

The Neptune Mirror



Volume 6 • Issue 1 • March 2023

Editor: Linda Morganstein Fen

“Be kind wherever possible. It is
always possible.”

- 14th Dalai Lama

“Someone is sitting in the shade
today because someone planted
a tree long ago.”

- Warren Buffet

“If you’re going through Hell, keep going.” - Winston Churchill



EDITOR: When the news spread that our Concierge, Kristina, was leaving, she was overwhelmed by residents wanting to say farewell and get a loving hug from this remarkable and most capable young woman. She later noted that she's had more hugs this week than in the last three years! Kristina, you will be greatly missed.

"I was having a conversation with one of the residents about how you can have good and bad experiences in life and that at some point, you end up with a battery of good and bad experiences. I have had my battery filled up with the good here and it helps you weather the bad with more grace. Thank you all."

- Kristina Knight

PRESIDENT'S MESSAGE

Elka Pelt

Spring is on its way! The seasons have seem confused these past months. A beautiful extended fall allowed us bonus weeks of outdoor sunshine and fresh air before the cooler temperatures crept in. The winter snow came late and, though we may have a few more downfalls in the next few weeks, we look forward to the spring greening of our garden courtyard and surrounding landscape with beautiful colours from our plants and flowers.

Our rooftop garden in recent springs has hosted a pair of Canada Geese returning each year to build their nest. We watched in amazement from our ninth floor corridor windows their progression till the baby goslings hatched and were able to stand and walk about. They were then removed and taken to a congenial nature environment. Following this annual visit to 2 Neptune, our 9th floor patio is cleaned, the plants and flowers attended to, and all our residents are able to enjoy the fresh air, sunshine and beautiful sunsets – even city fireworks displays.

Recapping our last few months: we had an enjoyable Chanukah party; a well-attended New Year's Brunch with entertainer Rhonda Silver and Friends; the Jukebox Jammers; our recent Purim party with our own 2 Neptune Shpielers putting on an award-deserving performance. Many residents came in costumes; a costume parade entertained the participants and the judging panel made their three top choices. Our special thanks go to Laurie Banks, who provided the prizes and presented them to the winners for their winning costumes.

Entertainment and information events included: The Power of the Pen with handwriting specialist Elaine Charal, Tax Lawyer Eldad Garb, Councilman Mike



Colle who visited his constituent residents, and featured entertainer Etobicoke Elvis. The jukebox Jammers gave a wonderful performance that was dedicated to the memory of their performer and our own resident Salya Rabow. Lisa Belzowski gave an interesting review on Uganda's Jewish community with a wonderful presentation of slides and videos she had taken of so many beautiful resident animals in their natural habitat.

Purim gave us two wonderful Megillah readings by Dovid Rosenberg, and The Associated Hebrew School's Nursery children came to us with their many teachers on Shushan Purim, presenting a beautiful Purim concert, accompanied musically by their talented Mr. Ladner.

We are looking forward this week to hearing motivational speaker Anne Balaban, author of Common Sense is Uncommon, and expert in human potential.

Marian Bach's 100th Birthday party was joyously celebrated mid-February by her family gathering here at Two Neptune. All residents were invited to join the festivities. Marian is one of our original residents. She and her late husband David were featured in the photo published in The Canadian Jewish News, showing her husband digging the shovel into the ground at the 2 Neptune Drive ground-breaking ceremony.

The regular monthly birthday parties have continued with entertainers – The Little Black

Dress Ladies' Saxophone Quartet and, for the March celebration, we will feature Emilio Zarris.

General programming has undergone a change with new programs being offered. Should any one of you, our residents, have an idea for a program you feel might be of interest to our residents, please contact Robert Danchuk to discuss it. There have been 2 comedy evenings facilitated by Chaya Levinson who herself could certainly join a comedy circuit, relating some of the funnier tales of personal experiences.

We now offer Tai-Chi, Creative Writing, Board Games, You be the Judge, Name that Tune, Ethical Dilemmas, Times of History, a once a month Shmooze with Blanche Klein, as well as a once monthly Practising Gratitude with Elaine Ross. Some other programs have undergone variety and name changes but are basically continuing as before. We look forward to an Art Gallery of Ontario outing featuring a Leonard Cohen exhibit.

Our clocks have sprung forward, giving us an additional hour of sunlight. Take a few minutes in the early evening and watch a stunning sunset from our ninth floor vantage point. The open view window at the west end of the corridor shows an interesting swath of our city skyline. Find the 401 highway, Humber River Hospital, Yorkdale Shopping

Centre, the variety of construction cranes. Did you know that Toronto has more construction cranes in use than any other city in the world?

We are fortunate to have welcomed several new residents to 2 Neptune over the past months and others are coming to join us in April and May. Please welcome them when you see them. A bit of geography talk with our new residents often leads to finding common ties with other people, an organization, a hobby, an entertainment interest.

On behalf of the Residents' Council, I welcome all our newcomers and hope to meet those who we know are coming in the near future.

Try being a friendly neighbour. Sometimes we don't know how to ask for assistance. Stay healthy. Stay happy. Become more engaged with a new program or other residents. Enjoy the upcoming spring weather.

To all our residents who are not well, we wish you a speedy recovery. If there is anything at all you feel we can help with, please let me know.

Chag Pesach Sameach. A Happy Passover and Holiday season to all our 2 Neptuners.

Elka Pelt

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Left to right: Gert Ludwig, Rose Lenkov, Sandi Landsman, Frieda Schaffel, Elka Pelt, Sid Kardash, Toni Perl, Jerry Godwin. Seated, Stan Goldstein.

A SUCCESSFUL MARRIAGE
REQUIRES
FALLING IN LOVE MANY TIMES
ALWAYS
WITH THE SAME PERSON

LOSING SOMEONE

I think the hardest part of losing someone isn't having to say good-bye, but rather learning to live without them, always trying to fill the void, the emptiness that is left inside your heart when they go.

GRIEF

Long days, empty hours,
Chunks of time missing – but where?
Another week gone...



LIBRARY COMMITTEE REPORT

Sid Kardash



So, we have solved one of the 2 Neptune residence library problems that have been a source of ongoing mystery and concern which, over a period of time bordered on frustration and feelings of utter despair ie what on earth should we do with a stack of some 50 crossword puzzles lying strewn about like abandoned detritus from a recent shipwreck, claimed by nobody! This topic was an endless source of an item presented to the Council with religious regularity by the Chair of the Library Committee.

Well, we are pleased to inform our readers (and with the anticipated sense of relief by the Council) that the problem has been solved. We found an abandoned piece of furniture – an empty, forlorn and begging-to-be-used bookcase as a receptacle for our many books and, of course, abandoned puzzles. Problem solved.

Now, we are pleased to thank the enormous efforts of the resourceful Library Committee when faced with challenging problems in

making our residence library a pleasing and inviting site. We are now able to celebrate Purim and other events with true joy and satisfaction.

And now on to other matters. We found a stack of some 50 33 1/3 long-playing vinyl discs that would be the envy of any collector of such items, knowing that LP discs and turntables have made a comeback.

So readers, what do we do with these items? Send a suggestion to the Chair. It will be much appreciated as will be any ideas related to our library in the efforts to make this room a pleasant, comfortable reading environment.

And finally, what to do with a multitude of cookbooks, kosher or otherwise? Who cooks these days, anyway?

- Sid Kardash,
Chair, Library Committee

THE CREATIVE WRITING CLUB

Our CREATIVE AND EXPRESSIVE WRITING CLUB is growing with each meeting as we learn and discuss how to improve our written communication.

For example, how to turn a written recipe into a treasured document, or how to enhance a standard get well card into a heartfelt wish for a full and speedy recovery.



For more information, contact:

LORRAINE LEVINSON

MAURICE COHEN at 416 789 9094.

MY LIFE AS A BOAT WIFE

Lorraine Levinson

I was on a boat once, the 1,020 foot – 81,237 ton Queen Mary.

Then one day my husband informed me that we owned a 240 lb., 6 foot Day Sailor dinghy. I was to be the crew for my seasoned, sail-book-educated husband, now known as the *skipper*. The *skipper* is the *captain*, while the *crew* is the *avenger*. I started off with at least 2 strikes against me, the first being his wife, the second also being his wife who, if consulted, preferred the Queen Mary. My drastic education started immediately.

First, the language between skipper and crew is a new vocabulary, outside of all swear words that have no meaning except uses already agreed upon.

I learned that the *sheets* were not what are on the bed, but the ropes in your hand. *Starboard* was where I sat when the boat was heeling to the left, and *port* was where I sat when the boat heeled to the right. Otherwise we tip! Pulling the sheets too tight flattens the sail, and the boat stops dead. Letting the sheets go loose makes the sail *luff* and you get the first curse word from the skipper. An announcement of “*Coming about!*” has nothing to do with kinky sex. It is a wakeup call for the crew to move or get hit on the head with the *boom*. Disentangling the sheets under the *cuddy* does not mean making the bed after a rough night. As for *Hiking Out*, I said, “*I just don’t do that!*” Hanging out over the water to keep the boat from capsizing in a high wind is for young things who get paid to fall overboard.



I grew up at the seaside and loved the ocean, constantly dodging the waves breaking over my head. I never learned to do a beautiful swimming thing, or even a lovely dog paddle, but I figured if the boat capsized in a great wind, my skipper would love me enough to save me for the children’s sake.

Wednesday evenings from June to September were race nights at the yacht club. I loved a good wind and an exciting race. I had become a great crew, much to the delight of my skipper. Our little dinghy just lifted off the surface of the water and we flew or, in dinghy talk, it *planed*. Dozens of times we crossed that finish line first. The occasional screams from the skipper got lost in the wind – that’s if there was a wind.

Nothing equals the torture of race night in no wind. It’s a heyday for flying insects which creep me out. While I sat and cursed, I felt like I was being embalmed by shad flies, and I was not going quietly. Sometimes my flailing about made the skipper angry enough to quit the race, and we headed for the clubhouse bar where all was forgiven.

After many years of sailing, we chartered a small sailboat with a cozy cabin for a holiday on Lake Champlain. Horrified, I looked down into the mysterious blackness of the water, 400 feet deep, and panicked. I was very adept at handling the sails but pictured myself as meat to those prehistoric

monsters lurking around below me. No one has ever seen them but I knew they were there. It took unbearable heat to get me to jump off the boat, and my husband behind me in the water to boost me back up over the side in case of attack. The reward for my courage was always a slow Scotch on the rocks, and a return to honeymoon days below.

If I had any doubts about trust, they were erased when my husband decided I must

practise at being skipper in case he fell overboard. He jumped into the lake and left me at the tiller to circle and rescue. I got an A+ for my expertise, and an extra Scotch for loyalty.

The 2 weeks flew by, and we returned together to being parents to our crowd of children. This was not the end of our escapades on water and our marriage was still intact.

A LITTLE LIGHTNESS

(as we wait for the next snow storm...)

All I ask is a chance to prove that money can't make me happy.

I had amnesia once...or twice.

Protons have mass? I didn't even know they were Catholic.

I am neither for nor against apathy.

If the world were a logical place, men would be the ones who ride horses side-saddle.

What is a "free gift"? Aren't all gifts free?

They told me I was gullible...and I believed them.

Experience is the thing you have left when everything else is gone.

One nice thing about egotists – they don't talk about other people.

I used to be decisive. Now, I'm not sure.

How can there be self-help groups?



In the word 'scent', is it the 's' or the 'c' silent?

Why does 'fridge' have a 'D' in it, but refrigerator doesn't?

Why can you drink a drink but you can't food a food?

The word queue is just a Q followed by four silent letters.

Why a W called "double-u" when it's clearly a "double-v"?

I did some financial planning, and it looks like I can retire at 65 and live comfortably for 11 minutes.

We all know that mirrors don't lie. I'm just grateful that they don't laugh.

The problem with doing nothing is not knowing when you're finished.

Why shouldn't you let your kids watch big band performances on TV: too much sax and violins.

ODE TO A LONG LOST FATHER

Marion Gold



I knew of him,
But, I knew him not.
I read of him in military dispatches,
Government documents,
Even in a book “Canadians Behind Enemy Lines”.

His letters to his wife, my mother,
Always began with one word – Sweetheart.
One postcard to me unearthed in the pile of letters to my mother.
I took that and the letter to my grandmother.

That is mine. Give it back.
No, you are not draga mama.
Draga Mama was asked one question.
Does the little one listen to you?

But I did bear witness to his name engraved on a monument.
The monument, on the island of Malta was erected to honour
The memory of all Commonwealth soldiers who died in battle,
Grave site unknown.

My father parachuted into his mother country
During a driving rain storm somewhere in the mountains.
I wonder what he was thinking as the old Lanky descended,
Ready to eject its passenger.

Drama writ large, I thought.
My middle son, himself a paratrooper,
Thought otherwise.
Remember, knees together, jump into the wind.

MY PARENTS - MY INSPIRATION

Simon Abecassis

When I was 8 years old I was a very fast runner. Those were the good old days. Now I can hardly walk a mile without huffing and puffing. But that's okay.

I had always come first in races at school, the Maccabee Club, Community Centre and picnics.

One day my Phys. Ed teacher asked me to compete with the bigger boys. I didn't hesitate. I came **SECOND**. A very sobering encounter I had never experience before. I was sad and felt low all day.

At the dinner table my parents prompted me to let them know why I looked so unhappy. I was embarrassed but I had to tell them about the **DISASTER**.

They both smiled and reassured me it was OK.

They stressed all participants deserved praise for **JUST TRYING**.

My Dad went on to explain that there will always be some that do well and others less so. He emphasized the importance to always do the best you can without judging yourself or others on the final results.

"Be a good winner, be a good loser. And always try to do better. When you do and if you achieve impressive results, **DO NOT BOAST**. When you don't, try again. And if you still can't do better, that's OK too."



This must have marked me for the rest of my life. I learned to compete with myself, not with others.

This process of discussing issues in a non-judgmental way was so inspirational; it extended to many other situations. Among them were:

* THE VALUE OF INCLUSION WAY BEFORE IT WAS FASHIONABLE

We had a strong Jewish identity. We also interacted and mingled with so many Christians and other denominations. This enabled us to appreciate people from all walks of life.

* TREAT EVERYONE WITH RESPECT. WE ARE ALL INTERDEPENDENT REGARDLESS OF POSITION IN THE HIERARCHY OR SOCIO-ECONOMIC STATUS.

Everyone has a role and responsibility. Individual and collective contributions are an integral part of the success or failure of the family unit, organization, all the way to society as a whole.

* COUNT YOUR BLESSINGS AND BE GRATEFUL FOR WHAT YOU HAVE – ENVY AND JEALOUSY ARE A DESTRUCTIVE FORCE.

There will always be people better off and others less fortunate.

There will always be people more successful and others less so.

MAKE DO with what you have or can achieve.

* IT'S OKAY TO MAKE MISTAKES. THEY CAN BE A GOLDEN OPPORTUNITY TO LEARN FROM. IMPROVE AND AVOID REPEATING THEM.

PURIM PUNS FOR EDUCATED MINDS

1. The fattest knight at King Arthur's round table was Sit Cumference. He acquired his size from too much pi.

2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an Aleutian.

3. A rubber-band pistol was confiscated from an algebra class because it was a weapon of math disruption.

4. No matter how much you push the envelope, it'll still be stationery.

5. A dog gave birth to puppies near the road, and was cited for littering.

6. A grenade thrown into a kitchen in France would result in Linoleum Blownapart.

7. Two silkworms had a race. They ended up in a tie.

8. Time flies like an arrow. Fruit flies like a banana.



9. Atheism is a non-Prophet organization.

10. Two hats were hanging on a rack in the hallway. One hat said to the other, "You stay here. I'll go on a head."

11. The midget fortune teller who escaped from prison was a small medium at large.

12. A backward poet writes inverse.

13. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcend dental medication.

14. There was a person who sent puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did.

THE REAL ALBERT EINSTEIN

Selma Lis

He was famous!

He was a sought after speaker!

He was labeled “brilliant” by those who valued high IQ scores.

He was the German born Jewish physicist who discovered the scientific formula for the Theory of Relativity or $E=mc^2$.

But what did Einstein really believe?

For this answer we need to look to The Hebrew University of Jerusalem which houses 1400 letters personally written by Albert Einstein. Here we find a letter which Einstein wrote to his daughter, Lieserl.

This letter states, in part:

“When I proposed the Theory of Relativity, very few understood me...

There is an extremely powerful force that so far science has not found a formal explanation to!

This universal force is LOVE.

When scientists looked for a unified theory of the universe, they forgot the most powerful unforeseen force.

For love, we live and die.

Love is G-d and G-d is love

It is the only energy in the universe that man has not learned to drive at will.

Perhaps we are not yet ready to make a

Bomb of Love,

a device powerful enough to destroy hate, selfishness and greed that devastates the planet...

However, each individual carries within them a small but powerful generator of love whose energy is waiting to be released.“

Einstein then concludes:

“I deeply regret not having been able to express what is in my heart which has quietly beaten for you all my life...

I need to tell you that I love you and thanks to you

I have reached the ultimate answer!”

To paraphrase Albert Einstein’s central message:

LOVE is higher than science!

Only when we allow our Angelic Impulses to emerge and dominate our actions, will humankind be truly happy and know true peace.

And only then will “the lion sit with the lamb.”



JEWISH HISTORY CORNER

June Zimmerman

I recently read a book called “The History of the Jews” by Howard Fast. I was so fascinated by it that I felt a lot of people here would be interested. So I decided to write a short summary and, if you find this interesting, may I suggest that you read the book!

Howard Fast has done the research and the Bibliography is several pages.

It must be remembered that because the Torah (The Five Books of Moses) was written approximately 1200 – 1500 years after the fact, much that has been written has been collected from Egyptian history, Greek history, Phoenician history and parchments that have been found over the ages.

Roughly three and a half thousand years BCE, there were a number of tribes living in the Sinai peninsula and the Negev.

They lived in tents and made cloth from the wool and leather from the hides of their animals. They moved around on foot the roughly 300 miles north to south. Eventually they would be able to trade their wool and leather for copper from which they made tools and weapons. A chief of each tribe was both judge and jury. The individual tribes numbered around 100 – 300 persons.

There were also walled cities in the Jordan Valley and the Nile Delta, guarded by armies of spearmen and bowmen. These cities had lush gardens, fields of grain, animals and riches beyond the reach of the tribal herdsmen.



One of these lush areas was Canaan and they called the herdsmen outside their walls “Hebrew”, meaning “those who come from the other side of the river”.

Ramses II, then king of Egypt, was a prodigious builder who needed much slave labour. In order to do this he invited as many tribesmen into the Nile Delta and then stole slaves from them.

At this time the horse and chariot became available to the tribesmen, and so they became warriors and terrorized Palestine. They worshipped the bull, the snake and the lion.

Around this time, Moses arrived on the scene. Nobody can say for certain where he came from because records have been lost over the centuries. It is surmised that his name is of Egyptian origin and he led a party of some 600 to 1000 people out of Egypt.

He preached of one God but no one yet had a concept of monotheism as they all worshipped a number of gods. Moses called his God Yahweh, the thunderer, a jealous and just god. He also formed a code of conduct which we call today, The Ten Commandments.

Palestine seemed to divide then into Northern and Southern Confederations, with many of the smaller tribes joining with the larger ones for additional trading and protection.

Some of the names of the tribes at the time were: Levites, Kenites, Midinites, Beni-Israel, Reubenites, Issachas, Benjamites, Asherites, Judahites, Simeonites and Calebites.

To be continued in the next edition of The Mirror...

WOULD YOU BELIEVE...

1. It's illegal to drive while wearing a blindfold in Alabama.
2. It's illegal for a donkey to sleep in a bathtub in Arizona.
3. In Arkansas, it's illegal to honk a horn close to a sandwich shop after 9pm.
4. In Connecticut edible pickles must be able to bounce.
5. It's a crime in Colorado to keep a couch on your porch.
6. It's illegal to sell dog hair in Delaware.
7. It's illegal to place a coin in your ear in Hawaii.
8. In Idaho you can't ride a horse faster than 10mph.
9. It's illegal to send a surprise pizza as a gift in Louisiana.
10. It's a crime to park in front of Dunkin' Donuts in Maine,
11. Sleeveless shirts cannot be worn publicly in Maryland.
12. Dirty tires are illegal in Minnesota.
13. In Montana it's a crime to give someone a rat as a gift.
14. It's illegal to sit on the sidewalk in Nevada.
15. In New Jersey it's illegal to wear a bullet-proof vest while committing a crime. (What?)
16. It's illegal to play Bingo while drunk in North Carolina.
17. It's a crime to go hunting in a cemetery in Oregon.
18. Paying a psychic in Pennsylvania is illegal.
19. Sleeping in a cheese factory is a crime in South Dakota.
20. It's illegal to share your Netflix password in Tennessee.
21. You can't go trick or treating in Virginia unless you're at least 12 years old.
- And finally,
22. In Vermont a woman can't wear false teeth without her husband's approval.



MEET MARIAN BACH (who has just celebrated her 100th birthday)

**Written by her loving family Bev,
Barry and Freyda Goodman**

Have you met Marian Bach? She is your neighbour in apartment 301. On any given day you will find her out and about participating in many of the activities held within the Reuben Cipin community... doing Tai Chi, watching an opera, helping at Bingo, or chatting with folks at Coffee Hour.

Marian and her late husband, David, helped usher in the building that we now know as The Reuben Cipin Community for Healthy Living, by participating in the ground-breaking ceremony.

She was born and raised in Hamilton, Ontario, a twin, and the youngest (and only) living sibling of seven children.

After WWII, Marian met and married David Bach. Over their 54 years of marriage, they lived in many cities and raised two wonderful children.

Their last move was to Toronto to a townhouse where they made a comfortable home. In this welcoming Jewish community, they worked and made many wonderful friends. Their children married and gave them two much loved grandchildren. Life was good.

However, when David was diagnosed with cancer, they decided to move from their cozy home to a condo at 2 Neptune. The Reuben Cipin building was still in the planning stage but they bought a condo there anyway and were eager to move into the Jewish Seniors building as soon as possible.

Sadly, David died before the building was completed. With the help of her family, Marian moved into her lovely, sunny condo by herself.

Over the years, Marian has participated in many of the activities offered in the building. Exercise classes are her mainstay and have contributed to keeping her mind and body healthy. She took care of the library for many years and sang in the choir. In the past she has knitted hundreds of mittens and hats for poor children.

Marian's favourite pastimes are reading, playing scrabble and, of course, spending time with family. Her two great-grandsons adore and call her Double Bubbie. The boys do not believe that their great-grandmother is now 100 years of age and still going strong. When people tell Marian that she is amazing, her reply is always the same. "I'm doing what I need to do to stay as healthy as I can. That's not amazing. That's necessary." Words to live by.

So, if you get a chance, introduce yourself to Marian. She's one heck of a lady.

ONCE IN A HUNDRED YEARS

The theme was BUTTERFLIES and the occasion was MARIAN BACH's 100th birthday. The date was February 12, 2023, and it was a sunny, glorious winter day.

Relatives and friends came to pay homage, to the beautiful woman they'd known and loved for years...my mother.

Residents from the building came to wish their friend and neighbour, Marian, a Happy Birthday. Each in turn had lovely things to say to her. Some told me stories about their friendship.

There was food and drink to be had for all. Paper butterflies were written on and filled with thoughtful wishes. Everyone took home a butterfly giveaway, a memento of a happy day.

It was a stupendous affair – and a joyous one too. An affair, I hope will be long remembered by family and friends, a real Simcha and a celebration of a life well lived.

To all of you who signed butterfly wishes, gave Mom cards, made donations in Mom's name and brought gifts – many thanks. You made Mother's special day even more special.

Sincerely, Marian's proud daughter, Bev and the Goodman family, and son and daughter-in-law Donna Martin.



BOOK CLUB

June Zimmerman

This month's Book Club choice is:

“THE TEA GIRL OF HUMMINGBIRD LANE” by Lisa See, born in The USA of American/Chinese heritage.

This highly acclaimed historical novel is the story of an ancient people living in Yunnan, a forgotten area in S.E China, who have been growing tea for centuries – a tea that grows on trees. This tea has become famous the world over; the older the tree, the more precious the tea, sometimes selling for as much as \$1000.00 an ounce.

You'll fall in love with the characters and enjoy the rituals that go with tea drinking. This is a very good read.

Copies are now available at Arlene Shnall's in #709 but must be returned by March 23rd.

Our next meeting is March 29th.





Poetry is a Play

Poems are a magic flight into your thoughts .

You are the actor, and the lines are your stage.

A poem is your voice and the curtain rises—

You are a poet, a lover of words, and poetry is your monologue.

It is not prose, but it can narrate —

It could be short , but it can be long.

It can recite

or weep.

or sing

or scream ,

They are all the sounds of You

Anyone can write a poem—

think and feel

ponder, and express ,

paint fearful pictures

or deliver soft gentle heartbeats,

Be a thunderous storm —or a gentle stream,

You are the sole actor, thinker,

the emotional show

You are the lord of your writing.

You have gathered mountains of words ,
and harnessed unbridled sounds that speak
for you

to make your poetry live.

Hard sounds are penetrating —.

Soft sounds are round and smooth.

Words that see and feel, and sound and
move you

are the beatings of your heart.

Open your heart, whisper your secrets,
shout your thoughts

explode til the rafters shake,

Poets perform, painters perform, musicians
perform, dancers perform.

Walk in a poet's Shoes—Poetry is You.

WORDS OF WISDOM

Tolerance will reach such a level that intelligent people will be banned from thinking so as not to offend the imbeciles.

- Dostoevsky

(Editor: I think we're here already.)

The amazing truth about the human tongue: it takes 3 years to learn *how* to use it, but it takes a lifetime to learn *when* and *where* to use it.

The problem in the world is that the intelligent people are full of doubts, while the stupid ones are full of confidence.

- Charles Bukowski

It's not what you look at, it's what you see

- Thoreau

The art of being wise is the art of knowing what to overlook.

- Thoreau

What is a cynic? A man who knows the price of everything and the value of nothing.

- Oscar Wilde

There are only 2 tragedies in life: one is not getting what one wants and the other is getting it.

- Oscar Wilde

Live life the way you want to be remembered

Whether it's the best of times or the worst of times, it's the only time we've got.

- Art Buchwald

Every day is a bank account and time is our currency. No one is rich; no one is poor.
We've got 24 hours each.

- Christopher Rice

The best thing about the future is that it comes one day at a time.

- Abraham Lincoln

Time flies over us but leaves its shadow behind.

- Nathaniel Hawthorne

Time has a wonderful way of showing us what really matters.

- Margaret Peters

There's only one thing more precious than our time - and that's what we spend it on.

- Leo Christopher

Life isn't a matter of milestones, but of moments.

- Rose Kennedy

THE MIRACLE OF BUTTER

Pearl Karal

One day my mother decided to make home-made butter. The difficulty was not only obtaining very rich milk from the milk delivery man, but also entertaining two young children, my brother John and me. I was five and a half and John was four.

Mother took an empty two-quart jar which she had often used to make pickles, and cleaned it thoroughly. Then she poured the rich milk into the jar.

Mom told us, "I need your help. You're going to roll this jar for me." She presented it as a game.

She wrapped the jar in a thick towel so it wouldn't break, and tied the towel tightly around the jar. She asked John to sit on the floor against one wall of the kitchen, and me against the opposite wall, and invented the game of "roll the jar". She demonstrated how we were to roll the jar back and forth between us on the floor, emphasizing the importance of avoiding rolling the jar against the wall so it wouldn't break. The idea was to agitate the milk so it would splash against the sides of the jar and cause the bits of yellow butterfat in the milk to cling to each other and form lumps of butter. Mother got this idea because John and I used to roll a rubber ball back and forth to each other on the floor.

We really took to the game. I would roll the jar to John, and he would turn it around and roll it back to me. Back and forth. Mother then scooped up the jar, removed the towel and examined the contents. She



could see tiny bits of yellow forming. We were on a roll!

Every so often, Mother stopped the rolling and showed John and me the jar so we could check on the increase in the size of the lumps of butter. If there wasn't enough butter yet, it meant back to rolling. This went on for about ten minutes. At this point John was losing interest. He was used to rolling his toy cars back and forth on the floor, including a toy fire truck, and making car noises, but with the jar, he couldn't make sounds of motors or car horns or any of the animation that cars and trucks made.

Mother checked the contents of the jar, and found many lumps of butter. Had we been successful? The answer was...not yet. Mother took over. She grasped the jar between her two hands and shook it vigorously until finally the butter globules formed a mass.

It took three of us, but we had made sweet butter! No need to shake any more.

Then Mother put a bowl on the table, and a sieve on top, and poured the contents of the jar into the sieve. The butter stayed in the sieve and the whey was caught in the bowl beneath. The only thing left to do was to wash the butter in the sieve with cold water.

That evening, Mother placed the freshly made butter in a clear glass bowl on the supper table. The butter was a soft pale yellow, pure, and it glowed in the bowl. We could hardly wait to taste it!

We savoured the butter on freshly baked potatoes at dinner that night. On a baked potato it tasted smooth and creamy and sweet. Delectable. Everyone at the table praised the fresh butter.

We had seen the miracle of a liquid becoming a solid, becoming butter. The process was more than a chore. It had formed a miracle.

The leftover whey was used in baking yeast buns the next day. The buns had a lovely sourness from the whey. We ate the yeast

buns with the sweet home-made butter.

The experiment had been a big success. However, Mother decided that it was too tiring to produce butter this way. She had shaken the jar until her arms were tired, even though she had strong arms. In future we bought butter at the grocery store, but it never tasted quite as good as the butter we made at home.

When I became a mom and bought butter at the store, I often remembered the time we made butter ourselves. It's something I like to keep in the fridge of my memory. There are still times when I reach for the butter and remember the day that Mother, my brother and I made butter.

CONFIRMING THE THEORY OF RELATIVITY

Lazar Greisdorf

In 1916 Albert Einstein revealed his General Theory of Relativity.

I moved into 2 Neptune about 6 years ago and I have noticed that NoFrills takes me a little longer to get there every year. Obviously NoFrills must be moving a little further from 2 Neptune every year.

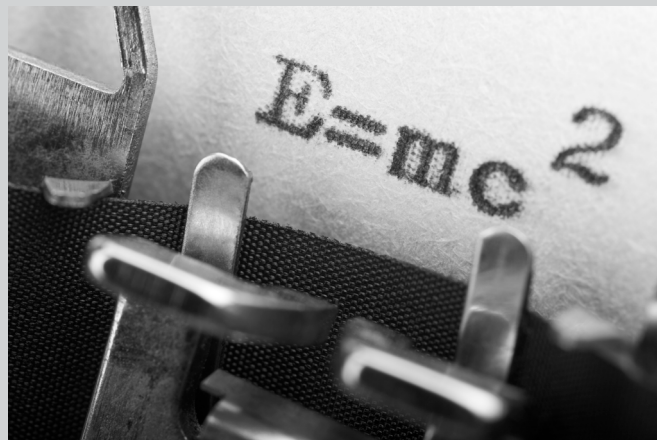
This convinced me that Albert Einstein must have been right about the relativity of time and space.

The tree shouldn't trust the axe just because the axe handle is made of wood.

* People who say it can't be done, shouldn't interrupt those who are doing it.

* Like most stupid people, he wasn't smart enough to know just how stupid he was.

* Advice is what we ask for when we already know the answer but wish we didn't. - Erica Jong



TECHNICAL DIFFICULTIES, a Saga

Arlene Shnall

Have you ever been told your TV contract is expiring? That they are not renewing the old box which is outdated? They explain that you're going to get a good deal. Your internet is going to be faster - choose your channels, and you'll keep your home phone with the same features.

The technician who came was very knowledgeable, explaining details on how to use a converter with its many buttons to push. He hoped I'd catch on. Everything seemed okay.

Later, the phone rang but the number showed no name.

I called regarding no call display. After 1 ½ hours the technician reported "We do not have call display."

I called again. The next agent? "Oh, I see your order has a call display, etc... Give us 48 hours to correct this."

Next morning everything is okay but I cannot get into my email! I called again. After speaking to so many agents, I'm familiar with all their names. We are becoming friends.

Email fixed but I'm not getting my selection of channels. They say to go over my list - no sports wanted. They are removed. Do you want Magnolia? No, it was not ordered. I'm told I will have to speak to Customer Care but there is a wait. I put my phone on Speaker to wait for them. Two hours later they called and I get my preference for my channels. Hey, now I get the Turner Classic. After six years, it was worth the wait!

Then the next morning, there's no way to get into my emails. Another hour - but I had



a great chat with an agent regarding online shopping.

Okay, I try Prime for my movies. Cannot get in. I would have to register. I am registered but that is not good enough. So, I have to get a code. I am not savvy. I take a picture with my cell on my TV and give them the code. Then I must go on to the computer, look everything up and get instructions. Yeah, I did it! I am now registered.

So much fun. Except for all the calls, I am on my way.

Okay, so this morning I got my outrageous bill. They're trying to charge me for January again, which I paid on January 6/23.

So, here I am phoning again, waiting endlessly, still holding on.

One hour to billing. I'm being charged for the old rate as they have not closed off the old account. Waiting for another agent to close off the account as I had returned all equipment with the installer. It takes at least ten days to clear your old equipment.

Another hour but having so much fun chatting away. I made the agent laugh and she doesn't want to hang up.

I am learning the ins and outs of how everything works. If I can get my call display and a longer ring, I think I am set. I know that I will not miss them, but will they miss me?

COFFEE AND TOAST

Another 'Tubby' story by:
Pearl Karal

Our dog Tubby liked to eat whatever we were eating. If it was human food, he ate it. We couldn't afford to buy dog food, so one plate at mealtime was for Tubby. Mother gave him what we ate: soup, fish, potatoes with gravy, and a lot of cooked cereal, such as oatmeal with cream. Mother just cooked a bit more.

Tubby started his morning ritual by having breakfast with my Dad at home, so he had what Dad had: coffee and toast. Dad put lots of sugar in Tubby's coffee because my grandfather had discovered that the more sugar the coffee contained, the more Tubby liked it. If the coffee wasn't sweet, Tubby would taste it and turn away.

As soon as my Dad left for work, Tubby headed for my grandparents' house a few blocks away. He barked at the front door and my grandfather let him in. Tubby then had his second breakfast with my grandfather: coffee and toast. Of course when he got to my grandparents' house, he couldn't have been hungry any more, but he repeated the coffee and toast ritual to include my grandfather as part of his pack. Dogs are pack animals, and since Tubby considered both Dad and my grandfather to be part of his pack, he wanted to eat with them.

In mid-winter Winnipeg, the temperature could sometimes fall to an icy minus forty, but Tubby went off anyway to be with my grandfather for his second breakfast. After his first breakfast, he was fortified with enough energy to head out and face the Winnipeg winter. My grandfather served exactly what was on his own plate. He took a plate with toast and butter and put it down on the floor. Then he poured some coffee for Tubby into a little bowl, with sugar to taste.



After visiting my grandfather, Tubby would trot back to my family house to continue as the “dog-in-residence” and do whatever a dog does during the day. He would watch my mother doing all of her morning tasks for the family. That was his ritual in the morning.

Both my father and grandfather treated Tubby like a “somebody”, which validated for him that he was indeed an equal member of the family. This strong bond among my family members had existed even before Tubby came to live with us, so Tubby fit right in. We smiled and laughed about his visits for toast and coffee, which must have confirmed for him that he was indeed a “real people” and a full member of the household.

If Tubby showed any reluctance about eating a particular food, Mother would simply say to him, “If you don't want it, I'll give it to Jippy.” (Jippy was a small dog who lived on the third floor of our house.) Tubby didn't want Mother to give Jippy the food, even if it wasn't his favourite, so when he heard that, he ate it all. All Mother had to say the name Jippy, and Tubby understood.

When my grandmother passed away, my grandfather got a dog for himself and named him Tubby, because he wanted his dog to be just like my Tubby.

Stay tuned for the next episode of “Life with Tubby” in the next issue of The Mirror.

THE JEWISH HISTORY OF TOOTSIE ROLLS

It all began in 1896 when Leo Hirschfield, a Jewish immigrant from Austria, opened a small candy shop in New York City. His goal was to make a chocolate that would not melt easily when exposed to heat, which made it a popular summer treat. He named it, delightfully, after his 5 year old daughter whose nickname was “Tootsie”.

The Tootsie Roll wasn't all that chocolaty but if you had a chocolate craving, it was the best on the market – and it was cheap, becoming a Depression-era favourite.

Later, these qualities and the fact that they were individually wrapped, made Tootsie Rolls the logical choice to be included in

the food rations for our troops in World War II. (The soldiers also discovered a practical use for the candy; when warmed, Tootsie Rolls could be used to plug bullet holes, sealing them as they hardened once again.)

This government contract exposed millions of Americans to the delights of Tootsie Rolls and ensured that their popularity would continue long after the war.

Did you know that each little piece has just 11 calories and 1.5 grams of sugar? You could eat 9 and still clock in fewer than 100 calories!





ISRAEL STATISTICS YOU MAY NOT KNOW

Geography:

- * Israel is only 1/6 of 1% of the landmass of the Middle East.
- * Israel is roughly half the size of Lake Michigan.
- * The Dead Sea is the lowest surface point on earth at about 1,272 feet below sea level.
- * Israel is the only nation in the world that entered the 21st century with a net gain in its number of trees.
- * Jericho is the oldest continuously inhabited town in the world.
- * The Mount of Olives in Jerusalem is the oldest continuously used cemetery in the world.

Demographics:

- * Israel's population is half the size of Metro New York.
- * Israel has only 2% of the population of the Middle East.
- * Israel has the highest ratio of **university degrees** per capita in the world.
- * Israel produces more **scientific papers** in the world than any other nation – by a large margin.
- * Israel has the highest number of **scientists and technicians** per capita in the world – by a large margin.
- * Israel has the highest numbers of **engineers** per capita in the world.
- * Israel has the highest number of **PhD's** per capita in the world.

- * **Israel** has the highest number of **physicians** per capita in the world.
- * **Israel** has the largest percentage of its workforce employed in **technical professions** in the world
- * **Israel** is the largest immigrant-absorbing nation in the world, per capita.
- * **Israel** is the only country in the Middle East where the **Christian population** has grown over the last 50 years.
- * **Israel** is the only country in the Middle East where **Christians, Muslims and Jews** are all free to vote.
- * **Israel** is the only country in the Middle East where **women enjoy full political rights**.

Economics:

- * **Israel** has the largest number of **startup companies** per capita in the world.
- * **Israel** is the world's largest wholesale **diamond** centre, finally surpassing Antwerp in the 1970's.
- * **Israel** has the largest number of **NASDAQ** listed companies outside of the US and Canada.
- * **Israel** was the first country to have a **free trade agreement** with the United States.
- * The **cell phone** was developed in **Israel** at Motorola's largest development centre.
- * Apart from the Silicon Valley, **Israel** has the highest concentration of **high-tech companies** in the world.
- * The **Voice Mail** technology was developed in **Israel** in the early 80's.
- * **IBM** chose an **Israeli-designed computer chip** as the brains for its first personal computers.
- * The first **anti-virus software** for computers was developed in **Israel** in 1979.
- * Most of the **Windows NT and XP operating systems** were developed in **Israel** by Microsoft.
- * Both the **Pentium-4** and **Centrino processors** were entirely designed, developed and produced in **Israel**.
- * The **Pentium MMX Chip technology** was designed in **Israel** at Intel.
- * **Israel** has the highest number of **home computers** per capita in the world.

The Technology

* Israel was the first Middle Eastern country to launch a **satellite, The Ofek 1**, on September 19, 1988.

Culture:

* Hebrew is the only case of a dead national language being revived in all of world history. Hebrew had not been spoken as a native tongue by anyone for centuries. Today it is the **native tongue** of millions of people.

* **Israel** has more **museums** per capita than any other nation in the world.

* **Israel** has more **orchestras** per capita than any other nation in the world.

* **Israel** publishes more books per capita than any other nation in the world.

* **Israel** publishes more **books translated from other languages** than any other nation in the world.

* The **most independent and free Arabic press** in the Middle East is in **Israel**.

Military/Security:

* **Israel** has the largest fleet of **F-16 aircraft** outside of the US.

* **Israel** has the world's most **impenetrable airline security**.

* **Israel** spends more money per capita on **its own protection** than any other country in the world. (unfortunately necessary...)

Other:

* **Israel's dairy cows** are the most productive dairy cows **in the world**. They average 25,432 pounds of milk per cow per year, compared to **just 18,747** from Canadian cows, 13,778 from European Union cows and 6,600 from Chinese cows.

* **Israel** has more **In-vitro fertilization** per capita than anywhere in the world and **IT'S FREE**.

* **Israelis**, per capita, are the world's biggest **consumers of fruits and vegetables**.

And sadly, of the **175 UN Security Council resolutions** passed **before 1990**, **97** were directed **against Israel**.

Of the **690 UN General Assembly resolutions** voted on **after 1990**, **428** were directed **against Israel**.

THE ENGLISH LANGUAGE IS SO INTERESTING

- * No words in the English language rhyme with “month”, “orange”, “silver”, or “purple”.
- * “Hungry” and “angry” are the only words in the English language that end in “-gry”.
- * The number 4 is the only number that has the same number of letters in it – FOUR.
- * Did you know the word “Underground” is the only word that begins and ends with the letters “und”?
- * The word “Uncopyrightable” is the only 15 letter word that can be spelled without repeating any letter?
- * The word “typewriter” is the longest word that can be typed using only the top row of a keyboard.
- * Did you know the sentence “The quick brown fox jumps over the lazy dog” uses every letter in the English alphabet?
- * The word “Rhythm” is the longest word without a vowel.
- * “Dreamt” is the only word that ends in “mt”.
- * Did you know there are only 3 sets of letters on a keyboard which are in alphabetical order – ‘fgh’, ‘jkl’, ‘op’?
- * The word “queue” is the only word in the English language that is still pronounced the same way when the last four letters are removed.
- * “Dammit I’m mad” is the same spelled backwards.
- * “Set” - of all the words in the English language, the word “set” has the most definitions.
- * “Bookkeeper” and “Bookkeeping” are the only words in the English language with 3 consecutive double letters.
- * The least used letter in the alphabet is “Q”.
- * The most commonly used word in English conversation is “I”.
- * The dot on top of the letter “i” is called a tittle.
- * There are only 4 words in the English language which end in “dous”. (They are: hazardous, horrendous, stupendous and tremendous.)
- * The oldest word in the English language is “town”.
- * The word “Strengths” is the longest word in the English language with just one vowel.
- * The past tense for the English word “dare” is “durst”.
- * The first English dictionary was written in 1755.

THE HEBREW BRAILLE ALPHABET

January 4th was World Braille Day which celebrates the importance of Braille and how it has made possible the written language for visually impaired individuals.

Did you know that Israel uses Hebrew Braille that, unlike typical written Hebrew, reads from left to right, and is included at bus stops, on public transportation and even on Israeli currency?

Hebrew Braille Alphabet

כתב ברייל

א	ב	ג	ד	ה	ו	ז	ח	ט	י	כ
ל	מ	נ	ס	ע	פ	צ	ק	ר	ש	ת

Punctuation marks

סימני פיסוק

/	׳	«	-	•	!	?	:	;	,	()

