

### UPCOMING EVENTS

January 7, 2020 Asara B'Teves- Early dismissal: K- 12:00 PM, P-8 1:00 PM Ч

#### January 20, 2020

No Transportation Arrival: K-5: 9 AM, 6-8: 8 AM Dismissal: K-8: 3 PM G.S. Teacher In-Service

#### January 30, 2020

Early Dismissal K: 12:00 PM, P-8: 1:00 PM

#### January 31, 2020

Mid-Winter Vacation Sessions resume on Wednesday February 5th

February 9, 2020 HasCholas Gemara

### February 17, 2020

Legal Holiday No Transportaion Arrival: K-5: 9 AM, 6-8: 8 AM Dismissal: 12:45 PM Rebbeim and Teachers Professional Development Day

### **IMPORTANT NOTES**

In case of inclement weather, please call the Yeshiva Ketana message line: **845.362.8362**, **x 199.** (The Mesivta message

line is 845.362.8362 x 198)



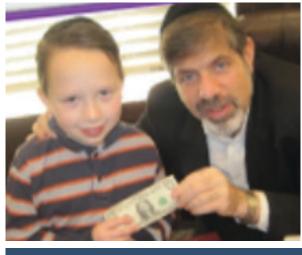


Mazel Tov to our Yeshivas Ohr Reuven Rebbeim upon completing the entire shas with Daf Yomi!:

Rabbi Dovid Apter, Rabbi Yitzchok Dov Bamberger, Rabbi Yisroel Gottlieb, Rabbi Meir Grohman, Rabbi Avrohom Chaim Lowy, Rabbi Zvi Nissan Meth, Rabbi Noam Peikes and Rabbi Dovid Stefansky Mazel Tou!



Tefilla initiative reward of a breakfast special to our 6th through 8th grade talmidim



259 Grandview Avenue Suffern, NY 10901 845.362.8362 www.ohrreuven.com

### Rabbi Biller's בעל פה Challenge!

The Rosh HaYeshiva rewarding our 3rd graders with a dollar for each בעל פה after testing them on their fluency and הבנה. Pictured here: Yitzchok Meir Richmond receiving his reward from the Rosh HaYeshiva!

From Kindergarten to Kollel and Beyond! Yeshiva Ketana | Mesivta | Beis Medrash | Kollel | Alumni







Mrs. Stein's 4th graders experimenting with density towers in their science groups.



Mrs. Leibovic's 5th graders working on a vocabulary introduction.



8th grade's chinese auction led by Rabbi Kahana.



Hasmada program rewards!

### Parent Feedback

"Hi. Pinny was so sad when he was sick on chanuka and had to miss the 'Mommy and Me' day at pre1a. We need not have worried, though, because today Morah Deena and the other Morahs set up our own personal 'Mommy and Me' area with all the activities that they did last week. I was so touched that they went through all that trouble and we had a wonderful time." Mrs. Peshie Needleman

### HAPPY BIRTHDAY!

- (K) Naftali Yishai Beller
- (K) Yosef Ahron Steinman
- (2) Daniel Gotesman
- (3) Dovi Leff

### MAZEL TOV!

Mazel Tov to Yosef Moshe Gutman upon is sister's engagement!

Mazel Tov to Miss Shani Shucht (Office/ Business Office) upon her engagement to Ben Bernstein!

Mazel Tov to Aron Daniel Alexander upon his sister's engagement to Benji Greenwald (Mesivta alumnus and Bais Medrash member)





AGUDATH ISRAEL of AMERICA

































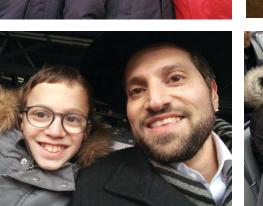






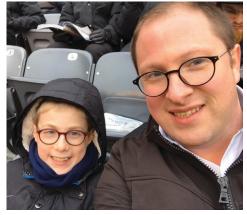














Thank you to everyone who sent in pictures!

Rabbi Yisroel Gottlieb

## PARENTING in PARSHA



### ויגש

### Defusion by Diffusion

ויגש אליו יהודה ויאמר בי אדני ידבר־נא עבדך דבר באזני אדני ואל־יחר אפך בעבדך כי כמוך כפרעה

Then Yehuda went up to him and said, "Please, my lord, let your servant appeal to my lord, and do not be impatient with your servant, you who are the equal of Pharaoh.

כי כמוך כפרעה .חָשׁוּב אַתָּה בְעֵינֵי פְּמֶלֶה ...דָּבָר אַחֵר מַה פַּרְעֹה גוֹזֵר וְאֵינוֹ מְקַיֵם, מַבְטִיחַ וְאֵינוֹ עוֹשֶׂה, אַף אַתָּה כֵן; וְכִי זוֹ הִיא שִׁימַת עַיִן שֶׁאָמַרְתָּ לְשׁוּם עֵינְדָ עָלָיו? דָּבָר אַחֵר, כִּי כָּמוֹדְ כְּפַרְעֹה, אָם תַּקְנִיטֵנִי אֶהֵרֹג אוֹתְדְ וְאֶת אֲדוֹנֶד

In my sight you are as important as the king... Another explanation is: you are as unreliable as Pharaoh just as Pharaoh issues decrees and does not carry them out, makes promises and does not fulfil them, so also do you. Is this what you meant by "setting your eyes" upon him when you said (**Genesis 44:21**) "Bring him down and I will set mine eyes upon him"? Still another interpretation of כי כמוך כפרעה BECOME EVEN AS PHARAOH: if you provoke me I will slay you and your master

Emotions are contagious – choose your company wisely

Psychology Today, October 20, 2012

A healthy attitude is contagious but don't wait to catch it from others. Be a carrier.

Tom Stoppard

In the last few decades, neuroscientists have identified and zeroed in on mirror neurons. In multiple experiments, those scientists have been able to monitor brain activity in people who are watching others engage in activities or undergo emotive experiences. The brain regions that control those activities or emotions lit up in the passive observer, even though he was only watching the person engaged in the activity! In fact, in one such experiment, subjects who observed others immersing one hand in ice water actually experienced a measurable drop in temperature in their same hand as well!

The neuroscience community believes that mirror neurons are responsible for our ability

to read social signals and to empathize with others. We can read the emotional state of others because the motor neurons in our brains fire in concert with the brains of those around us. Children and adults who suffer from autism show markedly decreased function in mirror neurons, and therefore have great difficulty with social signals and cues.

Because our neurons fire in consonance with those around us, emotional states are very contagious. If we smile, the neurons that control smiling in the brains of those around us will fire too. If we frown, they will experience the emotion of sadness as well. If they are tense, we will be tense, while if they project calm, it will Rabbi Yisroel Gottlieb PARENTING in PARSHA



calm us as well.

The contagious nature of emotions sets up an emotional cycle that can be difficult to break. If others confront us with anger, we naturally become angry, responding to them in anger and triggering their anger neurons as they respond to us in turn, trapping us in the vicious cycle. If, however, we are cognizant of the feedback loop of emotions, we can break and reverse the cycle.

Yehuda sees tensions rising in his encounter with Yosef. As each exchange plays out, emotions rise and the situation escalates. Yehuda's natural reaction is to continue the emotional cycle, ratcheting tensions ever higher in this dialogue. But, Yehuda's reason prevails over his emotion. He knows his best bet is to deescalate, not escalate. He chooses calm over anger, tranquility over belligerence.

Rash"i lays bare for us the tension within Yehuda. The subtext, that which he would love to say, is there, just below the surface. He would love to be confrontational and threatening, and to one up the viceroy in their verbal joust. But, he recognizes that he holds the power to defuse the situation and begin a cycle of calm, positive emotion between them. Yehuda controls his emotions, and succeeds in shifting the tone and tenor of their confrontation, directly leading to Yosef's breaking down and revealing himself to his brothers.

The moral for parenting is abundantly clear. Children are a hotbed of emotion.

They can become angry, heated, defiant, and oppositional. Nature dictates that we would mirror the emotions projected by our children and further escalate an already difficult situation. If, instead, we project calm, warmth, and joy, we set the cycle moving in the opposite direction. Our children then mirror our calm and tranquility and their emotional state comes down to a healthy, workable place, calming us in return. It goes without saying that we should always initiate any interaction with our children projecting calm, relaxation, and happiness. They will catch our emotions.

You have the power to control the emotional weather in your home. Use your power wisely.

Good Shabbos, Rabbi Yisroel Gottlieb Principal

# SAFE AND SECURE?

Empowering the Monsey Community to Better Secure Your Shuls, Schools, Camps, and Organizations

## **THIS SUNDAY!**

January 5<sup>th</sup>, 2020 7:45 PM

Bais Medrash Ohr Chaim 18 Forshay Road (Scheiner's)



Opening Remarks by Rabbi Y.Y. Jacobson and Rabbi Aron Lankry

followed by important security tips by Frank Storch.

## Doron Horowitz

### Senior National Security Advisor of the Secure Community Network (SCN)

- Security Preparedness Active Threat Response & Training
  - Emergency Plan Development & Implementation
- Effective Lockdown & Evacuation Procedures Situational Awareness
  - Practical Applications of Pikuach Nefesh

### Followed by a Question & Answer Session with Doron Horowitz and Frank Storch



#### Doron Horowitz, Senior National Security Advisor of the Secure Community Network



Since 2004, as a security resource for Jewish Federations, calling upon decades of security experience in community security and as a decorated combat counter-terrorism officer with the Israeli Border Police, Mr. Horowitz has been a security resource to Jewish Federations. Since 2005, Mr. Horowitz has also served as an outside advisor to SCN as well as a lead trainer and educator. Mr. Horowitz spearheads the National Campus Security Initiative, a strategic effort and program to address the safety and security needs of Jewish students and organizations on campus.



### Frank Storch, Director Chiesed & in of The Chesed Fund Limited & Project Ezra of Greater Baltimore, Inc.

The Chesed Fund & Project Ezra, are two community organizations focused on safety and security. With over 40 years of experience in the field, Frank has advocated for the vital need for increased security measures, for Jewish communities throughout the world. He is the author of the critical guides, Keep Your School Safe, Keep Your Camp Safe, Stay Safe in Israel, and many more. Keep Your Shul Safe is currently in development.

WHO IS SCN? The Secure Community Network (SCN), a non-profit 501(c)(3), is the official homeland security and safety organization of the Jewish community in North America. Established under the auspices of The Jewish Federations of North America and the Conference of Presidents of Major American Jewish Organizations, SCN is dedicated to ensuring the safety and security of the Jewish community through increased awareness, improved protection, enhanced preparedness, and effective response. 844.SCN.DESK (844.726.3375) | secure community network.org | dutydesk@securecommunitynetwork.org

