



A PUBLICATION OF THE JEWISH FEDERATION OF GREATER CHATTANOOGA

**Linor Shirinov, Leah Kaplan
and Jessica Abramson
join the Federation team.**



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FROM THE PRESIDENT AND CEO

New Perspectives

Over the past several weeks the Federation has welcomed three new team members: Leah Kaplan, Jessica Abramson, and Linor Shirinov. While I'm extremely grateful to continue to have long-term established staff members at the Federation, it is equally exciting to have fresh new voices, perspectives, and ideas as well. I'm enjoying the newfound energy and excitement that our newest staff members are bringing to the organization and Jewish community. It already feels like this new positive energy is contagious!

Our most recent arrival, and now newest staff member is Linor Shirinov. Linor is our newest Shlichah, Chattanooga's 11th. We interviewed and hired Linor back in March. Internally, it feels as if she's been on staff for a long time! We've stayed connected over the past six months through WhatsApp, emails, and social media. She spent all summer at Jewish overnight camp in Michigan (Tamarack) where she was also a camper 10 years ago. Thank you to all those who've already welcomed Linor to the Chattanooga family – and the many more who will be doing so over the coming weeks and months.

The beginning of September brought Jessica Abramson to Chattanooga from New Hampshire. Jessica saw our Aleph Bet Director advertisement on Indeed and within two weeks had interviewed twice by zoom and flew down for a final in-person interview. The job was offered and accepted during Jessica's in-town interview and the rest is history! Jessica has already brought an abundance of enthusiasm and new ideas to Aleph Bet, and is working with the teachers to bring this excitement to the classrooms and community.

Leah Kaplan is now our "senior" new staff member, who started in August. Leah's position as Engagement Manager is new to our Federation. With the work of the Federation Board and many deeply passionate committee members, we developed a job description and broad outline of what the position could look like. Leah has jumped in from day one providing insight, new energy, and a plethora of creative ideas. She's met with dozens of community members individually and in small groups to get a feel for the wants and needs people desire. Be on

the lookout for many new programmatic concepts!

I told Linor, Jessica, and Leah – "Please rock the boat. Please bring your bold ideas to the table. As new staff members and 'outsiders', give me your honest feedback." They have! Each brings a new set of ideas to the Federation, a unique and fresh perspective. How can we better engage our younger community members? Our families? Our newcomers? How can we better connect our community members to each other? What are the best venues to host event(s)? How can Aleph Bet play a more prominent role in our Jewish community and all of Chattanooga? How can our new Shlichah, who was in Israel AND in the IDF on Oct. 7, bring a current perspective of Israeli society? And – how can we as a Federation family integrate three new staff members into our Jewish community in just a few short weeks? So many questions! Be prepared to experience many new ideas and distinct programs.

The Federation offices will be closed October 27, 28, and 29. What? Isn't that after all the holidays, you ask? After a couple months of onboarding new staff and integrating everyone as a team, we are taking some "us" time – We will be closed for a Federation staff retreat (Aleph Bet will be open). Debbie Stein, our Jewish Federation of North America team member, will be spending these days with us: team building, communication and leadership skills, planning, visioning, and more. We will be doing some self and group reflections using Strength Finders, a tool that helps people identify an individual's naturally occurring patterns of thought, feeling, and behavior. We will learn about ourselves and our colleagues. Knowing more about each other will lead to a more effective and efficient Federation team. This three-day staff retreat in October will be a time for your Federation team to evaluate "rocking the boat" and map out our best path forward and together.

Wishing you a happy and healthy 5786. Shanah Tovah.

Michael Dzik

Michael Dzik

mdzik@jewishchattanooga.com
893-5443



FROM THE BOARD CHAIR

Kenneth Goldsmith kenneth.goldsmith@gmail.com

Welcoming New Faces, Strengthening Our Future

One of the joys of serving as Federation Board Chair is witnessing the ways our community continues to grow and adapt. Each month, I'm reminded that our strength doesn't come only from the traditions we honor, but also from the people who step forward to lead us into the future. This year, we've taken a bold step by adding three new professional positions to our Federation team: Engagement Manager, Aleph Bet Director, and Israeli Cultural Emissary. .

For me, these additions are not just staffing changes on an organizational chart. They represent a vision for what we want Jewish life in Chattanooga to be — dynamic, connected, and grounded in the values that have carried us across generations.

Engagement Manager: Leah Kaplan

I've always believed that Jewish identity comes alive in the moments we share — around a holiday table, listening to a speaker, or attending a Jewish Film Festival movie. Those are the memories that keep us connected long after the event is over. With a new Engagement Manager in place, I'm excited about the possibilities of expanding those experiences.

In a community of our size, creativity is essential. We don't have the numbers of a major city, but what we do have is passion and commitment. A dedicated professional like Leah will help us be active in listening to the social and cultural needs of all elements of the Chattanooga Jewish community. And most importantly, this new engagement manager role gives us the chance to strengthen the bonds that tie us together as one Jewish Chattanooga.

Aleph Bet Director: Jessica Abramson

If I had to point to the single most important responsibility we have as a community, it would be passing on our heritage to our children. Education is the thread that keeps us connected across generations.

When I reflect on my own Jewish upbringing, I realize how much I owe to the teachers and rabbis who nurtured me, despite my efforts to avoid learning or attending classes. Now, with a new Aleph Bet Director in place, we're ensuring that the children of Chattanooga, Jewish and non-Jewish, receive the same gift — a strong education, rooted in knowledge,

pride, and belonging. This isn't only about classrooms or curriculum. It's about instilling identity and values that will carry our young people forward, wherever life takes them.

Israeli Cultural Emissary: Linor Shirinov

I often reflect on how Jewish life exists on two levels at once. We are local — living, working, and volunteering here in Chattanooga. However, we are also bound to Israel and to Jewish communities worldwide. That dual identity is part of what makes us Jewish.

The new Shaliach, Linor Shirinov, allows us to live that out more fully. At a time when events abroad weigh heavily on our hearts, it matters that we have someone dedicated to building connections, fostering dialogue, and representing Chattanooga in the wider Jewish family. For me, this role serves as a reminder that our responsibility doesn't stop at Chattanooga; it extends across the oceans.

A Moment of Renewal

Together, these three new members of our staff mark a turning point for our Federation. They are a statement of confidence in our future and a reminder that to thrive tomorrow, we must thrive today.

Of course, the success of these new staff members doesn't rest solely on the professionals. It depends on all of us — the volunteers, the donors, the participants who show up, lend a hand, or bring a friend along. Every act of engagement, no matter how small, multiplies the impact of this new leadership.

As I look ahead, I feel a deep sense of gratitude — gratitude for the generations that came before us, who built this community, and appreciation for those stepping forward now to carry it forward. With these new members of our community in place, I believe we are writing the next chapter of Jewish life in Chattanooga — one filled with connection, purpose, and hope.



FROM THE CHIEF IMPACT OFFICER

Ann Treadwell atreadwell@jewishchattanooga.com • 493-0270 ext 4

October Reflection

I'd like to talk to you about a special reflection project. Each week in October you will be receiving two recorded sessions of What Makes Us Family? What Makes Us Family is the official podcast of Partnership2Gether (P2G) Hadera-Eiron, powered by The Jewish Agency for Israel. P2G is a consortium of the people of Hadera, Pardes-Hanna Karkur, Menashe, and Alona regional councils in Israel, along with the Jewish communities in the southeastern United States (including Chattanooga), and the Czech Republic.

Through personal stories, heartfelt conversations, and shared experiences, we bring to life the deep connections between people. In each episode, you'll hear from people of all ages and backgrounds - stories of resilience, identity, culture, and the powerful ties that turn strangers into friends, and friends into family. Together, we explore what it truly means to be part of a global Jewish people, united across borders and generations.

This podcast is produced as part of the L2G – Local2Global program of P2G. This program empowers individuals to build meaningful connections and strengthen bonds across the Hadera-Eiron Jewish communities. We are proud to say that Randi Weiss was part of this project.

The podcast also helps us to see why contributions to the Federation's Annual Campaign are so important. In addition to all of the work we do locally, which may touch you directly, we also work hard to support Jewish people and their voices throughout the diaspora and especially in Israel. The Federation supports people, not politics.

Locally, wow, September was a month! Thank you to the many, many volunteers that made Nosh-A-Nooga happen in its second year. Like in the first year, we have learned a lot and hope to implement several new ideas as we look to a third event. Comedy for Peace, another amazing event in which hundreds of people came together not to talk about ideology or politics, but to laugh.

In September we also changed up Foreign Policy Supper Club for a domestic policy concern, the future of public media. I know on the surface this may have looked political. We designed the event to be educational, not political. Think of all of the programs we and our families have watched or listened to over the years

that helped educate about the Jewish diaspora and its history, as well as current struggles. We learned what to expect in the future. CultureFest, when the Jewish community came together with a booth to share with the greater Chattanooga the most important holidays and traditions, meant answering lots of questions and listening to many concerns. These educational and informational events help the greater community better understand the Jewish community. Above all, thank you. None of what we have done could be done without the help and support of you.

Comedy For Peace was a success!

Around 350 Chattanooga community members coming together through laughter.



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WHAT MAKES USA FAMILY PODCAST



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FROM THE SOCIAL SERVICES DIRECTOR

Lorri Lipski llipski@jewishchattanooga.com • 893-9241

Changing Life Seasons

Hello, Cooler Weather! I've always enjoyed the change of seasons.

Sometimes summer lingers too long, and I am happy to see the cool weather. And then, when I've had enough of the grayness, spring comes. But what about the change of seasons in life? I've just encountered a new season - The Empty Nest Season. I'm not sure where I stand on this. Dinner is easier, with fewer palates to please, and there are more leftovers for lunch the next day...but the house is so quiet. And freedom to not have to rush home to get supper started...except no one was home during the day to let the dog out, so I have to go straight home to the quiet, empty house, and love on the dog. But even the dog misses the kids!

Maybe you are encountering a new season in life. New Job. New home. New City. New child. New Grandchild. New challenges as parents of toddlers/tweens/teens. Newly widowed. Newly Married... how do you adjust?! It's important to address your mindset and perspective. Here are some things to consider:

- **Acknowledge your emotions** You may experience anger, joy, excitement, sadness, disappointment, fear... and often experience even more than one emotion at a time.
- **Embrace Change** Recognize that life is ever-changing and that changes can bring opportunities for growth and new experiences.
- **Practice Gratitude** Shift your focus from what you lack to what you have by zeroing in on positive outcomes, even during challenging times.
- **Be Present** Instead of dwelling on the past or worrying about the future, focus on the "here and now" to find joy and command over your current circumstances.
- **Stay Flexible** Be willing to let go of routines and plans when your journey demands it, allowing for different approaches to fit the current season.

- **Prioritize Self-Care** Take care to nourish your body with foods that will fuel and satiate you. Be aware when you are eating comfort or indulgent food - everything in moderation! Also, balance your meals with movement. A walk, a fitness class, or even gentle stretching. Keep moving!
- **Stay Connected** Lean on your community of supportive friends and loved ones who can offer encouragement and wisdom, or simply just listen to you during times of transition. Technology has enabled us to do this even from far away!
- **Lean on Faith** If you have a faith-based practice, look for guidance and comfort through prayer and quiet reflection to find constancy during your transitions.
- **Learn and Grow** Look at each season, whether joyful or challenging, as a valuable opportunity to continue learning and growing as a person.
- **Be Patient** Going through a new season takes time, so be patient with yourself and others as you navigate the changes.

MEDICARE PART D OPEN ENROLLMENT



**MEDICARE PART D
OPEN ENROLLMENT IS
OCT 15TH - DEC 7TH**

If you'd like to review your Medicare Part D options to ensure you have the best plan for 2026, our Social Services Team is here to help! Please complete the enclosed forms and select the easiest option for return:

- Scan & Email to federation@jewishchattanooga.com
- Add a stamp to the provided envelope & drop it in the mail
- Drop it off at the JCC Mon-Fri between 10:00-3:00

Once your forms have been received, we will call and schedule your session, which will be held in person at the JCC.

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FEDERATION
PRESENTS



THE SANDWICH *Generation*

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LED BY THE FEDERATION'S OWN
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JENNIFER WAXENBERG, RN NURSE ADVOCATE
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Home of Jennifer and
Danny Waxenberg
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Chattanooga 37405

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Brainerd
Community
Food Pantry



As a partner agency with the Brainerd Community Food Pantry, which serves the neighborhoods surrounding the JCC, we'd like to start a monthly collection to provide the pantry with nutritious food for our neighbors. Each month we will collect 1 specific item. Our goal is to collect 225 of each item, which is the number of households the pantry serves at each distribution.

Below is the item we are collecting for this month:

October:

canned pumpkin OR canned sweet potatoes



Scan Here
to make a financial
contribution to the
BCFP!

Scan Here
to order from the BCFP
Amazon wish list and have
it sent directly to the
pantry!



Please drop off during working hours, or bring to any
Federation event you attend!
If you would like to get involved, please call Lorri Lipski and she can
connect you with volunteer opportunities!



Number to schedule a ride
with the JCC!

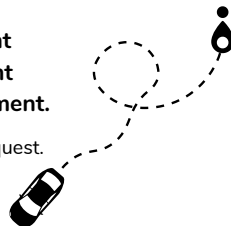
423-551-3716

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

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

A driver will call you back to confirm your request.

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



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- \$8 MATZA BALL SOUP OR CHILI

All orders must be placed through the
Social Services Department.

Orders must be received by
3:00 on Thursday for delivery the
following Thursday (1 week notice).

Call or email Lorri Lipski
423-893-9241 or

llipski@jewishchattanooga.com



DOMESTIC POLICY SUPPER CLUB – THE FUTURE OF PUBLIC MEDIA



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

423-899-0431 • chattanoogaallergyclinic.com



FROM THE SOCIAL SERVICES DIRECTOR

Leah Kaplan lkaplan@jewishchattanooga.com • 394-2005

Thank You for Welcoming Me

What an incredible first six weeks it's been as the new Engagement Manager! I want to thank everyone for the kind welcome I've received; it's beyond what I expected and has made my transition as seamless as possible. And I've met a lot of you! Community members have given me their time and thoughts over meals, coffee chats, activities, and it was lovely to meet people in their homes. I'm so impressed with how cohesive and caring this community is and how everyone is truly committed to having the best Jewish Federation possible. While I've been settling into the role, it's been a great opportunity to learn what's been working, what could be improved, and to try to think more creatively about how to engage with our diverse community. There are lots of upcoming events and ideas in the cooker, but here's a rundown of what I've been working on so far.

Jew Crew is off to a great start. Under the leadership of our fearless parent volunteer Holly Schwartz, this amazing group of high schoolers have met over lunch to get to know each other and plan out their year together. Their second event was a hugely successful challah bake where they learned how to make and braid challah, and then baked 30 challahs to be included in the upcoming holiday Mitzvah Meals.

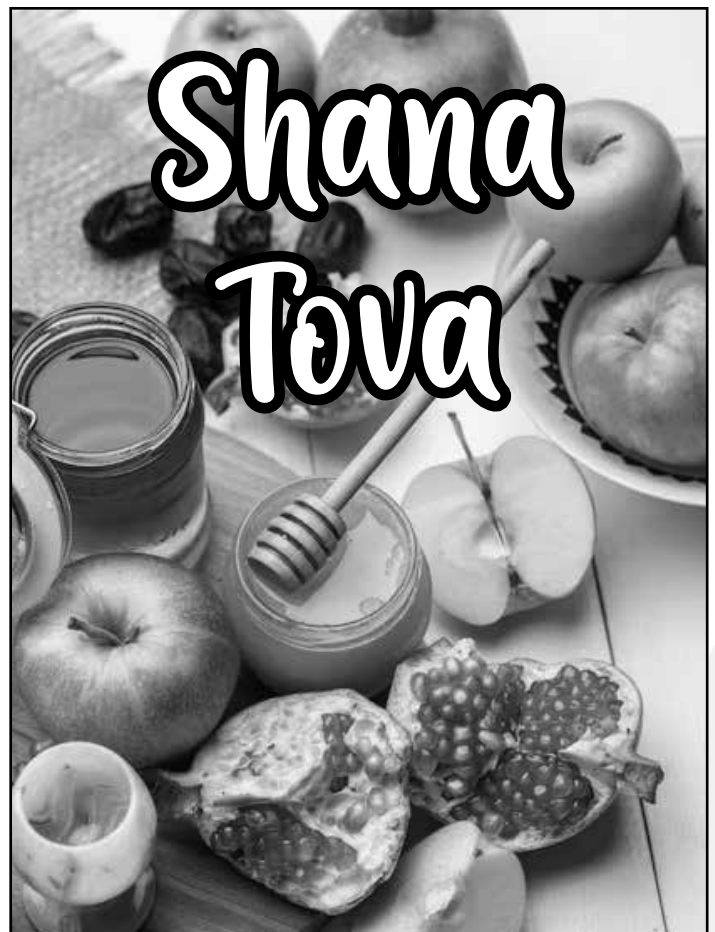
Thanks to everyone who came out for the Welcome Event for me and Jessica, our new Aleph Bet Director. The weather was beautiful for the outside event, kids had a blast in the bouncy house, got their faces painted (thanks to our amazing volunteer Alex Birghenthal), and enjoyed chatting over summer themed snacks and craft beer. It was a perfect opportunity for me and Jessica to relax and meet more members of our Community.

I've been able to participate in Walk Chattanooga, Coffee and Conversation, the Kick-Off, and Nosh-A-Nooga. I've connected with counterparts in Pennsylvania, Tulsa, Nashville, and Knoxville. I've met with staff from Jewish Federation of North American and our support team at PJ Library. I'm working closely with Jessica on new programming for Aleph Bet, which I'm very excited about, and will benefit my daughter Naomi who is happily settling in there.

Let me flag a few events and activities that are coming in the next few months, stay tuned for more information in your email and on social media:

- Oct. 9th: Happy Hours for Next Gen 20s and 30s Group and Middle Chai 40ish to 60ish Group
- Oct. 30th: Harvest Festival and Aleph Bet Open House. All are welcome!
- Nov. 16th: Brunch Talk, The Sandwich Generation—Caring for Aging Parents
- Nov. 23rd: Chattanooga Theatre Center interactive show for younger children

Once again, I want to thank everyone for welcoming me and Naomi to this wonderful community! My "door" is always open and I hope to meet with and hear from as many of you as possible, so please feel free to reach out with feedback, ideas, or just to have a chat. lkaplan@jewishchattanooga.com and 423-394-2005





ALEPH BET CHILDREN'S CENTER

Jessica Abramson alephbet@jewishchattanooga.com • 893-5486



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

START OF SOMETHING NEW!

I have always loved the beginning of September and the New Year; it has always felt like the start of something new. When I became a Preschool Teacher a few years ago, I loved being able to have the New Year and new school year coincide with each other. With the New Year upon us, I think it is a great time to introduce myself and the new initiatives we have planned at Aleph Bet Children's Center. As most of you know, I am Jessica, and I am the new Director of Aleph Bet. As a new director and someone brand new to Chattanooga, I have the distinct pleasure of walking into this school and community with brand new eyes.

Some things that have been apparent from the start: the wonderful and amazing community that the members and staff of the Jewish Federation of Greater Chattanooga has built. I felt truly welcome here even before I officially moved to Chattanooga! I'm amazed at the great, wonderful, and dedicated volunteers at the Jewish Federation. Nosh-a-Nooga was my fifth day being a resident in Chattanooga and fifth day being on the job as the Director, and I was blown away by how many blue shirts I saw in the crowds! From selling tickets, to having conversations with the community, to all of the smiling faces and delicious foods being served was truly the best welcome to this community! And lastly, the amazing teachers here at Aleph Bet. Coming into this position as a previous Preschool Director, I was well-aware of the challenges teachers face in our country in early childhood. The teachers here at Aleph-Bet are truly one of a kind! They love these children, have beautiful and welcoming classrooms for their children, and have almost as many ideas as I do for the school!



As the new Director of Aleph Bet, I already have a running list of ideas to involve the Jewish community, volunteers, teachers, staff, and the general Chattanooga community! It has been joked that I need to slow down and take it one day at a time, but I feel that now that I have been in this job for a couple of weeks I can start to run head first into all of these fun activities and events planned. Some of the things we are currently working on at the school are



solidifying and we are defining our curriculum and educational philosophy. Our teachers are passionate and have experience, and it is great to work with all of them to define our educational philosophy.

Since adding a younger age group to the school, we have redesigned our classroom spaces to better serve the needs of our students and their families. We now have an Older Infant, Toddler and Preschool classroom. This will allow us to create more individualized instruction for our students and maintain consistent communication with parents. Teachers are working on weekly lesson plans for each classroom and we are continuing our community outreach.

With the community outreach comes some exciting events! We will be having a Harvest Hoedown and Open House at Aleph Bet on Oct. 30, which will include many fun fall events and a chance to explore the school and each classroom. We will be having a fundraiser for the Hanukkah season. In the American New Year, we will have a Parents Night Out, spring fundraiser, and some other fun events planned!

**ALEPH BET
CHILDREN'S CENTER**

Harvest Hoedown and Open House



FOOD - MUSIC - GAMES - AND MORE!

WHERE: Aleph Bet School
5461 North Terrace

WHEN: Thursday, October 30, 5:00 - 7:00 pm

RSVP: alephbet@jewishchattanooga.com
423-893-5486



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Meet and Greet

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THURSDAY,
OCT 9

6:00pm
First Drink Is On Us

FIFTY FIFTY WINE BAR
43 STATION STREET
CHATTANOOGA

JEWISH FEDERATION OF GREATER CHATTANOOGA

NEXT GEN
20'S, 30'S AND EARLY 40'S
GROUP

HAPPY HOUR

SHANA TOVA!
FIRST DRINK IS ON US.



THURS. OCT. 9TH
6 PM

THE BONEYARD
26 STATION ST.

the JEW CREW

*Jew Crew is back
and full of fun!*

*Our local high schoolers got together to make challahs
for the Mitzvah Meal recipients.*



Mila Caminez - Bat Mitzvah: October 25, 2025

Mila Caminez, daughter of Brett and Susan Caminez and sister to Hugo Caminez, will be called to the Torah as a Bat Mitzvah on October 25, 2025 at Mizpah Congregation.

Mila believes that becoming a Bat Mitzvah means that she is now a woman in the eyes of the Jewish community and she will take on a greater role of responsibility to help others.



Mila attends Signal Mountain Middle High School as a seventh grader where she serves as the Vice President of the Jr. Beta Club, a service honor society. She was the recipient of the President's Education Award from President Biden and has earned her Girl Scout Bronze Award. She will soon earn her Silver Award. Throughout the year she competes on three different swim teams and plays french horn in pep/band.

For her Bat Mitzvah project, Mila created a community-wide swim-a-thon called Swim for Signal. Partnering with Signal Mountain Social Services, she raised funds to purchase items off of their Back-to-School wishlist. Mila's goal was to raise \$1,000 which she met.

Mila is an avid reader who loves historical fiction and love stories. She also loves 80s movies, rom-coms, and spending her summers at Camp Judaea. She hopes one day to become a librarian or a NASA scientist.

Jewish Federation and Aleph Bet Closed for Jewish holidays.

October 2
Yom Kippur

October 7 and 8
Sukkot

October 14 and 15
Shmini Atzeret and
Simchat Torah

CONDOLENCES

*We extend our sincere
condolences to...*

...the friends and family of Betty Fay Wellan Lipsey, who died on September 17, 2025. Wife of Joseph Lipsey Jr.; mother of Deborah Louise Lipsey OBM, Mr. Joseph and Shira Lipsey, Elizabeth Anne Lipsey Silverman, Tami Leigh Lipsey Linde, and beloved grandmother.

...the friends and family of Rochelle Prigoff, who died on September 12, 2025. Rochelle is preceded in death by her parents; David and Dora Hecklin; brother and sister-in-law, Dr. O. B. and Shirley Hecklin; and beloved nephew, Larry Hecklin. She is survived by daughters, Steffi Prigoff and Tricia (Pessiya) (Eliezar) Ramm; and many grandchildren and great grandchildren.

...the friends and family of Barrett Morris, who died on August 29, 2025. Barrett is survived by his wife, Beverly Morris; daughters, Shana Morris and Stacy Morris; brother, Evan Morris (Gayla Griffith); grandchildren, Alexis Williams and Laiken Williams; great grandson, Judd Brackett; niece, Shauna Rosenbaum; and nephew, Aaron Strassberg.

...the friends and family of Leigh Speal, who died on August 22, 2025. Leigh was preceded in death by her mother, Jacqueline Woodlee Thompson; her grandparents, Sarah Josephine "Jo" Woodlee and Livy Barnes Woodlee; and her first husband, Johnny Harris. She is survived by husband, Jonathan Speal; father, Hubert Thompson; aunt, Cathy Barks (David); siblings, Amber Brock (Rob), Whitney Arnold (Mike), and Andrew Thompson (Joann); two sons, Jonathan Nathaniel "Nate" Harris and Jacob Harris (Staci); five grandchildren; and many nephews and nieces.



Walk Chattanooga

JOIN LORRI & JCC STAFF AS WE TAKE A BREAK TO WALK AROUND OUR CITY!

11:00 on the following Wednesdays in October:

Oct 1 Sculpture Fields
 Oct 22 Enterprise South Nature Park
 Oct 29 St. Elmo Greenway

PLEASE RSVP to
 llipski@jewishchattanooga.com
 or call
 423-893-9241
 (So we know to look for you and you can be notified of changes!)

Bring water
 Use sun protection
 Wear comfortable shoes

Chair Wellness

Join us for Chair Wellness every Monday at the JCC at 1PM.
Free class!



BRAIN HEALTH LUNCHEON September 18



HAPPY NEW YEAR

From The
 Jewish
 Federation
 And
 Aleph Bet
 Staff

L'Shanah LeShanah שנה טובה ומתוקה!

BEST WISHES FOR A
 HAPPY + HEALTHY NEW YEAR

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



Jen Lewis
Co-Director



Traci Sloan
Co-Director

roshnooga@gmail.com

Welcome back for another great year at Machanooga! We had an engaging first day with T'fillah, Kita (class time), and our new Chugium (electives) of Conversational Hebrew, Torah improv, and learning about Jewish Artists while we created our own piece of art.

L'shanah Tovah!



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.

Mizpah CONGREGATION

First Friday Family Shabbat

OCTOBER 3, 2025
 SERVICES @ 6:00 PM
 DINNER @ 7:00 PM

Meatloaf, mashed potatoes, peas and Salad Bar
 CHICKEN TENDERS FOR KIDS
 VEGGIE & GLUTEN-FREE OPTION

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**

PLEASE RSVP

PLEASE RSVP TO THE OFFICE AT 423-267-9771 OR EMAIL: OFFICE@MIZPAHCONGREGATION.ORG

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

MIZPAH TORAH STUDY

9:15 am Shabbat

Bagels and lox prior -

Mizpah Feinstein Hall

Mizpah CONGREGATION

NEIGHBORS SHAPING CHATTANOOGA TOGETHER

Curious how city government really works?

Councilwoman Jenni Berz

Join us for a conversation with Jenni Berz about what a City Council member does. You'll learn insider strategies for getting your council member's attention and influencing policy decisions.

WHEN: Wednesday, October 29th at 7:00 PM

WHERE: Mizpah Congregation Social Hall
 923 McCallie Ave, Chattanooga, TN 37403
 (Easy access via Oak Street entrance)

Light refreshments provided • All neighbors welcome • Free admission

Come ready to be inspired, informed, and empowered to make your voice heard in Chattanooga!

Music at Mizpah PRESENTS

Lapidus & Myles

A collaboration between two faith-based musicians from Atlanta.

- Micah Lapidus is a Reform rabbi and composer-in-residence at The Temple in Atlanta, GA.
- Melvin Myles was previously a soloist at the historic Ebenezer Baptist Church in Atlanta and currently performs at The National Cathedral in Washington, D.C.

SUNDAY, NOVEMBER 9, 2025 | 2:00 PM

Mizpah Congregation Sanctuary
 923 McCallie Avenue (enter on Oak Street)
 Chattanooga, TN 37403
www.mizpahcongregation.org or 423-267-9771

PATRON LEVELS

CONDUCTOR - \$1,500+	10 CONCERT TICKETS
PERCUSSION - \$1,000+	6 CONCERT TICKETS
BRASS - \$500+	4 CONCERT TICKETS
STRING - \$200+	2 CONCERT TICKETS

*RECEPTION & ACKNOWLEDGEMENT IN THE PROGRAM FOR PATRON LEVELS ABOVE

WOODWINDS - \$75 SINGLE CONCERT TICKET & RECEPTION
SINGLE ADMISSION - \$25

FOR TICKETS SCAN HERE

Mizpah CONGREGATION

All proceeds from sponsorship, donations & ticket sales go directly to Mizpah Congregation.

Tot SHABBAT

3RD SHABBAT EACH MONTH:

TOT SHABBAT 5:15 pm
SHIREI SHALOM 6:00 pm

Sabbath of Song and Meditation

Join us for **SHIREI SHALOM Shabbat**
 Every 3rd Friday

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

B'nai Zion Calendar

Friday Night - Kabbalat Shabbat: 6:00 pm
Shabbat Morning Services: 9:30 am
BSI: Oct. 22 & 29
Minyan/Foundations: Tues., 6:00/6:30 pm via Zoom
Weekly Parsha Study: Sundays, 7:00pm
Weekly Talmud Study: Thursdays, 10:00am

October

4	Shabbat Muffins
5	BLT (Bagels, Lox, Tefillin) / Kadima
7 & 8	Sukkot Services
11	Lunch & Learn / Teen Beit Midrash
14 & 15	Shemini Atzeret & Simchat Torah Services
17	Shabbat in the Park
24	Shira v'Shulchan
25	Teen Beit Midrash
26	Lunch & Learn

SHIRA V'SHULCHAN

שירה ושולחן

Friday, October 24
6:00pm
Social Hall

Shira v'Shulchan - Song and Table is a unique musical Shabbat experience for all ages led by our BZ band, followed by a dairy potluck oneg!



SPECIAL
BLESSING OF THE ANIMALS!

TORAH | BEER | STUDY

JEWS AND BREWS

SUNDAY, NOVEMBER 2
2:30 PM

AT ODDSTORY
1604 CENTRAL AVENUE

BRING YOUR PET, FURRY OR SCALY AND JOIN US ON THE PATIO!

BZ Men's Club

Steak & Scotch in the Sukkah

SUNDAY, OCT. 12

5:30PM
BZ SUKKAH
RSVP REQUIRED

AFTER SHUL LUNCH & LEARN
Saturdays, October 11 & 25
following services

Simchat Torah Celebration

LIVE COMMUNITY BAND - DANCING WITH THE TORAH - FOOD - FUN FOR ALL AGES

SCHEDULE

5:00PM - KIDS TORAH PARTY
6:00PM - COMMUNITY CELEBRATION

RSVP REQUESTED

923 MCCALLIE AVENUE
CHATTANOOGA, TN 37403

BEGINS AT
5PM

OCTOBER 14, 2025

SHABBAT TOGETHER

2nd Friday Every Month; 10:45AM

Beginning in October – and once a month on the 2nd Friday – Aleph Bet will have its weekly Shabbat experience at 10:45AM, just before Coffee and Conversation (see p. 6). Everyone is welcome to attend and participate as the kids light candles, have juice and challah, and enjoy some songs or books. This is a great way for the community and children to enjoy the beauty of welcoming “Shabbat Together”. Coffee and Conversation will still happen every Friday. See you on October 10th!



Jewish Community's Booth at CultureFest

First Horizon Pavilion - September 21



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

Congratulations to Rachel Kessler who won the drawing for an annual Hadassah membership at Mah Jongg and Margaritas! Coincidentally, Rachel's cousin is President of the Greater Southwest Region of Hadassah! Let's continue that family tradition. This starts the newest national Hadassah campaign "Hadassah is the One," promoting a new membership drive and contest for 2025. **Hadassah is the One You've Been Searching For!**

Hadassah is the ONE you've been searching for

- ONE place your love of Israel shines.
- ONE organization advancing health and medicine.
- ONE voice loudly fighting antisemitism.
- ONE community of friends you'll have for life.
- ONE empowered group of women making a difference.

Join Hadassah, the ONE that will change your life.

Join here go.hadassah.org/HadassahIsTheONE

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COFFEE & CONVERSATION

On Friday, Oct. 24, come to the Federation for Coffee and Conversation at 11:00 and then join Hadassah members as they greet the new Shlichah. The new Federation Engagement and Aleph Bet Directors also plan to join us. Lunch with Linor, Leah, and Jessica will be an opportunity for Hadassah members to have an informal discussion about Hadassah in Chattanooga and the Southern Region. When you telephone or email Judy Sachsman, your lunch sub will be reserved for you.

THANK YOU!

A special thank you to Susan Leininger, Kathy Kessler, and Millie Lander for their efforts on the Rosh Hashanah Greeting Card. And thank you to all members who contributed to this project supporting the Gandel Rehabilitation Center in Israel.

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.

CPR PROGRAM

Hadassah is hosting a two-hour demonstration on "Save a life: one person at a time" on Sunday, Oct. 19. This program will review general adult CPR techniques, use of the AED and LifeVac for people who may have a compromised airway (choking). WeRCPR will assist with the hands-on demonstration that is planned for that afternoon. Bev Coulter is happy to answer any questions about this program. Registration information will be available online.

Save A Life: One Person at a Time

Sunday, October 19
1:00 pm - 3:00 pm
In Chattanooga
(All costs provided upon registration)

Hadassah Chattanooga

Please join us for this important event—your participation could help save a life.

WE R CPR will be presenting an educational demonstration of the AED device and LifeVac for compromised airways (choking). A basic review of adult CPR guidelines will be conducted as well.

REGISTRATION
Everyone must RSVP online by 10/12/25 - No Walk-ins

Register online with the QR code or visit: <https://bit.ly/ChattanoogaSaveALife>



According to Hadassah policy, advanced registration and a signed participant release are required for all events. ©2025 Hadassah, The Women's Zionist Organization of America, Inc. Hadassah®, the H logo, and Hadassah the Power of Women Who Do are registered trademarks of Hadassah, The Women's Zionist Organization of America, Inc.

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

Annual Givers start with:

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

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

*** Deceased**

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

**Thank you
for insuring
our future.**

STAY INFORMED

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

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

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

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

CONTACT LIST

- | | |
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Jewish Federation
OF GREATER CHATTANOOGA

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

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Chattanooga, TN
Permit No 63

the Shofar

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

Ken Goldsmith, Board Chair
Michael Dzik, President & CEO

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

Find us online at
JewishChattanooga.com



NOSH-A-NOOGA 2025 WAS AMAZING!

Thank you all so much for showing up.



Photo Credit to Ray Soldano