of charitable giving and philanthropic behavior as a central way to express Jewish identity.

Traditionally U.S. Jewish philanthropy has been embedded in central Jewish communal organizations such as Jewish Federations, regional organizations that give collectively to causes in the U.S. and abroad.

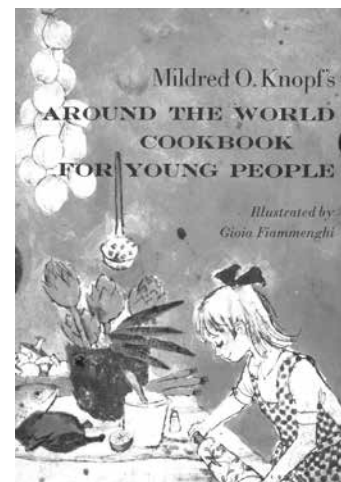
These unique organizations exemplify the ethnic, nonreligious expressions of Judaism. They also demonstrate the Jewish community's tradition of charitable giving as a group effort. (The Conversation, published 2017)



edible(ish) creations. Hedging his bets, my father usually went to the neighborhood deli and picked up some "fillers" just in case.

I keep some of the spirit of my childhood each Thanksgiving. At our house each family member gets to request a dish for me to bake and one for me to cook the week before Thanksgiving. My son, the only meat eater, gets his turkey — and pumpkin pie, when I feel generous. My husband usually requests Waldorf salad, and mashed potatoes, and I never know what else will round out his request. Me? Really just depends on my mood.

This November at the Federation is a little like my family's traditional events. We have annual activities, such as signing up for Medicare Part D. We have the monthly Foreign Policy Supper Club and Noon Nosh. We experiment with something new with Tech Goes Home. And, we are impatiently waiting for Chanukah and the upcoming food and toiletry drive facilitated by Hadassah. Probably an important part of November's tradition is to reaffirm that despite our differences, we are all part of the bigger Federation family, and that it takes all of us working in various ways to make sure that we are inclusive of each other's needs.



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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



Condolences

We extend our sincere condolences to...

...family and friends of Susan Wolf-Schwartz, who died on Sept. 22. Survivors include her husband, Steven; mother, Rebekah Schwartz; and granddaughter, Hailey Schwartz-Ledford.

...family and friends of Vivian Fine, who died on Sept. 29. She was preceded in death by her husband, Joseph Fine; sisters, Juanita Lusk Hurt and Ruby Lusk Pickett; and a grandson, Wesley Dillon Grant. She is survived by a daughter, Valorie Cox (Robert); a son, Allen Fine (Becky); grandchildren, Perri Bullock (Chris), David Fine, Olivia Fine, Blakley Fine, Colby Cox (Christa) and Jessica Moore (Justin); great grandchildren, Carson, Cassidy, Charlotte, Winnie, Wells, Rory and Finley; a sister, Nancy Lusk Bealer; and a brother, William Carter Lusk, Jr.

...family and friends of David Sachsman, who died on Oct. 4. Survivors include his wife, Judy Sachsman; daughter, Susanne Sachsman-Grooms (Danny Grooms); son Jonathan Sachsman (Ashlee Turnbull Sachsman); and grandchildren, Samantha Grooms, Rachel Grooms, Eliana Sachsman, and Adina Sachsman.

...family and friends of former Chattanooga Karen Simon. She is survived by her husband, Sid Simon; a sister, Marjorie Block (Brian); and a brother-in-law Ted Simon (Doris).

...family and friends of former Chattanooga Dr. Sam Weber, who died on Oct. 15 in Houston. He is survived by his wife, Simone Dattel Weber; daughter, Amy Lily (Jeff); sons, Andrew Weber (Katherine) and Michael Weber (Monica); eight grandchildren; a sister, Sally Pearlman (Lowell); sister-in-law, Susan McDaniel; brother-in-law, Dr. Randy Weber, (Dr. Jane Edmonds); several nieces and nephews; and cousin Marilyn Center.

...Rabbi Keilah Lebell, Rabbi Sam Rotenberg, and their family, on the death of Rabbi Lebell's grandmother, Lyla S. Grossman, of Arcata, Calif., on Oct. 14.

...family and friends of Isidore (Izzie) Frumin, who died on Oct. 21. He is survived by his daughter, Adriel Cogdal, of Signal Hill, Calif.

Mazal Tov to...

...Jennifer Brouner and Phil Derryberry on the birth of their daughter, Kathryn (Kate) Leigh, on October 5, 2022

...Mark Shapiro, who received a Lifetime Achievement Award in Telecommunications at the TCG President's Club in Lake Tahoe, Calif., on Oct. 13. He received the award from the Telecom Consulting Group of SanMar Enterprises, with whom he has worked for many years.



Mark Shapiro (second from left)

Chattanooga Allergy Clinic



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

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ALEPH BET CHIDRENS CENTER

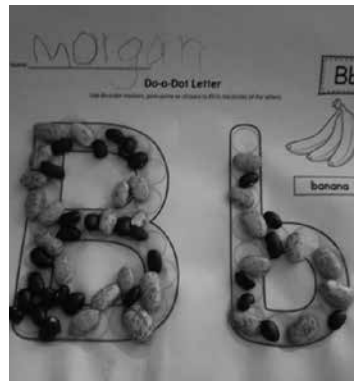
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Appreciate What You Have

Fall is a time when people reflect on things. It's a time where we think about forgiveness, a time where we say thank you and appreciate the things we have. We learn what our mistakes were and how we can be better. It is a very important time for me.

In Israel from when I was young, I knew that stories were a good way to deliver a message and a lesson. I want to share a story, a story I heard this last Yom Kippur, that really connects with me.

Many years ago, there was a man who lived by himself. His name was Jerry. Jerry struggled most of his life, and his dream was to be a billionaire. He didn't care about anything else, that's all he ever wanted.

Jerry moved to London to figure out how to make money. With a lot of luck, good jobs, and him just being very smart, he became a billionaire. However, something was missing in his life.

He didn't find love or have children. He didn't have crazy and fun experiences. He was very sad because he understood that he was never happy. Jerry was always trying to get the next million. He was never happy with what he had.

Jerry decided to sponsor a contest between 40 people, and whoever won would have one wish that he would make come true.

Forty people came to his house excited and wondering what they needed to do to win the contest. Jerry said, "I have a shark swimming in my pool. If you swim across the pool and make it to the other side, I will make your wish come true."

Then Jerry asked, "Who's the first one to try?" No one answered. Jerry waited for a few more minutes and still no one said anything. Suddenly out of nowhere, one of the people jumped into the pool! The man had a hard fight with the shark. After 15 minutes, the man made it to the other side. Jerry ran up to the winner, while everyone

screamed and cheered for the man.

Instead of being happy that he won, the man was furious. The first thing that came out of his mouth was "Who pushed me into the pool?" Jerry said "I will have the best investigators find out who pushed you. Don't worry, I will find him! But it's too bad that was your one wish."

I think that we can learn a lot from this story. I'd like to share the things that are important to me. First, to try and always see the good and not the bad. Second, appreciate what you have. Next, know how to control ourselves in moments of anger and stress. And, finally, the most important thing: if you learned a lesson, try to pass it on so that more people can learn from it.



.....

**THURSDAY, NOVEMBER 10TH, 6PM
AT THE JEWISH CULTURAL CENTER.**

RSVP@JEWISHCHATTANOOGA.COM

.....



the JEW CREW

PIZZA IN THE HUT

In October, the Jew Crew gathered in Mizpah Congregation's sukkah to eat pizza and socialize and to do some creative activities around social justice. After Rabbi Craig Lewis showed us how to really shake it — the lulav and etrog, that is — we discussed how Sukkot celebrates the importance of providing for those who are most vulnerable in our community.

To honor this tradition, we decorated the sukkah with paper chains of kindness.

On the links we wrote down acts of kindness we did for others and that others did for us. We also decorated with paper lanterns to symbolize our responsibility to shine a light on injustice in this world. Finally, we added notes of love and friendship for our Federation's social service team to distribute on some of their home visits, as a reminder to those who may at times feel isolated that they are never alone.



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ISRAEL MISSION TRIP

Informational Meeting In-Person at the JCC or Via Zoom – Thursday November 10 at 5:30pm
Passcode: 747 223 9161 • ID: 940790

Community Friends – The Federation will be putting together a trip to Israel in 2023! This will be a 10 day trip; dates are a little flexible but approximately June 25/26 – July 4/5. Cost for the trip is VERY preliminary but looks to be approximately \$4,200 per person. This will include: all hotels, guide, bus/travel throughout Israel, all entrance fees, tips, most meals. It does NOT include international flights, travel insurance, or health insurance that you may want to purchase. We're looking to spend time in Jerusalem, Tel Aviv and the north (Galilea and Golan). We'll hit many of the highlights, but also find many new unique visits as well. We will visit our P2G family – and yes, we'll see MANY of Chattanooga's former Shlichim.

Interested? We have started a list of community members. However, just to be 100% sure, even if you'd told the Federation in the past that you're interested, please do so again so our list is accurate and up-to-date; federation@jewishchattanooga.com. The Federation also offers subsidies.



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*Deadline to order is Thursday, November 17

*Pick-up is November 22, noon to 4 pm and November 23, 9am to noon

* Proceeds benefit the Mitzvah Meal Program

A FEW OF THE JEWS FROM UKRAINE WHO CHANGED THE WORLD

By Abby Seitz

Ukraine has had a significant and vibrant Jewish community going all the way back to the Middle Ages, but the history of Ukrainian Jewry has been difficult, and often marked by periods of intense antisemitism. In addition, it was not always easy to live in a region that was frequently unstable.

Baal Shem Tov

The Baal Shem Tov was the founder of Hasidic Judaism, an Orthodox spiritual revivalist movement that has hundreds of thousands of adherents today. Born Israel ben Eliezer in 1698 in Okopy, Ukraine, Baal Shem Tov literally means "Master of the Good Name" and is often abbreviated as Besht.

Golda Meir

While Golda Meir ascended to international prominence when she was elected prime minister of Israel in 1969, she was born in Kyiv, Ukraine's capital, in 1898. Meir was the fourth woman in the world to serve as a head of state. Other Israeli leaders who were born in Ukraine include Israel's second prime minister Moshe Sharett, as well as his successor, Levi Eshkol.

Sholem Aleichem

Born Sholem Rabinovitz in 1859 in Pereyaslav, Ukraine, Sholem Aleichem is considered one of the most beloved Yiddish writers of all time. His short stories about Tevye the Dairyman inspired the hit musical and film *Fiddler on the Roof*.

Mila Kunis

Born in Chernivtsi, Ukraine in 1983, Mila Kunis and her family fled the Soviet Union when she was seven years old. Her family was resettled in Los Angeles with the help of the Hebrew Immigrant

Aid Society. Kunis ascended to fame by starring in *That '70s Show* and has had major roles in dozens of shows and films since then.

Menachem Mendel Schneerson

Known to many as just "the Rebbe," Menachem Mendel Schneerson was the last rebbe of the Chabad Lubavitch movement and is considered one of the most influential 20th century Jewish leaders. While Schneerson famously led the Chabad movement from its Brooklyn headquarters, he was actually born in Mykolaiv, Ukraine in 1902.

Oksana Baiul

Figure skater Oksana Baiul made history in 1994 when she became the first athlete representing post-Soviet Ukraine to win a gold medal at the Olympics. While Baiul was raised Orthodox Christian, she discovered and embraced her maternal Jewish ancestry when she was 25 years old. Since retiring from ice skating, she has served as a trustee for the Tikva Children's Home, a Jewish orphanage in Odessa. While swimmer Lenny Krayzelburg represented Team USA at the 2000 and 2004 Summer Olympics, the gold medalist was born and raised in Odessa, until his family fled and resettled in Los Angeles when he was 14. World-renowned tennis player Elina Svitolina won a bronze medal for Ukraine at the 2020 Olympics in Tokyo. Svitolina was also a semi-finalist at Wimbledon and the U.S. Open.

Natan Sharansky

Born in Donetsk, Ukraine in 1948, Natan Sharansky is one of the most famous refuseniks who advocated for Soviet Jewry's right to emigrate during the 1970s and 1980s. Between the years of

1977 and 1986, Sharansky was imprisoned for his activism. After being released, Sharansky immigrated to Israel and entered the world of politics. Sharansky was awarded the Israel Prize in 2018.

Vladimir Horowitz

Hailed as one of the greatest pianists of all time, Vladimir Horowitz was born in Kyiv in 1903. He left the Soviet Union at 22 years old and went on to reside in Berlin and New York City. After winning dozens of Grammy Awards from the late 1960s to the early 1990s, Horowitz earned the Grammy Lifetime Achievement Award in 1990. There have been many other remarkable Ukrainian Jewish musicians including internationally renowned violinist and six-time Grammy winner Isaac Stern.

Jan Koum

Born in Kyiv in 1976, Jan Koum immigrated to California with his mother as a teenager. After working for several years in cybersecurity and programming, Koum invented the messaging application WhatsApp in 2009. WhatsApp has billions of users worldwide and was acquired by Facebook's Meta Platforms for \$19.3 billion in 2014.

Volodymyr Zelensky

Born in the city of Kryvyi Rih in 1978, Volodymyr Zelensky was raised in the area that was once known as the Pale of Settlement, the only region in the Russian Empire where most Jews were permitted to live. While Zelensky gained fame in Ukraine as an actor and comedian, he switched gears in 2019 and successfully ran for Ukraine's presidency where he became a hero to the country in the wake of the Russian invasion in February 2022.



FOREIGN POLICY SUPPER CLUB

November 7 - 6:00 p.m. *Myanmar's Neverending Crisis*

December 5 - 6:00 p.m. *Xi's China takes on the Quad*

\$12 for dinner

Please RSVP to RSVP@JewishChattanooga.com

Bar Mitzvah!

Avery Levin November 26, 2022

Avery Levin will become a Bar Mitzvah at Mizpah Congregation on November 26, 2022.



Avery, who graduated from The Bright School in 2020, is an eighth grader at Baylor school. He is involved in debate, Model UN., Youth in Government, robotics, and cubing, and he plays golf nearly every weekend.

Avery's sister, Hannah, a freshman at American University, will join him in reading from the Torah. Avery says he is grateful for the guidance of Rabbi Lewis, whose enthusiasm for a variety of shared interests helped make his Bar Mitzvah lessons fun!



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no later than November 6th



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Hadera - Eiron Region
Southeast US - Czech Republic



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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

MACHANOOGA EXPLORERS!

Machanooga took a break in October for the High Holy Days, but before we left we were treated to awesome High Holy Day plays by our upper classes. In mid-October we gathered for our special event celebrating Simchat Torah. It was so much fun making our own flags. We danced to a live band and enjoyed sweet treats.

If that wasn't enough, on our first day back at Macahnooga we went to the Chattanooga Zoo! What better way to learn about the Torah portion Noah? We went on a scavenger hunt and got to meet some very special animals along the way.

At the end of October we explored the Torah portion Lech-Lecha by reviewing our Hebrew names. We made beautiful name plates that we decorated with our Hebrew names. Community shlichah, Adva Kasay, visited, and we had a great time getting to know her and learning about Israel from her perspective.

November is going to be packed as we dig deep into Jewish values, such as visiting the sick and keeping peace in our home. We'll also learn about the Matriarchs of the Torah. It's going to be a fun month!

Machanooga has rolling enrollment

Please email us atroschnooga@gmail.com for the link to the registration form. Machanooga is for learners Pre-K (potty trained) to 8th Grade and takes place on Sundays from 9:30 a.m. to 12:00 noon. **We welcome you at any time.** Machanooga communications are sent every Thursday. Email us if you'd like to get on the list. Additional information is posted on our Facebook page.



REMAINING MACHANOOGA CALENDAR 2022-2023

| | | |
|--------------|--------------|--------------|
| Nov 6, 2022 | Jan 22, 2023 | Mar 12, 2023 |
| Nov 13, 2022 | Jan 29, 2023 | Mar 19, 2023 |
| Nov 20, 2022 | Feb 5, 2023 | Mar 26, 2023 |
| Dec 4, 2022 | Feb 12, 2023 | Apr 16, 2023 |
| Dec 11, 2022 | Feb 26, 2023 | |

Special Events: 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

MIPAH PRESENTS: MUSIC AT MIZPAH

Sunday, November 13 3:00 pm Mizpah Sanctuary

Advance Tickets: \$25

Deluxe Reception for Patrons and Sponsors (packages available)

The Emily Nelson Rogers Quartet

Emily Nelson Rogers, cello
 David Rogers, piano
 Esther Sanders, violin
 Dr. Chris Lowry, viola



MUSICAL NUMBERS: Mozart Piano Quartet No 2, First Movement; Faure Piano Quartet No 1, First Movement; Elgar Salut d' Amur; Gershwin, I Got Rhythm; Brahms Piano Quartet No 3, Third Movement; Bohemian Rhapsody; Elton John's Crocodile Rock; Faure Pavane Brahms Piano Quartet No 1, Fourth Movement; Simon and Garfunkel, Bridge over Troubled Water

Something for everyone!

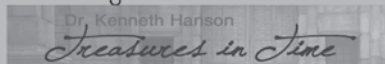
Music builds community! Mizpah is proud to support our community by bringing in amazing performers and performances for your enjoyment; from shared excitement in a concert hall to the intimacy of a house concert, from singing along with school children to creating a safe and reflective space in the community, there are limitless ways to make meaningful and relevant community connections through music.

Sukkah Build 2022

L to R: Richard Zachary, Roy Rosenfeld,
 Chris Conn, Jonathan Speal,
 Terry and Norty Wheeler
 (not pictured: Ruth Longway)



Mizpah Presents: Our Scholar in Residence Weekend
 Shabbat - November 4-5, 2022
 Hosted by Carol and Steve Cohn



6:00pm Services - Derash LeCh LeChia - What it is and What it isn't
 7:00pm Services - First Friday Dinner 'A Cuban Meal'

Saturday 11:05

9:00am - Torah study - The Moses Scroll
 5:00pm dinner havdallah, and Jerusalem Jones and the Dead Sea Scrolls (need RSVP) no cost - hosted by Carol and Steve



RSVP - 423-267-9771
 or email
office@mizpahcongregation.org



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.

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
 6:00 worship service
Saturdays: 9:15 a.m. Torah Study
 11:00 a.m. Shabbat services and Torah reading

Nov. 4: First Friday Shabbat Services and Dinner: A Cuban Meal
Nov. 4-6: Ken Hanson Scholar-in-Residence
Nov. 13: Music at Mizpah Concert 3:00 p.m.
Nov. 19: Havdallah and Family Trivia Night 5:30 p.m.
Nov. 26: Bar Mitzvah of Avery Levin

Past Presidents

Seated, L to R: Donna White-Dropkin, Vicki Lewis (current President), M.J. Levine Standing L to R: Alan Richelson, Bev Coulter, Paul Lefkoff, Susan Distefano, Rabbi Craig Lewis, Iris Abelson, Richard Zachary, Frank Miller, Warren Dropkin, Max Brener



Photo taken Erev Yom Kippur

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

AFTER SHUL LUNCH & LEARN

BZ hosts a bi-monthly Lunch & Learn after Shabbat services. Join us from 12:15 to 1:15 p.m. in the library on the following Shabbatot for sessions exploring 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. Feel free to send ideas to Rabbi Rotenberg.

Nov. 5 and 19
Dec. 3 and 17

BZ BOOK CLUB

This month we're reading *The Secret Jewish Soldier* by Irit Keynan. Join our discussion on Nov. 13 at 4:30 p.m. The book to be discussed next month is *A Greek Doctor in Jerusalem* by Etty Shahar. Please contact the BZ office for more details.

B'nai Zion Calendar

Morning Shabbat Services:

9:45 am at Ochs Memorial Temple & via Zoom

Kabbalat Shabbat Friday services:

6:00 pm in person & via Zoom

| | | |
|----------|----|--------------------|
| November | 5 | Lunch & Learn |
| | 6 | Jews & Brews |
| | 11 | Sweatpants Shabbat |
| | 13 | Book Club |
| | 18 | Jammies & Jeans |
| | 19 | Lunch & Learn |
| | 25 | Home-Style Shabbat |

BSI: Nov. 9, 16, & 30 at 4:30 pm

Minyan & Foundations:

Wednesdays @ 6:00 & 6:30 pm via Zoom

Jammies and Jeans

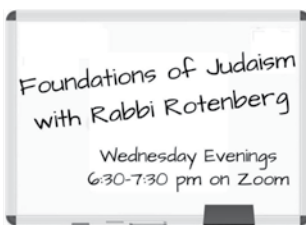
3rd Fridays
November - March
5:30 pm



During the winter months, our family Shabbat services move indoors. ❄️
Join Rabbi Rotenberg at BZ for a musical & fun family Shabbat experience!
All ages welcome, and kids are invited to wear their pajamas!

FOUNDATIONS OF JUDAISM

Each month we explore a different topic core to Jewish tradition.



November's theme will be "What makes meat kosher? Leading up to Thanksgiving, we will explore the whats, whys, and hows of kosher meat.

Meeting ID: 845 0521 2418



TORAH | BEER | STUDY

JEW'S AND BREWS



NOVEMBER 6
2:30 PM AT
ODDSTORY BREWING CO.
-1604 CENTRAL AVE

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.

Pizza, Fun, Bouncing and Shakes at Pizza in the Sukkah 2022!

What a gorgeous display of unity and joy on this holiday of joy in the year of *hakhel* (unity)! Thank you, David Solovey and Shlomo Ashkenazi, for the awesome pizza!



*Thank you
 for the awesome
 pizza*

CTEEN CHALLAH BAKE



UPCOMING SCHEDULE

Torah & Tea

AT CHABAD - 950 VINE ST

| | |
|------------------------|-----------------------|
| WEDNESDAY SEPTEMBER 21 | MONDAY JANUARY 9 |
| MONDAY OCTOBER 31 | WEDNESDAY FEBRUARY 22 |
| MONDAY NOVEMBER 21 | THURSDAY MARCH 23 |
| THURSDAY DECEMBER 15 | THURSDAY APRIL 20 |
| MONDAY MAY 22 | |

Jewish Women's Circle



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

Millie Lander,
Treasurer

POOL PARTY

On a beautiful fall afternoon, Hadassah Keepers of the Gate and Chai Steppers enjoyed a poolside party at the home of Bev and Steve Coulter. The event was co-chaired by Bev, along with Dana Waxler. Dana gave a briefing on the latest news from the Hadassah Tri Region Conference recently held in Atlanta. Briefings included reproductive rights and the latest in infertility treatments. Richard Waxler tended bar, and Gary Lander and Dana led havdallah.



Thank you to Kathy Kessler and Millie Lander for the lovely 2022 Rosh Hashanah Greeting Card in support of the Hadassah Medical Organization. Due to the printer's deadline, regrettably, we could not include Rochelle Prigoff and Stephanie Prigoff. We are grateful to them and to all who supported the Greeting Card.

Hadassah Chapter President Judy Sachsman has been nominated to be Secretary of the Southern Region of Hadassah.



Hadassah along with other local Jewish organizations, will participate in a Blood Drive, Nov. 20 at Mizpah Congregation.

UPCOMING PROGRAMS

Our annual Mitzvah Day project in coordination with the Jewish Federation is coming up and will be chaired by Beth Thomas.

Hadassah will be a co-sponsor of the Hanukkah community lighting ceremony on Dec. 18 at the Jewish Cultural Center.

Watch for details about a special Purim 2023 as we remember Susan Wolf-Schwartz z'll. Susan was an amazing baker who hosted a hamantaschen demonstration for Hadassah.

Hadassah cards and certificates are always appropriate for all lifecycle events. Please contact Millie Lander for information.

Watch for mail and email about upcoming Hadassah programs. If you're not receiving these notices, please contact Millie Lander.

Keepers of the Gate and Chai Steppers are annual giving opportunities.

Chai Steppers giving levels start at \$180;
Keepers of the Gate start at \$1,000
For more information, 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 dwaxler@hadassah.org.

Hadassah, the power of women who do!





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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| Rebecca McDonald | Alephbet@JewishChattanooga.com |
| 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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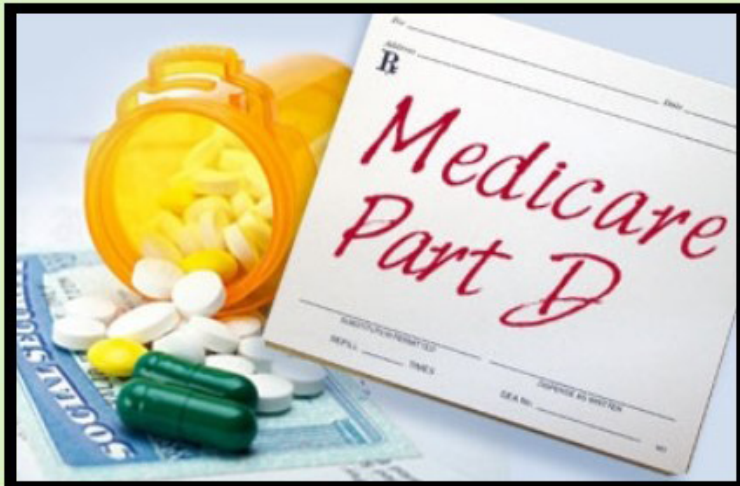
the Shofar

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.