Shanah Tovah from our TBH Board of Trustees and Senior Staff Members!
Can One Day Make a Big Difference?
by Rabbi Sarah Hronsky
Senior Rabbi

Can One Day Make A Big Difference? Yes, it can. It may take pre–planning and preparation, but there is power to be harnessed and change to be made. Often times when we listen to the news and open our eyes to the world, we are left feeling like a weight is resting on us. We see the tragic stories of gun violence, natural disasters, abuses of one human being to another, hate–filled language dominating our feeds, and homelessness on our streets. These situations seem too large to make a difference, too great to tackle. When this happens, defeatist attitudes can swoop in and the weight can become oppressive. This can be even harder when we get stuck in the “I” mode. What can “I” possibly do? What difference can “I” make?

When it comes to tackling personal issues and well–being, focusing on the “I” is important. However, when we are engaging in community, national, and global issues, the change narrative is about “we.” Examples throughout history demonstrate that success happens when we organize together–the Women’s Suffrage Movement, the Civil Rights Movement, and Marriage Equality, to name but a few.

In Pirkei Avot we are taught, “Study alone is not enough, our tradition demands action.” I’m proud of TBH for coming together in action through the Homeless Taskforce, Mitzvah Day projects, NHIPP Pantry, PATH projects, Social Action Shabbaton, Mitzvah Bus, TBH membership in the Interfaith Solidarity Network and NoHo Home Alliance and on and on. We are doing the work, and recently we took this action into advocacy!

On August 20, ten TBHer teens, adults, and seniors, jumped on a plane to Sacramento and joined forces with 230 other Reform Jews from across our state representing 100 synagogues and 150,000 Reform Jews for the Religious Action Center (RAC)–California annual lobby day.

We met with our Jewish Caucus Leaders, Senator Allen and Assembly member Gabriel and learned about the power of uniting around our Jewish identity and joining forces with other groups united in their identities. This powerful way of connecting succeeds in bringing change. Two examples were the ease with which the caucus was able to work to pass legislation providing monetary resources in helping to rebuild our three Jewish camps and resources to increase security around places of worship.

Following the meeting, we prepared for our lobby visits and chose to focus on three of the five platform issues of Reform–CA: Housing and Homelessness, Environmental Sustainability, and Gun Violence Prevention. It is inspiring to hear members of our group share their personal stories and lift their voices declaring the relevant Jewish values regarding important areas that don’t just focus on our peoplehood, but all peoples.

Every member of our group spoke or had a friendly exchange during our two lobby visits. Our first stop was with Senate Majority Leader, Senator Hertzberg’s office, where he “pinned” each of us. Our next meeting was an hour–long discussion with Assembly member Nazarian. And while our representatives have voted positively with RAC–CA’s stance on each piece of legislation we brought forward to discuss, it is meaningful to thank and encourage them to continue down this road, even when the opposing pressure is loud and somewhat demanding. They both enjoyed hearing from their constituents and encouraged us to keep doing this important work.

Also, this year, TBH will take our 9–12 grade teens to Washington, DC to lobby with RAC. Learning to advocate at a young age will empower them to continue to take action and to bring change.

Can one day make a difference? Yes, it can. In one day, 150,000 Reform Jewish voices were shared with legislators from across our state and the impact was real. Will it end homelessness? Probably not tomorrow, but it may bring about more affordable housing or protection of tenants. Perhaps it will mean that more police will receive training regarding the issuance of such things as gun violence restraining orders, and perhaps our time in Sacramento will reduce the use of single–use plastics.

If you are feeling a little weighty with all that is happening around us, you may want to become a part of the “we” at TBH. Join our TBH L’tzedek group on Facebook or to receive targeted emails from me, just send me a note and ask to be added rabbisarahs@tbhla.org.
<table>
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<th>September</th>
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| **SHABBAT, SEP. 20-21**  
Torah Portion:  
Ki Tavo, Deuteronomy 26:1–29:8  
Friday, September 20  
6:00pm  
Erev Shabbat Services  
Join us as we celebrate Shabbat services led by with Rabbi Hronsky and Songleader Stein.  
7:00pm  
Shabbat Dinner  
Go to bethhillel.info to RSVP and pay for dinner.  
8:00pm  
"Talkin’ More Than Trash" with TBH Guest Speaker Daniel Tamm  
See page 10 for more info. | **SHABBAT, OCT. 4-5**  
Torah Portion:  
Vayeilech, Deuteronomy 31:1–30  
Friday, October 4  
7:00pm  
Erev Shabbat Service  
Join us as we celebrate Shabbat with birthday blessings. Led by Rabbi Hronsky and Songleader Stein in Bauman Sanctuary with special oneg to follow in celebration of Joe Sitkin’s 100 birthday.  
Saturday, October 5  
Tashlich and Havdalah  
See page 4 for more details. |
| **SHABBAT, SEP. 27-28**  
Torah Portion:  
Nitzavim, Deuteronomy 29:9–30:20  
Friday, September 27  
7:00pm  
Erev Shabbat Services  
Welcome in Shabbat with services by Rabbi Stein and Cantor Rhodes.  
Oneg to follow.  
Saturday, September 28  
9:30am  
Yoga, Meditation, and Cheshbon HaNefesh  
See page 4 for more details. | **YOM KIPPUR, OCT. 8-9**  
See page 4 for more details |
| **SHABBAT, SEP. 13-14**  
Torah Portion:  
Ki Teitzei, Deuteronomy 21:10–25:19  
Friday, September 13  
6:15pm  
Nosh & Schmooze  
Join us in the Sands Mallet Social Hall as we get to know our new Director of Congregational Learning, Rabbi Keara Stein.  
7:00pm  
Erev Shabbat Services  
Bring in Shabbat with our clergy Rabbi Hronsky, Rabbi Stein, Cantor Rhodes, and Anachnu Shir. Birthday blessings and special oneg to follow.  
Saturday, September 14  
5:00pm  
Bar Mitzvah of Carter Ross | **SHABBAT, OCT. 11-12**  
Torah Portion:  
Haazinu, Deuteronomy 32:1–52  
Friday, October 11  
7:00pm  
Erev Shabbat Services  
Join us as we celebrate Shabbat services led by led by Rabbi Hronsky and Cantor Rhodes.  
Oneg to follow.  
Saturday, October 12  
4:00pm  
Moses Program:  
S’udah Shleesheet  
A special outreach to Jews with disabilities. Please RSVP to Tobi Schneider at tobianne63@gmail.com  
5:00pm  
Bat Mitzvah of Oren Podell | **SUkkot Yizchor, OCT. 21**  
See page 4 for more details |
| **ROSH HASHANAH, SEP. 29-30**  
Musical Kabbalat Shabbat  
Welcome in Shabbat with our clergy Rabbi Hronsky, Rabbi Stein, Cantor Rhodes, and Songleader Stein. | **SHABBAT, OCT 25-26**  
Torah Portion:  
Breishit, Genesis 1:1–6:8  
Friday, October 25  
5:45pm  
Pre-Shabbat Nosh  
5:45pm  
Musical Kabbalat Shabbat  
Join us as we celebrate Shabbat services led by Rabbi Hronsky, Songleader Stein, and percussionist.  
Saturday, October 26  
9:00am  
Family Friendly Shabbat Hike!  
Join Rabbi Hronsky at Franklin Canyon Park for a level, 1 mile, loop, hike around a beautiful lake. Take Coldwater Canyon Boulevard south to the intersection of Coldwater Canyon and Mulholland Drive. Make a 90 degree right turn onto Franklin Canyon Drive. There is no street sign "Franklin Canyon." We will meet in the parking lot. |

**SUkkah-Palooza, OCT. 13**  
See page 4 for more details.

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**MAZAL TOV TO OUR SEPT/OCT B’NEI MITZVAH**

**September 7**  
Julia Isaacs  
Daughter of Greg and Leah Isaacs

**September 14**  
Carter Ross  
Son of Darren and Jennifer Ross

**October 12**  
Oren Podell  
Daughter of Eyal and Ashley Podell

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**TEMPLE CLOSURES FOR SEPT-OCT**

Please be advised that the Temple will be closed several days over these two months in observance of National Holidays and High Holy Days. These dates are as follows.

**Monday, September 2 - Labor Day**

**Monday, September 30 – Rosh HaShanah**

**Tuesday, October 1 – Rosh HaShanah**

**Wednesday, October 9 – Yom Kippur**

**Monday, October 14 – Sukkot**

**Monday, October 21 – Sukkot Yizkor**
1. **The Shofar is Sounded** — It is customary to sound the shofar during the 30-day period prior to Rosh Hashanah to remind us to prepare for the Holy Days.

   - **September 6**
   - **September 13**
   - **September 20**
   - **September 27**

2. **S’lichot Night**
   - **Saturday, September 21**
   - **7:30pm–8:30pm**
   - Study with TBH clergy in preparation of High Holy Days.
   - **8:30pm–9:00pm**— Led by Rabbi Hronsky, Rabbi Stein, Cantor Rhodes, and Adult Choir.

3. **Saturday Morning Yoga and Meditation**
   - **Saturday, September 28**
   - **9:30am**—Yoga, Meditation, and Cheshbon haNefesh, as we prepare our souls for this season of reflection: Bring a yoga mat or towel, all experience levels welcome, and join Zach Lodmer and TBH Staff for this special experience.

4. **Erev Rosh Hashanah**
   - **Sunday, September 29**
   - **7:30pm**—Worship will be led by Rabbi Hronsky, Rabbi Stein, Cantor Rhodes, and Band. Oneg to follow.

5. **Rosh Hashanah Day**
   - **Monday, September 30**
   - **8:30am–9:00am**—Service led by Rabbi Hronsky, Rabbi Stein, and Songleader Strauss.

   **Morning Service**
   - **9:30am**—Service led by Rabbi Hronsky, Rabbi Stein, Cantor Rhodes, and the High Holy Day Choir.

   **Youth & Family Service (1st-4th grades)**
   - **1:00pm–2:30pm**— A High Holy Day prayer experience for families and youth, led by Rabbi Hronsky, Rabbi Stein, and Cantor Rhodes.

   **Text Study with Rabbi Emeritus Kaufman**
   - **12:30pm–1:30pm**—In the Fybel Family Learning Lab (Room 26).

   **12-Step Service: "Choose Life"**
   - **2:00pm–3:30pm**—In the Feldman Horn Mercaz.

   **Guided Jewish Meditation with Howard Blumenfeld**
   - **2:45pm–3:45pm**—In the Kaufman Beit Midrash.

6. **Tashlich & Havdalah at the Beach**
   - **Saturday, October 5**
   - **4:00pm**—Gathering starts, feel free to bring a picnic and enjoy community. Will Rogers State Beach – Tower 8.

   **Break Fast**
   - **7:15pm**—Challah, juice, apples, and honey sponsored by TBH Brotherhood on the Upper Patio.

7. **Kol Nidre**
   - **Tuesday, October 8, 7:30pm**—Service led by Rabbi Hronsky, Rabbi Stein, Cantor Rhodes, and High Holy Day Choir.

8. **Yom Kippur Day**
   - **Wednesday, October 9**
   - **Tot Service (Kindergarten & Younger)**
     - **8:30am–9:00am**—Led by Rabbi Hronsky, Rabbi Stein, and Songleader Strauss.

   **Youth & Family Service (1st-4th grades)**
   - **1:00pm–2:30pm**—A High Holy Day prayer experience for families and youth, led by Rabbi Hronsky, Rabbi Stein, and Cantor Rhodes.

   **Text Study with Rabbi Emeritus Kaufman**
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   **12-Step Service: "Choose Life"**
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   **Guided Jewish Meditation with Howard Blumenfeld**
   - **2:45pm–3:45pm**—In the Kaufman Beit Midrash.

9. **Sukkot and Simchat Observances**
   - **Sunday, October 13**
   - **4:30pm—Sukkah-Palooza**— Sukkot activities on the Upper Yard. Join us to shake the lulav & etrog, with food trucks, live music, activities and blessings.

10. **Simchat Torah and Consecration Service**
    - **Sunday, October 20**
    - **5:30pm–6:30pm—Simchat Torah & Consecration**—Community picnic on the Upper Yard. Bring your own yummies and a blanket, or sit at one of our picnic benches.

11. **Sukkot Yizkor Service**
    - **Monday, October 21**
    - **9:00 am**—Service held in the Bauman Sanctuary.

**Break Fast**
- **7:15pm**—Challah, juice, apples, and honey sponsored by TBH Brotherhood on the Upper Patio.

**Name–Badge**

Service Notes
- Tickets for Rosh Hashanah and Yom Kippur services are available through the Temple office. Call (818)763–9148 to get in touch with our office.
- Child Care and Youth Programs are offered for indicated services. Reservations are required for all child care—please see the “HHD Name Badge Request Form.”

"Name–Badge" Ticket Reminder

As a part of High Holy Day observances, we require everyone (adults and children) to bring their personalized “name–badge” tickets with them to all services.

**Adults must also bring a valid photo ID.**

If you have questions please contact us:
(818) 763–9148 or info@tbhla.org
High Holy Days 2019/5780

Yoga, Meditation & Cheshbon haNefesh

Saturday, Sept 28
9:00 am

We are entering a special season of reflection where we turn inward to prepare our spirits for the High Holy Days. Join us in meditation and yoga led by Zack Lodmer as a mindful approach to Cheshbon haNefesh.

Zack is a TBH member, yoga instructor, musician, and Director of the NuRoots Community Engagement Fellowship at the Jewish Federation of Greater Los Angeles! He is also the founder and leader of Om Shalom Yoga where he weaves Jewish ritual, philosophy, and melodies into an all-levels experience.

Bring a towel or yoga mat; all experience levels welcome!

Tashlich & Havdalah
at Will Rogers State Beach

Join us as clergy, family, and friends come together for a Tashlich & Havdalah Service in the Pacific Palisades.

Saturday, Oct 5
Will Rogers State Beach Tower #8
• 4:00 pm - Picnic on the beach
• 6:00 pm - Havdalah & Song Session

Bring a picnic meal, chairs, towels, sun protection, and shofar!

*Please note that Los Angeles County charges a fee for the parking lot.

Sukkah - Palooza

The holiday of Sukkot is so joyful that we call it Z’man Simchateinu, the Season of our Rejoicing. Sukkot commemorates a 40-year period when we wandered the desert, living in temporary shelters, “sukkot.” The big mitzvot of this festival are: to eat, sleep, or even live in a sukkah, and to wave the lulav (palm branch) and the etrog (citron).

Simchat Torah & Consecration

Sunday, Oct 20
4:00-5:00 pm
Family Education Activities
Learning experience for families with TK and Kindergarten students enrolled in Religious School and Beth Hillel Elementary.

5:30-6:30 pm
Community Picnic Dinner
Bring a picnic and join us on the Upper Yard.

6:15-6:30 pm
Consecration Photo
Children newly enrolled in our Religious and Elementary School are invited to participate in our Consecration photo.

6:30 pm
Consecration and Simchat Torah Service
Join Rabbi Sarah Hronsky, Cantor Lance Rhodes, Rabbi Keara Stein, and a festive band, in the Bauman Sanctuary for our Simchat Torah and Consecration service followed by an oneg and Israeli dancing in the Sands-Mallet Social Hall.
Leadership

Our Unsung Heroes
by Freddie Goldberg and Margie Meadow
TBH Co–Presidents

We've been your Co–Presidents for a little more than a year now and one of the lessons that we've learned is that the job of governance of a synagogue takes a village. Our Senior Staff is wonderful and our office staff is wonderful. But we couldn't do this without the participation and support of the men and women who serve on our Board of Trustees. These folks, who have chosen to step up and take part in the important role as leaders of our congregation, are our unsung heroes. You've seen them around though you might not know them by name. They come to events, they spend lots of time in meetings, and are there when asked to chair committees, help make important fiduciary decisions, and, in general, have the backs of the Co–Presidents.

But who are these leaders? In this issue and the next, we want to introduce them to you. We asked them to provide us their answers to three questions:

1. When you're not volunteering your time at TBH, what do you do in your other life?
2. What is your relationship to TBH, i.e., children in our schools, family history with TBH, like the connection?
3. What made you decide to become a leader and serve on the board?

Here's what they told us:

MINDI PFEIFER – TRUSTEE, CHAIR
PURIM CARNIVAL

• When I am not at the Temple, I am in the midst of moving my son to college, restarting my career including starting a private therapy practice, and keep up with my almost 16 yr. old Sophomore daughter who is driving and playing volleyball!
• The Temple has been my home since we moved to Studio City in 2000. My kids were the main focus early in Parent and Me, pre–school, Religious School, Bar and Bat Mitzvah, and our awesome Havurah. A few years ago tragedy hit my family. In 2016 my father, uncle, and aunt all passed in the first five months and my husband one month later. Since then, the Temple is truly a part of my family in good times and bad.

DIANA BEYER – ECE PARENTS’ REP.

• I used to work in television production, and now stay home with my children.
• I have two children who attend school at TBH. My daughter is in Mechina and my son is in Kindergarten.
• I chose to become a member of the Board to represent the ECE, and because I wanted to help shape the future of our synagogue and schools

ERIKA JARRICK – VICE PRESIDENT, CONSTITUTIONAL REVISIONS COMMITTEE

• When I'm not volunteering at TBH, I'm working as an attorney, and spending time with my beautiful family.
• My children went to TBH for pre–school (my son graduated from Mechina), and they both are currently enrolled in TBH's Religious School! We are excited to start this new year with Rabbi Keara Stein.
• I chose to become a member of the Board because I love the TBH Community, and enjoy making decisions that benefit the Temple as a whole.

Bruce Thomas – Trustee, House and Grounds Committee Chair

• I retired from the LA County Sheriff’s Department at the rank of Sergeant after 28 1/2 years of service. I currently work as a Security Consultant with various clients in the entertainment industry and private sector.
• My family joined some 13 years ago, when my son was enrolled in Parent and Me classes and went to pre–school at TBH. He attended Religious School and became Bar Mitzvah at TBH. We decided to join TBH because it was a family and were made to feel like everyone was related to everyone else.
• I joined the Board after I was asked by several members of the leadership at the time. They felt I was already demonstrating my commitment to TBH by my involvement with security and other issues.

David Haimovitz – Treasurer, Budget and Finance Committee Chair

• I am a manager of a bank in Beverly Hills, and am also helping start a Private Banking division. I am on the board of the BH Chamber and very active in the city.
• We started at TBH when our twins were young, and we needed a Religious School that could include Jacob, who has Autism. I remembered TBH as one of my mom’s best friend’s family were members, and I went to their Bar Mitzvah as a child. Jo and I got into going to Shabbat services at our previous small synagogue with my dad after my mom died, and slowly celebrating Shabbats and being active in our Jewish community became important to us. When we had kids, that became more important. We like being a part of a warm Jewish community.

Sean Devore – Co–President of Brotherhood

• I currently own and run a recruiting firm specializing in healthcare. I started the company 10 years ago, have a staff of 5, and focus on long–term care staffing.
• Our two children, Sydney and Nathan, are in the TBH Religious School, and Rabbi Sarah Hronsky married my wife, Jenny, and I, almost 13 years ago, before we were even members.
• I chose to become a member of the Board, because I believe in the giving of service and to help grow the Brotherhood of TBH.
TBH's theme for our schools and Adult Education program this year is Mochot in the Making! Thanks to the inspired book by Ellen Galinsky's, Mind in the Making, we are able to set our focus on the essential life skills each of our children need. And for the purpose of the overall synagogue, we will be digging deeply into the book’s seventh skill, that of self-directed and engaged learning! Yep, you guessed it. It's not just for children, but for all of us.

What a blessing to be alive and strive for new things and further development every year of our life. As Rosh Hashanah is upon us, let’s set our path to strive for a mindest of growth and the continued expansion of our minds.

The Jewish people are often referred to as “people of the book.” We are known for setting learning as a high value and lifelong pursuit. At TBH this year, we desire to increase not only our book learning, but also other kinds of mind development, from acquiring a new skill, to increased self awareness, meditation, to new prayer opportunities.

The seventh step in Galinsky’s book does have a caveat, self-directed. We should never be too old or too busy to invest in ourselves. We can't sign you up for a class, make you walk through the doors, or join us on Zoom for an online class. Only you can decide that you want to try this or try that and make space for it in your life. Maybe for you it’s learning Hebrew, going to an exhibit at a museum with other TBH members, taking an instructive class on meditation, experiencing a sound bath, taking a Shabbes hike with us, or trying out Torah study. The list is endless.

And, if you happen to be a parent or grandparent, you will forever be a role model especially in the area of Mochot in the Making. In order to cultivate a community of learning, and self directed ones at that, you too must be engaged. We all know how fun it is to have our children or grandchildren lead the seder, but how great is it for them to learn from you too. They are sponging up whatever you choose to share at the seder, or at Shabbat dinner, or on a brisk walk through nature sharing the Jewish approach to caring for our earth.

Sometimes we don't feel confident in being the teacher or leading the way, and we, here at TBH, have your back! To help in developing your mochot! Make a meeting with Rabbi Keara Stein, Cantor Lance Rhodes, or me. We are so very happy to decipher how to do this or do that, in finding a meaningful text that you might want to bring to your table, to explore an area you might be struggling with Jewishly, and to dig deeper into new areas of interest. Nothing would bring us greater joy then to be of service in this journey.

What’s your goal this year to develop your minds further? Is it attending book club? Joining us for a Shabbat 6, 7, and 8 program – service at 6, dinner at 7, and scholar at 8? Is it joining the adult choir because you like singing? Or is it committing to attending services once a month, or participating in a social justice opportunity at least four times this year? You decide, and figure out the best ways to have self-directed and engaged learning. Your mind and soul deserve it.

Check out bethhillel.info for new learning opportunities!

TBH invites you to this unique University level Adult Education opportunity!

the florence melton school of adult jewish learning
A PROJECT OF THE HEBREW UNIVERSITY OF JERUSALEM

Tuesday evenings starting November 19 from 7:00pm-9:00pm
at Temple Beth Hillel, Valley Village
Enrollment form available at bethhillel.info
The Bob and Queenie Friedman Legacy

As we prepare for the High Holy Days, we pause to remember Bob and Queenie Friedman and their lifetime of generosity and service. Importantly, we want to take this opportunity to celebrate the impact and importance of their legacy gift.

Bob and Queenie lived within walking distance of TBH, just off of Whitsett, and regularly attended, and were active in, Temple services and activities. They were passionate about Judaism and Temple Beth Hillel! They both loved experiencing life, traveling, photography, flowers, and most importantly, assisting people in need. As a testament to their giving nature, Bob and Queenie received awards from the Jewish Federation for their commitment to helping others.

Queenie served as the president of Sisterhood (now WTBH) from 1994-1996. She was fiercely dependable, committed, and conscientious. She once famously told Rabbi Sarah “Sarah, the golden years ain’t so golden, so just do it now.” Always perfectly put together and ready to go, Queenie was a treasure to TBH and to all those who knew and loved her.

In the late 1980’s and 1990’s Bob and Queenie were instrumental in helping to settle close to 100 Jewish families who had immigrated from Russia. Bob made sure every family had food, furniture, and the necessities to begin their lives in a dignified and purposeful way. When the rush to help was over, and the press and fanfare had subsided, Bob and Queenie continued to look after those families that still needed care.

Rabbi Jim remembers fondly that Bob didn’t seem to have a mean bone in his body. He always showed respect and had a unique instinct for sensitive situations. Whenever someone had an illness or was going through a difficult time, Bob would come to Rabbi Jim and ask how he could help. He was discreet and naturally embodied the Jewish value of Tikkan O’am – helping heal the world one person at a time, in both big and small ways.

While living, Bob and Queenie were role models, consistently showing up to make a difference in the lives of others without asking for anything in return. Their generosity extended beyond their lives through a Legacy gift to Temple Beth Hillel of close to $200,000. It was their wish that this money would support access to Temple Beth Hillel and provide financial relief to people committed to Judaism, but who were experiencing financially challenging times.

It is with appreciation and respect for Bob and Queenie that we are excited to announce the establishment of the Bob and Queenie Friedman Fund: for the support of membership fees and dues, and the naming, in their honor, of the large integrated play structure on the upper yard.

We hope that you will consider contributing to the Bob and Queenie Friedman Fund to help expand financial support for people and families in need and we encourage you to consider leaving a Legacy Gift to Temple Beth Hillel.

To learn more about the Bob and Queenie Friedman Fund or to discuss Legacy giving, please contact Kami McClure, Executive Director, at kmcclure@tbhla.org.

Want to advertise with us?
Check out tbhla.org/about-us/connect for current ad sizes and rates.
Nurturing the Next Generation of Jewish Leaders

Adult B'nei Mitzvah

Not quite 13 anymore, but want to be able to read our prayers in Hebrew? Chant words of Torah? Be called to Torah as a bar or bat mitzvah? One is never too old to join our Adult B’nei Mitzvah program. Join Cantor Rhodes and Rabbi Hronsky to learn more about this fun, motivational, learning opportunity for TBH members. Classes will meet for an hour on the Sunday mornings that Religious School is in session.

Come to our informational meeting, bring a friend, and learn all the details:

Sunday, Oct. 20 at 10:00am.

Tot Shabbat

Families with young children, birth to 6 years old, are an important part of our community. These special worship experiences are fueled by children’s natural curiosity, energy, and joy.

Tot Shabbat, held the first Friday evening of the month, is a time for parents, grandparents, and children to share in the joy of being Jewish. This brief service is filled with song, a story, and sometimes a special theme.

Join us Fridays at 6:00pm:

- September 6 - Dinosaur Shabbat
- November 1 - Noah’s Ark Shabbat
- December 6 - Drumming Shabbat
- February 7 - Pajama Shabbat
- March 6 - Super Hero Shabbat
- April 3 - Drumming Shabbat

Looking Back at the TBH RAC–CA Advocacy Trip
### Important School Dates

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<td><strong>September</strong></td>
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<tr>
<td>Monday, September 2</td>
<td>No School ECE &amp; ES Labor Day</td>
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<td>Tuesday, September 3</td>
<td>First ECE Parent Meeting 9:15am in the Beit Midrash</td>
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<td>Thursday, September 5</td>
<td>ES Back To School Night 6:30pm</td>
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<td>Friday, September 6</td>
<td>Dinosaur Tot-Shabbat at 6pm</td>
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<td>Sunday, September 8</td>
<td>1st day of Religious School-Opening Day</td>
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<td>Tuesday, September 10</td>
<td>ES Parent Association Meeting</td>
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<td>Sunday, September 15</td>
<td>1st day of Next Dor</td>
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<td><strong>Thursday, September 19</strong></td>
<td>ECE Back To School Night at 6:30pm</td>
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| **Monday, September 30** | No School for ECE & ES  
*Rosh HaShanah*               |
| **October** |                         |                                                                      |
| **Tuesday, October 1** | No School ECE & ES  
*Rosh HaShanah*            |
| **Tuesday, October 8** | ECE Dismissal at 11:45pm  
No Childcare  
ES Dismissal at 12:00pm  
No Childcare       |
| **Wednesday, October 9** | No School  
*Yom Kippur*                     |
| **Sunday, October 13** | No Sunday School  
*Sukkah-Palooza* at 4:30pm       |
| **Monday, October 14** | No School  
*Sukkot*                             |
| **Tuesday, October 15** | ES Parent Association Meeting                           |
| **Sunday, October 20** | TBH Consecration                                       |
| **Monday, October 21** | No School ECE & ES  
*Sh’mini Atzeret/Yizkor*       |
| **Wednesday, October 23** | ES Admissions Parent Tour                       |

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**"Talkin' More Than Trash"**

**with TBH Guest Speaker Daniel Tamm**

**Friday, September 20 at 8:00pm**

Sustainability, resiliency, livability, biodiversity, and climate change are on our minds now, more than ever before. As people of faith, we know that care of creation is care of the common good. Tonight, we’ll explore that, and look at how we can work together to protect the environment in the City of Los Angeles.

Daniel Tamm is a public servant and public theologian. Mr. Tamm worked with L.A. Mayor Eric Garcetti, to empower neighborhoods with greater access to city government, raise the minimum wage, and organize community support for people experiencing homelessness. He’s now engaging communities in the sustainability practices and services of L.A. Sanitation & Environment, with the mission to protect the environment of Los Angeles.

Daniel recently graduated from the Episcopal Theology School at Claremont with a Certificate in Diaconal Studies. He is beginning a second unit of Clinical Pastoral Education with the Academy of Jewish Religion of California and will be serving as chaplain at Cedars–Sinai Hospital. Currently, he is also serving as Executive Board Representative to the California Democratic Party from Assembly District 46.

Daniel lives in Sherman Oaks with his wife, and their two good dogs. Their son attends Evergreen State College in Olympia, Washington.

**Services at 6:00pm, Dinner at 7:00pm, Guest Speaker Daniel Tamm at 8:00pm**

RSVP for 7:00pm dinner at bethhillel.info (See more on page 3)
Women of TBH

New Beginnings
by Laura Ex
Women of TBH President

I’m back. After taking a 12-year break from a leadership role in Women of Temple Beth Hillel, I am the new President of TBH. It is my wish for the upcoming year that while WTBH continue doing the great work that we now do for the Temple, we increase our efforts to be more inclusive, have more diverse programs targeting all ages, and I hope to attract a younger and more vibrant core to work alongside our more veteran members.

As the summer winds down and we are getting prepared for the holidays, don’t be surprised if you get a call from me. I am looking for fresh new ideas, ways to spruce up older but much loved events, and in general, get a feel for how we can be relevant for the years to come.

The next major event to be headed your way is a joint Brotherhood-WTBH evening under the Sukkah on October 19. Planning is underway and Sushi and Sake will be in the mix. The Chanukah Boutique will be on Sunday, December 8. So start planning your shopping list. We are hoping for a large turnout and appreciate your support.

For those who may not know me, my name is Laura Ex. I am one of the head ushers for the last 10 or so years at the High Holy Days. I am usually upstairs at the door greeting one and all, and troubleshooting as needed so we all get in, get seated, and get praying, on time. I am also the face who greets you and hands you your plates on Shabbat–Que. I have been on the TBH Board of Trustees, treasurer of the Temple and my husband and I chaired four Purim carnivals and three dinner dances back in the day.

To say I am invested in the Temple would be a fair statement. TBH is a meaningful part of my life. I will continue to do my part and hope to induce others to join me. I am always available for a call, a question or a schmooze. My number is 818–299–1695. I hope you will stop and introduce yourself. I look forward to meeting you.

by Laura Ex
Women of TBH President

We're Just Getting Started
by Michael Heiss & Sean DeVore
TBH Brotherhood Co-Presidents

For many, summer is a time for vacation and relaxing, but TBH Brotherhood has been hard at work planning many events, both new and traditional for the 2019–2020/5780 year. In fact, the planning is already bearing fruit.

In July we held our first “off campus” meeting in years as we gathered at Local Peasant to welcome Cantor Lance Rhodes. The event was a great success; be on the lookout for more exciting “out of the box” events as we move forward. Our goal for the year ahead is to expand our reach and involve as many members and their families as we can.

Of course, we’re also moving into the New Year, and we have already started the new school year and the 5780 holidays with a bang with the traditional Shabbat–Que and Pancake Breakfast. Moving into October and the holidays, Brotherhood is sponsoring a Break–The–Fast at the conclusion of Yom Kippur services so that you have just enough energy to get home. Capping the holiday events Brotherhood will also sponsor a great get together event in the Sukkah. Watch the weekly email blasts for more details as we get closer.

We look to the new year as an opportunity to create and present exciting mix of old and new activities that will make TBH Brotherhood an even more integral part of Temple life. We welcome your participation and input as to how we can bring everyone together. Contact any Brotherhood member or email us at brotherhood@tbhla.org.

L’Shanna Tovah!

TBH Brotherhood

High Holy Day Ushers!

Help us make the High Holy Days meaningful, warm, and welcoming by serving as an usher for one or more Rosh HaShanah or Yom Kippur services! We are asking for 45 minutes of your time. All Temple Beth Hillel members are invited to join us for a dinner meeting to learn more about this important and fulfilling mitzvah. Enrich your High Holy Day experience by helping others. There are openings for every service!

Informational Dinner Meeting: Wednesday, Sep. 18 at 6:30 PM
Location: North end of the Feldman Horn Mercaz
RSVP to Leslie Anderson: Landerson@tbhla.org or (818) 763–9148 ext. 102

Ushers are members of Temple Beth Hillel.
A little help. A big difference.

The assisted living services at The Village at Sherman Oaks Senior Living Community are about the whole family and the whole YOU. Of course, we can help you with your daily needs. But did you know you will also have options for fitness, socializing, healthy fine dining, and more? And services are tailored to you, so you’ll get just the right amount of help you need, when you request it.

But the best part? No matter if you need a little help or a lot, the difference you’ll feel will be amazing.

Join us for a complimentary lunch & tour.
Please call 818.245.5832 to schedule.
It’s a great way to get to know us.
Exploring Domestic Violence/Intimate Partner Violence
As It Affects Our Lives
by Gussie Sitkin, MFT,
Clinical Director of TBH Community Counseling Center

A recent study by Ryan G. Carlson, Associate Professor of Counselor Education at the University of South Carolina, found that, on average, nearly 20 people–per–minute are physically abused by an intimate partner in the United States and approximately 1–in–4 adult women and 1–in–7 adult men report having experienced severe physical violence from an intimate partner. What he’s also learned is that victims often do not talk about it, especially to professionals. So it is up to people close to the victim to try to get help for him/her.

Domestic violence between partners happens in all cultures and backgrounds – couples who are married and unmarried, heterosexual and homosexual, wealthy and poor, religious and non-religious, white, Asian, Hispanic, African American, and every other race. Although the terms “domestic violence” and “intimate partner violence” both include the term “violence,” the abuse doesn’t always have a physical component. The “violence” may be an emotional, non-physical manipulation.

What defines a behavior or relationship as abusive is a common thread of power and control. Domestic violence is an intentional pattern of behaviors used by the abuser to gain and maintain power and control over another person.

Cues to alerting people that there is domestic violence are as follows: persons who become isolated from friends and family; persons who feel they can’t go to work, school or social engagement because it upsets their partner; if one partner is the sole decision-maker or in complete control of the couple’s finances; if one of the partners continually feels guilty for their behavior; a partner who exhibits extreme jealousy; a partner who mentions “walking on eggshells” around their partner; a partner is having thoughts of suicide or threatening to harm themselves or others; a partner who pressures the other partner to use drugs or alcohol or not to use contraceptives; a partner who pressures the other partner to have sex or perform sexual acts that the person is uncomfortable with; or a partner who belittles or embarrasses the other partner in front of other people.

Abuse is a pattern of behavior and the abuser will rationalize those patterns as something else, such as, “I am not abusive because I have never hit you.” (the abuser has tried to strangle or pull partner’s hair). The abuser will try to deflect attention away from the abuse.

Domestic abuse is a troublesome phenomenon in today’s world. It can affect persons and families and friends for many years. It is my hope that we can become more aware of such situations and reach out to provide help for them.

For more information you can contact the Counseling Center at (818) 762–4817.

The Bimah Fruit
by Leslye Adelman,
The North Hollywood Interfaith Food Pantry

We can only thank you in advance of the High Holy Days for another incredible response to the Food Drive since this article is being written in August, and you will be reading it before Rosh Hashanah and the distribution of the empty grocery bags we hope to receive filled. We know this is going to be a banner year. Rabbi Sarah has worked hard to put the Pantry at the forefront of our minds with her articles and activities, and we look forward to an ongoing effort by the families here at TBH. We have begun a Monthly Shopping List that will appear in the Omer, eblasts, and on signs throughout the Temple and we hope you will remember the item each time you head to the market. In addition to those items, remember we are ALWAYS in need of grocery bags of all types, manual can openers, baby food, pet food, and diapers of all sizes, from Baby Preemie to Adult Senior. You can drop things off in the big box in the Temple lobby or contact us (Leslye) if the donation needs to be picked up.

In addition to donations we are working with all the Temple’s schools as well as local schools to have students begin young to participate in organizing and packing groceries in the basement. Have your kids start the school year early so they can begin getting their community service credits and make doing a positive experience last a lifetime.

Monthly Shopping List
• September: Peanut Butter in small jars (creamy only)
• October: Canned Protein (Tuna, Chicken, Salmon, Sausage, Spam)
L'Shanah Tovah,
Leslye Adelman
Thank you for your donations.

Please note that all contributions listed are through July 25, 2019.

To see a complete list of Temple Funds available, and to give online, visit tbhla.org/donate.
Join your fellow TBHers as we participate in the 3rd Annual

**Interfaith Solidarity March**

chaired by Rabbi Jim Kaufman

InterfaithSolidarityNetwork.org
San Fernando Valley

We are a collection of people from various faith backgrounds committed to walking and working together. Our 1.7 mile march is a journey through five faiths, with each stop a pause for brief remarks and communal singing.

Our stops will include:

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**Sunday October 27**

Registration from 1-2. Dinner served after closing ceremonies.

**All Aboard! All Aboard!**

All Aboard TBH’s Mitzvah Bus!
Spend the day performing acts of loving kindness and healing our world!

Save the date for this special joint program of WTBH and our TBH Social Action Committee. Through a generous grant from WTBH, we invite all individuals and families to gather at TBH on November 9 at 9:00am.

We will greet Shabbat and then set off for the day returning in the late afternoon. Opportunities to give back will take place around our city and lunch will be provided.

RSVP to Sisterhood at sisterhood@tbhla.org

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**In Our Community...**

**Refuah Shleimah**

*Wishing a full and speedy recovery to...*

- Harvey Reichard
- John Vacca

**Condolences To...**

- Michael Heiss and Leslie Nathan on the passing of Michael’s father, Seymour Heiss
- Jeff and Debra Kaufman on the passing of Jeff’s mother, Jeanette Kaufman
- Arlene Ginsberg and family on the passing of her husband, Ira Ginsberg
- Manuel Bernstein and family on the passing of his wife, Arleen Bernstein

**Mazal Tov To...**

- Hannah Powers and Bill Taylor on the birth of their son, Henry Arthur Taylor
- Josh and Yael Eiserike on the birth of their daughter, Matilda Hero Eiserike
- Michael Aisen and Pamela Tangahtinob on the birth of their daughter, Roslyn Sunisa Aisen

**Mazal Tov on These Special Wedding Anniversaries**

- Gerald and Emy Raphael – 55th
- Glenn Block and Nickie Bryar – 20th
- Brian Kushnir and Becky Schimprf – 20th
- Mark and Melanie Gragnani – 20th
- Aitan and Jennifer Spring – 15th
- Flinn and Jennifer Flexer – 15th
- Avra Shapiro and Desi Murray – 15th
- Rebecca and Damian Windsor – 15th
- Jeremy and Stephanie Mhgdoll – 15th
- Meredith and Michael Schensul – 15th
- Robert and Nicole Hunsurn – 15th
- Francis Lucaric and Debra Werbel-Lucaric – 15th
- Jonathan and Diana Beyer – 10th
- Jonathon Haber and Rachel Zaidan – 10th
- Heather and Joshua Boyd – 10th
- Joshua and Selnee Rimes – 10th
- Justin and Lisa Radell – 5th

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San Fernando Valley

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Welcome
Rabbi Keara Stein

We are thrilled that Rabbi Keara Stein has joined TBH as our full-time Director of Congregational Learning. Rabbi Stein started in her new role on a part-time basis, July 15 and will begin her full-time schedule August 1, 2019. You may remember Rabbi Stein from her time as an intern from 2012–2014 and of course in her many visits as a teacher in our Adult Education program across the years.

As Director of Congregational Learning, Rabbi Stein is an integral member of the senior professional staff and is responsible for the operation of the Religious School, adult and family education, and oversight of Judaic and Hebrew curriculum and instruction in the Elementary School. Additionally, Rabbi Stein will perform rabbinic duties and provide support for programs within our congregation.

Rabbi Stein was ordained from the Hebrew Union College–Jewish Institute of Religion. Prior to that, she received her Masters of Arts in Hebrew Letters, completed a Rabbinic Student Interdenominational Program and earned a Bachelor's Degree in Religious Studies with a minor in music from Willamette University in Salem, Oregon.

Before joining TBH, Rabbi Stein worked in Development at the Jewish Community Center in Silverlake. Additionally, she has served as Rabbi for Temple Beth Solomons of the Deaf and Director of Interfaith Family Los Angeles, where she provided counseling and teaching to couples, individuals, and families relating to religion, tradition, and lifecycle events. Rabbi Stein brings to TBH an extensive background working with individuals and families to have positive Jewish experiences and has specific expertise working with interfaith families to navigate religious and family challenges, and she has also been a hospital chaplain.