



## HAPPY (Secular) NEW YEAR!

*Rabbi Lisa Bock*

When we greet one another with "Happy New Year!" we know that we refer to the secular New Year – referring to the transition from 2012 to 2013 in the Gregorian calendar.

It seems like yesterday that we were greeting each other with *Shana Tovah*, *G'mar Chatimah Tovah*, and "May you have a good and a sweet New Year."

In Torah study a few weeks ago, we were examining passages from **Parashah Bo** in the book of *Exodus*. Chapter 12 (verse 2) begins: "This month shall mark for you the beginning of the months; it shall be the first of the months of the year for you."

**Hold on a minute.** That's the *Exodus* story. That's always in the Spring. Doesn't the Jewish New Year begin in the Fall?

Yes, one of them does.

So, yes, we have **Rosh Hashanah** – the **1<sup>st</sup> of Tishrei** (*Tishrei* is the 7<sup>th</sup> month in the Jewish calendar), and that actually occurs on the *first day of the seventh month*, and *Yom Kippur* is on the tenth day of the seventh month. This is what the Torah tells us:

*"In the seventh month, on the first day of the month, you shall observe*

*a sacred occasion: you shall not work at your occupations. You shall observe it as a day when the horn is sounded."* (Numbers 29:1) – This is *Rosh Hashana*!

And by the way...a few verses later it says:

*"On the tenth day of the same seventh month you shall observe a sacred occasion when you shall practice self-denial. You shall do no work."* (Numbers 29:7) – This is *Yom Kippur*!

**1<sup>st</sup> of Nisan:** *"The first of the months of the year for you"*

So the very first month of the Hebrew calendar is actually seven months earlier than *Rosh Hashanah* – it is the month in which *Passover* occurs, in the Spring.

This is an important date – when we were slaves in Egypt, we weren't able to hold our own festivals or have our own holidays. We weren't able to do many of the things that a people, a community, do. Finally, when we were no longer enslaved, we were able to worship God, and one of

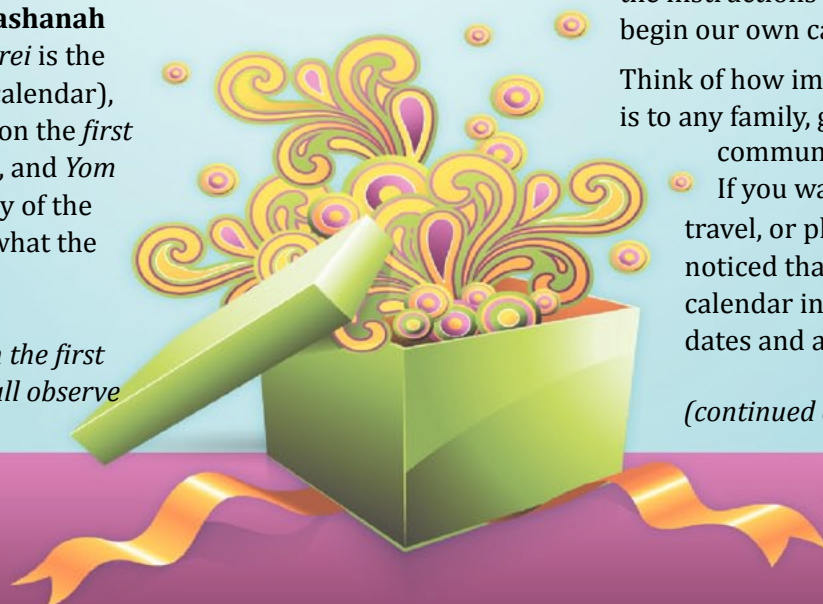
the instructions given to us by God was to begin our own calendar.

Think of how important a calendar is to any family, group, organization, community, nation, and people.

If you want to visit someone, or travel, or plan an event, have you noticed that you must get out the calendar in order to coordinate dates and activities?

*(continued on next page)*

L' Shanah Tovah  
Have a sweet year!



So when we left Egypt, we finally had the opportunity to begin doing the things that a community, a people, do. So that is perhaps one answer as to why this “first of the months” is so very important.

But wait!!! Isn't Rosh Hashana the time when we advance the year, you might ask? **Yes!**

*Nisan* is considered the first month of the Hebrew calendar, although the years advance and are counted from the 1st of *Tishrei*, the seventh month. The 1st of *Nisan* is the new year for the *ordering of the Jewish holidays* and, interestingly, was also considered the new year for counting the years of the reigns of kings in ancient Israel.

The 1st of *Tishrei*, *Rosh Hashanah*, is, by the way, viewed as the anniversary of the creation of the world.

the 1st of *Nisan*, as I explained above, is seen as the anniversary of the beginning of the Israelite tribes as a community, as a people, as we know from our *Passover* story.

**Did you know that there are two more New Years in the Jewish calendar, a total of 4?**

**The new year of the trees:** *Tu B'Shevat*, the 15th of the month of *Shevat*, usually in January or February. According to the Torah, the fruit of a tree is not supposed to be eaten from trees that are less than three years old. So, *Tu B'Shevat* was used as the starting date for determining the age of the trees, kind of like giving the trees a birthday. Unlike the 1st of



*Nisan* and the 1st of *Elul*, *Tu B'Shevat* is still widely observed as a minor Jewish holiday, but this is a holiday that we often celebrate by planting new trees, plants and shrubs around Temple Ner Ami.

**One more New Year: 1st of Elul.**

This is the 6th month in the Jewish calendar, the month before *Rosh Hashana*, and 1st of *Elul* is usually in August. According to the *Mishnah*, this was the new year for tithing animals, a tithe that went to the priestly class in ancient times, rather like tax time today. Today, the 1st of *Elul* is more significant because it is the first of the 30 days leading up to *Rosh Hashanah*, when we are preparing ourselves for the reflection, introspection, and *teshuvah* of the High Holy Days.

So, a quick recap:

1st of *Nisan*: 1st month of the Hebrew calendar, anniversary of us becoming a people.

1st of *Elul*: Used to be significant as the new year for the tithing of the animals. Tax time.

1st of *Tishrei*: *Rosh Hashana* – 1st day of the 7th month, anniversary of creation of world.

15th of *Shevat*: New Year of the Trees (a “birthday” for the trees). May you be blessed in this secular New Year with a year filled with goodness, friends and love.

Warmly,  
Rabbi Lisa



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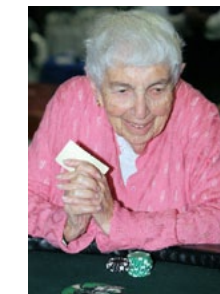
Temple Ner Ami “Founding Mom” Teri Milner is the proud grandmother of **Jake Daughtery**, born on June 12th. Jake had his baby naming ceremony performed by Rabbi Lisa Bock here on Friday night, November 23rd. The sisterhood prepared a delicious kiddish, and Naomi Brill brought a balloon with Jake’s name on it!

Congrats to his proud parents, Teri, and Grandpa Jack. Notice Principal Julia Newman wasted no time recruiting Jake into Torah School!

**MAZEL TOV!**



**Oy Veygas!**  
Casino Night



Two more *Oy Veygas* pics that just have to make it into the **MEGILLAH!** Dale Jacobs in a suit/tie combo that can't possibly leave his closet except on Casino Night, and Lee Edwards studying the roll of the dice so intently she must have won big at least a few times. Don't forget to mark your calendar for next year –**Oct. 12, 2013!**



George Benson	Don Seidler
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Claire Goldstein	Joel Zneimer



**The Traditional Jewish Christmas Returns!**

# CHINESE FOOD & A MOVIE

**Tuesday, Dec. 25th 6:00 pm  
Donation \$18 - RSVP Required!**

It's time for another edition of that great December 25th holiday tradition at Temple Ner Ami—Chinese food and a movie!



This year we'll screen **"The Best Exotic Marigold Hotel"**, a fun movie to cap off an exotic Chinese meal, a special day and the holiday season.

Dinner will be served at 6:00 pm buffet style in the sanctuary, with the movie immediately following.

RSVPs are a must so we can order the right amounts of Kung Pau and Moo Shoo. Call the Temple office at (805) 388-3824 to RSVP, or send an eMail message to [admin@templenerami.org](mailto:admin@templenerami.org). Payments can be made in advance or at the door.

This movie delighted people just last year. Come see it (again). Seven English seniors experience life changes which result in their traveling to the enticingly-pitched Best Exotic Marigold Hotel, a hotel "for the elderly and beautiful" in Jaipur, India. We watch as different characters encounter cultural and personal "situations," including romance, that they handle in very different and surprising ways.

These superb actors, including Judi Dench, Bill Nighy and Maggie Smith, show us the frustrations, challenges, and delights of their adventures in India at this point in their lives. "It's never too late to have life-filling adventures."

What part of this movie impacted you? Stimulating discussion afterwards led by Shlomo Kreitzer.



## Sisterhood News!

by Bobbe Jacobs

Our Sisterhood Holiday party with the Brotherhood was a big success. Thank you one and all for attending and bringing such wonderful side dishes.

For our next Sisterhood event we will be joining with the Brotherhood for a **Comedy-Improv Night, January 24th** with a local comedy group called **"WINGNUTS"**.

They have done fund-raiser events for the Brain Injury Center, Habitat for Humanity, Food Share, and the United Cancer Advocacy Action Network. We will ask for a \$5 donation at the door with wonderful baked goods by the Sisterhood ladies, coffee and tea afterwards. Please RSVP to Shari Brody at 805-492-2129 so we know how much baking will be needed!

We hope to see many of our members there and non-members are more than welcome to join us at any event we have. Also, that evening the Sisterhood will be having a presentation to the Temple and to Julia Newman for Torah School. Please join us.

February 28 we will be having a **concert** given by a **Mr. Terry Zeiler** (rescheduled from October). We welcome all Temple Ner Ami members, and please wear Red, White and Blue. Sweets will follow after the concert.

In March we are looking to set up a daytime event to go to see the TV show "Let's Make A Deal". As soon as we have all the information we will pass it on.

There is no time like the present if you still wish to join Sisterhood. We have the membership applications in the entry hall at the Temple, and we would love to welcome new members....

Hope you all had a wonderful *Chanukkah* and New Year, and we will see you on January 24<sup>th</sup>, 2013. - Bobbe Jacobs, President



## WINGNUT Theatre Mission Statement

Our mission is to bring laughter to any individual that wants or needs to laugh. While bringing laughter it occurred to us that there are so many people, groups and organizations that dedicate their time, energy and funds to a bigger purpose.

With that in mind we kept asking ourselves what can we do? We are just grown-up kids acting like class clowns most of the time. What could we do? What could we do? Then it occurred to us. We could still make people laugh while "Helping those who Help". So we began donating a portion of our ticket sales to different organizations and it felt really good.

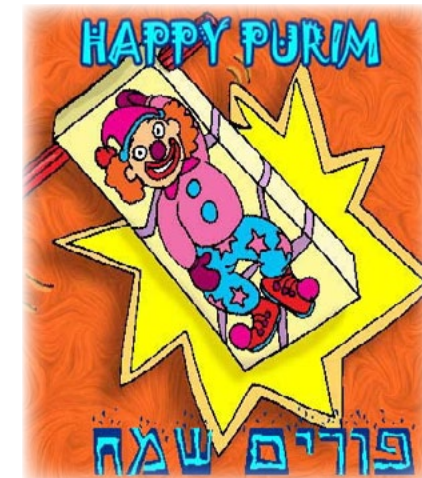
Laughter truly is the best medicine but groups, people and organizations need money and we are willing to share what little we have.



## Save the Date-Purim Carnival Feb. 24!

**Cathy Lieb - Education Committee Chair/Purim Chair**

Save this date, Sunday February 24th for the Purim Carnival! Planning has begun, and we are looking forward to a terrific afternoon filled with games, prizes, food, and fun! We have some more new booths this year,



as well as the old favorites like the Cake Walk and Jolly Jump Slide. As usual, there will be discounted tickets for advance purchase. Our Sisterhood, Brotherhood, and Youth Groups always contribute to make this a Temple-wide activity! Start thinking about your Purim costume and come on out with your family and friends for some great fun supporting the Torah School!

# The Passover Series:

*From the Biblical Story...  
to  
Hands-On Passover Cooking...  
to  
Creating Your Own Haggadah*



**Let's Take this Journey Together!**  
**10-Session Series - Tuesday evenings, 7:30 PM**

## SAVE THE DATES: "The Passover Series"

- Jan 8: The Exodus Story and Passover Today
- Jan 15: The Structure of the Haggadah
- Jan 22: Exploration of Various Types of Haggadot
- Jan 29: Comparing Haggadot - Modern, Traditional, Yours!
- Feb 5: Creating Your Own Haggadah - Session 1
- Feb 12: Creating Your Own Haggadah - Session 2
- Feb 19: Creating Your Own Haggadah - Session 3
- Feb 26: Passover Cooking - An evening in the kitchen
- March 5: Passover Seder - "How To" & "Hands On"
- March 12: A Spiritual, Reflective Approach to Passover



This class is open to all, and if this is your first class or one of many, you are welcome to attend. All learning levels are welcome. Materials will be provided. **Please RSVP** by calling the office at (805)388-3824 or, **email and let us know that you plan to attend!**

All sessions will be on Tuesday evenings at 7:30 and led by Rabbi Lisa Bock, preceded by a Hebrew letters class at 7:00 pm.

*This class is free to all Temple Ner Ami members.  
A donation of \$10 per class is requested for non-members.  
All are welcome.*



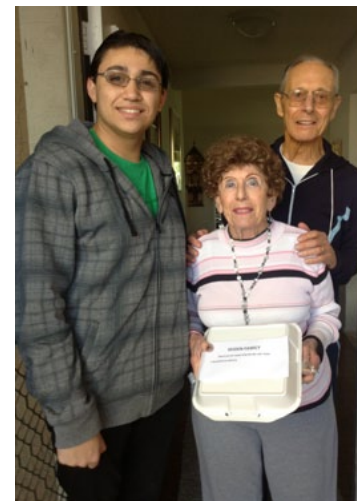
**J.O.L.T.**  
**Jews Out Learning Together**  
**Sunday - Dec. 2, 2012**



*Lox in a Box*



*Teen Connection  
Fund-Raiser  
Saturday - December 8th*



## EAGER READERS BOOK CLUB

Meets Tuesday, January 8th, 11am

January Selection: ***The Secrets of Mary Bowser***  
by Louise Leveen

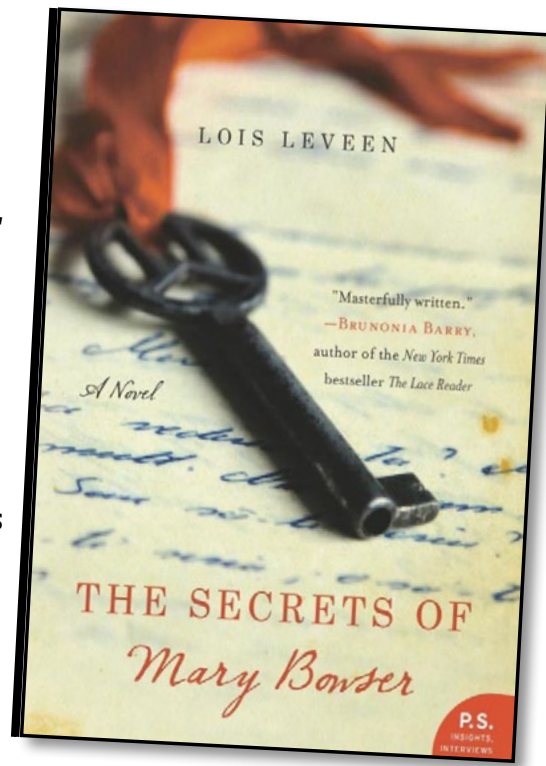
Based on a remarkable true story, *The Secrets of Mary Bowser* is an inspiring tale of one daring woman's willingness to sacrifice her own freedom to change the course of history.

All her life, Mary has been a slave to the wealthy Van Lew family of Richmond, Virginia. But when Bet, the willful Van Lew daughter, decides to send Mary to Philadelphia to be educated, she must leave her family to seize her freedom.

Life in the North brings new friendships, a courtship, and a far different education than Mary ever expected, one that leads her into the heart of the abolition movement. With the nation edging toward war, she defies Virginia law by returning to Richmond to care for her ailing father—and to fight for emancipation. Posing as a slave in the Confederate White House in order to spy on President Jefferson Davis, Mary deceives even those who are closest to her to aid the Union command.

Just when it seems that all her courageous gambles to end slavery will pay off, Mary discovers that everything comes at a cost—even freedom.

(Book summary from amazon.com)



Each month a member selects a book for all members to read and discuss at the next meeting. Joining the club means you are reading at least one outstanding book every month. What a great idea! Please join us January 8th, at 11am.

## TODAH RABBAH - Means Thank You!

Dear Members: How about starting the New Year off right by making one more resolution? I hope it will be that you will sponsor an Oneg at least once or twice a year. All of you have a birthday every year so why not celebrate it by becoming a Sponsor? Or you may celebrate any type of event in your life or you may wish to remember someone who has passed on. To do this, please call Arla Crane at 987-2000 and tell her: 1. Which date you wish to sponsor, and 2. Whether you would like either to bring some of the goodies or donate to the Oneg Fund. Either way is needed, acceptable and certainly appreciated.



THANK YOU or better yet, TODAH RABBAH to the following members who sponsored Onegs in December. They were: JOHN and BEVERLY KERWEIN in memory of Beverly's father, SAMUEL A. FRIEDMAN; SHARI and HOWARD BRODY in memory of Shari's father, JAMES JACOBSON; GINA and WALTER BURSTEIN in honor of both of their birthdays, JAY and ARLA CRANE in honor of the first anniversary of the Bar Mitzvah of their grandson, ELIJAH CRANE; and JACK and MARLENE VOTION in loving memory of Marlene's mother, BERNICE PERSKY. The generosity and helpfulness of these people is greatly appreciated and again we say "THANK YOU".

AND a big show of appreciation is owed to JOSEPHINE and MAX FREIFELD and ARLA CRANE for the excellent job they are doing by chairing the Oneg Committee. They certainly go out of their way to make sure that not only do the Oneg tables look attractive, but the food on them tastes good too.



Your Oneg Committee:

JOSEPHINE FREIFELD, Oneg Chair  
ARLA CRANE, Chair of Volunteer Sponsors – 987-2000  
NAOMI BRILL, Editor



## MOVIE NIGHT

**YENTL** starring Barbra Streisand  
Saturday - January 26th, 6:30 pm

Barbra Streisand portrays Yentl in this award-winning movie.

Not too long ago, a girl was not permitted to study Torah. (Women, in general, did not have the rights that boys had.) However, in this movie based on a story by Isaac Bashevis Singer, this brave girl was determined to do just that, study Torah.

She pretends to be a boy. But that makes for (romantic) complications. Fortunately, at the end of this movie, it all turns out okay and she is able to come to the land of opportunity.

Guess where that is? Do girls in America have all the rights and opportunities that boys have? Do we have a responsibility to assist ANY group that is deprived of its rights?

Stimulating after-movie discussion led by Shlomo Kreitzer.



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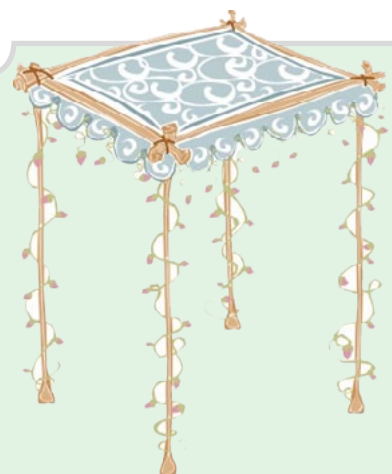




## JANUARY BIRTHDAYS Members & Children

Jeffrey Felder	Jan. 2	Doris Weinberg	Jan. 15
Judith London	Jan. 3	Zeke Elliott	Jan. 17
Brad Cabelli	Jan. 5	Charlotte Kreitzer	Jan. 18
Clarice Shapiro	Jan. 6	Josephine Freifield	Jan. 20
Aaron Dvoretzky	Jan. 7	Janice Wise	Jan. 20
Betty Fink	Jan. 7	Jack S. Perr	Jan. 26
Evan Grossmann	Jan. 7	Shane Davis	Jan. 26
Bonnie Shubb	Jan. 7	Paul P. Keys	Jan. 27
Jim Williams	Jan. 8	Sydney Kamola	Jan. 30
Dr. Cathy Kim	Jan. 10	Sarah Schneider	Jan. 31

\* This table is based on Temple records. If your information is missing or in error, please contact the Temple office.



## JANUARY ANNIVERSARIES

Name	Day	Date	Year
Jeffrey & Elinore Felder	Wednesday	January 2	34th anniversary
Robert M. & Joyce A. Brown	Friday	January 4	66th anniversary
Robert & Kathy Sacks	Sunday	January 6	3rd anniversary
Sanford & Bernice Garfield	Saturday	January 26	66th anniversary
Lawrence & Nancy Borelli	Sunday	January 27	39th anniversary

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My Father has passed  
from this world to the next.  
He was not ready to leave  
those he loved  
and who loved him.  
He fought like no other.  
We miss him so much.  
We are the lucky ones  
to have had this special person  
involved in our lives.  
The precious memories remain.  
In our sadness we are relieved  
because in the end  
he was able to rest  
in peace.  
Amen

Thank you to all who have remembered  
me and my family, with cards, food, phone  
calls, prayers and for for keeping us in  
your thoughts.

Susan Weinstein



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42310 Village 42 Valencia	37127 Village 37 Valencia
16206 Village 16 Coronado	3115 Village 3 El Dorado
6141 Village 6 Coronado	30008 Village 30 Capri
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# ENRICH YOUR LIFE AND VOLUNTEER!

Our Temple is a buzzing, thriving place of spirituality and learning! Just stop by on a Monday or Wednesday afternoon when the Torah school is in session, to experience the energy of our Temple youth. Or, if you prefer a more mellow experience, stop by on Friday morning.

At these peak activity times, our Temple office could use a little support to help get the work done efficiently! If you are available in the **afternoon** of Monday or Wednesday, or Friday **morning**, to help answer phones and do some easy office work, please contact Mark Malloy in the Temple office. when he returns to work after his holiday break on December 26th.

-Cathy Lieb



**PARENTS' NIGHT OUT**  
**Sat. Dec. 1st**  
**Magic Show by Master Magician Paul Dwork**



## Library News by Phyllis Mandel

### Suggested Reading Now in Our Library

**A TRAIN IN WINTER** - By Caroline Moorhead

An extraordinary story of women, friendship and resistance in occupied France. 232 brave women united in defiance of their Nazi occupation. Sent to Auschwitz. Only 49 would return to France.

**THE DOVEKEEPERS** - By Alice Hoffman

A story of four bold, resourceful and sensuous women who came to Massada by different paths after the destruction of Jerusalem and the Temple by the Romans.

**SAVING ISRAEL** - By Daniel Gordon

How the Jewish people can win a war that may never end.

**THE PROMISE OF ISRAEL** - By Daniel Gordon

Why its seemingly greatest weakness is actually its greatest strength.



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# International Holocaust Remembrance Day: January 27<sup>th</sup>

Temple Ner Ami, together with the Camarillo Church of Christ, is honored to co-host a special presentation on **March of the Living** in observance of International Holocaust Remembrance Day, at 6 pm on Sunday, January 27<sup>th</sup>, 2013.

The March of the Living is an international program that brings participants from all over the world to Poland and Israel, to march from Auschwitz to Birkenau, the largest concentration camp built during World War II. Participants also visit Krakow, Warsaw, Lodz and the death camps of Chelmo and Majdanek. The group then travels to Israel to observe Yom HaZikaron, Israel Memorial Day, and Yom Ha'Atzmaut, Israel Independence Day. In 2012, WWII veterans joined the March along with the Holocaust survivors they liberated, a truly unique and emotional reunion and event.

Through March of the Living, we pay tribute to the courage of those who survived the Holocaust – who rebuilt their lives despite the haunting memories of the past – to be the bearers of their memories, the witnesses. It honors the heroic veterans of WWII who fought to liberate Europe from the hands of Nazi tyranny. It reminds us to never again allow any kind of discrimination directed by any individual or group against another. It inspires participants

to commit to building a world free of oppression and intolerance, a world of freedom, democracy and justice, for all members of the human family.

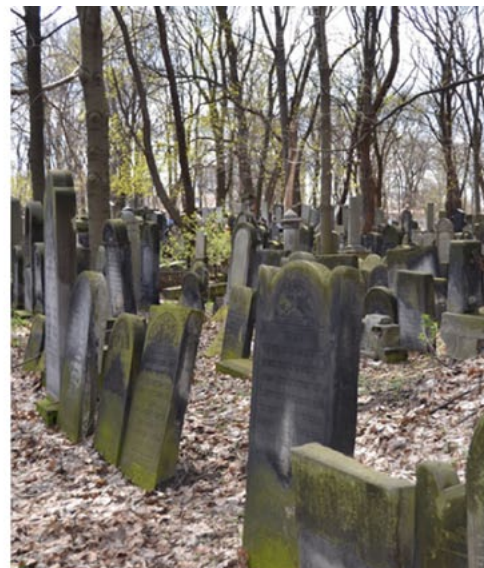
In addition, The March of the Living helps participants enter into history and demonstrate to the world that the death of six million of our people and so many others has been marked and will never be forgotten.

This year, **Indy Rebhun**, Family Service Counselor of Pierce Brothers Valley Oaks-Griffin Memorial Park and Mortuary, embraced this journey, and will share her experience as a March of the Living participant through a multimedia presentation. During her talk, she will discuss the March of the Living program, share her personal journey to memorialize those who perished in the Holocaust, and relate her family's personal experiences. She will convey the insights she gleaned as a participant about memorialization and remembrance and how they align in her personal and professional life.

Refreshments will be served following the presentation.

It is our pleasure to invite you and your friends to this very special event. There is no charge to attend, but please RSVP so that we know to expect you, (805)388-3824 or [admin@templenerami.org](mailto:admin@templenerami.org). Thank you.

For more info: <http://motl.org/>



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## The Temple Gratefully Acknowledges the Following Contributions

### Honorariums & Memorials

Sol & Sarah Brejensky to honor Verna Merrin for being so helpful in providing transportation to special activities and programs.

Lee Edwards in honor of her 89th birthday.

John & Beverly Kerwien in loving memory of Bev's father, Samel Friedman.

Gerald Goldman in loving memory of his wife, Ellen Goldman.

Stanley & Loretta Reshes in loving memory of Stan's father, Sidney.

Jack & Marlene Votion in loving memory of Marlene's mother, Bernice Persky.

Diane Honick in loving memory of her husband Gus Honick, and her father Jack Gorelick.

### Rabbi's Discretionary Fund

Linda Birnbaum to in loving memory of her husband, Gerald Birnbaum.

Irving & Arlene Bergman in memory of their beloved son, Gary Bergman.

Susan Weinstein, in appreciation of Rabbi Lisa, and in loving memory of her father, Allen Grossberg.

Sharon Green in loving memory of her mother, Florence Koenig.

Sharon Green, in honor of Melissa Green's engagement to Ken Kaplan of Boston.

*Note: The above listings cover donations recieved between November 23rd and December 14th.*



The Board of Directors wishes to thank those members who have made an extra special financial commitment this year to support Temple Ner Ami.

Naomi Brill  
 Walter & Gina Burstein  
 Jay & Arla Crane  
 A. Dvoretzky & S. Spielman  
 Lee Edwards  
 Richard Erlich  
 Judy Foxman  
 Gregg & Sharon Hartman  
 Robert & Patricia Improta  
 John & Beverly Kerwien  
 Judith Gale Krieger  
 Verna Merrin  
 Rabbi Lisa & Ken Bock  
 Steve & Jennifer Moore  
 Saul Lessler & Julia Newman  
 Ron & Sarene Wallace  
 Doris Weinberg  
 Alan & Marcia Zatkan  
 Joel Zneimer & Betty Fink

## January Members' Yahrzeits

### Scheduled reading, January 4th for Dec. 30 – Jan. 5, 2013 (Tevet 17-23)

Margie Bonderman\*\* ... remembered by Temple Ner Ami  
 Eugene Borelli... Father of Lawrence Borelli  
 Minnie Lewine\*\* ... remembered by Temple Ner Ami  
 Seymour Cohen... Father of Roberta Jacobs  
 Sigmund Jaffe... Husband of Elaine Jaffe  
 David Schechtman... Father of Phyllis Mandel  
 Esther Moskowitz... Late Wife of Robert Moskowitz  
 Calman Rosenkranz... Husband of Muriel Rosenkranz  
 Marilyn Rosenthal... Mother of Sarene Wallace

### Scheduled reading, January 11th for Jan. 6 -12, 2013 (Tevet 24-Sh'vat 1)

Jack Rosenberg... Brother of Sheila Bachelis  
 Gary Bergman... Son of Arlene and Irving Bergman  
 Debora Brooks... Mother of Gloria Brodie  
 David Goldstein... Son of William Goldstein  
 Kitty Copeland... Mother of Sandra Goodwin  
 Lida Goodwin... Mother-in-Law of Sandra Goodwin  
 Samuel Rhine... Grandfather of Kaila Kaden  
 Sidney Matorin... Husband of Sharon Matorin  
 Otto Goldberg... Father of Mildred Seidler  
 Melvin Shapiro... Brother of Mike Shapiro  
 Selma Grossberg... Mother of Susan Weinstein

### Scheduled reading, January 18th for Jan. 13-19, 2013 (Sh'vat 2-8)

Joseph Jacobson... Grandfather of Shari Brody  
 Samuel Zimmerman... Father of Rita Cooperman  
 Leah Rubinstein... Mother of Raja Desenberg  
 Irving Baker... Brother of Barbara Hoff  
 Irving Baker... Brother-In-Law of Alan Hoff  
 John Mauger... Father of Charlotte Kreitzer  
 Norman Newman\*\* ... Father of Julia Newman & Frances Kuznets

### Scheduled reading, January 25th for Jan. 20-26, 2013 (Sh'vat 9-15)

Philip Bachelis... Husband of Sheila Bachelis  
 Irving Bogen... Father of Michael Bogen  
 Dorothy Redman... Mother of Nancy Borelli  
 Abe Siegel... Father of Elinore Felder  
 Sarah Copeland... Grandmother of Sandra Goodwin  
 Ida Marshack\*\* ... Mother-In-Law of Marvin Krantz, z"l  
 Dorothy Redman... Grandmother of Sarah Scheerger  
 Ethel Weinberg... Mother-In-Law of Doris Weinberg  
 Abraham Weinberg... Father-In-Law of Doris Weinberg

### Scheduled Friday, February 1st for Jan. 27-Feb. 2, 2013 (Sh'vat 16-22)

Charles Marcus... Father of Naomi Brill  
 Grace Cohen\*\* ... Mother of Arlene Cohen  
 Arthur Heller... Brother of Max Heller  
 Solie Cohen... Uncle of Robert Improta  
 Samuel Keys... Father of Paul Keys  
 Ruth Perr... Mother of Jack Perr  
 Anna Nadler... Mother of Clarice Shapiro

\*\* Name on the Yolanda Cramer Memorial Yahrzeit Board.

z"l In blessed memory.

The Temple's Yahrzeit Board has spaces available for remembering loved ones who have passed away. The requested donation for memorial plaques on the Yahrzeit Board is \$350.00 per plaque.

# PLATEAU?? I MAY AS WELL HAVE A DARN CHEESEBURGER!!

Yes, I am at a plateau right now and I am a little frustrated. I have a lot more to lose, and I can't believe that I am already stuck. I just have to stay focused and keep pushing and I will break through it. It is a little frustrating, especially since I have kicked up my exercise a notch or two.

I realized again that it does really help when you are dieting to also get in at least a good hour of cardio everyday (at least 5 days a week for me). It helps me mentally to stick with the diet because you realize how much work you have to do to burn off those calories that are way too easy to eat. It may be tough to get myself out there to do it everyday (and I can come up with a lot of great excuses why I don't have time today), but once I am done I have never said to myself "damn, I wish I hadn't of done that." I always feel like a skinny guy trapped in a fat guys body afterwards, and it feels great.

After Thanksgiving I had fallen of the wagon and put about seven pounds back. I was having a hard time getting back on track. Then my good friends Gregg and Sharon Hartman called me on a lazy Saturday, and told me that they were coming over so we could go for a walk together. I got two things from that walk: one was remembering how it makes you feel afterwards (great mentally and physically), and Gregg and Sharon turned me onto the greatest app on my phone. It's called "My Fitness Pal" and I suggest to anyone that is trying to lose any amount of weight that you add this as one



of your tools. It has given me another little push when I needed it. It's a free app and it's very simple to use, it kind of makes it like a game.

Anyway, I have been stuck at 334 lbs.this past week.

I will get past it, and I am sure that even with the holidays here and all of the parties with all the great food (and cocktails), that I will have a good report for you next month—I promise. This fundraiser has been a great motivator for me and I really appreciate all of your pledges. Believe me when I tell you that it has made me close the refrigerator door on more than a few occasions. I NEED the encouragement and we all know that the temple can definitely use the support as well. We just had our monthly board meeting last night and as always one of the main topics is how to bring in enough money to pay the bills. It is very tough given the economic situation that we are in. A lot of us are having a hard time paying our own bills and staying afloat. So if you can,

"SAVE A FAT GUY, SUPPORT THE TEMPLE".

There is the makings of a great bumper sticker that would make people wonder and maybe ask a question.

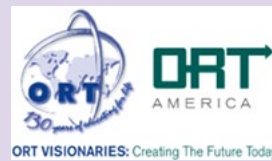
Happy Chanukah and Happy New Year, from Skinny Steve!!

*(The picture shows Steve at 357 pounds. Despite his setback, he's down to 334. Please continue to call the office and pledge your encouragement to him. Ed.)*

## January Outside Organization Meetings



**CITY OF HOPE**  
Board Meeting, Mon. 1/28 9:30am  
Donald Seidler - 805-987-0917 - President



**ORT**  
Board - Thursday, Jan. 3, 2013 - 10am  
General Meeting -Thursday, Jan. 24, 2013- 10:30am  
For info call Shirley Law, 987-5468  
President, Sharron Parker - 805-443-1998



**NARCOTICS ANONYMOUS**  
Tues. Mixed Meeting 7-8:15 pm,  
Tues. Mtg. Pot Luck, Jan. 29, 6pm  
Wed. Mixed Meeting 7-8:15pm  
Sat. Mixed 6:30-7:30 pm,  
Sat. Mixed Pot Luck, Jan. 12, 5:30pm  
Sunday (Men only) 7-8 am

# TEMPLE NER AMI - January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	Jan 1	2	3	4	5
	New Year's Eve 4:15p No Torah School Grades 4,5,6, 6p No Choices, 8th Grade Program 6p No Teen Connection	New Year's Day	12p Torah - Women's Perspective 4:15p No Mommy, Daddy & Me 4:15p No Torah School - PreK, Kinder	10 CRT Board Meeting	7:30p Shabbat Service	9 Torah Study Class 10 Shabbat Morning Service
6	7	8	9	10	11	12
	4:15p Torah School Grades 4,5,6,7 6p Choices, 8th Grade Program 6p Teen Connection	11 Eager Readers Book Club 7p Hebrew Letters Class 7:30p Adult Ed - Passover Series	12p Torah - Women's Perspective 4:15p Mommy, Daddy & Me 7p Board of Directors Meeting	7p Brotherhood Meeting	7:30p Birthday/Anniversary Shabbat	9 Torah Study Class
13	14	15	16	17	18	19
	4:15p Torah School Grades 4,5,6,7 6p Teen Connection	1p Intro to Judaism 7p Hebrew Letters Class 7:30p Adult Ed - Passover Series	12p Torah - Women's Perspective 4:15p Mommy, Daddy & Me 4:15p Torah School - PreK, Kinder, Is	7p JFS Board Meeting	7:30p Shabbat Service	9 Torah Study Class
20	21	22	23	24	25	26
	Martin Luther King, Jr's Day Temple Closed-No School Today	1p Intro to Judaism 7p Hebrew Letters Class 7:30p Adult Ed - Passover Series	12p Torah - Women's Perspective 4:15p Mommy, Daddy & Me 4:15p Torah School - PreK, Kinder, Is	12p CRT General Meeting 7p Sisterhood Comedy Night	6p Bring Your Own Dinner 7p Shabbat Shirah Family Serv. 4th Gr	Tu B'Shvat 9 Torah Study Class 2p Peck 3800 Blue/Gold Banquet 6:30p MOVIE NIGHT - Yentl
27	28	29	30	31	Feb 1	2
International Holocaust Remembrance 6p March of the Living Multimedia Event	9:30 City of Hope Board Mtg. 4:15p Torah School Grades 4,5,6,7 6p Choices, 8th Grade Program 6p Teen Connection & Jr. Youth Gp.	1p Intro to Judaism 7p Hebrew Letters Class 7:30p Adult Ed - Passover Series	12p Torah - Women's Perspective 4:15p Mommy, Daddy & Me 4:15p Torah School - PreK, Kinder, Is	7:30p Shabbat Service	7:30p Shabbat Service	Groundhog Day 9 Torah Study Class 10 Shabbat Morning Service

Go to [www.TempleNerAmi.org](http://www.TempleNerAmi.org) for the latest Calendar Information!

## e-Scrip Update

Our e-scrip program is up and running but we can still do better! We started out with 30 supporters and since actively promoting the program we now have 65! Not sure what e-scrip is all about? It's a rewards program whereby participating merchants contribute each time you purchase something from them using the cards you've registered online. No coupons, no hassles, and every purchase counts and goes directly to our Torah School.



Haven't joined yet? What's stopping you? It's free! It's easy! It's a no-brainer!! Go to [escrip.com](http://escrip.com), click "sign on" and follow the prompts.

Any questions, concerns, call me, Nadine Frankel @ 984-5777 (evenings and weekends). Not handy with a computer? I can sign you up if you give me a call.



## Does anybody like pie?



If you do, that's good because amongst the many registered merchants is **Marie Callenders Restaurant**.

Stop by for breakfast, lunch, or dinner and a slice, and the Temple gets a few bucks for our Torah School!

## Join our Caring Network

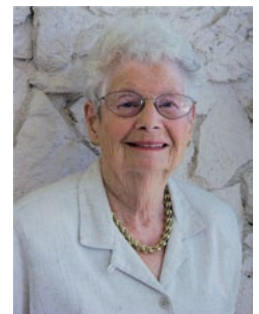
One of the most important functions of our temple community is to take care of each other. There are many ways we can do this. Here are just a few examples: providing transportation to temple services and events, or even medical appointments for those who can no longer drive, arranging a week of dinners for a family with a newborn, visiting the sick and the grief stricken, making a phone call to check on a shut-in, and any other ways our members need help. We are already providing doing many of these things in an informal way through our temple friendships, our wonderful sisterhood, and our dedicated Rabbi.

Now, it's time to organize, so that we can make sure that no member in need falls through the cracks. We are looking to have a network of individuals to help us perform the mitzvah of caring for each other. If you like to help people, this will be a rewarding way to volunteer. Even if you only have a couple of hours a month, you can make a difference.

When we have a group of people interested, we will meet to share ideas and get the ball rolling. If you are interested in being part of our caring network, please call Verna Merrin @ 987-8479 or e-mail her @ [vernamerrin@verizon.net](mailto:vernamerrin@verizon.net) or Nadine Frankel @ 984-5777 (evenings or weekends).



Nadine Frankel



Verna Merrin