

What's On This Week

David Zvi Kahn

Sunday March 15, 2009

SUNDAYS on BLOOR

Lecture with Rabbi Elyse Goldstein New Jewish Feminism: Probing the Past, Forging the Future 11:00 am – 12:30 pm \$9 per lecture drop-in - includes a light breakfast For more information contact Ilana Hirt jewishlife@mnjcc.org (416) 924-6211 x 154

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Toronto Jewish Film Society presents CONTEMPORARY ISRAELI VOICES: 3 short films

The Red Toy, The 74th, Out For Love, Be Back Shortly The Red Toy depicts a Palestinian boy who finds a red toy, but soon loses it. Jerusalem's surveillance cameras watch as the toy makes the rounds, from Israeli soldier to Japanese tourist, from nun to an Orthodox Jewish boy. But what are the cameras looking for? A typically striking short film from the Sam Spiegel Film and Television School. The 74th documents an Israeli veteran of the Lebanon war struggling with the tragic memories of lost comrades, as he tries to conquer his own demons to get on with his life. A poignant short film from the Sapir College Film School. In Out For Love, Be Back Shortly, filmmaker Dan Katzir searches for love against the backdrop of events that culminated in the assassination of Israeli Prime Minister Yitzhak Rabin. An unforgettable love story. Featured Speaker: Shlomo Schwartzberg Two screenings: 4:00 pm and 7:30 pm Al Green Theatre Rush Tickets on sale at the door 15 minutes before each screening: \$15 general admission \$10 18-29 (7:30pm only) For screening info please contact: Esther Arbeid x 606 film@mnjcc.org



To See Your Event Listed in this Section email zvi.kahn@gmail.com

The Latest News from Health In Motion Rehabilitation

The Back Pain workshop at Health In Motion Rehabilitation last month was popular. We are holding another one in April for parents of Children with Disabilities. The goal of the next workshop is to teach parents how help their children become more independent at home. Space is limited, so you should register now for this April 22 workshop at our clinic in the Bathurst Medical Centre.

The March issue of Health In Motion's newsletter Good Health News has just been posted at our website. It contains the latest research news about: Vitamin D and the Multiple Sclerosis Gene; Physiotherapy after Knee Replacement Surgery; How a Diet with Fruits and Vegetables may Lower Breast Cancer Risk; Hormone Replacement Therapy Link to Breast Cancer. You may also want to check this issue of Good Health News in case you are using an LG cell phone that has been recalled due to high radiation levels. These phones will be replaced free of charge until the end of March. Over a year of helpful Good Health News articles are archived at our website.

Health In Motion still has job postings at our website for a Physiotherapist and a Massage Therapist. These positions will complement the therapists already treating clients at Health In Motion.

A unique and effective type of children's neurological rehabilitation is practised at Health In Motion. It will be introduced at the Children and Disabilities Workshop in April. Our website has more information about a number of children's disabilities, and the range of therapies we use to treat them.

For a free copy of our GOOD HEALTH NEWSLETTER, or to arrange a consultation or treatment at Health In Motion, please call 416-250-1904. For more Health In Motion news visit: www.healthinmotionrehab.com

From Margie's Kitchen....

By: Chef Margie Arosh

"Pizza Pasta"



Last week I was honored to teach a class at the Reena Foundation. We prepared a lovely meal that is a favorite of all kids, 'A Taste of Italy'. The menu began with tomato burshetta and salad. The main course was two types of pasta and for desert we made a delicious yogurt parfait and chocolate balls. The kids enjoyed preparing and eating their own food. Actually, I felt I was the one that left with valuable lessons and new found friendships. What I learnt was that food really is love. It is truly a universal connector.

With our children spending countless hours in front of a tv, or playing video games there is a growing concern of childhood obesity. Given the lack of exercise, the bombardment of the fast and junk food eras and our crazy schedules, parents have a lot to contend with.

In my opinion we need to go back to the basics. Back to the time when we were kids and played outside, when all ours meals were prepared at home and hours were spent around the kitchen table.

Like with anything education and balance is the key. Good eating habits are born at home. Today we are paying a high price not only financially but mostly for the lack of time spent with our children.

Teach your children to cook. Children love to be in the kitchen and it is a wonderful way to instill good eating habits, spend precious moments and pass on family traditions.

Pizza Pasta

Ingredients:

- 1 ½ cups leftover spaghetti with sauce
- 3 eggs
- 3 tsp extra virgin olive oil
- 1/3 cup freshly grated Parmesan Cheese
- 1/2 cup mozzarella cheese
- 1 teaspoon dry oregano
- Salt and freshly ground pepper to taste

Directions:

In a bowl, beat eggs season with salt, pepper, and oregano. (If pasta seemed dry add extra sauce) before adding to egg mixture. Heat olive oil in a large non stick fry pan. To test oil temperature, drop a piece of spaghetti into the pan. If it sizzles upon contact, the oil is ready. Pour spaghetti mixture into pan and flatten it out like a pancake. Fry for 2 minutes

on medium high heat or until golden brown.

It is important to drain all excess oil from the pan before flipping the pasta over. To flip the pasta, cover pan with a plate larger than the pan and hold it covered. Flip the pan and plate together to transfer pasta onto plate, then slide the uncooked portion back into pan and continue cooking for another 2 minutes or until golden brown. Serve warm or cold.

Bruschetta with Tomato Topping

Ingredients:

- 1 french stick ½ inch slices on the diagonal
- 2 tablespoons chopped fresh oregano or 1 teaspoon dry
- 2 garlic cloves, cut one in half the other mince
- 2 or 3 large chopped fresh tomatoes
- 2 tablespoons extra virgin olive oil
- Salt and pepper to taste
- for dairy, top with mozzarella or parmesan cheese
- for a spicy kick add ¼ teaspoon chili flakes

Preparation:

Combine tomatoes with olive oil, crushed garlic, oregano, salt and pepper and set aside. Grill or toast the bread until golden. Rub the ½ garlic clove on the toast, top with the tomatoes and serve.

Serves 4 - 6



Chef Margie Arosh is the owner of 'Margie's Kitchen', a Personal Chef Catering Service and Cooking School. She is also the chairman of the "UJA Food for Thought Program", with the Israeli Forum.

Passover Catering Available!

- margieskitchen@gmail.com

