Mazal Tov to our adult B’not Mitzvah of 2015!

Join us on Friday, May 22 at 7:00 pm for an inspiring service and special oneg in the Sands-Mallet social hall to follow.

From left: Esther Winard, Samantha Dorf, Karen Morin Green

inside

From the Senior Rabbi..........................2
Shabbat & Holiday Observances ...........3
B’nei Mitzvah......................................3
President’s Column..............................4
Women of TBH / Brotherhood ..............5
Education & Youth ................................6
Development / Counseling Corner ..........10
Food Pantry.......................................11
Purim Thank Yous ...............................12
Temple Funds...................................14
Calendar..........................................15
Supermarket Cash ..............................15

Mazal Tov to our adult B’not Mitzvah of 2015!

Join us on Friday, May 22 at 7:00 pm for an inspiring service and special oneg in the Sands-Mallet social hall to follow.

From left: Esther Winard, Samantha Dorf, Karen Morin Green

upcoming events

Complete calendar on page 15

Annual Congregational Meeting.
Tuesday, May 26, 6:30 pm in the Feldman Horn Mercaz, north side.

Women of TBH Rosh Chodesh.
Celebrate the blessing of the new moon in members’ homes. Monday, May 18 and Wednesday, June 17. For info, email momof3inla@att.net.

TBH Book Club meets to discuss To The End of the Land by David Grossman, Wednesday, May 13 and A Guide for the Perplexed Wednesday, June 17. In the Kaufman Beit Midrash. 7:00 pm.

Confirmation and Shavuot.
Service and celebration lead with our Confirmands. Saturday, May 23, 7:00 pm, in the Bauman Sanctuary.

Board Installation. Honor past members of our Board of Trustees and charge the new Board members. Erev Shabbat Service, Fri. June 5, 7:30 pm, in the Bauman Sanctuary.

Divine Decadence. The Women of TBH are hosting a wine and chocolate pairing with renowned Wine and Food expert Debbie Adelman. Thursday, June 11. RSVP to momof3inla@att.net.

The Aristocats Kids. Elementary School students star in their spring musical, directed by Janice Planck, vocals directed by Tami Bitton. Saturday, May 30, at 7:00 pm and Sunday, May 31, at 2:00 pm.
C oncern for the needy is characteristic of every Jewish celebration. The Torah emphasizes: “You shall rejoice in your festival—with your son and daughter, your male and female servant, the Levite, the stranger, the orphan and the widow in your communities.”(Deut 16:14) Judaism’s tradition is that of sharing one’s abundance, especially in times when we feel we have copious food and drink. We enjoy abundance at our festive meals such as Passover, Shavuot, or weekly Shabbat dinners, or other celebrations such as birthdays, Thanksgiving, weddings, and more. During these times we are commanded to keep in mind others in our society, who do not have such abundance. People who are food insecure; who do not know when or where their nutritious meal may come from.

Rav Huna used to open his door and announce prior to commencing any meal: “Let all who are in need come and eat!” (B.T. Ta’anit 20b) He increased upon the obligation of providing for others beyond special occasion to an everyday commitment.

I am stopped regularly by congregants asking me how they can personally live a life with generosity, a life filled with more meaning. How they can pass on to their children and grandchildren the notion of giving back, of acting like a Rav Huna in today’s modern world, of not just taking and taking, consuming and consuming. And so we discuss simple action items like having three jars on the mantle for others beyond our families. With the Union for Reform Judaism’s tradition of sharing one’s meal at Seder in the Desert—TBH’s annual camping trip—we took the time to learn just a bit about hunger in America. For example, in 2013, 49.1 million households were food insecure (that is 33.3 million adults and 15.8 million children). Every single county in America includes food insecure households. There are 30.7 million children, in more than 98,000 schools, who require and are sustained by the free school lunch program. (www.FeedingAmerica.org) We think hunger isn’t in our kids’ schools, our community … not at Riverside, Colfax, Carpenter, Walter Reed or Millikin! Not true.

Hunger is in our schools, prominent in the homes of our senior citizens, and literally in the homes of our next door neighbors. Hunger is not just an issue for the homeless. It is a real issue for so many individuals living on the edge. Too often forced to choose between paying rent or eating. Clothes for work or school or food to fill one’s tummy? Electricity and gas or fruits and vegetables? Too many of the 45.3 million people living in poverty are making those tough choices on a daily basis.

Therefore during our weekend at Seder in the Desert, we chose to begin to combat hunger one small step at a time. First we learned about the issue and studied Jewish texts on providing food sustenance. Participants brought tzedekah to the communal seder meal which was donated to the North Hollywood Interfaith Food Pantry. We decorated cards with simple texts on providing food sustenance.

Let All Who Are Hungry, Come and Eat!
Sarah Hronsky, Senior Rabbi

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

Hillel Omer, May-June 2015, Volume 73, Issue 6. Published bi-monthly September through June. Publication office at 12326 Riverside Drive, Valley Village, CA 91607. Subscription rate $1.00 per year. Periodicals postage paid at Valley Village, CA.

Postmaster: Send address changes to Temple Beth Hillel, 12326 Riverside Drive, Valley Village, CA 91607

USPS 537-480, ISSN 8096
## Shabbat & Holiday Observances

### May

**SHABBAT, MAY 1–2**  
Torah Portion: Kedoshim, Leviticus 16:1–20:27  
**Friday**  
6:00 pm Community Shabbat Dinner. Join us in the Sands-Mallet Social Hall for a Community Shabbat Dinner. Call the Temple office or make reservations online at BethHillel.info.

7:30 pm Erev Shabbat Service. Rabbi Ellie Steinman, Cantor Shana Leon, and the Adult Choir lead services in the Bauman Sanctuary. Oneg to follow.

**SHABBAT, MAY 8–9**  
**Friday**  
7:30 pm Volunteer & 6th Grade Religious School Shabbat Service. Led by Rabbi Sarah Hronsky, Song Leader Justin Stein, 6th Grade Religious School Students, and the Cantor’s Chanters in the Bauman Sanctuary. Special recognition of all Temple Committee Volunteers, the Cantor’s Chanters and May birthday blessings included. Oneg to follow.

9:15 am Leil Tikkun: 6 Temples 10 Commandments Shavuot Experience. Shavuot liturgical experience led by clergy and cantors of Reform synagogues, followed by evening study at 10:00 pm hosted at Stephen S. Wise Synagogue. Please RSVP to ngilboa@tbhla.org.

**SHABBAT, MAY 15–16**  
Torah Portion: Behar, Leviticus 25:1–27:34  
**Friday**  
5:45 pm Shabbat Nosh. Join us for a meet and greet with light refreshments on the Upper Patio.

6:05 pm Musical Kabbalat Shabbat. Service led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Kaufman Beit Midrash. Oneg to follow.

9:00 am Shabbat Morning Service. Service led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Kaufman Beit Midrash. Oneg to follow.

**SHABBAT, MAY 22–23**  
Torah Portion: Bamidbar, Numbers 1:1–4:20  
**Friday**  
7:00 pm Shabbat & Adult B’not Mitzvah Service. Services led by Rabbi Sarah Hronsky, Cantor Shana Leon, and our Adult B’not Mitzvah—Samantha Dorf, Karen Morin Green, and Esther Winard. Special oneg hosted by our Adult B’not Mitzvah.

**SHAVUOT, MAY 23**  
Thursday  
7:00 pm Confirmation Service. Led by Rabbi Sarah Hronsky, Rabbi Ellie Steinman, Cantor Shana Leon, and our Confirmands. In the Bauman Sanctuary.

9:15 am Leil Tikkun: 6 Temples 10 Commandments Shavuot Experience. Shavuot liturgical experience led by clergy and cantors of Reform synagogues, followed by evening study at 10:00 pm hosted at Stephen S. Wise Synagogue. Please RSVP to ngilboa@tbhla.org.

**SHABBAT, MAY 29–30**  
Torah Portion: Naso, Numbers 4:21–7:89  
**Friday**  
6:30 pm Tot Shabbat Service. 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.

7:30 pm Shabbat Service Celebrating Cantor Shana’s Ordination. Join us for a special service focused on Wisdom: Kohelet and Proverbs. A creative service led by Cantor Shana Leon, Rabbi Sarah Hronsky, and musical guests. We will share blessings, celebration, and special oneg.

### June

**SHABBAT, JUNE 5–6**  
Torah Portion: Behar-Atotokha, Numbers 8:1–12:16  
**Friday**  
6:00 pm Community Shabbat Dinner. Join us in the Sands-Mallet Social Hall for a Community Shabbat Dinner. Call the Temple office or visit BethHillel.info to make reservations.

5:45 pm Shabbat Nosh. Join us for a meet and greet with light refreshments on the Upper Patio.

6:05 pm Musical Kabbalat Shabbat. Service led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Bauman Sanctuary.

7:30 pm Erev Shabbat Service and Board Installation. With the participation of the incoming TBH Board of Trustees, Rabbi Sarah Hronsky, Cantor Shana Leon, Rabbi Ellie Steinman, and the Adult Choir lead services in the Bauman Sanctuary. Oneg to follow.

**SHABBAT, JUNE 12–13**  
**Friday**  
7:30 pm Erev Shabbat Service. Led by Rabbi Ellie Steinman, Cantor Shana Leon, and the Cantor’s Chanters in the Bauman Sanctuary. Special recognition of the Cantor’s Chanters and June birthday blessings included. Oneg to follow.

**SHABBAT, JUNE 19–20**  
Torah Portion: Kohuk, Numbers 16:1–18:32  
**Friday**  
5:45 pm Shabbat Nosh. Join us for a meet and greet with light refreshments on the Upper Patio.

6:05 pm Musical Kabbalat Shabbat. Service led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Bauman Sanctuary.

**SHABBAT, JUNE 26–27**  
Torah Portion: Hukkat, Numbers 19:1–22:1  
**Friday**  
6:30 pm Tot Shabbat Service. Rabbi Sarah Hronsky and Song Leader Justin Stein lead a brief service with story and song in the Bauman Sanctuary. Oneg to follow.

4:00 pm Moses Program–S’udah Shileesheet. Outreach to Jews with disabilities. To attend or assist, please contact Tobi Schneider.

---

### Mazel Tov

**Mazel Tov**

To the families celebrating B’nei Mitzvah at Temple Beth Hillel in May and June.

- **Nathan Schnider**, son of son of David Schnider and Jennifer Brown, June 12.
- **Abigail Ravine**, daughter of daughter of Scott and Fabiola Ravine, June 12.
- **Zachary Reff**, son of John and Beth Reff, June 20.
Temple Committees—Can’t Live Without Them!
Barbara Motz, President

In past months, I’ve written about temple governance, specifically, the Board of Trustees and the TBH Constitution. This month, I would like to talk about another aspect of Temple life, one vitally important to its health and its growth: committees.

Before you groan and turn the page, please understand how important our committees are. We need a strong and vibrant committee system, not only to provide the kind of programming and services that we want, but also to provide support and direction for many of the day-to-day operations of TBH and to help develop new temple leaders.

In some cases, the work of our committees is easy to see. Wonderful events, such as Mitzvah Day, Comedy Night and the Purim Carnival, do not happen without the involvement of a corps of dedicated congregants, usually working as an “ad hoc” committee to put on the program or event. These Temple members work hard planning the activity and organizing volunteers to staff it. The committee members have the pleasure of seeing results of their efforts—a fun activity that accomplishes a goal. Then, after the event, the committee disbands. When the next event is planned, a new committee is formed, frequently with members of the old committee joining the new one.

TBH also has a variety of standing committees that have on-going responsibilities. Some standing committees work with our schools to develop activities, help with programs and conduct specialized fundraising for their respective schools. These committees help to make our school programs successful.

Other standing committees, such as Budget and Finance, Buildings and Grounds, Membership, Social Action and Religious Practices, deal with temple-wide matters. These committees, and others like them, are essential to the wellbeing of Temple Beth Hillel. They work behind the scenes to provide direction and vital support for Temple functions. Some of these committees meet once a month; others meet less frequently. Generally, committee members spend only a few hours a month on committee work.

Many of our members participate in temple committees, and I thank them for all that they do.

And for those of you who have not joined a committee or would like to get involved with other committees, I urge you to do so. Joining a committee supports Temple Beth Hillel and helps grow our community. It is a way to meet other congregants and feel more at home at temple. It is a way to become an example to your children, showing them first hand the importance and benefits of supporting the Jewish community and engaging in community service.

We are in the process of building our committees for the coming year, and if you are interested in joining one, please drop me a line at president@tbhla.org. I look forward to hearing from you!

Women of TBH
Gift Shop
Judaica and more!
Do all of your gift shopping with us!
Open Tuesday-Friday & Sunday
We carry an extensive collection for all!
Your purchases support TBH
Visit tbhla.org for store hours

TBH Social Action Committee at work. Walking to End Genocide with Jewish World Watch!
positive messages, smiley faces, and flowers to be included in the weekly food bags distributed through the food pantry. And each family assembled what I like to call a mitzvah bag.

In our home, a mitzvah bag is something my family does at Hanukah and other festive times of receiving, and something each family at TBH can do to make a difference in our world. We purchase a variety of items and assemble them into a gallon Ziploc bag. Easy items to include are:

- protein such as tuna or sardines with a pop-top opening or tear-open bag
- granola bars or protein bars
- high protein items such as individual packages of nuts
- crackers
- fruit leathers
- sealed fruit cups like mandarin oranges
- disposable fork and individual wet wipe packages
- a pair of new socks
- a bottle of water

(We stay away from items that melt or have a pop-top opening or tear-open bag.)

After assembling the bags with a selection of individual serve items, keep a few in your car at all times. This way when you meet a person on the freeway exit or in front of the store, you can offer them a little something to eat. Most of the time the bags are received with “Bless you!” “Is this all for me?” “Thank you for your kindness.”

It's such an easy thing to do! Assemble bags and open up our hands to give them out—fulfilling the command let all who are hungry, all who are in need, come and eat. There is more than enough food in our world for every person. I pray that we take the time and give the effort to distribute food to all.

**women of tbh**

Salute to All the Volunteers

Jodie Reff and Lillian Burkenheim Silver

Women of TBH Co-Presidents

Everyone took their place around the Passover table; I began distributing the Haggadahs, the younger Color My Passover, the “Grown-Ups” Haggadah and the Large Print Haggadahs. For the first time I noticed that those special Haggadahs had a solid blue cover and the imprint JBI—the Jewish Braille Institute. It reminded me of our wonderful Sisterhood Shabbat Speaker, Leslie Levit Freidman, the director of the West Coast JBI. Intellectually I knew that this wonderful organization, supported by the Women of Reform Judaism, provided books on tape and large print books and that the Women of Reform Judaism were the first recording readers, but I hadn’t emotionally connected that these Haggadahs provided by JBI allowed our older family members to actually participate in the service.

Volunteers brought books to those who cannot see clearly; our volunteers create every activity the Women of Temple Beth Hillel undertake to support TBH, our children, our community. As we end this year, we want to salute all the volunteers who bring apples and honey to the schools, provide the weekly onegs, host Rosh Chodesh, provide special events, programs, and fund raisers. Our volunteers write cards of remembrances, give to the World Union for Progressive Judaism, and march for workers rights, women’s rights, and the freedom to make decisions that affect our lives.

**tbh brotherhood**

Brotherhood in Action

Chris Dwyer and David Schneider, TBH Brotherhood Co-Presidents

TBH Brotherhood wishes everyone a happy spring and we hope you enjoyed a wonderful Passover this year. Speaking of Passover, we would like to congratulate the winners of the Brotherhood Seder in the Desert horseshoe tournament. First place went to Bill Sweeney and Mike Komsky, second-place went to Michael Stevens and Tina Forster, and Honorable Mention for third place went to Zoe Alpert and Zoe Stevens.

As well, congratulations to team Gryffindor who won this year’s Jewish Jeopardy challenge. Thank you to Mark Singer for hosting it once again.
Beth Hillel Elementary School: How Do We Measure Up?
Seth Pozzi, Elementary Principal

Educational Records Bureau (ERB) testing is coming up May 11-15. Students in grades 4-6 take the ERB, which is a rigorous assessment for high achieving students in areas such as reading, listening, vocabulary, writing, and mathematics. Unlike the standardized tests administered in public schools, which are all bubble-in answers, the ERB has assessments of students’ critical thinking that are hand graded by actual teachers.

At Beth Hillel, we often talk about how our academic program promotes collaboration, creativity, communication and critical thinking. Many of you already know that parents ranked Beth Hillel Elementary #1, nationally, on the Measuring Success survey for our math program. And we ranked in the top three schools, nationally, for STEAM: science, technology, engineering, arts and math integration. While we won’t have the 2015 ERB scores back until summer, we are very proud of our students’ achievement from spring, 2014!

On the critical thinking section of the test:
• 25% of our students scored in the 9th stanine, which means they were in the top 4% of students who tested nationally!
• 50% of our students scored in the 8th stanine (or higher), which is the top 11%
• 69% of our students scored in the 7th stanine (or higher), which is the top 23%

These figures are truly astounding. While ERB is only one indicator of student achievement, these are scores other schools would envy. I am incredibly proud of our children!

Last Day of Religious School Celebration

On Sunday May 17 we would like to invite all families to come with their child(ren) to Religious School. For the first part of the day parents/guardians will be in the classrooms participating in a lesson that highlights what your child(ren) have been learning this year. We will then have one last school tefillah and song session. We will end the day with a picnic on the upper yard and activities before we send our students home for the summer. If you have any questions please contact Micah at mmiller@tbhla.org.

Registration is Open!

TBH Religious School registration is open for all returning and new students. Don’t miss out on early bird pricing! The early bird deadline is May 31. The first step to registration happens online. Please visit http://bit.ly/1Cyjll3 to begin the registration process.

Elementary School 5th Grade Siddur Ceremony

Friday June 5 @ 2:00 pm

Everyone from the TBH community is invited to attend a special ceremony, in which our 5th graders will receive their own siddur—all in Hebrew. These siddurim will be used in their b’nei mitzvah and will carry them throughout life.

THE Aristocats KIDS

May 30 & May 31

Our Elementary School students present their spring musical, directed by Janice Plank; vocals directed by Tami Bitton. All ages are invited to attend. Performances on the Sands-Mallet Social Hall stage at 7:00 pm Saturday and 2:00 pm Sunday. Saturday night dinner and Sunday afternoon tea party available. Tickets on sale at the door or in the school office.
Out With The Old, In With The New
Glenn Cote, Cubmaster, Cub Scout Pack 311

This May marks the Boy Scouts of America’s national transition from the current Cub Scouting program to a refreshed and more modern program with more to see and do than ever before—and Pack 311 couldn’t be more excited!

Before we get to that, on May 3, we’ll join Boy Scouts from TBH’s own Troop 36 for our annual Channel Islands Sport Fishing trip, where we’ll see marine wildlife (perhaps even blue whales), kelp forests, and all that the Channel Islands have to offer—and we’ll “Do Our Best” to catch rock fish, sand bass, ling cod, sheephead, and barracuda. This will be our Cub Scouts’ last chance EVER to earn the Fishing Belt Loop and Pin before these are retired as part of the transition to the new Cub Scouting program.

Then on May 14, the date of our last Pack meeting of the 2014–2015 Cub Scout year, our proud boys will “bridge” to their next rank levels in a very special ceremony, which means we will have openings for new Tigers to join our Pack!

Also happening in May, on Saturday, May 23, before Memorial Day, Pack 311 will join other Cub Scout Packs, Girl Scout and Boy Scout Troops in one of the most solemn and important duties that Scouts perform—the planting of flags on the graves at the Los Angeles National Cemetery in West Los Angeles. Until you’ve actually experienced this event, you have no idea how truly breathtaking the sight of 85,000 American flags is.

Did I mention we’ll have openings for new recruits? Boys at any grade level (grades 1 through 5) who register with Pack 311 in the summer months get to participate in all the summer Pack activities, beginning with a Summer Kickoff Campfire on June 14 (Flag Day) featuring nature stories, campfire songs, s’mores, and a flag retirement ceremony.

Mark your calendar for our annual Recruitment Night event, scheduled for May 28 in the Mercaz, where we’ll launch the revamped Cub Scout program and reveal the theme for next year’s extremely popular “Adventure Camp,” which in past years have been “The Trail of Indiana Jones,” “The Search for Jack Sparrow,” and “The Secret School of Cub Scout Magic.”

Pack 311 welcomes boys in first through fifth grades, or 7–10 years of age, from all religious and family backgrounds. For more information, please visit us on the web at www.cubpack311.com.

Seder in the Desert

Images of people gathered together for what appears to be a seder meal in an outdoor setting.
Mazal Tov to Our Mechina 2015 Graduates!

Temple Beth Hillel's ECE cordially invites you to attend Graduation Ceremonies Wednesday, June 10, 5:30 pm in the Bauman Sanctuary with a reception to follow in the Sands-Mallet Social Hall.

Spencer Abell
Oliver Ackerman
Noah Berkowitz
Ryan Berson
Devin Cowgill
Charles Dorf
Rebecca Eisenberg
Kai Friedericks
Peri Gordon
Cinco Hogan
Ellie Karchmer
Rose Karchmer
Avery Kuklin
Viveca Lang
Zoe Lawson
Vivian Levin
Carmina Marino
Ella Michrowski
Edahn Mizrahi
Dylan Munk
Ella Partnow
Maya Real
Layla Rochkind
Raya Rosett
Breezy Rubin
Emery San Marco
Jonah Shultz
Zoey Slome
Benjamin Steinwald
Sadie Susskind
Mikayla Tisdale
Milo Tlush

Religious School Confirmation

Mazal Tov to our Confirmation Students! We are very proud of our Confirmation students. Please join us on Shavuot, Saturday, May 23, at 7:00 pm as these students stand on the bimah and lead us in a beautiful Shavuot service and confirm their beliefs in Judaism.

Annabel Berin
Ruby Berin
Nathan Blair
David Kaufman
Noah Panec
Benjamin Watson

MAZAL TOV to all of our young people who are graduating from Temple Beth Hillel schools this year. We are very proud of you and wish you the best as you move up into a wider world!
Because having the confidence and peace of mind of accreditation is important.
That’s why The Village at Sherman Oaks is accredited by CARF International. It’s an independent organization that sets exceedingly high standards for care and service.

It’s a lot like an accreditation for a hospital or college.
Or a five-star rating for a hotel.
So if you’re looking for assisted living services, take a good look at The Village at Sherman Oaks. We think you’ll find that our CARF accreditation is only one of the many reasons you’ll like what you see.
Please join us for a complimentary lunch and tour.
Call 818.245.5832 to schedule.

Our assisted living is accredited for two reasons. You. And your family.
Mitzvah Circle
Sue Howell, Development Chair

On February 22, a group of temple members met to do a wonderful thing: give money to multiple areas of our temple community. To the ECE, they gave money for the preschool’s outdoor classroom. To the Religious and the Elementary schools, they gave funds to underwrite the purchase of classroom technology. To the adult choir, money was provided to underwrite a mentoring session with a music professional, and money also went to our teens in HRTY to help underwrite their programs.

This group of individuals participated in a new program at Temple Beth Hillel that started last September during the high holidays, called the Mitzvah Circle. To be part of the Mitzvah Circle, each family donated $1000 or more to the annual High Holy Days Appeal, and $100 of each pledge was put in a special fund. Then, the Mitzvah Circle members, as a group, listened to proposals from our temple community and together, decided how to allocate the money in this fund.

The Mitzvah Circle meeting started with a delicious brunch sponsored by Rabbi Sarah and discussion of core values. Within the room, Mitzvah Circle members shared their views on the importance of various Jewish values, including family traditions, study, doing good deeds, caring for one another, being inclusive, being generous both monetarily and in volunteerism and more. And these discussions lead to a renewed appreciation of how the study of Torah leads to them all.

Next came the review of proposals that had been submitted by staff and the group discussion of how to spend the money. And, a great miracle happened! From this group of 30 individuals, a unanimous decision was made!

I, along with the rest of Temple Beth Hillel, thank our Mitzvah Circle members for joining this new group and helping to finance some special projects. We hope it gave you pleasure not only to support our temple, but also to see in a very tangible way how your donations help our community.

I urge all of you to make a pledge during the next High Holidays Appeal and, if you are able, to seriously consider joining the Mitzvah Circle with a donation of $1,000 or more. With more participants, we, as a group, can help those in our Temple community find those much-needed “extra” funds to do more!

Cyberbullying: Reactions and Interactions
Gussie Sitkin, MFT,
Clinical Director of TBH Community Counseling Center

Previously, I have written about bullying and its effect upon children and youth. This article focuses on cyberbullying and how technology has changed the way adolescents bully one another. What once happened during an 8-hour school day, now happens online within the home environment. This form of bullying is inescapable and occurs at all hours of the day and night.

In an article in Counseling Today for March 2015, Janet Froeschle Hicks, the author, says that for victims, the consequences of being targeted by this behavior can range from lowered academic achievement to mental health issues such as anxiety, depression, and even suicide.

Why do people cyberbully? One expert says that they cyberbully in order to seek attention, power, and revenge in lieu of healthy personal goals. The victim may then choose to perpetuate the behavior by seeking revenge or choosing a stance of inadequacy and hopelessness.

Ms. Hicks believes the victim’s responses to cyberbullying need to change. She talks about the four Crucial C’s that are helpful in displacing the person’s mistaken goals as mentioned above for the new goals of feeling connected, feeling courageous, feeling capable, and feeling that you count.

This change of focus could alter the cycle of cyberbullying so that victims do not choose revenge and therefore avoid becoming perpetrators themselves.

Ms. Hicks believes, as I do, that counseling can help victims of cyberbullying become empowered and feel more in control of their feelings and their reactions. Better self-esteem can begin to replace anxiety, depression, and hopelessness.

Through counseling, parents or care-givers can compliment youth when they demonstrate positive attributes and behaviors on which courage can thrive. Instead of exhibiting retaliatory behaviors, victims can demonstrate appropriate coping skills.

It is extremely important that parents become involved in helping youth change negative behaviors to more positive ones. Parents can also help by understanding the importance of keeping specific personal information private as it relates to the long-term and world-wide reach of the internet. Once parents understand how to use social media appropriately, they have an opportunity to become role models for the proper use of technology. Learning strategies to avoid harm may be an important mechanism for personal empowerment for both victims and their parents.

For more information, contact the Counseling Center TBH at 818 762-4817.
The heavy responsibilities of caregiving and making appropriate decisions are stunning and complex. You may recognize yourself in one or more of the following questions:

“I need help but where to begin? What is available and how do I decide?”

“How can I convince my aging parents to accept help?”

“How do I get my grown children to acknowledge that I am aging and need help now or in the future?”

“How can I afford to pay for it all?”

“How do I plan for long-term health care for family, friends and myself?”

We can help you start the conversation. Your Temple Beth Hillel Caring Across Generations (www.caringacross.org) committee invites you to the first in our series of Caring Across Generations workshops:

• addressing the realities of illness, aging and disability.
• providing a safe setting for support in sharing concerns and fears.
• helping you to be pro-active in making wise and timely choices.
• guiding you in the hiring of a caregiver.
• providing resources and affordability information you will need.

**SUNDAY JUNE 28, 2015, 11:00 am-2:00 pm**

at Temple Beth Hillel in the Feldman Horn Mercaz, 12326 Riverside Drive, Valley Village

Feel free to bring family and friends. A light lunch will be provided.

Please RSVP to one of us below so we can prepare accordingly. You may also wish to phone in your reservation by calling the TBH office, 818-763-9148 x106.

Questions? Let us know, for now is the time to start the conversation.

Your TBH Caring Across Generations co-chairs,

Julia Wackenheim       Rabbi Jim Kaufman
juliawille@gmail.com    rabbikaufman@tbhla.org
We could not have done it without you!
The Shpiel Cast and Band Members: Thank you to each and every person who made such an extraordinary retelling of Megillat Esther. Your joy, enthusiasm, and dedication made Cantor Shana’s script come to life in the most enjoyable way possible.

Thank you to our Carnival Chairs Tobi Schneider and Mindi Pfeifer, to Sue Howell, the entire Purim Committee, and to all of our volunteers. The rides were well received, the food scrumptious, the batting cage a joy, and the redemption center a success! TBH is grateful to each of you for all of your hard work. Thank you for helping increase the feelings of Purim joy and community at TBH.

Thank you to all of our Purim sponsors

Arlene & Frank Balkin
Art Camp
Barbara & David Motz
Cantor Shana Leon
The Douglas Family
ECE Rooms 2 & 3
ECE Rooms 4 & 5
ECE Rooms 6 & 7
ECE Rooms 12 & 13
ECE Rooms 14 & 15
Eddie & Carmen Sicherman
Gerald & Ruby Rose
The Goldrich Family Foundation
The Gragnani Family
Havarah Mazal Tov
The Hirsch Family
The Hronsly Family
Jamie & Zoe Stevens
Janis Horn & Roger Ehrlich
Jodie & David Reff
Kenny & Kim Tashman
Lloyd S. Berkett Insurance Agency Inc.
Mark & Barbara Singer
The Mizrachi Family
Paul, Gail & Julia Wunsch
The Pfeifer Family
Phil & Virginia Raucher
Rabbi Eleanor Steinman & Rabbi Denise Eger
Rabbi Jim, Sue, Josh, Seth, Asher, Noah & Danielle Kaufman
Reckon & Reckon Plumbing
Sheila Milov
Steve & Leslie Rouff
Sober College
The Matich, Pfeifer, Nemiroff & Willinger Families
TBH Brotherhood
Weissman, Slavin & Adelrod LLP
Women of TBH
2015 Purim Volunteers

Thank you to all our hard-working volunteers!

Erin Dolkart
Shanna Petersil
Anna Henry
Abbe Murray-Cote
Alarick Yung
Andrea Chasek
Arlene Balkin
Frank Balkin
Barbara Motz
Bruce Thomas
Brett Bereny
Carine Spitz
Debbie Adler
Deena Lear
Florence Menashy
Amy Fasciglione
Jared Matich
Joe Utsler
Katie Halligan Elinoff
Kim Hirsch
Alyssa Skolnick
Paula Lyons
Michelle Ambers
Michael Schensul
Shari Charalambous
Michael Marcus
Myrna Coen
Shana Kemp
Rebecca Pathak
Manushka Mandell
Sari Edber
Sharon Castiel
Lisa & Scot Wallach
Scott Schneider
Shanti Greenspan
Shayna Alpert
Shayna & Zoe Alpert
Sheila Petri
David Motz
Darren & Jeanne Turbow
Julia Bereny
Nickie Bryar
Jacqueline Hamilton
Alice Levine
Meredith Schneider
Christine Valdez
Eric & Susan Goldman
Peggy Rose
Harriet Levins
Jan Goldsmith
Cori Abraham
Matt Meadow
Marta Harmon
Lila Pollack
Stacy Rosenbaum
Elyssa Fishman
Michelle Schneider
David Schneider
Robert Pfeifer
Denise McDade
Olivia McDade
Brian Sher
Erica Edelman-Benado
Cory Abraham
Stacy Schrier
Joe Rubin
Rebecca Rubin
Sue Howell
Bari Spiegel
Rafael Fogo-Schensul
Meredith Schensul
Michael Heiss
Laura & David Abell
Rachel Simkin
Hansy Zhang
Marc Gragnani
Jamie Stevens
Paul Feldman
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*
Edwin Bartenstein, by Sheila Milov
Richard Larsen, by Barbara and Mark Singer
Edwin Bartenstein, by Evelyn Lever, Shelley Bartenstein and Susie Lever
Beatrice Pasch, by Fredie Goldberg
Lee Larson, by Sheila Milov
Barbara Guminber, by M. Bruce Guminber
Morris Tuckman, by Roz Tuckman

Get Well Wishes to
Barbara and Peter Weiss, by Sheila Milov

*In Honor of*
David Weiss’s birthday, by Maia Manley

*In Appreciation of Rabbi Sarah* Sarah and Abe Friedman,
Harry Slavin, by Herb Slavin

*Morris Tuckman, by Roz Tuckman*

**Day School Fund**
*In Loving Memory of*
Harriet Halpert, by Joan Halpert Weise
James Patrick Testa, by BHDS PA Board

*In Honor of*
Beverly Tuchel’s grandson, Justin Max, by BHDS Parents Association

**Donations**
by Yona Pasarel

**Early Childhood Education Fund**
*In Loving Memory of*
Dr. Richard Greene, by Marilyn Morris
Mollie L. Keays, by Marilyn Morris
Ruth Lapidus, by Marilyn Morris

*Get Well Wishes to*
Jim Baer, by Marilyn Morris
Ruth Nikola, by Marilyn Morris

*In Honor of*
Lois Tisdale’s 80th Birthday, by Marilyn Morris
Mikayla Tisdale’s 5th Birthday, by Marilyn Morris
Mr. & Mrs. Henry Tisdale’s 60th Anniversary, by Marilyn Morris

**Donations**
by Bobbi and Cliff Malzman

**Endowment Fund**
*In Loving Memory of*
Larry Sacks, by Steven and Leslie Rouff
Frank Kretzer, by Steven and Leslie Rouff
Larry Sacks, by Susan Pasternak, Larry Picus and Matthew

**George Friedman Shofar Fund**
*In Loving Memory of*
Seymour Slavin, by Herb Slavin

**Herman & Eleanor Kretzer Fund**
*In Loving Memory of*
Frank Kretzer, by Dolly Grosnirth

**Max Sands Special Projects Fund**
*In Loving Memory of*
Sarah and Harry Sirak, by Leslie and Steven Rouff
Gary Sirak, by Leslie and Steven Rouff
Lilly Rouff, by Leslie and Steven Rouff
Karen Meisel, by Leslie and Steven Rouff
Jeanne Mallet, by Leslie and Steven Rouff

**In Honor of**
The Temple Beth Hillel Board of Trustees, by Arleen Bernstein
The Women of TBH Board, by Arleen Bernstein

**Memorial and Tribute Fund**
*In Loving Memory of*
Kenneth Pollack, by Tobi and David Schneider
Jacob Rabinovitz, by Lynn Rabin
Alice Kort, by Barney and Jean Kort
Kate Tockerman, by Sylvia Tockerman
Edith Harris, by Sylvia Marcovitch
Marcelle Zoller, by Dolly Grosnirth
Florence Apple, by Sandra and Roger Cohen
Simeon Jacobs, by Werner and Beni Loewenthal
Larry Sacks, by Ben and Bobbe Tadelis
Florence Apple, by Arthur Apple
Philip Glickman, by Alexandra Glickman
Maurice Bremer, by Sylvia Bremer
Jeanne Fields, by Lori Weiss
Charles Dauer, by Marcine Winnick
Marcella Storozum, by Amy Schancupp and Steven Storozum
Bobbie Rohrlich, by Janice and Laurence Lang
Ed Johnson, by Barbara Johnson
Sally Rothman, by Barbara Johnson
Fannie Weiner, by Jo and David Haimovitz
Leontiy Balshin, by the Linetsky and Balshin families
Irina Linetsky, by the Linetsky family
Emil Isakoff, by Phyllis Ehrenberg
Karl Seuthe, by Kathy Seuthe
Larry Sacks, by Marilyn and Philip Warden
Harold Rosenberg, by Lawrence Rosenberg
Sarah and Abe Friedman, by Sheila Milov
Larry Milov, by Sheila Milov
Martin Schancupp, by Amy Schancupp and Steven Storozum
Judith Saddleson, by Cheryl and Bob Shaw
Yetta Zuckerberg, by Sheila Beller
Adolph Rosenblatt, by David Rosenblatt
Sy Salzer, by Carolyn Salzer Levin and family
Hellmut Loewenthal, by Beni and Werner Loewenthal
Dr. Bert Indin, by Jill and Matthew Sirotta
Telia Rabin, by Lynn Rabin
Mina Kirsh, by Bobbi and Charles Baker
Ida Hischensohn, by Barbara and Harry Hischensohn
Betty Weiner, by Cantor Alan and Amy Weiner
Harry Apple, by Sandra and Roger Cohen
Sally Burns, by Renee Burns Lonner
Edwin Bartenstein, by Amy Schancupp and Steven Storozum
Bernard Fetter, by Allene and Dennis Rose
Yosef Shpihalnik, by Bella and Simon Shpihalnik
Edna Honeman, by Karen Stern
Selma Baar, by Barbara and Marlow Baar
Eda Barbolet, by June Ross
Myer Shaw, by Jear and Barney Kort
Max Singer, by Arleen and Manny Bernstein
Kate Cole, by Eunice Kerman

*In Appreciation of* Rabbi Sarah Hronsky, by Tobi and David Schneider

*Get Well Wishes to*
Peter and Barbara Weiss, by Barbara and David Motz

**Moses Fund**
*In Honor of*
Harper Jacobs’ Bar Mitzvah, by Tobi and David Schneider
The birth of Janis Horn & Roger Ehrlich’s granddaughter, by Tobi and David Schneider
Peter Weiss’s birthday, by Maia Manley
Tobi Schneider, by Leslie and Steve Rouff
Tobi Schneider, by Elizabeth, Alarick, Noah, Anna and Kai Ying
Julia Wackenheim and Family, by Sheila Milov
Julia Wachenheim, Scott Gimple & Magnus, by Tobi & David Schneider

**Neil J. Gittelman Fund**
*In Loving Memory of*
Bell Rosen Furst, by Nathalie and Irv Gittelman, Susanna Griffin, David Gittelman and Judy Harris
Joan Davidsohn, by Nathalie and Irv Gittelman and Family
Anita Taylor, by Nathalie and Irv Gittelman and Family
Rose Rosen, by Eileen Borow and Seema Sperling

*In Appreciation of* Emeritus Rabbi Jim Kaufman, from the family of Anita Taylor

**North Hollywood Interfaith Food Pantry**
*In Loving Memory of*
Edwin Bartenstein, by Susan Pasternak and Larry Picus
Sam Goldstein, by Natalie Goldman
The sister of Elaine Meyer, by Maxine Stern
Edwin Bartenstein, by Leslye Adelman
Carol Shapsa, by Leslye Adelman
Charna Shapiro, by Janet Howard
Edwin Bartenstein, by Jeannine and Victor Esban
Bessie Simon, by Herb Slavin
Every Sunday, Food Pantry Volunteer Service. Come anytime between 8:30 and 10 am to pick, pack and prepare grocery bags for distribution. Newcomers are asked to call Leslye Adelman at 818-929-2606 in advance.

Every Tuesday, Torah Tuesday – Study Torah with our clergy in a relaxed and friendly environment. No prior Torah study or Hebrew knowledge is required – only a desire to learn.
12:30–1:30 pm.

Every Tuesday, Boy Scouts. 7:00 pm.

May 2, Sat. Brotherhood & Women of TBH Ragtime to Riches “An Evening With Irving Berlin” – An original production by Roy & Betsy Abramsohn. Join us for fun, good food and great entertainment! 6:00–9:00 pm with dinner included, in the Sands-Mallet Hall.

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 our journey. 9:45–11:15 am. RSVP at BethHillel.info.

May 6, Wed. TBH Event Fair. See all the exciting new trends in event planning and entertainment at this annual event. Meet entertainers, event planners, photographers, DJs, calligraphers, florists and more. Taste fabulous food from a variety of caterers. Free. 6:00–8:00 pm.

May 7, Thurs. BHDS Open House & Science Fair. 6:00–8:00 pm.

May 9, Sat. Drumming Shabbat Experience. For young families. Led by Rabbi Sarah Hronskey and Song Leader Justin Stein in the Feldman-Horn Mercaz. 9:30–10:15 am.

May 13, Wed. Coffee & Schmooze with Rabbi Sarah. Join our Senior Rabbi in her office for casual conversation about Jewish parenting and other pertinent topics. 8:30–10:00 am.

May 13, 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. Must register. Details at BethHillel.info.

May 13, Wed. TBH Book Club meets to discuss "To the End of the Land" by David Grossman.

Discussion led by Chris Dwyer. In the Kaufman Beit Midrash.

May 18, Mon. 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 momof3inla@att.net.

May 23, Sat. Confirmation. Bauman Sanctuary. 7:00 pm.

May 26, Tues. Annual Congregational Meeting. Feldman-Horn Mercaz, north side, 6:30 pm.

May 30 & 31, Sat & Sun. Disney’s The Aristocats. Our Elementary School students present their spring musical, directed by Janice Plank; vocals directed by Tami Bitton. All ages are invited to attend. Performances on the Sands-Mallet Social Hall stage at 7:00 pm Saturday and 2:00 pm Sunday. Saturday night dinner and Sunday afternoon tea party available. Tickets on sale at the door or in the school office.

June 5, Fri. Board Installation. Honoring past members of our Board of Trustees and charging the new members during our Erev Shabbat Service. 7:30 pm in the Bauman Sanctuary.

June 10, Wed. Mechina Graduation. 5:30 pm in the Bauman Sanctuary with a reception to follow in the Sands-Mallet Social Hall.

June 10, 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. Must register. Details at BethHillel.info.

June 11, Thu. Divine Decadence. The Women of TBH are hosting a wine and chocolate pairing event called "Divine Decadence." The event is open to all women of TBH. We are proud to partner with the Divine Decadence event address, please email Leslye Adelman at momof3inla@att.net.


June 17, Wed. Women of TBH Rosh Chodesh. Celebrate the blessing of the New Moon with the Women of TBH. In the Feldman-Horn Mercaz (North). To RSVP, please email Leslye Adelman at momof3inla@att.net.


August 28, Fri. Shabbat-Que. Our annual outdoor celebration of Shabbat and community. On the patio, upper yard and in the Sands-Mallet Social Hall. 5:45 pm.

TBD Chai Circle Shabbat

5775-5776 High Holy Days Schedule

S’ilchot
Sat., Sept. 5

Erev Rosh HaShanah
Sun., Sept. 13

Rosh HaShanah
Mon.-Tue., Sept. 14-15

Tashlich
Sat., Sept. 19

Erev Yom Kippur
Tue., Sept. 22

Yom Kippur
Wed., Sept. 23

Erev Sukkot
Sun., Sept. 27

Earn Cash Back for TBH

Register or Re-Register in the Vons , Pavilions and Ralph’s Non-Profit Cash Back Programs.

1. Go to eScrip.com.
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.

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.
5. Our organization number is 83184.
HONOR, APPRECIATE OR REMEMBER A LOVED ONE

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

Make your choice from the funds 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.

$360 Construction Fund

Clergy Funds
Rabbi Sarah Hronsky Fund
Cantorial and Music Fund
Emeritus Rabbi Jim Kaufman Fund

Building Funds

School & Youth Funds
Beth Hillel Day School
Religious School
Scholarship
Campership

Community Outreach Funds
North Hollywood Interfaith Food Pantry
Community Counseling Center Fund
Moses Fund

Tree of Life
Endowment

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

Mazel tov Cantor Shana!

Join Temple Beth Hillel on Friday, May 29, at 7:30 pm in congratulating Cantor Shana Leon on her Rabbinic ordination from the Academy of Jewish Religion!