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**THIS SUNDAY!**

24<sup>th</sup> May 2020

ר"ח סיון תש"פ

**9:00pm** BST

Join via this link

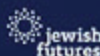
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### IT'S THAT SIMPLE!

The Chaburah (pair/group) that has spent the most minutes/ hours a week will win a prize.

Please enter weekly on Thursday at [noemi.freedman@darkeiavos.org](mailto:noemi.freedman@darkeiavos.org) the names and contact info of the members of your group and time spent learning for the week to be eligible for the draw. The winners will be announced in the next week's local Newsheet.

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| Recanati Yasmin Red                          | £12.99 | £9.99  |
| Dalton Canaan Red                            | £12.99 | £10.99 |
| Segals Fusion Red                            | £13.99 | £10.99 |
| Recanati Cabernet Sauvignon                  | £13.99 | £11.99 |
| Teperberg Impression Cab - Semi Dry          | £15.99 | £12.49 |
| Chateau Camplay Red                          | £15.99 | £12.99 |
| Gamla Merlot / Syrah                         | £18.99 | £12.99 |
| Barkan Reserve - Gold Edition                | £19.99 | £14.99 |
| Dalton Alma Crimson                          | £19.99 | £14.99 |
| Galil Alon                                   | £19.99 | £14.99 |
| Or Haganuz Amuka Cabernet Sauvignon          | £17.99 | £14.99 |
| Terra Di Seta Chianti Classico               | £19.99 | £14.99 |
| Chateau Mayne Guyon                          | £19.99 | £15.99 |
| Binyamina Reserve Cabernet Sauvignon         | £19.99 | £16.99 |
| Chateau De Parsac                            | £22.99 | £18.99 |
| Adir Cabernet Sauvignon                      | £24.99 | £19.99 |
| Recanati Cabernet Sauvignon Reserve          | £29.99 | £19.99 |
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| Hayotzer Lyrica Meritage                     | £35.99 | £24.99 |
| Matar Stratus                                | £32.99 | £24.99 |
| Shiloh Legend                                | £34.99 | £24.99 |
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| Galil Yiron                                  | £29.99 | £26.99 |
| Alexander Reserve Cabernet Franc             | £32.99 | £27.99 |
| Segal's Petit Unfiltered Cabernet Sauvignon  | £34.99 | £29.99 |
| Herzog Special Reserve Quartet               | £39.99 | £32.99 |
| Five Stones Nobility 215a Red                | £39.99 | £33.99 |
| Barkan Cabernet Sauvignon Superieur          | £49.99 | £39.99 |
| Jezreel Reserve Icon                         | £59.99 | £49.99 |

## WHITE WINE

|                                        |        |        |
|----------------------------------------|--------|--------|
| Bartenura Moscato                      | £10.99 | £8.99  |
| Primo Pinot Grigio                     | £11.99 | £8.99  |
| Charisma Sauvignon Blanc Mevushal      | £12.99 | £9.49  |
| Recanati Yasmin White                  | £12.99 | £9.99  |
| Dalton Canaan White                    | £12.99 | £10.99 |
| Borgo Reale Pinot Grigio               | £13.99 | £11.49 |
| Gamla White Riesling / Sauvignon Blanc | £15.50 | £11.49 |
| Baron Herzog Sauvignon Blanc           | £14.99 | £12.49 |
| Teperberg Impression Chardonnay        | £15.99 | £12.49 |

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|------------------------------------------------|--------|--------|
| Galil Gewurztraminer                           | £19.99 | £12.99 |
| Unorthodox Chenin Blanc                        | £14.99 | £12.99 |
| Cantina Giuliano Costa Toscana - Vermentino    | £16.99 | £13.99 |
| Dalton Reserve Sauvignon Blanc                 | £16.99 | £13.99 |
| Galil Avivim                                   | £22.59 | £14.99 |
| Or Haganuz Amuka Sauvignon Blanc               | £17.99 | £14.99 |
| Or Haganuz Har Gelili                          | £18.99 | £14.99 |
| Adir Kerem Ben Zimra Sauvignon Blanc           | £19.99 | £16.99 |
| Psagot Chardonnay                              | £23.99 | £19.99 |
| Tura Gewurztraminer                            | £25.99 | £19.99 |
| Yatir Mount Amasa White                        | £24.99 | £19.99 |
| Midbar Chenin Blanc / Viognier                 | £29.99 | £21.99 |
| Covenant Israel Blue C Viognier                | £29.99 | £24.99 |
| G Chateau Guiraud                              | £29.99 | £24.99 |
| Herzog Single Vineyard Chenin Blanc - Viognier | £29.99 | £24.99 |
| Chablis Les Marronniers                        | £31.99 | £25.99 |
| Tzafona Vidal Icewine                          | £39.99 | £29.99 |

## ROSE WINE

|                                          |        |        |
|------------------------------------------|--------|--------|
| Rashi Joyvin Sangria                     | £8.99  | £5.99  |
| Baron Herzog White Zinfandel             | £11.99 | £9.99  |
| Dalton Pink Moscato                      | £11.99 | £9.99  |
| Ramon Cardova Rioja Rose                 | £14.99 | £11.99 |
| Teperberg Impression Rose                | £15.99 | £12.49 |
| Carmel Appellation Rose                  | £17.99 | £12.99 |
| Gamla Nature Syrah Rose                  | £17.50 | £12.99 |
| Recanati Rose                            | £18.99 | £14.99 |
| Baron de Rothschild Les Lauriers Rose    | £19.99 | £16.99 |
| Roubine La Vie En Rose                   | £19.99 | £16.99 |
| Recanati Gris de Marselan                | £23.49 | £18.99 |
| Flam Rose                                | £29.99 | £22.99 |
| Chateau Maime Rose                       | £29.99 | £24.99 |
| Chateau Maime Rose - Mevushal            | £29.99 | £24.99 |
| Chateau Sainte Marguerite Symphonie Rose | £44.99 | £32.49 |

## DESSERT WINE

|                                     |        |        |
|-------------------------------------|--------|--------|
| Morad Lychee Wine                   | £12.99 | £10.99 |
| Morad Passion Fruit Wine            | £12.99 | £10.99 |
| Binyamina Moshava Gewurztraminer    | £14.99 | £11.99 |
| Teperberg Impression Gewurztraminer | £14.99 | £12.49 |

## SPARKLING WINE

|                                     |        |        |
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| Flash Peach Aromatic Sparkling Wine | £12.99 | £9.99  |
| Flash Strawberry Aromatic Sparkling | £12.99 | £9.99  |
| Freixenet Excelencia Cava Brut      | £14.99 | £11.99 |
| Baron Herzog Jeunesse Belle Rouge   | £16.99 | £13.99 |
| Gamla Brut                          | £19.99 | £16.99 |

## CHAMPAGNE

|                              |        |        |
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| Koenig Cremant D'Alsace Brut | £18.99 | £15.99 |
| Drappier Rose Brut           | £54.99 | £46.99 |

|                                           | RRP     | NOW     |
|-------------------------------------------|---------|---------|
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| Griottines Morello - 5cl                  | £4.99   | £3.99   |
| Griottines Original Liqueur               | £18.99  | £12.99  |
| Golden Eight - Williams Pear Liqueur 20cl | £16.99  | £12.99  |
| Lemond Coffee Cream Liqueur               | £17.99  | £14.99  |
| Heavens Dark Chocolate                    | £16.99  | £14.99  |
| Chocolatier Chocolate Liqueur             | £21.99  | £17.99  |
| Schmerling's White Chocolate Liqueur      | £23.99  | £19.99  |
| Schmerling's Coffee Liqueur               | £24.99  | £21.99  |
| Carvo Vodka Infusion Caramel              | £29.99  | £24.99  |
| Smokehead                                 | £35.99  | £29.99  |
| Jelinek Kirsch                            | £39.99  | £32.99  |
| Tamdhu 12                                 | £43.99  | £37.99  |
| Glenfarclas 12 - Litre                    | £49.99  | £39.99  |
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| Mortlach 12                               | £49.99  | £42.99  |
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בענין ברכת התורה
- 11:30AM **DIVREI CHIZUK FROM HARAV UREN REICH** שליט"א
- 
- 6:00PM **DIVREI CHIZUK FROM HARAV YISSOCHER FRAND** שליט"א



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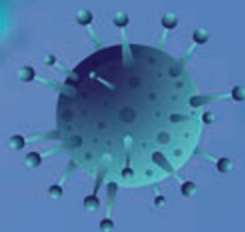


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"We're in Shmaita Gimmel!", came the straightforward reply from none other than Rav Chaim Shmuelevitz, who had spent the entire trip engrossed in the sefer Shev Shmaita.

*That boat ride manifested the two hundred year saga of Yeshivas Mir. Through world turmoil and despair, Yeshivas Mir was a constant, reassuring presence.*

THE WAVES OF HISTORY WERE RAPID; ITS TIDES WERE FIERCE. IRRESPECTIVE OF THE DECADE, THE CENTURY OR THE COUNTRY, THE LIMUD HATORAH OF YESHIVAS MIR HAS REMAINED UNINTERRUPTED.

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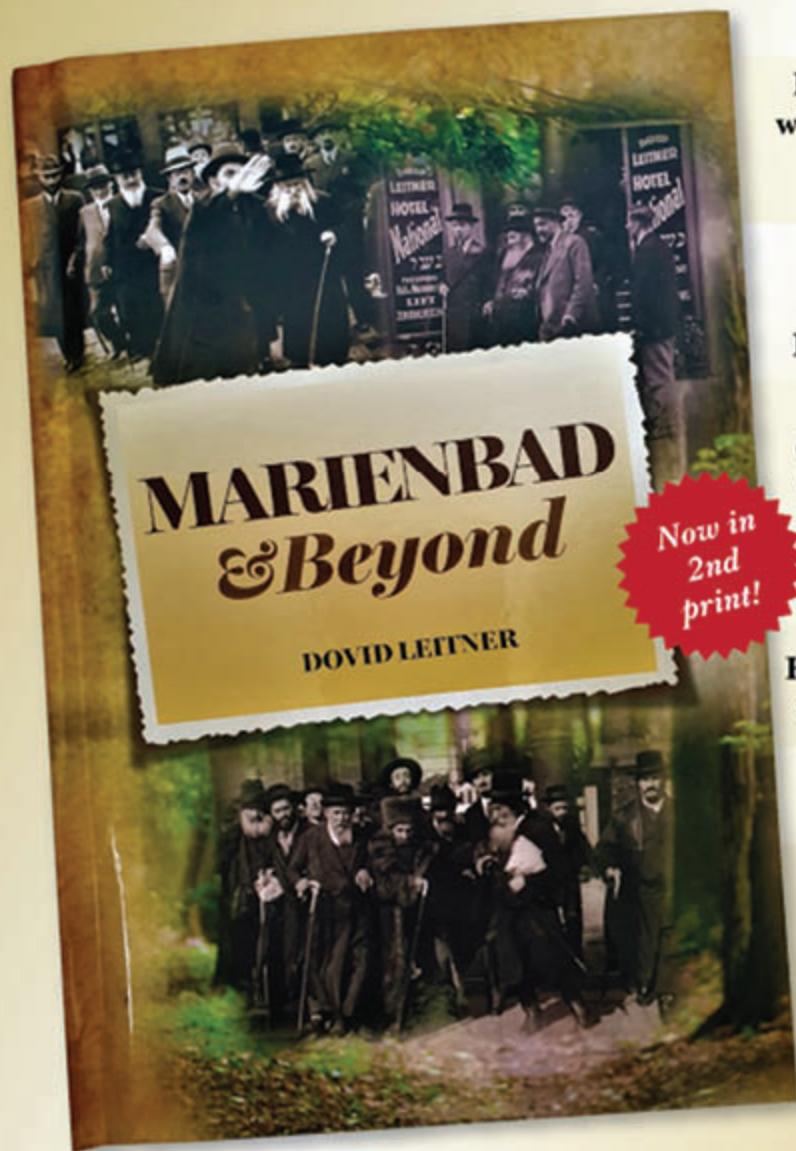
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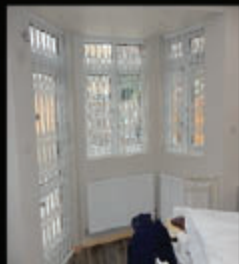


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**Act Now:** Make your post-lockdown workplace compliant

**Your re-start strategy is not as simple as unlocking the front door.**

The Covid-19 outbreak has left many buildings with minimal occupancy for a number of weeks, which can increase the risk of Legionella bacteria building up in stagnant hot and cold water within your systems.

If left untreated, this can pose a health risk upon re-occupation, especially for those more susceptible to infection. The symptoms of Legionnaires are similar to Covid-19 and include fever, a cough, shortness of breath and potentially fatal pneumonia. You have legal responsibilities to ensure the health and safety property by keeping it safe and free from health hazards.

That's why it is vital for all businesses and building owners to take the necessary actions, before employees return to work and students to school, to make sure all the systems are thoroughly checked, flushed, cleaned and disinfected.

**Here are some steps you can take when maintaining a hot & cold water system:**



#### Inspections

Have the water sampled and tested to determine any potential problems.

**Call for availability**

#### Running the water system

Run the (hot and cold) taps at least once a week.



#### Temperature

Ensure the water heater is properly maintained and the temperature is correctly set.

#### Keeping Clean

Clean all taps, showerheads and decorative water features, such as fountains.



**Crucial for buildings including:**

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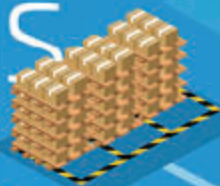
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## Vision Intact

It was two years ago, shortly after Rabbi Rubashkin was miraculously freed from prison. The entire frum world was up with the story.

Reb Yosef\* was sitting at work.

Not long before, his kehillah had hosted an annual "Shabbos Tahareinu," a weekend devoted to strengthening one another in the areas of technology. The messages were still echoing in his brain. "One must be very careful with the internet! It should only be used in the time and place of parnassah, not for extra things... and certainly not as a pastime."

*Lo sasuru acharei levavchem vacharei eineichem.*

With some time to spare in the office, Yosef turned to his computer. The internet was filtered kosher, of course. He was tempted to take a peek at the kabbalas panim that Rabbi Rubashkin had received. Until this point, Yosef had heard, but not seen the action for himself.

He already typed the word, "Rubashkin," into Google, but then, he remembered the words, "Lo sasuru!" The gedolei yisrael say that even kosher internet shouldn't be used for leisure, just for what one needs l'tzorech parnassah.

He quickly closed the Google screen and didn't look further. It was a quick, split-second decision to be misgaber.

A mere few minutes later, his phone rang. It was the principal of his son's cheder. Yosef was alarmed. He wasn't accustomed to hearing from the principal midday.

"Don't get scared," the principal said. But Yosef already was. What kind of news would the principal share?

"Your son fell on a metal bench. He bumped his eye and his glasses broke. Perhaps you should take him to the doctor to check if anything went in to his eye, to make sure it wasn't affected."

The eye is a delicate organ. The tiniest intrusion could have major ramifications.

Yosef rushed to pick up his son and headed to the ophthalmologist.

"You had a miracle!" the doctor exclaimed after examining the boy. "If the metal bench or a part of his glasses would have gone inside his eye, who knows what could have happened."

The doctor cleansed the area and assessed, "Over the next few days, the eye will turn blue and purple, but then it should heal."

Yosef was so grateful. *Who knows if it wasn't my watching over my eyes that saved the eye of my dear son!?*

Amazingly, the eye healed right away; it didn't even turn colors and the swelling went down right away. His son merited to keep his healthy eye.

*\*Name has been changed. Heard on Kol Belz hotline.*



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|   | 8 | 4 | 7 | 3 |   |   |   |   |
|   |   |   |   |   | 1 |   | 6 |   |
|   | 4 |   |   |   | 3 | 1 | 5 | 7 |
|   |   |   |   |   |   |   |   |   |
| 7 | 3 | 5 | 8 |   |   |   | 9 |   |
|   | 7 |   | 3 |   |   |   |   |   |
|   |   |   |   | 2 | 7 | 6 | 8 |   |
| 9 |   | 2 |   |   | 6 |   |   |   |

## DIFFICULT PUZZLE

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 |   |   | 5 |   |   |   |   | 3 |
|   | 2 |   |   |   |   |   |   |   |
|   | 1 |   | 4 | 8 | 2 |   |   |   |
| 3 | 9 |   |   |   |   |   |   | 7 |
|   |   | 1 | 9 | 6 | 4 | 8 |   |   |
| 4 |   |   |   |   |   |   | 1 | 5 |
|   |   |   | 6 | 7 | 9 |   | 8 |   |
|   |   |   |   |   |   |   | 6 |   |
| 8 |   |   |   | 3 |   |   |   | 9 |

Each puzzle consists of a 9x9 Sudoku grid containing areas surrounded by gray or dotted lines. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box, and the sum of the numbers in each area is equal to the clue in the area's top-left corner.

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It was right at the beginning of the coronavirus outbreak that my husband took ill, he was admitted into hospital due to difficulties breathing and was in critical condition. After being weeks in hospital, his situation improved and he has now b'h come home. I am describing this because I am concerned about my 11 year old son who was present when his father was rushed into hospital and is very close to him. Now that my husband is home, my son hovers over him and checks all the time that everything is okay. He has woken up with nightmares and avoids the room my husband was in when being admitted to hospital. His behaviour somehow doesn't feel right to me. Is it normal? If not, would therapy help and which type of therapy would be recommended? Any information you can share would be helpful. Thank you.

### Answer:

Being critically ill is a physically and emotionally overwhelming experience. Hospitalisations can be a very strenuous and trying time for the patient and impacts family and friends as well. It seems like this was a challenging time for you and your family so kudos to you for being able to recognise your son's difficulties and for reaching out. B'Chasdei HaShem your husband is on the mend however, after any illness, 'getting over it' may take time. We will endeavour to provide you with some information on PTSD so that you can make an informed decision.

### PTSD – Post Traumatic Stress Disorder

PTSD describes a set of symptoms that some people have after their life was in danger, or where there was the possibility of suffering serious injury. We may also feel this way when we witness these types of things happening to someone close to us. There are traumas that can occur while a close family member is hospitalised and this includes, procedures that appear frightening and fear of death etc.

During a trauma it is common to feel powerful emotions and sensations, or to have frightening thoughts. We may feel anxious, worried, afraid, confused, angry, or helpless. Once a traumatic experience has passed, it can take some time to accept what has happened. It is normal to feel shocked, overwhelmed, or dazed for days, weeks, or even months afterwards. It is normal to experience some symptoms of PTSD after a trauma. For most people these feelings subside with time, but for other people they persist and start to impact on day-to-day life.

### Symptoms of PTSD

A person may re-experience the trauma as flashbacks, nightmares, or reactions. One may have negative changes in thoughts or mood. Feeling 'on guard' and 'on edge' may include feeling anxious or being unable to relax, feeling more angry or irritable than before or having difficulty with sleep. Another symptom is avoidance of thoughts, feelings, and reminders of your experience. The main reason why PTSD persists is because the brain perceives the threat to still be present. This is similar to a smoke alarm that will be set off by the smell of smoke which is a perceived threat of fire and is a great way of alerting you to danger. Living with PTSD is like living with the alarm constantly ringing for fear of the threat still being active.

If as a parent you are still concerned about your son then speak to a professional who can guide you on this. There are therapeutic modalities including CBT and EMDR that are very helpful so an assessment by a mental health professional will help you.

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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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# DARK TAPESTRY

by Ruthie Pearlman

## CHAPTER THIRTY-ONE

"He's playing mind games with us," he growled. "Maybe I've been thinking about this all the wrong way. Maybe I need to try and think like him. Obliquely. Laterally."

Colin's cell phone rang. He snapped it on and listened, barked a "thank you," and hung up. His face was grim.

"Feiner had told Hardman that his father committed suicide jumping off a bridge in Devon. I ran some checks with the local department there. Apparently there was no proof at all, but locals in the pub said a young man answering Gabriel Feiner's description was in the pub the evening following the suicide and got very drunk. Started boasting about having pushed his old man off the bridge. No one believed him, of course. They just thought it was the drink talking. Quiet sort of country village, you know the sort of place. No one pushes his old man off bridges down there. But a local bobby was drinking there, too, and he remembers the incident, and he remembers Gabriel Feiner. And the look in his eyes."

"Sheesh," Mitch said.

"Yeah. Seems we're looking for a murderer as well as an abductor. Not good news for the Hardmans."

"You going to tell 'em?"

Colin looked at him. "Would you?"

☒ ☒ ☒

An hour later, the local bobby Colin had dispatched to take another look round the local area was in that same alleyway, when he noticed a niche in the wall running along the side of it. The niche, only a few feet deep and about five feet along, was heavily overgrown with bushes

and weeds. Its purpose was unclear. Probably there had originally been a back door to one of the houses leading off it and it had later been bricked up.

The bobby noticed it because a shoe was sticking out of the bushes. And the shoes had a foot attached to it. And a leg attached to the foot.

The bobby was very young and rather inexperienced. He had never found a dead body before, but he certainly knew one when he saw one. As he radioed for help, Ilana and Leora came back into the alley and saw the shoe. It was a white running shoe, and the leg was denim-clad.

Leora clutched Ilana. "Don't look. I think it's Cindy."

"Oh, no!" Ilana was compelled to look.

"Stand back, ladies, please. This is a crime scene," the young bobby said, full of self-importance.

"The area will be cordoned off soon."

"I am working with Detective Inspector Sommers," Leora informed him, showing him her ID. "I'm a forensic criminologist. Please stand back, Constable."

The young policeman flushed, but he knew his place, his moment of glory over.

Leora crouched by the body of the young woman.

"Is it Cindy? Is it?" Ilana sobbed.

Leora looked up with a grim expression.

"Yes. Cindy is dead. And at first examination anyway, it looks like murder."

Ilana began to scream. She had suddenly realized what the implications were for her son.

## CHAPTER THIRTY-TWO

The post-mortem examination had borne out Leora's preliminary findings. Cindy had been murdered by persons unknown. Ilana was under sedation again now that she realized she was dealing with a murderer.

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Leora and Colin sat in his office.

"That poor, poor girl," Leora sighed. "She was only trying to help Josh a bit, to make his captivity a little easier. Buying him clothes and kosher food. Obviously she overstepped some unwritten boundary in Gabriel's eyes. We had better find Josh fast, Colin. With Cindy gone, things are going to get much harder for him."

"If it isn't already too late," Colin added grimly. They both sat in silence for a while, then he spoke again. "He said to Hardman, 'Tell your detective friends to think a bit harder about me and what I represent.' I think we had better work on that a little, you and me."

He got out a piece of paper for each of them. They both started doodling.

"Brainstorm. Write down everything Gabriel Feiner represents to you," he suggested to Leora.

"Okay."

She wrote: Kidnapper, abductor, killer, patricide.

He wrote: Antireligious, mind-twisted, bigoted, warped, insane, criminal, dangerous.

They looked at each other's papers.

"Hmm. Not much help there. Let's try writing other things about him, not just the negative."

"I can't think of anything but negative right now," Leora said.

"We have to. Remember, we are thinking of it from his viewpoint, not ours. He thinks he has right on his side, for whatever twisted reasoning. Try to put yourself into the mind of the Fox and imagine how you would regard yourself then."

"Okay."

This time she wrote: Computer geek, Internet whiz, supernerd, hacker.

He wrote: Classics aficionado, Shakespeare expert, poet.

They exchanged papers.

"There's a link here somewhere. There has to be. I can't see it right now, but somewhere, inside all this, there's a link."

"A link between computers and Shakespeare?"

"Somewhere."

"Hardly. Computers weren't invented when Shakespeare had his day."

"I know. But...something..."

They sat staring at the two pieces of paper. Outside it was growing dark. Leora was afraid that Josh, if not already dead, had little chance of survival without Cindy's help. She stared hard at the pieces of paper, willing them to speak to her. Colin went to the computer on his desk and sat looking at it. It had a number of icons for all the different programs he could access. His computer in the office was on a permanent link to the Internet; he had no need to dial in to a provider. Sitting there for a moment, he brought up a browser. Netscape Navigator. He looked at it. Its icon both on his desktop and on the browser itself was a ship's wheel. He closed Netscape and brought up Microsoft Internet Explorer. Its icon was a blue e with a swirl around it. But when it was open, in the top right-hand corner of the browser, just for a moment, he saw it. Then it was gone and replaced with the Microsoft Windows icon.

The icon for the Internet was always a planet. A spinning earth, sometimes interlaced by a web, to show the intricacies of the World Wide Web.

"Leora," he said, "the Internet, it's always shown as a spinning globe, isn't it?"

"Yes. Why?"

He swiveled on his chair to look at her. "I think I know where he is holding Josh."

"What? How? Where?"

Without another word, Colin used the browser to open a search engine and typed a few quick keystrokes.

"Here we are. Look."

She looked. "Oh, my gosh."

The page was entitled, "Shakespeare's Globe."

To be continued....

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