

# CTB January News

2026

*Happening*  
THIS WEEKEND



## Parshot for January

10 JAN Shemot- Exodus 1:1-6:1

17 JAN Va'era- Exodus 6:2-9:35

24 JAN Bo- Exodus 10:1-13:16



## JANUARY BIRTHDAYS



1 Min Sheila Miller  
3 Lady Jeanette Register, z"l  
4 Rabbi Charles Register Sr., z"l  
6 Emah Margaret Cephas, z"  
7 Lady Dinah Stanley  
12 Eliana Glover  
12 Lady Hannah Lowry  
15 Briella Smith  
17 Autumn LaPrince  
19 Kimberly Gary  
27 Rabbi Harold Purnell  
27 Louise Register  
30 Jeremiah Register

1 Lady Anja' Best  
4 Jules Register, z"l  
5 Rabbi Debra Bowen  
8 Rabbi Dahton Nasi, z"l  
10 Ariel Grimmage Jr. Jr.  
13 Calvin Green, z"l  
15 Ava Best  
21 Tenesha Smith  
23 Phoenix James  
26 Rabbi Shemuel McClam  
27 Lady Rita Swint  
30 Titus Lowry  
30 Justin McClam

# What's to look forward to...

## CTB EVENTS & SAVE-THE-DATES

*17th*  
**JAN**

*23rd-25th*  
**JAN**





### Quick Cold & Flu Tips 🤧



#### **Get vaccinated**

Stay up to date on your flu and pneumonia vaccines to reduce severe illness.



#### **Hydrate, hydrate, hydrate**

Drink plenty of fluids to thin mucus and prevent dehydration.



#### **Rest is key**

Your body heals best when you rest—don't push through illness.



#### **Keep nasal passages moist**

Saline spray or rinse

Humidifier

Small amount of petroleum jelly just inside the nostrils  
(external use only)



#### **Blow your nose the right way**

One nostril at a time

Avoid forceful blowing



Helps prevent ear pain and ear infections



#### **Avoid sniffing**

Sniffing pulls mucus back toward the ears and sinuses.



#### **Use OTC meds safely**

If you're unsure which over-the-counter medication to take, ask the pharmacist.



**Many cold/flu meds contain the same ingredients—  
overdosing can happen easily if used improperly.**



#### **Natural comfort remedies**

Honey or Manuka honey (for cough/sore throat)

Cinnamon

Garlic

Bone broth

# What's to look forward to...

## CTB EVENTS & SAVE-THE-DATES

*7th*

**FEB**

*21st*

**FEB**



# 2026 Women & Men's Conferences

SAVE-THE-DATES

