

Ships are being tossed about in the stormy sea The terrified captains at the helm try so desperately. The strong mighty waves are extremely threatening Keeping their ships afloat is so overwhelming.

There is one captain out there who is full of confidence, She calmly navigates the boat through the turbulence. She is not influenced by all the outside turmoil, She steers her boat unperturbed, with patient toil.

Tzirele *o.h.* was a unique individual Solid, secure and so dependable; She was *mistapek b'muat* – didn't need any luxury; She paved the way for the Roitenbarg family

Orphaned at a young age, she gave her sisters a message so clear We will hold tight onto our principles that Tatty held so dear. And all through her life she clung to them with all her might Being an example to all around her – she shone a special light.

During the long years that she waited for more children She was the address to leave one's kinderlech; She "farginned" everyone who was having one child after the other She put all her kochos into giving to the new mother.

She was not affected by all the *chitzonius* She emulated her *choshuve* mother – a fine example of *tznius* I once heard her comment, unusually perturbed, That item is so modern – she was so disturbed.

She was so full of *penimius*, so very pure No contact with something questionable, she had to ensure. "I'm old-fashioned," she once said with a passion, Way before *tznius* became the height of fashion!

She was a true *fartzeitishe* Mamma All her life she had the *demus* of her *heilige* Tatte. Like him her words were so carefully measured, And everything she said was always treasured.

When I used to come for Shabbos to Kiryat Sefer occasionally I anticipated meeting Tzirele *o.h.* after shul where she davened so fervently.

Always a picture of serenity and calm, Something nice to say, her *neimus* was her charm

She was not considered the life of the party, But had many friends who appreciated her quiet personality. *"Balbatishkeit* is *Yiddishkeit"* Mrs Mandel of London Sem used to state; Tzirele *o.h* her loyal *talmidoh* emulated this trait

This does not mean to have an elegant home Where floors are waxed and no-one may roam. It means a house that is *mesudadik* and neat, Your fridge is organised, no vegetables from last week.

In her spare time she said *kapitlech Tehillim* But not on the *cheshbon* of her dear children. Her children were her life – her chinuch is so clear to see, Each one is a gem, so sensible and so happy.

Her *choshuve* husband was handpicked by his *shver*. They did everything in harmony, such *sholom bayis* is rare Products of the *choshuve* March and Roitenbarg families She fused all their qualities, created a unique entity.

Such a devoted mother, such a loyal wife, She accomplished so much in her short life. She leaves behind her special legacy A wonderful *shem tov* and a beautiful family.

After a petirah the *middos* of the *niftar* are available for everyone to take. Hashem should give us the *rotzon* and *kochos* to be able to emulate her wonderful *middos* and she should be a *melitzas yosher* for all of Klal Yisroel.



Home building with Orah

OVER 80 seminary and postseminary girls from Edgware, Golders Green, Hendon and Stamford Hill attended an introductory seminar on the building blocks of marriage under the auspices of the education organisation Orah. Entitled "The House That You Build", a range of speakers covered several essential topics lying at the heart of building a Jewish home. Particular focus was placed upon building and preserving relationships, self-knowledge, and the long term investment involved in creating a Jewish home. Opening the seminar, Mrs Ruthie Halberstadt addressed the topic 'The Best You' urging each individual of the need to discover their unique strengths before marriage. One can explore ways how these can then be used to contribute to their relationships and surroundings. Special focus should be placed on the benefits of thoughtful introspection and continuous self-development. Rabbi Malcolm Herman presented '5 Key Tools to Bring to the Chupah'. In an interactive session, he presented thought-provoking situations and shared practical strategies

with hands-on tools for working on meaningful relationships. He focused on the choices faced when creating the home – and offered



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valuable insights into choosing wisely, through staying focused throughout on the type of home that one wants to create.

Family and Couples Psychotherapist, Mr Jonathan Rabson, explored the challenge and pleasure born out of the differences between husband and wife. People's deeply-rooted characteristics, whether inborn or fashioned by habit or 'family script', can be vastly dissimilar. Such points of difference can cause couples to grow further



apart but, if understood and appreciated for what they are, can become the springboard for growing closer together. In his insightful and entertaining way, Mr Rabson illustrated what it truly means to be an 'ezer k'negdo'.

The final speaker Rabbi Dovid Roberts expanded upon the differences between *chochma* and *binoh*, and the specific role of the Jewish woman in her home. He imparted powerful insights into the vast potential of the Bas Yisroel and the rich resources she has available to her when building her relationships and her home.