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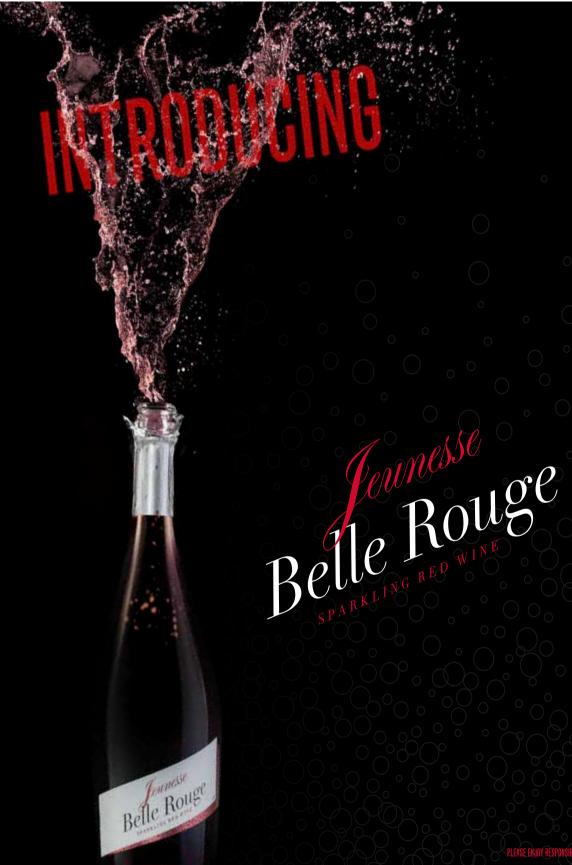
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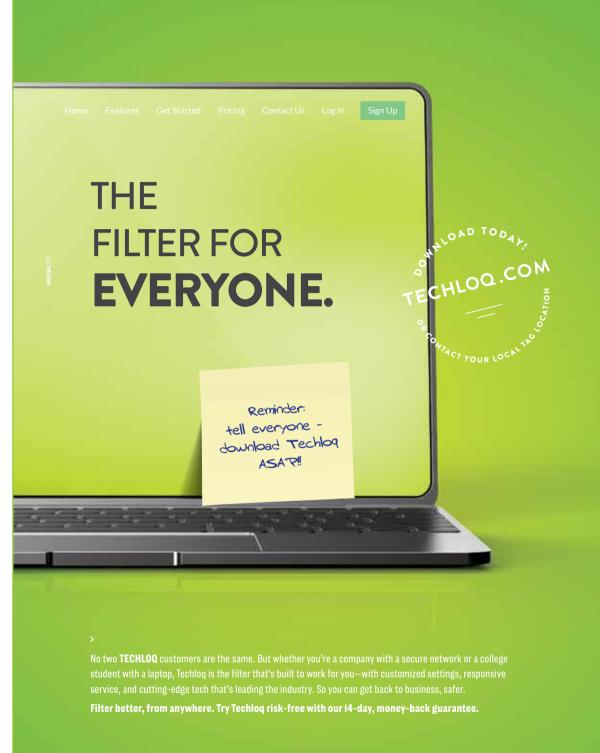
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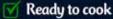
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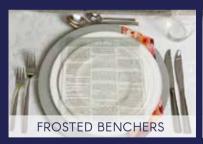




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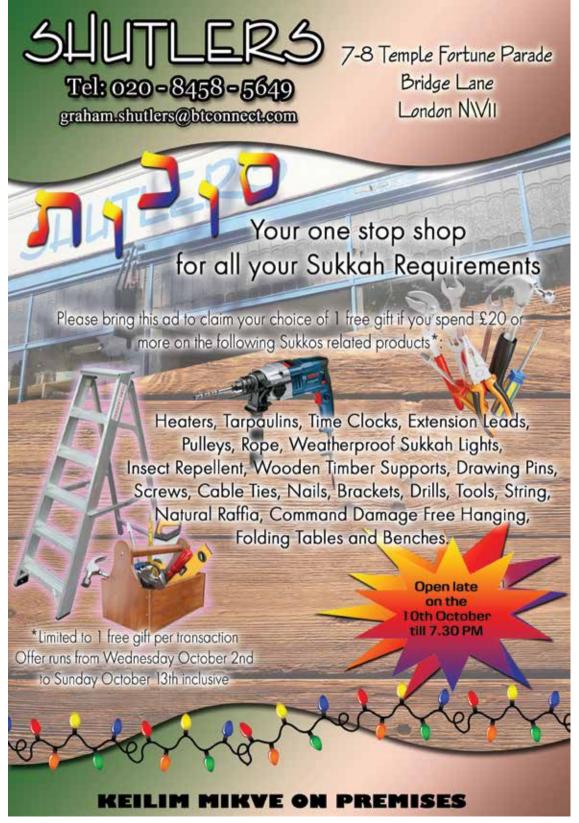










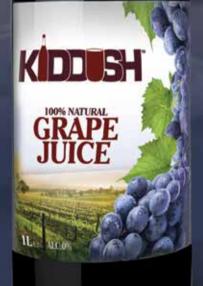


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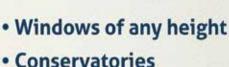
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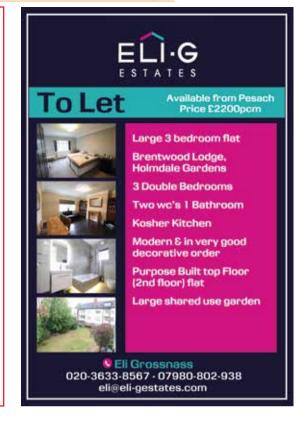


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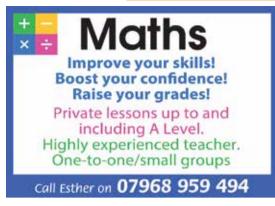
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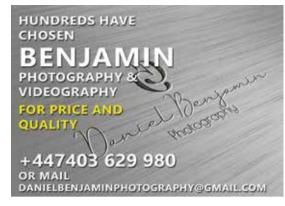
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- Your pregnant body
- Understanding labour
- Breastfeeding
- Post natal care
- Free labour pack



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'Sometimes we joke that we're raising 'J' with 'The Swiss Method' lots of love and counter pressure, and breathing through the difficult stuff;)' - Netanya

FOR MORE INFO PLEASE CALL TSIPPY, S.A.F.E. CERT, SPINNING BABIES CERT, REBOZO. 02087317130 / 07530758887 or visit my website WWW.THESWISSMETHOD.CO.UK



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PENINIM PRIMARY SCHOOL

The following position has become available to cover maternity leave.

KEY WORKERS FOR PRE-NURSERY

We are looking for warm, caring staff who will join our vibrant and dedicated team and will help enable each child to blossom to their potential.

· Excellent Remuneration ·

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Please contact the school office for an application form and job description T: 07508 521 456 or 07957 781 069 Email: peninimschool@gmail.com

> Peninim Girls School is committed to safeguarding and promoting the welfare of children and expects all staff to share this commitment. Appointments will be subject to a satisfactory enhanced DBS check.

Head Teacher: Mrs K Ken Director of Kodesh: Mrs O Soller Head of Kodesh: Rabbi B Landau



Principal: Rabbi Y Hamer x****

The Governors of Menorah Foundation School welcome applications for entry to both Nursery and Reception Classes 2020.

At Menorah Foundation School our children are at the heart of everything we do. Recognising each child's unique contribution and building on their self-esteem, we learn, grow and succeed together in a community rich in the values of Torah and Mitzvos, where every child is not only encouraged but inspired to reach their potential. By achieving together as a whole school community we encourage everyone to become life-long learners and 'reach for their star'.

Applications for entry to the Nursery Class 2020 are for children born between 1st September 2016 and 31st August 2017. You will need to submit an Application Form, a Supplementary Information Form and a copy of your child's birth certificate.

The closing date for applications is Monday 25th November 2019.

Applications for entry to the Reception Class 2020 are for children born between 1st September 2015 and 31st August 2016. Applications for Reception must be submitted to your Local Authority by Wednesday 15th January 2020 (www.eadmissions.org.uk) and all Supplementary Information Forms together with a copy of your child's birth certificate, must be submitted to the School by Friday 10th January 2020.

We will be holding an open evening on Tuesday 10th December 2019 for prospective parents at which they will have an opportunity to see the School and meet school staff and governors. Invitations will be sent out on receipt of completed admissions documentation. Admission will be by invitation only.

Both the Nursery Application Form and Supplementary Information Form can be downloaded from the School website http://www.menorahfoundation.co.uk/admissions.



"Mikvah Tahara" opens the first Mikvah in Astrakhan, Russia First time in 90 years!

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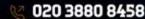


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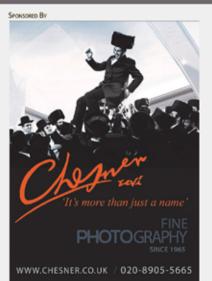




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JDOKU PUZZL



EASY PUZZLE

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

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

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.



MISC: HAVE YOU OR SOMEONE YOU KNOW moved to Golders Green or Hendon? Please text us your / their details, name - adress - phone

number & we will give you / them a FREE welcome pack. Ricky: 07973 360 274 Chani: 07779 061 385. Edgware text Tanya: 07506 274 540

GRAPHOLINE

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TO LET: Antwerp: Situated on the Belgielei.

Completely renovated ground floor apartment 2 bedrooms, aircon, bedding & towels provided. Suitable for business men, visitors & guests. Daily & weekly rates. For info call or text +323 479 292 080

TO LET: Gateshead: Spacious, 2 bed ground floor flat, good condition, fully furnished. Central location. Just £390 pcm. Call 07712 735 667.

FOR SALE: York Active Elliptical Cross-trainer in excellent condition £75 please call 07929 886 382

TO LET: Room to rent for a female, with a frum family. Spacious, modern, newly refurbished, with en-suite shower. Plenty wardrobe space. Cooking and laundry facilities. Bills included. In the heart of Golders Green, London NW11. Price is negotiable depending on facilities needed. Available now long term. Please contact 07983 449 928

LOCALNEWS



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HARD PUZZLE





MY NAME IS EMES

By R' Fischel Schachter & Yonasan Schwartz adapted/Iluustrated by Tzai R. Pensky











TO BE CONT. NEXT WEEK IY"H





Our next issue will be on Thursday 31st October (office open 10th Oct for payments & advert bookings)

We are currently looking for children to deliver the Local News in the Wentworth Rd area.

We are also looking to update our GG & Hendon list to subscribe please TEXT 07973 197 898



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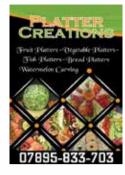
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LOCALNEWS BUSINESS DIRECTORY - BE SEEN WEEKLY











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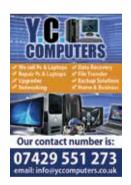
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WEATHER FORECAST

Thursday 17°c / 13°c 10 Oct Friday 17°c / 13°c 11 Oct Shabbos 15°c / 12°c 12 Oct Sunday 15°c / 12°c 13 Oct Monday 16°c / 11°c 14 Oct Tuesday 15°c / 10°c



גאלדערס גרין מנין צעטיל תש"פ

מעריב יום ה' פ' האזינו	טנחה יום ה' פ' האזינו
U202 7.00	1.1 בית ישטר דוב
אכם בית שמואל	1.4 בית ישכר דוב, פֿעדעריישן
7.00 בית ישכר דוב	1.4 ברידוש ליין, כהן ארנאלד, מאמוב
7.0 עץ חיים	2.4 בית חב"ד הענדאו 2.4
2.7 בית ישכר דוב	3.40 3.20 אום דוב מית ישבר דוב
7.4 בית ישכר דוב	
ile, אור חדש, סיני, ק' אחל משה, 7.4	4.01 מנחה קשנה
8.0 בית אברהם, ביה ישכר דוב	4.4 בית ישכר דוב
ג"ג ב"ה, גור, הענראן עדת	4.2 בית ישכר דוב
ארינורא אוינורא אוינורא	4.4 בית ישכר דוב
2.8 בית ישכר דוב	5.4 בית ישכר דוב
21000 8.30	6.6 בור, נארד הענדאן", עץ חיים
8.4 בית ישכר דוב	תורת חיים"
9.0 בית ישכר דוב	The state of the s
9.40 9.20 בית ישכר דוב	AND DESCRIPTION OF THE PROPERTY OF THE PROPERT
10.00 בית ישכר דוב	THE RESERVE AND ADDRESS OF THE PARTY OF THE
בית המדרש (ע"י נר)	6.1 בית ישכר דוב, בית ישראל"
ברירוש ליין, גור, עץ חיים	הענדאן עדת", תפארת ישראל"
ו 10.1 בית שמואל, נשמת ישראל	
סהילת אהל משה	6.19 שקיעה
ו 10.1 בית ישכר דוב	6.3 בית ישכר דוב
11.10 11.10 בית ישכר דוב	WHITETON TOURS FOR A A
27 04 7/21/2010	
מנחה שבת פ' האזינו	ערב שבת פ' האוינו
2 Highfield Gardens L4	מנחה גדולה
23 Green Walk 1.4:	
2.00 בית אברתם	
	מנחה וקבלת שבת
3.69 מנחה קטנה	
772 371 4.30	6.00 ברידוש ליין, ג"ג ב"ה
5.2 בית ישכר רוב, סיני	הענראן עדת, נארד הענדאן
s.a בית תפילה, עץ חיים, תורת משה	תורה חיים, SAGE
SAGE 5.4	6.01 אברכים, אלכסנדר, אור חדש
5.4 בית אברתם, ק' אחל משת	אמרי שפר, בית אברהם
אלסטדר, ברידום ליין, נארד העדאן 5.50	בית ישראל, בית חפילת, גור
713 5.5	סיני, עץ חיים, קהילת אהל משה
\$.5. אור חדש, בית ישראל, בית שמואל	שערי תפילה, תורת משה, JLE
ג"ג ב"ה, סארינורא, סאסוב	ב6.00 בר ישראל
תורת חיים, תפארת ישראל	6.04 בית ישכר דוב
6.0 כר ישראל, פעדעריישן	6.10 מאדינירא
	23 Green Walk
6.0 אפרי שפר, בית ישכר דוב	
בשמת ישראל, עטרת צבי	תפארת ישראל
6.8 הענדאון עודת	
	77777753776

ערב סוכות מנחה גדולה

בים מח מלום 5.54

מנחה קטנה

SAGE, ברידוש ל"ין, ג"ג כ"ה, הענדאן עדת, נארד הענדאן, 5.55

5.56 אברכים, אור הדש, אמרי שפר, ב' אכרהם, כ' ישראל, בית תפילה מור, סיני, עץ חיים, ק' אהל משה, שערי תפילה, תורת משה, ILE 5 בר יעראל

23 Green Walk בית ישכר דוב, סאדינורא, 6.05

6.06 מאסוב, תמארת ישראל

128 DODZ -6.12

6.16 בית שמואל 0000 6.53

NW LONDON MINYAN LINE: 0203 670 6130 20000

DAILY	Thu	Fri	שבת
TIMES	- 6:19 - שקיעה	6: 16 - שקיעה	6: 14 - 6: 44
	7:08 - לילה	7:06 - לילוז	7: 04
Sun	Mon	Tue	Wed
6:12 - שקיעה	9 - 6:10 - שקיעה	6:08 - שקיעה	6:06 - שקיעה
7:02 - לילה	7:00 - לילה	6:58 - לילה	6:56 - לילה



After searching through dozens of clones, solls and planting locations, the Herzog family selected the Musque Clone for their Lineage series, Originating in Bordeaux, France 1962-this uniquely aromatic Sauvignon Blanc is perfectly matched with the rugged soil, clean air and warm climate of Lake County, California. In bringing them together, the family has crafted an elegant Sauvignon Blanc that captures every nuance of the Musque Clone.



Herzog Lineage 2017 Sauvignon Blanc, Lake County made from the Musqué clone, has a nose that reminded us of pineapple upside-down cake. Lemon curd aromas meld with grassy notes

august 2018 / the tasting panel

HERZOG

HERZOG

LINEAGE

while vanilla pudding adds a creamy texture to the mid-palate. This unique creature finishes with honeyed apricot.