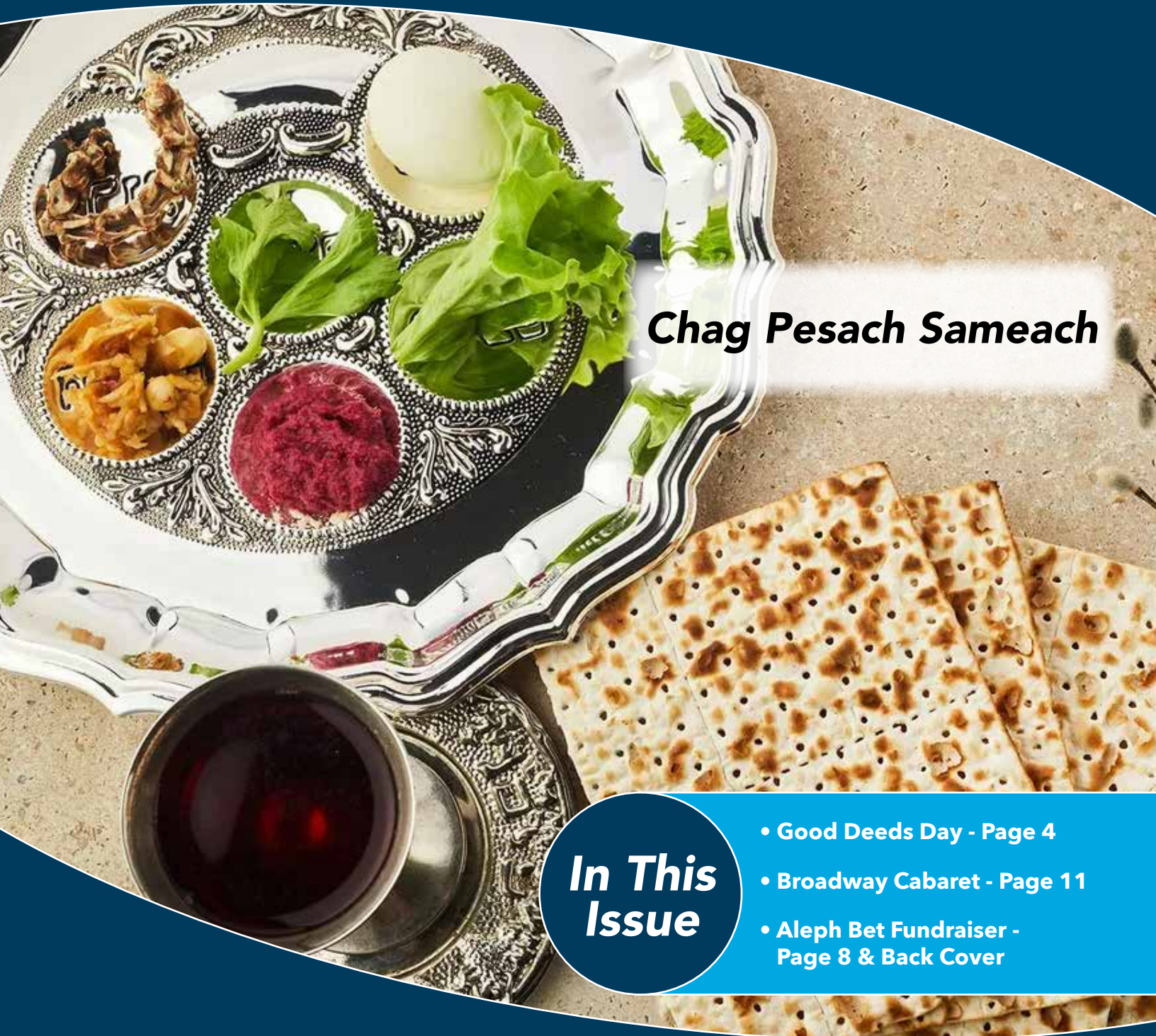




A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA



Chag Pesach Sameach

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FROM THE EXECUTIVE DIRECTOR

What We Do For Each Other The Power of the Collective

Over the past few months, I've heard several involved community members ask me about the Federation's social services department and what it actually does. I sometimes assume that the community is deeply aware of the breadth and depth of our social services. Shame on me! I know it's easier to see and experience our general programming, but if you're not touched by social services you just may not know the full extent of what we offer. So, let's take a deep dive!

Lorri Lipski is our director of social services who heads up the entire department. Dawn Hildebrand is our part-time RN and works most closely with Lorri. There are four part-time drivers – Dwight, John, Tom, and Jonathan – who work approximately 55 hours combined weekly, Monday through Thursday. Dwight coordinates most of the driving schedules and the team shares a common app so that department schedules are coordinated. There are lots of moving pieces that go into this well-oiled machine.

So what exactly happens through social services? One of Lorri's most important roles is being the social services "navigator" for community members. In some cases, the Federation is the specific provider of an actual social service – meals, transportation to a doctor appointment, and a friendly call or visit to your home, hospital, or rehab facility. But in other cases, Lorri (and Dawn) are the experts in finding resources for community members. For example, are

you thinking about moving to a retirement community or possibly needing more support through an assisted living community? Lorri is your resource for finding the right fit for you. Maybe you'd like to have someone help at your home for a few hours a day/week to keep you more independent? Lorri has relationships with private home health businesses and can help direct you. Lorri also talks to clients and families when life changing events occur – such as an illness or death. She coordinates these conversations so families can make the best decisions possible with as much information as possible.

Do you have questions about your medications? Do you need support and/or advocacy at a doctor appointment? Are you overwhelmed with information and medications from multiple doctors? When appropriate, Dawn can meet you at your doctor appointment or even be your transportation. Dawn also helps explain medications and doctor instructions in layman's terms which can help you better understand your health needs. And most importantly, Lorri and Dawn can hold your hand through all of this – help coordinate services and go with you to appointments when appropriate.

There are also some ongoing responsibilities that Lorri and Dawn focus on each week. For example, Lorri and Dawn make friendly check-in calls weekly, bi-monthly or monthly. Have you had a life-changing event? Let us know and we'll add you to our check-in list. They both also spend considerable time in the field meeting with community members wherever they are. When a new

client comes to our attention, Lorri and Dawn meet with the person at their residence for a more detailed assessment. Through that assessment, they determine how the Federation can be helpful while also looking at how we can tap into other community resources to benefit the client. It's all very personal and confidential. We have weekly zoom luncheons and this group occasionally meets out for lunch too. And let's not forget the Federation's Medicare D consultations every October-December (no charge).

Did you know the Federation has an attorney from Legal Aid of TN at the Federation offices every few months at the community's disposal (no charge for those age 60+)? Did you know the Federation runs a grief support group most Fridays at noon (no charge)? Did you know the Federation offers Mitzvah Meals, soup, and chili every week? Your first time is at no cost. Whether you're under the weather, just home from the hospital/rehab or maybe just given birth – we're here to support you and your family! FYI - Longer term these meals/soups are \$12/\$6 and we always deliver them to your door! Sliding fee scale is also available.

I must also mention that the entire Federation staff plays some role in social services. For example, Jake Balser is a key member of the team that schedules Medicare D appointments in the fall. Jake, along with Office Manager Annette McJunkin, handles our monthly billing of Mitzvah Meals. We all recognize Alice Morgan's contributions to the Federation with her delicious brunches,

Continued Page 7



FROM THE BOARD CHAIR

Kenneth Goldsmith kenneth.goldsmith@gmail.com

What We Do, Part 2

This month I wanted to follow up on my What We do article from last month. I thought it would be interesting to review the process we have regarding program/event budgeting.

I use the phrase program/event budgeting rather than program budgeting because many in our community tend to think in terms of the events they attend and not the larger world of programming that is managed by Ann Treadwell. I know I do this when I tell my origin story about attending the film festival as my entry point to engagement with the Federation. The film festival is a series of weekly events but for budgeting purposes it is a program.

Why is this topic important?

The answer is engagement. Our programs are how we create engagement opportunities for the communities we serve.

Let me give you an example of how discussions on program/event budgeting works. When I started in my role as Board Chair, I had an informal discussion with Michael Dzik to bring me up to speed on all the programs we offer and how we allocate budget dollars to those programs. The first thing I learned is that some programs are revenue neutral (no net cost to the Federation), others are revenue positive (we make a few dollars), but most are revenue negative (we subsidize these events). Additionally, I learned that when we review the federation's annual programs budget there are many levels of discussions that occur prior to budget approval.

Let me give you an example of how this process runs. Last month for the first time in six years we held our Chai Nite celebration. Over 150 members of our community came together for a night of music, food, dancing, and conversation. It was a tremendous success. The following week, we had our monthly Board meeting, and the success of Chai Nite was discussed. When the topic of what we should do next year was brought up (expand the event, move the venue, charge more for the event, charge less for the event, etc.) it was decided that these options

should be referred to the appropriate committee(s) for evaluation.

The importance of the above example is that we have a formal process in place to address/vet ideas that involve What We Do and what financial support we place behind What We Do. As Board Chair I work with the Executive Director to ensure that the review process we have is fair and runs according to our bylaws. This means that I don't make any unilateral decisions and neither does Michael. We listen to you, we listen to our committees, and we listen to our Board before any final decisions are made. This is why it is so important that your opinions on programming be heard. Consider volunteering on a committee to help give direction to the Federation regarding our Jewish community.

Jewish Federation and Aleph Bet Closed for Passover

**Tuesday and Wednesday,
April 23 and 24**

**Monday and Tuesday,
April 29 and 30**



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Catering for all events!*

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FROM THE PROGRAM DIRECTOR

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

The Importance of Volunteering

Small but mighty is how the staff of the Federation is regarded by many people. What most people don't understand is that although it looks like the Federation staff does everything, and yes, we do a lot, it really is the volunteers who make things possible. Let's take the Film Series Committee. These volunteers view up to 90 or more films a year to select ten for each Film Series. And, that doesn't include the time that the committee debates about which films should be shown.

There are all types of volunteers. The upcoming Broadway Cabaret being led by Marilyn Goler. These volunteers are rehearsing music, designing the decorations, and implementing everything needed to make Sunday, Apr. 7 a spectacular event. There are also administrative volunteers for various programs. Tal Cohen oversees the Program Committee and Karen Diamond handles the Jewish Archives of Chattanooga. There are many volunteers like Adam Gerson, Roy Rosenfeld, Edie Weiss, Jen Lincove and others working on special events such as Chai Nite, July 4, and the Community Chanukah Party. Randi Weiss, Rose Opengart, Judy Sachsman, Fern Shire, and others are working on a Jewish Food Festival in August. An Israel Committee of volunteers will be launching soon. These volunteers will assist the Federation with programs concerning Israel including Partnership Together (P2G), the Shlichim

Program, mission trips, and other opportunities.

Why does the Federation promote Good Deeds Day?

Good Deeds Day (GDD) takes place annually on a chosen Sunday in April — this year, it falls on Sunday, April 14. Started in 2007 in Israel, this initiative seeks to promote people giving back to their community however they can. GDD is the brainchild of Shari Arison, a U.S. born Israeli businesswoman and philanthropist. GDD is now an international program, run by Ruach Tova, a philanthropy group in Israel.

At the Federation GDD is part of the shlichim program. Ofer Musan, Shaliach, will be reaching out to see what activities we can do both within the Jewish community and non-Jewish community. There's no set way to celebrate it. The goal is to help others and do good for the community, fostering a sense of kindness and compassion. If you have an idea for a project, or would like to participate, please contact Ofer at israel@jewishchattanooga.com. Your reward for the day will be a T-shirt and lunch.

All of this is to remind you that there is a place for you at the Federation. Not only a place to come to be entertained, participate in an educational activity, or socialize, the Federation is also a place where you can be active in building the community by volunteering with whatever time and resources you have available.

SAVE THE DATE

SUNDAY APRIL 14TH

GOOD DEEDS

day



participants will receive:
Good Deeds Day T-shirt
Lunch

For more information:
Israel@jewishchattanooga.com



JEWISH FEDERATION NURSE

Dawn Hildebrand, RN, BSN nurse@jewishchattanooga.com

Respiratory System

We talked about the Nervous System in our last issue, and we will address the Respiratory System in this month's issue. The Respiratory System comprises the nose, sinuses, mouth, throat, voice box (larynx), windpipe (trachea), bronchial tubes, lungs, diaphragm and the chest wall muscles. We most commonly associate the lungs as the main organs in this system. Inside your chest, the lungs consist of two main sections divided into right and left sides. The right side is larger with 3 sections; the smaller left side has two sections so it can accommodate room for your heart. The lungs are spongy pinkish-gray organs, and with their help, we breathe 25,000 times and take in over 2,000 gallons of air per day.

Gas exchange of oxygen and carbon dioxide is the main purpose of the Respiratory System, which is vital for life. We breathe in oxygen as we inhale through our noses (and sometimes mouths too.) Our diaphragm contracts which allows our lungs and chest to expand as the air moves in. The air travels down through the trachea into the lungs' bronchus, and then it moves through the bronchioles dispersing it into 300-500 million of the lungs' alveoli where the oxygen is transferred by diffusion into the very small blood vessels called capillaries. In the lungs' alveoli and capillaries there is an exchange of oxygen and carbon dioxide. The oxygen is transported through the bloodstream capillaries and into the blood vessels to the pulmonary vein and then to the left side of the heart (The Cardiovascular System) to be pumped out to every single cell of your body that is waiting for its essential supply of oxygen. This gas exchange also occurs in the body's cells when the blood vessels deliver oxygen to the cells while simultaneously removing the cells' carbon dioxide waste and sending it on its way back to the lungs. This unoxygenated blood (or carbon dioxide waste) goes to the right side of the heart then through the pulmonary artery to the lungs so the carbon dioxide can be transported back through the capillaries and alveoli to be breathed out through the trachea and nose upon exhaling. As your diaphragm relaxes, your chest becomes smaller as your lungs deflate like a balloon preparing for the next wave of air to be inhaled. In the lungs' alveoli there is a constant exchange of oxygen and carbon dioxide as we inhale and exhale. The heart and blood vessels in conjunction with the lungs maintain this system by constantly oxygenating the body and removing the wastes as we breathe in oxygen and breathe out carbon dioxide. This is a continual, sustaining motion and complete cycle as the Respiratory, Circulatory and Autonomic Branch of the Neurological Systems work in perfect harmony. You can control a deep breath, but overall, this function happens over and over again on its own as it is maintained by the Nervous Autonomic System that we discussed in February. Most adults have 12-20 respirations per minute, 720-1,200 respirations per hour, or 17,280-28,800 respirations per day. What an amazing function!

A few of the lung conditions that you may have heard about are Asthma, Bronchitis, Pneumonia, COPD (Chronic Obstructive

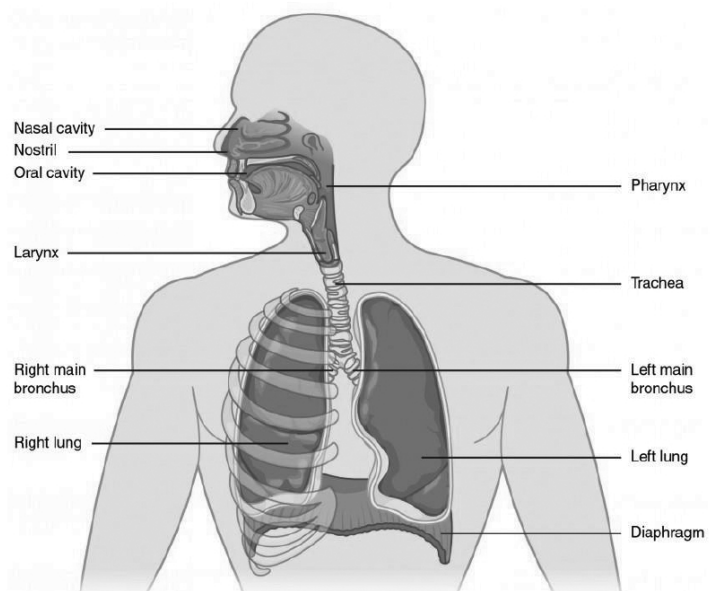
Pulmonary Disease), and RSV (Respiratory Syncytial Virus). Asthma has also been called reactive airway disease. It is usually triggered by an irritant like smoke, an infection, or an allergen. It causes a narrowing of the airways along with an increased production in mucus. Bronchitis occurs when lung airways or bronchial tubes become inflamed and produce mucus. It can be acute or long-term, and is usually caused by an infection. Pneumonia is caused by an infection and leads to increased fluid in your lungs. COPD is a progressive, irreversible disease that usually results from damage or blockage in airways. It causes mucus production and coughing. RSV is a seasonal virus that is a common cold in healthy adults but can cause difficulty breathing in infants and people over 65 with compromised immune systems. These lung conditions may cause symptoms such as coughing, wheezing, fatigue, shortness of breath, and chest pain. Some of the treatments for lung issues might include steroids, antibiotics, bronchodilators and oxygen.

The Respiratory System allows you to 1) Talk and smell, 2) Warm the incoming air to coincide with your body temperature, 3) Hydrate the air to humidity levels for your body's needs, 4) Transport oxygen to cells, 5) Remove waste gases as we exhale, and 6) Protect airways from harmful irritants and substances.

To maintain healthy lungs we are encouraged to 1) Don't smoke or STOP smoking, 2) Prevent infection by a) coughing or sneezing into your elbow, b) washing hands regularly, and c) obtaining immunizations, 3) Avoid outdoor and indoor pollutants including avoiding exposure to others who are sick, 4) Exercise to increase lung capacity, 5) Eat fruits and vegetables, 6) Drink plenty of water, 7) Do breathing exercises and last, but not least 8) LAUGH.

Resource:

my.clevelandclinic.org/health/body/21205-respiratory-system



Young Jewish Leadership SCHEDULE

17
MAY

6 pm Shabbat Dinner

30
JUNE

2:15 pm: Lookouts Game

12
JULY

6 pm: Shabbat Dinner

20
SEPTEMBER

6 pm: Shabbat Dinner

8
NOVEMBER

6 pm: Shabbat Dinner

Ready to host?

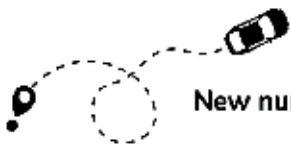
Email Jake - federation@jewishchattanooga.com

FOREIGN POLICY SUPPER CLUB

The United States and
The Middle East
Monday, April 15 at 6pm
\$15 dinner



RSVP@Jewishchattanooga.com by April 12



**New number to schedule a ride with
the JCC!**

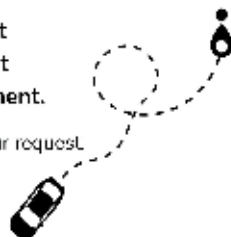
423-551-3716

Please call this number and leave a voicemail with the following information:

- Your Name
- Date of Appointment
- Time of Appointment
- Address of appointment.

A driver will call you back to confirm your request.

Appts should be scheduled between
9:00-3:00 Monday-Thursday



Mitzvah Meals

Delivered



Suggested Donations \$12 per meal

*If you have financial challenges, please contact
Lorri at llipski@jewishchattanooga.com*

Menus are set by the Kitchen Supervisor.

MITZVAH MEALS ARE DELIVERY ONLY

We are delivering meals on Thursdays.

Contact: Social Services (423) 893-9241

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

*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: tnholcom@tnholcom.org
Web: www.tnholcom.org

Michael Dzik (Do For Each Other) Cont. from Page 1

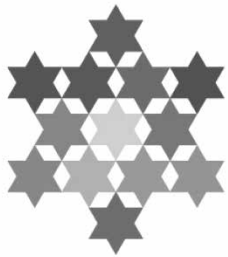
lunches, dinners, and receptions, but she also handles our weekly Mitzvah Meal preparations (50-80 meals per week!) Sometimes our programs are targeting a specific audience so Ann Treadwell has a support role in working with Lorri and Dawn. Ann is also our key staff person who writes grants which assist our social services and community programming. There is lots of overlap and teamwork within the Federation office.

Whether you use these services or not, know that they are available to our Federation community. Know that your annual campaign dollars are supporting our community, making Jewish Chattanooga a more caring, supportive, and welcoming place for everyone. We are so fortunate to have such a compassionate social services team and a Federation mission that provides these vital services. These types of services are not always offered in other communities, even those much larger than Chattanooga. Just another example of why this Chattanooga Jewish community is so incredibly special. Thank you for allowing us to do this work through your annual campaign donations and investments each and every year.

Michael Dzik

Michael Dzik

mdzik@jewishchattanooga.com
893-5443



Partnership2Gether

A joint program between your Chattanooga Jewish Federation
and the Jewish Agency for Israel

Thank you to all of our local P2G dinner host families: Amy and Jon Cohen, Jackie and Roy Rosenfeld, Arona DeSure and Adam Gerson, Austin Center and Vicki and Art Lewis.





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Friday, April 12th, 4-5:30 PM

Shabbat and Songs with Students
Live Auction of Class Made Items

Dinner: \$15.00 per adult, \$8.00 siblings
\$36.00 for family of four

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Search for "Fundraiser"

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Ofer Musan Federation

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We Will Party Again

The holiday of Passover, in my opinion, is the best Jewish holiday of them all. I know, we are not allowed to eat wheat and some of us are not allowed to eat any kind of grain for a week. But it is also the holiday with the best songs, blessings, story, food, traditions, and the one we also have a movie we can watch. Every family has its own culture and its own traditions. Every tradition is so different from the others. Some, like in my family, believe that reading the entire Haggadah will bring you luck for the next year, and other families only read specific parts. Some cultures sing certain songs in a different way. Even the food is not the same throughout the Jewish world.

My favorite tradition is what we call "the dance of the green onion." It is a Persian tradition, where during one of the songs in the Haggadah, we walk around the room and whip each other with green onions, like the Egyptians whipped the Hebrew slaves in Egypt. Even in this tradition there are a few ways to do it. It probably depends on what area of Persia you come from.

Every family or culture has their own Haggadah melodies. I have seen people singing songs in different ways and sometimes different languages. It's crazy how every Jewish family celebrates Passover, and no two Seder nights are the same.

The reason Passover is my favorite Jewish holiday is because it is the most family-oriented holiday. This year I am going to celebrate it with my new family



here, as part of the Jewish community. I am sure some of the things I am used to doing that you never even heard of will be different. I am sure that there will be parts where I sit next to you and I will be totally confused, and ask questions. It may be different, but it is still familiar. It is still family.

In my family we have another tradition. Before or after Seder lots of Israelis watch "The Prince Of Egypt," the DreamWorks animated movie. Growing up, after reading the entire Haggadah, my cousins and I would sit around and watch this movie. Although it is not fully accurate, it does tell you a lot about the story of Moses. Like the holiday, it is one of my favorite movies. It is a great way for the kids to learn about this story.

I wish you all a Happy and Kosher Passover, and I hope to see you at a Seder, maybe even two?



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- Steak & Eggs
- Pastrami Omelet
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Come Visit Us!

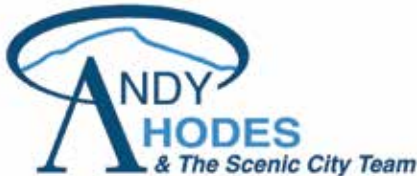
1705 Market St
 Chattanooga, TN 37408
 +1 (423) 521-7333
 info@honeyseedchatt.com

MISHPACHAH/FAMILY EXHIBIT

Monday, March 11 – April 26, 2024



Artist: **Hagai Regev**
 Title: **Askar and Miaka**
 From Ramat-Gan, Israel



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Come to the Cabaret!

Nothing says spring like joyful voices. On Sunday, April 7, from 5-7 p.m. celebrate the season by listening to nine unique voices. Solos, duets and group songs from sixteen musicals will be accompanied by pianist and Grammy award-winning composer Michael Huseman. Included are renditions by Beth McClary-Wolford, known for her songs from the local production of Hello Dolly. The cost to attend is \$15 per person and includes wine, beer, beverages, and tasty tidbits made in the Federation's kitchen. The Jewish Cultural Center is located at 5461 North Terrace Road. To purchase tickets, visit www.jewishchattanooga.com. For more information call (423) 493-0270.

In this time of concerns and conflict, the Jewish community believes in celebrating the joy of life. The Broadway Cabaret is one program this spring that encourages joy regardless of age. The youngest performer is fourteen.



Jewish Federation
OF GREATER CHATTANOOGA

THE STRENGTH OF A PEOPLE
THE POWER OF COMMUNITY.



Thank you to our volunteers

Director/Producer: Marilyn Goler

Broadway Cabaret Cast (in order of appearance):

Marianna Allen
Harv Wileman
Bill Lefton
Beth McClary-Wolford
Barbara Oxenhandler
Sheldon Gelburd
Tarin Bowles
Susan Caminez

Accompanist: Michael Huseman

Decorations: Ruth Longway, Marcie Mott, Helene Weinberg

WHAT IS CHATTANOOGA'S P2G?

Hadera-Eiron Region, Southeast US & Czech Republic

Dedicated to fostering relationships and promoting connections among individuals and groups from various professional and social backgrounds through people2people encounters.

Create lifelong friendships with Israelis and members of the consortium.

Ready to participate?

Email Ann Treadwell – atreadwell@jewishchattanooga.com



P2G HADERA-EIRON CONSORTIUM

ISRAEL

City of Hadera
Pardes-Hanna Karkur Local Council
Menashe Regional Council
Alona Regional Council

CZECH REPUBLIC

Prague

UNITED STATES

North Carolina: Charlotte, Greensboro

South Carolina: Charleston

Florida: Northeast Florida, Florida's
Gulf Coast, Lee & Charlotte Counties

Tennessee: Nashville, Chattanooga

Virginia: Richmond

MIZPAH YOUTH GROUP TRIP



On Feb. 23, 2024 seven teenagers from the Chattanooga Jewish Community embarked on a trip to Washington, D.C. with chaperones Rabbi Lewis and Marissa Street. They participated in the L'Taken seminar organized by the Religious Action Center (RAC) of Reform Judaism. The RAC has been involved in drafting and lobbying for landmark legislation going back to the Voting Rights and Civil Rights Acts in the 1960's. A dedicated staff made up of rabbis and passionate leaders work year-round advocating to Congress as the political voice of Reform Judaism. During L'Taken weekends (they host five each year), more than 300 teenagers from around the United States receive training on important issues of the day and how to use their voices to speak to our legislators. The staff and programming are top-notch, and the teenagers

become advocates for the RAC before their home state senators and representatives. Students are allowed to choose from a list of topics, each one connected to a relevant bill, and are given background information, statistics, and relevant Jewish texts to support their arguments. Our students met with staff members from the offices of Sen. Marsha Blackburn, Sen. Bill Hagerty, and Rep. Chuck Fleischmann on the topics of combating antisemitism, funding programs for the disabled, and protecting rights for LGBTQ+ Americans. They all spoke confidently and clearly and made their voices heard on Capitol Hill. This was a remarkable program and an amazing opportunity for these young people to experience.



Of course, our learning extended beyond the hotel conference rooms. Shabbat services and Havdalah were inspiring, all themed on empowering individuals to change the world. We also got to explore our nation's capital, visiting the National Zoo, the Museum of African American History, the U.S. Holocaust Museum and Memorial, and the Smithsonian Air and Space Museum. We spent four very full days in D.C, and each of us benefited from our time there. It was truly inspiring to see these young people become advocates for topics they care about passionately and to watch each one of them step into this incredibly important role. We all, students and chaperones



alike, came away with the feeling, voiced in this song composed by Jewish music writer Elana Arian, that was repeated several times during our program, "I have a voice, my voice is powerful, my voice can change the world."

On behalf of the teens and Mizpah Congregation, I want to thank the Jewish Federation of Greater Chattanooga for helping to subsidize this trip to make it possible for all of our young people. It really is an investment in our future, l'dor va-dor.

-Rabbi Craig Lewis



With generous funding from our Federation, I recently had the opportunity to accompany 7 teens from the Chattanooga area on a trip to Washington D.C. to attend L'Taken. L'Taken is a conference organized by the Religious Action Center of Reform Judaism. It provides an opportunity for Jewish teenagers across America to learn skills needed to lobby for legislation that is in the spirit of the values of Reform Judaism.

The conference ran from Feb. 23-26, and was jam-packed with activities to educate and encourage the participants to think about current social justice issues and initiatives from income inequality, to voting rights, to disability awareness, and many others. As a chaperone, I had the chance to participate as well as take on roles like "tax collector," "senate staffer," and "poll tax worker." While I had a great time seeing some of the sights of D.C. (including the Holocaust Museum and the Nation Museum of African American History and Culture), I had a greater time watching these teens write and present their speeches advocating for disability rights, LGBTQ+ rights, and the fight against antisemitism.

-Marissa Street



PASSOVER GROCERY SHOPPING

Community Members,

For the past few years, your Jewish Federation made road trips to Atlanta to assist our community in obtaining Kosher for Passover food. This can include both dry goods and cold items. We know how appreciative you are of this service and it will continue this year!!!

**Orders must be received by
Wednesday, April 10.**

Items you order can be picked up at the Federation on Tuesday, April 16 from 12 - 4 p.m. or April 17 from 9 a.m.- 4 p.m.



We can also make arrangements for delivery to your home by special request. Please be as specific as you can with your order(s), especially with Kosher meat (item, quantity, packaging.)

You will only pay for the cost of your order; no pickup, delivery, or extra fees. We want to ensure that everyone has what they need for the Passover holiday. Please know we will do our best to find every item you request but know some items may be more difficult to find. We'll do our best!

To place an order, please email Federation@JewishChattanooga.com. In your email, please be specific on the item(s) you want as well as quantity. We will **ALWAYS** reply to your email letting you know we received your order. **If you don't receive a reply email from us, we didn't receive your order.**

Mazal Tov to...

...Rachel and Henry Schulson on the birth of their grandson Ephraim in New York City on Feb. 28. Ephraim is welcomed by his parents, Michael Schulson and Emma Green; brothers, Jethro and Caleb (aka Lev) Schulson; and aunt, Leah Schulson.

Condolences *We extend our sincere condolences to...*

..the friends and family of Alice Jean Weiss, who died on Feb. 21, 2024 in Atlanta, GA. Alice was the daughter of Marilyn Weinstein; sibling of Phillip Weinstein and Steve Weinstein. She is survived by her children Josh (Eden) and Leah; grandchildren Elliana Weiss and Jackson Weiss.

ARE YOUR KIDS GRADUATING FROM HIGH SCHOOL?

We would love to feature all graduating community members in the May Shofar to celebrate this stage in life.

Contact Jake Balsler at federation@jewishchattanooga.com and provide a photo of your graduate and any future plans/ honors.



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



Jen Lewis - roshnooga@gmail.com

MOMENTS TO REMEMBER @ MACHANOOGA



Building bridges to Judaism that will last a lifetime.

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.



Shabbat Services

FIRST FRIDAY FAMILY SHABBAT
 FIRST FRIDAY OF EACH MONTH

SERVICES: 6:00 PM
 DINNER: 7:00 PM

KID-FRIENDLY, VEGGIE & GLUTEN FREE OPTION
 PLEASE RSVP TO ATTEND
 OFFICE: 423-267-9771 OR
OFFICE@MIZPAHCONGREGATION.ORG
 MEMBERS: \$10 NON: \$13
 AGE 13-22 \$7 & \$9 UNDER 12: FREE

PASSOVER FORECAST:
100% Chance of Wine!
 (And Grape Juice)

Enter a lucky draw for a chance to win
 4 special bottles of Kosher for Passover wine and 4 bottles of grape juice!

Submit a minimum \$18 donation
 to Mizpah Congregation by Friday, April 12!

Three ways to enter!

1. Mail donation via check to Mizpah Congregation
2. Donate online at:
<https://www.mizpahcongregation.org/payment.php>. Select type as Social Action.
3. Venmo Holly Schwartz @holly-schwartz-19.

For all entries, please specify that your donation is for the
 Passover Wine Lucky Draw.

Lucky Draw Date: April 17th

MIZPAH MARKET!

Dear Mizpah Members:



It's time for you to unleash your creativity and be part of Mizpah's first ever *Mizpah Market*. As program chairperson, I want to bring together an exhilarating display of what are members can do with their hands. I want to truly illuminate the depth of talent that our members bring.

On Sunday, May 5th from 2-6 PM, the *Mizpah Market* will feature the creative works of our members. If you have a craft that you would like to sell we want you. Artists, photographers, jewelers, bakers, chocolatiers, fabric designers, woodworkers and the list goes on and on.

Each person will get their own table to decorate "as they please." The tables will be set up in Feinstein Hall, and into the Garden and parking lot if needed. Shoppers can pay with cash, check or credit card. Whatever your payment method. We are asking each artist to please make a small donation to Mizpah's Choir and Music Fund.

If you would like to show off your wares, I need to hear from you. Just email me at jed.mescon@cumulus.com.

All entries must be received by April 15.



Newish to Jewish
 For all exploring Jewish life

Tuesdays 6 PM to 7 PM on Zoom
 Beginning March 19

Whether you are a Jew by choice, or are on the path toward conversion, or even if you were born Jewish and are choosing to become more involved, wherever you are on the Jewish journey, this class is for you. We will build an environment of trust and open curiosity where we will share questions and experiences supporting one another in our respective discovery.

RSVP office@mizpahcongregation.org

Zoom link will be provided to those who register in advance.



Stories from Jewish North Africa

Rabbi Lewis will share elements of his rabbinic thesis including the history of North African Jews, their experience during French colonization, and their development of a unique literature with storytelling and cultural preservation.

At Mizpah on Wednesdays
 March 27, April 3 & 10
 6-7 PM

des Anciens Éléves
 DE
 L'Alliance Israélite Universelle
 CASABLANCA



By popular demand, we are going to study the books that come after Deuteronomy, starting with Joshua. Using the JPS Translation, we will start with Chapter 1 and see where our study take us.

Thursdays at 6 PM in April and May

MIZPAH TORAH STUDY

9:15 am Shabbat
 Bagels and lox prior
 Mizpah Feinstein Hall

SHIREI SHALOM

April 19th

Music and song led by Amy Cohen
 Mizpah Feinstein Hall /Chapel
 Chardonnay Shabbat Oneg to follow



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

BZ
PASSOVER SEDER

When: Tuesday, April 23 @ 6:00pm
Where: Jewish Federation, 5461 N Terrace

Join us for an interactive, musical, and meaningful Passover seder, and a delicious Kosher for Passover meal!

Cost: Adults \$45 for members / \$55 for guests
Kids under 13: \$18 for members / \$25 for guests

Moses & Aaron sponsorship: \$180
To help underwrite our community seder



Scan the QR code or call the office to RSVP

B'nai Zion Calendar

Morning Shabbat Services:
9:45 am in Ochs Memorial Temple & via Zoom

Kabbalat Shabbat Friday services:
6:00 pm via Zoom

| | |
|-----------|---------------------|
| 6 | Shabbat Muffins |
| 7 | Jews & Brews |
| 13 | Lunch & Learn |
| 19 | Shabbat in the Park |
| 23 | Passover Seder |
| 27 | Lunch & Learn |

BSI: April 3, 10, & 17
Minyan & Foundations:
Wednesdays @ 6:00 & 6:30 pm via Zoom

B'nai Zion Passover Services

Morning Passover Services:
9:45 am at Feinstein Hall & via Zoom
April 23, 24, 29, and 30

Yizkor Service: 10:45am, Tuesday, April 30



Shabbat in the Park

Meet Here

Bring a blanket and a picnic dinner and join us for a fun, family friendly Kabbalat Shabbat at Coolidge Park!

Friday, April 19 at 5:30pm

BZ Building Renovation Kick-off February 29

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.

Decisions of Fate
 YOUR JEWISH COMPASS FOR NAVIGATING QUESTIONS OF MEDICAL ETHICS

Four Wednesdays, starting May 14, 2024
 7:00 PM-8:30 PM

myjli.com/learn/chattanooga

| | | | |
|---------------------------------------|------------------------------|-------------------------------------|---------------------------------|
| | | | |
| LESSON ONE Experimental Treatments | LESSON TWO Extending Life | LESSON THREE Pregnancy Questions | LESSON FOUR A Body's Dignity |

Approved for CME and MCLE credits
 Go to myjli.com/continuingeducation

Torah & Tea

PRAYERS FOR OUR BROTHERS AND SISTERS IN ISRAEL

“Your monthly dose of friendship and inspiration.”

TUESDAY MORNING
 APRIL 9 ~ 10:00 AM
 AT CHABAD ~ 950 VINE ST.

UPCOMING DATES

THURSDAY, MAY 9 THURSDAY, JUNE 6

Chabad Chattanooga invites you to

CHATTANOOGA COMMUNITY PASSOVER SEDER

Monday, April 22, 2024 950 Vine St.
 7:00 Cocktails/Hors Devours 7:30 Seder

ENJOY:

- Exquisite Passover Menu
- Interactive & Inspiring Seder
- Hand-made Shmurah Matzah
- Stories, songs & great company for the whole family

\$15 DONATION
 Seder is generously underwritten by Mr. Joseph Lipsey

RSVP by April 10
 423.490.1106 / Seder@JewishChatt.com
 JEWISHCHATT.COM/SEDER

CAMP GAN ISRAEL SUMMER 2024
 Chattanooga, Tennessee

IZZY

NOW OFFERING 3 WEEKS!
JUNE 24 - JULY 12
9:00AM - 3:30PM
 AT CHABAD'S CITY & RIVERFRONT CAMPGROUNDS

WARM & CARING STAFF
 SNACKS & HOT LUNCHES
 TRIPS & OVERNIGHTS
 SPECIALTY CLUBS
 WATER SPORTS
 SWIMMING

Ages 4-13

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 423.490.1106

A Summer of Fun... A Lifetime of Memories!

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

ISRAELI SOLIDARITY TRIP

Austin Center and Randi Weiss offered a briefing on their recent Israeli Solidarity trip in response to the Oct. 7 attack. Austin described his stay at the Hadassah Youth Aliyah village while working with his ORT art students, and Randi shared her reaction to what she encountered during her trip. Both Austin and Randi consider it their responsibility to share their experience. Hadassah will make a donation in their names to the Youth Aliyah Villages in Israel.



IN-PERSON DONOR

The Donor committee, celebrating Myrtle recognition and breast cancer survivors at a Sunday brunch scheduled June 2, has been meeting and planning. The Committee of Ronni Charyn, Dana Banks, Wendy Beker, Leta Berger, Elyn Brooks, Bev Coulter, Marilyn Goler, Vivian Hershey, Kathy Kessler, Rachel Weir, Dana Waxler, Millie Lander, and Judy Sachsman has been growing. This will be Hadassah's first in-person Donor since 2018.



HADDASSAH BOARD MEMBERS

Dana Waxler installed the new chapter Board of Hadassah:

Co-Presidents: Judy Sachsman and Beth Thomas
Treasurer: Millie Lander
Secretary: Kathy Kessler



Membership VP: Paula Israel and Leta Berger **Philanthropy:** Dana Waxler
Education: Ronni Charyn **Zionist Affairs:** Ronni Charyn
Communications: Judy Sachsman
Keepers of the Gate: Dana Waxler and Bev Coulter
Chai Society: Vivian Hershey **Associates Chair:** Richard Zachary
Jewish Education Chair: Rabbi Keilah Lebell **Young Judaea Chair:** Elaine Winer
Evolve Chairs: Jen Lewis and Alexis Street

SUPER SOUTH

The Supersouth has announced the TriRegion Conference will be held in Nashville Nov. 8-10, 2024. Save this date for an amazing experience that is so accessible to Chattanoogaans. More information will be available after the Region Board meeting in February.

Annual Giving enables Hadassah to provide ongoing reliable funds for its many projects such as: Hadassah Medical Organization, which supports saving lives, healing, research, and cutting edge medicine at its two Jerusalem hospitals; Youth Aliyah, which educates and nurtures children at risk; and Young Judaea scholarships, which enables children to attend camp and young adults to spend a "gap" year in Israel.

Annual Givers start with:

- Chai Society members (\$180/year)**
- Silver Chai members (\$360/year)**
- Traditional Keepers (\$1,000/year)**
- Chai Keepers (\$1,800/year)**
- New Silver Keepers (\$2,500/year)**
- Golden Keepers (\$5,000/year)**

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

CELEBRATING THE HADASSAH HOLIDAY

Hadassah hamantaschen makers gathered at Mizpah to bake together and share Purim recipes. Rabbi Keilah Lebell led a program about the women of Purim. Esther, Queen of Purim, is called Hadassah. Thus, Purim is a very important holiday to Hadassah members!



Chattanooga Chapter recognized at Southern Region Board meeting

TOURS OF ISRAEL

Some Tours of Israel, sponsored by Hadassah, have started again for groups like adult Young Judaea workers. When Israel opens for tourists, be ready; it will need us to visit! May we spend next year in Jerusalem in 5784.

By connecting and empowering women to effect change, we are the women who do. Be proud of who you are, Hadassah women. Barbie's Jewish mother started with Hadassah!





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

*** Deceased**

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

**Thank you
for insuring
our future.**

STAY INFORMED

A full listing of monthly programs is on our website,
www.JewishChattanooga.com, where you can RSVP

Find up-to-date information about online programs,
cancellations and changes in our:

- Weekly Community Email
- Federation Facebook Page
- (Jewish Federation of Greater Chattanooga)
- Federation Website
- (JewishChattanooga.com)

**QUESTIONS? Call us!
423-493-0270**

CONTACT LIST

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



Jewish Federation
OF GREATER CHATTANOOGA

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THE **POWER** OF A COMMUNITY

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Michael Dzik, Executive Director

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

Find us online at
JewishChattanooga.com



Please join us for an

“Early” Shabbat Dinner & Fundraiser

Friday, April 12th, 4:00-5:30 PM

Shabbat and Songs with Students
Live Auction of Class Made Items

Dinner: \$15.00 per adult, \$8.00 siblings
\$36.00 for family of four

Pay online at www.aleph-bet.com

Search for “Fundraiser”

**DONATIONS
APPRECIATED**