Spring Events
CALENDAR ON PAGE 12

Temple Beth Hillel’s annual Purim Celebration is a highly-anticipated holiday celebration and event.

The entire weekend serves as our major fundraiser.
Purim promises to be filled with learning and lots of fun!

Wednesday, March 4
6:00 pm - Purim Persian Feast
A scrumptious Middle Eastern Meal
RSVP at BethHillel.info

7:00 pm - Megillah reading and Purim Shpiel: Wicked: A Tale of Two Queens

Sunday, March 8
10:00 am - A Tale of Two Queens
Costume Parade and Purim Shpiel Reprise (play).

RSVP at BethHillel.info.
More information on Page 11.
I wonder if there was a vaccine against Ebola, would we put ourselves on the waiting list to take it? I believe many of us would answer, “Yes”. Why? Because, Ebola is deadly and to save a life (tukah nefesh) is at the core of Jewish values and beliefs. Each and every life is precious; thus, we go out of our way to save one even at the expense of transgressing Shabbat.

And so it is with vaccinations. For many, chicken pox, measles, mumps, whooping cough are not deadly, for others these illnesses may very well be. There are children who are immune suppressed for whom vaccines are not an option, there are adults whose cancer treatments have compromised their vaccines making them susceptible to diseases, and there are individuals who are too young or too old and frail to be able to take vaccinations, all of whom are susceptible to limited abilities to fight any of these illnesses once acquired.

Some individuals opt out of inoculations citing medical, to philosophical and personal beliefs, or religious beliefs. While I respect that choosing to vaccinate oneself or one’s children is truly a personal decision, the arguments that Judaism instructs us to refrain from vaccinations is bunk.

It is also a Jewish obligation to take care of one’s own health, as well as preventing harm and illness to others. We are taught in the Torah to be most careful and watch over ourselves. These words are interpreted to mean guarding over one’s health and well-being of a child. According to Jewish law we are literally not allowed to endanger ourselves needlessly. Wherever there is a pitfall, we must remove the obstacle to guard ourselves and our souls. Later rabbis apply this in the use of vaccines. Shortly after the smallpox vaccine was introduced in 1796, Rabbi Nachman of Bratslov wrote that one “must be very careful about the health of children…and inoculate every baby against smallpox before the age of three months, for if he does not do so, he is like one who sheds blood.”

In more modern times, the Reform, Conservative, and Orthodox Movements have all taken a stand and issued formal commentaries on the issue of vaccination. All agree that it is a fundamental fact that we are religiously obligated in the saving of lives – tukah nefesh. They agree that the risks posed by vaccination are extremely limited, and the lifesaving affects outweigh them. Removing the obstacle of disease, some life threatening and disabling, is in alignment with Jewish law. Bottom line, each life is precious. Each life deserves to be sustained. Medicine should be employed when it is possible.

And finally, as Jews, we have a great sense of communal responsibility. It isn’t just about our single child. We are responsible one for the other. We lift up the fallen, we pray in community, we celebrate births together, we share in mourning, and we provide tzedakah to others in need. For Jews, we live in this world as a “we” not an “I”. Therefore, as Jews we should refrain. Not true!

Judaism teaches us that we are obligated to erect boundaries in order to prohibit someone from getting hurt. In Deuteronomy, we learn that one must erect a fence around his/her roof, lest someone would fall bringing bloodguilt upon the household. So, while most of us do not use our roofs as patios today, we will do things like erect a fence around our pool lest someone wonder into our yards and accidently drown. And so it is with vaccinations, if we inoculate our children then we are setting up boundaries of protection for our families and for other individuals who may not have the option of inoculation—the herd immunity scenario. But, herd immunity only works if we opt in for all healthy individuals.

It's a Jewish Thing to Vaccinate
by Rabbi Sarah Hronskey

Deut. 22:8
Deut. 4:15
Shulhan Arukh and Deut. 4:9
Midrash Rabbah Vayikra 4:6

If I am not for myself, who will be for me? If I am only for myself, what am I? And if not now, when? – Rabbi Hillel

A Reform congregation affiliated with the Union for Reform Judaism
12326 Riverside Drive
Valley Village, CA 91607
818-763-9148 • www.tbhla.org

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Temple Beth Hillel
People Prayer Possibility

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Shabbat & Holiday Observances

**March**

**SHABBAT, MAR. 4-8**
Torah Portion: Ki Tisa
Exodus 30:11—34:35

Wednesday
6:00 pm - Persian Feast in Honor of Purim. RSVP at BethHillel.info.
7:00 pm - Purim Megillah Reading & Shpiel. A Tale of Two Queens - Our Purim story told through the lens of Wicked and The Wizard of Oz. In Sands-Mallet Hall.

Friday
7:30 pm - Erev Shabbat Service. Led by Rabbi Sarah Hronsky and Cantor Shana Leon in the Bauman Sanctuary. Oneg to follow.

Sunday
10:00 am - Drumming Shabbat Experience for young families. Led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Feldman-Horn Mercaz.

**SHABBAT, MAR. 13-14**
Torah Portion: Vayakheil / P’kudei
Exodus 35:1—40:38

Friday
6:30 pm - Religious School 4th/5th Grade Shabbat Dinner.
7:30 pm - Erev Shabbat Service.
Led by Rabbi Ellie Steinman, Song Leader Justin Stein and the Cantor’s Chanters in the Bauman Sanctuary. Oneg to follow.

Saturday
9:30 am - Drumming Shabbat Experience for young families. Led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Feldman-Horn Mercaz.

**SHABBAT, MAR. 20-21**
Torah Portion: Vayekra
Leviticus 1:1—5:26

Friday
5:45 pm - Shabbat Nosh
Join us for a meet and greet with light refreshments in Sands-Mallet Hall.
6:05 pm - Musical Kabbalat Shabbat. Service led by Rabbi Sarah Hronsky, Song Leader Justin Stein, and MPV in the Bauman Sanctuary.

Saturday
10:00 am - Shabbat Morning Minyan and Zikr. Zikr (A guided meditation) led by our friends from Muslims for Progressive Values (MPV) followed by Shabbat services and discussion. Service led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Kaufman Beit Midrash. Oneg to follow.

**SHABBAT, MAR. 27-28**
Torah Portion: Tzav
Leviticus 6:1—8:36

Friday
6:00 pm - Women of TBH & Community Shabbat Dinner. Please join us for Shabbat dinner as we honor the Women of TBH in the Mercaz. 6:00 pm - 7:15 pm. RSVP at BethHillel.info.
6:30 pm - Tot Shabbat. Rabbi Sarah Hronsky, Song Leader Justin Stein and ECE Mechina lead a brief service with story and song in the Bauman Sanctuary. Oneg and Shabbat activity to follow.
7:30 pm - Erev Shabbat Service.
Led by Rabbi Sarah Hronsky and Cantor Shana Leon in the Bauman Sanctuary. Oneg to follow.

Saturday
4:00 pm - Moses Program.
Outreach to Jews with developmental disabilities. Songs, prayers, and learning with Rabbi Jim Kaufman in the Kaufman Beit Midrash. RSVP to Tobi Schneider at tobianne63@gmail.com.
5:00 pm - Bat Mitzvah of Violet Tessel

**April**

**SHABBAT APR. 3-4**
Torah Portion: Yom Rishon shel Pesach
Exodus 12:37-42, 13:3-10

Friday
Passover Observance in Your Home.

Saturday
9:00 am - Shabbat Morning Service. Service led by Rabbi Ellie. Kaddish will be said in the Kaufman Beit Midrash. Oneg to follow.

**SHABBAT APR. 10-12**
Torah Portion: Chol HaMoed Pesach
Exodus 12:21-51

Friday
7:30 pm - Family Shabbat Service. Led by Rabbi Ellie Steinman and Song Leader Justin Stein in the Bauman Sanctuary. Oneg to follow.

Saturday
9:00 am - Passover Yizchor Service. Led by Cantor Shana Leon in the Bauman Sanctuary.

**SHABBAT APR. 17-18**
Torah Portion: Sh’mini
Leviticus 9:1—11:47

Friday
5:45 pm - Shabbat Nosh. Join us for a meet and greet with light refreshments in Sands-Mallet Hall.
6:00 pm - Musical Yom Hashoah Observance Shabbat. Service led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Bauman Sanctuary.
6:40 pm - Shabbat Guest Speaker: Ben Tadelis. “Surviving the Holocaust.”
7:00 pm - Lighting of Yom Hashoah Candle and Kaddish.

**SHABBAT APR. 24-25**
Torah Portion: Tetzria/Ne’eman
Leviticus 12:1-15:33

Friday
5:45 pm - Yom Ha’atzmaut ECE Shabbat Dinner. Feldman-Horn Mercaz.
6:30 pm - Yom Ha’atzmaut Tot Shabbat. Rabbi Sarah Hronsky, Song Leader Justin Stein, and ECE Nursery lead a brief service with story and song in the Bauman Sanctuary. Followed by an Oneg.
7:00 pm - Special Israeli Dancing. Dancing open to whole community. Celebrate Yom Ha’atzmaut with us.

Saturday
4:00 pm - Moses Program. Outreach to Jews with developmental disabilities. Songs, prayers, and learning with Rabbi Jim Kaufman in the Kaufman Beit Midrash. RSVP to Tobi Schneider at tobianne63@gmail.com.
5:00 pm - Bat Mitzvah of Annabelle Gonzalez

*Mazel Tov*
Mazel Tov to the families celebrating B’nai Mitzvah at Temple Beth Hillel in March and April.

Violet Tessel, daughter of Terza & Robert Tessel, Mar. 28.
Annabelle Gonzalez, daughter of Alisa & Jose Gonzalez, Apr. 25.

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**Violet Tessel**

**Annabelle Gonzalez**
Whose Temple is This Anyway? How TBH Operates and is Governed

by Barbara Motz, President

Last month, Board Member Kim Hirsch wrote a wonderful column, entitled “Whose BOARD Is It Anyway? It’s OUR Board.” The column discussed her reasons for becoming active at Temple Beth Hillel and what it is like to be a member of the TBH Board of Trustees. This month, I want to follow up on her column and share a bit more about the behind-the-scenes organization and management of TBH – what it is and how it operates.

First of all, Temple Beth Hillel is a non-profit organization. It operates pursuant to a governing document entitled “Constitution and By-Laws” which has regularly been amended, the last time in 2006. These documents set forth the rules on how the temple is run. It includes provisions regarding: the qualifications for temple membership; how dues are set; the duties and responsibilities of the Board of Trustees and the officers; the responsibilities of standing committees; the formation and operations of auxiliaries, such as Women of TBH and Brotherhood; the TBH Endowment Fund; the election of the Board of Trustees and officers; and setting of the temple budget. It even has provisions for the hiring of the senior rabbi and other professionals, for the sale of cemetery plots (yes, we do that!) and prohibiting the reserving or assignment of seats in the sanctuary (except under specific conditions, the officers) can enter into contracts, borrow money, contract debts and do other acts “necessary or expedient for the administration of affairs and attainment of the purposes of the organization.” The Board is responsible for the finances of the temple, setting goals, initiating programs, insuring a sound organizational structure and fostering solid management practices.

In addition to their participation on the Board of Trustees, the officers and the immediate past president form the Executive Committee of the temple. This group acts as an advisor to the president and reviews matters before they come to the Board.

Even though the Board of Trustees and the officers have broad duties and responsibilities, there are certain governance matters that are reserved to the members of our temple. These matters are handled at the Annual Congregational Meeting, which is usually held in late May. (Urgent matters can be resolved at special congregational meetings called by the president or upon a request signed by 5% of the member units.) Prior to the Annual Congregational Meeting, the Leadership Development/Nominating Committee prepares a recommended slate of nominations to fill the TBH Board offices and the open positions for Board members-at-large. (Members-at-large are elected for a term of one or two years.) Other persons may be nominated as well, according to the procedures set forth in the Constitution and By-Laws. The Treasurer, along with the Budget and Finance Committee, prepare the proposed budget for the coming year. Other materials may also be developed for review by the congregants, such as amendments to the Constitution and By-Laws. These materials are provided to congregants in advance of the meeting.

At the Annual Congregational Meeting, the agenda usually provides for a “State of the Congregation” presentation by the president, reports as required by the Constitution (such as the report on the state of the TBH Endowment Fund), the election of officers and the at-large members of the Board of Trustees and approval of the budget. In deciding the matters presented, each member unit or household has one (1) vote. While it may not seem very exciting, this meeting is vitally important. Without a new budget, without officers for the coming year and without filling the empty seats on the Board of Trustees, TBH cannot function as it is supposed to.

Most important of all, the election of officers and trustees and approval of the budget cannot take place unless there is a quorum of 50 member units in attendance. In the absence of a quorum, the business of the Annual Congregational Meeting – notably, the critical election and approval of the budget – cannot be completed. The participation of each family unit helps to ensure that TBH can continue to operate soundly.

By attending the Annual Congregational Meeting, you will be able to meet the leaders of our temple, have an opportunity to learn about its operations and participate in its governance. You will be doing a “mitzvah” for TBH. Even more, as parents, you will be role models for your children. We all tell our children how proud we are of their studies at TBH and their involvement in the Jewish community. By participating in the Annual Congregational Meeting, you are reaffirming the importance of the programs, activities and organization that they are involved in. Even more, by coming to the Annual Congregational Meeting, you are demonstrating to our children how to get involved in organizations that are important to us at a meaningful, grass-roots level.

Please check your email and regular mail for the time, date, slate of nominees, proposed budget and other details, as they become available in May. And, please be sure to come to our Annual Congregational Meeting.
What TBH Means to Me

by Eric Goldman
Board of Trustees

However, not having been part of a temple before, I was nervous. I didn’t have to be. My oldest child, Elissa, began class with Mark Singer for 3rd grade and developed a love of learning that continues to this day as she now teaches Judaica in Davis. That love has extended to my son who will become a Bar Mitzvah this year. Our children enjoyed being at Temple and participating in TBH activities. In fact, our daughter had so much fun at the religious and elementary school retreat at Camp JCA Shalom that she “made” us all go to a family camp weekend. This was no small feat, as my wife is not a big camper. There, we bumped into Larry Picus, a past president of our temple, and his family who made us feel ever so welcome. He later asked us to join their havurah. (Havurahs are small groups of members who join together for social and other events. I cannot speak highly enough of them). Through these experiences my feelings of nervousness dissipated.

TBH has been home to my family for so many reasons. It was the first place that I could relax when I did not know exactly where my kids were, but I knew they were safe and having fun. I also came to realize that I did not need to feel embarrassed by my limited Jewish background, because TBH’s members have many different backgrounds and observe Judaism in a variety of ways. Our congregants and the clergy are great people providing the best friendships and support that I could have ever imagined. I have come to love so many of them. As another past president, Bruce Gumbiner, put it, TBH is “Hamish”, a warm and friendly place that accepts people for who they are.

Through these experiences, I came to realize that, not only was TBH a spiritual home, but a social one as well. With a common set of core values and ethics of our faith, it is no wonder. This culture is reinforced in all that TBH does - not only in its services, but in its programs and activities. There is so much going on in all of our lives, that it is easy to be too busy to be active here. Yet, I see it differently, I cannot afford not to take the time to relax and reflect with my family in such a positive atmosphere.
4/10 - 4/12
Seder in the
Desert
XXXI

A weekend with TBH community and friends; the easiest camping you will ever do. $18 per person/child.

Please attend our Planning and Orientation meeting on Sunday, March 15, 10am-11am.

Motor home renters for Seder in the Desert, take notice!

Metro RV in Burbank is offering TBH renters a sizable discount for the rigs this year!

Class A vehicles will be $75-$100 less per day, and savings for smaller units accordingly.
Discover spectacular retirement living right in your own backyard.

Enjoy the comfort and peace of mind of Independent and Assisted Living right in your own backyard. Available on an affordable monthly fee basis, at The Village at Sherman Oaks we blended independence and personalized care with exceptional service to meet your needs today and tomorrow.

The Village at Sherman Oaks
INDEPENDENT LIVING AND ASSISTED LIVING RESIDENCES
5450 Vesper Avenue
Sherman Oaks, CA 91411
(818) 245-5832
Thank You!

Stand Up for TBH! Comedy Night

On January 31st, Stand Up for TBH, our 5th Annual Comedy Night fundraiser was held. Over 220 people came and enjoyed a fantastic evening of entertainment which included an amazing Silent Auction, Opportunity drawing, delicious food, an open bar and of course the hysterical comics: Iliza Schlesinger, Wendy Liebman, Steve Hofstetter and our host Ben Morrison. A great time was had by all!

Evenings like these don’t happen on their own, the committee would like to thank our generous sponsors: Paul & Gail Wunsch, Frank & Arlene Balkin, Chris Dwyer & Monica Hamor, Mark & Melanie Gragnani, Roger Ehrlich & Janis Horn, Robert & Sue Howell, David & Barbara Motz, Steve & Leslie Rouff, David & Tobi Schneider, Bruce Silver, & Lilian Burkenheim-Silver, Gail & Joseph Steinberg, Ben & Bobbe Tadelis, and John & Linda Vacca.

The committee would also like to thank our generous donors for all the auction items. With all the amazing items on the tables and everyone’s bids we met our goal!!! In total Stand Up for TBH raised $18,000 and this amount will go into the Temple’s general fund. Thank you to everyone who came and supported this fundraiser.

Until next year - The Stand Up Committee: Sue Howell, Jen Rockkind, Adam Cohn, Audrey Friedman, Marla Zack, Mya Rosett, Michele Schneider, Chris Dwyer, Janis Horn and Michel Stevens!

Nurturing the Future Today

by Jodie Reff and Lillian Burkenheim Silver
Women of TBH Co-Presidents

Judaism teaches us that all of nature belongs to God. The health of the world is on loan to us and is our responsibility to care for it.

Torah and Jewish tradition remind us of this responsibility/privilege every day, especially in the Spring. On Purim we celebrate the heroism of a woman who utilized her wisdom to save the Jewish people. We celebrate with a festival including mishloach manot for our friends.

Thirty days later comes Passover and we remember the Israelites freed from slavery. We gather around the seder table and retell the story of the Exodus, celebrating freedom and enjoying the Passover feast.

Taking a moment to experience these holidays, we remember how interconnected they are with the earth and the community. We understand that we teach the next generation about the importance of Jewish life through the celebration of the holidays.

Please join Women of TBH when we, as a community, come together to take a different look at Passover and create new experiences we can share with our families. Acknowledge the most important holiday of the year—Shabbat—and celebrate the role of women at the upcoming Sisterhood Shabbat. Following a wonderful presentation by the Downtown Women’s Center, we will be cooking and serving a meal at this vital homeless resource center. You are welcome to enjoy a little wine, a little nosh and a program celebrating Rosh Chodesh each month. Many more programs are waiting for you…watch your email.

We are proud to be active members of Women of Reform Judaism, whose mission it is to strengthen the voice of women and empower them to create caring communities, cultivate personal and spiritual growth, and promote Progressive Jewish values to ensure a vibrant future.

SPECIAL PASSOVER SALE!
Women of TBH
Gift Shop
Open Tuesday-Friday & Sunday
Do all of your Passover shopping with us!

We carry an extensive collection for all!
Judaica and more!
Your purchases support TBH.
Visit tbhla.org for store hours.

WE WANT YOU FOR ADULT SOFTBALL

Play with the Temple Beth Hillel Bears in the L.A. Synagogue Softball League!
Anyone 18 or older in 2015 who is interested in playing and having fun is welcome. The new season starts in January, and we play games most Sundays in the Valley through June.
For more information, contact Richard Bromberg at richbrom@aol.com or 818-606-0500.
Show Your Support for Our Youth Groups

by Micah Miller, Youth Director

As the Youth Director I wanted to share with you a way to help support our youth groups here at TBH. We are trying to grow awareness for our Youth Groups, and one way we decided to do this was by marketing our group via sweatshirts. If you would like to help our cause for increasing awareness and helping a great group of kids, please stop by my desk in the education office and purchase your sweatshirt today. The cost of the sweatshirt is $31. Thanks so much for all of your support!

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Paper Midrash:
A Contemporary Papercutting Workshop
Sundays from 9:45-11:15 am
March 1, 15, 22
Instructor: Isaac Brynjegard-Bialik
Fee: $60 members, $120 non-members

Students will be cutting paper in an artistic process that allows us to engage in Judaism’s ongoing dialogue about, and interpretation of, our stories and our history.

Besides learning paper-cutting techniques, we will use this art form to share ideas, tell stories, and communicate with others.

Walking the Jewish Spiritual Path:
Sacred Texts, Poetry and Mindfulness Practices
Sundays from 9:45-11:15 am
April 19, 26; May 3

Instructor: Rabbi Jill Zimmerman, Scholar in Residence
Fee: $30 members, $60 non-members

The seven-week period following Passover is a powerful time in Jewish tradition where the focus is on “journey.” This three-session course is an opportunity to explore in more depth some of the central themes of journey: deciding to leave what is known, the experience of wandering in the unknown, confronting fear and doubt and uncertainty and walking ahead anyway, and the joy of finding oases of peace despite falling down or getting lost.

We will also discuss the tools needed to journey: companions that support our highest selves, mindfulness practices that keep us centered when we just want to go back to “Egypt” (or to sleep) and poetry and prose that inspires us and is a beacon that compels us forward.

RSVP at BethHillel.info for these events.

Give and Learn About Our Religious School Programming

Info Meetings with Rabbi Ellie
Will you have a Kindergarten-6th grader next year? Are you interested in the Tuesday Religious School Session? Come to a brief meeting with Rabbi Ellie on Sunday, March 1st from 10:00 am - 10:30am OR Tuesday, March 10th from 5:30 pm - 6:00 pm
Are you the parent of a current 7th grader? Come find out about our 8th-12th grade program
Tuesday, April 28th from 6:45 pm - 7:15 pm

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Youth Group Programming

Temple Beth Hillel youth groups enable our students to work together, build character and confidence and develop their individual potential in an exciting format.

These youth programs offer age-appropriate opportunities such as trips, sports, social action, games, art, drama, music and free discussion.

Please see the list of upcoming programs for our kids in grades 3-12.

If you have any questions feel free to contact Micah Miller either by phone (818) 763-9148 ext. 109 or email religiousschool@tbhla.org.

Upcoming Youth Group Events

March 1st - Camp Presentations
9:20 am-10:00 am – Opportunity for students in 3rd grade or higher to hear about camp opportunities in California for this summer.

 CLUB 345 (3rd, 4th, and 5th Graders)
March 13th – Religious School
4th and 5th grade Shabbat dinner
March 22nd – Club 345 Event
April 19th – Club 345 Event

JR HRTY (6th, 7th, and 8th Graders)
March 15th – HRTY/JR HRTY Event

HRTY (9th, 10th, 11th, and 12th Graders)
March 15th – HRTY/JR HRTY Event
April 26th – HRTY Event

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Give and Learn About Our Religious School Programming

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Are you the parent of a current 7th grader? Come find out about our 8th-12th grade program
Tuesday, April 28th from 6:45 pm - 7:15 pm
Loneliness – A Lack of Connection or too Much Connection?

by Gussie Sitkin, MFT, Clinical Director of TBH Community Counseling Center

An article in “Counseling Today” for Jan. 2015 entitled, “Confronting Loneliness in an Age of Constant Connection” got me to thinking about loneliness, not only my bouts with it, but also in my client’s lives. How can one be lonely in an age of social media? How does feeling lonely affect one’s life? What is the definition of “loneliness”?

In her article, Laurie Meyers writes about the current research on this subject as well as what interventions would be helpful for those people suffering from loneliness. The research on the prevalence of loneliness is mixed, however, some experts believe that loneliness is increasing. One researcher writes that loneliness is defined not as the state of being alone, but rather as a lack of intimacy. That is, there is a lack of connection that people need in order to feel whole.

The difference between being alone and being lonely lies in perception. Someone can be surrounded by people yet feel totally disconnected and conversely, a person who spends a significant amount of time alone might feel perfectly complete. Transient bouts of loneliness are not uncommon; almost everyone feels lonely from time to time. But problems arise when loneliness comes to stay.

One researcher learned that the effects of loneliness can be negative on health. Loneliness can increase the risk of depression, high blood pressure, high cholesterol, cardiovascular problems, and cognitive decline. Loneliness also increases the likelihood that people will continue to be inactive over time, because people who are lonely tend to become inactive.

Another researcher states that, “While smartphones and social media outlets allow people to communicate on multiple platforms, many of those connections are virtual rather than face-to-face, and not always in real time.

Online activity can also eat up a substantial portion of our workdays and leisure time, which may mean time away from the important relationships in our lives … I think that we need that human connection for our health.”

What can we do to counteract negative loneliness in our lives? Counselors feel that the principal antidote for loneliness is connection – both with oneself and with others. In order to fully connect, one can create a bucket list containing activities they’ve enjoyed in the past as well as other activities they’d like to try for the first time. The list might include anything from traveling to taking a pottery class to learning a new language. Pursue interests, not individuals is a helpful mantra.

For more information on this topic or others, call the Counseling Center at (818) 762-4817.

North Hollywood Food Pantry Update

by Leslye Adelman
Food Pantry Volunteer Coordinator

The Pantry has been extremely active since the beginning of the year and it has brought me great pleasure knowing how many people, young and old are participating in one way or another.

Fresh produce has become a #1 priority for the Pantry and I am proud to say the freshest has come from our very own Mitzvah Garden. The science class at BHDS has been busy cultivating, growing and harvesting and we have been delivering just picked kale, bok choy, Swiss chard and more.

People who cannot afford to purchase a fresh apple, orange or other fruit have been fortunate to receive such from the Bimah Fruit Program here at TBH. Our B’nai Mitzvah families sponsor the fruit on the weekend of their child’s event but we are always looking for other patrons. If you would like to acknowledge a special event, a birthday, anniversary, graduation or the memory of someone close, please contact me at (818) 929-2606 to sponsor bimah fruit.

Do you have fruit trees that need gleaning (picking) or have already picked fruit but don’t know what to do with it? In the former case, contact Steve, the Pantry representative to Food Forward and he will make arrangements to have your trees gleaned. (steve@anthologychurch.com). You can always drop bags or boxes of fruit in the Pantry box in the Temple lobby and leave me a message or text so I know to pick it up.

Campbell Hall School sent the students from their Roots and Shoots Program and Girl Scout Troop 6836. They worked hard and the scouts even serenaded us while they worked.

Our Day School has sent 2 classes to volunteer and they thoroughly enjoyed the work they did. They are getting so good at packing bags that they did twice as many as were expected!

TBH Brotherhood, knowing that we had run out of peanut butter, handed over $500 to take advantage of the Ralph’s sale and we were able to purchase more than 500 jars. Of course they were all used within 24 hours and we are desperately in need of the protein once again.

As January came to an end I was blessed with 4 persons in blue AKAs the “SoCal Honda Helpers.” The mission of this wonderful program is simply to help the community and these 4 certainly helped the Pantry. They did whatever needed to be done, from sorting to packing to sweeping and I can’t even begin to thank them for their service to our Pantry.

So as you see, there are many ways for you to help the Pantry. Please call me with any questions, ideas or ways you can help. AND, remember we are ALWAYS in need of peanut butter (small jars of creamy work the best) and empty grocery type bags! Happy Passover!

Leslye Adelman | (818) 929-2606 momof3inla@att.net
Please visit the main office for Purim 2015 Sponsorship forms.

RSVP for both events at BethHillel.info
**Mar. 11 - Wed.** - Coffee & Schmooze with Rabbi Sarah. Join our Senior Rabbi in her office for casual conversation about talking to our children about God. 8:30 am - 10:00 am.

**Mar. 11 - Wed.** - Fingerprints of God: What Science is Learning About the Brain and Spiritual Experience. TBH Book Club meets to discuss “Fingerprints of God…” by Barbara Bradley Hagerty. Discussion led by Rabbi Jim Kaufman, Dessert will be served. 7:00-9:00 pm in the Kaufman Beit Midrash.

**Mar. 14 - Sat.** - Drumming Shabbat Experience for young families. Led by Rabbi Sarah Hronsksy and Song Leader Justin Stein in the Feldman-Horn Mercaz. 9:30 am - 10:15.

**Mar. 21 - Sat.** - Women of TBH Rosh Chodesh. Celebrate the blessing of the New Moon (special to us on Passover), with the Women of TBH and Rabbi Sarah. 7:30 pm.

To RSVP and to receive the event address, please email Leslye Adelman at momof3ina@att.net.

**Mar. 22 - Thu.** - TBH Brotherhood Passover Seder. Feldman Horn Mercaz. 5:00 pm – 8:00 pm

**Mar. 22 - Thu.** - Women of TBH Passover Seder. Sands-Mallet Hall. 5:00 pm – 8:00 pm

**Mar. 27 - Fri.** - TBH Shabbat Dinner. Please join us for Shabbat dinner as we honor the Women of TBH in the Sands-Mallet Hall. 6:00 pm - 7:15 pm.

**Apr. 8 - Wed.** - 12 Step Passover Meeting. Join us for a unique Passover service and 12-Step meeting in the Kaufman Beit Midrash. 7:00 pm - 9:00 pm.

**Apr. 10-12 - Seder in the Desert.** Weekend with TBH community and friends; the easiest camping you will ever do.

$18 per person/child. Please attend our Planning and Orientation meeting on Sunday, March 15, 10:00 am-11:00 am.

**Apr. 15 - Wed.** - Coffee & Schmooze with Rabbi Sarah. Join our Senior Rabbi in her office for casual conversation about parenting and other pertinent topics. 8:30-10:00 am.

**Apr. 15 - Wed.** - iEngage Hartman Video Seminars. Watch experts (on video from Jerusalem’s renowned Shalom Hartman Institute) discuss issues of concern to world Jewry, then engage in a discussion with Rabbi Eleanor Steinman and fellow congregants.

**Mar. 27 - Fri.** - TBH Shabbat Dinner. Please join us for Shabbat dinner as we honor the Women of TBH in the Sands-Mallet Hall. 6:00 pm - 7:15 pm.

To RSVP, please email Leslye Adelman at momof3ina@att.net.

**Apr. 15 - Wed.** - Love and Treasure. TBH Book Club meets to discuss "Love and Treasure" by Ayelet Waldman. Discussion led by Sharon Adato.

Dessert will be served. 7:00 pm - 9:00 pm in the Kaufman Beit Midrash.

**Apr. 18 - Sat.** - Women of TBH Yom Hashoah Program. In the Feldman Horn Mercaz. 7:00 pm - 9:00 pm.

**April 19, 26; May 3 - Sun.** - Walking the Jewish Spiritual Path: Sacred Texts, Poetry and Mindfulness Practices

**Instructor:** Rabbi Jill Zimmerman, Scholar in Residence.

**Fee:** $30 members, $60 non-members

The seven-week period following Passover is a powerful time in Jewish tradition where the focus is on “journey.” This three-session course is an opportunity to explore in more depth some of the central themes of journey.

9:45 am-11:15. RSVP at BethHillel.info.

**Apr. 19 - Sun.** - Women of TBH Rosh Chodesh. Celebrate the blessing of the New Moon with the Women of TBH.

To RSVP and to receive the event address, please email Leslye Adelman at momof3ina@att.net.

**Apr. 22 - Wed.** - Yom Ha’Azmaut Celebration. In the Feldman Horn Mercaz. 5:00 pm - 7:00 pm.

**Apr. 22 - Thu.** - Yom Ha’Azmaut Parade. ECE Area. 10:00 am - 11:00 am.

**SAVEn THE DATE!**

**May 2nd** - Brotherhood & Women of TBH Dinner - Open to all with spectacular entertainment provided by Roy & Betsy Abramsohn - 6:00pm

**May 6th** - Event Fair

**May 9th** - Drummimg Shabbat

**May 18th** - Rosh Chodesh - Women of TBH & Cantor Shana - 7:30pm

**May 22nd** - Adult B’nai Mitzvah

**May 23rd** - Shavuot & Confirmation

**May 26th** - Congregational Meeting

**May 30th** - 31st - ES Drama Production: Aristocats
March and April are among the busiest months in the Cub Scout calendar, and the most exciting! We kick off March with our annual Blue and Gold Banquet — a catered party celebrating the birthday of Scouting — to be held this year on March 1st in the TBH social hall. At this event, the Tiger, Wolf, and Bear Cub Scouts will receive their hard-earned rank patches, and some select boys in every rank will receive Uniform Inspection medals. We’ll also induct new Den Chiefs and recognize all the parent volunteers who “help the Pack go.” For this year’s theme, “Science and Invention Fair,” each den will be preparing a museum exhibit about one of nine famous scientists or inventors. On March 6, we’ll participate in the Scout Shabbat, and the following weekend our Hiking Team will lead a hike to the M*A*S*H set in Malibu Creek. For our final activity in March, we’ll have a Bowl-A-Rama at Pickwick Bowl.

April will see a hike in Kenneth Hahn State Park, and the Webelos Scouts will receive their rank patches while the oldest Scouts will get Arrow of Light awards — the highest award in Cub Scouting! Then, on the weekend beginning April 17, the Pack will become wizards-in-training at our annual themed Adventure Camp, which this year is called “Pack 311 and the Secret School of Cub Scout Magic.” Using the skills and expertise of leaders, parents, and Hollywood professionals, the weekend is truly a highlight of our Scouting year, featuring traditional camp belt loop activities (this year they’ll earn Wildlife Conservation and Chess), Scout skills (Dutch oven cooking, letterboxing), Scout crafts, campfire and “cracker barrel,” but framed within a Harry Potter-themed adventure storyline.

The fun kicks off on a Friday evening at Camp Josepho — nestled in the mountains of the Pacific Palisades — with a movie screening in the Malibu Lodge. On Saturday morning, participants will be sorted into their “houses” and assigned several wizarding courses — making potions, practicing spells, playing Quidditch and hunting for Horcruxes, while also earning their belt loops and other prizes. Each discovery-based and family-oriented activity adds life experience and knowledge while tasking everyone to “Do Their Best.” At the conclusion of camp, our oldest Webelos Scouts bridge to Boy Scouts, and everyone goes home tired but happy, with special memories that will last a lifetime.

For more information about Pack 311, please visit us on the web at www.cubpack311.com

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**BHDS Save the Date!**

- March 6, 2015 Parent Conferences (School Closed)
- March 9, 2015 Professional Development Closed)
- March 29, 2015 1st Grade Family Education Day
- April 3, 2015 ECE Summer Camp Early Registration Due
- April 26, 2015 Kindergarten Family Education Day
- April 6, 2015 Spring Break 4/6-4/10 ECE Spring Camp 4/6-4/10
- April 29, 2015 Mechina Skirball Field Trip

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**Is your child lost in school? Is he or she one of 30, 40, kids in a class? Worried about Middle school? Beth Hillel Day School can help!**

* Now enrolling NEW 4th grade class of 2015/16. Only spots available!  
* Special Independent Study Program available  
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Contact Evelyn: (818) 763-8308 x144 or evelyn@tbhla.org for a tour. Find out why Beth Hillel Elementary is the best kept secret in the valley! www.bethhilleldayschool.org

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**Event Fair**

Planning a Bar/Bat Mitzvah, Wedding, or Other Kind of Party? Need Fresh Ideas? Come to the Event Fair Wednesday, May 6 6-8pm
Earn Cash Back for TBH

Register or Re-Register in the Vons, Pavilions and Ralph’s Non-Profit Cash Back Programs.
We must re-register our cards every year in order for TBH to continue to receive 1-4% back from our purchases.

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2. Click on YES! KEEP EARNINg - RENEW.
3. Enter either your phone number, email, or Club Card number.
4. Follow instructions if you are not currently enrolled in this program.
5. Temple Beth Hillel is group #137597043.

Ralphs

1. Bring this printed barcode to Ralphs.
2. Have the cashier scan it when he or she scans your Rewards Card and you make a purchase.
3. If you are not registered with a Ralph’s Rewards card, go to Ralphs.com.
4. After you register, go to the Community Rewards section and edit your Community Contribution to specify Temple Beth Hillel.
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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.

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ES Drama Production: Aristocats