

March 23, 2012      29 Adar 5772  
 Shabbat Parshat: Vayikra  
                             Rosh Chodesh Nisan  
                             Shabbos HaChodesh  
 Candle Lighting: 7:13 p.m.

Vol. 13, Issue 24

### The Three Mistakes

“ נפש כי תחטא בשגגה מכל מצוות ה' - When a person sins inadvertently (*beshogeg*) against any of the *mitzvos* of Hashem...” (Vayikra – Chapter 4, verse 2.)

The classical definition of *beshogeg* (inadvertently) implies to one of two states of mind: 1) the person was not aware of what he was doing; 2) the person thought the action was permitted. Based on the wording of the above verse, the collection of Torah thoughts called Ma'ayana shel Torah takes this idea one stage further: the person thought that the action was a *mitzvah!*

In other words, there are certain actions which we could easily consider as *mitzvos*, yet are actually undesirable actions which require atonement. Some examples to demonstrate this unfortunate paradox: learning Torah during the repetition of Amidah; giving *musar* (berating) a child in public for a misdeed; speaking *lashon haTorah* in the name of “you just have to know the following about so-and-so.” It is most important for us to be truly aware of our intentions, and not allow ourselves to be misled by a misguided spirit of self-righteousness. Doing what is right in the eyes of Hashem implies honestly assessing how G-d would want us act in any given situation. Shabbat Shalom.

**Rabbi Eleazar Durden**

**Judaic Studies Principal**

### MAZAL TOV

Mazal Tov to **Rabbi Shlomo and Leah Estrin** on the Bas Mitzvah of their daughter **Hadassa**. Mazal Tov as well to the entire extended family.

Mazal Tov to **Rabbi Avraham and Shifra Feigelstock** on the upcoming Bar Mitzvah of their son **Uri**. Mazal Tov as well to the entire extended family.

### DAVID HOROWITZ LECTURE

VHA in conjunction with the Faigen Charitable Foundation is presenting a lecture entitled, “The War Against Israel,” with David Horowitz on **Sunday, March 25<sup>th</sup>, 6:30 p.m.** in the Wosk Auditorium at the JCC. David Horowitz is founder of the David Horowitz Freedom Center, whose mission is to defend the principles of individual freedom, the rule of law, private property, and limited government. Tickets are \$45 and may be purchased at [www.ticketWeb.ca](http://www.ticketWeb.ca) or by calling 1-800-222-6608.

### THANK YOU

The VHA Staff would like to thank the PTA for providing such a wonderful staff appreciation lunch this week. Special thanks to **Bassie Tauby, Shoshana Freedman, Tova Strausberg, Ronit Orzech, Rochel Kamin, Meira Pacht and Gila Ross** for arranging for the food, providing student supervision, and collecting notes of appreciation from the students for their teachers.

Thank you to **Dina and Jeff Sacks and Family** for the donation of books to the preschool classroom.

VHA AND THE FAIGEN FAMILY ARE PRESENTING A LECTURE BY DAVID HOROWITZ ON MARCH 25<sup>TH</sup> AT THE JCC. FOR TICKETS GO TO [www.ticketWeb.ca](http://www.ticketWeb.ca)

## Rabbi Estrin's Yiddle Riddles

They start out the same,  
Just time is between them.  
From rain and from grain,  
And I know you've all seen them.

And one becomes villain,  
The other we eat,  
And covered with chocolate,  
It's even a treat.  
What are they?

Log on to our website at [www.vhebrewacademy.com](http://www.vhebrewacademy.com) to find the answer to the Yiddle Riddle.

## ROSH CHODESH TREATS

Thank you to **Rabbi Mendy and Bassie Tauby and family** for sponsoring this weeks' Rosh Chodesh treats in honour of their son **Yossi's first birthday**.

## SCHOLASTIC BOOK FAIR

Thank you to **Mrs. Judy Cox and Ms. Wendy Goodman** for organizing our Scholastic Book Fair. Thanks as well to our parent volunteers for their help selling books during this two-day event: **Connie Gitlin, Josie Wolfson, Ludmila Gurevich, Shaina Gabay, Gila Ross, Etti Goldman, and Liisa King**. Thank you to our school families for supporting the school (and literacy), through their purchases at the book fair.

## HEALTHY LIVING

### Healthy and Budget Friendly?

A common myth about eating healthier foods is that it costs more. True: plain and unsalted whole nuts, whole grain rice, whole wheat pasta, healthier cereals and organic produce and dairy products cost more than the less healthy version, but consider the following:

- Meats are a pricey protein item. How many times per week do you eat chicken or beef? Make a goal to decrease this number. Maybe meat only on Shabbat? Find a plan that works for the whole family.
- Tofu is reasonably priced, a great source of protein and calcium, and soy protein may help lower blood pressure. Tofu is often on sale, so stock up because it can last a while unopened in

the fridge. Substitute cubed firm tofu for chicken or beef (like in stir-fry).

- Other wallet-friendly protein sources include canned salmon, eggs and peanut butter (go for "natural" varieties made with only peanuts).
- Explore your kitchen. Double check what you already have in the back of your pantry or freezer, so you don't buy stuff that you already have, or so you don't waste something because it expired.
- Use beans! There are many different types, each having unique amounts of fiber and vitamins, so change it up each time. Try making chili out of slow-cooked beans, or burritos with beans, rice and veggies.
- Cheese generally has a higher price tag, so try to decrease the amount you use. For pizza add less cheese and more veggies.
- Eat oats! They help lower cholesterol and have lots of fiber. Instead of boxed cereals for breakfast, go for rolled oats and make your own oatmeal. Buy large bags of generic brand oats, which are as healthy as name brand.
- Look for plain, non-fat yogurt when it's on sale and buy a few extra. Bulk sized yogurts cost less.
- Buy whole grain rice, whole wheat pasta, dried beans and frozen vegetables when they are on sale since they can last for so long.
- Go for in-season produce as it usually costs less. Visit farmers markets, such as Richmond Country Farms (opens end of March), which have more selection of local, in-season produce.

Elizabeth Nider is a Certified Personal Trainer with a special interest in children's health. She can be reached at [elizabeth@nider.org](mailto:elizabeth@nider.org) for any questions or suggestions for future topics.

## VHA GIFT BASKET RAFFLE

The beautiful gift baskets created by VHA staff and students are now on display in the main hallway of the school, and can be viewed online at [www.vhebrewacademy.com](http://www.vhebrewacademy.com). Please see the attached gift basket raffle form. The drawing will be held at the Lag B'Omer BBQ on May 10<sup>th</sup>, 2012.

## PARENT/TEACHER CONFERENCES

Thank you to all of the parents who made time in their schedules to attend conferences this week. A strong Parent-Teacher partnership is our best ally in ensuring your child's academic success. Thank you for partnering with us! Thank you to **Morah Liron, Morah Rowena and the Grade 7 students** for providing such excellent childcare during this week's conference times.

## SCHOOL SURVEY

Thank you to all the parents who took time to fill out our school survey online. Congratulations to **Josie and Dan Wolfson** who won the Safeway gift card draw for filling out the survey.

## JEWISH READS

Thank you to the following people for buying Judaic Books for our school library at the Scholastic Book Fair this week: **Josie and Dan Wolfson, Rabbi Yechiel and Chanie Baitelman, Aviva Laye-Gindhu and David Gindhu, Shaina and Eli Gabay, and Ms. Alaina Smith.**

If you would like to donate a book, please contact Morah Brody at [MorahBrody@gmail.com](mailto:MorahBrody@gmail.com).

## SAFeway CARDS

To purchase cards, please call Robyn Blicher at 604-224-1862. Cards are also available in the school office in \$50 and \$100 denominations. **This is a great way to support VHA at no cost to you.**

*Please mark your calendar*

### March 2012

- 25<sup>th</sup> David Horowitz Lecture, 6:30 p.m. in the Wosk Auditorium at the JCC
- 27<sup>th</sup> Preschool 4 to Model Matzah Bakery
- 28<sup>th</sup> Grade 3 to Model Matzah Bakery

### APRIL 2012

- 2<sup>nd</sup> Pesach Assembly led by the Kindergarten Class at 11:00 a.m
- 4<sup>th</sup> Non Uniform Day
- 4<sup>th</sup> Last day of school before Pesach Break
- 5<sup>th</sup>-13<sup>th</sup> Pesach Break (school closed)
- 16<sup>th</sup> School Reopens
- 16<sup>th</sup> Lice Check
- 23<sup>rd</sup> Class Photos, Graduation Photos and School Panorama Photo
- 23<sup>rd</sup> Preschool Parent Information Evening, 7:30 p.m.
- 24<sup>th</sup> Hot Lunch
- 26 Yom HaAtzma'ut

## VHA Community Announcements

**Chabad of Downtown** invites you to celebrate a traditional Passover Seder on Friday, April 6<sup>th</sup>, 8:00 p.m. at the Holiday Inn, 1110 Howe Street in Vancouver. RSVP by March 28<sup>th</sup> to [www.chabadcitycentre.com/seder](http://www.chabadcitycentre.com/seder).

Schara Tzedek invites all families to **Pizza and Pesach Packages** on Sunday, March 25<sup>th</sup>, 1-2:30 p.m. Come and help package and deliver Pesach food and make your own Seder puppet. Call Gila Ross at 604-365-3450 to register.

# *Vancouver Hebrew Academy*

*in conjunction with*

*The Faigen Charitable Foundation*

*Presents:*

## *The War Against Israel*

*with David Horowitz*



There is a war being waged against Israel on the campuses of North American universities. A war for the hearts and minds of our youth. It is well-funded by supporters of terrorist organizations and has reached epic proportions. It is time to defend the truth.

David Horowitz founded Students for Academic Freedom (SAF), which now has chapters on 200 college campuses, asserting that, "You can't get a good education if they're only telling you half the story."

Join us as David offers the voice of truth and balance that is so grossly under-represented on the campuses of our universities.

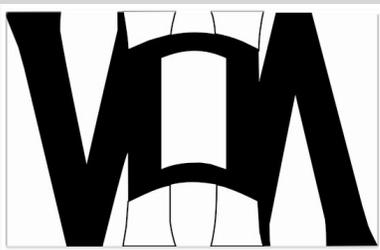
David Horowitz is founder of the David Horowitz Freedom Center whose mission is to defend the principles of individual freedom, the rule of law, private property, and limited government. Of the many books he has authored, four are dedicated to the radicalization of university campuses in North America.

# SUNDAY, MARCH 25, 2012

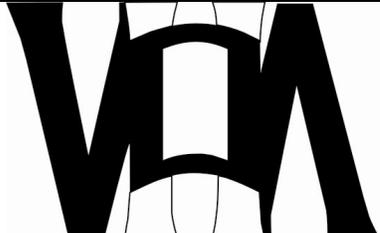
Jewish Community Centre-Wosk Auditorium 6:30 PM

950 West 41st Avenue, Vancouver, BC

Tickets are \$45



Purchase tickets at [www.ticketWeb.ca](http://www.ticketWeb.ca) or by telephone 1-888-222-6608. For more information please contact Rabbi Pacht at 604-266-1245 or via email at [vhalecture@gmail.com](mailto:vhalecture@gmail.com).

	<h1>Gift Basket Raffle Order Form</h1>
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**Gift Baskets created by staff and students of VHA.**

The minimum value of each basket is \$75.00.

Proceeds will directly benefit curricular programs within the classroom.

**NAME:** \_\_\_\_\_

Grades	Theme	Price per Ticket	# of Tickets
P3/P4	Everything for Baby	\$5.00	
K/1	Arts & Crafts	\$5.00	
2/3	Scrapbooker's Dream	\$5.00	
4/5	A Night at the Movies	\$5.00	
6/7	Sports Day	\$5.00	
	<b>5 tickets for \$20 20% Savings!</b>	<b>\$20.00</b>	

<b>Total # of Tickets Purchased</b>	
<b>Amount Enclosed</b>	

These beautiful baskets are on display in the main hallway of the school, and can be viewed online at [www.vhebrewacademy.com](http://www.vhebrewacademy.com).

The drawing will be held at the Lag B'Omer BBQ on Thursday, May 10, 2012.