

# The Neptune Mirror



**Volume 5 • Issue 1 • March 2022**

**Editor: Linda Morganstein | Editor Emeritus: Pearl Karal**

**Reporter: Miriam Goldberg**

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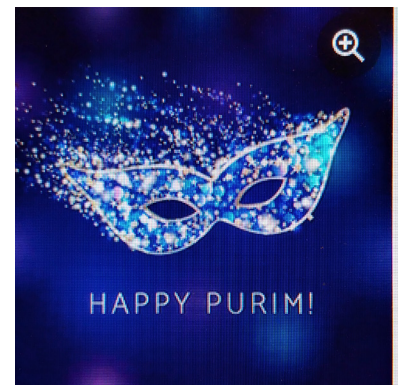
*In this issue we address gratitude, love and strength.*

*Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.*

*The end of loneliness is when someone needs you.*

*You never know how strong you are until being strong is the only choice you have.*

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# FROM OUR PAST PRESIDENT

**Toni Perl - 2020/2021**

Thank you to all the residents at 2 Neptune for the opportunity to act on your behalf as your President for 2020/2021.

Council's effectiveness during a medical pandemic was not what I had originally envisioned, and extreme changes forced issues of still trying to keep to my mandate to Council and all the residents. With no real get-togethers, our happy hour, our holiday parties and of course the entertainment we so enjoyed, the Council tried its best to keep in touch with deliveries of goodies and visits.

I could easily write a book on the pros and cons of the last 2 years, but I wish only to express my heartfelt thanks to all the Council members I leaned on for guidance and support, who put up with my mini tantrums – yes, I did throw some,



I look forward to free time and supporting the new Council members in any way possible, and pray we all come out of Covid stronger, with purpose and resilience.

Stay safe.

Toni Perl,  
Your Council President

*You know when you buy a bag  
of salad and it gets all brown and  
soggy? Cookies don't do that.*

# **PRESIDENT'S REPORT**

## **Elka Pelt, Resident's Council**

Hello to everyone, my fellow residents in our Two Neptune community.

My husband Mel and I were welcomed on arrival at Two Neptune in November 2016, quickly integrating ourselves into the friendly surroundings, the programming, and meeting our fellow residents.

I was elected to the Residents' Council in January 2018 and again in 2020, serving as 1st Vice President during both terms. With our present Council newly installed during our Annual General Meeting on January 20th, 2022, I accepted the Presidency for the coming two years and look forward to representing all of you through our challenging months ahead.

The COVID pandemic really grounded us in so many ways. The COVID-related restrictions eliminated or only partially allowed so much of building programming and our personal lives.

The Residents' Council is responsible for organizing and arranging the social, cultural, educational, holiday and recreational events. We also oversee the generous budget provided by the Aubrey and Marla Dan Endowment Fund at Baycrest Foundation.

As we emerge slowly and orderly from our virtual shutdown of activities, we are trying to get the most happening, appropriately timed, and giving consideration to new ideas and activities to be pursued.

We are a resilient group and we give thanks to our residents who have come forth promoting new in-house sessions for our enjoyment.



Brucha Kazman runs a weekly Yiddish-speaking group; Havdalah service at the end of Shabbos with a related Torah session by Sid Kardash; topical lectures by Judy Zimlichmann; One Day University programmes shared with our residents by Sid Kardash. For the literary minded, Sid Kardash is also the facilitator of a Book Club discussion group. These programmes are well received and we owe a great thanks to our Programme Director Robert Danchuk who diligently overlooks all programming. We have many new residents slated to come and join us here at Two Neptune and we look forward to meeting them and having you meet them as well.

Residents' Council members are all volunteers. We are a committed group, diverse in many ways, but each of us has the goal to work for the betterment of our Two Neptune lifestyle. I look forward to serving each resident in the best way possible. We are open to suggestions and ideas. Our office is inside the Gym and has a mail/suggestion box outside. We look forward to solving our challenges, considering all your ideas and hopefully your requests.

Stay healthy, stay safe, stay happy.

-Elka Pelt



## On a personal note...

This month our 2 Neptune Mirror is missing 2 people who have contributed mightily in the past – congenial Fred Maisel z"l, whose interesting emails have filled many of our pages, and my dear friend and co-editor, Pearl Karal, whose whimsical poetry, profound insight and eagle-eyed proofreading made this job such a pleasure. I shall, of course, continue to consult her on editorial decisions whenever they arise.

Pearl is now residing at Baycrest “exploring avenues” through which she can contribute and share her poetry, experiences and wisdom. She’s especially impressed with the way the staff tries to accommodate her needs. Pearl will welcome a visit from any familiar face from 2 Neptune.

Linda Morganstein Fen  
Editor



# 2022 Residents' Council



**Elka Pelt**  
**Residents'**  
**Council**  
**President**

I was born in Moncton New Brunswick, brought up in a multi-generational observant home that was steeped in the community's tradition of being involved with all activities that were centered around the synagogue, just happening to be across the street from our home. Regardless of how people conducted themselves in their private lives, it was a cohesive community, basically comprised of at least one family member having come from Durbian, Lithuania. My teenage summers were spent at Zionist Camp Kadimah and at age sixteen I left Moncton to attend Dalhousie University in Halifax, where I served one year as President of the campus Hillel organization.

In 1964 I arrived in Toronto, becoming a computer programmer/system analyst. In 1972 Mel Pelt and I were married and we have two daughters. Our family were actively involved at Shaarei Shomayim Synagogue where my focus was the Sisterhood, the Youth Committee for several years, the Religious Committee, and serving on the Board of Directors.

Following a few years at home, I returned to the work force for eight years as assistant to the Executive Director of

Associated Hebrew Schools which was on this very site, prior to being sold to Baycrest and demolished so this 2 Neptune home of ours could be.

In 1992, thirty years ago, I accepted a position with a Toronto philanthropist, with whom I am still affiliated.

On the family home front, after 38 years of living in central Toronto at Yonge and Lawrence, the year 2016 afforded Mel and me the opportunity to sell our family home and we willingly sought out 2 Neptune, near to Baycrest, which for decades we had occasionally discussed as our final home destination. We were welcomed by many new friends and found ourselves enjoying the 2 Neptune and Baycrest campus amenities. The social activities of 2 Neptune were a highlight for both of us – the monthly Happy Hours, the trips to Port Hope with their beautiful theatre, cultural outings here in Toronto and the proximity of restaurants, food markets and Shaarei Tefillah Synagogue have given us a fulfilling lifestyle. I was enticed to run for the Residents' Council four years ago and have served the residents on both Council terms as the 1st Vice-President. It has been a very rewarding experience despite the constrictions of COVID. I am grateful for the trust that was given me and I look forward to serving the Residents' Council for the coming two years and wish all my fellow residents of 2 Neptune good health, good spirit and warm friendships.



## **Abie Kacew**

### **1st Vice- President**

- Born in Breslaw Poland and moved to Israel as a 2 year-old child
- Moved to Montreal at the age of 4 years old
- Formative years spent living in Montreal
- Graduated from Loyola College in 1969
- Graduated from McMaster University in 1971 with focus on sales and marketing
- Met my wife Myra in Montreal and got married in Alberta (where her family lived) in 1971
- Worked most of my years in sales and marketing for transportation industry
- In Edmonton, I spent my spare time volunteering at the Beth Israel synagogue, Chevra Kadisha, choir and looking after my older in-laws.
- I also spent many enjoyable hours helping looking after my six grandchildren
- I have two daughters (one in Toronto with six children and the other living in Eretz Yisrael with two children).
- I have one son living in Toronto and he has a newborn son
- I moved to Toronto two and a half years ago to be closer to my grandkids.



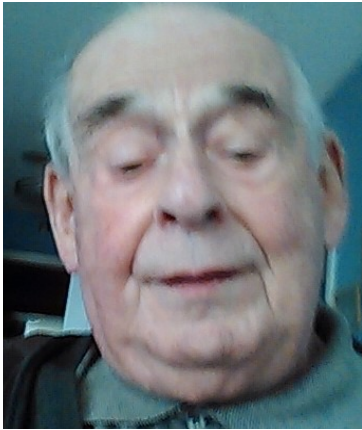
**Sid Kardash**  
**2nd Vice-President**

Born and raised in Ottawa and married to Caroline ( Cally) Gluzman, proud parents of three children and 7 grandchildren. I am a former pediatrician from Ottawa with a specialty in mental illness in children. Currently I am Head of the Library Committee and the 2-Neptune Book Club. Active reader with a special interest in Jewish history and Torah studies as well as a keen interest in art and photography. Recent move to at-home kosher Chinese recipes out of necessity! Most pleasurable activity: Being in Cally`s company, sharing our daily morning walks, meals, movies, lectures and above all, good conversation along with our new friends.



**Marion Gold**  
**Secretary**

- Taught English Grammar, Shorthand, Typing at Seneca College for 10 years.
- Coordinated an Adult Literacy Program in the Toronto Public Library system for 9 years.
- For many years worked for the Jewish Immigrant Society and the Social Planning Director of the UJA.
- Have graduate degrees in education from O.I.S.E. (Ontario Institute of Studies in Education), University of Toronto.



**David Silverman**  
**Treasurer**

My name is David Silverman, I moved into the building with my wife Dorice February 2020 from another building in North York. We owned and ran a party rental company called D and D party rentals. I look forward to being on the council for the betterment of the building.



**Brucha Kazman**  
**Hospitality &  
Programme Chairwoman**

I was born in a DP Camp in Germany to two very courageous holocaust survivors. I was raised in Toronto. I had four siblings.

I went to Central Commerce, Harbord Collegiate, Teachers College and York University. I taught special needs students in a special needs high school for seventeen years. I was an athlete when I was younger. I rollerbladed until I was sixty eight years old.

I have also been a real estate agent and a therapist. I raised three sons and am crazy about my grandchildren.

I've lived at 2 Neptune for five years. I love meeting residents and participating in the different programs and exercise classes and the Yiddish Group.

My intention is to represent the 2 Neptune family and work on the hospitality committee.





**Pauline Dobkin**  
**Gardening and Plants**  
**Chairwoman**

Hello everyone. Most of you know me; I've been in the building for about six years and I am sort of an in between person on the board. When I see something in the building that needs doing I try to get it done. I have done that in the garden but I'm not working on the roof garden. I do all the centerpieces when we do have entertainment in the building. And I do some of the decorations that you see around from time to time. I intend to do the exact same thing this time on Council. Thank you, Pauline Dobkin.



**Gertrude Ludwig**  
**At-Large**

1964-1978 was the Executive Director at the Borochoy School.

1978- 2011 Entered the travel industry – did desktop publishing; was group coordinator and travel agent. I took several airline training courses.

After I retired- Volunteered with ESL for the TDSB; JCC “Conversation Café” for new immigrants; “Reading Angel” with National Council for Jewish Women for the TDSB; Out of the Cold Program at Beth Emeth Synagogue.



## **Jeannette Shor Oeltjen**

### **At-Large**

I was born and grew up in Colombia (South America) in a religious Ashkenazi family and close-knit Jewish community. My parents and older brother had immigrated to Colombia at the end of 1938. My father, Gershon Shor, a Shochet from Stefanesti (Romania) and my mother, Esther Lerner (from Chernnowitz), joined her brothers and other family members of the Lerner-Rosenthal family who had come to South America years before.

After I received my B.A. in Languages and Literature from the University of Antioquia, I was awarded a Fulbright scholarship to complete graduate studies in Linguistics at Ohio State University. There, at the Hillel House, I met Paul Oeltjen, another Fulbright scholar, whom I married in 1968. We immigrated to Montreal with our baby daughter Natalie. Our son Bernard was born there soon afterwards. We remained in Montreal for the next 48 years.

Among many of the life experiences I had in Montreal, I was a teacher of Spanish as a Second Language at Vanier College and at the National Film Board, where I was also a translator and cultural advisor. Later on, I edited and printed the Spanish gaceta of the Asociación Cervantes of Montreal and was a member of their executive for several years.

In March 2020 we traveled to Toronto to be with our children and granddaughters, but unfortunately in June of that year my husband passed away. After months of looking at different places to settle on my own, and following the enthusiastic endorsement of several residents here, I moved into 2 Neptune in September 2020. I was especially drawn by the Jewish identity of this residence. Thus began the process of becoming a part of this friendly community!



## **Miriam Goldberg At-Large**

I was born in Germany in 1936 and grew up in England during the war. I then moved with my husband and children to Australia for 3 years. Then we came to Canada in 1967. I started my own catering company, Miriam's Table in 1983 here in Canada. I have 14 grandchildren and 25 great grandchildren. I retired after 42 years in the catering business and moved into Kensington retirement home after my husband passed away. I was there for 3 years and then moved to Baycrest Terrace for one year and now at 2 Neptune for the past 2 years.

## **GETTING TO KNOW YOU...**

### **Miriam Goldberg**

Congratulations to our new Council President, Elka Pelt. We are all looking forward to working with this wonderfully experienced lady.

Elka was born here in Canada in Moncton, New Brunswick and has lived in Toronto most of her life. Elka went to Dalhousie University in Halifax, later coming to Toronto to become a computer programmer. She and her husband moved to 2 Neptune Drive in November 2016. They have 2 daughters.

Elka has been involved in organizational efforts for most of her life; we are very lucky to have someone with so much experience as our new President.

She is just now in the process of finalizing a 30 year stint working for a very well-known philanthropist in the Jewish world.

Elka, we wish you much hatzlacha in your new position, and offer any help you might need in the future here at 2 Neptune.

# THE BOOK CLUB

**Sid Kardash**

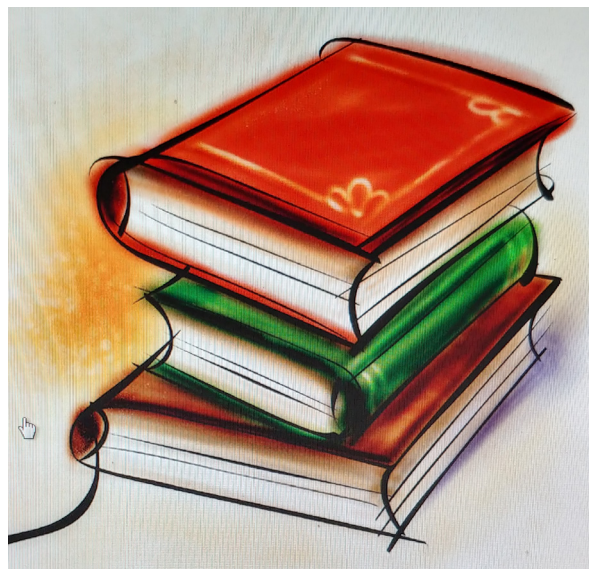
The first meeting of our Book Club was held virtually, through Zoom, and was very well received.

It featured in depth discussion and fascinating insights into both the story line of the novel “The Man from Beijing” and Henning Mankel, one of Sweden’s most famous authors. (Mankel is also the author of the famous detective series featuring the fictional Kurt Wallender, selling over 30 million copies world-wide.)

In this book, however, we were treated to the adventures of a Swedish judge who is drawn into the matter of a horrendous massacre in a remote Swedish town. The victims turn out to be her direct family descendants of a group of men tasked to oversee the building of the American Transcontinental railway in the mid 1860’s. This involved the labour of indentured Chinese men conscripted onto sailing ships and put to work under brutal, dangerous and harrowing conditions.

The novel moves not only from the pursuit of justice in seeking the identity of the killer, but to the historical contexts of China as an emerging superpower and the relations between China, the West and Europe, as well as current relationships to the Developing World. All this is part of an exciting murder mystery – in short, a good, fast, gripping read.

We have chosen to follow the success of this, our first meeting, with an exciting psychological thriller about a seemingly perfectly happy couple, professional



artists, in London. One evening he returns from work and is shot in the face by his wife who subsequently refuses to utter another word. She is sent to a psychiatric treatment facility in an attempt to clarify the nature and underlying cause of this sensational and horrifying crime. This is the first novel by Alex Michaelides, and is entitled “The Silent Patient”. The book has been sold in over 50 countries and remained on the New York Times bestseller list for almost a year.

For our next book review and discussion we have chosen “The Hundred Year old Man Who Climbed Out of the Window and Disappeared”, a hilarious book on the care of the elderly, and how one man coped in the most unusual fashion – a light and humorous read.

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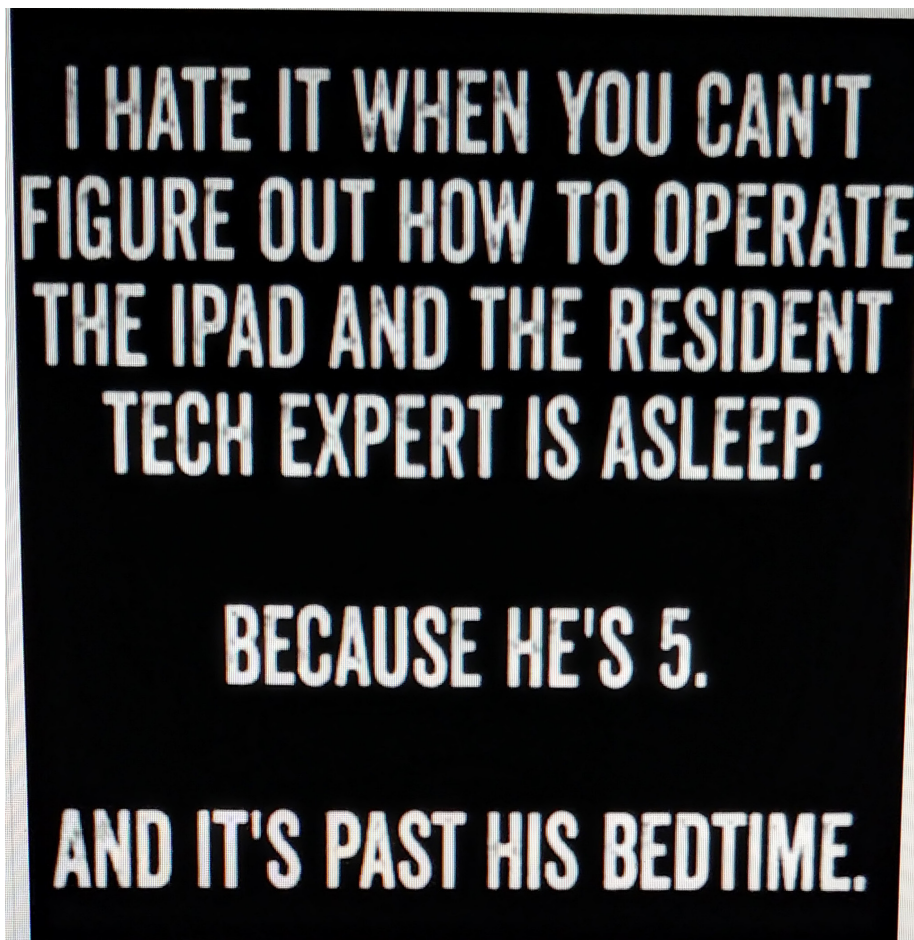
So, what have I read recently? “The Sleepwalkers: How Europe Went to War in 1914” by Christopher Clark. This was chosen as one of the 10 best books of 2013 by the New York Times. This was a war which altered world history and is still affecting us to this day.



In a more humorous vein, I recommend “What the Dog Saw” by Malcom Gladwell who, in his inimitable way, discusses quirky subjects that blend into meanings for contemporary society. For example, have you ever wondered how Ketchup was invented and how, compared to mustard, seriously affected our eating habits? Or, how hair dye points to the hidden history of post-war

America? This book will definitely take your mind off Covid-19, inflation and the Trucker invasions of Ottawa.

In the meantime, good reading, everyone.



# THE TEN PLAGUES OF EGYPT - FACT OR MYTH?

**A theory by Olivia B. Waxman, Time Magazine**

When the Passover holiday begins, Jewish people around the world will celebrate by retelling the story of the Exodus from Egypt, including the 10 plagues that Gd inflicted on the ancient Egyptians,

As the Passover story tells it, after Pharaoh refuses Moses' entreaties to let the enslaved Israelites go free, Gd sends a series of ten plagues to pressure the Egyptian ruler.

Each time, Pharaoh promises to free the Israelites but reverses his decision when the plague is lifted – until the last one. The plagues are:

WATER TURNING TO BLOOD

FROGS

LICE

FLIES

LIVESTOCK PESTILENCE

BOILS

HAIL

LOCUSTS

DARKNESS

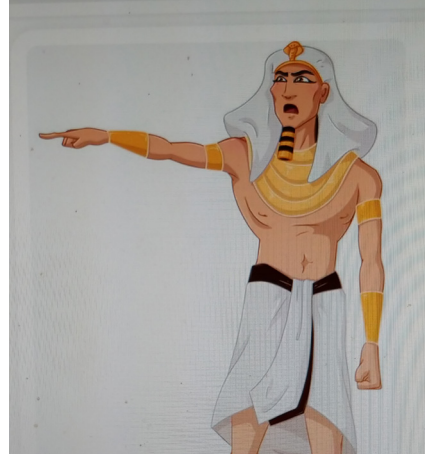
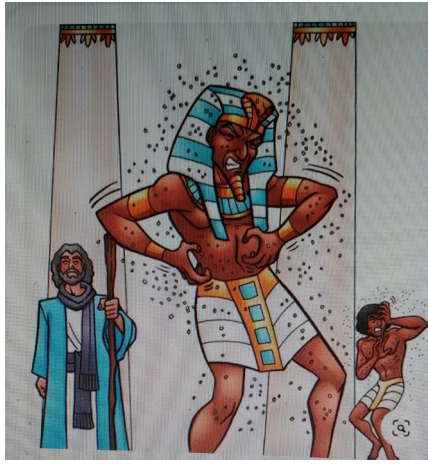
KILLING OF THE FIRST BORN



Can the terrible story of the plagues be linked to archeological discoveries or are they the fabric of myth?

Here is one theory put forth by microbiologist Siro Trevisanato, author of “The plagues of Egypt – Archeology, History and Science Look at the Bible”, and argues that ancient Egypt medical reports support this idea.

He argues that a volcanic eruption on the island of Santorini in the south of Greece (around 1620 – 1600 BCE) was arguably the source of the wide spread destruction. Winds would have carried the volcanic ash afar at some point over the summer and the toxic acids in the volcanic ash would have included the mineral cinnabar, capable of turning a river a BLOOD-like colour.



The accumulated acidity in the water would have charged FROGS to leap out and search for clean water.

The grass would have been contaminated, POISONING THE ANIMALS that ate it. INSECTS would have burrowed eggs in the bodies of dead animals and human survivors, which generated larvae and then adult insects.

The volcanic ash and the atmosphere would have affected the weather with acid rain landing on people's skin, causing BOILS.

The humidity from the rain and the subsequent HAIL would have created optimal conditions for LOCUSTS to survive.

Volcanic eruptions could also explain the several days of DARKNESS – which means nine plagues are accounted for.

Trevisanato also found an ancient Egyptian account of the children of the aristocrats lying dead in public and archeological data matching the account. He believes that, amid all the destruction, FIRST-BORN children could have been sacrificed in the hopes that such a meaningful sacrifice would lead their gods to stop punishing them.

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So – that is the scientific explanation which leaves us with some pertinent questions.

**HOW DO WE EXPLAIN ALL THIS HAPPENING WHEN AND HOW IT DID? THE APPEARANCE OF MOSES, A “PRINCE OF EGYPT”; THE FACT THAT THE PLAGUES WERE AIMED AT DISCREDITING THE GODS OF EGYPT (THE SACRED NILE, THE SUN GOD. ETC.), PHARAOH FINALLY ALLOWING HIS MUCH-NEEDED ISRAELITE SLAVES TO LEAVE.**

**WAS IT ALL A MIGHTY COINCIDENCE OR, AS JEWS BELIEVE,  
THE HAND OF G-D?**

# CAPE TOWN IN SPRING

## Rolf Lederer

(In memory of Fred Maisel A'H who was exceedingly interested to know about life in South Africa, and who served with distinction on 2 Neptune Council for 6 years.)

Cape Town is situated at the southern tip of Africa, south of the Tropic of Capricorn.

It is one of the most beautiful cities in the world, on the shores of Table Bay, with iconic Table Mountain (3,500') as a backdrop.

The climate is mild, described as 'Mediterranean', implying there are no extremes.

The seasons in the Southern Hemisphere are reversed, so that Spring occurs from September to December, commencing approximately with Rosh Hashana.

When South Africa was first settled by European colonists in 1652, the only tribes then living there were named Bushmen and Hottentots (now called San and Khoikhoi, respectively). The first Dutch settlers were instructed to grow vegetables for the ships travelling between Europe and the East. A pentagon-shaped fortress was built in 1665 and still exists.

In 1806 the Cape became a British colony, resulting in a massive migration of disgruntled Dutch settlers northwards ('the Great Trek') in 1836. They travelled in convoys of 16 ox-drawn wagons across steep mountain ranges and eventually encountered numerous African tribes travelling southwards. Some bloody clashes ensued.

Cape Town itself was never involved in any of these conflicts and has flourished for almost 400 years.



The first Jewish synagogue in Southern Africa was established in Cape Town in 1841. (17 Jews were present on Yom Kippur that year.)

After WW2 the Jewish population numbered 25,000 but sadly today, because of emigration, there are only 12,000.

Because of the climate and the natural beauty of the land it follows that, much like Australia, South Africans spend much time outdoors.

Spring in Cape Town heralds the onset of outdoor events again.

It is possible to visit the white sandy beaches once more even if the oceans are still cold. There are many scenic drives to popular spots along the 32 mile Cape Peninsular. Outdoor sports are very popular.

"Spring is in the Air." Early mornings are crisp and brisk. Table Mountain proudly reflects the rays of warm sunshine. Pine groves on the mountain exude a sweet odour, superimposed by the fragrance of new oak leaves.

Colorful flowers are abundant in every neighborhood. A fishmonger's horn pierces the silence, announcing the catch of the day.

The daily 12 noon signal booms into the far reaches of the city.

Everyone is content and in a good mood.



# STINGING XI, BAD VLAD, and THE MANIACAL MULLAHS

**Selma Lis**

Communist China wanted Hong Kong.

Communist China got Hong Kong.

It was so easy!

President XI Junping merely

- arrested pro-democracy activists
- seized opponents' assets
- fired government workers
- detained newspaper editors
- rewrote school curricula to indoctrinate students and
- ignored all signed agreements for “one country, two systems”

All this without a peep from Western Powers.

Covid had sapped their energy.

Where did Covid originate?

China blamed animal spread. Other countries suspected the Wuhan Lab.

The World Health Organization and Western Powers agreed to investigate.

**HERE WAS CHINA'S CHANCE TO EXONERATE ITSELF!**

Instead, XI Junping

- blocked the path to a complete and transparent investigation
- insisted on signing off on all official reports,  
rendering the final results “inconclusive”.

Beware!

President XI now wants Taiwan.

President XI is ruthless and crafty.

Let's call him STINGING XI.

Keep seatbelts fastened – more turbulence ahead!

It is now Olympic season, a fun time to watch athletic  
competition and good sportsmanship.

But, not so for Vladimir Putin.

For the Russian president, the Olympic Games unites his urge  
to 'rev up' the Russian war machine and  
launch a military takeover.

Just check the facts:

- during the 2008 Summer Olympics in Beijing,  
Putin's army conquered the Republic of Georgia.
- during the 2014 Winter Olympics in Sochi, Russia,  
Putin's army annexed the Crimean Peninsula
- during the present 2022 Winter Olympics in Beijing,  
Putin sent 150,000 Russian troops to Ukraine's border.

WILL HISTORY REPEAT ITSELF?

Beware!

Vladimir is a past KGB strongman.

Vladimir Putin seeks the rebirth of the defunct Tsarist Russia.

Let's call him BAD VLAD.

Keep seatbelts fastened – more turbulence ahead!

Dwarfed by the media coverage of Ukraine and the Olympics  
were two disturbing news events.

The first event detailed

a visit to China by the Iranian Foreign Minister  
to launch a new 25 year partnership.

The second event reported

the sighting of Chinese and Russian warships  
practising a joint military drill together with Iranian  
warships on the Indian Ocean.

STINGER XI and BAD VLAD are now “in cahoots” with the Tehran  
tyrants!!!

Beware!

Iranian tyrants seek nuclear capability.

Iranian autocrats seek global instability.

Iranian dictators seek the destruction of Israel.

Let’s call them MANIACAL MULLAHS.

Is there room for optimism? Definitely!

Spring is fast approaching  
and just as seasons change,  
so, too, do politics, policy and national leaders.

HOPE SPRINGS ETERNAL!!

# A TU B'SHVAT THANK YOU

**Linda Morganstein Fen**

This is called the New Year of the Trees and is celebrated each year in Israel by planting trees throughout the land. This year, however, is the Shmitta year, the seventh year by the calendar, when the Torah decrees that the land must lie fallow to allow it “to rest”. Farmers are forbidden to plant in this, perhaps the earliest known, ecological practice. While the land is being enriched, the farmers have difficulty earning a living. There are many ways we can help them and planting

trees before the Shmitta year begins is one of them - fruit trees, olive trees, and others to maintain soil integrity.

In past years, our Residents' Council has brought us wonderful representative treats to celebrate Tu B'Shvat, a delicious assortment of fruits and nuts – but this year because of Covid, have changed it around. Instead there was a donation to **plant trees in Israel. How wonderful!**

Thank you to the Council for looking beyond the walls of 2 Neptune to help our beloved Israel. We hope this practice will be continued long after the “shmitta” year. Kol Havod.

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# WHAT A WONDERFUL WORLD...

**Miriam Goldberg**

When I think about the technology we enjoy nowadays I realize how lucky we are.

Not that long ago when our children left home to live in other countries it was a really hard time, because we didn't see them on a daily basis, something we were used to.

Today, with the technology at hand – which we take mostly for granted – we have phones that cost us nothing regardless of where they are in the world. I have an android phone with which, for the cost of \$65.00 per month, I can phone

where I want and as many times as I want. I can even see who I am talking to on my screen, almost like being in the same room as them.

The same goes for the many different types of tablets that are available to us.

Zoom has become such a popular source of communication, and there's also Face Time on our computers to enjoy.

What a thrill it is to be able to communicate with our children, grandchildren and even great-grandchildren at any given moment. We are truly blessed to be living in this technological age – and it's only going to get better.



## A PERFUME STORY

**Frieda Kottler**

Three years ago I was still in Israel. When I was out one day, a young man came up beside me and said, “Excuse me, can you tell me the name of the perfume you have on? My mother’s birthday is tomorrow and I would love to get it for her.”

I told him the name and continued walking to the bus stop where a man was sitting waiting for the bus. No sooner did I sit down when he asked me the same question. This time he wanted to buy it for his wife. Of course I gave him the name.

Three years later I moved to Toronto, the NO PERFUME CITY.

After a year I went to visit friends in Montreal. I told them that in Toronto you are forbidden to use perfume and asked if

it’s the same in Montreal. They looked at me and said, “Are you crazy! French girls without perfume?”



*Cats can memorize 120 commands,  
but they don't want to.*

# SHARYN CIPIN'S ROCK

Shayla Gunter-Goldstein

(Sharyn's daughter)

## ALL THE THINGS SHE LOVED

In Sharyn Gunter-Cipin's last month or so, I scrolled through Facebook with her often, showing her some of my favourite posts, and photography and artwork by friends. She loved sunsets, nature, cottage life, vibrant colours and so much more. Anyone who remembers her first apartment at Neptune with Reuben might remember the deep scarlet walls of the living room!

One of the posts she most enjoyed were rocks painted by a friend of mine. Ella Burakowski-Cohen, whom I worked with many years ago and who also met my mom numerous times over the years. Ella's rock painting began in 2021 during Covid as a way to express herself. She's made memorial rocks for people recently but mostly she just paints for enjoyment. She sees something in a rock and brings out the design within.



When I told her that my mom loved seeing her rock creations, she offered to do a memorial rock for my mom and asked me for some images that Sharyn would have loved. The result is this beautiful design which encompasses so many aspects of Sharyn's loves and life - fishing from a boat on still water, sunsets that turn the sky pink and purple, a quiet dock in the woods at a cottage, bulrushes at the water's edge... nature in its glory. On the back, Ella included musical notes, cards and a book. My mom's favourite past-times.

I am so thrilled with this beautiful piece of art. I picked it up on February 16th, which would have been my mom's 87th birthday. I couldn't have asked for a better way to celebrate her birthday and her life. May her neshama have an aliyah.

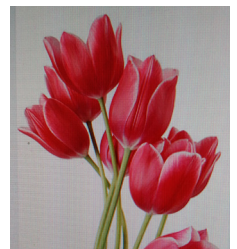
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## PASSOVER TULIPS

Passover, Easter and spring are coming! It's hard to believe now, with the dreadful weather, but April 15th is the beginning of Passover. Once again, Canadian Hadassah-Wizo, Toronto Centre, Atid Chapter is offering pots of beautiful tulips, delivered to you or your loved ones, complete with a personalized note card.

It's only \$25.00 again this year with monies raised going to The Pediatric Cardiac Critical Care Unit (PCCCU) at Hadassah Hospital and the Institute of

Pulmonary Functions and Diseases at the Shamir Medical Centre – two great causes!



The order deadline is Monday March 28th for delivery on Sunday April 10th.

To order, visit <http://www.chw.ca/tulips>

or call 416 630 8373.

Thank you for your support of this important programme.

# **COVID - DELTA - OMICRON - OY VEH! (And the year of the Bathurst Street Siege)**

**Rose Lenkov**

Seasons come, seasons go; I never seem to know what to expect in my retirement years. Occasionally I had visions of myself cavorting in a far off dreamy destination, enjoying my “golden years”! Hadn’t I earned them? What lay ahead, however, was unimaginable and certainly not “golden”. An historic plague, no less! I was totally unprepared for the trauma of living with the cursed Covid-19 virus, now two years and still counting...

The year was 2020. A long, dark shadow passed over our lives. Many of us believed we’d endure a few months of this wretched pandemic and it would fade and go away. It didn’t go as planned. The threats of variants of concern complicated our lives even more.

Soon new words entered our vocabulary. “Antigen”? Yes, as in rapid antigen tests. The term “Delta” was followed by “Omicron”, followed by Pandemic/Endemic”. “Vaxxer” and “antivaxxer” filled our conversations. And how about “Immunocompromised”? If that isn’t a mouthful, I’m not sure what is.

Despair and dismay set in. Lockdowns, shutdowns and physical distancing gave us a feeling of separateness from other people. Restrictions were put into place inhibiting the normal rhythm of our lives.

How much more could the human spirit endure?

As fate would have it, we were dealt another blow. Our neighbourhood was under siege! Our lifeline, Bathurst Street, the main drag just outside our door, became the site of endless months of cacophony; noise from massive machinery, infrastructure repairs and dust, dirt and snarled snakes of traffic. Early on, in the spring of 2021, a “Pre-Construction Notice” was distributed, highlighting what to expect during construction but, unfortunately, a quick glance was all I could muster up at the time. Alas, hindsight is not 20-20 vision!

There were major consequences. This project affected the timing of medical appointments, essential errands, and family visits, as well as deliveries of supplies and services to our building.

Our two reliable neighbourhood supermarkets, like sentries standing guard at each end of our street, were difficult to get to. Even so, you will be happy to know there were no incidents of anyone going hungry at 2 Neptune!

The chaos continued unabated. Days stretched into weeks, weeks into months. Ultimately summer’s end was approaching, signaled by shorter days and cooler temperatures. School days were also approaching, signaled by countless flyers delivered by Canada Post advertising “Back to School” specials. Youngsters were now back in the city, everywhere, on bikes, in parks, in noisy groups at the malls awaiting the first day of school.

A new beginning?

One blissful day it happened! Coming out of our driveway, lo and behold – a meticulously repaved and repaired Bathurst Street lay before me. What a relief; oh joy! I could feel a smile creeping over my face and the built-up tension melting away. Ahh, this was surely the start of better days ahead...

But, here's the thing! Covid-19 is still around and Omicron is our current enemy. As Canada enters the third year of the pandemic, this highly contagious virus rages on. Though weary and disheartened, should we let our guard down, accept defeat and surrender? I say, "No Way!" With strained and limited health care resources, we must continue to follow the protocols, yet encourage one another to stay positive and to give it 'our best shot'. Our mental health is at stake. Optimism and the elimination of Omicron are the way forward.

And moving forward...

Spring is on its way! Hallelujah!

'Tis the season of rebirth and reawakening. Everything will be brighter, spirits will soar higher and all around us we'll see the springtime blossoming of flowers and greenery. These dark clouds will dissipate and the sun will shine down upon us once again.

We need to cheer up and do as the song says"

Let's "Spread sunshine all over the place

And put on a happy face" (Under a face mask, of course...)

*If you lose a sock in the dryer, it returns as a Tupperware lid that doesn't fit any containers.*



# GRATITUDE

## A First World perspective

1. There are no bombs raining down on our heads.

2. I am not a prisoner held in solitary confinement as millions are.

3. I am not a refugee trying to escape with my life.

4. I am not standing in line waiting to fill a pot of water.

5. I have access to fresh food and I am not starving.

6. I have hot running water.

7. My country has not been ruined by years of war.

8. I can reach my friends and family by phone and check in on them.

9. My friends and family check in on me because they care about me.

10. Any whiplash I feel about this strange turn of events is itself a sign of privilege.

11. More than half the world would gladly trade their everyday problems for the modest inconveniences I am experiencing.

12. I may have anxious dreams but I'm dreaming them on a proper bed and I'm not sleeping on the sidewalk.

13. By staying at home, I'm helping the planet rest.



14. I can create, imagine, dream and not be lonely.

15. This global crisis connects me to people around the world and reminds me of our common humanity. This is a good thing.

16. When something tragic happens to another country next time, I will respond to it not with superiority, but humility and recognition.

17. I will fight for positive changes and economically just policies in my own country.

18. I am surrounded by books.

19. I am surrounded by love.

20. The trees and flowers will shortly begin to bloom.

*I'm not adding the last 2 years to my age. I didn't use them.*

# THE REST OF THE STORY...

**Submitted by Millie Mandel**

Over 80 years ago in Greece, 60,000 Jews lived peacefully in Thessaloniki in a valued and vibrant community. Most of these Jews worked in the port, so much so that the port of Thessaloniki was even closed on Saturday, Shabbat. Great emeritus Rabbis also lived and studied there. Everyone rubbed shoulders and appreciated one another. It is in this glorious community that the Nazi terror would suddenly arise.

On April 6, 1941, Hitler invaded Greece in order to secure its southern front before launching Operation Barbarossa, its great offensive against Russia. Of the 60,000 Jews of Thessaloniki, around 50,000 would be exterminated in record time at the Birkenau concentration camp.

The massacre of the Jews of Greece was brief but intense. Very few would have the chance to make it. But among the survivors was a family known as Bouria.

And, after the war, in 1961, a son was born into the family. His parents called him Israel – Abraham. He grew up and studied veterinary medicine in Greece. A brilliant student, Abraham got his doctorate in reproductive biotechnology at the Veterinary School of Aristotle University in Salonika.

At the age of 34 he decided to move to the United States where he changed his first name, Abraham, to Albert. He met and married Miriam, a Jewish woman, and together they had two children. There, in the United States, Albert was integrated into the medical society.

He progressed very quickly and joined a pharmaceutical company where he became Head Manager. Abraham (Albert) rose through the ranks and, in 2019, got his appointment as CEO of this company.

Throughout that year Albert decided to direct all the efforts of the company to finding a vaccine against a new virus which had just struck the world. He expended great financial and technological efforts to achieve this goal.

A year later, his work (paid for by the WHO – World Health Organization) validated the authorization for his company to produce the long-awaited vaccine to be distributed in various countries (including Germany which counted thousands dead from the pandemic.)

Ironically, this vaccine which would save the lives of millions of people around the world including many Germans, was led and pushed by a Jew from Thessaloniki, son of Holocaust survivors, by this very man, many of whose people had been exterminated by Nazi Germany.

And that is why ISRAEL became the first country to receive the vaccine - in memory of his grandparents and parents who gave birth to Israel-Abraham Bouria, known today as ALBERT BOURIA, CEO of PFIZER.



## WHO WAS SHE?

She was a World War II Resistance fighter who helped our downed Allied pilots –  
MISS AUDREY HEPBURN.

We know her as a film actress but she worked with the resistance groups during the war to to beat the Nazis.

The 15 year old Hepburn delivered a resistance newspaper. “I stuffed them into my woolen socks and wooden shoes, got on my bike and delivered them,” she said. Paper was in short supply, you see, so each edition was printed on paper smaller than a napkin. Hepburn’s age and ability to speak English made her uniquely qualified to avoid suspicion. If that wasn’t enough, she could make her way through the woods, giving secret messages to paratroopers and, because she spoke English, guidance to those in need of shelter.



In one instance she was almost caught by a German soldier but was able to play to her physical fragility and innocent appearance and began picking wildflowers. She handed them to him with a shy smile and he sent her on her way.

We salute her and all who risked their lives for the Allies!

*I told my suitcases “No vacation this year.” Now I’m dealing with emotional baggage.*



# PREDICTION OF THE FUTURE, alas...

**Author unknown**

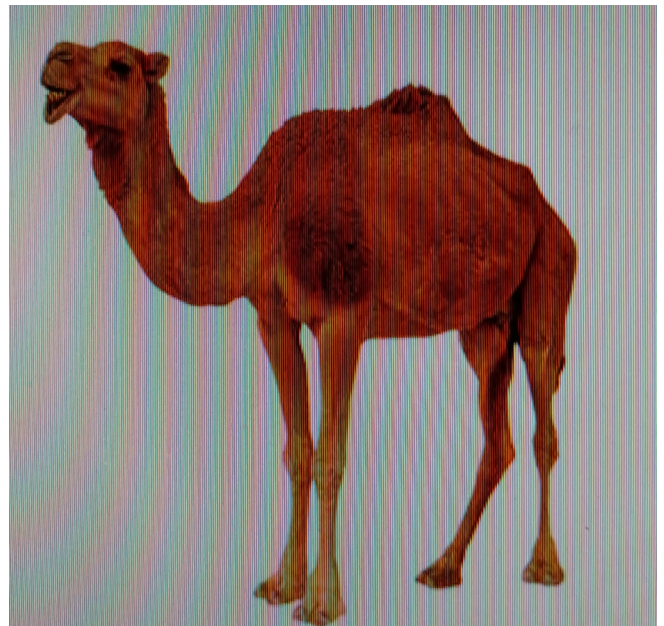
The founder of Dubai, Sheik Rashid, was asked about the future of his country, and he replied, "My grandfather rode a camel, my father rode a camel, I ride a Mercedes, my son rides a Land Rover and my grandson is going to ride a Land Rover.... But my great-grandson is going to have to ride a camel again.

"Why is that?" he was asked.

His reply was, "Hard times create strong men; strong men create easy times. Easy times create weak men; weak men create difficult times. Many will not understand it, but you have to raise warriors, not parasites."

And add to that the historical reality that all great empires – the Persians, the Trojans, the Egyptians, the Greeks, the Romans and, in later years the British – all rose and perished within 240 years.

They were not all conquered by external enemies. They rotted from within. America has now passed that 240 year mark; the rot is starting to be visible and is



accelerating. We are past the Mercedes and Land Rover years. The camels are on the horizon.

The Greatest Generation consisted of 18 year olds storming the beaches at Normandy. And now, two generations later, some 18 year old kids want to hide in safe rooms when they hear words that hurt their feelings. They also want free stuff from the government because they think they are entitled to it.

"The camels are on the horizon" for sure.

Something to ponder? History has a way of repeating itself.



# YITZHAK SADEH, HERO OF ISRAEL - A TRIBUTE

**Miriam Robinson**

No nation is created by one man, but Yitzhak Sadeh as an individual did more for our country, Eretz Yisrael, than anybody else. But who was Yitzhak Sadeh?

Yitzhak Sadeh was born in Poland in 1890. In the First World War he served in the Russian army, received a medal for bravery, and became a commander.

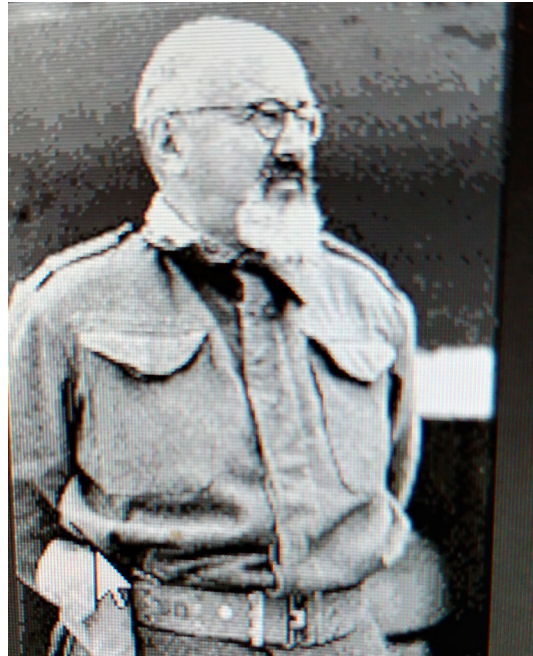
In 1917 he met and was influenced by Joseph Trumpeldor's ideas of Zionist socialism. When Trumpeldor was killed in 1920 while defending Tel Hai, Sadeh left his studies and moved to Eretz Yisrael (That's what we called it; the arabs called it Palestina.) He arrived in 1921 and shortly thereafter helped set up the Histadrut (the union), organized the sport organization, "Hapoel", and helped organize the Hagana to protect the Jewish settlements.

He gave the first course for Hagana members to become commanders themselves and in '36, he organized the field units for the protection of the settlements and similar mobile units for around Jerusalem.

In 1941 there was the threat of a German invasion of the country. They were already in Libya and had bombed Tel Aviv.

Sadeh, with British approval, set up the fighting force of the Hagana, the Palmach. This small group of people became a real, outstanding military force. When the danger was over, the British wanted to dismantle it, so the Palmach went underground.

But these are only part of Sadeh's achievements.



In 1946, Ben Gurion, afraid of Sadeh's popularity and outstanding ability as a leader, removed him from all activities. However, two years later when the war broke out at the end of November 1947, Sadeh was called back to defend kibbutz Mishmar Ha'Emek. This was already surrounded by the Kaukogy (Egyptian) army whose intent was to cut the road to Haifa and take all the north of the country, but they were defeated by Yitzhak, the strategist.

After this victory, Sadeh set up Brigade 8, the two commando units Numbers 81 and 89, and nominated Moshe Dayan as the commander of Unit 89. (My brother Elazar was Dayan's assistant all during 1948.)

Besides being a military man, Sadeh was a humanist, his high morals evident throughout all his active life. He preached to his cadets, "Love your rifle but hate the war!"

There is much more to write about him. He was loved, worshiped and respected by all the young people, including me. He was known by his nickname "HaZaken", the old



One; he was 60 in 1948 when we were all so young.

At the end of war Ben Gurion, once again afraid of Sadeh's popularity, stripped him of all activity.

Sadeh's last two years were dedicated to writing. He wrote beautifully, mostly about our Israeli heroes and about the Jewish heroes who fought the Germans.

He died in 1952, surrounded by such people as Yigal Alon, Yitzhak Rabin and more. Poems were written about him and set to music. Books were written about him and streets named after him all over the country. A military medal bears his name.

The settlements Moshavei Sadeh, Neer Yitzhak, Sde Yitzhak and Sde Boker were named in his honour.

The poet Haim Guri wrote the famous "Ballad to Yitzhak Sadeh", set it to music and played it on stage.

Every spring, there is a march around Mount Tabor, dedicated to the memory of Sadeh.

There is so much more to write about the greatest commander and leader we have ever had.

"When I first saw Yitzhak Sadeh at a gathering of future commanders (all in their mid twenties) with a tummy, a pointed beard, I thought, "What is that old Jew doing here?" But after half an hour of being with him, I became his biggest admirer."

Yigal Alon,

Memoirs

*It amazes me how much "exercise"  
and "extra fries" sound alike.*

# HUMOUR, JEWISH and otherwise

**Do you know what they call a Jewish baby that's not circumcised? A girl.**

\*\*\*\*\*

Jerry Hotzman went to his tailor to order a suit. After being measured and picking the swatch he desired and giving full details on how he wanted the suit made, he asked the tailor when he would have it ready.

The little tailor replied, "Jerry, the cloth you picked is woven by monks in a monastery high in the Tibetan mountains. It takes six weeks for an expedition to reach them in order to get the cloth. The buttons are made from buffaloes. Just to get three buttons that match is a process that takes four to five weeks. To sew the suit together the way you want takes six Italians, who sit cross-legged for two weeks, sewing each stitch."

Jerry answered, "Listen, I'm all choked up, but you still didn't answer when I can expect delivery."

The tailor thought for a moment and asked, "How's Thursday?"

\*\*\*\*\*

A little old Jewish lady sits down on a plane next to a big Norwegian. She keeps staring and staring at him. Finally she turns to him and says, Pardon me, are you Jewish?"

He replies, "No."

A few minutes go by and she looks at him again and asks, "You can tell me – you are Jewish, aren't you?"

He answers, "Definitely not."

She keeps studying him and says again, "I can tell you're Jewish."

In order to get her to stop annoying him, the gentleman replies, "Okay, I'm Jewish."

She looks at him, shakes her head back and forth and says, "You don't look it."

\*\*\*\*\*

A woman had some "female trouble", and so she went to see her nephew who was a gynecologist. After the examination was over, she looked him straight in the eye and said, "Tell me, your mother knows how you make a living?"

\*\*\*\*\*

One of the greatest puzzles is how the boy who wasn't good enough to marry the daughter can become the father of the smartest grandchildren in the world.

A rather well-dressed man called on a rabbi and told him a distressing story of poverty and misery in the neighbourhood.

“This poor widow,” he said, “with four starving children to feed, is sick in bed with no money for the doctor, and besides that, she owes \$100 rent for three months and is about to be evicted. I’m out trying to raise the rent money, I wondered if you can help.”

“I certainly can,” said the rabbi. “If you can give your time to this cause, so can I. By the way, who are you?”

“I’m the landlord,” said the man.

\*\*\*\*\*

The man selling hot dogs on the boardwalk at the beach was shouting, “I don’t care where you go or what you pay, you can’t get better!”

“That’s right, you can’t, said an old timer sitting on a bench. I ate one last week and I’m not better yet.”

\*\*\*\*\*

The movie was a touching story of the hardships of the average family during the French Revolution. But oe young matron was unimpressed. She said to her escort, “If they were so poor, how could they afford all that antique furniture?”

\*\*\*\*\*

A Texan went to Israel and saw one of the small farms. He said to the Israeli farmer, “Is this your whole farm?”

When the Israeli replied in the affirmative the Texan said, “Why, back in Texas, I get in my car at five in the morning, and I drive and I drive and I drive, and at dusk I just reach the other side of my ranch.”

The Israeli thought for a while and then replied, “I used to have a car like that.”

\*\*\*\*\*

A little old lady sat on a park bench in the Bronx. A neighbour admired her two little grandchildren and asked their ages.

The little old lady said, “The lawyer is four and the doctor is six.”

\*\*\*\*\*

The first ship of the Israeli line to be launched was known as the S.S. Mein Kindt.

# SOVIET ERA HUMOUR

Submitted by Lazar Greisdorf

In 1943 at the Yalta conference, the world's three greatest leaders, Roosevelt, Churchill and Stalin met to prepare for a post-war order.

After the first day of very difficult negotiations, the three great world leaders went out into the garden for some innocent chitchat. Once they settled themselves into their comfortable deck chairs, Roosevelt brought out a fancy cigarette case and gave each of his colleagues a cigarette.

On the second day of very difficult negotiations, Churchill brought out a box of cigars and gave one to each of his colleagues.

On the third day after very difficult negotiations, Stalin pulled out a newspaper (Pravda, which means truth) from his left boot and tore off a small piece. From his right boot he brought out a small pouch of coarse tobacco (makhorka), rolled himself a cigarette and began to smoke.

His guests were very disappointed; one said, "Comrade, we know that this is wartime, but we gave you a sample of the best we could. Why don't you reciprocate?" "Don't rush me," said Stalin. "I will give you a drag."

*The inventor of the doorbell did not own a dog.*

# THE ESSENCE OF CHUTZPAH

Chutzpah is a Yiddish word meaning gall, brazen nerve, effrontery, sheer guts plus arrogance; it's Yiddish and no other word and no other language can do it justice. This example is better than 1,000 words. Read and understand:

A little old lady sold pretzels on a street corner for 25 cents each. Every day a young man would leave his office building at lunch time and, as he passed the pretzel stand, he would leave her a quarter, but never take a pretzel. This went on for more than 3 years. The two of them never spoke.

One day as the young man passed the old lady's pretzel stand and left his quarter as usual, the pretzel lady spoke to him.

Without blinking an eye she said, "They're 35 cents now."

*A man walks into a shop and sees a cute little dog.*

*He asks the shopkeeper, "Does your dog bite?"*

*The shopkeeper says, "No, he doesn't bite."*

*The man then tries to pet the dog and the dog bites him.*

*"Ouch", cries the man. "I thought you said your dog doesn't bite!"*

*"That's not my dog."*





"Grandpa, if you give me 1 dollar, I'll tell you who sleeps with Grandma when you're not home..."

"Here, I'll give you 2 dollars, who is it?"

"Me...!"

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