

LECTURE OF THE DAY 2017

Beginning Monday at 11:15 a.m.
and featuring Guest Speakers.

- Chairs Stella & Michael Dubey -

November 6

“SUCCESSFUL AGING”- *Helen Dosik, Ph.D.*

Early studies focused on the dilemma of growing old, but now, researchers and clinicians are exploring what factors can help create a healthy, fulfilling life in old age. Recent studies show that positive aging and resilience all benefit from physical and functional health, cognitive awareness and social involvement.



November 20

“HOW TO DIVIDE YOUR ASSETS WITHOUT DIVIDING YOUR FAMILY” - *Jeffrey L. Condon,*

Estate Planning Attorney, Author



Jeffrey will tell us how we might deal with the human passions and family dynamics that can arise in settling an estate. He will show us how to recognize and resolve the most troublesome problems in inheritance planning that can create many conflicts and lingering animosities in families.

December 4

“THE SECRET LIFE OF A VALLEY WIFE, FROM CARPOOL TO UNDERCOVER MOLE... EXTENDED” - *Allyson Rowen Taylor*

Allyson was recruited by the FBI to infiltrate radical organizations, especially on university campuses where pro-Palestinian/Anti-semitic groups are so active. She is an activist and speaker on Israeli issues, and a Co-Founder of StandWithUs.



December 18

“WHAT IS ALL THAT JAZZ ? A DELIGHTFUL PERFORMANCE AND HISTORY OF JAZZ!” -

Ted Carmely and The Jelly Roll Jazz Band



Ted and The Band have been performing every Sunday for 25 years at Casey's Tavern in Canoga Park. The six-piece ensemble plays music ranging from New Orleans to modern Jazz and popular tunes from the great composers like Irving Berlin, George Gershwin, Cole Porter, and others. They

will perform for Hazak in a two-hour program, starting at 10:00 am, that will include an historical perspective showing the evolution of Jazz over the past 150 years.

HAZAK COMMITTEE

Lola Rabow
Chair

Sandy Cooper

Jerry Davis

Michael Dubey

Stella Dubey

Gail Gold

Bill Green

Joel Hyatt

Loren Kleinrock

Marv Leon

Jerry Rabow

Norm Raffish

Sheila Rubin

Violet Schlesinger

Louise Spitzer

Rochelle Steres

Sandy Struman

Judy Geller Wollstein



VALLEY BETH SHALOM

Lifelong Enrichment
for Members Ages 55+

15739 Ventura Boulevard
Encino, California 91436
(818) 788-6000

E-mail: info@vbs.org | Website: www.vbs.org



Lectures



Mah Jongg



Lifelong Enrichment
for Members Ages 55+

Program

NOVEMBER - DECEMBER 2017

“Let us grow together, deepen our lives,
sharpen our intellects and
cultivate our conscience.”

— Rabbi Harold M. Schulweis



Learning with the Rabbis



Classes

CLASS DESCRIPTIONS

2017

Beginning Monday at 10:00 a.m.

Planning Team:

J. Hyatt, S. Cooper, L. Kleinrock, V. Schlesinger

NOVEMBER 6

“VERDI’S OPERA NABUCCO AND THE JEWS” - *Bill Green, LA Opera Community Educator and Education Chair on the Executive Committee of the Opera League of Los Angeles*

Verdi’s early opera Nabucco established him as the leading Opera composer of his time. It is inspired by Biblical history, dealing with the destruction of the first Temple, the enslavement of the Jews exiled to Babylon, and their return to Jerusalem based on King Nebuchadnezzar’s change of heart. Mr. Green will present magnificent scenes recorded from the opera, mixed with archeology and a sampling of relevant Biblical texts.

“GROWING UP JEWISH IN CUBA” - *Fania Behmoiras*

Fania Behmoiras has written memoirs of her life in Cuba to preserve the family stories passed down by her “Babe” (grandmother) as well as her own experiences growing up a Jewish female in Cuba. She refers to the “Cuba of paradise and Castro’s Cuba of socialism, intertwined, bittersweet, ghost of memories!” Her family’s transition from Cuba to the United States also helps us to understand the difficulties during the immigration process.

NOVEMBER 20

“PRESCRIPTION OPIOIDS CAN KILL YOU, TOO!”

Joel D. Hyatt, M.D.

Dr. Hyatt is Emeritus Assistant Regional Medical Director for Community Health Improvement, Kaiser Permanente Southern California and co-leads Safe Med LA: Prescription Drug Abuse Coalition of LA County (www.safemedla.org). The US Centers for Disease Control and Surgeon General state that we are in the midst of an opioid prescribing epidemic that is killing more people each year in the US than motor vehicle accidents or guns. A prescription for Vicodin is the same as getting a dose of heroin in pill form. We will learn more about the epidemic, how it is affecting us, and what we can do about it as doctors, patients, and consumers.

“FAKE NEWS” *Denyse Selesnick, Columnist with CityWatchLA*

Denyse is a former publisher, journalist, and international event organizer, who will lead a discussion on your understanding of “fake news” and how we all bring our own agenda and opinions to current events. She will talk about today’s fake news accusations with an historical perspective, the differences between opinion and news, and how news headlines don’t always tell the story.

DECEMBER 4

“NUTRITION AND AGING: IS IT YOUR GENES OR THAT CORNED BEEF SANDWICH YOU ATE?”

Continued →

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HAZAK PROGRAM AT-A-GLANCE

Time	NOV 6	NOV 20	DEC 4	DEC 18
9:30 a.m.	CLASS REGISTRATION			
10:00 a.m.	Verdi’s Opera Nabucco and the Jews	Prescription Opioids Can Kill You Too!	Nutrition and Aging: Is It Your Genes or That Corned Beef Sandwich You Ate?	What Is All That Jazz ? A Delightful Performance And History of Jazz!
10:00 a.m.	Growing Up Jewish In Cuba	Fake News	What Are We Going To Do About the Other Generation?	
11:15 a.m.	LECTURE OF THE DAY			
	Successful Aging	How to Divide Your Assets Without Dividing Your Family	The Secret Life of a Valley Wife, From Carpool to Undercover Mole...Extended	
12:15 p.m.	LUNCH: Bring your own DAIRY lunch. Coffee & cookies provided. Bagels & cream cheese available for purchase.			
12:45 p.m.	Torah Portion with Rabbi Feinstein	Torah Portion with Rabbi Feinstein	Torah Portion with Rabbi Hoffman	Torah Portion with Cantor Baron
12:45 p.m.	Mah Jongg	Mah Jongg	Mah Jongg	Mah Jongg
12:45 p.m.	ORACLE	ORACLE	ORACLE	ORACLE

David Heber, MD, Professor Emeritus of Medicine and Public Health at the David Geffen School of Medicine and Founding Director of the UCLA Center for Human Nutrition

Dr. Heber will outline what is known about how genes and diet interact to affect many age-related chronic diseases including diabetes, heart disease, and common forms of cancer. This talk will provide you with practical advice for healthy aging and information on the latest research on longevity. Dr. Heber has published many research papers and books, including national bestsellers — What Color Is Your Diet? (Harper –Collins, 2001), and The LA Shape Diet (Harper –Collins 2005).

“WHAT ARE WE GOING TO DO ABOUT THE OTHER GENERATION?” *Ron Reiter, Ph.D.*

Dr. Reiter is a practicing psychologist who specializes in helping people empower adult transitions, regardless of age. Past Hazak seasons have enjoyed his discussions. For this class, he will help us look into the disappointments, challenges and rewards when trying to communicate with the younger generations.

DECEMBER 18

“WHAT IS ALL THAT JAZZ? A DELIGHTFUL PERFORMANCE AND HISTORY OF JAZZ!”

Ted Carmely and The Jelly Roll Jazz Band

Please see page 4 for the description of the class.

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Please arrive to classes and lectures on time. Late comers are disturbing to the presenters and the audiences. Thank you.

HAZAK IS ON THE VBS WEBSITE:

1. Visit www.vbs.org/hazak
2. In left panel, click on Events & Classes, Lecture Recordings, or ENROLLMENT (to enroll online)

Hazak supports the **VBS Food Bank** by collecting food contributions at each Hazak session. Especially welcomed are non-expired canned or dried healthy foods, preferably in small packages.

TORAH PORTION WITH THE RABBIS – Portion of the Week continues from 12:45-1:45 p.m. Led by our distinguished rabbis.

MAH JONGG – Carol Gray will teach newcomers and supervise the games at 12:45 p.m. Bring a 2017 National Mah Jongg League Card or you can purchase one from the receptionist at the from desk at Temple.

ORACLE PROGRAM – Continues on Monday, Nov 6, and 20; Dec 4 and 18 at 12:45 p.m. For more information, call Marv at (818) 783-4920.

GREAT DECISIONS 2018 – 8-session class beginning Monday, January 22, 2018 at 12:45-2:15 p.m. with rotating moderators, Al Wilen and Steve Krantz. Deadline for paid book orders is Oct. 23, 2017. Class still has a few openings. You can order your own Briefing Book by calling (800) 477-3836.

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