SATURDAY, JANUARY 26 AT 7:00PM

RSVP: BETHHILLEL.INFO
VIP TABLE - $1000
GENERAL - $75
SENIOR - $60

A NIGHT OF FUN
HYSTERICAL COMICS
GREAT FOOD & DRINKS
SPONSORSHIPS AVAILABLE

COMEDY NIGHT

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The average life span for many in our community will be at least 80 years, if not much older! Currently, TBH has at least 76 proud congregants 80 years old and over, and our members who identify themselves as retired is a much greater number. As people are living longer and healthier lives than previous generations, TBH would like to be a part of helping our congregants across the age spectrum live well and joyfully within a community of friends, support, and Jewish values. This is the mission statement of an innovative group called ChaiVillage LA.

As we age, we find the prevailing image of life is one of transition and change. We experience changes in relationships, health, environment, and certainly technology. Furthermore, we might question our place in society as we transition from an active work life to retirement. Since we believe that our ties to Judaism and our synagogue communities are often the most constant elements in this time of flux, we believe that can be a guiding light to help illuminate issues that these changes and transitions and help manage the stresses they engender.

Temple Beth Hillel and Adat Ari El want to consider exploring a relationship similar to that of ChaiVillage LA. ChaiVillage is a part of the Village Movement, and we hope together to sponsor a new program that will assist our congregants in navigating both the opportunities and the challenges of aging. The Village Movement is not about a particular place; rather, it’s a movement led by older adults who share their optimism, diverse skill sets, and expertise. The movement empowers adults to use their wisdom, talents, and life experience to creating a community of support; whether it be in education opportunities, exploration of arts, helping to facilitate a ride, or solving a handyman need in another member’s home.

With the help of our communities, we can begin the creation process of forming a “Village.” The Village would be a space for resource sharing, social and educational experiences, and whatever possibilities the leadership of adults draws together! To achieve these goals, we will be proposing a series of “house meetings,” gatherings of 10-15 people to hold conversations that would focus on the needs of the participants and those of the broader Adat Ari El and TBH communities. Examples of questions posed might be: At what stage of life do you find yourself? What is important to you? What can the synagogue do to facilitate change?

As the Village movement is led by its participants, we need you! Please let me know directly, if I can count on you to 1. Join us at a gathering OR 2. Host and with training facilitate a house meeting for this important project. Also, I am seeking out two key leaders who have the time to commit to working at the core these next several months to be a driving force. If this is you, send me an email or call me at Temple (rabbisarah@tbhla.org or 818-763-9148 ext. 106.)

Creating our own version of ChaiVillage will be a process and will take some time, but we know how important this endeavor will be for all of us. Please consider being a part of the development process and share your wisdom and expertise.
TBH’s annual tradition of serving our greater community

**Mitzvah Day**
**Sunday, January 20**

8:00am - Cedar-Sinai Blood Drive Begins
For info and to make an appointment, email Jodie Reff at: reffhouse@sbcglobal.net or visit: www.cedars-sinai.edu/donateblood.

8:30am - Nosh on the Yard

9:00am - Opening Ceremony

9:45am - Mitzvah Day Activities Begin

10:00am - ECE Trike-A-Thon

10:00am - Elementary School Bake Sale Opens

8:00am - Tree Planting with City Plants in honor of Tu BiSh’vat
Come join us for this family-friendly event as we plant 70 new trees in Jamie Beth Slaven park! Sign up here: https://goo.gl/v8JPHi

2:00-7:00pm - Community Supper at LA Family Housing
We’ll cook and serve dinner for 250 guests with LA Family Housing in No. Hollywood. The event will run under the direction of Scott Tessler. We need 8-10 volunteers (adult or older teens only). Please RSVP to Scott at silverspns@aol.com.

TBH will also be participating in a variety of community collections during the month of January. Please visit BethHillel.info for more details.

- Welcome Home Baskets for those formerly homeless - items to include: Basic hygiene kit for a family; dish soap; laundry soap; 1 pot & 1 pan; cooking utensils; plate, bowl, cup for a family of 4; knife, fork, spoon for a family of 4; 2 rolls of paper towels; 4 rolls of toilet paper; bath towels and wash cloths for a family of 4; and household cleaning supplies.
- Newspapers: Collecting all old newspaper to donate to our local animal shelter for their kennels.
- Flea Collars for Cats and Dogs: Help us prevent the spread of fleas & illness to homeless pets on the streets.
- Tube Socks Drive: To benefit the homeless in our community during the cold months.
- Children’s Books - New and Gently Used: To benefit the new Pediatric Unit of Valley Community Healthcare.
January

SHABBAT, JAN. 4-5
Torah Portion: Va’ehirah, Exodus 6:2 - 9:35
Friday, January 4
6:00pm
Tot Shabbat
Join us in the Bauman Sanctuary for service led by Rabbi Sarah Hronsky and Music Leader Jen Alpert. Oneg and Shabbat activity to follow.

7:00pm
Erev Shabbat Service
Join us in the Bauman Sanctuary for service led by Rabbi Sarah Hronsky and Music Leader Jen Alpert. Oneg to follow.

Saturday, January 5
5:00pm
Hannah Carbunaru Bat Mitzvah

SHABBAT, JAN. 11-12
Torah Portion: Bo, Exodus 10:1 - 13:16
Friday, January 11
7:00pm
Erev Shabbat Service
Join us in the Bauman Sanctuary for service led by Rabbi Sarah Hronsky and Cantor Stephanie Kupfer. Birthday blessings will be shared. Oneg to follow.

Saturday, January 12
4:00pm
Moses Program
Join us for this very special outreach to Jews with developmental disabilities. RSVP to Rabbi Jim Kaufman at rabbikauffman@tbhla.org.

SHABBAT, JAN. 18-19
Torah Portion: Beshalach, Exodus 13:17 - 17:16
Friday, January 18
7:00pm
Shabbat Shirah
Join us in the Bauman Sanctuary for services led by Rabbi Ellie Steinman, Visiting Cantor Patti Linsky, and Anachnu Shir. Oneg to follow.

Saturday, January 19
5:00pm
Sasha Turbow Bat Mitzvah

SHABBAT, JAN. 25-26
Torah Portion: Yitro, Exodus 18:1 - 20:23
Friday, January 25
SPECIAL SHABBAT PROGRAM
6:00pm
Kabbalat Shabbat Service
Join us in the Bauman Sanctuary for services led by Rabbi Sarah Hronsky, Rabbi Ellie Steinman, Song Leader Justin Stein, and percussionist.

7:00pm
Shabbat Dinner
Join us in the Sands-Mallet Social Hall for dinner. $18 per person. RSVP required at bethhillel.info.

8:00pm
Adult Ed Program: All in the Family
A special panel of rabbis from across the generations reflect on the past, present, and future of the American Reform Judaism of which Isaac Mayer Wise dreamed. Speakers include:
- Rabbi Denise Eger, Congregation Kol Ami
- Rabbi Stephen Einstein, Emeritus at Congregation B'nai Tzedek
- Rabbi Sarah Hronsky, TBH
- Rabbi Eleanor Steinman, TBH

February

SHABBAT, FEB. 1-2
Friday, February 1
5:30pm
Bring Your Own Dinner
Join us in the Sands-Mallet Social Hall before services.

6:00pm
Tot Shabbat
Join us for services in the Bauman Sanctuary led by Rabbi Ellie Steinman, Cantor Shira Fox, and our Early Childhood Mechina students. Oneg to follow.

7:00pm
Erev Shabbat Service
Join us in the Bauman Sanctuary for services led by Rabbi Ellie Steinman and Cantor Shira Fox.

SHABBAT, FEB. 8-9
Friday, February 8
7:00 pm
Gospel Shabbat and Pulpit Exchange with Ward AME
Join us in the Bauman Sanctuary for services led by Rabbi Sarah Hronsky, Visiting Cantor Patti Linsky, band, Anachnu Shir, guest speaker Pastor John Cager and the Ward AME Choir. Oneg to follow.

Saturday, February 9
10:00am
Beth Hillel Day School Minyan
Led by BHDS Students, Morah Shana Dienstag, Rabbi Sarah Hronsky, and Rabbi Ellie Steinman.

Sunday, February 10
10:00am
Join us at Ward AME as Rabbi Hronsksy shares their pulpit. TBH members are welcomed and encouraged to attend. 1177 W 25th St, Los Angeles, CA 90007

SHABBAT, FEB. 15-16
Torah Portion: Tetzaveh, Exodus 27:20 - 30:10
Friday, February 15
7:00pm
Erev Shabbat Service
Join us in the Bauman Sanctuary for services led by Rabbi Sarah Hronsky and Song Leader Justin Stein. Birthday blessings will be shared. Oneg to follow.

Saturday, February 16
10:00am
Shabbat Morning Minyan
Join us in the Kaufman Beit Midrash led by Rabbi Sarah Hronsky, Song Leader Justin Stein, and Brotherhood members. Followed by a potluck lunch.

SHABBAT, FEB. 22-23
Torah Portion: Ki Tisa, Exodus 30:11 - 34:35
Friday, February 22
6:00pm
Special Kabbalat Shabbat
Join us in the Bauman Sanctuary for a unique, musical, and spiritually explorative Shabbat service. Special service led by Rabbi Sarah Hronsky with our special guests -- all the way from Israel -- Netanel Goldberg and Band.

Saturday, February 23
9:00am
Shabbat Morning Hike
Join Rabbi Sarah Hronsky for this moderate hike with some steep incline at Fryman Canyon. Meet in the parking lot before 9:00am.

Congrats to our January B’nei Mitzvah!

January 5
Hannah Carbunaru, daughter of Rafael and Natalie Carbunaru

January 19
Sasha Turbow, daughter of Darren and Jeanne Turbow

Save the Date:
PURIM Audition Dates Announced Soon!

Seeking 18 singing & dancing teens and upper-Elementary students. There will be four rehearsals then the shpiel on March 24.

Contact Nolan to sign-up: nrivkin@tbhla.org
FEATURED SHABBAT OPPORTUNITIES IN JANUARY AND FEBRUARY

**Special Shabbat Program Friday, January 25**

6:00pm - Shabbat Service
7:00pm - Shabbat Dinner
$18 per person. RSVP required at bethhillel.info.
8:00pm - Program: All in the Family

A special panel of rabbis from across the generations reflect on the past, present, and future of the American Reform Judaism of which Isaac Mayer Wise dreamed.

Speakers include:
- Rabbi Denise Eger, Congregation Kol Ami
- Rabbi Stephen Einstein, Emeritus at Congregation B’nai Tzedek
- Rabbi Sarah Hronsky, TBH
- Rabbi Eleanor Steinman, TBH

**Gospel Shabbat and Pulpit Exchange with Ward AME Friday, February 8**

7:00pm - Gospel Shabbat
Guest speaker Pastor John Cager and the Ward AME Choir join us for another rousing gospel Shabbat. Service will be led by Rabbi Sarah Hronsky, Visiting Cantor Patti Linsky, band, and Anachnu Shir. Followed by an Oneg.

**Sunday Service and Pulpit Exchange at Ward AME Sunday, February 10**

10:00am - Sunday Service Welcomes TBH
Rabbi Sarah Hronsky will be a guest speaker joining Pastor John Cager for services. Join us at Ward AME, 1177 W 25th St, Los Angeles, CA 90007. All TBH members are welcomed and encouraged to attend.

**Special Kabbalat Shabbat with Netanel Goldberg & Band Friday, February 22**

6:00pm - Kabbalat Shabbat
Join us for this unique, musical, and spiritually explorative Shabbat service led by Rabbi Sarah Hronsky with our special guests -- all the way from Israel -- Netanel Goldberg and Band.

Netanel is a countertenor vocal artist who leads sessions of prayer and healing circles in Israel, Europe, and the United States.

In addition to Hebrew and English, Netanel performs in new languages that he makes up live, an improvisational reflection of life through music.

**Shabbat Morning Hike Saturday, February 23**

Fryman Canyon Park
9:00am

Join Rabbi Sarah Hronsky for this moderate hike with some steep incline. Meet in the parking lot before 9:00am. Fryman Canyon Park, 8401 Mulholland Dr, Studio City, CA 91604.
TBH is Important Enough
by Freddie Goldberg
TBH Co-President with Margie Meadow

I hope that you all had an enjoyable and light-filled Chanukah. With 2019 in view, and with 6 months under my belt as co-president of TBH, I’ve been thinking about how I got to this leadership position. I sometimes ask myself why did I step up? What made me look into my heart and say TBH is important enough to me to stand up and be a part of its future. And that was the truth of it. TBH is important enough to me to want to be part of its future.

For me, I find being part of an organization where I like to spend time and where I find my spiritual center to be worth the investment, both in time and yes, even money. In the beginning, I took that first step to volunteer by joining the Budget and Finance committee. This is where I thought my talents could help. Budget & Finance is not for everyone (most people don’t consider it fun stuff) but it has always interested me and I find it engaging (guess I’m what you call a "numbers person"). I also got something in return, a sense that I was helping in some small way. From there, I continued to find ways to get involved and to give back to a community that has given me so much.

What have I learned in my first 6 months? I’ve learned that being a leader requires hard work. It requires grit, tenacity and time. It means meetings, lots of meetings. I’ve had to learn to really prioritize my time between here and my paying job. But to me, it’s worth it because this work is meaningful. I want TBH to be the best synagogue it can be and I want our board to be the best they can be so I need to be the best leader I can be. And that gives me purpose.

If I had a magic wand, I’d wave it and everyone would see what I see, that there is value in serving our community. I’d want people to know that I know it takes courage to step up and share your knowledge but that the rewards are great when you see how you are helping TBH thrive. I’d share with you my passion in the hopes that you could share that passion. As I waved my wand, I’d help my fellow congregants envision their purpose for getting involved, even if it started with baby steps like becoming part of a task force to upgrade a bathroom or participate in a focus group on alternative dues structures to help increase our membership.

I’m not expecting folks to break down the door to become the next president but all good leaders have to start somewhere. Figure out your strengths and where you think you can help. Maybe you’re an accountant or "numbers person." We’d love your involvement on Budget & Finance (meets once a month). Maybe you like marketing. Our Marketing and Branding chairperson is looking for creative and talented people. Maybe you have ideas about making our Shabbat services more inviting to more people (Religious Practices meets 4 times a year). There are many opportunities.

I hope you will consider getting involved with the TBH community. Margie and I would love the opportunity to talk with you. You can email us at president@tbhla.org.

TBH Brotherhood

Giving Thanks
by Michael Heiss & Mark Singer
TBH Brotherhood Co–Presidents

The main focus for TBH Brotherhood in the past two months has been our Feast of Caring. Honored earlier this year by the national Men of Reform Judaism for Service to the Community, this year marked our 18th annual event and in the spirit of that number we gave life to our many guests.

Thanks go out to our Event Captain, Chris Dwyer, Culinary Master, Scott Tessler, ace turkey carver David Reff, and all those who literally labored over the hot stoves to prepare the food. Special thanks also go out to the many volunteers and their families from our schools, Scouts, the Food Pantry and the greater Temple-wide community. Many of them have said that they got as much from their participation as our guests received from us. We couldn’t have done this without you. THANKS TO ALL!

At the end of a great day we served over 300 guests on site and delivered meals to more that 300 others who were unable to attend. To show that nothing went to waste, the few leftovers were brought to City Housing Shelter. Recognizing our work to serve the greater Valley community, we were even covered by KNBC as part of their “Life Connected” reports (see the link on the TBH Facebook page).

One last note is to recognize Peri Gordon and Shalini Pathak for their designs and words that emblazoned the t-shirts worn by our volunteers (on right).

Everyone, please store them away carefully, as we look forward to seeing you all decked out in orange next Thanksgiving.

Looking forward into 2019 we have many more events for both fun and opportunities for service. Next up in February is our annual Movie Night and Brotherhood Shabbat Minyan. Watch the weekly e-blasts for more information.

As always, we welcome your ideas, suggestions and participation. Contact us at brotherhood@tbhla.org.
Vision and Goals
Rabbi Eleanor Steinman
Rabbi Educator - Religious School

TBH Religious School continues to be a thriving learning environment for our students in grades kindergarten to 12. And we want to remain that way! For the last 18-months a variety of types of meetings have taken place that result in a brand new TBH Religious School vision and goals document that I am excited to present to the entire congregation.

First, a word about how we got here. In the 2016-17 school year, a task force was convened of parents, future parents, and alumni of TBH Religious School. TBH was lucky to receive guidance and coaching from the URJ’s B’nai Mitzvah Revolution team of experts. This group met regularly, including an afternoon retreat, and developed the vision statement and goals document.

Then, during the 2017-18 school year I met with 29 TBH members for a one-on-one conversation that focused on what their ideas are for their children’s Jewish learning. We also reviewed that vision statement and goals and received some instructive feedback that was then incorporated into the final version of this document. Additionally, I heard tremendous positive reasons that people choose TBH and remain committed to this congregation. I’ve captured those responses in this beautiful image (on right).

TBH’s Religious School Committee and Board of Trustees have carefully reviewed this document as well and are enthusiastic about the use of this vision guiding the decision making for the future of the Religious School to include curriculum choices, special programs, methodology and so much more.

VISITION STATEMENT
Temple Beth Hillel will be a cutting-edge Reform Jewish learning community that embraces inclusivity, spirituality, and creativity while teaching traditions, providing experiences, and instilling values for our youth, their families, and future generations.

The goals of the Religious School supplementary learning program at Temple Beth Hillel are to:
• Encourage the development of Jewish identity that binds the learner to the Jewish people and the growth of an individual’s personal Jewish identity.
• Provide learners with a secure environment where they can develop and discover their own spirituality and relationship with God within the framework of Judaism.
• Connect the performance of mitzvot (Jewish obligations) to a developing sense of commitment to the values, ethics, and traditions of Reform Judaism.
• Joyously encourage the celebration of Shabbat, holy days, and Jewish lifecycle moments as individuals, family units, and synagogue community members.
• Understand the connections between Judaism and justice and take action steps to further the causes of peace, equality and justice for all peoples.
• Inspire a connection with k’al Yisrael (the community of Israel) in our city, country, world, and in particular, to the land, people and State of Israel.
• Introduce our children to the Hebrew language so they will be able to effectively participate in synagogue t’filah (prayer service) and have the foundation to understand Hebrew as a living language.

If you have any questions, I invite you to come and speak with me.

Seder In The Desert 40
We Made It!

April 5-7
Yucaipa State National Park
$20 per person; everyone must RSVP

Participants must attend the entire weekend, be a TBH congregant, or have attended during the past 39 years. For questions about this wonderful program, contact Rabbi Sarah Hronsky at rabbisarah@tbhla.org or visit: tbhla.org/sederinthedesert.
Shalom and Happy New Year. The Women of Temple Beth Hillel have been busy. We’ve hosted a beautiful and well attended Chanukah Boutique. It was terrific to see how many of you graciously volunteered and how many of you came to shop. Thank you. What a wonderful way to purchase gifts for the holiday and support Temple Beth Hillel at the same time. That’s a winning combination!

In the spirit of community, we’ve handed out Chanukah Candles to all our TBH students. And in keeping with the spirit of Tikun Olam, the Women of TBH have continued to support those less fortunate than us and in need. We have Adopted 2 families for the holidays and have given them many wished for items. We are also supporting 2 local charities, Hands for Hope and Hope of the Valley.

We have listened to many voices around the Temple and have begun a daytime program event which will meet (mostly) monthly. We had Rabbi Jim Kaufman speak to a full room of participants which is open to ALL Temple members, not just women, in the Beit Midrash.

There was so much discussion with lively questions and answers relating to the background of Israel’s political structure that we didn’t even get to the intended topic of “What do we do with our mixed feelings about Israel?” This meeting was such a success that everyone wanted to continue with this discussion. We will bring our beloved Rabbi Emeritus back on January 30 to continue with this discussion topic. So look for our flyers and don’t forget to sign up.

We are putting our ideas to the test for a monthly daytime group effort. We plan to have a variety of topics as well as occasionally meet off site. Want to go to a movie and have lunch to talk about what we just watched? Or how about visiting the Skirball to get a tour of an exhibit? We want to arrange fascinating things to do that will engage you, delight and divert you. Do you want to have an art activity one month? Or what about a private concert another month? Please give us some ideas on what you would particularly like to see. Someone asked for a political speaker. We can do that. How about having another one- or more-of our rabbis give a drash? They are so knowledgeable that learning with Rabbis Hronsky and Steinman is always a joy. Please give us ideas on what YOU would like to see. We LOVE hearing from you.

January brings another tradition of FUN to our members: BUNCO NIGHT! Yes, it’s back, and you don’t want to miss an exciting evening of good food, mixed drinks, lots of dice rolling and MANY prizes. We laugh at every game. It is a light hearted, fun filled evening-and NO ONE has to be a card player to enjoy this simple game that will be taught in under 2 minutes. If you like to laugh, talk to old friends and make new friends, this is definitely the night for you. Sign up for our January 13 Bunco Night!

We will also begin our Rosh Chodesh monthly women’s night of learning, eating, and enjoying. We have some lovely opportunities for volunteers to host one of these evening events. Everyone brings desserts so there is also time to nosh and visit with friends. Our first Rosh Chodesh event is January 17.

On a more competitive note, another semi-annual event is happening on February 17. You guessed it! Our Mah Jongg Tournament is back. Many women around the community spend the day competing for the championship. They play, take a few breakfast and lunch breaks, and then play Mahj some more. It’s back, and you don’t want to miss an exciting evening of good food, mixed drinks, lots of dice rolling and MANY prizes.

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1. Ward AME Pulpit Exchange
2. Mitzvah Day
3. Purim Schpiel
4. Purim Carnival
5. Purim Carnival
6. Women's March
7. BHDS Passover
8. Seder in the Desert
9. Shabbat B’Park
10. Jazz & Wine Fundraiser
11. Shabba-Que
12. Tashlich
13. Tashlich
14. Sukkot
15. Sukkot
16. Thanksgiving Feast of Caring
17. Chanukah Celebration
18. Generations Day
Starting Sunday, January 6
10:30am
Adult Ed: Mussar Classes
Six Classes taught by Rabbi Hronsky.
(see ad below for more details)

Tuesdays, January 8, 15, 22, 29
12:30pm
Adult Ed: Torah Tuesdays
Join us in the Kaufman Beit Midrash for adult Torah study with clergy. Welcome to bring your lunch.

Sunday, January 13
6:00pm
WTBH Ladies Night Out - BUNCO!
You don’t want to miss an exciting evening of good food, mixed drinks, lots of dice rolling, and MANY prizes. $18 pp. Sign up at sisterhood@tbhla.org.

Wednesday, January 16
7:00pm
Adult Ed: Book Club
Join us as we will discuss The Road to Character by David Brooks led by Rabbi Sarah Hronsky. Meeting monthly through June; check calendar for upcoming dates.

Sunday, January 20
9:00am - 1:00pm
TBH MITZVAH DAY
(see page 3 for more details)
8:00am - Blood Drive
Go online for info and to make an appointment: www.cedars-sinai.edu/donateblood
8:30am - Nosh
9:00am - Opening Ceremony
9:45am - Activities Begin
10:00am - ECE Trike-A-Thon
Elementary School Bake Sale
11:00am - PATHs Lunches for Bunches
Offsite:
8:00am - Tree Planting in honor of Tu BiSh’vat
Sign up: https://goo.gl/v8JPHi
2:00-7:00pm - Community Supper at LA Family Housing
Saturday, January 26
7:00pm
TBH COMEDY NIGHT
(see front cover for more details)

Wednesday, January 30
10:30am-1:00pm
WTBH Daytime Program
What Do We Do With Our Mixed Feelings About Israel, discussion with Rabbi Jim Kaufman. Sign up at sisterhood@tbhla.org.

Tuesdays, February 5, 12, 19, 26
12:30pm
Adult Ed: Torah Tuesdays
Join us in the Kaufman Beit Midrash for adult Torah study with clergy. Welcome to bring your lunch.

Tuesdays, February 5, 12, 19, 26
7:30pm
Adult Ed: A Taste of Melton Modern Living, Maintaining Balance
Throughout this course texts will be studied related to the various elements of our lives that are constantly hanging in the balance. Taught by Rabbi Jonathan Jaffe Bernhard of Adat Ari El and Rabbi Eleanor Steinman. Locations provided with registration; 2 at TBH, 2 at ADAT. Please RSVP to: nrivkin@tbhla.org.

Sunday, February 10
11:00am
PATH’s Lunches for Bunches
To volunteer to help put lunches together, visit: https://www.signupgenius.com/go/20f044badab29a1f58-feeding2

Sunday, February 17
8:30 am
WTBH Mah Jongg Fest
Women of Temple Beth Hillel are hosting a mah jongg tournament. Entry fee is $36 pp and includes breakfast nosh and lunch buffet. Call Judi Nacchenberg for info: 818-764-6240.

Wednesday, February 20
7:00pm
Adult Ed: Book Club
Join us as we will discuss Waking Lions, by Ayelet Gundar-Goshen. Meeting monthly through June; check calendar for upcoming dates.

Friday, February 22
8:00pm
Brotherhood Movie Night
Join TBH Brotherhood for a movie after the Shabbat service. More info at bethhillel.info.

Temple Closures for Jan.- Feb.
Please be advised that the main office and schools will be closed on:
Monday, Jan. 1 - New Year’s Day
Monday, Jan 21 - MLK Jr. Day
Monday, Feb. 18 - President’s Day
**January**

**Friday, January 4**
Tot Shabbat

**Monday, January 7**
Schools Resume

**Thursday, January 10**
Elementary School Parent Association Meeting

**Tuesday, January 13**
Religious School Grades 2-7 Summer Camp Fair

**Wednesday, January 14**
Elementary School Admissions Parent Tour

**Sunday, January 20**
MITZVAH Day
*(see page 3 for more details)*

**Monday, January 21**
NO SCHOOL - MLK Jr. Day

**Wednesday, January 23**
Elementary School Parents Admissions Tour

**Tuesday, January 29**
ECE Parenting Talk at 6:45am Talking About Death and Loss

**February**

**Friday, February 1**
Tot Shabbat

**Tuesday, February 5**
Early Childhood Community Assembly

**Saturday, February 9**
Elementary School Minyan, Siddur Ceremony, & Jewish Studies Open House

**Monday, February 18**
NO SCHOOL - Presidents’ Day

**Wednesday, February 20**
ECE & ES Picture Makeup Day

**Friday, February 22**
Early Childhood at 10:45am Special Person Shabbat

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**Youth Group Events**

**Saturday, January 5**
5:30-8:00pm
HRTY 45 - Bowling Night
Flash back to the 50’s with us for a bowling and dinner event. Drop-off and Pick-up at Corbin Bowl. Cost $30 for early bird/$35 regular rate.

**Saturday, January 12**
5:30-10:00pm
JR HRTY
Come Join us for a night of fun, food, and laughs. Pick-up and Drop-off at El Portal Theater. $30 for early bird/$35 regular rate.

**Friday - Monday, January 18-21**
NFTY Winter Kallah
Teens from NFTY SOCAL & NFTY CWR can expect a traditional weekend of NFTY fun.
For info, visit: [https://southerncalifornia.nfty.org/event/nfty-socal-winter-kallah/](https://southerncalifornia.nfty.org/event/nfty-socal-winter-kallah/)

**Thursday - Sunday, February 14-17**
NFTY Convention in Dallas, TX
Teens can expect a traditional weekend of NFTY Convention fun. For info, visit: [https://nfty.org/event/nfty-convention-2019/](https://nfty.org/event/nfty-convention-2019/)

For more information about any of the TBH Youth Group programs, please contact Ellie Laycook - Youth and Family Programs Coordinator, [ElLaycook@tbhla.org](mailto:ElLaycook@tbhla.org).

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

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**Register now For Parent & Me Spring 2019**
[CLICK HERE!](#)

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**Beth Hillel Elementary**
**Grades TK-6**

A progressive school community rooted in Jewish values

**Schedule your tour today!**

**admissions@tbhla.org**

**(818) 763-8308**

**tbhla.com**
Teenagers and Young Adults - Stressed and Depressed
by Gussie Sitkin, MFT
Clinical Director of TBH at the Community Counseling Center

Based on a survey released by the American Psychology Association in 2014, including teens, people ages 13 – 17, respondents had a stress level of 5.8 on a 10-point scale. 40% reported feeling irritable or angry; 36% reported feeling fatigued or tired; 31% reported feeling overwhelmed. Depression is also a significant concern among adolescents. Some researchers blame technology, particularly social media, for the increase of depression and anxiety among teenagers and young adults. The reality is more complicated. It is undeniable that some people do find their lives lacking when compared with what they see on social media. Media can encourage unrealistic expectations about body image and personal appearance – most of which are professionally produced and heavily filtered.

However, there seems to be a culture of “competitive individualism” in the United States and some other countries which show that the quest for personal perfection is steadily increasing and social media is pushing us toward unattainable standards of perfection. A study found that current generations not only feel the rise in perfectionism but also may be linked to an increase in myriad psychological problems. An increase in anxiety among teenagers and young adults may be caused by feeling pressure to succeed. And coincidently, the anxiety makes it more difficult to succeed. This can have a significant effect on academic performance. Once a pattern of academic difficulty tied to anxiety is established, the problem can become self-perpetuating.

Something parents and others can do to help with these problems is to listen to adolescents and affirm their feelings while offering constructive ideas which include ways to alter their level of expectations to be more realistic. We want them to succeed but not in a way that is hurtful to their psyche. Another way to help them is to offer time management ideas. I have found with my clients that this has alleviated much anxiety as they now have tools to cope with their expectations.

A breathing technique can also interrupt the stress response. It is called the “4-7-8 breathing method. It calls for breathing in for four seconds, holding the breath for seven seconds and then breathing out for eight seconds. It really works.

For additional information, call the Community Counseling Center at 818-762 4817.

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Improving Lives on the Street
by Sharon Adato
Past President

In our effort to perform Tikun Olam, we look for answers to help solve the homeless problem here in our community. We carry tube socks and nutrition packets in our cars, we pack lunches for PATH and vote on measures H and HHH on our ballots.

Going forward to take some next steps, TBH has formed a Task Force on Homelessness to continue to find ways to improve the lives of people on the streets of our communities. The Task Force is joining with other ongoing community outreach by participating in the Interfaith Response to Homelessness Coalition, the Mayor’s East Valley Organizing Committee and the NOHO Home Alliance.

The Taskforce spent the last few months exploring and have determined strong areas of focus include Advocacy, Action, and Education. We welcome you to join us.

How can you get involved? The NoHo Home Alliance provides meals, showers, clothing, phone charging, and mail services at St. Matthew’s Church at 11031 Camarillo Street in North Hollywood. TBH would like to put together a team to assist on Wednesday mornings. If you are able to assist, contact Rabbi Sarah Hronskey at (818) 763-9148 or rabbisarah@tbhla.org.

The TBH Task Force meets on the third Tuesday of the month. The next meeting is January 15, at 7pm.

Join us at Mitzvah Day, January 20 to learn more about the volunteer opportunities. Check the Mitzvah Day announcement for supplies needed to fulfill welcome home baskets for families or individuals moving off the street and into “bridge” housing.
Ultimately, it’s your experience that matters.

To be sure, we’re proud of our 30 years of experience in senior living. But, to us, what really matters is your experience at our communities.

We do everything with that idea clearly in mind. So, go ahead, enjoy yourself with great social opportunities and amenities. Savor fine dining every day. And feel assured that assisted living services are always available if needed.

We invite you to experience The Village at Sherman Oaks for yourself at a complimentary lunch and tour.

Please call 818.245.5832 to schedule.
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
- 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!

Please note that all contributions listed are through December 10, 2018.

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

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In Loving Memory of
Benjamin Osnen, by Arnold Osnen
Frances Kowal, by Erika and David Jarrick & family
Frances Kowal, by Abe Kowal
Eva Buchman, by Freddie Goldberg
Elaine Broffman, by Edie and Sid Yukelson
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Lee Waldman, by Lynn and Jeff Fey
Abraham Barbolet, by June Ross
Anne Miller, by Jean and Barney Kort
Laurel Gold, by Claudia Gold
Shimon Kaiserman, by Tara and Moshe Kaiserman and family
Shemp Howard, by Rhea Selin
Marie Goodman, by Bobbe and Ben Tadelis
Hanna Klein, by Pauline Maler and Helen Maler
Carolina Dale, by Marina Misrize
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Abraham Fruitman, by Barbara Elman and family

**In Our Community...**

**Refuah Shleimah**
Wishing a full and speedy recovery to...
- Bob Howell
- Esther Winard
- David Haimovitz
- Toby Schneider
- Zoe Karpel
- Jared Karpel

**Condolences To...**
- Jody Friedelicks and family on the passing of her grandmother, Ruth Katz Joffe
- Steve Wisner and family on the passing of his mother, Joan Wisner
- Erin Dolkart and family on the passing of her mother, Ellen Kaufman
- Bobbe Tadelis and family on the passing of her husband, Ben Tadelis
- Debi Weiss and family the passing of her father, Mark Weiss

**Mazal Tov**
- Karen Morin Green and Kenneth Green, and Nick and Kelly Morin, on the birth of their grandson and nephew (respectively), Miles Jay Morin
- Michael and Rachel Milman on the birth of their daughter, Hannah Mattie Milman
- Sharon and Collin Pumle on the birth of their twins, Mina and Mason
- Laurie and Adam Finberg on the birth of their son, Isaac Parker Finberg

**Mazal Tov On These Special Wedding Anniversaries**
- Dan and Garland Fybel – 15th
- Lisa Loeb and Roey Hershkovitz – 10th
Let's Celebrate The Souper-Bowl
by Leslye Adelman
The North Hollywood Interfaith Food Pantry

To all who brought full bags of groceries, thank you so much. You helped make the holidays a little better for those in need.

This is a great time of the year to volunteer at the NHIFP. I've already had scouts, students in need of community service credits, and newbies who heard about the pantry during the holidays, contact me about helping. I can be reached at gentlenurturing@me.com.

In January, we are continuing to gather the staples that are always in need: peanut butter (or other nut butters), tuna or canned meats, rice, and beans. Please remember NO GLASS jars. Lastly, we are always in need of your brown paper bags, too.

In February, in addition to the staples, we are celebrating Souper-Bowl week starting Sunday, Feb. 3. Please bring cans or boxes of soup along with your other non-perishable items to TBH and place in the NHIFP bin in the lower lobby. Let's make this food drive a "touchdown!"

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

Food Pantry

Let's Celebrate The Souper-Bowl
by Leslye Adelman
The North Hollywood Interfaith Food Pantry

To all who brought full bags of groceries, thank you so much. You helped make the holidays a little better for those in need.
PURIM

Wednesday, March 20
Adult Program
7:30pm
$10 per person

Grab your leather jackets, your poodle skirts, and your hair grease, and join us for dinner and a sing-along Purim Schmaltz (Grease™) Shpiel!

Sunday, March 24
Family Program & Shpiel
10:30am

Community Carnvial
11:30am

All Are Welcomed
• Free Admission
• All New Prizes
• Arts & Crafts
• Food Booths
• Rides
• Games
• Music
• Pet Pen

RSVP to: bethhillel.info