



Israel Day

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FROM THE PRESIDENT AND CEO

Unique YOM Events

In the spirit of always adapting, changing, and trying new things, the Federation has several unique YOM events in April that I wanted to share with you. Several Federation staff members have taken the lead on each of these important programs.

Yom HaShoah this year will be on the evening of Thursday, April 16 at the JCC. Ann Treadwell has created a different event this year with the program being less of a "program" and more of an "experience".

A few months ago we connected with former Chattanooga John Pregulman. In 2012, John created the Holocaust Survivor Legacy Photography Project where he travels the globe to document and photograph Holocaust survivors. Since starting this project, John has photographed 1,600+ survivors from all over the United States, Japan, Israel, and the Czech Republic, all at his personal expense. John shares these photos with the survivors and their families with a goal of honoring each person and preserving their legacy.

Community members will be able to view 30 photos of survivors that we will have on loan from John. Although a picture speaks 1,000 words, each photograph will also include some information about each survivor. Remembering those who survived is just as important as remembering those who were murdered in the Shoah. This year we will also have opportunities for every attendee to light a candle. Lastly, we will have a set time when we will gather together in the atrium/lobby for short remarks and a community-wide Kaddish. We hope everyone will stop by, participate, experience, and commemorate this important date. See page _____ for details.

Leah Kaplan has taken charge of the next April Yom event as we will participate in Yom HaMaasim HaTovim, International Good Deeds Day, a worldwide vision that began 20 years ago in Israel. Join the community on Sunday, April 19 as we participate in volunteer opportunities that will benefit our Jewish community and all of Chattanooga. There will be several projects and something for people of all ages – from young children to senior adults. See

page _____ to sign up for volunteer opportunities.

The last Yom events will be celebrated in a very Israeli style led by our Shlichah, Linor. Yom HaZikaron (Israel's Memorial Day) and Yom HaAtzmaut (Israel's Independence Day) are traditionally held on back to back days. In fact, as the mourning of Memorial Day ends at sunset, the celebrations of Independence Day also begins at that same sunset. It is a deeply unique Israeli experience.

On Sunday, April 26 we will attempt to duplicate this experience in Chattanooga. In fact, this is one of many reasons that we have a Shaliach in our community, to experience Israel. Linor has been planning a meaningful Yom HaZikaron experience which is already underway – the Flowers of Hope ceramic project. Community members have gathered throughout March to create 255 ceramic flowers that will represent the 255 hostages that were held in Gaza (251 from Oct. 7 and four additional who were held for even longer periods). Linor chose the poppy flower, kalanit, which has become the symbol of Oct. 7. The poppy flowers are prevalent in the Gaza envelope, especially blooming across the desert in the autumn months. These finished ceramic flowers will be on display April 26, and we are working on a permanent placement on the Jewish Cultural Center grounds.

Going on simultaneously will be Yom HaAtzmaut, a vibrant festival and celebration that will include an Israeli lunch along with a live Israeli music band. There will be various booths and lots of Israeli-style decorations and tzatzkes for community members of all ages. It will be the next best thing to being in Israel for its 78th birthday! I encourage everyone to attend this indoor/outdoor event. See page _____ for registration and event information.

Wishing everyone a happy and healthy Passover holiday. I look forward to seeing you at the many Yom events throughout April.

Michael Dzik

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



BOARD CO-CHAIRS Gene and Amy Boulware

The Jewish People Live

Last week my dad and I got a cryptic text from my sister. It said, "If you have heard the news, I want you to know that I am safe and not there yet". Immediately, Dad and I both sent her a text back with "???? What are you talking about? Neither Dad nor I had heard the news that the Kansas City airport had been evacuated because of a bomb threat. She was scheduled to fly out of New Orleans after visiting my niece, but her flight had been canceled due to the threat. On the same day, I was communicating by WhatsApp with my cousin in Israel. She writes daily updates on the attacks in Israel and gives us news on her whole family. Then, there was the news about the attack on the synagogue in Michigan. These times are really frightening. I am writing this article today with both concern and resolve. Like many of you, I have watched with growing alarm as incidents of violence, antisemitism, and hatred continue to rise across our nation. Recent attacks on Jewish institutions—synagogues vandalized, JCCs threatened, individuals targeted simply for wearing a kippah or Star of David. This violence impacts me, you, and many people we know personally. With each reported attack, it reminds me that the safety of our community cannot be taken for granted. These attacks are threats to our neighbors, our children, our elders, and the sacred spaces where we gather to pray, learn, and celebrate our heritage.

We See You. We Hear You. We Are Acting.

Your Federation Leadership, staff and volunteers, takes these concerns seriously. We have been working closely with local law enforcement, the Secure Community Network (SCN), and security professionals to strengthen protections across our community institutions. After the Detroit attack, Michael Dzik was in touch with both city and county police departments who were already on board with additional patrols of our Jewish institutions locally.

This includes:

- Enhanced security assessments
- Updated emergency response protocols and active threat training for staff and community members
- Installation of improved surveillance and access control systems
- Regular coordination with local police
- Increased security presence at major community events

We Are Stronger Together

While we must be vigilant, we must also refuse to live in fear. The Jewish people have faced adversity throughout history, and we have always responded not by retreating, but by standing stronger together.

I urge you to continue participating fully in Jewish life—attend programs, send your children to Aleph Bet and Jewish camps, and support our institutions. JFNA, our Federation parent organization, sent out a powerful message last week - "This is critical – We must continue to show up! Surge into Jewish life, into Jewish learning, into Jewish culture. Send your kids to Jewish education and Jewish camps and to Israel. Wear your Jewish symbols proudly. We will protect ourselves and will not be afraid." Every act of Jewish pride is an act of resistance against hatred.

Support Available

If you or someone you know has experienced an antisemitic incident, please report it immediately to local police and to our Federation. Incidents should always be reported to SCN and the ADL as well.

Looking Ahead

We are also advocating at local and state levels for increased funding for nonprofit security grants and stronger hate crime legislation.

Let me be clear: we will not be intimidated. We will not be silenced. We will continue to live proudly as Jews, supporting one another and building the vibrant, resilient community that has always been our greatest strength. Your Jewish Federation will continue to be a leader in our community on security.

Am Yisrael Chai—the Jewish people live.

Mazal Tov

...to Julie Locke, who was elected as District 2 City Councilperson in Dalton, GA.

CONDOLENCES

We extend our sincere condolences to...

...the family and friends of Irwin Rosenfeld, who died on March 7, 2026. He was predeceased by his parents, Doris and Hyman Rosenfeld. Irwin is survived by his brother Roy (Jacqueline) Rosenfeld.

...the family and friends of John William Brooks, who died on February 23, 2026 at the age of 78. John is survived by his wife, Ellyn.

FOREIGN POLICY SUPPER CLUB

Monday, April 20 at 6PM - \$15 per person

Trump's Tariffs

Register – jewishchattanooga.org



FROM THE ENGAGEMENT MANAGER

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

Jewish Service Programs For Volunteers

Late last year, I applied and was accepted to the fourth cohort of The Catalyst, a professional development initiative sponsored by JFNA and Repair the World that equips Federation professionals with the skills to design and deliver engaging Jewish service programs for volunteers. The fellowship is rooted in the belief that service in support of social change is vital to flourishing Jewish communities and inspiring Jewish lives.

I am part of a cohort of 11 Federation professionals from across the United States and Canada who are committed to making Jewish service a powerful entry point into Jewish life in their communities. Over five months, we will explore Repair the World’s best-in-class curriculum led by Repair educators, engage in community building, participate in an in-person Jewish service, and learning experience at Jewish Federations’ FedPro conference, and receive microgrant funding of up to \$7,000 to pilot a new service initiative or expand an existing one.

In February, I joined the other Fellows in Phoenix, where we had the opportunity to participate in a service project with an organization called Arizona Jews for Justice. We met with the team that runs the organization and then went out into the community to distribute food and essential items to an underserved population. The service activity was only part of the experience—we also spent time learning about the importance of connecting service to Judaism and community building. Making these connections helps us better understand our roles as Jewish people and our place in the world.

Since returning from Phoenix, I have been building relationships with a wide range of organizations as I develop the new service program that is part of the fellowship. On April 19, we will celebrate Good Deeds Day here at the Federation—an opportunity for us to come together and do good for our community. It will also serve as the soft launch of this new program, and I hope you will join us.

If you are interested in being added to a list of people who would like to hear about volunteer opportunities, please email me at Lkaplan@jewishchattanooga.org.



WANT TO VOLUNTEER?

GET INVOLVED IN MAKING
A DIFFERENCE WITH US!

Are you looking for opportunities to make a positive impact in our community? We have a number of ways to get involved, whether you have a few hours to spare or are interested in a long-term commitment. All ages and abilities are welcome!



FOR MORE INFORMATION AND TO BE ADDED TO
A VOLUNTEER FOCUSED EMAIL GROUP,
EMAIL LEAH: LKAPLAN@JEWISHCHATTANOOGA.ORG





FROM THE SOCIAL SERVICES DIRECTOR

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

Sing!

Many, many years ago, I was a music major in college - a full ride, actually. I was aspiring to become a music therapist. But because I was not proficient in any instrument other than my own voice and was behind my peers in music theory, I decided that a different major would be better for me. But that didn't stop my love of singing! Recently, I read an Instagram post that I found remarkable.

"Your voice holds power far beyond words. According to a fascinating study, singing for just one hour can increase your body's production of secretory immunoglobulin A, or SIgA, by up to 240 percent. SIgA is your immune system's first line of defense. It coats the lining of your mouth, throat, lungs, and digestive system, blocking viruses and bacteria before they invade deeper. Researchers compared people who sang to those who simply listened to music or sat quietly. The difference was clear. Singing led to a massive spike in immunity, while the other activities offered only minor changes. The act of singing is not just emotional. It is physical medicine. Breath control strengthens the lungs. Muscle engagement improves circulation. Vocal vibration stimulates healing in the chest, face, and brain.

Even more impressive? Singing activates the vagus nerve. This nerve calms the body, regulates stress, lowers cortisol, and balances your immune system. It is the body's natural switch between fight mode and healing mode. This is not about singing well. It is about singing fully. Whether it is gospel in a choir, humming in the kitchen, or belting a pop song in the car, your immune system listens and responds. Singing also boosts endorphins, creating a natural high that relaxes the mind and energizes the body. In a world overwhelmed by stress, that shift can be the medicine many people never realized they needed. So sing like your health depends on it. Because science says it just might. Your voice is more than an expression. It is immunity in motion."

I wanted to verify if this was legitimate, so I found a study to support this post: Kreutz G, Bongard S, Rohrmann S, Hodapp V, Grebe D. Effects of choir singing or listening on secretory immunoglobulin A, cortisol, and emotional state. *J Behav Med.* 2004 Dec;27(6):623-35. doi: 10.1007/s10865-004-0006-9. PMID: 15669447.

What stands out about this concept is that it is such an easy way to potentially protect oneself; it won't hurt to try! And this is a judgment-free zone. No worries, if you can't carry a tune! I'm thinking a karaoke event, for our health, is in our near future.

Grief Gathering

For those who have experienced the loss of significant loved ones
Facilitated by Marki Kaim, LMSW, QMHP

Friday, April 24th
Friday, May 29th
12:00 pm

Jewish Cultural Center
5461 North Terrace

Please RSVP to Lorri Lipski
llipski@jewishchattanooga.org or (423) 893-9241

Jewish Federation OF GREATER CHATTANOOGA

Chair Wellness

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

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

FREE
COFFEE
& CONVERSATION

EVERY FRIDAY FROM 11:00-12:00
 A TIME TO CHAT, REMINISCE & TACKLE LIFE'S CHALLENGES!

Jewish Cultural Center 5461 North Terrace Rd

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

Jewish Federation Transportation Services

OUR STAFF AND FLEET

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

2

3

4

5

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!

WHY WE DO IT

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

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:
 P.O. Box 8947
 Chattanooga, TN 37414

MITZVAH MEALS

OUR MEALS ARE PREPARED WITH LOVE TO NOURISH THOSE WHO CANNOT PREPARE FOOD FOR THEMSELVES DUE TO ILLNESS/MEDICAL EVENTS, CARETAKING & GRIEF.

WE PROVIDE A COMPLIMENTARY DELIVERY FOR ONE WEEK AS YOU RECOVER FROM ILLNESS, SURGERY OR LIFE EVENT. YOU CAN GIFT MITZVAH MEALS FOR YOUR FRIENDS OR FAMILY IN NEED. DELIVERY ONLY. SLIDING FEE AVAILABLE.

- \$12 PER ENTREE
 CHOOSE FROM BEEF, CHICKEN, OR FISH
- \$5 UPCHARGE FOR SALMON
- \$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



Linor Shirinov Federation

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

From Freedom to Independence: The Journey from Passover to Israel's Independence Day

Every year in the Jewish calendar, there is a meaningful journey that connects two powerful moments in our story: Passover and Israel's Independence Day. Although they are separated by a few weeks, these days share a deep and meaningful connection—both tell the story of a people striving for freedom, identity, and a place to call home.

Passover reminds us of one of the most foundational moments in Jewish history: the Exodus from Egypt. During the Seder, families and friends gather around the table to retell the story of our ancestors who left slavery behind and began their journey toward freedom. We eat symbolic foods, ask questions, and repeat the ancient words: "In every generation, a person must see themselves as if they personally left Egypt." Passover is not only about remembering the past; it is about reflecting on the meaning of freedom today and our responsibility to protect it.

Just a few weeks later, Israel celebrates Yom Ha'atzmaut—Israel's Independence Day. In Israel, the day is filled with celebrations, music, barbecues in parks, and a strong sense of national pride. It marks the moment in 1948 when the modern State of Israel was established, giving the Jewish people sovereignty in their historic homeland after nearly two thousand years.

For many Israelis, the connection between these two moments feels very natural. Passover tells the story of the Jewish people becoming free, and Israel's Independence Day represents the realization of that freedom in our modern era. The journey from slavery to self-determination did not end with the Exodus— it continues through generations of Jewish history and is reflected in the rebirth of the State of Israel.

Growing up in Israel, Yom Ha'atzmaut was always one of the most exciting days of the year. The streets fill with Israeli flags, families gather outdoors, and the entire country feels united in celebration. It is a day that highlights not only Israel's achievements, but also the resilience of the Jewish people and our long connection to the land.

One of the most powerful moments in Israel's national calendar is the transition from Yom HaZikaron (Israel's Memorial Day) to Yom Ha'atzmaut (Israel's Independence Day). Within a short time, the country

moves from deep remembrance to celebration. On Yom HaZikaron, we honor the soldiers and victims of terror who gave their lives so that Israel could exist. As someone who grew up in Israel, this moment has always been deeply emotional for me; it is a reminder that the joy of independence is forever connected to the memory of those who made it possible. This powerful transition inspired my Flowers of Hope workshop and exhibit, where members of our community created flowers as a symbol of remembrance, resilience, and hope. Just as Israel moves from memory to celebration, these flowers represent the way we honor the past while continuing to build a vibrant future together. I'm excited that these creations will also be displayed during our community's Israel Independence Day celebration, allowing us to reflect on this meaningful journey from remembrance to independence as a community.

I invite you all to take part in the celebrations for Israel's 78th Independence Day on April 26th at 12:30pm at the Federation to enjoy the live music, food, and fun activities we have planned for everyone.





BRAIN HEALTH 2.0



Thursday, April 23rd at 11:30

Join us for a Lunch & Learn session, where we will explore practical strategies to enhance our active memory and improve recall! You don't want to miss this!

\$12 per guest

MENU:

Grilled Chicken & Zucchini Kebabs, Couscous, Crusty Bread with Olive Tapenade, & Lemon Olive Oil Cake

RSVP by April 17th
www.jewishchattanooga.org



 **Jewish Federation**
OF GREATER CHATTANOOGA
5461 North Terrace

The Yom HaShoah Experience

Thursday, April 16, 2026, 5:30 p.m.
Reflection and Introspection

Exhibit of survivors' portraits from KAVOD photographer John Pregulman.

Light a candle of remembrance.

Activities for children in 5th grade and older.

Jewish Cultural Center
5461 North Terrace Road

JOIN US FOR OUR WEEKLY
"MISHPACHA MEETUP"
(A SOCIAL ZOOM GATHERING)



EVERY TUESDAY AT NOON
(*EXCEPT THE LAST TUESDAY OF THE MONTH, WHEN WE MEET IN PERSON FOR "LUNCH OUT"!)

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EMAIL LORRI AT LLIPSKI@JEWISHCHATTANOOGA.ORG WITH ANY QUESTIONS!



 **Jewish Federation**
OF GREATER CHATTANOOGA

SAGE GROUP

TENNESSEE VALLEY RAILROAD RIDE
WEDNESDAY APRIL 15TH, 10:30AM
4119 CROMWELL ROAD

TRAIN RIDE FOLLOWED BY LUNCH AT JASON'S DELI
2115 GUNBARREL RD

PURCHASE REDUCED TICKETS FOR \$18 AT
JEWISHCHATTANOOGA.ORG
BY APRIL 6TH



 **Jewish Federation**
OF GREATER CHATTANOOGA

CHATTANOOGA JEWISH ARCHIVES

The Tennessee Holocaust Commission recently requested information about our Jewish community from 1900-1945 for a project they are doing. The Shofar is reprinting excerpts from the document sent by your Archives committee in this and future issues. My thanks go to Wes Hasden and Dr. Max Brener for their contributions to this brief history. Karen Diamond, chair, Chattanooga Jewish Archives

ADOLPH OCHS AND THE CHATTANOOGA TIMES: Adolph Ochs' parents, Julius and Bertha, moved from Cincinnati to Knoxville because Bertha was a Confederate sympathizer while Julius supported the Union. Young Adolph became a printer and married Effie Wise, daughter of Isaac Mayer Wise, founder of Reform Judaism in America. The couple and their daughter Iphigene moved to Chattanooga from Knoxville in the 1880s after Adolph, with \$6 and a partner who left soon after, purchased *The Chattanooga Times*, one of several local newspapers. As his paper flourished, Adolph became a leading citizen, supporting many organizations and projects. He promoted the first reunion of Union and Confederate soldiers who fought in the Battles for Chickamauga and Chattanooga in 1889. His vision led to Congress' establishing in 1890 the Chickamauga & Chattanooga National Military Park, the oldest and largest military park in what would become the National Park System. He continued to own and publish *The Chattanooga Times* and returned to his hometown often after he went to New York City in 1896 with \$75,000 and purchased an almost bankrupt *New York Times*.



In 1924, Adolph gifted Mizpah Congregation with its third physical location, a Greco-Roman structure on McCallie Avenue which is still the home of the congregation. It was the first all-steel structure built in Chattanooga. As per Adolph Ochs's wishes, the congregation named the facility the Julius and Bertha Ochs Memorial Temple in memory of his parents. The building was dedicated in 1926. In addition to donating the building and its furnishings debt-free to Mizpah Congregation, Adolph Ochs also provided endowment funds to sustain and maintain the building into the 1930s. The building project was overseen by prominent congregation members and headed by his brother George W. Ochs-Oakes, who held numerous leadership positions at the Temple. To celebrate its opening, George donated a replica of Michaelangelo's statue of Moses to the Temple. The same size as the original in Rome and made of similar marble, the sculpture was crafted in Italy and was the largest shipment delivered to Chattanooga up to that time. It sits in the lower foyer of the sanctuary building.

In 1932, Mizpah Congregation welcomed to its pulpit Rabbi Dr. Abraham Feinstein and his wife Lillian, a talented artist. Rabbi Feinstein was a charismatic figure and his services were Classic Reform. Ochs had provided a fine Skinner pipe organ which, sadly, the Temple board sold in the 1960s. A paid choir sang typical Classic Reform hymns. Rabbi Feinstein remained the rabbi until 1966 and was rabbi emeritus until his death in 1985. His rabbinate lasted a total of 53 years, which must surely be one of the longest tenures in the country.



Following her service as an ambulance driver in England during World War II, Adolph Ochs's granddaughter, Ruth Sulzberger Holmberg, convinced her grandfather and her father, Arthur Hays Sulzberger, to let her leave her home in New York City and move to Chattanooga as the publisher of the *Chattanooga Times*, still part of the *Times* Publishing empire. Any history of Chattanooga must include Ruth's influence and imprint on the social, cultural, and educational life of the City from the 1940s until her death in 2017. Her generosity was limitless and, many times, anonymous. She was in the forefront of the Civil Rights movement. She became a pillar and benefactor of Mizpah Congregation and a beloved citizen of Chattanooga.

MEN'S NIGHT

THURSDAY, APRIL 30 AT 6PM
\$15 - SALMON DINNER



REGISTER AT JEWISHCHATTANOOGA.ORG

SAGE, our new 60+ affinity group, had an amazing first program with over 40 attendees on March 10



NextGen and Middle Chai Game Night



Honey Seed

HAND-ROLLED BAGELS · WOODFIRED PIZZA
JOIN US FOR DINNER!



FRESH MOZZ & BURRATA PIZZA

WITH CALYBRIAN PEPPERS & A HONEY SEEDED CRUST

TOT'CHOS

HOUSEMADE TATER TOTS BAKED & TOPPED WITH BLACK BEANS, PICO, CHEESE & CREMA



CHOCOLATE CAKE

SERVED WITH CLUMPIES ICE CREAM

BRUNCH · DINNER · FULL BAR
VISIT US TODAY AT 1705 MARKET ST



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19TH ANNUAL CHATTANOOGA JEWISH

FILM SERIES

**WEDNESDAY, JUNE 17, JCC
SANFORD WINER TRIBUTE
RECEPTION (6PM); FILM (7PM)**

**IN-PERSON FILMS (4PM)
SUNDAYS, JUNE 21 & 28, JULY 5, 12 & 19**

**INTERNATIONAL FILMS
INDEPENDENT FILMMAKERS
AWARD-WINNING DOCUMENTARIES & FEATURES**

**INDIVIDUAL SPONSORSHIPS:
\$500, \$250 AND \$150**

**FOR MORE DETAILS AND TO PURCHASE SPONSORSHIPS,
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Aleph Bet provides an educational, interactive and developmentally appropriate preschool program enriched by Jewish traditions and values.

**We
love
our
Aleph
Bet
families!**



Good Deeds Day!

Join us Sunday, April 19th, for an afternoon of community, service, and learning at our annual Good Deeds Day. There will be opportunities for all ages and abilities.

- 12pm- Lunch and Orientation
- 1pm- Service Projects
- 3pm- Closing and Reflection

Service Projects:

- Assembling Blessing Bags for a homeless shelter
- Aleph Bet and Federation Beautification
- Red Cross Blood Drive
- Clothing and Food Drive

Register at jewishchattanooga.org

5461 North Terrace Rd



JEWISH FEDERATION OF GREATER CHATTANOOGA
5461 NORTH TERRACE ROAD
CHATTANOOGA, TN 37411

Sunday, April 19th
12:00 pm - 4:00 pm EDT

Schedule your donation:
www.bloodassurance.org/jewishfederationongc



Blood Drive

One donation can save three lives



All donors will receive a 'Do Good Feel Good' T-Shirt when they give April 16Lh - 30Lh! While supplies last!



THE STRENGTH OF A PEOPLE.
THE POWER OF COMMUNITY.





Volunteer Opportunity!

HELP SERVE DINNER AT THE CHATTANOOGA RESCUE MISSION EASTER BANQUET

Sunday April 5th

4:30pm-7:30pm

1512 South Holtzclaw Ave

Space Limited

RSVP to

Lkaplan@jewishchattanooga.org



JOIN LORRI & STAFF AS WE TAKE A BREAK TO EXPLORE OUR CITY!

*Bring water
*Use sun protection
*Wear comfortable shoes

Wednesdays at 10:30

- April 22: Greenway Farm Park (Hixson)
- April 29: Stringers Ridge (Northshore)
- May 6: Urban Hike: Market Street (Downtown)
- May 13: Guild-Hardy Trailhead (Lookout/St. Elmo)
- May 20: Wolftever Creek Greenway (Collegedale)
- May 27: Sterchi Farm Trailhead (Near HES/Dam)

Email llipski@jewishchattanooga.org

to register & receive weather updates/meetup instructions.

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.



Traci Sloan, Director
roshnooga@gmail.com

Machanooga Happenings



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.

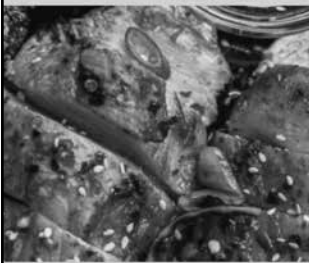
FIRST FRIDAY FAMILY SHABBAT

APRIL 1, 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

**ORANGE CHICKEN, ROASTED POTATOES,
 BROCCOLI AND SALAD BAR**



CHICKEN TENDERS FOR KIDS
 VEGGIE & GLUTEN-FREE OPTION

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

TOT SHABBAT



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: April 24, 2026 - 6:00 PM

Speaker: Melanie Silva, Board Member
Title: UNFoundation
Host: Rachel and Henry Schulson



A grassroots giving circle supporting the idea that any Chattanooga can be a philanthropist, and anyone with a cool idea to make our city more awesome can win our monthly grant.

The UNFoundation is run by a group of four regular folks with full time jobs just like you. They volunteer their time to promote philanthropy and bring awesome ideas to life. Promoting philanthropy involves recruiting trustees and meeting their needs for networking, warm hugs, and community knowledge.

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

MIZPAH TORAH STUDY

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



3RD SHABBAT EACH MONTH:

TOT SHABBAT 5:15 pm

SHIREI SHALOM 6:00 pm

Sabbath of Song and Meditation



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

Celebrate and Enrich Jewish Life

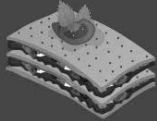
B'nai Zion's vision is to inspire a vibrant, uplifting, and inclusive community connected to the dynamic traditions of Conservative Judaism.



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

Matza LASAGNA Dinner

Tuesday, April 7 - 6:30pm
Social Hall
\$10 per person



Join us night 7 of Passover for a kosher for passover matza lasagna dinner!
Scan QR code to RSVP!

Visiting Rabbi Rabbi Jonathan Hodson

Saturday, April 25 - Social Hall
During services: Guest sermon
Following services: Lunch & Learn lead by Rabbi Hodson

Sunday, April 26 - Social Hall
10:00am-11:00am
Sacred Disagreement: Rabbis Rotenberg and Hodson discuss their friendship, the debates that never quite ended, and why disagreement can be one of the most meaningful forms of connection



Scan the QR Code to RSVP or visit our website!



B'nai Zion Passover Services

Morning Passover Services:
9:30 am Sanctuary & via Zoom
April 2, 3, 8 and 9

Yizkor Service: 10:45am, Thursday, April 9

SHIRA V'SHULCHAN שירה ושולחן

Friday, April 24
6:00pm
Social Hall

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



B'nai Zion Calendar

Friday Night - Kabbalat Shabbat: 6:00 pm
Shabbat Morning Services: 9:30 am
BSI: April 15, 22, 29
Minyan/Foundations: Tues., 6:00/6:30 pm via Zoom
Weekly Parsha Study: Sundays, 7:00pm
Weekly Talmud Study: Thursdays, 10:00am

April	2	Passover Seder
	4	Shabbat Muffins
	7	Matza Lasagna Dinner
	11	Teen Beit Midrash / Lunch & Learn
	12	Kadima
	24	Shira v'Shulchan
	25	Lunch & Learn
26	Visiting Rabbi - Rabbi Jonathan Hodson	



BZ's Kadima youth group visit to the Children's Holocaust Museum in Whitwell, TN.

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.

PURIM

Reading the Book of Esther, exchanging food gifts, giving to charity, and feasting — all the traditions that make Purim so special.

This year we stepped back into the Roaring 20s! The night was filled with an escape room challenge, a vintage photo booth, dancing, pearls, feathers, and plenty of Gatsby-style flair.

One person was overheard saying:

“This was amazing... I wonder where we will celebrate Purim next year?”



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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 of membership in Hadassah when you need a gift that fits every occasion.

PURIM WITH HADASSAH

Purim is a special holiday for Hadassah since Henrietta's Szold's Hebrew name was Esther. Hadassah members gathered at B'nai Zion to bake Hamantaschen, led by Randi Weiss, followed by learning with Rabbi Keillah Lebell.



DAY OF IMPACT

Judy Sachsman and Dana Waxler participated in "Hadassah on the Hill: Day of Impact" as Hadassah members visited Washington DC to meet with legislators and attend a session on antisemitism.



Dana Waxler, National Hadassah Vice President; Jill Weinstein, Southern Region President; Judy Sachsman, co-president of Chattanooga chapters

REGION BOARD MEETING

Hadassah members Alexis Street, Vicki Lewis, Judy Sachsman, and Dana Waxler attended the in-person Region Board meeting in Birmingham. A special Evolve session was presented, so that Alexis can bring that spirit of Young Women to Chattanooga along with Rachael Ruiz and Edie Weiss.

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 October 26-30.

Hadassah is lifechanging.
 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 (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

- | | |
|------------------------|----------------------------------|
| Michael Dzik | Mdzik@JewishChattanooga.org |
| Annette McJunkin | Amcjunkin@JewishChattanooga.org |
| Ann Treadwell | Atreadwell@JewishChattanooga.org |
| Leah Kaplan | Lkaplan@jewishchattanooga.org |
| Linor Shirinov | Israel@JewishChattanooga.org |
| Lorri Lipski | Llipski@Jewishchattanooga.org |
| Aleph Bet Director | Alephbet@JewishChattanooga.org |
| Jake Balser | Federation@JewishChattanooga.org |
| Jennifer Waxenberg, RN | Nurse@JewishChattanooga.org |



Jewish Federation
OF GREATER CHATTANOOGA

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THE **POWER** OF A COMMUNITY

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Michael Dzik, President & CEO

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Cost for out-of-town subscribers is \$30/year.

Find us online at
JewishChattanooga.org



THIS MONTH AT THE FEDERATION

REGISTER FOR OUR EVENTS AT
JEWISHCHATTANOOGA.ORG

April

2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				CLOSED	CLOSED	
5 HELP SERVE DINNER AT THE CHATTANOOGA RESCUE MISSION EASTER BANQUET 4:30 PM	6 Chair Wellness 1PM	7 "Mishpacha Meetup" 12PM	8 CLOSED	9 CLOSED	10 COFFEE & CONVERSATION 11AM	11
12	13 Chair Wellness 1PM	14 "Mishpacha Meetup" 12PM	15 SAGE Railroad Ride & Lunch 11 AM 	16 Yom Hashoah 5:30PM	17 COFFEE & CONVERSATION 11AM	18
19 12PM	20 Chair Wellness 1PM FOREIGN POLICY SUPPER CLUB 6PM	21 "Mishpacha Meetup" 12PM	22 	23 BRAIN HEALTH 2.0 11:30AM 	24 COFFEE & CONVERSATION 11AM Grief Gathering 12PM	25
26 Israel Day 12:30PM	27 Chair Wellness 1PM	28 <i>Lunch</i> <i>OUT</i> 11:30AM	29 	30 MEN'S NIGHT 6PM		