

# Days of Our Lives

Shavuos 5759

a *Women for Life!* publication

Issue 11

## 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

Our eleventh issue is a milestone for us. Who would have believed that our data base would break 1100 entries for our eleventh issue? From a humble beginning 4 years ago, with 80 women on our list, we have certainly grown.

As co-coordinators of *Women for Life!*, we have worked to produce this newsletter regularly as well as to create opportunities for women to tap into their Judaism through courses, lectures, evenings of entertainment and other events. Our work for brides and for the mikveh have inspired some to call us "the mikveh brigade"! However, the scope of our goals is really much broader than that. We aim to assist Jewish women to thrive in all areas of their lives.

Eleven is a solid number. For us, it represents the challenge of a new solid beginning under changed conditions.

In this issue, we explore Shavuos, the Festival of the Giving of the Torah. Read about the meaning and the menu of this festival. Also, in our Happenings, we review the successful Mikveh Dinner and update you on the mikveh renovations. In our Upcoming Events, you can read about what we have planned - our Celebration of Women on the 6th of June is an event not to be missed. It is an evening of entertainment for women by the talented women of Sydney. Later in the month, we will also be hosting an international speaker, Rabbi Simon Jacobson.

We also learn about Ruth and being kind. The latest medical advice - trust HaShem! And learn how to burn fat. Our Handy Hints column this issue is about marriage. And we have letters. Enjoy!

The Editors, Gavriella Aber & Lori Lurie

### **Farewell**

Many of you may have heard that our co-coordinator, Lori Lurie and her family are going to Israel in July for a year. We can take heart that Lori will be only a phone call, a fax machine or an email away. We owe a debt of gratitude to the Lurie family for all their work for *Women for Life!* and for numerous other Jewish causes in Sydney. We know they will continue their great work in Israel.

*Women for Life!*, Gavriella Aber, co-coordinator

Alan and I are leaving to go to Israel for a year's sabbatical. We are planning to study at an Ulpan and learn at different yeshivot. Our children will be going to Hebrew-speaking schools. We are looking forward to our "family adventure" and to experiencing the culture and the way of life in Israel. I will not be disappearing from *Women for Life!*, but will continue to be a silent partner from overseas (me - silent?!? That will be a first!). I really hope that new volunteers will come forward to assist Gavriella with the great work that needs to be done.

Thank you to all our special friends and the wonderful Sydney community for all your support and love of my family and me for the thirteen years we have been here. This is not a good-bye - I'll certainly be in touch.

Lori Lurie

## **Shavuos in Mystical Terms**

Shavuos is the day when the Torah was given to the Jewish people. On this day, we renew our allegiance to the Torah and all for which it stands.

Before HaShem gave the Torah to the Jewish people on Mount Sinai on Shavuos, there was a division between the physical world and the spiritual realms of existence. The holiness of the Torah was not able to penetrate the physical plane.

It is explained in Chassidic literature, that when Abraham, Isaac and Jacob performed mitzvas, commandments, (which they had not been commanded to, since the Torah had not yet been given), their intentions and thoughts rose to heaven, but no lasting effect remained on this earth in a physical manner.

Once HaShem "descended" to Mount Sinai to give the Torah, the barriers between heaven and earth were removed. From that moment 3311 years ago and on, it became possible for us to bring G-dliness down into the physical world in a permanent manner.

Physical objects could now contain holiness. A scribe writing a Sefer Torah according to the fine details of Jewish Law could now imbue the scrolls with his thoughts of G-dliness. Even an average Jew making a blessing on a piece of fruit can now elevate the fruit to its G-dly purpose.

This concept, taken to its full extent, defines the very purpose of the Torah and our existence. We are here to invite G-dliness into this world. By using the Torah as a guide and employing our full potential, we invoke G-d to bring His Presence into our physical existence. Every mitzvah we do creates a dwelling place for G-d here in this, the lowest world.

Every year we ought to relive anew the receiving of the Torah on Shavuos. May we all accept the Torah into the depths of our thoughts, speech and deeds and thus invite HaShem to bring His Presence and His House, the Third Holy Temple, into the world in full manifestation.

## **120 Special Days**

From Shavuos until Yom Kippur, there are exactly 120 days. These are days linked historically to the year that the Jewish people first got the Torah.

### **The First Forty Days**

On Shavuot that year, the Jewish people stood around Mount Sinai and heard G-d's Ten Commandments. Then Moshe Rabeinu (Moses) told the people that he had to go up for forty days to receive the Tablets from G-d, which had the Ten Commandments engraved within them.

Moshe was due to return on the fortieth day. The people thought he had abandoned them and discouraged by his absence, they were influenced to worship a golden calf.

On the fortieth day, Moshe was getting last minute instructions from G-d. The Talmud relates that G-d commented to Moshe, "Go down. Your people are now worshipping an idol." Moshe was in a state of disbelief.

He came down the mountain and upon discovering the 3000 idol worshippers, he threw down the Tablets. The shock of the broken Tablets and the appearance of Moshe brought the people to repentance.

### **The Second Forty Days**

Because the people had sinned, Moshe had to go back up to pray that the people should not be destroyed. He spent 40 days there pleading on our behalf before G-d.

These days begin at the 17th of Tamuz (the day the Tablets were broken), the start of "three weeks" when we practice aspects of mourning rituals, and continue throughout the month of Av. The first "nine days" of Menachem Av, which includes Tisha B'Av, the 24-hour fast day, fall within this time. Traditionally, these days are not considered lucky for the Jewish people. Many tragedies have befallen our nation during this time.

### **The Third Forty Days**

Moshe returned on the 29th of Av and then went back up for a final forty days to beg forgiveness for the people. He asked that the Jewish people should have a chance to begin with a clean slate.

The first thirty of these days fall during the month of Elul. Elul is a month of mercy, which began when Moshe begged G-d for mercy on our behalf. He opened the pathway for our prayers to be accepted annually at this time.

Elul is the month before the new Jewish year, and hence is a chance to repent for misdeeds of the past year and make resolutions to improve in the coming year - not just as theoretical ideas, but to actually use the month as a practice of the new habits. Improving ourselves creates a closer relationship with G-d.

The final ten days of these forty days are the first ten days of Tishrey, known as the Ten Days of Teshuvah repentance. These days are earmarked for perfecting ourselves and serving G-d to our best ability.

At the end of these forty days, Moshe descended to announce G-d's full acceptance of our atonement. That day, Yom Kippur, has become a yearly Day of Atonement as a result. It is a day when G-d, in His mercy, allows us to clean our hearts, especially if we work at it.

Moshe descended with a second set of Tablets and a full elaboration of the Ten Commandments - namely, an entire Sefer Torah with countless details. So, in fact, Yom Kippur is a second 'Festival of the Giving of the Torah'.

The history of these days guides our behaviour during this time until today. The events of these days teach us the process G-d wants us to follow to achieve teshuvah, a return to Him.

## **A Farewell**

Friends of Lori and Alan Lurie and family are holding a communal farewell for them. This occasion is a chance for their many friends in the Sydney Jewish community to bid them farewell on their way to Israel for a year's sabbatical.

The Farewell is scheduled for Sunday night, 27 June (13 Tamuz) at 7:45pm at the campus of Yeshiva College on the corner of Blake and Napier Streets, Dover Heights. The admission charge (\$18/person) includes a catered supper and the entertainment.

As Lori co-founded *Women for Life!*, every person on our *Women for Life!* mailing list has been touched by the good work of the Luries in Sydney, and can consider this announcement a personal invitation to attend the Farewell. So, put the event into your diary, and we'll see you there!

## *Women for Life!* Happenings

### **The Mikveh Dinner**

If you haven't read it already in the Australian Jewish News, our Solidarity Dinner for the Mikveh was a great success. The Dinner was held on 18 April at the Ritz Carlton Hotel, Double Bay.

There was a crowd of about 500, who enjoyed the evening. We raised more than \$40,000 towards the expenses of the renovation of the eastern suburbs' mikveh. And the donations are still arriving! In every sense, the event surpassed our expectations.

The Australian Jewish News was a great support to the entire project. They sponsored our advertisements, printed our article and covered the Dinner very generously.

The evening itself was a combination of energies working together. Joseph at the Ritz-Carlton served us a wonderful meal. (One person remarked that it was the best kosher meal he had ever tasted!)

Classic Events donated all the flowers and table decorations for each of the 42 tables. They worked incredibly hard and the room looked spectacular.

There was a busy crew helping us set up the venue, run the check-in booths, sell raffle tickets and assist the auctioneer. There were the donors of wine for the Dinner and the great raffle prizes. There was the sound and light crew.

A very effective reproduction of the plans of the new mikveh was prepared by the mikveh's architect, Brian Lotkin, which was on display on the night.

Raphael Gabay was an excellent emcee and ensured a smooth flow to the evening. In his welcome, Rabbi Franklin mentioned how important education about mikveh is for the future of Sydney Jewery. Rabbi Moshe Gutnick described the reorganised Sydney Mikveh Society, emphasising the importance of involvement by women.

Mr. Raphael Aron came from Melbourne to share insights as the guest speaker on 'The Rhythms of Marriage.' He talked about the rhythms of women and how important it is for men to be in tune with their wives in order to enhance their marriage.

The auctioneer, Simon Feilich really encouraged the crowd to bid for all the items needed for the mikveh - from door knobs to robe hooks, to linen cupboards and a washing machine. The auction was a highlight to the evening and a great source of entertainment. One group of 23 couples decided to go in together as a syndicate to bid for one of the spa baths. They all had a great time, laughing hysterically, as they outbid one another at each other's expense!

The first prize of the raffle, a \$3,000 ring from Diamond Rose was presented by Rebbetzin Pnina Feldman. It was won by a Swiss tourist who happily announced that he was giving it to his wife. Second prize, a dinner at Beaches, a night at the Ritz-Carlton hotel and a breakfast basket from Grandma Moses was won by Gabby & Mindy Amzalak.

We have received overwhelming positive feedback. People who attended the Dinner really enjoyed themselves.

### **Renovations of the Mikveh**

The renovations are, Kain Ayin Hora, progressing very smoothly. The back section has been demolished, the concrete paved and the building is well in progress. A new hot water system is being installed and the roof is being replaced.

The beautiful new mikveh facility will include 8 bathrooms, (3 shower rooms - one of which is user-friendly for disabled, 2 spa baths and 3 regular baths). The reception / entrance will be separate from the powder room / exit. We are also reopening the external mikveh at the back for immersing utensils and dishes.

During the renovation period, we sincerely hope that there will be no interruption of service at all. Stage one is the renovation of the back section. Once that is fully operational, the builders will then concentrate on renovation of the front bathrooms, and women will be directed to use of the back facilities. Lori Lurie is coordinating the mikveh renovations and is working with an excellent team; Brian Lotkin, architect, Lawrence Hoffman, builder, Ron Antoli, project manager and Deanne Rooz, interior decorator.

Update: In the last issue we mentioned that there were no funds to create extra car spaces in front of the mikveh. Soon after print, we received a donation for those car spaces from a generous anonymous benefactor - many thanks!

#### **Donations - Thanks!**

We have been absolutely thrilled by the response to this appeal - from the people who have given large amounts and who bid so high in the auction to the small cheques sent to our post box without any warning. One generous donor bid one figure in the auction and sent us a cheque for more than double the amount as a pledge! Others have sent amounts of all sizes with a note saying something like, 'best wishes' or 'for your worthy cause'. We have been truly overwhelmed at the thoughtfulness. These people have taken the time and effort to support the entire community in this caring way.

We are grateful to the anonymous sponsors who have donated \$200,000 towards the renovations. The whole project will cost over \$350,000. Our goal as a community was to raise the \$150,000 still needed for renovations of the Eastern suburbs' mikveh. At the Dinner, we raised over a quarter of that amount.

One of the greatest accomplishments of the Mikveh Solidarity Dinner was to spread the message that the mikveh is one of the most important institutions in Jewish life. The mikveh supports married couples and keeps their marriages renewed, special and romantic. Supporting the mikveh is the responsibility of the entire Jewish community.

If you were not able to attend the Dinner, you can still participate in the communal Solidarity. All contributions are most welcome and urgently needed to meet our target goals. Please send a donation to "Sydney Mikveh Society" at P. O. Box 77, Bondi NSW 2026.

### *Women for Life!* **Upcoming events**

#### **Celebration of Women**

We are presenting an evening of entertainment for women by women. Many talented women of Sydney will be sharing their skills with us. The evening features artists, actresses and skit performers, choir singers, dancers, musicians, comedienne as well as a video presentation. It promises to be a special night. Don't miss it!

We are enclosing a flyer in this issue, which outlines the details. Nevertheless, for quick reference, the Celebration of Women will take place, please G-d, on Sunday night, 6 June, at the Hakoah Club, 61 Hall Street, Bondi. Doors open at 7pm and the show begins at 8pm sharp. Tickets are \$25 (which includes a supper) and may be bought at Gold's, Geniza, Hakoah Club or from *Women for Life!*

**Rabbi Simon Jacobson**

Rabbi Simon Jacobson is the author of the best-selling *Toward A Meaningful Life*, which is in its seventh printing and has been translated into six languages. He hosts a weekly radio show in America and has lectured in over 70 cities world-wide. He is a remarkable speaker, who focuses on improving interpersonal relationships.

Rabbi Jacobson will be in Sydney at the end of June, and *Women for Life!* is fortunate to host one of his few Sydney appearances. On Thursday night, 24 June, he will be speaking for men and women on "Spirituality and the Meaning of Life" at the Hakoah Club.

## **The Impact of Chesed**

There are two levels of chesed, doing kindness. The first level is based on compassion - a feeling of pity for others. The receiver of such chesed often feels indebted, as if they have taken something from the giver.

The second level of chesed stems from a feeling of love for the person in need. In such cases, the receiver does not feel uncomfortable or beholden. As a result, this is a more refined level. The giving is an act of brotherhood and sisterhood.

This higher level of chesed should be our goal. If kindness stems from genuine love, it will be more effective and will truly emulate HaShem.

On Shavuot we read the Book of Ruth. Ruth is considered the epitome of kindness. A Moabite princess, she gave up her home and family to become a Jewess. But this act alone was not the source of her true greatness.

Ruth accompanied her mother-in-law, Naomi, back to Israel after her husband's death with a clear determination to join the Jewish people and to serve the One G-d. Naomi, who had originally lived in great luxury because she descended from Jewish royalty was now destitute. Ruth would go with the poor people into the fields to gather leftover crops for herself and Naomi to protect Naomi from the embarrassment of poverty. Yet, this act alone was also not the source of her greatness.

When it came time for her to fulfil the mitzvah of yibum, marrying a family member to perpetuate her husband's memory in the family, Ruth followed Naomi's instructions precisely. She placed herself before the Jewish leader, Boaz and gently reminded him of his obligation to marry her. When she conceived a son, she stood aside as Naomi supervised his upbringing. Even these admirable acts are not the source of her greatness.

Ruth has become a Jewish role model for chesed because of the selfless way in which she performed all these acts of kindness. Her desire to serve the One G-d, her devotion to her mother-in-law, her obedience, her modesty and her sensitivity were beyond what could have been expected of her. She worked upon herself and reached this higher level of chesed and wore it like a crown. Her service to HaShem was so exceptional that she merited to be the great-grandmother of King David and thus, a direct ancestor to Moshiach.

When we study her story, it becomes apparent that chesed done in a loving, caring manner, with sincere and deep intentions is true service of HaShem. Even the smallest extra act of chesed can have boundless repercussions, making way for Ruth's descendent, Moshiach.

## **The Greatest Specialist of All**

*by Jocelyn Lowinger, MD*

*Once, Chaim, a sick man, came to Rabbi Mordechai of Nesh'chiz and complained that no doctor could help him. As was the custom, he asked the Rabbi*

for advice. Great Rabbis can heal physical illness by sensing a person's spiritual shortcomings and advising them about how to change their ways appropriately.

Rabbi Mordechai answered Chaim that obviously he had not seen the right doctor and that he should go and see the great specialist of Anipoli. Being a man of faith, Chaim followed the Rabbis' advice and travelled straight to Anipoli hopeful of a speedy cure.

When Chaim arrived in Anipoli he asked everybody he met to please direct him to the specialists' house. But everybody answered the same - 'there is no doctor in Anipoli!!'

Frustrated, Chaim travelled back to Rabbi Mordechai and said he couldn't understand why Rabbi Mordechai had sent him to Anipoli to see a great specialist when no doctors at all lived in Anipoli.

Rabbi Mordechai asked Chaim if he had found out what the people of Anipoli did when unfortunately they fell ill if there was no doctor living in Anipoli. Chaim answered that they had no choice but to pray to G-d for a cure.

Rabbi Mordechai explained that the people of Anipoli went to the Greatest Specialist of all - The Master of the Universe Himself. For it is G-d who is the True Healer.

And so it is. Often we rely on flesh and blood doctors rather than using spiritual methods of healing. In fact, we are obliged to seek out the best doctor we can, somebody with appropriate qualifications and experience. However, as the story illustrates, doctors are merely the means by which G-d chooses to effect healing. So while we are busy looking for the best doctor, we should keep in mind that, really, G-d is doing the healing. Therefore, praying for a cure before seeing a doctor is appropriate and healthy. There has been more than one scientific study on the therapeutic efficacy of prayer. People who pray are in general healthier. Spiritual exercise is as important as physical exercise.

Similarly, doctors should not have excessive faith in their own abilities. Rather, they should recognise that they are, so to speak, tools in G-d's hands. They are required, of course, to keep on top of the latest developments in their fields. However, it is G-d who gives a blessing that enables doctors to practice their craft. Advances in medical technology are happening all the time, each and every one are blessings from G-d. Every time a new cure is discovered we should all be sincerely thanking G-d.

Let's all pray for the coming of Moshiach Tzidkeinu, when all suffering and illness will be eradicated from the world.

Call Dr. Jocelyn Lowinger on the *Women for Life!* Help line on 9365-6021.

## **Exercise and Fat Burning**

**by Michelle Baskin, B.Sc, Physiotherapist and Registered Personal Trainer**

Being a personal trainer and a Physiotherapist, I'm often asked the question, "What is the best way to burn fat?"

Aerobic exercise such as walking or jogging is the best exercise to do for fat burning. These exercises are low intensity and of long duration, which involve large muscle groups of the body. The heart rate should rise to 120-140 beats per minute.

To maximise the fat burning effect, the exercise should continue for more than 20 minutes. However, research has shown that 3-4 ten minute bouts of moderate-intensity exercise are almost as effective for fat loss and health improvements as one bout of 30-40 minutes.

The important factor in fat loss is to keep active and to incorporate exercise into one's daily life. Walking up stairs instead of using an elevator, getting rid of remote controls, getting up and going ones' self rather than asking a child to run and fetch something - all these exercises built into one's day can burn fat. And the fitter

one becomes, the more fat is used regularly as an energy source. As a result, less fat is stored under the skin and around the organs.

The best fat burning activity is jogging. But as this is not for everyone, brisk walking is an excellent option. The more intensive the walk, (i.e. the faster and the hillier) the more fat is burned. A good start is to walk or jog 4-5 times a week for 30-60 minutes. If one has only 15 minutes, it is better to walk than do nothing!

Swimming is excellent for fitness, although not as effective for fat loss as walking and jogging. In swimming, less energy is required to move because of the water supporting one's weight. Also, because fat floats, the more fat an individual has, the less energy is required to float and move. As a result, ironically, a bad swimmer will burn more fat than a good one!

Cycling also has less fat burning capability than walking or jogging because one's weight is supported.

Resistance training (lifting weights) is a good activity to include in a fat-loss program. Resistance training builds up muscles. Muscles burn up calories. Even 1.5 kilos of muscle added to the body would burn approximately 100 calories a day. Therefore, resistance training will increase one's metabolic rate.

Other fat-burning tips:

- Avoid eating for 60 minutes before exercise. Eating stimulates insulin release which stops fat from being mobilised from fat cells. The energy for exercise after eating comes from carbohydrates, not from fat.

- Exercising in the cold uses more fat than carbohydrate as an energy source.

- When a plateau is reached in fat loss, try to shock the body. This is accomplished by changing either: the intensity (i.e. speed or difficulty of the exercise), duration (i.e. exercise for longer periods), frequency (i.e. exercise more regularly) or the type of exercise (i.e. cross-train, adding circuit training to a walking or jogging program).

Dieting without exercise loses fat as well as muscle. When muscle is lost, metabolic rate can slow down. However, on a diet with exercise, only fat is lost. The muscle bulk is retained or increased, promoting a higher metabolic rate, which adds to the increase the exercise itself brings.

All physical activity is beneficial. Performing a variety of activities of differing intensities is probably the most beneficial. Every bit of activity counts and is better than nothing. So, this winter, rather than sitting by the heater to keep warm, brace the cold air and warm up with a brisk walk or jog. And right now is definitely better than later!

*For more information, contact Michelle Baskin on 9371-5364 or mob.040-982-0224*

## **Handy Hints for Marriage**

- When a couple seem to be taking each other for granted, having Shabbos guests helps make the couple behave nicely and politely to each other. This skill of 'behaving for the guests' is a resource to be nurtured and eventually carries over into daily interactions which are not in front of guests.

- When you are angry at your spouse, take a walk down the street to discuss the issues. If you stay in a private place, there is no restriction on emotional outbursts. When walking in public, self control is usually maintained and the atmosphere is more conducive to solving the problem constructively.

- When your spouse gets angry, realise that how you react will either increase or defuse the anger. Avoid saying anything which could fuel the fire. Instead of getting defensive, try to empathise and understand why your spouse is upset. It says in Mishlei (15:1), "A soft reply turns away anger."

- No one likes living in a messy home. To cooperate with the cleaning, its a good idea to dedicate a defined time unit to getting as much done as possible. Even

one half hour of concerted effort together can accomplish much more than either party could by working for much longer alone. The time limit helps to motivate each person to keep up a pace. At the same time, everyone can look forward to a tidy house and free time soon for other pursuits!

To relieve the burden, it is possible to set 10 minutes for the living room, 15 for the kitchen, 5 for each bedroom, etc. The aim is to get each place as presentable as possible. As a side bonus, getting kids involved once both parents are working well as a team is relatively easy! They often want to join in with the productivity.

- Learn to be aware of the messages you are giving with your face and body. Without uttering a word, we say a lot. When we are upset, our posture, our eyes and our facial expressions let others know. If we become aware we are expressing negativity, we can work at creating inner positive feelings which will be reflected in brighter messages. Using this same set of skills, we can read our spouse's emotions and then be able to be more sensitive to what they are going through.

- Everyone appreciates a sincere compliment or expression of gratitude. It costs nothing except a bit of thoughtfulness. Giving your spouse a compliment or word of thanks - "you look nice," "thanks for coming home early from work" "dinner was delicious," "thanks for remembering to get me that," "I'm glad you called me today" - especially for the routine details of life, goes a long way to create feelings of worth. Thoughtfulness put into regular practice enhances the love in the relationship.

## What's Cooking for Shavuos

*On Shavuos, we customarily eat milchig (dairy) foods. One of the many reasons is that having just received the laws of kashrut at Mount Sinai, we found it difficult to eat meat on that day. (It is important to point out that the Yom Tov mitzvah to eat meat applies on Shavuos as well.)*

### Miri's Easy Noodle Kugel (Milchik)

*This recipe is a great idea for those who don't have time to make cheese blintzes - it tastes as good!*

#### Ingredients:

1 packet noodles (lockshen) boiled until soft

4 eggs

sugar to taste, vanilla, cinnamon

500g cream cheese

1 tin drained pineapple (all juice out)

sultanas or raisins (optional)

Topping: Corn flake crumbs, brown sugar, cinnamon

Method: Mix all ingredients together. Grease a 9 x 13 inch dish and sprinkle with corn flake crumbs mixture. Bake at 180 degrees for 45 minutes until set. Serve hot with sour cream or ice cream.

### Lori's Easy Fridge Cheese Cake

#### Ingredients:

250g cream cheese

3/4 cup castor sugar

250g cream (or sour cream)

1 packet kosher lemon jelly

1 packet South African finger/bodoir biscuits (available at kosher shops) and milk for dipping

Method: Dissolve jelly in 1 cup of boiling water. Mix cheese with castor sugar. Beat cream. Dip finger biscuits in a little milk and line bottom of 9 x 9 inch greased dish with them. Add whipped cream to cheese mixture. Add jelly and mix. Pour onto biscuits in dish. Set in refrigerator.

## Letters

Dear Vivian Falk, Gavriella Aber, Lori Lurie and Elka Bunin,

On behalf of the women of Tsfat, Israel, I thank you all deeply for the special packages your community has sent. There was great joy among the women who received the wigs - for some, it was their very first wig; for others the first for a long time. Their financial situation does not allow them to afford themselves such a luxury. Also, the Sydney package of clothing was warmly received.

HaShem should bless all the participants in this great mitzvah of helping others in everything that they need - in health, in their livelihoods and in nachas from their children.

With respect and blessing,  
Rabbi Amichai Ben Natan  
Shlomo & Shmuel Institute, Tsfat

Dear Gavriella & Lori,

Having been to so many fund raising and other communal dinners, we dutifully registered to attend the recent Mikveh Dinner, expecting the normal "communal dinner" experience. We are writing to thank you for offering us a truly excellent evening.

We jotted down a few comments from our table. People said it was "fun," "elegant," "inspiring," "it had a true feeling of unity with Jews from all facets of the Sydney community." With such a diverse and interesting crowd, we really were glad to participate. Raphael Aron spoke beautifully. The auction was exhilarating. And even the brochure was entertaining to read!

We were all so impressed that all these people had come to support the mikveh. It was a real eye-opener. We hope a lot of money was raised for the mikveh. Talking to other people who were there, we are sure our sentiments are not unique. Well done and keep up the good work!

Thank you for a wonderful evening,  
From all of Table 12

Dear Gavriella and Lori,

Mazal Tov on your spectacular organisation of the Mikveh Dinner! Not only was it a real achievement to unite so many diverse sections of Sydney's Jewish community, but it was a tasteful and wonderful evening. I was glad to be part of it!

In appreciation,  
Jodi Kofsky

*Thank you to all those who wrote letters of thanks about the Mikveh Dinner. Unfortunately, we do not have space to print them all.*

## Busy Body Column

- Shifra & Puah - new mothers / ill people needing kosher meals - Etta Leah Dyce 9365-7501 (please tell her of new births so she isn't the last to know.)
- Hospital visits - Rochel Blasenstein on 9387-5049
- "Shir ha'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 Mevarchim - Chaya Perlow on 9387-2631.
- Shmiras Halashon - to encourage positive speech - Liane Robinson on 9388-1181, Rivka Aaron on 9363-4306.
- Tape Libraries - Yeshiva on 9387-3822, Project SEED on 9365-5716.
- Kasher your kitchen - Daniel Hayman on 9369-2022.
- Bedikah cloths @ \$3/packet - at the Mikveh at 117 Glenayr Ave., 9130-2509 or at 171 Old South Head Road, Bondi Junction or at 8 Ray Street, Vaucluse.
- "Kol HaMishpocha" Torah learning daily on 9369-2900.

## Credits

**Editorial & articles:** Gavriella Aber, Lori Lurie

**Guest articles:** Michelle Baskin, Jocelyn Lowinger

**Contributions:** Miri Gestetner, Sally-Ann Tuvel

**Mail out and assistance:** Malka Bootcov, Ilana Butnaru, Nicky Ensly, Vivianne Hanouka, Eleanor Horry

**Proofreader:** Judy Maynard

**Rabbinic approval:** Rabbi Y. Braun

**Special thanks:** to Leib Aber and Alan Lurie

***We welcome YOUR contribution for next issue!***

*Days of Our Lives*, (c/o *Women for Life!*) at P. O. Box 77 Bondi, NSW 2026. Fax/phone (02) 9389-7714. email: aber@matra.com.au. Co-coordinators: Gavriella Aber and Lori Lurie.

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