



September 2014



6 Elul 5774 – 6 Tishri 5775

Renew Your Spirit

High Holy Days Offerings

The High Holy Days offer us the opportunity to reflect upon and renew the journey of our lives. We are delighted to offer worship and study opportunities designed to meet the needs of the many members of our community. Our worship schedule and study opportunities will, I hope, bring added meaning and significance to your High Holy Days experience. May you be written and inscribed for a year of blessing and peace.

Rabbi Barry M. Lutz, R.J.E.

S'lichot ~ Prepare to Renew

Saturday, September 20, 2014

S'lichot continues our transformative journey. Individuals and families are invited to join us for this powerful evening of reflection.

Dessert Reception	Havdallah
7:45 pm	8:30 pm

Adult Study Sessions	S'lichot Service
8:45 pm	9:45 pm

Erev Rosh Hashanah

Wednesday, September 24, 2014

Family Service	Main Service
6:00 pm	7:45 pm
Sanctuary	Sanctuary

Rosh Hashanah

Thursday, September 25, 2014

Family Service	Main Service	Youth Service
8:30 am	10:30 am	10:30 am
Sanctuary	Sanctuary	School Building

Shabbat Shuvah

Friday, September 26, 2014, 7:30 pm

The Shabbat of Return offers the opportunity to celebrate Shabbat while continuing along the path of reflection and repentance that we travel during the Ten Days of Repentance.

Tashlich

Saturday, September 27, 2014 at 11:00 am

NEW LOCATION: Hansen Dam Aquatic Center (picnic bench area), 11770 Foothill Bl. Lake View Terrace, CA 91347

In this beautiful, waterside ceremony, we symbolically discard all we wish to leave behind as we enter the New Year. Join your TAS community for this special ceremony. Bring a picnic lunch.

Kol Nidre

Friday, October 3, 2014

Family Service	Main Service
6:00 pm	7:45 pm
Sanctuary	Sanctuary

Yom Kippur

Saturday, October 4, 2014

Family Service	Main Service	Youth Service
8:30 am	10:30 am	10:30 am
Sanctuary	Sanctuary	School Building

Adult Study Sessions: 1:15–3:30 pm

Come learn from and with members of the TAS community between morning and afternoon services at sessions designed to inform, challenge and inspire.

Yom Kippur - Afternoon (all ticket holders)

Afternoon	Yizkor	Neilah
3:45 pm	5:15 pm	6:15 pm
Sanctuary	Sanctuary	Sanctuary

The Celebration Continues



Sukkot Celebration featuring Dan Nichols
Wednesday, October 8, 2014
 5:00pm Hebrew School with Dan
 6:00pm Community Song Session with Dan
 6:45pm Sukkot Film followed by Q&A
 Stay tuned for more details

Simchat Torah
Wednesday, October 15, 2014
 Join us as we renew our cycle of Torah learning
 6:30 pm Consecration and Simchat Torah Service

Yizkor
Thursday, October 16, 2014
 6:00 pm Yizkor Service

See www.TASnorthridge.org for more information.

MAZEL TOV TO OUR SEPTEMBER B'NAI MITZVAH FAMILIES

September 6, 2014

Heidi and Scott Lauer & Daniel and Liz Glaser and Family on the Bat Mitzvah of Kara Glaser

September 13, 2014

Jill and Wayne Basinger and Family on the Bat Mitzvah of Amanda Basinger

Blanca and Mike Orkin and Family on the B'nai Mitzvah of Seth Orkin and Rachael Orkin



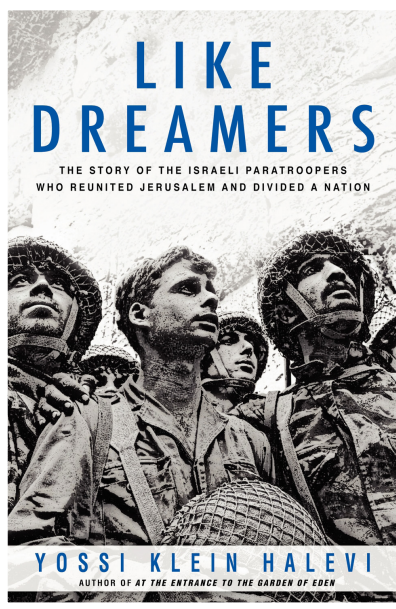
BOOK GROUP TO KICK OFF ANOTHER YEAR ON THURSDAY, SEPTEMBER 11

You are cordially invited to join the TAS Book Group as we open the new year with *Like Dreamers: The Story of the Israeli Paratroopers Who Reunited Jerusalem and Divided a Nation*, by Yossi Klein Halevi. Howard Schnee, one of our most avid history buffs, will facilitate what promises to be a stimulating discussion about the personal stories of seven Israeli paratroopers who helped liberate Jerusalem at a “mythic moment” during the Six-Day War.

The Book Group invites your participation at as many or as few meetings as you might wish to attend. There is no membership requirement, but a \$5.00 contribution per person per meeting is requested.

At our recent planning meeting, a list of books for the entire year was selected, including fiction and non-fiction all

having Jewish content or authorship. The list and meeting dates are on the Temple website under Groups. To make it easy, please bookmark the following link: <http://www.tasnorthridge.org/book-club/>.



We look forward to the return of our enthusiastic regulars and welcome newcomers. The September 11 meeting will take place in the Library/Chapel, with refreshments at 7:00 p.m. and the discussion to begin promptly at 7:30 p.m.

Phyllis & Hal Bass

MEN OF TEMPLE AHAVAT SHALOM (MoTAS)

PRESIDENT'S MESSAGE

"I'd like to welcome you to Temple Ahavat Shalom and the Men of TAS"

I was about to correct that statement to say "I welcome you...", when I realized it is correct as it stands. For us to welcome you to MoTAS and TAS requires one little thing on your part: a willingness to be welcomed.



Often when we come to synagogue or are encouraged to participate in an organization or activities, a whole batch of "negatives" get in the way that prevent us from enjoying the experience. Someone was indifferent to us in the past. Someone insulted us. Something doesn't work the way we like. We sit, we stew, and we get turned off.

MoTAS suggests a different approach. Let us welcome you. Let us work with you to fix what is broken. We cannot fix a problem if we don't know about it, and part of welcoming is fixing what makes us unwelcoming. Getting involved with a smaller group such as MoTAS is much less daunting than the larger groups.

So as I said at the beginning: "I would like to welcome you to Temple Ahavat Shalom and the Men of TAS". Let me do that welcoming. Give us that chance, and if something isn't working, let us know. We're here to hear you (and you can start, if you want, by commenting on this post on our blog at <http://www.tasnorthridge-motas.org/2014/08/02/let-us-welcome-you/>).

As we enter this new year of 5775, the Men of TAS wish you and your family a happy, healthy, and sweet new year. *L'Shanah Tovah Tikatevu.*

UPCOMING ACTIVITIES

PANCAKE BREAKFAST

On Sunday, September 7th, join the Men of Temple Ahavat Shalom starting at 8:45 a.m. in the Social Hall as we host our traditional *Pancake Breakfast* for the first day of Religious School. The cost is low: kids and teachers eat free; other adults pay only \$5 for pancakes and \$1 for juice/coffee only. The morning provides you the



opportunity to learn about the different ways to get involved with TAS and strengthen that relationship. As parents, we are the role models for our children. If we get involved with the synagogue, we're demonstrating to our children the value of involvement.

If you would like to volunteer to help at the Pancake Breakfast, please contact Joel Lowell at (818) 832-1525 or email jlowell@socal.rr.com. You can also fill out the contact form at www.tasnorthridge-motas.org.

SPEAKERS PROGRAM

Sunday, September 14th marks the start of our monthly speakers program. Join the Men of TAS at 8:45 a.m. in Activity Center 3/4 for a scrumptious breakfast typically consisting of bagels, lox, eggs, cookies, fruit, juice and coffee/tea (donations appreciated). Our regular monthly meetings (d'var torah, introductions, and a review of upcoming activities), begin at 9:00 AM, followed by our speaker at 10:00 AM. This month, our topic is *"Jewish Institutions of the Sepulveda Pass"*.



The Jewish institutions that line the Sepulveda Pass offer physical evidence of LA Jewry's westward movement and a glimpse into the beliefs and ideals that helped shape American Jewish observance and culture over the past fifty years. Dr. Erik Greenberg, Director of Education at the Autry National Center and participant in the UCLA Center for Jewish Studies' web project-- Mapping Jewish LA,-- will explore and explain the connections between the Jewish institutions of the Pass and their connection to some of the most significant developments in postwar, American Jewish thought.



Erik Greenberg received his Ph.D. in history from the University of California, Los Angeles and also holds MAs in history from UCLA and California State University, Northridge. Erik has spent over a decade teaching a range of students from k-college and beyond on a wide variety of historical subjects ranging from the history of the American West to the intellectual and cultural history of the American Jewish experience. Erik is a frequent contributor to a number of academic journals as well as the Autry's quarterly magazine, *Convergence*. He has been the recipient

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of numerous awards and honors, including the American Jewish Archives' Lowenstein-Wiener Research Fellowship and two Monkash Family Fellowships at UCLA's Department of History. Erik has lived in Los Angeles for 22 years, and he has spent a considerable amount of time stuck in traffic in the Sepulveda Pass.

Future speakers include our Executive Director, Aaron Solomon, on how the temple runs; Dr. Allan Katcher, on managing your strengths and a Judaica show-and-tell. Full information on the speakers program may be found at <http://www.tasnorthridge-motas.org/activities/monthly-meetings/speakers-program/>.

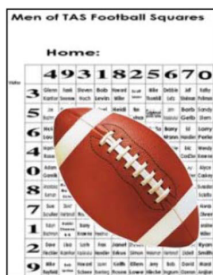
OCTOBER LOOK-AHEAD

Looking ahead to our October events, please be sure to mark your calendars for the Sukkah building on Sunday, October 5th; our October speakers meeting on Sunday, October 12th; our first Men's Hangout of the year on Sunday, October 19th; and the Annual Charity Golf Tournament on Monday, October 27th.

ONGOING ACTIVITIES

FOOTBALL SQUARES

The September Pancake Breakfast may be your last chance to purchase a space on the Football Squares board. It's an easy way to support TAS and possibly win a little back. \$50 gets you a random square on the board, where randomized rows and columns have the digits 0 through 9. During Monday Night Football season, match the last digit of the home and away team scores in a quarter and win! More information, complete rules, and signup forms is at <http://squares.tasnorthridge-motas.org>, or contact Bob Levine (818) 271-1282, tasbobbeline@gmail.com or Kathy Pullman gridmaven@tasnorthridge-motas.org.



GOLF TOURNAMENT



The biggest MoTAS fundraiser of the year is coming on Monday, October 27, 2014—the 26th Annual MoTAS Charity Golf Tournament. There are many ways for you to participate and support MoTAS at all financial levels:

- **Play.** Come out and play at the

tournament. Entries are \$215 per player.

- **Sponsor.** Companies and individuals can sponsor the tournament, starting at \$180 for a Tee sign and going up. This is a great way for a corporation or local business to show their support. Sponsorships at the Corporate level and above include player spots, and all include ad book entries.
- **Advertise.** This year we are introducing the TAS Calendar/Ad Book. This is a printed calendar of Temple events throughout the year, surrounded by ads and messages from members and businesses. Everyone can participate—3 line messages are only \$18, and honorarium/memorial ads are \$36. Draw local businesses in to advertise, and build their relationship with the TAS community—prices start at \$36 for a business card ad to \$250 for a full page ad.
- **Donate.** We need prize and silent auction items. Get a local restaurant or theatre to donate a dinner/show, and advertise in the ad book. Donate those sports tickets you aren't using. Donation letters will be available.

More information, including online and printable signup forms and donation forms, is available at <http://golf2014.tasnorthridge-motas.org> or call Barry Mann at (818) 360-8881.

OTHER ACTIVITIES

- Every man in TAS should be receiving the MoTAS Weekly in their e-mailbox on Wednesdays. If you are not receiving this email, please contact president@tasnorthridge-motas.org and we will make sure you are on the mailing list.
- MoTAS Logowear is available for purchase in our online MoTAS store. Just visit www.tasnorthridge-motas.org and click on "MoTAS Store" in the right-side column.

RECENT ACTIVITIES

AUGUST PICNIC IN THE PARK



On Sunday, August 3rd, the Men of TAS got together in Warner Park to listen to an excellent Queen cover band, Queen Nation, and enjoy each other's company. Thank you to Bob Brostoff, Ben Tenn, Brian Hatkoff, Dave Friedman,

... CONTINUED ON PAGE 5

Keith Rosen, Bob Levine, Daniel Faigin and Lloyd Cutler and their families for participating in the new event. Look for MoTAS to have another outing in the park in August 2015.

AUGUST SHABBABAQUE



On Friday, August 15th, MoTAS sponsored the second Shabbabaque of the summer. Approximately 180 people turned out for the service celebrating August transitions, including our students going off to college. Most of those attending joined us after the service for our delicious Shabbabaque with marinated chicken, burger, hot dogs, veggie burgers, and all the fixings. Thank you to all of our volunteers: Scott, Alia & Coby Yollis, Lee Baum, Bob Hyam,

Frank & Alec Soronow, Fabian & Jennifer Malinovitz, Daniel Faigin, Joel Lowell, Shelly Spector, Mackenzie Graham, Bob Levine, Bob Brostoff, Bill Shapiro, Mike Thornhill, Steven & Jacob Zonis, Roger Lowe, Brian Reback, Ben Tenn, Dave Friedman, and Rick Mervis. Kathy Pullman staffed the Football Squares table. A special extra “thank you” goes to Joel Lowell who coordinated the purchasing and volunteers, and Steve Zonis, who personally trimmed and marinated all the chicken and coordinated all of the cooking.

FOR MORE INFORMATION

The Menorah can't contain all that MoTAS is doing! The easiest way to keep up to date with MoTAS is to read our weekly email newsletter, which is also posted on the MoTAS Website at www.tasnorthridge-motas.org. On the website you can find information on all our activities, sign up forms, biographies of MoTAS members, and records from MoTAS executive board meetings. We also have a Facebook group at www.facebook.com/groups/tas.motas that you can join. The best way to learn about us, however, is to come to a MoTAS event or a TAS Shabbat, introduce yourself to anyone with a MoTAS nametag, and participate. We want to build a relationship with you.

IT'S FALL CLEANING TIME - TO HELP OUR NEEDIEST NEIGHBORS

Oh, no -- the closets need to be cleaned out again! Well, guess what? You can do it with a purpose this time!

TAS' Social Action Partner, MEND (Meet Each Need with Dignity) is collecting:

- **Gently used, warm JACKETS – all sizes – kids to adult, AND**
- **Gently used HALLOWEEN COSTUMES for kids**

What a great way to do Mitzvot and feel good, knowing that your items will be repurposed for those Valley residents who can't afford buy them. And what a great feeling to clean out before the Holidays!

Please look for the large blue bins in the temple lobby and in front of the ECEC office **starting Friday, Sept. 5th.**
We will be collecting through **Sunday, Sept. 28th.**

If you need a tax donation receipt, please safety pin a note to one article, giving your name, address, phone number, and list of donated items. A receipt from MEND will be mailed to you.

Thank you, and thank yourselves for a job well done!



ECEC

What a wonderful beginning for our school year this has been! We started with our third Annual Cleanup Day. Board members, clergy, temple members and school families and faculty sweated and scrubbed and prepared our classrooms for the beginning of the 2014 school year. There must have been many aching bodies after that thorough cleaning, but it was worth it. The ECEC looks wonderful



with clean cabinets, counters and toys. A huge “thank you” to Jill McAnear for heading this community event and to the following people for all their hard work: Daniel Faigin, Rick Mervis, Rebecca & Igor Mikhaylov, Sheila Reback, Ellen Pollack,



Erin & Sundi Munavu, Ava Silver, Tyree Wieder, Barry Krowne, Joel Lowell, Rachel & Rhonda Schacter, Sherry & Irv Lucks, Kylee Stepner, Barb Gelb, Rebekah & Matthew Horesh, Steffany Drengberg, Ken Miles, Brooke & Eric



Liberman, Jill & Corey, McAnear, Craig & Jennifer Rodman-Plost, Anita & Steven Hoch, Maureen & Dave Kleinbrodt, David & Shelly Reuveni, Hayley Wood, Esther Brombart, Jody Rubin, Andrea Juarez, Joselyn Corado & Adam, Liz Tracton, Rabbi Lutz, Ryan Smith & Jen Roher. (I apologize for any names mistakenly left out).

Back to School Night was another fabulous school event. Over 80 people got to meet friends both old and new, explore upgraded classrooms and the block room and make delightful sounds on our music wall. Thank you so much Danielle Wank for getting our “instruments” up just in time. Stone Fire Grill provided a delicious

dinner, which was followed by movin’ and groovin’ to the Beat Buds. We played with all kinds of instruments, sang and danced, and then finished the evening with some drumming. Thanks to Brooke Moss for arranging everything, to Sheila Reback for helping set up and serve our food and to Wendy and Barry Krowne for generously funding this event.



This year we welcome three new teachers to our school. Jackie Gorelick and Shelly Reuveni will be teaching our four year old Lions. Haley Wood is joining Esther Brombart in the three year old

Monkey class and Jodie Rubin, Andrea Juarez and Joselyn Corado will be introducing the two year old Bears to life at the ECEC.



We look forward to a fun and exciting school year filled with exploration, growth, music and laughter. We are so excited, come and visit and see what we are doing!

Tessa Cramer,
ECEC Director



SPOTLIGHT ON SISTERHOOD

We wish you all a Shana Tova, may this year be filled with love, laughter and friendship. It is our hope that you find all of that and more in your Sisterhood. You should be receiving your membership packets in the mail in the next couple weeks. If you do not, please let us know. We look forward to seeing you at our events!



CALLING ALL WOMEN OF TAS ... SISTERHOOD NEEDS YOU!

If you have not already joined Sisterhood for the coming year, we would love for you to join us. We have several exciting events planned over the next few months, including our paid-up membership event on November 16, 2014 which promises to be a fun and lively brunch with wonderful entertainment. So please, make Sisterhood a part of your TAS life and help us support ECEC, Religious School, TASTY, Onegs, B'nai Mitzvot, the Judaica Shop, the Cantor's Concert and a myriad of other things that make our TAS family so special. It's just \$45 for members, \$72 for sponsors and \$118 for patrons.

Cheryl Frumes and Margaret Chroman
Membership Co-Vice-Presidents

EDUCATION

Do you have a child who attended a Jewish camp, or went on a trip to Israel this past year? Did you know that every year our Sisterhood and the Men of TAS give camperships to help support these activities? All you have to do is download the application off the Sisterhood website, and follow the directions. Your child will need to do some volunteer hours prior to the due date. Download the application now to plan accordingly. Giving your child the experience of Jewish camp has been proven one of the best ways to ensure that they continue to live a Jewish life into adulthood, and we are here to support your efforts. If you have any question contact Roseanna Sculler at rsuller@aol.com, (818) 886-7320 or Eileen Roseman at scoobydoodle1@mac.com, (818) 807-3917 Education Co Vice Presidents.



WEDNESDAY NIGHT MAH JONGG

Don't miss out on our monthly Mah Jongg games. We play on the fourth Wednesday of every month at 6:15 p.m. at the Temple. We always have a teacher there to give lessons, but you can't learn if you don't show up! Every level of play is accommodated. Don't miss out. There is a \$5 donation to play. Contact Anita Hoch for more information anitapearl47@gmail.com. Please note that there will not be a September Mah Jongg night because we will be celebrating Rosh Hashanah. We will resume again in October.



CELEBRATE A SIMCHA



Do you want to honor a special birthday, anniversary, baby naming or an auf ruf? How about honoring a special

someone or accomplishment? Why not co-sponsor a Friday Night Oneg? For a \$125 donation to TAS Sisterhood, your name and the reason for the simcha will be included in the Shabbat Shalom pamphlet. Contact Cindy Spoon in the Temple office at (818) 360-2258 if you have any questions.

PROGRAMS

The Restitution of Nazi-Looted Art

presented by
Donald Burris, Esq.

September 18, 2014 at Temple Ahavat Shalom
6:30 Brief Sisterhood Meeting
7:00 Presentation



Adele Bloch-Bauer I, Gustav Klimt

Mr. Burris has devoted a considerable amount of time to the pursuit of art work and other assets stolen by Nazi authorities before and during World War II. In 2004, he successfully argued to the United States Supreme Court, at the conclusion of which the Austrian government was ordered to, and did, return a number of priceless historic paintings by Gustav Klimt.

Donald Burris has been a distinguished practicing lawyer and law lecturer for over 44 years. He is an engaging speaker who speaks from his heart. His work on behalf of Maria Altmann, whose family's artwork was seized in Vienna in 1938, is as much a passion for justice for Holocaust survivors as a labor of love.

This will be an exciting evening – a first-hand account of historical revelations and machinations of the Nazis and how at least some well-known European art was restored to the rightful owners.

Please join us and bring your friends. This meeting is open to everyone! Please send an email to RhondaMayer@msn.com or call 818-882-4529, with the number of people who will be attending so we can get a count for chairs and refreshments.

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SAVE THE DATE:

Sukkot at Jo Schwartz - October 9, 2014

WRJ Pacific District Convention - October 23-26

Paid Up Membership Event - November 16, 2014

Holiday Boutique - November 23, 2014

COUPONS FOR MILITARY FAMILIES

Many thanks to the TAS members who have been contributing cut and sorted coupons to our ongoing Military Coupon project. This week we sent a large box to Guam! We have sent parcels to Italy, Germany, Japan and England as well. The process is easy. All you need to do is cut out the coupons you get in newspapers, magazines, or in the mail. Once cut, coupons must be sorted into only two groups, Food and Not Food. This makes using the coupons easier for our recipients.

Coupons can be left in the Sisterhood mailbox at TAS. That's in the little room on the left as you enter the Chapel. I pick up the coupons every week. Once a box is filled, it gets sent to a military base. There, it is readied for the families to use.



Sue Sculler
President
Temple Ahavat Shalom Sisterhood



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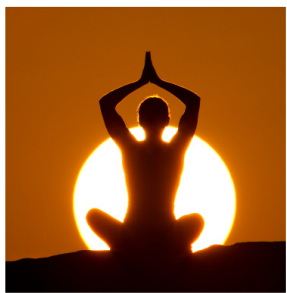
Please take a moment and drop by. We would love to greet you!

The shop is a project of Sisterhood with all proceeds funding our many services to TAS and the Women of Reform Judaism.

Volunteers make every effort to be there Friday evenings during the Oneg, Sundays from 9:00 – 11:30 pm when school is in session and Wednesday mornings, 10 – Noon.

For more information or to arrange a special appointment,
please call Laraine Miller, (818) 993-0796,
Linda Sculler, (818) 701-7117 or Sonia Smith, (818) 349-6233.

SHABBAT MORNING YOGA AT TAS



We invite you to be a part of a unique experience and join us for TAS Shabbat Yoga on the second Shabbat of each month from 9:00 am to 10:30 am. Shabbat Yoga will be led by Rik Vig, a member of TAS for the past 19 years. You may know Rik as the bass player in our TAS House Band. Rik has kindly volunteered to share his experience and insight into the practice of

Yoga, which for him is compatible with staying true to Jewish values.

Shabbat Yoga provides a novel way of exploring the sacred Sabbath space from the perspective of increased awareness and mindfulness connected with conscious breath and careful bodywork. Yoga is a life affirming method for exploring our inner dimensions and how we connect with the world around us. Shabbat allows us to step away from the busyness of our weekly workday world and turn our focus inward as we appreciate the inner dimension of our being and how we can connect to the deeper wisdoms contained within our Jewish traditions.

When we step onto our yoga mats, we create a unique space away from our worries and worldly concerns for the purpose of sensing a special unrushed, restorative moment in time. The practice of Hatha Yoga provides tools for renewing and restoring our energies in a dynamic and effective way joining together body, mind and spirit. From this special time spent together, we are then ready to return to the world around us with hopefully a greater sense of self-awareness to guide us in our worldly interactions.

Shabbat Yoga will not be a highly vigorous or a physically taxing practice. There are enough other days in the week to go and do a sweaty workout. The spirit of Shabbat is one of rest and renewal. Yet that does not mean that you will not be physically and mentally challenged by our practice together.

Through physical extension we are able to relieve the chronic contracted state in our bodies caused by unconscious and habitual holding of tension. Through careful alignment, movement and form, we can bring our body back into balance. By using our breath to quiet our mind, we begin to release ourselves from the incessant internal chatter that often fills our head and disturbs our sense of peace.

Hatha Yoga is best not to be approached as a sport or competition. We are always trying to listen carefully to what our body is trying to tell us so we can be aware of what it is safely capable of doing at the moment: by doing so, we avoid risking injury.

If there is a goal in Hatha Yoga, it is not to compete with

ourselves or others to become the best at pretzel-like poses and postures, but instead to cultivate an inner communication between our mind and body so we can be more aware of what our body needs to be more flexible, vital, comfortable and alive. Through this, we become more sensitive and attuned to both ourselves and to others in the world around us.

As part of culturing a mindful meditative process at points during our practice, we will utilize various resources such as The Kosher Sutras by popular Jewish Yoga teacher, Marcus Freed, as we explore Torah wisdom and its connection to our inner and outer journey through life.



Rik Vig was first introduced to and began practicing yoga in the late 1960s, doing it on and off throughout his adult life. He rediscovered it as an important life tool 15 years ago through the help of several gifted teachers. Eventually, he studied teaching yoga and was certified by the Rishi Institute, led by inspiring master-teacher Devin Morgan. The

Rishi Institute is recognized by the Yoga Alliance, a national organization that sets high standards for the teaching of yoga in this country. The Rishi Yoga method and approach emphasizes a safe and accessible practice, even avoiding certain popular yoga postures that can pose possible risks that outweigh the benefits. Modifications and alternative poses are presented to accommodate a student's personal level of physical ability.

“...we become more sensitive and attuned to both ourselves and to others in the world around us.”

There are some things you will need to bring with you in order to participate in TAS Shabbat Yoga. The first is a proper yoga mat: the plastic or rubber kind that rolls out and provides a good grip for bare hands and feet. Today

these plastic mats can be purchased inexpensively at many sports supply stores or departments, although there are also expensive natural rubber mats available. Remember that a thicker mat is not necessarily a better mat: too much cushion can affect our ability to hold standing balance poses. Next, you should dress in loose, comfortable clothing that allows you to move freely. Optional items that can also help make your practice more enjoyable are a bottle of water, a towel, and maybe a small blanket. The towel and blanket can be helpful to pad your knees during certain poses or provide extra posterior padding when seated on the floor in cross-legged position.

Also, fear not if you are new to yoga. This class will be appropriate for beginner to intermediate levels, although even advanced practitioners will find it useful for fine-tuning familiar poses. Fair warning: yoga is properly practiced with bare feet. Just remember Moses on the mountain God asked him to remove his sandals as he stood before the burning bush: when we step onto our yoga mats, we attempt to create a sacred space.



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Mel and Sharon Janis to Robin and Michael Gore in memory of Barbara Stein
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CARING COMMUNITY FUND

Phyllis and Hal Bass in loving memory of our dear friend, Judge Jay Segal
Susan Greenberg in honor of the 40th Wedding Anniversary of Terry and Bruce Hatkoff
Andy and Barry Mann in honor of the 50th Anniversary of Judy and Dick Seligman
The Pearlman Family in honor of the Bat Mitzvah of Yael Brynjegard-Bialik
Carol Bizar-Morton and Tom Morton
Shelly, Phil and Jonathan Trop to Sharon and Mel Janis in memory of their uncle, Milt Goldman
Shelly, Phil and Jonathan Trop to Geri Turkheimer in memory of her husband, Alan Turkheimer
Shelly and Phil Trop to Michael and Robin Gore and Family in memory of Barbara Stein
Sharon and Mel Janis to Shelly and Phil Trop in memory of Seymour Teitlebaum
To Shirlee Klein with gratitude and admiration, Fran Krimston
In memory of Esther Saritzky, I will miss her every day, Fran Krimston

EARLY CHILDHOOD FUND

Sandra Libby in memory of Irving Kligman
Sharon and Mel Janis to Anita and Steven Hoch in honor of the wedding of Scott Hoch
Barry and Wendy Krowne

MARISA INGRUM FUND-RESILIENCE OF THE SOUL

Diana Fyerman in honor of Emil Fyerman
The Shearer Family in memory of Margaerite Shearer

PRAYER BOOK FUND

Shirlee Kline in memory of Esther Saritzky

RABBI'S DISCRETIONARY FUND

Carol Bizar-Morton and Tom Morton
Debra and Scott Weiss in memory of Lesley Adler Bader

RELIGIOUS AND HEBREW SCHOOL FUND

Mel and Les Birken -Mazel Tov Brynjegard-Bialik Family on Yael's Bat Mitzvah

RONNA AND LEW EDGERS MEMORIAL ISRAEL PROGRAMS

Arnold and Judy Alban in memory of Esther Saritzky

SARITZKY FAMILY ADULT EDUCATION FUND

Mel and Les Birken in memory of Esther Saritzky
Phyllis and Hal Bass in memory of Esther Saritzky
Rhonda Mayer in memory of Esther Saritzky
Constance Robin in memory of Esther Saritzky
Laraine and Howard Miller in memory of Esther Saritzky
Sue Miller and Daryn Pakcyk to Ron Saritzky and Family in memory of your beloved mother, Esther
In loving memory of our cherished friend Esther, whose memory will always be a blessing from Abbey Klein and David and Lindsey Sikes
Susan Cohen in memory of Esther Saritzky
Andy and Barry Mann in memory of Esther Saritzky
Karen and Ian Kroop in memory of Esther Saritzky
Melissa and Alan Kassan in memory of Esther Saritzky
The Pearlman Family in memory of Esther Saritzky
Al and Fran Lapides in memory of Esther Saritzky
Mike and Ruthanne Begun in memory of Esther Saritzky
Herbert and Barbara Wolpow in memory of Esther Saritzky
Carol Bizar-Morton and Tom Morton in memory of Esther Saritzky
Paul and Ava Silver in memory of Esther Saritzky
Judy Stehr and Bob Brostoff in memory of Esther Saritzky
Dolores Wilkenfeld in memory of Esther Saritzky
Shelly, Phil and Jonathan Trop in memory of Esther Saritzky
Carolyn Block in memory of Esther Saritzky
Frances Oberman in memory of Esther Saritzky
Sheila Reback in loving memory of Esther Saritzky
Jean and Jay Abarbanel in memory of Esther Saritzky
Leslie and Mark Friedman in memory of Esther Saritzky
Gordon and Karen Silverstein to the Saritzky Family in memory of Esther
Saritzky, your mother, grandmother and great friend of our Temple family and the Jewish Community
Marcia Kay Simon in memory of Esther Saritzky

VI AND DAVID LIEBER MEMORIAL MUSIC FUND

Marcia Braunstein in memory of your dear Bill, Fran
Flossy Liebman in memory of your dear grandson, Fran Krimston

... CONTINUED ON PAGE 13

Rick, Alaine and Karen Seidman in memory of Adelle Seidman
 Eva-Lynn Diesenhaus in memory of Sidney Diesenhaus
 Edward and Michelle Margules and Andrea Letts in memory of Romola Robbins
 David and Rebecca Breuer in memory of Eugene Breuer
 David and Rebecca Breuer in memory of Dr. Yan Isado Grebler
 Cheryl and Brian Hatkoff in memory of Lewis Berkowitz
 David and Laurie Scher in memory of Jeffrey Daniels
 David and Laurie Scher in memory of Sylvia Brodtkin
 David and Laurie Scher in memory of Michael Scher
 Diane Levine in memory of Sara Seiden
 Diane Levine in memory of Goldie Chirlin
 Nick and Rosie Mandel in memory of Victoria Yomtrow
 Max and Ruth Lupul in memory of Dr. Heinrich Lupul
 Max and Ruth Lupul in memory of Herta Lupul
 Bernice Ponaman in memory of Max Shapiro

Barry and Cathy Pearlman in memory of George Fenster
 Kay and Marshall Silverman in memory of Jack Cohen
 Judy Stehr and Bob Brostoff in memory of Helen Albert
 Anita and Steven Hoch in memory of Miriam Kleinbrodt
 Eunice Horwitz in memory of Dora Prinz Horwitz
 Lynda and Herb Folkman in memory of Rabbi Washer
 Melissa and Alan Kassan in memory of David Blender
 Elaine Pfeifferman in memory of Joel Sherman Fineman
 Elinor and Paul Christian in memory of Lorna Cohen
 Kay and Marshall Silverman and Family in memory of Beverly Lefkowitz
 Linda and Joe Sculler in memory of Sol Eisenman
 Linda and Joe Sculler in memory of Herman Eisenman
 Ira and Sherry Kaplan in memory of Eugene Pleshette
 Karen and Gordon Silverstein in memory of Hilda Dienstag

*Thank you all for your
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Condolences

Ron Saritzky and Family on the death of his mother and one of our Founding Members, Esther Saritzky
Deena Widran and Family on the death of her father, Arthur Lewis Weiner
Steven Hoch and Family on the death of his friend, Ballard Williams
Sharon Janis and Family on the death of her uncle, Milt Goldman
Juli Prather and Family on the death of her grandfather, Irving Kligman
Roseanna Sculler and Family on the death of her mother, Jean Shanman
Phil Trop and Family on the death of his uncle, Seymour Teitlebaum
Lynda Folkman and Family on the death of her uncle, Sidney Pearlman
Nicole Minkow and Family on the death of her father, Richard Alan Shiff

May their memory be a blessing

Congratulations to:

Christy Marshall on the birth of her son, Wyatt George Marshall



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For more information call:

Fran Krimston

Family Advisor and Liaison to Temple Ahavat Shalom

310.641.0707 x 272

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SEPTEMBER 2014 AT TEMPLE AHAVAT SHALOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day - Temple Offices and School Closed	2 9:30am - Torah Study 4:00pm - Summer Youth Hebrew 7:00pm - Adult Choir Rehearsal	3 4:00pm - Summer Youth Hebrew 5:30 - Club 45/Jr.Tasty New Coordinator Meet and Greet - Away	4 6:00pm - ECEC Open Board Meeting and Wine and Cheese Event 6:30pm - Sisterhood Board Meeting - Away	5 7:30pm - Erev Shabbat Service	6 10:15am - Bat Mitzvah of Kara Glaser
7 8:30am - Men of TAS Pancake Breakfast 9:00am - Religious School Opening Day 12:30pm - Sisterhood Board Training	8 10:00am - Judaica Art Class	9 9:30am - Torah Study 5:30pm - TAS High Begins 7:00pm - Adult Choir Rehearsal 7:00pm - Membership Committee Meeting	10 4:00pm - Hebrew School First Day 7:15pm - JNET Meeting	11 6:00pm - ECEC Open Parent Board Meeting 7:00pm - Book Group Meeting	12 5:30pm - Bim Bam Bimah Service 7:30pm - Erev Shabbat Service	13 10:15am - Bat Mitzvah of Amanda Basinger 4:45pm - B'nai Mitzvah of Seth and Rachael Orkin
14 8:45am - Men of TAS Meeting	15 10:00am - Judaica Art Class	16 9:30am - Torah Study 6:00pm - TAS Tuesdays Adult Learning 7:00pm - Adult Choir Rehearsal	17 6:00pm - HHD Ambassador Training 7:15pm - TAS Board Meeting	18 7:00pm - Sisterhood Meeting 7:00pm - Budget and Finance Committee Meeting 7:00pm - Worship Committee Meeting	19 7:00pm - Erev Shabbat Service	20 7:45pm - S'lichot-Dessert Reception/Havdalah/Study Sessions
21	22 10:00am - Judaica Art Class	23	24 6:00pm - Erev Rosh Hashanah Family Service 7:45pm - Erev Rosh Hashanah Main Service	25 Temple Offices and School Closed 8:30am - Rosh Hashanah Family Service 10:30am - Rosh Hashanah Youth Service 10:30am - Rosh Hashanah Main Service	26 7:30pm - Erev Shabbat Service	27 11:00am - Tashlich at Hansen Dam Recreation Center
28	29 10:00am - Judaica Art Class	30 7:00pm - Adult Choir Rehearsal				

The Menorah is . . .

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