

A Recipe for Happiness

We all spend lots of time and money on things to make ourselves and those we care about happy.

We throw parties, go on trips, spend on gifts, enjoy good food, underwrite education and aim for top-notch healthcare. But did you know that the most important ingredient to happiness is actually free? It's called FRIENDSHIP.

At Friendship Circle, we're in the business of cultivating friendships, so we thought we'd share a simple and easy DIY recipe for friendship:

1. Find a friend. Sounds simple, right? Stop running after that popular guy/gal that hardly notices you, that's not the place to start. Look for someone who may seem lonely or like they're going through a tough time in life.

2. Make time to hang out. It's not just about the venue or the activity. It's about the company. So don't be distracted while you're together, ignore your phone, and you'll have a more meaningful time.

3. Show your friend you really care. Instead of sharing all your

own thoughts, feelings and concerns, make an emphasis on helping your friend feel important and worthy of friendship.

4. Recognize your happiness!

Friendship Circle cultivates relationships between children with special needs and teen friends in our community. Friendship Circle is a beneficiary agency of the Jewish Federation of Greater Charlotte. For more information about the Friendship Circle visit www.FriendshipCircleNC.org or call Devorah at 704-366-5983.

Check us out on Facebook - Friendship Circle of Charlotte. ☆

Here is a sneak peek of some of our great friendships:



Matt and Matt make a menorah at Chanukah Wonderland.



Gabriel and Jordan hard at work, strengthening their core and their friendship through Martial Arts.



Luke, Josh, and Joshua grate onions and potatoes, making sure to follow the recipe carefully.

Charlotte BBYO

Charlotte BBYO has had a very exciting month of December and January.

December Highlights:

Over 200 Eastern Region teens embarked upon Raleigh for our annual Regional Convention. Regionals was held from Sunday, December 21 until Tuesday, December 23. We had a full bus of teens from Charlotte attend. All of our teens came back excited and fired up to be part of Eastern Region and excited about learning new leadership skills. It was great seeing old friends and then teens remarked that they were excited to make new friends and see old friends.

Charlotte BBYO had a great Hanukkah program in the month of December. We welcomed 8th graders and introduced them to BBYO. Over 90 teens were in attendance at our Hanukkah program to light the lights and enjoy some fried treats.

Charlotte BBYO was on hiatus after our Hanukkah program so that our teens could enjoy Winter Break.

January Highlights:

On January 4, three of the four Charlotte chapters had elections. We would like to send a Mazel Tov to the new teens that were elected to our boards. Hank Greenberg is excited to welcome their new board members Jordan Schuler, David Safir, Mitchel Koch, Max Rosewater, Max Rousso, and Brian Handlesman. Mickey Barak Aberman is excited to welcome their new board members Seth Williams, Michael Silver, Josh Rubenstein, Ryan Vogel, Daniel Gershwin, Elliot Adler, and Eron Luderman. Chai Chaverim would like to welcome their new board members Brianna Bernstein, Carly Lerner, Anna Wilson, Claudia Cohen, Korinne Bernanke, and Kate Hadar. Everyone is excited about their new leadership positions and excited about the remainder of our year.

During the last weekend in January 250 teens took over The Levine JCC in Charlotte for Winter Cultural Convention. This convention is the contest convention and all chapters will compete for the spirit cup. We are thankful for the parents who are willing to house teens from all over the state.

Upcoming Events:

Over Presidents Day Holiday, over 40 BBYO Teens from Charlotte will be taking a bus to Atlanta for BBYO's International Convention. There will be over 3,000 Jewish Teens in attendance this year for IC. Our teens will engage in activities that incorporate BBYO's mission of More Jewish Teens, More Meaningful Jewish Experiences.

Charlotte BBYO will start recruiting new members in the month of February. If your child is in 8th grade or in high school and has shown interest in joining, please contact the regional office to get a list of meetings and events. If you would like more information regarding BBYO, please contact Erin Goldstein, MSW, The Charlotte BBYO City Director at eringoldstein82@gmail.com or 980-253-4863. BBYO wishes you all a very Happy New Year and we are excited about what 2015 has to offer. Shalom! ☆



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– Nahman Syrkin

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