

BJC Wensa

"WENSA" MEANS "FUN" IN JUDEO-ARABIC!

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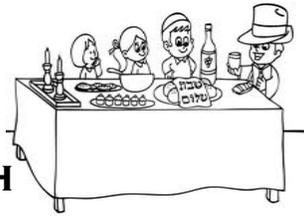
BEHAALOTCHAH

SHABBAT ENDS 9:15PM

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PARSHA OF THE WEEK....

BEHAALOTCHAH



Parshat Beha'alotcha (Numbers 8:1-12:16) begins by briefly discussing the daily lighting of the golden menorah in the *Mishkan* (Tabernacle), followed by a description of the Levites' consecration ritual. The Torah then describes the celebration of Passover in the second year in the desert, complete with the bringing of the *korban Pesach* (Paschal lamb). Those who are *tamei* (ritually impure) on the regular date of Passover and therefore unable to participate in the offering, are commanded to celebrate *Pesach Sheni*, a quasi-Passover celebration held one month later, at which time the *korban Pesach* is eaten with matzah and bitter herbs. After mentioning the cloud and fire which alternated resting above the *Mishkan*, the Torah describes the standard procedure by which the Children of Israel would break camp to continue their travels in the desert. Soon after leaving Mt. Sinai and journeying to the Wilderness of Paran, the people begin a series of bitter complaints. Spurred by the *erev rav* (the "mixed multitude" who joined the Jewish people upon leaving Egypt), the Children of Israel are dissatisfied with the manna, their daily miraculous portion of heavenly bread. As Moses begins to despair, Hashem commands him to select seventy elders to form the *Sanhedrin*, the court which would assist him in leading the nation. Almost immediately, two of the newly-elected members announce a prophecy in the camp. Hashem sends a massive flock of quail which the people gather to eat; those who had complained about the lack of food overstuff themselves and die during this supernatural event. The portion concludes with Miriam's speaking *lashon hara* (slander) to Aaron about their brother Moses. She is punished by Hashem with *tzaraat* (a skin disease representative of a spiritual shortcoming) and is quarantined outside the camp for seven days.

Food as Medicine

HEADACHE? EAT FISH!

Eat plenty of fish -- fish oil helps prevent headaches. So does ginger, which reduces inflammation and pain.

HAY FEVER? EAT YOGURT!

Eat lots of yogurt before pollen season.

Also-eat honey from your area (local region) daily.

TO PREVENT STROKE DRINK TEA!

Prevent build-up of fatty deposits on artery walls with regular doses of tea. (Green tea is great for our immune system!)

INSOMNIA (CAN'T SLEEP?) HONEY!

Use honey as a tranquilizer and sedative.

ASTHMA? EAT ONIONS!!!!

Eating onions helps ease constriction of bronchial tubes. (onion packs place on chest helped the respiratory ailments and actually made breathing better).

ARTHRITIS? EAT FISH, TOO!

Salmon, tuna, mackerel and sardines actually prevent arthritis. (fish has omega oils, good for our immune system)

UPSET STOMACH? BANANAS - GINGER!!!!

Bananas will settle an upset stomach.

Ginger will cure morning sickness and nausea.

BLADDER INFECTION? DRINK CRANBERRY JUICE!!!!

High-acid cranberry juice controls harmful bacteria.

BONE PROBLEMS? EAT PINEAPPLE!!!

Bone fractures and osteoporosis can be prevented by the manganese in pineapple.

COLDS? EAT GARLIC!

Clear up that stuffy head with garlic.

COUGHING? USE RED PEPPERS!!

A substance similar to that found in the cough syrups is found in hot red pepper. Use red (cayenne) pepper with caution-it can irritate your tummy.

ULCERS? EAT CABBAGE ALSO!!!

Cabbage contains chemicals that help heal both gastric and duodenal ulcers.

DIARRHEA? EAT APPLES!

Grate an apple with its skin, let it turn brown and eat it to cure this condition. (Bananas are good for this ailment)

HIGH BLOOD PRESSURE? EAT CELERY AND OLIVE OIL!!!

Olive oil has been shown to lower blood pressure.

Celery contains a chemical that lowers pressure too.

BLOOD SUGAR IMBALANCE? EAT BROCCOLI AND PEANUTS!!!

The chromium in broccoli and peanuts helps regulate insulin and blood sugar.

What's good for you...

Contributed by Jackie Cohen

Kiwi: *Tiny but mighty. This is a good source of potassium, magnesium, Vitamin E & fiber. It's Vitamin C content is twice that of an orange.*

Apple: *An apple a day keeps the doctor away? Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.*

Strawberry: *Protective fruit. Strawberries have the highest total antioxidant power among major fruits & protects the body from cancer causing, blood vessels clogging free radicals. (Actually, any berry is good for you..they're high in anti-oxidants and they actually keep us young. Blueberries are the best and very versatile in the health field. They get rid of all the free-radicals that invade our bodies)*

Orange: *Sweetest medicine. Taking 2 - 4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.*

Watermelon: *Coolest Thirst Quencher. Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium. (watermelon also has natural substances that keep our skin healthy, protecting our skin from UV rays)*

Guava & Papaya: *Top awards for Vitamin C. They are the clear winners for their high Vitamin C content. Guava is also rich in fiber which helps prevent constipation.*

Papaya is rich in carotene, this is good for your eyes. (also good for gas and indigestion)

Tomatoes are very good as a preventative measure for men, keeps those prostrate problems from invading their bodies.



Powerful words to live by...

When I was young, I admired clever people. Now that I am old, I admire kind people.

~Abraham Joshua Heschel

“Never be afraid to try something new. Remember, amateurs built the ark. Professionals built the Titanic.”

-- Anonymous

Q: Why did G-d make goyim??

A: SOMEONE HAS TO PAY RETAIL!!!!

Jewish Brain

How the Jewish Brain Works!

When NASA first started sending up astronauts, they quickly discovered that ballpoint pens would not work in zero gravity. To combat the problem, NASA scientists spent a decade and \$1.2 billion to develop a pen that writes in zero gravity, upside down, underwater, on almost any surface including glass and at temperatures ranging from below freezing to 300 Celsius.

Confronted with the same problem the Israelis

used a pencil.
TWO DIFFICULT THINGS TO ACHIEVE:
Contributed by Jackie Cohen

1. To plant your ideas in someone else's head.
2. To put someone else's money in your own pocket.

The one who succeeds in the first one is called a **TEACHER**.

And the second is called a **BUSINESSMAN**.

The one who succeeds in both is called a **WIFE**.

The one who fails in both is called a **HUSBAND!!!**

Awafi...

Contributed by Verna Rabbie

In memory of Salha Sally Djiji

One of her many great recipes

May she rest in peace...

Apricot Jam

(M'raba Mishmish)

8 cups apricots, sliced

7 cups sugar

½ cup fresh lemon



1- Slice each apricot in half, add lemon juice and sugar. Let it sit for one hour.

2- Put mixture in a saucepan, cook for 5 minutes on medium heat, then lower heat and simmer for 20 minutes, stirring constantly until the syrup thickens. Remove from heat and let it stand for 7 hours. Pour into a clean jar and store it in a cool place.

2012 Handbook...

Contributed by Mirra Zara



Health:

1. Drink plenty of water.
2. Eat breakfast like a king, lunch like a prince and dinner like a beggar.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants..
4. Live with the 3 E's -- Energy, Enthusiasm and Empathy
5. Make time to pray.
6. Play more games
7. Read more books than you did in 2011
8. Sit in silence for at least 10 minutes each day
9. Sleep for 7 hours.
10. Take a 10-30 minute walk daily. And while you walk, smile.

Personality:

11. Don't compare your life to others. You have no idea what their journey is all about.
12. Don't have negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
13. Don't overdo. Keep your limits.
14. Don't take yourself so seriously. No one else does.
15. Don't waste your precious energy on gossip.
16. Dream more while you are awake
17. Envy is a waste of time. You already have all you need..
18. Forget issues of the past. Don't remind your partner with His/her mistakes of the past. That will ruin your present happiness.
19. Life is too short to waste time hating anyone. Don't hate others.
20. Make peace with your past so it won't spoil the present.
21. No one is in charge of your happiness except you.
22. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
23. Smile and laugh more.
24. You don't have to win every argument. Agree to disagree....

Society:

25. Call your family often.
26. Each day give something good to others.
27. Forgive everyone for everything..
28. Spend time w/ people over the age of 70 & under the age of 6.
29. Try to make at least three people smile each day.
30. What other people think of you is none of your business.
31. Your job won't take care of you when you are sick. Your friends will. Stay in touch.

Life:

32. Do the right thing!
33. Get rid of anything that isn't useful, beautiful or joyful.
34. **G-D** heals everything.
35. However good or bad a situation is, it will change..
36. No matter how you feel, get up, dress up and show up.
37. The best is yet to come..
38. When you awake alive in the morning, thank **G-D** for it.
39. Your Inner most is always happy. So, be happy.

Q&A

Contributed by Jackie Cohen



Q: Why did Adam and Eve have a perfect marriage?

A: He didn't have to hear about all the men she could have married, and she didn't have to hear about the way his mother cooked

Q: What business is a yenta in?

A: Yours

Q: How do Jewish wives get their children ready for dinner?

A: They put them in the car

Q: What does a Jewish woman do to keep her hands soft and her nails long?

A: Nothing at all

Q: Define "genius"

A: An average student with a Jewish mother

Q: If Tarzan and Jane were Jewish, what would Cheetah be?

A: A fur coat

Q: What mechanical device causes the most arousal in a Jewish woman?

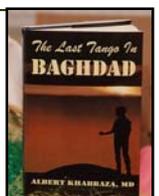
A: A Mercedes 550SL convertible



The Last Tango in Baghdad

by Dr. Albert Khabbaza is available at all online booksellers. For more info visit:

www.khabbaza.com



TIME WILL HEAL

Pain does heal. Time has a wonderful way of erasing bad feelings and leaving us with good ones. Our memories are selective, and fortunately, the pleasant ones seem to have more staying power.

Whatever has been real and meaningful for us tends to remain with us-the rest gradually fades away. We can assist this selective process of memory by consciously letting go of the thoughts and feelings that disturb our serenity. You might imagine yourself making a package out of a disappointment, your hostility; some hurt feelings, or whatever is hampering your spirit. Wrap the package tightly and ship it off to a Higher Power. Send it air mail, if you like. Refusing to dwell on our wounds allows them to heal more quickly. In life, there is no place for self-pity. Gratitude for all **Guy on the Island** that comes our way keeps us healthy.

From a passenger ship, everyone can see a bearded man on a small island who is shouting and desperately waving his hands.

"Who is it?" a passenger asks the captain.

"I've no idea. Every year when we pass, he goes nuts."



Speak when you are angry, and you will make the best speech you'll ever regret!



WORDS OF WISDOM:

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do ...

Explore..Dream..Discover.....Mark.Twain.....

Why do we cover the Challah on Shabbat table?

The challah is representative of the manna received in the desert, which was enveloped in a layer of dew.

The Shabbat in Judaism is compared to a bride. Just as the bride's veil is removed after or during the blessing under the chupah, so too, the challah's are "unveiled" after or during the blessing over the bread.

"The brain is a wonderful organ. It starts working the moment you get up in the morning and does not stop until you get into the office."

--Robert Frost



FAMILY SHABBAT

WILL RESUME AFTER THE HIGH HOLIDAYS. CHECK THE NEW CALENDAR FOR DATES! HAVE A GREAT SUMMER



PARAPROSDOKIANS...



Contributed by Mirra Zara

(Winston Churchill loved them) are figures of speech in which the latter part of a sentence or phrase is surprising or unexpected; frequently humorous.

- 1. Where there's a will, I want to be in it.*
- 2. The last thing I want to do is hurt you. But it's still on my list.*
- 3. Since light travels faster than sound, some people appear bright until you hear them speak.*
- 4. If I agreed with you, we'd both be wrong.*
- 5. We never really grow up, we only learn how to act in public.*
- 6. War does not determine who is right - only who is left..*
- 7. Knowledge is knowing a tomato is a fruit. Wisdom is not putting it in a fruit salad.*
- 8. They begin the evening news with 'Good Evening,' then proceed to tell you why it isn't.*
- 9. To steal ideas from one person is plagiarism. To steal from many is research.*
- 10. Buses stop in bus stations. Trains stop in train stations. On my desk is a work station.*
- 11. I thought I wanted a career. Turns out I just wanted paychecks.*
- 12. In filling out an application, where it says, 'In case of emergency, notify:' I put 'DOCTOR.'*
- 13. I didn't say it was your fault, I said I was blaming you.*
- 14. Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.*
- 15. Behind every successful man is his woman. Behind the fall of a successful man is usually another woman.*
- 16. A clear conscience is the sign of a fuzzy memory.*
- 17. You do not need a parachute to skydive. You only need a parachute to skydive twice.*
- 18. Money can't buy happiness, but it sure makes misery easier to live with.*
- 19. There's a fine line between cuddling and holding someone down so they can't get away.*
- 20. I used to be indecisive. Now I'm not so sure.*
- 21. You're never too old to learn something stupid.*
- 22. To be sure of hitting the target, shoot first and call whatever you hit the target.*
- 23. Nostalgia isn't what it used to be.*
- 24. Change is inevitable, except from a vending machine.*
- 25. Going to synagogue doesn't make you a Jew any more than standing in a garage makes you a car. Amen*
- 26. I'm supposed to respect my elders, but its getting harder and harder for me to find one now.*