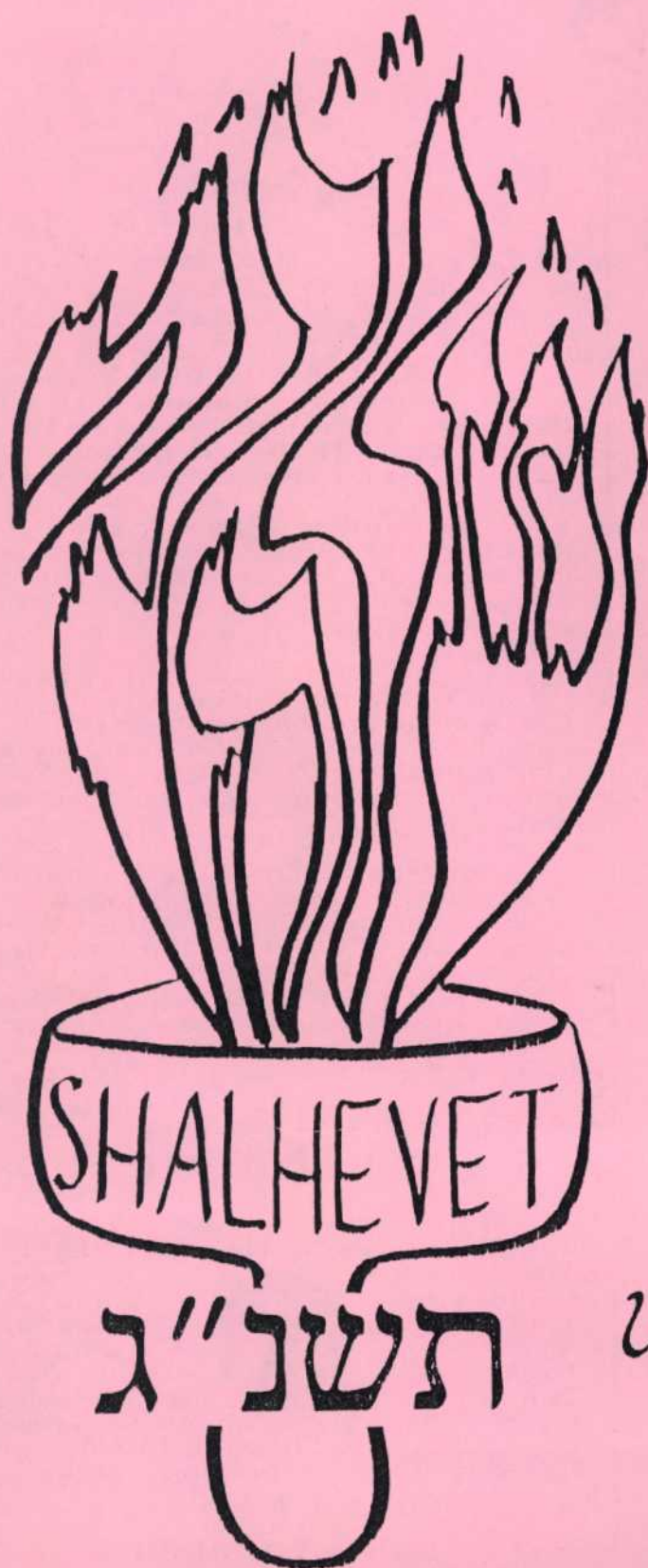


ג'ס"ד



INSIDE:

SULAM SWINGS...

Page 6

NITZIS STRIKE GOLD.....Page 2

SCIENTIFIC SUPPORT FOR CURFEW...2

STAFFER OF THE ISSUE.....Page 6

FROM HERE AND THERE.....Page 5

TORAH.....Page 3

HEBREW.....Page 4

ROVING REPORTER..Page 8

Volume XX, number 6

August 6, 1993

פרשת עקב



NEWS



SCIENCE TIMES SUPPORTS CAMP MORASHA CURFEW

Sleep deprivation in animal laboratories can be fatal. So reports an article in Tuesday, August 3, 1993 Science Times report. "A college student goes two nights without sleep to cram for exams and on the third day comes down with a cold." "A surgery patient who is awakened four times a night in the hospital begins to recover only after going home and getting a good night's sleep."

These examples as well as experiences similar to those in your own personal life show that sleep loss promotes illness.

Experiments now show that the immune system is repaired or strengthened during sleep and in fact sleep is likewise influenced and regulated by how one feels. The findings indicate that sleep serves some restorative function within the brain.

The studies performed thus far seem to indicate the idea that people in crisis who may not be sleeping well have depressed immune systems. Proper sleep habits and good rest procedures will enhance our immune systems making us healthier and more productive.

ALUFIM COMBINE RUCHNIYUT & GASHMIYUT IN KOLLEL- DJ TRIP

In another of the Education Department's innovative programs, Alufim travelled to the Kollel campus Sunday evening for a joint learning session with the College Kollel. In the Chevruta setup, Alufim and Kollel studied about Tu B'Av and the related Mishnayot.

Taking advantage of their proximity to DJ's, Alufim followed the Ruchniyut with a trip for ice cream to balance with Gashmiyut.



NITZIS STRIKE GOLD IN SENECA

BY ADAM MELZER

AS THE SHALHEVET goes to press, word was received that the Nitzanim were victorious in the under 10 softball tournament Thursday at Camp Seneca Lake.

The winning players and coaches received gold medals and Morasha was awarded the first place trophy. David Furst (pitcher) was the MVP.

In the first game Morasha trounced Camp Chitiwanda 23-1! In the nail-biting finals, Morasha edged out Seneca 10-9 which was highlighted by fine grabs by Daniel Gober who ended the game with a diving catch.

The champions were Steven Bressler, Jordan Bryk, Zachary Grauer, Marc Plaut, Michael Stein, David Furst, Elliot Kollander, Yossi Shmulewitz, David Blum, Joshua Friedman, Michael Gibber, Nachi Light, and Daniel Gober. Coaches were Seth Dimbert and Adam Melzer assisted by Ilan Meister.

ILANOT STAR IN CHEAPER BY THE DOZEN

ILANOT held center stage in a delightful production of CHEAPER BY THE DOZEN.

Produced
Wednesday
Thursday
in the
The show



Benjy
Rachel Mansdorf, Alison Steinlauf,
Jared Harary, Jessica Fragin, and
Daniel Sprung in leading roles.

ONEG SHABBAT

Tonight's speaker will be Rabbi Heshie Billet who will enlighten Morashaniks on PAN AM 101.

Torah Thoughts

A D'VAR TORAH . . .

ON PARSHAT EKEV

By Tzvi Pittinsky, College Koller

In Parshat Ekev, Moshe recounts the writing of the second luchos. The Midrash explains that with the first luchos Hashem gave Mosheh the Torah SheBaal Peh, which included explanations of the Mitzvot and straight Halacha. With the second Luchos, Hashem gave the Thirteen Rules by means of which the Torah is expounded. These rules gave the rabbis the ability to actually learn out new halachot through a rigorous reading of the Torah. Why was there a difference between the first and second luchos?

The Netziv explains that the first luchos were given before the Chet Haegel. The intention was that Bnei Yisrael would soon enter Israel with their own government and Beit Hamikdash never to be exiled. What was needed was simple explanations of what to do and how to do it. Torah learning was meant to be a means to an end, not an end in itself. For a spiritual attachment to Hashem Jews had many other avenues.

With the Chet Haegel, the situation of Bnei Yisrael was forever changed. Shattering the luchos started a chain reaction of sins which would ultimately lead to galus.

As long as the Jews lived in Israel, they were relatively safe from outside influences. But once the Jews were living in foreign nations with no centralized Jewish government or Beit Hamikdash the threat of assimilation became a distinct possibility. How could they retain their Jewish identity?

With the Thirteen Rules given with the Second Luchos, the Torah could be expounded through learning. The Jews could make the Torah an expanding body constantly being recreated through CHIDUSH. Through Torah learning B'nai Yisroel could retain their connection with Hashem under the most adverse circumstances.

In Morasha we should take this to heart and realize the special gift Hashem gave us with the Second Luchos. As we learn, whether in sheurim or on our own, we should appreciate that Torah is not merely a class or a textbook, but a living Torah which we can help create through our active participation.

OUR FACULTY WRITES. . .

ON V'OCHALTA V'SAVATA...

BY RABBI SHIMON KERNER
EDUCATIONAL STAFF

The Gerer Rebbe (Chidushei HaRim) once asked one of the elders of the Kotzker Chasidim to relate a Torah thought from the Kotzker Rebbe. The Chasid told how amazed and frustrated the Rebbe was by the fact that people did not reach high spiritual levels of closeness to Hashem just from reciting BIRKAT HAMAZON. After all the method used by AVRAHAM AVINU to create G-d awareness amongst people was by feeding his guests bountifully. And then after the meal when the guest wanted to express his thanks to the host, Avraham would say: "The blessing doesn't belong to me, but to the Master of the World." Thus they would be brought under Divine wings.

That is indeed inspiring, answered the Gerer Rebbe, but I am even more amazed that people don't achieve Divine inspiration from eating itself. Doesn't the verse say-

יָדָא שׁוֹר יָדָא וְחֹמֶר וְיָדָא וְחֹמֶר וְיָדָא וְחֹמֶר

"The ox knows its owner, and the donkey its master's crib. (Yeshaya 1:3) If a donkey which has no intelligence recognizes its source of sustenance, humans should certainly be able to reach that level!

Often we realize our human weaknesses and vulnerability only when we are in need. After we have eaten and are satisfied we forget our dependence upon Hashem.

Let us all strengthen our appreciation of the many blessings which Hashem bestows upon us - our health, wealth, and ability to serve our G-d - by being more careful to say our BRACHOT ACHARONOT, as well as all our BRACHOT all the time, and with more feeling.

Through this we will B'EZRAS HASHEM have constant and consistent blessings from the SOURCE of all BRACHOT, and HASHEM Y'VORACH ET AMO B'SHOLOM.

Good Shabbos.

עמוד עברי

המלך הרשע שדור למוטב

פעם אחת שאל שר אחר את המלך: הנך נא לי מרוש היום בע בראשונה ושעה הנך טוב? מה הביא איתך לשנות את הדבר?

ענה המלך ואמר: שאלה טובה שאלת. פעם אחת עברתי דרך נהר וראיתי קלב רובה אחר שועל. השני (reached) בקלב את השועל ונשך אותו בקנה. ונשועל וכל מאד כי באבו הנה גדול. השועל הנה ושאר פסח (lame) קל הנמים. והקלב שב לו אל הכפר והנה עבר איש רובב על סוס. הכרש (horseman) וכן אכן בקלב ונהל הקלב נשכרה. הכרש רבב לו הקלף לדרך. והנה החל הסוס לרוץ מהר מאד. עד כי נפל אל בור ונקלו נשכרה.

ראיתי קל בדברים האלה ואמרתי אל לבי: ה' משלם לקל איש כמעשיו. הוא קשלה טובה לצדיקים ורעה לרשעים. לכן אשוב את דרכי הרעה ואעשה טוב לקל האנשים.

לפני שנים רבות היה מלך בע מאד. וכל האנשים קראו לו "מלך רשע" והתפללו לה' כי המלך הרשע ימות ואז יקים מלך קדש וטוב ממנו.

פעם אנה המלך הרשע לקל האנשים הנושאים בארצו להתאסף לאספה (meeting). והאנשים פחדו מאד וקאו בלם. הם המלך ואמר להם:

יודע אנכי כי עשיתי לכם רעות רבות ואין אתם אוהבים אותי. אך מבטיח (promise) אנכי לכם כי מהיום הנה והלאה איטיב עמכם. למען תהיו קלכם בשלום ובאשר (happiness).

ובאשר אמר המלך בן עשרה. הוא שלח לקל ציר וקצר צורים (officers) טובים וישרים. והם חקנו (fixed) את הדרכים. למען יוכלו הסוסים לרוץ דקם. ובני ישרים (bridges). והפס (tax) אשר לקחו מן העם היה קטן. ואם היה ריב (quarrel) בין איש לבין רעהו שפטו איהם דבר. או נהפך לב העם ואהבו את המלך אהבה רבה.

בעלי צדקה מאריכים ימים

אמרו עליו על בנמין הצדיק שהיה ממנה על רפה של צדקה. פעם אחת באה אשה לקניו בשני-בצרת. אמרה לו: רבי, פרנסני! אמר לה: העבודה, שאין בקפה של צדקה כלום. אמרה לו, רבי, אם אין אתה מפרנסני הרי אשה ושבעה בניה מתים. עמד ופרנסה משלו. לנמים חלה ונטה למות. אמרו מלאכי-השרת לפני הקדוש-ברוך-הוא: רבוננו-של-עולם! אתה אמרת: כל המקיים נפש אחת מושראל באלו קים עולם מלא - ובנמין הצדיק, שהחיה אשה ושבעה בניה, למות בשנים מועטות הללו! מיד קרעו לו גורדינו והוסיפו לו עשרים ושנים שנה על שנותיו.

מאמרים

המלך שנה והמלכותיה - תחיל שנה

איהם _____ מכל העמים.

ועשו בלם _____ אחת לעשות רעוה בלבב שרם.

כי העביר ממשלת _____ מן הארץ.

שומחה _____ וישון לעורה.

כי לא תחפץ במות המת כי אם _____ מדרךיו ותת.

שוב יום אחר _____ מיתתה.



Handwritten notes in Hebrew script, including the word "אשר" and other illegible characters.

FROM HERE AND THERE

DAY CAMP MITZVES



DAY CAMP SURVEYS GIRLS' CAMPUS

By Menachem Besser
and Joseph Winkler

(The authors are third graders in
Brooklyn Yeshivot)

Our group was asking people what their favorite holiday smell was. We asked a lot of girls and staff, even the warehouse staff.

We found out first that most people liked Pesach. But at the end Sukkot was the winner with 17 points.

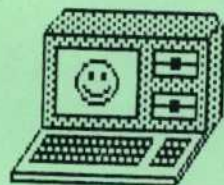
Everybody had a fun time.

kitchenews

Waiters and Sports Staff tied in a hotly contested softball game last Friday.

officeinfo

According to the latest count, 87,422 copies have been made on the main copier in the office so far this summer.



OUR READERS WRITE

TO GRAB A MITZVAH

BY SHIRA RESNICK, NEHAMA MILLER, UIVI
MALINA, & BATYA SCHMUTTER, ALUFOT

I saw the Mitzva sitting
there,
Right before my eye.
I knew just then that it
was mine.
I knew I had to try.

I knew I had to grasp it,
To fulfill it to its whole.
I also knew from that point
on,
That now I had a goal.

I was ecstatic, I had a
chance,
The love shined through
and through.

I couldn't wait to serve
Hashem
With the Mitzva I would do.

The bond I felt between me
and G-d
I knew would never break
Because every Mitzvah that
came into sight
I ran to go and take.

bashert response

Yechiel Hirth of Machon is
related to the following
Bashert couples: parents,
uncle & aunt, & cousins



WABE SIX

NITZANIM START THEIR OWN SHABBAT MINYAN

BY SHMUEL FURMANSKY,
DIVISION HEAD

The past few weeks as you've looked the Mercazia on Shabbat, you've noticed that there is a whole section of campers missing during Shacharit. That is because the Nitzanim have started their own minyan for Shacharit on Shabbat.

During the week the Nitzi boys conduct their own Minyan led by Rabbis Cohn and Wadler, the goal of which is to get all the boys involved in the davening and to allow them to become more familiar with the prayers. This is accomplished by choosing certain Tefilot to be said out loud at a slower pace and thereby better acquainting the Nitzanim with their Tefilot.

The Shabbat Minyan was started as a continuation of that idea. After all, our Shabbat davening should be just as special, if not more special than our daily davening. In the Shabbat minyan we have tried to focus on the special Tefilot said only on that special day. We have already done HODU LASHEM, MIZMOR L'YOM SHABBAS, and NISHMAS, all of which have been explained prior to their recitation. At the end of davening one of the boys delivers a D'var Torah.

But wait! There's more! When the Nitzanim return after breakfast to the main minyan in the Mercazia, they are greeted by a Parsha sheet giving them summaries of each Aliyah and questions to keep them busy during the Torah reading. Between Aliyot counselors look for Nitzi's who have quietly raised their hands to voice their questions.

All in all the Nitzanim are learning and davening better than ever and are contributing very important tefilot on behalf of K'lal Yisroel. We hope they will continue to do so with the help of their new Shabbat minyan.



STAFFER OF THE ISSUE.

JEFF KOBRIN
ED STAFF

This week's STAFFER OF THE ISSUE was found among Morasha's prestigious Ed Staff. JEFF KOBRIN, spending his 10th summer in Morasha, is a first year faculty member on his way to a profession of Chinuch. He will soon be leaving for a second year at Yeshiva Har Tzion in Gush where he's learning for Semicha.

Jeff came to Morasha as an older Shtili with Rabbi Mark Dratch as his division head (No, Jeff does not advertise in SHALHEVET). Since then he has been a Shtili division head himself, as well as counselor for Ilanot and the Machon and an honorary member of the music staff.

Our educator does miss the traditional golf cart and beeper of the Machon counsellingship, but "Anyway, I usually don't get any calls to give an emergency Shiur, and my successor Elly Storch would lend me his if I did."

Jeff admits that the work load of a Morasha faculty member is heavy (whether the days are starred or not), but his most interesting experience this summer was getting marshmallow treats from his class of Shtili girls. "From them we all can learn to show appreciation to teachers."

Jeff studied at Ramaz, Yeshivat Shalvim, and Columbia University. His advice to our readers: "Never say that you're too old for camp."

We wish our Staffer much Hatzlacha as he embarks on a very special career for very special people.

SHALHEVET STAFF

EDITOR.....RITA SIFF

PRODUCTION.....Deborah Gottesman
Aliza Mark, Gila Sandhat

TECHNICAL ADVISORS..Paula Spodek, Shirel Storch

COLLATERALS.....Older Day Camp

FEATURES



ALUFOT LETTERS. . .

TUESDAY, AUGUST 3
AV 16, 5753

Dear Readers,

This week was a very busy one for the Alufot Division. For some reason it always seems to be Friday in this camp. In three weeks from now we'll be home. The time just flies by, but where does it go?

Thursday was our annual canoe trip. We were blessed with beautiful weather. It was tons of fun. The rapids, waterfights, and Mesorites made it worth its while.

Talking about dirty laundry, Friday we went to Hancock. Did anyone do her laundry? No way, Jose! Everyone bought out the town's supply of nosh.

Sunday was Visiting Day- our last one as campers. For those of you who had visitors I hope you enjoyed them and the food. Sunday night we went to the Jersey Y camp. What did you enjoy more, visiting the people there or loading and unloading the bus four times? I had a blast! They enjoyed our performance greatly as well as the dancing following it.

Monday we went to Moshava. Neither rain nor hail kept us from going. Besides the sports, the singing and dancing were awesome. Our songs were filled with so much ruach and watching the boys dance was hysterical.

Wednesday, the Awesome Alufot who will have gone to Hillel for invitationals will hopefully have come back winners. I wish ourselves good luck. Wednesday night we will have made our last trip to Block. I hope you enjoyed yourselves.

That's about all folks! Have a good Shabbos.

Love,

Suri
Suri Heszel



S U L A M S WINGS..

(Excerpted from Fruchter Family Files..)

Dear Mommy & Daddy, Shoshana,
Chezky, & Nava (if she's there),
7/14/93

I just got off the plane. It was a good ride. I read a great book. I also talked with my friends going on Achva. I didn't sleep at all yet. Now we're going to daven Shacharis. After that we're going to Kibbutz Bais Rimone. We're staying there for five days.

7/18/93

It's Sunday. Shabbat was very nice. While we were staying at the Kibbutz as our base we took some trips. An awesome mountain climbing trip, swimming by the beach, riding on donkeys, visiting an old archeological site were some of the trips we took the first few days. Tonight we're going to Yerushalayim. Before that we're going on an awesome hike. The hike is a trail in a dried up stream.

7/19/93

I saw the Kotel. It was amazing. I've been there now four times. Today we went on a trip in chest-high water in a pitch dark tunnel. It was really cool. I also saw the Kotel tunnels. (Inside on the left side of the Kotel.)

7/20/93

This morning we went to the Israel Museum. It was very interesting. We saw Dead Sea Scrolls, pottery, mummy containers, and other archeological findings. In the afternoon we took a hike in the Judean desert. It was hot, but as usual, it was lots of fun.

Love,
Asher

P.S. I already used 108 pictures in one week. Don't worry. I can and have bought more. You'll love the pictures. . . .

MOVING REPORTER

IF YOU COULD NOT BE IN MORASHA,
WHERE WOULD YOU LIKE TO BE NOW ? ?

JAMIE HIRSCH, B 2: Israel

DANIEL BRAUN, B 3: Home

AVI GOLUMBEK, B 2: Florida

AVRAMI ORATZ, B 3: Nowhere

G 14: In a restaurant

ELISHEVA WADLER, G 9: At TCBY

Yael STAIMAN, G 8 & TAMMY LAUER,
G 8: Sabbra's

ELLY KRAMER, G 9: Disneyland

AMANDA WOLF, G 8: On the Ren &
Stimpy Show

SHANI & SHARI, Staff: YU Chemistry

RABBI WADLER, Ed Staff: With Aaron
Koller on Sulam

DEBRA WOLF, G 3: Eating stuffed
cabbage

SHAI DAVIS, B 19: Lost with a few
hundred dollars

RACHEL KOLLER, G 1: In school

SHLOMO ROTHSTEIN, B 2: At Zush's
house

SHUA WINKLER, B 2: Out driving a
golf cart

YOSSIE FABER, Woodshop: Alcatraz

SHAYA LERNER, B 17: On Mars

AVITAL DAVIS, Day Camp: With Abba
at work

MEREDITH DEUTSCH, SC, G2 & LAUREN
WIENER, SC, G9: Bayit 6 on 39
Rechov Herzog

JONAH KRUGER, Sports Staff: In a
library studying

URI WEINSTEIN, Waiter: Aspen

Yael STAIMAN, G 8: Shopping at the
GAP

ADAM SPRUNG, B 3: With Avi Baitner
at Sam Goody's

Yael WAGNER, G 17: Babysitting for
my sister

ALIZA, AYALA, SUSANNE, SHARI, &
TZIONA, Staff: Shaare Zedek
Medical Center

MICHAEL GORODISCHER, Mother's
helper: Home in Chile

ELANA GOLDSMITH, Mother's Helper:
On the way home to Israel

DEVORAH RYDZINSKI, G 15: My
cousin's wedding

DAVID ZAHITZ, B 3: On vacation with
my family

JORDANA ROSENBERG, G 10: "Green"
Acres

NITZI COUNSELORS: In a jar of
Fluff

ROBBIE TENNENBAUM, B 16: At a ball
game

AARON ALAN, SC, B 16: Deep sea
diving

MICHAEL GOLDBERG, Dramatics Head:
On a two week vacation in an
oceanfront cottage basking in the
sun and listening to the pounding of
the waves

GILA SANDHAUS & ALIZA MARK,
Office Staff: In Jamaica/mon

ADERET BLOCK, G 17: Dorney Park

JONATHAN ROSENBERG, B5: DJ'S

PALEFSKI BROTHERS, B 4 & 15: The
Boston Garden with Reggie Lewis

AYALAH WERBLOWSKY, G 8: With my
brother

DINA SCHORR, G 9: Yachting with my
parents

DORON GOLDSCHMIDT, Waiter:
Serving at Medici's