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SOCIAL SERVICES



M is for May--And for Mental Health

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

Mmm... May. It just sounds nice, doesn't it? It's the promise of warmth and sunshine. The flower for May, lily of the valley, promises a return of happiness. That's exactly what May feels like after a long,

cold winter.

Aside from the sunshine and pretty flowers, May is also known for Mental Health Awareness Month. Mental health is essential to everyone's overall health and well-being.

According to the Anxiety and Depression Association of America, 18.1% of Americans who suffer from depression, schizophrenia, and bipolar disorder face the stigma and realities of living with these conditions every day.

Mental Health Awareness Month was started in the United States in 1949 by Mental Health America. It came about by presidential proclamation. The purpose is to raise awareness and educate the public about important mental health issues, and to reduce the negative attitudes and misconceptions that surround mental illnesses. It also aims to draw attention to suicide, which is often the result of untreated or poorly managed mental illness.

Mental Health America and its affiliates, and other organizations interested in mental health, host a number of activities which are based on a different theme each year. This year's theme is Fitness #4Mind4Body. The focus is on what we as individuals can do to be fit for our futures, no matter where we happen to be on our own personal journeys to health and wellness.

Here are a few suggestions for staying mentally fit:

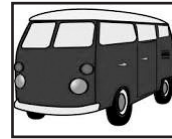
- Paying attention to both your physical health and your mental health can help you achieve overall wellness and set you on a path to recovery.
- A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.
- Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way toward making you both physically and mentally healthy.
- Getting the appropriate amount of exercise benefits nearly all aspects of a person's health. Not only does exercise help control weight, it also improves mental health, and your chances of living longer and healthier.
- Recent research is connecting your gut health with your mental health. So, when it comes to diet and nutrition, it's all about finding the right balance of nutrients to benefit both the mind and body.
- Sleep plays a role in all aspects of our life and overall health.
- Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities.
- Stress has a huge impact on our lives and can make even day-to-day life difficult. Research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.
- Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes.



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
 Tuesdays-Eddie and Jason
 Wednesdays-Rick
 Thursdays-Eddie



Jason Shuman: 423-320-1480
 Rick Jacobs: 423-432-2222
 Eddie Reel: 423-298-7169

- 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.

Judaism and Mental Illness

The information below is excerpted from myjewishlearning.com. It has been edited for space. Please see entire article at <https://www.myjewishlearning.com/article/judaism-and-mental-illness/>

Is there a stigma against mental illness in the Jewish community?

The stigma against mental illness is not limited to Jews. Mental illness is still often perceived as less "real" than physical illness, a sign of weakness or a defect of character. Surveys have shown that American employers are reluctant to hire people with histories of psychiatric problems or who are undergoing treatment. Research suggests that a majority of people hold negative attitudes toward the mentally ill and that, for many families, mental illness is a source of shame and embarrassment. That in turn leads sufferers to conceal their condition, making it less likely that they will seek treatment.

Do Jews suffer from mental illness at higher rates than the general population?

The idea that Jews are more anxious and neurotic than the norm is a widely repeated stereotype, one that has been attributed both to the many well-known Jewish neurotics who have played up their anxieties for comedic effect in film and television, as well as a tendency to celebrate Jewish anxiety as a sign of heightened intelligence. But the scientific data does not support the idea that, on average, Jews suffer from mental illness at higher rates than the general population.

A 1992 analysis of data from the National Institutes of Mental Health found that "the overall lifetime rate of psychiatric disorder did not differ among Jews as compared to non-Jews, even after controlling for demographic factors."

The study did find that Jews suffer from certain mental illnesses at higher rates, including major depression, dysthymia, schizophrenia and simple phobia, but had lower rates of others, including alcoholism. This finding echoes the results of studies conducted in the 1950s and 1960s that found elevated rates of neurosis and manic depression (now known as bipolar disorder) among the Jewish population.

The 1992 analysis found that rates of bipolar disorder, panic disorder, agoraphobia, social phobia, obsessive-compulsive disorder and drug abuse did not differ significantly between different religious groups. A 2007 study found that the frequency of mood and anxiety disorders in Israel is within the range of rates found in other Western countries.

William M. Hillner, Ph.D. Clinical Psychologist

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ALEPH BET CHILDREN'S CENTER



Meghan Graybeal
Aleph Bet Children's Center
alephbet@jewishchattanooga.com
(423) 893-5486

We have brought back the Aleph Bet Buddy program! What is an Aleph Bet Buddy? Aleph Bet Buddies are individuals like you, who understand the value of early childhood education, who want to help Aleph Bet maintain its high standards of excellence, and who want the very best for the children in our community. Since student tuition covers only 80% of the school's operational needs, Aleph Bet raises the other 20% through parent-driven fundraisers, grants, and the Aleph Bet Buddy Program – because you can never have too many buddies!

We reached out to our amazing alumni from the past 14 years and they have already begun to respond generously. But this program isn't limited to former AB students! To become an Aleph Bet Buddy, visit the "donations" tab at aleph-bet.com, or mail a check to the school. In recognition of your support, you will receive a special acknowledgement in *The Shofar*; and your name will be listed on our Buddy Board at Aleph Bet. And of course, your gift is tax deductible. Thank you for your support!

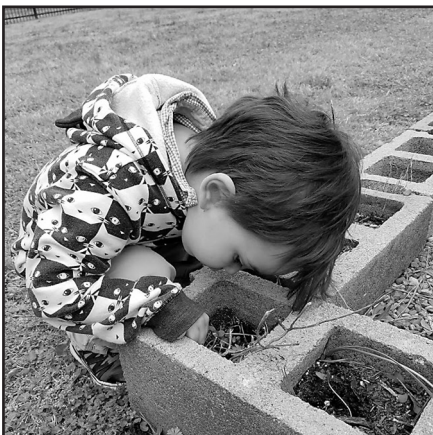
**Aleph Bet Children's Center
is Now Enrolling!**



**Now is your chance to join us for
Camp Aleph Bet (June & July)
and the 2018-2019 school year!**

**Visit aleph-bet.com for more
information, to schedule a tour, or to
fill out a "pre-enrollment" form.**

Spring-ish Days at Aleph Bet



Above, clockwise: Nothing growing in the garden yet; But we still found flowers in the yard!; Passover seder before the plagues; And after a few plagues rained down; Bubbles!; Thank you Chen for teaching us how to play Dag Maluach; bottom left, the Blue Room coffee shop is open for business!



THANK YOU TO OUR ALEPH BET BUDDIES!

- XXXXX
- QUINN HERSTIK-BERGER, CLASS OF 2017
 - LILY SHIRE, CLASS OF 2005
 - LEVI LEBOVITZ, CLASS OF 2009
 - ABE LEBOVITZ, CLASS OF 2007
 - ARTHUR LEBOVITZ, CLASS OF 2005
 - AMELIA KAPLAN, CLASS OF 2012
 - AVA KAPLAN, CLASS OF 2014
 - HANNAH SADOFF, CLASS OF 2015
 - DANIELLA SADOFF, CLASS OF 2017
 - REBECCA DZIK, CLASS OF 2007

Aleph Bet is recognized by the State of Tenn. for its commitment to good health



Aleph Bet Children's Center, a program of the Jewish Federation of Greater Chattanooga, aims to provide an educational, interactive and developmentally appropriate preschool program that is enriched by Jewish traditions and values and implemented by a trained, dedicated, and nurturing staff.

MIZPAH CONGREGATION



923 McCallie Avenue
Chatt., TN 37403
423-267-9771
mizpah@epbf.com
mizpahcongregation.org

Richard Zachary, page editor

2018 Passover Seder at Mizpah

Mizpah Congregation held its Passover Seder in Feinstein Hall March 30th. **Rabbi Lewis** officiated. Special thanks go out to **Ruth Longway** and **Carla Morrow** for the idea and implementation of "Passover in the Shtetl". Thank you also to musicians **Marianna Allen**, **Joel Schribner** and **Tara Grear**, and to **Jen Lewis** for the Chagall decorations.



MAY WORSHIP AND STUDY SCHEDULE

Wednesdays: 2, 9, 16, 23, 30	
Mussar: Sacred Teachings and Ethics	7:30 am
Thursdays: 3, 10, 17, 24, 31	
Lunch 'n Learn: Seasonal / current events	12:15-1:15 pm
Fridays: Oneg/Kabbalat Shabbat Services	5:30/6:00 pm
May 4: First Friday Family Shabbat Service	
Installation of new Officers and Board	6:00 pm
First Friday Shabbat Dinner	6:45pm
May 11, 25: Kabbalat Shabbat	6:00 pm
May 18: Shabbabat: Children's Service	5:30 pm
Shabbat Shirim (Feinstein Chapel)	6:00 pm
Chardonnay Shabbat Oneg	6:45 pm
Saturdays: 5, 12, 19, 26	
Torah Study w/ breakfast	9:00 am
Shabbat Worship services w/ Torah Reading (services held in Feinstein Chapel)	11:00 am
Sunday: May 6: Machanooga: Sunday School at Mizpah	10:00 am
Mizpah Book Club: home of Richard and Ruth Zachary	10:30 am

Please Note: Due to normal security concerns, Mizpah doors - front and back - are locked at all times. Use the code or ring the bell. Thanks.



Wednesday Morning Mussar

Wednesdays at 7:30 a.m.

Mussar is a 1,000-year-old tradition of Jewish study in which the focus is practical application of our sacred teachings into the ethics by which we guide our lives. We use teachings from Alan Morinis' book, *Every Day, Holy Day*, as launching

off points to discuss Jewish values and to explore texts from Talmud and other books of Jewish law, theology, and practice. Bring your coffee, a bagel or nosh if you like, and let Torah provide you extra energy for the rest of the day.



Lunch and Learn

Thursdays from 12:15-1:15

Bring your own lunch as Rabbi Lewis presents teachings on seasonal topics: upcoming holidays, world events, or as guided by the interest of participants. These sessions will be a pleasant way to see Temple friends during the week and to explore deeper understandings of Judaism together.



MIZPAH ANNOUNCES OFFICERS AND BOARD FOR 2018-2019

The following is the slate of Officers and Board members for 2018-2019 as proposed by the Nominating Committee. Mizpah members voted in this slate at the April 29th Annual Meeting. Thank you to Stefanie deOlloqui and her Governance committee.

President: Alan Richelson
VP-Administration: Frank Miller
VP-Programming: Paula Israel
Board Secretary: Josh Weiss
Treasurer: Sandy Dittus
Immediate Past President: Henry Schulson
Appointed Board Members:
Beth Thomas (website manager)
Richard Zachary (Newsletter)
Carolyn Potts (Youth member)
Robert Stahl
Cemetery Board representative: Dana Banks
Cemetery Control Board Members:
Gary Chazen
Shelton Goldblatt
David Israel
Frank Miller
Donna White-Dropkin
Iris Abelson

Standing Committee Chairs:
Archives: Max Brener
Development: Finette Winer
Education: Josh Schklar
Governance: Stefanie deOlloqui
Membership: Barbie Potts
Physical Properties: Gary Chazen
Religious Activities: Cathryn Cohen
Social Action: Rose Opengart

Trustees:
Gary Chazen
Flossie Weill
Sandy Dittus
Bob Berz
Jim Levine



B'NAI ZION CONGREGATION



Contact Information:
(423) 894-8900
office@bzcongregation.com
www.bnaizioncongregation.com



Jew Crew during Good Deeds Day

Bride for a Night: Talmud Tales – Tuesdays, May 1, May 8, May 15 at 11:00 am

Ruth Calderon recently electrified the Jewish world with her teachings of talmudic texts. In this volume, Calderon rewrites talmudic tales as richly imagined fictions, offering a fascinating window into some of the liveliest and most colorful stories in the Talmud. Breathing new life into an ancient text, *A Bride for One Night* offers a surprising and provocative read, both for anyone already intimate with the Talmud or for anyone interested in one of the most influential works of Jewish literature.

Lag B'Omer (minyan)--Wednesday, May 2nd at 6:30 pm

Come celebrate Lag B'Omer, as well as the end of Beit Sefer Ivri, with an outdoor festival full of food and fun! We'll channel a Lag B'Omer bonfire into a delicious grilled meal while we enjoy the beautiful spring weather with sports, games, and kite-making! After miyan on Wednesday, May 2nd, we will join together outside to celebrate!

Bagels, Lox and Tefillin--Sunday, May 6 at 9:30 am

All are welcome to join the Men's Club for our monthly Bagels, Lox, and Tefillin. This month we will be discussing the upcoming Festival of Shavuot and its various understandings, meanings, and practices.

Lunch-n-Learn--Wednesday, May 9 at 12:00 pm

Nourish your soul and stomach with Lunch-n-Learn! As we come together before the secular Birthday of Israel, May 14th, we complete our series of Israel-themed discussions. Join us as we reflect on our homeland's past 70 years.

Mental Health Awareness Month--Shabbat, May 12th

We will have a guest speaker on the topic of mental health awareness. *The house of worship represents one place where the barriers fall and we all stand equal before God.* -Rabbi Harold Kushner

Unveiling for Amelia Allen – Sunday, May 13th at 10:00 am

Our community will join the Allen/Lebovitz/Frank family to mark the unveiling.

Tikkun Leil Shavuot--Saturday, May 19, 7:30 pm - 9:30 pm

Home of Rabbi Tandler and Ross Sadoff

Shavuot celebrates the giving of the Torah at Mount Sinai. In anticipation of revelation, it became traditional to stay up all night and study Jewish texts. While we are not making an all-nighter out of the event, we promise an appetizing evening of dairy refreshments along with texts to satisfy the soul. **Babysitting provided (on a different floor).** Also Kids PJ Ice Cream Sundae Party. Please let us know if your children will attend.

Shavuot Service Times

Sunday, May 20 - 9:30 am

Monday, May 21 - 9:30 am

(Yizkor will not begin before 11:00 am)

Youth Shabbat and Confirmation Celebration **May 19, at 9:30 am** - Join us on Saturday, May 19 for our annual Youth Shabbat where we will showcase all of B'nai Zion's fantastic youth! As well, we will hear from, celebrate, and send off our amazing seniors: Arthur Lebovitz, Hannah Berke, Lily Shire, and Murray Lebovitz. A light kiddush luncheon will follow services

Einstein and the Rabbi--May 20

At BZ after services – around noon.

Jessie Fine and Robert Burnstein's Aufruf

Saturday, May 26

Join us on Saturday, May 26th, for a beautiful ceremony to celebrate the upcoming nuptials of Jessie and Robbie. They will be called to the Torah so we can join in Simchas. Kiddush luncheon to follow.

Open House Shabbat- Hosts- Laurie Fisher and Matt Lauer

June 1st - 6:45 pm - TBD Join us for a twist on the traditional Shabbat dinner and an authentically Jewish way to celebrate life while strengthening community. This dairy/vegetarian potluck will be hosted by B'nai Zion members in their homes. There is no cost to the program. We just ask that you sign up with the office to bring a dish. We hope that you will enjoy this opportunity to engage in a meaningful Shabbat experience with friends, new and old, in our community.



Pirkei Avot

As is tradition, each week between Pesach and Shavuot, we will be studying a small piece from the chapters of Pirkei Avot, the Ethics of our Sages, a compilation of the ethical teachings and maxims passed down between our people. Join Rabbi Tandler and Mr. Eytan Wednesdays during Minyan to take part in this great tradition and to learn various pieces of our sacred texts.



Annual Meeting - June 10th - 10:30 am

Please note: You must be a member of B'nai Zion Congregation in order to attend.

CHABAD OF CHATTANOOGA



Rabbi Shaul Perlstein
 Rabbi@jewishchatt.com
 950 Vine Street
 423-490-1106

Passover Seder Most Memorable to Date

Thank you to all 182 attendees who came to experience the beautiful music, hors d'oeuvres, cocktails, singing, wine, magical afikomens, and break-dancing Elijahs! Thank you to Chef Bruce Weiss and Matthew Davis for a four-course, five-star dinner. Thank you to our sponsors, volunteers and community for this beautiful event!!



"From the first day, our kids came home saying this was the best camp ever, then each day after that they would say, it got even better! Thank you for the best summer ever! At least until next year at Gan Izzy!" - Proud CGI Parents

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Lag BaOmer is May 2 and 3

Lag BaOmer, is a festive day on the Jewish calendar. It is the Yahrtzeit of the famed Rabbi Shimon bar Yochai, who instructed his disciples to mark the date as "the day of my joy."

Lag BaOmer also commemorates another joyous event. The Talmud relates that in the weeks between the Jewish holidays of Passover and Shavuot, a plague raged amongst the disciples of the great sage Rabbi Akiva, "because they did not act respectfully towards each other." These weeks are therefore observed as a period of mourning, with various joyous activities proscribed by law and custom. On Lag BaOmer the deaths ceased. Thus, Lag BaOmer also carries the theme of the imperative to love and respect one's fellow (ahavat yisrael).

What do we do on Lag BaOmer?

It is traditional to light bonfires! These commemorate the immense light that Rabbi Shimon bar Yochai introduced into the world via his mystical teachings. This was especially true on the day of his passing, Lag BaOmer, when he revealed to his disciples secrets of the Torah whose profundity and intensity the world had yet to experience.

By far, the largest Lag BaOmer celebration takes place in and around Rabbi Shimon's tomb, located in the northern Israeli village of Meron. Hundreds of thousands from all walks of Israeli culture attend the festivities, and the round-the-clock celebration, singing and dancing are unparalleled.

--Children customarily go out into the fields and play with imitation bows and arrows. This commemorates the tradition that no rainbow was seen during Rabbi Shimon's lifetime. Rainbows first appeared after Noah's flood, when

--G-d promised to never again devastate the world. When the world is deserving of punishment, G-d sends a rainbow instead. Rabbi Shimon's merit protected the world, rendering the rainbow superfluous.

--The Chabad Rebbe encouraged the practice of arranging children's parades on Lag BaOmer in celebration of Jewish unity a major Lag BaOmer theme.

--The Chattanooga Lag B'Omer event will take place at the magnificent McDonald, farm called Powder Springs Farm. We will celebrate with a massive bonfire, day at the lake zip lining and an extravagant barbecue including smoked brisket and corn beef.

CHABAD OF CHATTANOOGA INVITES THE JEWISH COMMUNITY FOR

This Shavuot Make Your Sundae on Sunday!

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HADASSAH NEWS



Hadassah Happenings

by Cathryn Cohen,
Chapter Reporter



hadassah.org
Chattanooga
Chapter

The tables were set, the flowers were lovely and the guests were all dressed up in their Saturday best! There was a buzz in the air as they were brought up to date on activities around town. Those who hadn't yet met the scheduled guest speaker, Hadassah Life Member and seemingly inexhaustible ball of energy Joy Feldman, were at the table looking over her books on display: *Joyful Cooking* and, for pint-sized cooks, *Is Your Hair Made of Donuts?*

We took care of some chapter business, and our own Cathryn Cohen became a brand new Chai Society Donor (which she recommends to all who haven't stepped up yet or are thinking of rising up to the next level). A delicious lunch was served by the Chattanooga staff. Rabbi Craig Lewis of Mizpah Congregation gave the invocation, and then President Judy Sachsman introduced us to Joy, who presented "Every Bite Counts." Great food, great location, great day celebrating donors and great event. Big thanks go out to Paula Israel, Carla Morrow, Lily Dropkin, Millie Lander and Judy Sachsman, great committee members.

As recently noted by the National Board, it takes hard work and dedication to thrive for a century, bringing hope and healing to families around the world. Now, they note, it's time to dress up in red, have some fun, and celebrate our milestones: Israel's 70th Anniversary and the Power of Women Who Do! We ask you to help us honor two very special, passionate Zionists and health advocates, Hadassah Past National President Nancy Falchuk and Dr. Barbara Heller, in a gala to beat all gala's in Washington, D.C. this spring. We'll have entertainment by Tony Award nominee Megan Hilty, currently starring on an NBC series. Details coming soon.

As Hadassah joins with the State of Israel, together with Hadassah nurses who now span the world, and the world-renowned Hadassah Medical Organization and so many other people and places who have helped build and come to represent the modern State of Israel and who now joyfully celebrate its 70th anniversary, please join with us Zionist women to continue the vision of building bridges to peace while supporting a strong Israel. Hadassah is committed to continuing to build momentum around our vision of Zionism as a positive force in the region and everywhere.

The late, most honored Past Prime Minister, Shimon Peres, once said about us, "No institution models a place of complete peace under the most demanding circumstances more than Hadassah." Inside Hadassah's hospitals, medical teams and researchers of all faiths work side-by-side to provide some of the best treatment in the Middle East. This care and HMO's humanitarian initiatives extend far beyond the hospitals' doors. Let us continue in the same spirit to raise the great volumes of dollars so these ideals can continue to be met.

Hadassah Donor Luncheon, April 8, The Chattanooga



President Judy Sachsman welcomes Rabbi Craig Lewis, Jen Lewis, and Joy Feldman



Lily Dropkin, Nicole Taege and Israeli shlichah Chen Dahan welcome guests



Dana Waxler presented heart pendant to Cathryn Cohen, who became a Chai Society donor



Joy Feldman, nutrition coach, guest speaker, author of *Is Your Hair Made of Donuts?* dons donuts wig



CELEBRATE HADASSAH'S MILESTONE ANNIVERSARIES
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HENRIETTA SZOLD HADASSAH-HEBREW UNIVERSITY SCHOOL OF NURSING @100
HADASSAH OPHTHALMOLOGY DEPT @100
ISRAEL @70

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\$575 Early Bird Rate (registration opens early 2018)
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*National Assembly starts May 14

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• VIP Hadassah hospital visit with renowned Hadassah researchers
• March together in the footsteps of our nurses through the streets of Jerusalem.
• Visit Shiloh, established by Joshua as the spiritual capital of Israel; one of the most dramatic sites in Israel where the archeological remains of the Tabernacle lie.

Special Track for Nurses
• Meet our Israeli colleagues in Jerusalem.
• Visit a school in East Jerusalem & observe a Hadassah Palestinian nurse teach young women about heart healthy lifestyle.

Optional Extensions: Oct. 15 - 18, 2018

Campus Campaign Builders of Promise Pre-Tour: Oct. 5 - 8, 2018

FOR MORE INFORMATION: ayelet.com/hadassah-travel or call 800.237.1517

FOR MORE INFORMATION, hadassah.org
frosenberg@hadassah.org or rsmolow@hadassah.org

HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.



As always, we have great gift ideas for Life Cycle events or "Just For Instance" that are perfect to support Hadassah and Young Judaea as well. Jewelry and Certificates can be just the right thing.

Still new on the scene is the Endless Beginnings pendant that supports medical research at Hadassah Medical Center. These beautiful pendants can be purchased for \$150. Bangle charm bracelets support our Young Judeans and Camp Judaea facilities. Charms include the Young Judaea lion, hamsa and Star of David. (Visit Hadassah.org to see these.) Purchase one for \$25, two for \$48 or three for \$70.

You can also always buy Hadassah Certificates for \$18, \$25, \$36 or \$50. For all jewelry and certificates, contact Millie Lander. To purchase cards for any occasion, contact Paula Israel.

FEDERATION BULLETIN BOARD

The Shofar

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

Austin Center, Board Chair
Michael Dzik, Executive Director
Dana Shavin, Editor

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-Alice Goss-Morgan (Kitchen Supervisor), ext. 12

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Austin Center (Federation Board Chair), (423)933-3533
email: boardchair@jewishchattanooga.com

Jewish Federation Mission Statement

The Jewish Federation of Greater Chattanooga builds and fosters a strong unified Jewish community and strives to ensure its well-being and continuity locally, in Israel, and throughout the world.

Jewish Cultural Center Statement of Purpose

The Jewish Cultural Center, funded by the Jewish Federation of Greater Chattanooga, is a venue for programs, classes, and exhibits; social services; and a preschool—all rooted in Jewish values. The facility enables the Jewish community to raise its visibility, foster relationships, and strengthen its identity in the Chattanooga area.

Shofar Policies and Procedures

Article/Advertising Deadline

The deadline for *Shofar* articles, announcements, photos and advertising is the 8th of the preceding month. Submit articles via email to *Shofar* editor Dana Shavin at dshavin@jewishchattanooga.com. Photos should be e-mailed as high resolution (300 dpi) jpeg files. Hard copies of photos will be returned once they are scanned and the issue has gone to press.

The Shofar calendar

The Federation maintains an online calendar for the community that includes congregational events, social activities, special services and celebrations. Contact Jake Balser at the Federation (493-0270, ext. 10; federation@jewishchattanooga.com) before scheduling your event and/or to add your date to the calendar. View the online calendar by visiting www.jewishchattanooga.com and clicking the calendar tab.

Only Jewish Federation and Federation-sponsored events are listed on the *Shofar* calendar, which appears on the inside back page of each issue.

Letters to the Editor

It is the policy of *The Shofar* to encourage letters to the editor. For a letter to be published, it must be signed. The writer's name will be printed. Letters may be edited for length and are selected for publication at the discretion of the editor. Letters should be no more than 200 words.

Mazel Tovs and Condolences

Please contact Dana Shavin (or dshavin@jewishchattanooga.com or 493-0270, ext. 12) with information regarding mazel tovs and condolences. Whenever possible, dates of death will be printed. These announcements are accepted until the 20th of the month.

Articles about upcoming Bar/Bat Mitzvahs, weddings and other special events are featured on the Community Lifecycles page. Text and photo must be provided in accordance with *Shofar* deadline on the 8th of the month preceding the issue.

Corrections

Please contact *Shofar* editor Dana Shavin if you find an error in *The Shofar*. We aim for accuracy.

Community Directory Updates

If you have updates/corrections to the community directory, please contact the Federation at federation@jewishchattanooga.com or 493-0270, ext 10. You can also make corrections at our website, jewishchattanooga.com.

May 2018 Iyar/Sivan 5778

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1 Tuesday Cafe Noon, JCC	2 Jewish Film Series <i>In Between</i> 7:15pm, JCC	3 Lag B'Omer	4 Candle Lighting 8:12	5 Candle Lighting 9:11
6 Jew Crew 12:15pm Hamilton Place Mall Jewish Film Series <i>Maktub</i> 3:00pm, JCC	7	8 Tuesday Cafe Noon, JCC	9 Life and Legacy Celebration 5pm, JCC Jewish Film Series <i>The Last Suit</i> 7:15pm, JCC	10 Summer Exhibit open to public	11 YJL Shabbat Candle Lighting 8:17	12 Candle Lighting 9:18
13	14 Foreign Policy Supper Club 6pm, JCC	15 Tuesday Cafe Noon, JCC	16 Jewish Film Series <i>A Quiet Heart</i> 7:15pm, JCC	17 "For You Were a Stranger in Egypt" 7pm, JCC	18 Memory Screening Candle Lighting 8:23	19 Candle Lighting 9:24
20 No Federation Programs Shavuot Candle Lighting 9:25	21 Federation and AB Closed Shavuot Candle Lighting 9:26	22 Tuesday Cafe Noon, JCC	23 Jewish Film Series <i>Shelter</i> 7:15pm, JCC	24 Aleph Bet Graduation 4pm, JCC	25 Candle Lighting 8:28	26 Candle Lighting 9:30
27	28 Federation and AB Closed for Memorial Day	29 Tuesday Cafe Noon, JCC	30 Jewish Film Series <i>Maktub</i> 7:15pm, JCC	31	1	2

For an up-to-the-minute version of a calendar that displays events for all Jewish community organizations, click the Community Calendar tab on the homepage of www.jewishchattanooga.com. The Shofar calendar lists only Jewish Federation and Federation-sponsored events.

Key May Federation Dates

May 1, 8, 15, 22, 29
Tuesday Cafe
May 2, 6, 9, 16, 23, 30
Film screenings
May 9
Life and Legacy Celebration
May 10
Summer Exhibit Opens
May 14
Foreign Policy Supper Club
May 17
Shaliach program
May 18
Memory Screening
May 24
AB Graduation

The Shofar is online at the Federation website.

Go to Jewishchattanooga.com/Shofar
The online Community Calendar is current.

Calendar Abbreviation Key

AB Aleph Bet Children's Center
JCC Jewish Cultural Center
MZP Mizpah Congregation
P2G Partnership 2Gether
YJL Young Jewish Leadership

Breaking News!

You can now update your contact information for the Directory by going to the website! Simply go to <https://www.jewishchattanooga.com/directory> and follow the yellow brick road (so to speak). It's so easy!

This issue was mailed on or before April 27.
Please contact your mail carrier or local postmaster if you did not receive it promptly.

Please see page 18
for Shofar policies and procedures.



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- Insect Sting Allergy

BACK ROW: Shandra Burnett, FNP; Christy Kensey, FNP; Brittany Hamby, FNP; Linda Melton, FNP;
Donna Bearden, FNP; Shannon Hayes, FNP; Honor Hightshue, FNP

FRONT ROW: Hyman Kaplan, MD; Lee Perry, MD; Marc Cromie, MD; Todd Levin, MD; Jennifer Patel, MD



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