

# the young guard

HASHOMER HATZAIR AUSTRALIA  
ISSUE 05 / SEPTEMBER 2020



**RENEWAL, REJUVENATION,  
REFLECTION**

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Illustrations by Elian Rothschild

# Editor's Note

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Shana Tova Hashy community!

In this super special, jam-packed edition of The Young Guard, we explore the themes of Rosh Hashanah and Yom Kippur with a focus on the three R's: renewal, rejuvenation and reflection. In this edition, not only do we have a submission from the entire hanhala body, but also from junior and senior chanichim\*ot. So get excited to sit down and relish in Hashy goodness.

We should use this time to notice that we are lucky to have two new years eves and new years days. Both January and September, which gives us twice as many times to reflect than someone who is not as lucky to be Jewish. Something I would like to reflect on personally is the reason why I am writing this editor's note. Who am I talking to when I write this? I don't know. Who in the Hashy community is reading this? Not sure. Will this reach people from outside our own community? I have no idea. Ultimately, I don't need a reason, it's more of a purpose. To bring together the hanhala

body in more ways than one. When editing this iton together, I take individual thoughts, or drawings or ideas and place them to create a whole entity. But this extends way past just the monthly iton. This is the characteristic of being part of a community. It can be seen in our podcasts, in the writing process of peulot, in how the peulot are run. So I want to say thank you to the amazing Hashy community for being a part in this process. For submitting your own recipes or articles, or even reading this iton. We have to find a great way to end a turbulent year, and at Hashy we are doing it through edition number five of The Young Guard.

So, we are starting the year 5781; what would you like to do differently?

Nadia Harari



Illustration by Tully Harari

# Rosh Hashy-Na

This is a letter devoted to a loving, wholesome, safe and extraordinary community. If you are reading this, I am writing this in thanks to you.

I was expecting to pour my gratitude and reflections at the Hashy Rosh Hashana seder that takes place on the third night after the eve of the chag, however, things have changed this year. But change is good and inevitable.

I'm not about to say that coronavirus is a blessing in disguise. The pandemic put us in a unique situation that greatly impacted and altered the course of our lives as we knew it. It forced us to adapt to a harsh reality instantaneously. It blocked off opportunities and personal development and left our capabilities for social interaction in the hands of Zoom. It caused the deaths of, to this date, 875,000+ human beings.

A 'difficult period' is an understatement for many of us, and it is hard to acknowledge and come to terms with what in the hell is going on! Nevertheless, I am optimistic, and as I am writing, I feel a sweet warmth in my heart, not because I am enjoying the bright, fresh smell of September Spring, rather my recollection of this past year fills my cup with a tea flavoured of pride and solace. Was that analogy clear?

At Rosh Hashana last year I was staying at my aunt's house in the heart of Jerusalem with my best friend, Nicky, humbly celebrating what was the best year of my life. My relationship with Nicky was only just budding a year ago, and I would consider those moments to be a formative experience in the road to an incredible and honest friendship. I can say for certain that without Nicky around quarantine would have been unimaginably painful. So, if you're reading this at the seder table, or with a glass of wine (or grape juice for the kidlings!), I would like you to make a toast to your best friend; to someone special that has been unconditionally there for you this year. Le'Chayim!

As the band Cat Empire so wisely pointed out in the summer of 2020, the bushfires raged and raged and raged... with devastating effects for many, many Australian families. We were so lucky to have an amazing and unbelievably fun Shomria this year, let alone being able to run it for the whole camp period. We all profoundly miss our interstate friends from Byron Bay, Sydney and Adelaide, and ultimately wish them well in their journeys for this year. Here's to those outside of Victoria that we love very much and can't wait to visit!

Another privilege that we had was sending away our beloved, beautiful Eliphazniks on their Shnat journey at the end of January. As someone who just came back from my own Shnat adventure, this was a celebratory time, and I was utterly envious of them about to begin a phenomenal voyage into the unknown. I encourage you to raise your glass to the courageous Noa, Raffy, Chad and Gabe, for they embarked on this program with the goal of blossoming their identities and active fulfillment. Throughout the year they have done exactly that and above and beyond, and I could not be prouder of my remarkable friends. Boy am I excited to see you all soon.

*"there is no one else to thank here... other than my magnificent, wonderful, hilarious and loving comrades; the madrichim\*ot of Hashomer Hatzair."*

Undoubtfully, Hashy has become stronger this year, and has managed to push through times that almost stopped it from functioning; existing. After we kicked off with a brilliant, big and loud First Meeting Back (which welcomed our gorgeous year 3's, Kvutzat Ma'anit!), we switched to online activities, and in addition to our regular Sundays, we started Thursday night keif sessions. We immediately curated and debuted our iton, "The Young Guard", and you are currently reading the fifth issue of this monthly magazine abundant with articles, art, games, poetry, and more, all created by us and our lovely chanichim\*ot. We blessed the Hashy YouTube channel with entertaining videos and created weekly podcasts that feature us and ex-shomrim\*ot. During the festival of Pesach, the chanichim\*ot were greeted with Passover packages at their doorstep. Occasionally, we'd have the leaders "takeover" the Instagram, which showed what their regular life was like outside the movement (I was having a lot of fun with this one). We updated our website (hashyaus.org) to look more modern and attractive, of which you can find our past itonim there for your pleasure. As the winter holidays arrived, it was unfortunate and hard for us, but we had to discard our camp plans and stick to the computer in our innovative alternative, The Shomeric Race. This turned out to be a huge success that combined online and offline activities

in a four day intensive run. More recently, we have hosted insightful informative sessions with the outer progressive collective, discussing and raising awareness on queer rights and the Israeli-Palestinian conflict.

None of these creative ideas existed last year, and there is no one else to thank here for their realisation other than my magnificent, wonderful, hilarious and loving comrades; the madrichim\*ot of Hashomer Hatzair. I'm shedding tears when I think about them and their overwhelming diligence. They inspire me every day and feel like a true second family - I long for the Wednesday nights where we get to hang out together and share the most ridiculous stories and jokes. The efforts that they have paid to the movement through blood, sweat and tears is self-evident and commendable to say the least! Drink with me in appreciation of my friends Nadia, Dana, Aya, Jarrah, Elian, Noa, Refi, Benji, Nova and Abby.

This winter I was able to capture the vibrancy of the Alumni community in their special edition of the Shomeric Race. To see more than fifty adults gathering together for a weekend over their shared love of the movement was moving and gave all of us current shomrim\*ot much nachas. Often as youth, we are separated from the affairs of reality and sit in our idealistic bubble (nothing wrong with that!), however this event exposed the wide support we have from the real world. Thus, on behalf of the movement, I'd like to express how grateful we are to have adults here to give us strength, most especially the PnF and Beit Anielewicz boards.

This September marks a full year since we received by Airmail our most prized package ever, which is of course, our Shlichah, Sapir. Though her expectations of exploring the diverse lands of the country were let down, she has served us unfalteringly and with immense passion and kindness. Most importantly, she has represented the movement to the outside world so fearlessly and proudly. We're so proud of you too, Sapir. Cheers.

I suppose that is the answer as to why I remain optimistic and look towards the future with an open mind. I'm not here to show off (maybe a little bit...) but Hashy has time, and time and again taken advantage of crappy conditions and proven its worth to the world as unapologetic fighters. A nice quote comes from a text that I am very fond of called *"Who Saw Who Heard About the Ten Dibrot"* from Israel Ring. He

asserts a most crucial philosophy in understanding the movement:

*"So let it be clear, folks: Hashomer Hatzair isn't a youth club; isn't a saloon community; isn't a dance club; It is a pioneering youth movement that has to swim against the stream, and does its part to rescue these people from second exile within the homeland, from sick materialism, from destructive economic parasitism, from white-outside and dirty-inside collars, from fancy and empty declarations that hide a bulldozer expanding deadly gaps between rich and poor, between ethnic groups, between people. Whoever thinks only of maneuvering his independence and of pampering his bellybutton, and all of the above is boring for him - his place isn't in Hashomer Hatzair."*

Maybe the text isn't the most topical this year, but it says a lot about our intentionality and autonomy. It describes our honest care for life and commitment to dreams, and that's always important to remember regardless.

As Rosh Hashana dawns upon us, and soon after, Yom Kippur, many will recall, like me here, the ambitions they had during the past year that were washed away by the contagious spread of COVID-19. But reflection asks us to think about what we learnt this year. This is not a tricky question; in tough periods we learn to be more appreciative of everything. I would urge you to take this time to ponder yourself on what makes you happy, who makes you happy and why. Just the usual.

Each new year, no matter what happens, you could experience more sadness or more joy than you've ever had before. The thrill of it is that you never know! I am bringing to you some youthful energy in when I say, never give up hope! It's been said before, but we humans are capable of a lot more than we think. This one's for you, for the people who never give up. Have you finished your glass yet?

A massive thank-you to everyone for making this a movement that I am so extremely proud of. Happy Rosh Hashy-Na and Chazak ve'Ematz!

Lily Tamir-Regev

# A Tale: The Junior Take on Rosh Hashana

Words by Alice, Asha, Elian, Lily, Noa & Nova

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During our Rosh Hashana peula, the junior chanichim\*ot and their madrichim\*ot played a game of narrative chaining. In this game, each person playing gets to tell one line of story at a time. This is the story that we came up with:

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This is a story about Rosh Hashana, the Jewish New Year. One Rosh Hashana, my friends and I went and ate some Israeli salad and hummus dip. For dessert, we had apples. But we ate the pips of the apples and all my friends and I had sore bellies. So, to help our sore bellies, we had some honey tea, which was very, very sweet. The honey tea was so sweet that a bee came into my mouth and I swallowed it! Then I called Lily to ask her to take care of it. Lily didn't know how to treat a bee sting so she called a doctor, who was no help at all. This doctor seemed to think that it was all an ill omen, that all this was the fault of eating apples without the honey on Rosh Hashana. And after hearing that, we were so scared that we all climbed up a tree together to hide. We hid in the tree all night long and waited for the sun to come up. To get down from the tree, we jumped onto the trampoline. We jumped on the trampoline all day, despite our bee stings getting really big and swollen. But then we accidentally fell on top of a beehive. All the bees were ferociously stinging us with their butt stingers. And then, the weirdest thing happened, we managed to say through all the bee stings "best day ever!"

The End.



# MINI FILM FESTIVAL

Join us on a cinematic journey from the comfort of your own home over three weekends in October. The private viewing of the three films will be followed by a Q&A led by film critic Jan Epstein, who will be in conversation with the films' award-winning directors/producers/actors. For more information, check out our website, <https://www.hashyaus.org/film-festival>, or email [hashypnf@gmail.com](mailto:hashypnf@gmail.com).

Booking is via trybooking, at <https://www.trybooking.com/BLNEH>

**HASHY'S MINI FILM FESTIVAL 2020!**

Join us on a cinematic journey from the comfort of your own home over three weekends in October. You can watch anytime from Friday, then tune in for a Q&A led by film critic Jan Epstein in conversation with the films' award winning directors/producers/actors on Sunday night

**Sunday 4 October 8pm**

**Menashe**  
A heartwarming tale in Yiddish of family and redemption set in New York.  
Q&A with Danelle Eliaz, Executive Producer

**Sunday 11 October 8pm**

**Censored Voices**  
Narrated by Amos Oz, this documentary features stories of the personal battles behind the Six Day War.  
Q&A with Mor Loushy, Director

**Sunday 18 October 8pm**

**Atomic Falafel**  
Two girls from nuclear towns in Israel and Iran spill their countries most valuable secrets on Facebook while trying to prevent a nuclear crisis.  
Q&A with Dror Shaul, Director and Shai Avivi, actor

**Bookings** at [www.hashyaus.org](http://www.hashyaus.org) or email [hashypnf@gmail.com](mailto:hashypnf@gmail.com)  
All three films - \$50/\$30 concession  
Individual films - \$20/\$14 concession

This is a Hashy Parents & Friends fundraising event  
Please share with your family and friends and support our movement to deliver amazing programs in difficult times

Poster by Uri Mizrahi

**Podcasts** Have you been keeping up to date with our podcasts? If not, do not fear, they are all available with free access on [Soundcloud](#).

**Hashy Aus**  
**Beauty Standards**

ON HASHY FM WITH ALTA

Share

17:03

- Hashy Aus - Beauty Standards
- Hashy Aus - The Role of Social Media in a Capitalist Society
- Hashy Aus - Hashy Boomers

Latest tracks by [Hashy Aus](#)

# Let Us Be at the Head and Not at the Tail

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*“Let us be at the head and not at the tail”*

As a kid I tried to make sense of this phrase so many times. In the Hebrew version, it doesn't have the 'be at the head' part, and it just says- be a head not a tail. In my little, very literal head, it always made sense! I don't want to be a tail!

But over the years, it manifested differently. The race to be ahead. This constant effort to be better, to do better. The competitive, around the clock, time is money, way of living that is so present in the Israeli culture. At school, with my friends, in the academy and every single workplace.

Before I got here, I worked 13 to 14-hour shifts while getting my teaching diploma. Got to find some way to pay the rent! I would spend my time studying during the night shifts. In these situations, for me at least, what got me going is the fact that every summer I traveled somewhere. I took two weeks off and did my favorite thing: meet new people, eat great food, and see wonderful yet unfamiliar places. That was the one thing I did for me. All my other hobbies slowly took a back seat and I focused on my goals.

A couple of years ago, I was offered to be a shlichah for Hashomer Hatzair and was given a few options. Since this was my opportunity to work in what I love and get to travel to a new place, I thought it was meant to be. There were a few countries on offer in the mix and I was set on choosing one I have never been to before, and least likely to get to. So, when the word Australia came up, that was it.

I heard wonderful things about Australia and Australians. The best aspects included the fact that I knew Australia would have enough unfamiliar places

that even if I tried to visit all of them, I wouldn't be able to see it all; everything can kill me (oy vey); even the drivers are polite; the people are always super nice, and most importantly, Australians 'know how to live', whatever that means.

Yup. This is how everyone I knew described living here. Australians work hard, but after a long day at work, they have fun, take care of themselves, fulfill their dreams and travel! What a crazy notion!

So, with that in mind I decided on a new year's resolution, make time. Once I am out of the crazy race, I will think about the things that I love to do, the new skills I want to acquire and make time. But there was one thing I forgot to take under consideration- me. For six months my work habits were exactly the same. How can you take out years of workaholic-ness out of a person??

Well. Covid.

The one thing that Covid-19 allowed us to do is to take our time, whether we like it or not. Working from home, all the in-between time felt suddenly free. It's been 6 months since we went into lockdown, and I am taking singing lessons, playing the Ukulele (poorly), painting again, sharpening my Spanish, slowly discovering Portuguese, cooking things I never did before, walking daily to the beach and so many other things from my dream to do list.

Lately, I reached a milestone of living in Australia for one year. Six months of it I spent in settling in, and the minute I was comfortable, it was taken away by a worldwide pandemic. I was asked lately if I knew this would have happened would I still take the job. And my answer is 100% yes. Without even noticing, I managed

to 'be at the head' on both a professional and a personal level. The bogrim\*ot of the movement keep surprising me with their creativity, resilience and continue to stride on through this epidemic with flying colours.

On a personal level, I managed to only half live up to my new year's resolution. I didn't make the time, I only tried to make the best of a time that was given to me. So, I guess this year my resolution, and also my wish to all of us, is when we get over this (and we will) we need to remember to take only the best out of this unusual situation. That we remember to stop and take a look at our wellbeing and dreams, not only when we are forced to. To widen the concept of 'be at the head' to our personal lives as well. To take care and notice our community, as we did during this time. To live a truly, whole life.

May the next year be filled with joy and freedom. Shana tova!

Much love,  
Sapir Atias



## Dana's Political Music Playlist:

The Man - Taylor Swift

בומבה - Hadag Nahash

שיר נחמה - Hadag Nahash

Masters of War - Bob Dylan

LAND OF THE FREE - Joey Bada\$\$

Only The Young - Taylor Swift

Behind Enemy Lines - Dead Prez

לא פראיירים - Hadag Nahash

Burn Hollywood Burn - Public Enemy

I Know Where I've Been - Queen Latifah

# ShnUpdate

Another Shnat chapter has come and gone, symbolised by the routine pack up of our belongings in order to shlep to another unfamiliar place that we'll learn to call home.

It seemed so soon after our super-cool very-big multi-country mega-kvutza had finally come together that we were parting ways to opposite ends of the country. Together we represented Hashy in Argentina, Australia, Brazil, Chile, Mexico, Uruguay and Venezuela.

After a kibbutz-wide fiesta on Saturday night with food, music and games from our respective countries, we formed a Mifkad (assembly) in which we closed our kibbutz chapter, and said farewell to our friend Avishai, who joined our humble kvutza and Hashy shnat program way back in April, after his Netzer shnat was cancelled. Avi will be participating in a Mechina (pre-army training) with Israeli and non-Israeli Diaspora jews. We're so excited for Avi in his new program and chapter and wish him all the best.

Sunday we left our Hashy home on Kibbutz Gan Shmuel to begin our Communa chapter in Rishon LeZion, where instead of working inside the kibbutz bubble, we'll branch out just far enough into other Hashy spaces. We spent the day setting up the house and working out our schedule.

We'll be working with Hashy Israel shnat sherut participants in Ken Merkaz and Mizrach in Rishon, as well as Miklat Nachshon, a branch of Hashy Israel that operates in lower socioeconomic areas in Israel. On top of that, we work at Mekif Gimel high school in 7th and 9th grade English classes, providing fun activities to help struggling students with their English skills (and vice versa with our Hebrew!)

With the beginning of Communa comes the search for a flight (or in our case flights) home. Always tempting is avoiding the 5-stop flight home during a pandemic and instead heading back to kibbutz and making cheese for the rest of our lives, but we've convinced ourselves to nab a degree at uni first, before heading back to the holy land.

As I sign off, we're preparing to restart our weekly Shabbat tradition of everyone bustling around the kitchen making pierogi, a polish dumpling made with a pasta-style dough, filled with potato, onion and mushroom, boiled then fried. Yum! And check out next month's Iton for the recipe.

As always, be safe, be happy and be Shomeric

Chazak ve Ematz!



Our shnatties with the first group of Latin Americans



Heaven & Hell themed dinner on kibbutz



Gabe in Ken Mizrach, Rishon

# Homemade Honey Cough Drops

This recipe is a perfect way to welcome a sweet new year, during a global pandemic.

## Ingredients:

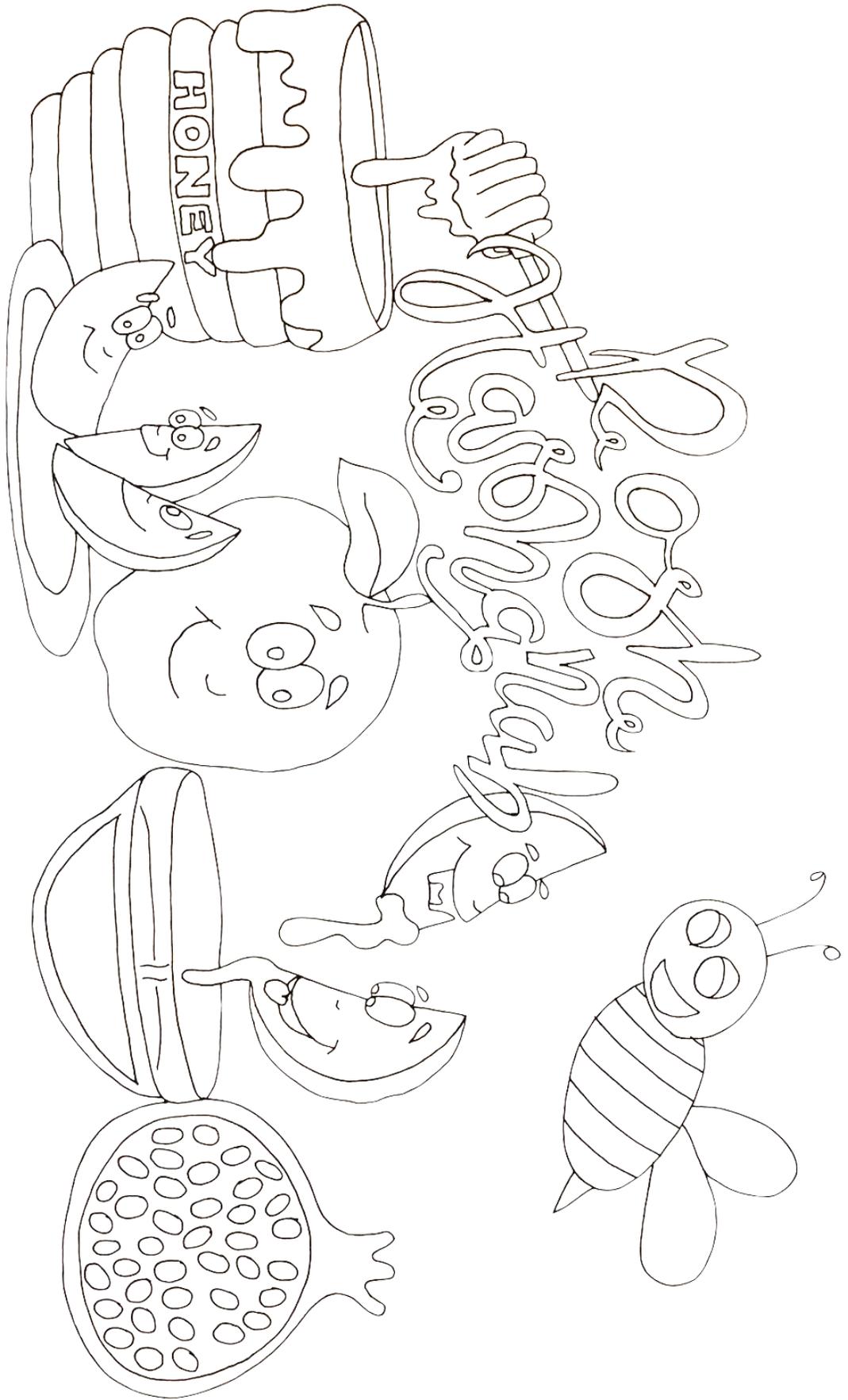
- 6 tbsp honey (or a vegan alternative eg. maple syrup or brown rice syrup)
- 2 tsp fresh lemon juice
- 2 tsp coconut oil
- 1/2 inch fresh ginger, finely grated (you can adjust this to suit your spice tolerance)
- Powdered sugar to dust over drops

## Method:

1. Combine all ingredients (except powdered sugar) in a medium saucepan.
  2. Let mixture melt over medium heat.
  3. Take pan off stove once mixture starts to boil. Whisk until bubbles start to decrease.
  4. Put back on heat and continue doing this for 3-6 mins, until mixture reaches 300°F (150°C) on a candy thermometer and starts to darken.
  5. Let mixture cool for a few seconds and then make 1/2 tsps sized drops onto parchment paper.
  6. If mixture thickens, put back on stove to gently reheat.
  7. Leave on parchment paper with the cough drops on the counter to set for at least 10 mins.
  8. Dust with powdered sugar to prevent drops from sticking to each other.
- Store in a tin or jar. These will last for weeks.



# COLOURING IN!





## Moving Out and Moving On

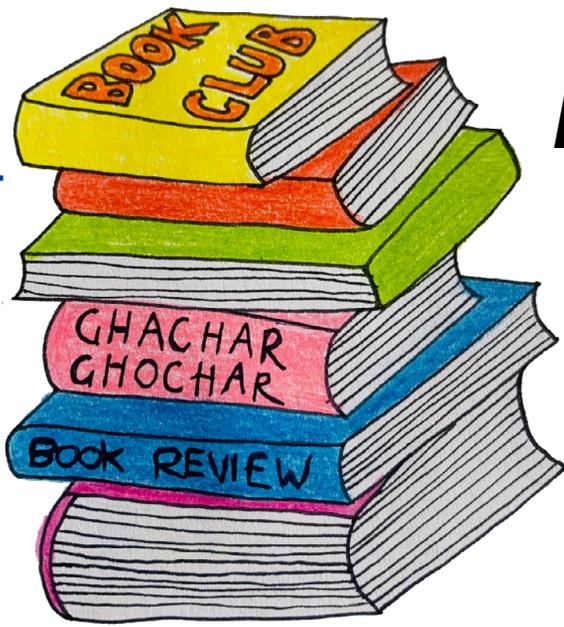
At this time of year, we are encouraged to reflect on our actions and relationships throughout the year that has passed, and choose what to keep and what to let go of in the coming year. This message has been especially potent in my life, as just recently, I have moved out of home, and I've had to reflect on the things that I wanted to keep from my old household, and bring to my new one.

It's interesting, because it's not just about physical possessions, though I've obviously gone through those too. I've spent my time going through wardrobes and desk drawers, deciding what fits in my new life and what doesn't. Do I really need to keep all the broken shorts that I've accumulated? Do I need all these tote bags? (The answer to that one is yes, I've decided you can't have too many tote bags.)

But further than that, I have had to go through the assumptions and the ideological foundations that existed in my parents' house. As I've left their household, I've had to think about how I want to relate to the people I live with, how I want to establish equality and fairness in a house that is not based on blood or any other kind of attachment.

Now, obviously, as a socialist, those ideas of what our house should look like are stemmed from equality and striving to make the world a better place. We've actively looked for eco-friendly electricity and gas plans, for environmentally sustainable cleaning products. We are planning to share a bank account, to run peulot for each other, to engage in activism (once we decide what issue we'd like to devote our attention to).

I don't know if there's something I can teach you, here. This is just the process that I've been having, as I think about the world I want to live in and how my household should reflect that. I hope that you can think about that too, even if you haven't moved out, or aren't in control of your household. Maybe you can make change, even without all the controls. I believe in you.



# Book Review:

## *Ghachar Ghochar* by Vivek Shanbhag

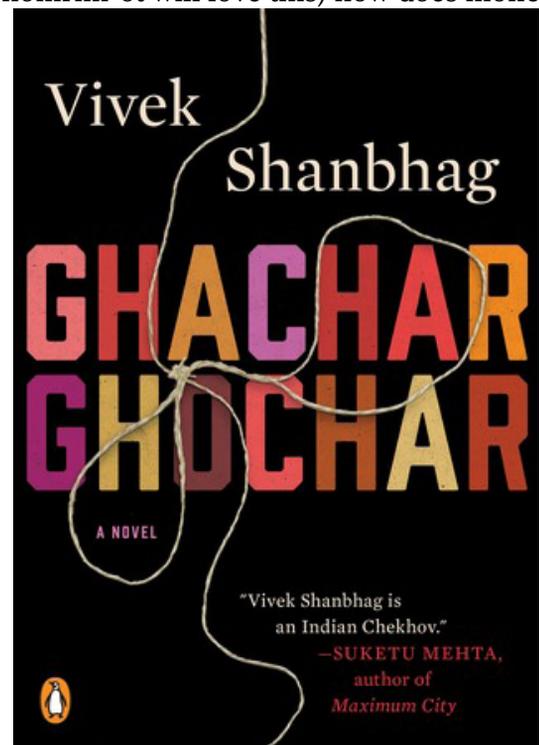
I decided to pick up Vivek Shanbhag's *Ghachar Ghochar* after a YouTuber recommended it, and I happened to see it at a warehouse book sale for about \$7. I think it's better to not go into it knowing too much, but in summary, the book tells the story

of a poor, close-knit family in India who suddenly become extremely wealthy when their Uncle's spice business takes off. This book is so beautifully crafted in its simplicity. In just 119 pages (we stan short books), it managed to totally immerse me into this household and bring up real, and interesting narratives. The book alludes to these fascinating questions that we don't often see in mainstream literature narratives; how does money change relationships between people that are fundamentally accustomed to being dependent on one another? Not so much in a 'spoiled brat sense' but in the sense of (I especially think Shomrim\*ot will love this) how does money impact unintentional communal living and bonds? How should we respond to what it does? What should our dialogue about money look like? It's a truly important take on your classic 'rags to riches' story.

Another aspect of the book that I absolutely adored was the setting. It was so lovely to read a book set somewhere far away and to be immersed in a completely different culture. I felt like I was travelling while reading. The book is translated from Kannada, but I often still had my Google translate out for occasional words that were left in and I really loved that.

Finally, the writing was elegant, it had me glued to the page despite the pretty straightforward plot. One of the most captivating chapters in the book is about when the family's house has ants, something so mundane. It doesn't sound thrilling but it was truly a great, interesting read.

I hope you pick this book up and enjoy!



# Benji's Top 10 Dungeons & Dragons Sites

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If you play Dungeons and Dragons like half of us leaders here at Hashy, then these websites are great extra support for anything from character making to thematic music.

- 1) [heroforge.com](https://heroforge.com) - Make your characters and NPCs in 3D! (With full color publicly available soon). You can buy the digital file to print yourself for \$11 AUD or print them for as cheap as \$28 AUD.
- 2) [azgaar.github.io](https://azgaar.github.io) - Automatic world map generator that conforms to the changes you make to the inputs, giving you realistic world maps for your campaign.
- 3) [inkarnate.com](https://inkarnate.com) - Custom mapmaker with enough tools and stamps to make insanely high detail maps as large as worlds or as small as villages. Plus you can get access to everything for just \$25 a year.
- 4) [a.teall.info/dice/](https://a.teall.info/dice/) - Simple and easy to use 3D dice roller that can handle anywhere from 1 to 100 dice rolls at once (although it may lag a lot at the upper end)
- 5) [dndbeyond.com](https://dndbeyond.com) - The classic must have website you can use for free to get basic access to highly detailed and customizable character creation and tools to homebrew monsters, items, spells you name it!
- 6) [improved-initiative.com](https://improved-initiative.com) - For Dungeon Masters who need a quality initiative tracker for combats and more, only has the basic monster manual monsters but it's easy to add monsters and they stay on your version forever!
- 7) [fantasy-calendar.com](https://fantasy-calendar.com) - If you're the Dungeon Master and you want to go the extra step, this website has the tools for completely free to make your own calendar to fit your world, with weather, moon cycles and custom events!
- 8) [gmbinder.com](https://gmbinder.com) - A website with tones of free homebrew resources and pdfs on classes, items, races, monsters, spells, environment and more, pretty much everything really!
- 9) Michael Ghelfi - RPG Ambiances & Music (on YouTube) - This wonderful man makes completely free soundscapes and ambiences for RPGs like D&D which are all uploaded to youtube. A must have bookmark for whenever you need one of over 200 sound options for your campaign! ([https://www.youtube.com/playlist?list=PLbHUA-o\\_5dgJbOXwtdVx--gTnmWfiyyys](https://www.youtube.com/playlist?list=PLbHUA-o_5dgJbOXwtdVx--gTnmWfiyyys))
- 10) [homebrewery.naturalcrit.com](https://homebrewery.naturalcrit.com) - For those who are more technical and coding inclined to make their own homebrew pdfs or check out some free pdfs and resources that others have made.

# Renewal, Rejuvenation, Reflection

Words by Gabriel Epstein Hopper

A lonely knight is riding through the woods when he comes to a large clearing. A small brook runs through the middle and he pauses to collect some fresh water. As the sun shines strongly, he studies his own reflection in the water, noticing how the years had taken their toll, and how he was no longer the man who had slain that dragon all those years ago. While in thought, the wind from upstream carried a faint tune, a whistle, coming towards the knight, and anyone else who wished to hear. With not much to do during the height of the day, the knight followed the noise which led him to a place which he which he swore he had seen before.

He passed a tree, whose roots had grown as thick as an average trunk, and its base stretched wider than he'd ever seen. Those who'd come to share its presence must be long gone, the eons spent, forests razed and grown; around this tree, time bends.

The knight wished to see all the things that this tree had seen, but he could only imagine. Perhaps there was a man, centuries ago, who diligently came to water this tree when it was only a sapling. That man could not possibly witness the extent of his love, of his commitment. But here the knight stood, in love with the idea of creation, and appreciation of the forces that meant that he could share the beauty of achievement with the world. The melodic tune has grown stronger and the knight moved on. He continued to follow the brook until he came to a natural bridge made of flat stones. He decided to cross as he could sense the source was not far and had a few turns to make. The knight turned past a large boulder only to run into a small boy who paused mid-whistle to stare in awe at the knight, who in fairness was dressed in full armour and was amount a large horse. Not wishing to scare the boy the knight flashed him a smile, and the boy's face lit up to return a large toothy grin. Without missing a beat, the boy then scurried past the knight and was quickly out of sight. Naturally intrigued the knight dismounted and followed, making his way back to the stream where he found the boy wrestling with one of the large flat stones that had made the natural bridge.

"What are you doing child? Don't you know that you are removing a stone that is used by the traveller to make their way across this stream? It seems you are disrupting that natural process and causing harm without proper caution!"

"Oh! Please sir, that is not my intention, but I have found a better use for this rock, though you might not agree. This rock is exactly what I'm looking for."

The knight wanted to be angry, but he saw the child struggling. He was wiggling the rock back and forth, trying to loosen it from the riverbed, but unable, perhaps because it was too heavy, and the extra water weighed it down. Seeing the boy's motivation made the knight reconsider his judgement and he decided to help by loosening the rock with the

point of his sword. The boy could still not lift the rock, but the knight was now interested in the possible importance of this boy's mission. The knight picked up the rock with ease and simply asked the boy where to go. The boy, who stood straight and thanked the knight, explained that there was another large clearing further upstream, and that he could meet the knight there. The knight trudged upstream, still confused, and now burdened with a large flat stone. Shortly he arrived at the clearing and immediately noticed a loose square of similar looking stones, sitting in the centre of the clearing. The boy emerged from the opposite side carrying another stone, and asked the knight just to lay his stone on top of the square.

“Dear child, I will do as you ask, but I am wary of the purpose of your mission, the importance of which seems to be shadowed by the use of this stone as a piece of a natural bridge for the lonely traveller.”

“Sir knight, I understand your suspicion, but the true meaning of this stone will never be witnessed by you or me. Its purpose will be hidden until one day the sun will shine on a design constructed throughout the ages, a simple monastery laboured by many, and appreciated by those who will never be able to thank the stone bearer, who travelled to find the stones that created a mighty testament of time and purpose.”

And the boy and the knight stood in the beginning of a great project, and the knight understood after all. He thought of the dragon he had slain many years ago and the years he had lost. The great tree, whose shade and might he had basked in, and the boy's tune, which had carried throughout the woods. He understood why the bridge needed to change, and how the boy changed him. He understood how this monastery, which would be used to stand the challenge of time, could not be appreciated by him; but, nonetheless, he is burdened to construct, so his life could remain, and his spirit be renewed.

# Glazed Honey Chiffon Cake

I always have found Rosh Hashana honey cakes way to heavy and sweet and then I came across this recipe in one of the fabulous Monday Morning Cooking Club recipe books. It is sweet and most importantly light. All you need is a non-stick high sided chiffon (angel) cake tin, an empty wine bottle which supports the cake when inverted from the funnel & patience. This cake is incredible easy to make and is my go-to Rosh Hashana honey cake – enjoy! Oh, and it will serve around 12 people.

## Ingredients:

6 eggs  
175 g caster sugar  
180 ml oil  
276 g honey (I like to use orange blossom)

60 ml freshly brewed hot tea  
225g self-raising flour  
½ teaspoon of bicarb soda

## Ingredients for Lemon Glaze:

Juice of ½ lemon  
80g pure icing sugar

## Method:

1. Preheat the oven to 180<sup>o</sup>c. Get out your high-sided chiffon tin. DON'T GREASE IT! Get our that wine bottle that fits into the top of the chiffon cake tin's funnel as you'll need this when the cake comes out of the oven.
2. Divide the sugar into two bowls completely in half. Separate the eggs. Sift the flour with bicarb and repeat the sifting step three times. Measure out the oil and combine the tea and honey together.
3. Using an electric mixer beat the egg whites until soft peaks form. Slowly, like one table spoon at a time add half the caster sugar until the egg whites are stiff but not dry.
4. In a separate bowl beat the egg yolks with half the sugar until thick & pale. Add the oil very slowly and continue beating for a couple of minutes until the oil is completely combined. Turn down the mixer to the lowest speed and alternate between adding the wet and dry ingredients - a bit of the tea and honey mixture then the flour mixture until everything is combined. I like to finish with dry ingredients.
5. Gently fold the egg whites into the batter with a metal spoon, initially with one spoon. Pour the mixture into the chiffon tin and bake for 50 minutes, then reduce the temperature to 160<sup>o</sup> C and cook for a further 10 minutes, or until the skewer when inserted comes out clean.
6. Remove the cake gently from the oven, insert the wine bottle into the funnel and immediately turn upside-down in one movement. Now leave the cake upside down on the wine bottle on the bench until it is completely cool.
7. When cool, turn the tin the right way around and place on the bench. Run a sharp knife around the funnel and outside of the cake. Holding the funnel, lift the cake out of the tin. Then use the knife to run between the cake and base. Invert the cake onto a light weight plate, remove the funnel section and turn the cake back again onto a cake plate.



Diagram for step 6

## Method for lemon glaze:

Add the lemon juice a few drops at a time to the sugar and mix until the mixture is runny and clear of lumps. Drizzle over the cake any which way you chose and enjoy!

# Why Hashy?

During a Hashy themed peula, the madrachim\*ot asked the seniors what Hashy means to them, these were some of the answers:

‘at Hashy I feel like I am completely known and seen, like everyone around me knows exactly who I am and they care about me because of that’

‘because it is a safe space and spend time with amazing people’

‘Hashy is like school but better because I learn better things and I get to say my true thoughts without getting judged’

‘because its a really educational place and a good community’

‘Hashy is a place where I can experience a true lack of sleep and not care, because I’m around a group of people that somehow is missing any rude people’



‘because of the guitars. lots of guitars.’

‘because of the excessive amounts of card games’

‘Hashy is basically a second family’

‘because of the camps and the midnight shifts’

‘pretty much everything’

‘because of ruach’

‘the sense of community’

# Anime About Renewal

Rosh Hashana and anime go together like apple and mustard. They don't go together at all in any sense, but now you've heard me say it you're kind of interested to try it. So, here are four anime series' and a film about renewal, a core theme of Rosh Hashana. Sometimes you'll reinvent yourself by choice and other times the decision is out of your hands, but how one adapts to change can make all the difference. Be that family, friends, self-discovery, or art; life will change, and the way you adapt matters. Here are some short watches to enjoy in lockdown.

Most of these can be watched on Animelab, Anime Planet or Crunchyroll.



## Hinamatsuri

Teens 13 or older | 12 Episodes | 2018

POV: You are a yakuza member and psychic teenager escaping from a secret lab drops into your life. In this charming comedy about found families and psionics, making connections with the people you care about is the best way to make your life better.



## FLCL (Fooly Cooly)

Teens 13 or older | 6 Episodes | 2000

Being a teenager is hard enough, but having a robot with a tv for a head pop out of your head through a portal where your brain should be, whilst being hunted down by a pink haired rocker on a vespa and getting enveloped in a war between space pirates and planet flatteners is harder. Working out who you are can be tough, especially when the world is pretty crazy around you.



## Wolf Children

Children | Film | 2012

Being a single parent who just moved to the country is a difficult ordeal. But if it's to protect her children that can turn into wolves, Hana will do it. Sometimes home is with your family, sometimes it is being free. This is a sure tearjerker, so keep a box of tissue around.



## Keep Your Hands Off Eizouken!

Teens 13 or older | 12 Episodes | 2020

Some people see the world through their eyes, others see it through a sketch book. Fighting to protect what you believe in, whilst expressing the pure joy of creativity and animation is what this wonderful new series is about. This show is honestly just really fun, and shows how rewarding the creative process can be.



## Land of the Lustrous (Houseki no Kuni)

Teens 13 or older | 12 Episodes | 2017

Who you want to be, and who you become on that journey can be two completely different people. Phosphophyllite is the youngest and weakest of a race of humanoid gemstones, who longs to join the fight against the Lunarians, a group of attackers who shatter their friends and take them back to the moon. This wildly creative, beautifully animated series is well worth your time.

# Yom Kippur

What does Yom Kippur mean to you? It may not mean anything, or it might be a heavy, impactful holiday. To those wanting to practice it, but are unsure of what to do or hasn't found the right type of observance, I've built a small list of ways to take this special day a bit more seriously... \*Also a disclaimer that it doesn't have to have any effect at all on you! This is dedicated to those who want it. \*\*Another disclaimer is that I actually don't know much about Yom Kippur and am not a rabbi. This is an opinion piece.

## 1. **Listen to “Who By Fire” by Leonard Cohen**

Bit of a random suggestion there, Lily. But no! This song is about the Day of Judgement! These lyrics are drawn from a Hebrew prayer that is chanted on Yom Kippur “U’netaneh Tokef”. They describe God reviewing the Book of Life and deciding the fate of each person for the year to come; who will live, who will die, and how. The beauty of these words is that they form contradictions within each verse. I don't know what they mean but they are cool and pretty. And a lovely, earthly song!

## 2. **Start a new habit**

The reason why I have put this here is that Yom Kippur can be about putting in the effort to be a better person. Many, if not all of us are constantly evaluating ourselves and what we value, and we are always striving to do better things for the better of the world. New routines are just the beginning of a long process of self-improvement and thus global awareness. Why not? \*A pro tip is to start very small eg. you want to read regularly, start with one page a day.

## 3. **Meditate**

Personally, I actually am not a big meditator (or meditator at all for that matter), but I do understand why it exists, and obviously acknowledge that it has serious effects for so many people. So why did I write it here if I don't even do it? Well actually I will do it this Yom Kippur, but nevertheless, meditation is self-reflective. An aim of meditation is to pull you outside of reality and focus on your body, breathing and self. I feel like this is at the essence of Yom Kippur and could be a really meaningful alternative to fasting.

## 4. **Read about someone you idolise**

This is a sequel to putting in the effort to become a better person. Looking more into depth about someone you are fond of gets you inspired. That's all I can say. If you feel like you already know so much about them, then find someone out there that you don't know so much about and follow them on Instagram! If they're not so famous, send them a nice fan message!

## 5. **Have a genuine conversation with someone you think is insightful**

A lot of time we don't have time to do this, so now is the time. Humans of New York style. Find someone you admire (who is not famous) and exchange ideas and memories. This is a good exercise because it is fun and it is also a different

way to develop your mind. It sounds very simple and stupid, but having an actual interesting conversation really doesn't come by a lot to some/most people and it is important! There is always something you don't know about something...

6. **Get a plant. Nurture it.**

Don't run away so quickly at the thought of this one. This is actually really fun and rewarding. I always thought that plants were nice, but killed every single one I had. Now's your chance to buy a friend! Literally, you can name your plant and your plant will be like your best friend that never leaves you. All the more necessary in quarantine! This is a nice way to spend Yom Kippur because it brings responsibility and growth into your private sphere in a unique and fulfilling way.

7. **Do a stream of consciousness as a reflection on your year**

For this practice, you will need a nice sheet of quality paper and a pen you love to write with (you know the one). Next step is to put the pen to paper and don't stop writing until you've written on the whole page. What to write about? Anything that comes to your mind about your feelings towards this past year. This could be really surprising, because the point is lay out your thoughts and organise them where you can see them. Be honest with yourself.

8. **Forget about school/university/any stressful work for the full day and do something that makes you feel good**

This may seem like a cop-out and might backfire and make you feel more stressed. But at the same time, you could look at it as enriching your Judaism and taking time to give yourself some love. I see this as very valuable because often you're putting in 80% at least of your energies on this stressful work, and minimal effort on self-development or fun. I understand that this may be a privileged way of seeing it, but it's also something to think about, if you're not already.

9. **Read a Talmudic text**

Yeah, I have no idea what I was thinking about here. Where to begin, why, how? However!, (and I can't believe I'm saying this, but), give the Torah a chance! It doesn't have to be a meaningless book – it was written by a big collective of Jews many, many years ago. There are some interesting things it has to say. And on the holiest day of the year, it suits to try it out.

10. **Compliment yourself**

An easy activity for the last entry! Self-reflection is not always about criticism and examination, it's also a time to dive into the good memories and positive thoughts! It doesn't matter where or what, all you have to do is give yourself a big fat hug and say something so cool to yourself that you get a bit shocked by it. No need to be sad today – today can also be all about love and happiness.

# Slow

A song by Jarrah Kron



Listen to Jarrah's song by scanning or clicking on the QR code below:



Study, study, study.

Experiment, experiment, experiment.

Late night, early morning.

Repeat.

This has been my life for the past few months. Whilst everyone else around me is complaining about going stir-crazy whilst being stuck in their houses for far too many hours of the day, I've been waiting for someone step on the brakes of life to give me some time to breathe.

And it's finally happening. Less than two months until my thesis is due (don't talk about it), I'm taking Rosh Hashana and Yom Kippur off. I will do nothing but relax and reflect on those days.

Wanting to get a taste for the relaxation that will hopefully come during the High Holy days, I forced myself to not work for two hours. I forced myself to sit and write a simple song on guitar, and just let the moment of play hang in the air about me. These three chords are what I sat idly by with and played for those two hours.

It's not Tchaikovsky, it's not Coltrane. But it was exactly the music I needed to write in this time of rejuvenation and reflection, in order to cling to the hands of relaxation, and not be thrown about from the thundering pressure of an ever-growing workload.

Shana Tova!

## 30 Day Challenge

TISHREI WITH HASHY  
NEW YEAR, NEW ME

MON	TUE	WED	THU	FRI	SAT	SUN
					19/09 <b>Rosh Hashana</b> Write a journal entry	20/09 <b>Rosh Hashana</b> Eat apples and honey
21/09 <b>Rosh Hashana</b> Go for a walk	22/09 Learn a new dance	23/09 Read a chapter in a book	24/09 Start a new habit	25/09 Learn a new skill	26/09 Prepare a fancy meal	27/09 <b>Erev Yom Kippur</b> Write a song
28/09 <b>Yom Kippur</b> Ponder over some questions (To be provided)	29/09 Call a grandparent or relative	30/09 Wear a chultza or Hashy merch all day	01/10 Bake a challah	02/10 <b>Erev Sukkot</b> Build a tent or fort	03/10 <b>Sukkot</b> Go for a run	04/10 <b>Sukkot</b> Start or complete a puzzle
05/10 <b>Sukkot</b> Finish your homework	06/10 <b>Sukkot</b> Learn an instrument	07/10 <b>Sukkot</b> Write a heartfelt message to someone	08/10 <b>Sukkot</b> Learn 10 words in a language you don't know	09/10 <b>Sukkot</b> Draw something special	10/10 <b>Shmini Atzeret</b> Listen to your favourite song	11/10 <b>Simchat Torah</b> Bake a dessert
12/10 Try a new food	13/10 Water your plants	14/10 Write a creative story	15/10 Wear something you wouldn't normally wear	16/10 Write down a good memory and stick it on your wall	17/10 Listen to music you've never heard before	18/10 Bring a friend to the Hashy peula



Hashy wishes all our friends a Shana Tova ve Metukah!

To celebrate the new year, we have prepared a 30 day challenge for the month of Tishrei, which begins on Saturday!

Open to anyone and all ages to start the new year off with a bang. Feel free to email us the results for the creative challenges, and we would love to publish it in our monthly iton.



Hashomer Hatzair  
Australia

[hashyaus.org](http://hashyaus.org)