

THE SHOFAAR

A Publication of the Jewish Federation of Greater Chattanooga

Volume 30 Number 6 February 2018

Chai Nite Saturday, February 10, at Jewish Cultural Center

Chai Night returns to the JCC for its biannual dinner, open bar, and dance party. Attire is cocktail, formal, black tie optional; cost is \$36 per person. See page 11 for information on how to become a sponsor of this DAZZLING event, and make your reservations now to attend. Go to <http://www.jewishchattanooga.com> or call 493-0270.

Dazzle the Night

Chai Nite

Saturday, February 10
7:30 – 11:30 p.m.

Jewish Cultural Center
5461 North Terrace Road

*Dinner-quality hors d'oeuvres,
creative cocktails and open bar,
divine dancing.*

\$36 per person
cocktail attire: black-tie optional

Dazzle the Night

New Officers Installed, Community Volunteers of Year Announced at Annual Meeting January 18



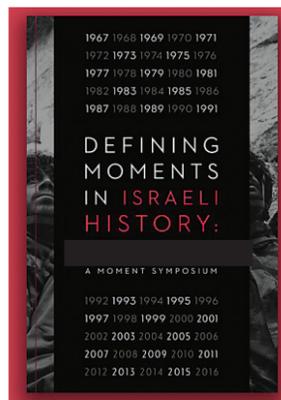
The Federation's Annual meeting was held January 18. New officers were installed and 2017 community volunteers of the year were announced and presented with tree certificates. Volunteers of the Year were as follows: Aleph Bet Children's Center: Ashley Stein; B'Nai Zion congregation: Barbara Oxenhandler; Chabad of Chattanooga: Hadassah Shulkin; Hadassah: Millie Lander; Jewish Federation of Greater Chattanooga: Max Brenner; Machanooaga: Trent Center; Mizpah congregation: Richard Zachary.

A complete listing of new officers is on page 5. Photos of the event appear on page 10.

Federation Shlichah Chen Dahan to Stay 2nd Year



The Jewish Federation of Greater Chattanooga is pleased to announce that our shlichah, Chen Dahan, will be with us for another education-filled year of service! Chen has been extremely popular with our many different groups in the community as well as with her host families. She has brought passion and a fresh perspective to the way we in Chattanooga view Israel, and we are delighted to have her with us for another year. Please let her know you are delighted too!



"Re-creating Israel" Competition

As part of our Israel at 70 celebration, community members are invited to take part in "Re-creations of Defining Moments in the History of Israel." Fourteen images of defining moments in Israel's history will be posted to the website February 1. Contestants will pick a single image to recreate in any 2-D or 3-D format, not to exceed 18 x 24 inches. The community will then vote on their favorite re-creations. The winner will receive a gift from Israel and the opportunity to give a gift to an Israeli organization of their choice. For guidelines and rules, see page 8.

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TRIVIA NIGHT

community TRIVIA NIGHT

Put your thinking caps on for an evening of Fun, Food, and Prizes

February 22nd, 7PM at the JCC

\$100 for a team of up to 4 people
Winning team takes home \$200 cash!

Jewish Federation
OF GREATER CHATTANOOGA

Proceeds benefit Aleph Bet Children's Center
Get your tickets today at aleph-bet.com

Jewish Community Mission to Israel in 2018

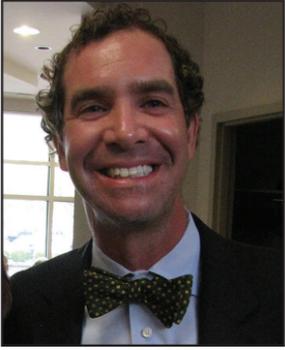


Be a part of something big! Join the Federation on a community mission trip to Israel December 5-17, 2018. Cost \$3,000 per person, land only, double occupancy. Federation subsidies will be available. Contact Michael Dzik at 493-0270 ext. 15 for more information about this special trip.

SAVE THESE DATES

- March 4 Federation/Hadassah host Avi Weinryb
- March 11 Rising Star Chattanooga
- March 23 Aleph Bet Spring Fling
- April 25 11th Annual Jewish Film Series sponsor event

NOTES FROM LEADERSHIP



Looking Back, and Paying it Forward

Austin Center
Federation Board Chair
boardchair@jewishchattanooga.com

Growing up in Chattanooga has given me a perspective on how the Jewish community has changed over the years. I remember the swimming pool at the old JCC, and watching my friends and older kids jump off the high dive. After a lot of fear and a couple of runs up the ladder, only to run back down again, I finally summoned the courage to jump. And you know what? After overcoming that fear, some things later in life were not so scary.

Back then it seemed like the whole Jewish community was at the JCC doing something: swimming, playing basketball or tennis, making crafts, or playing mahjong. Everyone there, from the community leaders to the parents and grandparents to the Sunday School teachers felt like an extension of my own family.

While the JCC has moved and much has changed, these warm early memories have stayed with me throughout my life. They remind me of the importance of staying involved with and giving back to our community. Like that long-ago high dive jump that was both scary and gratifying, I am both excited and humbled by the opportunity to take a leadership role as Board Chair, to follow in the footsteps of previous generations' leaders in helping to assure that our community thrives.

I'd like to share three experiences from my young adulthood that solidified my passion and the sense of responsibility I feel for our community. The first was my Bar Mitzvah, where I read from a Holocaust Torah.

In 1930, Kromeriz, Czechoslovakia was one of the oldest Jewish communities in Europe, with around 382 Jews. In 1942, they were all deported to concentration camps, and all of their synagogues' contents were sent to the Central Jewish Museum in Prague. (It was said that Hitler wanted these artifacts for a Museum to the Extinct Jewish Race.) In all, 268 Jews from Kromeriz perished in the Holocaust.

On February 7, 1964, with the help of several Jewish communities, 1,564 Torah scrolls arrived at the Westminster Synagogue in London. They were repaired, and The Memorial Scrolls Trust was set up with the mission of getting the scrolls back into Jewish congregations around the world. My parents

purchased and donated one of them for Mizpah Congregation, to help keep alive the memory of Kromeriz, Czechoslovakia, and the six million who perished in the Holocaust.

At my Bar Mitzvah, I had the honor of being the first and only Bar/Bat Mitzvah to read from this Torah since 1939. To read from this Torah was to keep alive and honor the memory of the six million, and of that small Jewish community in Kromeriz.

The second solidifying experience was nine years ago, when Alison Lebovitz asked me to join her at TribeFest, the Young Jewish Leadership conference in Las Vegas. This invitation was a lesson in inclusion and in expanding the help network. If everyone of us asks someone to join us in giving back, in donating, or in helping, this "one Jew asking another Jew to help a third" makes our community stronger.

The third solidifying experience was giving my first speech for the 2017 campaign kickoff. I spoke about studying art and about a 70 year-old Polish man named Peter who sat next to me in one of my classes. When Peter was ten years old, the Jewish community in his small town raised money to send him and his sister to the US before the Nazis invaded. I will never forget this powerful story that illustrated the greatness of a community that saved lives.

The evening after that speech, Helen Pregulman told me that Peter's story reminded her of sitting in her living room with her parents and members of our Jewish community discussing a call to action to help Jews overseas. As a result of those mobilized community members, she, too, was inspired at an early age to help others.

For generations, our community has helped others in need around the world and in greater Chattanooga. We do it by action and by inspiration, by learning and by teaching. It is humbling to know that for generations, our community has unfailingly answered the call to help others. When we teach our children to do the same, when we ask a friend to join us, we honor those in our community and around the world who also ask and honor, and we never forget those who need our help.



I look forward to continuing what we as the Jewish Federation of Greater Chattanooga have done for so many in the past, and I invite you to join me on this high dive of service. Thank you for the opportunity to lead this committed Jewish community. I look forward to doing great things with your help, and to inspiring the next generation.



Sharing Your Life, Leaving Your Legacy: the Time is Now

Michael Dzik
Federation Executive Director
mdzik@jewishchattanooga.com

As so many of you know, the Jewish Federation has spearheaded an endowment drive titled Life and Legacy through the Harold Grinspoon Foundation.

Although this two-year grant is coming to an end on February 28, our community will continue to educate and solicit members' signed letters of intent. This is because we recognize that our future success is created today, through our endowments. In this way, we are changing the culture of the Chattanooga Jewish community.

And the success reaches much further than just the Federation. Through the Federation's leadership, our congregations have also seen tremendous success through the Life and Legacy program. In fact, over the past two years, our community has signed 107 letters of intent for these organizations. (You can see the list of names on page 3.) Kol HaKavod!

There have been many leaders who have stepped forward and been a part of this program, however one special volunteer rises to the top. Andy Hodes has taken ownership of the Endowment efforts and has truly "made it happen". He spoke at Federation and congregational board meetings, attended conferences, coordinated meetings, wrote letters, and had numerous one-on-one community conversations. Many community members have been inspired to follow his lead, signing letters of intent and legally formalizing their intentions. Andy coordinated leadership roles at the congregations to insure that everyone was on board, that we all had buy-in (i.e. we were all on the same page regarding the conditions for the grant), in order to achieve success.

At the Federation's annual meeting last month, Andy completed his term as Endowment Chair. But his mark is felt today and will be felt for generations. There is still much work to be done. Everyone in our Jewish community can and should be part of the Life and Legacy program. It's too easy and too important

not to be! Our second year goals have not been met (yet!). I appeal to you today to consider having a conversation with the Federation and/or your congregation ASAP. There is never a bad time to sign a letter of intent. To be counted towards our grant, however, we need to reach our goal before February 28. Now is definitely the time! If you've already made estate plans that include any/all of the Jewish organizations, please let us know that as well, because we can count you towards our goals! As always, the information you share is always kept confidential.

Andy, thank you for being my partner with Life and Legacy. You have started us along a very productive and necessary path, securing our Jewish community's financial future for generations. In two short years, the 107 letters of intent have an approximate value of over \$3.2 million dollars. We've not reached our goals yet, but the ground work has been set and the future is bright. As you turn the Endowment leadership reins over, I know that you will continue to be a cheerleader from the sidelines, and will answer the next leadership call when asked. Thank you, Andy, for your life-long dedication to Jewish causes and all that you have done for your Chattanooga Jewish family and Jewish Federation. We appreciate you.

It is very easy to add your name to the Legacy Society. Please contact me for more information and/or to schedule a time to talk. I look forward to the opportunity.

During the two year Grinspoon Life and Legacy challenge:

- Federation: 48 Letters of Intent (\$2.5 Million)
- Mizpah: 27 Letters of Intent (\$422,000)
- B'nai Zion: 35 Letters of Intent (\$335,000)
- 110 Letters of Intent signed

COMMUNITY TOTAL - \$3.257 Million

--Additional Endowment Letters of Intent BEFORE Grinspoon: \$1.261 Million

OVERALL known promised gifts: \$4.518 Million

FEDERATION NEWS

Endowment Letters of Intent by Congregation

Mizpah Congregation

Owen Allen
Dana Banks
Sam Banks
Black, Stephen
Austin Center
Marilyn Center
Amy Cohen
Jon Cohen
Herb Cohn
Karen Diamond
David DiStefano
Susan DiStefano
Warren Dropkin
Andy Hodes
Melody Hodes
Lynn Howard
Alan Richelson
Henry Schulson
Flossie Weill
Donna White-Dropkin
David Winer
Finette Winer

B'nai Zion Congregation

Owen Allen
Anonymous
Robin Balsler
Jerry Bogo
Rosalee Bogo
David Fairchild
Bill Hillner
Susan Hillner
Colman Hochman
Lynn Hochman
Andy Hodes
Melody Hodes
Barbara Oxenhandler
Jordan Parker
Rebecca Parker
Helen Pregulman
Mike Spector
Gail Susman
Joel Susman
Cara Weiner

Contact your congregation President or Michael Dzik for more information

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 for a strong future Jewish community into a reality. Join today.

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

How Will You Assure Their Future, Rain or Shine?



The time to act is now. Contact your congregation president or Michael Dzik

Jewish Federation[®]
OF GREATER CHATTANOOGA

See how easy it is to join the Legacy Society!

Call Michael Dzik at 493-0270

extension 15



Breaking News!

You can now update your contact information for the Directory by going to the website! Simply go to jewishchattanooga.com and click on Contact us > Directory Updates.



Joshua P. Weiss

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FEDERATION NEWS

Dzik Joins Other Community Leaders to Speak on MLK Day at Hunter Museum

Federation Executive Director Michael Dzik joined Sush Shantha, Brandon Jones, Nur Sisworahardjo, and Jonathan Butler to speak at the Hunter Museum of American Art on the topic of "Love & Equality" to honor Dr. Martin Luther King, Jr. on January 15th. Panelists were asked to say what they felt most deeply about the topic as it relates to building community. Dzik's talk focused on equality, support for communities, and standing up to injustice wherever we see it. He emphasized the need to continue having conversations and to not allow a climate of divisiveness to influence the way we behave toward others.



STAY IN THE LOOP!

Our **NEW AND IMPROVED** website is <http://www.jewishchattanooga.com>.

Our Facebook page is

Jewish Federation of Greater Chattanooga (JFGC)



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Foreign Policy Supper Club – Dates and Topics 2018

February 19	The Waning of Pax Americana? (see description below)
March 12	Russia's foreign policy
April 9	China and America: the new geopolitical equation
May 14	Media and foreign policy
June 11	Turkey: a partner in crisis
July 16	U.S. global engagement and the military
August 13	South Africa's fragile democracy
September	NO PROGRAM
October 8	Global health: progress and challenges

Dinners are \$12 per person

All programs take place on Mondays at 6pm

Additional programs may be scheduled in November and December.



Clip
&
Keep



February 19: The Waning of Pax Americana?

During the first months of Donald Trump's presidency, the U.S. began a historic shift away from Pax Americana, the liberal international order that was established in the wake of World War II. Since 1945, Pax Americana has promised peaceful international relations and an open economy, buttressed by U.S. military power. In championing "America First" isolationism and protectionism, President Trump has shifted the political mood toward selective U.S. engagement, where foreign commitments are limited to areas of vital U.S. interest and economic nationalism is the order of the day. Geopolitical allies and challengers alike are paying close attention.

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Check our website for our daily menu

Mitzvah Meals Suggested Donations

--\$8 per meal

--\$90 per month based on 3 meals/week

--\$125 per month based on 4 meals/week

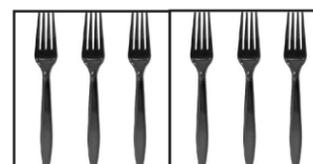
--160 per month based on 5 meals/week

--190 per month based on 6 meals/week

Meals are available for pick-up or delivery.

To-go orders from any/all community programs will be charged the *program* fee (\$10-\$12) as opposed to the Mitzvah Meal fee.

All Mitzvah Meal recipients must be pre-approved by the Director of Social Services. Menus are set by the Kitchen Supervisor and Director of Social Services.



FEDERATION NEWS

11th Annual

Chattanooga Jewish Film Series

Sponsor Event - April 25, 2018, 6:00 p.m.

The screening of *Bye Bye Germany* follows a reception of fine dinner-quality hors d'oeuvres



Bye Bye Germany is the story of David Berman and his friends, all Holocaust survivors, have only one purpose: to go to America as soon as possible. For this they need money. Close to his aim, David is not only deprived of his savings but also overtaken by his shady past.

For information 423-493-0270.

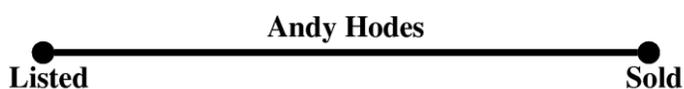
The Series continues on consecutive Wednesdays, May 2, May 9, May 16, May 23 and May 30 and is the longest running showcase for international films in Chattanooga.

For details visit www.jewishchattanooga.com.

All films screen at 7:15 p.m.
at the Jewish Cultural Center, 5461 North Terrace.
\$8 includes popcorn and a beverage.



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TERMS EXPIRING JANUARY 2020

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Alan Richelson Edie Weiss Elaine Winer

TERMS EXPIRING JANUARY 2019

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Erica Newman Cara Weiner Fern Shire

ONE YEAR BOARD CHAIR APPOINTMENT

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Jed Mescon Finette Winer

THANK YOU TO OUR BOARD MEMBERS ROLLING OFF

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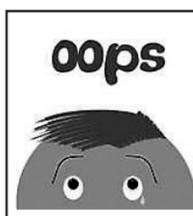
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Robin Balser Secretary

Alison Lebovitz Member-at-Large

Lee Brouner Immediate Past Board Chair

Did We Goof?



Sometimes, we make mistakes. And sometimes, you catch them. What should you do if you find an error in *The Shofar* or on the website or our Facebook page? Go to the source! Email Communications Director Dana Shavin at dshavin@jewishchattanooga.com and she will fix it. Thanks for paying attention.

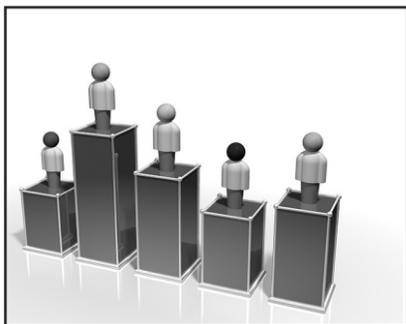
STAY IN THE LOOP! Our NEW And IMPROVED website is <http://www.jewishchattanooga.com>. Our Facebook page is Jewish Federation of Greater Chattanooga (JFGC)



About PJ Library:

PJ LIBRARY IS A JEWISH FAMILY ENGAGEMENT program implemented on a local level throughout North America. Participants receive high-quality Jewish children's literature on a monthly basis. Families raising Jewish children from age six months of age eight years (depending on the community) are encouraged to enroll at www.pjlibrary.org. PJ Library in Chattanooga is sponsored through the generosity of the Harold Grinspoon Foundation, the Jewish Federation of Greater Chattanooga and Aleph Bet Children's Center.

@JEWISH CULTURAL CENTER



Ann Treadwell
Program Director atreadwell@jewishchattanooga.com

In our community, there are a few ways one can be recognized. There is the mitzvah way, quietly doing a good deed. Isn't one of the best forms of mitzvah the one that is anonymous? I am reminded

of the phrase, "random act of kindness" when I think about the donation left in a Salvation Army kettle without attribute, and the gift that appears in the Tzedakah box at the Federation.

Be a mensch. The Federation--indeed, the entire community--knows a mensch when it sees one. The mensch is the person who stays after the service or program to help clean-up. It is the person who drops goodies off to the staff after a rough work week. It is the person who has a smile and is willing to be a passionate leader for a program, carrying out all the tasks without complaint. Sometimes the reward is recognition, and sometimes others just say a quiet thank-you. A mensch is often the person who works diligently and quietly behind the scenes.

Then there is the super- mensch. For the Jewish community in Chattanooga, this is the person who volunteers at one of our Jewish organizations. Each year at the Federation's Annual Meeting, we recognize these people and their roles in our organizations. None of our organizations can survive without volunteers, or without volunteers willing to jump in and passionately help us carry out our missions.

Thank you to all of the 2017 community Volunteers of the Year--and to all of our volunteers in past years.

Finally, speaking of being recognized, please be sure the Federation has your name in our database. We use the database for several things. I use it to determine who might be interested in specific programming, and who might live close enough to someone else to be able to come to an event together. I use it to help Erricka, our Social Service Director, determine who might need assistance as they become eligible to receive Medicare. Meghan Graybeal uses it to see which families might be able to take advantage of Aleph Bet Preschool and PJ Library. Chen Dahan, our shlichah/Israeli cultural emissary, uses it to see who might be eligible for P2G teen exchange to Israel, the MASA program, Jew Crew, and other activities that she produces. The directory, and the e-mail information, is a key communications tool for all of us. But most importantly, the database is used to create the directory. And whether or not you choose to have your information published, the database and the directory are a way for us to develop a census for the Jewish community in Greater Chattanooga.

Why is a census important? If a tragedy or emergency happened to the Jewish community we want to be able to alert people. We need to know how many people we are serving when we negotiate for speakers and/or film series screening rights. We need to count the numbers of Jewish and non-Jewish participants in United Way funded activities, so we can tell national Jewish organizations about the size and characteristics of our community in order to secure resources. The census helps us do all of this.

I know that sometimes we get e-mails or the telephone numbers wrong. I know sometimes you are accidentally dropped from the community e-mail blast. This is where you need to be diligent in helping us by bringing it to our attention. After all, we care about you and want to keep the community informed and safe. Keep your directory within the community--it is not something to be shared. And please call the front desk at 493-0270 or email federation@jewishchattanooga.com to let us know when your contact information changes.

Stand and be recognized as we journey through 2018. We need you!

How to Have Fun Without the Food



Want to come to a meal-time program but don't wish to eat? Now you can, at half the cost. (If lunch program is \$10, you'll pay \$5.) Why is there still a cost? Fees pay not just for the meal but for labor, marketing, and other associated expenses. **Regardless of whether or not you eat, you will still need to RSVP in order to reserve a seat.**

Note: Please do not bring outside food or beverages into the Federation. If you would like to suggest a beverage

or food to be served at an event, please contact Ann Treadwell. She and Alice Goss-Morgan, Kitchen Supervisor, will consider your suggestion. Food allergies or restrictions? Please contact Ann Treadwell. We will do our best to accommodate you. Atreadwell@jewishchattanooga.com or 493-0270 ext. 13.

Your R.S.V.P. assures you a seat, a meal, and allows us to meet your special dietary needs.

There are three easy ways to RSVP:

1. On the website at <http://www.jewishchattanooga.com>.
2. Via email at RSVP@Jewishchattanooga.com
3. Via the old fashioned telephone, at 493-0270 ext. 10.

No Meat? No Problem!

If you prefer a vegetarian meal at one of our events simply RSVP to the Federation AT LEAST three work days prior to the event. **We are happy to accommodate you but must have advance notice.**



Tuesday Cafe

Tuesdays at noon, February 6, 13, 20, 27. RSVP. Menus will be listed in the community email.

Chai Nite

Saturday, February 10 7:30-11:30. See front page for more information or call Ann Treadwell at 493-0270 ext. 13.

Foreign Policy Supper Club

Monday, February 19 @ 6pm. "The Waning of Pax Americana." See page 4 for details. \$12 per person. RSVP.

Community Trivia Night

Thursday, February 22 @ 7 pm. See front page. RSVP to play.

News You Can Use

You can now update your contact information for the Directory by going to the website! Simply go to <https://www.jewishchattanooga.com> and click on Contact us>Directory Updates.

Have You Lost Touch?

No longer getting weekly e-mails from the Federation? Please call the front desk at 493-0270 to make sure we have your correct e-mail address. If we do, but you're still not getting them, you may have accidentally unsubscribed. It is very easy to get you back in touch. Just let us know.

Who Do You Know?



Each month we hope to feature a photograph from the Jewish Archives of Chattanooga and solicit your help in identifying the people. Do you know anyone in this photograph? If so, please contact Max Brener at 9westover@gmail.com.

A special identify-the-photo day was held at Mizpah Congregation on January 30. Didn't make it but still want to help? Call Ann Treadwell at 493-0270 ext. 13 and she'll tell you how you can be a part of this important community

activity that will benefit generations to come.

Take Home Chef Alice Goss-Morgan's "Bowls of Love"

Purchase matzo ball soup or chili for just \$4 for a one-bowl container or \$8 for a two-bowl size. **Call ahead to reserve; we do run out.** Contact Ann Treadwell (do not call the kitchen) at 493-0270, ext. 13; or atreadwell@jewishchattanooga.com to get your order packaged and ready to go!



COMMUNITY NEWS & EVENTS

Lily Shire to Graduate from GPS in Spring



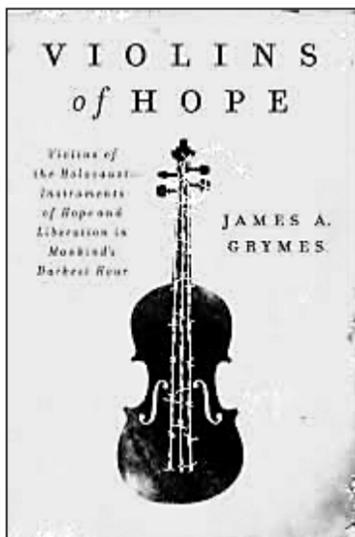
Lily Shire, daughter of Dr. James and Fern Shire and the granddaughter of Mrs. Beatrice Margolis, will graduate from Girls Preparatory School in the spring. She is an only child but notes that she does have a Havanese-Maltese dog named Serafina.

Lily is a member of the Video and Yearbook clubs at school. Her favorite subjects are science (especially biology and forensics) and graphic design. She is a certified scuba diver and has visited caves, shipwrecks, and reefs.

Lily has been playing piano since age four and also likes to experiment with different musical styles on her keyboard. For fun she enjoys listening to music, dabbling

in photography and photo/video editing, and making digital art. She also enjoys reading, traveling, shopping, and spending time with good friends.

Lily plans to attend Mitchell College in Connecticut and hopes to transfer to Nova Southeastern University in Florida. She is interested in studying marine biology and possibly forensics and graphic design as well.



Nashville Symphony brings Violins of Hope to Nashville

The Nashville Symphony is leading a landmark community-wide partnership to bring the Violins of Hope to Nashville in one of the most wide-ranging and comprehensive collections of events ever compiled around this rare collection of restored instruments played by Jewish musicians during The Holocaust.

Kicking off February 9-11, 2018, with Nashville Ballet's performances of Light: The Holocaust and Humanity Project, two dozen organizations – including the Nashville Symphony, Jewish Federation of Nashville and Middle Tennessee, Nashville Public Library, the Frist

Center for the Visual Arts, Vanderbilt University's Blair School of Music, the Tennessee Holocaust Commission and multiple houses of worship – will take part in this collaborative effort by presenting performances, lectures, exhibits and other events, highlighted by a free public exhibition at the Nashville Public Library running March 26-May 27, 2018. The sound, presence and stories of these instruments will drive the creation of public conversation, interfaith dialogue and educational activities throughout Middle Tennessee.

"Each of these instruments has a remarkable story to tell about resilience of the human spirit in the face of unimaginable difficulty," says Alan D. Valentine, Nashville Symphony President and CEO. "This singular collection will serve as a springboard for many of Nashville's cultural organizations to explore the vital role that music, the arts and creativity play in all of our lives."

The Violins of Hope – the majority of which were played by Jewish musicians living in ghettos and interned in concentration camps during the Holocaust – will arrive in Music City from Israel in mid-March 2018. They have been restored and refurbished by Israeli luthiers Amnon and Avshalom Weinstein. The instruments have previously been the subject of a best-selling book by James A. Grymes and a critically acclaimed documentary, *Violins of Hope: Strings of the Holocaust*. The Nashville Public Library exhibit represents the first time that these instruments have been exhibited to the public completely free of charge in the U.S., and the display will be accompanied by a small-scale re-creation of the Weinstein's workshop in Tel Aviv.

"Violins of Hope Nashville represents a profoundly important opportunity to let these sacred instruments provide a measure of redemption to the millions of Holocaust victims who perished simply because they were Jews," says Mark S. Freedman, Executive Director of the Jewish Federation and Jewish Foundation of Nashville and Middle Tennessee. "These violins should serve as a clarion call that the words 'Never Again' must resonate through every one of us in our collective struggle to overcome bigotry and hatred."

By the numbers

975

Number of copies of *Shofar* printed in January

PHILANTHROPY CAMP 2018 Seeks Teen Volunteers to be counselors

Rising grades 10,11,12, and college freshman to 18 yrs old

Camp Date: July 23-27
8:30 a.m. to 4:45 p.m. daily

First Church of the Nazarene/Jewish Cultural Center
5455/5461 North Terrace Road, Chattanooga, TN 37411

Application on website at
<http://jewishchattanooga.com/camps>

Compulsory Training Sessions
Wednesday (July 18) 4-8 pm,
Thursday (July 19) 4-8 pm
Friday (July 20) 10-2pm
Meals included

CAMP TIKKUN OLAM 2018

For rising 7th Graders – rising 9th Graders

July 23 – July 27, 2018

9 a.m. to 4 p.m. daily

Application on website at

<http://jewishchattanooga.com/camps>

More information: Ann Treadwell
atreadwell@jewishchattanooga.com
423-493-0270 ext.13

New Website Ready for Community Use



The address is the same--<http://www.jewishchattanooga.com>--but the experience is totally different. We at the Federation have appreciated your patience as we have worked for many months to completely revamp the old website--and then revamp it again! We are confident you will find this latest revision much more visually appealing, and easier to navigate. You can easily

RSVP to events, pay for those events online, donate, register your kids for camps and apply for camp grants, read *The Shofar*, see the community calendar and our Facebook feed, and, of course, keep up with current happenings from month to month. We invite you to check it out when you have a few minutes to scroll around. Please let us know what you think!

Condolences

We mourn the passing of the following beloved friends and family:

--Elizabeth Raisin, mother/mother-in-law of John and Kathy Raisin, Jim and Yvonne Raisin, Phil and Teresa Raisin, and Linda and Rob Robison, and sister of Louise Spector and Joy Adams, on Monday, January 1.

--Mrs. Gladys Misner, mother/mother-in-law of Dr. Spencer Misner and Judy Misner, on January 12th.

--Yetta Gropper, wife of Howard Gropper, on January 18

Although the Shofar deadline is the 8th of the month, mazel tovs and condolences are accepted at any time. Contact Dana Shavin at 493-0270, ext. 12 or dshavin@jewishchattanooga.com.

Tributes

In Memory of

Clara & Alvin Shoenig, Alan & Missy Shoenig

Paul Stahl, Fuzz Spector

Robert Sylar, Mindy Kaufman

In Honor of

Barbie Potts and Traci Sloan, Christopher Berryman

SHLICHIM PROGRAM



ReCreate Israel to Win a Federation-Sponsored Trip

Chen Dahan, Federation Shlichah
Israel@jewishchattanooga.com

I am excited to announce that we are officially opening our Israel at 70 celebration season! To mark this significant time, we will have a series of events for all ages and interests, beginning now and running until April 22. First up, I invite you to contribute your creativity to a special exhibit

at the Jewish Cultural Center. The exhibit is called, "Re-creations of Defining Moments in the History of Israel". The community will vote on their favorite "Re-creation" and the winning creator will receive a gift from Israel and the opportunity to gift an Israeli organization of their choice.

Guidelines for the contest:

- Sign up on our website (Jewishchattanooga.com/Israel) and choose a photo you would like to re-create from the 14 designated photos.
- Each photo can be chosen only once. Once it has been claimed, the option to choose it will no longer be available.
- The contest will begin on February 1st. Prior to this date, the available photos will be view-only.
- The re-creation may be 2-D or 3-D (photo, painting, paper cuts, sculpture etc.) not to exceed 18" x 24."
- Contestants will have 40 days (until March 12th) to complete their re-creation and submit it to the Federation offices at 5461 North Terrace Road, unless it is a photograph. Photographs must be of print quality (300 dpi) and submitted on-line.
- Along with the final product, contestants will submit a statement that explains why he/she chose this photo and the story behind it.
- Re-creations will be on display at the Jewish Cultural Center beginning March 24th, for 30 days.
- While the exhibit is open, visitors can come in and vote for "The Best Re-creation" on to the following criteria: Creativity and Loyalty to the original photo. (1 = low and 5= high). One vote per visitor. Voting on site only.
- The local rabbis and members of the Israel Committee will be voting separately.
- The votes will be counted on April 21st, and the winner will be announced on April 22nd, during the main event to mark 70 years of Israel's independence.
- The prize for the winner will be a gift from Israel and the opportunity to give a gift to an Israeli organization of their choice.

This project is sponsored by The Jewish Federation of Greater Chattanooga.

New Year, New You

Thank you to the five businesswomen who shared their expertise about healthy living, and to those who showed up in the cold weather, listened, and asked questions. Speakers were, below from left, Federation shlichah Chen Dahan (the vegetarian revolution in Israel); Nicole Berger (physical therapist); Jennifer Dixon (Yoga East); Maggie Ferenczi Martz (hypnosis); and Susan Matzkin (Cleanish Living).



Win an Israeli dinner at the home of your shlichah, Chen Dahan!

Participate in #IsraelTrivia every Friday @ noon on the weekly e-mail/my Facebook page!



Want to win the opportunity to travel to Israel in 2018?

Re-create one of Israel's defining moments!

Registration is open on **February, 1st, 2018**



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Euro-vision is the longest-running annual international TV song competition and was held, primarily, among the member countries of the European Broadcasting Union. Each participating country submits an original song to be performed on live television and radio and then casts votes for the other countries' songs to determine the most popular song in the competition.



MARCH 11 | 3 PM | JCC

JOIN US TO MARK 40 YEARS TO ISRAEL'S FIRST WIN IN THE EURO-VISION.

The **BIG WINNER** will be performing a song at the main community event to mark Israel 70's birthday

* Hebrew/Jewish affiliated songs only *

All ages can compete

WANT TO BE THE NEXT JEWISH STAR?

SIGN UP AT JEWISHCHATTANOOGA.COM

For more information contact our shlichah, Chen, at Israel@JewishChattanooga.com

SOCIAL SERVICES



Self-Care 101

Erricka Hill, MSW
Social Services Director
ehill@jewishchattanooga.com 893-9241

We are officially into the second month of the New Year! Now is the time when we often

start to think about how to continue keeping our New Year Resolutions. One way to do this is by making sure we are actively taking care of ourselves. When we find ourselves focusing more on others than ourselves, we become worn out, stressed, and run down. For those of us who spend time helping and caring for others, it is easy to neglect our own needs. When we don't take the time to re-fuel, it's like "running on empty."

It's great to care for our partners, children, pets, friends and family members. But add to that the numerous volunteer activities, errands, housework, family functions, meetings, etc.—and there isn't much time left to care for ourselves. We need to balance the stress and activity of daily life with activities that bring us a sense of peace and wellbeing, because when we neglect our own needs and forget to nurture ourselves, we often become unhappy and feel resentful. Self-care means treating yourself as a worthwhile person and showing yourself that you are deserving and important. So, how can you ensure that you are meeting your own needs?

First, eliminate all negative self-talk. Louise Hay, founder of Hay House and author of several self-help books including "You Can Heal Your Life," offers the "Mirror Technique." Hay says the most powerful affirmations are those you say out loud when you are in front of a mirror. It is beneficial because the mirror reflects back to you the feelings you have about yourself. It makes you immediately aware of where you are resisting and where you are open. It shows you what thoughts you will need to change if you want to have a joyous, fulfilling life.

As you learn to do mirror work, you will become much more aware of the words you say and the things you do. You will learn to take care of yourself on a deeper level. Hay points out that when something good happens in your life, you can go to the mirror and say, "Thank you, thank you. That's terrific! Thank you for doing this." If something bad happens to you, you can go to the mirror and say, "Okay, I love you. This thing that just happened will pass, but I love you, and that's forever." It may be difficult to sit in front of a mirror and face ourselves at first, she says, but as you continue, you become less self-critical, and more positive.

Second, learn how to handle setbacks and disappointments. According to an article published in *Psychology Today* by Deborah Ward, we should "be gentle with ourselves." Allow yourself to process disappointment, and then allow yourself to heal. Talking with others and finding alternative solutions to your pain is key to getting through setbacks and disappointments. Sometimes, she says, setbacks result in discovering a new you and a new way. Finding new opportunities out of disappointment can be a great reward.

Third, learn how to say, "NO" to people, places and things that no longer make you happy. Setting boundaries is so important in self-care. I was a big "people pleaser," because I am a helper by nature. It's why I became a social worker. But it is very important to set realistic boundaries. When we say no, we often worry that people will stop liking us. But, if you do it confidently and lovingly, those who care will respect you for it. Those who do not respect your decision do not have your best interests at heart.

Fourth, surround yourself with positive people who love and support you. Find and develop a support system of people who understand and can help you be successful in your own self-care.

Fifth, honesty is a huge step toward self-improvement. If we aren't honest with ourselves then we cannot expect to learn and grow as individuals, because we are not willing to recognize reality for what it is. Sometimes we use dishonest tactics as a way to protect ourselves. This may provide short-term happiness or relief, but in the long-run it is unhealthy and destructive. It is important to acknowledge both the good and the bad in our life. If we do not acknowledge both, then we can't fix what's truly making us unhappy. We also must remember we have control only over our own feelings.

Next, we have to have time to rest and reflect. Take 5-10 minutes every night to do this. An exercise such as walking is also a great way to reflect and practice relaxation techniques. This is a great time to use some self-talk and not to be too judgmental or critical with ourselves.

The goal of self-care is to learn how to set clear boundaries, surround yourself with family and friends that support you, and stay honest with yourself. If you can start there, you can go anywhere!

EMERGENCY CARE WALL

for sadness

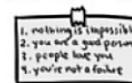


for loneliness



best friend's phone #

for self-doubt

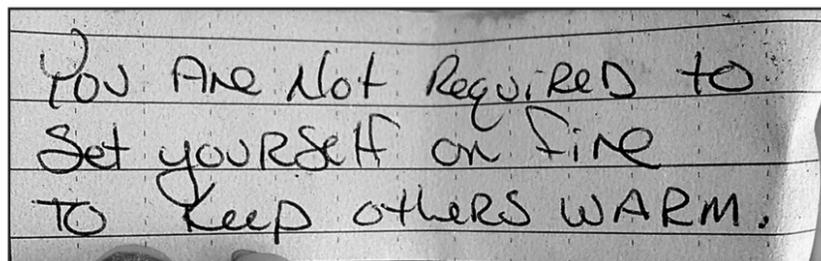


list of reasons why you can

And Just a few more tips. . .

- Eat healthily and mindfully. Indulge in a meal without any distractions.
- Keep track of your accomplishments. At the end of the day, make a list (either mental or write it out) of the productive things you've done that day.
- Express gratitude.
- Create a cozy space. By building a space that feels warm and inviting, you establish an inviting retreat for when tough times arise.
- Read a book.
- Move. What people say about exercise and endorphins is true; getting active increases feelings of happiness.
- Unplug. Take the time to break away from social media, and allow yourself to focus on the beauty of the moment.
- Create something. Whether it's a batch of brownies or a pastel drawing, getting artistic allows us to feel mindful and productive.
- Build a self-care kit.

Source: Amanda Kohr, *Wanderlust.com*



Need a Ride? Tips for Van Travelers



Please book trips at least 48 hours in advance by contacting the appropriate driver **during office hours** (9:00 a.m. to 5:00 p.m.)

Mondays-Rick

Jason Shuman: 423-320-1480

Tuesdays-Eddie and Jason

Rick Jacobs: 423-432-2222

Wednesdays-Rick

Eddie Reel: 423-298-7169

Thursdays-Eddie

- Contact the office or driver as soon as possible if unable to take the trip.
- Please schedule all possible location stops with your driver while making your appointment to accommodate your needs.
- We are more than happy to stop at an unexpected location for you but we cannot guarantee to accommodate you because of other scheduled trips with passengers.

But first. . .

Contact the Social Services department for approval to receive transportation services. Once you have been approved, you may call the appropriate driver for the day you need transportation.

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ANNUAL MEETING

The Federation Annual Meeting took place January 18. Outgoing Board Chair Lee Brouner gave welcoming remarks, and was presented with a piece of original art as thank-you for his service. Austin Center, incoming Board Chair, gave a campaign report and, along with Federation Executive Director Michael Dzik, presented the 2017 Sapir Award to Barbara Oxenhandler for Campaign Excellence. Secretary Robin Balser and Vice Chair Mike Spector presented awards to the Volunteers of the Year. Andy Hodes reported on the status of the Legacy Society and Endowments, after which Fern Shire led the swearing-in of new officers. Austin Center introduced Jeannie Smith, the evening's keynote speaker, and Dzik made closing remarks. A dessert reception followed. *Not pictured below: Richard Zachary, Mizpah Volunteer of the year; Trent Center, Machanooga Volunteer of the Year.*



Lee Brouner



Austin Center



Jeannie Smith, keynote speaker



Michael Dzik, Austin Center, Lee Brouner



Michael Dzik, Barbara Oxenhandler, Austin Center,



Robin Balser, Mike Spector



Barbara Oxenhandler, B'Nai Zion congregation



Millie Lander, Hadassah



Ashley Stein, Aleph Bet Children's Center



Max Brenner, Federation



Hadassah Shulkin, Chabad of Chattanooga



Andy Hodes



Fern Shire



Community volunteers of the year in attendance