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It is such a חידוק to us mothers and gives us כח to go further when we feel that at a time like this when we are more vulnerable, there are so many הייליגע אידן that will do anything for us to make sure we get the very best care we need so badly. To pamper us and make us feel spoilt, by providing such amazing care at בית ברכה which really heals and soothes us in every way physically and emotionally.

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(It's under "costs and refunds" and "7+ seaters".)



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Turns out a lot of people have questions about organic dairy products, what they are? Are they healthier than standard dairy products? To make sense of all these questions we set down with Nutritionist and Global Health expert Sarah Baum who clarified all about the differences and the health benefits of these new lines of products.

Thank you, Sarah, for joining us and taking the time to enlighten us about some of these very important topics.

Q. A new trend of consuming organic products has surfaced in the market including organic animal products. We were wondering what the difference is between organic milk and other standard milk products on the market?

That is a great question – the consumption of organic fruit and vegetables free of pesticides has been around for quite some time, however the demand for organic animal products including dairy has increased rapidly in recent years. The first big difference to take note of is that these cows, unlike those in the mainstream dairy industry, are not fed any grain. Whilst 'organic' cow milk on the market can include cows that are fed organic grain, in superior milk production cows are not fed any grain at all and instead feed on grass from pastures free of synthetic fertilisers; just as cows evolved to live in nature.

Q. That sounds interesting! Does the difference in feed really affect the milk product we consume?

The old saying 'we are what we eat' applies to all organisms on Earth including cows. With milk being a product of the cow, it is heavily affected by the makeup of macro and micronutrients that the cow consumes. Studies comparing grass-fed cow milk to regular milk have shown increases in unsaturated fat (the good kind) including omega 3s – fats important for brain health – in grass-fed milk or other dairy products such as butter or cheese.

Q. Wow. I was unaware of the impact of what cows ate affecting them. Are there any difference in how organic cows are treated compared to conventionally raised cattle?

I am glad you asked! In order to reduce the spread of infection in cattle farms, as well as speed up the growth process, many industrialised feeding systems and environments use antibiotics and hormones to improve yield and increase profit. But organic farming principal is the care about both the health of the cows and the impact of their milk on the consumers. Organic dairy

cows are completely free of antibiotics and additional growth hormones, which in turn means the milk is free of antibiotics and any synthetic hormones and the negative health impacts associated.

Q. Can these antibiotics and milk in hormones affect our health?

The jury is out on this one, mainly due to the limited evidence available. Antibiotics in general tend to have negative effects, both on our personal gut microbiome which has so many known and still unknown beneficial impacts, and on the environment at large by increasing the potential for resistant strains of bacteria. Synthetic hormones in milk have also been shown to interfere with the endocrine (hormone) system, impacting health negatively. More research is required in the field, but for now drinking the cleanest milk out there, which is exactly what organic dairy products offer, would be my recommendation.

Q. Having said that, we were wondering what is the difference between whole milk and semi-skimmed, is one healthier for us than the other?

Skimmed milk is heavily consumed in the UK due to lobbying and mis-interpreted results, however, more extensive research has shown that the natural fat in milk is in fact not the enemy! The fatty acids in milk have been shown to aid with satiety, decreasing consumption of other foods and reducing risk of obesity, as well as being associated with reduced risk of some non-communicable diseases. When we strip the milk of this, we lose the benefits that come with fat, including the absorption of important vitamins such as vitamin A and vitamin D which require fat to be absorbed.

Q. This all sounds so fascinating! Thank you for sharing this with us, are there any last words you would like to add, and where can we find you?

There is so much more to the dairy industry than we realise, both for the treatment of cows and the impact of milk on humans. We are fed such a diverse range of information and whilst I would love to delve into the benefits of the protein, fat and vitamin profile of Jersey milk it will have to wait for another time! Find Sarah on Instagram as [@thefermentedfoody](https://www.instagram.com/thefermentedfoody)

Disclaimer: Sarah Baum is a Global Health expert who consult customers about the benefits of healthy lifestyle, she also cooperates with Koganics brand which distributes the only Kosher Organic Milk in the UK.



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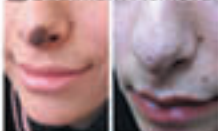
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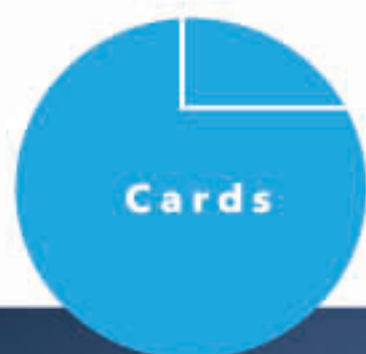
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By: Kayla C.

No name, No Shame?!

"Cheer up, Bruchi! It's Chanuka!" Binny called. Bruchi scowled. Binny was Bruchi's big brother, home from Yeshiva for *Shabbos Chanukah*. The whole family loved it when Binny came home – his big smile and joking chatter kept the mood upbeat. But, for some reason, Bruchi's face was sour as she picked at her supper.

A minute later, Binny walked into the dining room bearing a platter of sizzling doughnuts. He slipped one onto Bruchi's plate. "There's nothing a doughnut can't fix. Especially a doughnut on Chanukah."

"Nothing can fix what happened today, believe me," Bruchi muttered.

Mrs Shemen lifted the baby out of her highchair. "What was that, Bruchi?"

"Some things can't be fixed."

"Even with a doughnut?!" Binny asked, his face showing mock disbelief. Bruchi's siblings giggled.

Send us your thoughts, titling them Take Two: Sarah's secret,
via email - speechsafety@newsheet.co.uk or leave a message on 020-84424744.
Selected responses will be printed here.

"What happened, Bruchi?" Mrs Shemen asked.

"Someone broke my entire model of the Mishkan!" Bruchi exclaimed, her eyes filling.

Esty gasped. "You worked on it for days! Who would have done that?!"

"I don't know who it was. I left it on the big windowsill - everything is always safe there. But when I came in from the garden, it was on the floor and had a huge crack down the middle. The little gems had come off and it was all dirty!"

"That's crazy!" Raizy exclaimed. "Hello, you have to find out who did it."

"Well, Naomi told me she saw who did it. But she didn't want to tell me who. I know it's *Lashon Hara*, but, still, I wish I could teach her a lesson!"

"Any idea who it could be?" Mindy asked. There was nothing Mindy liked better than a mystery, and here was one unfolding in her own dining room.

"All she said was that there were three girls who stayed inside to decorate the classroom for the party tomorrow night. It was probably one of the girls on the decorations team."

"Well, that's not too difficult to figure out then," Raizy remarked.

Mrs Shemen shook her head. "That's a problem, children."

The children turned to their mother quizzically.

"I'm sure your friend meant well, Bruchi, but saying something bad about somebody without

mentioning any names is still *Lashon Hara*. Any idea why?" she asked softly.

Shloimy, who had been watching the scene from the side-lines, offered, "Because you can still figure out who they're talking about?"

"That's right, Shloimy. Is it really 'no name, no shame?' If I would say one of our neighbours smashed into our car and left a red mark but refuses to pay for it, that would be *Lashon Hara*. I haven't told you which neighbour, but given that there aren't that many red cars on our street, it would be easy for you to figure out who it was."

The children sat silently, until Mindy piped up.

"But what if it's really hard to guess? Like, imagine you tell Auntie Sara that our next-door neighbour smashed into our car and refuses to pay for the damage. She lives all the way in France - she doesn't know who our neighbours are."

"Right, but it's still *Lashon Hara*. She might not be able to figure it out now, but she could in the future, possibly.

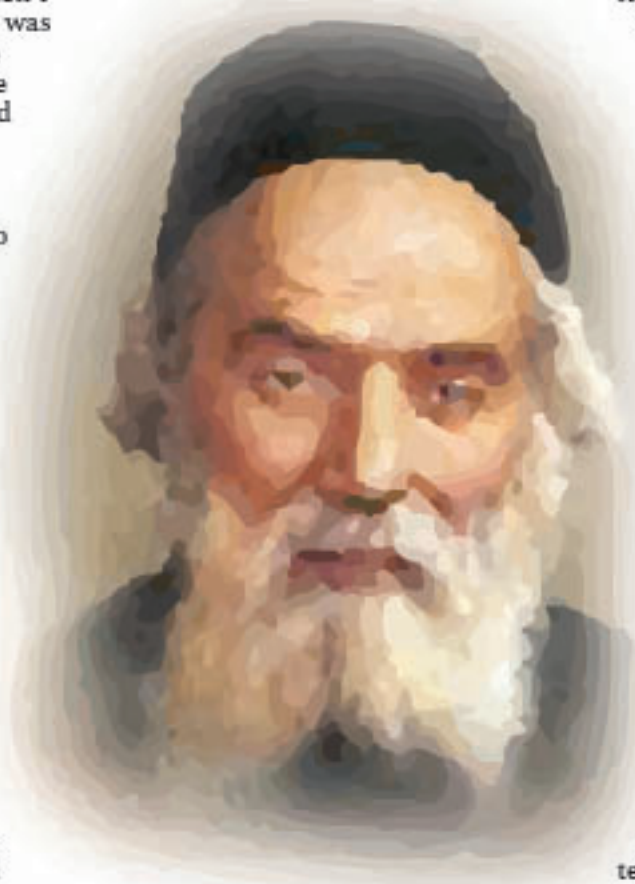
Maybe one day she'll meet someone and that person will tell her, "Oh, I live next door your niece in London." And Auntie

Sara might think, "Something rings a bell... aha! She's the one who smashed into their car..."

"Wow," Mindy murmured.

Bruchi smiled a small, playful smile. "My *Mishkan* isn't fixed but at least we're learning something from it!"

"And," Mrs Shemen added with a twinkle in her eyes, "Through improving our speech, soon the real *Beis HaMikdash* will be rebuilt!"



Send us your thoughts, titling them Take Two: Sarah's secret,
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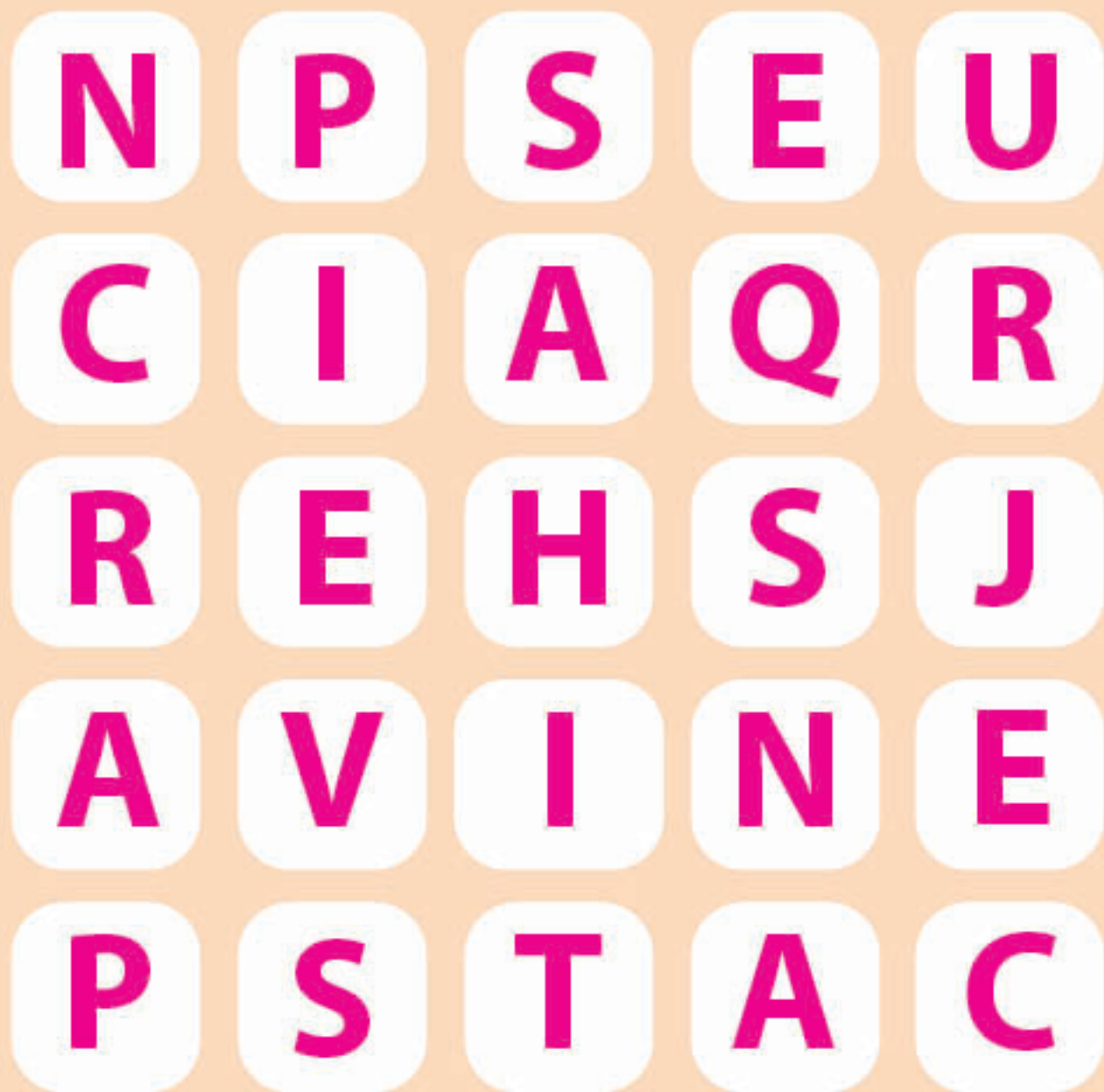
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Boggle



Game Rules

Find words on the board containing four letters or more. Letters of a word must be connected in a chain, (each letter adjacent to the next either vertically, horizontally or diagonally) and each letter can only be used once in a given word.

The following are not allowed in Boggle:

Adding 's' to a word - Proper Nouns - Abbreviations - Conjunction words - Acronyms

Points:

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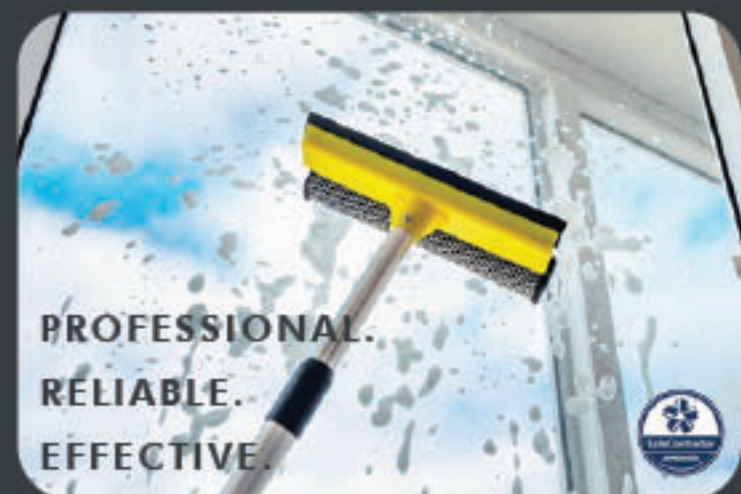
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EUR	Euro	£0.90	1.07
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CHF	Swiss Frank	£0.83	1.19
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Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
--------	---------	--------	--------	---------	-----------



12° \ 9°



11° \ 7°

 $10^\circ \setminus 5^\circ$ 

11° \ 9°



0° \ 7°



3° \ 3°

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מנין צעטיל

פרשת מוקץ

שבת שבת	קרב שבת
12.45 קצ חיים	12.48 קצ חיים
25 Green Walk	
1.00 תחילת שבת	
1.15 בית יוסף חזק	1.36 תחילת חזק
1.45 סני	1.36 נספח וקבלת שבת
	אמריאל אלמנור
2.15 ספרה קטנה	אמריאל בית אברהם
3.05 קצ חיים	בית אברהם
3.06 בית תחילת	סני קצ חיים
3.10 סני	קורח בנה
3.30 בית אברהם	3.10 בית יוסף חזק
3.36 אלמנור	3.46 בית ספרה, תחילת יוסף
	25 Green Walk
3.41 תחילת וברא	3.46 תחילת סני
3.46 סמיתסון	
3.51 בית יוסף חזק	
ספרה סני	4.40 סני
3.52 סמיתס	

פרשת ויגש

[illegible]

Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	3:52	3:52	3:53	3:53	3:54	3:54
לילה	4:51	4:51	4:52	4:52	4:53	4:53



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MRS CLAIRE GOODMAN
& RABBI SIMI LERNER

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WEDNESDAYS

SELF DEVELOPMENT THROUGH THE TORAH

REBBETZIN
ROCHEL SILBER

🕒 11:00

THE A-Z OF RELATIONSHIPS

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