

THE Kibbitzer

Issue 11

Torah for Father's Day
Losing Weight and even a Pun



How to celebrate a cow turning 13? You give it a Par Mitzvah.

You get it? A Para is a cow (the red heifer- Para Aduma). Change the 'B' with a 'P'... Par Mitzvah on a golf course? We're trying hard for you.

RABBI ANSWERS HIS PUPILS

I am heading to the Mountains next week and I want to look gvalt. I don't like these modern workouts. How do I get into Bungalow shape?

My Dear Pupil. It's about working out the Jewish way. The way our ancestors exercised. I've seen modern gym workouts, but they're not for our people. Here's how we do the popular routines.

- Crossfit workouts, like hurricanes, are named after people. For example, there is the Fran, named after a 90 year old lady who can't do a pullup. Our workout of the day (WOD), known as the Rivka Chaya, is where you chase your kid around shul for twenty-five minutes on Saturday morning, then stand in the back and pray for three minutes, and repeat. The Rivka Chaya consists of four rounds and lasts two hours.

- HIIT (High Intensity Interval Training)- The Yom Kippur 'Aleinu' floor bend is how we practice the movement known as a burpee. We do one rep. Most Jews only do this workout on the High Holidays, as the grunting sounds heard when people bend in shul disturbs the Chazan's repetition of Musaf.

- Pilates- Jewish Yoga done with machines otherwise used to execute people. Many exercise in hopes of being forgiven for sins left over from Yom Kippur. Hence, the contraptions of self-inflicted retribution. I would suggest the Feldenkrais, of Israel; but, as Jews, we don't believe in him. And I feel like I'm sinning when I say it.
- Go To The Gym- Many are scared to go. Don't shy away. Go and watch other people work out. That's stressful enough. You can do this using the machines. I generally like to sit on the adductor machine. It's quite comfortable. Great backrest. For a shvitz, go to your local JCC to watch non-Jews workout. The stress caused by seeing people lifting that much over their head, and worrying if it will drop, will definitely take off some calories.
- Last Piece of Advice- Wearing more clothes helps. You sweat more in layers. You show up in sweatpants and a denim skirt, you're losing weight and looking good. Add makeup. Do you know how much sweat makeup adds to a workout?! Rivka Chaya can tell you how much sweat makeup adds to a workout. It's all about the shvitz, my student. No holidays now, other than Tisha B'Av and the fast day of Yud Zayin Tamuz, giving us the chance to take off some weight for the summer.

SERMON OF REBUKE - CHUKAT

Shabbat Shalom My Congrats, The shul needs a healing. A repentance. A turn around... Refuah Sheleyama to Yanky and all of Klal Yisrael... Non-Jews as well. Yes. They can be healthy... Can somebody at least say 'Amen'?... To much impurity... I heard there was a lice breakout last week... I told you to not use the Kippahs from the Yarmulke bin... You're wearing masks, but Yarmulkes worn by 90 different people who haven't bathed... Parshat Chukat begins with one of the most perplexing statements. (19:2) 'This is the Chok/statute of the Torah.' The red heifer is a statute. No questions... This way, nobody's asking why we don't use Tim's green heifer. *Rashi says that you may not think about it. You do it without questioning it.* Like everytime we try to have a decent shul breakfast and everybody's wondering why we don't have mashed potatoes, when have hash browns. *Even if it doesn't make sense to you. You do it like any Mitzvah, even if there is no apparent reason...* You mess up Mitzvot that have a reason... Visiting the sick? You don't do it!!! When I tell you to bring out watermelon for Kiddish, you bring out a watermelon basket... We're eating watermelon with toothpicks. It's disgusting... Just do. If the Jewish people had a choice with tithes... No. They wouldn't... Does the building fund make sense?... Stop thinking! Some rules may not be questioned. Like my parking spot... Questioning makes you impure... Dumb decisions, like baskets... We are not going to question the rabbi parking spot campaign... Because it's a campaign, Bernie. You don't question campaigns... Do I know what the \$2,000,000 building fund is for? The

money should go to Visit Sick People Fund... We need a fund, because you don't do it. *Trust of the Parah Aduma (red heifer) makes you holy. It purifies. (Bamidbar 19:12-13)...* You must trust decisions of the rabbi. I'm asking you to come to shul and not think. Do stuff that makes no sense to you, so we can have a Minyan. I'm asking you to bring Yarmulkes... The Kippa box was used. Disgusting!... Bathe... There was a lice breakout in shul because of nylon yarmulkes... Do you know the Millmers?... The Goldmans? It wasn't your Bat Mitzvah... Why do I have to explain? You weren't there... *You touch a dead person, you have to purify with the water of sprinkling... or you remain impure (Bamidbar 19:12)...* You know how many dead people wore those Kippahs?... It's from the Goldman Bar Mitzvah of 1930... There's no red heifer. You can't purify those follicle stains... The word for purifying is 'Cheyt,' Also meaning sin... All you do is sin and question your rabbi... Red Cow, Golden Cow, what's the difference?...

Rivka's Notes on R' Mendelchem's Drasha:

The rabbi's message was very strong. He got his parking spot covered. We all know what a Chok is now. The rabbi didn't have to answer questions for two months following that speech. He just said, 'It's a Chok.' Community campaigns started using the Chok idea. The IRS wanted to know what it was for, so the rabbi called the IRS a bunch of heretics. The 'Red Cow, Golden Cow' line got many mad. They said it was anti-Semitic to blame Jews for the Golden Calf. It was too similar to the Goldberg Iceberg joke. Yanky got a lot of visitors. Not because people wanted to go. But because it was the rabbi's statute. He lost a sleep and felt sicker. It was a 24 hour loop of visitors. The shul had to refigure what the Mitzvah should be. Yanky presented at that meeting, saying, 'I was in the middle of a good series and everybody interrupted.' They decided to clean the kippahs in the Kippah bin. They also decided to clean the doilies. They tried cleaning with stained water, but that didn't help much. Afterwards, they had to put it all in the wash.



How Americans give to the next generation. Adopting a highway... This father's day give your father the true gift of pride, knowing he doesn't have watch over another kid.

Dedicate the Weekly Kibbitzer in Honor, Memory or Refuah of Your Loved One, and share Laughs in their Merit. To Sponsor - CoNTACT kibbitzermag@gmail.com