

Savannah JEWISH ★ LIFE

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Savannah
JEWISH LIFE

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SJF CEO: Sam Friedman
Savannah Jewish Life Editor: Michelle Allan

The objectives of the Savannah Jewish Life Magazine are to foster a sense of community among the Jewish people of Savannah by sharing ideas, information, experiences and opinions, and to promote the agencies, projects and mission of the Savannah Jewish Federation.

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Please send eNews newsletter submissions to: news@savj.org

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Letters to the Editor

Savannah Jewish Life is a community publication. Letters should be civil and considerate in tone and not contain personal attacks, random attacks on businesses, or defamation. All statements of facts must and may be edited for length, clarity, or factual content. The opinions expressed are always the writer's. All letters must include the author's full name, address, and phone number (only your name, and if appropriate, job title and organization or business name, will be published). No more than two letters from the same author will be published within 12 consecutive months. Submit letters to savannahjewishlife@savj.org. Savannah Jewish Life retains full and sole discretion about which letters to publish.

Savannah Jewish Federation Mission Statement

Charged with raising, collecting and distributing funds, the Savannah Jewish Federation seeks to advance the welfare of the total Jewish community. The Federation strongly supports Israel and world Jewry. Additionally, the organization strives to preserve the civil, political, economic and religious rights of all Jews to develop an articulate, intelligent, and constructive Jewish community and to promote mutual understanding with the community at-large.

Shalom Savannah

Sam Friedman, Chief Executive Officer

My first trip to Israel was in the summer of 2011. Like many young adults, I was going on Birthright because it was free, but unlike many of my fellow participants I didn't necessarily want to be there. My job had offered me the opportunity to lead a teen trip to Israel later that summer, but wanted me to experience Israel first. So there I was, 23 years old, desperately watching our trip leaders to better understand what I should do while seeking out a meaningful experience for myself. That was my first trip to Israel and, don't judge me too harshly, I didn't love it.

I wanted Israel to be spiritual and moving. I wanted to feel the power of centuries of Jewish hands pressing back against mine when I went to the *kotel*. I wanted to hear the songs of the *chalutzim* making the desert bloom when I was laying in the Bedouin tent. I wanted the rush of a land reclaimed and a language rebirthed to fill me as I took every step in every city over those ten days. Instead, what I found was a tour bus weaving its way through traffic and ten days that blurred together from exhaustion and jet lag.

Thinking back, I would have been forgiven for not wanting to lead that second trip, but I went anyway... And then I led another trip to Israel.. And then I led another.. And then I led another 7 trips to Israel and with each subsequent trip my feelings about Israel - and my connection to Israel - changed. On my Birthright trip I wanted Israel to impact me, but Judaism teaches us that while we are connecting with our past we are called to build our future. In other words: it wasn't enough for Jewish history to impact me, I had to build my own piece of Jewish history. Once I realized that, I felt Israel and Zionism enter my bloodstream and it has never left.

In my first Savannah Jewish Life message I mentioned that I believe community is not a spectator sport, but I want to clarify that it's not just me that believes that. In *Pirkei Avot*, we are taught that we are not obligated to complete the task but neither are we free to desist from it. Which begs the question: what is our task?

I would submit that our task as Jews in 2025 is to build a community for ourselves that honors the past, inspires the present and guarantees the future. Our task is to add our own history to the collective.

It sounds like a lot, but thankfully, we have 300 years of *local Jewish history* to inspire and guide us.



So how do we build the Jewish future? I'm glad you asked. We do it the way Jews in Savannah have done for the past 300 years.

Here at the JEA, we are literally building (the crane in the southwest corner of our parking lot is a visible marker of building the future). Locally, the synagogues all build their futures through social action programs, brotherhood and sisterhood programs, and religious schools. Hadassah supports hospitals and empowers Jewish women. BBYO and Young Jewish Savannah both connect Jewish young adults with their history and each other. The Jewish War Veterans connect Jewish service members, current and past, to each other. The Savannah Jewish Federation continues to raise money to support local Jewish residents in need, programs in Israel, PJ Library, and families looking to send children to Jewish summer camp, school, Israel or youth programs. And the list goes on...

For a little town there are *a lot* of ways that we are building the Jewish future, but we cannot do it alone.

So if you haven't yet, join us! The subsequent pages of this magazine are filled with inspiring stories and opportunities to connect and learn with our local Jewish community.

We are better when we are together, and we are better with you. I look forward to seeing everyone at an upcoming event, Shabbat service, celebration, or coffee.

L'Shalom,

Sam

P.S. If you see Michelle Allan, give her an extra thank you because she designed and edited this edition of SJL two weeks before her son Rafi Allan's Bar Mitzvah - a true wonder woman and we are grateful!

Music Among Friends

We sat down with the talented and newly minted Savannah resident, Dan Weiser to find out a little more about him. Be sure to mark your calendars for his performance at the JEA on Sunday, March 9th at 1pm with Baltimore-based clarinetist Seth Kibel for a concert that highlight the interconnections between Klezmer music and early American Jazz. As a special feature, during the concert, there will also be an exhibition of paintings made by Daniel's late father, Dr. Milton Weiser, as well as his 19 year-old daughter, Rose, a recent graduate of the Baltimore School for the Arts and student at Tufts University.

What brought you to Savannah?

We came to Savannah from Baltimore because our twin girls graduated high school and we were ready for a change. My wife, Kirsten (better known as Kisha), had lived in Savannah for a few years as a young girl and always wanted to get back here. She is a Gastroenterologist now working as a Hospitalist for United Digestive at Memorial Hospital.



When did you start playing music?

I started playing piano at the age of five. I had an older brother and sister and apparently, one day, I got annoyed at their practicing and just went to the piano and started playing their pieces perfectly. Needless to say, they both quit soon after, but I continued taking lessons at the New England Conservatory Prep Department with a wonderful teacher named Edwin Hymovitz.

Tell me a little bit about how you chose this path.

I definitely did not take the straight path into music. We moved from Brookline, MA to Buffalo when I was 11 years old and I was not able to find a teacher that I liked. I quit piano soon after which nearly killed my mother. In her very subtle way, though, she made sure I kept some music going since I believe she knew where I would ultimately end up as a career. She knew I didn't like playing solo piano so she found summer chamber music camps for me to go to in high school, where I really found my passion for working and playing with others to make great music together. I then went to Columbia University where I majored in American History. In my junior year, I needed to take one extra credit class and she suggested I try piano lessons for credit. I began playing piano again and realized I did rather enjoy it (especially since my teacher offered me sherry at all my piano lessons!) Still, I was prepared for a career as a History professor until I took a class my senior year called "Law and Social Change" taught by Jack Greenberg, who had been a lead lawyer for the famous Brown vs. Board of Education case. That is when I decided I needed to change the world as an activist lawyer and headed to Harvard Law School, where I was in the class behind President Obama. Unfortunately, once I got there, I quickly realized I really did not have the requisite passion to be a civil rights lawyer when my classmates were all making ridiculous amounts of money working for law firms. I figured it would be easier to be a starving musician than a starving lawyer since there would be many more like me in music. I decided to drop out after my first year at Law School, but only after forming a Piano Trio with two other miserable Harvard Law students---when we played our final concert, my mother came and was thrilled with my choice. I always say she was the only Jewish mother in the world who was happy when her son dropped out of Harvard Law School! After taking a year to remember how to play the piano again, I then got into the Peabody Conservatory of Music in Baltimore and got my Masters and Doctorate there in Piano/Chamber Music studying with the wonderful collaborative piano Samuel Sanders, who performed often with Itzhak Perlman, Joshua Bell, Marilyn Horne, and many more stars. While there, I wrote my dissertation on relationships between musicians and painters in Paris from 1875-1925.

Why "AmiciMusic?"

AmiciMusic simply means "music among friends" and is exactly what I aim to do with all my concerts---to make them very intimate and to perform often enough that the audience members truly do become my friends. I started AmiciMusic while living in Asheville and continue to return there every month to do more concerts, often in private homes and small listening rooms. We then lived in Baltimore, and I performed over 350 concerts there and continue to perform there monthly. In addition, I started a series called Classicopia back in 2000 in Hanover, NH while I was teaching at Dartmouth College and I still get up there for concerts at least 7 times every year.

**What's your most memorable performance to date?**

I have had many memorable performances since I have played over 2500 concerts! In 1996, just after graduating from Peabody, I won a competition to become the Artistic Ambassador of Music for the United States and was sent on a two-month, eleven country tour of the Middle East and Southeast Asia including stops in Syria, Egypt, Pakistan, Tunisia, Sri Lanka, Thailand, and Israel. Along with violinist Tim Schwarz, we performed in numerous Embassies and public concerts, including one at the beautiful Cairo Opera House and

another in a large stadium in Bangladesh with thousands of excited fans waving their hands like a rock concert. I have also played at the Weill Recital Hall at Carnegie Hall, which has one of the most perfect pianos in the world. But I would have to say my most memorable concert was one in the Adirondacks when I was part of a group known as the Adirondack Ensemble in the late 1990s. We performed in very remote places to try to bring great music to faraway places. For most of these, the pianos were pretty bad, but the audiences were so appreciative. One venue actually had a piano that was missing three of the black keys in the middle of the piano, which makes it very difficult to perform, but that stands out as one of my most memorable and makes me never complain about any piano I have played on since.

What is your favorite thing about Savannah?

I think my favorite thing about Savannah is the amazing trees and the beautiful sunsets. Even driving to the pharmacy, I am always enchanted. I also love the fact that there seems to be a real sense of community here with that welcoming Southern charm and a more relaxed speed to life.

What inspires you as an artist?

My inspiration always comes from being able to communicate something meaningful to audiences and to help people hear new things in the music each time I perform. I have always tried to connect my music with history and make my concerts a form of "Edutainment" where people can not only enjoy the music, but hopefully come out learning something about the individual composers we perform and the socio-historical context of the period in which they wrote. I also love finding great music by lesser-known composers, especially many women, African-American, and Latin American composers who have too often been neglected in the traditional repertoire.

What's your favorite Jewish comfort food?

Latkes, of course! I also love a good cold beet borscht and blintzes.

What's next?

As a professional goal, I plan to build a regular AmiciMusic series in the Savannah region and do monthly, thematic concerts utilizing some of the talented artists in the region as well as bringing in some wonderful musicians from around the country and the world who perform with me on my other series. I am always looking for people in Savannah and other nearby areas (Hilton Head, Bluffton etc) with homes that have decent pianos who might want to host one of our amazing House Concerts. These are truly the best way to perform and listen to chamber music---in an actual chamber. We invite about 20-30 people to these programs that really act like 19th century Salons with great food, drink, and music. I am also looking for other intimate venues with decent pianos---libraries, Churches, Synagogues, listening rooms, bars---that might work well with a regular chamber music series.

For those interested in finding out more about AmiciMusic, please visit: <https://www.amicimusic.org/>. If you would like to contact Dan and have ideas for venues in the Savannah region, please contact him at daniel@amicimusic.org.

Security Quarterly

Richard Ray

I wanted to take this opportunity to introduce myself, I'm Richard Ray, the new Community Security Director (CSD) for the Secure Community Network (SCN), serving the Savannah Jewish Federation. Prior to joining the SCN, I retired at the rank of Captain from the South Carolina Highway Patrol. After retiring from law enforcement, I joined the security industry within the private sector serving as a Director of Physical Security for organizations based within the United States and Canada.



Thankfully, my prior career in law enforcement and security experience in the private sector has allowed me the opportunity to join SCN. The SCN serves as the Jewish community's official liaison with federal law enforcement and coordinates closely with federal, state, and local law enforcement partners on safety and security matters related to the Jewish community. Please know that I consider the opportunity to serve as the CSD for the Jewish community in Savannah an honor and privilege.

While serving in my new role, I'm committed to carrying out the mission of SCN, which is to ensure the safety, security and resiliency of the Jewish community in North America. This mission has become increasingly more challenging over the past several years. We have all witnessed, some personally and others through the news outlets, the horrific acts of violence directed at the North American Jewish community since October 7, 2023. According to a recent article, "The Anti-Defamation League tracked 8,873 antisemitic incidents in the United States in 2023 – the highest number of incidents reported since the organization began tracking data in 1979," CNN, April 16, 2024.

SCN is working closely with our federal, state, and local law enforcement partners to stay informed of all security threats. Information regarding potential threats are immediately relayed through our Jewish Security Operations Command Center (JSOCC) which are then communicated with all members of the Jewish communities to ensure complete transparency and support.

It is the desire of SCN that the members of our North American Jewish community do not live in fear because of the recent uptick in violence, but to remain vigilant and prepared, while going about their daily lives. Please know that SCN staff members are working around the clock to ensure the safety and security of our North American Jewish community.

If I can be of any assistance, please don't hesitate to contact me.

I can be reached by email at rray@securecommunitynetwork.org or by phone, 872-227-1336.



AN EVENING WITH HAVIV RETTIG GUR

Israeli Journalist
Senior Analyst for
Times of Israel

**TUESDAY, MARCH 18TH
7:00PM**

JEAN LARGE AUDITORIUM

RSVP REQUIRED

**912-355-8111 OR
PROGRAMMING@SAVJ.ORG**

VISIT SAVJ.ORG FOR MORE INFORMATION

**SECURITY WILL BE PRESENT
NO FIREARMS, KNIVES OR BACKPACKS
ALL GUESTS SUBJECT TO SEARCH**



Mazel Tov

to our

GRADUATES!

**SAVANNAH JEWISH LIFE
WANTS TO CELEBRATE
YOUR GRADUATE IN THE
NEXT ISSUE!**

Email Your Information to
SavannahJewishLife@savj.org

Or

Scan and Submit By May 1st



**SPRING DAYS
AT THE J**

**MARCH 14, 17, 18, 19,
20, 21 & 31**

**APRIL 1, 2, 3, 4, 7, 14, 15,
16, 17, 18 & 21**

MAY 22 & 23

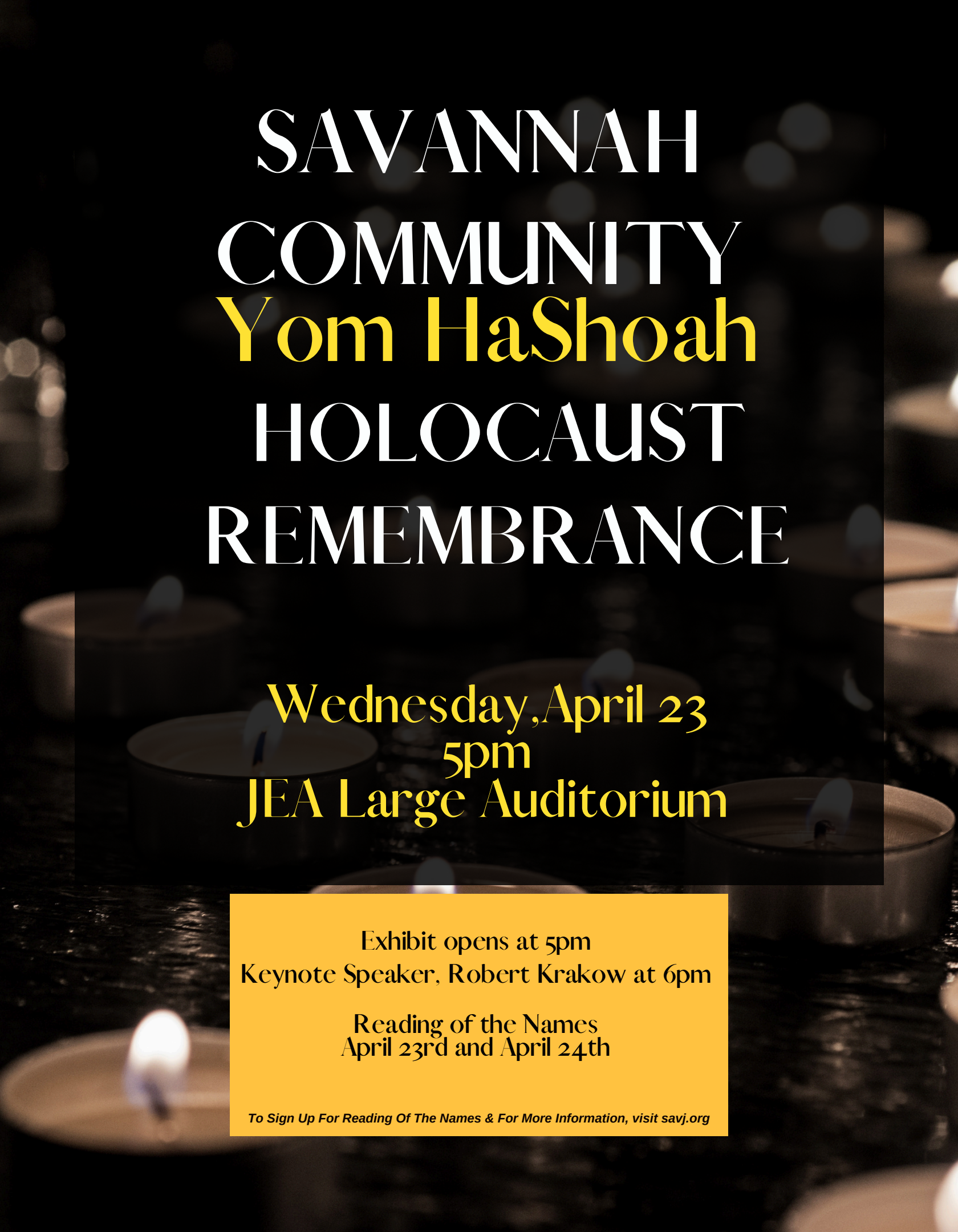
When school is out, camp is in!

Open to all children!

***** 4 yrs old to 8th grade*****



www.savannahjea.org



SAVANNAH COMMUNITY Yom HaShoah HOLOCAUST REMEMBRANCE

Wednesday, April 23
5pm
JEA Large Auditorium

Exhibit opens at 5pm
Keynote Speaker, Robert Krakow at 6pm

Reading of the Names
April 23rd and April 24th

To Sign Up For Reading Of The Names & For More Information, visit savj.org

Yom HaShoah 2025



The date was June 6, 1939. The coordinates of the Jewish refugee ship were 25' 48" degrees North 80' 1" degrees West, placing it 2 miles off the coast of Miami.

The SS St. Louis, carrying 937 mostly Jewish refugees, left Hamburg, Germany on May 13, 1939, bound for Havana, Cuba. The passengers had landing permits for entry into Cuba, but the Cuban government refused to grant them asylum and on June 2, the SS St. Louis was forced out of Cuban territorial waters.

Captain Gustav Schroeder steered the ship northward and on June 3, the ship entered US territorial waters off the coast of Miami Beach within sight of the city lights and palm trees. The St. Louis passengers pleaded with President Roosevelt and the State Department to grant them safe haven. Their desperate pleas were denied, and the ship was forced to return to Europe where many onboard the St. Louis perished in Auschwitz.



The saga of the SS St. Louis became one of the most infamous and tragic events in American, Jewish and Holocaust history. The story played out in front of the American people and was frontpage news in virtually every newspaper in the US. The event was covered by the Nazi press and was featured in the German Embassies news agencies throughout the world and advanced the theme that no one wanted the Jews. The St. Louis became an integral part of Nazi propaganda that would justify The Final Solution.

The saga of the SS St. Louis has been a stain on the reputation of the United States for the last 70 years.

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The saga of the SS St. Louis has been a stain on the reputation of the United States for the last 70 years. On April 23, 2025, as part of the Community Yom HaShoah Program, the Jewish Educational Alliance and Savannah Jewish Federation will host the first ever public archival exhibit of the US State Department Apology to the Jewish refugees of the ocean liner, SS St. Louis. The apology was made to atone for the US refusal to grant safe haven to the 907 passengers aboard the SS St. Louis who sought asylum when they were off the coast of Miami in early June 1939. The exhibit will remain open through the week.



The Exhibit will feature:

- **SS St. Louis passenger eyewitness accounts of the transatlantic voyage and life aboard the ocean liner on the way to Havana.**
- **Live Zoom engagement with surviving SS St. Louis passengers who will relate their emotional responses to the US and Canadian apologies.**
- **Dramatic and tearful passenger accounts of being turned away by the Cuban and US governments and the frightful prospects of having to return to Germany and face death and torture in the concentration camps.**
- **Recognition of the outstanding contributions the SS St. Louis passengers made to America in the fields of medicine, science, law, religion and education.**
- **Video from the American and Canadian apologies to the delegations of SS St. Louis passengers that attended the ceremonies in Washington, DC (September 24, 2012) and Ottawa, Canada (November 7, 2018).**
- **A video segment of The Trial of Franklin D Roosevelt that was performed as part of the State Department Apology Ceremony. The play explores the political motivations of FDR in refusing to assist the Jewish refugees during the prewar and wartime period.**
- **Special SS St. Louis artifacts section including excerpts from St. Louis Captain Gustav Schoeder's diary describing his efforts to land the ship on the Miami coastline, newspaper coverage of St. Louis from May 27 – June 7, 1939, never before seen diplomatic exchanges between the German Foreign Ministry, the German Legation in Havana and the Cuban Secretary of State, describing the intense debate on whether the St. Louis passengers should be granted asylum by the Cuban Government**
- **Senate Resolution 111 passed by the Senate in 2009 to commemorate the 70th Anniversary of the SS St. Louis and signed by 36 St. Louis passengers. This document is housed in the National Archives and the Museum of American Diplomatic History.**
- **Tour of the Exhibit with creator and curator, Robert M Krakow, Executive Director of the SS St. Louis Legacy Foundation.**
- **Commemorative ceremony for Yom HaShoah and the 86th Anniversary with a Proclamation of Remembrance presented to the local and state officials.**

JEA CAMP SAVANNAH NEEDS YOU!

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www.savannahjea.org

**GET
PAID TO
PLAY**

**SEVERAL
POSITIONS
AVAILABLE**



Requirements:

- Rising high school junior or older
- Leader positions need certain certifications
- Love working with kids

On The Personal Side

Mazel Tov To

Eva and Motti Locker on the birth of their first grandchild, Danielle Locker, born November 25, 2024 in Raanana Israel to proud parents Tomer and Raz .

Jodi and Kenneth Sadler on the marriage of their son, Barney, to Madison Walton on January 19, 2025 in Murrells Inlet, SC

Avrohom Yehuda Goldman, son of Shaindy and Rabbi Yaakov Zelig, who became a bar mitzvah on February 8th at Congregation Bnai Brith Jacob.

Abigail Kohlbrenner, daughter of Rachel and Eric, who became a bat mitzvah on February 8th at Congregation Mickve Israel.

Hayes Kaminsky, daughter of Garrett and Ross, who became a bat mitzvah on February 15th at Congregation Mickve Israel.

Raphael Allan, son of Michelle and Matthew, who became a bar mitzvah on February 22nd at Congregation Agudath Achim.



Woman of Valor

Rebbetzin Syliva Rosenberg Memorialized at Yeshiva University

For more than 40 years beginning in 1944, Rabbi Abraham I. and Rebbetzin Sylvia Rosenberg served Congregation Bnai Brith Jacob and were staples of the larger Savannah community. Born in Vienna, Austria, in 1911 to a line of rabbis going back to the Baal Shem Tov, the founder of Chassidic Judaism, Mrs. Rosenberg raised her two children in Savannah and remained a resident until her passing in 2000.

In honor of her devotion to the Savannah community, an anonymous donor has dedicated a program in her name at Yeshiva University (YU) in New York. The program is a weekly Torah study for students at the Stern College for Women, the female undergraduate division of YU, who are interested in additional Torah studies beyond their regular Judaic curriculum. The lessons will begin with a brief tribute to Mrs. Rosenberg.

Yeshiva University, with more than 2,000 undergraduates and seven graduate schools, has long been the flagship university for Modern Orthodoxy.

Mostly Mah Jongg

Robin Rackoff



When I was a teenager, Friday nights in the winter were reserved for ice skating. I'd put on my cute little skater outfit and grab my skates with the pink pom poms. Then, along with my ten best friends, we'd get on the bus and head to the rink to skate until closing time. I wasn't very good, but the pom poms stole the show.

When I was a young mommy, I bowled in a league with other young mommies. I'd show up in my colorful bowling shoes and our adorable team T-shirt and precede to throw gutter bowls. No one cared, though, because I was wearing the perfect outfit. (If I'm being truthful, I joined the league for the free childcare.) And when pickleball became a thing, I bought purple pickleball shoes, a purple skirt and a purple top. Didn't help my game, but you couldn't miss the purple!

Now that my game is Mah Jongg, I still try to look the part. My T-shirt, socks, and hats are covered with craks and dots, and my necklace is a One Bam on a silver chain. I have so many bracelets that choosing the right one for that day could make me late for my game. With my Mah Jongg purse filled with change, off I go. Has this made my game any better? Not in the least bit! But it sure is fun.

Gotta run. My snack of popcorn in a Mah Jongg bowl awaits me. Until next time, let's Maj On!

Aquatics

Kate Perry, Aquatics Director

Did you know that not only does the JEA have one of the best aquatics facilities in the area, we also have highly trained and dedicated staff all over the building thanks to our American Red Cross certification classes offered several times a year? With all Aquatics staff certified as lifeguards and JEA Preschool Savannah staff trained and certified in Adult and Pediatric First Aid, CPR and AED, you can rest assured that your days spent in the pool at the JEA will be not only enjoyable, but safe for the whole family.

SAFETY STATS

OVER

40 million

adults in the United States do not know how to swim.
55% have never taken a swimming lesson.

Drowning is the

#1

cause of death for children ages 1-4.

In 2024, there were

102

children from the JEA Preschool who received swim lessons & water safety skills.

865

individuals registered for swim lessons @ the JEA as of January 2024; excluding Preschool lessons & Summer Camp lessons.

Adults 65 years of age & older have the

2nd

highest rate of drowning after ages 1-4 being the first.

100%

of all JEA Camp Savannah Campers received swim lesson instruction twice a week over the summer.

MORE THAN

350,000

out-of-hospital cardiac arrests occur each year in the US. Many occur at home or in public spaces such as the workplace.

Immediate CPR can DOUBLE or TRIPLE chances of survival.

The JEA certified

80

individuals to become lifeguards in 2024

55%

of US employees cannot get CPR/AED training from their employer. Half cannot locate an AED (automated external defibrillator) at work.

The JEA certified

75

individuals in Adult & Pediatric CPR in 2024.

**All statistics pulled from the CDC & AHA*

**LEARN HOW TO CONFIDENTLY INTERVENE IN
LIFE-THREATENING EMERGENCIES**

**ADULT + PEDIATRIC
FIRST AID, CPR, & AED CERTIFICATION**

**MARCH 9TH 2025
12PM-2:45PM @ THE JEA**

OTHER OFFERINGS/CLASS DATES & MORE INFO AVAILABLE ON OUR WEBSITE!



Authorized Training Provider

REGISTER ONLINE AT WWW.SAVANNAHJEA.ORG OR EMAIL POOLS@SAVJ.ORG





Meet your JEA Aquatics Leadership Team



Kate Perry, Aquatics Director & CPO

Kate has been a part of the JEA Aquatics Team for almost 6 years. She takes the most pride in having perfectly clear & balanced pools, but her favorite part of the job is teaching lifeguard certification classes. Kate is a Certified Pool Operator (CPO). You can email her at pools@savj.org

Bryan Wilson, Aquatics Coordinator

When it comes to the world of swimming, Bryan has over a decade of experience. Bryan's favorite part of the job is making a meaningful difference in the lives of those he teaches to swim. He is responsible for our Swim Lesson Program. You can email him at aquatics@savj.org



Jessi Rush, Head Lifeguard & CPO

Jessi grew up as a swimmer & camper right here at the JEA. She's been a part of the J her whole life & has over 3 years of experience as a part of the JEA Aquatics Team. Her favorite part of the job is teaching camp swim during summer time! Jessi is a Certified Pool Operator (CPO).

You can find members of the leadership team roaming the pool decks, teaching lessons, and even up on the guard stand. Don't hesitate to contact us!

We always encourage you to speak with the on-duty lifeguard first, however, if you urgently need a member of the leadership team please ask a lifeguard to radio for us.

Spring Session March 16-May 24

Swim Lessons Save Lives!

Contact Us

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**Register
today!**

- ✓ All Ages & Abilities
- ✓ Swim School Curriculum
- ✓ Heated Indoor Pool



Men vs. Women: The Gender Difference in Weight Loss

Callie Smith, JEA Health & Wellness Director



Many women know the experience of trying to make healthier lifestyle choices and losing weight: we make more active lifestyle choices, we lift weights consistently, we cut out the junk food and opt for more whole and nutritious food options, we make sure we are getting enough sleep...so why are our male counterparts losing *more* weight than us and even losing the weight *faster*?

In a systematic review within the National Library of Medicine, researchers discovered that men were losing almost 20% more weight than women who were using the same types of weight-loss interventions. That's a significant percentage! So what gives?

It turns out that a lot of this difference can be boiled down to major metabolic differences between men and women such as body composition, hormones, and more. From a biological and anatomical standpoint, women typically have more body fat than men and also have less muscle mass.

This difference in size is why women will typically experience a lower basal metabolic rate, which affects the number of calories burned while we perform life-sustaining functions such as breathing. This difference in men vs women can be as much as a 5-10% calorie burn difference per day.

Women typically experience higher rates of weight-gain related diseases such as Thyroid Disease and Polycystic Ovarian Syndrome (PCOS). Post-pregnancy women may experience weight retention and/or hormone-related weight gain due to hormones like prolactin.

A woman's hormones will drastically change through her menstrual cycle, and studies have shown this fluctuation can contribute to an over 100 calorie per day expenditure difference during different cycle phases.

Helping the body stay in hormone balance as much as possible is a great way to aid one's weight management journey, and there are a few ways to do so:

- Focusing on healthy protein every day from sources such as eggs, wild caught fish, free-range poultry, grass-fed beef, seeds, and nuts.
- Avoid hormone-disrupting foods as much as possible. These foods are typically high in trans fats, refined carbs, and added sugars, which can harm our hormone balance. Alcohol is also a hormone disruptor, and should be consumed with this in mind.
- Resistance training has been shown to increase resting metabolic rate, and as such should be prioritized in exercise routines.
- Stress and weight gain have a strong connection to each other. Trials have shown that less than 15 minutes per day of mindfulness-based stress management had a positive effect on weight management.
- Talk to a physician! Hormone and metabolic health can be a complicated path to navigate. A physician trained in integrative and functional medicine can help guide you to a hormone and weight management plan that is right for you.

Youth T-Ball
March 17th- May 14th
Ages 5 & 6

SCAN HERE

Jewish Educational Alliance
5111 Abercorn Street Savannah, GA

Questions? Contact fitness@savj.org

WELCOME TO THE



Zachary Russo & Briar Riley
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Patrick King & Kelley Lowe
Meir & Alice Elfassy
Margaret Blackford
Apostol Apostolov & Allison Marani
Lisa Barish
Anthony & Donna Eichholz
Randy & Kristen Potter

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Patrick Wilver
Thomas & Ansley Sellers

Julius Davidson
James & Ryan Smith
Gene Carpenter
Daniel Adducci & Emily Kennard
Inessa Krichever
Pamela Pierce
Lynda Deloach
Texas Cox-Stanton
Cassandra McCord-Garcia
Maurice & Frances Middleberg

Get Strong in 2025:

A Q&A with JEA Personal Trainer, Michelle Neil

Q: You have been a Personal Trainer at the JEA for 6 months now. Can you share a little bit about your background & experience within the Fitness Industry?

A: I have been in the Fitness Industry for 16+ years. I have a background in Physical Therapy, Fitness, and Health & Wellness. I am a Fitness Specialist/Personal Trainer and a licensed Physical Therapist Assistant. I have experience in Sports Medicine & Orthopedic injuries, Sports & Athletic Training, Geriatric therapy/training, as well as Pediatric therapy/training. I specialize in injury prevention, mobility, strength and stability training.

Q: What is your training style?

A: I give individualized training assessments to develop specific training programs for each individual. I educate and teach the importance of mind and body connection to achieve fitness goals. I use a combination of different methods to target specific muscles and muscle groups, to achieve each individual's goals.

Q: What are the benefits of working with a Personal Trainer?

A: It is important to work with a trained professional that practices continuing education, to ensure correct form is taught and used to prevent injuries.

Q: What is the biggest misconception people have about working with a Personal Trainer?

A: People stereotype that working with a personal trainer is not needed and is not important. They also do not see the tremendous benefits and value a trained and well educated professional has. People are too fearful of the financial obligation of a Personal Trainer, when in reality they are paying more for healthcare when they could invest in their Health and Wellness with a Personal Trainer and decrease or even eliminate healthcare costs.

Q: What is your favorite motivational quote?

A: "Movement is Medicine!"

Q: What is the funniest thing to ever happen with a client during a Personal Training session?

A: My very well planned out training session turned into a "Dance Party" to relieve stress.

Interested in starting your Personal Training journey with Michelle?

Scan the QR code to learn more!

SCAN HERE



SCAD Hillel Goes to Israel

The Savannah Jewish Federation's Annual Campaign raises critical funds for the community and abroad every year. Every year, SJF allocates funds toward Birthright experiences. This year, four SCAD students, including Zachary Levy and Rachel Gross, took part. Savannah Jewish Federation is grateful for our donors that allow for experiences to strengthen Jewish identity and community.

Rachel Gross, SCAD Hillel Vice President

My older sister, Brianna, went on Birthright in 2015. I was just eleven and barely remember her trip, but she's raved about it ever since, saying how life-changing it was and that I truly needed to go. Her stories sparked a dream in me to go, and this past winter, I finally had my chance. Birthright truly was transformative. From the start, I felt deeply connected to my Jewish heritage, and every experience was meaningful. I'd wondered if Brianna's descriptions were a bit exaggerated, but she was 100% right. Our group visited incredible ancient sites, and walking through them, I felt the weight of centuries of tradition. The people in my group were amazing, so diverse but all sharing this journey of rediscovering our roots. I was lucky enough to go with three other students from SCAD, and we still talk about it all the time. Going with people I knew made it so much more impactful and it is something that brought us so much closer together.

It was a 10-day long trip. We hiked through beautiful landscapes in Arad - including hiking Masada, went near the border of Gaza to volunteer to help a farmer affected from October 7th, we learned the night life of Jerusalem and Tel-Aviv, learned from local guides in every city, and had really deep conversations about our connection to the culture and community. Whether it was a quiet moment at the Western Wall, the pure joy of dancing with new friends, or learning about the Israel-Hamas conflict, everything felt significant. Jerusalem was my favorite. It's packed with history, but it also has this incredible party atmosphere. You can feel how happy and joyful the people are, even during difficult times. Strangers would just come up and start dancing with you like you'd known them forever. It was amazing and so heartwarming.



Left: SCAD Hillel takes on Israel!
Right: Rachel and her father, Donald Lee Gross.

What made it even more special was the sense of belonging. Everyone was so open, curious, and supportive. We made so many memories together, from fun adventures to really emotional moments of understanding and growth. Birthright showed me the beauty of my heritage and gave me a stronger sense of pride and identity. It was more than a trip—it was life-changing, and I've made lifelong friends I will forever cherish.

When I got home, Brianna texted me about something she wanted to show me. In 2022, my dad unfortunately passed away suddenly. He and my mom raised us with so much love for our faith and culture, and my father's biggest dream was to visit Israel. Sadly, he never got to go. Back in 2015, when Brianna was on her trip, he wrote her a letter that I'd never seen or even known about. Brianna had saved it for all of these years, and when I got home, she shared it with me. In it, he talked about all the places he hoped she'd see - from the Golan Heights, the Sea of Galilee, to Jerusalem, the Wailing Wall, the Dead Sea, even Joseph's Tomb, the Jordan River, and where Elijah was. He was also excited for her to try the amazing kosher food. He wrote about how much he wanted to go himself, saying he regretted not making it a priority, and how sad he was that they couldn't all experience it together as a family. He told her to make friends and let her amazing personality shine, hoping she was having a great time.

Reading that letter felt like he was talking to me, and it made my trip so much more meaningful. My dad never got to go to Israel, but he did through me. I felt him there with me every day, along with all my ancestors. It is a place where every Jewish person connects to in the most surprising ways, and it is a place that feels like home. I can't recommend Birthright enough. It will affect you more than you can imagine.



Zachary Levy, SCAD Hillel President

Over winter break, I went on a trip of a lifetime. I have wanted to go to Israel for so long and can't believe I got to go with some of my closest friends.

One of the reasons I wanted to go was to be able to try the different Cuisine that was available. Being able to go on two different culinary tours was so fun. I got to take a culinary tour in both Beersheva and Tel Aviv. Both were spectacular but if I had to pick one I would give it to Beersheva. I got to try olives, pomegranate juice, and some of the best falafel I've ever had.

Another thing that just blew me away was being able to experience Chanukkah at the Kotel. The old city is one of the most beautiful places I've ever visited. Witnessing the candle lighting in front of the wall is something I don't think I will ever get to experience again.

Another great moment I will never forget is the Sunrise hike up Masada that we did the third day. Even though it was cloudy that morning, just witnessing the view from atop the mountain was gorgeous. It does not compare to viewing the sight of the Nova Massacre, though. Seeing all the posters around left everyone in shock. I didn't know what I was to expect, and it made me speechless.

This trip meant so much to me because I am the first one in my immediate family to go to the Holy Land, and being able to share my pictures with them and tell them all about it made them want to come. So I hope I will be able to go with them to share their first time with me.



Top: Zachary and Rachel

Middle: The entire Birthright group in front of the Western Wall

Bottom: SCAD students and their guide



*Jack Malitz & Miriam Slotin
Levy
Memorial
Concert*



**Sunday
May 18th**

**Jewish Educational Alliance
Doors Open 2:30 p.m.
Concert 3:00 p.m.**

Please join us for FOOD FOR THOUGHT



Thursdays at 12:30 PM
Jewish Educational Alliance

Enjoy a delicious meal,
conversations with friends,
and an engaging speaker.

All meals are served with
salad, vegetable and dessert

Reservations are required
by the Tuesday before
by calling 912-355-8111

MARCH 6

Dr. Paul Pressly, Ossabaw Island

Education Alliance

MARCH 13

Barbie's Jewish Connection

MARCH 20

"How They Died- Our Presidents"

MARCH 27

The Importance
of Self-Advocacy

APRIL 3

Breaking News with Bronte!
News Anchoring in Savannah

APRIL 10

Vocal Yoga

APRIL 17

NO FOOD FOR THOUGHT.
HAPPY PASSOVER!

APRIL 24

IResearch:
Clinical Research Studies and Trials

MAY 1

Jewish Influence on
Science Fiction and Comics

MAY 8

Savannah Children's Book Drive and
Local Author Fair with Jeffrey Pax

MAY 15

International Water Safety Day:
The Benefits of Water Activities

MAY 22

Savannah Wildlife Refuge

MAY 29

Famous Ruths Throughout History:
Honoring Shavuot with All The Ruths

JUNE 5

Be Thankful!
National Day of Gratitude

Flashback Find

The below photograph is of the 1952 Community Hebrew School Kindergarten class. It was taken at the school, which has since been torn down, located on the southwest corner of Abercorn and Hall Streets. The class had two teachers, Mrs. Finn and Mrs. Blumenthal. Check out these adorable faces and see who you can recognize!



First row, seated, left to right:

Alan Garfunkel, Steven Richman,
Jay Kaminsky, Kenneth Feuerstein,
Sandy Nicholson, Terry Lukin,
Carol Fleischaker Cohen and
Michael Portman

Second row, left to right:

Victor Silverman, Mark Schneider, Julian
Weitz, Amy Odess, Barbara
Seeman Gottlieb, Edward Wexler,
Jack Herckis, Lenny Passink,
Barbara Diamond, Jeanie Weiner
and Lee Javetz

Third row, left to right:

Michael (Buzzy) Karpf, Maxine Dermer
Patterson, Elyse Geller, Steve
Goldberg, Roy Adilman, Ivan
Friedman, Claire Eichholz,
Allen Shensky, Alan Tanenbaum,
Marilyn Rabhan and Jay Rabhan

Top row, left to right: Frances Garfunkel, Mrs. Finn, Barbara Roth, Richard Halperin, Adele Oppenheim,
Lynn Bernstein, Ronnie Lipsitz, Debbie Sutker Waldrop, Judy Slotin, Sherry Kantsiper Gold, Mrs. Blumenthal and Stanley Rosenberg.

Montag Art Gallery: Artist Spotlight

March 1-31: A Benefit for LA Creatives Reception Thursday, March 6, 5-7pm

The Savannah Jewish Federation is holding a benefit to help artists and art workers impacted by the recent fires in Los Angeles. The event's theme is "Tikkun Olam" which is the Jewish concept that means "repairing the world". It's a central principle of Judaism that encourages people to work towards making the world a better place.

With your generous support, we hope to raise as much money as possible for **The Brick by Hope x Grief Fundraiser**. The JEA's Montag Gallery will display this special show as part of the 2025 Savannah Jewish Cultural Arts Festival.

April 1-30: Sherry Dolgoff Holocaust & Writing Contest



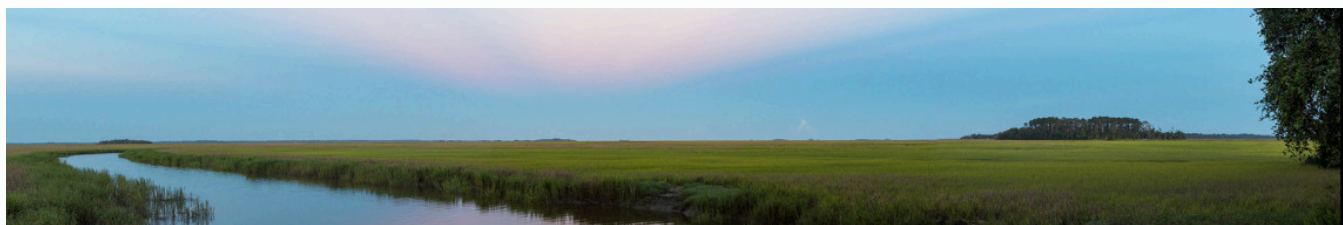
Throughout the month of April, submissions from Savannah area middle and high school students will be on display as part of the Savannah Jewish Federation's Sherry Dolgoff Holocaust Art & Writing Contest. The contest was officially renamed in 2023 in memory of Sherry and her lifelong commitment to educate and advocate on the issues associated with intolerance, xenophobia, hate, and bias and her dedication to "ALWAYS REMEMBER"

This year's theme is ***Bearing Witness: Fighting Hatred, Promoting Human Dignity and Standing Up To Injustice.***

Submissions include painting, poems, short stories, musical compositions, sculpture, drawings, photography, video and collage. Winners will be announced at the community Yom HaShoah Commemoration on Wednesday, April 23rd.

May 1-31: Anna Bliss + Steve Bliss

Reception Thursday, May 8, 5-7pm



Steve Bliss is an artist and photographic educator. He is recently retired after a 30 year career teaching and administrating at the Savannah College of Art and Design. Over the course of his career Professor Bliss received a number of grants and awards including those from the Museum of Contemporary Art of Georgia, the Georgia Council for the Arts, Polaroid Corporation, and the Southern Arts Federation. His photographs, digital images and various works on paper are in the collections of museums and private collectors both nationally and internationally.

Anna Bliss is a photographer based in Savannah Georgia. She started making pictures in the sixth grade with a plastic camera and pretty much never stopped. She studied photography at the Maine Media Workshops in Rockport Maine and received a BFA in Graphic Design from the Savannah College of Art and Design. Her primary interests are the landscape, and the magic concealed in ordinary moments.



For more information about the Montag Art Gallery, contact Katie Griffith, Arts & Ideas Coordinator, ArtsandIdeas@savj.org

Bringing the Community Together:

A Yearlong Jewish-Themed Art Project

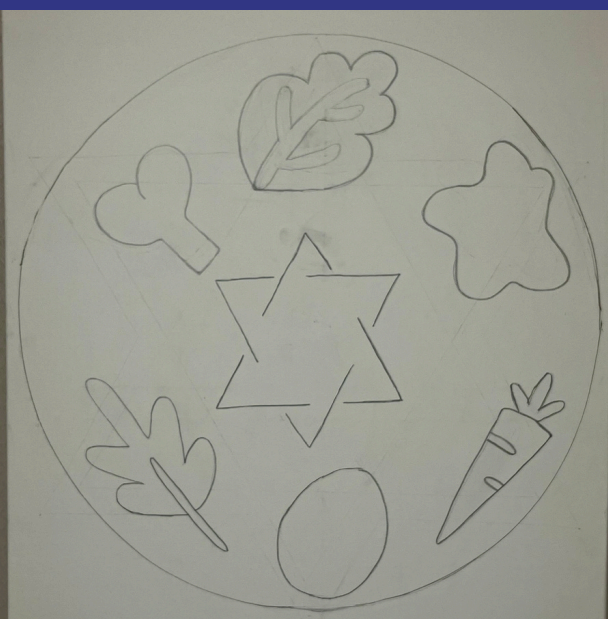
In a world that can often feel divided, art has the ability to unite people. That is the heart of PJ Library Savannah's yearlong community art project. This initiative, launched during our annual Rosh Hashanah event in late September of 2024, has already involved many local PJ Library children and parents, along with hundreds of local residents of all ages, backgrounds, and skill levels. So far, PJ Library Savannah has created 2 pieces of Jewish Holiday inspired art, and we plan on creating 2 more. These mosaic style artworks will be donated to the Savannah Jewish Federation, to be displayed throughout the year.



It has been so rewarding to see who has contributed to these projects, and one of the most powerful aspects has been our community's engagement. The bulk of the work is done by PJ Library participating children and parents, but we give the broader community a chance to participate the project in the lobby of the JEA for anyone to complete. To see the local interest and desire to help finish our art has been heartwarming. The art we are creating is about more than the final product- it's about the conversations and friendships that blossom along the way. We hope it is a symbol of what can happen when creativity, collaboration, and community meet.

Thank you to all those who have participated so far. Art has the power to bring people together, and when communities come together, they can create something that is truly unique and beautiful.

PJ Library Savannah families: please save the date for our Passover Matzah House Building event Sunday, April 6, 2025, where we will not only build matzah houses and enjoy a matzah dessert bar, but we will also work on our 3rd piece of Jewish Holiday Community art. We can't wait to see you there!



Love for ✦
La La Land ✦

A Benefit for
California Creatives

March 6, 2025 | 5:00 - 7:00 pm | 5111 Abercorn Street.

The Savannah Jewish Federation Gratefully Thanks Our Contributors

Donations made 11/01/2024-01/31/2025

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A donation was made by:

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Eva Odrezin

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HARVEY RUBIN MEMORIAL FUND

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TIMOTHY RUBNITZ MEMORIAL FUND

A donation was made by:
Ellie Currie

JEA Camp Savannah R.O.C.K.S!

June 3-6: Scaling New Heights

June 9-13: Born to be Wild

June 16-20: The Big Dipper

June 23-27: Color Wars- Wet Wild and Yucky

June 30-July 3: Blowing Off Steam

July 7-11: Shipwrecked

July 14-18: The Sweet Escape

July 21-25: Please Don't Stop the Music

July 28-August 1: Shalom Summer



EARLY BIRD ENDS
MARCH 31ST

www.savannahjea.org



JEA Preschool

Jodi Sadler, Director



It is with a mixture of gratitude and bittersweet emotion that I announce my retirement as the Director of JEA Preschool Savannah, effective at the end of this school year, May 2025. As I prepare to conclude this remarkable chapter, I find myself reflecting on the past 13 years with immense pride and appreciation for the community, families, and colleagues who have been integral to this journey.

My journey began in July 2012 when I was hired to create an early learning program to be housed at the JEA. During the first year, I learned about other preschool programs in our area and in the JCC movement, participated in leadership development programs, and familiarized myself with the state rules and regulations required by the state of Georgia. JEA Preschool Savannah opened in August of 2013, which was made up of 25 children, 5 teachers, a part time office coordinator, and one administrator. It was born out of a community vision and was created with the support of an Early Childhood Education Committee, JEA leadership, and JEA Executive Director, Adam Solender. I was guided by a vision to nurture a learning environment that celebrated Jewish values, fostered curiosity, and embraced the joy of childhood. Our goal was to provide love and security to the children in our care.

Over the years, I have witnessed our preschool grow not only in numbers but in spirit, as we established a vibrant community where children flourish and families find connection and support. Today, the preschool has expanded to include 10 classrooms, 118 children, 30 educators, an Office Coordinator, an Assistant Director, and Director. This Early Learning program has been one of the greatest accomplishments of my life, right behind the marriage to my soul mate, Kenneth, our three children and their wonderful spouses, and one amazing grandchild.

Highlights of my tenure include:

Expanding Programs: Introducing enriching programs that reflect the diverse needs and interests of our children.

Building Relationships: Forming lasting partnerships with parents, educators, and community leaders to enhance the educational experience.

Creating Memories: Celebrating countless Shabbat gatherings, holiday events, and milestone moments that embody the heart and soul of our preschool.

I have been deeply fortunate to work alongside a talented team of educators whose passion and dedication inspire me every day. Together, we have created a space where children are cherished for who they are and encouraged to reach their fullest potential.

As I prepare to embark on this new chapter, I do so with a full heart. The decision to step away was not an easy one, but it is the right time to pass the baton to a new leader who will bring fresh perspectives and continue to build on the strong foundation we have established.

To the families I have had the privilege to know: Thank you for entrusting your children to our care. Your support, encouragement, and partnership have been invaluable. Watching your children grow and thrive has been the greatest reward of all.

To my colleagues: Your collaboration and dedication have been instrumental in shaping the success of JEA Preschool Savannah. I am profoundly grateful for your friendship and commitment.

As I look ahead, I am excited to spend more time with family, explore personal passions, and engage in new opportunities to contribute to the community I hold so dear. While I may be retiring as Director, my connection to JEA Preschool Savannah and the Jewish community remains steadfast.

Thank you for an incredible 13 years. The memories, lessons, and relationships formed during this time will stay with me forever. I look forward to celebrating this transition with you in the coming months and to the continued success of JEA Preschool Savannah in the years to come.

Chazak, chazak, V'nitchazek!

From Strength to Strength, May We Be Strengthened!



***THANK YOU FOR THE MEMORIES,
MS. JODI!***



CONGREGATION AGUDATH ACHIM

SAVANNAH GEORGIA'S CONSERVATIVE SYNAGOGUE



Join us for our

Annual Purim Celebration and Megillah Reading



Tuesday, March 13, 2025

Megillah Reading

6:15 pm

Dinner & Celebration

7:15 pm

Fun for the whole family!

Costume Contest & Open Bar!

\$10/person

\$20/family

Rambam Day School

Ester Rabhan, Principal



As if we don't have enough concerns challenging young people; the incredible, amazing, can't live without CELL PHONE.

Rambam is making an effort to address this challenge in our middle school.

As the ubiquitous presence of cell phones continues to shape our daily lives, an unsettling question arises: are these devices silently eroding the very fabric of our social interactions?

Since we can't seem to live without them, that may be the simple answer to our question; yes, they are impacting and even eroding social interactions. If you're shaking your head, thinking I'm wrong, it might very well be because who wants to admit they are part of the problem?

Are we losing the art of conversation? Has our ability to connect on a deeper level been compromised by the constant pings and notifications? Ask yourself, how often do you look at your phone while in conversation with someone? Even if only one time you glanced at your phone, you've expressed with that one time, you're not fully engaged.. Of course you're waiting for an important call. How often is that line used?

This scene plays out countless times every day, and it's having a real impact on the quality of our in person interactions. When we're constantly checking our phones, we're not fully present in the moment. Our attention is divided, and the value of face-to-face communication is devalued.

But it's not just about being present. Eye contact, once the cornerstone of human interaction, is becoming a rare commodity. We're losing touch with the subtle nuances of non-verbal communication – the raised eyebrow, the slight smile, the shift in posture that speaks volumes. These cues are the essence of human interaction, or at least they used to be the essence.

The big question is, what are we going to do about this problem for our children? Firstly, we need to address ourselves. Our children are being hurt by our actions with our phones, and the freedom we give them with their cell phones. Our children need us more than ever before to take a stand – put our phones away and give them our full attention. Consider not giving your children screen time to the extent that your message to them is screen time is as important as playing outside and chatting with friends and family.

And peer pressure? Your child needs a phone and screen time because everyone else has a phone and screen time? When did peer pressure become the parent?



It's Easier Than Ever to Find Your Family's Stories

Unlock your family's history with ease! The Breman, home to the Ida Pearle and Joseph Cuba Archives for Southern Jewish History and The Savannah Jewish Archives, offers an online search feature powered by ArchivesSpace, renowned for its state-of-the-art search capabilities. Dive into your family's stories with our user-friendly online research tool. Start exploring today at TheBreman.org for free!



Savannah Jewish Federation

*The Savannah Jewish Archives
is generously supported by the
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Passover, Purim, and What They Teach Us About Being Jewish Today

Eva Locker, Principal



Passover and Purim have always been two of my favorite holidays—not because of the cleaning and cooking, not just because of the traditions, but because of the powerful lessons they teach us. Every year, as I gather with family and friends, I find myself reflecting

on what these holidays mean beyond the stories. They remind us of who we are, how we raise our children, and how we navigate the world as Jews today. More than history lessons, they are a call to action—guiding us to live with both courage and compassion.

Passover is all about freedom and empathy. We tell the story of how we were slaves in Egypt and how God brought us out to freedom. But it's not just about our freedom. The Torah commands us, more than anything else, to remember that we were strangers in Egypt. It's like saying, "You know how it feels to be vulnerable—don't make someone else feel that way." Passover reminds us to build kindness and fairness into everything we do, whether we're at home, in our communities, or in the world.

Purim, on the other hand, teaches us about courage and standing up for ourselves.

Haman, the villain of the story, tried to wipe us out just because we were Jewish. But instead of giving up, we came together to protect ourselves and make sure we survived.

The Torah commands us to "blot out the memory of Amalek," which is a way of saying, "Don't let people like Haman take away your dignity or your right to exist." Purim is about teaching our families to be strong and to stand up to injustice whenever we see it.

So how do these lessons come together today? Think about what's happening in Israel right now. Israelis are facing real challenges—threats to safety, security, and peace. It's a moment that calls for both Passover and Purim lessons.

As families, we can use these holidays to teach our kids how to live with both courage and kindness. When you sit down for a meal or read a bedtime story, talk about what it means to be both strong and compassionate. Ask your kids, "How can we help someone who feels left out, like we were in Egypt? And how can we stand up for what's right, like Esther did in Purim?"

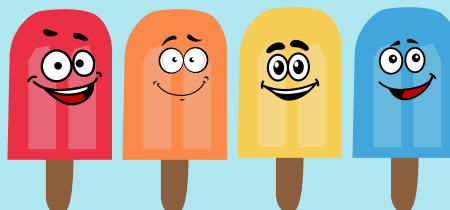
These conversations matter. They're how we pass down not just the stories, but the values that keep us whole. Together, let's raise a generation of kids who know how to fight for their freedom and make the world a better place.

The Savannah Jewish Federation is proud to offer Summer Experience Grants. The goal of these grants is to get our Jewish kids to level up their Jewish smarts, make tons of new friends, and feel more connected to the global Jewish community.

The types of programs eligible for these grants include Jewish summer camps, Jewish leadership programming, Jewish teen trips to Europe, Israel, Maccabi games, March of the Living, etc. Scan the code below to find out how SJF can help make your summer unforgettable!



SAVANNAH JEWISH FEDERATION'S SUMMER EXPERIENCE GRANTS



MAKE SUMMER SO MUCH COOLER!



CHABAD OF SAVANNAH PRESENTS

7703



PURIM NIGHT OUT

March 13, 2025

MEGILLA READING • OPEN BAR • DELICIOUS BUFFET



MORE INFO: JEWISHSAV.ORG/CELEBRATE

Chabad
of Savannah

8711

COMMUNITY PURIM *Celebration*

FRIDAY
March 14, 2025

2424 DRAYTON ST
SAVANNAH, GA 31401

- » MEGILLA READING
- » DELICIOUS PURIM FEAST
- » FUN FOR ALL AGES



For more info, visit jewishsav.org/celebrate

PASSOVER SEDERS

WITH CHABAD OF SAVANNAH

April 12 & 13

912-844-2477 | rabbi@jewishsav.org

Wishing you and yours a
happy and meaningful
Passover!



Congregation Mickve Israel

Invites you to Join Us For Spring Programs

Annual Purim Spiel March 9th

Purim Trivia Night

March 13th

Men's Passover Seder

March 29th

WMI Passover Experience

April 9th

1st Night Passover Seder

April 12th

2nd Night Passover Seder

April 13th

Eliana Light, Jewish Musician In Residence

April 25 - 27th

Don't miss out on our vibrant programs open to the entire community! Get firsthand information about our Spring events listed above, temple announcements, volunteer opportunities, and so much more on our website.

Sign up for our weekly newsletter by emailing info@mickveisrael.org

SHABBAT SERVICE TIMES



Friday nights
6:00 pm

Saturday mornings
11:00 am

www.youtube.com/mickveisraelsavannah

Website: www.mickveisrael.org
20 E. Gordon St. Savannah, GA 31401
912-233-1547



Pass the plate. Pass down the story. Happy Passover.

Get ready to prepare the feast and share in the seder. And don't forget the matzo ball soup! Start planning your Passover meal with recipes for traditional favorites.

Get inspired at publix.com/passover



APRIL 2025

ELIANA LIGHT



Presented by:
SHALOM
SCHOOL

For the:
WHOLE
COMMUNITY

ARTIST IN RESIDENCE

MEANINGFUL MUSIC ● POWERFUL PRAYER ● EXCELLENT EDUCATION

APRIL
25

AGUDATH ACHIM
6:00 PM

Join AA for a musical Kabbalat Shabbat service with special guest Eliana Light, bringing soulful melodies and uplifting energy.

Shabbat dinner to follow with a singing program.

Dinner is \$10 per person. RSVP to the AA office at (912) 352-4737.

APRIL
26

MICKVE ISRAEL
11:00 AM

Join CMI for a meaningful Shabbat morning service featuring a program led by Eliana. The Shabbat service will honor those involved in social action in the congregation.

Afterwards, a delicious Kiddush lunch will feature a musical discussion on social justice led by Eliana.

APRIL
26

6-12 GRADERS
7:00 PM

Middle and high schoolers are invited to a coffee house style evening with Eliana.

The evening will conclude with Havdalah and singing.

APRIL
27

MICKVE ISRAEL
11:30 AM

Families are invited to join Shalom School for a special Eliana Light concert.

The concert will be followed by a pizza lunch and then separate learning sessions for kids and adults. Eliana will guide the parents in a workshop on bringing spirituality into their lives while the kids go with PJ Library staff to do an art project on the same topic.

Thank you to the generous community organizations who are making this special weekend possible:

**Shalom School, Congregation Agudath Achim, Congregation Mickve Israel,
Carol and Joel Greenberg Music Event Fund, BBYO, Jewish Educational Alliance,
Savannah Jewish Federation & PJ Library.**