

HAKOL

Greater Knoxville Jewish Community News

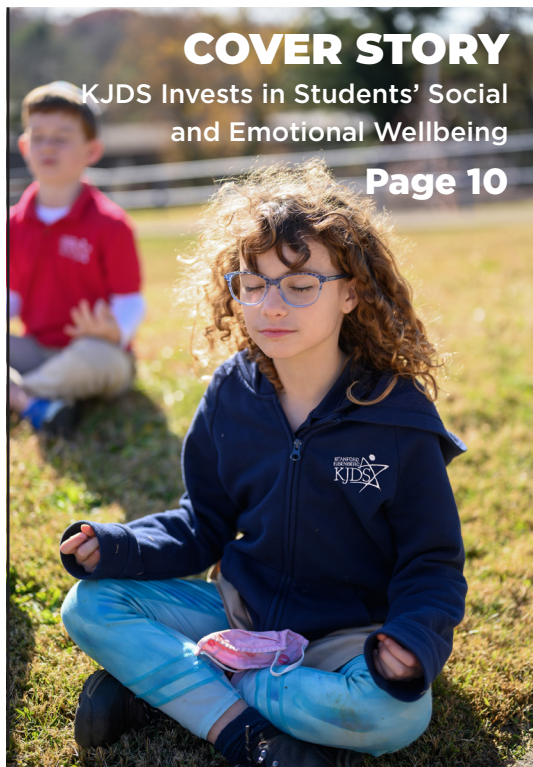
**KJDS Invests
in Students'
Social and
Emotional
Wellbeing**

**HESKA AMUNA
SYNAGOGUE**
TREKKING FOR WELLNESS

TEMPLE BETH EL
HEALING SERVICES
FOR PHYSICAL AND
MENTAL HEALTH

**KNOXVILLE
JEWISH ALLIANCE**
RECLAIMING OUR
WELLNESS





Stanford Eisenberg Knoxville Jewish Day School

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January 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

JANUARY 1

6:15pm Havdalah
10:00am Shabbat Services - HA

JANUARY 2

Noon Art Club at AJCC - HA

JANUARY 3

8:00am Minyan - HA
4:00pm Mincha and Torah Chat - HA

JANUARY 4

1:00pm Torah Chat w/Rabbi Boxt - TBE
8:00pm Minyan - HA

JANUARY 5

4:30pm Mid-Week Hebrew - TBE
5:00pm Limud School - HA
6:30pm Wednesday Minyan - HA
7:00pm Board Meeting - HA
7:00pm Talmud Study Group - HA
7:00pm Monthly Women's Class: Endlessly Blessed - Chabad

JANUARY 6

7:00am Minyan - HA
11:00am Torah Study/Adult Education - TBE
Noon JFS Coffee Klatch - KJA
3:00pm Minyan and Talmud Chat - HA

JANUARY 7

5:20pm Candle Lighting
Noon Mindfulness Practice w/Rabbi - HA
4:30pm JFS Shabbat Service at Sherrill Hills
6:30pm Kabbalat Shabbat w/Jack Love - HA
7:00pm Shabbat Service - TBE

JANUARY 8

6:20pm Havdalah
9:30am Shabbat School - HA
10:00am Shabbat Services - HA

JANUARY 9

9:30am Religious School - TBE
10:00am Adult Education w/Rabbi Boxt - TBE
10:00am AJCC Clean Up - KJA
Noon Art Club at AJCC - HA

JANUARY 10

8:00am Minyan - HA
4:00pm Micha & Torah Chat - HA

JANUARY 11

1:00pm Torah Chat w/Rabbi Boxt - TBE
TBD Long-Range Planning Committee - KJA
7:00pm Healing Service w/Rabbi Boxt & Steve Lewis - TBE
8:00pm Minyan - HA

JANUARY 12

4:30pm Mid-Week Hebrew - TBE
5:00pm Limud School - HA
6:30pm Wednesday Minyan - HA
7:00pm Talmud Study Group - HA

JANUARY 13

7:00am Minyan - HA
11:00am Torah Study/Adult Education - TBE
Noon JFS Coffee Klatch - KJA
4:00pm Mincha and Torah Chat - HA

JANUARY 14

5:26pm Candle Lighting
Noon Mindfulness Practice w/Rabbi - HA
5:30pm Women's League Kabbalat Shabbat - HA
7:00pm Shabbat Service - TBE

JANUARY 15

6:27pm Havdalah
9:30am Shabbat School - HA
10:00am Shabbat Services - HA

JANUARY 16

9:30am Religious School - TBE
Noon Art Club at AJCC - HA
4:00 pm Dr. Dolittle Jr. - KJDS
7:00pm Musical Midrash - HA

JANUARY 17

Tu B'Shevat
8:00am Minyan - HA
4:00pm Micha and Torah Chat - HA

JANUARY 18

1:00pm Torah Chat w/Rabbi Boxt - TBE
7:30pm Book Club - Hadassah
8:00pm Minyan - HA

JANUARY 19

4:30pm Mid-Week Hebrew - TBE
5:00pm Limud School - HA
6:30pm Wednesday Minyan - HA
7:00pm Talmud Study Group - HA

JANUARY 20

7:00am Minyan - HA
11:00am Torah Study/Adult Education - TBE
Noon JFS Coffee Klatch - KJA
3:00pm Minyan and Talmud Chat - HA
7:00pm Board Meeting - Hadassah
8:00pm Daniel Cainer Concert on Zoom - TBE

JANUARY 21

5:33pm Candle Lighting
Noon Mindfulness Practice w/Rabbi - HA
6:30pm Kabbalat Shabbat w/Jack Love - HA
7:00pm Shabbat Service - TBE

JANUARY 22

6:33pm Havdalah
9:30am Shabbat School - HA
10:00am Shabbat Services - HA

JANUARY 23

9:30am Religious School - TBE
Noon Art Club at AJCC - HA
12:30pm Confirmation Class - TBE

JANUARY 24

8:00am Minyan - HA
4:00pm Micha and Torah Chat - HA

JANUARY 25

1:00pm Torah Chat w/Rabbi Boxt - TBE
7:00pm Healing Service w/Rabbi Boxt & Steve Lewis - TBE
8:00pm Minyan - HA

JANUARY 26

4:30pm Mid-Week Hebrew - TBE
5:00pm Limud School - HA
6:30pm Wednesday Minyan - HA
7:00pm Talmud Study Group - HA

JANUARY 27

7:00am Minyan - HA
11:00am Torah Study/Adult Education - TBE
Noon JFS Coffee Klatch - KJA
3:00pm Minyan and Talmud Chat - HA

JANUARY 28

5:40pm Candle Lighting
Noon Mindfulness Practice w/Rabbi - HA
6:30pm Kabbalat Shabbat w/Jack Love - HA
7:00pm Shabbat Service - TBE

JANUARY 29

6:40pm Havdalah
9:30am Shabbat School - HA
10:00am Shabbat Services - HA

JANUARY 30

9:30am Religious School - TBE
Noon Art Club at AJCC - HA

JANUARY 31

4:00pm Micha and Torah Chat - HA

COMMUNITY EVENTS



Daniel Cainer In Concert Thursday, January 20, @8:00pm

Direct from London, award-winning musical storyteller Daniel Cainer brings his internationally acclaimed one-man show *Gefilte Fish and Chips* to audiences worldwide. With humor, wit, emotional resonance and even a dose of spiritual profundity, Daniel looks at what it means to be Jewish – or in his case, British and Jewish. He’s been dubbed “The Comic Bard of Anglo-Jewry.” All of the human condition is here, in a remarkable collection of stories-in-song about family, hope, life, love, Jewish culture and history, diaspora, assimilation, current events, and, of course, bagels. Every song tells a story, and every story touches the heart.



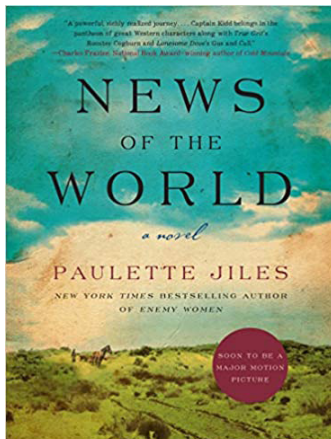
Women's League Shabbat

Heska Amuna's Women's League invites our Jewish community to join us for Women's League Shabbat 5782 Parashat Beshalach

Kabbalat Shabbat
Friday, January 14 at 5:30pm

Havdalah
Saturday, January 15 at 6:30pm
“Public Health and the Holocaust” talk Dr. Helene Sinnreich

All events on Zoom
Links forthcoming in NuNews



Hadassah of Knoxville-Oak Ridge Book Club News

By: Barbara Mintz

We welcome you to participate in our next Hadassah Book Club meeting. On January 18 we will be discussing *News of the World* by Paulette Jiles. We will be using a zoom only format for this book club meeting. We will start at 7:30p.m.

In the wake of the Civil War, Captain Jefferson Kyle Kidd travels through northern Texas enjoying a rootless, solitary existence. He is offered a \$50 gold piece to deliver a young orphan to her relatives in San Antonio. Four years earlier, a band of Kiowa raiders killed her family but then raised her as one of their own. Recently rescued by the U.S. army, she is again torn away from the only home she knows.

Their 400-mile journey south proves difficult and dangerous as she refuses to act “civilized.” Yet as the miles pass, the two lonely survivors tentatively begin to trust each other, and form a bond. The reunion with her family is neither happy nor welcome as they regard her as an unwanted burden. Captain Kidd is faced with a terrible choice: abandon the girl to her fate or become—in the eyes of the law—a kidnapper himself.

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.

Here is a list of future book selections:

- February 15:** The Emperor of All Maladies by Siddhartha Mukherjee
- March 15:** The Four Winds by Kristen Hannah
- April 19:** The Winemaker’s Wife by Kristen Harmel

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COMMUNITY EVENTS



HADASSAH
Knoxville – Oak Ridge

YOUTH ALIYAH CONCERT
APRIL 3RD, 2022
3:00 PM

MARCH 6TH, 2022
1:00 PM TO 4:00 PM

AUDITIONS

OPEN TO HIGH SCHOOL STUDENTS & YOUNGER STUDENTS IN THE GREATER KNOXVILLE-OAK RIDGE COMMUNITIES



QUESTIONS??
ANDREA CONE
HADASSAHKNOXVILLEAC@GMAIL.COM

01.16.22

בינה

Save
the
Date!



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DAY SCHOOL

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DIRECTED BY GEOFFREY SCHEER

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Jewish Family Services Virtual Coffee Klatch

Join JFS Thursdays at noon on Zoom
Kibbitz with friends (and make new ones, too!)
RSVP to Laura Sadler for the Zoom link
LSadler@jewishknoxville.org



Greater Knoxville Jewish Men's Club

First Wednesdays
12:30 pm
Lunch & Kibitz on Zoom

Monthly Dining Out
Email to request times and locations

For more information, email gkjm.org.



Monthly JFS Shabbat at Sherrill Hills Resumes

January 7, 2022 at 4:30 pm

Our service is open to anyone. We welcome volunteer leaders for our short service as well. Please contact Nancy Becker or Laura Sadler.

Sherrill Hills Retirement Community
271 Moss Grove Boulevard





**PRESCHOOL AT AJCC
WILL OPEN ENROLLMENT FOR THE
2022-2023 SCHOOL YEAR
FEBRUARY 2022**

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COVER STORY



David Ben-Ishai helps his two tefillah buddies, Dylan Smocilac and Lucas Haskins, follow along in the siddur. Photo credit: Miriam Esther Wilhelm

KJDS Invests in Students' Social and Emotional Wellbeing

By: Louise Lindsay

I have the good fortune of being a KJDS employee and the parent of an alumnus. And, from both perspectives, I have found that one of the school's greatest strengths is its investment in the social/emotional wellness and development of students. KJDS students work hard in their academic content areas, but they work equally hard in their growth as confident problem-solvers and community members. This commitment to social/emotional health and growth is embedded in the school's mission and values.

The KJDS staff aims to instill in students:

- Limud B'simcha - joy and love of learning
- V'ahavta L'reiacha Kamocho - respect and care for others
- Yetzira - Recognizing your skills and gifts and sharing with others

Nurturing students in these values begins with social/emotional well-being. In order to become self-regulated and confident, KJDS teachers employ a variety of strategies.

Students learn about breath, how to use it for calming and refocusing. They begin breathing practices in kindergarten, with guidance, and we hope to see them using their breath skills independently as they become fourth and fifth graders. Once a parent even texted a photo from a soccer game, where her third-grade son had plopped down in the middle of the field for some centering breaths during a time-out!

KJDS students are also supported, through both whole group lessons and individual reflective conversations to build resilience, identify and express their feelings, and to recognize their impact on their classroom community. While writing this article, I overheard our Hebrew teacher in the hall talking to a student who had struggled during an assignment and was calmly and specifically able to explain why.

“Aren’t you proud of yourself now? You know how to communicate and express yourself. I am so proud of you!” exclaimed Morah Dana. The moment was a typical one at KJDS where a child was learning not only Hebrew, but also how to identify and share how they were feeling and what they needed.

Finally, students grow in well-being in that KJDS fosters an intentional environment of belonging. We are a community where all members authentically contribute. Students are taught explicitly to help one another and to take on communal responsibilities at school. This builds their confidence and sense of purpose; all humans thrive when they feel that they play an important role in their community. This sense of belonging and purpose was one of the greatest gifts to my child when he was a student at KJDS. His confidence soared as he was in a place where he felt valued: he was supported and challenged to contribute as a mentor, a friend, a helper, and a thinker. KJDS gave him a foundation through its intentional focus on social/emotional well-being. And that foundation is clearly benefiting him as a middle schooler who has made new friends, advocates for himself with teachers, is academically successful, and is a confident contributor to his classes. At KJDS, academics are an important aspect of school each day, and our students’ social emotional development are a top priority too.



Adeline DiSalvo-Tinley leads a dance line during a Shabbat Party. Photo credit: Katie Lusk



Ella Olinzock, Noa Olinzock, and Laine Leavy enjoy the sunshine together. Photo credit: Louise Lindsay

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KNOXVILLE JEWISH DAY SCHOOL**



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TO LEARN MORE ABOUT KJDS
or to schedule a visit, please contact:
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Light Up Knoxville – A Community Celebration

By: Anna Iroff-Bailey, KJA Director of Jewish Life



The Rosenbaum family joined dozens of cars in a Car Menorah Parade led by Chabad of Knoxville to kick off the evening. Photo credit: Lev Gross-Comstock



The parade started at Regal's headquarters in South Knoxville, drove proudly through Downtown Knoxville, and arrived at the AJCC to an excited crowd! Photo credit: Lev Gross-Comstock



Over 250 people from the Greater Knoxville Jewish Community came together to celebrate the last night of Chanukah. Photo credit: Tara Bain

By: Anna Iroff-Bailey and Miriam Esther Wilhelm

Chanukah marked our first big in-person event since the COVID-19 pandemic, and what a joy to see our community come together to celebrate! Chabad's annual public Menorah lighting turned into a full community celebration. KJA co-sponsored the event, and all of our community organizations hosted parts of the Chanukah Festival. We look forward to more opportunities to bring our community together!



Knoxville Mayor Indya Kincannon joined Rabbi Alon Ferency, Cantor Jacqueline Marx, Rabbi Erin Boxt, and Rabbi Yossi Wilhem (not pictured) to light a giant 12" menorah. Photo credit: Lev Gross-Comstock



All ages enjoyed a special visit from Dreidel Man! Photo credit: Lev Gross Comstock



Michael Messing entertained with a Chanukah-themed magic show! "How did he DO that??" Photo Credit: Jared Iroff-Bailey



The Chanukah Festival included delicious latkes and jelly donuts, dreidel painting, face painting, an art exhibit, signature cocktail, bonfire, singing, and the best part was seeing our community come together to celebrate together! Chanukah Sameach – Happy Chanukah! Photo credit: Anna Iroff-Bailey

Is she your sister?



By: Miriam Esther Wilhelm

It was a typical hectic Friday afternoon at the Wilhelm household. There was a hub of activity as we all prepared for Shabbat. This Shabbat we had chanced upon a special opportunity. A Jewish woman in a rehab center nearby needed Kosher food. As we cooked and baked, we made a bit extra of each dish so that she'd have a warm, delicious kosher Shabbat meal. We didn't know her name or anything else about her. We knew she was a fellow Jew who had come a facility in the Smokey Mountains to heal, and we had an opportunity to provide her with the Kosher food she needed. Excitedly my girls added the zebra cookies they had made for Shabbat to a growing box of food we were preparing to send. My six-year-old insisted on making the potato kugel so that he could have a role in this mitzvah. My oldest was double wrapping the food by portion so that it could be warmed up for our friend and still maintain its kosher status.

At 3:30 there was a knock at the door. My kids ran excitedly to open the door. "Are you here for the food?" they asked the visitor. Indeed, she had come from the rehab facility to pick up the food for the patient. When she replied in the affirmative, they brought her to the kitchen where there was a big box full of food. There was fish, salads, chicken, side dishes, dips, Challah, and desserts. I went through the contents of the box to the woman, and she turned to me and asked. "Are you the patient's sister?"

"Do I look like her?" I asked. "Not really, but why else would you prepare all of this food?"

I explained that I never met the patient, or her family and actually didn't even know her name. But that we Jews are a family, and we all take care of one another like so. So, if I am made aware of a Jew in need of Kosher food in Knoxville, I prepare for him/her like I would my own family. It's what any of us would do for one another.



Resiliency & The Art of Aging an HMO Program

By: Andrea Cone & Shuli Mesa

On Sunday, November 14th, we came together on Zoom for our annual HMO program. Each year we focus on a medical aspect that effects our greater community. After a full year of this pandemic, we thought to introduce Resiliency and the Art of Aging. Through the advancements of technology, we were able to connect with key speakers from around the country.

Dr. Rachel Schonberger, Hadassah National Vice President, and previous Chair of Hadassah Medical Organization (HMO), spoke from Atlanta about the recent medical advancements occurring at Hadassah in Israel.

Dr. Shiri Ben-David program presented Keys to Resiliency from Israel. Dr. Ben-David spoke of Self Care, Action, Compassion and Community. These 4 components allowed us to discuss how we must take care of ourselves while staying positive. The need to find purpose in ourselves and others as well as building connection and community.

Ellen Sichel, Atlanta lifetime member and Past President of Health Professional of Atlanta, joined us from Tampa. Ellen's signature roll-up-our-sleeves, humorous no BS style, encouraged us to take risks, stop procrastinating, bounce back from resiliency, choose to change your mind, and make certain to have space for solutions. Ellen's various demonstrations showed us how to reduce or rid yourself of negative thoughts, not always an easy task, and she urged us to get an accountability buddy. She ended her presentation by reading the thought-provoking and insightful poem There's a Hole in my Sidewalk by Portia Nelson.

Jeanne Kidd, our key speaker and an amazing local artist and Hadassah member, tied everything together. She spoke about her pathway through art and the beautiful locations and diverse people she has met along the way, specifically her love of Israel. With her sculptures displayed not only in Hadassah Hospitals and all over Israel but across the US as well, Jeanne's journey is quite vast. Jeanne explained how she was spiritually drawn to sculpting and how it evolved into becoming a mission in her life. Her abstract creativity is expressed through her various forms of art. She considers each piece when sculpting and encourages them to be touched to elicit emotion. Jeanne's art is her way of storytelling, and we were

honored that we were witness to her incredible journey. We thank all our Guest speakers for sharing their Sunday with us and imbuing their wealth of knowledge on Hadassah Knoxville-Oak Ridge. Thank you to Shuli Mesa, HMO Chair for her unending hard work in putting this fabulous program together. A huge thank you to Andrea Cone for all her help in gathering our speakers and bringing this program to fruition. Thank you to Jonah Mesa for his creativity with the video used for this Zoom program and to Robin Hyman, from the Hadassah Tri-Region HUB, for her guidance and assistance in making this a successful program.

We are so very grateful to all our sponsors for your generous contribution to Hadassah Hospitals. Our mission is to support the day-to-day operations and continuing research and development which is so important to the health of our community. Thank you to everyone that attended this year's HMO program. We hope that everyone was able to gain some insight on how to survive this challenging time. Remember to take a moment to stop and smell the roses or immerse yourself in a beautiful new or reignited hobby. Resiliency is Key in the Art of Aging!

Thank you to our HMO Sponsors — we appreciate you!

Keepers of the Gate:

Bonnie Boring
Jeanne Kidd

Grand Hostess:

Barbara Bernstein
Jaclyn Elbaz
Revital Ganzi
Anita Miller

Hostess:

Nancy Becker
Harriet Cooper
Andrea Cone
Laura Floyd
Peggy Littmann
Shuli Mesa
Barbara Mintz
Jill Weinstein

Family Ed Adventure “Chanukah Style”



By: Shush Carson, Director of Family Religious Life

The first night of Chanukah's Family Ed Adventure was a big hit! Thank you to the AJCC for allowing us to use the Gym. Everyone sang and danced to Sevivon Sov, Sov, Sov, in Hebrew. We also sang the Ladino favorite, Ochos Kandelikas and Reb Alon sang Oy Chanukah, Oy Chanukah for us in Yiddish. Families lit candles singing the three Brachot for the first night of Chanukah. It was so much fun to be able to celebrate together. The Mesa Family came in matching Chanukah PJs, and the Lieberthal/ Klink Family wore their "This is How We Roll" dreidel t-shirts! We enjoyed donuts and lemonade, ate lots of chocolate Gelt, and played dreidel. Reb Alon taught us about the various holidays around the world during this time of the year, that are festivals of light. It's not a surprise that the world is looking for warmth and light and joy during the darkest month of the year. I have to say that my favorite moment of the evening was watching Reb Alon and Elijah Mesa dancing and counting for the crowd while we sang Ochos Kandelikas.

Happenings at Chabad

Members of the Knoxville Jewish Community and participants of the Smoky Mountain Gift Show enjoyed an exclusive evening with journalist and pro-Israel rights activist, Rudy Rochman. Rudy discussed tackling antisemitism anti-Semitism on campuses, online and around the world. He also shared some of his story when he was held captive by the Nigerian Government in July 2021 while filming the Igbo Jewish community for the film We Were Never Lost!



CTeen Atlanta

Knoxville Teens had a wonderful time at the Cteen Shabbaton in Atlanta. Highlights included late night/early morning conversations with the Rabbis and Chaperons, meeting other Jewish teens, making Jewish friends from all over the Southeast, and experiencing Shabbat without phones! To learn more about Cteen programming contact Miriam Esther at me@kjds.org



Heska Amuna Goes Trekking

Peggy Littmann began leading weekly walking groups as a safe way see each other during the loneliness of Covid. We have experienced dozens of parks or greenways (almost) every Sunday all over the Knoxville area. All are welcome to join us. See Nu News or Heska Amuna Synagogue's website, heskaamuna.org, for more information.

Some hiker's observations:

I love being outdoors with friendly people. It is such a pleasurable experience being together and enjoying nature. I have fun times; it helps me physically and emotionally; it makes me feel so good! - Alice Farkas

Many thanks to Peggy Littmann for organizing wonderful walks on Sundays. Beautiful hikes and great company; it has been very enjoyable. - Jean Begue

I have enjoyed our hiking together very much. I have learned about so many new trails that I didn't know existed in our area. One of the most beautiful hikes was the River Bluff Trail just below Norris Dam. It is famous for wildflowers in the Spring. We walked it at the perfect time, surrounded by banks of wildflowers of all colors, surrounded by beauty." - Peggy Littmann

I love learning about all the different ferns, and I am also thankful for my husband (Pat Messing) who helped us to cross creeks and make it over fallen tree branches. It's such a pleasure to enjoy big nature. - Nora Messing

Menorah From My Window



Photo credit is: Eli Kirith

By: Helene Sinnreich, KJA Vice President of Community Engagement

The pandemic has brought many changes to the way we connect as a community. Drawing inspiration from the popular "view from my window" Facebook group, we began a Facebook group "Menorah from my Window" last year to share Hannukah cheer during Covid-19. This year, we continued the page and our virtual spread of Hannukah manifested into a real menorah in the window. In addition to the wonderful images from around the world, we were also delighted to see a care package at an American University dorm room. Melissa Sporn of McLean, VA learned through the Facebook group Menorah from my Window that Leslie Kirby of Nashville, TN's son would be spending his first Hanukkah away from his family. So,

she brought him a care package filled with treats and an electric menorah that he could light in his dorm room.

The Menorah from my Window Facebook Group grew out of the Knoxville Jewish community's Sharing the Dream initiative's desire to find a way to connect the Knoxville Jewish community during the Hannukah season. Initially it began with local Knoxville Jews sharing their Hannukah decorations and snapshots of Hannukah items available in the big box stores around town. However, we soon decided to open the group up to anyone.

That first night of Hannukah in 2020, we were flooded with images of menorahs lit in windows around the world. Once again in 2021 we were thrilled to see images from Europe, Asia, Israel, and across the United States.

Celebrate Tu B'shevat!



By: Anna Iroff-Bailey, PJ Library Program Professional

Tu B'shevat, the 15th day of the Hebrew month Shevat, is known as the Birthday or New Year of the Trees. It's a reminder that the cold, dark winter is about to end, and spring is coming! Jewish tradition teaches the importance of taking care of our environment including plants and animals. Kids love to be outside so this nature-filled holiday is especially fun for families. Here are some ideas to celebrate from PJ Library and PJ Our Way.

- Read Books about Trees! Visit www.pjlibrary.org where you can search for Jewish books by age and holiday. For younger children, consider *Happy Birthday, Trees!* by Karen Rostoker-Gruber or *Tu B'shevat is Coming!* by Tracy Newman. For older children, consider *Just a Dream* by Chris Van Allsburg or *Pearl Moscowitz's Last Stand* by Arthur Levine.
- Plant something! Plant a tree in your yard or start planning your summer garden. Try planting parsley to use for your Passover seder. No green thumb? Consider sponsoring a tree in the PJ Library Forest through the National Forest Foundation website or in Israel through Jewish National Fund. Or go "dirt free" and build a garden with Legos or on Minecraft!
- Seder is not just for Passover! Try a Tu B'shevat seder – there are many ideas online. It's customary to read books, poems, or stories about the environment, and sample fruits from Israel, fruits from different seasons, or new fruits that your family has never tried before.
- Set some goals! How can you as a family take steps forward to help protect our environment and respect nature? How do you model these values for your children all year round?
- Enjoy and celebrate nature! Go for a hike, play in the park, make collage art with sticks and leaves, learn to identify local plants and trees, anything that gets kids outside and interacting with nature.
- Dance! Check out the PJ Library Tu B'Shevat playlist on Spotify for ideas.

Wishing you all a Happy Tu B'shevat!

KJA Work Days

Huge thanks to the volunteers who answered the call at our Fall KJA Work Day! The crew trimmed bushes and moved mulch to greatly improve the look and safety of our front entryway. They worked hard – and there's still more to be done! Interested? Watch for information about our upcoming Winter Work Day or contact Wes Johnson, KJA Vice President of Administration. Photo: Valued volunteers: Jared Iroff-Bailey, Martha Iroff, and Cyndie Powell. Not pictured, but also appreciated: Wes Johnson, Marty Iroff, Robert Moody, and Anna Iroff-Bailey.



The KJDS Community Experience

By: Miriam Esther Wilhelm, Head of School and Anna McDonald, Director of Admission

At KJDS, we intentionally build community. Being part of a strongly connected school community supports each student’s sense of belonging, significance, and joy. Building a connected school community also enhances learning outcomes and supports collaboration and well-being for the entire school. Everyone at KJDS is supported by many layers of community.

Communities between students in different classrooms:

Every year KJDS students put on a top-notch play production led by a professional director. Each student is given a role and the entire student body comes together in an impressive community ensemble to learn the process of the theatre and perform on a stage together. A common scene on the day of the performance is to find an older, experienced student expertly coaching and counseling a nervous kindergartener with stage fright as they wait in the wings. The students truly help and support each other in so many ways!

KJDS staff, parent, and student community:

Right before Thanksgiving break, KJDS held its annual Turkey Tournament, where dads came and joined their children for a fun morning of food, minute-to-win-it games, and a spirited Dads vs. Kids basketball game. Parents volunteered their time by providing beautiful decorations and a delicious breakfast. There was lots of bonding and laughs as families raced to beat the clock in lively games, such as knocking down water bottles using a tennis ball in a pair of pantyhose that is on your head! Our whole community came together at the end of the morning’s events with handmade signs to cheer on the amazing basketball players. It was a great day of community building between staff, parents, and students.

KJDS extended community with Special Friends:

Not much gets our students more excited than Special Friends events. This intergenerational program has become a special trademark of a KJDS experience. Students and their “special friend”-community volunteers who share their time, talent and love with our students- come together for holiday celebrations and various fun and educational events throughout the year. It’s a wonderful way for students to interact and develop relationships with members of the wider Jewish community in Knoxville. We were excited to welcome our Special Friends to our new campus for a fun Chanukah event.

Building community beyond our community:

After learning about the Jewish Value of Bikur Cholim, caring for the sick, students came up with the idea of bringing cheer and joy to our neighbors at Elmcroft Assisted Living Facility. They decorated vases, filled them with fresh flowers donated by Trader Joe’s-Knoxville and took a walking field trip to deliver them to the residents at Elmcroft. The students brought so much joy to the residents and received so much love and appreciation in response to their visit. From a young age our children are being cared for by others and share their gift of youthful energy and joy.

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Susan Silber is excited to be back celebrating Chanukah with her special friends, Laine Leavy, William Lusk, and Layna Mannella. Photo Credit: Louise Lindsay



Dads versus 4th and 5th graders basketball game
Credit: Dana Maman



Kindergarten and 1st grade students stand outside Elmcroft Assisted Living Facility ready to pass out the flowers to residents there Credit: Miriam Esther Wilhelm



Claire and Peter Rosenbaum enjoy breakfast together Credit: Dana Maman



Zahava Ortiz prepares her flower arrangement to take to residents at Elmcroft Credit: Miriam Esther Wilhelm

KJDS Welcomes a New Administrative Staff Member

Susan Hirsch joined KJDS as a part-time administrator in October. Susan has lived in the Knoxville area for 4 years after living in several areas on the east coast.

She grew up in Atlanta, graduated high school from Lassiter High and attended Kennesaw State University. She started her career in administration at IBM and through the years transitioned her talents into a career of finance and real estate sales. Her husband of 30 years, Gary, has accepted job transfers which evolved Susan into being a stay-at-home mom for 15 years for their son Michael, who graduated from Farragut High School and is currently a junior at UT.

Landing in Knoxville has been a great opportunity to accept new career opportunities and to explore the beauty of the Smoky Mountains. If she is not participating in tennis, pickleball, or hiking, Susan and her family are visiting their daughter and additional family members in the Atlanta area or sitting in the stands yelling "Go Vols!" Join us in welcoming Susan to KJDS.



*New part-time administrative assistant, Susan Hirsch
Credit: Gary Hirsch*



Welcome Grayson Family!

Hi! We're the Grayson family - Rebecca and Micah (age 7). We relocated to Knoxville in August from Atlanta, GA, for my job as Claims and Litigation Paralegal at Brunswick Boat Group. We enjoy the outdoors, especially hiking, and are looking forward to exploring the mountains. We committed to Micah attending first grade at KJDS months before we visited Knoxville for the first time. We both looked forward to the small classes, Jewish education, and outside time (actual recess!), but especially the opportunity to be a part of a community. Less than a month after we moved in, this community pulled together to help us when I very unexpectedly broke my right ankle. People we barely knew helped us with meals, rides (so many rides), and appointments. The love and support shown by the KJDS family means the world to us and we are thrilled to be a part of it. While we miss Atlanta, Knoxville definitely feels like home.



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Deconstructing Judaism, Mindfully

By: Rabbi Alon Ferency

There's an African proverb I know and love: "The times are urgent. Let us slow down." It's been a crazy ride for the past years – for each of us through Covid, and for the Synagogue in particular as it envisions the many opportunities to come. Sometimes the best thing to do when faced with a mountain to climb is to pause, reflect, and study the challenges ahead. Paralyzed by overwhelming choice and indecision, sit on your stoop, stare off into the middle distance and let the answer come to you.

In the modern, industrial go-go age, that may seem like a little bit of counterintuitive advice. But as Jeff Tweedy says, "Inspiration has to be invited," and "Nobody makes good choices when they aren't aware they're making a choice." Pause just until you get a little bored, then wait even another moment. That's a kind of meditation. Through such mindful contemplation, we enhance our own wellbeing, and bring healing to the system. Even if the answer or insight doesn't arrive immediately, your mind will be more fertile in the day ahead.

If you're unaware, I lead a live half-hour jumpstart Monday mornings at 9:00 and recorded meditations on the app Insight Timer (insighttimer.com/eclecticcleric) and run a group there for Mindfulness & Creativity. Also, the Synagogue has a Mindfulness Practice that's really doubled down through Covid, by Zoom (Fridays, noon – 1; ID: 115 292 725; Passcode: 007455).

In each class, we decode and deconstruct Jewish topics and texts for contemplation, study, and meditation. Many people find that it's a much lower barrier to entry than prayer, Shabbat, or study: you don't need to know Hebrew or have a Jewish background to join us. Nor do you need any skill with mindfulness or meditation. In fact, you're probably doing some of it already – listening to music, sitting on your stoop, walking the woods – so join us and do it Jewishly.

One participant started the practice after the death of a loved one. This person had not been in a synagogue in decades. They found that Mindfulness and meditation rekindled their Jewish spirit, brought healing from the trauma of loss and Covid, and even helped them make friends and become a happier person. Could this be for you, too? Everyone is invited to join us either day, any week – as often or as infrequently as you can – whatever your background.

HARS Shabbat School Returns to In-person Learning This Month!

Our classrooms have been upgraded with Merv 16 air filters and each classroom also has a free standing HEPA air filtration system. We've worked hard to make sure that our classroom environment is as safe as it can be, so we get back to the joy of learning together in person.

New Structures

By: Josh Hedrick, Chair of Board of Trustees

Structures house us and surround us. Some are physical, like our houses and businesses, and some are the boundaries of our organizations and beliefs. Either way, what makes a structure comfortable and proper is how it fits our use, and as we grow and change through life, our needs change. As our needs change, our structures must change with us to stay comfortable. Sometimes that means a growing family needs a bigger home, sometimes that means adjusting spaces to accommodate for advancing age or a disability.

Our structures are only good for us so long as they fit our uses. When our uses change, our structures must change. A wise man once told me that we can't know what sort of structure to make until you know how you're going to use it.

Your Board of Trustees has been hard at work on our structures, both physical and otherwise. The building committee, under the direction and leadership of Jeff Becker, has been working with an architectural firm to create a starting-point design of a new building, which we look forward to unveiling soon, once the design has been through some basic revisions and modification. It is not a final design of course – that is a matter about which the Congregation must weigh in on – but it is a good starting point.

I look forward to hearing from each of you about your thoughts and feelings on the initial design.

Meanwhile, efforts to move forward with selling the current structure has progressed as well. We have engaged a commercial real estate firm to assist us in finding an appropriate buyer. Obviously, many steps are between now and a final sale, but the sooner we start the process of finding a buyer the better.

Finally, we have put in a great deal of work on our non-physical structure. By now you all have heard about the effort to adapt our Constitution to reflect the current makeup of our community. Our community has many interfaith families, many of whom have been part of the community for a long time. These families are no less dedicated to the community than other families. They support the Shul financially and with their work. They send their children to religious school and participate in and put on our programs. They are equal partners in our community, and it is time we treated them as such. The old structure no longer reflects who we are and what we want to be, and so it is time for a new structure.

I can't wait to see what our new structures end up looking like.



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In Memory of Zelig (Zeke) Frumin
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Cohen-Presser Fund

In Memory of Stanley Webster
Esther Webster

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Nancy & Jeff Becker

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Shalom Ya'll

By: Rabbi Erin Boxt

Until my late 20's, I was a skinny kid. I ate whatever I wanted to and never concerned myself with "watching my weight." My exercise consisted of the extracurricular activities in which I participated. I played baseball and soccer growing up in Columbia, South Carolina. In High School and College, I was in the band. I enjoyed going camping, playing outdoors and just being out and about with my friends and family. I was fast – and running long distances was no problem for me. When I returned to the States from a trip to Israel in 2000, I weighed 130 pounds. Until I turned 30, I never weighed more than 150 pounds.

I still love being outdoors, and I certainly enjoy spending time with my friends and family. However, sometime after I turned 30, my health and fitness became more important to me – at least more important than I remember it ever being. Since my mid 30's, I have attempted several different diet programs – all intending to help me maintain good health and keep my weight down. And it seems that although I have been successful with each of these "programs," at some point I return back to where I was before – ultimately leading me back to square one...needing to watch what I eat and exercise more.

Being healthy is much more than just your weight and diet. As a rabbi, I often find myself speaking with people regarding their mental health. And, yes, there is a correlation between your

physical and mental health. When we find ourselves depressed or anxious, a lot of us turn to food. At some point, right in the middle of the Covid 19 Pandemic, Steve Lewis contacted me about holding a recurring Healing Service over Zoom. I am so thankful to Steve for his suggestion – I genuinely believe these services have helped many people. I certainly do look forward to those 30 minutes or so in which we focus on all aspects of our health – physical, mental, and spiritual.

The following reading is one of my favorite and most apropos regarding health and wellness:

In my illness, O God, I turn to You, for I am your creation. Your strength and courage are in my spirit, and Your powers of healing are within my body and my soul. May it be Your will to restore me to health and a feeling of wholeness. As I go on my way toward healing, grant me the strength to get through each day, the courage to bear the unbearable, and the ability to keep my hopes and dreams alive. When the challenges of life get me down, help me to focus on what is good and precious in my life, for You have blessed me with so many wonderful things. Comfort me, Eternal One, in Your shelter of peace and be my help and guide along the path of life. May the One who makes peace in the Heavens,

Three Congregational Initiatives

By: Kathy Young, Temple Beth El President

I want to wish you all a very happy and healthy 2022. I would like to erase the last 2 years of the Covid influx, but, alas, that is not for me to do. We have learned a lot of lessons, have stood strong as a congregation, and made many strides in areas. This year we start with three initiatives for the entire congregation to get behind and support with very little time commitment. These came out of the recent Board retreat and I'm so excited to get moving on them this year. Steve Lewis will be working with his team of volunteers on Social Justice projects. He can use some non-board helpers, so if this appeals to you, please reach out to him. The second of these initiatives is Small Groups headed by Amir Sadovnik and Peter Rosenbaum. Want to go to the Zoo, that's a small group activity. Want to get the over 50 to go to the museum, that's small groups. The final initiative is volunteering. Are you one who would love to volunteer, but don't know for what? This is your opportunity to do something with your spare time. Please contact me if this is something you would like to assist with. The purpose of this is to give back to the TBE community in a single or continuing project. Temple Beth El has been blessed with many wonderful people who serve on the Board of Directors. But this is YOUR Temple, and the Board cannot function at its max without some help. Please make a resolution to assist in any small way to grow this Congregation. I'll be waiting to hear from you.

Hands on, Hearts on, Minds on Learning

By: Norma James, Temple Beth El Religious School Director

We wish everyone a Happy New year and hope you had a wonderful winter break with family and friends. It will be a joy to see our children return on for Midweek Hebrew on Wednesday, January 5th and for Religious School on Sunday, January 9th.

This month Tu BiShvat occurs on Martin Luther King weekend, January 16/17. On Tu BiShvat our school explores how we can celebrate nature and be good stewards of the earth. On MLK weekend, we explore how we can celebrate diversity and pursue love and justice for all. This will be a perfect opportunity to intertwine these themes into G'milut Chasadim, acts of loving kindness. We will have special programming for our students which combines art, music, foods, and worship. It will be an exciting day for all.

In the next two years, thirteen of our students will become B'nai Mitzvah. This is an exciting time for these young people. They are well on their way to mastering the Shabbat morning service prayers. Now it will be time to start on Torah study. As the Hebrew teacher for this group, I am looking forward to guiding each student through this journey. I fully believe that B'nai Mitzvah is a transformational process in the life of a teen. It is more than learning Hebrew, studying with Rabbi Boxt, writing, delivering a D'var Torah, doing a Mitzvah Project, and celebrating with family and friends. All these together require dedication, stamina, bravery, and a maturity of thought that changes a child forever. I feel blessed to be a witness to this transformation.

Health and Wellness is always top-of-mind at TBERS. When we decided to return to in-person school this year, we worked very hard to create a safe and healthy environment for our staff and students. This was a multi-step process that went through many reviews. Because our parents and staff have been diligent in following our protocols, we have successfully completed our first semester. We will continue our Covid protocols with masking for all children and staff regardless of vaccination status. Our drop-off and pick-up procedures are working very well. Thank you for your cooperation and support.

Wellness is not limited to avoiding Covid-19. This has been a very challenging time for all young people. We are entering our third year of this pandemic, which means continued uncertainty about the future. To watch our masked students laugh and play as they hang out with their friends, one would think everything is totally fine. However, all of them have been touched by Covid-19. The disease itself has touched most families or friend group in some way.

There have been so many changes in how we live our lives. Schools operate differently, family and friend gatherings have been modified, vacation plans have been postponed or altered, and life cycle events have been scheduled and rescheduled. This causes stress in children and adults. It is vital that we be mindful of this when a child, teen, or staff member needs extra attention and support. There is no single way we express worry. Some seek out others, and some hold it in. We must look for signals and find ways to offer help that respect the person we want to comfort. It is not easy to accomplish this but observing and listening are good skills to learn.

We at TBERS have prioritized an atmosphere of warmth, love, and joy. Learning is always important, but Judaism is about loving God and each other. As an educator, I know that learning occurs best when the learner feels cared for, safe, and respected. We have a staff who fully embraces this value. Our students are blessed with loving and supportive parents, grandparents, and siblings. I feel this every time I watch a family drop off or pick up their children. I see it in T'filah when siblings hug each other. My heart sings when I look in on each classroom of engaged students and staff. I leave Religious School and Midweek Hebrew every week with a heart filled with gratitude.

You are welcome to reach out by emailing me at normajames@tbeknox.org.

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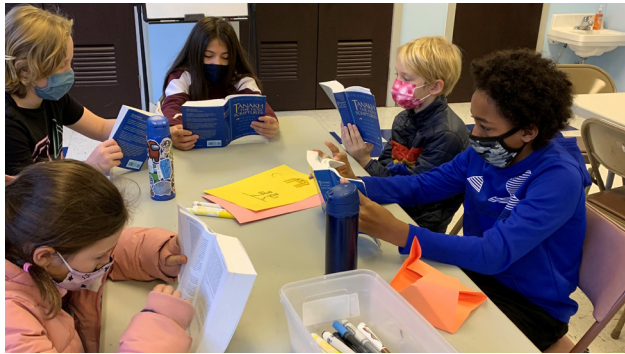
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TEMPLE BETH EL



Leah Faupel's and Sabastian Altman's 5th-6th grade students



Tara Bain's Chai class

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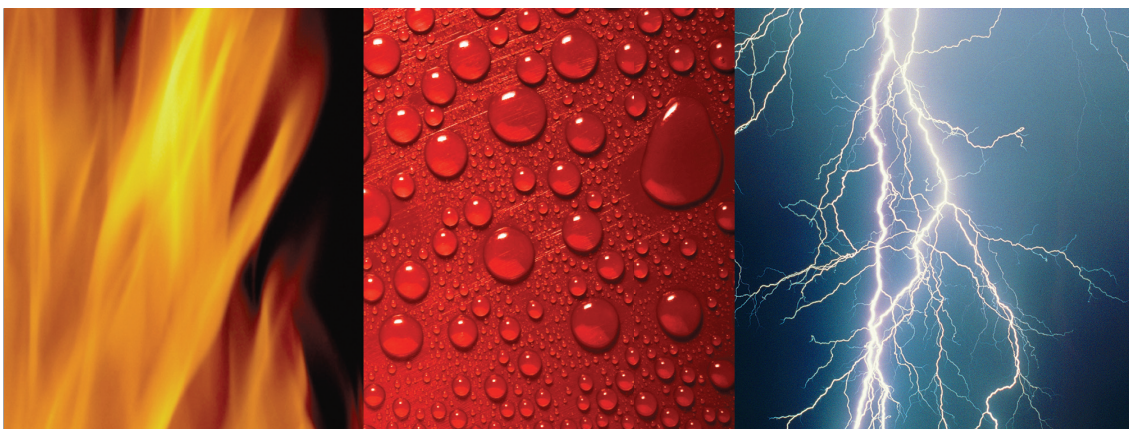
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Our Alliance has Reclaimed Its Wellness

By: Bryan Goldberg, President and Bernard Bendriem, Treasurer

When we reflect on our personal wellness, often times we judge our current condition against a high mark from our past, which tends to be neither fair nor realistic. Organizations can suffer from the same biased reflection wearing rose colored glasses. However, every once in a while, a comeback is made. Although the KJA is not exactly what it once was, we find ourselves thriving in our current state, able to achieve true wellness and better suited for future hardships. Over the past 10 years, our Alliance has found itself on an unsteady financial path, challenged by key departures, and struggling to define itself and in a changing environment. Some of you have experienced this intimately, and some have heard whispers of trouble.

The current wellness of our Alliance has quite possibly never been stronger. Through prudent, thoughtful and intentional management over the past four years, we are on unprecedented financial footing and our future outlook is nothing short of amazing. Let us share some highlights

of this comeback...We have repaid almost two years of our draws from the AJCC Endowment fund, we have refunded our KJA Opportunity Fund to levels not seen since 2013, we have performed a full roof replacement and have upgraded and replaced no less than 6 HVAC units, our executive office and women's bathroom have had complete renovations, our lobby has been upgraded, our pool condition and operation is pristine, our summer camp is flourishing, our preschool has twice expanded and still has waitlists, our staff has never been this large or productive with 5 director level employees and our campaign has made a 180 reversal and has not only steadied itself but has seen yearly gains! Seriously...I could go on, but we have word count limits!

Our Alliance now finds itself on stable financial footing with balanced budgets and conservative yearly surpluses. We are able to produce dynamic programming and outreach with a devoted and engaged professional staff. Our building may be old but it is rejuvenated and poised to last another 50 years! Our future is bright, and twenty years from now, with our rose glasses on, 2022 may be a year we judge ourselves against.

Embracing Shabbat for Mental Health

By: Tara Bain, Hillel at UTK Director

Fall semester has been a learning curve for students. The transition from online to hybrid to in-person in the last year has taken a mental toll. Anxiety is at an all-time high, according to the University of Tennessee Vice Chancellor for Student Life Frank Cuevas. The University holds events every Wednesday to help students maintain or improve their wellness. Hillel at UTK has offered several Wellness Wednesday programs, but students feel they have a special gift for their mental health in the form of Shabbat. Whether gathering for a meal of matzo ball soup and kugel or sitting around the campfire under the stars, students are embracing Shabbat for a moment to pause. Students have been grateful for the "built-in time" Judaism provides going from studying and working to self-care and connection.



2021 KJA Annual Campaign

\$260,645

as of 12/1/2021



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CONTRIBUTIONS

Contributions by caring people. Donations listed were received as of December 2, 2021

Marilyn and Harvey Liberman Health and Wellness Fund in honor of Marilyn Liberman's birthday
Judy Louis, Judy and Steve Feinberg

Donation to Hillel @ UTK
Michael Dzik

Donation to the Marilyn & Harvey Liberman Health & Wellness Fund as congratulations of Laura Sadler's marriage
Harvey and Marilyn Liberman

Donation to KJA General Fund through CAF (payroll deduction)
Joshua and Kimberly Hedrick

Donation to Preschool
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Donation to the AJCC Pool in honor of Andrew Schwartz for Hanukkah
Allen Schwartz

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Peter and Briana Rosenbaum

Donation to KJA in honor of the marriage of Laura and Clint Sadler
Renee Hyatt and Paul Erwin

Donation to Hillel @ UTK
Dalia Faupel

Farewell Article

By: Andrea Cone, Past President 2018-2021

So much to say. I have had four wonderful years meeting and greeting so many of our new and old Hadassah friends. Thank you for making my introduction to Knoxville so welcoming.

It's sad to say goodbye as President of Hadassah Knoxville -Oak Ridge but I will still be around as advisor to our incoming President Harriet Glasman.

We have come so far and accomplished so much. I feel honored that my executive board stayed with me during these four years. I could not have done it without all their input and assistance.

During my presidency our community knew Hadassah was here in Knoxville as "We Are the Women Who Do".

Through all of Hadassah Medical Organization (HMO), No Show Balls, Membership Directory, Advocacy Programs, Membership drives, Hadassah Shabbat we raised awareness of what Hadassah is all about. We enjoyed each other's company at fun Ugly Sweater parties, Soup to Nuts gatherings, many Israeli supported programs, Tea and Trivia, Menorah and Martinis and fabulous cooking, craft, and exercise classes. We fulfill our endless list of requests that our members wanted to learn about. We always bring people together as a community at our annual Bundt Cake, Hamantaschen bakes and Chocolate Seders. We gathered for very powerful and moving films and

programs of Jew hatred, antisemitism, anti-Israel movements, forgotten refugees, and the loss of education about the Holocaust.

We were so fortunate to join our Hadassah Oak Ridge chapter to become one chapter of Hadassah as the Hadassah Knoxville-Oak Ridge chapter.

What this all means is Hadassah a volunteer, powerful Women's Zionist Organizations that empowers women and associates that believe in building a world where Jewish values create strong community. In Hadassah we strengthen our connection to Israel by advocating healthcare that not only supports Israel at the Hadassah Hospitals but also these efforts are felt throughout the world.

I end my presidency with more wealth of friendship, knowledge, and a fabulous direction of so much more we can do and learn. Come join us to know and learn more with us. If you want to know more about Hadassah, ask me and I can show you how proud of what I did and what we can do together.



Hadassah Knoxville-Oak Ridge Slate of Executive Board Officers 2022-2023

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Shhaaa.... KJCFF breaks major milestone

By: Stephen Rosen, KJCFF President

“Ayin ha’ra” is the “evil eye” in Hebrew and we don’t wish it on anyone. That’s why my grandmother Esther Rosen used to look at her great grandson, Nathan, and say “he’s not so ugly.” In the context of KJCFF, the board has the pleasure of reporting to you that we are not too small, ayin ha’ra. We don’t even want to say the number as the time between writing and reading is a bit too long and the markets aren’t always forgiving of those that kvell about their success. I distinctly remember the New York Stock Exchange traders who got to pull out their Dow 10,000 hats several times before they became old hat. So, we will just be thankful to our donors, our board, our staff, and our partners who have helped us reach hamesh million in 2021, ayin ha’ra.

Knoxville needs to re-endow the Dewey Reich Fund for Indigent Burial

KJCFF and KJA have for several years partnered with Heska Amuna and Temple Beth El to provide for Jewish burial rites for those that cannot cover the expenses. In 2013, the partners funded the Dewey Reich Chesed Shel Emet Fund of the KJCFF. The fund document states, “the purpose of this fund is to provide support for the mitzvah of chesed shel emet, caring for the interment of those who cannot afford it, and who will never be able to return the kindness.” As of September 30, the funds balance was just \$17,000, barely enough to cover three burials. Ask any historian, and they will tell you that Jewish communities are birthed in death. Most shtetls in the south had their first communal efforts in creating burial societies. Our story in Knoxville is no different. If you have interest in following in the giant leadership shoes of Dewey Reich and funding a mitzvah for which you can’t be thanked, please contact Laura or Stephen.

Want to show how much you like the new 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 “everything,” 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, plus Hadassah, Chabad, and the Jewish Congregation of Oak Ridge. 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?

How to make out a check for a KJCFF donation

If donating 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.

Forever Changed: A Journey of Hope and Survival



Cantor Jacquie Marx October 2020



Cantor Jacquie Marx November 2021

By: Cantor Jacqueline Marx

Let me describe myself: mother, teacher, writer, cantor, friend, cancer survivor. (Hold up: did you say cantor or cancer?) Yes, and yes.

During the 2020 pandemic, I navigated stage 3, BRCA2 positive ovarian cancer. I'd known my genetic predisposition for a decade, but also taken every diagnostic, prophylactic, and surgical precaution. Still, there's a 6% chance for a BRCA gene mutant to develop cancer. Guess who won the lottery?

My first question was, "Did I do this to myself?" But there was nothing I said or did, ate, sipped, or skipped that summoned cancer.

Next question, "What do I do now?" The answer was surgery and six rounds of chemo causing my hair to fall out. I sported a wound vac and a colostomy. I couldn't navigate hospital corridors without an ambulatory device.

At home, after climbing one flight of stairs, I saw constellations that hadn't yet been discovered. My energy, appetite, and sense of humor disappeared completely. I had to temporarily withdraw from rabbinical school (spoiler: I'm back). While it might have been

Ask your healthcare provider for the best source recommendations for determining your genetic medical history.

a treat to recuperate and catch up with my books, movies, and sitcoms, I was too exhausted for any of those things. Then I got bored from doing nothing – but I was too tired to do anything. What a vicious cycle.

Double depression and anxiety set in. I barely slept. For the first time in 34 years, I did not participate or co-lead High Holy Days. Who was I? What was I? Would I ever feel whole again? Thank Gd for an angel: an online onco-therapist who actively listened to me and likely plays as large a part in saving my life as those who worked on me below the neck.

I then moved on to the “Why NOT me?” stage:

- I'm a fighter. Cancer didn't know who it had hit.
- Nothing personal: Cancer isn't a schmuck on purpose. It has no family to support, to love, or to worry about.
- Cancer lacks a point of view, dreams, goals, and lines of defense. I'm allowed to kill it before it kills me.
- I had more weapons at my disposal than did my cancer forebears. I actually considered myself fortunate to get cancer in 2020 instead of 1920. Or even 2010.
- My team rocks: from my surgeon, who sees me every two months, to nurse practitioners, pharmacists, medication couriers, and phlebotomists.
- My kids are the best. My son drove me places and shopped for whatever I needed. My daughter saw to my every comfort, kept our home clean and cozy, and ran countless small, essential errands. My daughter-in-love sent me loving texts. Her family cooked delicious, palate-tempting soups. Beloveds from all over the world called, texted, sent cards, meals, and gifts. My cats guarded me constantly, keeping my feet warm, my soul smooth, and my hope steady.
- I looked cute with a bald head!

In October of 2020 remission arrived. Although we want that five-years-clean goal, my surgeon tells me that my one clean year has significantly reduced the risk of recurrence.

I'm on oral chemo. Each day I take a PARP inhibitor that wasn't around in my family's day. Survivor's guilt? Some. My family deserved every chance that I have today. But I face forward and take those elliptical gray monsters for me, for them, and for my kids, whom I'm not yet done pestering.

How surreal to have hair again. Best of all is feeling the wind move through it, plus my eyelids not sticking together for the lack of lashes.

I'm forever changed. Fighting for one's life does that to a person. If Cantor Jacquie was in your face, “Cancer Jacquie” will absolutely not stand for less than the best. Life is too short for fair-weather friends, substandard values, or regrets. Now if only I could hit that exercise trail more often.

I'm not a hero. That would make the casualties non-heroes. Every cancer patient is a warrior because of data and developments gleaned from the battles we underwent. These findings are my get-well present. I have received so many gifts. Perhaps that's why the kids and I didn't exchange Hanukkah gifts last month. I already have everything I want.

Happy, healthy 2022.
L'chaim!

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YAHREZITS



Temple Beth El

January 7

Marcus Bressler • Harry Bronstein • William Egan • Mildred Erwin • Alexander Feldblum • Jean Fribourg • Albert Friedman • Ida Feldman Kaminsky • Sam Morrison • Arthur Slome • Raphael Wolpert • Bella Zavels

January 14

Isadore Beiler • Ev Bornes • Minette Jacobstein Clark • Henrietta Feldblum • Milton Heller • Minnie Hochenberg • Millie James • Lena B. Konigsberg • Mary Kichler Licht • Marie Noon • Helen Tumpson • Samuel Webber • Stanley Webster

January 21

Fannie Liebman Beiler • Frank Bernard • Mary S. Bernard • Walter N Blaufeld • Bill Dillon • David Farin • Robert Goldstein • Muriel Greenbert • Henry Handler • Theodore Hecht • John Kelleher • Ella Marx • Annie Lucille "Lucy" Rankin • Ceil Rosenberg • Helen Sandberg • Alla Sherman • Jacob Spiro • Beatrice S. Steinfeld • Robert Zivi • Max Zuckerman • Muriel Zuckerman

January 28

Maxine H. Arbutal • Albert G. Bessel • Ethel Brown • Joseph Herman Bush • Leo Diamond • Paul Grossman • Frank Heart • Robert Hyatt • Annie Joffe • Charlotte Loebel • Sarah Vendig Samuel • Irvin Sherkman • Basia Shusterman • Boris Shusterman • Helen M. Siegel • Dennis Silver • Joseph Soss • William Steinberg • Evalyn B. Weiss

Heska Amuna Synagogue

January 1

Rafael Anidjar • Rose Bart • Bella Bresoff • Elaine Brown • Seymour Chasan • Nathan Diftler • Isaac Ducken • Zelig Frumin • Sam Morrison • Charles O'Brien • Delia Skalet • Ben R. Winick

January 8

Beverly Abrams • Celia Berry • Samuel Brown • David Cohen • Romaine Eisenstadt • Bess Feld • Annie Joffe • Sybil Joffe • Gladys Johnson • James Kutsobos Jr • Earl Mazur • Cecil Nichols • Mildred Schwartz • Jack Scott • Herman Sebold • Milton Shamitz • Mae Stern • Harry Tobe • Frank Winick

January 15

Jacob Goodstein • Helen Hahn • Alexander Licht • Robert Moody • Lillian Morrison • Rabbi David Panitz • Hilda Presser • Sarah Rubenstein • Rose Shapiro • Charles Silverman • Harry Strauss

January 22

Louis Balloff • Logan Brown • Yetta Burnett • Eugene Cornez • Max Finkelstein • Milton Finkelstein • John Gitman • Rose Imbrey • Isadore Kleg • Lela Lippner • Joseph Richer • Esther Rosen • Myer Sachs • Frances Sturm • Clarice Weinstein

January 29

Monte Abrams • Joseph Billig • Rose Bloom • William Brotman • Ethel Brown • Harold Brown • Ida Brown • Isaac Cohen • Herbert Davis • Albert Fadem • Abraham Fay • Jack Feld • Verne Gilbert • Samuel Green • Leonard Handler • Louis Joffe • Frances Klein • Carole Kramer • Alfred Levin • Barnett Mackta • Clarence Mann • Isadore Presser • David Rabin • Mollie Saroff • Randy Schwartz • Gertrude Wolf

THE JEWISH COMMUNITY ARCHIVES OF KNOXVILLE AND EAST TENNESSEE



The Way We Were in 1946

When Joyce **Robinson** (now **Diftler**) turned 16 in June of 1946, her parents Nathan and Sarah **Robinson** gave her a Sweet Sixteen party at the Andrew Johnson Hotel. This photo was taken of Joyce's parents and her father's brothers and their wives.

Each brother stood behind his wife. Couples, from left to right: Max **Robinson** and Rose (nee **Blumberg**), M B **Robinson** and Rose (nee **Etkind**), A J **Robinson** and Sylvia (nee **Auerbach**), Nathan **Robinson** and Sarah (nee **Green**).

Joyce now lives in California. Max's son Alfred and AJ's grandson Pace still live in Knoxville.

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.



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1.27.21

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JOIN US ON THIS
**INTERNATIONAL
HOLOCAUST
REMEMBRANCE DAY**

TO TAKE A STAND AGAINST ANTISEMITISM
ALONGSIDE TENNESSEE ELECTED OFFICIALS,
CIVIC LEADERS, AND SPECIAL GUESTS.

JANUARY 27, 2022 / 5:00 PM

DOWNTOWN NASHVILLE