



hillel omer

March/April 2014

The Newsletter of Temple Beth Hillel of Valley Village

Adar/Nissan 5774



Clockwise from upper left: Mickey speaking at the Jewish Educator Awards luncheon; Leslye as she appeared in the Jewish Journal; Mickey with her students.

tbh people

Mickey Rabinov and Leslye Adelman Earn City-Wide Accolades

Two high-profile members of our community had their profiles raised even higher this past year. Mickey Rabinov, Day School Director of Hebrew and Jewish Studies, received the Milken Family Foundation's 2013 Jewish Educator Award. Leslye Adelman, the TBH volunteer coordinator for the North Hollywood Interfaith Food Pantry, was named to the Los Angeles *Jewish Journal's* 2013 *Mensch List*.

Jewish Educator Award Winner: MICKEY RABINOV

Each year, the Milken Family Foundation presents four outstanding Jewish day school teachers, out of the thousands working in the Greater Los

Angeles area, with the \$15,000 Jewish Educator Award. Established in 1990, the award honors quality teaching, professional leadership, engagement with families and the community, and the potential for even greater contributions in the future.

In her acceptance speech, delivered at the December awards luncheon at the Luxe Hotel, Mickey shared her motivation:

"Lox and bagels, matzo-ball soup and brisket, dancing the Hora and a good sense of humor are part of being Jewish, but I strongly believe that religion must also play a part in one's Jewish identity. As a Jewish educator I want to instill in the students not only the importance of religion, but also the beauty and joy it can bring to life. Be it lighting the Shabbat Candles, studying the Torah or celebrating the holidays, I want the children to love the religion and feel it in their hearts. It is

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God Needed Shabbat, And So Do We

by Rabbi Sarah Hronsky

Rabbi Mordechai Kaplan wrote, “The Shabbat is a pause in our brush-work... An artist cannot be continually wielding his brush. He must stop at times in his painting to freshen his vision of the object, the meaning of which he wishes to express on his canvas... After celebrating the Shabbat, we are ready to take ourselves to our painting with clarified vision and renewed energy.”¹

So it was for God. In the story of creation, God's paintbrush paused – as God's words ceased, the earth and all its inhabitants were complete. God declared it was good, and then took a Sabbath from all this creative work.

The world continues on from this first Shabbat, with continued daily creation and new endeavors, but first there was time set aside to review, catch up, and pause from all labor.

Our bodies and souls crave such a Sabbath, a break from all, in order to return with renewed vigor and vision to our work. For one day in the week, the Shabbat implores us to study, pray, spend time with our families, build relationships with friends, and deepen love between partners. When we do this for just one day, it makes the other six more productive, more inspired, and more complete.

This is not new. We have done this as a people for thousands of years and, as Ahad Ha'am said, “More than the Jewish people has kept Shabbat, Shabbat has kept the Jewish people.”

To succeed, we must set aside, for a mere 24 hours, the everyday demands for one's time – the email, errands, and parties – in order to put first one's family and friends, one's self through study, and one's spirit through prayer.

Shabbat is a practice much like yoga, meditation, greatness at a sport, or making a living as a writer. Practice takes commitment and diligence. We know the payoff for keeping Shabbat can be great, as our Prophet Isaiah declared the Sabbath a delight.²

The Sabbath has kept our people nourished and enriched, and continues to remind us of our ability to move from the everyday into the extraordinary through the holy day of Shabbat.

The reality is that the world moves fast, and scheduling time for Shabbat often seems out of reach. But what if we could create a culture that appreciates Shabbat? The Sunday blue laws of my childhood are an example of the collective will to enforce a weekly pause.

There are things we can do to protect our time, to become “Sabbatarians.”³ We can determine what works for us and share our thoughts with family and friends, encouraging them to either join us or simply respect our family's choice of observance.

I doubt many of us will become 100% observant of the Sabbath laws, but we can find a meaningful place for Shabbat in our lives.

What could we do? A few ideas: attend services at Temple twice a month; share a Shabbat meal with two or three different families each month; meditate and pray in your garden or at a park; have family board game time (no tv or other media); start Saturday morning with a snuggle, cup of coffee, and two hours of quiet family respite; make time to recite prayers each Friday night with the whole family before anyone goes out for the evening; turn off the video games; put your cell phone in a different room starting at sundown on Friday night for as long as you can remain separated from it; and/or put an ‘out of the office’ message reply for all Saturday email. The options are endless and it is up to us to create what works best for ourselves and our families.

My prayer is that we allow the Shabbat to give us freedom. Freedom to breath, freedom to renew, and freedom to pick up our paint brushes and continue to paint

Continued on page 6

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



A Reform congregation affiliated with the Union for Reform Judaism



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Shabbat & Holiday Observances

march

SHABBAT, MARCH 7-8

*Torah Portion: Vayikra,
Leviticus 1:1-5:26*

Friday

6:00 pm - Community Shabbat Dinner. Join us in the Sands-Mallet Social Hall for a Community Shabbat Dinner. Please call for reservations.

7:30 pm - Erev Shabbat Service. Rabbinic Intern Keara Stein, Cantor Shana Leon, and the Adult Choir lead services in the Bauman Sanctuary. *Oneg* to follow.

Saturday

10:00 am - Bat Mitzvah of Sophie Roth

4:00 pm - Moses Program. Outreach to Jews with disabilities. Songs, prayers, and learning with Rabbi Jim Kaufman in the Kaufman Beit Midrash. Please RSVP to Tobi Schneider.

5:00 pm - Bar Mitzvah of Nolan Kagan

SHABBAT, MARCH 14-15

*Torah Portion: Tzav,
Leviticus 6:1-8:36*

Friday

7:30 pm - Scouting Family Shabbat Service. Led by Rabbi Sarah Hronsky, Song Leader Justin Stein, the Cantor's Chanters, and the Scouts of our Girl, Boy, and Cub Scout Troops. Service held in the Bauman Sanctuary. March birthday blessings included. *Oneg* to follow.

SHABBAT, MARCH 14-15

Continued

Saturday

9:00 am - Shabbat Morning Uplift. Rabbinic Intern Keara Stein and Song Leader Rachel Wolman lead services in the Kaufman Beit Midrash. *Oneg* to follow.

6:30 pm - Adult Study and Megillah Reading with Rabbi Sarah Hronsky and Cantor Shana Leon.

SHABBAT, MARCH 21-22

*Torah Portion: Shemini,
Leviticus 9:1-11:47*

Friday

5:45 pm - Shabbat Nosh. Join us for a meet and greet with light refreshments in the Sands-Mallet Hall.

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

Saturday

10:00 am - Bat Mitzvah of Lauryn Uhlenberg

SHABBAT, MARCH 28-29

*Torah Portion: Tazria,
Leviticus 12:1-13:59*

Friday

6:30 pm - Tot Shabbat. Rabbi Sarah Hronsky and Song Leader Julie Lockman lead a brief service with story and song in the Bauman Sanctuary. *Oneg* and Israeli dancing to follow.

7:30 pm - Adult Shabbat. Service led by Rabbi Sarah Hronsky and Cantor Shana Leon in the Kaufman Beit Midrash. *Oneg* to follow.

Saturday

5:00 pm - Bar Mitzvah of Wyatt Kleinberg

april

SHABBAT, APRIL 4-5

*Torah Portion: Metzora,
Leviticus 14:1-15:33*

Friday

6:00 pm - Community Shabbat Dinner. Join us in the Sands-Mallet Social Hall for a Community Shabbat Dinner. Please call for reservations.

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

SHABBAT, APRIL 11-12

*Torah Portion: Ahare-Mot,
Leviticus 16:1-18:30*

Friday

7:30 pm - Family Shabbat Service. Led by Rabbinic Intern Keara Stein, Song Leader Justin Stein, and the Cantor's Chanters in the Bauman Sanctuary. April birthday blessings included. *Oneg* to follow.

Saturday

9:00 am - Shabbat Morning Healing Service with Rabbinic Intern Keara Stein and Song Leader Rachel Wolman in the Kaufman Beit Midrash. *Oneg* to follow.

9:30 am - Drumming Shabbat Experience. For families with young children led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Feldman Horn Mercaz. *Oneg* following the service

4:00 pm - Moses Program. Outreach to Jews with disabilities. Songs, prayers, and learning with Rabbi Jim Kaufman. Please RSVP to Tobi Schneider.

PASSOVER, APRIL 14-22

Monday, April 14

Erev Pesach - First Seder

Tuesday, April 15

First Day of Pesach - Second Seder

Wednesday, April 16

7:00 pm - Twelve Step Passover Service. A unique service and 12-Step meeting in the Kaufman Beit Midrash.

Tuesday, April 22

9:00 am - Passover Yizkor Service with Rabbi Sarah

SHABBAT, APRIL 18-19

Friday

5:45 pm - Shabbat Nosh.

Join us for a meet and greet with light refreshments in the Sands-Mallet Hall.

6:05 pm - Musical Kabbalat Shabbat. Service led by Rabbinic Intern Keara Stein and Song Leader Justin Stein in the Bauman Sanctuary.

SHABBAT, APRIL 25-26

*Torah Portion: Kedoshim,
Leviticus 19:1-20:27*

Friday

6:30 pm - Tot Shabbat.

Rabbi Sarah Hronsky and Song Leader Justin Stein lead a brief service with story and song in the Bauman Sanctuary. *Oneg* to follow.

7:30 pm - Adult Shabbat.

Led by Rabbi Sarah Hronsky and Song Leader Justin Stein in the Kaufman Beit Midrash. *Oneg* to follow.

Saturday

5:00 pm - Bar Mitzvah of Nathan Gault-Crabb



Sophie Roth



Nolan Kagan



Lauryn Uhlenberg



Wyatt Kleinberg



Nathan Gault-Crabb

Mazal Tov to the families whose sons and daughters will become B'nei Mitzvah at Temple Beth Hillel in March and April.

Sophie Roth, daughter of Andy and Trudi Roth, March 8; **Nolan Kagan**, son of Briana and Jeffrey Kagan,

March 8; **Lauryn Uhlenberg**, daughter of Steven and Shari Uhlenberg, March 22; **Wyatt Kleinberg**, son of Lee and Lewis Kleinberg, March 29; **Nathan Gault-Crabb**, son of Joe Crabb and Karin Gault, April 26.



President's Message

by M. Bruce Gumbiner, President

Behind the scenes, it is a very busy time of year at TBH. One of the most visible events the congregation will see this year is Purim is the Temple's big event for activity and fundraising. We are looking for sponsorships and participation at the events.

You will see signs and promotions for both the Carnival and for Comedy Night. These events give both children and adults something to participate in. Please support your community and participate.

Your Board of Trustees is busy reviewing the budget and operations for next year. This means an opportunity to look at the structure of temple operations, finances (both the revenue and expenses), the use of the facilities and programming. Our financial well-being is an important part of the Board's responsibility and we do not take it lightly. We continually look for ways to provide better quality service for your support.

The Board also addresses the issues of operations (how the facilities are managed), religious practices and programming, and community involvement (quality of life). We look at what we

believe to be important to the community, whether it is Thanksgiving meals for the hungry, education (for both children and adults), or outreach to other communities (such as *Muslims for Progressive Values*).

During the coming year we will be working to increase our membership (you will see TBH at Farmer's Markets) and enrollments in our schools. Coming up in May is the Congregational meeting. This year we will be electing a new President and Board Officers, so please attend. In that light, it is the time of year to look for new Board of Trustee members, so if you are interested in serving your community, please contact David Reff at david@reffcpa.com.

TBH is much more than the High Holidays or a place to have your children prepared for Bar/Bat Mitzvah. It is your community and family, so please support all of the activities both with your presence and with your finances.

If you have questions or comments, feel free to contact any of the Trustees. We are always looking for ways to improve the quality of TBH and your feedback and ideas are important to all of us.



Team Omer

by Bill Weber
Communications Team Leader

Temple Beth Hillel's tagline is, "People, Prayer, Possibility." The *Hillel Omer* that you are holding has been re-designed to better show off those factors. The new *Hillel Omer* celebrates our people and their accomplishments with a cover story and expanded "Temple Talk" section; poems, meditations and blessings to inspire us to prayer; and a new, detailed, Calendar section that promotes possibility – there are an incredible number of opportunities to learn, pray, serve and shmooze here.

If we have a reputation as "the Valley's best kept secret," then the new *Hillel Omer* throws open the doors, cuts down the hedges, and welcomes the neighbors into the special community that we are.

I'm often asked why I chose the title of "Communications Team Leader" for myself. It's because I consider communication to be a team effort. My job is not to blast out information one-way, but to dialog with you, to strengthen our connection to each other, to give you the information that you need the way that you like to receive it, and to empower you to share it with others.

Communities don't grow because they advertise, but because their members are inspired and supported to invite others to join and benefit, too.

I invite you to pass along this issue (or the link to the digital version on our website) to neighbors, family, friends, real estate brokers, dentists, pediatricians, politicians, and pre-schools. Our doors are open and our hedges are trimmed!



Going up!

by David M. Reff, Construction Committee Chair



I am happy to report that the Otis Elevator installers have finally made it to Temple Beth Hillel! By the time this article is printed, they will be finished and the crew that will be installing the finish on the inside of the elevator will, hopefully, also be finished. There is still a fair amount of finish work on the exterior of the elevator shaft, but the end of our current construction is near.



We still need an additional \$379,775 to finish up the construction.

The donations have ranged from \$18 to \$30,000. The percentage of members of Temple Beth Hillel that have contributed to help fund the construction has increased from 15% to 25%.

I want to thank everyone who has contributed to the \$360 construction campaign

and helped bring up the percentage of those contributing. I want to give extra thanks to everyone who had already contributed to the construction and responded with an additional donation to

I am happy to report that our latest round of fundraising has brought in \$120,225 towards our goal of \$3.5 million.

the \$360 construction campaign appeal letter. An updated listing of donors is on page 19.

My goal is to have everyone contribute \$360 which works out to about a dollar a day for a year.

If you stop by the main office, you can pick up a \$360 Construction Campaign button and make a donation at the same time. You can also make a donation in the comfort of your own home by going to www.tbhla.org/donate.

PURIM

March 15 & 16



SATURDAY AT 6:30 PM

Adult Megillah Reading and Study
with Rabbi Sarah and Cantor Shana



SATURDAY FROM 7:30-9:30 PM

HRTY Purim Party for 3rd-12th Graders

HRTY and Junior HRTY, are throwing a Purim Party! All 3rd-12th graders are invited for a pizza dinner, arts'n crafts, music, and other Purim fun! \$15. RSVP by March 10 at BethHillel.info.



SATURDAY AT 7:30 PM

QUEEN & S COMEDY CLUB

A night of live comedy and entertainment to benefit Temple Beth Hillel and its three schools.

Tickets are all-inclusive: cocktails, hors d'oeuvres, and dessert.

\$80 - VIP seating
\$65 - General Seating
\$55 - General Seating for Seniors



SUNDAY AT 10:00 AM - Costume Parade
SUNDAY AT 10:30 AM - Purim-Spiel

Put on your costume and join us for songs and celebration!

Cantor Shana and an all-star cast will be treating us to "Les Mègillah," a take-off on "Les Misérables!"



SUNDAY FROM 11:30 AM-4:00 PM

Community Carnival See the ad and coupon at right >

Purim is one of our **favorite** times of the year. It's also one of the **most important**, as our annual **Community Carnival** and **Comedy Night** are **major fund-raisers** for our **synagogue and schools**. So gather your **costumes**, your **graggers**, your **friends** and your **purses** and help us raise both **fun** and **funds** for **Temple Beth Hillel!**

COUPON

BRING A CAN OF FOOD
for the North Hollywood Interfaith Food Pantry
and get **one FREE Cotton Candy or Popcorn!**

Limit one coupon per person per day

Tickets and information at **BETHHILLEL.INFO**



Past and Present

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

This last year has been the centennial year of Women of Reform Judaism (WRJ). The Women of Temple Beth Hillel have been celebrating WRJ's accomplishments at national, regional and local events. We have been learning more about the wonderful organization we are a part of and all the contributions WRJ has brought to Women and Reform Judaism.

WRJ was formerly known as National Federation of Temple Sisterhoods. It is one of the oldest auxiliaries in the world. Throughout the last 100 years, WRJ has contributed greatly to all aspects of the temple community.

WRJ has been advocating for women since its inception: the organization fought for the first women clergy, helped create NFTY, and supported Hebrew Union College (HUC) students from the beginning – TBH Sisterhood even delivered meals to HUC students.

WRJ has a history of activism and helping to make changes in securing birth control access, right to choose, immigration, AIDS research, and global poverty. These are just a few of the many areas that WRJ has fought and lobbied for.

Women of TBH is proud to be a part of WRJ. A portion of our dues goes to support WRJ which provides financial resources to the Religious Action Center, NFTY, and HUC scholarships. WRJ also provides guidance and support to us.

We share a great history of advocacy, service, community and friendship. There is much to be proud of and many new exciting opportunities in the future. This 100 year tradition depends on your participation.

This year, the Women of TBH have continued with many of our favorite and successful programs, and have also added some new ones. Give us a try – come to the Shabbaton and experience “Mindfulness – Nurturing the Jewish soul” on March 29th and/or join us for a very special Passover Women's Seder on April 6 (see page 9). Or for a more intimate experience, join us for Rosh Chodesh – honoring the new moon and women every month.

For more information, please contact Jodie Reff at reffhouse@sbcglobal.net or Lillian Burkenheim Silver at lburkenheim@gmail.com.

Rabbi Sarah

Continued from page 2

the story of our beautiful lives each and every week.

Our Congregation's Shabbat

Just like God needed Shabbat, and we as individuals need Shabbat, so too, does Temple Beth Hillel – continually creating, teaching, and inspiring day in and day out – require a Shabbat.

Every so often, the Board and the staff push back from the table, take a break, review all that has passed, focus on what they hope to paint next, and set about the strategy to achieve success. We are at one of those beautiful moments.

We have looked with pride in all that came before and have acknowledged what was “good.” Now we are ready to push forward. We are planning a strong future of meeting the needs of our membership and the greater Jewish community.

Much thought has gone into how to shape our staff and temple to build for Jewish continuity. This thought is ongoing, but you will see changes continue to abound. We hope to be able to update you soon through open meetings, the e-news, and the re-designed *Hillel Omer*.

Stay tuned. As always, we welcome your feedback.

1. The Meaning of God in Modern Jewish Religion
2. 58:13
3. Term comes from the article “Remember the Sabbath” by Judith Schwartz, *The Jewish Daily Forward*



Man of the Year

by Cary Nord and Mark Singer
TBH Brotherhood Co-Presidents

The TBH Brotherhood is proud to honor Cary Nord as our *Men of Reform Judaism-West* Man of the Year. Cary is currently co-President and has been an active member for many years.

We honor Cary's involvement in our various responsibilities for Temple events, and his reliable presence as an usher on Shabbat and during the High Holidays. Cary is also an integral part of the Food Pantry. *Kol HaKavod*, Cary!

The awards dinner will be held on March 1 at Temple Beth Hillel. Men from the region's Reform synagogues will be honoring their own *Man of the Year* at the same event. Cantor Shana Leon will lift her voice in song as entertainment. This is

surely an event not to be missed. Tickets are \$36 per person and funds are due by February 21.

March and April are very busy months.

Purim Carnival. Brotherhood will again be taking a very active role. We also encourage your involvement in the various *Purim-Spiel* activities.

Men's Seder.

We invite all men to join us on Sunday April 6. Rabbi Jim Kaufman will be leading us in this special event. Bring along your sons and fathers as well. The cost is \$20.

Seder in the Desert. Brotherhood will again be sponsoring the annual Horseshoe Tournament as well as the annual "Jewish

Jeopardy" competition. (See the ad on page 7.)

Yom HaShoah. We are co-sponsoring an event with the Women of TBH on April 26. (See the calendar for details.)

Yom HaShoah Candles. As we did last year, we will distribute the candles at the Temple, unless we are requested to mail the candle directly to you. Please contact us with any special mailing requests. Donations to defray the costs are always most welcome. (See the article on page 15.)

We thank all of those who helped make the Brotherhood Shabbat on February 15 so special. A special thanks to Chris Dwyer and Rabbinic Intern Keara Stein for their efforts.

Be sure to check the calendar section of the Omer for more details about these events, and watch the E-news for updated information.



35TH ANNUAL

SEDER *in* *the* DESERT

FRIDAY APRIL 18 - SUNDAY APRIL 20



Where we pray, play, cook, commune, share, sing, camp and celebrate Passover with our TBH mishpocha!

Don't miss our 35th annual camping trip and Passover celebration! We celebrate the faith, courage and resourcefulness of our ancestors by spending the weekend under the stars in a beautiful campground in the California desert.

The campground fee is \$18.00 per person for members, including children.

There will be planned activities (such as "Jewish Jeopardy," sports, arts and crafts, and food preparation) and plenty of free time. The campground has modern bathrooms and showers.

We welcome Shabbat and share in a campfire on Friday night, then prepare and present an inspiring outdoor seder on Saturday.

For more information, email Rabbi Sarah at rabbisarah@tbhla.org or call her at 818-763-9148 ext. 106.

REGISTER NOW

Fill out the registration form below and return to the Temple office with a check payable to TBH. Or go to **BethHillel.info** to register and pay online.

MANDATORY MEETING

A representative from each family unit must attend the Planning and Orientation meeting on **Sunday, March 9 at 12 noon** in the Kaufman Beit Midrash.

You will be given lists of needed supplies, travel instructions, and the weekend schedule.

I will join you for the Seder in the Desert! I will be at the Planning and Orientation meeting or designate a representative from my family to attend.

Name _____
 Address _____
 City, State, Zip _____
 Email _____ Phone number _____
 Number of Adults _____ Number of Kids _____

Total number in my rig _____ x \$18 per person = \$ _____

This is my first time at Seder in the Desert I have attended Seder in the Desert before.

Type of rig: tent tent trailer RV under 23' RV 23-27'



Introducing BethHillel.info

You'll notice that many of our event listings and ads now end with the words, "RSVP at BethHillel.info."

That's because BethHillel.info is our new special events *landing page* (a landing page is a special page on a website that people find through advertising.)

Think of it as our own *Ticketmaster* – one place where members and the general public can visit and directly buy tickets for the events that they are interested in.



Shabbat at TBH

Every month we present a series of special Shabbat observances, open to the entire community.

First Friday – *Community Shabbat Dinner* at 6 pm, followed by a Choir service at 7:30 pm.

First Saturday – *Moses Program*. Songs and prayers specially designed for people with developmental disabilities. 4 pm.

Second Friday – *Family Shabbat*. An inter-generational service led by our clergy, youth choir, and students from our schools. 7:30 pm. *Oneg* following.

Second Saturday – *Family Drumming Shabbat*. A bi-monthly service designed especially for families with young children. 9:30 am. (Next service is on April 12.)

Third Friday – *Musical Kabbalat Shabbat*. A musical service with our Song Leader. 6:05 pm. Join us at 5:45 pm for a Shabbat Nosh beforehand.

Third Saturday – *Shabbat Morning Uplift*. A beautiful musical service with an extensive Torah study. 9:00 am. *Oneg* following. Due to Passover, service will be held on the second Saturday in April.

Fourth Friday – *Tot Shabbat* at 6:30 pm, *Adult Shabbat* at 7:30 pm.

Fifth Friday – A special themed service to be announced. 7:30 pm.

calendar

All events are held at our Valley Village campus unless otherwise noted.

REGISTER ONLINE for courses, dinners, and special events at BethHillel.info.

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 Lesley at 818-929-2606 in advance.

Every Tuesday - Torah Tuesdays study group with Rabbi Sarah and other senior staff. No prior Torah or Hebrew knowledge is required for this relaxed and friendly hour. 12:30-1:30 pm.

Every Tuesday - Boy Scouts. 7:00 pm.

March 1 - MRJ-W Men of the Year dinner. 6 pm. See page 6.

March 2 - Rosh Chodesh celebration with the Women of TBH. 12-1 pm in Room 15.

March 5 - Coffee & Shmooze with Rabbi Sarah. Using the book, *Queen Bees and Wannabes* by Rosalind Wiseman as a guide, Rabbi Sarah, with the assistance of BHDS Head of School Dr. Erica Rothblum, will steer the discussion around cliques, gossip, boyfriends, and other realities of "girl's world." 8:30 am.

March 5, 19 - Mussar with Rabbi Sarah. Teachings and exercises in bettering ourselves and the world from the inside out. \$36 members, \$75 non-members, includes the book, *Everyday Holiness*. 7 pm.

March 7 - Community Shabbat Dinner. 6 pm. \$18. RSVP at BethHillel.info.

March 8 - Moses program. Monthly Shabbat service for adults with developmental disabilities. 4 pm.

March 9 - Seder in the Desert Planning and Orientation Meeting. Mandatory for all families. 12 pm.

March 14 - Scout Shabbat. A special service to honor our Scout troops. 7:30 pm.

March 15-16 - Purim Celebration. See page 5 for all details.

March 23, 30, April 6 - Hebrew Calligraphy with Robert Saslow. 9:45 am. \$36 members, \$75 non-members. RSVP at BethHillel.info.

March 27 - TBH Board Meeting. If you would like to attend, email president@tbhla.org. 7 pm.

March 29 - Women of TBH Shabbaton. 8 am - 4 pm. See page 6.

April 1 - Passover Cooking Workshop.

Marcia Levy Friedman, Audrey Friedman, Sue Bremer Fischer, and Samantha Robbins



lead this intergenerational workshop in our Social Hall and Kitchen. Learn the secrets to basic foods like Matzo balls, chicken soup, and Kosher for Passover desserts like sponge cake. 7-8:30 pm. \$5 includes cookbook. RSVP at BethHillel.info.

April 1 - Rosh Chodesh celebration with the Women of TBH. Time and place TBA.

April 2 - Coffee & Shmooze with Rabbi Sarah. Using the book, *Masterminds and Wingmen* by Rosalind Wiseman as a guide, Rabbi Sarah, with the assistance of BHDS Head of School Dr. Erica Rothblum, will steer the discussion around cliques, locker rooms, schoolyard power, girlfriends, and other realities of "boy's world." 8:30 am.

April 4 - Community Shabbat Dinner. 6 pm. \$18. Reservations at BethHillel.info.

April 5 - Jewish Film Series. Screening *Space Shuttle Columbia: Mission of Hope*, the untold story of Colonel Ilan Ramon, a fighter pilot and son of Holocaust survivors who became the first and only astronaut from Israel, embarking on a mission with the most diverse shuttle crew ever to explore space. Join Rabbinic Intern Keara Stein for the screening and discussion afterwards. \$5 includes snacks.

April 6 - Community Men's and Women's Seders. See the ad on page 9.

April 7 - Rosalind Wiseman talk and book signing. 7 pm. See p. 14.

April 10 - Women of TBH Book Club. *How to Be a Friend to a Friend Who's Sick* by Letty Cottlin Pogrebin. Led by Rabbi Sarah. 7 pm. More info: sheilamilov@yahoo.com.

April 12 - Shabbat Morning Healing Service, part of this month's Breast Cancer Education theme. 9:00 am.

April 12 - Moses program. Monthly Shabbat service for adults with developmental disabilities. 4 pm.

April 16 - 12-Step Passover Service. A unique Passover service and 12-Step meeting. 7 pm.

April 18-20 - Seder in the Desert. See p. 7.

April 16 - 12-Step Passover Service.
A unique Passover service and 12-Step meeting. 7 pm.

April 18-20 - Seder in the Desert. See p. 7.

April 26 - Yom HaShoah Observance
with the film, *100 Voices: A Journey Home*. Join Rabbi Sarah Hronsky for Havdalah, a film, snacks, and a discussion. Desserts provided by the TBH Brotherhood and the Women of TBH. 7 pm. \$5. See the *Yom HaShoah candle article on page 15*.

April 27, May 4, 11 - The "Writings" On The Wall, an in-depth study of the rabbinic and liturgical writings memorialized in the artwork hanging on the walls of the Kaufman Beit Midrash. With Rabbi Jim Kaufman. 9:45 am. \$36 members, \$75 non-members. RSVP at BethHillel.info.

April 27 - Walk to End Genocide in Sudan and Eastern Congo sponsored by Jewish World Watch. Contact Rabbinic Intern Keara Stein. Pan Pacific Park in Los Angeles. 9 am - 1 pm.

April 29 - Breast Cancer Panel with a Doctor/Geneticist Speaker and Breast Cancer Survivor Panel. 7 pm.

May 1 - Rosh Chodesh celebration with the Women of TBH. Time and place TBA.

May 2-4 - SoCal Jewish LGBT Family Retreat. TBH is a co-sponsor of this weekend at the Shalom Institute in Malibu. Includes *Havdalah*, arts & crafts, music, sports, yoga, nature and animal programs, kosher food, adult discussions and more. Info: Sarah at sarah@shalom.institute.com or 818-889-5500 x 102.

May 7 - TBH Event Fair.

Need ideas for a memorable bar/bat mitzvah, anniversary, or other simcha?



Caterers, entertainers, and other vendors will exhibit in the Sands-Mallet Social Hall, give samples and answer questions. Free. 6-8 pm.

May 10 - Revlon Run/Walk with congregant Freddie Goldberg. Watch for the next *Hillel Omer* and the E-news for more information.

Mindfulness~ Nurturing Our Jewish Self

A Shabbaton
Saturday, March 29, 2014
8 am to 4 pm

Join us for a day of prayer, self-compassion, gratitude and creativity

- * Continental Breakfast
- * Rabbi Sarah Hronsky will lead us in a Torah service that celebrates sisterhood.
- * Workshops on Mussar with Rabbi Sarah, massage, art and pilates.
- * Interactive lunch
- * Featured guest speaker: Rabbi Jill Zimmerman of the Jewish Mindfulness Network presents an introduction to Jewish spiritual practices.

Register on-line at BethHillel.info



The Women of
Temple Beth Hillel

APRIL 6 AT 5:00 PM

Men's and Women's Passover Seders

Our Brotherhood and Women of TBH groups each present separate, but equal, seders open to everyone in the community. **Reservations through BethHillel.info required by April 2.**

The **Men's Seder** is led by Rabbi Jim Kaufman and uses a special Hagaddah that explores contemporary men's issues. Dinner of traditional foods included. 5 pm. \$20.

The **Women's Seder** is led by Rabbi Sarah Hronsky and Cantor Shana Leon and also includes a full meal. Girls over 13 can earn community service by assisting in setting up or cleaning. 5 pm. \$18 for Women of TBH members, \$21 for non-members.





Eating Disorders and Family Roles, Rules, and Rituals

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

How important are family, roles, rules, and rituals in fostering eating disorders? A licensed marriage and family therapist and Certified Eating Disorders Specialist, Alli Spotts-De Lazer, MA, has written a provocative article on the subject in the Nov/Dec 2013 Family Therapy Magazine.

Eating Disorders in this article refer to anorexia nervosa, bulimia nervosa, and other eating disorders but excluding obesity which is not considered an eating disorder. Because obesity, or excess body fat, results from the long-term excess of energy intake relative to energy expenditure and covers a range of genetic, physiological, behavioral, and environmental factors, obesity is not

considered a mental disorder.

What are the facts that impact upon the degree of eating disorders in today's society? Statistics show that about one in 20 young women experience an eating disorder and at least a half a million American teenage girls have been afflicted with these illnesses.

Furthermore, eating disorders in midlife and later-life adults, males, and teenage boys continue to be increasingly reported. People from all cultures and races can be affected by these potentially life-threatening disorders.

What are some family roles, rituals, and rules which affect the on-set of eating disorders? Children from families where fat is taboo, where dieting is a way of life,

or where weight is a source of discussion, are more prone to eating disorders than children from families with more positive attitudes toward food.

A person's observations and interpretations of family rules and messages can be challenging and bring about dysfunctional thoughts, intentions, behaviors, and beliefs related to eating disorders. A person interprets their value in the family through acceptance by the family based on appearance, looks, or thinness. For instance, "If I'm not thin, then I'm not worthwhile."

When families place high value on accomplishments (e.g. excelling in school or work) and tend to disregard feelings, or internal values, the person may tend to lack self-esteem and coping skills.

The family environment can influence a person's eating disorder. For example, when a person is repeatedly referred to her/his size and given nicknames which refer to weight, the person may think that he/she is not accepted by that person or the family. Family rituals – mealtimes, holidays, celebrations, tend also to communicate family rules i.e. "If you don't eat everything on the plate, the cook will be insulted, etc."

There are eight themes that emerge regarding recommendations for families to prevent the onset of eating disorders:

1. Enhance parental support
2. Decrease weight and body talk
3. Provide a supportive home food environment
4. Model healthy eating habits and physical activity patterns
5. Help your children build self-esteem beyond looks and physical appearance
6. Encourage appropriate expression of feelings and use of coping mechanisms
7. Increase your understanding of eating disorders signs and symptoms
8. Gain support in dealing appropriately with your own struggles (i.e. see an expert)

Eating disorders is a subject that is ongoing. It is important that we keep up on new developments in the field.

The TBH Community Counseling Center provides non-profit, low-fee mental health services to individuals, couples, and minor children regardless of religion. Fees are based on a sliding scale. Call 818-762-4817 for further information.

Life at
Beth Hillel



RABBINIC INTERN KEARA STEIN leads the bracha at our Community Shabbat Dinner.



A CROWD OF DADS, Grand-dads, Uncles and kids went bowling in January, and a few paused long enough to have their picture taken.



OUR MONTHLY MOSES PROGRAM is a Shabbat service for developmentally disabled adults. Rabbi Jim Kaufman played to full houses in January and February.



CLASSIC COOKING: Marcia Levy Friedman (left) and Annilee Watt, z"l, leading our Passover Cooking Workshop in 1980. This year's workshop is on April 1. See the calendar for details.



Bags, Beans, and Burbank

by Leslye Adelman
Food Pantry Volunteer Coordinator

It has been several months since the City of Los Angeles began the plastic bag ban and the pantry is definitely feeling the effects of that program.



Did you know that the City of Burbank, where many of you live and work, is still giving out bags when you shop? So think about the Pantry each time you pass a store in Burbank; go in and purchase just one item, a bag of beans for instance, and put it into a paper bag. Then drop it off in the bin in the temple lobby (bag and beans.)

Of course, while you are going up and down the aisle looking for the beans, you might also pick up a jar of peanut butter, a can of soup or tuna, and have each item put into its own bag when you check out. I do it and, frankly, I'm not embarrassed

because I have a perfect rationalization if someone should look at me oddly.

Checkers even offer me extra bags when I explain why I am packing my groceries as I do!

We are distributing more bags each week and, in addition to needing the bags, we need volunteers to fill them. Students need community service and as the end of the school year comes ever closer, your children, grandchildren, neighbors' kids, etc., can earn credits by volunteering.

If you have an hour to fill while waiting for Religious School to end, rather than sitting in your car talking or texting, come fill some bags. I will be more than happy to train you (it takes about 15 minutes) and then you are free to come work whenever the Temple is open.

It's about doing a *mitzvah*, but even more it's about *tikkun olam* – repairing the world. The more you do the better you feel

and the lesson you learn will last a lifetime!

Those of you who know me appreciate what I truly believe in. I have always believed in giving from the heart and this has kept me emotionally strong and extremely gratified!

Please give the Food Pantry a try and you and your loved ones may begin to feel that *ruach* like I do!

Lastly, the Bimah Fruit Program is going extremely well, with sponsors opening their pockets and their hearts. Every



Shabbat that has fruit in the vases means another Monday morning when the pantry recipients have fresh fruit added to their diets. It's a win/win for the patrons and the recipients, so please keep the sponsorships coming.

If you have any questions, or want become a volunteer or sponsor, please contact me at Momof3inla@att.net or 818-929-2606.

adult education



Learning Together

by Rabbinic Intern Keara Stein

It has truly been an inspirational year of engaging in our *K'hilah* through Adult Education and there are always new opportunities for learning together. We have a variety of classes coming up – including one on Hebrew Calligraphy with *Ketubah* artist Robert Saslow – as well as opportunities to get involved in social action.

Join us as we learn together and engage in our *K'hilah* through the Jewish value of education. To register for any of these events, please call the Temple office at 818-763-9148 x 103.

NEW EVENTS AND COURSES

Rabbi Mike Comins, author of *Making Prayer Real*, will speak on “Finding Our Voice in Prayer” and lead us in a guided prayer practice at our Feb. 28 Shabbat service. He will



also join a special “Back to the Sources” course on Sunday, March 2nd.

Artist Robert Saslow will lead a Hebrew Calligraphy course on March 23, 30, and April 6 from 9:45-11 am. Cost is \$36 members, \$75 non-members. Register at BethHillel.info.



Rabbi Jim Kaufman leads *The “Writings” On The Wall*, an in-depth study of the rabbinic and liturgical writings memorialized in the artwork hanging on the walls of the Kaufman Bet Midrash. Three Sundays, April 27, May 4, 11 at 9:45 am. \$36 members, \$75 non-members. Register at BethHillel.info.

March with Jewish World Watch in Pan Pacific Park on April 27 at the *Walk to End Genocide* in Sudan and Eastern Congo. 9 am - 1 pm. Contact the Temple office for more information.

Rabbi Uri Regev from *Hiddush - For Religious Freedom and Equality* speaks at a special joint event at Adat Ari El on Friday May 23. Shabbat services at 6 pm, dinner at 7 pm, Rabbi Regev at 8 pm. \$15. More information in the next *Hillel Omer*.



Yom HaShoah (April 26) will be commemorated with a screening of the film, *100 Voices: A Journey Home*. A discussion will follow. Dessert provided by Brotherhood and Women of TBH. \$5.

ONGOING COURSES

Torah Tuesdays - Every Tuesday at 12:30 pm. See page 8.

Jewish Film Series - Saturday, April 5. See page 8

Breast Cancer Education Series

April 10 - Women of TBH Book Club discussion with Rabbi Sarah Hronsky on April 10 at 7 pm. The book is *How to be a Friend to a Friend Who's Sick* by Letty Cottlin Pogrebin. Learn more from Sheila at sheilamilov@yahoo.com.

April 12 - Saturday Morning Uplift Shabbat service dedicated to healing. 9 am in the Kaufman Beit Midrash.

April 29 - Breast Cancer Survival Panel with a Doctor/Geneticist and survivor. Watch the E-news for more information.

May 10 - Revlon Run/Walk with congregant Freddie Goldberg. Watch for more information.

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APRIL 7 FROM 7-9 PM

Meet Rosalind Wiseman, Author Behind *Mean Girls*

by Dr. Erica Rothblum, BHDS Head of School

“She says she isn’t my friend today.”
“I don’t want to invite him to my birthday party! He’s so annoying!”
As parents, these are often the kinds of things we hear from our children. One mother, whose daughter recently graduated from BHDS and now attends a large public middle school, told me her daughter comes home talking about “the perfects” who wear designer clothes and exclude anyone who does not meet their criteria for perfect. Another mother told me about her teenage son, also a BHDS graduate, who now answers every single one of her questions with a grunt. Even I, as a parent of a 3 year old, worry about how my daughter is navigating the social dynamics of preschool.

On April 7, Rosalind Wiseman – author of *Queenbees and Wannabees* (on which the movie “Mean Girls” was based) and the new *Masterminds and Wingmen* – will be here to educate parents and teachers about the ways we can help children navigate “girl world” and “boy world.”



She will speak about the things we can say (and the things we should never say!), the concrete steps we can take, and the importance of checking our own baggage before we parent these situations.

Beth Hillel Day School is solely focused on preparing children to succeed in our changing world. As I often say and write, academics are only one small piece of the puzzle. Having the social/emotional skills, character and resilience to navigate the changing world is just as – if not more – important for our students.

Rosalind Wiseman’s research and experience is vital for all parents to hear. Please plan to join us, and please plan to bring a friend. Her information is too important for anyone to miss.

EVENT INFORMATION

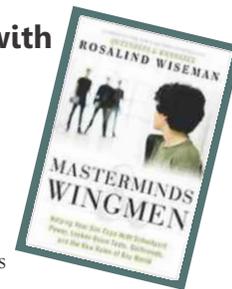
An Evening with Rosalind Wiseman

Date: April 7
Time: 7 pm
Place: Bauman

Sanctuary

Fee: \$25 includes reception and book signing. *Masterminds and Wingmen* will be available for purchase.

Tickets: BethHillel.info or at the door.



Parenting Book Discussions

A series of parenting discussions tackling the subjects of the bestselling books by Rosalind Wiseman. Using Ms. Wiseman’s *Queen Bees & Wannabees* and *Masterminds & Wingmen* as guides, Rabbi Sarah Hronsky and Dr. Erica Rothblum will steer the discussions around cliques, gossip, schoolyard power, girl/boyfriends, social media, and other realities of your child’s world.

Girl World. Wednesday, March 5 at 8:30 am in Rabbi Sarah’s Study.

Girl World and Boy World. Tuesday, March 18 at 7 pm in the Kaufman Beit Midrash

Boy World. Wednesday, April 2 at 8:30 am in Rabbi Sarah’s Study



Never Too Soon for Summer

by Claudine Douglas, Director of Early Childhood Education

As I write this, evenings still require sweatshirts and jackets, the orange trees are weeks away from sweetness, and the harshest month of winter is still to come.

Nevertheless, our ECE staff is hard at work on our upcoming Summer Camp program. I’d like to give you a glimpse into our plans and invite you to take advantage of our early planning with our special “Early Bird” discount offer.

This coming summer, our ECE Summer Camp is putting into place some exciting improvements for both you and your children.

Themed Weeks

Our camp season will be divided into four two-week themes – Ocean Odyssey,



Adventure Days, Movin’ & Groovin’, and Storytelling.

Expect your child to get moving, get wet, get creative, and enjoy special visitors and surprises.

Flexible Summer Schedules

We offer 2-day (Tuesday and Thursday), 3-day (Monday, Wednesday, and Friday) or 5-day weeks. Your child’s schedule can change from week to week so that you can plan around family trips and obligations.

Developmental Groupings

In order to help your child reach his/her fullest potential, we separate our campers by age. Whether in Nursery (ages 2 –4), Mechina (Pre-K ages 4 –5) or Camp Simcha (for students entering Transitional Kindergarten (TK) and Kindergarten), your child will enjoy a personalized program that is developmentally appropriate. Camp Simcha campers expand their learning by delving into more depth with each theme and will focus on the skills needed for TK/ Kindergarten.

Early Bird Discounts

We’re offering significant savings for registration by April 4. Our Summer brochure is now here.

Summer will be here before we know it! Join us in planning a rewarding camp experience for your children. For more information or a tour of our facilities, please email me at cdouglas@tbhla.org or call me at 818-761-6983.

Day School Places In Top Three Nationally for STEAM

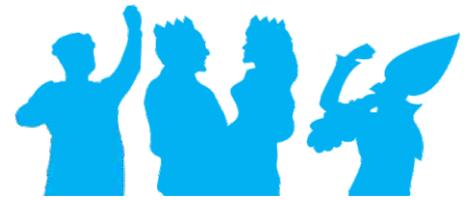
Beth Hillel Elementary was recognized as one of the top three schools nationally among all schools – public, charter and private – for STEAM (Science, Technology, Engineering, Arts and Math integration) by Education Closet, a national professional development and assessment firm.

At January's Open House and Technology Fair, student docents showcased the projects that earned them this distinctive honor, which are actually J-STEAM (the additional J is for Jewish Studies). These projects are the essence of 21st century learning: children learn through communication, collaboration, critical thinking and creativity. STEAM, when coupled with Jewish learning and Jewish values is what makes our program truly outstanding.

We will also be presenting these projects and discussing the process behind them with other educators at the annual CUE the Learning conference in Palm Springs and the ISTE (International Society for Technology in Education) conference in Atlanta, GA.



GENIUSES ALL AROUND. Scenes from our Winter Open House and Technology Fair held in January.



SATURDAY, MARCH 15
7:30-9:30 PM

A HRTY Purim Party!



Temple Beth Hillel's youth groups, HRTY (pronounced "heartly") and Junior HRTY, are throwing a Purim Party! All 3rd-12th graders are invited for a night of dinner, arts and crafts, music, and other Purim fun!

Where: Mercaz at Temple Beth Hillel

When: March 15

Time: 7:30-9:30

Cost: \$15 for pizza and activities

Who: Led by HRTY and JR. HRTY

RSVP by March 10 so that we can plan accordingly! For more information, contact Rose at rose@tbhla.org. Tickets are on sale at BethHillel.info

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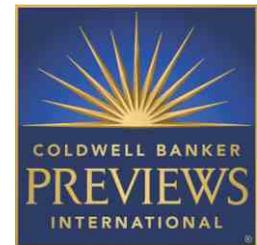
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CUBMASTER'S CORNER

Spring Ahead!

by Glenn Cote, Cubmaster, Cub Scout Pack 311



March and April are among the busiest months in the Cub Scout calendar, and the most exciting! We kick off March with our annual Blue and Gold Banquet — a catered party celebrating the birthday of Scouting — to be held this year on March 2nd in the TBH social hall. At this event, the Tiger, Wolf, and Bear Cub Scouts will receive their hard-earned rank patches, and some select boys in every rank will receive Uniform Inspection medals. We'll also induct new Den Chief James Reber and recognize all the parent volunteers who "help the Pack go." For this year's theme, "Explorers Hall of Fame," each den will be preparing a museum exhibit and mini-movie about one of nine famous explorers.

On March 14, we'll participate in the Scout Shabbat, and the very next day our Hiking Team will lead a hike to Switzer Falls in the San Gabriel Mountains. For our final activity in March, we'll participate in LA Kings' Scout Day at Staples Center.

April will see the Webelos Scouts receiving their rank patches, and some of the oldest Scouts will get Arrow of Light awards — the highest award in Cub Scouting! Then, on the weekend beginning April 11, the Pack will be transported to the early 1700's at our annual themed Adventure Camp, which this year is called "Pack 311 and the Search for Jack Sparrow's Treasure."

Using the skills and expertise of leaders, parents, and Hollywood professionals, the weekend is truly a highlight of our Scouting year, featuring traditional camp belt loop activities (Archery, BB Shooting, Map & Compass), Scout skills (knot-tying, Dutch oven cooking, letterboxing), Scout crafts, campfire and "cracker barrel," but framed within a pirate-themed adventure storyline.

Rounding out the month of April will be a beach cleanup with Heal The Bay, and a Bowl-A-Rama.

Pack 311 welcomes boys in first through fifth grades, or 7-10 years of age, from all religious and family backgrounds. For more information, visit www.cubpack311.com

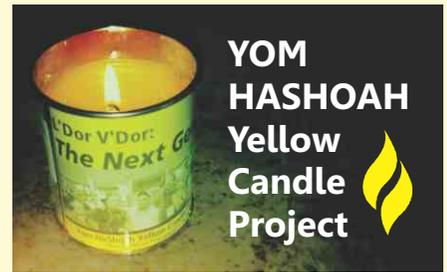
TOILETRY & COSMETICS DRIVE

The Women of TBH is collecting soaps, lotions, make-up shampoos and other toiletries to donate to women escaping abuse.



Please drop off your unopened and unused items at the temple office during normal business hours.

For more information, please contact Lee Fink at 818-781-3465.



YOM HASHOAH Yellow Candle Project

Yellow Yom HaShoah candles will be distributed by the TBH Brotherhood at Temple events during the month of April. The candles are given at no charge; a donation to cover costs is welcome.

Please place a yellow candle in your window on Saturday evening, April 26, and recite the following meditation and blessing in remembrance of the six million who died.

MEDITATION

As I light this yellow candle, I vow never to forget the lives of the Jewish men, women and children who are symbolized by this flame. They were tortured and brutalized by human beings who acted like beasts; their lives were taken in cruelty.

May we be inspired to learn more about our six million brothers and sisters as individuals and as communities, to recall their memory throughout the year, so that they will not suffer a double death.

May we recall not only the terror of their deaths, but also the splendor of their lives.

May the memory of their lives inspire us to hallow our own lives and to live meaningful Jewish lives so that we may help to insure that part of who they were shall endure always.

BLESSING

We light this yellow candle to rekindle God's flame,
To shine His light upon the world once again,
To sanctify the memories of the millions of souls,
To honor their prayers and all their lost goals,
We bless their existence by being alive
To light this yellow candle as proof we survived. — Ron Adler

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Women of TBH



Gift Shop

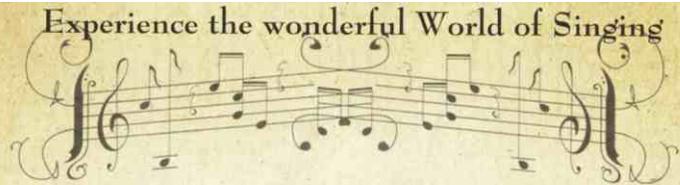
PASSOVER is trending!

You won't see this collection anywhere else! Fabulous new Seder plates and everything you need for the holiday, plus much more.

Your purchase supports the Women of TBH and our community.

We're open Tuesday through Friday and Sundays.

Visit tbhla.org for store hours.



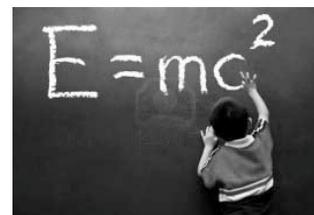
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Babies & Other Blessings

MAZAL TOV

To **Rachel and Josh Simkim**, whose baby girl, **Vered Joey**, was born on January 12. Older siblings are **Jonah and Penina**.

To **Amanda and Greg Goodfriend** who welcomed **Luke Daniel** into the world on January 17. Big brother is **Jack**.

To **Ganit and Bryan Abel**, proud parents of **Talia**, a baby girl born on January 23. Big sister is **Hila**.

To **Stephanie Halpern and Elan Shultz** who welcomed **Noah Evan** on Jan. 25. Big brothers are **Jonah and Micah**.

To **Nathalie and Craig Bernstein**, whose baby boy, **Maximillian**, was born on February 7. Big sister is **Claire**.

To **Wolfie Paskowitz-Walther**, a Day School 4th-grader, for winning the school spelling bee, the very first step on the way to the Scripps Nationals. He next competes in the Los Angeles regional competition at Walter Reed Middle School in February.

OUT AND ABOUT



Beth Hillel Day School Girl Scout Robotics team "Magenta Thunder" attended the Jr. Robotics Expo at Legoland in Carlsbad. The girls designed and built a working crane to rescue survivors from the rubble of a home, a ship to bring aid and medical supplies, a mobile animal hospital, and a model of a moving floor that demonstrated what you should do in an earthquake. *Clockwise from left:* **Genevive Boxstein, Tessa Fybel, Lelu Mayron, Ella Miller, and Macy Fybel**. Not pictured: **Juliet Mintz**.



A large contingent of TBH members attended the recent URJ Biennial. *Back row:* **Susan Martin, Lillian Silver, Leslye Adelman, Jodie Reff, and Freddie Goldberg**. *Front row:* **Sheila Milov, Evelyn Lever, and Margie Meadow**. **Jan Goldsmith, Barbara and Mark Singer, Cindy and Stuart Finder and Rabbi Sarah** are not shown.

REFUAH SHLEIMAH

Wishing a full and speedy recovery to **Leslye Adelman, Barbara Berman, Madeline Block, Marcia Friedman, Sarah Kranitz, Heidi Miller, Carter Ross, Maya Rothblum, Lindsey Sarnoff, and Sadie Schwartz**.

CONDOLENCES

To the family of **Jan Harrison**, who died in January.

To **Darren Ross and family** on the death of his mother, **Claudia Phyllis Grossman**.

Kol Hakavod HEIDI MILLER



Not all schools are fortunate enough to have an Emmy-winning Hollywood set designer planning their events. Beth Hillel Elementary's Parent Association President, Heidi Miller, is the creative force behind the scenes, adding a touch of class to everything we do.

Listen to what Beth Hillel teachers have to say about her.

"Heidi goes above and beyond with everything she does for our school. She works selflessly behind the scenes to make our school great. I was most appreciative of the stunning décor she created for Generations Day."

"Heidi is the icing on the cake at our school. From her loving demeanor to the beautiful events she creates, Heidi is a very special part of our community."

"Heidi is an inspiration to all the teaching staff! She works so hard and gives 100%. We are blessed to have her at Beth Hillel."

To **Amy Schancupp and family**, on the loss of her father, **Marvin Schancupp**.

To **Barbara Singer and family**, on the death of **Roselyne Kochman**, her mother.

To **Kim Tashman and family**, on the death of her father, **Sheldon Benston**.

Volunteers Wanted

BOARD OF TRUSTEES

Interested on being on the Board of Temple Beth Hillel? If you would like to be on the Board, or know of someone that would be qualified, please contact David Reff, chair of the Leadership Development Committee. David may be contacted at david@reffcpa.com or 818-981-9525 with any names or questions.

PURIM CARNIVAL

Help promote, decorate, set-up, and run our games and food booths! Please

sign up for a shift so that everyone can enjoy the day. Go to tbhla.org/purim to sign up.



KNITTERS

Donate knitting supplies and finished hats, blankets, slippers, and toys for local homeless and animal charities.

For further information or patterns, please call Zan Frailich at 818-761-5788.

FOOD PANTRY

The Food Pantry needs volunteers to prepare bags of groceries and the fruit in our Bimah Fruit display for distribution. Contact Leslye Adelman at Momof3inla@att.net or 818-929-2606.

THERE ARE EIGHT DEGREES

in the giving of *tzedakah*, each one higher than the one before:

- to give grudgingly, reluctantly, or with regret;
- to give less than one should, but with grace;
- to give what one should, but only after being asked;
- to give before one is asked;
- to give without knowing who will receive it, although the recipient knows the identity of the giver;
- to give without making known one's identity;
- to give so that neither giver nor receiver knows the identity of the other;
- to help another to become self-supporting, by means of a gift, a loan, or by finding employment for the one in need.

— Maimonides



Prayer Of Longing

I wake up just before dawn. I look out my window to see the crescent moon smiling at me as it races across the sky to beat its brother, the rising sun. I slowly push back the covers to feel the cool morning breeze as it drifts over my naked body. Goose bumps form and spread over me like a gentle rain falling over the parched earth.

I imagine I hear the children singing their praises to you on their way to school, as the birds dance in the trees while seeking their morning meals and blessings. I can hear other voices softly in the far distance. These are my ancient sisters: Sarah, Rebecca, Rachael, and Leah all singing and chanting in praise of you. Their voices reverberate through the ages to find my heart and pierce it with longing.

Fierce grace the prophets told us as we trod the dusty paths over the earth speaking of you and studying your word. My reverie is almost finished now as I contemplate the earth's path and ours as we sail through the void in silence.

— Leland Larsen
Temple Beth Hillel Congregant
November 10, 2013
Based on his coursework
in *Making Prayer Real*

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In gratitude, we acknowledge the contributions of our friends to the mission of Temple Beth Hillel

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My Father, A. Lawrence Karp, by David I. Karp

Shimon Kaiserman, by Moshe and Tara Kaiserman

Tara's Grandfather David Berman, by Moshe and Tara Kaiserman

In Honor of

Rabbi Sarah for her help with Jesse Bickel's Bar Mitzvah, by David and Judith Bickel

Rabbi Sarah's audacious Shabbat welcome, by Lillian, Bruce and Chava

The Bris of Simon Kuhn, by Paul and Daphne Horowitz

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Bernard Marx, by Marion Marx

In Honor of

Maxine Stern's birthday, by Beatrice J. Spero

Our son's Bar Mitzvah 21 years ago with Rabbi Jim, by Debra and Kenneth Barrett

Herb and Rita's 50th - Thank you! by Herb and Rita Silverman

In Appreciation of

Rabbi Jim Kaufman, by Karen R. Leviton

Your work, by Rich and Leslie Frank

Day School Fund

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Maxine Stern's big birthday, by

Carol and Jan Somers

Maxine Stern's 90th birthday, by

Gussie and Joseph Sitkin

Maxine Stern's birthday with much affection, by Clara Rubin

Leslye Adelman being named as

a Mensch by the *Jewish Journal* and

for a speedy recovery, by Susan

Pasternak and Larry Picus

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Parker Engelman Sanchez on becoming an Eagle Scout, by Rabbi Sarah Hronsky and family

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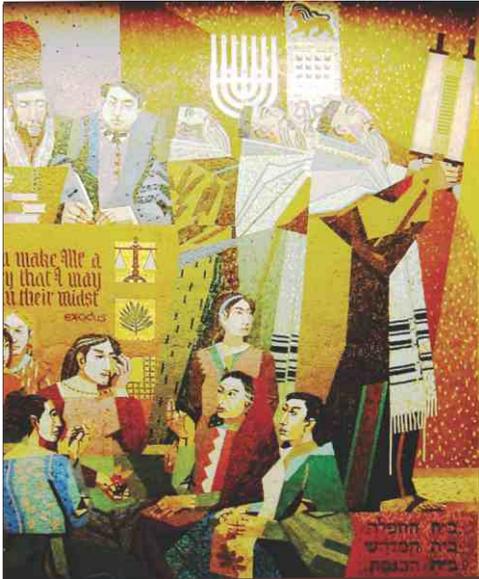
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Please include the name and address of the person you are honoring, so that we can send a special acknowledgment card in your name.

You can also make your donation online at tbhla.org/donate.

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Celebrating at the Jewish Educator Awards luncheon are (from left to right) Rabbi Sarah Hronsky, Head of School Dr. Erica Rothblum, Mickey Rabinov, Jewish Studies teacher Tami Bitton, parent Hagit Gold, and Dean of Students Seth Pozzi

Mickey and Leslye

continued from page 1

what brings me to school every day and what drives me to bring the holidays to life for our children.”

Read more about Mickey and this honor at jewisheducatorawards.org

Named One of L.A.’s *Mensches*: LESLYE ADELMAN

For the past eight years, the Los Angeles *Jewish Journal* has published a list of “extraordinary people who give so much to make the world a better place.”

Leslye was honored with a spot on the 2013 *Mensch List* because of her contributions to the North Hollywood Interfaith Food Pantry, of which Temple Beth Hillel is a founding partner.

The *Jewish Journal* interviewed her about motivating her volunteers.

“When you’re passionate about something and you live what you are doing,” said Adelman, “everything just falls into place. As I see it, [earning money through] my career is what keeps me able to do the food pantry.

If you really believe in what you are doing, you make the time.”

Adelman tries to inspire this mindset in other volunteers as she trains them, be they 5 or 95 years old. When school groups, scout troops or family members arrive, she starts with the basics — the history of the pantry and how it serves the community. From there, she personalizes the experience so each person can see how their *mitzvah* makes a difference to individuals and the community.

“I want to instill in the volunteers that they could be in need tomorrow, and this is one reason why they should take their work at the pantry seriously. On the other hand, especially when training younger kids, I want them to enjoy what they’re doing, whether it is bagging or sorting groceries, and make a game out of it.”

Read Leslye’s profile online at jewishjournal.com/the_mensch_list