STAND UP FOR TEMPLE BETH HILLEL

FOOD & DRINKS!
HYSTERICAL COMICS!
A NIGHT OF FUN!

25 JANUARY
6:30PM

COMEDY NIGHT

SILENT AUCTION & RAFFLE!

PURCHASE TICKETS AT: TBHLA.ORG/COMEDY
TICKETS START AT $80

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A Student Opened Fire at Saugus High School

by Rabbi Sarah Hronksy, Senior Rabbi

A student opened fire at Saugus High School. Eight of the most awful words to hear, to type, to see, to live through. There are dead, there are injured, there are traumatized students, faculty, and community members. Enough!

After Parkland and Sandy Hook, it seems as though mass school shootings are becoming normative. At Saugus High School, students reacted in seconds: bringing kids in from the hall, locking doors, stacking desks, and texting their mothers and fathers’ messages of love and apology. We could be proud of their quick responses or aghast. Why should our children—kindergartners, middle schoolers, and high school alike have to possess this knowledge? Why do they have the trauma of practicing such rituals and then needing to enact them? Why following the shooting, should a child’s response be, “Well it had to be somebody’s turn?” No, it shouldn’t be anyone’s turn, no child’s turn.

In the last ten years, there have been 180 school shootings with 356 victims on Kindergarten through twelfth grade campuses. The trauma is real and unimaginable for the nearly 200,000 students who attended these schools when the shootings occurred. Our children are dying in and around our schools, and no federal studies are being done. No focus being afforded to thwarting this increasing trend. Without real studies, a few law enforcement experts have ventured to guess the reason for the increase. They suggest that children are not being taught coping skills, how to resolve conflict, and basic social skills as more and more time is being spent indoors, isolated, and absorbed in video games and technology.

A few guesses with no presumption to halt this alarming trend isn’t good enough for our children. Jewish texts do afford human beings the right to own weapons, but only as a need to protect oneself in an extreme situation. While the texts do offer this, we are simultaneously cautioned and commanded not to sell weapons to those who may not be in control of their emotions, or have shown previously to pose a danger to others. A sign from our ancestors that rules must be established, boundaries set, around items like firearms. So, if we choose to own guns, our tradition demands of us to do so in the safest of all possible ways. We are told to erect fences around dangerous roof tops where people spend time, to not be in possession of a vicious dog in our home, to not set up unstable ladders in or around our houses, for all of these situations could bring blood upon your house. We must create safe spaces. If we apply these texts towards responsible gun ownership, this might include locked gun safes where weapons are stored at all times, locked ammunition, significant background checks, gun registration, and perhaps required gun safety courses and licensing with the need to renew every few years.

Bottom line, we should not have items or situations in our homes that could be a potential danger for those living in or visiting our homes. Unsecured guns in homes lead to approximately 500 unintentional deaths a year, 21,637 suicides a year, and 17,737 unintentional gun injuries a year. Are we aware that access to a gun increases the risk of death by suicide three times over, with two thirds of gun deaths by suicide? Did we know that the US gun suicide rate is eight times that of any other high-income country? Access to a gun, makes split second decisions, emotional days, or weeks, all too often answered by a rash decision at the hand of a gun. Sadly, “guns in homes are 22 times more likely to be used to kill or injure a member of the household in a domestic homicide, suicide, or unintentional shooting than to be used in self-defense.”

School shootings are increasing, suicide by gun is at an alarmingly high rate, nearly 1600 children and teens die by gun homicide every year, and nearly one million women alive today in America have been shot or shot (Cont’d on page 9)
Join TBH as we serve our greater community!

Sunday, January 19, 2020

8:00am – 2:00pm

Blood drive

9:00am

Opening Assembly

9:45am

Social Action Activities

Starting at
11:00 am

Environmental Fair

Mitzvah Day Collections:

1. Welcome Home Gift Baskets for LA Family Housing*:
   • New Bath Towels x4
   • Cleaning supplies: Comet, Windex, and sponges
   • Laundry Soap
   • Paper Towels
   • Toilet Paper
   • Blanket

2. Sock Drive for Shelters
3. Newspapers for Animal Shelters
4. Books for Elementary School
5. Wipes and Diapers for NHIFP and LA Family Housing
6. Men’s Pants and Jeans for NoHo Home Alliance

*Amazon link available to purchase supplies: https://www.amazon.com/hz/wishlist/ls/MGRQZBHUCMVN?ref_=wl_share

Social Action Activities Include:

• ECE Trike–A–Thon
• BHDS Bake Sale
• Cooking for those in need
• Crafting supplies and hopeful messages

NEW THIS YEAR!

Help protect our environment: San Fernando Valley Climate Town Hall by Grassroots Slate AD 46
Tickets available at eventbrite.com

12:00pm: Environment Fair Panel

"Three Panelists, One Moderator” with Jaje Levine, Former Energy Aid to President Obama, & Fran Pavely Author of Environmental Policies for CA and former Assembly Member and Senator

11:00am: Environmental Fair in the Sands Mallet Social Hall.

TBH joins forces with Assembly District 46 in an Environmental Fair. Visit tables filled with resources about transportation, alternative energy, packing waste free lunches and much more!

• Climate Reality: Al Gore
• Solar Panel Company: Sun Power, also a TBH fund-raiser
• TBH table with supplies
• Mya Rosett to host wast–free lunch table
• LA Sanitation: Daniel Tamm
• LADWP: Renewable Energy rebates and LED light bulbs
• Electric Vehicle Information (no sales)
• Tree People (Pending)
• Climate Resolve
• Voter Registration
• Kids’ Activity Table
• Mayor’s Office for Trees
• Transportation/Metro: Cost reduction for seniors and low income

12:30pm Cantor's Chanters sing at The Village of Sherman Oaks
SHABBAT & HOLIDAY OBSERVANCES

January

SHABBAT, JAN. 3-4
Torah Portion:
Va-yigash, Genesis 44:18-47:27
Friday, Jan 3
7:00pm
Erev Shabbat Services
Join us for Shabbat with Rabbi Hronsky and Cantor Rhodes. Oneg to follow.

Saturday, Jan 4
10:00am
Bar Mitzvah of William Schnider

SHABBAT, JAN. 10-11
Torah Portion:
Va-y’chi, Genesis 47:28-50:26
Friday, Jan 10
7:00pm
Erev Shabbat Services
Shabbat services with Rabbi Hronsky, Cantor Rhodes, and Anachnu Shir. Birthday blessings will be shared. Oneg to follow.

SHABBAT, JAN. 17-18
Torah Portion:
Sh’mot, Exodus 1:1-6:1
Friday, Jan 17
7:00pm
Erev Shabbat Services
Shabbat services with Rabbi Hronsky and Cantor Rhodes. Oneg to follow.

Saturday, Jan 18
4:00pm
Moses Program:
S’udah Shleesheet
A special outreach to Jews with disabilities. Send RSVP to tobianne63@gmail.com.

5:00pm
Bat Mitzvah of Seneca Weiss

SHABBAT, JAN. 24-25
Torah Portion:
Va-eira, Exodus 6:2-9:35
Friday, Jan 24
6:00pm
BHDS Kabbalat Shabbat
Kabbalat Shabbat with Rabbi Stein, Songleader Strauss, and the BHDS Elementary Students leading us with joy! Oneg to follow.

Saturday, Jan 25
9:00am
Shabbat Hike
Join Cantor Rhodes in a Shabbat Hike at Fryman Canyon. We will meet in the parking lot at 9:00am. It’s a three mile loop with a bit of a steep incline at the start rising to 450 ft. in elevation.

SHABBAT, JAN. 31-FEB 1
Torah Portion:
Bo, Exodus 10:1-13:16
Friday, Jan 31
7:00pm
Gospel Shabbat
Join us for a festive musical service led by Rabbi Hronsky, Cantor Rhodes, Anachnu Shir, Ward AME Choir, and Band. Pastor John Cager will be our honored speaker. Oneg to follow.

Saturday, Feb 1
5:00pm
Bar Mitzvah of Zachary Barry

February

SHABBAT, FEB 7-8
Torah Portion:
B’shalach, Exodus 13:17-17:16
Friday, Feb 7
6:00pm
PJ Tot Shabbat
Dress in your PJs, bring your smile, and your voice and celebrate Shabbat with Rabbi Hronsky, Cantor Rhodes, and Songleader Strauss. Oneg to follow.

Saturday, Feb 8
9:00am
Erev Shabbat Services
Welcome Shabbat with Rabbi Hronsky, Cantor Rhodes, and Cantor’s Chanters. Oneg to follow.

SHABBAT, FEB 14-15
Torah Portion:
Yitro, Exodus 18:1-20:23
Friday, Feb 14
7:00pm
Erev Shabbat Services
Join us for services with Rabbi Hronsky, Cantor Rhodes, and our Adult Choir, Anachnu Shir. Oneg to follow.

Saturday, Feb 15
10:00am
Bar Mitzvah of Austin Lucca

SHABBAT, FEB 21-22
Torah Portion:
Mishpatim, Exodus 21:1-27:19
Friday, Feb 21
6:00pm
Kabbalat Shabbat Services
Celebrate Shabbat with Rabbi Hronsky and Cantor Rhodes. Oneg to follow.

7:00pm
Brotherhood Movie Night Shabbat
Friday, Feb 28
Brotherhood’s Annual Movie Night is always a fun event. Dinner will be provided, and even better, FREE to Temple members who RSVP to brotherhood@tbhla.org before February 24th! At the door is $5. All are welcome for a fun evening!

Saturday, Feb 29
10:00am
Bar Mitzvah of Jagger Belson

Mazal Tov to Our January & February Bar/Bat Mitzvahs!

A: William Schnider, son of David Schnider and Jennifer Brown
B: Seneca Weiss, daughter of Debi and Jonathan Weiss
C: Zachary Barry, son of Karen Glass and Paul Barry
D: Austin Lucca, son of Anthony and Beth Lucca
E: Nathan Engman, son of Luz and David Engman
F: Barrie Komsky, daughter of Jennifer and Mike Komsky
G: Jagger Belson, son of Josh and Joanna Belson
Friday, January 31
7:00pm
at
Temple Beth Hillel

Pulpit Exchange

January 31
Pulpit Exchange with WARD AME at TBH. Choirs will sing together and Pastor John Cager will preach.

February 8
TBH is invited to WARD AME. Services start at 10:00am and Rabbi Hronsky will be preaching.
Leadership

Are You a Leader?
by Freddie Goldberg
TBH Co-President with Margie Meadow

With 2019 in our rear view mirror and 2020 upon us, I've been contemplating what has been accomplished and what I still want to do, along with Margie, as we sit at the half-way point in our term as Co-Presidents. Over the course of the past year-and-a-half, there has been so much going on for which we are grateful.

Our schools are thriving. We've welcomed a new Religious School Director in Rabbi Keara Stein. Rabbi Keara joins our amazing team of school directors who care about their individual schools and about creating an enjoyable educational environment for all families. Together with our Clergy, our Executive Director and administrative staff, they all enhance everyone's synagogue experience.

In July we welcomed a new Cantor. We've had the opportunity to get to know and hear Cantor Rhodes during High Holy Days and during Friday Shabbat services. Our children get to know Cantor Rhodes as he prepares them for their B’nai Mitzvah.

There have been some physical changes to our campus as well. The much-needed remodel of the bathrooms in the main building was completed, so the congregation would be able to benefit from the upgrade before, and during, High Holy Days. It took a village to accomplish the project and we're very grateful to the team.

In the last few issues of the Omer we had the opportunity to introduce you to our current board and let you hear, in their own words, why they stepped up to be leaders in our community. It is our hope that hearing about your fellow congregants’ journey to leadership might inspire you to think about what you have to offer TBH. Can you see yourself lending a hand on a committee, or on a taskforce, or maybe even sitting on the Board? When I first joined the Board I would never have imagined that one day I would be sitting at the head of the table and working so closely with our clergy and staff. Every person on the Board brings their own personal strengths, be it accounting, business, legal, or just the willingness to step up and help. The Leadership Committee is working to create our next Board, might this be the time for you?

You're probably thinking, where do I start? First, let us know. Or volunteer for a committee, which is a great way to meet other members and to see what works for you. There is so much going on right now and help is needed. We are in preparations for Comedy Night, Purim and the Jazz and Wine event. Each of these wonderful events could use your support both physically and financially.

So find Margie or myself. Leave us a note in the office. Send us an email at: president@tbhla.org. Let's all get involved and make this the best year for TBH.

Leadership

Finding a Place in the Choir
by Jennifer Brown

When my family first came to Temple Beth Hillel, we were looking for a community where our then-interfaith family wouldn't feel out of place. As a non-Jewish mother hoping to raise children firmly connected to Jewish faith and culture, I was deeply conscious that I didn't have the first idea of where to start. What I found was a welcoming community that gave me ample opportunities to participate and learn—and that welcomed me all over again when I ultimately decided to convert.

Since my first experiences with Judaism, one of my favorite things has been the role of music in celebration and worship. We sing constantly—for every mood and occasion, there are songs to be sung, often multiple versions of the same prayers as different composers offer their takes on ancient words and melodies. Before I learned any Hebrew, singing along with the music during services helped me feel connected, literally in tune with the spirit of what was going on around me even if I didn't understand the words.

I've always loved to sing, and I eagerly signed up for high school musicals and a couple of years of college choir (back in days that are now longer ago than I care to admit). In my adult life, though, opportunities to sing have been few and far between. It was something I always wanted to get back to, and when I saw the choir singing at TBH services, I told myself I would join "someday." Someday when my schedule wasn't as busy, when I had a little more free time.

It finally hit me that as a mother of three kids, with part-time work and multiple volunteering obligations, free time to do the things I wanted to do wasn't just going to fall out of the sky—I was going to have to shift my priorities and create some. With the encouragement of my friend Jo Haimovitz, already a member of the choir, I committed to join in the fall of 2016.

I will say that doing as I did—joining right at High Holy Day season—is not for the timid. As petrified as I was that I had taken on too much too soon, the other members of the choir provided all the support and encouragement I could have possibly wanted. The choir was yet another community within the larger TBH family eager to give me a place to belong and contribute.

Now our monthly services are part of my routine, and I look forward to rehearsing and singing with my fellow members of Anachnu Shir. I'll admit, it still takes some schedule—juggling to make the time, but I’m never sorry that I did. Joining my voice to the group’s is a needed respite from the demands of ordinary life, and a reminder to stop occasionally in wonder and gratitude.

If connecting through song is an idea that appeals to you, the choir has a place for you! Come join us at our next rehearsal.
Sincere Thanks
by Laura Ex

I am starting my article off with gratitude. It is said that it takes a village to raise a child, but it also takes a village to run a successful event. My list is long of who to thank for the last two months of WTBH, Temple and for TWTBH—Brotherhood events.

To Rabbi Sarah, to Kami, to Leslie, and to Nolan who have our backs and lend their untold support. To Janessa and her team who cater to our every need with smiles and with kindness.

To all of the men and the women who spend so many countless hours volunteering and making it all work.

I am grateful. And as we all move forward, there are so many more events upcoming and we will keep you informed.

First up is the WTBH Mah Jongg Tournament held on February 16. Women of TBH Shabbat is March 6. Check for flyers for the Womens’ Seder.

Be sure to check your eblast for information on all upcoming events. Again, my most sincere and heartfelt thank you goes out to one and to all.

–Laura

ADULT EDUCATION
Learn to read Hebrew and follow along in our prayerbook!

For many in our community, reading Hebrew seems like an impossible task. This class will help teach decoding, reading skills, and some basic vocabulary words found in our prayers. Maybe you need a refresher on your aleph-bet or have never been introduced before to the Hebrew alphabet, no worries, this class is perfect for you.

In ten short classes with Rabbi Sarah, Hebrew will be accessible to you! (For those interested in continuing on for Adult B’nai Mitzvah, take this class and plan on joining us next year for the continuation where we dive deeper into prayers and chanting Torah.)

Ten Sunday classes from 9:30–11:30am

• Jan 12, 26
• Feb. 2, 9, 23
• March 1, 15, 22, 29
• April 19

RSVP to Nolan at nrivkin@tbhla.org

Fee: $30 TBH members : $60 for non-members

TBH Book Club 2020
January—February

Jan. 15, 2020
Hosted by:
Barbara Motz
The Book:
Wandering Star
Edited by
Jack Dann

Feb. 19, 2020
Hosted by:
Rabbi Stein
The Book:
The Art of Gathering:
How We Meet and Why It Matters
by Priya Parker

Mah Jongg Fest 2020
Sponsored by Women of Temple Beth Hillel

Sunday, February 16
Temple Beth Hillel
12326 Riverside Drive
Valley Village, CA 91607

$36 tournament fee per person*
includes coffee & breakfast nosh and lunch buffet. Awards given at end.

SCHEDULE:
8:30am–9:00am
Check-In/Breakfast Nosh
9:00am–12:00pm
Session 1 (3 rounds)
12:00pm–1:00pm
Lunch break
1:00pm–4:00pm
Session 2 (3 rounds)
4:15 pm
Awards Ceremony

REGISTRATION:
Fill out form below, enclose check for $36 payable to TBH Sisterhood.
Mail to: Judi Nachenburg,
7037 Park Manor Ave.,
North Hollywood, CA 91605

For more info, contact:
Judi Nachenber – 818–764–6240
Freddie Goldberg – 808–517–5268

Name: ___________________________
________________________________
Address: _________________________
________________________________
City:____________________________
Zip:_____________________________
Phone:___________________________
Email:____________________________

Check all that apply:

☐ I will bring my Mah Jongg set and dice
☐ I am willing to be East and keep score
☐ *Bring your 2019 Mah Jongg card

ADULT EDUCATION
Learn to read Hebrew and follow along in our prayerbook!

For many in our community, reading Hebrew seems like an impossible task. This class will help teach decoding, reading skills, and some basic vocabulary words found in our prayers. Maybe you need a refresher on your aleph-bet or have never been introduced before to the Hebrew alphabet, no worries, this class is perfect for you.

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Fee: $30 TBH members : $60 for non-members
In recent years there has been a marked increase in the time being spent indoors. It’s not just children, but adults are also spending less time outdoors. There are many reasons why this is happening, and it is not just because of increased use of electronic devices. There is more emphasis on scheduled activities, concerns about sun exposure and for some, finding safe outdoor play places. Spending time playing outdoors has always been a crucial part of a child’s development, but now there is more evidence based data on why this is so important.

A recent Harvard study cited 6 vital reasons that outdoor play is so important. The first is sunshine. We need sun exposure to make vitamin D, which plays a critical role in many body processes, from bone development to our immune system. The second is exercise. Children should be active for an hour every day, and getting outside to play is one way to be sure that happens. The third reason is developing executive function skills. Learning to plan, prioritize, negotiate and multi-task is constantly being practiced while children are at play. Creativity is a part of executive function, and using our imagination to problem-solve and sustain play are skills that need practice. The fourth is taking risks. Children need to take some risks to gain confidence in their abilities and understand their limitations. Yes, you can fall while riding the bike around the yard and feel sad when you try to make a friend and get rejected. But that doesn’t mean you shouldn’t try; the lessons we learn from failure are just as important as those we learn from success. The fifth is socialization. Children need to learn how to work together. They need to learn to make friends, how to share and cooperate.

Finally, the sixth is appreciation of nature. Many pediatric occupational therapists will tell you that a lack of time in nature causes sensory disorganization. Nature promotes curiosity. Digging in soil, seeing animals in their habitat, climbing a tree, playing in water, all help children build an appreciation for the world that is around them.

During the school day our kiddos spend approximately half of their day outdoors. We are fortunate to live in a climate that makes that possible. Take advantage of our surroundings and get your family outdoors. Go on an adventure walk around the block, to a local hiking spot or a day at the beach. You will most likely find that in addition to strengthening your child’s physical and emotional health, your family bond will be stronger for it.

Announcing the ECE Playground Project

The playground presents opportunities for children to explore the boundaries of creativity and imagination. It’s a comfortable place to build friendships and to discover sensory experiences.

After researching the best practices and receiving helpful feedback from our educators, families and specialists, we are excited to announce the launch of the ECE Playground Project.

With this renovation, we have an incredible opportunity to come together and create a new outdoor space for our community. Please join us in the campaign to update your ECE playground.

Making It Happen

Saddle spinners (2)
Sponsorship: $1,800 each

Integrated swing set with shade
Sponsorship: $25,000

Climbing Structure with platforms, slide and shade
Sponsorship: $35,000

Storage bins (5)
Sponsorship: $1,800 each

Sensory wall panels (3)
Sponsorship: $5,000 each

Artificial turf and rubberized play surface
Sponsorship: $20,000

Benches (2)
Sponsorship: $2,500 each

Clubhouse
Sponsorship: $10,000

Sensory wall panels (3)
Sponsorship: $5,000 each

Climbing Structure with platforms, slide and shade
Sponsorship: $35,000

Clubhouse
Sponsorship: $10,000

Artificial turf and rubberized play surface
Sponsorship: $20,000

Our family is interested in supporting the ECE Playground Project in the following ways (check all that apply)

- Sponsoring ECE Playground Equipment
- Supporting Comedy Night at a Sponsorship Level
- Attending Comedy Night and participating in the Silent Auction / Raffle
- Donating at the suggested $180 level
- Asking my employer for a Matching Donation
- Donating another amount

All contributions are appreciated.

First Name

Last Name

Phone

Email

I would like to pay by:
- Check ( payable to Temple Beth Hillel)
- Credit Card (Visa/MC/Discover Only)

Card #

CVV2

Billing Zip Code

Signature

8
A provoking thought was shared by Alison Kodak of All Things Considered, a radio show on NPR. Kodak ponders what it would mean to consider gun violence as a plague; A plague that requires a public health response. Remember our countries’ overwhelming response to Ebola and Zika? The fear these diseases raised, and the minimal impact they have had so far due to our swift response. Kodak pushes for American lawmakers to take gun violence as seriously as a deadly disease. See the link listed in the footnotes. Then be motivated like our teens at TBH and contact your politicians. Lobby for what you deem necessary to halt the devastation of gun violence in America.

No one should ever receive the text from one’s child saying, “We are on lock-down. I love you. I don’t know if I will ever see you again, and I thank you for all that you have done for me.” Our children deserve safe spaces, we deserve safe spaces. Schools, malls, concert venues, and our homes should be safe spaces for all. If you are a gun owner, practice gun safety at the highest level. If your kids are going on a play-date or to babysit, ask if there is a gun in the home and where/how it is stored. Demand change in our laws to increase safety and save lives. Ask for funding to research the disease of gun violence, to train our police officers to assist in domestic violence in a way that is safe for them and for the women and children in the homes, and funding to push forward bills that close loopholes on private gun sales and background checks. You can learn more about gun violence prevention on the Reform social justice arm of the Religious Action Center’s website rac.org or from Every Town for Gun Safety www.everytown.org. Please take an action that is meaningful to you to change tomorrow for us all.

---

5 CDC Control and Prevention  
6 everytownresearch.org/gvinamerica  
7 Rac.org  
8 everytownresearch.org/gvinamerica  
**Important School Dates**

**January**
- Wednesday, January 1-
  Thursday January 3
  Elementary and ECE
  No School - Winter Break
- Monday, January 6
  ECE and ES
  School Resumes
- Tuesday, January 14
  Elementary School
  Parent Association
- Sunday, January 19
  Mitzvah Day
  Religious School students to be accompanied by a parent
  BHDS
  Elementary School Bake Sale
  ECE
  Trike-A-Thon
- Monday, January 20
  Elementary and ECE
  MLK Day - No School
- Wednesday, January 22
  Elementary School
  Admissions Parent Tour
- Friday, January 24-
  Monday, January 27
  Religious School
  L’taken trip to DC for Teens with Rabbi Sarah Hronsky
- Friday, January 24
  Elementary School
  Shabbat and Siddur Ceremony
- Wednesday, January 29
  Elementary School
  Admissions Application Deadline

**February**
- Sunday, February 2
  Religious School
  3rd Grade
  Family Education Day
- Tuesday, February 4
  ECE
  Community Assembly
- Tuesday, February 11
  Elementary School
  Parent Association Meeting
- Wednesday, February 12
  Elementary School
  Admissions Meet the Teachers
- Friday, February 14
  Elementary and ECE
  Professional Development Day
  No Childcare
  No School
- Sunday, February 16
  No Religious School
- Monday, February 17
  Elementary and ECE
  No Childcare
  No School
- Friday, February 21
  Teens Help Lead Shabbat Services
- Sunday, February 23
  Religious School
  4th Grade
  Havdalah Workshop

**Youth Group Events**

**Saturday, January 11**
Jr. HRTY & HRTY
6:00pm - 9:30pm at Comedy Sportz

**Sunday, February 9**
HRTY 45
12:00pm - 1:30pm at TBH

**Sunday, February 23**
HRTY Katan
12:00pm-1:30pm at TBH

HRTY Katan = Grades 2, 3
HRTY 45 = Grades 4, 5
Jr. HRTY = Grades 6, 7 & 8
HRTY = Grades 9-12

Advertising in the Hillel Omer is a great way to boost your business while supporting the mission of Temple Beth Hillel. We publish bi-monthly throughout the year.

For more information contact our communications team at media@tbhla.org

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SAY “NEITHER RAIN...WILL KEEP THESE COURIERS FROM THEIR APPOINTED ROUNDS” AND YOU WILL PROBABLY THINK OF THE POSTAL SERVICE. ACTUALLY, IT IS NOT THE MOTTO OF USPS, AS THEY DO NOT HAVE ONE. THE ORIGINS DATE BACK TO THE 5TH CENTURY BCE. HOWEVER, THE ONE THING YOU WILL LIKELY NOT ASSOCIATE IT WITH IS THE TBH BROTHERHOOD. UNTIL THIS YEAR, THAT IS!


WITH THANKS TO THE ENTIRE BROTHERHOOD, SCHOOLS, AND TEMPLE COMMUNITIES, AND A SPECIAL SHOUT-OUT TO OUR MASTER CHEF, SCOTT TESSLER ALONG WITH THE CARVING CHIEF DAVID REFF, SUPERB ORGANIZER AND DINNER CHEF CHRIS DWYER AND TOO MANY OTHERS THAN WE HAVE ROOM TO MENTION, THE EVENT WAS A GREAT SUCCESS. OVER 175 GUESTS ENJOYED A DELICIOUS MEAL IN A WARM AND CARING SETTING. HUNDREDS OF MORE MEALS WERE DELIVERED TO THOSE UNABLE TO JOIN US AND ANYTHING LEFTOVER WAS DISTRIBUTED TO LOCAL ORGANIZATIONS. YASHER KOACH TO ALL. WE LOOK FORWARD TO SEEING EVERYONE IN THEIR ORANGE T-SHIRTS NEXT YEAR!

AS THE NEW YEAR BEGINS, BROTHERHOOD IS, AS OUR MOTTO SAYS, “IN ACTION!” PLEASE JOIN US FOR OUR ANNUAL MOVIE NIGHT IN FEBRUARY AND WATCH THE WEEKLY EBLASTS FOR INFORMATION ON OTHER EVENTS. OUR “POP-UP” IN NOVEMBER WAS AN INFORMAL POKER NIGHT, AND YOU NEVER KNOW WHAT SURPRISES BROTHERHOOD HAS IN STORE FOR YOU.

BROTHERHOOD IS ALWAYS LOOKING FOR YOUR INPUT AND PARTICIPATION AS TO HOW WE MAY UNITE AND SERVE THE COMMUNITY. FEEL FREE TO REACH OUT TO US WITH YOUR SUGGESTIONS AT BROTHERHOOD@TBHLA.ORG.

By Michael Heiss & Sean DeVore
TBH Brotherhood Co-Presidents

Rain or Shine, Yasher Koach

Feast o’ Plenty
According to current data, 10.5% of Americans have an impulse-control disorder. This impulsiveness comes from an internal place in which individuals either react without thought or can’t stop themselves from doing the impulsive behavior. If these individuals don’t yell or lash out, they will feel unsatisfied. Impulsivity can affect relationships and that is usually why individuals come to therapists for help.

Impulsivity is a term that describes the ways people disconnect from themselves, their relationships, and their reality. Some impulsivity is a natural part of growing up and people learn from it. However, it becomes a problem when repeated consequences and societal pressures have no impact on the person’s compulsive behavior. It may lead to activities which can be dangerous to self and others.

Impulse-control disorders are often diagnosed in childhood, but they can occur across the life span. Children will often act on impulsive desires because their prefrontal cortex, which regulates impulse control, has not fully developed. In adults, impulse behavior may show in verbal outbursts, and, perhaps, some physical aggression. It may also lead to addictions and may cause relationship issues.

Young adults, ages 18 to 26, are also not on the same level of brain development as they were 30 years ago. That is because they no longer feel pressured to instantly get a job and start a family. They often have a period of exploration before emerging as adults. Impulsivity, for them, may lead to a lot of chaos, and strange behaviors. They’re adults. They have adult rights. They can consent to things, so it presents the opportunity for more riskiness and impulsivity.

Contextual factors such as culture, gender, and socioeconomic status can also play a role regarding impulsivity. Factors such as trauma, depression, and poverty can also affect people’s abilities to regulate their impulses. When working with impulsivity, it is important to look at the symptoms. It takes a comprehensive assessment before making the appropriate recommendations.

People who struggle with impulsivity often act without thinking and frequently lament their actions almost immediately afterward, which means their lives might be filled with regret. And that consistent presence of regret can turn into shame.

Counselors have large tool chests for helping clients with impulsive behavior. Helping clients to be more aware of their emotions is one tool. There are a number of activities that can help achieve that.
Where you live says a lot about how you live.

The Village at Sherman Oaks’ premier address in the heart of the valley is not only a choice location—it’s one with lots of choices. Here, you’ll find an engaging blend of comfort, style, fine dining & social opportunities. And with full-service, maintenance-free living and supportive care options, you’ll discover an exceptional senior lifestyle at The Village.
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 Hronsky Fund
- Cantorial and Music Fund
- Emeritus Rabbi Jim Kaufman Fund

School and Youth Funds
- Beth Hillel Day School
- Elementary School
- Early Childhood Education
- Religious School
- Scholarship
- Campership
- Bob and Queenie Friedman Fund

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

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

Remembe—all donations are tax-deductible!

Please note that all contributions listed are through November 27, 2019.

Thank you.

**Temple Funds**

In gratitude, we acknowledge the contributions of our friends to the mission of Temple Beth Hillel.

**Rabbi Sarah Hronsky’s Fund**

*In Loving Memory of*
- Ida Ossen, by Arnold Ossen
- Jackie Cohn, by Evelyn Lever
- Judy Slavin, by Herb Slavin

Ray Rivkin, by Nolan Rivkin
Sheri Makoff, by Stephen Makoff

**In Appreciation of**
- Rabbi Sarah Hronsky
- by Barbara Tadelis
- by Heather Stewart and Leah Finkelstein
- by Socorro Shanks
- by Steven and Leslie Rouff

**CANTORIAL AND MUSIC FUND**

*In Honor of*
- Diane Lindsay, by Steve and Leslie Rouff
- Jen Brown, by Steve and Leslie Rouff

*In Appreciation of*
- Cantor Lance Rhodes, by Eric and Susan Goldman

**Emeritus Rabbi Kauffman’s Fund**

*In Loving Memory of*
- Annie Berman, by Moshe and Tara Kaiser
- Cecile Marx, by Marion Marx
- Herman Berman, by Moshe and Tara Kaiser
- Judith Seuthe, by Kathy Seuthe
- Mary Kantrowitz, by Alan Kantrowitz

*In Honor of*
- Charlotte Boigon, by Max and Emily Boigon
- by Robert and Carol Haymer

*In Appreciation of*
- Rabbi Jim Kaufman, by Alm Kantrowitz

**Donations**
- by Carolyn Salzer Levin
- by John and Linda Vacca

**Billy G. Ginsberg Fund**

*In Honor of*
- Sheila Boston’s 90th birthday, by Arlene Ginsberg

**Bob and Queenie Friedman Fund**

*In Loving Memory of*
- Elaine Rotter, by Arlene and Frank Balkin
- Jerry Shanks, by Arlene and Frank Balkin

**David S. Mohar Campership Fund**

*Donations*
- by Jennifere Shapiro

**Day School Fund**

*In Loving Memory of*
- Chris French, by Marilyn Morris and the Tisdale family
- Cia Perlman–Gene, by Marilyn Morris and the Tisdale family
- Gene Seles, by Marilyn Morris and the Tisdale family

*Get well wishes to*
- Kit Morris, by Marilyn Morris and the Tisdale family

**In Honor of**
- The marriage of Matthew and Yi Drenberg, by Marilyn Morris and the Tisdale family
- Marlyn Michaels’ 85th birthday, by Marilyn Morris and the Tisdale family
- Ruth Hyman’s 100th birthday, by Marilyn Morris and the Tisdale family

**Early Childhood Education Fund**

*Donations*
- by Jennifere Shapiro
- by Joshua Dolberg and Robyn Matlin

**Endowment Fund**

*In Loving Memory of*
- Annie and Herman Berman, by Mya and Michael Rosett
- Barbara Harmon, by the Harmon family

*In Honor of*
- Joe Sitkin’s 100th birthday, by Barry Paster

**George Friedman Shofar Fund**

*In Loving Memory of*
- Elaine Rotter, by David and Tobi Schneider

**Max Sands Special Projects Fund**

*In Loving Memory of*
- Frances Sands, by Steve and Leslie Rouff
- Jackie Cohn, by Steve and Leslie Rouff
- Johanna Spiegel, by Steve and Leslie Rouff

**Memorial and Tribute Fund**

*In Loving Memory of*
- Abraham Pomerantz, by Irv Pomerantz
- Ann Miller, by Barney Jean Kort
- Anna Zalis, by Sanaat Vakhidova
- Annie and Herman Berman, by Mya and Michael Rosett
- Alice Shulman, by Herb and Rita Silverman
- Arthur Maler, by Helen Maker
- Barbara Krongais, by Richard and Carolyn Saltsman
- Beatrice Nadell, by Howard Nadell
- Benjamin Wiener, by Hal and Francine Wiener
- Doris Haimovitz, by David and Jo Haimovitz
- Dorothy Fey, by Jeffery and Lyn Fey
- Elaine Broffman, by Stanley Broffman
- Ellen Kaufman, by Eric Dolkart
- Eva Buchman, by Freddie Goldberg
- George Silverman, by Herb and Rita Silverman
- Gus Waldman, by Jeffery and Lyn Fey
- Hanna Klein, by Susan Margulies
- Harry Chaiken, by Marlene Putterman
- Helen Saltsman, by Richard and Carolyn Saltsman
- Ida Kolberg, by June Ross
- Irving Chaiken, by Marlene Putterman
- Irving Weiner, by David and Jo Haimovitz
- Isidore Rothfield, by Marlene Putterman
- Jackie Cohn, by Carol Lesnher
- Joseph Broffman, by Stanley Broffman
- Laine Gold, by Claudia Gold
- Lance Schneider, by David and Tobi Schneider
- Larry Zoller, by Dolly Growsrth
- Lee Waldman, by Jeffery and Lyn Fey
- Lena Golden, by David and Jo Haimovitz
- Matthew Glaser, by Susan Kessler
- Milo Sirota, by Gene and Valentine Greenberg
- Murray Schneider, by David and Tobi Schneider
- Our Parents & Grandparents, by Alex and Ludmila Voskobynik
- Pauline Maler, by Helen Maler
- Phyllis Weiner, by David and Jo Haimovitz
- Ray Rivkin, by Sandy Rivkin
- Robert Cohen, by Roger and Sandra Cohen
- Ruth Rosenberg, by Lawrence Rosenberg
- Sadie Glagovsky, by Richard and Carolyn Saltsman
- Shimon Kaiser, by Moshe and Tara Kaiser
- Stan Lever, by Evelyn Lever
- Steven Maler, by Helen Maker
- Susan Kaiser, by Moshe and Tara Kaiser
- Tadels and Schickman families, by Barbara Tadelis
- William Harris, by Sylvia Marcovitch

**In Appreciation of**
- Temple Beth Hillel, by the Brandeis National Committee

**Donations**
- by Howard and Terri Gould

**Moses Fund**

*In Loving Memory of*
- Jacqueline Cohn, by David and Tobi Schneider

**In Honor of**
- Rabbi Jim
- by David and Tobi Schneider
- by Maxine Stern

**North Hollywood Interfaith Food Pantry**

*In Loving Memory of*
- Arleen Bernstein, by Jeannine and Victor Esban
- Lorraine Rosenthal, by David and Tobi Schneider
- Max Kerman, by Eunice Kerman
- Murray Schneider, by June Ross
- Steven Maler, by Helen Maker
- Susan Kaiser, by Moshe and Tara Kaiser
- Tadelis and Schickman families, by Barbara Tadelis
- William Harris, by Sylvia Marcovitch

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SCOUT SHABBAT

TBH is blessed to support the community as the chartering organization for Cub Scout Pack 311 and Boy Scout Troop 36. It was such a joy to see all of these Scouts on our bimah and participating in the service on December 6 during our Scout Shabbat. We are proud of our very own Ben Kushnir, who has earned his Eagle Scout this year and delivered a thoughtful d’var Torah.

If you are interested in more information regarding the Scouting program, please be in touch with our office, and we will connect you.
SHUSHAN WARS

The Jews Awaken

MARCH 8

PURIM SHPIEL
10:30AM

PURIM CARNIVAL
11:30AM

bethhillel.info