

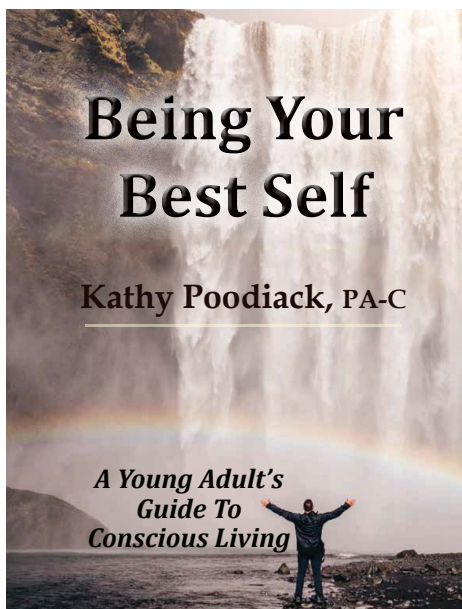
The Mazo Folio

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You Matter

by Kathy Poodiack, PA-C

On your way to becoming your best self, before you learn anything else, you must first believe that you matter and that you have worth. This is crucial. This is fact. You are here. And if you're here, you matter. You wouldn't be here if you didn't belong here. Despite what anyone may have told you, no one is ever a mistake. The



world wouldn't be the same without you in it. If you weren't here, there would be a piece missing from the world. You have a unique energy that no one else on this planet has and it brings the entire energy of the planet to completion. You do make a difference.

I hope you realize this already, but if you don't, you MUST believe this. If you don't, is it because you're afraid to matter? When you believe that you matter, responsibility comes with that realization. People may want your opinion about things, they may expect you to be someone who you don't believe you can be. Don't be afraid. If people ask your opinion, it's because they think it has value. If they expect you to act in a responsible way, it's because they believe that you are capable of that behavior.

"You Matter" is adapted from *Being Your Best Self: A Young Adult's Guide to Conscious Living* by Kathy Poodiack.

A Mother's Love

by Graham J Macey

The book *On the Road with Heitor* is a book of journeys, each one of them rooted in darkness and despair, but each one leading, in the end, to healing, reconciliation and peace.

It is set in a small suburban Surrey bungalow where, in 2012, I came to be the full-time carer for my 89 year old mother, and the joint custodian of our deeply troubled relationship.

This book began as nothing more than a clumsy attempt to make sense of it all. Slowly, as the words followed their own wilful yet fractured path, it became clear that the pain of the present was inextricably entwined with the pain of the past and it was here, and only here, that the seeds of healing were to be found and nurtured.

This book is the desperate attempt to release and to mirror on the page all the sorrows and confusions of a tortured mind - not to invite the reader to wallow with me there, but in the firm hope and faith that we may come to walk together into the

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What Has Happened To Our Family Values?

Or ... Where is Uncle Jack?

by Dr. Sheldon Abramson

Recently a group of rabbis from Detroit was in Jerusalem. One morning at a breakfast meeting with them I related this story:

About thirty-five years ago, when my brother Jack was still alive, he was shopping at a local shopping center. He noticed a rabbi with his seven children also shopping and that the shoes of his children were torn and worn out. He invited the rabbi and the children to come with him into a shoe store, where he proceeded to purchase shoes for all the children without ever having seen them or their father before.

One of the rabbis who was having breakfast with me that morning said, "You won't believe this but I was one of those children and I have never forgotten your brother's kindness."

The story is often told of the rabbi who solicited funds from a certain man to help others in need. One day he approached the man to help someone in need. The man immediately wrote out a check for \$1,000.

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On the Road with Heitor

Journeys of Hope, Healing and Peace



Graham J Macey

Unlocking The Past

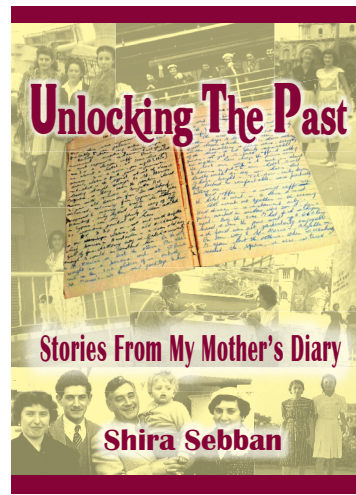
by Shira Sebban

I had long abandoned hope of uncovering more details of my mother's past, especially after her death in 2013 following a long battle with Alzheimer's disease. But my sister and I discovered a diary that our mother, Naomi, had kept during a study trip to Israel in the mid-1950s.

From this diary, the book, *Unlocking the Past: Stories From My Mother's Diary* was developed. The book brings Naomi's vibrant and descriptive diary entries back to life as a series of creative non-fiction short stories.

In so doing, I embarked on a fascinating journey, exploring a place and space so different to my own. Not only was my mother still single, but she had also become somewhat of an outsider, having returned to her birthplace after a decade away in Australia.

Covering an 18-month period, from late 1955 until mid-1957, beginning with Naomi's arrival in the then divided city of Jerusalem to take up a scholarship at the Hebrew University, the chapters portray what life was like in the new State of Israel, particularly in



Jerusalem and Tel Aviv. Disparate events are covered, from social, cultural and political public happenings to more personal concerns like love and loss.

Naomi's friends included future advisor to Margaret Thatcher, Alfred Sherman, renowned concert pianist, Nelly Ben-Or, and Ilan Hartuv, now best remembered as one of the Entebbe

hostages, whose elderly mother, Dora Bloch, was among those killed.

Importantly, we gain an understanding of what it was like to be a single, young and intelligent woman during the foundation years of Israel.

Shira Sebban is a volunteer refugee advocate, writer and editor based in Sydney, Australia. You can read more at www.shirasebban.wordpress.com

For What Is Your Life?

by Dr. Larry S. Milner MD, JD, MLS

It has been said by wise people that "humans plan, and God smiles." Do we truly matter when it comes to controlling our lives, or do we live a life of predetermined fate?

Shattered Dreams is a suspenseful novel about two young doctors whose strength of character, and breadth of knowledge and capability, should have allowed them to stand above the crowd, and make a difference in the

lives of many of the patients they would one day care for in their chosen profession of Academic Medicine. Instead, their long-held dreams were shattered by means beyond their control, in ways they never could have foreseen.

Shattered Dreams helps us to understand that "You know not what shall be on the morrow, that you are a vapor that appears for a little time, and then vanishes away."



Dr. Milner is a recognized historian with expertise in Hebraic, Greek, and Egyptian cultures. He is the author of *Hebraic Influences On Greek Philosophy And Mysticism: The Legacy Of Isaiah's Anointing Of King Cyrus II Of Persia*; *Hebraic Influences On Greek Civilization: Was Achilles a Jew?*; *Legacy Of The Burning Bush: A Kabbalistic Interpretation of the Hebrew Exodus*; *Tainted Hands: An Encounter With The Mosaic Code*; *Your Name Is Achilles: Son Of Daniel*, and *The Sun Shone Only In Goshen: The Effect Of The Exodus On Akhenaten In Egypt*.

Sell - Don't Spell

Ira Hollinger

Once there was this seasoned, senior salesman, Bob, – sociable, well-liked – knowledgeable too. But he couldn't spell worth a darn, no matter how hard he tried.

He had a nice job working as a salesman for the housewares wholesaler. Sold ten to one against the other salesmen in the company. But his orders, all handwritten, in the days before computers, could hardly be read, except by one secretary in the office. She knew what he meant, no matter what he wrote, and she didn't mind, because he was the best salesman the company had. Then one day, the secretary announced her retirement.

A new secretary came to work. She bitterly complained that she couldn't read a thing Bob scratched on the paper. This bothered Bob so much that he started concentrating very hard on what he wrote, and didn't have time to promote.

After a while, the boss noticed that business had really dropped.

"What happened," the boss asked Bob.

"Oh nothing happened, I just don't have as much time to socialize with my customers. I'm struggling to get everything just right for your new secretary. So there's just not enough time left to even see what else might be bought."

So: Don't let that which does not matter distract you from your purpose.

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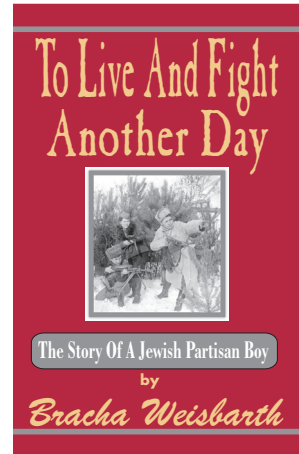
Putting Your Best Book Forward
Chaim Mazo Publishers
 Producing & Publishing Books For
 People Who Have A Story To Be Told!



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The **Mazo Folio**
 Jewish Partisans
 A JL Newsletter

To Live And Fight Another Day, by Bracha Weisbarth, is a book that you will not want to put down – it is easy to read, keeps your interest throughout, is heartwarming and honest.



This semi-autobiography (the main character is fashioned after the author's brother) is about a band of mostly Jewish partisans as they participate in dangerous missions to sabotage the Nazis in the Ukraine. They blow up railroads, defend victims of Nazi terror, avenge brutality, all the time knowing that unknown informers would be rewarded with a kilo of salt

and two kilos of sugar for turning them in. They survive through terrible winters in forests and eventually join Russian partisan forces. Not only is this well written for junior high through adult, it is on a topic rarely published.

My Family Revealed to Me
Sigmund Abeles

While this book is a first-hand account of a Hungarian family destroyed in the murderous Holocaust as well as those who survived, it is also the story of two men from different generations who discover each other's existence to remember and record their family's history.

The Fittest Survivor provides an insightful and under-reported aspect of World War II history, refracted through the personal perspective, and courageous life of one notable forced slave labor survivor, Vilmos Abeles.

Through the sharp memory of Vilmos Abeles, the author, Sigmund Abeles, discovers his heretofore unknown patrilineal heritage. At two years old, the author's mother left his abusive father, taking him, an only child, from Jewish Orthodox Brooklyn, NY to non-Jewish South Carolina, where she raised him with almost no contact with his father or his father's family.

As the years passed, and the desire to know more about his father's side of the family grew stronger, Sigmund Abeles discovered his father's cousin, Vilmos Abeles, already 90. Thus began the series of interviews over a five-year period that provided Sigmund Abeles with a treasury of family facts to paint the tapestry of the Abeles family.

Macey, continued from page 1

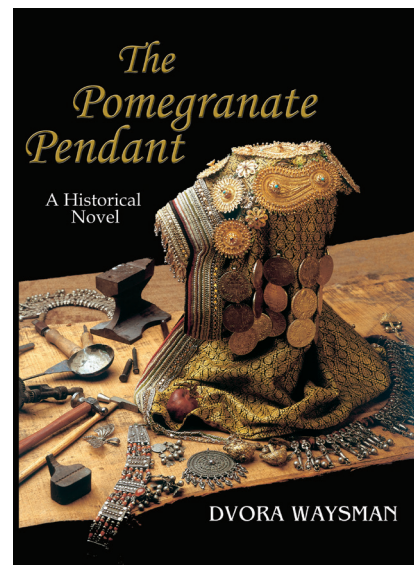
light of healing and love. For I see no point in asking for the reader's time and patience, if it is not for the purpose of leaving them with a little more hope than that with which they started.

I offer the portrait of a life of relentless failure and shame, a life, at times, brought as low as it is possible to fall, a life crushed by the weight of things buried and unresolved – all the corrosive inheritance of so many previous generations – a life of broken dreams to be sure – but a life, nevertheless, of ultimate acceptance, fulfillment and peace.

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The Pomegranate Pendant
A Letter To Dvora Waysman

Dear Dvora, I've been holding a tissue in one hand while I hold *The Pomegranate Pendant* in the



second. I'm moved to tears on almost every page. What moves me so? The passion I share with you and Mazal for my Old City home. I live in the courtyard that was the Missionary Hospital. I go to visit my neighbors in the Chosh, and I look lovingly at the orange tree you describe. I have to remind myself, now, that I can't just pop

over to see Mazal and Sarah in the Chosh, but I wonder who of my neighbors live in their homes...

I love your weaving of Biblical prophesies into the novel. I love the delicacy with which you transverse history and how you demonstrate that so many problems and so much pain that we face today are centuries old. I love the way you capture Hebrew idiom in English... I love your sense, rock-strong, of the unity of our People. As you note, we are one in heritage, diverse in custom.

Sovereign Rights by William Mehlman

With *The Legal Foundation and Borders of Israel under International Law* Canadian-born Israeli constitutional scholar and lawyer Howard Grief (z'l) has given us a book that shatters every myth, lie, misrepresentation and distortion employed over the 61 years [2009] of Israel's existence to negate the sovereign rights of the Jewish People to their national

A Treatise on Jewish Sovereignty
over the Land of Israel

The Legal Foundation and Borders of Israel under International Law

Howard Grief

home. It is a lengthy treatise - 660 pages plus a 50-page appendix - but the Jewish people's long and tortuous struggle to retrieve their stolen patrimony deserves nothing less than full disclosure. Anyone who has ever been at a loss to counter the slanders and calumnies that are the stock in trade of the Israel-bashers and anti-Semites on both the Left and Right will treasure every one of its 20 illuminating chapters.

William Mehlman is Americans for a Safe Israel (AFSI)'s representative in Israel. Mehlman's article first appeared in *Mideast Outpost*, Sept. 2009.

Macey, continued from page 3

And yet, as I write these words, it is clear to me now, that the focus of this book is my mother - and more than that - it is the enduring and the flowering of her love.

I have come to understand that everything my mother has ever done has been an expression of her passion and her love and her gratitude and her childlike humility before the Gift of Life - before the wonder of simply being alive.....

My mother learned to exercise the power of choice - slowly and falteringly and most probably without clear conscious decision - but steadfastly and resolutely nevertheless.

My mother 'chose' to let go to broken patterns of behaviour - to resentment and self-pity, to habit and to fear, and to all that would stand between a mother and her sons.

As a ninety year old woman, my mother discovered the power of her will to lead her step by step, from the darkness of her childhood into the light and the peace and the simple liberation and joy of her passing.

And so it continues to be - that my mother's love was able to inspire me with the hope and the courage I needed to complete the journey of my own healing.

A love redeemed, restored and radiant..... free at last to nurture and to cherish - to guide and to set free.....

..... a Mother's Love indeed.

The Mazo Folio

The books mentioned in this edition of *The Mazo Folio* are available from Amazon.com and Amazon.co.uk

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*Abramson, continued from page 1*

The rabbi said that this would not help this particular man and that he needed \$10,000. The man rewrote the check without hesitating. The rabbi then asked the man to personally deliver the check. The man thought this was an odd request but said he would do it.

The rabbi then gave the man the address to deliver the check. The man then remarked, "this is my brother's address!"

The rabbi then answered, "You would give help to a complete stranger but you don't know that your own brother needs your help?!"

We know all the stories of why people can't help. "I'm too busy", "I would like to help but it's the wrong time", "I'm a little short of money now", "If you spent less you wouldn't need my help!"

Let's spend a little time thinking of the other side of the coin. Who named their child after your mother? Who is the only one who thought of naming a child after your late husband and your children's father? Who held your hand when your children and grandchildren sent you hate mail? Who took care of your son's funeral and spent time arranging for a stone to be put up in his memory? Who makes sure to say memorial prayers for your family members yearly? Who says daily prayers for the welfare of your children when they are sick? Who took your brother in and gave him Shabbos meals when no one cared? Who never had excuses when it came time to help?

So where is Uncle Jack? Where is the part of Uncle Jack that we know is in each and every one of us? A present-day rabbi, who was only six years old at the time, remembered a kindness that Uncle Jack gave to him over 35 years ago!

Don't forget your family values and miss out on being able to help not only another human being but also a member of your family!

Now retired, Dr. Sheldon Abramson is well-known in Jerusalem for the special dental care he provided for more than 20 years to Holocaust survivors and Lone soldiers, as well as his volunteer dental service to Yad Sarah and Beit Frankforter. He also devotes his time to The Jerusalem Great Synagogue.