

Essence of ESTER



Our Book Fair will still be open
Monday, December 19 – Thursday,
December 22:

- “Around” A.M. Car Pool
- During Lunch
- “Around” P.M. Car Pool
- During Thursday’s Carnival

Please stop by and purchase Chanukah gifts for family, teachers, and friends or buy a book for your child’s classroom. If you are able to volunteer, there are still some slots available. Please sign up online at: www.signupgenious.com/go/F084FCA72FA31-book/2531635 or contact Lisa Solomson at lsolomson@gmail.com or 301-593-9039.



Tuesday, December 20 – First night of Chanukah.



No post-3:30 classes next week.



There will be P.M. Day Care next week.



Wednesday, December 21 – Expect a shortened, informational ESTER.



Thursday, December 22 – We can use lots of extra adult supervision during our afternoon Chanukah Carnival.



Chanukah Break – Friday, December 23 – Monday December 26.



Combined Federal Campaign:
Torah School's catalog number is 42181.

Erev Shabbos
Parashas VaYeishev
December 16, 2011
Licht Bentchen: 4:29 P.M.
Volume XVIII, Issue 13

Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON



Dear Parents,

Tuesday's and Wednesday's evening conferences were, as we've come to expect, outstandingly well-attended. In fact, if we include a couple of requested phone conferences, over 95% of our parent body already has spoken to or will interact with our staff. One father pointed out to me an even more amazing thing that really underscores your total commitment to and involvement with your children's *Chinuch*. He noticed that, in a very large percent of our families, both parents came to these meetings. This is in spite of the hassle involved with getting babysitters at your sons' and daughters' "calmest" part of the day. (On the other hand, another father told me that he and his wife considered the evening to be a mid-week date.) This type of mutual partnership and relationship between home and school will truly benefit our kids. A special thank you goes to our teachers for their two consecutive "late-night stands" and for their very thorough preparation for these conferences (which was also mentioned to me by a parent). The finale of the evening was the 9:00 P.M. broadcast of "Twinkle, Twinkle Little Star" from someone's MP3.

Calendarial Anticipations



Sunday, December 18 –

- ◆ 5th/6th *Shiurim*.
- ◆ Rabbi Samberg's *Chumash* Class for Adults.

Monday, December 19 –

- ◆ Parshathon Tests.
- ◆ Mrs. Werner's Creative Writing Class will NOT happen. Next class will take place on Monday, Jan. 9, 2012.

Week of December 19 – No post-3:30 classes.

Wednesday, December 21 –

- ◆ Echoes of Nature "brings" Winter to both Kindergartens.
- ◆ Nut House Pizza. Thanks to all of Wednesday's in-house helpers.



Torah School of Greater Washington

E.S.T.E.R.

Erev Shabbos "Torah" Events Report

ט"ו

Thursday, December 22 – Afternoon Chanukah Carnival

Friday December 23 – Monday December 26 – Chanukah Break.

Tuesday, December 27 –

- ◆ Classes resume.
- ◆ Rosh Chodesh Teves NOAM (Night Out at Max's).

Wednesday, December 28 – Chanukah Music/Art Festival for 1G-6G including Girls' Choir performance 9:15 a.m. All female relatives and friends are welcome. Dress code for choir members is as follows: button-down white blouse, blue uniform skirt, and non sneakers/ Shabbos shoes.

Monday, January 2 –

- ◆ Ms. Jones's 3G Poetry Presentation at 9:00.
- ◆ Mrs. Dunkin's 3G Poetry Presentation at 2:45.

Sunday, February 12, 2012 – Ninth Annual TSGW Chinese Auction. Harassment for this event has officially begun.



Just in Case

Since the meteorological prognosticators will soon begin surreptitiously and furtively sneaking in comments about the prospects of white, fluffy precipitation, the time has come to discuss our snow policy. Following the example of *Ya'akov Avinu* for crisis management, the first facet of this procedure is prayer. We (or at least some of us who are not under 12 and get aching backs at the mere mention of the word "shovel") *Daven* for it not to snow. Once it becomes obvious that the Divine response to our *Tefillos* is "No", we turn to page 12 of our handbook for practical guidance.

School Openings, Closings, and Delayed Openings

We do have the sincere intention to hold regular, full-day classes whenever possible. However, inclement weather conditions may necessitate changes in our schedule. The following are the procedures for inclement weather:

* When it becomes necessary to close school or to have a delayed opening, we communicate this information by recording it on the school's Weather Line (301-962-8003 x2).

* A delayed opening usually means that all classes will start at 10:00 A.M. and that all youngsters should *Daven* at home. Under such circumstances, before-school supervision will usually begin at 9:30.

PROJECT DERECH

Project Derech

Week VI

On Wednesday, we began the Sixth concept of Project Derech:

Behaving According to the Halachos and Spirit of Derech Eretz – in Our Actions

This, once again, is a very wide-ranging concept with multiple applications, such as:

- ♦ Knocking before entering
- ♦ Escorting guests
- ♦ Opening the door for adults (This is not to the exclusion of other younger members of society.)
- ♦ Offering a seat
- ♦ Eating with *Derech Eretz*
- ♦ Not eating in the street
- ♦ *Derech Eretz* for food
- ♦ *Derech Eretz* for objects
- ♦ Not engaging in offensive behaviors
- ♦ Not blocking a path
- ♦ Not staring at others

In fact, all of these will be addressed in the second half of Section Four of Project Derech which we will cover next year, *BE'H*. Because of the above *multiple* listings, we're focusing on the following two:

- ♦ Opening the door for adults (and all others).
- ♦ *Derech Eretz* for objects. This means (for example):
 - ♦ Treating clothes with respect (i.e. hanging them up, putting them in drawers, not throwing on floor).
 - ♦ Treating pencil sharpeners with respect (i.e. not putting minuscule pencil pieces into a sharpener).
 - ♦ Treating siblings with dignity.

As usual, we ask you to also concentrate on these areas at home. We hope that the attached Derech Update will assist you in discussing the importance of always acting in positive, constructive ways.

From the Kadmah Card Files for Various Halachos:

_____ was careful to say "excuse me" to mommy when she was on the phone and waited patiently. When someone apologized to _____ for something they did wrong, he smiled and said, "Don't worry. It's okay, really."

_____ waited until her mother was off the phone to ask a question.

A store owner told _____ and her brothers that they were the best behaved children who've been in the store in months!

_____ stopped playing a game with his friend when an elderly neighbor came over to say hello. He smiled and listened until the neighbor was finished talking.

Today's Attachments

- ✓ Ooroo LaTefillah.
- ✓ Chosen Words.
- ✓ SOVEYA Newsletter.
- ✓ Classroom Close-ups by Mrs. Miri Gottlieb.
- ✓ Derech Update.



We are pleased to announce that the Torah School of Greater Washington will be listed as a charity under the CFC (Combined Federal Campaign) this year! Our catalog number is 42181.

If you are a Federal employee and are considering making a contribution to the CFC, please give the Torah School of Greater Washington (#42181) your most generous consideration. You are encouraged to share this information with parents and other family members and anyone else who may be interested.



We express *HaKaras HaTov* to:

☺ Sharona Katz (and her house),
Becky Langer, Julie Vogel, Ruthie Vogel, Renee Seidemann, Debra Drang, Yocheved Lichtenstein, and Esti Graham for putting together

Chanukah Grandparent Picture packets.

☺ Rivka and Rochel Leah Tova Goldstein for covering the front desk during the two nights of conferences.

☺ Elaine Feldman, for continuing to conduct Mont. Co. Hearing/Vision screenings.

☺ Rabbi Feldman, Zev Samberg, the Solomson crew, Kami Troy, and Ezra Troy, for *Shlepping* books and tables and helping to set up the Book Fair.

☺ The following for staffing the book fair this week: Adina Moses, Rivka Goldstein, Becky Langer, Galit Kushiner,

Melissa Miller, Yaakov Lipman, Esti Graham, Faige Levin, Stephanie Savir, Kami Troy, Debbie Cohn, Rachael Starkman, Reuven Kavanagh, Yaakova Pollock, Amy Mizrahi, Yocheved Sussman, Sharon Graff, Elise Jacobs, Yael Azran, Miri Gottlieb, Leah Verschleisser, Marion Miller, Chad Miller, Sharon Shimoff, and Ira Ungar.

Cost Free Ways to Help Our School



- ❖ Cut out and send in to school all Box Tops for Education coupons you will find on myriad products. Each seemingly worthless piece of cardboard is actually worth at least \$.10. Thanks to the diligence of Mrs. Elaine Feldman, over many years, this has earned us thousands of dollars.
 - ❖ Send in all Snider's receipts. Thanks to the perseverance of Naomi Schwartz, we have gained a lot of money from this effortless effort on our parts.
 - ❖ Purchase Agudah Scrip.
 - ❖ Purchase scrip for any and all of the following establishments: Giant, Shoppers, ShopRite, Han Ah Reum, Siena's, Shalom, Shaul's, Snider's, KosherMart, Ben Yehuda, and Magruder's.
- Please keep in mind that NONE of the above costs any of us any money.**

Taste of What's Doin'

- ❖ Obviously, Chanukah is the topic *du jour* and will continue to be so for the next 12 days.
- ❖ Chemdas study and testing is going on all over the place. Again, we ask you to help pace your sons and daughters to avoid a last minute May crisis.
- ❖ Parshathon learning will be completed today, and testing will be on Monday. It is really time to collect those pledges!!
- ❖ Mrs. Evans's 1B are writing stories about Franky, the class frog. In fact, Mrs. Evans is quite dedicated to Franky's welfare. After 4:00 yesterday, she went out to buy him food and came back to school to feed him.
- ❖ 2G wrote sentences in *Ivrit* about *Levivos* for Chanukah.
- ❖ Ms. Jones's 3G have been reading all sorts of graphs (bar, picture, and line) and writing limericks and haikus.
- ❖ Mrs. Dunkin's 3G wrote acrostics and limericks and experimented with their latest VERY simple machine – the screw.
- ❖ 4B learned about the 3 R's – Reduce, Reuse, Recycle – and are trying to bring trash free lunches. (No, they are not eating their paper bag.) They are also working on a recycling project in Art.

❖ 6B/G have now included culture and human/environmental interaction in the make-up of their newly-created countries.

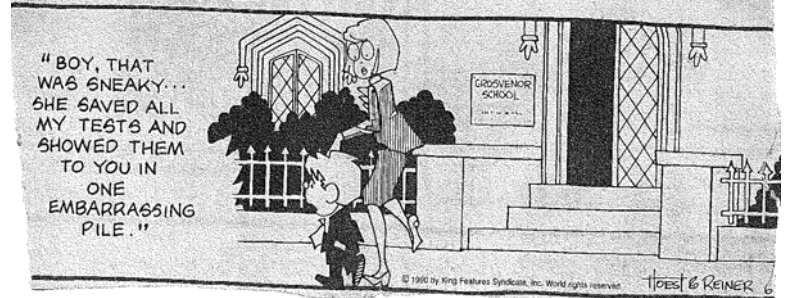
❖ Kindergartners continue to find "popping" words (ask your local 5 year old what that means), are discovering the sources of various foods, and are just about to learn about growing things in gardens.

PHILOSOPHICAL Post-mortems on Report Cards and Conferences



"It wasn't my fault, Mom. A rogue CIA agent grabbed my report card and shredded it."

WHAT A GUY! / Bill Hoest



**Have a Good Shabbos!
Chag Chanukah Sameach!**

Yitzchak Charner

**Rabbi Yitzchak Charner
Headmaster**

== DERECH Update ==

We must behave according to the *halachos* and spirit of *derech erez*.

(II. Derech erez b'ma'aseh - in deed)

"יקימר ה' לו לעם קדוש כאשר נשבע לך כי תשמור את מצות ה' אלוקיך והלכת בדרכיו." (דברים כח:ט)
 "ואהבת את ה' אלוקיך" - שיהא שם שמים מתאהב אל ידך.
 ...שיהא משאו ומתנו באמונה, ודבורו בנחת עם הבריות... (יומא פו:א)

Acting with *derech erez* requires sensitivity to the needs of others, self-discipline, and alertness to one's surroundings.

A *Yid's* standard of *derech erez*, moreover, emanates from the *mitzvah d'Oraisa* to emulate *Hashem*: "והלכת בדרכיו" - "And you should walk in His ways" (*Devorim* 28:9). The Sifri says: "Just as *Hakadosh Baruch Hu* is called Merciful, so should you be merciful; just as He is called Gracious, so should you be gracious; just as He is called Righteous, so should you be righteous..." It finds its classic expression in the verse, "You shall be holy, for I - *Hashem* - am holy" (*Vayikra* 19:2). This *mitzvah* is the source of our moral law which holds out to man the possibility of becoming but little lower than *malochim*. (Rambam, ספר המצוות, #8)

We must act with *derech erez* even when we are alone; e.g. when eating. We must, also show *derech erez* to food, to objects, and to the environment - because of הכרת הטוב and in order not to transgress the *aveira* of בל תשחית (not wasting).

Examples of precepts of *derech erez b'ma'aseh* - in deed - are:

- We must open a door for one who is older, or wiser and allow them to enter first.
- We must offer a seat to one who is in need of it (older, handicapped, carrying a baby, etc.).
- We must escort a guest (in-town guest: to the door; out-of-town guest: at least 8 feet).
- We must knock before entering a house (even our own) or before entering a room with a (partially) closed door.
- We must eat with table manners.
- We must not eat in the street.*
- We must show respect for food and for objects.
- We must not act in a way that disgusts others (e.g. littering, spitting, not covering a cough or sneeze, leaving used tissues lying around, etc.).
- We must not block a path.
- We must not stare at someone, especially one who is in any way different.

ASK YOUR CHILD!

1. How does the מצוה of "והלכת בדרכיו" pertain to our obligation to have דרך ארץ?
2. On a regular day, how can you fulfill 8 הלכות of דרך ארץ in the way you act?
3. Your teacher asks the class to sit quietly in math, but your friend is whispering to you.

* People who are not particular about their own shame are disqualified from giving testimony (*S.A. Choshen Mishpat* 36:18).

KADMAH CARD

"דרך ארץ קרמה לתורה"

I reviewed the *yesod* of "acting with *derech erez*" with _____
 Gr: ___ Parent's Signature: _____

Each signed note is entered into a raffle.

CLASSROOM CLOSE-UPS

Volume VII, Issue 10

Friday, December 16, 2011

Momentous Musical Moments

By: Mrs. Miri Gottlieb

Welcome to the year of the moment in music class! In order to maximize and appreciate the time that we share during our weekly music classes this year, your children and I divide each session into seemingly disjointed segments or a variety of musical moments that (I hope) ultimately compose a comprehensive and enjoyable musical experience.

The prelude of each music lesson for girls in grades 3, 4, 5 and 6 is a Music Moment, a.k.a. a Musician of the Week presentation by a student. As in the past, this year's Music Moments have proven to be innovative, informative, and fun. Music Moments, so far, have included original, challenging games, personal interviews of musicians, reports about instruments and composers, construction of and demonstrations on musical instruments, critiques of concerts and shows, sharing of favorite songs, and original compositions on the computer. The Music Moment provides an opportunity for each student to shine and confidently impart her musical knowledge to her classmates. Often, hidden musical and creative talents are revealed during these momentous moments.

The more traditional component of the TSGW music curriculum consists of scores of melodious moments as students listen to and sing songs related to a range of assorted themes during each academic year and throughout their Torah School careers. Topics and subject areas that are focused on and sung about include Torah, Mitzvos, Shabbos, Jewish holidays, Israel, American patriotism, seasons, friendship, and popular music, including Broadway favorites. Songs are learned in both Hebrew and English and stem from a wide range of musical sources and artists. How momentous!

A major aspect of Torah School students' music education is their appreciation of classical music. Exposure to relatively simple programmatic pieces such as "Peter and the Wolf," "The Carnival of the Animals," and "Tubby the Tuba" segues to an understanding of more complex music such as "The Four Seasons," "Pictures at an Exhibition," and the orchestration of Dr. Seuss's "My Many Colored Days". Ultimately, the children begin to analyze intricate works, including "The Young Person's Guide to the Orchestra," "The Farewell Symphony," and Brahms's "Haydn Variations". No minor feat! In addition to listening to these classics, students have the privilege of reading books and watching videos that reinforce the new skills they have acquired and the concepts they have learned. A particularly notable moment in the study of classical music occurs while listening to Smetana's "Moldau" as sharp students recognize that one of the key themes of this piece is none other than the source of Israel's national anthem, "HaTikvah". A meaningful musical moment!

Movement Moments are a new and very popular feature of the music program at the TSGW. At ostensibly spontaneous interludes during each music period, a Movement Moment is announced; the music blares, and the children dance, move, jump, move, shake, move, clap, move, slide, and, did I mention, move? It is remarkable to see how these chaotic, but organized, hectic, but structured Movement Moments are simultaneously energizing and calming and revitalizing and soothing for the children. After directing their energy in an upbeat mode and a unique form, students refocus and perform to the best of their ability, and the rest of the music session is conducted in peace and harmony. A miraculous musical moment!

The grand finale of the Torah School's music repertoire is the boys' and girls' choirs. These ensembles for children in grades 2-6 offer occasions for serious singers to polish their performance skills and share the joy and inspiration of Momentous Musical Moments at concerts for audiences, both in school and in the greater community. A Mitzvah musical moment!

Momentous Musical Moments!

עֲוֹרֹ לַתְּפִילָּה

Volume V, Issue 10

December 16, 2011

Halacha of the week:

During *Davening*, those who live outside of *Eretz Yisrael* must face towards Israel. Therefore, we, who are west of Israel, must face *Mizrach* when we pray.

(Shulchan Aruch, Orach Chaim 94:1)

To continue with the above-stated goal:

- Residents of countries east of Israel must face west when they *Daven*.
- Residents of Israel must face towards *Yerushalayim* (e.g. Be'er Sheva'ers face north; Tel Aviv-ers face south).
- Residents of Jerusalem face towards the location of the *Bais HaMikdash*.
- Those standing in the Temple (hopefully, very soon) face the Holy of Holies.

All of these laws are derived from King Solomon's prayer at the dedication of the first Temple:

"and pray to You by way of their land and (by way of) the city that You have chosen, and through the Temple that I have built for Your home." (*Melachim I* 8:48)

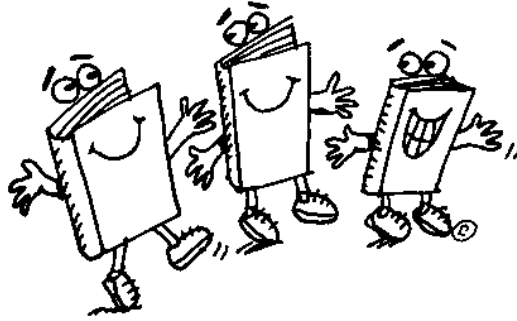
This means that we should intend for our *Tefillos* to reach *Hashem* via the place of greatest *Kedushah* on earth - the place where the Holy Ark stood in the *Bais HaMikdash* (*Mishnah Berurah* 94:1:3).



A Project of the
Torah School of Greater Washington

עֲוֹרֹ לַתְּפִילָּה!
Wake up to prayer'





TSGW BOOK FAIR 2011

MONDAY, DECEMBER 12– THURSDAY, DECEMBER 22

Browse our fantastic selection of secular and Judaic books! Once again, Barnes and Noble has provided a large selection of children's literature. We also have a variety of Judaica titles supplied by Elli-Chai's One Stop Judaica Shop. Students will be visiting the Book Fair with their class during school hours on Monday, 12/12 (grades 3-6) and Monday, 12/19 (grades K-2). The Book Fair will also be open daily during both morning and afternoon carpools, as well as during lunchtime and lunch recess. Please take the opportunity to visit the Book Fair while attending Parent/Teacher Conferences on 12/13 and 12/14 or during the Chanukah Carnival on 12/22.

Book Fair Order Forms: Unable to stop by in person? A complete list of the titles available at the Book Fair is attached for you to review. Mark the items you would like to purchase and send it back to school with your payment (Cash or Check made out to TSGW).

Teacher Wish Lists: Help build our classroom libraries by purchasing books that your child's teacher has specifically requested. This is a wonderful way to thank our teachers and enhance their curricula. The books that you donate will become a permanent part of the classroom library and every gift will be recognized with a bookplate identifying your family or child as the donor. Look for the Classroom Wish List display at the Book Fair.

Gift Certificates: Searching for the perfect gift? Purchase a Book Fair Gift Certificate for your children, their teachers, or other Torah School community members. Fill out the attached Gift Certificate Order Form and send it into school with your payment (Cash or Check made out to TSGW). The Certificate will then be given to your child or other recipient.

The Torah School Book Fair provides funds to the school library for the acquisition of new books. It is also a wonderful opportunity to increase your home libraries, as well as purchase gifts for family members and friends. Your involvement enriches the lives of your children, their teachers, and the entire Torah School community. We look forward to seeing you there!

VOLUNTEERS ARE STILL NEEDED TO HELP WITH THIS SPECIAL EVENT! Please follow the link at www.SignUpGenius.com/go/20F084FACA72FA31-book to schedule a time to help. If you have any other questions about the Book Fair, please contact Lisa Solomson at lsolomson@gmail.com or 301-593-9039.

Rosh Chodesh Teves
is Coming..... QUICKLY...

Each Rosh Chodesh, the PTA provides treats to our students. The PTA is seeking sponsors for this coming month's Rosh Chodesh treats.

For a \$25 sponsorship, your name and message (in recognition of, in honor of, in appreciation of, etc), will be distributed to each class and read aloud to the students. This is a great way to also show your children's teachers your appreciation.

Please return the form below (attention: Rosh Chodesh Sponsorship), with payment, to the office **A.S.A.P.**

Thank you for your support. If you have any questions, please call the school at 301-962-8003.



We would like to sponsor Rosh Chodesh treats for Rosh Chodesh Teves. Enclosed is our check for \$25, payable to TSGW PTA.

Message: _____



SWITCHH Newsletter (Soveya Wellness Initiative To Create Healthy Habits)

A LITTLE OIL GOES A LONG WAY

Torah thought on health and wellness:

The נרות of *Chanukah* remind us once again of the miracle *HaShem* made in the *Beis HaMikdash* by allowing the flames of the *Menorah* to burn for eight days from only one flask of oil.

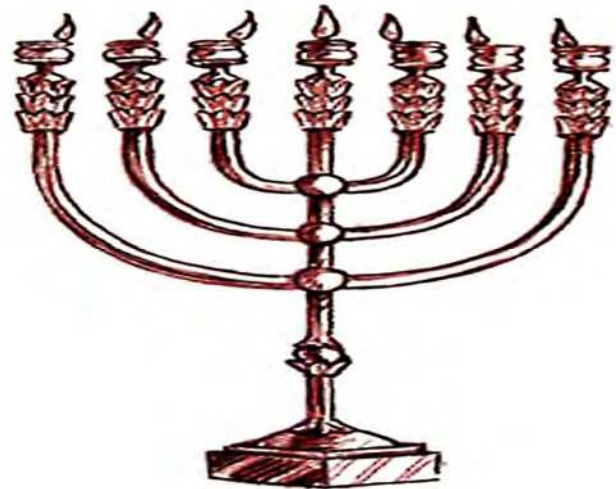
One of the many lessons we can learn from the *Menorah* is that all the knowledge that *HaShem* put into creation is solely for the sake of bettering ourselves and our *avodas HaShem*. The six outer flames represented the different disciplines of worldly wisdom, but they all pointed toward the center branch to show that the function of these disciplines needs to be directed by *Torah* and for the ultimate purpose of *kedusha*.

In addition, the *Menorah* itself was fashioned from a single chunk of solid gold, teaching that all forms of knowledge stem from the same source – nothing is outside and independent of the al-Mighty and His *Torah*.

This lesson is very relevant for today's society and the issues facing our community. We study the details of this world to understand how to best utilize the laws of nature for our benefit. Even though we were miraculously saved during the time of *Chanukah*, Jewish law clearly prohibits us from relying on miracles.

If something is known to be harmful, then the *Torah* commands us to abstain from that substance or behavior – such as smoking, or eating unhealthy or excessive quantities of food. Perhaps deep fried latkes and endless jelly donuts meet this description – for it's a bit difficult to see how they actually commemorate the festivities of *Chanukah*.

Using oil in our food to remember the miracle of the *Menorah* is certainly an important custom. But in order to best encompass the actual events that transpired, we need to understand exactly what kind of oil we want to emulate.



The fuel for the *Menorah* was "שמן זית זך כתיב" - *pure, pressed olive oil.* *Rashi* tells us that the olives were gently squeezed to expose only the first, pure drop of oil. The rest of the olive was then sent away to be crushed in the traditional manner to release the remainder of the oil for meal offerings.

Therefore, in order to best replicate the oil from the *Menorah*, shouldn't we specifically **not** use an abundance of oil to deep fry and saturate our foods – but rather add a single drop of pure, extra virgin oil to a delicious dish or salad exclusively for the sake of the miracle? Wouldn't this be the ideal way to celebrate? And wouldn't this incorporate the larger lesson of the *Menorah* which is to learn from the wisdom of nature that *HaShem* put into Creation and not indulge in behaviors that clearly cause us harm – such as clogging our arteries with excess fat? Something to think about as we try to allow the light of *Chanukah* to continue to burn in us even after the last candle flickers out. Good שבת.

SWITCHH is a coalition of Jewish Day Schools committed to effecting real and lasting changes toward our approach to eating and nutrition. The Wellness Initiative uses a Torah educational approach combined with practical tools and the latest news and information to inform and empower parents, teachers and students about the obligation to properly care for our bodies by developing and enjoying healthy eating habits. SWITCHH is presented by Soveya, providing nutrition & wellness coaching, educational programs, teleconferences, seminars and newsletters concerning health, nutrition, and obesity prevention.

Olive Oil – It's Good Food and Good for You

Olive oil is one of the healthiest fats to consume. It is a natural juice which preserves the taste, aroma, vitamins and properties of the olive fruit. **Olive oil** is the only vegetable oil that can be consumed as it is - freshly pressed from the fruit.

The beneficial health effects of **olive oil** are due to both its high content of monounsaturated fatty acids and its high content of antioxidants. Studies have shown that **olive oil** offers protection against heart disease by controlling LDL ("bad") cholesterol levels while raising HDL (the "good" cholesterol) levels.

Olive oil is very well tolerated by the stomach. In fact, **olive oil's** protective function has a beneficial effect on ulcers and gastritis. **Olive oil** activates the secretion of bile and pancreatic hormones much more naturally than prescribed drugs.



Ancient olive press

Types of olive oil

Olive oil is extracted by pressing or crushing olives and comes in different varieties, depending on the amount of processing involved. Varieties include:

Extra virgin - considered the best, least processed, comprising the oil from the first pressing of the olives – contains the highest levels of antioxidants, particularly vitamin E.

Virgin - from the second pressing.

Pure - undergoes some processing, such as filtering and refining.

Extra light - undergoes considerable processing and only retains a very mild olive flavor – can sometimes be cut with other vegetable oils.



Modern olive press

How to care for your olive oil

Resist the temptation to place your beautiful bottle of **olive oil** on the windowsill. Light and heat are the #1 enemy of oil. Keep **olive oil** in a cool and dark place, tightly sealed. Oxygen promotes rancidity. **Olive oil** is like other oils and can easily go rancid when exposed to air, light or high temperatures.



Hands-on olive press

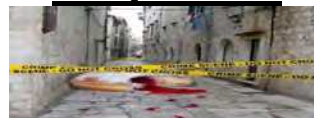
Thumbs Up **Baked Potato Latkes** (1 medium size - 37 grams)



BENEFITS:

100 Calories
3 grams of Fat
1 gram of Sugar

Thumbs Down **Jelly Donut**



DRAWBACKS:

290 Calories
14 grams of Fat
(7 grams of Saturated Fat)
15 grams of Sugar

Easy & Healthy RECIPE CORNER



Baked Potato Latkes

Ingredients: 4 t sp. olive oil; 2 lbs. potatoes; 1 med. Onion; 1 clove garlic; 1 T. fresh dill or 1 tsp. dried dill; 2 eggs; ½ t sp. baking powder; ¾ t sp. salt; ¼ t sp. pepper.

Directions: Place oven racks on the lowest & middle positions. Preheat oven to 450 deg. In food processor, finely mince onion, garlic & dill, using S-blade. Add potatoes, eggs, & 2 t sp. of oil. Add remaining ingredients and mix briefly. Drop mixture by spoonfuls onto greased cookie sheet. Flatten latkes slightly & spray them with non-stick spray. Bake uncovered for 10 minutes, or until bottoms are nicely browned & crispy. Flip latkes. Bake about 8 – 10 minutes longer, or until brown. Serve with unsweetened apple sauce.

From Soveya's Incredibly Easy & Healthy Cookbook
(300 no sugar, No flour, recipes—all but a few gluten free & kosher for Pesach)

BUY FOR YOURSELF OR FOR THE PERFECT GIFT—ORDER TODAY!



Save ^a life this life Chanukah

**HERE ARE SOME
IMPORTANT SAFETY TIPS
TO ENSURE YOU HAVE A
HAPPY CHANUKAH!**



WHEN LIGHTING THE MENORAH...

- ⚠ NEVER leave Chanukah candles unattended and NEVER go to sleep while Chanukah candles are burning
- ⚠ Place the menorah on a sturdy heat resistant surface away from anything that can catch fire including walls, curtains, cabinets, wooden and plastic tables, tablecloths...
- ⚠ Light candles out of children's reach and where they cannot be knocked over!
- ⚠ Keep surfaces and surrounding areas clear from burned matches, wick trimmings, oil residue, and other debris
- ⚠ NEVER light "school project" menorahs made from flammable materials (wood, plastic, paper, etc.)

WHEN COOKING LATKES...

- ⚠ Keep small children away from hot oil and cooking areas
- ⚠ Keep pot handles turned inward and away from the edge of the stove
- ⚠ Use extra caution when carrying hot food around children
- ⚠ Designate ovens, stoves and heat containing appliances as NO GO ZONES for children
- ⚠ Keep hands, hair and sleeves away from open flame
- ⚠ NEVER put water on a grease fire, use a fire extinguisher and call the Fire Dept. emergency number
- ⚠ Treat burns immediately by cooling with cool water (not cold) and call your local emergency response number

ALWAYS REMEMBER

- ⚠ Supervise children at all times, especially around lit candles, flames, and hot appliances
- ⚠ Have working smoke detectors
- ⚠ Have/and practice a family fire emergency escape plan with a designated family meeting area outside of house
- ⚠ Proper fire safety planning and prevention can help keep you and your family safe

www.jewishfireprevention.org



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