Hadassah Southern believes strongly in empowering our members to make a difference! We have so many ways that we can get involved, and every day we learn more about what we can do to make an impact. On February 4-5, Hadassah Southern Board members gathered for a celebration of all that we do, every day as volunteers. We celebrated our chapter of the year awards, and those individual women who stood out in each chapter as our “Women of the Year.” Janice Weinman, Hadassah National CEO/Executive Director, spoke on Volunteerism and the future of Hadassah, explaining in detail how we -- together as a team -- can get there. Hadassah believes in building a world where our Jewish values in action create strong community and an enduring Israel. That’s why our entire focus is on connecting and empowering Jewish women to effect change. We’ve done this for over 100 years and we will do it for the next 100—advancing health and well-being, advocating for women, and building community in the US and Israel. We invite all Jewish women to join in—to put their values into action with us and through our programs. This year we are really going to focus on annual giving opportunities at the minimum of just $15 per month, to help us be able to stay on track and continue the amazing work we do!

If interested or if you have someone you know who is interested, please sign up at www.hadassah.org. THANK YOU as always for everything amazing you bring to our chapters, and region!

TEN YEARS ON THE BOARD!
Congratulations to Millie L. and Judith S., both of Chattanooga, for being inducted into Hadassah Southern’s Honorary Council, for their over ten years of dedication and service to our region board!

PLEASE NOTE
We have used only the initial of our members’ last names to protect their identity, since this online document is available to the public.
February has been a busy month. A large contingent of Hadassah women traveled to Birmingham early in the month for the Region’s Mid-Winter Board Meeting.

Next, our local chapter sponsored a Tu B’Shevat Seder. The lovely Hilltop Arboretum was a splendid setting for this special event. This year we combined our Seder with a heart healthy discussion about nutrition and the importance of what we eat. Almost 40 men, women and children of all ages gathered to eat and learn. Joy F., New Orleans Hadassah Woman of the Year, attorney turned nutritionist, left us with an important message about how we can empower and heal ourselves through the food choices we make. Our own Ellen B., Baton Rouge Hadassah Past President, informed us regarding the wonders of fruit. Ellen has retired as a school librarian and has now embraced her new role as a nutritionist and health counselor. She had many wonderful suggestions that we can incorporate easily into our daily diets. The program was capped off with the Seder, written by Barbara D. of Lake Charles and lead by Linda W., Baton Rouge. Linda coordinated the food and all other elements of the Seder and it was a great learning experience and taste sensation. We could see how powerful and thoughtful our Rabbis were in creating this Seder experience that incorporates all the right things to eat.

On February 26, 2017 at 3:00 p.m. we will close out this fabulous month with a book review of the book All the Light We Cannot See, by Anthony Doerr.
CHATTANOOGA

February was a busy month for Chattanooga! Recently, the chapter held a Tu B’Shevat Seder and brunch. Not only was the work of the Jewish National Fund featured at the event, also the amazing work of Youth Aliyah was displayed. Attendees made contributions to Youth Aliyah and the Jewish National Fund. During the brunch, two members signed up to become Chai Society donors! The Seder was conducted by Cathryn C.; chaired and hosted by Sandy T.

The chapter’s annual Tu B’Shevat Jewish National Fund Blue Box project with the Chattanooga Jewish Congregational Religious School students was recently held. Students decorated their JNF Blue Box and made donations to JNF in order to help with the revival of the forests after the devastating fires took place late last year near Haifa. Parents and faculty purchased JNF tree certificates. Thanks to their generous support, the Religious School will endow the planting of 21 saplings!

The annual Room in the Inn dinner, the chapter’s annual mitzvah project, provides dinner for the women and children who are residents at Room In the Inn. Room In the Inn provides job training and room and board for women and their children. Many of the residents have left abusive situations and homelessness.

BIRMINGHAM

- January—Benchin’ for Boobs—weight lifting competition at the JCC, fundraiser for Breast Cancer Research
- Monthly Book Club
- Monthly New Members/Recruiting coffee
- February—Hamentashen Bake w/ Chabad and JCC
- April—Bullying panel/program with local school boards and the LGBTQ Community
- More to come!
At the end of February, Hadassah will join Federation for Brunch and the program, “Transforming Darkness into Light,” with Ruth Ebenstein, guest speaker. Ruth joined an Israeli-Palestinian breast cancer support group hoping to find something “good” in cancer. She found support and friendship with a Muslim Palestinian woman whom she calls kin. Ruth models how we can conquer the lines that divide us and how we can transform darkness into light.

Congratulations to the Chattanooga Chapter! At the most recent Hadassah Southern Region Board meeting in Birmingham, the chapter received the prestigious First Place award for chapters in the mid-size category (100-500 members).

Congratulations to Cathryn C., who was honored as the chapter’s Woman of the Year.

The Nashville Chapter of Hadassah and the GJCC Presented on Sunday, February 26, “Go Red for Women with Cardiologist, Dr. Eitan Friedman”

Cardiologist, Dr. Eitan Friedman, spoke about heart health, the signs of a heart attack, and the latest advances in treating heart disease. Jason Autry from Whole Foods then gave a presentation about how a plant-strong approach to eating can combat heart disease.
UPCOMING EVENTS:
March 5 — Multigenerational Hamentaschen Bake
April 2 — The Power of Women Who Inspire Donor
May: 2 — Yom Ha’Atzmaut programs -- one for young women and one for 50+ (dates TBA)

WHO WILL SAY KADDISH?
HADASSAH PERPETUAL Yahrzeit
Click Here For More Information

Your $15 a month can transform a life.
It can help mend a broken body at a Hadassah hospital in Israel.
Or advance medical research that could change the world.
Or provide a productive future for at-risk children in Israel.
Or empower women in the US to advance health and well-being in their homes, in their communities, and in the halls of government.

Your gift of $30 a month can have double the effect.

JOIN HADASSAH’S Chai Society

hadassah.org/chaisociety  800.928.0685

HADASSAH THE WOMEN’S ZIONIST ORGANIZATION OF AMERICA, INC.
©2015 Hadassah, The Women’s Zionist Organization of America, Inc. Hadassah is a registered trademark of Hadassah, The Women’s Zionist Organization of America, Inc.
NEW ORLEANS

The New Orleans Chapter celebrated the notable milestone of 100 years with a Centennial Board Installation and Brunch on Sunday, January 8 at the lovely home of Joy and Michael F. for the installation of board members and officers for the coming year. This brunch was the first of numerous events throughout 2017 that will commemorate this milestone.

The following Officers were Installed:
- President - Charisse S.
- VP Programming — Cindy D.
- VP Fundraising — Joy F.
- VP Education — Rochelle E.
- VP Membership — Helen S.
- VP Communications & Marketing — Mimi L.
- Co-Treasurers — Michelle B. & Arlene H.
- Recording & Social Secretary — Carrie PK.
- Ex-Officio President — Ilana R.

Congratulations!

LEAD BY EXAMPLE

As a Keeper for Nursing, you will show the world how important nursing is to Hadassah and our future.

- Your gift will help Hadassah address the shortage of nurses in Israel by educating the next generation of nurses. The Henrietta Szold School of Nursing Clinical Master’s Program has graduated over 135 nurses.
- As a Keeper for Nursing, your gift enables cutting edge clinical research by nurses, with specialties in gerontology, oncology, acute/chronic complex patient care, and women’s health.
- Becoming a Keeper for Nursing forever links YOU to Israel and Hadassah.

Keepers of the Gate
Hadassah’s Premier Annual Giving Program
hadassah.org/keepers 800.928.0685

A minimum gift of $1,000 annually (just $83.33 a month) can start you on the road to CUMULATIVE GIVING and accelerate you to a higher recognition level.

You will receive recognition on the beautiful KEEPERS OF THE GATE PILLARS in the Hadassah Hospital – Ein Kerem courtyard in just five years.
UNIT/CHAPTER AWARDS

At the recent Mid-Winter meeting in Birmingham, Hadassah Southern bestowed awards upon our units based on membership size. Several criteria went into the decisions. The criteria were supplied by each unit. The winners are:

First Place awards (large, medium, small)
- Birmingham
- Chattanooga
- Oak Ridge

Second Place
- Memphis
- Baton Rouge
- Dothan

Third Place
- Nashville
- Knoxville
- Auburn

** STAR OF THE REGION **
- New Orleans

WOMEN OF THE YEAR

As always, Bettye B. had the pleasure of presenting the Woman of the Year awards and pinning the recipient from each participating unit, as she occasionally got choked up with emotion!

Hadassah Logo Information

Two of our national brand logos trademarks have been changed from a ™ to ®. The updated ones are for the “HADASSAH H” and the vertical version of “Hadassah The Power of Women Who DO.” Please use the correct one in all your upcoming printed materials as well as all emails, etc. Questions? Please contact Barbara Olsher, Marketing & Communications Leader for Hadassah Southern (BarbaraOlsher@gmail.com).
The Super South’s Tri-Region Conference is coming up soon! Join us in Charlotte, NC and enjoy the fun of region collaboration, top-notch speakers, inspiring and engaging sessions and workshops AND our special guest, Hadassah National President Ellen Hershkin! Associates are welcome, of course!

The registration form and more information can be found by clicking here. We look forward to seeing you in Charlotte!
Hadassah Medical Organization

RESEARCH IN SERVICE TO HUMANITY

Endless Beginnings necklace

For a gift of $150* in support of groundbreaking medical research at Hadassah Medical Organization, you can receive this lovely sterling silver necklace edged with cubic zirconias. It is inscribed with the famous quote from Hadassah’s founder, Henrietta Szold, “There is no ending that is not a beginning.” Research is the beginning to a promising end.

Proceeds go to support the ongoing lifesaving patient treatment and medical research at Hadassah Medical Organization and count towards your unit’s fundraising goal.

hadassah.org/EndlessBeginnings
Call Donor Services at 800.928.0685 or email donorservices@hadassah.org

HADASSAH THE WOMEN’S ZIONIST ORGANIZATION OF AMERICA, INC.

©2016 Hadassah, The Women’s Zionist Organization of America, Inc. Hadassah is a registered trademark of Hadassah, The Women’s Zionist Organization of America, Inc. The solicitation disclosure on page XX is incorporated in this advertisement.
## SEASONS OF EATING

Your heart-healthy recipes will taste even better with seasonal produce.

### Spring
- Artichokes
- Asparagus
- Chives
- Fava Beans
- Green Onions
- Leeks
- Lettuce
- Parsnips
- Peas
- Radishes
- Rhubarb
- Swiss Chard

### Summer
- Berries
- Corn
- Cucumbers
- Eggplant
- Figs
- Grapes
- Green Beans
- Melons
- Peppers
- Stone Fruit (Apricots, Cherries, Nectarines, Peaches, Plums)
- Summer Squash
- Tomatoes
- Zucchini

### Fall
- Apples
- Brussels Sprouts
- Dates
- Hard Squash (Acorn, Butternut, Spaghetti)
- Pears
- Pumpkin
- Sweet Potatoes

### Winter
- Bok Choy
- Broccoli
- Cauliflower
- Celery
- Citrus Fruit (Clementines, Grapefruit, Lemons, Limes, Oranges, Tangerines)
- Collard Greens
- Endive
- Leafy Greens (Collard, Kale, Mustard, Spinach)
- Root Vegetables (Beets, Turnips)

### Year Round
- Cabbage
- Carrots
- Garlic
- Onions
- Mushrooms

---

**Keep these tips in mind when using and shopping for seasonal produce:**

- **Freeze fresh produce to add to smoothies, soups and breads.**
- **Shop your farmers’ market:** The farmers can share a wealth of information about the foods and might even give you ideas on how to prepare them.
- **Fresh foods are often less expensive during their harvest season.** You may even save a bit more by buying in bulk.
- **Frozen and canned fruits and vegetables are also healthy choices.** Compare food labels and choose products with the lowest amounts of sodium and added sugars.
- **Gardening is a great way to get fresh seasonal produce from your own backyard while getting a little exercise too.**

---

For more tips on healthy eating, cooking and recipes: heart.org/simplecooking

---

©2014, American Heart Association. All rights reserved.