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LOCAL NEWS

ISSUE 487

The Voice of NW London

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25th November 2020
Starts: 15:42 Ends: 16:53 (17:10)

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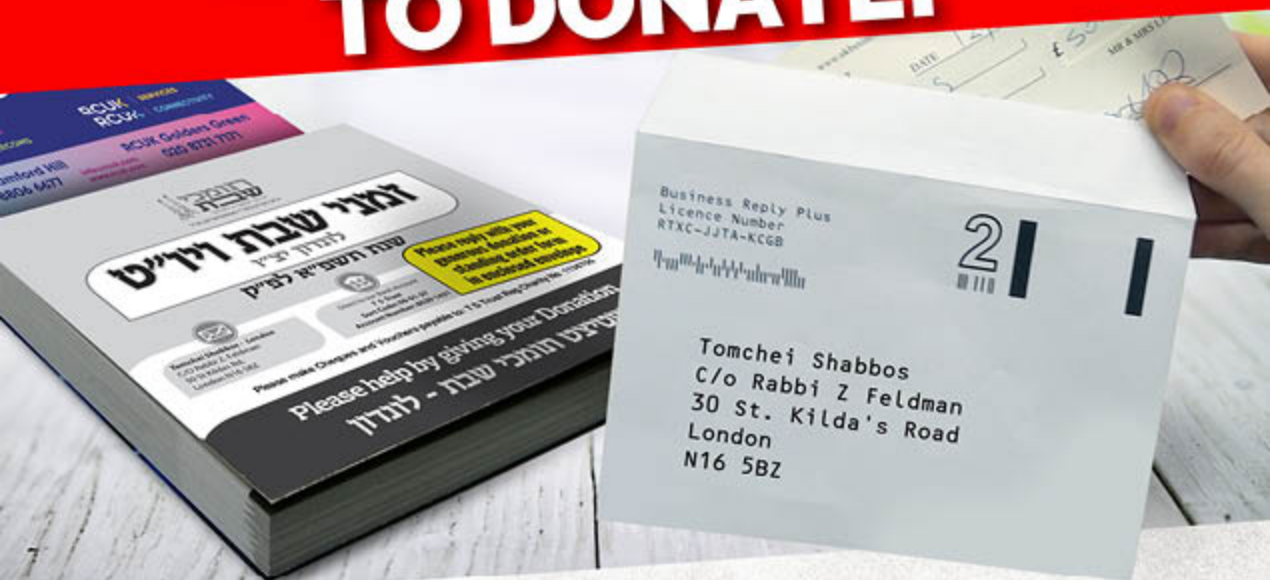
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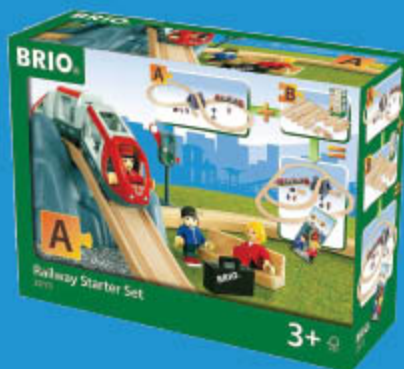


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Game Rules

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

Each individual region, row or column may only have each digit once.

Tip: Work it out in pencil so you can fix any mistakes whilst working it out



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CONTINUED NEXT WEEK. IY"H

CHOCOLATE HAZELNUT CLUSTERS

By: Dr Michelle Braude



Quick and easy to make, these 'no-bake' clusters (my take on those famous Hazelnut balls) require just a few ingredients. Delicious and low in sugar, they are perfect home-made treats.



Yields: Approx 20



20 Minutes

Ingredients:

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Pinch of salt (if using unsalted nuts)

Xylitol to sweeten

Method:

1. Line a large baking tray with baking paper or foil and set aside.
2. Melt the chocolate in a heavy-based pan over a low heat. Keep stirring, making sure you don't burn the chocolate. As soon as the chocolate has melted, turn off the heat.
3. Add the nuts to the melted chocolate, and xylitol to sweeten to your taste, and stir well until they are fully mixed in and coated.
4. Spoon heaping tablespoons of the mixture onto the prepared baking tray. Allow to cool.
5. Place in the fridge and allow to set for several hours. Remove from the baking paper or foil.

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SPEECH SAFETY

By: Kayla C.

Old News

Rifka elbowed her bedroom door open, balancing a bowl of popcorn, a bottle of orange juice and some cups. As she eased her way into the room, she caught sight of Miriam, a silly grin spreading across her face. She arched her eyebrows. "What's the joke?"

That was all the prompting Miriam needed to dissolve into gales of laughter. Rifka, completely baffled, waited impatiently for Miriam to calm down. "What?!" She demanded, as soon as Miriam had regained her composure.

"I-I..." Miriam giggled. "I was just thinking about what happened today in school. With-Miss..." Again, she burst into giggles. "Miss Klein!" she yelped, before laughing again. "I'm telling you, when she tried teaching us that song..."

By now, Rifka was in stitches, too. "Stop!" Rifka gasped, trying to catch her breath. "I was there - you don't have to explain. You're just making me laugh even more!"

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.

"It was flat – completely and totally flat," Miriam added.

Eventually, Miriam's laughing fit ended. She shook her head and reached for the popcorn. Then she grew serious. "I hope you don't mind my asking, but what hechscher is this? My father's quite strict about popcorn." Only after Rifka had shown her the packaging did Miriam allow herself to enjoy the snack.

"Ok, down to business!" Rifka declared after the girls had snacked for a few minutes. She pushed the popcorn away and reached for the Shemiras Halashon sefer. "Make sure to tick off the chart when you get home," she reminded Miriam.

Their school had introduced a Shemiras Halashon programme where each girl partnered up with a classmate to learn the Halachos. At the end of each term, the girls had to return their tick-charts, and all the completed ones would be entered into a raffle to win exciting prizes.

Rifka opened the sefer and pushed it towards Miriam. "You read Helpful Hints and I'll do Important Information."

"Helpful Hints," Miriam began. "One must be just as careful with what comes out of one's mouth as with what goes into one's mouth. This means that just as we are careful to only eat food with the best hechsheirim, so too, we must be careful with what we say. If you check the labels of your groceries, why not check your words? Before you speak, think: is this okay to say?"

Rifka took the sefer and read aloud. "Important Information: One may not use words to belittle (make fun of or put down) other people. This is true even if the person you are speaking to already knows the information." She shut the sefer and smiled at Miriam. "Day 5 – done!"

Miriam looked pensive. "That's so creepy!"

"What?" Rifka asked, puzzled.

"I was so careful before with the popcorn, but then I totally didn't realise that talking about Miss Klein was a problem. I thought that you knew what happened, anyway, because you were there. Oh well, now I know..."

"Hmm... it really is amazing that the exact same scenario that we had here came up in the sefer. I guess that's what learning is all about," Miriam said.

"I can't wait to finish learning all the Halachos so I'll know what I can and can't say," Miriam sighed.

"Yep, and when we're finished, we should start again – the more we learn the more we'll be alert," Rifka intoned.

Suddenly, they stopped and looked at each other.

"Stay alert – stay safe!" the girls chorused together.

And the giggles returned!



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Information Page

Currency Exchange



Code	Currency	GBP \ Unit	Units \ GBP
EUR	Euro	£0.89	1.12
ILS	Israeli New Shekel	£0.22	4.43
CHF	Swiss Frank	£0.82	1.21
USD	US Dollar	£0.75	1.33

Based on Wednesday's Rates



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מנין צעטיל

פ' ויצא

שבת מנחה

עץ חיים 12.45

23 Green Walk

תורת משה 1.00

בית ישכר דוב 1.15

סיני 1.45

מנחה קטנה 2.14

בית הפילה 3.12

סיני 3.15

אלכסנדר 3.38

תפארת ישראל 3.43

פעדעריישן 3.48

בית ישכר דוב 3.53

עטרת צבי

ערב שבת

מנחה גדולה

עץ חיים 12.30

הדלקת הנרות 3.42

מנחה וקבלת שבת

אברכים, אלכסנדר 3.42

אמרי שפר, בית אברהם

בית הפילה

סיני, עץ חיים

תורת משה

בית ישכר דוב 3.45

בית שמואל, תפארת ישראל 3.55

עטרת צבי 3.57

Weather Forecast

Friday Shabbos Sunday Monday Tuesday Wednesday



6° \ 3° 8° \ 3° 8° \ 2° 7° \ 3° 7° \ 3° 7° \ 5°

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ליתר הקדמה והנחת שפוטל אולטו מירד ביר נתן פרץ יעלויש

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Daily Times

	Friday	Shabbos	Sunday	Monday	Tuesday	Wednesday
שקיעה	3:57	3:56	3:56	3:55	3:54	3:54
לילה	4:54	4:53	4:52	4:52	4:51	4:51



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