

פרשת וישלח
December 9, 2022

This week in review!

The Chevra started the week with a weekly outing to the pool billiards.

The guys were discussing afterwards that many of the shots which were taken were really difficult and were surprised when they actually went into the holes. We actually used this scenario as a group discussion back at Otsar and we learned a valuable lesson from it. The lesson that we took from a simple billiards activity was this: When things in life seem very difficult, we need to try our best and most often we actually surprise ourselves and accomplish things that we thought were not possible. **Simcha, Lipa, Tzvi L** and **Tzvi W** had a competitive game going on while right over at the next table, the rest of the group were also enjoying. The guys always look forward going to pool and had a great time this week.

This week during martial arts, **Sensei Dennis** (our new instructor) was working with the Chevra by practicing a new side kick. Besides for practicing the new kicks (which were mainly introduced for the stretches and exercise benefits) the guys were also getting their cardio workouts in by jogging around the matted arena with Dennis. Sometimes the guys race each other to see who can get around the fastest. Additionally, as part of the workout regimen, they incorporated catches with weighted volley balls by passing the ball around the





group. We feel like the Chevra are reaping the health benefits of all these great exercises.



During our daily lunch activity, the Chevra prepares their lunch from scratch. They are enhancing their cooking skills by following directions for each of the prepared daily meals. Just last week when we were making tuna patties, **Shmuel, Gavriel, Hudi, Shlomo** and **Evan** each took turns putting in the ingredients and then forming the tuna patties themselves. The way that the group worked together was nice to see and of the course this resulted in the patties looking and tasting great.



After we finished dicing up vegetables for our salad that we prepare fresh as a part of our nutritional program, we make our own salad dressings. Each of the dressings requires exact measurements for it to come out tasting good. Not only do our salads taste great, but everyone's cooking skills are increasing as well.

Another quick mention is that we had our weekly baking with **Anat!** We baked apple muffins and we made a fruit salad. We really enjoyed how delicious they were.



Who can forget, that this week was **Yidi Furst's** birthday! Happy birthday Yidi, and many more in good health until 120! We celebrated the birthday with a beautiful ice cream cake. Thank you to Yidi and family for sponsoring the cake and soda. A few of the guys prepared a very nice speech in honor of Yidi's birthday, which was delivered beautifully during the celebration.

As we all know Chanukah is fast approaching. As we do each year, the Chevra participates in an annual toy drive which is located in Bergenfield, New Jersey. They will help by packing up dozens of toys



to bring back to Brooklyn and then have them distributed to various people in need. They are definitely looking forward to this annual event.



During Chanukah, we will IY'H be making our own olive oil from scratch! **Rabbi Fried** from the Chabad of the Upper West side (who the Chevra made Shofars with before Rosh Hashana) will be coming to our own home base at the Chevra to make Olive oil with the guys! We have done this in years past and it is always super fun and educational and this year we are looking forward to seeing Rabbi Fried's new twist to make fresh squeezed olive oil.

In addition, we also have some other excited Chanukah plans which we will announce as we get closer. We can't wait!

Have a great Shabbos!

Mr. Kerper



Thoughts from Parshas Vayishlach:



Chazel tell us that Timna was a princess. She sought to convert. She came to each of the patriarchs with her request, but they each refused her. She then went to Elifaz, the son of Eisav & became his concubine. She said, "I would rather be a maidservant to this nation than to be a queen by another nation". The product of this union was Amalek, the archenemy of the Jews. Why? Why did we deserve to have Amalek descend from her? It is because the patriarchs should not have distanced her. They



should have brought her under the wings of the Shechinah by converting her. Hashem takes the Avos to ask for a decision that was probably justified because the Avos certainly saw Amalakeon character traits within Timna. Perhaps, however, they could have worked on purging those negative character traits. That is why we have suffered over the years at the hands of Amalek & his descendants.

[Source: Peninim on the Torah- vol.10- Rabbi Scheinbaum- 216.231.5838- Ext.165]

Have a pleasant Shabbos!

Rabbi Gross

A few jokes for you...

Q. Why did the boy put his Chanukah money in the freezer?

A. Because he wanted cold hard cash!

Q. Why did the dreidel go to the doctor?

A. It kept on getting dizzy spells!

Q. What's the best thing to put into the doughnut?

Your teeth!

