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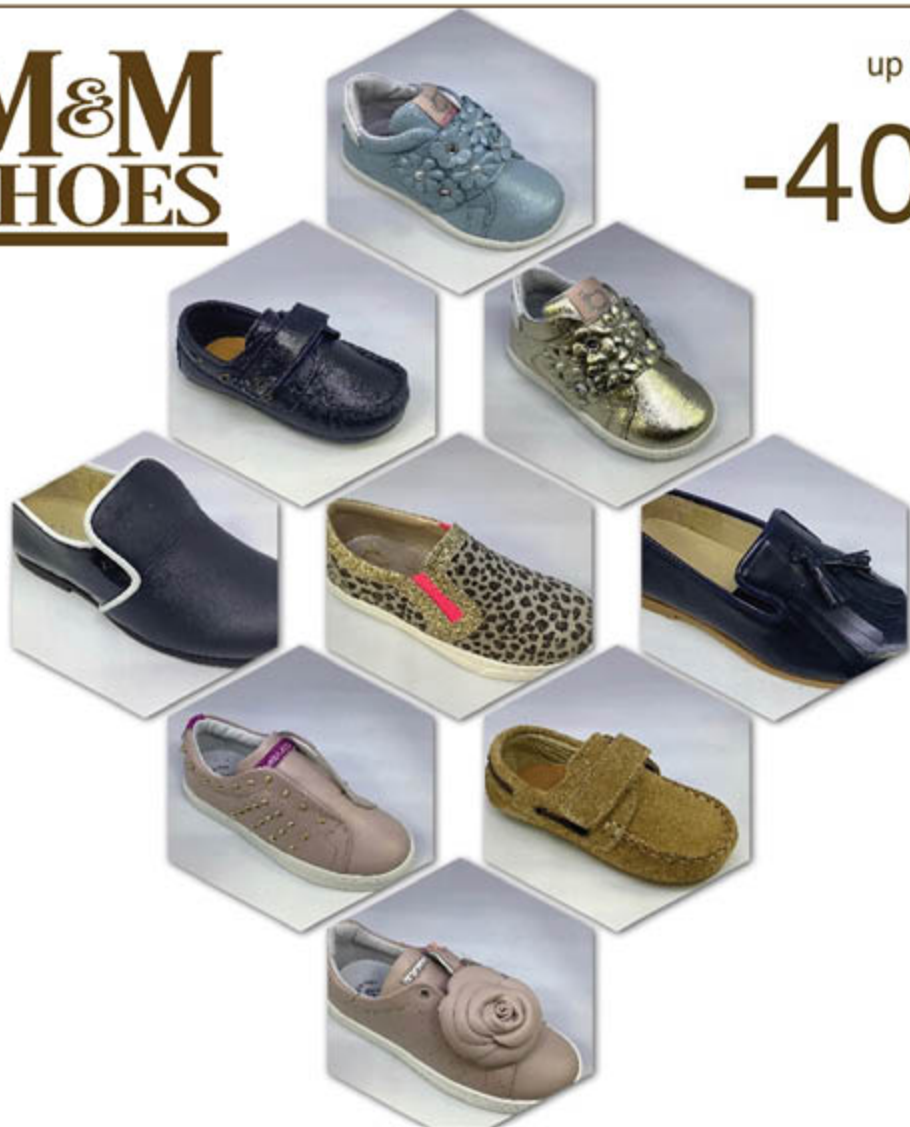
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1817 - ת"קז

THE FOUNDING OF THE YESHIVA



1923 - תרפ"ג

THE GOLDEN YEARS

THE MASHGICHIM - HARAV YERUCHEM LEVOVITZ & HARAV YECHZKEL LEVENSTEIN



1944 - ת"ש

THE NEW ERA

RE-ESTABLISHING THE MIRER YESHIVA IN ERETZ YISROEL

2019 - תשפ"ט

WORLD OF TORAH

OVER 9000 TALMIDIM, OVER 6000 AVREICHIM, OVER 35 BOTET MEDRASH



1939 - תרצ"ט

WORLD WAR 2

YESHIVA FLED TO KEIDAN, THEN UPROOTS TO KARKINOVA, REMIGOLA, SHAT & KROK, KOBE, JAPAN AND THEN IN SHANGHAI, CHINA



1917 - תרע"ז

WORLD WAR 1

YESHIVA SETTLES IN STAVITZ, A BORDER TOWN, THEN MINSK AND FINALLY TO POLTAVA, UKRAINE



1990 - תש"ן

UNPRECEDENTED EXPANSION IN TORAH

HARAV NOSSON ZVI FINKEL ZTL - ROSH YESHIVA

YESHIVA EXPANDS TO A SPRAWLING CAMPUS OF 9 BUILDINGS, AND ENROLMENT REACHES OVER 7,000



2020 - תש"ף

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TALMIDIM IN AN
EMPTY BEIS MEDRASH

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SICHOS
EVERY WEEK

OVER
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THROUGH THE
YESHIVA'S
PHONE SYSTEM

OVER
100

DAILY
SHIURIM

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AUSTRALIA
TO
AMERICA

AND
EVERYWHERE
IN BETWEEN

OVER
300

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THE UK
CALLING IN
EVERY DAY

OVER
850

CALLING IN
TO REB
OSHER'S
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YESHIVA MIR
YERUSHALAYIM

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למסקה ושיבה

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THE LEGHORN

The Kashrus:

It started some time ago when the Gedolei Yisroel of the previous generation, including the great Posek, Rebbe Shmuel Vosner Zt"l (the Shevet Halevi), who put in much effort to bring an authentic and untouched bird to the market.

After many months of searching and investigating, they managed to obtain the original bird, The Leghorn, that is known to be a traditional hen that was used by our parents and grandparents many years ago, and throughout the generations, till today. It always remained with its purity because; as the leghorn are prime layers, who produce the large white eggs, it was not worth for the farmers to mix with other hens.

The health of our leghorn:

The leghorn is a slow growing bird, taking a few months to be fully grown. They are not fed any hormones, therefore, are sturdier and healthier, with no viruses or illnesses, so it is not necessary to give them any antibiotics to keep them healthy.

Our hens are not kept in conventional cages. They are kept in an enriched environment, which meets the

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Front view

19



Back view

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22



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Front view

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Back view

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34





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19/21 MAY

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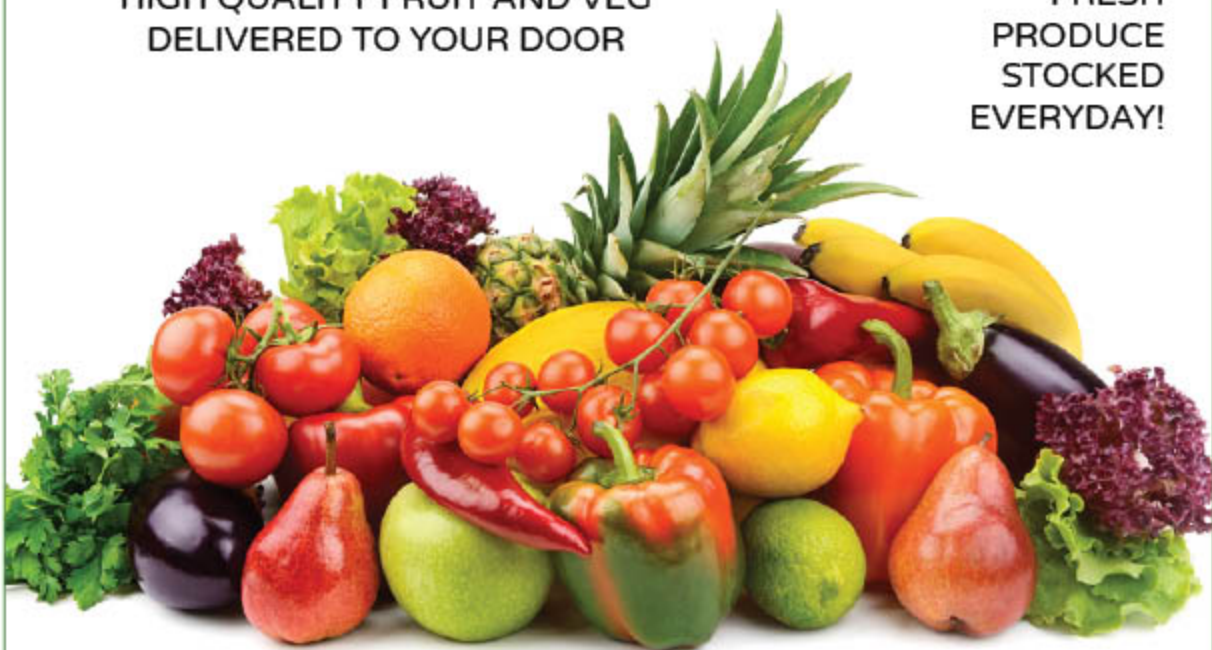
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ONE SOLITARY MEMBER

REB YOEL GRUNFELD IS THE FIRST — AND CURRENTLY THE ONLY — PRACTICING HATZOLA MEMBER IN CANVEY ISLAND

My Hatzola journey in Canvey Island began a year and a half ago, when I moved with my family Erev Shabbos Parashas Bereishis. We were the 45th heimishe family to settle here.

When I first moved to Canvey, I didn't even think of Hatzola, and surely not how important it was to set up Hatzola at the earliest opportunity.

But sometimes, things happen and we realize what our calling is.

At first it seemed that people got used to living in Canvey without Hatzola, but with the community evolving and growing, the need for Hatzola grew glaringly obvious.

With 80+ families, we realised that we needed to establish Hatzola as a matter of urgency. Until about half a year ago, we managed, somehow, without Hatzola.

But over the past six months, more and more people were calling me. The problem is that during the day I work in Stamford Hill — not in Canvey Island.

I try to respond to calls to the best of my ability, but it doesn't make sense for 80 families to rely on one lone Hatzola member! One person cannot possibly carry that responsibility. We need more pairs of hands to deal with patients.

I'm not complaining, and we even have some quiet days. But calls come in even on quiet days.

Yesterday evening, for example, I got one call at 11 p.m., and then another at 2 a.m. The third call came just as the birds started chirping — and with that, my day began, baruch Hashem!

It's obvious that the need for more members is critical.

This week, I got three calls in the last hour just before Shabbos. If we had more Hatzola members, a different member would respond to each call — all at the same time.

But I'm only one person, and I can't possibly be in three places at once!

Another point to mention is that the prominent Luzern Yeshiva is located here in Canvey, with approximately 100 bachurim learning there. A large percentage of them hail from Stamford Hill, including staff members, which means that Stamford Hill Hatzola needs a presence in Canvey Island too.

What does this mean for me?

First, I get many calls from the yeshiva, as well as from concerned parents who worry about their sons who might not be feeling well. They call me to go over to the yeshiva and check their son; they feel calmer knowing that a Hatzola member has been over.

There must be more members available to respond to calls from the yeshiva!

I personally saved two lives in the yeshiva so far — one story happened Friday night, and another on a Thursday evening. During the day I could not have responded, and I dread to think of what the outcome could have been, chas v'shalom.

On both occasions, I accompanied the boys to hospital, and the doctors were amazed at the level of professionalism of the first aid administered. In fact, when they saw that the oxygen in my tank had finished on our way to the hospital, they gave me a fresh tank to use next time!

When one of the paramedics approached and saw my Hatzola badge, he asked me, "Is Hatzola opening a branch here, too?"

I asked how he knows about Hatzola, and he replied, "I used to live in London and know Hatzola well."

One Shabbos morning, I got a Hatzola call. I instructed the caller to dial 999 and get an ambulance. He called me back in a panic that they told him the ambulance will arrive in three hours. When he called for an update, he was told that the situation was "not critical enough" and an ambulance would not be dispatched!

Traveling via taxi is not an option for a patient who requires urgent medical care!

In order for us to save lives, we must have more members as soon as possible, in addition to our own ambulance to transport patients to hospital. A life is so sacred, and money must never stand in the way of saving a life.

Stamford Hill is a crucial sibling of Canvey Island — the Island has become a popular holiday spot for Stamford Hill residents. Over 20 properties get rented out for holiday lets each week, and about 30 families visit Canvey every Shabbos. Sometimes guests have pre-existing health conditions, and

they call me before Shabbos to confirm that I am in Canvey and available to help if necessary.

I have already handled many calls, but I state this unequivocally: As the only member, without backup or an ambulance, I cannot undertake this task alone. It is not possible to handle this alone.

We need to have our own Hatzola here. In other words: Stamford Hill must help us — for their sake too.

The corona crisis reached Canvey even though we assumed that because we live spaced apart and are relatively young, it wouldn't hit us. We haven't had too many cases, baruch Hashem, but yesterday, I had a call from someone who was feeling extremely unwell — and it turns out he has a bad case of Covid-19.

There were more patients who called me. Incidentally, they'd had coronavirus for a while already, even though they thought they were over it. They all needed medical attention.

How many corona cases did we have here? We'll never know, but three people ended up in hospital. We need to constantly monitor them and make sure they're recovering well.

Ten new members are now completing their training course, and I participated in several lectures. I am impressed by how well these members are doing. They scored extremely well on their exams even though the tests are difficult and thorough.

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DARK TAPESTRY

by Ruthie Pearlman

CHAPTER THIRTY-ONE

"Are you sure?" Leora asked, gripping her friend's shoulders.

"As sure as I can be. I recognize her hair, and the jeans and training shoes she always wore. I'm pretty sure that's her."

Leora whipped out her cell phone and called Colin, even as she began walking very fast in the direction Cindy had taken.

"I think Cindy has been sighted," she said simply. "Running into an alleyway right in front of us."

"Follow her!" Colin yelled.

"I'm trying, but our reactions might have been a bit slow," Leora panted. The two women dashed into the alley. It had no turnings left or right. Cindy could only have gone straight onward. Luckily they were both wearing comfortable running shoes, so they ran swiftly and silently on rubber soles after their elusive quarry.

The alley emerged into another side street off Golders Green Road. They stood there, looking left and right. No sign of Cindy.

"Lost her," Leora sighed.

"She looked terrified," Ilana commented.

"Yes, she did, didn't she? As if a pack of wolves were after her."

"A pack of wolves, or a fox?"

"I've an idea. It's a long shot, but it might just work." Leora began to walk swiftly up the side road into the main Golders Green Road. There she entered a hardware shop and spoke to the salesmen. She described the young woman they had just seen and asked if she had ever frequented the shop. No one seemed to remember her.

Leora repeated this in several more shops along the main street. It was not such a long shot as she had made out; Cindy's appearance set her apart from the usual shoppers.

In the Jewish-owned toyshop, they remembered

her.

"Yes, a blonde young woman came in just the other day dressed like you say. Most of our customers are Jewish so I noticed her; she stood out."

"What did she buy?"

"She bought some Jewish storybooks and a flashlight. She asked me what would be suitable reading material for her nephew. Eight years old, she said. I must say, I did wonder how she managed to have a frum nephew when she didn't even look Jewish, never mind frum, but these things do happen."

"She didn't give any indication of where this nephew lived, did she?"

"No, but I noticed her for another reason besides her looks. Her demeanor. She kept looking over her shoulder as if someone were after her."

"We're getting somewhere," Leora said firmly, outside on the sidewalk again. "Not sure what. It's pretty clear that Cindy is in on this, in up to her neck and scared for her life."

They tried a few more stores. A kosher grocery salesgirl also recalled Cindy having been in and buying some candy bars, pot noodle meals, and snack foods.

"I asked her if she was an au pair," the Israeli salesgirl recalled, "because I told her she didn't need to pay so much money if she wasn't Jewish; kosher food costs much more. I remember her laughing and saying the food was for a little Jewish boy, a son of her friend. She seemed insulted at the idea that I thought she was an au pair."

"No indication of where this little Jewish boy lived?" Leora asked without much hope.

"No, but I don't think around here. I think maybe in town somewhere. She said that where they lived there were no kosher stores, so she had to come into Golders Green to shop. She was on foot, no car. We offered to help carry her bags to the car, and she said no thanks, she would be

going back by tube. She carried a few bags and ran down that road to the tube station."

More luck in a local children's wear shop.

"Yes, I remember a blonde girl coming in a couple of days ago. She bought underwear, a pair of trousers, a sweater, and socks. All for age eight. I asked if she could bring the boy in to try them on, and she said she couldn't because he was sick. I did wonder at the time why, if he was sick, he needed clothes, but things are so busy in here that the thought just went clean out of my head. I get all kinds of strange requests every day."

They left the shop and stood forlornly on the pavement again.

"He was taken in his pajamas," Ilana recalled sorrowfully. "He needed clothes."

"Well, give Cindy her due. She got him clothes. She was trying to help him by the sound of it. I just wonder why she bought the clothes here rather than in town, where she would have been more anonymous. Probably since she was here anyhow, buying the kosher food, it made sense to get everything in one trip."

"I wonder if this was with or without the approval of the Fox," Ilana mused.

Leora related all this to Colin by cell phone. "No doubt Cindy is in on it. She's been in the Jewish area, buying things for the kid. She told the grocery store that there were no kosher stores where this so-called son of a friend was. Trouble is, this means he's out of the area. He could be absolutely anywhere in London or even the country." Leora sounded panicky at the thought. "No, he's in London somewhere, almost certainly. You said Cindy went off with the bags to the tube station. But where? Where?"

"Ilana and I will keep on looking and asking," Leora said.

"I'll get some of my best men to have a look round Golders Green to see if they can pick up any clues about Cindy," Colin said, "but I think Josh, and the Fox, are somewhere else entirely."

"She was here this morning, that's for sure," Ilana said as they resumed their walking.

They walked around the area several times. No more shops remembered seeing the young blonde woman. They asked everyone they met in the street if they had come across her. One or two vaguely remembered seeing someone in the area who answered her description, but they would have probably said yes to anything.

They walked around the back streets again and

down the alley they had last seen Cindy. The alley, thick with nettles and bushes, made it hard to pass through. It was the kind of place parents warned their children about.

"Horrid place," Ilana said with a shudder. "I hear there have been attacks in this alley. No one I know lets her kids use it as a shortcut."

They walked on. They no longer called out for Josh. They were looking for Cindy Wallis.

□ □ □

Mitch sat in his van reading his paperback novels, eating vast quantities of junk food, and slowly turning into Jell-O from boredom. He wanted nothing more than to get out of this stuffy, airless van and go for a run. He felt cramped, listless, and stiff. The calls in and out of the official receivers and Intergraph's offices had been routine.

"I should get triple pay for this," he grumbled as he turned the pages of his paperback. What trash this was. Guaranteed to fry the brain.

"Hi, there. Could I please speak to Don Hardman," said the smooth, insidious mid-Atlantic voice that brought Mitch bolt upright and sharply focused. It was Gabriel. He was sure of it. The secretary put him through. Mitch could hear Don's labored breathing. He was nervous and afraid.

"Don! How are you? It's Gabriel."

"Gabriel...where's my son? What have you done with him? Please, I'll give you anything you want..."

"Oh, you're no fun at all," whined Gabriel. "You're like a mouse who refuses to run away from the cat, but just sits there waiting to be eaten. The cat likes to play with her victim before finally delivering the coup de grâce. Honestly, I thought you guys would be more clever than you have been at figuring out where Josh and I are. I have obviously overestimated your intelligence. Even that American criminologist hasn't managed to figure it out, huh?" Gabriel laughed insanely.

"How do you know about her?"

Only a few more seconds and I can get a trace, Mitch thought desperately.

"Never mind. I have to go now or they'll trace my call. Tell your detective friends to think a bit harder about me and what I represent, huh?" Another maniacal laugh and the connection was severed.

Mitch, unable to get the trace, pounded his fists helplessly against the desk in front of him and let out a shout.

Colin listened to the tape a few minutes later.



10 Minutes
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Your Questions Answered CORONAVIRUS Memo 8

I am a mother of a number of young children as well as a teacher and my husband is a hatzolah member. While I am not working as many hours as I usually do as my employer has been very understanding I still am busy with schoolwork. My husband is out on calls and my children are struggling to understand why we are less available than they would expect etc. How do I explain to my children what 'working from home' entails as well as how their father being a 'key worker' impacts them?

Answer:

The current situation has caused a lot of changes to our regular routines and structures. Understandably this is difficult for many adults and of course for parents of young children. Children are struggling with the changes on their level and may have many different worries. In particular children of key workers or with parents working from home will be finding various issues challenging. Let us first try and see this from the child's perspective so that we can have a better understanding.

A Child's Perspective

Children may be struggling with some of these questions: Why are my parents working so much? Why aren't all my friends parents working so much? Will my parent get the coronavirus if they are out there with people who are ill? Am I safe, can I catch it from my father or mother? When my father finally comes home, why does he first run and change, am I not more important to him?

These are all genuine questions that have been asked by children. These worries and fears are difficult for them to carry on their own. In order to help children they need you to talk to them about it so that their feelings are validated and that their worries are addressed.

Addressing the Issues

Validate

Firstly find a quiet time to talk to your child or children about the situation. Listen to what they say, what their worries are and validate those feelings. When they are ready you can move on to talking about it. Remember that even while discussing this with them to constantly validate and reflect on their feelings.

Key Workers

Explain what key workers are. A key worker is someone who has a job that helps people keep safe and healthy. Help them to understand that this is an important job and that by extension they are important too. They may better understand why a parent who is not a key worker is more available at home.

Staying Safe

If a child is concerned for the parents' safety you can talk about the fact that key workers might have special clothing to wear to help keep them safe. This is called personal protective equipment (PPE) and includes masks, gloves and special aprons. If a child is worried about their own safety you can tell them that parents will also do everything they can to keep themselves well so that they can keep you safe too. This will also help the child understand why parents may need to change and wash themselves first before spending time with them so that they everyone stays safe.

Remind your child that it is okay to feel worried and that you are always there for them. The situation will not stay like this forever and that b'e zras HaShem things will get easier.

Call the Zeh Lozeh Helpline on 0203 728 4323
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Please note that these answers are general guidelines. Each individual should consult with their Doctor/Moreh Derech.

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Zeh Lozeh has the Haskomos of local and international Rabbonim as well as the endorsement of leading professionals.

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Newsheet invites readers to submit any question to zehlozehresolve@gmail.com which will be answered by Rabbonim, Mechanchim and Professionals.

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To Cope With CORONA

BY PSYCHOTHERAPIST YAAKOV BARR (MSC, PG DIP, ACCRED)

As coronavirus continues to spread more chaos in the world, it becomes even more important for us to keep healthy in both body and mind. Our physical health and our immune system largely depend on maintaining our emotional health and during lock-down this becomes an ever-bigger challenge.

Here are my ten effective tips to keeping you and your children emotionally healthy:

1. Say "no" to Boredom

Too much time on our hands does not just lead to us feeling bored, but can quickly cause frustration, anger, sleeping problems and low mood. It is therefore vital to ensure that you have enough activities to do during each day. Parents should work out with their children how they can keep busy. This might require some imagination and some "out of the box thinking" to find suitable fulfilling activities.

2. Routine

Human beings are creatures of habit. Habits help to give us feelings of comfort and security. Even though our lives have been turned upside down, try to build in a routine each day where you do particular activities at the same time each day. This is especially important for children, who are unsettled by how much their life has changed.

3. Sleep

For many adults and children, sleep problems have increased. This is due to several reasons, notably increased anxiety. To improve sleep:

- Reduce caffeine in the evenings

- Go to bed at a regular time each night
- If you can't sleep after 30 minutes, do not toss and turn. Get out of bed, read something relaxing and when feeling sleepy go back to bed and try again. Repeat if necessary.
- Make sure your brain has been used and stimulated properly in the day, otherwise you could go to bed feeling physically tired but mentally awake.

4. Anxiety About the Future

At the root of anxiety is uncertainty and coronavirus has provided an abundance of that. We don't know what will be, but we do know that Hashem is looking after us. Rather than worrying about the future aim to implement the motto "take each day as it comes."

5. Corona panic

Many of the symptoms of coronavirus mimic those due to anxiety. This has caused much unnecessary panic. The following are symptoms which exist in both anxiety and coronavirus:

- Shortness of breath
- Weak body/tiredness
- Aching limbs

- Headaches
- Diarrhea

Listen to all the guidelines given out by the doctors, but **do not** assume that just because you have any of the above symptom, you have coronavirus. The same applies to Hay fever. A regular hay fever sufferer should be aware that a dry throat and sneezing may be regular hay fever symptoms and nothing more sinister. The way anxiety works is that the more we focus and check on our symptoms the more worrying symptoms we will find.

6. Stress

Stress is caused when we have more tasks and demands placed on us than we are able to cope with. To reduce stress:

- Recharge- Try to find a slot each day when you can have time for yourself to recharge and rest.
- Exercise- Aim to exercise each day outdoors, to not only get some fresh oxygen but to help the body and mind relax.
- Sunshine- Vitamin D has been recommended by medical experts which ideally comes from natural sunlight.
- Sleep- having sufficient sleep is vital for the body and the mind.

7. Recognise your feelings

It might sound a strange thing to do but it is vital to touch base and ask yourself "How am I doing?" Being aware of your emotional state will help you quickly identify when you are not at your best and enable you to work out

How you can help yourself feel better.

8. It's okay not to feel okay

It's normal to be feeling panicky and vulnerable in this situation so instead of denying and suppressing your feelings, make space for them and allow them to be there. The more comfortable we are with our negative feelings the easier it is for them to move on.

9. Guiding children

It is the tendency for children to resort to various repetitive behaviours in order to feel comfortable and safe. Coronavirus has caused a lot of fear in children, so it is important to be on the lookout for any unhealthy, obsessive behaviours.

10. I need help

True strength is being able to admit that you are suffering and need help. Here are some of the warning signs to look out for:

- You just want to sleep all the time.
- You find yourself crying uncontrollably over seemingly "little" things.
- You've lost the desire to do the things you used to enjoy.
- You are experiencing unreasonable fears.
- You feel you simply cannot cope with what is happening in your life.
- You have lost hope in a better future.

Consult with your GP and/or other mental health professionals so they can advise you what you can do to keep calm and stay strong.

Keep Calm
STAY STRONG
We're all in this together!

לזכות רפואה שלמה לרפאל אלחנן שמעון בן בילא
 לזכות רפואה שלמה לחיים יצחק בן בילא

These guidelines have been sponsored anonymously

Mouse-Free Zone

There was a bachur who boarded in our home. After a while, I realized that he was seriously addicted to his smartphone. We are careful not to bring unfiltered devices into our home and this disturbed me greatly. I asked my husband if he could consult with our rav. Perhaps he could advise us what would be the right thing for us to do. It was especially complicated because we knew that this boy had no other place to be.

The rav advised us to request that the boy keep his phone strictly inside his room and under no circumstances was he to show his phone to our children.

The arrangement seemed to work for some time.

One day, we noticed mouse droppings in our home. Needless to say, it wasn't very pleasant. At around the same time, one of our children brought home a paper entitled, "A Mouse for a Mouse," It told the story of a family who found mice in their home and

described how the mice disappeared when they got rid of their internet/ computer.

I begged my husband to kindly ask the bachur to discard his questionable device and replace it with a kosher one. My husband didn't know how to say it to him. After all, the smartphone was his entire life!

Then, one day, the boy found a mouse on his bed! He ran out of his room shrieking, "Enough! I already had enough of these mice..."

We knew this was an auspicious moment and my husband grabbed the opportunity to say something. "Please, throw away your smartphone! Get a kosher one and all the mice will go away."

"But I don't have the money to buy a new one," the boy countered.

"I'll find you a sponsor." (He did.)

The boy bought a kosher phone and threw out his smartphone.

Sure enough, the mice disappeared. Just as unobtrusively as they had arrived.

Firsthand account of this story can be heard on the Smart Voice Hotline - (845) 400-1114.



If you would like to hear more stories, thoughts and chizuk on this topic, for men, call 0330 350 3060 - for women, call 020 3769 1000

For sponsorship opportunities or for comments: call 1-914-297-7129

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