Wishing the Jewish community of Knoxville a Happy Hanukkah!
December 2022
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Hannah and Carl James celebrate Hanukkah at TBE in 2021.
December 2022 Community Calendar

KEY: HA = Heska Amuna, JCOR = Jewish Congregation of Oak Ridge, KJA = Knoxville Jewish Alliance, KJDS = Stanford Eisenberg Knoxville Jewish Day School, JFS = Jewish Family Services, TBE = Temple Beth El

FRIDAY, DECEMBER 2
5:03P Candle Lighting
4:30P JFS Shabbat at Sherrill Hills – KJA
6:30P Kabbalat Shabbat – HA
6:30P Kabbalat Shabbat - JCOR
7:00P Shabbat Service – TBE

SATURDAY, DECEMBER 3
6:03P Havdalah
9:45A Shabbat Service – HA
10:00A Shabbat Service – JCOR
10:00A Pickle Barrel Minyan – HA

SUNDAY, DECEMBER 4
9:30A Religious School – TBE
5:30P 130th Anniversary Celebration - HA

MONDAY, DECEMBER 5
6:30P Executive Committee Meeting - KJA

TUESDAY, DECEMBER 6
6:00P Minyan - HA

WEDNESDAY, DECEMBER 7
12:00P Executive Mifgash Manhigim – TBE
6:30P Minyan & Talmud Study - HA

THURSDAY, DECEMBER 8
7:00P Book Launch: The Atrocity of Hunger - UTK

FRIDAY, DECEMBER 9
5:04P Candle Lighting
5:30P PJ Library Shabbat & Play – KJA
6:30P Kabbalat Shabbat – HA
6:30P Kabbalat Shabbat - JCOR
7:00P Shabbat Service – TBE

SATURDAY, DECEMBER 10
6:04P Havdalah
9:45A Shabbat Service – HA
10:00A Shabbat Service – JCOR
8:00P Dor L’Dor Concert - Laurel Theatre

SUNDAY, DECEMBER 11
9:30A Religious School – TBE
10:00A Yoga at the J - KJA

TUESDAY, DECEMBER 13
8:00P Minyan - HA

WEDNESDAY, DECEMBER 14
4:30P Midweek Hebrew – TBE
6:30P Minyan & Talmud Study – HA
6:30P Board Mifgash Manhigim - TBE

THURSDAY, DECEMBER 15
Shabbaton with Rabbi Mark Greenspan – HA

FRIDAY, DECEMBER 16
5:05P Candle Lighting
Shabbaton with Rabbi Mark Greenspan – HA & TBE
6:00P Chanukah Dinner – TBE
6:30P Kabbalat Shabbat – HA
6:30P Kabbalat Shabbat – JCOR
7:00P Chanukah Shabbat Service – TBE

SATURDAY, DECEMBER 17
6:06P Havdalah
Shabbaton with Rabbi Mark Greenspan – HA & TBE
9:45A Shabbat Service – HA
10:00A Shabbat Service – JCOR

SUNDAY, DECEMBER 18
Chanukah – 1 Candle at dusk
Shabbaton with Rabbi Mark Greenspan – HA & TBE
9:30A Religious School Maccabiah - TBE
3:30P Annual Meeting – KJA
5:00P Light Up Knoxville Chanukah Party

MONDAY, DECEMBER 19
Chanukah – 2 Candles at dusk

TUESDAY, DECEMBER 20
Chanukah – 3 Candles at dusk
6:00P Ways & Means Meeting – TBE
7:30P Book Club – Hadassah
8:00P Minyan - HA

WEDNESDAY, DECEMBER 21
Chanukah – 4 Candles at dusk
6:30P Minyan & Talmud Study – HA
6:30P Ritual & Worship Meeting – TBE
7:00P Board Meeting - Hadassah

THURSDAY, DECEMBER 22
Chanukah – 5 Candles at dusk
Preschool at AJCC closes for Winter Break

FRIDAY, DECEMBER 23
Chanukah – 6 Candles before sundown
5:08P Candle Lighting
6:30P Kabbalat Shabbat - HA
6:30P Kabbalat Shabbat – JCOR
7:00P Shabbat Service – TBE

SATURDAY, DECEMBER 24
6:09P Havdalah
Chanukah – 7 candles at nightfall
9:45A Shabbat Service – HA
10:00A Shabbat Service – JCOR

SUNDAY, DECEMBER 25
Chanukah – 8 Candles at dusk

MONDAY, DECEMBER 26
8th Day of Chanukah

TUESDAY, DECEMBER 27
8:00P Minyan - HA

WEDNESDAY, DECEMBER 28
6:30P Minyan & Talmud Study - HA

THURSDAY, DECEMBER 29

FRIDAY, DECEMBER 30
5:05P Candle Lighting
6:30P Kabbalat Shabbat - HA
6:30P Kabbalat Shabbat – JCOR
7:00P Shabbat Service – TBE

SATURDAY, DECEMBER 31
6:09P Havdalah
9:45A Shabbat Service – HA
10:00A Shabbat Service – JCOR
KNOXVILLE JEWISH ALLIANCE, CHABAD OF KNOXVILLE & TEMPLE BETH EL Present

LIGHT UP KNOXVILLE 2022

First Night of Chanukkah!
Sunday, December 18
5:00pm at AJCC

- Giant Menorah Lighting
- Black Light Silent Disco
- Neon Crafts & Games
- Trivia Contest
- Latkes & Treats
- Glowing Cocktails
- Kosher Shawarma Dinner by Yasmin's Kitchen

Pre-orders only: jewishknoxville.org

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Knoxville Jewish Day School
PJ Library Knoxville
Make a Menorah for Hanukkah!

By: Andrea Martindale, Preschool at AJCC Parent

Supplies Needed:

- 1 egg carton
- 1 piece cardboard long enough to fit the carton cups
- Tempera paint in your choice of colors
- 9 battery operated tea lights
- Glue gun

Step 1: Cut the egg carton into individual cups. (You will use 10.)

Step 2: Paint 10 of the cups and the base for your menorah.

Step 3: You may need help from an adult to finish up the project. When everything is dry you are ready to assemble. To make the Shamash you will need to glue 2 cups together attached at the bottom. Then, glue it to the middle of your base. After you have attached the Shamash, glue down the 8 remaining cups. 4 on each side. Flat side to the base.

Your Menorah is finished!
Building Lives and Legacies of Enduring Worth and Meaning

By: Rabbi Mark Schiftan

Sometimes a humorous story can help soften the introduction to a sobering subject. To that end, here’s a favorite Jewish tale. It’s called A Deal With The Rabbi.

Moshe and Shlomo were brothers who were disliked by the entire community. Together, they ran a crooked business, they consistently lied, and they even cheated the poor and took advantage of the most vulnerable. But perhaps as a result, they were also very wealthy.

When Moshe died, Shalom went to see the rabbi. He said, “Look, I will donate a million dollars to the synagogue if at the funeral you will say that my brother is a mensch.

The rabbi thought long and hard about the offer and eventually agreed.

When it came time for the funeral, the rabbi recounted all of Moshe’s wrongdoings during his eulogy; he did so at length. No transgression, no act of wrongdoing was left out.

Then he concluded his remarks by saying, “But compared to his brother Shlomo, he was a mensch!”

How would you like to be remembered? What would you like to be said about you? And what are you doing, now, to reflect those things? What will be your enduring legacy, in the hearts and minds, of all whom you love and cherish?

What will they say about you? Will you be remembered as a true mensch?

Whenever I gather with a family to prepare for a funeral or memorial service, after all the beautiful sharing about the facets of their life, all the memories and anecdotes, the struggles and the triumphs, after the sharing of both some laughter as well as some tears, I ask two final questions:

First: What did they teach you, by word and by deed, that made you a better person, and that you think you will preserve and carry forward within you?

And second: What would they like to be said about them, not only at the service, but also, going forward, in the lives of those who survive them.

The outpouring of reflections helps the mourners to articulate and incorporate the values, ethics and ideals that inspired their loved one’s life.

Their thoughts become focused on the specific and enduring contributions their loved one made in each of their lives.

So, what about us? How do we remember, still, those we have loved, and lost? And are we doing all we can, now, while still alive, in this life, in each of our lives, to ensure we will be remembered, both as a mensch, and for blessing?

Do our actions reflect our values? Do we live with integrity, with unimpeachable character? Do we teach others about that which is important to us, by expression and example? Do we spend enough time with family?

Are we there when those we love needs us most? Are we devoted to the care of the vulnerable and the marginalized? Are we supportive of those in need, both in the Jewish community, as well as in the wider community? Are we loving, forgiving and attentive?

Are we using our time of this Earth as well as we could, or should?

And, finally, are we acting like a mensch, to be remembered as one?

(Excerpts from Rabbi Schiftan’s Yom Kippur sermon)
Happy Chanukah

By: Kathy Young, President

Where has this year gone? I can’t believe that 2023 is around the corner shortly after Chanukah is finished. It’s so good to be back in person in our building. Our Chanukah dinner, which has been long delayed due to Covid, will be on Friday evening, December 16. A fun evening of singing and celebration is planned, and we hope everyone will join us. RSVPs are encouraged to ensure there is plenty of food for all.

While Chanukah is not considered one of the “important” holidays, to me it is an opportunity to gather with family and friends to light the Menorah, eat latkes, and just hang out. What could be better than that?

From my family to all of yours, I wish you a Happy Chanukah and a joyful, peaceful healthy and safe 2023.

Tikkun Olam

By: Wilma Weinstein-Lomax, Sisterhood President

Second Harvest

Every year in the fall our Temple participates in a Second Harvest Food Drive. Thank you for bringing in food and filling our barrels. The main drive is over; however, we will continue to collect non-perishable items for those in need. Please consider dropping off a non-perishable item in the barrel when you visit Temple.

Coat Drive and Bridge Refugee Drive

In October and November Temple Bet El collects Coats for the Cold. The coat drive is over, but we are now collecting new or kindly used items for Bridge Refugee. We will be collecting these items in the blue bins in the hallway. Please consider donating items for those in need. I will be glad to pick up if you cannot make it to Temple. I appreciate your support and giving to Temple Beth El for repairing the world, Tikkun Olam.

Thank you from the bottom of my heart.
Rabbi Schiftan will be at Temple December 1-4 and December 15-18. Mark your calendars! Both weekends will be filled with great programming.

Rabbi Schiftan presents “Sunday School for Grownups” on Sunday, December 4. All “grownups” are welcome to attend!

Hanukah O Hanukah! Yes, it is December and time to spin that dreidel again. Nothing says family like standing around the menorah and lighting the candles together. Family traditions are a very important part of Judaism. This year at school we are going to set aside time for our students to share some of their favorite family traditions. December also means it’s time to answer that perennial question, “Isn’t Chanukah just the Jewish Christmas? As educators we want our students to be prepared to answer this question and help their friends understand more about Judaism. One of our goals for this year is to explore the ups and downs of being Jewish in East Tennessee. We have been having wonderful conversations with our children and their parents. One thing that is clear is that our students want to be better prepared to answer the questions their friends and teachers ask them. Listening to the thoughts, reflections, joys, and worries of our children has been a powerful part of our Jewish experience on Sundays.

Families will LOVE our Chanukah Shabbat and latke dinner Friday, December 16th. Note the special times: Chanukah service at 6:00 and latke dinner at 6:30. We want to fill our sanctuary and social hall with joyful children and adults. Let's make some TBE memories, folks. Put this on your calendar!

Maccabiah 2022 is December 18th during Religious School. Our school is full of new students who have never experienced our TBERS Maccabiah. We cannot wait to share this exciting experience with our new students. Rabbi Schiftan doesn't know what he is in for as he will be one of our judges. Students will be grouped into “families” that include PK through 7th graders. Teams Hay, Shin, Gimmel, and Nun will complete in both creative and crazy competitions. Our parents will serve a latke luncheon with donuts, of course. Everyone, everyone, everyone is invited to come watch the competition at 11:00.

NOTE: Our Family Shabbat with Rabbi Schiftan has been moved to February 10th. Rabbi Schiftan and Norma James will lead a Tot Shabbat early in the evening followed by a congregational spaghetti dinner (at no charge). Our 7:00pm Shabbat will be family oriented with participation from our students. Babysitting will be provided.

Winter Break is Wednesday, December 21st through Sunday, January 8th. Religious School will resume for Midweek Hebrew on Wednesday, January 14th.

It’s not too late! Do you have children ages 4 (going to K next fall) through rising 10th grade who would enjoy spending time with wonderful Jewish children and amazing teachers? Consider our Temple Beth El Religious School. Norma James would love to talk to you about our program. Contact her directly at normajames@tbeknox.org to set up a meeting. FaceTime, Zoom, or phone call.
Our parents love running the Sukkah decoration station. The children love it, too! Credit: Miriam Esther Wilhelm

Our 7th graders were in charge of organizing the decorations. Parents were on ladders to hang them up. (Safety first!)

Zach Rosenbaum completes the first batch of blankets for his Mitzvah Project. He is making for the homeless people of Knoxville.
Contributions

Donations listed were received as of October 28, 2022

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In memory of Dr. Frederick B. Millis & David Hiller
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In honor of Kathy Young, Norma James, Susan Baker, Liz Gassel & Mark Kline AND
In memory of Linda Zaretzki

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David and Vivian Butler
In memory of Jack Butler
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In memory of Marcus Mendelowitz
Judy Kelly
In honor of Rabbi Schiftan making the High Holiday experience so meaningful
Tammy and Eric Stone
In memory of Dorothy & Ted Perlmuter

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Patti Austin
Norma and Wes James

SECURITY FUND
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At the cornerstone of a KJDS education is a strong sense of Joy, Significance and Belonging. Jewish holidays give us the greatest opportunities to build the community that is the backdrop for the strong sense of belonging students develop. Whether students are sawing horns to make a shofar, dipping apples and honey with their Special Friends, or traveling through Knoxville on a bus visiting various community Sukkot, they are developing their self-identity as a valued member of a strong and vibrant community.

By: Miriam Esther Wilhelm, Head of School

Jewish Holidays at KJDS

The students enjoyed celebrating Rosh Hashanah with their Special Friends. Credit: Miriam Esther Wilhelm

Students loved the opportunity to make their own shofars during the Shofar Factory. Credit: Miriam Esther Wilhelm

The students had so much fun building a custom sukkah in the Kessler’s backyard. Credit: Miriam Esther Wilhelm

One of the stops during the annual Sukkah Hop was to the AJCC sukkah. Credit: Miriam Esther Wilhelm
What Parents Are Saying: The Kilgore-Cronley Family

By: Courtney Cronley, KJDS Parent

When my husband and I moved into our home in 2019, we fully intended to send our son, Oliver, to the public elementary school, a stone’s throw from our front door. Then, COVID-19 upended all our plans during the spring term before Oliver was to start kindergarten. Society and schools shut down and when they reopened, they did so virtually. My husband and I both work full-time, and the thought of trying to supervise online kindergarten seemed unmanageable and counter to our family’s practice of limiting screen time. In addition, Oliver was an only child at the time, and we worried about his limited social learning opportunities in an online classroom. As spring 2020 turned to summer, we started looking for alternative options.

I was raised Catholic, and my husband agnostic. As a family we self-identify more as humanists than anything else, and we were open to faith-based and secular schools. As such, we sought out a range of private school options in the community from the local Catholic school to a Montessori school. Neither my husband nor I had any experience with Judaism, and we had never heard of Jewish Day Schools as a program of education. However, I had heard of KJDS from a colleague at UT, so I checked out their website. It was thorough and professional, and I thought, let’s schedule a tour, why not? Because of COVID, the tour was virtual, and scheduled for when we would be on vacation at the beach. My husband and I dutifully logged on one warm July afternoon expecting the usual screen shots of classrooms and gymnasiums, and a PowerPoint on the curriculum. Instead, KJDS’s faculty and staff’s excitement for education and student learning was palpable through the Zoom screen. The virtual tour lasted for nearly two hours, as they extolled the innovation of their curriculum, their strengths-based culture, and respect for the individuality of each student. We were blown away. Logging off Zoom, we looked at each other with the same thought: KJDS was our first choice for Oliver.

Returning from the beach, I sensed some apprehension within me. After all, we are not Jewish, and it’s a Jewish Day School. Would Oliver be accepted in this space? Would he feel out of place with the rest of the students? Would we as parents be able to connect with other parents? KJDS, in its usual thorough and thoughtful manner, connected me with another parent who had a rising Kindergartener, and who was also not from a Jewish family background. Talking through my concerns, she reassured me that all the best practices for education were happening at KJDS, and the influence of Judaism on the school’s culture was an asset rather than a limiting factor. In fact, the school encouraged the value of critical thinking and empiricism. Moreover, the school administration was careful to separate the academic curriculum from the religious curriculum, so that the students learned and appreciated Judaism as a religion with its own traditions, and not as a doctrine to be accepted without question.

Having talked through the school with a parent, and then talking with the admissions counselor to ensure that we would also be a good fit for KJDS, we decided to commit. We have never looked back. Oliver has thrived at KJDS, academically and socially, and is now in the second grade. It turns out that he has a natural gift for the Hebrew language, and he loves learning the different cultural practices of Judaism. He knows that he comes from a different background from many of his peers, but they accept him without judgement, and he does the same. One of the greatest lessons we, as a family, have re-learned over the past two and a half years is the old truism that there are more in-group differences than there are between-group differences. KJDS transformed our COVID-based educational crisis into a blessing, and Oliver will carry this foundational education forward in his life.
Mrs. Ehrenclou’s 4th and 5th graders have been studying the Civil War era. Students learned that East Tennessee played an important role in the Civil War. During two learning expeditions, one to High Ground Park and Fort Dickerson, and one to Lookout Mountain in Chattanooga, students brought history to life. Prior to the trip students analyzed a sign they would find at High Ground Park—about military roads, earth depressions, surrounding forts, etc., and presented their facts during their field trip. Standing at the Ridgetop site, students understood why the Union chose such sites, especially Fort Dickerson and Fort Sanders, to guard the river and downtown Knoxville from Confederate takeover. To prepare for their trip to Lookout Mountain, students engaged in an interactive text, with half the class reading Confederate commentary and half reading Union commentary, about the Chattanooga Campaign. During the ranger-led tour of Lookout Mountain, the depth of students’ understanding of the complexities of war, supply lines, transportation and severity of casualties was on display. The New York Peace Monument on Lookout Mountain launched the class’s study of the Reconciliation and the Reconstruction period.
Where Are They Now - KJDS Alumni Update

By: Miriam Esther Wilhelm, Head of School

Mazal Tov to KJDS alumni, Rylee Kolnick, who played starting center back this season for the Bearden High School Lady Bulldogs soccer team. Rylee's team wrapped up an impressive season with a 24-0 record, scoring 134 goals and only giving up 3 goals.

The Lady Bulldogs finished #1 in the state of Tennessee and are the #1 nationally ranked best high school girls' soccer team! We're so proud of Rylee's dedication, determination, and perseverance. Way to go Rylee!
Chanukah is an interesting holiday that derives most of its prominence in the American Jewish calendar from its proximity to Christmas. On its own Chanukah is not a holiday that would have warranted the attention it gets. It is not a holiday mandated in the Torah; it does not even commemorate events that are mentioned anywhere in our Hebrew bible. (The books of the Maccabees that describe the Chanukah events are only part of the scriptural canon of some Christian denominations.)

Yet, while the actual story of the Hasmonean revolt might be complicated, the lighting of the Chanukkah advertises our commitment to our Jewish identity. Around this time, when the trend of shortening days reverses and their length starts to gradually increase again, many cultures and religions since ancient times have some celebration of light. Thus, we seem to be no exception with the Chanukah celebration this month. While there is also a layer of the celebration of the winter solstice that is presented in the Talmud (Avodah Zarah 8a), this is not widely recognized. In this story, Adam observes that the days are getting shorter and shorter, and he interprets this as divine punishment for his own sins and transgressions. Thus, he fasted and prayed for eight days until he realized that the length of days starts to increase again as part of the natural order. Once he understood this, he subsequently celebrated the recurrence of the eight days of his original fast by a festival.

But the main theme of the Chanukah celebration is the commemoration of the Hasmonean victory over the Seleucids. It is a story of defending our traditions and our group identity against outside cultural influences. This makes a naïve reading of the story complicated as there were Jews on both sides of this struggle and were fighting against each other. So, it is interesting to see that a militant fight against any form of assimilation and for a separation of Jewish culture from the rest of the world has become a prominent holiday that integrates us into the winter holiday celebrations here in America. Thus let this Chanukah remind us that it is important to defend our identity and to live and work together as the Jewish people so that we can continue as a community. But we should also reflect on how to live in a modern world while maintaining our values. This is something where the Hasmoneans ultimately failed – while they were initially successful in restoring their traditional forms, they did not manage to resolve this tension and later generations of the Hasmonean dynasty succumbed to corruption and family intrigues that led to civil war and the Roman occupation.

With these thoughts let us celebrate the miracle of Chanukah by lighting the candles and thus publicly affirming our Jewish identity. And as with every holiday we can have lots of food. (For some less well-known options from other Jewish traditions, see Miriam Weinstein's article in this HaKol.)

I wish you Chanukah Sameach and a happy new secular year.
Food Traditions for Chanukah

By: Dr. Miriam Weinstein

Chanukah foods are fried, of course, in honor of the miracle of the oil that lasted eight days. We think of Chanukah foods as being donuts and latkes. There are a lot more options if you explore the foods of Jewish communities around the world. Thanks to the internet it is easy to find recipes and they might be fun to try. For example, Jews have lived in Italy since Roman times. Italian Chanukah dishes include Pollo di Hunucca, chicken that is marinated in lemon juice, garlic and spices and then fried and Fritelle di Hunucca - a yeast dough flavored with anise, cinnamon, and honey, cut into diamonds and, of course, fried.

The Jewish community of Egypt was even older. Although it is gone now some of its food traditions still exist among the Egyptian Jews elsewhere around the world. One of its traditional dishes was Zalebia, eggplant fritters that are drenched in honey. During Chanukah they used to be sold on the streets of the Cairo Jewish quarter.

Whether you try something new or stick with latkes and donuts, I hope that you have a Happy Chanukah.
Contributions

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In honor of Rabbi Alon C Ferency and in appreciation of Heska Amuna's wonderful congregation
Susan Linda Neiman & Shmuel Ferency

Heska Amuna Building Fund
In memory of all friends & family of Heska Amuna who are no longer with us
Doris & Stephen Raskin

High Holidays Aliyah
In appreciation of all who helped with our Rosh Hashanah, Yom Kippur and Succoth services and as an aliyah
Mary Linda Schwarzbart

General Fund
In appreciation for the beautiful service and warm welcome they received on Rosh Hashanah
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A Reflection on 2022

By: Bryan Goldberg, KJA President

Our Alliance started this year with high expectations and a staff full of excitement. Through an enormous amount of hard work, extra hours, and true community dedication, I believe our results met our expectations. This does not happen through wishing it or writing an article…it takes HARD WORK! Here is an incomplete list of some of the accomplishments we have achieved together:

- PJ Library has expanded its reach and depth of programming highlighted by a HUGE event this fall in conjunction with KJDS at Deep Well Farm.
- Hillel at UTK has experienced a trajectory of growth this year with more than 79 students participating in engagements.
- Preschool at AJCC continues to have a waiting list as it has truly become a top tier destination for families.
- Jewish Family Services put on an AMAZING event highlighting the Jewish response to the Ukraine crisis with our largest in person crowd for a speaking engagement in over three years.
- Our soccer fields and gym are full of life and being rented again!
- Our facility continues to improve with the Hay classroom remodel, a full Kitchen remodel and our main hallway remodel.
- Our community came together to support a complete retrofit our newly name Allen Rosen Aquatic Center.
- Our campus security is enhanced with our gate system and a new security contract with Blue Lion Tactical Solutions.
- We have changed banking partners, allowing our financial director better abilities to manage our treasuries as well as receiving "old fashioned" top notch customer service.

If you can indulge me, I want to take the rest of this article to share some thoughts about the people making these things a reality for our Alliance.

First and foremost, I truly believe we have a staff that is unparalleled in their devotion, care, and commitment to our community. A hard reality we all need to acknowledge is that I am a volunteer leading a team of paid professionals, and this creates a tricky dynamic to manage. Our staff has both challenged and critiqued me. However, when I accepted this responsibility as President, I knew I would not have enough time in my day to spread amongst our staff to provide them the needed feedback, guidance, and encouragement that any employee deserves. For that, I ask for their continued forgiveness.

For the additional help I needed, I turned to our Executive Committee…and they delivered! A colossal thank to you needs to go out to Debbie Abrams-Cohen. When I asked her to join me in a huge lift, she not only stepped up and volunteered to cover duties not normally assigned to a secretary, but she also became irreplaceable! Only through her help, were we able to attempt to meet our staff's needs. Our VP of Community Services, Rosalie Nagler has far surpassed all my expectations when it comes to someone willing to devote time out of their already busy schedule with the needs and requirements of our JFS, Hillel and Archives program. Renee Hyatt has led our Campaign as a true solo act, and while I chime in from time to time…my heart goes out to her for continuing to offer herself to our community in such an important and impactful way. Our largest service areas, which are thriving, are directed and led by Martha Iroff. The entire Iroff family have weathered too many of life's difficult events over the past two years. To the amazement of our staff, the entire board and myself, Martha has somehow continued to find the time to guide her departments with grace and thoughtfulness, all the while managing the un-manageable at home. My partnership with our Treasurer, Bernard Bendriem has produced
downright fantastic outcomes. I commend him for finding the time to keep our books, finances, and affairs in order while at the same time his business travel increases as Covid restrictions ease. What a DEBT our community owes to Chip Rayman! If three years of hustling and unselfishness as President did not wear him out, he has remained unbroken in his inability to say NO to things and devotes too much of his retirement to our organization and facilities! Without the true VOLUNTEERISM of this group, our organization would be nowhere close to where we are at this point!

Now I pivot to our staff, the lifeblood of our programming and business. Without their service, nothing happens! To our front office staff, Andrea and Michael, thank you for filling in the countless gaps, making the calls and helping your coworkers in innumerable ways! You are the best first impression our organization could ever ask for! To our Preschool Staff... not only do our parents trust you and respect you... but collectively you are all the reason our Preschool has a waiting list for over three years and a golden reputation in our community. That department, led by Kristen and Erin, is our most visible program on a day-to-day basis. To say that each are devoted to their program would be an understatement of enormous proportions. Erin graciously continues to fill in as a teacher when needed, and that need is too often! Kristen is no stranger to our classrooms either, often leaving the preschool office unoccupied to care for our community’s children when a teacher needs to leave. However, this past summer, on top of teaching, administering, and purchasing supplies and food, she logged in a full-time role as our kitchen staff! Ed Hunter continues to honor our community through his service and knowledge. A person who is truly irreplaceable, we are all grateful to his sustained willingness to guide our financial affairs and lend a voice of wisdom to our deliberations. The vigilant keeper of our secrets and our history, Nicki Russler, toils in our Archives week after week after week! To our summer staff, you are here with a bang and out with a flash. So many of our community’s memories are made under your watchful eyes, whether at camp or the pool, you all have kept our kids smiling and tired, and the adults safe and happy!

Tara Bain, Anna Iroff-Bailey, and Laura Sadler…. what can I say? Together you have worked to multiply our organization’s reach. I acknowledge that by not being available full time, I have come up short on some of your expectations, but you have all fully exceeded mine! Our entire community can all see that your hearts are in your work. Our Hillel at UTK, PJ Library, Jewish Family Services, Preschool Judaica, and programming have never operated at this level! Your combined strength is the true reason our organization is growing and thriving!

Before 2023 closes and we turn our eyes to next year, let us all take a moment and reflect how blessed our community is to have our Alliance. Our accomplishments have far out punted our coverage! We get things done that other communities our size only dream of. We should remain grateful to each other and engaged as a community so that we can continue providing meaningful Jewish life experiences for many years to come!
Ochs Plaque Unveiled

By: Nicki Russler, KJA Archivist

The Society of Professional Journalists (SPJ), East Tennessee chapter, along with the Knoxville History Project, sponsored a two-day event honoring Adolph Ochs (1858-1935), who spent part of his childhood in Knoxville and began his fabled newspaper career here at the age of 11, working first as a paper boy, then a printer's devil, office boy, and apprentice. He worked for the Knoxvile Chronicle, whose editor and publisher was Captain William Rule. The paper was located on Market Square near Asylum Avenue (today's Wall Avenue at the northern terminus of the square). Adolph's father Julius was an early member of Temple Beth El and acted as a lay rabbi. Adolph left Knoxville for Chattanooga in 1878, where he ran the Chattanooga Times, and in 1896 acquired a controlling interest in the then floundering New York Times, which he built it into the nation's paper of record.

On September 28, 2022, the Knoxville History Project and the SPJ held a panel discussion with Jack Neely, executive director of the Knoxville History Project, and Alex Jones, co-author of a biography of Adolph Ochs. The following day this plaque was unveiled at 36 Wall Street, believed to be close to the spot, if not the precise location, of the Knoxville Chronicle. Attending both events were, among others, Georgiana Vines, founder of the East Tennessee chapter of the Society of Professional Journalists, and the person who spearheaded this project, as well as two relatives of Adolph Ochs, sisters Celia Walker of Nashville and Sarah Jane Schwarzenberg of Minneapolis, Minnesota. They and their father, Maurice (“Moose”) Schwarzenberg, are descended from Nannie Ochs, a sister of Julius Ochs. Moose (1925-2002) was a Knoxvillian, and his daughters grew up here.

Contributions

Donations listed were received as of November 4, 2022.

General Fund Donation
Cynthia Powell
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Kimberly Hedrick
Let your light shine through the Partnership

By: Marc Forman, Partnership 2Gether Chair

I have come to you many times over the years and talked about all the things that P2G (Partnership 2Gether) can do for you. Today will be different. I am not going to talk about all the things that the P2G can do for you, but what you can do for P2G.

We are living in a time when Anti-Semitism is on the rise. People around the United States, including some in our own government, support the BDS movement. Israel is the cross hairs of many forces that would like to eliminate the Jewish State.

Baby Boomers have an affinity for the State of Israel but do our children and grandchildren. It is our responsibility to help light the light for future generations. The State of Israel, and Jewishness, around the world need the next generations to continue keeping the torch lit.

P2G has many programs that can help grow a relationship with not only the State of Israel but also an individual’s state of Jewishness. We, Baby Boomers, need to be a driving force for the next generations. I have told you about many of the programs in the past, and I will not use more space to do the same. Instead, I will ask you to go to the P2G website. Look at the programs and activities. Found ones that interest you, your children, and grandchildren. Ask your religious school leaders to enroll in the education components. Take part in some of the online programs. Help keep the light lit for many more generations.

I would like to wish all of you a very festive Chanukah season. May your lights shine bright for many years to come. If you need to contact P2G you can go to their website at https://www.p2g-hadera-iron.org.il/. Or you may contact me at marcforman@hotmail.com or call me at 865-705-7075.
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The Knoxville Jewish Day School’s Production of *Newsies, Jr.*

Where? - The Princess Theater in Harriman, TN
When? - Sunday, January 15, 2023 at 4:00 pm
What will I see? - Singing, dancing, a great story, and adorable children!

**Chabad of Knoxville Presents**

**Chanukah Pop Up Shoppe**

One stop shop for all your Chanukah needs.

New York Shopping in Knoxville, Tennessee

Chanukah Pop Up Shoppe
Opening Date: December 4th
www.chabadknoxville.org/shop
THE JEWISH TITANIC EXPERIENCE
Two Titanic Jewish stories out of sixty-nine on board.

Herman Klaber
1st Class Passenger
Age: 41
Destination: Portland, Oregon

Hello and welcome, I’m Herman Klaber, a first-generation American Jew. Growing up, I was determined to be the owner of the biggest hops field in the world. Mission accomplished; I was crowned King of Hops. I was in my mid-30s, and my bride, Gertrude, was 15 years younger than me when we married. We named our baby daughter Bernice.

I had been on one of my frequent European business trips and was returning home on Titanic. Upon boarding, I was assigned an escort to my room. It was said that this gigantic, state-of-the-art ship was unsinkable, a claim, sorry to say, that didn’t hold water after striking the iceberg.

He had a town named after him, provided jobs for thousands and was true to his Jewish faith, would that weigh in his favor when destiny called? The Memorial Gallery holds the answer.

Edith Rosenbaum
1st Class Passenger
Age: 33
Residence: Paris, France

My name is Edith Rosenbaum, enterprising offspring of wealthy Cincinnati, Ohio Jewish parents. I had wrapped a feature story on French fashions for Women’s Wear Daily and was on my way home on Titanic. She was new; it was her maiden voyage, and she was the talk of the world. Lots to write about.

In a letter posted before heading out to sea, I described Titanic as the most wonderful boat you could think of. Still, to be on the safe side, I tried to get insurance for my luggage, but was told it was unnecessary because Titanic was unsinkable. A comforting thought. Still, I couldn’t forget the ominous warnings of two fortune-tellers who saw big trouble ahead for me and Titanic. Well, they were right. “How I wished it [was] over” and that I was somewhere safe writing about it.

Find Edith’s fate in the last gallery.

To Book Your Titanic Museum Tickets Visit www.TitanicPigeonForge.com
Knoxville Jewish Community Family of Funds

By: Stephen Rosen, KJCFF President

Our Community Needs to Endow HaKol

What is the best example of a community working together? You are looking right at it... HaKol! How many communities have a not-for-profit Jewish newspaper that includes every organization that wants to contribute? The answer is not many, or maybe just us. HaKol ("the voice" or "the people," whatever you prefer) started as a joint project of KJA, Heska Amuna and Temple Beth El. The partnership roster has grown to include KJDS as a full partner and KJCFF, Jewish Congregation of Oak Ridge, Hadassah and Chabad as participating contributors. With the help of a lot of committee members and staff, you are holding the end product (or looking at it on the KJA website) of their creative efforts. HaKol has advertisers, but not enough to make it financially viable. The paper relies on a budget line from each organization to make it work. What if we had an endowment to ensure that our community speaks with one Voice in perpetuity?

[Note: In honor of Bryan Goldberg and Laura Sadler attending JFNA's General Assembly, we re-run this pitch]

Back in the old days of the Knoxville Jewish Federation, the allocations package had line items for travel subsidies to conventions. KJF supported its volunteers and donors if they would go on a mission to Israel or attend the national general assembly. They made an external allocation to the Knoxville chapter of Hadassah to support its members' attendance of their conferences. The idea was that it's smart business to expose our community to the ideas of the outside Jewish world. Some of the best ideas, like the newspaper you are holding (thanks Scott Hahn), came from someone from Knoxville talking to someone from another Jewish community. Unfortunately, with the pandemic plus the high cost of travel, we have seen this kind of activity diminish. What if we had a fund to provide financial support and/or incentive to get our leaders out in the world?

If you would like to send your neighbors on a trip, contact Laura or Stephen.

Knoxville needs a fund for volunteer conference attendance

[Note: In honor of Bryan Goldberg and Laura Sadler attending JFNA's General Assembly, we re-run this pitch]

If you have already made your annual donation and/or dues payment to KJA, Heska Amuna, and KJDS, you may want to consider a year-end gift to one of their funds. KJCFF has over 30 funds related to our partner organizations plus a few that are independent. Since there are way too many to list in this space, Laura and Stephen are here to help you shop. Just let us know your field of interest and we can narrow down the choices. Donor beware... once you start giving, you might not be able to stop.

Please note: if you have interest in giving a qualified charitable gift from an IRA, you must contact Laura prior to making a gift to ensure eligibility.

How to make out a check for a KJCFF donation

If making a donation to a KJCFF fund by check, it should be made out to KJCFF with the fund name in the memo line on the check or in an accompanying memo. Need DTC instructions for a stock transfer? Please contact Stephen or Laura.
By: Cantor Jacqueline Marx

What are you waiting for? Let yours shine.
I need yours and you need mine.
The world grows ever darker
The news grows ever starker
Our hearts grow ever grimmer
Emotional resources trimmer
If ever we needed light, it’s now, send a glimmer.
Have faith in God, but don’t just wait for Shekhinah to do it all:
Why do you think we were put on this wet blue ball?
To watch out for sister and brother
To light up each other’s lives
To strength, strength, and strengthen one another.

By the time you read this, darkness will be falling around 5pm. What will you do about that? Do you think you’re not enough to lighten the world? Of course you are. Each of us is. Imagine what we could do for our world if we all believed that. Anne Frank, of blessed memory said, “How wonderful that nobody need wait another minute to change the world.”

While you regard the person next to you and decide not to bother shining your light because you think theirs is greater, reflect that your neighbor is doing the same in your direction. “I’m not enough” can change to “Yes I can” can grow to “Yes, we can.”

Hag Hanukkah Same‘akh u-B’riah - Happy, Healthy Hanukkah.
Harriet’s Farewell

By: Harriet Glasman, Hadassah Knoxville-Oak Ridge President

It has been almost a year since I was installed as Hadassah Knoxville -Oak Ridge President. This year has been filled with many busy days and nights planning programs, attending board meetings, trying in vain to conquer Zoom and to compose agendas and emails that are legible and only require me to send out one copy instead of two or three.

It was quite an exercise in attention to details and to still try to be a leader. I'll say I was a work in progress.

I was and am very proud to contribute in a small way to the work Hadassah invests in hospitals, health care, and medical advancement not limited to Israel but to the world even in the midst of increasing hatred of Israel and Jews around the world.

I have an even greater belief in the right of Israel to exist and in the importance for especially American Jews to stand behind Israel even if it means to go against the trending anti-Israel sentiments and outright lies and hatred against Israel and accept that in the world, Jew and Israel are one. Many American Jews want to disconnect from Israel and say “Rah Rah” as the world slanders Israel. They say, “Oh, we love Israel, but don't support the government. It's not antisemitic for people to boycott and ban Israel. It isn't actually antisemitism”. Wrong!

As the only country in the world that is a Jewish homeland, I am proud to support Israel and Hadassah.
**Chanukah, Presents, Gelt, and Hadassah**

*By: Peggy Littmann, Hadassah Knoxville-Oak Ridge Board Member*

Growing up, says Anne Green, “I always felt a little uncomfortable with the idea of gift-giving on Chanukah. Was this a case of imitating Christmas, resulting from a keen desire not to feel left out during the dark, freezing days of December, when it seems like everyone is decorating trees and unwrapping lots and lots of presents?

Traditionally Chanukah is celebrated by telling the story of the [successful] revolt of the Maccabees against the Seleucid King Antiochus . . . but presents? It’s complicated. The original Chanukah custom, from the Talmud, was to give Chanukah gelt. Everyone, including the poorest, must light Chanukah candles. A person who can’t afford candles was encouraged to go door to door in his community to collect enough money to buy them. Because the Torah teaches that tzedakah (charity) should be given in a manner that respects the dignity of the recipient, the custom developed of giving to charities, which enabled everyone to afford candles.”

(Paraphrased from Ann Green, “Is Gift-Giving a Chanukah Tradition?” writing in The Jewish Boston, a publication of CJP, Combined Jewish Philanthropies of Greater Boston.)

Giving to charities, yes, but what is the best way to give? Most of us have seen the cute kids dancing and singing their hearts out in the commercial Kars4Kids. It caught my attention. It looked a lot like the commercials for Shriners or St. Jude hospitals, but it never said what my donation was going toward. I looked it up in Charity Watch, my favorite charity guide. Kars4Kids was listed under the heading Jewish & Israel, and it received a “D.” That was a disappointment. It received the lowest charity rating in the Jewish section.

Charity Watch is a publication of the American Institute of Philanthropy. It is “fiercely independent. Because over 95% of our support comes from small, individual donations, we have the freedom to speak openly and to be critical of the unethical practices of charities, without concern for special interests cutting our funding.”

Charity Watch is a tough grader. In contrast, Kars4Kids received a 76% (a “C”) from Charity Navigator.

Well, just above the Kars4Kids listing in Charity Watch, was Hadassah’s rating. I held my breath a little. Remember Charity Watch demands accountability, what would Hadassah get? It’s “A” rating allowed me to breathe again.

Let’s celebrate Chanukah the Talmudic way: Give a bit of gelt to Hadassah, respect each other, be happy to give responsibly, and do a small part to add joy to our world.

To learn more about Charity Watch, check: https://www.charitywatch.org/
To learn more about Hadassah, check: https://www.hadassah.org/

**Trees for Hannukah**

*By: Laura Floyd*

Need a unique Hannukah gift idea? Give someone you love a JNF Tree Certificate from Hadassah. This will also be a gift to Israel and the Earth. These certificates are $18, and for each certificate purchased, a tree will be planted in Israel. I remember how excited and proud I was as a child in religious school to buy a tree in honor of my grandmother, Anna z”l and know there was going to be tree in Israel with her name on it. Jewish National Fund has planted more than 260 million trees all over Israel, and Israel is the only country in the world that has more trees now than it had 50 years ago. Now that’s a breath of fresh air! Tree certificates make excellent wedding and B’nai mitzvah gifts as well as Hannukah gifts. Won’t you consider helping the Earth breathe a little easier by purchasing a Tree Certificate from Hadassah? Joyce York is our contact for these certificates, and she can be reached by email at joyceyork12@gmail.com.
GET READY FOR 2023 MAH JONGG

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*The $1 increase was issued by the National Mah Jongg League (not by Hadassah).

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Applications are now being accepted through January 13, 2023

SEND THIS FORM TO YOUR LOCAL UNIT WITH YOUR PAYMENT.

Please include the number of cards in your order

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Name_________________________ Hadassah Member ID (if known)_________________________
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Hadassah Chapter_________________________ Knoxville-Oak Ridge_________________________

If a Hadassah member would like their card(s) mailed to a different address, other than the address included above, please include this alternate address on the back of this form.

By submitting this form, I hereby grant Hadassah permission to share my personal information (including my name, street address and any other information included above) with the National Mah Jongg League.

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By: Barbara Mintz, Book Club Chair

We welcome you to participate in our next Hadassah Book Club meeting. On December 20 we will be discussing The Invisible Life of Addie LaRue by V. E. Schwab. We will be using a zoom only format for this book club meeting and the meeting will start at 7:30p.m.

The Invisible Life of Addie LaRue by V. E. Schwab

France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets.

Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world.

But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name.

Please contact Barbara@bmintz.com if you have any questions or feedback. Also let her know if you have any changes in your email address or if you want to be removed from the master mailing list.

Future Book Selections:

January 17:  
The Midnight Library by Matt Haig

February 21:  
Fifty Words of Rain by Asha Lemmie

March 21:  
The Storied Life of A.J. Fikry by Gabrielle Zein

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*Keepers of the Gate  
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After a month full of High Holidays – with four holidays back-to-back the Hebrew month of Cheshvan is a quiet one on the Jewish Calendar. It sometimes reminds me of the lull after a wedding or a bar/bat Mitzvah. The anti-climax can make one feel a bit lonely, disconnected or sad. The Lubavitcher Rebbe has encouraged us to see the Hebrew month of Cheshvan as a month that gives us an opportunity to unpack all of the spiritual capital we gained during the High Holiday season. To consider how might we implement the spiritual gains into our day to day life. So I encourage you all to find the opportunity that is right for you to extend the High Holiday High and deepen your Jewish exploration and engagement.

Women, consider joining Miriam Esther’s monthly Tanya class, everyone is invited to our Monthly Family Shabbat Services and Kiddush Lunch, Teens have multiple opportunities to partake in the many teen events offered by our Knoxville Cteen Chapter, set up a one on one study class with Rabbi Yossi on the topic of your choice. There are many opportunities within our community, choose the one that is right for you and stay connected.

**Happenings at Chabad:**

Nine teens from Cteen Knoxville joined the Southeast Regional Shabbaton in Atlanta. Teens spent a memorable and uplifting Shabbat with 40 teens from the Southeast. Inspiring stories, delicious Shabbat food, lively singing, and fun activities and games were all packed into the 24 hours of Shabbat. Shabbat afternoon teens walked over to The Cohen Home and visited with the seniors in the facility. They met a 98-year-old Holocaust survivor and were fascinated by his story and inspired by his outlook on life. The Shabbaton also included a Saturday Night trip to the trampoline park and as Sunday trip to Six Flags Over Georgia. While teens had a blast making their pizzas, riding the Goliath in Six Flags and playing capture the flag their absolute highlight was meeting new Jewish friends, strengthening their friendships with their Knoxville friends and getting an infusion of Jewish Pride.
December 2
Ben Altshuler • Shiela Belensen • Oliver Childress • Loretta Cohn • Albert Fribourg • Bessie Gelber • Jack Goldstein • Rose Holz • Arlene Karklin • Charles Konigsberg • Belar Koptiva • Shirley Kravitz • Sadie Rich Miller • Harry Mintz • David Rayman • Faye Raymon • Eva Landsman Sturm

December 9
Sondra Bressler • Gladys Caller • Matilda Goodfriend • Ella Heart • Lillian Herrmann • Iris Anita Kenton • Joseph Meyer Krinsky • Emmett Ledbetter • Elise Levy • Werner Mangold • Mr. Zakhar Sapozhnikov • Isadore Shey • Meyer Weintraub

December 16
Nachum Barkan • Frances P Brody • Ruth Brown • Mary Ellen Epstein • Anna Gassel • Jennie Coons Levitt • Charles Manis • Edwin E. Miller • Jack Misner • Jacob Pais • Frances “Faigeh” Pfeffer • Joseph Rabin • Benjamin Slate • Jacob Victor

December 23
Terry Neal Bain • Eugene Cohn • Barbara Dillon • Gersh Dolgones • Esther Feldman • Leah Freeman • James Friedman • Abraham Garber • Florence Straus Gerson • Minnie Goldberger • Sigmund Green • Elise R. Gutman • Edith R. Hecht • Emily Keisler • Dr. Robert Keisler • Abraham Markman • Jacob Nechamkin • Louis Pollock • Mr. Richard Alan Raskin • Dorothy Reiter • Charles R Robinson • Samuel H. Robinson • William Rockmaker • Camille Ngor Sene • Gertrude Tucker • Lena Walowitz • Harold Winston • Naftule Zauber

December 30
Lena Loveman Bloom • Athena Brandt Cadence • Mandel “Mendy” Epstein • Irene S. Fox • Luba Golburt • Risel Kronick • Samuel Levy • Ann Lieberman • Lena Silverman Moskowitz • Ted Pais • Mrs. Sandy Parsons • John Pline • Esther Reich • Sanford (Sandy) Allen Sachs • Abe Schwartz • Harry Sturm • Ben R Winick • Lois Fox Wolpert

December 3
Harry Becker • Lois Boiarsky • Mattie Corkland • Fanny Diamond • Rose Diftler • Mike Gettenger • Sadye Jacobs • Janette Kanfer • Lillian Liberman • Charles Margolis • Helen Presser • Sol Richer • Milton Shaw • Dora Shersky • Ida Siegal • Nathan Slovis • Eva Sturm

December 10
Sigmund Bank • Eleanor Belaief • Rafael Benhayon • Arthur Brown • Rose R. Busch • Isaac Chazen • Rachel Chazen • Charles Davis • David Eisenberg • Max Gablter • William Hershey • Irene Hershey • Bessie Hite • George Kramer • Bertha Lamstein • Bella Leeds • David Liberman • Meyer Linke • Isidor Lippner • Eddie McCoy • Meyer Miller • Norman Nadler • Raye Panitz • Morris Panitz • Alexander Sanders • Toby Schwartz • Murray Schwartz • Thelma Weisberg • Irvin Wolf

December 17
Betty Abrams • Vander Blue • Gustave Deitch • Benjamin Geller • Eli Goldstein • Mordechai Golinkin • Sigmund Green • Sarah Green • Eugene Gross • Carol Harris • Cindy Shepler • H. Waugh • Gertrude Weiner • Fannie Werner • Harold Winston

December 24
Bonny Lyn Barsky • Irene Binkley • Ethel Deitch • Bernard Diamond • Liebel Goldstein • Matilda Goodfriend • Belle Gotlieb • James Greenfield • Mark Hahn • Calvin Hahn • Helaine Jacobs • James Kutsubos Sr. • Louis Levin • Madelyn Millen • Mitchell Robinson • Joseph Shamitz • Moe Slovis • Max Wolf

December 31
Frances August • Helen Billig • George Busch • Simon Deitch • Ben Diftler • Alvin Ellin • Robert Geller • Ida Glazer • Louis Glazer • Idell Harris • Minnie Kramer • Joseph Krinsky • David Mandell • Samuel Mintz • Rose Mintz • Samuel Rosen • Morris Schneider • William Shaw • Julius Siegel • Bernard Simon • Winnie Slovis • Henry Sturm • Virginia Waugh • Florence Woolf • Benjamin Zwick
The Barbara Winick Bernstein Archives of the Jewish Community of Knoxville and East Tennessee

The Way We Were in 1967 and in 2022

At the late Adrian Burnett’s farm in 1967. On the tractor: driving, Adrian Burnett; seated in front, grandson Lenny Burnett; and behind, a farm hand. On the hay bales: grandson Mark Silvey.

Pointing to themselves in a rendering of the scene on a mural at Adrian Burnett Elementary School, Lenny Burnett and Mark Silvey in October 2022. They both continue to live in Knoxville.

Thanks to Michael Burnett for donating both photos and providing pertinent details.

The Archives needs your photographs! Send your photos (with identifications of who, what, when, where) of “The Way We Were” to archives@jewishknoxville.org or contact the archivist at (865) 690-6343.
Whether you're an avid racer, a weekend runner, or just starting out, a knee injury can sideline you from reaching your goals.

We can work with you to prevent or manage common running-related injuries with personalized treatment plans. Our goals would be to improve your mobility, manage your pain and/or other chronic conditions, help you recover from your injury, and help to prevent future injuries and chronic disease.

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