

Campaign 2020

the Shofar

September 2019

A Publication of the Jewish Federation of Greater Chattanooga



New Year, New Us

It's here! The new *Shofar* magazine is here! After 30+ years in a newspaper format, we've moved to a more hip and modern look. All of the great community activities from the Federation and all of our congregations and organizations are still included. Photos will be clearer, including the many in color. We hope you continue to use this Jewish community resource and engage wherever you want.

September is quite an exciting month for other reasons as well. It was just a couple of weeks ago that we said "*l'hitraot*" to our shlichah, Chen Dahan. Now we are thrilled to welcome our newest community member



Michael Dzik

from the executive director

and shaliach, Amit Matityau. Come to the JCC Thursday, September 5th at 5:30 pm for a casual meet and greet with Amit. There's no cost to attend so drop by after work to say hello!

Our musically themed Campaign Kickoff is Thursday, September 12th at the JCC. Come for dinner and conversation at 5:30; the program will start at 6:30. Our campaign cabinet has done a wonderful job not only of planning the event, but also of engaging forty Ambassador volunteers to help with the 2020 campaign. And, by the way, did you get your puzzle piece? Have you mailed it back with your pledge card? Come by the JCC to see the progress of the community puzzle.

Put on your running shoes for our evening Night Run on Saturday, September 14th. This year's event will be held at Blue Goose Hollow trailhead at 8:45 p.m.. Register online for this fun 5K; proceeds support Chattanooga's Get Active program as well as Neve Michael Children's Village in Israel. See more about Night Run on page 11.

Our Major Gifts brunch event returns Sunday, September 22nd at 11:30a.m. Special thanks to Jen and Aaron Lincove for hosting the event at their home, as well as to Fern and Jim Shire for chairing this special event.

So much more is happening this fall at your Jewish Federation. Read through the magazine and check out the website (jewishchattanooga.com) to discover a variety of programs to take advantage of. Looking forward to seeing you soon!

Responsibility



Austin Center

This past month I had the opportunity to join 130 leaders from Jewish Federations across North America, including Mike Spector, Kevin Rose, Rob Lowe, and Michael Dzik, on the Financial Resources and Development mission to Argentina and Uruguay. This is something I have

been able to do for the past five years. On each of these trips, there is new learning and an appreciation for all that the Federations do to help around the world. But one word in particular keeps coming back to me: responsibility.

When we speak of *tikkun olam*, or repairing the world, we are speaking of our responsibility to step up and help others in need. It is this action more than any other that repairs the world. As a child, I learned the importance of stepping up and taking responsibility from my parents, and it continues to be an important part of my Jewish journey today.

While on this mission, I spoke to many of the recipients of our campaign dollars, which are distributed through our partners, including the Joint Distribution Committee, the Jewish Agency, and World ORT. These dollars work hard, educating people and funding programs, caring for Jews at home and abroad, and helping to sustain Jewish life around the world. This is our goal, and our responsibility.

While in Montevideo Uruguay, I met a high school senior named Dayu. She is a leader in her Jewish community youth group that is similar to our Jew Crew. She spoke excitedly about her plans to visit Israel and the US, and she repeatedly thanked me for visiting, saying that she is proud and determined to share her Jewish journey with others. I told her that Jewish Federations of North America is what is funding programs like hers and making her travels possible. She was truly appreciative, and her appreciation was truly moving.

In reflecting back on the conversation I had with Dayu, I recalled similar conversations I had in Budapest with a 17 year-old named Sophie, and with a young man in Israel named Simon, and with a young woman in Kiev named Olga.

The Jewish Federations' programs around the world are working. The next generation of Jews is coming to embrace *tikkun olam*, and learning that responsibility is at the root of making it a reality.

from the board chair

Israel Programming at the Federation



With the next Israeli election in September, and the Federation's Annual Campaign starting, you have to be wondering about the Federation's stance on Israel. Thinking of how our mission affects Israel programming is important. Part of our Jewish Federation's mission statement reminds us that we strive to ensure

the well-being of the Jewish community in Israel. This month I worked very hard to visualize the context of our programming. Think of it like a the layers of a parfait!

The bottom layer of our incredible programming is the Shlichim Program. Each Israeli who comes to Chattanooga helps us put a face on Israel. They guide the community with Hebrew programming, discussions of current affairs in Israel and what it means to be Israeli, and much more. Usually they leave Chattanooga understanding Jewish identity differently. This binds the community together...acting as a foundation. And, as people from Chattanooga visit Israel, our past shlichim are always welcoming and make time to update us on personal and national events.

This program is where our Federation puts a large amount of resources, both campaign dollars and staff time. Why? Because the impact of someone having conversations and giving us firsthand knowledge is important, and is meaningful. It is also important that the shlichim live with us. It is a way for people who have not yet been to Israel to get a taste of what it means to be Israeli: a sense of Jewish identity, close up.

The next layer in our programming is Partnership2Gether (P2G), where we also interact directly with Israelis. Our partnership is with the Hadera-Eiron region. Recently Chattanoogaans have participated through the Physician's Exchange, the Leadership2gether (L2G) exchange, and this fall with the Jacksonville L2G seminar in Jacksonville and the Educator's Exchange in Israel. We are working on a Taste of Partnership program for the spring, which will feature a chef and a musician.

Every other year the Federation produces a mission trip to Israel and encourages others to go to Israel with both Federation programs and separately. We encourage participation in Birthright, MASA, and other programs that take people to Israel. Often people call and ask for assistance in finding a guide, suggestions of sites to visit, and the best way to travel to Israel.

Smaller, but important layers include the

screening of Israeli films in the Chattanooga Jewish Films Series, updates from AIPAC and CUFI, and visits from traveling speakers.

What the Federation does not do when it comes to Israel is participate in Israeli politics. Israel is a democracy and has the right to choose its leadership and policies as an independent nation. Federation donors and staff have various personal points of view on the politics and policies of Israel. Your campaign dollars don't support these. Your dollars support the above mentioned programs and education efforts alone. Questions or suggestions about upcoming programs? Contact Ann Treadwell at atreadwell@jewishchattanooga.com.

For a full listing of monthly programs, please go to our website, jewishchattanooga.com

Foreign Policy Supper Club Monday, September 23 at 6 p.m.



State of the State Department and Diplomacy

During the Trump administration, the usual ways of conducting diplomacy have been upended. Many positions in the State Department have never been filled, and meetings with foreign leaders such as Kim Jong-un and Vladimir Putin have been undertaken with little advance planning. What effect are these changes having now, and how will they affect ongoing relationships between the United States and its allies and adversaries?

Join us for this discussion September 23rd at 6pm. \$12 includes dinner, handouts, and discussion. RSVP@jewishchattanooga.com, 493-0270, or on the website at Jewishchattanooga.com.

The Value of Your Contribution



Mike Spector

I have been privileged to go on three national Federation campaign missions: two years ago to Ukraine and Israel, last year to Germany and Hungary, and this year to Argentina and Uruguay. Even though the training is similar, the various countries we visit allow us to see exactly what the Jewish Agency and the Joint Distribution Committee (JDC) do with our overseas contributions.

In the Ukraine, we arrived just a short time after the invasion by Russia. The stories of displaced families were heart wrenching. Our dollars were, and probably are, the only source of substance these Jews got after being driven out of their homes. In Berlin, the story was about the rebirth of the Jewish communities after the shoah.

On the other hand, in Buenos Aires, Argentina and especially in Montevideo, Uruguay, the Jewish communities are well established and in the upper echelon of their communities. Here the focus was on the elderly and the youth. But even here the Jewish elderly home was established and the Jewish Agency had been turned into a completely self-sufficient and self-sustaining facility. They were not receiving any funds from our overseas contributions. They made investing in their youth and Jewish identity the highest priority. There were dozens of youth groups, from BBYO to USY. The elderly we met appeared to be extremely happy and enjoying a very nice Jewish existence. The youth were amazingly energetic, dancing and having a great time. The future is bright!

Your contributed dollars go a long way to support our local community and all other Jews around the world. Thank you in

CONTACT US:

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federation@jewishchattanooga.com

On the cover: Memorial for the 85 people killed in the 1994 bombing at the Asociación Mutual Israelita Argentina center in Buenos Aires (the AMIA is similar to an American Jewish community center). Artwork by Israeli artist, Yaakov Agam. Photo courtesy of Michael Dzik.

from the campaign chair

Jews, Jazz and the Failure of Propaganda

Bob Bernhardt is in his ninth season as Music Director Emeritus and Principal Pops Conductor of the Chattanooga Symphony and Opera where he was Music Director for 19 seasons. He is also an Artist-in-Residence at Lee University, since 2012.



Robert Elias is President and CEO of The OREL Foundation and Director of The Ziering-Conlon Initiative for Recovered Voices at The Colburn School. Mr. Elias works closely with James Conlon in his advocacy and performance of music by composers who were silenced during the Nazi regime.



Pianist Jeanne Golan offers fresh perspectives on combining standard and new works in innovative ways. A Steinway Artist, the New York Times has found her playing to be "technically polished and superbly expressive."

2020 Jewish Federation Campaign Kickoff

Thursday, September 12

5:30 p.m. Dinner
6:30 p.m. Program

Jewish Cultural Center
5461 North Terrace, 37411

Banquet style seating, dinner-quality hors d'oeuvres and desserts

There is no charge for this event.

You will have the opportunity to pledge to the 2020 campaign.

RSVP 493-0270 ext. 10, rsvp@jewishchattanooga.com

Noah Alper at Major Gifts Brunch: Doing Good is Good for Business



Noah Alper is a consultant specializing in entrepreneurial strategy, and the author of *Business Mensch-Timeless Wisdom for Today's Entrepreneur*. A serial entrepreneur, he is the founder of six ventures, including two mega-successful food businesses: the West Coast Noah's New York Bagels chain, and Bread &

Circus, now part of Whole Foods Market. In addition to the Jewish Federation, Mr. Alper is committed to Jewish education, including the Pardes Institute of Jewish Studies in Jerusalem. Information below.



**Jewish Federation
Major Gifts Brunch**
Sunday, September 22
11:30 a.m.

Guest speaker: Noah Alper

At the home of
Jen and Aaron Lincove
1080 Meroney Street
Chattanooga, TN 37405

Major Gifts Chairs: Dr. Jim and Fern Shire

Please R.S.V.P. by September 20 to Ann Treadwell, 493-0270
or atreadwell@jewishchattanooga.com

Minimum gift of \$3,600 to the 2020 Annual Campaign

Argentina and Uruguay Campaign Mission Trip



Kevin Rose, Rob Lowe, Mike Spector, and Austin Center, with young Israeli shlichah, Dania, in Uruguay.



L'Dor V'Dor Jewish Retirement Center in Buenos Aires.



Chattanooga delegation with US Ambassador to Argentina, Edward Prado, and wife.

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.

Anonymous (2)	Center, Austin	Hanan, Rachel	Lebovitz, Lauren	*Spector, Mark
*Allen, Amelia	Center, Marilyn	Hanan, Victor	Lebovitz, Michael	Spector, Mike
Allen, Owen	Cohen, Tal	Hill, J.R.	*Levine, Lawrence	Susman, Gail
*Alper, Maxine	Cohn, Herb	*Hochman, Colman	Lowe, Beth	Susman, Joel
Balsler, Jeff	*Cohn, Sue	Hochman, Lynn	Lowe, Rob	Weiner, Cara
Balsler, Robin	Cowan, Rob	Hodes, Alvin	*Malsh, Rebecca	White Dropkin, Donna
Berz, Bob	Diamond, Karen	Hodes, Andy	*Nash, Ike	Winer, David
Binder, Claire	DiStefano, David	Hodes, Melody	Oxenhandler, Barbara	Winer, Elaine
Black, Bonnie	DiStefano, Susan	Howard, Lynn	Parker, Jordan	Winer, Finette
Black, Stephen	Dittus, Sandy	Israel, David	Parker, Rebecca	Winer, Sanford
Bogo, Jerry	Dropkin, Warren	Israel, Scott	Pregulman, Helen	Zachary, Richard
Bogo, Rosalee	Dzik, Michael	Jaffe, Dot	Richelson, Alan	
*Bohn, Jerry	Dzik, Paula	*Jaffe, Sam	Rosenfeld, Jackie	
Brooks, Ellyn	Fairchild, David	Lebovitz, Alison	Rosenfeld, Roy	
Brooks, John	*Frank, Estelle	Lebovitz, Alan	Siskin, Pris	
Brouner, Betsy	Hanan, Jan	Lebovitz, Betty	Sivils, Janet	
Brouner, Lee	Hanan, Michael	Lebovitz, Charles	Spector, Linda	

* Deceased

See how easy it is to join the Legacy Society!

Call Michael Dzik at 493-0270 ext 15.

You must RSVP to all programs to ensure we have adequate seating and/or food. RSVP on our website at Jewishchattanooga.com; by email at Rsvp@jewishchattanooga.com; or call (423) 493-0270. Specify if vegetarian.



Show your support and keep up with Alice Goss-Morgan. Sign in to her Caring Bridge site.

caringbridge.org/visit/alicegossmorgan

Tuesday Cafe



Join us for lunch every Tuesday at noon. Menus in weekly email. Vegetarian options available with advance notice. \$10. Rsvp@jewishchattanooga.com or 493-0270.

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.

**Talia Joels to Become Bat Mitzvah
September 14**



Talia Ruth Joels is the daughter of Charles and Krissy Joels, the granddaughter of William and Sherry Wilson and Diane and Irving Joels, and big sister to Matilda. She is in the 8th grade at Baylor Middle School, where she is a cheerleader and active in school theatre. Talia has a love for all animals and for her many pets.

**David deOlloqui Became Bar Mitzvah
August 17**



David deOlloqui is an 8th grade student at the McCallie School. He is an avid football fan and his favorite color is Tennessee orange. David enjoys fishing, photography, sports, and playing on the lake. A long-time McKamey Animal Center volunteer, David loves animals, especially dogs. He resides in Hixson with his parents, Val and Stefanie. He feels fortunate to live ten minutes from his

grandparents, Chris and Dorothy Keefe.

AIPAC Meeting, May 24



From Alan and Harriet Ruderman
In memory of Mary Lou Masten

From Will Melnyk and Fuz Spector
In memory of Annetta Hatcher White

From Joe and Fran Dzik
In memory of Gertrude Solomon

From Helen Pregulman
In honor of Kalli Agudo's graduation

Condolences

Jerry Bohn, husband of Barbara Sacks Bohn (deceased) father of Lisa (Andy) Bohn Robitshek and Kevin Bohn, grandfather of Eve and Noah Robitshek.

Annetta Hatcher White, mother/mother-in-law of Donna White-Dropkin and Warren Dropkin grandmother of Sam Dropkin and Lily Dropkin.

Dr. Philip Z. Israel, father of Scott (Laura) Israel and grandfather of Zachary and Maddie.

Beverly Rice, wife of David Rice, mother/mother-in-law of Matt and Karen Rice, Jason and Leaha Rice, grandmother of Jacob, Zachary, Shelby, Andrew and Samantha.

Herman Trotz, husband of Dorothy Trotz, father of Ronni (David) Beker, Eric (Blair) Trotz, and Corey (Mary) Trotz.

Contact Shofar editor Dana Shavin at dshavin@jewishchattanooga.com to place a mazel tov or condolence.

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Thank you to our Eitanim Supporters

Inspired by Israel as an innovation hub, IAC Eitanim is a nationwide program that motivates teens to develop leadership, critical thinking, and problem solving skills, and to get involved in community activism. The teens were given real-world problems to solve while being mentored by community professionals. As our shlichah, Chenda Dahan said, for every person we asked, every email we sent, and every door we knocked on asking for volunteers, we

got the same simple answer: YES! As a result, there are so many individuals to thank for making the dream of IAC Eitanim Chattanooga a reality.

Thank you to:

--the programs counselors (madrichim): **Shaked Angel, Jenelle Pierce, Ann Treadwell, Rebecca Dzik & Chen Dahan.**

--our wonderful mentors: **Joe Winick, Ken Hays, Libby Wheeler Santin & Meredith Levine**

--the three wonderful judges: **Niki Phillips, Jack Studer and Charlie Brock.**

--**Mayor Andy Berke**, for speaking to our teens on the first day of the program and sharing the strengths and challenges of our city.

--the partners who made this program possible: **Jewish Federation of Greater Chattanooga (JFGC), IAC Eitanim, EPB of Chattanooga, The Enterprise Center, The Company Lab, Innovation District Chattanooga, and Startup Champs.**

--the experts who created exciting workshops for the teens: **Alex Lavidge (Startup Champs), Chris Cummings (Pass It Down) and Henley and Brian (The Sasha Group).**

--our visiting experts: **Tal Cohen, Alison Lebovitz, Mary Kim (Bridge Innovate), Laura McCann (Venture Forward) and the Folks from Co-Lab: Anne-Miller Welborn, Marco Wade, Katie Smith, Bre Stevens and Zach Beker.**

--**The Edney** for the beautiful space on Floor Five and the staff members for the great hospitality.

--**Don Nanney and Niki Phillips from EPB of Chattanooga** for the tour of EPB Fiber Optics Control Center.

--the IAC Eitanim staff all over the USA for their support and encouragement: **Debbie Sasson, Maytal Yifrach & Liron Alrod.**

--**TechTown Chattanooga** for the laptops.

--**Deb Socia and The Enterprise Center** for the special opportunity they offered the teens to reflect on their experience.

--**Jackie Rosenfeld and the Jewish Federation staff** for the administrative help.

--Last but not least, thank you to our teens and their families for joining us for an incredible week. We learned so much from them and were grateful for every moment with them.



Mayor Andy Berke with teens



Winners of final leadership contest

young jewish leadership

Upcoming Shabbat dinners:

Friday, September 27th (Family Friendly)

Friday, October 11th (Adult Friendly)

Place TBD

YJL Cabinet l-r, Aaron Lincove, Tal Cohen, Jen Lincove, Amanda Boulware, Rachel Hanan, Jackie Nadell, Jake Patish





social services

*Christi Haustein,
LMSW
Social Services Director
chaustein@jewishchat-
tanooga.com
893-9241*

Let's face it, life is hard. We all face adversity, loss, and sadness at times. I thought I'd share some tips to help when the going gets rough. Remember, if you think you might be suffering from more than a little sadness, there's no shame in seeking out the help of a professional to talk to. We at the Federation are happy to listen, and to make a referral.

We all know that depression drains our energy, hope, and drive, making it difficult to take the steps that will help us feel better. Sometimes, just thinking about the things we should do to feel better, like exercising or spending time with friends, can seem exhausting or impossible to put into action.

It's the Catch-22 of depression recovery: The things that help the most are the things that are the most difficult to do.

The key is to start small and build up. You may not have much energy, but by drawing on all your reserves, you should have enough to take a walk around the block or pick up the phone to call a loved one, for example. Taking the first steps are often the hardest. Each step will make it easier to reach your goal.

Stay connected

- Talk to one person about your feelings
- Volunteer
- Have lunch with a friend
- Ask a loved one to check in with you regularly
- Accompany someone to the movies, a concert, or a small get-together
- Call or email an old friend
- Go for a walk with a workout buddy
- Schedule a weekly dinner date
- Meet new people by taking a class or joining a club
- Confide in a clergy member, teacher, or sports coach

Do things that make you feel good

While you can't force yourself to have fun or experience pleasure, you can push yourself to do things, even when you don't feel like it. Pick up a former hobby or a sport you used to like. Express yourself creatively through

music, art, or writing. Go out with friends. Take a day trip to a museum, the mountains, or the ballpark. Aim for eight hours of sleep. Practice relaxation techniques, like yoga, deep breathing or meditation.

Get Moving.

Exercise is a powerful depression fighter. To get the most benefit, aim for at least 30 minutes of exercise per day.

This doesn't have to be all at once. A 10-minute walk can improve your mood for two hours.

Eat a healthy, balanced diet

Consult your primary physician for nutritional guide that fits your lifestyle.

Get a daily dose of sunlight.

If you're indoors, open your blinds and allow sunlight in your home. Sunlight can help boost serotonin levels and improve your mood

Challenge negative thoughts

When these types of thoughts overwhelm you, it's important to remember that this is a symptom of your depression and these irrational, pessimistic attitudes—known as *cognitive distortions*—aren't realistic. When you really examine them they don't hold up. But even so, they can be tough to give up. You can't break out of this pessimistic mind frame by telling yourself to "just think positive." Often, it's part of a lifelong pattern of thinking that's become so automatic you're not even completely aware of it. Rather, the trick is to identify the type of negative thoughts that are fueling your depression, and replace them with a more balanced way of thinking. Try to put things into perspective and be appreciative of the positive things in your life. Counting your blessings can help! *Source: <https://www.helpguide.org/articles/depression/coping-with-depression.htm>*

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Incoming Federation Shlichim Amit Matityau and Regional Shlichim

Continuing our Partnership 2Gether engagement, our incoming shlaliach, Amit Matityau, met with Naama Fux, Charleston, SC shlicha, Noam Harari, Nashville shlicha, and P2G staff and volunteers in Hadera.



This exhibit will explore all ideas having to do with “being at the table”: physically, mentally, socially or religiously. It can represent a physical place setting, can be a social justice comment, or a table itself. The work must be original to the artist submitting or must be on loan from the owner with a specific statement about its importance. All media except film will be considered, included the printed word.

The exhibit will run November 4, 2019 – January 3, 2020. All selected pieces must be at the Jewish Cultural Center by Friday, October 25 and be ready to install, and labeled with the artists name. The Federation will pay return shipping on work shipped to the exhibit. **For complete submission instructions, please see our website at jewishchattanooga.com.** If you have any questions or wish to confirm your participation, please contact Ann Treadwell at 423 493-0270 ext. 13.

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