Ellen Allard is our scholar/musician–in–residence and will be joining us for two special events!

November 18
6:30pm–Special Erev Shabbat
Family Services
Join us in the Bauman Sanctuary for festive family services open to all ages, and led by Ellen Allard, Rabbis Hronsky and Steinman, Song Leader Stein, Religious School Kindergarten and First Grade, Cantor’s Chanters.

November 20
9:45am– Adult Education:
Smoothies, Songs and Scripture
Cost: $10/TBH Members and $40/ non–members
Scholar–in–residence, Ellen Allard shares an opportunity to explore texts, sing together, and think about how things we put in our bodies are expressions of our values.

Scholar–in–residence funded by generous gift in memory of Eleanor Freedman.

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I am profoundly grateful to the incredible community of Temple Beth Hillel and all friends of TBH. The congregation created such a sacred community in which to pray and gather throughout the Holy Days. It was an honor to be with everyone and to share in inspirational liturgy from our new machzor. Thank you for creating such a beautiful place to share in.

I would like to share a few words of thanksgiving, todah raba—THANK YOU.

• To our clergy team for their leadership and thoughtful words and voices. Thank you to Rabbi Eleanor Steinman, Cantor Patti Linsky, Cantor Jennifer Roher, and Rabbi Jim Kaufman.

• To our organist Erik Belsheim, the choir, and the magnificent band from Rosh Hashanah evening services, our harpist and cellist, and to Matt Bohm from Affordable Soundworks

• We respect the anonymity of our 12–step service leaders, and thank them for arranging this special service.

• We thank Howard Blumenfeld for his guided meditation and Chaplain Barbara Singer for leading the Yom Kippur discussion group.

• And our senior youth group, H.R.T.Y., for leading our youth service on Rosh Hashanah.

• Special thanks to Eric and Michael Goldman who led our George Friedman Shofar Corps class and organized our shofar sounders for their special task. And thank you to all of our shofar sounders for joining us week after week to practice and being the highlight for so many during our Rosh Hashanah services.

• Thank you to all of our Torah readers and our Jonah story tellers.

• I extend my deepest thanks to all the volunteers and staff who made the High Holy Days season extraordinary: Executive Director Al Welland, Carlos Mendoza–Head of Maintenance, and our entire maintenance crew. To our staff Leslie Anderson, Beth Giarmona, Nadid Gilboa, Claudine Putnam Douglas, Kathryn Jensen, Audra Blum, Jasmine McKay, and J.C. McKinley

• Special thanks to all of our oznei–ushers who went above and beyond assisting congregants and community members in a warm and wonderful manner. Thank you to David Reff and Freddie Goldberg for leading our usher corps.

• Thank you to our Board members who joined us on the bimah, and as greeters.

• To Women of TBH for their special oneg at S’lichot, to our Board of Trustees for sponsoring the oneg on Rosh Hashanah, to Brotherhood for their break–fast.

• Thank you to Bruce Thomas who, along with our security company, helped us to feel safe and secure.

• Thank you to all those who participated in our High Holy Day Annual campaign, assisting us in keeping TBH doors open to our members and the wider East Valley community.

• It takes a village to make our High Holy Days come together. Thank you all.

Shalom,
Rabbi Sarah Hronsky

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
November

SHABBAT, NOV. 4-5
Torah Portion:
Noach, Genesis 6:9-11:32
Friday, November 4
7:30pm
Erev Shabbat Services
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky, Cantor Linsky and the Adult Choir. Birthday blessings will be shared. Oneg to follow.

Saturday, November 5
5:00pm
Bar Mitzvah of
Aaron Nemiroff

SHABBAT, NOV. 11-12
Torah Portion:
Lech L’cha, Genesis 12:1-17:27
Friday, November 11
6:00pm
Shabbat Services at
Adat Ari El
Join us at Adat Ari El for Shabbat services.

7:00pm
Shabbat Dinner at
Adat Ari El
After services we will dine with Adat Ari El. Please RSVP at bethhillel.info

8:00pm
Election Reflection Part 2
at Adat Ari El
Join Rabbi Sarah in attending this event. Featured Speakers and Scholars J.J. Goldberg and Jonathan Tobin will be speaking about this years’ election.

Saturday, November 12
9:00am
Shabbat Text Study
Monthly hour-long text study led by Rabbi Steinman in the Kaufman Beit Midrash. Mourner’s Kaddish will be recited.

10:00am
Bar Mitzvah of
Ry Kagan

5:00pm
Bar Mitzvah of
Benjamin Coen

SHABBAT, NOV. 18-19
Torah Portion:
Vayeira, Genesis 18:1-22:24
Friday, November 18
5:30pm
Picnic Dinner
Bring your own picnic dinner and join us on the Upper Yard (weather permitting) or Sands Mallet Social Hall.

6:30pm
Special Family Erev Shabbat Services Featuring
Ellen Allard
Join us in the Bauman Sanctuary for festive family services open to all ages. Ellen Allard, Rabbis Hronsky and Steinman, Song Leader Stein, Religious School Kindergarten and First Grade, Cantor’s Chanters, and all of our temple families. Oneg to follow.

Saturday, November 19
9:00am
Shabbat Morning Minyan
Join us in the Kaufman Beit Midrash for services led by Rabbi Steinman and Song Leader Stein.

5:00pm
Bar Mitzvah of
Justin Gamm

WEDNESDAY, NOV. 23
6:30pm
Interfaith Thanksgiving Service
Join us in the Bauman Sanctuary for a special Interfaith Thanksgiving Service led by Rabbi Hronsky, Cantor Linsky, the Adult Choir, and Cantor’s Chanters.

SHABBAT, NOV. 25-26
Torah Portion:
Chaye Sarah, Genesis 23:1-25:18
Friday, November 25
5:45pm
Shabbat Nosh
Join us in the Sands-Mallet Social Hall for light refreshments before services.

6:05pm
Musical Kabbalat Shabbat Services
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky and Song Leader Stein.

December

SHABBAT, DEC. 2-3
Torah Portion:
Toldot, Genesis 25:19-29:9
Friday, December 2
7:30pm
Erev Shabbat Services
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky, Cantor Linsky, and the Adult Choir. Oneg to follow.

SHABBAT, DEC. 9-10
Torah Portion:
Vayeitzei, Genesis 28:10-32:3
Friday, December 9
7:00pm
Erev Shabbat Services
Join us in the Bauman Sanctuary for services led by Rabbi Hronsky, Song Leader Stein, the Cantor’s Chanters, and the 5th and 6th grade Religious School students. December birthday blessings will be shared. Oneg to follow.

Saturday, December 10
9:00am
Shabbat Text Study
Our monthly, hour-long text study will be led by Rabbi Steinman, in the Kaufman Beit Midrash.

November

SHABBAT & HOLIDAY OBSERVANCES

Congrats to our November B’nei Mitzvah!

Aaron Nemiroff
Son of Stacy Schrier & Ed Nemiroff

Ry Kagan
Son of Jeffrey Kagan & Briana Kagan

Benjamin Coen
Son of Daniel & Myrna Coen

Justin Gamm
Son of Larry & Sarwi Gamm

CHANUKAH OBSRV. DEC 25
Sunday, December 25
5:00pm
Chinese Dinner
Join us in the Feldman Horn Mercaz to kick-off our Chanukah Family Celebration with a Chinese dinner. Cost is $10/pp (kids 5 and under are free) Please RSVP to bethhillel.info

5:45pm
Candle–Lighting & Singing
Bring your Chanukiah for this special candle–lighting event.

6:00pm
Family Movie
We will be watching Willy Wonka and the Chocolate Factory (Starring Gene Wilder). We will also have a popcorn bar with fixings.

SHABBAT, DEC. 30-31
Torah Portion:
Miketz, Genesis 41:1-44:17
Friday, December 30
7:30pm
Erev Shabbat Services
Join us in the Bauman Sanctuary for a special Musical Erev Shabbat Service led by Rabbi Steinman and Musical Guest. Oneg to follow.

Saturday, December 17
9:00am
Shabbat Morning Minyan
Join us in the Kaufman Beit MIdrash for services led by Rabbi Steinman and Song Leader Stein.

4:00pm
Moses Program:
S’udah Shlesheet- Special Chanukah Party
A special outreach to Jews who have developmental disabilities. Please RSVP to Tobi Schneider at tobianne63@gmail.com
As I reread through my previous President’s columns, my first column thanked the outgoing Board, and introduced our new Board and my second article was High Holy Day centric. I have not taken the opportunity to introduce myself to those who do not know me, maybe tell you something about myself, and perhaps my motivation for being involved in Temple Beth Hillel. While I was born in Brooklyn, I consider myself as being raised in the Northern San Fernando Valley. Growing up, my family observed the holidays, but we were not affiliated with any temple. Most everything I learned about Judaism has been through Temple Beth Hillel and expanded through my children’s religious education that exceeded my wildest expectations (also from TBH, of course).

I earned a degree in accounting from Cal State Northridge. Shortly after graduating (3 days to be precise), I married the love of my life, Susan (whom I met exactly 30 years ago this New Year’s Eve).

We moved to Philadelphia for Susan to go to medical school. I have rotated between computer work and the last several years focused on accounting and finance. When my oldest child started school, I decided to stay with accounting and finance.

Upon our arrival in Los Angeles, we joined TBH and a havurah. One year later a member of our havurah was running for a Board position, so I came to my first congregational meeting to support him. I was inspired and chose to be part of the solution by joining a committee for the first time in my life. From there, I joined the Temple Board, became Treasurer for two terms (enabling me to work closely with two different Presidents, providing me with two different perspectives), and later President. I would like to think that my decades of work experience have benefited the Temple, as the Temple has provided me many insights that I have been able to apply to both my personal and professional life.

I am truly honored to be part of TBH. I have found this place to be very welcoming from our first service, where we decided to join because fellow temple member and past President, Peter Weiss, made my wife and children feel so at home. TBH provides a home for all people to pray and learn. We are a place of support for each other in times of need and life cycle events, from baby naming through the rest of our lives.

I receive great personal satisfaction by what we do for others, which is one of our core values, tzedakah: Mitzvah Day, our upcoming Thanksgiving dinner will serve those in need, our steady support of the food pantry, and helping others through the counseling center. We also enrich lives through education—from “Parent and Me” classes and our Early Childhood programs to an award-winning Elementary School to Religious School and Confirmation classes, as well as adult and family learning opportunities.

While I have a very strong love of TBH and its people, I am aware that we have opportunities to achieve even more. How else can we make our temple better year after year? I assure you that our Board is continually working on making our temple the best it can be. If you would like to get involved, or have ideas to make our temple a better place, please feel free to get in touch with me at president@tbhla.org. Whatever we implement will help us make the next 70 years even better!
Giving back to those in need is an important part of living a Jewish life, and it is central to the values that we teach our children in the Early Childhood, Elementary School and Religious School. Therefore, we instill the importance to reach out to others. Whether giving financially (tzedakah), through acts of loving kindness (gemilut hasadim), or social action (tikkun olam), it is essential to our Jewish identity.

During the months of November and December there are many ways that you can participate in these fundamental Jewish values. Mitzvah Day, on November 6, is a wonderful opportunity to come to Temple and share in gemilut hasadim. The Early Childhood children are holding a tricycle–a–thon to raise money for Nokidhungry which provides nutritious meals to children who do not have enough food to eat. Have your children take pride in some goodwill by bringing gently used books to benefit a Los Angeles School, giving books to children who can’t afford them.

At the ECE Thanksgiving Feast & Performance join us in bringing a canned food item, peanut butter and/or dried beans to the event. Supporting our Interfaith Food Pantry here at TBH is a large part of every classroom’s tzedakah donations each week. On Fridays, as the children celebrate Shabbat, you can often see our children stopping to drop off food while on their way to spend Shabbat with the Rabbi.

During Chanukah we teach children the importance of tikkun olam. This includes making cards for the sick and giving gently used or new toys to kids in need. Devote at least one night of Chanukah to giving rather than receiving.

These customs promote social growth and teach our children, from a very young age, that they matter and can help to make the world a better place. Taking care of the sick, comforting friends in times of sadness, and celebrating simchas are important ways that we honor our Jewish identities. Finding opportunities to incorporate these values into your everyday life will bring more hope and joy into your life.

Please bring to Lobby any of the below:

- Toiletries for Brotherhood’s Feed the Hungry Guest bags
- Bra–ject – for Jewish World Watch. Many teenage girls are dropping out of school because of fear about their bodies. Please donate NEW sport/jogging bras for teens especially white or nude colored. All sizes are great!
- Laundry Pods in SEALED containers & dryer sheets for L.A. Family Housing
- Coloring Books–L.A. County Family Services
- Gently used children books benefiting a Los Angeles based school and Valley Community Health Care’s waiting room
- Toilet paper and Paper towels–L.A. Family Housing
- $5 and $10 gift cards for L.A. Family Housing–Leave in TBH main office
- Day of collection (Nov. 6 only): Men’s Dress for Success: Dress slacks, shirts, jackets, & shirts for interviews.

Mitzvah Day
November 6 at Temple Beth Hillel
9:00am
Meet on the Upper Yard for a quick nosh followed by opening assembly.
Activities include:
• Trike–A–Thon
• Blood Drive
• Mitzvah Garden
• NHIFP Food Packaging
• Letters to Our Soldiers
• Projects in Jewish Homes for the Aging
• And Much More!
Hello, I am Nathan Schnider, the HRTY Programming Vice President. I want to make HRTY fun for everyone with interesting and inviting programs and games. My goal is to plan events where everyone not only gets to, but also wants to, participate. HRTY is a place for teens to have a great time and make new friends. I want to make this a great year, and this will help greatly.

Making This Year Great
by Nathan Schnider
HRTY Vice President
(Beth Hillel Reform Temple
Youth–Children 8–12th grade)

Hello, I am Nathan Schnider, the HRTY Programming Vice President. I want to make HRTY fun for everyone with interesting and inviting programs and games. My goal is to plan events where everyone not only gets to, but also wants to, participate. HRTY is a place for teens to have a great time and make new friends. I want to make this a great year, and this will help greatly.

November–December Youth Group Events

November 20
Jr. HRTY
Temple Beth Hillel 6th, 7th, & 8th graders, join us for our November Thanksgiving themed event. We will be playing games, eating delicious food, and learning about the Jewish views on gratitude.

November 18–20
HRTY
NFTY SoCal Social Justice Kallah—better known as S.J.K., this meaningful weekend retreat embodies our year-round focus on Tikkan Olam through experiential programming and a unique partnership with the Religious Action Center.

December 3
Jr. HRTY
December 3 is the first N.F.T.Y. 678 event of the year. Our 6th, 7th and 8th graders will join other 6th 7th and 8th graders from around Southern California for a day of programming, community and fun! Keep an eye out for registration details.

December 11
Club 345
TBH 3rd, 4th, and 5th graders are invited to join our December event, Magic and Miracles. We will be celebrating the Miracles of Chanukah a bit early and will enjoy a magic show.

December 17
HRTY
Happy Chanukah from Hogwarts. H.R.T.Y. will be hosting a Harry Potter themed event. Keep an eye out for more information.

February 17–20
HRTY
Registration is Open Now!
N.F.T.Y. Convention is a one of a kind experience – bringing together more than 1,000 Reform Jewish teens from across North America. You will learn valuable leadership skills, meet incredible people, and laugh, learn, and sing as one community.

For more information about any of Temple Beth Hillel’s Youth Group programs please contact Ellie Laycook, Youth and Family Programs Coordinator, ELaycook@tbhla.org or 818–763–9148 ext 109
**Women of TBH**

**A Time to Be Thankful and a Time to Give**

by Jodie Reff & Evelyn Lever

Women of TBH Co-Presidents

High Holy Days season is over and now we move on to a very busy November and December. Thanksgiving is a time to be grateful for all we have, and Chanukah is a time to celebrate our freedom. Our November activities include several members of Women of TBH attending the W.R.J. Pacific District Convention in Las Vegas. We will have fun and bring back new programming and fundraising ideas to share with the congregation. We are sponsoring a book drive for the Valley Community Health Care and are looking for children’s books for the waiting room to keep the families busy while they wait. The book drive will culminate on Mitzvah Day, November 6, so please collect your books and bring them when you come to Temple. Look for the collection bins as Mitzvah Day approaches. On Sunday, November 13, we have our annual Brotherhood/Women of TBH Paid–Up Membership Dinner.

On Tuesday, November 15, an evening activity is being planned—dinner and craft–night are possibilities.

Our biggest fund-raiser event of the year—the annual Chanukah Boutique—takes place on Sunday, December 4 from 9:00am–3:00pm. We are always looking for volunteers to cashier. Start making your lists and come and buy. We have gifts for all, our hot dogs (cooked by Brotherhood) and our homemade latkes are delicious.

Every December, Women of TBH participates in Adopt–A–Family. L.A. Family Housing provides us with a wish list for two needy families, and we contribute and raise money to shop for the family members to provide them with gifts for the holidays. We wrap the gifts and they are delivered in time for their holiday observance. We are planning a movie night with a speaker and snacks for December 17, and our Chanukah Party with Early Childhood Parents on December 27. We wish everyone a happy Thanksgiving and a joyous Chanukah, and hope you can join us and make our events even nicer with your presence.

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**TBH Brotherhood**

**In Action for the Holidays**

by Chris Dwyer & Mark Singer

TBH Brotherhood Co-Presidents

TBH Brotherhood is looking forward to a very active month of community service this November. We will be enthusiastic participants of Mitzvah Day on November 6. We will also be focusing on our 16th Annual Thanksgiving Feed the Hungry event on Thanksgiving Day. This will take place on November 24 in our own parking lot. For more information on the Thanksgiving event or to volunteer for Thanksgiving, please email us at brotherhood@tbhla.org. You can also volunteer by cooking for the event during the week leading up to it.

Thank you to our volunteers who made the opening day of Religious School “Pancake Breakfast” so successful. We appreciate the work of our High Holy Days ushers, the “Break–the–fasters.” Thank you to the “Sukkah–Putta–Uppas,” and those who participated in “Scotch in the Sukkah” who helped make those respective holidays meaningful and enjoyable. Keep your eyes on this space for photos from these events.

Brotherhood is open to new ideas and activities. Please, feel free to contact us at brotherhood@tbhla.org if you have any ideas or suggestions.

---

**Feed the Hungry on Thanksgiving**

Community volunteers cook, set–up, and serve over 500 meals on Thanksgiving Day. Financial donations are welcome to help fund the feast.

**Will you help fund the feast?**

Yes! I want to feed the hungry! Here is a Thanksgiving gift of:

- ☐ $10 to feed 5 people
- ☐ $20 to feed 10 people
- ☐ $40 to feed 20 people
- ☐ $______, a donation that is meaningful to me, to feed as many people as possible.

Please return this form to:

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

Donate online at:

[tbhla.org/donate](http://tbhla.org/donate).

Volunteer via email at:

brotherhood@tbhla.org
It’s no secret that community service is a big part of Scouting, which is why this November 6—as every year—Pack 311 is looking forward to kicking off November by participating in TBH’s Mitzvah Day.

The following Sunday, on November 13, the boys and their families will take part in a Hiking Team event on the old missile site trail in Encino, and then on the 17 we’ll have our November Pack meeting in the Mercaz. Our last pack activity for November is another exciting community service project—the Thanksgiving Day event at TBH.

December 10 will find us hiking Millard Canyon Falls Trail (Alta Dena) and our last meeting in the Mercaz for 2016 will be on December 15, when the boys will receive their Pine-wood Derby kits. One of the most popular and successful family activities in Cub Scouting, the Pine-wood Derby features small wooden model cars that Cub Scouts make themselves (with help from their families). Then they get to race the cars in an exciting competition! The cars are powered by gravity and run down a track. We give out trophies not only for winning races, but for these accomplishments as well: Most Patriotic, Best Cub Scout Theme, Funniest, Most Realistic Race Car, Best Detail, and Most Unusual. The Derby will be held in the Mercaz on January 29.

Pack 311 welcomes boys in kindergarten through fifth grades, or 6–10 years of age, from all religious and family backgrounds. For more information, visit www.cubpack311.com.
Chanukah at Home: Candle–Lighting Times and Blessings

Chanukah begins at sunset on December 24 and the last night to light candles is December 31.

Lighting:
Candles are added from right to left, but lit from left to right—the newest candle is lit first. First light the shamash (helper candle); then use it to kindle the rest of the Chanukah lights. On Shabbat, light the Chanukah candles first followed by the Shabbat candles.

The Blessings:

Baruch atah Adonai, Eloheinu Melech ha’olam asher kid’shanu b’mitzvotav v’tzivanu ladlik ner shel Chanukah.

We praise You, Eternal God, Sovereign of the universe; You make us holy with Your mitzvot and command us to kindle the Chanukah lights.

Baruch atah Adonai, Eloheinu Melech ha’olam she’asah nisim la’avoteinu ul’imoteinu bayamim haheim ba’z’man hazeh.

We praise You, Eternal God, Sovereign of the universe; You showed wonders to our fathers and mothers in this season of days of old.

On the first night only, we add:

Baruch atah Adonai, Eloheinu Melech ha’olam shehecheyanu v’kiy’yanu v’higanu la’az’man hazeh.

We praise You, Eternal God, Sovereign of the universe; for giving us life, for sustaining us, and for enabling us to reach this season.

Dreidel Game
You will need “tokens” or “pieces” for each person such as: plastic chips, pennies, small candies like M & M’s or Hershey Kisses. One dreidel is also needed per group. Distribute equal number of “pieces” to each player.

Begin play by having each of the players ante up one or two “pieces” to the common pot. Take turns spinning the dreidel and take the action determined by the letter your spin lands upon:

• bNun – the player takes nothing
• dGimel – the player takes all
• vHey – the player takes half
• aShin – the player puts in one

Temple Beth Hillel presents
Family
Chanukah Celebration
Dinner, Candle-Lighting, and a Movie

Sunday, December 25
5:00pm–Chinese Dinner
5:45pm–Candle-Lighting and Singing
Bring your own Chanukiah as we light our candles together!
6:00pm–Movie: We will be watching Willy Wonka and the Chocolate Factory starring Gene Wilder. We will also have popcorn with all the fixings!

$10/per person (kids 5 and under are free)
Please RSVP to bethhillel.info
Chanukah Boutique
Sunday, December 4
9:00am-3:00pm

- Gift Shop Specials
- Jewelry, Art Glass, Pottery
- Food Court, Hot Dogs, Latkes, & More!
- Clothing, Soaps, Candles
  - Gourmet Bake Shop
- Specialty Foods & Jams
- 4 Kids Only Shop

Your one-stop shopping experience!
tbhlala.org/community/sisterhood

TBH, You Are Invited to Attend:
Visions For a Shared Society The "Tribes" of Israel
A Synagogue Collaborative Lecture Series
Lecture is FREE to TBH Members. Non–members $20/lecture or $75 for series pass.
(Post–lecture dinners are $36/individually or $100 for all three for both members and non–members.
You must RSVP and pay for your dinner ahead of time.)

To RSVP and pay for post–lecture dinner, visit shalomhartman.org/LAcollaborative

Generously funded by the Jewish Community Foundation of Los Angeles.
With so many things to do, we suggest getting an early start on your want-to-do list.

There’s a lot to do at The Village at Sherman Oaks Senior Living Community — clubs, events, socializing, and more.

So, go ahead and make your want-to-do list. But please don’t include a bunch of chores. We’ll take care of most of those for you.

We invite you to see all that The Village at Sherman Oaks has to offer (including assisted living services if needed) at a complimentary lunch and tour. Please call 818.245.5832 to schedule.
Counseling Corner

Sexual Assault—How Prevalent Is It?
by Gussie Sitkin, MFT,
Clinical Director of TBH at the Community Counseling Center

It seems that daily we hear about sexual assault through the media. I wondered how prevalent it was and have done some research to clarify its prevalence and how victims are coping with sexual assault.

According to the Center Against Rape and Domestic Violence every two minutes, someone in the United States is sexually assaulted. That translates to 30 assaults each hour, 715 assaults each day, 21,452 assaults each month, and 272,350 assaults a year! That answers the question of prevalence. But what happens to the survivors? How do they cope?

First of all, what constitutes sexual assault? Sexual assault is any non-consensual sexual act; if “no” is not an option, it is sexual assault. It can take the form of unwanted verbal, visual, or physical contact. Unsolicited sexual comments, being forced to touch another person in a sexual manner, being forced to watch or perform sexual acts, or rape are all examples of sexual assault.

It is important to know that most rapes are committed by someone who is known to the victim. Many survivors of non–stranger rape have a difficult time recognizing that the assault is a crime. Survivors often know, and until the assault, had no reason to distrust the perpetrator. As a result, survivors sometimes worry that their actions caused the assault. This is never the case!

It is vitally important that victims of rape report it at once. I know that sometimes victims fear reporting it for fear of retaliation, fear of not being believed, shame or embarrassment, desire to keep details private, lack of trust in the criminal justice system, or self-blame. However, if we allow perpetrators to get away with it, the perpetrator continues to assault.

The survivor of sexual assault needs to know these facts:
• It was not your fault. The perpetrator is solely responsible! Place the blame where it belongs.
• Nightmares or flashbacks are normal under the circumstances.
• Seek support. You don’t have to deal with it on your own. It is possible to heal from sexual assault. Individual and group counseling are both available resources.

The Center Against Rape and Domestic Violence has a hot-line 24 hours a day. The numbers are:
(541)754–0110 or 1 (800)927–0197.

Healing from a sexual assault takes time and support. Here are some things survivors can do after they have reported the crime and have received help.
• They can continue to build a support network. You can’t have too much support.
• You can talk to an advocate, or trusted friend, or counselor. You can spend time with safe people who can help lessen your stress.
• You can simplify your life by dropping any activities that add to your workload or cause additional stress in your life.
• You can minimize your contact with people or situations that may be hurtful.
• Be patient. Healing takes time, so be gentle with yourself.

For further information, call the Community Counseling Center at (818)762–4817.

Food Pantry

The Blessings of Working Together
by Leslye Adelman,
The North Hollywood Interfaith Food Pantry

As the year comes to a close, I look back at how the Pantry has done, and I am pleased with the attention and assistance EVERYONE at TBH has offered us. The High Holy Days Food Drive was a success this year and I thank you all for your generosity. That said, please do not forget the Pantry throughout the year.

Food donations have been coming in from congregants, students, and employees, and I love looking into a full big box in the lobby each time I come by the Temple. Your donations mean we only need to purchase what is essential in the bags of groceries we provide and fill it with the food we are given.

Kudos to Ella Gardner. She chose the Food Pantry as her Mitzvah Project in preparation for her Bat Mitzvah in October. Ella first raised money to purchase baby, toddler and adult diapers and filled an SUV with them. She then held a food drive that was amazingly successful. Her success is a testament to her commitment to serving her community.

A special thanks to the Oakdale Preschool. They did several collections of canned food for the Pantry. They wheeled the cans in little red wagons from their school to TBH. They were an inspiration for me to get the entire TBH school community more involved in the Pantry, and I am pleased to say it is definitely working!

As 2016 comes to a close, I look forward to the continued support from all of you. It makes the undertaking easier and more pleasurable knowing you are in the basement with us and bringing donations to keep the box in the lobby constantly in need of emptying! 
Calendar of Special Events

temple Closures for Nov-Dec
Please be advised that the Temple will be closed for a few days over these two months in observance of National Holidays. These dates are as follows.

Fri., Nov. 11 - Veteran's Day
Thurs., Nov. 24 and Fri. Nov. 25 - Thanksgiving
Mon., Dec. 26 - Christmas (Observed)

Tuesdays
12:30pm
Adult Education: Torah Tuesdays
Study the weekly Torah portion for an hour.
No previous experience required.
RSVP AND BUY TICKETS ONLINE
for courses, dinners and special events at bethhillel.info

November

Sunday, November 6
9:00am
Mitzvah Day
Join us on Mitzvah Day at Temple Beth Hillel! See page 5.

Wednesday, November 9
7:00pm
Adult Education: TBH Book Club
Join us in the Kaufman Beit Midrash as we discuss with Rabbi Ellie a short story from The Oxford Book of Jewish Stories, by Ilan Stavans.

Friday, November 11
6:00pm
Election Reflection Before and After Pt 2
Join us as we meet with Adat Ari El for services, followed by dinner, and finally hear guest speakers and scholars J.J. Goldberg and Jonathan Tobin. RSVP for dinner at bethhillel.info

December

Sunday, November 20
9:45am
Smoothies, Songs, and Scriptures
Scholar-in-residence, Ellen Allard shares an opportunity to explore texts, sing together, and think about how the things we put in our bodies are expressions of our values. Cost $10/TBH members and $40/non-members.

Thursday, November 24
11:00am
16th Annual Thanksgiving Community Feast by Brotherhood
Our congregants rally together to bring a warm Thanksgiving meal for those in need. Led by the Brotherhood. For volunteering opportunities contact brotherhood@tbhla.org

Sunday, November 25
4:00pm
Shalom Hartman Institute presents Tal Becker at Stephen S. Wise Temple
See page 10 for details.

Sunday, December 4
9:00am
WTBH Chanukah Holiday Boutique
See page 10 for details.

Sunday, December 11
4:00pm
Shalom Hartman Institute presents Tal Becker at Stephen S. Wise Temple
See page 10 for details.

Wednesday, December 14
7:00pm
Adult Education: TBH Book Club
Join us in the Kaufman Beit Midrash as we discuss The Man in the White Sharkskin Suit, by Lucette Lagnado. Led by Jan Goldsmith.

Saturday, December 17
7:00pm
Movie Night and Guest Speaker sponsored by WTBH
Join us at TBH for a screening of the documentary "Crime After Crime." There will be a meal that includes pizza, salad, and garlic bread. There will also be a guest speaker from the California Religious Action Center for this event. Please RSVP to sisterhood@tbhla.org by November 6, so that we can make sure to have

Saturday, December 24-
Monday, January 1

Chanukah
We wish you a happy, reflective, and wonderful Chanukah! See page 9 for Candle-lighting times and more!

Sunday, December 25
5:00pm
Family Chanukah Celebration
Join us for a family friendly Chanukah celebration in the Feldman Horn Mercaz. We will celebrate with a Chinese dinner, a screening of Willy Wonka and the Chocolate Factory (starring Gene Wilder), pop-corn bar with fixings, and a candle-lighting. Bring your Chanukiah. Cost is $10/pp (kids 5 and under are free). RSVP to bethhillel.info.

Tuesday, December 27
6:00pm
WTBH Chanukah Party with Early Childhood Parents
E-mail sisterhood@tbhla.org for more info.

Did you know?
Chanukah begins four days before the new moon, which is the darkest night of the Kislev month. The month is close to the winter solstice, which is the longest and darkest month of the year.
In Honor of
Zoe Hronsky’s Bat Mitzvah,
by Roz Tuckman
by Tara and Moshe Kaiserman and Family

In Appreciation of Rabbi Sarah
by David and Jodie Reff
by Grant Thomas
by Sheila Milow

In Appreciation of
The TBH Staff, by Lindsay Cummings

RABBI ELEANOR STEINMAN FUND
In Loving Memory of
Emmy Lou Bartenstein, by Evelyn Lever
In Honor of
Rabbi Steinman and Denise Eger
by Freddie Goldberg
by John and Linda Vacca
by Sheila Milow
by Susan Pasternak, Larry Picus, and Matthew
In Appreciation of
Rabbi Ellie,
by David and Jodie Reff
by Mark and Nancy Vannier
by Mindi Levins-Pfeifer
by The Grosswasser Family

EMERITUS RABBI KAUFMAN’S FUND
In Loving Memory of
Annie Berman, by Moshe and Tara Kaiserman,
and family
In Appreciation of
Rabbi Jim
by David and Jodie Reff
by Joanne Serin
by Joyce Rabinowitz and Family
Donations
by Anita Chernis

CANTORIAL AND MUSIC FUND
In Loving Memory of
Corinne Alkin, by Steve and Leslie Rouff
Ted Field, by Marvin Maslin

DAVID S. MORHAR CAMPERSHIP FUND
In Honor of
Rabbi Steinman and Denise Eger,
by Arlene, Frank and Dani Balkin
Dani Balkin’s Bat Mitzvah, by Rabbi Eger
and Eleanor Steinman
Grant Thomas’s Bar Mitzvah, by Rabbi Eger
and Eleanor Steinman

DAY SCHOOL FUND
Donations
Daniella and Jonathan Polk

ENDOWMENT FUND
In Honor of
The birth of Marcia Friedman’s great grandson,
by Sheila Milow

GEORGE FRIEDMAN SHOFAR FUND
In Loving Memory of
Corinne Alkin, by Marcia and Audrey Friedman
Barbara Tessler–Solomon, by Marcia
and Audrey Friedman
In Honor of
The birth of Marcia Friedman’s great grandson,
by Susan Pasternak, Larry Picus and Matthew
by Sue and Bob Howell

MAX SANDS SPECIAL PROJECTS FUND
In Loving Memory of
Ted Field, by Sue and Bob Howell
Sarah Widiss, by Leslie and Steve Rouff

MEMORIAL AND TRIBUTE FUND
In Loving Memory of
Albert Gale, by Arlene and Sandy Weinstock
Anna Toledo, by Sarah and Charles Alexander
Anna Zalis, by Sanaat Vakhidova
Arnold Katz, by Fay Bass
Arthur Weinstock, by Arlene
and Sandy Weinstock
Barbara Tessler–Solomon,
by Sue Howell
by Bernard Reder
by Orly and Glen Reder
by Marina Misraje
Bob Grosswirth, by Dolly Grosswirth
Corinne Alkin, by Leslie Anderson
Don Keller, by Sheila Milow
Dorothy Cohen, by Marlene Putterman
Ed Edelman, by Sheila Milow
Harry Bromberg, by George and Riva Bromberg
Harry Chaiken, by Marlene Putterman
Harvey Haimovitz, by David and Jo Haimovitz
Irving Chaiken, by Marlene Putterman
Jack Ortmann, by David and Jo Haimovitz
Jean Weinstock, by Arlene and Sandy Weinstock
Joseph Weiner, by Jo and David Haimovitz
Larry Zoller, by Dolly Grosswirth
Liliane Siroti, by Matthew Siroti
Michael Cummings,
by Leslie Anderson and Nadir Gilboa
by Tobi and David Schneider
Mitchell Schwartz, by Marlene Putterman
Pearl Gale, by Arlene and Sandy Weinstock
Phyllis Weiner, by Jo and David Haimovitz
Ralph Tuckman, by Rosalind Tuckman
Roger Siroti, by Jill and Matthew Siroti
Sam Jenkins, by Sid Jenkins
Sandy Cherry, by Arlene and Sid Rosenblatt
Sarah Rabinowitz, by Lynn Rabin
Shirley Arenson, by Arlene and Sid Rosenblatt
Sofie Altman, by Moshe and Tara Kaiserman,
and family
Sylvia Schneider, by David Tobi Schneider
Ted Galatzan, by Sharon Galatzan
The Tadelis and Schickman Family, by Bobbe
and Ben Tadelis
Tillie Cooper, by Barbara and Harry Hirschensohn
Victor Weiss, by Lori Weiss
Wyckeslaz Vizel, by Klara Vizel
Warren Spivak, by Tobi and David Schneider
William Harris, by Sylvia Marcovitch
Donations
by Charles Perelman
by The Friedman Family

MOSES FUND
In Loving Memory of
Corinne Alkin, by Tobi and David Schneider
Nancy Cutler, by Tobi and David Schneider
Phillip Stevens, by Tobi and David Schneider
Sarah Widiss, by Tobi and David Schneider
In Honor of
The birth of Steve and Robyn Peck’s
granddaughter,
by Tobi and David Schneider
Donations
by Jacob Haimovitz

NEIL J. GITTLEMAN FUND
In Loving Memory of
Nathalie Gittelman, by Irving Gittelman
and family
In Honor of
Dr. Irving Gittelman’s 90th birthday,
by Barbara Kerman

NORTH HOLLYWOOD INTERFAITH FOOD PANTRY
In Loving Memory of
Barbara Tessler–Solomon,
by Barbara and Mark Singer
by Sheila Milow
Corinne Alkin,
by Barbara and Mark Singer
by Dolly Grosswirth
by Harriet Newton
by Jeannine and Victor Eshan
by Leslye Adelman
by Sharon and Morris Adato
by Sheila Milov
by Zan Fraillich and Howard Blumenfeld
Dan Elman,
by Arleen and Manny Bernstein
by Harvey and Joyce Reichard
Don Keller, by Leslye Adelman
Emilie Bose, by Ann Bose
Harold Soner, by Barbara Kramer
Heidi E. Levy, by Lee Pink
Jerry Rabinowitz,
by Barbara Kerman
by Carol and Jan Somers
by Eunice Kerman
by Harvey and Joyce Reichard
by Jeannine and Victor Esban
by Judy and Jack Glantz
by Leslye Adelman
by Maxine Stern
by Roger and Jeri Strenek
Lee Petersil, by Leslye Adelman
Leo Adelman, by Leslye Adelman
Linda Dresclher’s son, Robert, by Maxine Stern
Michael Cummings,
by Sheila Milov
by Susan Pasternak and Larry Picus
Mother of Patty Finkle, by Maxine Stern
Sam Hananel, by Victor and Jeannine Esban
In Appreciation of
Lucy Cotter and Family, by Karen Stern
In Honor of
Rabbis Ellie Steinman and Denise Eger’s wedding, by Leslye Adelman and Richard Konigsberg
Jean Stern’s 70th Birthday, by Karen Stern

RELIGIOUS SCHOOL DISCRETIONARY FUND
In Appreciation of
Rabbi Sarah Hronsky, by Arlene and Frank Balkin
Rabbi Eleanor Steinman, by Arlene and Frank Balkin
Cantor Jen Roher, by Arlene and Frank Balkin
In Honor of
Rabbis Eleanor Steinman and Denise Eger,
by Barbara and Mark Singer

ROBERT AND BETTY JOSEPH REAPER FUND
In Loving Memory of
Helen Fruitman, by the Elman Family
In Appreciation of
Brotherhood of TBH, by The Hronsky Family
Women of TBH, by The Hronsky Family

ROEN AND JOHN PASTERNAK SCHOLARSHIP FUND
In Loving Memory of
Frieda Gerstein, by Susan Pasternak, Larry Picus and Matthew
Hal Gerstein, by Susan Pasternak and Larry Picus and Matthew

360 CONSTRUCTION FUND
In Loving Memory of
Corinne Alkin, by Sue Howell
Donations
by Tony and Julia LeWinter
by Michaelyn and Charles Alson

Please note that all contributions listed are through October 07, 2016.
If you would like to see a full list of Temple Funds please visit: tbhla.org/donate
Remember—all donations are tax–deductible!

HAPPY CHANUKAH
From the Women of TBH Gift Shop!
Do all of your Holiday shopping with us!
BIG SALE and FREE GIFT WITH PURCHASE DURING THE CHANUKAH BOUTIQUE ON DECEMBER 4!!
For store hours visit www.tbhla.org/community/sisterhood-giftshop

Save the Date!
"Celebrating 70"
A Gala celebrating Temple Beth Hillel’s 70th year!
May 06, 2017
In Our Community...

Refuah Shleimah

Wishing a full and speedy recovery to...

• Josh Spitz
• Marcia Friedman
• Sabrina Fleischman

Condolences To...

• Sheryl Fox and her family, on the death of Sarah Widiss
• Michael Stevens and Zoe Stevens, on the death of Phillip Stevens
• The Childers and Popeski families on the death of the mother of Brie Childers
• The Glikmann and Nieman families on the death of Edna Glikmann
• The Quint family, on the death of Neanette "Nina" Quint
• The Field family, on the death of Theodore Field
• The Edelman-Benadon family, on the death of Ed Edelman
• The Disney and Meinhart families, on the death of Don Keller
• The Tessler family, on the death of Barbara Tessler—Solomon
• Rabbi Keara Stein and family, on the death of Michael Cummings

We Proudly Welcome

• Eric S. Rollman
• Ilyssa and Curt Foxx
• Jason and Andrea Sirota
• Jeffrey and Edrickcan Loox
• Kate Aaronson and Ernesto Gudino
• Michelle and Daniel Schnider
• Stephanie and Jeremy Mighdoll

Mazal Tov To...

• Jill Miller & Robert Faust and big sister Lilah on the birth of Asher Zev
• Great Grandma Marcia Friedman and Great Aunt Audrey Friedman on the birth of Jack Leonard Friedman
• Sarah Angel and Dan Nieman and big sisters Eleanor and Jacqueline, on the birth of Theodore (Teddy) Henry Angel—Nieman
• Steve and Robin Peck on the birth of their granddaughter, Isabel Peck
• Daniel Cohen & Eva Torres on the birth of Talia

Mazal Tov on These Special Wedding Anniversaries

• William and Marjory Tamkin—70th
• Howard and Lee Fink—65th
• Aaron and Sue Balkin—65th
• Kevin and Orit Edelman—10th

INTERFAITH SERVICE of Thanksgiving

Wednesday, November 23 at Temple Beth Hillel

7:30pm

A Family Service—All Are Welcome!

Embracing All:
Helping Those In Need In Our Community As We Build A Culture of Caring

DONATIONS OF STAPLE FOODS & MONEY ARE WELCOME
www.NHIFP.org & www.facebook/NHIFP

Suggested Food Donations:
Canned Tuna, Canned Chicken, Chili, Beans, Peanut Butter