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A photograph of a narrow, historic stone street in Jerusalem. The street is lined with old stone buildings featuring arches and windows with shutters. A large, vibrant bouquet of red and white flowers hangs from a balcony on the left. In the distance, a person is walking away, and a small Israeli flag is visible. The sky is blue with some clouds.

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## FROM THE EDITORS' DESK

For many of you, this may be the first time that you have seen JTO Monthly (Jewish Toronto). Others have been reading our magazine for over three years. This month JTO has grown from a respectable 7,500 magazines a month to a whopping 40,000 magazines, which as you can see is delivered right to your mailbox by Canada Post. We are very excited about the increase in circulation, and hope that the new readership will be as responsive and forthcoming with their positive comments as our....can I say "original readers?"

JTO Monthly is a magazine catering to - though not exclusive to, the Jewish population in Toronto and Thornhill. As you will notice as you turn the pages, not only is JTO produced of excellent quality (if you don't mind me saying), it is designed to be an easy reading, family oriented magazine. On any given month you will discover great articles submitted by a variety of writers, covering a spectrum of interesting

helpful topics relating to fashion, investment, interior design, health and fitness, automotive, travel and life coaching to name a few. We also have regular columns such as Dear Esther, which often answers those difficult life questions, we sometimes find ourselves saying "we're not the only ones?" Another regular is the kids coloring contests...a real favorite. Every month we get oodles of wonderful artwork mailed to us from budding 'artists', who not only win a prize if their artwork is chosen, but have their art published in the next edition of JTO for all to see. Also, ladies - and men if you are so inclined, you won't want to miss our incredible recipes each month. Of course you will also find some beautifully creatively designed ads here to help you find the certain product and or service.

So thank you for welcoming JTO Monthly into your home. We look forward to bringing you helpful and interesting reading for the entire family. ☆

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### Candle Lighting Times

		Torah Portion	Light Candles	Shabbos Ends
June 7	Sivan 4	Nasso	8:38 pm	9:51 pm
June 14	Sivan 11	Beha'alotcha	8:42 pm	9:55 pm
June 21	Sivan 18	Shlach	8:44 pm	9:57 pm
June 28	Sivan 25	Korach	8:45 pm	9:58 pm



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## DEAR ESTHER

Dear Esther,

*Can you help us make the right decision? My husband and I have different opinions about how to deal with our children's money. This is money that they have received as gifts or have earned. Is it theirs and can they spend it as they want? Or do we have a say? Please help in guiding us. Thank You.*

Dedicated Parents

Dear Parents

It is not unusual to hear a frustrated youngster saying to parents, "But it's my money!" Yet, frustrated parents are at a loss when what was purchased is not suitable, acceptable, or a wise choice. You have raised several important issues in your question. Some may see this as a question about parenting style. They may ask how liberal or how traditional, how autocratic or even tyrannical you are as a parent.

I do not believe that your question is only about parenting style. Rather, it is a question of what is good for the child. Moreover, it is not merely a simple question of ownership, or to whom the money belongs. It is a question that involves teaching values, partnership, self-control, looking beyond immediate gratification, responsible planning, accepting authority, accepting limits, selflessness and many more important life lessons.

In order to prevent great frustration for either the parents or the children, advanced contracting is necessary. A clear and detailed understanding of how money would be dealt with should be discussed. It would help if children were included in the planning and have an opportunity to make some choices. Such choices could include: What portion of the money should be saved or spent? What purchases need parental permission prior to the transaction? What would happen if the plan is ignored?

The plan should consider the children's age, the parental style, and other particulars. The long-term benefit

of this kind of planning will certainly be greater than a moment

of instant gratification. It will help prevent frustration and conflict and assist you in preparing your children to be responsible members of society.☆



Esther Freidman M.S.W., R.S.W., Cert. Ed. Esther can be reached at 416-223-6440

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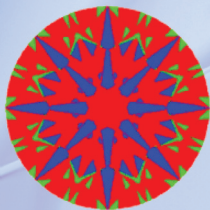
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## the hardest commandment of all

Which would you say is the most difficult of the 'Big Ten' to keep? Would it be the first, the mitzvah to believe in G-d? Faith doesn't come as easy to our generation as it did in the days of our grandparents. Children with aged parents suffering ill health and who require much attention might argue that the fifth commandment, "Honor your father and mother," is the most difficult to properly fulfill. Still others would say that the fourth commandment, to keep Shabbat, cramps their lifestyle more than any other.

While each has a valid point, personally, I would cast my vote for the last one on the list – commandment number 10: Thou Shalt Not Covet.

*"You shall not covet your friend's house; or his wife, servant, ox, donkey, or anything that belongs to your friend."* Or in simple English, don't desire his beautiful home, stunning wife, dream job, nifty sports car or anything else that is his.

It's one thing not to steal the stuff; but not even to desire it? That's got to be the hardest of all. Really now, isn't G-d being somewhat unreasonable with this one? Is He being realistic? Surely He doesn't think we're angels – He created us!

So allow me do what all good Jews do and try to answer a question with... another question. Why does the text of this commandment first list a variety of specifics – house, wife, servant, etc. – and then still finds it necessary to add the generalization, "and all that belongs to your friend"?

One beautiful explanation offered by the rabbis is that this comes to teach us a very important lesson for life – a lesson which actually makes this difficult commandment much easier to carry out. What the Torah is saying is that if perchance you should cast your envious eye over your neighbor's fence; don't only look at the specifics. Remember to also look at the overall picture.

Most of us tend to assume that the grass is greener on the other side. But we don't always consider

the full picture, the whole package. So he's got a great business and a very healthy balance sheet. But is *he* healthy? Is his family healthy? His wife looks great at his side when they're out together, but is she such a pleasure to live with at home? And if he should have health and wealth, does he have *nachas* from his children? Is there anybody who has it all?

Every now and then I find out something about someone whom I *thought* I knew well that reminds me of this lesson. A fellow who seemed to be on top of the world suddenly has the carpet pulled out from under his feet and in an instant is himself in need. Another guy whom I never

really thought that highly of, turns out to be an amazing father, raising the most fantastic kids.

As the Yiddish proverb goes, everybody has his own *pekkal*. We each carry a backpack through life, a parcel of problems, and our own little bundle of *tzorris*. When we are young, we think that difficulties are for "other people." When we get older we realize that no one is immune. Nobody has it all.

So if you find yourself coveting your fellow's... whatever, stop for a minute to consider whether you really want "all that is your fellow's." When we actually see with our own eyes what the other fellow's life is all about behind closed doors, what's really inside his backpack, we will feel grateful for our own lot in life and happily choose our very own *pekkal*, with all its inherent problems.

There is a famous folk story about a group of villagers who formed a circle and each individual opened his sack, revealing his most precious possessions for all to see. They walked around the circle of open sacks and everyone had the opportunity to choose whichever one he wanted. In the end, each one chose his own.

The Almighty is giving us good advice. Be wise enough to realize that you've got to look at the whole picture. When we do, this difficult commandment becomes more easily observable. Not only is it sinful to envy what other people have; it's foolish, because life is a package deal.★





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## WORK IT OUT!

by Jason Biette

# choosing the health club for you

So, you have made the decision to include physical activity as part of your new healthy lifestyle. Congratulations! Choosing the health club that is right for you and your family is critical. This article asks the questions you should answer before you commit to a membership.

### Is the health club conveniently located?

It should not be considered a hassle to go to your new club. Choose one that is conveniently located with easy access and ample parking. When time is of the essence (it usually is in our busy lifestyles), getting to the club and then driving around a packed parking lot for fifteen minutes can be very frustrating. In fact, the longer it takes to get to and into the gym, the easier it is to say "I just won't go today, or I'll just go tomorrow." Unfortunately the more one says this, the less chance that you'll be working out tomorrow. It's not too surprising that the highest rate of people remaining in a gym after 12 months comes from those with easy access to the gym.

### Is the gym clean and well maintained?

When going on your tour, look to see if the change rooms, washrooms, and workout areas are clean. You should count the number of "out of order" signs, and inspect the pads on the equipment for excessive wear. There should be proper sanitation materials readily available.

### Is the atmosphere right for you?

Being comfortable at your new club is important. You should look for a bright, clean facility. Don't be afraid to ask about the clientele, and watch to see what kind of members are using the club while on your tour. Family clubs and heavy-duty bodybuilding clubs are very different.

### Does the club offer a free orientation or consultation?

Sending new people into a gym full of equipment they might not be familiar with is

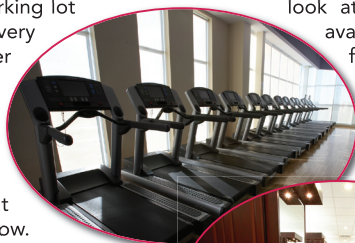
a recipe for failure. It is easy to hurt yourself if you are not sure how to do an exercise. It is good to sit down with a professional to evaluate yourself and your goals. Sometimes people set themselves up for failure with unrealistic goals. These services should be free. There should also be ample friendly staff around, if you need help with a piece of equipment or exercise.

### Does the Club offer what you're looking for?

Evaluate your needs and then make a list to refer to on your tour of the club. Take a really good look at all the programs and facilities available. Among other things, is the fitness center cognizant of specific community requirements? As an example, are there programs and workout areas in the gym respectful of the laws of modesty? Outside of these community specifics, today's fitness world, group classes and equipment are often pretty standard - what can make the real difference are the not-

so-little extras such as babysitting, kids or sports programs, pools, spas, and supervised kids programs. In some clubs, there are even ice rinks! Certain clubs have an option of dropping off your children at a supervised program while you work out. The truth is, today there are many ways to achieve great fitness. The more programs offered by the fitness center, the more likelihood that the entire family will stay interested and live the fitness lifestyle together.

Remember, take your time when selecting your new club. Don't be afraid to shop around; there are lots to choose from. Take as many free tours as you can, and don't get pressured into signing up for something you aren't going to be fully happy with. When it comes to your health and happiness, never settle!✦



Jason Biette is a Qualified Fitness Trainer at The Pavilion. Jason can be reached at [jasonb@thepavilion.ca](mailto:jasonb@thepavilion.ca)



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## COMMUNITY EVENTS

### unique program shows students what life is like with a disability

Zareinu Moveathon launches with peer-to-peer education program

In advance of the annual community event to support children with special needs in Toronto, an innovative education campaign has been launched that is designed to help kids to better understand their fellow students who live with physical and developmental challenges.

The Zareinu Moveathon Festival and Pro Tour bike ride, now in its 11th year, raises critical funds for state-of-the art treatment for kids with special needs at the Zareinu Educational Centre. Leading up to the event, the organization is working directly with the kids in schools through written materials and sensitization workshops.

The workshops separate students into groups where participants engage in activities that simulate different disabilities including struggles with speech, fine motor and life skills.

With socks on their hands to limit their fine motor skills, kids are asked to peel strings of licorice and thread it through fruit loops. To illustrate the multiple exceptionalities so many of the children at Zareinu face, this is done while wearing glasses designed to skew their depth perception. Other activities include speech and gross motor impairment exercises.

"It's a fun program with an important message that enables young people to imagine what it would feel like to have some of the challenges that children with special needs face every day. Before we ask the community to come out on June 22nd, we think it's important for them to better connect and relate to these special children," said Randy Spiegel, Executive Director for Zareinu.



As part of the education process, the Zareinu Moveathon is also presenting schools with a list of basic tips to guide student interaction with their fellow peers with special needs:

- **Do** understand the person's disability is just a characteristic. They have various levels of abilities in other areas.
- **Do** smile and be friendly, talk directly to the person in a normal tone of voice.
- **Do** ask the person who seems to be having difficulties if they would like help.
- **Do** ask the person how you can help if they say they would like help.
- **Don't** make the assumption that just because a person has physical challenges that it also means they have cognitive challenges.
- **Don't** assume that just because a person's speech is may be unclear, means they don't have interesting things to say.
- **Don't** ask a companion of the person "What is wrong with them?"

The sensitization campaign will culminate with the Zareinu Moveathon Pro Tour on June 1, a 50km, 100km and 162.5km bicycle ride along the Niagara escarpment. The celebrations will continue with a giant Family Festival on June 22 at Downsview Park that will include mechanical rides, carnival games, a Ferris wheel, Go-karting, carousel swings, pony rides, Jungle Cat World and horse-drawn wagon rides. Both days raise essential funds for the Zareinu Educational Centre, a leading treatment and care facility for children with special needs in the community.

For more information, please contact Moveathon Coordinator, Liora Meister (416) 661-1800 extension 227.✧



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## WORDS OF WISDOM

### the mayonnaise jar and two cups of coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and two cups of coffee.

A professor stood before his philosophy class with some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full. They agreed that it was.

The professor next picked up a box of sand and poured it into the jar. Of course the sand filled up everything else.

He asked once more if the jar was full. The students responded with a unanimous 'yes'.

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

"Now," said the professor, as the laughter subsided, "I want you to recognize that this jar represents your life."

"The golf balls are the important things – your family, your health, your friends and your favourite passions. If everything else was lost and only the golf balls remained, your life would still be full.

"The pebbles are the other things that matter – your job, your house and your car.

"The sand is everything else – the small stuff.

"If you put the sand into the jar first," he continued, "there would not be any room for the pebbles and the golf balls.

"The same goes for life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important.

"Pay attention to the things that are critical to your happiness. Play with your children. Take time for medical checkups. Take your partner out to dinner. Play another 18 holes of golf. There will always be time to clean the house and fix the plumbing. Take care of the golf balls first – the things that really matter. Set your priorities, the rest is just sand."

One of the students raised her hand and inquired what the coffee represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

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## hot colors for a hot summer

Have you noticed that the stores are absolutely saturated with color this season? Whether the strong, crayon like primaries, or the juicy tropical tones, there is no shortage of high voltage color to wear this summer. Problem is, how much is too much? How matched does it need to be? And what is the appropriate shoe color to work with it all?

What follows is my list for how to wear this seasons brights without looking garish.



1. If you are not planning to buy new clothing, invest in a large, bright tote bag in yellow, orange or hot pink. This is the quickest way to add color with the least possible investment. When it is no longer fashionable, it makes a great beach bag! It can be considered your neutral and does not require matching shoes. It is a stand alone statement.

2. Buy a pair of flats in a hot colored patent. This punches up denim quickly, and will move back into winter when you are back in head-to-toe black.

3. Avoid the black with brights combo, which works in the spring/fall, but is too 'color blocked' for summer. Brights belong with each other in the summertime, or with denim and whites.

4. Lipstick in a bright coral or pink suits most complexions. Just remember if you are wearing color on your lips, to minimize eye and cheek makeup. One spot of color on your face at a time is all that is necessary.

5. A scarf worn bandana style in saturated multi-tone brights may be enough to punch up all of your summer clothes. Along with your colored flats, or big tote, this will create the impact. Tone down the make-up to neutrals when wearing it though.

6. Orange and red (saffron and mango) worn together will minimize the shock of each color worn alone. Somehow, this fiery combination works, especially with a bit of white.

7. Yellow is everywhere this season. Avoid wearing it with black. (too bumble-bee) Instead, mix it with any blue or violet tone.

8. When wearing brights, keep your hose sheer and neutral.

9. Consider a summer skirt in fuchsia, turquoise, or violet. Then feel free to wear your standby black or white t-shirt on top. When the color is far enough from your face you will feel less conspicuous. Just remember you increase the color of your lipstick or blush if the top is neutral.

10. Most tones of turquoise work really well on redheads.

11. Do not assume you can not wear a color just because one shade of it does not work. Try different tones of a shade before you run back to the neutrals. ☆



Adrienne Gold is a former television personality, hosted / appeared on scores of fashion/beauty programs. Popular teacher of Judaism for Aish HaTorah Village Shul. Adrienne can be reached at [agold@aish.com](mailto:agold@aish.com)

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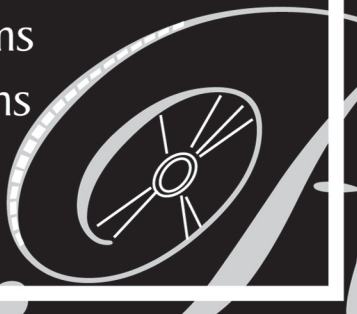
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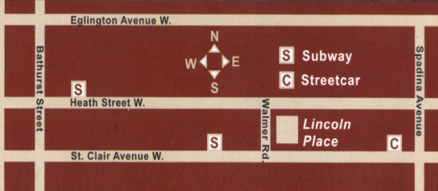
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# FUN 'N GAMES

## sudoku

				4		3		
1	7			3	8			2
			5			6		
		6		8	7			
8	1						9	7
			9	1		4		
		1			4			
7			8	5			3	6
		2		7				

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### how to play:

The object is to insert the numbers in the boxes to satisfy only one condition: each row, column and 3x3 box must contain the digits 1 through 9 exactly once.

### solution from last issue

8	9	7	2	4	6	3	5	1
2	5	4	7	3	1	6	9	8
6	3	1	8	9	5	2	4	7
3	2	5	4	1	9	8	7	6
1	8	9	6	5	7	4	3	2
4	7	6	3	2	8	5	1	9
5	1	2	9	6	3	7	8	4
9	4	8	5	7	2	1	6	3
7	6	3	1	8	4	9	2	5

## brain teasers

1

The following number has a rather special characteristic. What makes it unique?

8,549,176,320

2

What do the following numbers have in common?

3 7 10 11 12

3

What do the following words have in common?

HOUSE SHANK WOOD FLY HORN

4

If solving word puzzles if one of the things at which you are proficient, see if you can think of a 9-letter word that contains only one vowel.

answers on page 30



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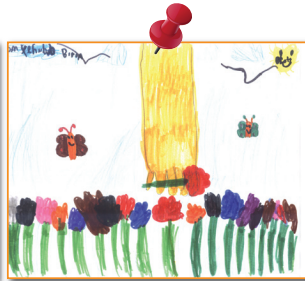


## MASTERPIECES OF THE MONTH

### spring flowers



Carmelle Rutman, Age 6



Yehuda Biren, Age 8



Chana Sara Biren, Age 11

We will choose 3 drawings to be published in our next issue.

The theme of the artwork: **Draw a picture of your favourite thing to do at recess**

Artwork is due: June 16, 2008. Contest is open to children ages 12 & under.

Winner is entitled to a surprise gift from JTO! (No pencil drawings please, they don't reproduce well)

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**Send drawings to: JTO Monthly, P.O. Box 30038, RPO New Westminster, Vaughan, ON L4J 0C6**

*If you have won masterpiece of the month and have not yet received your prize, please contact JTO at (905)731-1778*



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*Every soul is a diamond,  
and who can ever get tired counting diamonds*

*- Rabbi Menachem Schneerson*

As a jeweller, and a Jew, I've always had an eye for diamonds. Diamonds as do people, come in all shapes and sizes. Both types mineral and people, were created by G-d with similar characteristics: Both start off unrefined, both have the potential to be the brightest creations on earth, and both can offer a lifetime of pleasure to those that hold them dear.

However, the magnificent beauty of diamonds can only be revealed through the dedicated effort of highly skilled craftsmen, who lovingly envision the underlying potential, then carefully and patiently apply the right amount of pressure so as not to damage or permanently devalue these precious gems.

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### dairy recipes for shavuos

#### four cheese lasagna

- 16 oz. of uncooked lasagna noodles
- 1 (26 oz.) can tomato sauce
- 1 lb. cottage cheese
- 8 oz. shredded mozzarella cheese
- 8 oz. shredded cheddar cheese
- 1 cup grated parmesan cheese

Pre heat oven to 375°F. Bring a large pot of lightly salted water to a boil.

Add pasta and cook for 8 – 10 minutes or until al dente, drain.

In a blender or with electric mixer, blend tomato sauce and cottage cheese together until smooth.

Spoon a little of the sauce mixture in the bottom of a 9 x 13 baking dish.

Place a layer of cooked noodles over the sauce, and sprinkle a portion of the mozzarella, cheddar and parmesan over the noodles. Repeat layering of sauce, noodles and cheese; finish with a layer of cheese.

Bake in pre-heated oven for 30 to 45 minutes.



#### ice cream sandwich freeze

- 19 Ice Cream Sandwiches
  - 12 oz. frozen whipped topping, softened
  - 12 oz. hot fudge topping
  - 1 cup salted peanuts, cherries, banana slices etc.
- (Anything goes)

Place a layer of ice cream sandwiches in the bottom of a 9 x 13 inch pan. Spread a layer of whipped topping over sandwiches. Microwave the hot fudge and drizzle over whipped topping. Sprinkle the peanuts or fruit of your choice over the hot fudge. Place another layer of ice cream sandwiches over the top. Freeze for at least three hours before serving.

Remove dessert from the freezer 10 minutes before serving.

Serves 12 - 15



#### Answers to Brain Teasers found on page 20:

1. It consists of the digits 0 to 9 in alphabetic order
2. The only vowel they contain, when written out fully, is the letter E
3. Each may be preceded by GREEN to form a new word
4. Strengths. (There was a clue in the wording of the puzzle)

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