

Days of Our Lives

Tishrey 5765

a *Women for Life!* Publication

Issue 29

About *Women for Life!*



Women for Life! is an independent organisation which was formed to unite Sydney's Jewish women in programs of Jewish learning and to create forums for manifesting their talents.

Contents

● Editorial	1
● In This Issue	2
● A Letter from Lori	2
● Chesed in Practice	3
● A Life-after-death Experience	4
● Take Note of Time; Use it for Torah	6
● <i>Women for Life!</i> Happenings	7
● Denmark's Story	8
● Kashrus – The Simple Facts	9
● The Colicky Baby	9
● Sponsors / Busy Body Column	11
● What's Cooking	12

Editorial

When Yom Kippur comes, it seems we are all equal. We each stand before HaShem, the King of the creation and pray for our needs. We are being judged on health, money and nachas for the coming year. We all tremble, because who knows if our good deeds are sufficient to ensure a favourable verdict.

We look at last year and, no matter what our experiences were and how we reacted to them, we know that we are at HaShem's mercy. It is clear during the High Holy Days that everyone is a pauper before HaShem regarding the true worth of our deeds.

But amazingly, the essence of Yom Kippur and the whole celebration of the new Jewish year is not only to pray for G-dly blessings. Physical wishes are important, of course, but the real goal of the High Holy Days is to strengthen our connection with HaShem Himself.

With regard to this connection, we are truly all equal. Indeed, we are not all equal in our individual abilities. Some of us have talents or tendencies or failings

which seem to be differences in our blessings from HaShem. Some of us are rich, some poor, some are intellectually minded, others more emotional. But each Jewish soul, no matter what its nature, has the ability to connect to HaShem by emulating Him. This means that each one of us has constant opportunities, no matter what the physical or emotional circumstances to emulate HaShem in doing good.

This is a huge gift. Sometimes we may feel buoyant and in a great frame of mind. Other times we feel low and worthless. If we can remind ourselves of the enormous potential to be good and kind at any time, we can connect with HaShem at every moment.

Maybe it is a smile at a lonely person. A kind word to someone needing encouragement. An invitation to a Shabbos meal for someone who has never really experienced the atmosphere in a Jewish home or who needs that comfort. Maybe it's making a call to see how someone is feeling and letting them know you are thinking about them. Maybe it is connecting others to HaShem by encouraging them to light Shabbos candles or sanctify their marriage with Family Purity.

Especially challenging are those acts of kindness which require stepping out beyond our 'comfort zones.' For a shy person, for example, it is particularly hard to break the ice and talk to a stranger. For a person who might have been brought up in a conservative environment, it might be a great challenge to muster up an easy-going attitude and invite strangers into their home. For a more reserved personality, it might be confronting to express warmth and encouragement. For a gregarious person, it might take a lot of self control to allow another person to take the floor. But overcoming these obstacles reveals the G-dliness within us.

Thinking beyond ourselves in a desire to improve the world is so great a feat, that it brings about the revelation of Moshiach, the ultimate purpose of existence.

May it be HaShem's will that this year, we all merit to reach beyond our comfort zones to do good acts of chesed which will connect us with HaShem and bring out our best. May the Moshiach come speedily in our days. Shana tovah.

Gavriella Aber, Editor

In this issue

We have a variety of articles to inspire you this issue:

- **Lori Lurie** tells us how she focuses on being conscious and aware of HaShem in life in Jerusalem. She also gives us an opportunity to practice Chesed.
- **Shoshana Monk** brings us another story with a glimpse into the world of Truth. She also shares the history of her country, Denmark, in this first instalment of a continuing series.
- Our Happenings Column has good news as well as an appeal to help our mikveh out.
- **INSERT:** The new Candle-lighting chart is enclosed, with new lighting times for the coming year. Hang it on your fridge for easy reference.
- **INSERT:** There is also the yearly reminder to catch up on your membership payments. PLEASE NOTE: Even if you do not pay full or any membership fee, if you read the newsletter, we are glad to continue sending it to you!
- **Lucille Ballin** makes time count, describing this potent medium G-d gives us every day anew.
- We are pleased to welcome aboard a new writer, **Isabella Kohn** in a new column about the simple facts of keeping kosher.
- Have you had or do you know someone with a colicky baby? **Dr Jocelyn Lowinger** explains the medical findings – or lack thereof – and reassures mothers about this common condition.
- We have more great recipes from **Shoshana Monk** to give you fresh ideas in the kitchen. We also have a healthy rice breakfast dish contributed by **Nogah Strum**.

Enjoy!

A Letter from Lori

By **Lori Lurie** (co-founder of *Women for Life!*)

The sound of the shofar starts at 4 am every morning of Elul in Jerusalem. It always wakes me and I smile and try and go back to sleep. As I'm dozing off, the next shofar is blown. Then the next. And a few minutes later, another one... Getting up at 4 am is not a joke! But it is still truly wondrous to us that we are living in Israel, surrounded by different Shuls in such close proximity to one another. We feel very blessed - especially that it is the shofar waking me, rather than garbage trucks!

The shofar in Elul awakens us to the fact that the year is coming to an end and a new year is beginning with Rosh HaShana. HaShem sees us to the end of the year, and then our relationship with Him is renewed at the beginning of the following year. We need a wake up call throughout the month of Elul to remind us of G-d's presence in

the world and our relationship with Him. The month leading up to Tishrey and all during Tishrey is our period of unique grace, a time when the gates of heaven are open to our prayers. By sounding the shofar, we arouse HaShem's attribute of Mercy, and we try and release ourselves from the Yaitzer Hora (evil inclination) of the previous year and begin again on Rosh HaShana.

Many people experience a sense of renewal on the anniversary of the Creation. Rosh HaShana somehow presents that fresh new start, and an opportunity to turn inwards towards ourselves and examine ourselves, our deeds, our year, etc.

I always find this time of year a great opportunity to look back on the past year and try and look forward to what the next year may bring. The truth is, we don't know what is in store for us. Only HaShem knows.

I know for me, that if I sharpen my awareness - if I focus on my reality and if I give effort and attention to my experiences – it helps me integrate the disparate parts of myself and my life. This is my key to discovering how to be aware of my inner self and my inner world.

By becoming more conscious of events in our lives, we can see more clearly how our lives are shaped, how things and people affect us. Our own inner world is the place where we can make the greatest difference, wield the most power and find our greatest potential. We can forge the deepest connections with G-d in our inner world.

Consciousness is the key to this work. We need to understand ourselves deeply to accomplish this, to know what to retain, what to discard and what to transform. This is indeed hard work.

I wish you all a 'Shana Tova' - a renewed year of elevating ourselves to be in alignment with the essence of who we are.

May this year be a year of renewed Consciousness, for each one of us - for all Jews around the world, for the leaders of Eretz Yisroel and for everyone!

With love, Lori

Chesed in Practice

By **Lori Lurie**

'You shall open up your hand to him....and provide whatever is lacking to him' (Devarim 15:8)

The Jewish people are, by their very nature and spiritual makeup, a very generous and caring people. We are descendents physically and spiritually of our forefather, Avraham Avinu, who was the epitome of

'chesed' - loving kindness. This inborn special trait of the Jewish people, the generous giving of tzedakah and of doing chesed, is praised in the Mincha Shemoneh Esrei on Shabbat when we say, "Who is like Your people Israel, one Nation on earth!"

Jews all over the world are constantly looking for opportunities to help each other and ease the burdens that life places on their fellow Jews.

I am constantly amazed at the amount of gemachs (lending societies) in Israel. The gemachs provide a service to lend various items that a person might have a temporary need for and can't afford or prefers not to buy. There are gemachs that lend out tables and chairs for a simcha, bridal and family-of-the-bride gowns for the wedding night, bris outfits, torah tape and book gemachs, and power tool gemachs for short term use. There are even gemachs for dummies on Shabbos - if your baby is inconsolable and you can't shop for a new dummy on Shabbos! There are gemachs that lend out Sifrey Torah, Siddurim and Tefillin while your Tefillin are being checked or repaired. There are gemachs for expensive medical equipment and devices necessary for recovery from illness or accidents or terrorist attacks.

I have utilized these services whether it was a wheelchair, wedding gowns for a friend or tables and chairs for a function. It is an amazing concept. Gemachs are ingenious and have been set up for Jews to help others and do genuine acts of kindness to help other people. [See our Busy Body Column on page 11 for the listing of Sydney's gemachs! - Ed.]

The Chofetz Chaim dedicated an entire volume on the subject of charity and kindness.

In his book, 'Ahavas Chesed', he stressed the fact that it is not enough for a Jew to perform acts of chesed, but that he/she should develop a love for chesed that will motivate him/her to search for opportunities to practice this special Jewish trait.

As it says in the posuk quoted above, each person one gives to should be treated as a unique individual. Each person's needs are personal.

Some people believe that to do chesed requires a large amount of money, time or talent. Often, people with this misconception disqualify themselves from doing chesed because they think they lack these things. This is often an unfortunate mistake because chesed can be performed in many different ways.

Lending a sympathetic ear to a friend, whether in

person or via the telephone or email is a tremendous chesed. There are so many people who feel isolated and lonely, and just need an opportunity to be listened to and unburden themselves. Others would appreciate a meal, a bunch of flowers, a kind note, a hug, a smile... Any act of caring and kindness is an act of chesed.

It is well known that charity and kindness can transform the Divine Attribute of Strict Justice to mercy and compassion, as the Talmud teaches: "Whoever has mercy on others will be granted mercy from heaven" (Shabbos 151b).

There are so many situations that present themselves at our doorstep every day. There are many mishulochim (Tzedaka collectors) who come collecting in Australia and visit many Jewish homes. Many people are happy to give something.

Imagine how many there are visiting you - there are more than tenfold here in Israel. The financial situation here is desperate for many people. They are trying to survive on a very limited budget. Recently, the Israeli government made huge cuts in childcare payments and in monies allocated to Yeshivas. Big families have been hit very hard. People try to maintain their businesses, but can't cope with the financial strains. Many have lost their jobs. There are major organizations that do help sometimes, but they are overwhelmed by the sheer number of those in need and cannot stretch their very limited budgets any farther.

I constantly find myself in situations where I know struggling families and very desperate people who don't know where to turn. These are personal friends of mine. We help when we can - but this is much bigger than us.

I am turning to you in Australia this Tishrey. I am asking you to help me help others. The money raised will go directly to these families. Their grave financial situation is an ongoing problem. It won't be resolved very easily in one lump sum. My hope is to just try and at least give them an easier start to the new year.

I will briefly describe the situations of these families, keeping their identities anonymous to respect their privacy. Your donations can be directed to a particular family or to the general fund to help families.

Family A; The husband and wife work hard to keep and maintain a business. There are constant costs for repairs that keep them in constant debt. Their business is an asset to the community and they want to expand it so it will start becoming financially profitable. Their debts overshadow

their hope to build their business. They are very hardworking Torah Jews who need a break, an opportunity in life to move forward and they are stuck. Any help would be deeply appreciated.

Family B – trying to raise money for a wedding. The mother had to sell her most precious possession, left to her by her father, to put down a payment for the wedding reception. The young couple has no money to start their married life. They have a caravan, a few items of second-hand furniture and the fresh air of Eretz Yisroel.

Family C –An extremely sad situation where the wife is cruelly abused by her husband. She is so petrified of what he might do to the 4 children that she won't leave him. She stays in the marriage to protect her children and often has to resort to begging because she has no money for food and clothes for the children.

Family D – Part of a very poor community where sometimes the family has to boil a pot of water before Shabbat to pretend to neighbours and friends who might come into the house that something is cooking on the stove! There are no funds for basic necessities - the children sometimes eat from the local soup kitchen. This is the 'real McCoy' - poverty at its worst.

Family E – A family still reeling in shock from the death of their beloved mother and wife. The husband is struggling to keep and work at a job, maintain the house, look after the kids and cope with his situation. There is a need for babysitting, cleaning help and cooking. The community around them was wonderful for the first few months, but they have all returned to their lives. The daughter's Bat Mitzvah is coming up and there are no 'spare' funds to help her 'come of age.' She is struggling with the fact that she will be the only girl in the Bat Mitzvah class without a mother.

All these families are friends and their friendship goes beyond their situations. Our relationships are special and they occasionally mention their problems. But I know how desperate they feel in this bottomless pit. Your tzedakah and Chesed might help them move and become unstuck – even if it is temporary...

Please help and send a donation to 'Women for Life', PO Box 77, Bondi NSW 2026. Mark it 'families in Israel'. All funds will be forwarded directly to me to distribute. It is said that giving Tzedakah to Jews in the land of Israel is likened to giving directly to HaShem Himself.

With much appreciation, Lori.

A Life-after-death Experience

By Shoshana Monk

Every Jew has a soul which is a spark of HaShem. HaShem is the Origin of the Holy Fire, which is the Source of Life. HaShem keeps the pilot light of the soul alite as long as we are alive; however, we as individuals are responsible for making sure that the Holy Flame of the soul burns bright.

The following amazing true story will inspire us to seek more meaning and spirituality in life.

Anat Cohen (not her real name) grew up a typical secular Israeli Jew. By no fault of her own, Anat received virtually no Jewish education. Like most young people her age, Anat served her requisite time in the Israeli army. After this stint, Anat followed in the footsteps of thousands of other secular Israeli Army graduates and travelled to the Far East to find meaning. Anat soon found herself in India, where she became involved in eastern religions. The ceremonies of her new found religion involved worshiping statues, heavy incense burning and vegetarianism. Nobody could really blame Anat for getting involved with idol worship. She was simply never educated in the ways of Judaism in her native Israel.

Being a spiritual person, Anat soon became one of the leading members of the temple. She became an expert in the ways of idol worship. Additionally, Anat was very skilful in attracting young Israelis to join the religion. Soon, it was decided that Anat should return home to Eretz Yisroel to establish a temple for the worship of the idol.

Anat dutifully travelled home and began to seek out a place to start up the worship of that idol in the Holy Land. Anat decided to open up the temple in Tiberias, in northern Eretz Yisroel. Anat went looking for a suitable apartment where she could live and where the worshippers could worship their carved images.

While touring a new development with the real estate agent, a cement block mysteriously fell down from several stories and landed squarely on Anat's head, killing her instantly.

Although it appeared that Anat had passed away at the scene, the medics nevertheless flew her by helicopter to a hospital in Haifa several minutes away. Emergency staff did their best to stop the bleeding and revive the young lady, but to no avail. Six hours later, as Anat Cohen's body lay in the refrigerator, the unbelievable happened. Anat woke up. At first she thought she was dreaming as she looked around the hospital morgue. But then the pain of the head-blow presented itself, and

Anat began moaning in agony. Thankfully, an attendant outside the morgue heard the moaning and wheeled Anat back to the emergency room.

After numerous lengthy surgeries, Anat was placed in the ICU, but at least she was alive! She began her slow road to recovery with much bed rest and physical therapy. While in the hospital she had many hours to reflect on her life.

In the six hours she was dead, Anat reported that her soul had left her body and ascended to the spiritual world. Due to the trauma of the whole experience, she was reticent to share the details of her life-after-death experience. She could say however with certainty that she knew that there is such a thing as spiritual reward and punishment after death.

Soon after, to the surprise (and relief) of her family, Anat announced that she was leaving the idol worship which she had learned in India. Instead, Anat told her family and friends that she was going to pursue an orthodox Jewish lifestyle. Anat's family was a little surprised, because Anat had never before shown interest in Judaism. However, nobody questioned her after what she had gone through.

Little by little, Anat learned about Judaism, often spending Shabbos with religious families in order to taste the beauty of the holy day. One Friday afternoon, Anat travelled to Jerusalem to spend Shabbos with a Sephardic family. The hostess introduced herself to Anat and invited her into her guest room so Anat could get ready for Shabbos. The hostess left the room and went to tend to her Shabbos preparations.

Suddenly, the hostess heard a scream and a thud in the guest room. She ran back to the room where she saw Anat lying on the floor, apparently having fainted.

When Anat came to, she told her hostess why she had fainted. On the wall of the guest room there were some paintings of holy Rabbis. Anat's hand was shaking as she pointed to one picture and asked the name of that particular Rabbi. The hostess told Anat that it was a painting of the Ben Ish Chai, of blessed memory, a leading Rabbi in Baghdad, Iraq who passed away about 100 years ago. Anat then told the hostess a stunning revelation - she recognized the Rabbi in the painting as one of the three Rabbinical judges who had sat on her heavenly trial!

Anat began to describe her life-after-death experience. When the cinder block hit her head, she did not feel any pain. Rather, she felt herself being drawn above, while she could see that her body was lying on the ground. She was very

confused at first. How could she see herself? She soon realized that she was seeing her physical self through the spiritual "eyes" of her soul.

As she hovered above, she watched all the efforts that the medics and emergency room personnel had taken to revive her. Eventually however, she felt herself being pulled even higher, away from the physical world into the spiritual world. Once in the spiritual world she described how she experienced a trial with three great Rabbis who weighed her mitzvahs against her spiritual shortcomings. Anat had never known that she was descended from some great Rabbis. In the merit of her forefathers, Anat was given another chance on this earth. And that is when her soul re-entered her body.

Anat is alive and well and living a committed religious lifestyle in Eretz Yisroel. She tells her story to anyone who will listen, in order to encourage fellow Jews to invest in their spirituality.

Although the spiritual world is generally hidden to our physical eyes, HaShem occasionally opens up the curtain just a little bit so that we can take a glance at the Eternal. We can be inspired by these glimpses to always try to grow in spirituality.

Any Jew who does more mitzvahs will immediately feel the warmth, happiness and fulfilling feeling of being more connected with HaShem.

For all your business IT needs

SilverData 9212 4462

www.silverdata.com.au

Take Note of Time; Use it for Torah

By Lucille Ballin

Can you believe another year is almost finished? We know it was frantic. It had its ups and it had its downs, but does a year need to go that fast?

Our time is limited in this world and that is why we must not waste a minute. There is so much to achieve, so many choices, so many decisions to be made. These can number in the hundreds each and every day.

Some people find it all too hard and try to avoid challenge as much as possible. But even they will have many decisions to make every day of their lives. No one can escape.

We live our lives in this world, which is the 'World of Action'- where our neshamos (souls) come down to the material world and where HaShem gives us the chance to interact with others and thus make our own unique contribution to this world. Through this interaction our neshamos gain many good attributes.

All the while HaShem is watching. If He so chooses and you make too many wrong turns, He can act at any time and in any number of ways to put you right. HaShem creates obstacles or particular circumstances to wake us up and help steer us back on the right path (if we'll listen).

The Torah is most mindful of time and it provides a yearly calendar for us to follow.

The blessing in this arrangement is that we are a people that is very aware of time. We celebrate Shabbos and Yomim Tovim. We celebrate life's special landmarks such as births, the naming of girls, the bris for boys, Bar and Bas Mitzvahs and marriages. We look back at our history, both as a people and personally each year. We remember the special times and links we made to HaShem and we also mourn on appropriate occasions with fasts. Every year, in anticipation of earning a clean slate for the upcoming new year, we take time to review our past mistakes and to ask forgiveness from others for our wrongdoings.

We are the only people who are blessed with the Torah, which is the blueprint for living a full, positive, fruitful and blessed life. It is the Book of the Laws of Life - not only in the material world but in all worlds. By studying the Torah we find out what the right action is and what the wrong action is. Our own view of right and wrong is not always so accurate, as it may be affected by our own considerations and desires, interfering with our judgment.

One of the best ways to use our time is to study Torah. The study has a beneficial effect on our lives, because the more we study, the more we understand. The more we understand, the better the actions we choose. The better the actions, the better the outcome – for us personally, and for the whole world.

This is not to say that we use the study of Torah in order to gain an edge on others or to get the most benefit. Torah must be studied with love and fear of HaShem, just because HaShem requires it of us. But, in any case, the result of learning Torah is great, because it leads to good deeds, which in turn helps us develop into more wholesome, caring and successful people.

As the New Year approaches, take stock of the past year, and in the coming year make time for yourself to learn more from our Torah. It does not matter where you start, just start. It doesn't matter how much you learn, but start and keep going.

Your life will change for the better because you will have changed for the better. No matter what happens in your life you will have greater strength, better understanding and your neshama will be doing what it was sent here to do. With Hashem's guidance, your path is clearer.

Our time here flies at breakneck speed. Don't waste this blessed gift!

Wishing You a New Year full of Torah and your most fulfilled year ever!

Women for Life! Happenings

Welcome Back, Mrs Tuvel!

We are glad to announce that Mrs. Tuvel has returned to working at the mikveh three nights a week on most Tuesdays, Thursdays and Saturday nights for the time being. Her health is considerably better, Baruch HaShem. She is grateful for all the concern on her behalf.

We owe a debt of gratitude to the dozen women who covered for Mrs Tuvel in her absence. Some will be carrying on as Attendants during the weekdays that Mrs Tuvel is not on duty.

The new air conditioner

The new air conditioner at the mikveh is functioning, making the humidity in the facility much more comfortable. In order to maximise the effectiveness and the lifespan of the new air conditioner, we need to ventilate each bathroom. Originally, we expected this job to cost a couple of thousand dollars, but to have it done properly, we have been quoted \$8,500.

On behalf of all mikveh users, we thank all those who donated generously so that we could replace the air conditioning system! Over half of the required \$10,000 has already been raised. If you are looking for a place to donate to our community, the mikveh air conditioner and the venting that goes with it is a very worthy cause. Every night, women in our community use these facilities. It is a big mitzvah to help out. We would be grateful for your donation towards paying off these expenses. (Gifts of \$1000 or more entitle donors to commemoration on the Donors' Wall.) Please make cheques payable to "Sydney Mikveh Society" and mail them to PO Box 77, Bondi NSW 2026.

The Donors' Wall is going up

More good news – the Donors' Wall is finally beginning to take shape! So far, the benchtop for the front room's sink has been installed. As this newsletter goes to press, the splashback and two plaques are being readied for installation. The major plaque goes up soon after that, please G-d. The names on these plaques were the generous contributors to each of the two renovations at the mikveh. Due to the generosity of these people and other anonymous donors, our mikveh is a beautiful facility which women look forward to using.

The theme of the Donors' Wall is water - like blessings from HaShem and like the rain water for the mikveh - dripping down. The major plaque has a beautiful water drop design within the glass. All future contributions will be hung below the large plaque in the shape of droplets. Givers of donations of \$1000 or more are eligible to add their inscriptions on a droplet.

Family Purity Review 2004

The women's sessions are over for the year, but

the men's session is still ahead as we go to print. Send your husband along for the:

Men's Family Purity Course

Rabbi Moshe Gutnick will give this session to husbands about ways to support their wives in the keeping of Family Purity. A fascinating session, this course has helped husbands become aware of how to make their wives happier.

DATE: Sunday, 12 September VENUE: home of Rebbetzin Esty Gutnick, 5 Reina Street, North Bondi TIME 8:30 pm sharp.

If you have not had a review of the laws of Family Purity this year (or, at least, in recent memory!) it might be an idea to ask a Family Purity teacher to review them with you privately.

Tehillim

These are the upcoming dates for the MONTHLY *Women for Life!* Tehillim group:

VENUE: Mizrachi Shul Hall

TIME: Sundays, 10 am – 11 am

DATES: 12 Sep, 10 Oct, 7 Nov, 12 Dec, 9 Jan

In Melbourne, women gather monthly on the same dates as we do at Caulfield Shul upstairs (call Mrs Herszberg on 03-9525-8888).

In addition, there are opportunities to say Tehillim each week in Hebrew or English. All women/ girls are welcome. These are the times when women gather to say Tehillim together in our community:

- ◆ WEEKLY on Sundays at 10 am at Adass Shul, 243 Old South Head Road, Bondi. Contact Rebbetzin Reich on 9365-1080.
- ◆ WEEKLY on Tuesdays during school terms at 8:30 am (in the School Canteen) at the corner of Dover/Napier Streets, Dover



Hats,
berets and
other
headwear!

THE INDIVIDUAL WIG

caters for YOU as an Individual.

Your style, your look, your special requirements.
Come see our large range of Synthetic wigs - versatile styles and colours.

Any style we have can also be **custom made** into 100% human hair.
Our experienced staff can design a wig to suit your desire.

Price Range: \$200.00 - \$550.00* for Synthetic Wigs
\$750.00 - \$1500.00* for Human Hair Wigs
* **REMEMBER TO ASK FOR YOUR *Women for Life!* - DISCOUNT**

Hours: Mon – Fri 9.00 am – 5.30 pm Sundays by appointment

The Individual Wig

Shop 4, 16-32 Oxford Street, Darlinghurst NSW 2010 Telephone (02) 9332 2112 Fax (02) 9332 2793

Heights Campus of Kesser Torah College (formerly Yeshiva). Call the school on 9388-2600 x101.

- ◆ If you are interested in going on a roster to say Tehillim for someone during an operation, please contact Rivka Aaron on 9363-4306 or iaaron@optusnet.com.au. Many people request this service and she needs a list of people willing to be on call to help accommodate them. Until a roster is created, should you need prayers for a person during an operation, please log your request onto www.tehilimhotline.org.

5765 Vestos Charts

The new Vestos Charts for the year 5765 are already being sold at the mikveh.

Keeping track of one's cycle is an essential part of the mitzvah of Taharas HaMishpocha. Our Vestos Chart affords an at-a-glance view of the entire year to come. This overview style allows patterns to be recognised with ease when they arise. They come with a cardboard ruler for ease in measuring intervals as well as instruction sheets which have been Rabbinically checked.

They are being sold for \$10 at the mikveh (ph 02-9130-2509) and at 171 Old South Head Road, Bondi Junction (ph 02-9389-7714). It is possible to receive them by mail interstate for an additional postage cost.

Update on Utensils Mikveh

We are thrilled to report that the Utensils Mikveh behind our women's Mikveh facility at 117 Glenayr Avenue, Bondi is now fully functioning and kosher!

It is to be used only in daytime hours. Call 9130-2509 for information on getting access to it.

Denmark's Story

By Shoshana Monk

Erev Rosh HaShana marks the 61st anniversary of Germany's decision to arrest all of Denmark's Jews and transport them to concentration camps. Without the compassion of this special nation, I am uncertain what the fate of my extensive Danish family and the rest of Danish Jewry would have been. I feel compelled to record this history for all of those who may only have a vague idea, or who may possibly never have heard the details of this unique chapter in history.

This is Denmark's story: the story of my country.

Something unusual happened in Denmark during World War II; Hitler's plans to kill the Danish Jews failed.

Throughout World War II, many "good people" stayed on the sidelines as Hitler's Nazis committed horrifying atrocities against 6 millions of their Jewish neighbours and millions of others. Not the people of Denmark. Refusing to turn a blind eye, the Danes took action against their German occupiers and never relinquished faith in the unity of the Danish people. Of the nearly eight thousand Jews living in Denmark at the time of occupation, almost all survived. The culmination of the Danish defiance was a two-week-long boat lift of Jews to Sweden. During one extraordinary night of the lift, more than one thousand Jews were ferried to safety.

This is a David and Goliath story. Less than a year after the start of World War II in September 1939, Denmark was invaded by Germany. At that time, Germany was the country with the most powerful war machine in the world. For five years, the Nazis occupied this small country under the pretence of protecting it from invasion by England and France.

Resistance grew slowly in Denmark, but by the summer of 1943, a crisis loomed. In the face of daily acts of sabotage, the Germans declared a state of emergency and imposed martial law. A month later, they suddenly decided to arrest all of Denmark's Jews and transport them to concentration camps. But, for the first and only time in Nazi Germany's history, a large-scale attack on the Jews failed. Danes by the thousands refused to accept that fate for their fellow countrymen. The Jews were, after all, Danes. By resisting, the Danes saved the lives of nearly all of the 8000 Jews in Denmark.

Denmark's protection of its Jews was an astonishing and extraordinary act. What happened, and why did it happen in Denmark and nowhere else?

Edmund Burke, the eighteenth-century English political philosopher and Member of Parliament, wrote, "The one condition necessary for the triumph of evil is that good men do nothing." That is the essence of this story. Evil did not triumph in Denmark because most Danes simply refused to allow it.

There were "good people" in countries throughout Europe who helped Jews during the Nazi period. But too many more, when faced with the arrest and murder of their Jewish neighbours, shrugged and thought, "What could we do?" For Danes, one additional word made all the difference:

"What *else* could we do?"

The Germans had been planning the invasion of Denmark and Norway for many months. On March 1, shortly before the attack, Hitler issued a directive about the plan. Labelled "Top Secret," he wrote, "On principle we will do our utmost to make the operation appear as a peaceful occupation, the object of which is the military protection of the neutrality of the Scandinavian States... If, in spite of this, resistance should be met, all military means will be used to crush it."

On April 9, 1940 before dawn, a merchant ship that usually carried coal docked at Langelinie Pier. It sailed past Danish security forces, who barely noted its arrival. Inside the coal ship, however, there was no coal. Instead soldiers emerged from the cargo areas and spread throughout the city.

Denmark is a small country, made up of some 500 islands (about 100 of which are occupied) and Jutland, a peninsula that borders Germany and separates the North Sea from the Baltic Sea. The Germans had left nothing to chance - the invasion of Denmark covered the whole country. Planes dropped paratroopers at several different sites, and at 4 am German troops marched into Jutland.

Twenty minutes later, the German ambassador to Denmark, handed the Danish Foreign Minister an ultimatum announcing that German forces were taking over "the protection" of Denmark. The Germans also announced they would bomb Denmark mercilessly if the Danish government did not accept the occupation. German planes flying over the city confirmed the threat.

To be continued in future issues.

Kashrus - The Simple Facts

By Isabella Kohn

Having not been brought up in a kosher home myself, I had no understanding of the reasons behind the kashrus rules when I made the decision to become kosher upon getting married.

The biggest hurdle I encountered was from my close family and friends who had no commitment to the kashrus laws and had many misconceptions about why certain foods are not kosher. They were sure that the fanaticism of keepers of kashrus was motivated by superstition, insisting that these laws were no longer valid in today's day and age.

Once I became known as a keeper of kashrus, they would turn to me constantly with questions

like "What can be non-kosher about bread, yogurt, cereal, lollies etc?"

I found myself doing much research in order to vindicate to my family and friends my decision to "go kosher".

At that time, I used to keep kosher at home and eat salads and vegetarian meals out. I was unaware that this caused any problems. Due to my research for others, I gradually discovered the reasons for different restrictions and it was only then that it dawned on me how beautiful, healthy and sensible keeping kosher is.

I write this column because it is a matter that is close to my heart and I just want to spread the knowledge I have gathered. I hope to address simple questions about kashrus which many people raise. I don't claim to be an expert, but I am sure that if people knew the simple facts and what makes this non-kosher, they would embrace kashrus to the full extent.

Question: What can be non-kosher about bread?

Answer: The trays used to bake the bread are commonly spread with non-kosher oils and fats and may even be smeared with lard (which is oil from non-kosher meats, including pork). Even if the oil does not contain animal fat it may contain emulsifiers that are derived from animal fats.

Since this is not an ingredient in the bread itself, baking companies are not necessarily obligated to note this fact on their ingredients' list. Even if they do list 'vegetable oil' – as this oil may contain animal fat emulsifiers or be made on non-kosher vessels, it may still be non-kosher. Unsuspecting customers may therefore presume that all that is in the bread is a bit of flour, yeast, water and salt. But in actual fact, the fat on the baking trays penetrates the bread crust and makes it unsuitable for Jewish consumption. The bread may also contain "improvers" that are, very often, animal-fat based.

These same principles apply to all baked goods.

If you have any questions relating to kashrus of food items that you would like addressed in future issues, please email or mail them to Women for Life! - Attn: Isabella.

The Colicky Baby

By Dr Jocelyn Lowinger

You all know colicky babies. They're the ones who cry and fuss and cry endlessly, for hours and hours a day, for days and days a week, for weeks and weeks and weeks. And more often than not, no cause is ever found for the crying; the baby is well-fed, healthy, and in all other respects,

thriving.

Colicky babies typically have attacks of high-pitched screaming in the late afternoon or early evening that are unpredictable, spontaneous and prolonged. They pull their legs up, go red in the face, and clench their fists. And they can't be soothed by anything, not even feeding.

Up to 25% of babies get colic. It usually starts in the second week of life and is only diagnosed after a doctor has ruled out other illnesses. Nobody knows for sure what causes colic, but less than 5% of colicky babies have problems like constipation, cow's milk protein intolerance, reflux, lactose intolerance, middle ear infections, urinary tract infections, or other viral illnesses.

Colic does not seem to be caused by excess bowel gas, but some evidence shows it could be caused by bowel spasms. But it's important to remember, colic does NOT mean the baby has a difficult temperament, and it does NOT mean the parents have poor parenting skills. Babies with colic do NOT have any long-lasting effects and they do NOT grow up to have more asthma or allergies than other children.

Colic usually goes away all by itself at around four months – but it can be a distressing, tiring and upsetting four months, especially when nothing seems to work.

Colic occurs equally in breastfed and bottle-fed babies, so if you are breastfeeding there is no need to stop. And if you are bottle-feeding there is no need to change brands or type of formula.

When to call the doctor?

- If the crying changes from a fussy cry to a painful cry
 - If the baby stops gaining weight
 - If the baby has a fever
 - If you are afraid you might hurt your baby

24 Hour Lifeline Australia for when you are "at the end of your tether" or for support:
call 131114, www.lifeline.org.au

Medications containing simethicone such as Infacol are no better than placebo. Antispasmodic drugs can cause heart or breathing problems so are generally not recommended. If you try gripe water, make sure it does not contain sugar or alcohol. In general, it is wise to check with your doctor before giving your baby any medicine, even ones "guaranteed to work"; they may not be safe.

Herbal teas containing chamomile, vervain, liquorice, fennel, or lemon balm have been shown to stop crying, but may contain pesticides, heavy metals, or other unsafe ingredients, so always check with your doctor before giving herbal tea to your baby. Also, too much herbal tea may interfere with normal feeding.

Other widely used treatments such as car-rides, responding early to crying, gentle soothing motions, avoiding over-stimulation, dummies, infant carriers, crib vibrators, baby massage, and chiropractic have not been shown to reduce crying. And all the other advice commonly offered by family and friends, such as special "colic holds", may help but are usually untested.

So at this stage, the only reliable cure for colic may be time and patience. If a doctor has checked your baby and ruled out any serious problems then the best thing may be to arrange for some practical help. Get someone else to mind, hold, or rock the baby while you take a break, have a shower, or simply sleep. And if no one is available to help, it is quite OK to leave the room and let the baby cry for a while (for example, if you need a break for 10-20 minutes) as long as he or she is in a safe place. A baby can not come to harm by crying for a short time. And most of all, even though it's hard, try and remember the words of King Solomon: "This too shall pass". Because it will.

Source: *American Family Physician* 2004;70:735-39 and 741.

Credits

Editor: Gavriella Aber

Articles/ Contributions: Gavriella Aber, Lucille Ballin, Isabella Kohn, Jocelyn Lowinger, Lori Lurie, Shoshana Monk, Nogah Strum, Susie Zeilic

Proofreader: Judy Maynard **Printing:** Jamida Printing 9789-2000, Michael Santer

Thanks to our sponsors! Join our team of contributors!

Days of Our Lives c/o *Women for Life!* P O Box 77, Bondi NSW 2026, ph/fax 612-9389-7714, mob 0411-516-720, email aber@matra.com.au *Women for Life!* Coordinators: Gavriella Aber & Board of Directors. Quarterly. Circulation: 1600. Call 9389-7714 for advertisements, inserts, sponsorships or dedications. Subscriptions fee from Tishrey 5765 Oct 2004 to Oct 2005 = \$15
Check your subscription status on your mailing label. If it says: "PD'65", "BR'64" or "Pens" then your membership is up to date. Any code with '64, '63, '62, '61, '60 or a '0' = **membership is now due.**

This Days of Our Lives issue is generously sponsored by:

*Rivka & Mordechai **Aaron** on the marriage of their son Yoeli to Faigy (Bromberg)*

*Kathy & Ewaz **Barukh** in honour of the Bar mitzvah of Gavriel*

*Linda & Allan **Bermeister** in honour of the birth of their granddaughter Sarah Chana Bermeister, the Bar Mitzvah of their grandson Adam Bermeister and the Bas Mitzvah of their granddaughter Taila Eskin – with much gratitude to HaShem*

*Lanie & Adam **Goldberger** in honour of the birth of Eliav Menachem*

*Shirley & Peter **Kalish** in honour of the birth of their granddaughter, Tayla Erin (Esther) and their newborn grandson*

*Esther & Ari **Leuchter** in honour of the Bas Mitzvah of their daughter, Shoshana*

*Judith **Levitan** & Thomas **Sterling** in honour of the birth of Yishaya Menachem*

*Michael & Florette **Matzner** in honour of the engagement of Yael to David Lewis and the birth of their granddaughter, Tabni*

*Shirley & Ben **Politzer** in honour of the Bar Mitzvah of Steven (Moshe)*

*Helena **Reuben** in honour of the birth of Bianca (Batya)*

*Judy & Leon **Simons** in honour of the birth of their grandson Raphael Yehoshua, second son of Shoshana & Jason Eisner*

*Susie & Dr Geoffrey **Zeilic** in honour of the Bar Mitzvah of their son Moshe Meir Yoel*

Sponsor Our Next Issue with YOUR Mazal Tov, Call 9389-7714

BUSY BODY COLUMN

SHATNEZ - Check your woollen clothing for any forbidden linen content. Call Asher Smith 9369-4444

FURNITURE GEMACH - Borrow furniture (tables, chairs and even centre pieces) for your next party. Refundable damage deposit necessary - otherwise a free service. Call Miri Gerendasi 9327-4645.

SIMCHA DECORATION GEMACH – Borrow what's available or contribute to the stock – Call Di-Gittel Kuchar 9371-8972

MOVING BOXES GEMACH - Borrow boxes to move with rather than rent or buy them. If you've moved recently, you can donate your boxes to the Gemach. Call Chayah on 9365-6613.

MONEY-LENDING GEMACH - Borrow modest funds interest free for limited intervals. Call Yakir Franklin on 9389-9195.

KOSHER MEALS FOR NEW MOTHERS / HOSPITALISED - Notify Bloomie Berkovits 9386-4247 or Nechama Tayar 9130-1392 about new births/a need for meal assistance for a family with a hospitalised member. If you volunteer to help, you can make a meal or buy kosher takeaway for the family. If your Shifra & Puah charity box is full, call Ilana Greengard 9387- 6071.

HOSPITAL VISITS - Call Rochel Blasenstein 9387-5049.

TORAH PARTNERS - Connect to a Torah-learning partner by phone. Call Aidel Bloom on 02-9386-1943 or better yet, contact her online at SHLUCHA770@YAHOO.COM.

LITERATURE FOR NEW MOTHERS – Call Aviva Itkin 9365-4936.

BEDIKA CLOTHES, VESTOS CHARTS & OTHER MIKVEH SUPPLIES - \$6/pack at the mikveh 9130-2509 or 171 O.S.H. Rd, Bondi Junction 9389-7714. For Mikveh Tzedaka Boxes, please call Ruth Gestetner on 9387-4546.

CHESED ORGANISATION - Donations of furniture, clothing. If in need or if you have things to donate, please call Devorah Markovits 9328-5454.

BARGAINS FOR FURNITURE AS A COMMUNITY SERVICE – Office Emporium offers furniture from auctions at very affordable prices. Please call 9599-0779 or 0411-740-056 or go to the warehouse at 3 Henry Street, Arncliffe.

N'SHEI CHABAD OUTREACH WORK – Help organise functions. Call Nechama Tayar 9130-1392 or Shternie Althaus 9387-1999 or Sara Feldman 9386-5671. To volunteer for Outreach Work call Daniella Hoffman 9389-5676. For candle lighting brochures, call Rochel Blasenstein 9387-5049.

POSITIVE SPEECH WATCH - Join this club to add merit to those in need, with your commitment to speak kindly. Call Liane Robinson 9130-4151.

GO KOSHER - Have questions answered. Call KA office 9365-2933

SIMCHA DRESSES – Beautiful dresses and bridal wear have been donated for use by brides and the wedding party. To borrow or donate, call Aidel Bloom on 9386-1943

TEHILLIM PRAYERS - Call to add names of people needing prayers to our lists. Monthly group, call Gavriella Aber 9389-7714; Roster as need arises, call Rivka Aaron 9363-4306; Weekly groups, call Rebbetzin Reich 9365-1080.

What's Cooking

With Shoshana Monk

Brown Rice Congee

Contributed by Nogah Strum

½ cup of brown rice
¼ teaspoon of sea salt

6 or more cups of water

Method:

Place brown rice and water in a pot. Add a pinch of sea salt. Bring to a boil. Remove white froth from the top of the water. Lower the heat. Cover the pot. Continue to cook overnight. Serves 3

The outcome is a delicious, nourishing and easily digested meal for the whole family to enjoy at breakfast time. Congee ("rice water") is a traditional breakfast eaten in China. It is porridge made up of rice and water. Other vegetables, grains, herbs, or meats may be added to the Congee to supply additional nourishment.

The simple technique is to cook a handful of rice in lots of water. This is done on the lowest heat possible for many hours (four hours minimum). This porridge is recommended for increasing a nursing mother's supply of milk and for pregnant women with morning sickness.

Very Fast Recipes For Very Busy Mums!

from Shoshana Monk

Vegetable and Risoni Bake (dairy)

1 zucchini, thinly sliced	250g punnet cherry tomatoes
200g butternut pumpkin, peeled, deseeded, cut into 5mm wedges (or cubes)	
2 cups Risoni pasta	2 cups vegetable or pareve chicken stock
1/2 cup white wine	3/4 cup frozen peas
grated cheese	seasons to taste

Preheat oven to 180C. Place zucchini, tomatoes, pumpkin, Risoni, stock and wine into saucepan. Bring to the boil over high heat. Reduce heat to medium. Simmer for 10 to 15 minutes, stirring to avoid sticking, or until all liquid has been absorbed. Remove from heat. Stir in peas. Season with salt and pepper.

Spoon mixture into 8-cup capacity foil container or ceramic baking dish. Sprinkle with grated cheese. Bake for 15 minutes or until cheese is golden. Serve immediately. *Serves 6.*

Turmeric Rice with Chicken Legs

8 chicken legs	olive oil for frying
1 onion	2 cups basmati rice
2 garlic cloves	1 tbsn grated ginger
1 tbsn ground turmeric	1 tsp ground chilli powder
4 cups chicken stock	½ cup chopped coriander
3 tomatoes	

Preheat oven to 180C. Heat 1 tbs. olive oil in frying pan over medium heat. Add 8 chicken legs, turning until golden. Remove. Saute 1 onion, chopped. Stir in 2 cups (400g) basmati rice, 2 garlic cloves crushed, 1 tbsn grated ginger, 1 tbs ground coriander, 2 tsp ground turmeric, 1 tsp ground chilli powder. Transfer to a 4 litre ovenproof dish. Top with chicken. Pour over 1L (4 cups) chicken stock. Bake for 40 minutes. Remove chicken and stir 1/2 cup chopped coriander and 3 tomatoes, chopped, through rice. Serve with chicken and salad. *Serves 4.*

Sweet Soy and Ginger Fish

1/3 cup honey	1/4 cup soy sauce
2cm piece of ginger, peeled, grated	1 teaspoon sesame oil
8 small white fish fillets	baby Asian salad greens, to serve

Combine honey, soy, ginger and oil in a saucepan over medium heat. Cook, stirring, until marinade comes to the boil. Set aside to cool. Pour marinade into a ceramic dish. Add fish to cooled marinade. Turn to coat. Refrigerate for 30 minutes. Preheat grill or barbecue or frying pan on medium heat. Remove fish from marinade, reserving marinade. Cook fish, brushing with marinade, for 3 minutes each side or until cooked to your liking. Place onto plates. Serve with Asian salad greens. *Serves 4.*