

A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA

"March '68" one of the films from the upcoming Chattanooga Jewish Film Series

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Jewish Cultural Center: 5461 North Terrace Road | Chattanooga, TN 37411 | (423) 493-0270

FROM THE EXECUTIVE DIRECTOR



What's Your "why"?

l've heard just about all of them – responsibility,

tzedakah, tradition, support for the Jewish community, collective impact, guilt, someone/friend asked, it's an investment, I appreciate the social services/ programming, connections, friendships, Aleph Bet Children's Center, Jew Crew, my friends give, L'dor V'dor, supporting the next generation, fighting antisemitism, and many more. Yes, all of these are reasons why people give to the Jewish Federation. Most people have multiple reasons why they give. What's your "why"?

My why? I believe we have an obligation to support and to help our Jewish community thrive. I believe in helping all Jews, wherever they live. I think it is vital that we give our community's youth the opportunity for a Jewish education through Machanooga – or have Jewish summer experiences at camp or in Israel. I love that, through the Federation's Jew Crew program, we connect our high school teens from throughout Chattanooga for monthly gatherings. Where else would our Jewish teens meet other local Jewish teens? Our Federation dollars support all of these.

One of my favorite Federation "connectors" is our young leadership group. Through monthly Shabbat dinners and social events, our younger community members meet with each other. I've come to learn that many of these individuals and families are now like family to each other. Several circles of friends have organically developed out of young leadership. Our community knows each other and likes each other because of the engagement of our Federation.

One of my favorite stories is about a newly married couple who was researching Chattanooga for a possible move. They reached out to the Federation with the hopes of meeting other young couples on a pre-move visit. I sent out a group email to many younger friends and within 30 minutes a flurry of reply emails was on. One couple agreed to host a pot-luck Shabbat dinner; many attended the dinner and others volunteered to meet this new couple over the weekend. The response was overwhelming, and for me, heartwarming. This couple now calls Chattanooga "home" and I know they are very engaged with their Jewish friends. Yes – this is another asset and strength of our Federation.

Whether you receive the social services Federation's or not, we cannot ignore the impact we have each and every day: thousands of meals and rides are given each year, nearly 100 Medicare-D consultations each open enrollment period, and thousands of encounters check-in calls, personal visits, and program opportunities (like our grief support group and legal aid). Your gift helps everyone age with dignity with the help of the Federation.

Let's not forget the many intangible ways the Federation

affects our entire community. Through education and outreach to our non-Jewish friends, we build bridges that support our community. Keeping close relationships with our elected officials and first responders Jewish ensures that the community is prominent in Chattanooga. And the many intangibles - including the fight against antisemitism and hate - happen daily because of your annual support of the Federation.

The Federation is filled with impactful programs and services - both tangible and intangible. We have diverse offerings for everybody while supporting every Jew - in Chattanooga and around the world. Every gift, at every level, is valued and important. Whether you want or need our services today, tomorrow, or never, the Federation is here **for** our entire community because of our entire community. Whatever vour "why", I thank you for supporting the Federation.

Michael Vzik

Michael Dzik mdzik@jewishchattanooga.com 893-5443



FROM THE BOARD CHAIR

Rob Lowe roblowe1770@gmail.com

Annual Campaign Kickoff

In late August, the Jewish community came together for an evening of celebration and

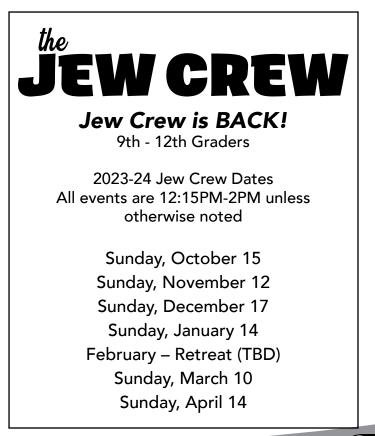
entertainment for our Annual Campaign Kickoff event at the Jewish Cultural Center. This has always been a highlight event on our social and philanthropic calendar, surrounded by friends and community members to celebrate our wonderful organization with an evening of great food, friendship, and entertainment. This year was no different as Alice and her team provided another delicious meal and a hilarious trio of comedians.

Of course the purpose of the campaign event remains the focus (it's right there in the name), which is to kick off our most important fundraising event of the year. Each year when it's time to make our gift, Beth and I reflect on how much the Chattanooga Jewish Federation has personally enriched our family's life over the twelve years since we relocated from Chicago. The Federation programs and activities have allowed us to strengthen our Jewish connections and identity in this tight-knit, welcoming community through holiday celebrations, Yom Day commemorations, Young Leadership where we built our social circles, mission visits to Israel and Argentina, connect with Israel through the Shlichim program, programs about Holocaust education and fighting anti-semitism, and many personal leadership opportunities; and for our children (who were not quite 7 when we moved here and just turned 20!), there are a variety of programs to keep them engaged with Judaism and experiences to give back to their community, including Philanthropy camp, Good Deeds days, assistance with spending their summers at Camp Ramah and one in Israel, Jew Crew, and much more.

The Jewish Federation has been a central part of our lives the past dozen years in Chattanooga, and it's become personally important for us to make a meaningful gift each year. The Federation provides a multitude of programs that keep us connected and engaged, while providing a wide range of social services that further strengthen our community. Additionally, a portion of Federation dollars go to support our many partner agencies that help enrich the lives of Jewish people in Israel and around the world.

To those of you who have already made your gift for this year's campaign, thank you so much! If you would like to pledge your gift again (or for the first time), you can visit the Jewish Federation's website where you'll find a link to the 2024 Annual Campaign. We also have a team of dedicated volunteer "ambassadors". You may receive a call, text, or email from one of our ambassadors to facilitate giving every Jewish person and family in our community the opportunity to make a gift. I'm grateful to all our ambassadors for performing the mitzvah of being one Jew asking a second Jew to help a third Jew. Each year our goal is 100% participation in our campaign. If you are in a position to increase your gift from last year, please consider doing so. Through full participation each year, we can help ensure the continuation of valuable services and programs which strengthen and bond our Jewish community in Chattanooga and support Jewish people around the world.

I wish everyone a healthy, happy, and sweet new year and I look forward to seeing you at a Jewish Federation event or program in the near future. Shana Tova!



FROM THE PROGRAM DIRECTOR



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

Resilience and Anti-Hate

Federation staff. Through the 16 years of reviewing will discuss The State of Hate and Antisemitism on many films and adoring about 80% of them, I can October 5 at 7:00 p.m. at the University of Tennessee honestly say that this year's line-up is among the at Chattanooga's University Center Auditorium most diverse and most interesting Series we have (710 E. 5th Street). There is no cost to attend and produced. Why?

While reading about the films, you will see three films that seem like they are Holocaust related. We heard you loud and clear, no more Holocaust films. However, the only thing these films have in common is that they take place during World War II. June Zero, for Patrons and Sponsors, is really about how three very different people see the world around them and how they proceed. Farewell Mr. Haffman is about being humane to people in difficult circumstances and how fear and power can change how we act and ultimately who we are. Love Gets A Room is the tale of deciding how your actions and your heart are connected. This film is amazing in its production values. It is a must see.

I love to be entertained, and this year there are two films that definitely fit that category, with a little Jewish tradition sprinkled in. We heard you, more lighthearted films. Less Than Kosher, for Patrons and Sponsors, is filled with fun Jewish music and tracks the life of a self-proclaimed, female "bad ass Jew". Matchmaking's romantic comedy and search for the perfect spouse made me remember the time my father thought he was being a good parent and set me up with a neighborhood "good" boy who turned out to be sentenced to prison for grand theft as soon as we graduated from high school.

There are two films that really made me think and review both history and contemporary political thought. March 68 is about the social turmoil in Poland in 1968, and a reminder that after World War Il antisemitism was very much alive. The Future is a film about how the lives of two women intersect, a Palestinian terrorist and a behavioral scientist. This film was heavily discussed by the committee. Is it pro-Palestinian or anti-Israel? Is it not about that at all? You need to see it to decide.

am a cheerleader for the I want you to look at the more serious films in the Chattanooga Jewish Film Series. Series through the lens of the speech ADL Southeast Oh, you say - of course you are. You are Regional Director, Eytan Davison will deliver. He it is open to the public. Along with partners, many who have interacted with the Federation since the pink billboards, this is one of the programs we hope to implement to bind the greater community in the hope to curb antisemitism in Chattanooga. The talk compared with the films is a barometer of where we are in comparison to the time periods in some of the films. The two themes that we'd like you to consider while watching the films and attending the speech at the University Center are Resilience and Anti-Hate.

> The 16th Annual Chattanooga Jewish Film Series is one of our best ever. Our committee has screened dozens of films to screen six superb movies. We feel that our selections will not only entertain you, but will also give you some topics to ponder and discuss. Our committee includes Sanford Winer, Stephen Black, Richard Zachary, John Reis, Sheila St. Aubin and our newest member, Beth Lowe. Ann Treadwell is our staff person.

> We hope you enjoy these feature films as much as we have. This year there were a number of excellent choices, and we feel that we have chosen the best of the best.

> I encourage you to become a Patron Sponsor to help support our series, which is the longest running international film series in our community. Your support is essential in bringing films to Chattanooga that would otherwise not be screened here. Thank you for your support.

Frank J. Miller

Chair, Chattanooga Jewish Film Series

JEWISH FEDERATION NURSE



Dawn Hildebrand, RN, BSN nurse@jewishchattanooga.com

Recommended Adult Vaccines

for our population here in America and around the world. B, Chicken Pox, Flu and Pneumococcal.

an additional component to the Td in which the "p" is pertussis (whooping to another. cough.) Pertussis is a highly contagious respiratory infection that can be fatal to infants younger than six months. All adults who never had a Tdap • The fifth vaccine important for adults is the pneumococcal vaccine. Colds bundles of joy.

• MMR stands for Measles, Mumps, and Rubella. Measles is caused by a highly contagious virus that causes a rash, sore throat, fever, cough, and • In addition to discussing the flu vaccine, we want to include RSV and 28 days that should give lifetime protection.

not be a need for any more boosters.

Chicken pox or Varicella is spread through direct contact of skin infected

Due to the mandatory childhood requirement with chickenpox or with respiratory droplets. It causes flu-like symptoms of vaccines, many diseases have been greatly along with red spots initiated on the face and chest then spreading over the diminished or eradicated. This has created healthier lives entire body and changing into weeping blisters that form crusts and heal. The Varicella vaccine is recommended for any adult who has never The six most important vaccines for adults are Td/Tdap, MMR, Hepatitis A & had chicken pox or who has received the vaccine to get the two-shot series four to eight weeks apart. The shingles vaccine is also highly recommended for adults over the age of fifty with two shots given • Td prevents tetanus and diphtheria. Tetanus is caused by the bacterium two to six months apart for lifetime immunity. Shingles occurs when a Clostritdium Tetani which can enter the bloodstream after coming in person has had chicken pox earlier in life, and the virus lays dormant until it contact with a contaminated object. Tetanus affects the nerves, and can may possibly resurface causing a painful, burning, tingling, and itching rash cause painful muscle spasms and lockjaw. Many of us have been instructed that looks like the chicken pox rash. It develops on one side of the body or to get a tetanus shot when we step on a rusty nail. Diphtheria is a condition face. Note: A person can get chicken pox when exposed to shingles if they also caused by bacteria that produces severe inflammation in the nose and have never had chicken pox. A person CANNOT be infected with shingles throat, and can lead to more severe complications. The Tdap vaccine has when exposed to chickenpox. Shingles cannot be passed from one person

should get one and then follow with a Td or Tdap every 10 years. and flu can lead to pneumonia. Those symptoms may be cough, fever, Many new parents require that grandparents and family members have an shortness of breath, rapid and shallow breathing, chest pain, and fatigue. up-to-date Tdap and flu shot before holding or visiting their precious new Pneumococcal is recommended for those 65 years and older in a two-shot series one year apart. If you had one vaccine before 65 you may need one or two additional shots.

congestion. Mumps are caused by a virus that infects the parotid glands on COVID vaccines. The flu vaccine is recommended yearly for all ages; it each side of the face causing them to swell, and there is also fever, headache varies in how well it works. Some people still get the flu after receiving and muscle aches. Rubella is evidenced by a spotty rash that begins on the vaccine. There are many different flu viruses that cause illness, and some the face or behind the ears, then spreads to the neck and body with mild people may be exposed to different viruses than the one for which they pink eye, upper airway symptoms, and headaches. Measles and Mumps received the vaccine. Optimally the flu shot prevents the flu. Even if you come can sometimes lead to serious complications, but rubella is usually mild. down with a different flu than the received vaccine, it should help reduce Mumps and rubella have been eradicated in our country (along with polio,) the severity of the symptoms. Updated COVID vaccines were supposed to but there have been some recent outbreaks of measles. People who have be made available as of mid-September. The CDC recommends elderly and been immunized against MMR usually have complete protection or minimal immunocompromised folks who have not been vaccinated for COVID in the symptoms in an outbreak. Acceptable evidence of immunity for this last 4-6 months and those in high risk who have not received one in the last disease is if you received this shot as a child and still have written year to get new COVID shots. The CDC also says that adults over the proof of it, or were born before 1957 or have laboratory evidence of age of sixty may get the RSV single dose vaccine after discussing it immunity. Some may have had measles as a child that should have with your healthcare provider. (RSV is Respiratory Syncytial Virus. For given them immunity. Certain adults, including college or higher most healthy folks it is just a cold but can be very dangerous for older adults education employees, healthcare personnel, and those who plan to and infants.) Those who have asthma, COPD, Heart Disease, Diabetes or any do international travel should have 2 doses of MMR separated by underlying condition may want to seriously consider talking to your doctor about the possibility of these shots.

• Hepatitis A & B can now be given in one vaccine. Hepatitis affects the Dr. Aaron Glattwho is chief of infectious diseases and hospital epidemiologist liver and causes liver inflammation and possible further complications. at Mount Sinai South Nassau in Oceanside, NY, and a spokesman for the Symptoms might include fatigue, nausea, joint pain, poor appetite, Infectious Diseases Society of America says, "When it comes to vaccines, abdominal pain, and jaundice. The first Hepatitis A & B vaccine is given, the population is generally divided into three groups: One group trusts the then one month later the second one is given, and then the third is science and the process and will take the recommended vaccines. Some are given six months after the first. Once fully immunized there should hesitant and need to be shown the data and shown why it's important for them. Another group will decline all vaccines, no matter what." In which group do you belong? You can go to cdc.gov for more facts and information.

LEGAL AID

Do you need to update your will or have legal questions? If you are age 60 or older, you qualify for legal services through Legal Aid of East Tennessee at no cost.

Our next session is Wednesday, October 11th. 30 min slots are available between 1:00-3:00.

Call Lorri at (423) 893-9241 to schedule a session.

Mitzvah Meals

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.



Friday, October 13th, 9:00 am - 1:00 pm Red Apple Barn in Ellijay, GA This event is <u>EREE</u> and includes:

- a hayride through the orchard & pumpkin patch
- APPLES!
- ${\ensuremath{\bullet}}$ an apple cider donut & a cup of fresh pressed apple cider
- · lunch at a local restaurant
- 15 seats available with JCC transportation ... or meet us there!



TRANSPORTATION The number to call to schedule a ride is: 423-321-4236

Jon: Tuesday, Wednesday, Thursday Dwight: Monday, Tuesday, Thursday Amber: Monday, Wednesday, Thursday Jonathan: Food Pantry & Mitzvah Meal Deliveries; As Needed

Please call Lorri Lipski, Social Services Director, at 423-893-9241 if you have any additional questions about transportation services.

Vocabulary Art Exhibition August 27 – November 30

Gallery Hours 9-4 pm Monday-Friday or by appointment Closed for Federal holidays and Jewish religious holidays





Photograph by Howard Kaplan

Morning Conversations by Wade Brickhouse

> Featuring the work of 27 local and nationally known artists, is on view at the Jewish Cultural Center

Let all generations remember so that it never happens again.

The Tennessee Holocaust Commission (THC) provides education and promotes remembrance of the Holocaust to the state of Tennessee. THC provides teachers, students and individuals with seminars, resources, workshops, traveling exhibits and commemorations to create awareness of the Holocaust; to fight prejudice and to encourage tolerance and understanding among all people.

Tennessee Holocaust Commission Programs:

- Annual Educator Outreach Programs
- Living On exhibition and newly published book featuring portraits of Tennessee Holocaust survivors and liberators
 Customized Teacher Resources
- Belz-Lipman Holocaust Educator of the Year
- Teacher Workshops & Fellowships
- Annual Day of Remembrance
 Commemoration
- Mira Kimmelman Essay Contest
- Law Enforcement Training
- Workforce Diversity Workshops
- Ethics in Leadership Program
- Understanding and Treating Trauma through study of Holocaust Survivor Resilience
 Yom Hashoah



Ethel Berger

Tennessee Holocaust Commission

P.O. Box 59252 Nashville, TN 37205 Phone: 615-527-8114 E-mail: thholcom@thholcom.org Web: www.thholcom.org

Condolences

We extend our sincere condolences to...

...the family and friends of Dorothy Parker Trotz, who died on August 30 at the age of 89. Dorothy is survived by her children, Ronni (David) Beker, Eric (Blair) Trotz, and Corey (Mary) Trotz; grandchildren Joseph (Jenna) Beker, Alissa (Dave) Selby, Parker (Lauren) Trotz, Emily Trotz, Ethan (Sophie Gotlieb) Trotz, Ella Trotz, Calder Trotz; and greatgrandchildren Eli Selby, Wren Selby, Oliver Beker, Hayden Trotz, and Ava Beker.

(Correction from Summer 2023) ...the family and friends of Debra Gayle Polsky, who died on May 7 in Dallas, TX. She is survived by her sister, Sharon Polsky. She was preceded in death by her parents, Sara and Harry Polsky of Chattanooga, and her brother Jacob Polsky of Birmingham, AL.

Mazal Tov to ...

...Elaine Epstein who was selected as a member representative on the AIM Center Board of Directors.

...Brittany Faith for her appointment to the Advisory Committee of the American Bar Association's Commission on Immigration.

...Dr. Jeffrey Gefter on being recognized for his leadership in healthcare as a Distinguished Physician by the Erlanger Foundation.

FOREIGN POLICY SUPPER CLUB

Political Trends in Latin America

Monday, October 2 – 6pm \$12 for dinner RSVP@jewishchattanooga.com



PIES FOR NOVEMBER

Pick-up is Tuesday, November 21 from noon-4pm or Wednesday, November 22 from 9am-noon.

Order deadline is Thursday, November 16.

Sweet Potato	\$18
Cranberry Apple	\$18
Pecan	\$20



RSVP@Jewishchattanooga.com



ALEPH BET CHIDRENS CENTER

Kathryn Wilhoite alephbet@jewishchattanooga.com • 893-5486



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

BUILDING COMMUNITY

At Aleph Bet Children's Center, we love to spend time together with our families! We are organizing some fun evening events for families this fall. We want to make engaging materials for the kids to use while getting to know each other as we laugh and play! Last month we had Play-Do night. Families helped to make play-do for the classrooms and some for their homes as well! It was so fun, and all of the classes love to use our new play-do!

Next month we will be making bird feeders to put up around our playground. We are hoping to tempt our feathered friends to stay close enough for us to observe them. Come out and join us, make some cool bird feeders, and get to know other families and the staff of Aleph Bet!





Ofer Musan Federation israel@jewishchattanooga.com • (423) 385-0098

Hello Shofar Readers. I'm Ofer Musan, the New Shaliach

an amateur musician; I mostly play the guitar, but years. From the time I was 17 I started advising I also play piano and percussion. I like camping, younger members. I loved it so much that once I reading, learning, and playing and coaching left the army. I went back to my youth movement basketball. Most of all, I like going to the movies. as an older member for 2 more years.

candles on Chanukah, and celebrate all of the wish you all a happy Jewish new year. Jewish holidays. My favorite day of the year is the Passover seder. There is something about celebrating with your entire family that has its own special force that I just cannot explain. I can't wait to see how you observe holidays, and we can share what we do that is similar and different.

Another day I fondly remember as a member of the Jewish people is my Bar Mitzvah. It took place at the main Sephardic synagogue in Ramat-Gan, which is the same synagogue where my grandfather, Israel, used to attend when he moved to Ramat-Gan, more than 50 years earlier. He used to have a certain chair where he sat. When my Dad and I went there, that special chair was still there. It was one of the first times I heard my dad speak about his father.

When I was 18 I joined the IDF. I joined the educational ranks and served for 3 years. My main job as a soldier was preparing high school students for their service, from the first time they are invited to interviews at the main recruitment base, to the day they leave their homes and join the army. Most of my work was with children of foreign workers, who had an Israeli ID, which is one of the highest percentages of people joining the army, men and women alike.

Let me introduce myself. I am is common for teenagers to participate in youth an Israeli, secular, Sephardic Jew. movements, and so did I. I was a member of a I was born on Purim, in the city of Ramat-Gal. I am Jewish secular movement throughout my teenage

I consider Judaism to be my tradition, culture, I'm excited to come to Chattanooga and start and history more so than religious activities. I a new chapter in my life. I wish you all will be a do not go to synagogue on a regular basis, nor part of it. Let's get together over tea, a meal, or do I keep kosher. But, I fast on Yom Kippur, light something else. Let's talk about Israel and more. I



The main thing I did was mentoring. In Israel, it



16th Annual Chattanooga Jewish Film Series

www.jewishchattanooga.com In person at the Jewish Cultural Center, 5461 North Terrace Road



In-person Monday, October 16, 7 p.m. Virtual noon Oct. 15 - noon Oct. 20

Farewell Mr. Haffmann Occupied Paris, 1941: all members of the Jewish community are instructed to come forward and identify themselves to authorities. Dedicated jeweler Joseph Haffmann , fearing the worst, arranges for his family to flee the city and offers his employee François Mercier the chance to take over his store until the conflict subsides. But his own attempts to escape are thwarted, and Haffmann is forced to seek his assistant's protection. 115 minutes, French with English subtitles

In-person Monday, October 23, 7 p.m. Virtual noon Oct. 22 - noon Oct. 27

Matchmaking An entertaining and good-hearted romantic comedy that gives an Ashkenazi and Sephardic Orthodox twist to "Romeo and Juliet". 96 minutes, Hebrew with English subtitles





In-person Monday, October 30, 7 p.m.

Virtual noon Oct. 29 - noon Nov. 3

Love Gets A Room Is a musical drama, a play inside of a play, set in the Warsaw ghetto (1940), and is the story of a Jewish stage actress who must make the decision whether or not to follow her heart. The film is a romantic tale of love and survival in the face of harrowing circumstances. 103 minutes, English

In person Monday, November 6 , 7 p.m. Virtual noon Nov. 5 - noon Nov. 10

The Future When Israel's Minister of Space and Tourism is murdered in the lead-up to the country's first mission to the moon, Yaffa, a young Arab university student from the occupied West Bank, confesses to the murder. Scientist Nurit asks for permission to interview the assassin. The two women face off, determined to give nothing away, over a potentially fraught series of encounters. 80 minutes, Arabic, Hebrew with English subtitles



In-person Monday, November 13, 7 p.m. Virtual noon Nov. 12 - noon Nov. 17

March 68 Two young students , Hania and Janek, meet and fall in love in the midst of social turmoil and Jewish discrimination in 1960's Warsaw. While the young lovers are uninterested in politics, they find themselves unable to avoid it when Hania's father and mother lose their jobs due to the anti-Semitic purge and are forced to emigrate. Hania does not want to leave Janek. The couple participates in a protest rally where they discover freedom comes at a high price. 115 minutes, Polish with English subtitles



We appreciate our corporate sponsors: Apogee Wealth Partners, Chattanooga Allergy Clinic, Barnett & Company, Kleen-A-Matic, First Horizon, Market Street Partners and Smith+Howard, Patton Albertson & Miller, and Chambliss, Bahner & Stophel, P.C..

(11)

OUR TRIP TO ISRAEL Pamela and Sam Lowy

Our Federation sponsored trip to Israel was a truly amazing experience for us. It was intense, fulfilling, and fun all at the same time. There are too many highlights to mention, but here are a few:

We saw and learned about many aspects of Israel, including:

- the ancient history of the area,
- the creation of Israel and its struggle for survival through multiple conflicts
- the different layers of Israeli society.

At the start of the trip we visited the borders of Lebanon, Syria, and Jordan. We spoke to Israeli soldiers at active outposts, while standing next to their tanks.

Jerusalem is an amazing convergence of religions and ethnicities, and it's clearer now why it's such a focus for the world and a lightning rod for tensions.

Tel Aviv, on the other hand, was a different experience. We explored a totally modern, high-rise city full of eateries, galleries, shopping, and beaches lined with luxury hotels.

Our visit to the largest desalination plant in Israel was very informative. Around 80% of Israel's drinking water and 30% of the water supplied for its agriculture comes from the sea water treated at those plants.

We visited an Absorption Center, one of the many worthwhile projects sponsored by the Federation. We had the opportunity to speak to Jewish immigrants from different countries who decided for a variety of reasons to make Aliyah to Israel.

Masada, an amazing history! We had an exciting cable ride to the top of the 2,000 year old palace/ fortress. The Dead Sea. Of course we floated! It's not permitted to visit Israel without floating in the Dead Sea.

Young Israeli soldiers were everywhere, all carrying their rifles. We spoke to several young, proud women beginning their required service. In spite of the military presence, there was not a militaristic atmosphere, though there were tensions while we were there, including conflicts with Palestinians and protests over the proposed judicial reforms.

So many amazing museums and exhibits. Israel is particularly good at creating interactive experiences. Our visit to Yad Vashem was truly moving, especially for Sam, whose parents were Holocaust survivors.

And did we mention the food? Healthy and delicious at the same time. So many fresh vegetables. And Michael's favorite gelato!

The trip also gave us the opportunity to visit relatives we had not met before. We added three days after the group left to do that, which we really enjoyed and further connected us to Israel.

A big thanks to Michael Dzik, our Federation Director, who did an amazing job organizing the trip and accommodating our diverse group, and to Tal, our wonderful tour guide! And David, our bus driver, did an excellent job navigating the narrow streets of Jerusalem and busy streets of Tel Aviv.

We are looking forward to our next Federation trip. There are so many things yet to see and experience.





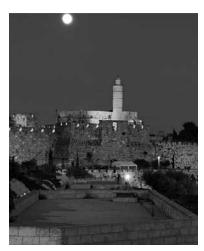


MY TRIP TO ISRAEL Rose Opengart

11 days and so many sites - How can I begin to choose what to write about?

Right from the beginning, I felt right at home. If you know me, you know that I usually connect to places and with people through experiences with food. I loved eating all of the delicious salads, hummus, amazing fresh halvah, and the chocolate rugallah that Michael bought us which melted in my mouth. Okay, enough about the food.

Instead I'll point out the spiritual energy that's almost palpable at every turn, and the connection we experienced as we stepped back in history in the path of our forefathers. The Western Wall, Yad Vashem, the old city Jaffa - Jewish and Christian sites alike were interesting and hold so much historical significance. It was further inspiring to visit the absorption center to see how they help people make aliyah, and to listen to the people describe their hopes and dreams.



Being in Israel, even with all its turmoil, was very comforting. We felt a sense of belonging because most everyone there is Jewish. It was nice not to be a minority, to feel different, "other," or by some, viewed as weak or lesser than. Our many visits to military and war establishments and museums convinced us of the strength of the Jewish people and military. To put it bluntly, the Israeli army kicks a\$\$, and I was impressed.



Regardless of how you define Jewish identity - whether it's about ancestry, religion, or culture, a visit to Israel will help you feel a strong sense of belonging to the Jewish people and proud to be Jewish. The history was amazing, the tragedies were overwhelming, but the endurance and accomplishments of the people since the Holocaust were truly inspiring.

The Chattanooga Jewish Federation's trip to Israel not only gave me a tremendous sense of belonging, and helped me appreciate the importance of Israel, but truly made me proud to be Jewish. Go to Israel and "re-jew-venate." And eat.



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

מחנוגה machanooga A bridge to Jewish learning



Jen Lewis - roshnooga@gmail.com

According to the Pew Research Center the Jewish population in North America is expected to decrease in both numbers and as a percentage of the total population by 2050. The Center lists several factors for this decline; fertility issues, aging population, and religion switching. The statistics feel grim and overwhelming. These concerns over Jewish continuity have spurred numerous studies on formal and informal Jewish education. The studies measured the effectiveness of formal and informal education programs. It showed programs like Machanooga, have the ability to increase our children's chances of involvement in the Jewish community later in life.

Machanooga gives children a chance to explore their Jewish identity. Using the Jewish overnight camping model, we incorporate engaging activities, such as; music, morning T'fillah, Havdalah, Jewish camping games (GaGa ball), crafts to create a fun Jewish environment. Machanooga curriculum centers around community, Jewish symbols, G-d, Prayers, Israel, Jewish history, holidays, Jewish lifecycle events, Mitzvots, Jewish values, and the Torah.

These important experiences paired with family involvement increases the chances of later affiliation. As parents, we need to partner with Jewish educational programs by modeling Jewish involvement and values. So how do we model Jewish involvement or values? Here is a small list of little things caregivers can do to infuse Judaism into a child's homelife.

- Make attending services as a family a priority. Show your child that praying as a community is important and central to maintaining a Jewish connection. Our children watch us, even when we think they are not.
- Consistently reading Jewish books and stories to your children. The PJ library is an amazing source of Jewish books for children. My child LOVED "Dinosaur on Shabbat" and "Hershel and the Hanukkah Goblins"
- Host a Shabbat dinner or other Jewish holiday meals. Show your child that Judaism is also what you do at home.
- Take the time to cook or bake different types of Jewish foods. Get a recipe book specializing in Jewish foods.
- Talk to your children about your Jewish journey or your family's Jewish history.

Machanooga, Jewish Camp, Hebrew school, and modeling Jewish involvement all help to ensure our children will take pride in their Jewish identity. It is never too late to start, Machanooga has programs for Pre K-12th grade. Contact roshnooga@gmail.com to register.

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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.

Music d Music d Music d PRESENTS EMILY NELSON RODGERS QUARTET SUNDAY NOVEMBER 5, 2023 | 3:00 PM Onho Separtment

Ochs Sanctuary 923 McCallie Avenue (entrance on Oak) www.mizpahcongregation.org or 423-267.2771

General Admission (at the door) \$25 All Concert proceeds go to Mizpah Fundraising goal.

Concert and all expenses underwritten

SIMCHAT TORAH

Sunday, October 8th

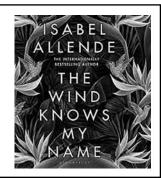


5:00 p.m. – Children's Hour with music and dance 6:00 p.m. – Community Hour with Live band

Mizpah Feinstein Hall Joint Event with B'nai Zion

MIZPAH BOOK CLUB:

The Wind Knows My Name, by Isabel Allende Sunday, November 12th, 10:30 am amyjcohen@gmail.com



1ST FRIDAY FAMILY SERVICE AND DINNER Friday, October 6th 6:00 p.m. Family Service and Dinner

CHATTANOOGA PRIDE WEEKEND

Mizpah is a Silver Sponsor in the Sunday, October 8th Fall 2023 Pride Festival.

Donated money goes towards the Health and Mental Health Fund to help folks who need special assistance.

The PRIDE Parade will be from 11:30-12:30, with musical entertainment all day and booths inside at the Convention Center. Mizpah will host a booth from 1-6 pm.



Please join us and mark your calendar for this special event.

MIZPAH TORAH STUDY

Shabbat morning 9:15 a.m. Bagels and lox prior Mizpah Feinstein Hall



Celebrate and Enrich Jewish Life 923 McCallie Ave. Chattanooga, TN 37403 B'nai Ziốn B'nai Zion's vision is to inspire a vibrant, uplifting, 423-894-8900 Congregation and inclusive community connected to the www.bnaizioncongregation.com dynamic traditions of Conservative Judaism. office@bzcongregation.com **B'nai Zion Calendar Blessing** of the **Morning Shabbat Services:** 9:45 am at Ochs Memorial Temple & via Zoom Kabbalat Shabbat Friday services: OCTOBER 22, 2023 6:00 pm in person & via Zoom 4:30PM, GARDEN 7 **Shabbat Muffins & Mini Muffins** Bring your animals, big and small, for a fun Simchat Torah: AM Services celebration of our 8 **PM** Celebration beloved pets! 13 Shabbat in the Park October 14 Lunch & Learn 15 Jews & Brews **Blessing of the Animals** 22 **Homestyle Shabbat** 27 28 Lunch & Learn BSI: October 4, 11, 18, & 25 SUNDAY OCTOBER 15 2:30 PM **Minyan & Foundations:** AT ODDSTORY 1604 CENTRAL AVENUE Wednesdays @ 6:00 & 6:30 pm via Zoom Simchat Torah Colebration LIVE MUSIC - DANCING WITH THE TORAH -FOOD - FUN FOR ALL AGES 5:00PM - KIDS TORAH PARTY 6:00PM - COMMUNITY CELEBRATION Shabbat Morning Kids' Programs BEGINS AT 923 MCCALLIE AVENUE with Rabbi Keilah Lebell 5PM CHATTANOOGA, TN 37403

8 OCTOBER 2023

Saturday, October 7 9:45am - Mini Muffins! Baby & Me Shabbat 10:30am - Shabbat Muffins (K-4) 2nd Floor Playroom 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.



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

WISHING EVERYONE A SWEET 5784

Thank you to all supporters of Hadassah's Rosh Hashanah greeting card, which is supporting Pediatric Care at Hadassah Mount Scopus Rady Mother and Child Center in Israel. 360 degrees of Healing is more than renovating the building; it's about delivering hope for Israel's children.

ISRAEL WITH A TEENAGER

Jen Lewis recently chatted with Hadassah about traveling through Israel with a teenager, and the events that most impressed Eden and the rest of the family!



CHALLAH BRAIDING AND BAKING

The Rosh Hashanah Challah Braiding and Baking with Randi Weiss was sold out; people attended in person and on Zoom. Randi and her surprise guests demonstrated the secrets of great challah baking.



FILM SERIES SOCIAL EVENT

An upcoming informal Hadassah event is a dinner at Sweet Basil on October 23 at 5 p.m. before the Federation movie series. No RSVP is required and members are welcome to bring guests. This should be a welcoming social event before an upbeat movie about Ashkenazi and Sephardic orthodox, "Matchmaking."

TOURS OF ISRAEL

Throughout the fall are several tours of Israel, including the Mothers, Daughters and Friends Tour (Oct. 24-Nov. 3) and the Keepers of the Gate Tour (Dec. 10-19), which Dana Waxler and Judy Sachsman will be joining.

SO, Next year in Jerusalem. May 5784 be a joyous celebration all year long.

SOUTHERN REGIONAL BOARD

The Southern Regional Board meeting, scheduled for October 15 in Birmingham, was moved to Zoom because of the incidence of Covid.

COFFEE WITH OFER

Coffee with the new shaliach, Ofer Musan, will be scheduled after the high holidays. Also, we are in the planning stage of an in-person Donor event celebrating Woman of Valor and breast cancer survivors at a Sunday brunch. Anyone who wishes to be on the Donor Committee should contact Judy Sachsman.

On the first night of Chanukah, December 7, the Annual Hadassah-Federation dinner will be at the Jewish Federation as people celebrate and light the first candle. An opportunity to donate food to the Brainerd Food Pantry and toiletries to Room in the Inn will be available at the Federation between Thanksgiving and Chanukah.

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.

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) Allen, Amelia* Allen, Owen Alper, Maxine* Balser, Jeff Balser, Robin Barukh, Rebecca Berz, Bob Binder, Claire Black, Bonnie Black, Stephen Bogo, Jerry Bogo, Rosalee Bohn, Jerry* Brooks, Ellyn Brooks, John Brouner, Betsy Brouner, Lee

Center, Austin Center, Marilyn Cohen, Tal Cohn, Herb Cohn, Sue* Cowan, Rob Diamond, Karen DiStefano, David DiStefano, Susan Dittus, Sandy Dropkin, Warren Dzik, Michael Dzik, Paula Fairchild, David Frank, Estelle* Hanan, Jan Hanan, Michael Hanan, Rachel

Hanan, Victor* Hill, J.R. Hochman, Colman* Hochman, Lynn Hodes, Alvin* Hodes, Andy Hodes, Melody Howard, Lynn Israel, David Israel, Scott Jaffe, Dot* Jaffe, Sam* Lakow, Harry* Lebovitz, Alison Lebovitz, Alan Lebovitz, Betty Lebovitz, Charles Lebovitz, Lauren

Lebovitz, Michael Levine, Lawrence* Lewis, Art Lewis, Vicki Lowe, Beth Lowe, Rob Lowy, Sam Malsh, Rebecca* Nash, Ike* Oxenhandler, Barbara Parker, Jordan Pregulman, Helen Richelson, Alan Richelson, Miriam* Rose, Cassie Rose, Kevin Rosenfeld, Jackie

Rosenfeld, Roy Siskin, Pris Sivils, Janet Spector, Linda Spector, Mark* Spector, Mike Susman, Gail Susman, Joel Weiner, Cara White-Dropkin, Donna Winer, David Winer, Elaine Winer, Finette Winer, Sanford Zachary, Richard

* 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

Michael Dzik Annette McJunkin Ann Treadwell Ofer Musan Lorri Lipski Kathryn Wilhoite Jake Balser Dawn Hildebrand, RN, BSN

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

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Rob Lowe, Board Chair Michael Dzik, Executive Director

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Find us online at JewishChattanooga.com



COMMUNITY ANTI-DEFAMATION LEAGUE EVENT

UTC University Center Auditorium Thursday, October 5 – 7pm – no cost to attend

After the Pink Billboards, brought to Chattanooga by The Jewish Federation, we want to continue this important conversation against antisemitism hate and discrimination.



Keynote Speaker: Eytan Davidson ADL SE Regional Director



Event Partners Jewish Federation of Greater Chattanooga B'nai Zion Congregation Mizpah Congregation Chabad of Chattanooga University of Tennessee, Chattanooga Department of Philosophy and Religion and the Chair of Excellence in Judaic Studies Northminster Presbyterian Church Second Presbyterian Church Unitarian Universalist Church