

# Neshei ZNT Newsletter

Dear Neshei,

It was so nice to see everyone who came to the Rav Gav shiur. It was a great success, BH, and it seemed like everyone really enjoyed:)

As we all know Chanukah is such a beautiful Chag here in Eretz Yisroel. You can already sense its arrival with the smell of fresh doughnuts. We hope the doughnut survey doesn't overwhelm you, after all, there are 8 opportunities to try new suggestions.

We are really looking forward to the Pre Chanukah PAINT NIGHT event! We hope to see you all there, both the new members and those who have been here for longer!

Just as a side note, ZNT has a small Kiddush (cake and kugel) for the ladies in the park next to the shul, on Shabbos morning. This is a beautiful way for people to see each other, and it helps bring a feeling of belonging to the community we all love!

Wishing everyone a beautiful Chanukah!

Sincerely,



## Original Channukah Games!

By: Racheli Kasirer

I'm a big believer that games really bring people together and turn a party into an event (of course food and décor are important also... but entertainment is key as well). Channukah is one of those Yomim Tovim that comes with built in games: dreidel, giving gelt, etc. However, these games take the themes of Channukah to the next level. Enjoy!

### The Ultimate Dreidel Game

**How to Play:** Each guest brings a wrapped present. Players take turns spinning a dreidel. If you get  $\lambda$  or a  $\eta$ , you get to take a present from the middle. The round continues until each player gets one present (It might take several rounds if you keep on getting a  $\psi$ !) After everyone has a gift, each player opens their present in front of everyone.

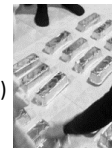
Round two is as follows: You pass the dreidel around again, and this time, if you get a  $\lambda$  or  $\eta$ , you have the opportunity to swap your present with someone else's (yes, they must give it to you!) If you'd like, you can do another round of this to let everyone try to get their prizes back! This game is really a blast and everyone leaves with something.

Suggestion: Make a minimum or maximum price to spend, so that everyone gets equal value presents.

### Memory with a Twist

**Materials needed:**

12 pairs of shekel store prizes (Ex: 2 matching keychains)  
24 tin pans



**How to Play:** Set up the tin pans on a floor or table with a prize under each one. Players take turns turning over 2 pans at a time and trying to find matches!

### Channukah Othello

Buy the same sized gold and silver gelt and glue/tape them together so that each coin is double sided. You will need 64 coins total. Prepare an Othello board by drawing an 8 by 8 table with 64 squares. Each player receives 32 coins and chooses one of the colors. The goal of the game is for most of the pieces to be your color at the end of the game. If you're not familiar with the rules of Othello feel free to call me!

### 8 Nights, 8 Games

Make a countdown calendar with eight pockets. In each pocket put the name of a different board game/ game (i.e dreidel) that you own. Pick out a new game each night to enjoy that evening!

### Pin the Candle on the Menorah

Hang a giant menorah cut out on the wall. Cut out pictures of candles (or use real candles!). Players take turns being blindfolded and trying to put the candles in the right places.



## Volunteer Opportunities:

To help with the **NEWSLETTER** please contact Hindy Thurm: [hindyheisler@gmail.com](mailto:hindyheisler@gmail.com)

To help make **SUPPERS** for community members after birth, please contact Baila Briller: [cbparnes@gmail.com](mailto:cbparnes@gmail.com) or Whatsapp +1 (954) 579-1243

To help with the ZNT **WELCOME PACKAGES**, please contact Breindy Kahn: [b.teichman1@gmail.com](mailto:b.teichman1@gmail.com) or Whatsapp +1 (917) 903-8869

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# Q & A with the Rav—Kashrus in the Kitchen

1) Can I put both milchig and fleishig dishes in the same sink at the same time?

**It is not recommended, they should never both be in the sink at the same time.**

2) What is the best way to deal with one sink in the kitchen?

**Buy 2 sink racks, one for milchig and one for fleishig, and always put the dishes on the rack. One may need a third one for pareve. Using this, one can use hot water when washing the dishes.**

3) Can I use the same counter sponja stick to clean both of my counters?

**It is recommended to have two separate ones.**

4) What happens to my milchig counter (or sink) if hot chicken soup spills on it?

**It may need to be kashered – ask a Rav.**

5) Can I fry schnitzel while a milchig French Onion soup is cooking on another flame?

**It is recommended to put something, like foil, in between to prevent spritzing.**

6) Can I put a hot fleishig dish straight out of the oven directly onto my milchig countertop, while I make space on my fleishig counter top?

**I do not recommend any form of using milchig space for fleishigs. I've heard too many times about things that go wrong. If something happens by mistake, call a Rav.**

7) I've been using my cup from a milchigs lunch all afternoon, can I use it for a fleishig supper? It is glass. If you wash it out well, then it's ok. However it's always best to have separate cups just in case there is residue grease or something.

8) Can I use the same Contigo water bottle the whole day? Whether I'm milchigs, fleishigs, or pareve? Yes.

9) Can I give my child a yogurt, while the rest of the family eats a fleishig supper? Is it different if he's in the highchair.

**If the baby is in a highchair then it's fine.**

10) Can I use the same bib for my baby for milk and meat?

**If it's clean from actual food**

11) Can I wash a bib that has milk and meat stains with hot water?

**Yes.**

12) Does my 3 year old have to wait 6 hours between milk and meat?

**He/she should not eat milchigs and fleishigs together. It is best if possible to take a break in between the two. From 6 years old the child should begin waiting one hour and then add on an hour each year.**

*R' Weiner: 054-840-4152 / weinersr@gmail.com*

## Perfecting Your Doughnut



- If it's cold outside and you need your dough to rise, place your dough into an oven that has been preheated to 250 F. The oven should be off
- To test that the oil is hot enough sprinkle in a tiny drop of water. Don't do too much or you might get burned from the splash!
- Some recipes do not double well. Not sure why, but keep it in mind.
- Put a raw carrot in the pot of oil to avoid burning
- Most doughnuts are best eaten fresh so take advantage of the freshness!

## THE TOP THREE DOUGHNUT SHOP PICKS ARE...

Brooklyn Bake Shop

48%



English Cake

28%



Uri's Pizza

17%



**Tried and True Are the Best!**

If you have a great **SOUP** recipe we would love to feature it in next month's newsletter.

Send your recipe to [hindyheisler@gmail.com](mailto:hindyheisler@gmail.com)

By: Esti Asher, MS, RDN, LD

**Question: What are good ways to stay healthy with Chanukkah coming around?**

Answer: There are many approaches that one may take regarding staying healthy during Chanukkah, a time where the smell of *sufganiot* permeates the air (especially here in Israel), and the often rainy weather begs us to cozy up with some freshly fried latkes. While we are each unique with our specific situations and health goals, below are a few suggestions of ways to nourish your body and soul this Chanukkah. Of course, these may apply all year round as well.

- **Stay hydrated.** Make sure you are drinking plenty of water throughout the day (even in these colder months!). Often, thirst is mistaken for hunger, which may lead to overeating – especially with many delicious Chanukkah delicacies around. If you are well hydrated, then you can be more aware of your body's hunger and satiety cues.
- **Savor instead of swap.** Think about the big picture. Do you want to eat latkes and donuts? Would you prefer to skip them this year? Be thoughtful and honest with yourself – you know yourself best! While you can totally adjust your Chanukkah menu by making latkes with non-starchy shredded vegetables or baking whole wheat donuts, I generally recommend sticking with the traditional basics in moderation
- **Be mindful.** Focus on your food while you eat; limit distractions and eat while sitting down. Notice the presentation, aroma, texture and taste of your food. Hashem gave us taste-buds for a reason. Eat, enjoy, feel satisfied, and move on happily!
- **Get creative!** Healthy does not mean bland and boring! Think about creative and delicious ways to balance out the latkes and donuts. Some ideas include: Greek salad, Greek yogurt parfait bar and a vegetable platter with an accompanying olive dip. *Continued on page 4...*

**Batter Dipped Nuggets**

By: *Hindy Thurm*

- 1 cup flour
- 2 eggs
- 1 tsp baking powder
- 1/2 cup water



Mix all the ingredients together. Add in small pieces of chicken, making sure they are fully coated. Drop into a pot of oil and deep fry until golden.

\*It goes best with dipping sauces as opposed to cooking it in a sauce. I like honey mustard. To make it mix equal parts of mayonnaise, honey and mustard together and enjoy!

**Doughnut Holes**

By: *Etta Shayna Rosenberg*

- 1 Tbsp + 1 tsp yeast
- 3/4 cup warm water
- 2 Tbsp sugar
- 3/4 tsp salt
- 1 Tbsp oil
- 1 egg yolk
- 2 cups flour



Dissolve yeast in the water and sugar. Combine all the ingredients into a soft dough. Let rise for 1 hour. Heat oil in a pot. Cut off small pieces of dough and drop into the oil. Fry on both sides. Remove doughnuts and place on a paper towel. Let sit for only a minute after taking out of the oil or else the topping won't stick to the doughnut. Top in confectionary sugar or a mix of cinnamon and sugar.

**Deep Fried Doughnuts**

By: *Miriam Greenwald*

- 1 cup flour
- 2 Tbsp sugar
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 egg
- 3/4-1 cup of milk
- 2 tsp vanilla extract
- Oreos
- Frying oil
- Confectionary sugar



Mix together flour, sugar, egg, salt, baking powder, milk and vanilla until smooth. Heat oil in a pot (it should be halfway filled). Dip the Oreos into the batter then fry on each side until golden brown. Drain on a paper towel. Sprinkle with confectionary sugar.

**Latkes!**

By: *Ayala Fihrer*

- It's a small batch, yields about 8 latkes
- 3 large potatoes
- 1/2 onion
- 2 eggs
- 1 1/2 tsp salt
- 1/4 cup oil
- Oil for frying



Grate potatoes and onions. Drain the liquid well. (tilt the bowl and hold the potatoes with your hand). Add the rest of the ingredients. Heat the oil in the oil in the frying pan (1/4-1/2 inch deep) scoop out latke and put in pan. Flip when edges turn brown (approx. 3-5 minutes). Fry for

**No-Fail Doughnuts**

By: *Aidel Feldstein*

- 1.5 Tbsp yeast
- 2 cups warm water
- 2/3 cup sugar
- 1/3 cup oil
- 3 eggs
- Pinch of salt
- approx. 6 cups flour



Place yeast in warm water with sugar and let sit for 5 minutes. Add other ingredients and mix. Let rise 30 minutes. Make into balls (keep them small to ensure that each doughnut ball is fully fried). Fill pot halfway with oil, fry each ball. When cool, fill with jelly or custard, or dust with cinnamon and sugar, or powdered sugar.

**Doughnuts**

By: *Rebbetzin Weiner*

- 3 cups flour
- 1/2 tsp salt
- 5 Tbsp sugar
- 2 large eggs
- 1/2 tsp vanilla



- 1 1/2 cups warm water
- 1 Tbsp sugar
- 2 1/2 Tbsp dry yeast

Mix the second group of ingredients together until the yeast bubbles. Then mix the rest of the ingredients. Let it rise in a warm room for a 1/2 hour. Fry in 2 inches of hot oil. Drop in by teaspoonfuls. Dip in powdered sugar. Eat fresh.

Continued from page 3

- **Shift your focus.** Focus less on the food and more on the amazing memories that you can create for yourself and your family.
- **Exercise:** You can always take a walk with your family after candle lighting to admire the beautiful menorahs.

Wishing you a Chanukkah filled with light, clarity, and success in all of your (health related and non-health related) endeavors.

To contact Esti with feedback or inquiries regarding her nutritional services, please e-mail her at: [EstiAsherNutrition@gmail.com](mailto:EstiAsherNutrition@gmail.com)

ZNT נשתי  
YOU ARE INVITED TO A  
**PRE-CHANUKAH EVENT**  
FEATURING PAINT NIGHT FUN!

20 SHEKEL  
(TO COVER THE PAINT COST)  
DUE TO CORONA.  
ONLY ZNT MEMBERS

MOTZEI SHABBOS DECEMBER 5TH  
STARTING AT 8:15 SHARP  
ZNT SHUL  
PLEASE RSVP!!

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Please note there is a 25 shekel charge for non members. Payment could be made on [zntshul.org/donate](http://zntshul.org/donate).

ZNT does not take responsibility for the *kashrus* of any of the ads placed in our newsletter. All ads in future newsletters, however, require an official hashgacha, as per the Rav's instructions.

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Lighting Shabbos candles early is a segula for shefa. Shabbos = shefa, so more Shabbos = more shefa. In addition, families who are committed to lighting candles early find that it makes their Fridays calmer so Shabbos is brought in calmly and respectfully.

Join the initiative: Light candles **ten minutes** before candle lighting time where you live and enter a raffle to win \$25.

You will receive two emails a week. A reminder to light early and an email after Shabbos reminding you to send in an email if you succeeded in lighting early. To sign up for the emails, email [baruchaddini@gmail.com](mailto:baruchaddini@gmail.com)

Feedback is always appreciated and welcome.

Please contact Racheli Kasirer: [rrfelsen@gmail.com](mailto:rrfelsen@gmail.com); 053-421-0587 or Malki Tepfer: [malkispig@gmail.com](mailto:malkispig@gmail.com); 058-555-1547, with any comments or suggestions!