



Six Habits of Moms Who Actually Enjoy Tishrei

GOLDIE GROSSBAUM

remember the day the biggest ball dropped.

I didn't actually drop it—it kind of landed from above. Onto our Shabbos table.

My husband and I were hosting a journalist for a Shabbos meal; she wanted to do a column on our newly established Chabad House and having her over on Shabbos afternoon, when there's the most action, seemed to make sense.

There were signs the ball was going to drop, but we missed them. Primarily, kids giggling and squealing at the top of the steps.

And then it was launched—the big exercise ball that was supposed to stay in my bedroom had been rolled out and it landed squarely on the Shabbos table.

Thankfully, it was a rubber ball, and it bounced, but not without leaving some damage in its wake.

It was one of my most humbling moments in parenting, and also one from which I learned the most.

Life is a juggling act, but the balls we juggle are not all the same. Some are made of rubber and some are made of glass... even the finest crystal. When dropped, rubber balls bounce back undamaged; glass ones can shatter and they need much more care.

It takes vulnerability, humility, and a lot of honesty to know the difference between the two.

Organized closets, sinks clean of dishes, and fancy dinners—they're rubber balls. Let go of it for an hour, a day, a week, or even a month, and they'll bounce back when you're ready, unharmed and as good as new.

Quality family time, a calm home, personal needs? Glass balls. We pay a steep price if we let them fall.

Always focus on the glass balls; they're much harder to repair if they fall.

And at that moment, on that Shabbos afternoon, I had a new visual for bouncing rubber balls.

Elul is all about *cheshbon hanefesh* and reevaluation and so this is the perfect season to do some inventory on our juggling, on our glass and rubber balls.

Because as we make our way through the year, in the mess and noise of everyday life, it can become easy to confuse which balls are glass (never drop!) and which are rubber (okay to drop sometimes!).

While everyone's Tishrei may look different from a distance, there's one thing we all have in common; Tishrei requires a lot of active involvement, particularly if you're the

mother. Some days simply don't have enough hours in them to do what needs to be done.

My Rosh Hashanah starts with a community dinner, followed by two *kiddush* lunches at shul and another dinner at my home. There's moving into a hotel for Yom Kippur, but between moving the whole shul, schlepping pre- and post-fast meals, and packing clothing, it's far from as glamorous as it sounds.

Sukkos is a pileup of meals and more meals and if we want to actually show up with our whole self by the time Simchas Torah rolls around, it takes planning, mindfulness, and prioritizing.

Tishrei is full of meaning and purpose, and the better prepared we are, the more fulfilling and enriching the Tishrei journey will be.

And there are real ways to make that happen! Here are a few suggestions:

1. Regardless of what you do all year long, come Tishrei, disposables are your friends. Food storage containers, plates, cutlery. Ask yourself: Do I want to spend this month washing dishes and food containers? Or would I rather invest my time elsewhere? It's a choice. But it requires knowing what's a rubber ball (using china) and what's a glass ball (the mother, and how she feels after washing dishes meal after meal, which usually means going to sleep too late.)

2. Tried and proven recipes. Tishrei is not the time to experiment with new recipes. That's good for a random Tuesday in July. Tishrei is a time for tried and proven, the foods your family likes to eat and the foods you like to cook. Start the process with a menu dump. Take a day in Elul, sit down and just write down every food you typically make for Shabbos throughout the year. Think of ones you randomly make. Think of your favorites. Once

you've got a big list, categorize them by dips, fish, salad, main, side and dessert (or whatever categories work for you.)

That's your options list. Keep it handy as you plan the meals.

Most importantly, don't poll other people for their menus unless you truly and sincerely want them!

And if you do, be intentional about who you ask.

For example, if you'll be cooking with a baby in your arms, don't ask someone who is at a completely different stage and actually cooks with two hands and no little helpers.

There are a few meal staples that guarantee my kids will eat, and so a few of them are included in each

meal. For us, it's olive dip and cucumber salad. Make sure to include yours.

Fancy menus are a rubber ball. Doable menus and well-fed kids keep the most important glass balls intact.

You can make the fanciest food for Yom Tov, but it's the atmosphere in the home that elevates it all.

3. On your menu, circle the things that last longer in the refrigerator and make them in advance and in bulk. Doing one extra thing on random days in Elul can take 15-20 minutes, and clear much more time than that on Erev Yom Tov.

Dressings and many dips are things that are easy to make in bulk and have a long refrigerator life. You can make 10 pounds of olive

dip in 20 minutes with the food processor and store it in the back of the refrigerator for the whole Tishrei. (Granted, anything in bulk requires more refrigerator space; if that's not an option, ignore this one.)

4. You, the mother, are a glass ball, a fine crystal one. Take care of yourself. Make sure you eat and sleep.

Plan your cooking schedule and then take a minute to think of what you'll be eating throughout the day. Skipping meals is never good for anyone, and when a mother does that, the kids often pay the price. Keep wholesome, ready-to-eat snacks on hand so you can grab a bite without disrupting

your schedule. Stock protein shakes, hard-boiled eggs, yogurt, or any other filling foods that work for you in order to avoid mindlessly snacking on empty calories all day. It's much easier to care for yourself when food options are within easy reach.

And make sure you are factoring in your sleep. Your crystal ball doesn't react well to a lack of food or sleep.

5. Minimize peeling and cutting. Unless you have kitchen help, this eats up a lot of time. When you're making meals back to back, every minute spent peeling and chopping adds up. And all those minutes steal valuable time from something else.

When I see the word dice in a recipe, my heart rate goes up. There's minimal time for dicing in a kitchen marathon, unless you have cooking staff.

Look for recipes that don't need much TLC.

For salads: bags of shredded cabbage,

shredded carrots, slivered almonds, sunflower seeds, cherry tomatoes, craisins, canned mandarin oranges, fresh sliced mushrooms, ramen noodles. These are just some ideas of things that don't need extra attention and can minimize chopping time.

For sides: baby potatoes, rice or quinoa with sliced mushrooms, grilled vegetables with vegetables that don't need peeling and are good in big pieces, small colored carrots... all these eliminate extra kitchen time and let you reserve your TLC for your family.

6. Most important: The mother's energy sets the tone for Tishrei for the whole family. Does that sound like an overwhelming responsibility?

Perhaps it is, and it's also a tremendous privilege, a gift that Hashem gave to us women. A gift that requires tapping into it, in order to feel it. Buy yourself something special for Yom Tov; it doesn't have to be big or

expensive. Something you like. A salad bowl, a dress, a dish towel or a salt-shaker. It's not about price. It's about having something tangible to help you happily connect with this great responsibility and privilege.

When Mommy shows up with joy and lightness, when Mommy makes sure her crystal ball is shining, the house shines.

You can make the fanciest food for Yom Tov, but it's the atmosphere in the home that elevates it all. ❀



GOLDIE and her husband, Rabbi Yossi Grossbaum, direct Chabad of Folsom & El Dorado Hills in Northern California, with the able help of their 11 children ka'h. Goldie is a mikvah.

org Certified Kallah Teacher as well as a Certified Life Coach. In her spare time, Goldie blogs (littleyellownotepad.com) about being the mom of nine boys and two girls and finding the humor in the ups and downs of raising kids and life in general.

Don't let bullying destroy your school experience.



Bullies to Buddies
By Izzy Kalman
A Torah Guide for Turning Your Enemies Into Friends

available on Amazon

-  For bullied kids, school is a **year-long nightmare.**
-  For school staff that have to deal with bullying, it can be an **exasperating crisis.**
-  **We teach kids how not to be victims,** so no one can bully them anymore.
-  **We teach school staff and counselors** to understand and quickly put a stop to bullying.
-  **Everyone** learns lessons that **last a lifetime.**



“I am very proud of the fact that the N'shei Chabad Newsletter has been instrumental in spreading the word about Izzy Kalman's innovative methods for dealing with bullying!”

- Rishe Deitsch,
Editor-in-Chief,
N'shei Chabad Newsletter

 contact@izzykalman.com
 www.izzykalman.com
 (972) 954-2091

RECIPES

BY GOLDIE GROSSBAUM

OLIVE TAPENADE A.K.A. OLIVE DIP

I always called this olive dip, until one Shabbos one of my guests saw it, got excited, and said, "Oh, you have olive tapenade!"

I wasn't about to disagree with her, and so what I always thought of as humble olive dip got an upgrade to olive tapenade and I feel so much classier! That is, until they ask me for the recipe and I humbly share that it's pretty simple:

Ingredients

1 21-oz. jar pitted green olives with pimento
½ cup mayonnaise

Directions

In the food processor with the S blade, blend olives with mayonnaise.

LOW AND SLOW MEAT

Use brisket or roast of your choice.

Ingredients

Combine a generous amount:

Onion powder
Garlic powder
Oregano
Salt
Pepper

Directions

1. Mix the spices and pat onto both sides of the meat.
2. Cover tightly with foil.
3. Bake at 275°F for about four hours. Slice and return to pan with liquid and cover tightly. Bake for about two more hours at 275°F.

MATBUCHA

After my son came back from two years of learning in Israel, he enlightened me that every respectable Shabbos table needs matbucha. Well, I took him seriously and did some googling and came up with my own variation that met my criteria: no chopping, no peeling, easy to make in bulk, lasts a long time in refrigerator and freezes well.

Ingredients

1 Tbsp. oil
4 cloves garlic
2 28-oz. cans diced tomatoes in tomato juice
1 16-oz. jar sliced jalapeños

Directions

1. In a large pot, brown garlic in oil.
2. Add can of tomatoes and drained jalapeños.
3. Bring to a boil and then let simmer for an hour.
4. Optional: Pulse with an immersion blender to thicken it a bit.

BEST GADGET

Meat/fish thermometer with temperature alarm. You put the probe into the salmon, close the oven door, and put the attached timer on the counter or magnet it to the oven. Set the food type and then just forget about it; it'll beep when it hits the right temperature. No need to open the oven every five minutes and see if it's ready and then worry that it's underdone or overdone!

LEMON DILL SALMON

Ingredients

2-lb. slab of salmon
1 Tbsp. paprika
1 Tbsp. garlic powder
1 tsp. pepper

Directions

Mix and pat onto the side of salmon

Dressing

2 Tbsp. olive oil or avocado oil
¼ cup lemon juice
1 Tbsp. dry dill
2 cloves garlic, chopped

Directions

1. Mix and drizzle over salmon.
2. Bake uncovered at 350°F for 20-25 minutes and then broil for about five minutes.

