

# The Young Guard

ISSUE 04 / AUGUST 2020



HASHOMER HATZAIR AUSTRALIA

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# Editor's Note

Welcome to the fourth edition of The Young Guard. This month we are talking about power. Now, the concept of power holds so many more topics than what is covered in this month's iton, but it has been touched on in past editions and will inevitably be mentioned in future. Some questions that this theme should leave you wondering is: *who has power? What do people in power do with their power? Where did power first come from? Is having power a good thing? Should we break those systems that grant some power, while taking it away from others?*

At the end of the day, we all hold some form of power. Power that we can use to change the world in the right way. That could be by starting to use more environmentally friendly products at home and out of the house, by criticising politicians and putting time and resources towards Hashy or other organisations. It could be as simple as doing the right thing in a bad situation, or being kind to someone who is experiencing difficulties.

If you do something good, a good person will listen. This form of kindness is a superpower of sorts, because when you see something that you associate with happiness suddenly you feel a little better. Now if that source of happiness wasn't just affecting you but numerous people, it has the power to impact, inspire and change a person's mood.

Now that is powerful.

What you can do is write a list of small powerful actions that you'd like to start in your day to day life. This could be giving a friend a weekly call, dropping off meals to an overworked family member. Sending flowers to someone on their birthday or baking a cake for a neighbour. Cooking your parents dinner or giving your dog a treat.

So, sit down and have a read. Whether you are on a couch or on a toilet, enjoy this month's iton.

Nadia Harari  
Rakezet Iton & Metaemet  
(Eliphaz)

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Cover: Lital Weizman  
Drawings: Elian Rothschild



# Making Your Power Personal...

## Almost Four Elections Later

At the time of writing this article, the Israeli Knesset has just barely steered the nation away from what was expected to be the fourth election in 18 months – this time the would-be trigger being a failure to agree on the national budget. However, instead of finalising the budget itself, a 120-day delay was agreed upon, meaning that the new deadline is December 22nd 2020, more than 2 full years since Israel's last annual budget (emphasis on the annual).

Unfortunately, this is one way that the Israeli government (and in this scenario, Benjamin Netanyahu himself) manages to continue to propagate their position of power over the population. For Bibi, it's a win-win. If the election was triggered, he stood a chance to shake himself away from Benny Gantz, the man who directly threatens his Prime Minister position. Although now that he has safely avoided an election trigger, he still takes the advantage. One of Bibi's peers, Miki Zohar, told Channel 13 News that he "recommends Netanyahu to back the bill, even though it would lead to a wobbly government in the coming months until its demise, sooner or later". In the event of an unstable government, the Knesset would again struggle to attain the final budget, thus allowing us to reach the same conclusion in 4 months time.

This government can't be trusted to govern, let alone stabilise or assert their legitimacy. So what can we do, in these uncertain times, to regain some power to the people? Coronavirus means that our options are limited, unfortunately. Often times, despite our strong desire to, it can

be unsafe to protest in our countries and cities. However, there is plenty that we can do without gathering around the local parliament building.

Let's look at this through the Australian lens for a minute. Here's what you can do: head onto your local member's website and chuck them an email with one or multiple issues you see in the leadership of your country. Local members rely on your vote, and are more likely to take effort in hearing you out and possibly bringing the issue to their state parliament.

Another option is a form of protest that is not a march or rally. Social media can be useful for organising a large group of friends to hang posters in their areas while they are on their 1 hour of outdoor time.

Sometimes though, a good way to regain power is to establish a leader who stands for the things that you believe in. Campaigning for a candidate you hold faith in is a good way to ensure that your interests are taken into account, since if they come into power, you can be certain that their platform aligns with the change you want to see.

It's 2020. Times are wack, times are weird. Don't let that stop you from doing what needs to be done, and fighting the good fight. Whether it is dethroning Bibi, or staging your own unique kind of protest, the time is here and the need is now.

Chazak Ve'Ematz.

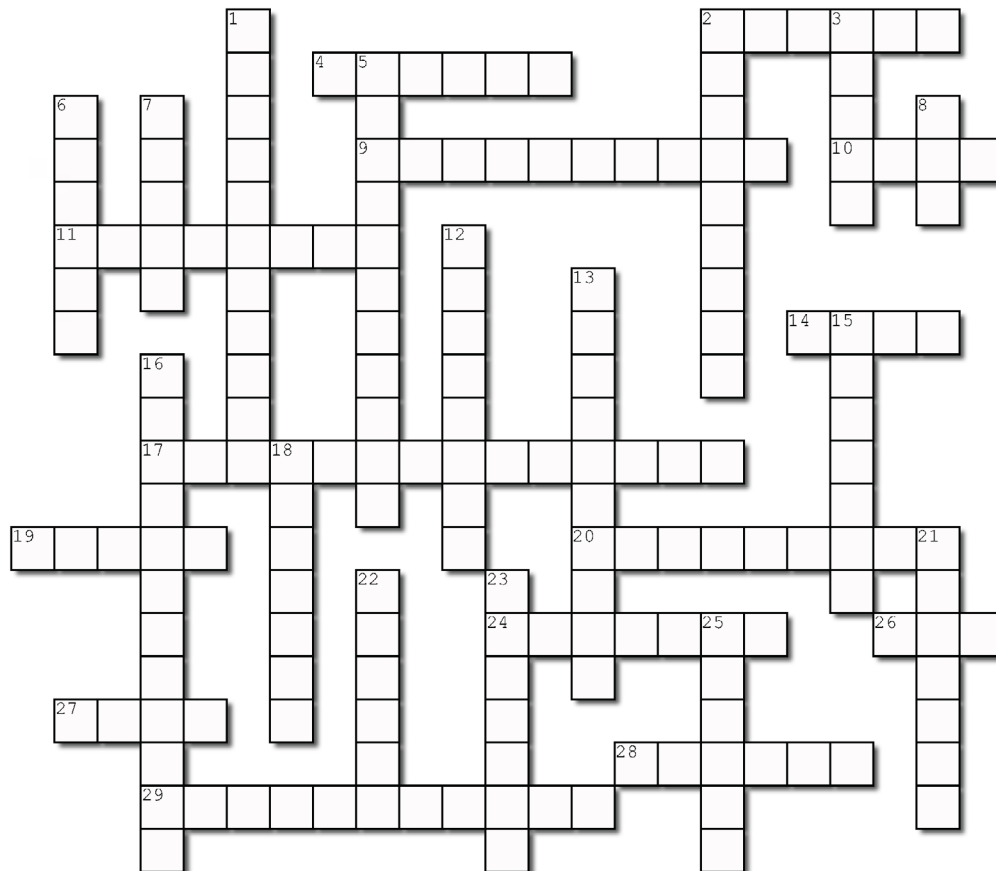
Chad Aizicowitz (Kvutsat Eliphaz)



# Power



What do you know about power? Even if you think you know a lot, this is a crossword with a very vague interpretation of power.



## Across

2. aboriginal god
4. film about murderous motel manager, Norman Bates
9. outer region of the earth's atmosphere
10. basic building block of matter
11. military special forces in Russia
14. civilisation that built Machu Picchu
17. with great power comes great...
19. powerful hand in poker
20. massive cultural event at Max Yasgur's farm in 1969
24. scale to measure earthquakes
26. 20th century leader
27. largest type of whale, and animal on earth
28. leader of Zimbabwe from 1980 until 2017
29. weapon in Cluedo

## Down

1. dinosaur from the late jurassic era
2. most expensive monopoly property
3. emperor of this country sits on the Chrysanthemum Throne
5. European country that joined the UN in 2002
6. developer of the phonograph
7. major nemesis of the Doctor in Doctor Who
8. first domesticated animal
12. medieval sport involving mounted knights and lances
13. the Hashy house name
15. heaviest particle in an atom
16. city hit by major earthquakes in 2010-11
18. bird species including emperor, king, royal and yellow-eyed
21. Australian prime minister dubbed 'the Lizard of Oz' for touching the queen on the back
22. comic strip character that develops superhuman strength when he eats spinach
23. goddess of hunting in greek mythology
25. German military encoding machine in WWII

# POWER IN SUSTAINABLE PERIODS – BATTLE CLIMATE CHANGE WITH YOUR VAGINA!



Periods can generate a lot of waste. Taken by Marco Verch, (CC BY 2.0).

April 2010. I was 12, I had just come home from a Bat Mitzvah party. It was the latest party I'd ever stayed at – 11 pm, can you believe?! – and I needed the toilet. I sit down on the toilet, and lo and behold, there's a weird brown stain on my underwear. My dad was the only one awake, so he brought me a pad, and thus began the cycle of waste.

As a 12-year-old, I wasn't comfortable using tampons, so I used pads for a while. At 18, I switched to tampons during the day, considering them cleaner and more convenient to carry. At 3 pads a day, for an average of 4 days a month, from the ages of 12 to 18, and 3 tampons a day and a pad at night for from the ages of 18 to 20, we're looking at 960 pads and 288 tampons at the most conservative estimate. That's only for ages 12 through 20, and doesn't take into account the packaging, or heavy days, or even an extra day per month.

This is a waste!

## History of Menstrual Products

Periods didn't always generate such excess. Throughout history, various commonplace objects have been used to catch period blood. These were often inconvenient or uncomfortable, and had to be washed after each usage. This resulted in shame due to stigmas against periods.

During World War I, nurses who menstruated began to use materials previously used to dress wounds, to catch their period blood. By 1921, pads of the same material were being sold as disposable menstrual products. By 1933, tampons were in stores too. Thus, the era of disposable menstrual products commenced.

## Menstrual Waste

About half of the world's population spends about 40 years of their life menstruating. During these 40 years, if they use their menstrual products in the same way I did, that's at least 7,680 products per person. Each of these can take over 500 years to decompose!

## Solution



A Menstrual Cup. Photo from MaxPixel.net. (CC0)

The solution is clear: sustainable menstrual products. These already exist and are a great way to invest in the future.

There are menstrual cups, which are silicon cups that are inserted in a similar way to tampons. These are able to store between 10 and 20 mL of blood, can be left in place for up to 12 hours, and last between 4 and 10 years.

Alternatively, there are reusable pads, which are simply absorbent fabric that can be used in the place of disposable pads. There are, of course, many more options for sustainable menstrual products, including biodegradable pads and tampons, period panties, and simply free bleeding, as the stigma surrounding periods decreases.

If everyone who menstruates were to embrace a sustainable menstrual product and commit to it for the next year, we could reduce the carbon footprint of menstrual products by over 35% and clear the equivalent of 966 hectares – or 483 times the size of the MCG! – of landfill worldwide.

Aya Tamir Regev (Rakezet Chinuch, Beit Alpha)

# Power Playlists

## 2020 Senior Hype Playlist:

The Master - Bananagun	I Am The Walrus - The Beatles
Parklife - Blur	Drank & Drugs - Lil Kleine, Ronnie Flex
Anarchy in the UK - Sex Pistols	Like A G6 - Far East Movement, The Cataracs, DEV
I Like It - Cardi B	Boom Boom - Justice Crew
DJ Got Us Fallin' in Love - Usher (ft. Pitbull)	Girlfriend - Avril Lavigne
Surfin' Bird - The Trashmen	Tudo Bom - Static & Ben El
With the Love in My Heart - Jacob Collier, Metropole Orkest, Jules Buckley	When Love Takes Over - David Guetta (ft. Kelly Rowland)
Gleam - Sevish	Untouched - The Veronicas
Sweet Transvestite - The Rocky Horror Picture Show	Supercut - Lorde
You Belong With Me - Taylor Swift	Raingurl - Yaeji
Don't Stop Believin' - Journey	Piece of Your Heart - MEDUZA, Goodboys
Time Warp - The Rocky Horror Picture Show	Gyöngyhajú lány - Omega
Sweet Home Alabama - Lynyrd Skynyrd	Bellas Finals: Price Tag/Don't You - Pitch Perfect
Further Up (Na, Na, Na, Na, Na) - Static & Ben El, Pitbull	About You Now - Sugababes
Mr. Brightside - Big Time Rush	Money - Cardi B
	Run the World (Girls) - Beyonce
	505 - Arctic Monkeys

## Noa's powerful music playlist:

Native tongue - Mo'ju (aka Mojo Juju)

What's Going On - Marvin Gaye

Zombie - The Cranberries

Masters of War - Bob Dylan

Crucify Your Mind - Rodríguez

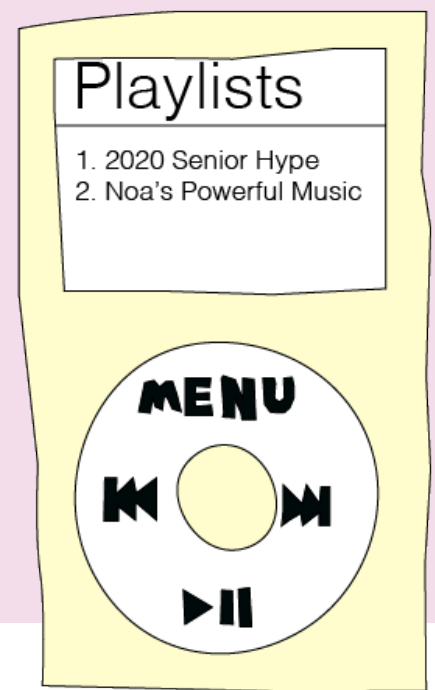
The Revolution Will Not be Televised - Gil Scott-Heron

Eyes Wide Open - Gotye

This is America - Childish Gambino

9 to 5 - Dolly Parton

I Wish I Knew How It Would Feel to Be Free - Nina Simone





# Parashat Hashavua – Ki Teitzei

Mitzvot are essential in the life of an observant Jew. In the postmodern world however, where all ideas are valued equally, what do mitzvot mean to us progressive Jews? There is some beauty behind the traditional rabbinic customs of the Talmud that are discussed in this Parshat Hashavua. These include the well-known mitzvah of sending away the mother bird before taking her young, commendable penalties for rape, duties that obligate the boss of a workplace to pay and feed their workers, etc.. Are we allowed to pick and choose the customs that should remain in their purest state, and with those of nasty morals we'll adapt to our more modern outlook?

As a secular-humanist jew, I must be honest and say I don't follow mitzvot, but when I hear of them I designate special attention to them because of my Jewishness. Therefore, my answer to this question would be, well morality was a bit skewed at the time these mitzvot were written so we shouldn't keep them for tradition's sake, nay we strive for the benefit of humanity!

The meaning of Ki Teitzei is "when you go out". When I look at this, I see it as a reminder of how I should act once I leave myself and my private sphere to interact with others in the world. I am a shomeret, and subconsciously, I am tied to the mitzvot of Hashomer Hatzair. I am a woman of truth and I am always on my guard.

Lily Tamir-Regev (Merakezet, Yad Mordechai)

## Nadia's Film List: International Films

\*Disclaimer: Check age rating for film before viewing

LEBANON - Capernaum (Nadine Labaki, 2018)

IRAN - A Separation (Asghar Farhadi, 2011)

FRANCE - Two Days, One Night (Luc Dardenne, Jean-Pierre Dardenne, 2014)

KOREA - Okja (Bong Joon-ho, 2017)

SWEDEN - Summer with Monika (Ingmar Bergman, 1953)

GERMANY - Coming Out (Heiner Carow, 1989)

SERBIA - WR: Mysteries of the Organism (Dusan Makavejev, 1974)

SWEDEN - My Life as a Dog (Lasse Hallstrom, 1985)

COLOMBIA - Everybody Leaves (Sergio Cabrera, 2015)

GREECE - L (Babis Makridis, 2014)

ITALY - The Great Beauty (Paolo Sorrentino, 2013)

CHINA - 14 Blades (Daniel Lee, 2010)

VIETNAM - Floating Lives (Phan Quang Binh Nguyen, 2010)

MEXICO - Miss Bala (Gerardo Naranjo, 2011)

RUSSIA - 4 (Ilya Khrjanovsky, 2005)

# ShnUpdate!

With 7 weeks of our time at Kibbutz Gan Shmuel over, we have 2 weeks left to make the best of the great experience we are having.

You wouldn't believe it and to be fair neither do we but we finished the work on the house! After painting subsided, some generous kibbutzniks helped us find couches and carpets to make the place feel more like home. Most of the leaky taps and flooding drains have finally been fixed, and the place feels fitting to host Shomrim\*ot for ages to come.

At the beginning of August, we were lucky enough to add eight Latin Americans (From Brazil, Chile, and Venezuela) to our cozy kvutza of five. This was not only a welcome change to freshen up our daily routine, but it also gave us the chance to learn heaps about the way our beloved Hashy runs across the world. We spent many nights chatting, making hot chips, watching TV and movies, and playing pool together. All the while, learning, and understanding more about ourselves, each other, and Hashomer. Before long, we were a close, strong group of 13, and nothing could stop us.

During this time, Chad moved to work in the Refet, because let's be honest, who can resist the cute calves. The work is tough, but rewarding, and a 7am start means he can be home by lunch. Gabe and Raffy continue to work in the cheese factory, and the gossip we learn about the kibbutz through them is astounding. The job is sweetened by the fact that they are often rewarded with cheese and ice cream to take home and share. Gaia and Avishai going strong in the 'mifgashim', and the kids love them more and more every day.

Shortly after they arrived, our new friends invited us to go camping on the beach with them. We made the most of our newfound connections on the kibbutz and borrowed a couple of tents and headed off to HaBonim Beach once again for an overnight camping trip. We laughed and swam, ate and napped and repeated this to our hearts' content. As tacky as it sounds, music really does unite people and we boogied on the beach from dusk 'til dawn.

While we do have lots of fun with the Latinxs, we also make an attempt to fulfill our duty as Shomrim, and engage in political causes we believe in. This past Friday, we went to a protest in Jerusalem in relation to the increasingly worrying situation in Belarus. The Belarusians at the protest were really welcoming, and happy that we came to support the cause. We learnt from the experiences of Belarusians who had participated in protests in Belarus themselves, and unfortunately been met with strong police violence, ranging from beatings, to being shot with rubber bullets. While it was certainly difficult hearing personal accounts of such events, it



helped us to realise the gravity of the situation, and we are in the process of brainstorming more we can do help.

On a lighter note, just this past Sunday we were super happy to welcome 10 new Latin American Shomrim (this time from Argentina, Uruguay, and Mexico) to our growing kvutsa! If you're wondering, the COVID situation has meant staggered flights, and a 2 week quarantine upon arriving in Israel, but nonetheless, we are now all together. The feeling of having 23 people in the Hashy house is something unreal, and helps us to fully realise the extent of our movement around the world. No time was wasted in organising a great dress up night to get to know each other - the theme being retro 70s and 80s. Before long, we were lending each other clothes, trying on outfits, and once everyone was ready, the dancing started. It was a perfect night, and it's safe to say we know the group that much more after the first day, and our bonds grow closer as time goes on.

We are experiencing what is sure to be a highlight of our Shnat, and we couldn't be happier. The precious weeks we are living right now are definitely going to be known as the 'good old days' in a few years time, and we are here for it.

Love from afar,  
Chazak Ve'Ematz.

Chad, Gabe, and Raffy (Kvutsat Eliphaz)



## Chad's Shnat Playlist - Israeli Bangers

תרקדו – Eden Ben Zaken

רוצה בנות 2019 – גרסת

מועדונים – Hovevey Zion, Ido Shoam

היא רק רוצה לרקוד – Omer Adam, Moshe Peretz

Vem Me Satisfazer – MC Ingryd, DJ Henrique

תל אביב – Omer Adam

מי שמאמין – Eyal Golan

הכי ישראלי – Hatikva 6

מהפכה של שימחה – Omer Adam, Lior Narkis

מסיבה – Eden Ben Zaken

Sha La La – Ido Shoam, Roy Machluf

# Instant Activism

Occasionally, lockdown gets me in a state of powerlessness, as it is more challenging to make change and progress when you are physically separated from activist bodies, like Hashy. There are so many issues out there to worry about and not a lot to do while stuck in your bed. Below is a big resource on ways to support those that need your support! As we recall from Marx, from each according to their ability, to each according to their needs.

It seems simple, and we know it's not. Saving the world cannot come from our individual acts of kindness. Say it with me: the perpetrators of violence and evil derives from oppressive systems and structures. These must be dismantled.

But for now, we do what we gotta do...

This resource isn't just about donation, but it's also about education and awareness! These organisations below not only appreciate money, but have these educational services on their websites and other methods of help required, eg. volunteering. Additionally, scrolling through change.org and signing some petitions does no harm either!

Good luck, superhero!



## RACISM:

- All Together Now <https://alltogethernow.org.au>
- Australians Against Racism <https://www.australiansagainstracism.org>
- Centre for Multicultural Youth <https://www.cmy.net.au>
- Together For Humanity <https://www.togetherforhumanity.org.au>
- Multicultural Youth Advocacy Network <https://myan.org.au>

- Yalari <https://www.yalari.org>
- Indigenous Literacy Foundation <https://www.indigenouliteracyfoundation.org.au>
- Wirringa Abaiya <https://www.wirringabaiya.org.au>
- Angel Gowns <https://www.angelgownsaustralia.org.au>
- Healing Foundation <https://healingfoundation.org.au>
- Kinchela Boys Home Aboriginal Cooperation <https://kinchelaboyshome.org.au>

## INDIGENOUS RIGHTS AND HEALTH:

- Reconciliation Australia <https://www.reconciliation.org.au>
- Children's Ground <https://childrensground.org.au>
- The Glen Drug and Alcohol Rehabilitation Centre <http://www.theglencentre.org.au>
- Nutrition Plus <http://www.nutritionplus.org.au>
- Purple House <https://www.purplehouse.org.au>
- Warriors of the Aboriginal Resistance <https://www.facebook.com/WARcollective/>
- SEED <https://www.seedmob.org.au>
- Cathy Freeman Foundation <https://www.cathyfreemanfoundation.org.au>

GLOBAL POVERTY: 2018 statistics show that a third of the world's population live on less than USD\$2.50 a day and 80% of people on the earth live on less than USD\$10 a day. Here are six non-profit organisations dedicated to ending global poverty –

- Akshaya Patra <https://www.akshayapatra.org>
- Action Against Hunger <https://www.actionagainsthunger.org>
- Water School Uganda <https://waterschooluganda.org>
- CARE <https://www.care.org.au>
- Doctors Without Borders <https://msf.org.au>
- Oxfam <https://www.oxfam.org.au>



Here are more local poverty focused organisations –

- The Smith Family <https://www.thesmithfamily.com.au>
- Save the Children <https://www.savethechildren.org.au>
- FareShare <https://www.fareshare.net.au>
- Food For Change <https://www.foodforchange.org.au>
- Shine Cambodia <https://shinecambodia.org>
- ActionAid <https://actionaid.org.au>
- Melbourne City Mission <https://www.mcm.org.au>

AGEING POPULATION:

- COTA <https://www.cotavic.org.au/about/>

SUSTAINABLE AGRICULTURE:

- Sustainable Table <https://sustainabletable.org.au>
- Kinfolk Café <https://www.kinfolk.org.au>

AIDS

- AIDS Trust of Australia <http://www.aidstrust.com.au>
- Living Positive Victoria <https://livingpositivevictoria.org.au>

NUCLEAR WEAPONS:

- ICAN <https://icanw.org.au>
- Friends of the Earth <https://www.melbournefoe.org.au>

CHILD PROTECTION:

- Act for Kids <https://www.actforkids.com.au>
- Alannah and Madeline Foundation <https://www.amf.org.au>
- Berry Street <https://www.berrystreet.org.au>
- Brave Hearts <https://bravehearts.org.au>

DECOLONISATION:

- CAGES Foundation <https://cagesfoundation.org>
- First Australians Capital <https://www.firstaustralianscapital.org>

DEMOCRACY:

- Democracy in Colour <https://democracyincolour.org>
- Human Rights Law Centre <https://www.hrlc.org.au>



CLIMATE AND ENVIRONMENT:

- Climate Council <https://www.climatecouncil.org.au>
- CERES <https://ceres.org.au>
- Climate for Change <https://www.climateforchange.org.au>
- Australian Conservation Foundation <https://www.acf.org.au>
- Australian Youth Climate Coalition <https://www.aycc.org.au>
- Climate Action Network Australia <https://www.cana.net.au>
- 350 Australia <https://350.org.au>
- Environment Victoria <https://environmentvictoria.org.au>
- Beyond Zero Emissions <https://bze.org.au>
- Greenpeace <https://www.greenpeace.org.au>

### **CORRUPTION:**

- Transparency International Australia <https://transparency.org.au>

### **HUMAN RIGHTS:**

- Amnesty International <https://www.amnesty.org.au>
- Human Rights Watch <https://hrwa.org.au>

### **REFUGEES:**

- ASRC <https://www.asrc.org.au>
- Refugee Council of Australia <https://www.refugeecouncil.org.au/donating-goods/>
- Friends of Refugees <https://friendsofrefugees.org.au>
- RMCC Australia <https://rmccaustralia.org.au>
- RISE Refugee <https://www.riserefugee.org>
- Mums 4 Refugees <http://www.mums4refugees.org>
- New Hope Foundation <http://www.newhope.asn.au>
- Refugees Welcome Australia <https://www.refugeeswelcome.org.au>
- The Social Studio <https://www.thesocialstudio.org>

### **MARINE CONSERVATION:**

- Australian Marine Conservation Society <https://www.marineconservation.org.au>
- Clean Ocean Foundation <https://www.cleanocean.org>
- Ocean Crusaders <http://oceancrusaders.org>
- Sea Shepherd Australia <https://www.seashepherd.org.au>
- Ocean Watch Australia <https://www.oceanwatch.org.au>
- Take 3 <https://www.take3.org>

### **ANIMAL RESCUE:**

- Forever Friends <https://www.foreverfriends.org.au>

### **HOMELESSNESS:**

- HoMie <https://homie.com.au>

### **WOMEN'S EMPOWERMENT**

- Sister Works <https://sisterworks.org.au>
- UN Women Australia <https://unwomen.org.au>
- International Women's Development Agency <https://iwda.org.au>
- The Global Women's Project <https://www.theglobalwomensproject.com.au>
- Equality Rights Alliance <https://www.equalityrightsalliance.org.au>
- Victorian Women's Trust <https://www.vwt.org.au>
- WIRE <https://www.wire.org.au>



### **DISABILITY:**

- Inclusion Melbourne <https://inclusionmelbourne.org.au>
- Yooralla <https://www.yooralla.com.au>
- Disabled People's Organisations Australia <https://dpoa.org.au>
- Celebrating Abilities <https://celebratingabilities.org.au>
- Disability Works Australia <http://www.dwa.org.au>
- Children and Young People with Disability Australia <https://www.cyda.org.au>

Lily Tamir-Regev (Merakezet, Yad Mordechai)

# Poetry

## INTIMATE

I lie struck beneath a paper moon.  
A tiny expanse shares between;  
Moon to ocean sheen.

Frozen, looking from above  
Ephemera escapes us, suspended  
like spirits over speeding cars.

Sleet and rain shake the foundations;  
flooding at every cloud,  
and withering in the sun.

How are we to grow  
whilst  
the floor gives way beneath?

These feelings surround us  
and deny their existence in

Remain calm and reposed  
Time heals all  
Your beauty will unfold.



# Abigail's Simple Vegan Pad Thai

This recipe is inspired by the Isa Does It cookbook's Pad Thai recipe which I highly recommend and love!

## Ingredients:

For the sauce:

- 2tbsp sriracha
- 7tbsp soy sauce
- 2tbsp coconut sugar
- 2tbsp tahini
- 1/4 cup water
- One lime, juiced

For the meal:

- 1 400g pack of rice noodles, cooked according to the package
- 1 350g block of firm tofu, cubed
- 2tbsp olive oil
- 1 broccoli, chopped into florets
- 1 bok choy bunch, chopped
- 3 cloves of garlic
- 2 springs of spring onion, slices
- 1/2 bunch parsley, chopped roughly
- 15 raw snow peas, sliced into sticks

For the garnish:

- 1 cup mung beans
- 1/2 cup peanuts, crushed
- 1/2 lime, sliced into wedges

## Method:

1. Heat 2tbsp olive oil in a skillet
2. When the oil is hot, add the tofu cubes.
3. Fry tofu in the oil. Let each side get golden brown and crispy, and flip tofu continuously until all sides are crisp.
4. Remove tofu and place in a bowl, and set aside.
5. Microwave broccoli florets for 3 minutes on high, or until soft.
6. Add the broccoli and bok choy to the remaining oil in the tofu pan. Salt lightly and fry until broccoli is slightly charred and bok choy is wilted.
7. Put broccoli and bok choy in a bowl and set aside.
8. Top up oil in the pan if necessary. Add crushed garlic and fry until golden.
9. Add spring onion and parsley. Fry until parsley is wilted.
10. Add half the sauce and warm it up.
11. Pour noodles into the pan and stir with the sauce until coated.
12. Add back in the tofu and vegetables, as well as the snow peas. Toss through with remaining sauce.





# The Best Loaded Nachos Ever (Vegan)

I am about to change your life with the most delicious vegan 10 minute meal.

(This one serves about two but feel free to halve it for just yourself)

## Ingredients:

1 bag of corn chips (I use the Mission Yellow Corn but use any kind you like! Just make sure it's about 250g)  
1 can of black beans  
1-2 large capsicums (you can substitute this with anything you want! Onions, corn, olives, feel free to add it all)  
About 5 tablespoons of salsa  
1 avocado  
Vegan cheese and vegan mayonnaise/sourcream (optional, and ofcourse you can use dairy versions)  
Spices

## Method

1. Drain and briefly fry the beans on a pan and season with whatever you feel like - I like garlic and onion powder, cumin, salt, and pepper - for about 5 minutes
2. In the meantime spread the chips out in your pan and place a good amount of cheese on top (I like the Sheese cheddar one)
3. Spread the beans evenly on top and place the pan in the oven at 160 - 180 degrees C (really doesn't matter) for about 10 minutes
4. Meanwhile fry your capsicum (or other veggies) in the same pan and mash your avocado with some lemon for a low maintenance guac!
5. Take out the pan, place the veggies, guac, salsa and sourcream/mayo on top and enjoy!



# Powerful Women Throughout Time

While Hashy Australia's leadership has been a long standing matriach, there are so many women who have done powerful things who were not a part of Hashomer Hatzair. This is a super non-exclusive list of inspiring women to research and read about.

## Jang-geum (15th - 16th centuries CE)

Was the first known woman doctor in Korea, in the early 16th century, who also was the royal doctor for the king. She rose to become the third highest ranking member of the Court.

## Louisa Atkinson (1834 - 1872)

Was an Australian writer, bontanist and illustrator. Louisa identified two new species of plants, the *Erechtites atkinsoniae* and *Epacris calvertiana*, which were both named after her. While she gained fame for her botanical work, she also published six novels and created a stir for wearing pants instead of a skirt.

## Khutulun (1260 - 1306)

Khutulun was a Mongol princess who owned a lot of horses. You want to know why? For any man who wished to marry her, had to beat her in a wrestling contest first. If he lost, he would have to buy her a handful of horses.

## Lilian Bland (1878 - 1971)

Lilian built her own aircraft, called the Mayfly, as a previous boyfriend was a pilot who wouldn't let her fly the plane. She was also denied to be a passenger for the pilot Louis Bleriot. So, she built her own plane. She also was born to a wealthy family, and did not fulfil the role of an elegant lady, instead flew homemade planes, wore trousers, learnt martial arts, gambled and rode horses (but not the ladylike side-saddled way).

## Queen Nanny of the Maroons (1686 - 1755)

While most references of Queen Nanny were written by British white colonial racist men, was one of the most important military and political leaders from the community of the Windward Maroons (Jamaicans who successfully kept their freedom and fought off the British). Nanny devised a secret code and systems of camouflage against the British, who ended up signing a treaty with her community.

## Whina Cooper (1895 - 1994)

Dame Whina Cooper was a New Zealand Maori leader known as *Te Whaea o te Motu*, or 'Mother of the Nation'. When she was a teenager, she staged a protest against a white farmer who had taken Maori land and claimed it empty. While he was digging out the draining pipes, she lead a team of Maori workers to dig the pipes back into the ground at the

same time. At a later age, Whina surveyed slum housing in Auckland to reveal the exploitation of Maori families by white landlords and put energy into working with Maori women to improve health care available. She was a leader at the Maori Land March in 1975 at the age of 80 years-old, where she marched a 700-mile journey in protest of the dispossession of Maori land. There is so much more this wonderful activist did, which you can read in '*Whina: A Biography of Whina Cooper*' a book by Michael King.

## Gladys Bentley (1907 - 1960)

In 1934, the police tried to shut down the King's Terrace nightclub in Manhattan, with the aim to protect the public from the 'masculine-garbed, smut-singing entertainer,' Gladys Bentley. Gladys was an icon of the queer community, known for their white tuxedo, who built a career singing jazz and blues, both original songs and classics.

## Sophie Scholl (1921 - 1943)

As a university student in Nazi Germany, Sophie led the resistance movement the White Rose, with her brother Hans. The small group of young Germans, most who were students at the University of Munich, organised an underground resistance movement, creating leaflets. The members would buy small amounts of paper and stamps at a time to avoid raising suspicion, then travel across Germany with these anti-regime leaflets to distribute in various cities (hitting only one city once to confuse the Gestapo of the origin). While Sophie and Hans story has a devastating end, she told her Gestapo interrogator: 'I would do it all over again - because I'm not wrong'. Sophie and Hans' trial was planned by Himmler and the school janitor who caught them was rewarded a modern equivalent of 13,000 euros, is this the price of their life? However, the same White Rose leaflet that got the siblings caught managed to reach The New York Times in the US, who prompted the Allies to drop tens of thousands of copies across Germany.

## Hannah Arendt (1906 - 1975)

A Jewish German, Hannah was one of the greatest philosophers of the 20th century and is one of the only women widely taught in university philosophy courses. In the early 1930s, Hannah worked gathering evidence of growing anti-semitism, was arrested by the Gestapo in 1933 and fled to France. Eventually Hannah attained a visa to the US with her husband, and taught at almost all the prestigious American universities. In 1959 she became the first female lecturer at Princeton and published numerous books: *The Origins of Totalitarianism* (1951), *On Revolution*

(1963) and, but not all, *Eichmann in Jerusalem: A Report on the Banality of Evil* (1963). The later book caused huge controversy, but that's subjective and she's still pretty cool.

#### Nancy Wake (1912 - 2011)

Nancy was born in New Zealand but grew up in Australia (Yes! We can claim her as one of our own). After running away at the age of 16, she shortly moved to London four years later to study journalism, before moving to Paris and marrying a nice French man called Henri. In 1940, Nancy and Henri joined the French Resistance, after Germany invaded France. Nancy worked as a courier and a guide, who was known by the Gestapo, but they could not track her down. They nicknamed her the 'White Mouse', who would flirt with German officers in public to not raise suspicions. In 1942, Nancy had a five-million-franc reward on her head and escaped by foot to England, where she then joined the Special Operations Executive as a spy. She got sent back to France where she participated in battles, recruited 3,000 soldiers, and lead 7,000 soldiers to sabotage the German forces in the lead up to D-Day. After the war she came back to Australia and unsuccessfully ran for parliament for the Liberals party (lol).

#### Irena Sendler (1910 - 2008)

Ireana saved at least 2,500 children from the Warsaw Ghetto over a period of six years. Although Catholic, Irena was closely connected with the Jewish community in the village of Otwock and spoke Yiddish. In the 1930s Irena went to university to study social work, who, with the help of her social work friends, set up an underground network to illegally provide social services to Jewish families. This was during the first year of German occupation in Warsaw and this group would forge paperwork and funnel food, money and clothing to these families. As a social worker, Irena was able to get a pass into the Ghetto, and would smuggle food, dolls, vaccines and falsified documents through the checkpoint. As conditions became worse, Irena and her friends began to smuggle children out of the ghetto, using rags, coffins, toolboxes and briefcases. Children within the ghetto built tunnels where Irena or her network would meet them on the otherside. Irena created safe houses that housed these children, where they would learn Catholic prayers amongst other things. Irena's friend Ala used a medical pass to set up a hospital, convincing German soldiers to send sick patients to her before they were put on trains, where she would deem them unfit to travel. In the Ghetto Ala became known as 'the good fairy'. During the Warsaw Ghetto Uprising, Ala was in the Ghetto,

and sent up a medical facility for the wounded fighters. She would help Irena sneak in and out of the Ghetto to rescue more children while the battle continued. Once discovered, Ala was sent to the Poniatowa labour camp where she set up a secret youth circle and medical clinic, which led to the Poniatowa uprising, where she was killed. Irena, was arrested in the fall of 1943, however, the Gestapo did not know that she was the mysterious woman codenamed 'Jolanta'. Arrested on loose suspicions, Irena never revealed her true work and kept the story that she was a simple social worker. Ireana had kept lists of all the children she saved on cigarette papers hidden in her house, these lists detailed their names, their new names and the families that they were now staying with. While she was imprisoned, the resistance group, Żegota, gathered funds to pay a bribe to secure Irena's release. A 14-year-old school girl carried the current modern equivalent of 80,000 pounds to meet a German guard in secret. The morning she was meant to be executed, Irena was led away by the guard, who doesn't deserve any recognition because he still punched her in the face - he just wanted the money. After the Germans realised she was not in fact executed, she went to the very top of their most wanted list. Irena quickly buried the lists in glass soda bottles under an apple tree in a friend's garden. Irena continued to work with the resistance movements whilst hiding from the Gestapo, outwitting them at numerous occasions. By the end of the war, Irena's lists were buried deep under rubble, so she did her best to reconstruct them from memory. Imprisoned once again after the war by the Communists, due to her connection to resistant movements and the Home Army. However, she lived to be 98, received a Nobel Peace Prize and was recognised in Yad Vashem in 1965.

While there are so many more women out there, some who wanted to overthrow capitalism (such as Rosa Luxemburg), those who fought for woman's rights (like Olympe de Gouges), those who stood up for workers' rights (the amazing Jayaben Desai), many who were mathematical geniuses (just like Emmy Noether and Ada Lovelace) and movie star inventors (like Hedy Lamarr). Obviously, this list is limitless.

#### Nadia Harari (Metaemet, Eliphaz)

\*These are a selection of stories from the book '100 Nasty Women of History' by Hannah Jewell.



