

CTB January News

Happening
THIS WEEKEND

2026



Bowtie Shabbat

January 10, 2026
Honoring Elder Sha'gree z"l

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 Grummage 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

