Mazal Tov to Our Adult B'not Mitzvah!
Service May 24 at 7:00pm

From left to right: Rabbi Sarah Hronsky; Jenny DeVore; Kate Aaronson; Leslie Nathan; Holly Rinsky; and, Cantor Shira Fox

Mazal Tov to Our Religious School 2019 Confirmands!
Service June 7 at 7:00pm

Margaret Cashdan  Marshall Fox  Jessica Gaisford  Michael Goldman  Ari Rubin  Zachary Reff  Alexander Rotmensz  Nathan Schnider

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Yizkor: We Remember
by Rabbi Sarah Hronsky

As a people, we are commanded to remember over and over again across our tradition. Remember you were a stranger, remember Shabbat, remember Amalek, remember the Shoah, and there is Shabbat Zachor - Shabbat of remembrance.

In the last few days, I have felt the joy of Passover, of family and friends, and a bustling seder table. And simultaneously the grief of the tragedy in Sri Lanka, the sadness of an unveiling, the heartbeat of reliving our slavery and thinking of the 60 million refugees in the world, and the sadness that comes during Passover Yizkor. At Passover, we are commanded to remember and to have joy. Remember what it felt like to be enslaved, to be under the hand of tyrants, from the bitterness we felt to the tears we shed. And while we observed, we also celebrate the joy of spring and birth with eating the greens of spring and the round egg symbolizing birth. We counter the pain of remembering with a little joy and hope.

Yet we are commanded to zachor-remember, to be in those painful moments. Zachor shares the same root as Yizkor of remembrance. As Jews, we take the time to remember both privately and publically. In private, we remember their yahreizt by lighting a candle in our home and perhaps by visiting the grave. In public, we gather to support one another in prayer spaces reciting memorial prayers together. Four times a year, we come together to remember our loved ones who are no longer alive during Yizkor service observances on Passover, on Shavuot, on Sukkot, and on Yom Kippur. The origins of Yizkor are connected to giving tzedekah, an act of kindness, on Yom Kippur in honor of our loved one whose soul is bound up with God but whose presence is no longer on this earth.

According to tradition, those whose mother, father, sister, brother, son, daughter, or spouse are deceased should observe Yizkor. Although, Yizkor can be for anyone you have cared about. And even if you haven’t had such a personal loss, one can go against superstition, and sit by side with a person you care for who has experienced this kind of a loss and be a supportive presence of hope.

Grief is a funny thing, sometimes she is so present we feel oppressed and weighed down, and at other times she is patient and waits for moments to creep up and tap us when we least expect it. Our hearts feel heavy, and our minds feel ravaged. And we grieve not just for a year, not just for two, but across our lifetimes. Yet, somehow we figure out how to live amongst the grief. One small way to help us with this is to give ourselves the opportunity of being together for Yizkor. At TBH, we offer short services that are meaningful and healing.

We sit, we pray, we reflect, and we honor the memory of our loved ones. Yizkor services are truly a gift. While the world marches on and time moves forward, Yizkor says pause and remember. Open up the jar that we keep sealed in our hearts, sit in the memories, feel the pain for a few moments, and then reemerge. Remember and then move forward to hope and to life. This gift allows the grief to be felt, to be lived, and then allows us the space to breathe and return to the place that allows for new spring greens and the hope of the future.

Please consider joining us for Shavuot Yizkor on June 9 at 9:00am. I promise it will be a meaningful experience.

Shalom,
Rabbi Sarah Hronsky
### May

**SHABBAT, MAY 3-4**  
**Torah Portion:** Acharei Mot, Leviticus 16:1 - 18:30  
**Friday, May 3**  
5:30pm - L’Dough V’Dough with TBH Brotherhood  
This very special Yom HaShoah program includes making challah while Holocaust survivors speak of their experience. This free program is provided by the Los Angeles Museum of the Holocaust. RSVP required at brotherhood@tbhla.org.  

6:00pm - Tot Shabbat  
Join us in the Bauman Sanctuary for Tot services led by Rabbi Eleanor Steinman and Song Leader Justin Stein.  

7:00pm - Yom HaShoah Shabbat Service  
Join us in the Bauman Sanctuary for services led by Rabbi Eleanor Steinman and Cantor Shira Fox. Oneg to follow.

**SHABBAT, MAY 10-11**  
**Torah Portion:** Kedoshim, Leviticus 19:1 - 20:27  
**Friday, May 10**  
7:00pm - Yom HaAtzma-ut Shabbat Service  
Join us in the Bauman Sanctuary for Israel-themed service led by Rabbi Sarah Hronsny and Visiting Cantor Leslie Nathan, and Holly Rinsky with Rabbi Sarah Hronsny. Oneg to follow.  

**Saturday, May 11**  
9:00am - Shabbat Morning Hike  
Join Rabbi Sarah Hronsny for this moderate hike at Lake Hollywood Reservoir. This is a paved hike approximately 3 miles/1.5 hours.  

**SHABBAT, MAY 17-18**  
**Torah Portion:** Emor, Leviticus 21:1 - 24:23  
**Friday, May 17**  
5:30pm - Shabbat B’Park  
Join us at Beeman Park, 12621 Rye St, Studio City, CA 91604 for Shabbat songs and blessings led by Rabbi Sarah Hronsny and Steinman. Bring a picnic, blanket, chairs, etc.  

4:00pm - Moses Program  
Join us for this special outreach to Jews with developmental disabilities. RSVP: rabbijim@tbhla.org

**Saturday, May 18**  
9:00am - Shabbat Minyan  
Join us in the Kaufman Beit Midrash led by Rabbi Eleanor Steinman.  

4:00pm - Moses Program  
Join us for this special outreach to Jews with developmental disabilities. RSVP: rabbijim@tbhla.org

**SHABBAT, MAY 24-25**  
**Torah Portion:** Behar, Leviticus 25:1 - 26:2  
**Friday, May 24**  
7:00pm - Erev Shabbat and Adult B’not Mitzvah Services  
Join us in the Bauman Sanctuary for this meaningful service led by our Adult Bnot Mitzvah - Kate Aaronson, Jenny DeVore, Leslie Nathan, and Holly Rinsky with Rabbi Sarah Hronsny. Oneg to follow.

**Saturday, May 25**  
**Torah Portion:** Bechukotai, Leviticus 26:3 - 27:34  
7:00pm - Erev Shabbat Services  
Join us as we share well wishes for Rabbi Eleanor Steinman in the Bauman Sanctuary. Services will be led by Rabbi Sarah Hronsny and Song Leader Justin Stein. Followed by a special oneg in honor of Rabbi Ellie.

**June**

**SHABBAT, JUNE 3-4**  
**Torah Portion:** B’haalot’cha, Numbers 8:1 - 12:16  
**Friday, June 3**  
7:00pm - Shavuot Observance  
We will join in text study, art, and ice cream in the Feldman Horn Mercaz.

See page 1 for our Adult B’not Mitzvah!
This fall the idea of Lawnmower Parenting exploded across the internet thanks in large part to an article on the website We Are Teachers titled "Lawnmower Parents are the New Helicopter Parents and We Are Not Here For It". This article, written by an anonymous educator, cleverly titled a popular parenting mindset and describes it with such precision that many teachers and parents instantly identified with the concept.

The author describes Lawnmower Parents as a parent who “will go to whatever lengths necessary to prevent their child from having to face adversity, struggle, or failure.” I’ve endlessly tiptoed around this challenge in countless articles on my professional blog (Logical Consequences, Consulting vs. Management Parenting, Childhood Prevention of the Quarter-life Crisis, and Measuring Happiness), yet I haven’t addressed the plight of this clever term head on.

I’m certain no one would like being termed a “lawnmower parent” the same way no one would like being termed a “helicopter parent,” but I ask that for a moment we suspend judgement and offer ourselves grace. The desire to prevent your child from experiencing harm or disappointment is motivated by your great love for your kiddo. This motivation comes from a good place, so extend yourself (and others) a little kindness.

That said, lawnmower parenting creates an environment where we treat our children well but others (spouse, teachers, friends, soccer coach, etc.) poorly. This approach damages other relationships and ultimately keeps our children from becoming resilient and independent in the long-run. If you had to choose between your child being comfortable (often at your expense or the expense of others) or being confident and capable, the choice is easy. Lawnmower parenting cripples our children’s ability to develop grit and growth mindset. Kids must have manageable doses of adversity, struggle, and even failure in a supportive environment to develop the agency needed to navigate adulthood. These experiences in childhood allow an opportunity for you to mentor your child through these moments and allow them to apprentice your brain, so that they will have the skills to navigate future challenge on their own.

The schools at Temple Beth Hillel are committed to giving our kiddos opportunities to navigate challenge with the right amount of stretching and supporting. We want to be your partners in raising happy and resilient kids and young adults.

~ Upcoming Observances ~

Yom HaShoah Virtual Candle Lighting
Wednesday, May 1 - 6:30pm
Rabbi Sarah Hronsky and TBH Brotherhood invite you to a short lighting ceremony online. Light your Yom HaShoah candle anytime after 6:30pm. Visit TBH on Facebook or YouTube to view the video. Candles are available from TBH Brotherhood, please email brotherhood@tbhla.org.

TBH Brotherhood’s L’Dough V’Dough
Friday, May 3 - 5:30pm
This very special Yom HaShoah program includes making challah while Holocaust survivors speak of their experience. This free program is provided by the Los Angeles Museum of the Holocaust. RSVP required at brotherhood@tbhla.org.

Yom HaShoah Service
Friday, May 3 - 7:00pm
Please join us for this special service where we will be commemorating those who died in the Holocaust. We will be joined by a guest speaker.

Yom HaAtzma-ut & Open House
Thursday, May 9
5:30-6:00pm
Join us on the upper yard and bring your own picnic.

6:00-6:45pm
Early Childhood Education Classrooms open: observe work of all ages and stages.
Elementary School Yom HaAtzma-ut Song Celebration in the Bauman Sanctuary.

6:45-7:15pm
ES Classrooms open: view student work and explore Art Show and Science Fair displays in the Social Hall.

Yom HaAtzma-ut Shabbat Celebration
Friday, May 10
7:00pm
Join us for this special Israel-themed service in the Bauman Sanctuary with Rabbi Sarah Hronsky and Visiting Cantor Patti Linsky. Birthday blessings will be shared. Followed by an oneg.
It seems like just yesterday that we were installed as your co-presidents. How quickly time flies. We’ve certainly been busy and so far, it’s been an interesting year with lots of moving parts. As we end the 2018-2019 fiscal year, we wanted to take this opportunity to fill you in on the goings-on here at TBH.

We’re excited to report that after more than 20-years, the Endowment Committee has worked to make spin-off funds available to support Temple needs. The committee is putting in place the request and application process and we look forward to updating you on the use of these funds.

Thank you to the Fundraising and Development Committees and volunteers for all your hard work! Your efforts resulted in a highly successful Comedy Night and annual Purim Carnival, both of which brought much-needed fun, fellowship, and revenue to TBH. We’re hoping, as we go forward, that more folks will get involved with these types of events that are crucial to strengthening our community and meeting our financial obligations.

This year our schools have been flowing with activity and joy. As we walk around the campus, it’s so much fun to see our families engaged in meaningful learning and community. The ECE organized another wildly successful Thanksgiving Feast and Special Persons Shabbat and the Elementary School delivered an outstanding Generation’s Day and the most amazing Purim Shpiel! Religious school implemented a wonderful baseball-themed back to school event to kick off the year and successfully integrated an exciting Hebrew through movement program. All schools were well-represented at our Show Up for Shabbat event in memory of the Tree of Life Synagogue demonstrating the values and strength of our TBH community beginning with our youngest members.

Social action is at the very core of our mission as a synagogue. We are proud of, and grateful to, our Social Action Committee, Homeless Taskforce, and everyone who has donated time and resources to these important areas. This year, these committees have mobilized to create a successful Mitzvah Day, Social Action Shabbaton, Three-part homeless information and action series, and Lobbying opportunities in Sacramento with Reform Action Center California. We have also joined forces with NoHo Home Alliance. Join us in recognizing the good work of these vibrant committees and don’t forget that new members are always welcome!

In June, we brought onboard a wonderful new Executive Director, Kami McClure. Kami hit the ground running on day one and hasn’t stopped. She immediately dug into the issues that needed the hands-on guidance of an effective executive director and we’re seeing great results. If you haven’t met Kami, please stop in and introduce yourself. She would love to spend time getting to know each of you.

At Kami’s direction, we brought on a new maintenance team who continues to improve the care of our physical campus. When you see Janessa Brooks on campus (she’s always here), be sure to thank her and her team for their deep effort in caring for our Temple.

We’ve had some challenges over the past two years as we changed accounting departments so we brought in a consulting firm to help us realign how the department functions. We’re happy to report that we are now transitioning from our consultants to a more permanent structure. We’re excited to welcome Tobey Kaplan to our finance staff. We are also in the initial phases of exploring a new database and billing function that would allow congregants to track and manage their own online payments and could be used with all family accounts.

Over the last 13 years, the congregation has been blessed with many part-time cantors and cantorial soloists but not a full-time cantor. We have been looking for the right match for some time now. This year, with a new search committee under the direction of two effective and efficient chairpersons, we again entered into placement and we have had a solid group of candidates to interview. As we type this update, an offer has been made, and we are very hopeful to announce a hire in the near future (perhaps by the time this article reaches you).

As we shared in April, Rabbi Eleanor Steinman’s last day at TBH is June 30. While our community is sad to say good bye, we wish Rabbi Ellie well as she explores new opportunities. We are grateful for the enhancements and innovations she has brought to our Temple. Please save these dates for celebrations in honor of Rabbi Ellie’s contributions to TBH:

- Sun. May 5, we will gather together at 11:15am for a closing circle to our Religious School year and share in a blessing over Rabbi Ellie. Following, please join us for pizza and treats on the Upper Yard.
- Fri. May 31, BHDS will share well wishes for Rabbi Ellie during tefillah. That same evening, everyone is invited to join us at 7:00pm for services and special oneg.

We have also begun the placement process to look for a strong candidate to oversee our Religious Education programs.

We welcome your questions and comments about your experience at Temple Beth Hillel. Email us at president@tbhla.org.

Join us at the Annual TBH Congregational Meeting
Thursday, May 30
6:30pm: nosh  •  7:00pm: meeting

We invite you to come and be a part of the TBH planning committee as we evaluate our year and decide how to be the most successful through this next fiscal year. This meeting will be held in the Feldman Horn Mercaz.

Please RSVP to n Rivkin@tbhla.org
It's an Honor to Serve
by Leslie Nathan & Evelyn Lever
Women of TBH Co–Presidents

Who was it that said, “Time flies when you’re having fun?” We can hardly believe that our two-year presidency of the Women of Temple Beth Hillel is almost up! And what a joyous two years it has been. We have been honored to serve and to continue in the footsteps of some outstanding leaders who have held this position before us. Most notably, our Immediate Past Presidents, Jodie Reff and Lillian Silver have been marvelous inspirations and guides who have always steered us in the right direction. Their proven leadership skills have been inspirational. We hope to be able to pass on this tradition to our new leaders as we continue to serve on the executive board.

The Women of TBH have continued with the tradition of serving oneg Shabbat desserts after our Friday night services. Thanks to Leslye Adelman, Sheila Milov, and Jodie Reff who are always there to serve, clean up, and to bake as well. The entire congregation answers our call when we reach out for more bakers - this commitment is such a gift. We couldn’t be prouder to affiliate with such a convivial and engaged community.

We have continued to have our regular annual programs such as Women’s Seder and Women’s Braille Review, and Bunco Night was a sure-fire winning addition to our mix! This year we have worked hard to bring daytime programming to our Temple community. We had two incredibly successful meetings with Rabbi Jim Kaufman and have planned some day trips. In April, we carpooled to the Pompeii Exhibit at the Ronald Reagan Library. We also visited the Skirball to see Andy Warhol’s exhibit of 10 Jewish people. Both were such a treat.

We are planning an art activity in May and hope to see all of you there. And don’t forget, as an effort to bring our programs to our available participants, we encourage men to attend as well! We believe that group activities engage our minds; interactive discussions lead us to keep our thinking caps polished and we all have a pleasant time.

Springing Forward
by Michael Heiss & Mark Singer
TBH Brotherhood Co–Presidents

It has been an eventful few months for Brotherhood with a great deal of events and activity. As always, we are working to better our Temple community. Let’s take a look back and then take a deep breath from the busy times of spring into a calmer summer.

Brotherhood’s L’Dough V’Dough event, which contributes to our children’s education about the Holocaust, has quickly become one of our signature events. The combination of education by those who were there, including Brotherhood’s own Phil Raucher, mixed in with the wonderful smell of baking challah has grown beyond our wildest expectations. Kudos to all involved!

Moving from challah to hamantaschen, Brotherhood was proud to once again help sponsor the Purim Carnival (see photo bottom right). Hopefully all those mustard stains on the Brotherhood t-shirts from the hot dog booth have come out in the wash!

Seder in the Desert was amazing as we celebrated the 40th event by hosting the horseshoe competition and Jewish Jeopardy. Lots of fun was had by all; just ask anyone who was there! As a second part of our Passover activities, our Men’s Seder was held at the home of our MRJ partners at Temple Ahavat Shalom. This was the second year for this joint service, which we hope will become a tradition.

Last, but not least, Temple Beth Hill Brotherhood was the host of MRJ’s West Coast Region “Man of the Year” dinner. Co-President Michael Heiss was honored to be our recipient. Sincere thanks to everyone who came out to join in the celebration (see photo below).

B’shalom,
Leslie and Evelyn

Going forward, WTBH will continue to support the Temple and raise funds for the many little extras that are always needed. Your commitment and involvement is imperative to keep the sisterhood as vital as it is. Don’t be shy. Please tell us what programs and events that YOU want to see and we’ll try to make them happen.

Thanks to all our WTBH board members who have tirelessly committed much time and energy to meeting and planning. We could not have made such a great impact on our Temple without your invaluable support. Huge thanks goes to Rabbi Sarah Hronsky who has given us wise council and strong support for everything we try to achieve! The staff of the Temple merit a special thank you. They do so much behind the scenes. Where would we be without you? Leslie Anderson and office crew, and Janessa Brooks and her team - you rock! And special thanks to all of YOU - our community - in participating and supporting us. It has been an amazingly wonderful experience to work and play with all of you. You are the backbone of our Temple and the last two years of our leadership would have indeed been quite dull without your continuing enthusiasm.

B’shalom,
Leslie and Evelyn

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Thank You to our 2019 Purim Crew and Supporters!

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Chili Cook-Off

Competitive Chefs:
Josh Belson - 1st place Judges’ Choice and Peoples’ Choice winner (Carnivore Soup)
Chris Dwyer - 2nd place Judges’ Choice (Mordechais Bowl of Red)
Anne Epstein - 3rd place Judges’ Choice (Greenhorn Chicken Chili)

Leslye Adelman
Ian Herzon
Shayna Alpert
Michael Schensul

Guest Judges:
Katie Chin, Celebrity Chef & Award-Winning Author
Shawn Connolly, LAFD Fire Inspector 1
Yuri Hronsksy, Ilan Ramon Day School Head of School
With our annual Blue & Gold banquet behind us, Pack 311 is gearing up for a great Summer of camping, community service, and camaraderie. As we plan our schedule for next year, we begin with a reflection on this year’s events. Of course, the welcome addition of girls to Cub Scouts was a big and long-overdue change in our program. As of this writing, we have some 18 girls in our Pack, from kinder to 4th grade.

Some 20 years ago, when Pack 311 began, Mr. David Karp was the “Charter Organization Representative” (COR) as well as our Committee Chair. He was the bridge between Temple Beth Hillel and Cub Scouts. Mr. Karp attended our banquet this year. It is upon his shoulders (and others) that we now stand as a Pack. He shared with me some thoughts and recollections too long to reprint here, but too important to keep to myself. You’ll find his words here: https://goo.gl/kRCJ3e.

Mr. Karp reminds us of Temple Beth Hillel’s long-standing dedication to serving and honoring our diverse world. In his words, TBH planted a tree over 2 decades ago. I am delighted that my children enjoy the shade today, and humbled to help nourish this tree for the children of tomorrow.

If you have or know children K-5 that you think might enjoy the Scouting experience, please drop me line at Akela@CubPack311.com.

Use this QR code to quickly locate Mr. Karp’s article.

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### Exciting Things To Come

by Phil “Akela” Connery

Cubmaster, Pack 311

Some 20 years ago, when Pack 311 began, Mr. David Karp was the “Charter Organization Representative” (COR) as well as our Committee Chair. He was the bridge between Temple Beth Hillel and Cub Scouts. Mr. Karp attended our banquet this year. It is upon his shoulders (and others) that we now stand as a Pack. He shared with me some thoughts and recollections too long to reprint here, but too important to keep to myself. You’ll find his words here: https://goo.gl/kRCJ3e.

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### Food Pantry

Never Too Young to Do Good

by Leslye Adelman

The North Hollywood Interfaith Food Pantry

The schools at Temple Beth Hillel have been incredibly supportive of the Food Pantry this year. ECE, Elementary, and Religious School students have been actively involved in both collecting and packing food for this important cause. Early Childhood Education’s nursery classrooms helped pack bags for the Food Pantry. They were an enthusiastic group, excited to learn about the pantry and great packers. Having children participate in the pantry gives me tremendous pleasure and having them start as young as age 3, was a Mitzvah for the kids, their teachers, and me. Thank you, TBH Schools! (see photos)

I am available to sign you up to volunteer or answer any questions about the Pantry. You can contact me at (818) 929-2606 (call or text) or at gentlenurturing@me.com.

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### Mitzvah Circle Brunch

by Barbara Berman

Members of the Mitzvah Circle are Temple members who donate at a certain level to the High Holiday Appeal. On Sunday, March 31, members of the Mitzvah Circle were invited to share in a lovely tea held in the Beit Midrash. Twenty-six people gathered for an afternoon of tea, delectable pastries, sandwiches, camaraderie, and were entertained by our own Susan Edwards Martin who performed an array of Broadway numbers.

In addition to enjoying this delightful afternoon, the Mitzvah Circle also has the privilege of choosing how a percentage of the funds they donate are to be spent on items that are not part of the normal budget of the Temple.

The High Holidays are in September and October, so please consider contributing at a meaningful level. Hopefully we’ll see you at next year’s Mitzvah Circle event.

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It is never too late to become a part of our Mitzvah Circle. Go to TBHLA.org/donate. Click on Mitzvah Circle or call the office to make arrangements.

For information, e-mail president@tbhla.org.
Life @
TBH

- ECE Passover Activities
- ES Wax Museum
- Adult Purim Dinner
- Women's Seder
- Micah the Magician
- ES Passover Activities

For more photos, visit facebook.com/tbhlala
MAY

Sunday, May 5
12:00pm
PATH’s Volunteer Day
To volunteer to help put hygiene packs together, visit: bethhillel.info. Here you'll also find a link to our Amazon Wish List.

Tuesdays, May 7, 14, 21; 28
12:30pm
Adult Ed: Torah Tuesday
Join us for adult Torah study with clergy. Welcome to bring your lunch.

Sunday, May 12
8:00-11:00am
NHI Food Pantry Volunteer Day
Stamp Out Hunger
Join us as we unload donations into our storage area. 10 or more volunteers needed. Community service credit will be given to students for the hours worked! RSVP: nohollywoodinterfaithpantry@gmail.com.

Wednesday, May 15
7:00pm
Adult Ed: Book Club
Join us as we will discuss If All the Seas were Ink, by Ilana Kurshan (This won the Sami Rohr Prize for Jewish Literature for 2018) led by Rabbi Jim Kaufman.

Thursday, May 30
6:30pm
TBH Congregational Meeting
Join us as in the Feldman Horn Mercaz as we evaluate our year and plan for next. We will start with snacking and schmoozing at 6:30pm and start the meeting at 7:00pm. RSVP to nrvikin@tbhla.org.

Check out bethhillel.info for upcoming events

JUNE

Tuesdays, June 4, 11, 18, 25
12:30pm
Adult Ed: Torah Tuesday
Join us for adult Torah study with clergy. Welcome to bring your lunch.

Wednesday, June 19
7:00pm
Adult Ed: Book Club
Join us for a book discussion led by Jean Pearlstein. Tonight’s book is My Name is Asher Lev, by Chaim Potok.

NOTICE:
TBH CLOSURES
Mon. May 27 - Memorial Day
Sun. June 9 - Shavuot Yizkor

Join us as we EXPLORE:
Tel Aviv
Sarona Market
Levinsky Market
Old City of Jaffa
Shuk Hapishpeshim
Ein Hod artist colony
Yemin Orde Youth Village
Upper Galilee
Bental
Baniyas Stream
Tsfat
Hula Lake
Eshbal
Jerusalem
Yad Vashem
National Library
Israel Museum
Kotel
**Important School Dates**

**MAY**

**Thursday, May 2**  
Elementary School  
8:30am - Parent Association Meeting

**Friday, May 3**  
Tot Shabbat

**Sunday, May 5**  
Religious School Last Day  
We will gather together at 11:15am for a closing circle to our year and share in a blessing over Rabbi Ellie. Following, please join us for pizza and treats on the Upper Yard.

**Tuesday, May 7**  
Early Childhood  
8:30am - Parent Association Meeting  
and Community Assembly

**Thursday, May 9**  
5:30pm - ECE & ES  
Yom HaAtzma-ut & Open House  
(No Child Care after 3:00pm)

**Monday-Friday, May 13-17**  
Elementary School  
ERB Testing

**Tuesday, May 21**  
8:45am - Book Discussion: *Mind in the Making* by Ellen Galinsky - led by Claudine Douglas and Kathryn Jensen in the Kaufman Beit Midrash

**Thursday, May 23**  
Elementary School  
All School Retreat  
(Lag b’Omer observed)

**Monday, May 27**  
NO SCHOOL  
(Memorial Day observed)

**Tuesday-Friday, May 28-31**  
Elementary School  
Drama Tech Week

**Friday, May 31**  
ECF Mechina  
Attend ES Drama Production

**JUNE**

**Saturday-Sunday, June 1-2**  
Elementary School  
Drama Production - Peter Pan Jr.  
Tickets on sale May 6. $10.

**Tuesday, June 4**  
Early Childhood  
5:00pm - Mechina Graduation

**Wednesday, June 5**  
Early Childhood & Elementary School  
Last Day! Close at 12:00pm  
(no Child Care after 12:00pm)

**Monday, June 17**  
Early Childhood  
Summer Camp Begins

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**Upcoming Youth Group Events**

**Sunday, May 5**  
HRTY Katan  
Happy Un-Birthday!  
This celebration includes lunch, birthday cake, and party games. $20. RSVP: tinyurl.com/HRTYKatanUnBirthday

**Saturday, May 25**  
HRTY Bowling Party  
A fun night of bowling which includes shoes and dinner. Drop-off/pick-up at Corbin Bowl, 19616 Ventura Blvd., Tarzana. $35. RSVP: tinyurl.com/HRTYBowling

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For more information about any of the TBH Youth Group programs, please contact Ellie Laycook - Youth and Family Programs Coordinator, ELaycook@tbhla.org.

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**Important School Dates**

**HRTY Katan = Grades 2, 3**  
**HRTY 45 = Grades 4, 5**  
**Jr. HRTY = Grades 6, 7 & 8**  
**HRTY = Grades 9-12**
Self-talk or inner critic, as it is sometimes called, is all the thoughts in our minds that sound like one or both sides of a conversation. We are constantly talking to ourselves whether we realize it or not. Self-talk can be negative or positive. The inner critic, which I will be using from now on, usually mirrors something that we probably have no desire to reflect on but it is what sustains us. That is, we listen to these messages deeply and see the world through the lens of self-fulfilling prophesy.

An inner critic that is negative, speaks to you of criticism, such as, critiquing you on your behavior, your appearance, your intellect, or your plans on how to go forward in the world. Your inner critic that is positive, speaks to you in encouragement, of your appearance, your behavior, and your worth in the world.

Our inner views of ourselves begin in childhood. The way we talk to our children becomes their inner voice such as, “I care about you. Don’t run out into the street.” Messages that sound more like, “You’re worthy of love and acceptance only when you accomplish something,” are likely to lead to negative self-talk as, “I’m only good when I do something nice for you, but I’m bad when I don’t.”

Thinking negative thoughts can lead to low self-esteem and foretell problems for the child down the road. When we constantly hear criticism from those we love and care about, we may begin to believe the criticism. The words we hear in our brains can have a huge effect on our mental toughness, and our ability to keep going.

A way to help people get over negative self-talk, is to consider what they are hearing as “lies”. If they realize they are hearing lies from their inner thoughts, they can be helped to think in more positive ways.

A book that has been recommended in an article in Counseling Today is called The Happiness Advantage by Shawn Achor. In it, he has researched job success. He found that only 25% of job successes are predicted by IQ, while 75% of job successes are predicted by your optimism levels, your social support, and your ability to see stress as a challenge instead of a threat.

For additional information, call the Community Counseling Center at 818-762 4817.
Our assisted living is accredited for two reasons. You. And your family.

Because having the confidence and peace of mind of accreditation is important. That’s why The Village at Sherman Oaks is accredited by CARF International. It’s an independent organization that sets exceedingly high standards for care and service. It’s a lot like an accreditation for a hospital or college. Or a five-star rating for a hotel.

So if you’re looking for assisted living services, take a good look at The Village at Sherman Oaks. We think you’ll find that our CARF accreditation is only one of the many reasons you’ll like what you see.

Join us for a complimentary lunch & tour.

Please call 818.245.5832 to schedule.
It’s a great way to get to know us.
Honor, appreciate, or remember a loved one...

Mark a birthday, bar or bat mitzvah, anniversary, yahrzeit or special occasion with a donation to Temple Beth Hillel.

Make your choice from the funds, which are listed below, then send your tribute and payment to:

Temple Beth Hillel, 12326 Riverside Drive, Valley Village, CA 91607

Please include the name and address of the person you are honoring, so that we can send a special acknowledgment card in your name. You can also make your donation online at tbhla.org/donate.

Clergy Funds
• Rabbi Sarah Hronskey Fund
• Rabbi Eleanor Steinman Fund
• Cantorial and Music Fund
• Emeritus Rabbi Jim Kaufman Fund

School and Youth Funds
• Beth Hillel Day School
• Elementary School
• Early Childhood Education
• George Friedman Shofar Fund
• Religious School
• Scholarship
• Campership

Community Outreach Funds
• North Hollywood Interfaith Food Pantry Fund
• Community Counseling Center Fund
• Moses Fund
• $360 Construction Fund
• Tree of Life Fund
• Endowment Fund

A complete list of Temple funds is available online at tbhla.org/donate

Remember—all donations are tax-deductible!

EMERITUS RABBI KAUFMAN’S FUND
In Loving Memory of
Horace Marx, by Marion Marx
Herman & Annie Berman’s 71st Anniversary, by Tari and Moshe Kaiserman
Howard Fink, by Barbara and Mark Singer
Karl Seurte, by Kathy Seurte
In Appreciation of Rabbi Jim Kaufman
By Moses Levy
By Irv Pomerantz
By Moshe and Tara Kaiserman

Donations
By Barbara Markowtiz

EARLY CHILDHOOD EDUCATION FUND
In Loving Memory of
Elsie Schuman, by Robert and Carol Haymer

DAY SCHOOL FUND
In Loving Memory of
Mollie Reays, by Marilyn Morris & the Tisdale family
Get Well Wishes to
Zane Bess, by Marilyn Morris & the Tisdale family

MEMORIAL AND TRIBUTE FUND
In Loving Memory of
Florence Apple, by Roger and Sandra Cohen
Richard Cohen, by Francine Cohen
Frieda Schneiter, by Jerri and Marshal Saron
Ralph Katz, by Hal and Francine Wiener
Sally and David Wolnerman, by Miriam and Paul Enright
S. Russell Margulies, by Susan Margulies
Marcella Storozum and Marvin Schancupp, by Steven Storozum and Amy Schancupp
Anita Zalis & Riva Sheteynberg, by Vladimir and Yana Sheteynberg
Leontiy Balshin, by Dmitriy Linetskii and Raisa Linetskaya
Philip Glickman, by Alexandra Glickman
Jeanne Fields, by Lori Weiss
Harold Rosenberg, by Lawrence Rosenberg
Herbert Ehrich, by Bob and Sue Howell
Edna Honeman, by Karen Stern
William Waldman, by Lyn and Jeffrey Fey
Lea Chaiken, by Marlene Putterman
Gloria Rothfield, by Marlene Putterman
Bernard Ferter, by Dennis and Allene Rose
Fortuna Willinger, by Jeff, Doni, Sammy, and Sydney Weiss

In Honor of
Susan Martin, by Patti Breitman and Stan Rosenfeld

CANTORIAL AND MUSIC FUND
In Loving Memory of
Harry Slavin, by Herb Slavin

GEORGE FRIEDMAN SHOFAR FUND
In Loving Memory of
Seymour Slavin, by Herb Slavin

MAX SANDS SPECIAL PROJECTS FUND
In Loving Memory of
Herbert Ehrich, by Steve and Leslie Rouff
Piita Hamor, by Steve and Leslie Rouff

MOSES FUND
In Loving Memory of
Herbert Ehrich, by Tobi and David Schneider
Esteban “Pista” Hamor, by Tobi and David Schneider

NORTH HOLLYWOOD INTERFAITH FOOD PANTRY
In Loving Memory of
Howard Fink, by Harriet Newton & Family
Howard Fink, by Barbara Elman
Bessie Simon, by Herb Slavin
In Appreciation of
Sara Martin, by Barbara and Mark Singer

In Honor of
Lee Winter’s birthday, by Lori Dinkin
The Samuels family, by Steve and Leslie Rouff

In Our Community...

Refuah Shleimah
Wishing a full and speedy recovery to...
• Tobi Schneider

Condolences To...
• Marc Ehrich and family on the passing of his father, Herbert Yale Ehrich
• Monica Hamor and family on the passing of her father, Esteban “Pista” Hamor
• Abraham Willinger and family on the passing of his mother, Fortuna Willinger

We Proudly Welcome
• Stan Broffman
• Avital and Marc Fineman and their children, Jonah and Jackson
• Adam and Patricia Starr and their children, Jasper and Nigel
• Jeffrey and Natasha Howard and their son, Jacob

Mazal Tov to...
• Lauren and Darren Baum on the birth of their daughter, Lily Faye Baum
• Marc and Tracy Hofstatter on the birth of their daughter, Gillian Rose Hofstatter

Mazal Tov on These Special Wedding Anniversaries
• Victor and Jeannine Esban – 60th
• Robin and Annette Sweet – 55th
• Robert and Andrea Decker – 40th
• Beth and Doug Kautzky – 20th
• Richard and Margaret Knolla – 20th
• Peter and Susan Martin – 20th
• Gavin and Shana Ballas – 15th
• Hugh and Traci Meyer – 15th
• Eyal and Ashley Podell – 15th
• Zick and Jessica Brown – 10th
• Michael and Lisa Carney – 10th
• Ethan Smith and Emily Foote Smith – 10th
• Avi and Liara Froindik – 10th
• Michael and Ayelet Feig – 5th
• Zachary and Felicia Justman – 5th
• Oren and Zihla Arbit – 5th

Please note that all contributions listed are through March 25, 2019.
TBHers Headed to Camp This Summer

TBH members, are you attending a sleep-away Jewish Summer Camp or attending a program in Israel? TBH offers camperships and scholarships for those in need. To find out more please e-mail Rabbi Sarah at rabbisarah@tbhla.org.

We also like to connect with our TBH children while they are at camp or in Israel.

Send the information where your children will be attending and the dates they will be attending their program in an e-mail to Ilana at iblitzstein@tbhla.org.

At Temple Beth Hillel, we believe each individual has both the right and the ability to claim the richness and heritage of Judaism in order to gain a sense of self-understanding.

REGISTER NOW for 2019-2020!

Go to: tbhla.org/education/religious-school/register-here/
Mazal Tov to Our Mechina ECE 2019 Graduates!
Graduation is June 4 at 5:00p.m.

Talia Abel
Jayden Ackerman
Oliver Berkowitz
Shira Betesh
Lily Bilchik
Teddy Bilchik
Kayla Bolotin
Jonathan Brachman
Oliver Cane
Caden Coller
Grayson Daniels
Ryan Edelman
Lilah Faust
Zeke Frankenthal
Emilia Freedman
Hailee Gefsky
Sienna Ginsburg
Cedar Gown
Fiona Herz
Clay Hofstatter
Ryan Hronsky
Joseph Johnson
Lily Kahan
Zander Karpel
Cameron Kohon
Penny Limpert
Sadie Malamut
Avital Moldovan
Sienna Scurry
Maxine Angel-Seidner
Noah Shultz
Evan Silverstein
Vered Simkin
Alexandria Smith
Eloise Smith
Alexa Sotolov
Nika Brookman
Ethan Weiner
Cooper Weinberger
Willow Weiss