

"LAISSEZ LES
BON TEMPS ROULER"
LET THE GOOD TIMES ROLL

CHAI NITE

SATURDAY, FEBRUARY 7, 7:30PM
JCC - 5461 NORTH TERRACE ROAD



In This Issue

- Cabin Fever - Page 10
- Federation Calendar - Page 11
- Winter Playday for Kids - Page 11
- Steel Drum Band - Page 11
- Chai Nite - Back Cover



FROM THE PRESIDENT AND CEO

Find the "JOY"

As the saying goes, we are living in interesting times. And the first couple of weeks of 2026 have been exactly that. Many of you know that my wife Paula and I took a vacation (cruise) at the end of December and literally went "off the grid". No phones. No internet. No news. We didn't purchase the wifi package on board and never turned on our phones in the various ports. I had no idea who won college football playoff games; I didn't know about Venezuela. It was the first time I had completely checked out. Not to worry – my family had the cruise line information and we could have been contacted if a major emergency occurred. The cruise and ports were amazing and we loved being able to be present and truly relax. For those who know me, I'm not so great at checking out and relaxing! And, we have a great Federation staff team and volunteer leadership to cover any issue that may arise.

As the ship pulls into port in Ft. Lauderdale we had internet on our phones, again we found out the airline had cancelled our flight! We believe it was due to the airspace closure in the Caribbean and planes were out of place; no available flights until the next day so we rented a car and drove home – all 12 hours!

As we began our drive back home, Jewish community leaders were reaching out to me. There had been an anti-Israel op-ed in the newspaper a few days before, and that day, Sunday, January 4, there was a blatant antisemitic letter to the editor published in the newspaper. I know you followed my daily update emails that week so I won't repeat the details. What I do want to share is the power of community, and more specifically, the power of OUR community.

I always make sure to find the "JOY" even when we're many times surrounded by "OY". The drive home consisted of many calls and texts to our Jewish community leaders. I reviewed emails and Facebook posts. What I saw was the Jewish community supporting each other and doing exactly the correct thing – calling out antisemitism when they see it. The newspaper was inundated by emails and calls (from me as well). We saw letters to the editor the following days from Jewish and non-Jewish community members. Rabbi Rotenberg's letter was printed; Rabbi Lewis' op-ed printed; my op-ed printed. It was a very powerful

statement from our Jewish community members. Honestly, I felt incredibly proud.

Sometimes I think it's in our Jewish DNA – we stand up, we show support, we advocate, we unite. In this case, both collectively and independently, our Jewish community voice was heard loud and clear. Our community members wrote and spoke with poise, power, and clarity. No one reached out to this or that person to ask them to write a letter. We just did it. We didn't know who submitted letters or what was written until they were published. What a special community!

Our Federation's letterhead includes a powerful message along with our name and logo: **The Strength of a People, the Power of Community**. And this is exactly what we witnessed the first weeks of January.

Our job is not done; it may not ever be done. Your Jewish Federation will continue to lead our community in this fight, in this advocacy. We will continue to connect our Jewish community members with each other, building strong, confident, and proud Jewish identities. We will face challenges head on, together. We will support each other in Chattanooga and around the world. We will support our Jewish family in Chattanooga and from Jackson, MS to Hadera, Israel. And we will always celebrate the JOY of what it is to be Jewish.

And speaking of celebrations – I hope all of you register and attend this year's Chai Nite party. Think of an adult b'nai mitzvah party on steroids – dinner, dancing, live band, and open bar (see back cover). At a time when we are all feeling plenty of OY, this is the perfect time to come together for much JOY. See you February 7 at this incredible Jewish Chattanooga celebration!

Michael Dzik

Michael Dzik

mdzik@jewishchattanooga.org | (423) 893-5443





BOARD CO-CHAIRS

Gene and Amy Boulware

Be the Voice

When I was in graduate school, one of the first things I learned was the concept of "define or be defined".

This public relations idea has served me well in my professional career and holds true for so many other things in life. The basic premise is that if you don't stand up for who you are and what you value, then other forces will fill in those blanks for you.

Last month, our hometown paper printed an op-ed with unchecked facts regarding Israel and the Jewish community at large. Letters to the Editor following a similar antisemitic trope soon followed. Now while I value every individual's right to free speech, I cannot stand by and allow hate and the ignorance of facts to go unchecked. Nor should you!

In 1928, Edward Bernays wrote the book *Propaganda*. In the book he outlined his idea of "engineering consent". The upshot, if you repeat a lie often enough, will become the truth. Bernays, who's thought of as the founder of public relations, explained how using psychology and mass media can influence the public. Coincidentally, Bernays was the nephew of Sigmund Freud, who may have undoubtedly influenced him.

Today we regularly hear the law enforcement

mantra of "see something, say something". We obviously think of it in terms of terrorism. As far as I am concerned, hate speech is terrorism. It does not matter which group is the intended target. It is terrorism plain and simple. It promotes fear and changes how we perform our daily lives.

As we enter the new year, I challenge our community to confront the social terrorists in our midst. We cannot let the purveyors of hate and merchants of misinformation go unchecked anymore. See something, say something! Let's define ourselves and claim our Jewish narrative. Let us not be complacent and let antisemitic forces define us or our community. See something, say something!

I close by saying that I am proud of this community, our congregations, our federation, our volunteers, board committee members, and federation staff. Here too, I say see something, say something! I am confident that the new secular year will be a year of growth and fulfillment. And congratulations Annette McJunkin, Federation CFO on 16 years of service to our community this month. Thank you!

See something, say something, and be the voice.

- Gene Boulware

CONDOLENCES

We extend our sincere condolences to...

...the family and friends of Phyllis Sorin Winston, who died on December 31, 2025. She is survived by her brother, David Sorin (Jane); her children, Kim Haber (Dan) and Andrew Mirman (Jodi); as well as her four grandchildren.

...the family and friends of Marilyn Jo "Jody" Jacob Klein, formerly of Chattanooga, TN, who died on January 13, 2026. She is preceded in death by her parents, William and Florence Jacob; her husband, Martin H. Klein, MD; and sisters, Vivian Levinson (Stanley) and Jeri Klein (Donald). She is survived by her friend and sister-in-law, Teddi Shalett Mendel; children, Kent Klein, Terren Klein, and Anne Sere Hernandez (Al); grandchildren, Sara Ashley Moreno, Gabrielle Langley (John), Connor Hernandez, Taylor Brady (Chris), Reece Klein, and William Klein; great grandchildren, Mason Moreno, Marty Moreno, Lincoln Langley, and Kelly Langley; many nieces and nephews.

FOREIGN POLICY SUPPER CLUB

Monday, February 9
6PM, \$15 includes dinner

America and the World: Trump 2.0

Trump's return has marked a break from 80 years of U.S. foreign policy leadership, embracing an "America First" approach.

This chapter explores the risks of isolation and diminished influence in relation to Trump 2.0 foreign policy.

Register – jewishchattanooga.org



FROM THE ENGAGEMENT MANAGER

Leah Kaplan lkaplan@jewishchattanooga.org • (423) 394-2005

Shared Responsibility

Tikkun olam, Hebrew for "repair of the world," is the Jewish concept of our shared responsibility to improve society through acts of justice, kindness, and ethical action. Of all the values I learned growing up Jewish, this is the one that has resonated with me most and makes me proud to be Jewish.

Some of my earliest memories are of preparing meals on Sundays at Temple Emanuel in Denver as part of our community outreach. In high school and college, I became more involved through youth organizations — tutoring and providing childcare for at-risk children. After returning from the Peace Corps in Niger, I volunteered with a church-based program that offered meals and job opportunities to unhoused communities. During my many years overseas, I continued to seek out meaningful organizations where I could give my time and resources. Volunteering helped me connect to local communities and feel that I was making a difference, especially in places where life was often challenging.

That is why *tikkun olam* remains such an important part of what we do here at the Federation. It allows us to give back, build connections with one another, meet new people, and gain fresh perspectives. Our work with the Snack Pack program at East Brainerd Church has been a wonderful success, and I extend a heartfelt thank-you to everyone who has participated. We look forward to continuing this partnership and sharing more opportunities soon.

If you are involved with any organizations that might be good partners for us, please reach out—I would love to expand our network and our impact.

LEGAL AID SESSIONS

Tuesday, February 17th 12:00-2:00

Legal Aid of East TN

No cost: 30-minute session with Legal Aid of East TN for anyone age 60+

Call Lorri at 423-893-9241 to schedule.



Our Israeli P2G Storyteller visitors made quite the impact in our community!



Thank you Ambassador Daniel Shapiro for coming to Chattanooga and sharing your unique experience and insight into the Middle East and Israel. It was a thoughtful and productive discussion.





FROM THE SOCIAL SERVICES DIRECTOR

Lorri Lipski llipski@jewishchattanooga.org • (423) 893-9241

Instant Gratification

Remember dial-up internet? The phonetic spelling of the sound it made:

*Pshhhkkkkkkrrrr kakingkakingkakingtsh
chchchchchchchchdingdingding*

Back in those days, I think I could have washed a load of laundry while waiting for the internet to connect. Now my kids get frustrated when the internet glitches for a few seconds. Full disclosure, I DO TOO!!

Remember the Crock-Pot? Put in your meat & veggies, and 4-6 hours later, a slow-cooked pot roast would be ready to enjoy. But a slow cooker isn't fast enough these days; enter the Instant Pot. Instead of waiting for your frozen chicken to cook all day, you can now cook it in just 45 minutes. I don't think my grandma ever owned a Crock-Pot, and she'd be blown away with the Instant Pot. My husband would argue that the chicken is dry and tough when prepared in an Instant Pot, so the benefit of juicy, tender chicken is foregone, but my dinner is ready, even when I forget to defrost it. I checked a box and "cooked dinner". That's just a small example of how things have changed. Don't get me started on **Hello Fresh**, the meal kit delivery service. I know, it's a time saver for busy people...Evolving technology has changed our lives...but is it for the better? Perhaps, but let's dig deeper:

According to positivepsychology.com, *Instant (or immediate) gratification is a term that refers to the temptation and resulting tendency to forgo a future benefit to obtain a less rewarding but more immediate benefit.*

What comes to mind when you think of instant gratification? How about ordering something from Amazon? You can get that sweatshirt with a cat wearing a Darth Vader mask delivered to your front porch in just a couple of days. Craving something sweet at 11:00 pm? Insomnia Cookies will deliver warm cookies to your door. Don't want to wait for the postman to deliver your mail- you can sign up with the USPS for "informed delivery" and see what is being delivered, so you will know if that birthday card from grandma will arrive today. And we can't

overlook the use of social media & "doom scrolling"! How does this affect our brains? Dopamine drives instant gratification by flooding the brain's reward system with pleasure, reinforcing quick rewards. However, this hijacks our wiring, making us crave more, lose motivation for long-term goals, feel restless, and potentially leads us to develop tolerance or addiction. Here is a cycle breakdown :

Dopamine Release: Engaging in instant gratification (e.g., getting a "like" on a post, eating cake, browsing stories) triggers a release of dopamine, creating a "feel-good" rush.

Reward System Hijacking: Modern tech and ever-present availability of stimuli overstimulate our system, rewiring the brain to prioritize quick hits over delayed rewards.

Reinforcement Loop: The brain learns to associate the activity with pleasure, creating a powerful feedback loop that drives repetitive behavior, similar to addiction!

In the end, this cycle leads to a pattern where these small, easy hits overshadow meaningful effort, leaving us feeling unfulfilled. I can't leave you with all this information without a bit of a solution. So here are some recommended things you can do to address your patterns of behavior! One way is to intentionally take dull breaks (stretching, staring at a wall) to reset dopamine levels. It is also important to recognize triggers and choose delayed gratification for greater long-term rewards. Lastly, it's important to recognize the sources of your dopamine. According to Psychology Today, *the most effective ways to increase dopamine involve a combination of lifestyle changes, with regular exercise, sunlight exposure, achieving meaningful goals, listening to music, and eating tyrosine-rich foods (like chicken, dairy, avocados, bananas), provides significant, natural boosts. Activities like meditation, creative hobbies, and connecting with loved ones also trigger dopamine release, promoting motivation and pleasure.*



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& CONVERSATION**

EVERY FRIDAY FROM 11:00-12:00

A TIME TO CHAT, REMINISCE & TACKLE LIFE'S CHALLENGES!

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No RSVP required, Just join us if you'd like!

**Lunch
OUT**

**JOIN LORRI & JENNIFER AT 11:30
ON THE LAST TUESDAY OF EACH MONTH
FOR LUNCH (SELF-PAY)!**

JAN 27 // KENNY'S (SOUTHSIDE)
FEB 24 // WHISTLESTOP (OOLTEWAH)
MAR 31 // MIKE'S TAVERN (HIXSON)
APR 28 // OX2 BUNS & NOODLES (GUNBARREL)
MAY 26 // BLEU FOX CHEESE SHOP (SOUTHSIDE)
JUN 30 // HAN MI (ST. ELMO)

RSVP TO LLIPSKI@JEWISHCHATTANOOGA.COM

***Location subject to change based on seating availability.
Please RSVP 3 days before each event*

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AND FLEET**

We have 4 drivers
and 4 cars,
including a
wheelchair van!

WHY WE DO IT

To promote and support
health & wellness in our
community and the
greater Chattanooga
area!

HOW CAN I HELP?

You can donate! We want our
rides to remain cost-free, but
if you can donate, we
encourage that. Our annual
campaign helps provide
services just like this and we
invite you to be a part of this
community!

OUR COSTS

It costs on average
\$40 to transport
a client from their
home to a doctor
appointment
and back home.

WAYS TO DONATE

- Cash or check donations in the provided envelope to the driver
- Venmo donations to @jewishfed
- Call 423-493-0270 for credit card donations
- Mail donations to:
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All orders must be placed through the
Social Services Department.
Orders must be received by
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following Thursday (1 week notice).
Call or email Lorri Lipski
423-893-9241 or
llipski@jewishchattanooga.com



Linor Shirinov Federation

israel@jewishchattanooga.org • (423) 385-0098

may their legacy continue

For Israelis, the story of the Space Shuttle *Columbia* is not only a global tragedy; it is deeply personal. On Feb. 1, 2003, when the shuttle disintegrated upon re-entry into Earth's atmosphere, Israel lost **Ilan Ramon**, its first astronaut. In that moment, a nation that had watched with pride and hope suddenly found itself in collective mourning.

Ilan Ramon was more than a scientist and a military pilot. He was a symbol of what Israel had always believed about itself: a small country with big dreams, curiosity, courage, and a relentless drive to explore new frontiers. His journey into space felt like a national achievement. Children followed the mission in school, families watched the launch together, and the entire country looked up, literally and figuratively.

From an Israeli perspective, Ramon's mission carried deep meaning. He did not go to space merely as an individual, but as a representative of Israel and the Jewish people. As the son of a Holocaust survivor, he chose to bring with him powerful symbols of Jewish memory, including a Torah scroll that had survived Bergen-Belsen. For many Israelis, this act connected past and future, reminding us that Jewish history continues forward with resilience and purpose.

Ramon's decision to observe Shabbat in space also struck a chord across Israel. It reflected a uniquely Israeli balance between tradition and innovation, faith and science, and identity and progress. He showed that being modern and being Jewish are not contradictions but partners.

When *Columbia* was lost, the grief in Israel was immediate and overwhelming. Flags were lowered. Schools held memorials. Conversations paused. The loss of Ilan Ramon felt like the loss of a member of every Israeli family. Yet alongside the sorrow was immense pride. Pride in his courage, his values, and the way he carried Israel with him beyond Earth.

Out of this legacy came the **Ramon Foundation**, an organization dedicated to continuing Ilan Ramon's dream by inspiring young people through science, technology, and space exploration. Today it is also

commemorating Rona, Ilan's wife, and Asaf, their son. One of its most exciting initiatives is **Ramon SpaceLab**, a competition that invites students to design real scientific experiments that could fly into space.

SpaceLab gives students a chance to think like scientists and engineers. Participants propose creative research questions, design their experiments, and submit them to be reviewed. Winners have the extraordinary opportunity to see their experiments sent into space or high-altitude flight environments, bringing hands-on science to life in a way few young people ever experience.

I have a personal connection to this mission. In middle school, my class entered the Ramon SpaceLab competition and **won**. Our experiment, designed, tested, and built by students, was selected to fly and we had the incredible experience of seeing our ideas soar into space. That moment changed how many of us saw science, possibility, and ourselves. We weren't just learning from textbooks - we were part of real research connected to space exploration.

These programs do more than teach science. They empower young people to think boldly, work collaboratively, and imagine themselves as part of the future of exploration. For many Israeli youth and students connected to Israel around the world, this is a way to participate in Ilan Ramon's dream, which is to bring curiosity and creativity into the vast unknown.

More than twenty years later, Ilan Ramon's legacy remains powerful in Israeli society and in communities globally. His journey continues to inspire young scientists in classrooms, laboratories, and space labs. From an Israeli point of view, the story of Space Shuttle *Columbia* is not only about loss. It is about daring to dream, carrying our identity wherever we go, and believing that even a small nation can touch the stars.

May the memory of Ilan Ramon and the entire *Columbia* crew be a blessing, and may their legacy continue to inspire generations of dreamers, scientists, and explorers.

2025 VOLUNTEERS OF THE YEAR



Mazal Tov to our Community's Volunteers-of-the-Year.

YOU make our Chattanooga Jewish community a unique, special place to live and grow.
We are stronger and more connected because of your selfless acts.

JEWISH FEDERATION OF GREATER CHATTANOOGA:

Holly Schwartz

We are proud to honor Holly Schwartz as our Volunteer of the Year for her extraordinary leadership, dedication, and commitment to building meaningful community connections. Holly played a pivotal role in restarting and leading Jew Crew, bringing energy, vision, and consistency to a program that has strengthened relationships and engagement for our youth. Her ability to inspire participation and foster belonging has helped keep Jew Crew a vibrant and welcoming space.

Beyond this, Holly and her husband Skip hosted the multifaith "Building Community Through Conversation" event, creating an environment of openness, respect, and genuine dialogue. Holly also contributed her time and insight to the planning of the P2G teen visit, helping ensure a meaningful and impactful experience for our teens and partners alike. Holly's generosity, leadership, and passion exemplify the very best of volunteerism. We are deeply grateful for her many contributions and are honored to recognize her as our Volunteer of the Year.



CHABAD OF CHATTANOOGA:

Phil Potts and Carla Nixon

We're honored to recognize Phil and Carla as our Volunteers of the Year! Their unwavering commitment to our community is truly inspiring. With their selfless service, Phil and Carla bring joy and warmth to every task, from the weekly Kiddush, events, and Holidays. Their kindness and generosity know no bounds, and their famous healthy snacks are always paired with a heartfelt 'Bitavon!' Thanks, Phil and Carla, for all you do!

MIZPAH CONGREGATION:

Gil and Nancy Travis

Gil and Nancy have always been available whenever needed. Gil has been our Security Chair and has worked diligently to keep our members safe. They both come into the office to help with our monthly newsletter along with anything else Angie needs. We are grateful that they are members of Mizpah. They step up when asked and when not asked.

B'NAI ZION CONGREGATION:

Matt and Angela Kodsi

It is with great pleasure that B'nai Zion nominates Matt and Angela Kodsi for our volunteers of the year. Matt and Angela rose to the challenge of completely revamping our Chesed committee, streamlining the way in which we communicate and keep track of those in our community who need a helping hand. Because of Matt and Angela, our community is doing more than ever to support those who are ill and in need. Under their leadership, the Chesed Committee created a Care Kitchen to hold grab-and-go meals to take to people in need. On special cooking days, the Committee gathers to cook and bake to ensure that the Care Kitchen is filled with food that is ready to go to those who need a meal. The Committee also sends letters to those in need before holidays and are in regular touch with those who could benefit from a friendly phone call. Matt and Angela have inspired other congregants to become involved in our Chesed committee and have helped - and continue to help - BZ achieve its potential in ensuring that every congregant is supported. Thank you both for your time, vision, and dedication!



2025 VOLUNTEERS OF THE YEAR

HADASSAH

Susan Leininger and Kathy Kessler

Kathy has been a dedicated member of Hadassah for a long time. She has been working very hard every year on the High Holiday Greeting Card, and over the last year, she has assumed a greater role assisting with the Treasurer's position. She helped with our last Donor and she continuously contributes in the background of each project. Hadassah has been lucky to have her dedication and work ethic.

Susan has been a major worker on the Hadassah High Holiday Greeting card this year and in past years. After attending the Mid-Winter Board meeting of the Southern Region of Hadassah, she has agreed to take on this important fund-raiser for our chapter. We are delighted she will be available to continue this effort in the future since she is a valuable part of our chapter.

ALEPH BET CHILDREN'S CENTER: ***Alex Birgenthal***

Alex Birgenthal is a current Aleph Bet parent and has been an amazing supporter of the school. At almost every school event, you can find her at a table painting many kids faces, and even some adults as well! She has joined the Parent Advisory Board and has been willing to jump in and support the school in various ways. She is extremely excited to paint and bring to life a mural in the school hallway. She shows enthusiasm, excitement, and support for Aleph Bet and we are so thankful for everything she has done and continues to do.

Chair *Wellness*



Free!
No RSVP required.
Please check Community Email
for weekly updates.

Mondays at 1:00
Jewish Cultural Center
5461 North Terrace Rd



Jewish Federation®
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Volunteer Opportunity



Help Feed Children in Our Community

**In support of East Brainerd Church
of Christ's Snack Pack Program**

**Wednesday February 4th,
6-8pm**

7745 East Brainerd Road



RSVP to federation@jewishchattanooga.org



Cabin Fever CAMP



What's happening?

Join us for an escape from the bleak midwinter.
Warm food & cozy activities!

Where?

At the JCC!
5461 North Terrace

How Much?

\$20 Per session
Includes lunch!

When is this?

Thursday, January 29

Thursday, February 19

Thursday, March 19

10:30-2:00

How do I sign up?

Go to our website
www.jewishchattanooga.com
& click on the link to register.
Pre-pay required!

ISRAELI DANCE PROGRAM

Move. Connect. Celebrate Israel!

Join us for fun Israeli dances, music & community!

- Great Israeli Music
- No Experience Needed
- Connect & Celebrate!

DATES: March 5, 2026 | March 12, 2026 | March 26, 2026
TIME: 6:00 PM LOCATION: Studio34
3214 Brainerd Rd, Chattanooga, TN 37411

STUDIO 34 Jewish Federation

RSVP: Israel@jewishchattanooga.com
\$5 per class

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RUACH IN THE COLD

WINTER PLAYDAY FOR KIDS

AGE 1-10 YEARS

SUNDAY, FEBRUARY 15TH
4PM - 6PM
JEWISH FEDERATION
5461 NORTH TERRACE ROAD

ACTIVITIES

INDOOR BOUNCY HOUSE, RACE TRACK, BALL PIT, CRAFTS, FOOD, DRINKS AND MORE

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Live Music . Mocktails . Fun Treats

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SOUTHERN ADVENTIST UNIVERSITY

&

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ART EXHIBIT RECEPTION

Sunday, February 22, 3PM

NO COST
Register: jewishchattanooga.org
All ages

JCC
5461 North Terrace

The Southern Adventist University Steel Band is the only ensemble of its kind in the Tennessee Valley, using modified 55-gallon oil drums with music originally from the Caribbean.

THIS MONTH AT THE FEDERATION

February

REGISTER FOR OUR EVENTS AT
JEWISHCHATTANOOGA.ORG

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Chair Wellness 1PM	3	4 <i>Volunteer Opportunity</i> 6PM	5	6 COFFEE & CONVERSATION 11AM	7 <i>Chai Nite</i> 7:30PM
8	9 Chair Wellness 1PM FOREIGN POLICY SUPPER CLUB 6PM	10	11	12	13 COFFEE & CONVERSATION 11AM	14
15 RUACH IN THE COLD 4PM	16 Chair Wellness 1PM	17	18	19 Cabin Fever CAMP 10:30AM	20 COFFEE & CONVERSATION 11AM	21
22 <i>Artist Reception & Steel Drum Band</i> 3PM	23 Chair Wellness 1PM	24 <i>Lunch OUT</i> 11:30AM	25	26	27 COFFEE & CONVERSATION 11AM	28



ALEPH BET CHILDREN'S CENTER

Jessica Abramson alephbet@jewishchattanooga.org • (423) 893-5486



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

2026 ALEPH BET HAPPENINGS

If you were to take a step into the Aleph Bet school, you would notice a lot of changes. The physical changes are certainly the most obvious – the school has gotten a face lift! We have new hallway and door colors, and each classroom is now the same color. You may be asking how the classrooms will be named Red, Yellow, and Blue if they are all the same color. The changes happening at Aleph Bet go well beyond the physical changes:

- Aleph Bet classrooms are now known as Cypress (formerly Red - Older Infants); Olive (formerly Yellow - Toddlers); and Willow (formerly Blue - Preschool)
- We are introducing a new curriculum to the school, known as an emergent curriculum. While it will take time to make the transition, we are focusing on a child-led learning curriculum and environment. Teachers are observing, documenting, and planning activities based on what interests the children are showing.
- Our new Parent Advisory Team has been assisting with engagement and visibility of the school to families and the Federation community. Some exciting events coming up include an Art Sale Fundraiser, a Dance Performance and Shabbat Dinner.
- Aleph Bet is having bi-annual Parent-Teacher conferences to increase parent-teacher communication and provide an individualized curriculum to our students
- Aleph Bet is working closely with the Jewish community to engage our students in learning and implementing the Jewish values of Chesed (kindness), Tzedakah (charity), and Tikkun Olam (improve the world). These values are being taught in the classroom through activities and stories. We continue to learn about the different Jewish holidays, and participate in a weekly Shabbat and Havdalah program with a snack. Our Federation Shlichah, Linor, also visits weekly.

Even though it is only February, we are hard at work planning for Summer Camp at Aleph Bet and the 2026-2027 school year!



CAMP AND ISRAEL SCHOLARSHIPS FROM YOUR JEWISH FEDERATION!

Funds still available; Up to \$1,750 per camper

The Chattanooga Jewish Federation is partnering with One Happy Camper (OHC) and PJ Goes to Camp for first time campers. Been to camp more than once? More than twice? Three times? Your Chattanooga Federation offers camp scholarships for ALL! ALL Chattanooga applications go through OHC: jewishcamp.org. NOTE – If this is not your first time, the application may “deny” your grant. Not to worry, OHC collects that data for Chattanooga and you WILL get a grant! Grants range from \$500-\$1,750 per child, per summer, from the Federation. Requirements • Must be approved Jewish summer camp (through movements, Hadassah, etc) • Family must live in the Chattanooga metro area • Family must make annual campaign gift (and in good standing) to Federation – at any level.

Contact Michael Dzik – mdzik@jewishchattanooga.org



The Federation recognizes the life-long benefits of Jewish summer camp, building Jewish identity, friendships and independence.



Chattanooga Allergy Clinic



**Todd Levin, MD; Jessica Van Mason, MD; Marc Cromie, MD;
Jennifer Patel, MD; Hyman Kaplan, MD; Lee Perry, MD**

423-899-0431 • chattanoogaallergyclinic.com

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

מחנוגה
machanooga
A bridge to Jewish learning



Jen Lewis
Co-Director
roshnooga@gmail.com



Traci Sloan
Co-Director

Machanooga Happenings

Machanooga had a fantastic Hanukkah celebration! We had candle making, Lego and play dough dreidels, team dreidel games and making yummy Israeli chocolate balls with Linor!



923 McCallie Avenue
Chattanooga, TN 37403
(423) 267-9771
www.mizpahcongregation.org
office@mizpahcongregation.org



We are a welcoming and inclusive congregation, offering worship, learning, social action, and social programming that enhances the lives of our members, helping us as we make choices of our lives that we might better ourselves and our world by our actions.

FIRST FRIDAY FAMILY SHABBAT

FEBRUARY 6, 2026



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

Adult Members: \$12 Adult Non-Members: \$15
Age 13-22: \$9 Age 13-22 Non-Members: \$11
Under 12: No Charge Under 12: No Charge

Rosemary Chicken
roasted potatoes, vegetables and
Salad Bar

Chicken Tenders for Kids
Vegan & gluten-free option

PLEASE RSVP 423-267-9771
office@mizpahcongregation.org

Mizpah Scholar in RESIDENCE

Join us for an
Incredible Shabbat
featuring:

Rabbi Leah Berkowitz

February 6 - 7, 2026



Leah Rachel Berkowitz is a rabbi, teacher, and author based in Philadelphia, PA. She currently serves as the Senior Jewish Educator for Hillel at Temple University. Leah also teaches for Gratz College, the Union for Reform Judaism, the Jewish Learning Collaborative, and Laasok.org. Each summer, she serves on the faculty at the URJ 6 Points Creative Arts Academy. She is a Jewish Studio Project Fellow, a Rukin Rabbinic Fellow at 18 Doors (formerly Interfaith Family), and a Past President of the Women's Rabbinic Network. She has contributed to The Torah: A Women's Commentary, The Sacred Calling: Four Decades of Women in the Rabbinate, and several of the CCAR Press prayer books and anthologies. She is the author of three children's books and the co-author of the middle-grade midrash collection *Maybe It Happened This Way: Bible Stories Reimagined* (with Erica Wovsaniker).

You can find her on social media @rabbilrb or online at leahrachelberkowitz.com

This will be a program for all ages!



Stay Tuned for
More details
about the weekend
to follow!



Mizpah Social Action: Community Spotlight Series Shabbat with Purpose

Mizpah Social Action is shining a spotlight on local grassroots efforts that address critical issues impacting our communities. Join us for a series designed to raise awareness, foster meaningful discussions, and inspire action. Together, we can engage in the essential work of Tikkun Olam—repairing the world—by learning from local efforts to explore ways to create lasting change.

Date: February 13, 2026 - 6:00 PM

Speaker: Shane Morrow, Executive Director, RISE Chattanooga

Title: Honoring History, Celebrating Community:
The Work of RISE Chattanooga in East Chattanooga

Host: Judy Schwartz

Join us as we recognize Black History Month with a look at the work of RISE Chattanooga and its impact in East Chattanooga. Shane Morrow will share how RISE preserves cultural history, supports local talent, and strengthens community identity. He will also highlight BOOM, a creative initiative led by Black and Brown artists and entrepreneurs who are shaping new opportunities across the neighborhood.

An accomplished jazz pianist, Shane will also offer a musical piece on the piano.

A special oneg featuring food and products from BOOM-affiliated businesses will accompany our potluck, giving us a chance to enjoy and directly support their work. This oneg after will be sponsored by the Kaplan Family, Richard Zachary and Ruth Longway, and Frank Miller.

We invite you to be part of these critical conversations as we work together to support community resilience as part of our Shabbat worship.



3RD SHABBAT EACH MONTH:

TOT SHABBAT 5:15 pm

SHIREI SHALOM 6:00 pm

Sabbath of Song and Meditation



MIZPAH TORAH STUDY

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

MIZPAH WORSHIP AND LEARNING

Shabbat Services:	Fridays 6:00 PM
	Saturdays 11:00 AM
Torah Study	Saturdays 9:00 AM
Beyond Torah: The Prophets	Tuesdays 5:00 PM
Mussar: Ethics of Judaism	Wednesdays 7:30 AM
Mizpah Choir Practice	Thursdays 5:00 PM
For exact schedule, contact Marianna Allen - 423-432-0980	



More than 40 members enjoyed a fantastic night out at Honey Seed, complete with great food and even better company. We loved hearing owner Robert Werk share his inspiring culinary journey here in Chattanooga. Delicious food, engaging conversation, and lots of fun made for a memorable night!

Celebrate and Enrich Jewish Life

B'nai Zion's vision is to inspire a vibrant, uplifting, and inclusive community connected to the dynamic traditions of Conservative Judaism.



6210 Airpark Dr.
Chattanooga, TN 37421
(423) 894-8900
www.bnaizioncongregation.com
office@bzcongregation.com

SHIRA V'SHULCHAN שירה ושולחן

Friday, February 20
6:00pm
Social Hall

Shira v'Shulchan - Song and Table
A unique musical Shabbat experience followed by a dairy potluck oneg!






TORAH | BEER | SCHMOOZE

JEWS AND BREWS

SUNDAY, FEBRUARY 15
2:30 PM

AT ODDSTORY
1604 CENTRAL AVENUE

Southern Schmooze at Ramah Darom

Join our congregation in the North Georgia mountains for a fun-filled weekend together and a chance to schmooze with other Jewish communities from around the Southeast.



Feb 27-Mar 1, 2026



Learn more & register at ramahdarom.org/schmooze

Deadline to register for Southern Schmooze is Wednesday, February 18th!

BZ'S ANNUAL SUPER BOWL PARTY AND FUNDRAISER

February 8, 2026
6210 Airpark Dr.

6:00 pm: Cookout
6:30 pm: Game Time
\$15 entry, or free with purchase of a square



Scan the QR code to buy a square!



\$50 squares = \$500 per quarter

\$100 squares = \$1,000 per quarter

B'nai Zion
Congregation

B'nai Zion Calendar

Friday Night - Kabbalat Shabbat: 6:00 pm
Shabbat Morning Services: 9:30 am
BSI: Feb. 4, 11, 18, and 25 (Zoom)
Minyan/Foundations: Tues., 6:00/6:30 pm via Zoom
Weekly Parsha Study: Sundays, 7:00pm
Weekly Talmud Study: Thursdays, 10:00am

February

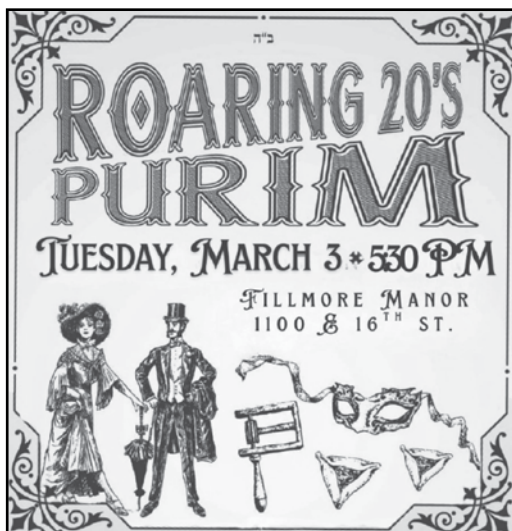
1	BLT (Bagels, Lox, Tefillin)
7	Shabbat Muffins
8	Super Bowl Party
10	Teen Beit Midrash / Lunch & Learn
15	Jews & Brews
20	Shira v'Shulchan
22	Kadima

950 Vine Street
Chattanooga TN 37403
(423) 490-1106
www.jewishchatt.com
rabbi@jewishchatt.com



Chabad is a philosophy, a movement, and an organization.

Chabad is an educational organization dedicated to helping every Jew, regardless of background, affiliation, or personal level of observance, to increase their level of Jewish knowledge, enthusiasm, and commitment.



Torah and Tea mornings are the best mornings! Make it a part of your monthly schedule - you will love it!

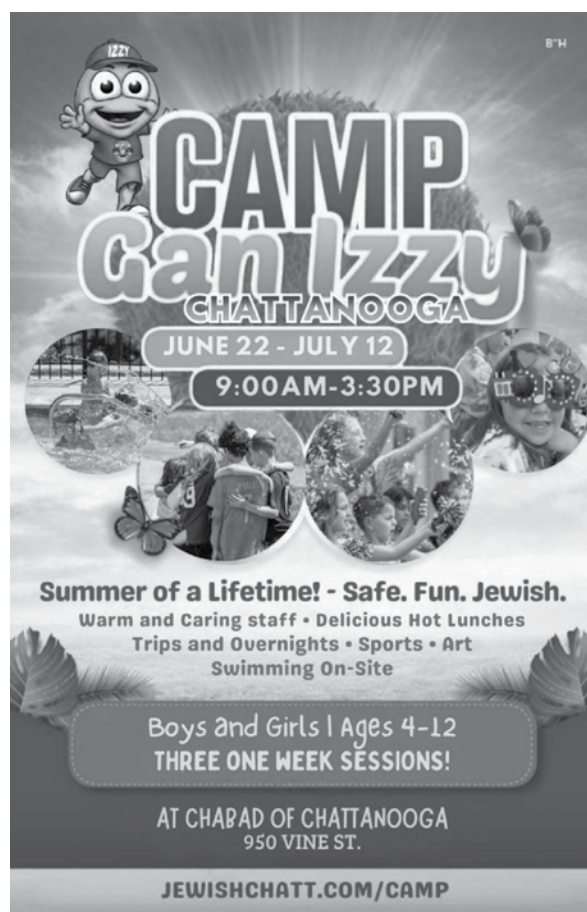
CAMP GAN ISRAEL CHATTANOOGA

Give your child the greatest gift of the best camp in Chattanooga!

Some real recommendations:

"We were discussing going to Israel this summer and our daughter exclaimed just make sure we go after Camp so I can be there for ALL 3 weeks!"
- T. C.

"My kids look forward to and are so excited to go to camp each day - they love their counselors. When it ends they ask me to sign them up already for next year!"
- C.G.



CHABAD HEBREW SCHOOL

There's so much to look forward to each week as each lesson is so filled with fun, learning, games and awesome activities!



Hadassah enhances the health and lives of people in Israel, the United States and worldwide. By connecting and empowering Jewish women to effect change, we are the women who do. Now, and always, we are Hadassah. Be proud of who you are, Hadassah women.



**Judy Sachsman
& Beth Thomas**
Co-Presidents of Chattanooga
Chapter of Hadassah

HADASSAH IS THE ONE!

The newest national Hadassah campaign "Hadassah is the One," promotes a membership drive and contest for 2025. **Hadassah is the One You've Been Searching For!** Chattanooga was the first Hadassah chapter in the Southern Region. Think membership in Hadassah when you need a gift that fits every occasion.

DONATIONS

As part of the celebration of Hanukkah, Hadassah collected food for the Brainerd Food Pantry and toiletries for Room in the Inn. Thank you to the entire community for their donations to both organizations and Jennifer Meglich for coordinating this effort.



DOCUMENTARY FILM SERIES

As part of the Jewish Federation's Documentary Film Series, the latest movie about Henrietta Szold, the woman who created Hadassah, was shown with Hadassah members providing desserts. Hadassah appreciates all community members who attended the movie or watched it virtually and thank you to the Hadassah bakers.

INTERNATIONAL HOLOCAUST DAY

To commemorate International Holocaust Day Hadassah member Bea Lurie spoke about the book she recently published describing her father's experiences surviving the Holocaust, Life Must Go On. Contact Bea to purchase a copy of her book if you missed the program.

DAY OF IMPACT

Join Judy Sachsman and Dana Waxler for Hadassah on the Hill: Day of Impact on March 10 as Hadassah members visit Washington DC to meet with legislators and attend a session on antisemitism. Hadassah members are also welcome to visit Birmingham for an in-person Region Board meeting March 21-22.

PURIM HAMANTASCHEN

Purim is a special holiday for Hadassah since Henrietta's Szold's Hebrew name was Esther. Save Thursday, Feb. 26, from 4 - 6 p.m. to bake Hamantaschen with Hadassah, led by Randi Weiss, and learn with Rabbi Keillah Lebell.



When Israel opens for tourists, be ready; it will need us visitors! May we spend next year in Jerusalem in 5786. And put a trip to Israel on your 2026 calendar for the Hadassah National Conference Oct. 26-30.

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

Annual Givers start with:

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

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

By connecting and empowering women to effect change, **we are the women who do.** Be proud of who you are, Hadassah women.





JOIN THE JEWISH FEDERATION LEGACY SOCIETY

The Legacy Society is made up of individuals who, in the tradition of our Jewish faith, wish to share their blessings with others by providing for the future needs of the Jewish community. There are a number of ways to contribute to the Jewish Federation's Endowment through estate planning: a bequest in a will, contribution of the remainder of an IRA or other retirement plan, a life insurance policy, charitable remainder trust, donor advised fund, charitable gift annuity, piece of real estate, securities or other property, or the donation of other assets. However they choose to contribute, Legacy Society members can be sure that their planned gift will turn their dreams or a strong future Jewish community into a reality. Join today.

Anonymous (2)	Center, Austin	Lebovitz, Lauren	Rosenfeld, Jackie
Allen, Amelia*	Center, Maril	Lebovitz, Michael	Rosenfeld, Roy
Allen, Owen	Hanan, Rachel	Levine, Lawrence*	Sachsman, Judy
Alper, Maxine*	Hanan, Victor*	Lewis, Art	Schwartz, Holly
Balser, Jeff	Hill, J.R.	Lewis, Vicki	Schwartz, Skip
Balser, Robin	Hochman, Colman*	Lowe, Beth	Siskin, Pris
Barukh, Rebecca	Hochman, Lynn	Lowe, Rob	Sivils, Janet
Bean, David*	Hodes, Alvin*	Lowy, Pamela	Spector, Linda
Bean, Margaret	Hodes, Andy	Lowy, Sam	Spector, Mark*
Berz, Bob	Hodes, Melody	Malsh, Rebecca*	Spector, Mike
Binder, Claire	Howard, Lynn	Nash, Ike*	Susman, Gail
Black, Bonnie	Israel, David	Oxenhandler,	Susman, Joel*
Black, Stephen	Israel, Scott	Barbara	Weiner, Cara
Bogo, Jerry	Jaffe, Dot*	Parker, Jordan	White-Dropkin,
Bogo, Rosalee	Jaffe, Sam*	Posternack, Warren	Donna
Bohn, Jerry*	Lakow, Harry*	Pregulman, Helen	Winer, David
Brooks, Ellyn	Lebovitz, Alison	Richelson, Alan	Winer, Elaine
Brooks, John	Lebovitz, Alan	Richelson, Miriam*	Winer, Finette
Brouner, Betsy	Lebovitz, Betty	Rose, Cassie	Winer, Sanford*
Brouner, Lee	Lebovitz, Charles	Rose, Kevin	Zachary, Richard

*** Deceased**

**See how easy it is to join the Legacy Society!
Call Michael Dzik at (423) 493-0270 ext 15.**

**Thank you
for insuring
our future.**

STAY INFORMED

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

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

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

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

CONTACT LIST

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Jewish Federation
OF GREATER CHATTANOOGA

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

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**the
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Michael Dzik, President & CEO

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

Find us online at
JewishChattanooga.org



"LAISSEZ LES
BON TEMPS ROULER"
LET THE GOOD TIMES ROLL

CHAI *Nite*

LIVE MUSIC DANCING DRINKS FOOD

Saturday, February 7, 2026, 7:30PM

\$54 per person

Register at Jewishchattanooga.org

Jewish Cultural Center

5461 North Terrace

Formal/Cocktail Attire

