

*your downtown shul*

# BETH SHALOM

שלום בית

Ottawa, ON

Volume 21, Number 3

Nisan 5763

April 2003



*Matzah Cover  
Hungary, c.1920*

## Celebrate Pesach With Your Beth Shalom Family



*Seder Plate  
Hungary, c.1935*

Please join us on **Wednesday, April 16** and on **Thursday, April 17** for two wonderful *Seders*. Cost: \$45 for adults; \$25 for children between three and 12 years old; children under three years old – free. For more information or to reserve a spot, please call **Gloria at 789-3501** by **Thursday, April 10**.

### UPCOMING EVENTS

**Congregational Passover Seders:**

- (1<sup>st</sup> Seder) ..... Wednesday, Apr. 16
- (2<sup>nd</sup> Seder) ..... Thursday, Apr. 17
- Last day of Passover .... Thursday, Apr. 24
- Yom Ha'Shoah.....Tuesday, April 29
- Yom Ha'Zikaron.....Tuesday, May 6
- Yom Ha'Atzmaut ..... Wednesday, May 7
- Lag Ba'Omer.....Tuesday, May 20
- Yom Yerushalayim.....Friday, May 30
- Shavuot (1<sup>st</sup> Day)..... Friday, June 6
- Fast of 17<sup>th</sup> of Tammuz..... Thurs., July 17
- Fast of 9<sup>th</sup> of Av ..... Thursday, Aug. 7
- Erev Rosh Hashanah.....Friday, Sept. 26

### REFLECTIONS

#### *More Wisdom, Less Memory?*

*by Ilene Springer*

[http://www.jewishfamily.com/lifestyles\\_a.php?text=http://www.jewishfamily.com/lifestyles/health/more\\_wisdom\\_less.txt](http://www.jewishfamily.com/lifestyles_a.php?text=http://www.jewishfamily.com/lifestyles/health/more_wisdom_less.txt)

The Jewish people have always prided themselves on the wisdom that comes with age. Most of the Jewish philosophy we rely upon comes from sages in their later years. That's because wisdom is bred from years of experience. But something else can occur along with brilliant, insightful, older minds – and that is a problem with memory.

We all – even younger people – experience some degree of ordinary,

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annoying forgetfulness. This is not the memory loss associated with dementia, which is much more serious. The difference? Forgetting where you parked the car in a public garage is common; forgetting that you drove to your destination in a car is much more of a cause for concern.

Much forgetfulness has to do with having a lot on our minds and being distracted.

Fortunately, there are many ways of tuning up your memory. Psychologists at Beth Israel Deaconess Medical Center in Boston have developed a memory charge-up program that is gaining attention from researchers around the nation, according to *WebMD Health*. Here are some of the ideas that have been working for ordinary forgetters (all of us):

**Make a memory notebook.** This can be a big calendar that helps you plan the details of your life. "Fill it with your to-do lists for the day, week and month," writes Vicki Haddock, for *WebMD News*. "Your notebook can become a portable filing cabinet for phone numbers, addresses, birthdays, medical information, phone messages, inspirational thoughts – you name it." Carry it with you, or carry a small notepad to jot down information you later transfer into your memory notebook. Make sure to look at your notebook several times a day. Writing things down reinforces memory.

**Talk out loud to yourself to remember things.** Say: "I'm parked near the bank on this corner." Consider carrying a mini tape recorder with you to remember things you need to buy or tasks you need to do the next day.

**Buy a whole bunch of little posting signs** and plant them around your house, office, and car, suggests

Haddock. Write down things such as "Remember to buy stamps."

**One of the most effective things you can do is get into the habit of putting things away in the exact same place every time.** Put your keys by the front door, your wallet in the same spot, medicines in the exact same location in your cabinet. When you use something, put it back right away!

**Minimize distractions.** When you're trying to focus on something, turn off the TV or radio. Try not to do too many tasks at one time. If you have a big project, break it down into smaller, workable pieces, so your memory will work with you and not against you. Distractions are a major factor in memory lapses.

**Slow down when absorbing new information.** Age does slightly affect our ability to store and recall new information. When you are talking to your doctor, for example, ask him or her

*(continued on p. 4 – Memory)*

# PESACH WORD FIND

ALL THESE WORDS APPEAR IN  
THE HAGGADAH. CAN YOU FIND  
AND CIRCLE THEM? (CAN APPEAR  
FORWARDS, BACKWARDS,  
ANGLED...)

H	C	E	R	O	K	E	S	A	Z	S
W	S	M	R	R	R	L	E	L	A	H
T	L	B	W	E	T	W	Y	H	C	G
E	A	V	R	R	D	S	R	O	B	J
L	V	C	S	O	Y	S	F	Z	O	S
I	E	R	E	R	U	D	E	T	U	A
Y	S	D	T	A	O	G	Z	A	T	P
A	X	S	I	M	P	W	X	M	R	R
H	P	H	A	R	O	H	C	D	E	A
U	V	J	E	N	I	W	M	F	Z	K

**SLAVES**  
**PHAROH**  
**MATZOH**  
**RED SEA**  
**MAROR**

**HALEL**  
**KORECH**  
**KARPAS**  
**ELIYAHU**  
**WINE**

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## PASSOVER SPINACH BAKE

<http://www.holidays.net/passover/recipes/passpin.htm>

- 2 onions, chopped
- 1 lb mushrooms, coarsely chopped
- 8 carrots, coarsely chopped
- 1 zucchini, coarsely chopped
- 40 oz fresh spinach, chopped  
or 4 boxes frozen chopped spinach  
(thawed)  
[fresh spinach recommended]
- 1 cup matzah meal
- 6 to 9 eggs (you decide the  
consistency you would like best)
- salt
- 2 double or 4 single chicken bouillon  
cubes smashed to powder
- pepper

Heat oven to 325 °F. Prepare a 9 x 13" pan; grease well. Sauté onions and mushrooms in 2 tbsp oil. Combine all ingredients together in a big bowl (you can add the sautéed onions and mushrooms right to the mixture without cooling). Mix thoroughly (hands work best!).

Put into prepared pan. Bake 45 minutes to one hour. Should be firm and set.

This also freezes really well.\*

## Memory *(continued from page 2)*

to slow down so you can get the information correctly. Better yet, write it down or have a friend or relative come with you to help you get the facts.

**Be mindful of the body/mind connection.** If you're not getting enough sleep, if you're not eating correctly, if you're suffering from depression or anxiety—these things can affect your memory. Also, check to see if any medications you are taking affect your memory.

**Exercise your mind**, writes Haddock. Read, do crossword puzzles, play chess, take classes, learn a new language or skill. All these behaviors increase your brain activity and sharpen your memory.

Finally, Haddock discusses three styles of learning, suggesting that you figure out which one is yours in order to help improve your memory. "Most people are **visual learners**, remembering best what they see. They benefit the most from memory notebooks and signs." Then there are **auditory learners**, remembering best what they hear. They benefit from saying thoughts out loud to themselves or using a tape recorder. A few people, Haddock says, are known as **kinesthetic learners**. They remember

best what they experience (as by practicing a skill several times), and benefit most from writing things down or acting them out.

So what type of learner are you? You may already know—or you can find out by trying the three different learning modes. But for sure, try some of the above tips. Something—perhaps several ideas—will work for your memory. After all, it is the wise thing to do.\*

### LOBLAWS COUPONS

Would you like to help the shul raise money without having to do anything? Then please consider buying Loblaws coupons. You can use them at any Independent and Loblaws store and you don't have to buy the coupon's worth of food.

Running out of food? Take your coupon to a store nearest you. Running out of money? Take the coupon, purchase the minimum and you'll receive the rest of the coupon's worth in cash. It's better than running to the bank.

And every time you buy a coupon from Congregation Beth Shalom, the shul automatically receives a percentage of the sales. It's the easiest fundraiser going! Please support our shul by supporting this endeavour and call Gloria at 613-789-3501 for more information.



### **BIRTHS:**

Mazel Tov to Tzippy and Gerald Landau on the birth of a son in Toronto. Proud grandmother is Edie Landau.

Mazel Tov to Jodie and Mayo Barrett on the birth of their daughter Alexa in Toronto. Proud grandparents are Roz and Myles Taller.

Mazel Tov to Stephanie and Gary Fields on the birth of their daughter Lauren Madison in Toronto. Proud grandparents are Gloria and Barry Trainoff and Angie and Melvyn Fields.

### **ENGAGEMENT:**

Mazel Tov to Penny Torontow, daughter of Ruth and Uri Tal, on her engagement to Glenn Wolff, son of Etta and Jim Wolff of Montreal.

Mazel Tov to Aviva, daughter of Rhoda and George Caplan, on her engagement to Alex Golger, son of Fira Golger and the late Emanuel Golger of Vancouver. \*

The Calendar Committee is preparing next year's publication and has already begun planning the issue. They hope to make it even better. Why not get in on the act? *If you would like to dedicate a page to a loved one or to friends, please contact Ralph Paroli at 613-733-4414.*

It's a great way to do a double mitzvah: honour someone while at the same time support your shul. ↓

### ***Endowment Fund***

To make a contribution, please call Gloria any weekday at 613-789-3501. We accept Visa and MasterCard. All donations are acknowledged with an official receipt for income tax purposes.

### **INEZ and JOSEPH ZELIKOVITZ TREE OF LIFE:**

In honour of the 60th Wedding Anniversary  
of  
*EVA & WILLIAM SENMAN*  
With love from their children and  
grandchildren  
December 22, 2002

### ***Chuckle***

Clinton, Yeltsin, Netanyahu and Arafat are all on Air Force One, on their way to a Peace Conference in a neutral country.

While in flight, the pilot announces an emergency, and instructs all passengers to grab a parachute and jump out of the plane immediately. Unfortunately, only three parachutes are available.

Yeltsin promptly declares, "I must return to Russia safe and sound, or the entire government will collapse." He then grabs one of the parachute bags and promptly jumps out the door.

Arafat then declares, "I am the leader of a suppressed people. I must return safe and sound, or our ambitions for statehood will collapse." He then grabs a bag and jumps out the door.

Clinton then looks at Netanyahu sadly and says, "What are we going to do now? There are two of us remaining, and only one parachute."

"Not to worry," says Netanyahu, "Arafat just jumped out with my tallis bag." \*



## CONDOLENCES

We express our deepest condolences to the families of Libby Lieff, Eva Molnar, Rossie Rose and Robert Berezin. ✡

### **Are you interested in contributing an article?**

We are working on ways of enhancing the publication so that it has something for everyone. We hope you like it. We invite you to share your ideas, comments, and suggestions (please call Gloria at 613-789-3501).

*The Bulletin Committee*



## SCHEDULE OF SERVICES

**PLEASE CHECK THE BETH SHALOM CALENDAR FOR TIMES OF WEEKDAY SERVICES AND CANDLE-LIGHTING OR CALL 613-789-3501 and PRESS 1.**

**Please note: Fast of First-born Siyum after Wednesday morning service.**

**Fast of First-born is observed this year on Wednesday, April 16 (14 Nisan).**

**Search for Chametz on Tuesday night, April 15, after 8:35 p.m. (20:35).**

**Burning of Chametz on Wednesday, April 16, by 11:50 a.m.**

**No eating of Chametz after 10:45 a.m.**

# **Congregation Beth Shalom**

**151 Chapel Street  
Ottawa, ON K1N 7Y2  
Telephone: 613-789-3501  
FAX: 613-789-4438**

Chazzan Sheni: Howard Dover  
Executive Secretary: Gloria Trainoff  
Parnass: Alan Baker

President: Thomas Gussman  
Vice-President: Dr. Harold Sachs  
Vice-President: Ruth Freiman  
Secretary: Jack Shapiro  
Treasurer: Dr. Ralph M. Paroli  
Immediate Past-President: Ian Sadinsky

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Kinneret Globerman  
Gloria Trainoff  
Ralph M. Paroli