

Days of Our Lives

Shavuos 5757

a *Women for Life!* publication

Issue 3

About *Women for Life!*

Women for Life! is a completely independent organisation which was formed to unite Sydney's Jewish women in programs of Jewish learning.

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Editorial

Preparing. We women spend our lives preparing. And now, we are busy preparing for Shavuos. The days between Pesach and Shavuos are full of the daily mitzvah of counting the Omer. We count the Omer in preparation for Shavuos. The 49 days between the two festivals are the same days we counted as a people when we left Egypt. We counted how many days would bring us to the Giving of the Torah on Mount Sinai. We worked to improve ourselves to be ready to receive the Torah.

The same applies today. These 49 days are intended to be used to prepare ourselves for Shavuos, when we spiritually receive the Torah all over again.

Preparing is a very female occupation. We prepare meals, our homes, the decor, our marriages, etc. We prepare our children emotionally to cope with the world. Women have innate abilities to enhance peace, harmony and balance in our homes.

Ultimately, we are preparing the world environment for the era of world peace. It says about the time of redemption that the woman will be a "crown on her husband's head". In other words, her glory will be revealed for all to see, after centuries of hidden, secret accomplishment. In preparation for that era, we now see the feminine aspects of the world unfolding.

When preparing, our greatest guide is the Torah. Guidance to make our marriages go smoothly, to raise our children to have *mentchlichkeit* (decency), to create warmth and self esteem in the family members and relationships... all this guidance is found in the Torah. The Torah is the "blueprint" for the creation of the world. This blueprint guides us on a pathway which nurtures goodness and truth in every aspect of our lives. Following the Torah's directives encourages peace and honesty in our lives and in the world at large.

The Torah's guidance even teaches us to go beyond what we would have thought our capabilities are. By way of analogy, a small child can take a pre-prepared kit and make a model

aeroplane. He is neither a designer, a painter, a sculptor nor an engineer. Yet, by following the directions to the kit precisely, he can create a perfect result.

So too, when we are guided by the Torah in our actions, speech and thoughts, amazing results occur. We find ourselves more motivated to perfect ourselves, because we have clear guidance for succeeding. We strive to be better Jews, people, women, wives, mothers, sisters, daughters.

This Shavuot, as we eat our carefully prepared dairy dishes, and as we make an effort to go to shul to hear the Ten Commandments, perhaps to even stay up at night learning Torah, we should reflect on what we are celebrating. We are celebrating both the culmination of our 49 days of preparation and also the giving of the greatest gift in the universe, the guide of our life, the Holy Torah.

We wish you all a happy Shavuot!

The Book of Ruth

Ruth is one of our most inspiring Jewish women, certainly a "Woman for Life!" Hers is the story of a Moabite woman who joined the Jewish nation and ultimately became the great-grandmother of King David.

How did she merit such a privilege? Because she stood out as an example to all Israel.

Ruth and her sister, Orpah, who were princesses of their own people, married the two sons of Elimelech, a leader of the Jews. Elimelech, who was a very rich man, had abandoned his people during a famine in Israel.

After Elimelech and his two sons died, his righteous wife, Naomi told her two widowed daughters-in-law to return to their father's home, as she was returning to Israel. Orpah went back, but Ruth refused to forsake her humbled mother-in-law. She replied, "Where you go, I shall go. And where you shall lodge, I shall lodge. Your people are my people and your G-d, my G-d." (Ruth 11:16)

"In those days, there was no king in Israel. Each man did what was right in his own eyes." (Judges 17.6) When Elimelech was needed in Israel by the Jewish people, not just for his wealth, but for his leadership, he nevertheless abandoned the Jews.

Ruth, however, brought kindness and compassion back into the forefront of Jewish life. When Naomi returned to the homeland, everyone saw that Ruth was at her side, caring for her and giving of herself. Ruth joined the beggars to collect forgotten sheaves in the fields. She collected enough for both of them, not allowing Naomi to join her in this degrading task for survival. She served as an example of self-sacrifice for the sake of doing kindness for another.

Her greatness is remembered every year on Shavuot, when The Book of Ruth is read. Her example to us is directly related to the holiday of Shavuot. Shavuot is the time of the Giving of the Torah. We should be inspired to be as kind and giving as Ruth was. By improving ourselves in these areas, we become worthy of receiving the Torah.

Perfecting Relationships

Before presenting the review of the recent lecture by Rabbi Heschel Greenberg, entitled "Utopian Relationships in an Imperfect World", we at Women for Life! would like to apologise. The publicity for the well-attended event was a source of many complaints. Unfortunately, in hindsight, we realise that we should have sent out a mailing, rather than depend on phone calls and word of mouth. Many people simply did not hear about the evening until afterwards, and were disappointed to have missed out. We intend to improve our ways from now on!

Rabbi Greenberg based his talk on the concept of life, "chaim". The word "chaim" is plural because life is only meaningful when a relationship exists. As it says in the Talmud, "Either companionship or death."

There are four situations mentioned in the Talmud in which a living person is considered not to have "life". These are figurative examples of "lack of life", which represent, among other things, flaws in our relationships. It must be noted that these are metaphysical states and not physical flaws. The four are: 1) a person with no vision, 2) a leper, 3) a person who has no intelligence, and 4) a person who has no children.

Looking closely at these four states of lack of life, we can learn how to perfect our relationships.

1) What is a person without vision? A person who doesn't see others. Blindness is linked to S'doym, the wicked self-serving city which did no kindness and was punished with blindness. In S'doym, outsiders were not tolerated. Others only exist for such a blind person as satellites to himself. They are only relevant in so far as they serve his needs or desires. He/she only recognises others' needs when it is related to him/her. No one has any independent existence.

Today, we need to strive not to be blind, by being sensitive to others' needs and watching our selves that we don't take others for granted.

2) A leper, a "metzoirah". A leper becomes leprous according to Torah because of speaking badly about other Jews, speaking Lashon Horoh. "Metzoirah" can be broken into the words "moitzei rah" - a finder of evil. This person has the opposite problem to the blind person. He looks too closely. He sees the faults of others too clearly. A person who sees "too well" is bound to get caught up in their faults, bound to talk about them and to exacerbate problems. This threatens a good relationship.

In the story of Noah becoming drunk, the Torah shows how his sons turn their back so as not to see their father's impropriety. In a relationship, we have to learn to respect the privacy of the other person and except the other in their totality, faults and all. You can see the other person's situation either as full of faults or full of challenges.

3) A person who doesn't have intelligence. This person is truly impoverished. He is a person whose intellect does not rule over his emotions. Emotions can be fickle and misguided; they can fizzle out or be overpowering. A person needs intellect, a philosophy of life in order to make a relationship into a good relationship. A person who does not temper emotions with wisdom or a purpose in life is not "chaim", not living true life. It is a very serious problem in a relationship when a person just lets his/her emotions run loose and can not control them.

When a person is mature and has established priorities and purpose in life, knows what he is living for and knows how to define a relationship, and has an understanding of what is important in life, the relationship is bound to be much smoother and everything falls into place with some effort.

4) A person who doesn't have children. This represents the person who is unable to pass on his contributions to others. "Children" represent a lasting contribution in the world. This person might have given, but it doesn't last long, because the person didn't follow through with the commitment.

In terms of a relationship, it might have started well, but the commitment wasn't continued. The promises weren't kept. The other person is taken for granted. No obligation is felt to prove one's love and concern.

The Torah tells us that there are two levels of a relationship. There is the level in which the friends are united as one. This unity needs no reinforcement. The second level is a joining of opposites. This level needs constant reinforcement. We need to show recognition that the other person isn't "just there" for us.

All four of these problems will become obsolete when Moshiach comes. Exile, which is the pre-Moshiach state, means alienation from our country and from HaShem. In exile, HaShem's relationship with us is limited. Therefore all relationships are imperfect now. It's hard for us to have good relationships. We will have perfect relationships among ourselves only when HaShem will once again live among us, comfortably in this world.

But meanwhile, we are living on the threshold of redemption. Even though the sun did not yet "rise", we can already see its light. Our job now is to prepare for that age by developing our relationships, enhancing them by doing things we are capable of doing. True, we won't reach perfection until Moshiach comes, but we have to do everything in our power to come as close to the ideals as possible. We don't have the excuse that it's impossible for us. We are required to take advantage of the opportunities we have now to do things to perfect our relationships and to experience true "chaim". We have a greater capacity than our ancestors, because we are closer to the rising of the sun.

The letters of the word "chaim" stand for four states of exile: **CH**oleh, **Y**am, **Y**oitzei and **M**idbar. These are the four times we must bless HaShem for saving us, namely: 1) surviving sickness, 2) having crossed the sea, 3) having come out of prison and 4) having been in the desert. These are the four times we "bentch goimel" - say a prayer of thanksgiving to HaShem for survival.

These four situations also correspond to problems we have now in our relationships.

1) "choleh"- sick adds up to 49. We are all sick because while in exile, we can only reach 49 levels of holiness, while 50 levels exist. We are what the Torah calls "love sick" - consumed with passion for HaShem, but we are unable to fulfil our relationship in exile.

2) Turbulent waters are the distractions we have in life which take us away from our relationship with HaShem and with each other. Finances, sickness and other forces can threaten our relationships.

3) Coming out of prison. We are all in prison. We are incapable of fully expressing ourselves. This is especially common with men. Also, different people have different reactions to the same news. This is often misunderstood by others. A person thinks "why didn't he jump for joy?" But we should be aware that people have different reactions, and take each reaction in perspective, according to the person's nature.

4) The desert is a dead place. Nothing grows. A state of no passion, no love, no enthusiasm, no excitement and no life.

We are all suffering in our relationships in these ways on some level. We will all give thanksgiving to HaShem for surviving these states when Moshiach comes because we will all have overcome these problems. Moshiach will accomplish many other wonders, but so importantly, he personifies the idea of a real relationship. Let's hope that soon we will be in Yerushalayim and have our ideal relationship with HaShem and with one another!

My Struggle with Modesty in Jewish Dress (Tznius*)

Looking back, I really packed far too many skirts when I headed off to Israel. It was as if subconsciously I knew I would ultimately need them more than my jeans and shorts.

Months later, when I found myself at a seminary, the skirts came in handy. I suppose HaShem helps you land up where you want to go - but that's another story!

But I found out that my knees had to be covered not only when standing, but also whilst sitting. No slits or tight fitting skirts were acceptable. And I had to get some slips for those see-through fashions.

Years later, as I've adjusted gradually to halachic expectations, it dawned on me that it is easier to make long sleeves cover my elbows than to try and make short sleeves "grow". Sometimes the sleeves would "grow" a bit longer with various sewing techniques and my own fashion innovations. But more often than not, my elbows would show when I lifted up my arms.

In summer, I now just glance sideways at racks, and if they are all short sleeves, I keep walking. Instead, it is much easier to find long sleeves in winter, spring or autumn. (Also, because of sun protection awareness, it is even possible to find three quarter and long sleeves in summer stock.)

I've discovered an easy way to tell if a material is too sheer - if when placing my hand inside it, I can see my skin colour or fingers, it's a no-go. Some of my friends still buy tops they like, and just wear them with an undershirt. To each her own!

I'm still growing in my tznius observance. Neck lines were a challenge for me - it still some times feel funny doing up the top button to cover my collar bone. I'm getting used to it. I suppose my next project is to wear stockings all the time. They bother me. But many of my friends aren't bothered by it. I suppose their challenges are in different areas.

What is hard for one person is easy for an other and vice versa. But at least by knowing the goal posts, we have what to aim for. If I shift the goal posts, I'm really just cheating myself. And now that my daughters are growing up, I have an added incentive for doing things properly, to be their role model.

Why go to all this effort? Deep down, I know that this is what HaShem wants of me - it's the same as Kashrus or Shabbos. There is plenty of choice in modern fashion to keep these laws and look terrific.

And as I've made my wardrobe more kosher over the years, it's given me a great excuse to go shopping!

* *Tznius refers to the standard of acceptable dress in order to preserve modesty.*

Nourishing the New Mum

While the birth of a child is an absolute miracle, it is also an enormous emotional, physical and spiritual experience for the mother. A woman who has just given birth is exhilarated, but also exhausted. This exhaustion will no doubt follow her for many months to come.

What happens to her energy when visitors come? For the most part, she sits herself up, tries to look her best, and attempts to make her guests feel comfortable and glad that they have come. They are also excited to share their joy with their friends. The problem is, that some times a new mum does not admit to herself or her visitors that she is not always rested or relaxed enough to have guests. She just pushes herself to the limit at such times, often feeling exhausted after the guests have gone.

After a few days in hospital, the proud mother comes home. Now there is probably all the piled up chores left to wait for her during her absence. There are also other children to care for, besides the precious new addition. And the new mother is still in the process of healing, herself.

It could be she is fortunate enough to have help. Perhaps her partner will stay home for a week to help. Perhaps her mother will care for her. But after a week or two, even the most devoted support teams have to return to their own commitments.

I propose that this is the time to visit and nourish the new mum - with a hot kosher meal! Now mum could really use a visit. A real friend will come and wash the dirty dishes in the sink, stay and chat for ten to twenty minutes and then go - taking the garbage out on her way!

Nourishing Ourselves as New Mothers

Traditionally, Sephardi women rest for four weeks after the birth of a child. Their extended family is called in to care for the baby and the mother is encouraged to completely rest. It is interesting to observe that many of these women do not suffer from post natal depression. Though for most of us, this would not be possible, many of us can learn from their wisdom and rest more after giving birth.

If you feel that you would prefer a little space to recover before the influx of enthusiastic relatives (especially if you have a bris to organise), ask your husband to screen visitors. Sometimes visits could coincide with a challenging day. You might just need a rest instead of guests. Insist that people call before popping in. Leave the answering machine on.

During this time, it is important to put you and your baby first. Everyone wants what's best for you; it is up to you to let them know what that is.

When people make an offer, accept it. Don't be afraid to ask for help, time, privacy or company, if that is what you need. Once you're up and about, keep your housekeeping simple. Don't tax your extra reserves of energy by doing major projects.

Recommended foods to eat are soft, nourishing, well cooked root vegetables, noodles and soups. A big bowl of warm oat porridge in winter for breakfast every day is good for both mum and the milk supply. Nourishing and warming foods, such as baked sweet potato and pumpkin are good. (See recipe section of this issue!) Herbal teas, especially chamomile tea with a little honey is calming for both mum and feeding babe. Chicken soup with whole pieces of chicken and buck wheat noodles in the soup make a simple and replenishing meal.

Foods to avoid for the first six weeks are raw vegetables, garlic, cabbage, broccoli, spicy foods, and cold foods and drinks. I have also heard that if you avoid dairy products completely for the first six weeks, your baby will not suffer from colic.

When I had my last new baby, a woman sent a note which said, "Enjoy your new baby." It was such a beautiful, gentle reminder of where my priorities should be. I was deeply touched and grateful for that piece of paper. It came home to me scrunched up in the pocket of my seven year old, along with last week's chewing gum!

What's Cooking

Here are two VERY NUTRITIOUS dinners. The first is elegant enough to be used for a Shabbos meal. The second one is especially good for new mums (see related article, this issue!). And, of course, we've included a cheesecake for Shavuot!

BAKED CHICKEN WITH SOY SAUCE AND HONEY

Ingredients:

1 chicken in pieces (you can add extra wings)	3 tbs Shoyu or Tamari
1/2 cup honey	ginger (optional)

Method:

Place all ingredients in baking dish. Bake covered at 200 degrees for 50 mins and uncovered for another 15 or until well browned. You may add a little water for a delicious sauce. (For Shabbos, do the last 15 mins just before candle lighting, turn the oven off and leave it in the warm oven.)

BAKED SWEET POTATO AND PUMPKIN

(Good with brown rice)

Ingredients:

1-2 sweet potatoes	1 pumpkin
1 brown onion	fresh rosemary
1-2 tbsns olive oil	1/3 cup Mirin (Japanese cooking wine)*
2 tbsns Tamari or Shoyu (Soy Sauce)*	

*'Spiral' brand is kosher

Method:

Cut onion lengthways and then along the lines of the onion. Cut sweet potato and pumpkin into chunky pieces. Put vegetables and herbs in a baking dish. Drizzle olive oil, Mirin and Shoyu over vegetables and mix well to coat each piece. Bake covered at 180 degrees for 30 mins. Then brown uncovered for 10 mins. Add a little water to cooked vegetables to get a delicious sauce for the rice.

BLACK BOTTOM CHEESECAKE (DAIRY)

Ingredients:

Filling: 8 oz cream cheese

1 egg

1/8 tspn salt

Batter: 1 and a 1/2 cups flour

1/4 cup cocoa

1/2 tsn salt

1/3 cup oil

1 tsn vanilla

Topping: 1/3 cup sugar

1/3 cup sugar

6 oz chocolate chips

1 cup sugar

1 tsn baking soda

1 cup So Good or water

1 tbs vinegar

1/2 cup chopped nuts

Method:

Bowl #1: Mix all filling ingredients except chips. Then add in chips.

Bowl #2: Mix all dry batter ingredients. Then add in wet ones.

Pour batter into 9" x 13" container. Spread filling evenly around cake. Sprinkle on topping. Bake at 350/180 degrees covered with foil for the first 25 minutes. Then uncover and bake another 10 minutes.

CUP CAKE OPTION: Fill cup cake papers 1/3 with batter. Top with filling. Sprinkle topping. Bake at 350/180 for 15-20 minutes.

When Raising Children, Follow Your Heart

I always wish there was a quick, easy way to fix all problems. A "Guide" - flip through the pages to find your solution!

Nevertheless, there is no 'one simple answer'. The more I read, the more I discover that there will always be at least two opinions. Should you respond when your child screams in the middle of the night, or let him cry it out? Will sparing the rod spoil the child, or will spanking him teach that

violence is an acceptable way to solve problems?

Every time an expert gives you an authoritative opinion, there is another expert advocating the exact opposite with equal authority! Can we blame ourselves for indecision, when even the professionals fail to come to a happy medium?

Sometimes, we have the right information, make a right decision, and yet it doesn't work out the way we intended it to. We are only human; we are not perfect. And when we don't decide or judge properly, we have to remember that we all make mistakes. No one parents perfectly.

Sooner or later, every parent loses his temper, misjudges a situation and overindulges a child in a moment of weakness. We are not all endowed with the patience of Job, the wisdom of King Solomon and the strength of Samson combined. Yet, even these three heroes would be put to the test if they were to spend their time at home tending to three children under five!

There are those magical, rare moments when everything seems to be going well, and we convince ourselves that we are doing everything right. This is a sure sign that very soon one of the children will show us how naive we were to imagine perfection.

So we're back to the most tried and true rule: we are not perfect. Yet, amazingly, the species has survived, imperfect parenting and all! Children are not as fragile as we imagine. They have a tremendous capacity to understand and forgive.

We should forgive ourselves more readily. And be aware that the people around us will never judge us as harshly as we judge ourselves. After all, they experience life's challenges, too!

So how do we make decisions about how to respond to our children? The experts don't seem to agree and we know that we are imperfect. The greatest "Guide" is to follow our hearts. If it feels wrong or hurtful to you to behave a certain way to your children - don't do it. And if you feel that you're succeeding in reaching the child inside, positively - go for it!

Listen to yourself for a change! You're the world expert at being you! And besides, you are the best mother your children are going to get!

Segulas

"Segulas" are special acts which protect us, usually derived from Torah customs or are the advice of Sages.

* It is a segulah for preventing poverty to be meticulous about washing hands properly before eating a meal with bread.

- based on the Hebrew in the initials of the words "al netilas yodayim" ("on the washing of the hands") which spell out "ani" - poverty

* It is a segulah for having a child to be the couple given the honour at a bris of passing the newborn boy from his mother to his father. The baby's mother passes the baby to the wife of the honoured couple. She passes the boy to her husband, who then passes the baby on to his father for circumcision. (This honour is called being the "kvaters," the god-parents).

* It is a segulah to become rich to be honoured to be the sandak, the man who holds the baby during the bris.

* On Saturday night, it is a segulah for a good income to say the prayer "V'yiten" together with another person.

Handy Hints

Our homes are likened to the Bais HaMikdosh (the Holy Temple), so our work around the home is quite significant!

* A tip to quicken the process of folding laundry: STEP ONE: Sort all the laundry into piles - straight off the washing line - which belong to each member of the family. In separate piles are towels, sheets, etc. The pile to be ironed can be put aside (for the cleaning lady!). STEP TWO: Fold each little pile one at a time and put the items right away. This method saves time because smaller, pre-sorted piles are quicker to fold and get out of the way. (If you find this method works for you, it is worthwhile to buy small baskets for regular use. Also, as the children grow, they can

be responsible for their own baskets/piles!)

* A way of getting those shoe polish stains off the white Shabbos shirts: scrub the shirts in Dynamo. Then soak them in Dynamo for 24 hours. After that, throw them in the wash, and - good as new!

* Want fluffy towels, even though you hang them out to dry? Also, are your velvet clothes stiff after hanging them dry? After towels or velvet is dry, put the items in the dryer on the lowest setting for 5 minutes. They will be fluffy and soft again!

* If you are reluctant to use the dryer (especially relevant in the winter!) due to cost, why not call the Electricity office to determine just how much your dryer costs! I gave my model type and asked what each setting costs to run. Low was 6 cents an hour, Warm was 12 cents an hour and Hot was 22 cents an hour. I made a calculation that the \$1.20 a week it takes to dry all the light things on Warm is money well spent. Now I only hang towels, denim, delicates and shirts - which dry iron-free on a hanger. It's not as expensive as people imagine!

* If you are hanging clothes in the winter, get a portable, preferably rolling rack to put the hard-drying things on. If a drizzle starts or you suspect it might rain, just roll the lot inside and let it finish drying in the house over night (rather than rushing to take down the wet things and rehang them all later!).

* Does your homemade ice cream keep you waiting after your Shabbos meals for it to thaw enough to scoop into? Try freezing the ice cream inside cones, rather than in a container! No scooping, no mess. Just take the number of pre-wrapped, full cones out of the freezer at dessert time! (Note: the cones aren't as crunchy, but this has never bothered my children or their guests!)

* **BULK COOKING:** Some women find the weekly struggle to put delicious Shabbos meals on the table a great strain. This discomfort is often their reason for having a minimum of guests. Learn a trick from those women who always seem to easily have guests every week. Rather than starting from scratch to do everything each week, these women rotate their cooking in bulk and then freeze batches. While you are making the mess any way with the bowls, mixer, pots and so on, get more food made at once!

For example, make your fish for a month or more at one time. (Whether fried, boiled or baked in a roll - all freeze excellently. Batches can also be frozen raw and taken out to bake.) One batch is for this Shabbos, the others to pull out over the next month or so on Thursday night to defrost.

Make 4-6 cakes at once in foil containers for freezing. If you want, you can make a variety of flavours for not much more work. Add apple chunks to one lot, chocolate bits to another, marble swirl to a third, cinnamon and nutmeg to another, etc.

Schnitzels can be crumbed in advance and then frozen in batches of the right size for your needs for the next month of Friday nights. Defrost a batch on Thursday night. On Friday, just fry them!

If you prefer Marylands for Friday night, pre-wash a few chickens' worth at a time and arrange them in foil containers in the right amounts for your needs. Cover them, label them and freeze them. On Friday, pull out a tray full of the right amount, pour on a sauce of your choice and pop it into the oven! (The chicken does not even have to be defrosted first.)

Make a batch of 4-6 kugels at once. Kugels freeze very well as long as you warm them for 10-15 minutes after defrosting.

Kneidelach can be made in bulk as long as you freeze them on a cookie tray singly before bagging them (otherwise, they will stick together when frozen). On Friday, pull out the number you need for adding into the soup!

Some people use this bulk-freezing method to bake challahs if they want to bake them and can't find the time weekly. A freezing hint is to bag them well and freeze them as soon as they are cool to keep the freshness in. Or, the dough can be frozen raw. However, there is no doubt that fresh challahs are much tastier.

Rotate the batches of bulk cooking so that one Thursday night, you would go to the freezer and take out the fish, the kneidelach, the kugel and the schnitzel, but you would have to make your 6 cakes. The next week you would have the cakes in stock, but it would be time to make a batch of fish, and so on.

Bulk cooking saves money, time and nerves. Before long, you'll wonder how you ever found Shabbos preparation difficult!

** Important Note on freezing: there are only two freezing lives to meat and fish - one life raw, the second life cooked. Attempting to freeze raw food again raw, or cooked food a second time is dangerous due to the potential for bacteria. This does not apply to cakes, noodles, and other foods which can easily be refrozen many times!

Busy Body Column

We can busy our bodies by helping others. Each of us can make incredibly essential differences to others with out even working too hard at it! Please contact the women below who are offering wonderful, enriching opportunities to you!

* A Support Group for Mothers of Many Children is starting! The group aims to offer shared support for the challenges involved and suggestions about organisational skills, and the like from experts. Con tact Chaya Kaye on 9369-1190.

* Hospital visiting - Rochel Blasenstein on 9387-5049.

* "Shir l'ma'alos" cards and Jewish literature for new mothers - Aviva Lever on 9365-4936.

* Tehillim Club - be on the roster to say Tehillim every Shabbos Mevorchim (Shabbos be fore Rosh Chodesh) - Chaya Perlow on 9387-2631.

* Shmiras Halashon, (a no-speaking-badly campaign) to encourage positive speech - Rivka Aaron on 9363-4306.

* Local Jewish tape libraries:

Call the Brittons on 9365-4770.

Call Rabbi & Mrs. Ingram on 9365-5716.

Women for Life! has tapes of our lectures.

* Kasher your kitchen - Daniel Hayman on 9369-2022, a.h. on 9369-1480, or on his mobile on 015-856-770.

* Bedikah cloths, laminated Mikva Preparation Check lists and The Sydney Mikva Guide are available at the mikva and also from Women for Life! at the following addresses: 171 Old South Head Road, Bondi Junction and at 8 Ray Street, Vaucluse. *

Letters

Dear Editor,

I'm not sure if you are aware of it, but there is a disgraceful report which has recently been issued by the Task Force on Jewish Continuity. The report misquotes, grossly exaggerates, distorts and twists many Talmudic passages dealing with the Jewish woman. Isn't there a way to combat the ignorance they are promulgating?

Liane Robinson

Dear Liane, We are working on it. On Thursday night at 8pm at Mizrachi Hall, 339 Old South Head Road, North Bondi, there will be an excellent speaker, Dr. Lisa Aiken. She has written many books, is a clinical psychologist, a mother and an observant Jewish woman. She is included in the Who's Who of the top 200 women in the USA. Her topic is "Is there a place for a Woman in the 90s in Traditional Judaism?" This is the beginning of our response to the Task Force report on Jewish Continuity. We need all Women for Life! to stand with us, united as proud Jewish women.

-editors

Dear Editor,

Your last issue was very inspirational. I'm sure women throughout Sydney appreciated the many ideas it contained. I would just like to point out a slight error which occurred in the Handy Hints column. There, in the tip about pre-cutting vegetables, it stated "any pre-cut onions should be covered over night."

To clarify this idea, onions may not be used if they have been left over night removed from the root end, even when peeled and covered. If some peels are still attached to the onion, they may be left over night. In addition, some opinions are lenient about pre-cut onions which are mixed with another food, e.g. salad. If there are questions in actual practice, consult your local Orthodox Rabbi.

(Rabbi) Yossi Braun

Dear Rabbi Braun, Thank you for your corrections.

-editors

To send a letter to the editor, see contact details below in the Credit section.

Credits

Articles and assistance for this issue have been contributed by (in alphabetical order):

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Do you have enthusiasm, skills, sponsorship, an article or letter to contribute to our next issue? PLEASE contact us! We need you and your talents!

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If you are not already on our data base or to add interested friends, please include the information below and mail it, fax it or e-mail it to us!

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Please note, last issues coming event dates were ALL changed! Please excuse any inconvenience caused.

This issue of Days of Our Lives is generously sponsored by Yisroel & Michal Rosenberg in honour of the Bar Mitzvah of their son, Dovid.